

## Trip Price

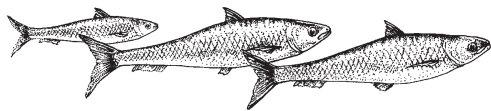
Trip B:	\$3,250
Trip NF:	\$3,300
Trip So:	\$3,450

*\*Airfare not included.  
Prices Subject to change.*

\*Trip prices are based on groups of 11 to 14 people. For groups with 10 or less there is a small-group surcharge (see contract).

Above trip prices all meals and local means of conveyance while in Thailand. They are subject to change as necessitated by unanticipated increases in airline, room rates and currency fluctuations. You will be making your own international airplane reservations; we can help you with this.

Group size is limited to fourteen participants for each trip.



## Thai Cooking Classes

If you are interested in taking Thai cooking classes with Kasma, please call or write for the current class schedule. She offers both beginning and intermediate 4-week, 4-session series as well as 9 different advanced series classes.

## Frequent Questions

A list of Frequently Asked Questions is available on Kasma's website. Please read them to help determine if this trip is for you. It is found at:

[www.thaifoodandtravel.com/travel/tripfaq.html](http://www.thaifoodandtravel.com/travel/tripfaq.html)



***Born and raised in Thailand***, Kasma has lived in the Bay Area for many years, offering fun-filled, small-group classes in Thai cooking in her own kitchen. In 1986 she began organizing small-group journeys to her homeland during the fall and winter months, which have been very well received. As with her classes, her trips are "homemade," personal and heart-warming. They have been unforgettable experiences for those who have joined her in their travels to this exotic, foreign land. Kasma's first book, *It Rains Fishes: Legends, Traditions and the Joys of Thai Cooking* (Pomegranate Art Books, 1995) won the Julia Child Award for *Best International Cookbook* in 1996. Her second book, *Dancing Shrimp: Favorite Thai Recipes for Seafood*, was published by Simon & Schuster in October, 2000. Both books are now out of print but you can find them at bookstores online as used copies.

# Thailand Travel Adventures



*For travelers seeking  
intimate experiences with  
the land, the culture and  
the people*

**Trip Schedule  
Fall / Winter 2019 – 2020**

**Kasma Loha-unchit  
Oakland, California  
Telephone: (510) 655-8900  
[kasma@thaifoodandtravel.com](mailto:kasma@thaifoodandtravel.com)  
[www.thaifoodandtravel.com](http://www.thaifoodandtravel.com)**

**Thailand** . . . an exotic land, of magnificent temples and ancient ruins, rich in culture, abundant natural beauty and warm, charming people.

**Travel this beautiful country** the *Thai way*, personally escorted by Kasma Loha-unchit, native of Thailand and for many years a San Francisco Bay Area resident and well-loved Thai cooking teacher. Kasma will give you a rare insider's view, take you to unusual off-the-beaten-path destinations, and open to you ample opportunities to observe and participate in the many facets of Thai life.

**The in-depth, small-group** journeys are specially designed for travelers with a taste for adventure and a desire to experience intimately the land, her culture and people. It is a journey into a world rich in exotic sights, sounds, scents, tastes and textures, with an ambience distinctly its own. It is a chance to savor and experience delicious Thai food for the length of the trip.

**The charm and warmth** of the easy-going people . . . the glittering splendor of magnificent temples and royal palaces . . . the ancient ruins of glorious cities and civilizations of days long passed . . . the abundance of exotic tropical fruits and flowers . . . the exquisite flavors of the fine cuisine . . . the shimmering gold and saffron-robed monks, colorful spirit houses, and respect for the spiritual and mystical in everyday life . . . the excitement and bargains in countless open-air marketplaces . . . the verdant forests, lush hills and valleys, misty rice fields, graceful

coconut groves, endless stretches of idyllic white-sand beaches, sleepy fishing villages, and enchanting islands bathing in gentle waters teeming with marine life – these and much more will captivate you and leave a lasting impression in your memory, as it has for previous trip members.

**To preserve the quality** of the individual experience, the size of the group will be kept small – twelve maximum. We will travel light and leisurely by private van, hired boat, train, and other local means of transportation. We will dine where the locals dine and stay in small, comfortable hotels, near local marketplaces or residential communities while in cities and towns, and in bungalows or cabins in beautiful natural areas.

**To enjoy Kasma's trips** you must like spicy Thai food, rice and seafood, be open to new experiences, get along with people, be willing to get going early some mornings, and be open to “roughing it” on occasion.



**To sign up for a trip or for further information, call or email:**

Kasma Loha-unchit  
Oakland, California  
Phone: (510) 655-8900

kasma@thaifoodandtravel.com  
www.thaifoodandtravel.com

## Trip Dates

**Trip B Nov. 22 to Dec. 19, 2019**  
**(18 days)\* – \$3,250\*\* + airfare**

Journey through the rich cultural heartland of the Central region to the North, where colorful hill peoples and artisan villages thrive. Visit a misty valley in the foothills of the Himalayas bordering Myanmar (Burma). Explore the rich culture in Chiang Mai. Markets galore!



**Trip NF January 4 to 21, 2020**  
**(18 days)\* – \$3,330\*\* + airfare**

Way off the beaten track to the Eastern reaches of Northern Thailand. Visit culturally rich Nan, Pua, Phrae and Chiang Rai. We will visit many temples, national parks, lovely gardens and feast on delicious Thai food! Limited to people who have traveled to Northern Thailand before. Preference given to people who have traveled previously with Kasma.



**Trip So February 1 to 18, 2018**  
**(18 days)\* – \$3,450\*\* + airfare**

A 18-day (with travel) trip devoted to the South of Thailand with plenty of snorkeling – we'll visit 3 marine national parks. Enjoy the lovely beaches of Thailand and southern culture. A perfect vacation for people who love snorkeling and fresh seafood! Magical.

\* # of Days in Thailand (does not include international travel days)

\*\* Prices subject to change

*All of Kasma's trips are specially designed for adventurous folk who love exotic cultures and spicy cuisines.*