



THE WISDOM OF SURAT THANI'S TAPI RIVER

Thailand's southern Surat Thani province is well-known for its tropical islands located just offshore that millions of holiday-makers flock to every year. But onshore, you'll find an abundance of natural resources and attractions waiting to be discovered, from the clear lagoons and thick mangrove forests to a variety of farms and wild jungles. And feeding the area with rich nutrients, essential for keeping the ecosystem thriving, is the magnificent Tapi River.

On this two-day program, you'll cruise along the Tapi River to see the true Surat Thani lifestyle, while learning from the wisdom and culture of the locals. With the close relationship between the people and the river, which flows through the south to meet the Gulf of Thailand, this passage of water has been crucial for both wildlife and economy of this part of Thailand for centuries. As a result, a wide range of tropical ingredients can be found from the sea, river, and the mountains - you name it. It's no surprise why there are so many famous Southern Thai dishes waiting for you to try around the Tapi River and its network of canals.

PROGRAM :

2 DAYS 1 NIGHT TRIP

DAY 1

☀️ 9.40 a.m.

Pick up from hotel or airport (09.00 hrs. Rajjaprabha Dam / 08.30hrs. Klong Sok / 08.00 hrs. Don Sak Pier) Set off to Phum Riang community

10.45 a.m.

Phum Riang Community

- Learn how the community preserves blue swimming crabs from the crab banks and fish homes
- Set off on a long-tail boat to observe Phum Riang's lifestyle
- See how the locals hunt for different types of shellfish and clams
- Plant a coconut tree on the deserted island of Koh Sed to help the environment
- Learn to cook shrimp paste, one of the most important ingredients in the Southern cuisine

☀️ 2.45 p.m.

La Med Community

- Visit the famous Chaiya salted egg factory and see the production line
- Visit Chaiya Jasmine rice field which blossoms beautifully during the harvest season

4.00 p.m.

Check in at Rice Farm Villa and enjoy the scenery looking over the rice fields

5.30 p.m.

Sightseeing in the old city of Surat Thani

☾ 6.15 p.m.

Dine at Lee Led Community with a meal specially cooked by the locals

- Take a long-tail boat out to witness the beauty of the millions of fireflies around the Phunphin River

8.30 p.m.

Back to the hotel

DAY 2

☀️ 8.30 a.m.

Pick up from hotel

9.00 a.m.

Visit Kum Nan Sak's Oyster Farm

- Learn how the farm nurtures the oysters
- Collect some fresh oysters and have a try while out at sea amongst the scenery of Ao Thai (the Gulf of Thailand)

2.00 p.m.


Arrive at Bang Bai Mai Community and experience the simplicity of the life alongside The Tapi River

- Visit Pracharat Market (opens only on Sundays)
- Get to know one of the base ingredients in Southern cooking, a type of honey vinaigrette made from mangrove palms
- Set off on a long-tail boat along the path of a canal to see the richness of the forest, and experience the local way of life along the banks of the Tapi River
- Visit a cold-pressed coconut oil factory
- Go sightseeing through the natural mangrove palm tunnel

5.00 p.m.

Back to the hotel / Surat Thani / Rajjaprabha Dam / Klong Sok / Don Sak Pier



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Phum Rieng Community



THE HUB OF SURAT THANI INGREDIENTS

The Phum Rieng community has a long history of civilisation and trade. It was once used as a harbour town for silk commerce, but today it is famous for its blue swimming crabs - plucked fresh from the sea. The locals have gradually turned to crab fishery, and even crab shells peeling, as a means of earning an income. The crabs are then sold to distributors around the province before being turned into a number of different delicious dishes. The fishermen also help to ensure this local industry remains sustainable by setting up blue swimming crabs 'banks' which provide a nursery for these creatures to lay eggs and grow to the right size before being delivered into the sea. This method has allowed them to make a sustainable living - and will allow us to carry on enjoying these southern delicacies for many years in the future.

