

仅出发日期  
11/12

# 8天7晚 泰北佛教巡礼

## ☆ 禅修 ☆ (THCCP8)

**1** 11/12 **新加坡 → 清迈** 晚  
MI706 1450/1650

【**素帖寺**】是清迈最重要的一所寺院，也是佛教徒必定要参访的寺院，尤其是在泰国重要的佛教节日以及佛诞日。

【**康托克晚餐**】边吃晚餐边欣赏文化舞蹈表演。

**2** 12/12 **清迈 → 清莱** 早午晚餐

【**Mae Kajan 温泉**】在此您可以尝试用温泉水煮生鸡蛋或在温泉池里泡脚。

【**查敦寺**】是一个非常大型寺庙，距离邻近的缅甸边境只有数公里。寺庙位于山顶，俯瞰Ban Thaton村和Mae Kok河。它是沿着个森林山丘一层一层的建上去，加上周边农村，景色优美壮观。

【**禅修及佛学课**】将安排约3个小时的时间，让您从查敦寺的法师那里学习基本禅修和佛教。

**3** 13/12 **清莱** 早午晚餐

全天学习【**禅修**】及【**佛学课**】

**4** 14/12 **清莱 → 清迈** 早午晚餐

【**查敦山**】今早将乘小车游览查敦山（每10人一台车）。

【**Wat Rong Khun (White Temple)**】

由著名的泰国视觉艺术家Chalermchai Kositpipat设计。它也被称为“白庙”。是一个独特的寺庙，通过白色的突出，在石膏中使用玻璃片，在阳光下闪闪发光，非常庄严。白色表示佛像的纯洁，而玻璃象征着佛陀的智慧和佛法以及佛教的教义。

【**素攀寺**】的大厅外观以及内部覆盖着银色，镍和铝凸纹面板，效果就像一个巨大的首饰盒，特别是在黑暗之后，当修道院被彩色的灯光照亮时，非常精致庄严。

【**夜市**】晚餐后，在夜市自由逛街



**5** 15/12 **清迈 → 南邦 → 素可泰** 早午晚餐

【**马车游览**】将安排大家乘坐马车游览南邦市区。

【**贵族柚木屋**】指“许多支柱的房子”。这个房子里有多达116个方形的柚木柱子，从而给了这个房子现在的名字。

【**大雁塔寺**】是南邦兰纳风格的佛教寺院。据说这座寺庙藏有佛祖的舍利，放置在寺庙的主要Chedi。这些舍利相信是佛陀火葬之后被收集的骨头舍利和骨灰。

**6** 16/12 **素可泰** 早午晚餐

【**素可泰国家历史公园**】位于泰国中部，是泰国最古老的素可泰王朝的首都遗迹，夜市泰国文化的集中地，公园内有佛家建筑数处，尤其在公园的中部就有21所寺院古迹被护城河围绕着。

【**Phra Ruang 温泉**】共有5处地下温泉水源。这里的温泉水温度月40-65°C。我们安排1小时让大家在这里放松享受温泉。



**7** 17/12 **素可泰 → 清迈** 早午晚餐

【**东沾寺**】的Krubha Arnan法师为贫困儿童和孤儿开了一所学校/孤儿院。我们将安排布施给这里的700多名儿童。

【**Wororos 市集**】可以让您尽情购买些当地的手工艺品、衣物、纪念品以及许多泰北的小吃。

**8** 18/12 **清迈 → 新加坡** 早

MI701 1130/1535

**S\$1548** / pax 每人

**INCLUDING 【含】**

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- ✓ 当地导游和司机小费
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**ONLY DATE**  
**11/12**

# 8D7N NORTHERN THAILAND PILGRIMAGE ☆ MEDITATION (THCCP8)

**1** 11/12 **Singapore → Chiangmai**  
**MI706 1450/1650**

【Doi Suthep】 is certainly one of the most important temples in Chiang Mai. It is also a major pilgrimage destinations during the important Buddhist holidays of Makha Buja and Vesak.

【Khantoke Dinner】 with cultural show

**2** 12/12 **Chiangmai ⇄ Chiangrai** **BLD**

【Almsgiving】 almsgiving to monks along the street or temple.

【Mae Kajan Hotspring】 where you can try boiling an egg in the hot springs or soaking your legs in one of the pools.

【Wat Thaton】 is a large temple complex in a very attractive setting only a few kilometers from the border with neighboring Myanmar. The temple is located on top of a hill overlooking the village of Ban Thaton and the Mae Kok river. It is built over several levels of a forested hill offering magnificent views over the surrounding rural area.

【Meditation & Buddhism Study】 We will allocate about 3 hours for you to learn Meditation & Buddhism from the resident monk of Wat Thaton

**3** 13/12 **Chiangrai** **BLD**

Full day 【Meditation Learning】 & 【Buddhist Study】 given by the resident monks of Wat Thaton.

**4** 14/12 **Chiangrai ⇄ Chiangmai** **BLD**

【Thaton Mountain】 tour of this mountain in the morning (10 persons to 1 vehicle).

【Wat Rong Khun (White Temple)】 is designed by Chalermchai Kositpipat, a famous Thai visual artist. It is also known as "the White Temple". Wat Rong Khun is a unique temple that stands out through the white color and the use of pieces of glass in the plaster, sparkling in the sun. The white color signifies the purity of the Buddha, while the glass symbolizes the Buddha's wisdom and the Dhamma, the Buddhist teachings.

【Wat Srisuphan (Silver Temple)】 The ordination hall at Wat Srisuphan is covered inside & out with silver, nickel & aluminium panels, embossed with elaborate repoussé-work designs. The effect is like a giant jewellery box, particularly after dark, when the monastery is illuminated by coloured lights.

【Night Market】 ~ free time for shopping after dinner



**5** 15/12 **Chiangmai ⇄ Lampang**  
**⇄ Sukhothai** **BLD**

【Horse Carriage Ride】 Experience the Horse Carriage Ride around the Lampang City.

【Baan Sao Nak】 means "house of many pillars". As many as 116 square shaped teak pillars are present in this house, thus giving the house its present name.

【Wat Prathat Lampang Luang】 is a Lanna-style Buddhist temple in Lampang. The temple is said to enshrine a relic of the Buddha which is now placed in the main Chedi of the temple. Such relics are typically bones and ashes believed to be gathered after the Buddha's cremation.

**6** 16/12 **Sukhothai** **BLD**

【Sukhothai Historical Park】 was the capital of the Sukhothai kingdom beginning in 1238. The central area alone contains 21 temples enclosed by a moat.

【Phra Ruang Hot Spring】 has 5 spots of hot spring rising from underground. The temperature is approximately 40-65°C. We will spend about 1 hour here for relaxation.



**7** 17/12 **Sukhothai ⇄ Chiangmai** **BLD**

【Wat Don Chan】 own by the Abott of Wat Don Chan, Kruba Anan. With his great kindness & compassion, he opened a school/orphanage for poor children & orphans. We will offer needy items for these 700 over children here.

【Wororos Local Market】 where you would have excellent shopping experience for locally made handicrafts, clothes, souvenirs and plenty of northern delicacies.

**8** 18/12 **Chiangmai → Singapore** **B**  
**MI701 1130/1535**

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