From the crab banks, you'll then be taken over to Koh Sed, a small island comprised of sand and clay mixed together to create a dune-like setting. As a natural nursery for baby sea creatures such as shrimp, fish, crabs and especially clams, the island is significantly important to Surat Thani. Here, you can learn about the traditional ways of fishing for a

variety of clams, including white clams, hard shell clams, lamp shells, or 'Sub Ked' clams, as the locals call it.

Do your bit to help preserve the island by helping to plant coconut trees; these increase the 'green space' on the island, offering a refuge for wildlife and protecting against rising tides. The expanding roots also help to strengthen the island and keep its sea life nursery sustainable.

After docking back at shore, you will learn how to make 'Kapi', a type of shrimp paste used as the main base ingredient for most Southern Thai dishes. In fact, you can be pretty sure that every household in this parts has a pot or jar of Kapi in the cupboard!

The standard version of this paste is made from tiny shrimps called 'Koei', but Surat Thani also produces other tasty varieties made from larger shrimps (which, of course, you can try). While learning about how to make Kapi, you'll be walked through every single step of the process; from fishing for the shrimps to drying them out in the sun, fermentation and then finally cooking some of the famous curry and stir-fry dishes of the South!



Phum Rieng Community
95/1 Moo 5, Phum Rieng, Chaiya, Surat Thani 84110
Tel. +66 92 379 3969



Savoury crab meat.



'Koei', or small shrimps, the main ingredient to make the Kapi variety of shrimp paste.

La Med Community

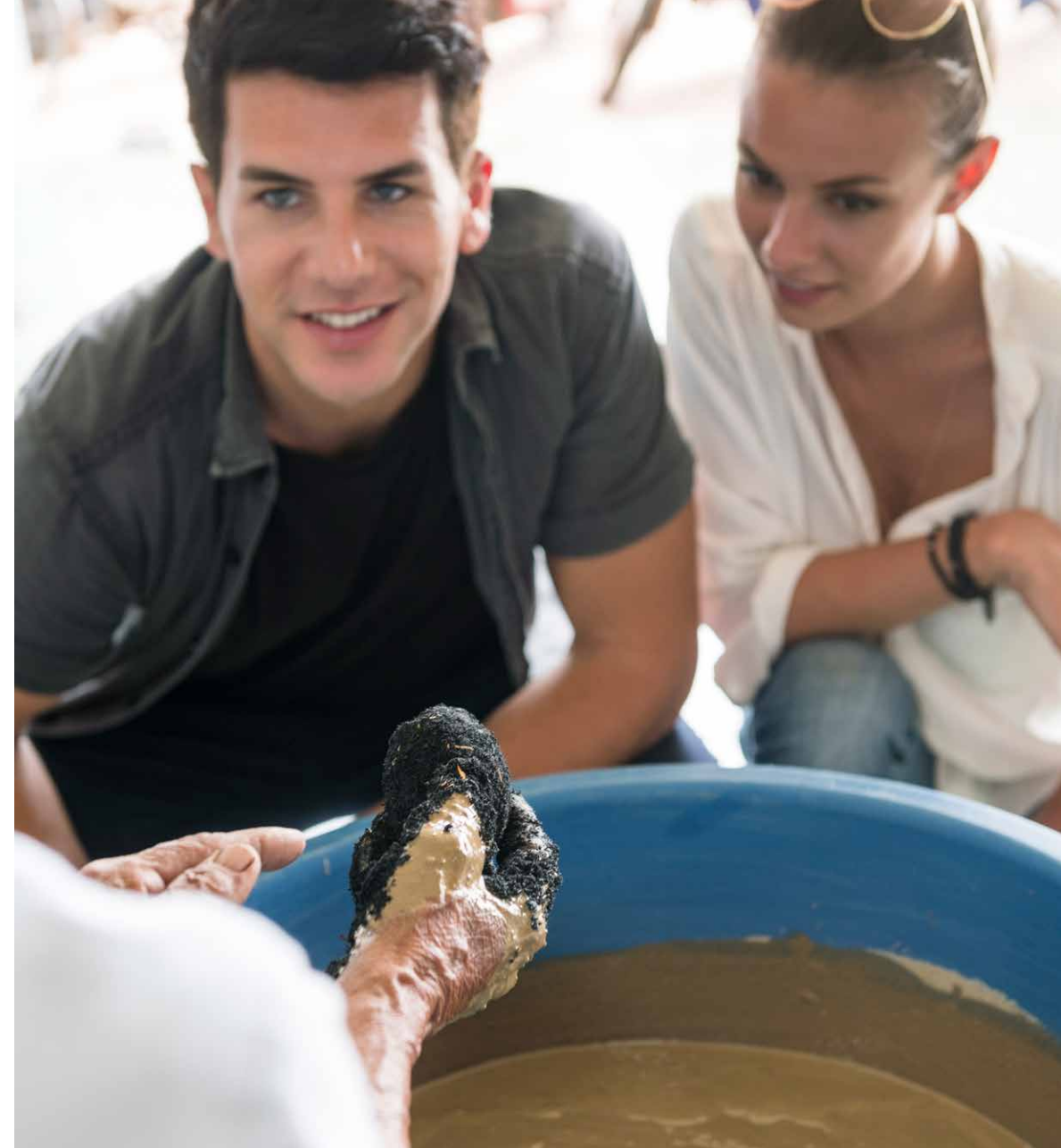


LEARN THE PRESERVATION METHOD OF THE DELICIOUS LOCAL DELICACY OF SURAT THANI

Surat Thani is not only about its freshly caught seafood. Here at La Med, you'll find a community famous for agriculture, specifically rice farming. With a lush green backdrop formed of miles and miles of paddies, here you'll learn all about the popular 'Chaiya' variety of jasmine rice. With a larger than normal kernel this staple food of Thais is known for its soft texture and appetising fragrance.

In these parts, where you see rice fields, a flock of ducks probably isn't too far away. That is because farmers know that ducks help get rid of weeds and pests in the field, and since everything they eat is organic, the farmers end up with free-range duck eggs – which is the how Chaiya salted eggs came about. The preservation method needed to create these bold-flavoured eggs is quite specific, the eggs are covered with a layer of clay and paddy husk ashes (whereas other places simply pickle them in salt water). This technique allows Chaiya salted eggs to become different in both texture and taste, making it one of the all-time favourite delicacies of Surat Thani province.

La Med Community
Moo 5, La Med, Chaiya, Surat Thani 84110
Tel. +66 90 703 4307



Lee Led Community



A GROCERY STORE,
FRESH FROM THE NATURE

With its seaside location and network of canals, Lee Led community is incredibly biologically diverse, with a thriving ecosystem that allows countless different plants and animals to live both in the sea and fresh water. Think of a visit here to Lee Led as a trip to visit a vast outdoor grocery store - where all of the ingredients you see are rich in nutrition and 100% organic!

Lamphu trees (Mangrove apple trees), which provide a sanctuary for the region's fireflies, are easy to spot. And when the sun starts to set, it's time to take a cruise through the series of interlinked canals, enjoying the glistening reflection across the water and tropical Nypa palm trees on either side. As dusk begins to fall, the flickering lights of the millions of fireflies will start to emerge – making your evening in this remote part of Surat Thani an unforgettable one.

Lee Led Community
109 Moo 5, Lee Led, Phunphin, Surat Thani 84130
Tel. +66 65 789 2826 www.cbt-i.or.th



'Kanom Jak', a sweet snack made with black sticky rice flour covered with nypa palm leaves, and grilled. Enjoy it as a delicious snack, or take it home as a souvenir.



THAI CULTURE

THE BEST OF TURMERIC

Turmeric is an important ingredient in Thai cooking. It is used in many traditional dishes with its aromatic scent and yellow colour. Some studies have also suggested that turmeric can help prevent cancer, as well as decrease inflammation and detox our system. 'Dang Siam' is a variety of turmeric from Ban Ta Khun, Surat Thani, and some people believe it is one of the finest types in the world.

Tests have proven that Dang Siam turmeric contains high levels of curcumin, a naturally-occurring chemical with a range of medicinal benefits. Normal turmeric has a 'curcuminoid' level of around 4-5, whereas this local type comes in at 10, a result of the quality soil that is rich in nutrients and no pesticides use.



Kum Nan Sak's Oyster Farm

TASTE THE FRESHEST OYSTERS YOU CAN'T IMAGINE

Just like premium coffee beans or fine wine, the distinct taste of quality oysters should also depend on the location from which they are sourced. Kum Nan Sak's oyster farm within Surat Thani's 'Kanchanadid' community is no different. Here, the water is more brackish, which means the soil is of higher quality as it retains essential minerals. As a result, the oysters you'll find here are tender, soft, sweet, and much bigger than other varieties in Thailand. Smaller oysters are often fried or put into omelettes, but Kum Nan Sak's are perfect for eating raw - straight from the shell or with a little bit of garnish. As part of this trip, you'll discover how this farm keeps and catches the oysters, and, most importantly, try a few for taste.

Kum Nan Sak's Oyster Farm
78 Moo 3, Tha Thong Mai, Kanchanadid, Surat Thani 84160
Tel. +66 89 867 4363



'Khanam' is a type of temporary shelter in the middle of the sea for fishermen to keep an eye on their oysters or cockles.



THAI CULTURE

HOW TO EAT OYSTERS, THAI WAY.

In Thailand, raw oysters are usually served with acacia, a type of green shrub. The amino acid in the acacia, when consumed in small amounts, helps to turn the carbohydrate in the oyster into sugar, thus producing a sweeter taste. For some added texture, you can top it off with a little bit of deep-fried garlic, or a dab of spicy seafood sauce for an extra kick.

Bang Bai Mai Community



FLOAT TO DISCOVER THE TRADITIONAL FOODS ALONG A HUNDRED CANALS AROUND BANG BAI MAI

Surrounded by hundreds of small canals, a visit to Bang Bai Mai Community will take you back to a time when locals got around mainly by boat (rather than car), and commerce centered around lively floating markets on the water (rather than air-conditioned shopping malls).

Your trip starts at Bang Bai Mai Pracharat floating market, a hub of fresh ingredients and local food which are cooked and prepared using age-old techniques. As you arrive, you can see many of the traditional food processing methods being carried out; for example, nypa palm leaves and fruits are very easy to find, with each and every part can be used for many different things, such as wrapping up Thai snacks, being boiled in syrup (to create a dessert), fermented to make vinaigrette, or simmered to create nypa palm honey. Thanks to the local's no-waste policy, plus their often complicated methods of production, all

of the food here is unique and hard to find anywhere - outside Bang Bai Mai Pracharat floating market, that is.

After browsing through the market, it's back onto the boat for more sightseeing along the network canals. As you go, soak up the rich, natural surroundings, witness the locals going about their everyday lives, and pass through the spooky nypa palm tunnel, which has been formed by the flexible palms bending sideways to create a green roof above your head.

A final stop is scheduled at Uncle Song's house, where you can see how the locals process coconuts into other products at his on-site factory. Some of the products they make include coconut oil, soap, shampoo, cream and lotion – a great example of how Surat Thani locals bring out the best quality of the natural products available to them.



Bang Bai Mai Community
Bang Bai Mai, Muang Surat Thani, Surat Thani 84000
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Venture through the nypa palm tunnel, formed by the flexible palms bending sideways to create a green roof above your head as you float along the canal.



Coconut tree and snacks produced from coconut flesh.



Nypa palm sugar workshop.

Taste the delicious flavours that the locals offer every Sunday at Pracharat Floating Market.

