

## Sweet Mango Tours Itinerary

## Sacred Places

January 30 to February 14, 2009

				Friday 1/30	Saturday, 1/31	Sunday, 2/1
				Pick Up & Meet Up  Everyone to be at hotel by 2:00 am Saturday	Tour officially starts at 8:00 am  River taxi to Wat Phra Kaew, the Grand Palace, Wat Po, and massage school  Dinner at train station 8:30 pm departure	Arrive in Ubon Transfer to hotel Breakfast at the Asoke vegetarian restaurant Afternoon options: Ubon/Buddhism Museum, Natural History Museum, Provincial Field activities - dinner in the night market
				Silom Village Inn	Overnight Train	Rajapat University Cultural Center Ubon
<b>Monday, 2/2</b>	<b>Tuesday, 2/3</b>	<b>Wednesday, 2/4</b>	<b>Thursday, 2/5</b>	<b>Friday, 2/6</b>	<b>Saturday, 2/7</b>	<b>Sunday, 2/8</b>
Travel to Wat Pah Nanachat for sermon and breakfast  Settle in and meet with the Abbot	Meditation Retreat  Q&A w/Abbot	Meditation Retreat  Q&A w/Abbot	Meditation Retreat  Q&A w/Abbot	After morning meditation and breakfast, leave for Wat Nong Pa Pong, Ajaan Chah's home monastery  Return to Ubon Prepare for home-stay	Depart after breakfast for our host village  Arrive mid-day Settle in with familie Community tour & explore the area with a village guide	Alms for the monks  Boat trip down the Mekong River  Afternoon free
<b>Wat Phra Nanachat</b>	<b>Wat Phra Nanachat</b>	<b>Wat Phra Nanachat</b>	<b>Wat Phra Nanachat</b>	<b>Cultural Center Ubon</b>	<b>Village</b>	<b>Village</b>
<b>Monday, 2/9</b>	<b>Tuesday, 2/10</b>	<b>Wednesday, 2/11</b>	<b>Thursday, 2/12</b>	<b>Friday, 2/13</b>	<b>Saturday, 2/14</b>	
Alms for the monks  Full Moon  Magha Puja Day celebrations at the village temple	Alms for the monks  Bai Sii Ceremony  Say goodbyes after breakfast  Travel to rural forest temple for retreat  Settle in	Meditation - sitting and walking  Chat with the resident monks	Optional dawn walk to the Mekong for sunrise  Return to Ubon after breakfast  5:00 to the train station for 6:30 departure	Arrive early in Bangkok, transfer to our hotel  Free day with optional guided tours: China Town Jim Thompson House Canal life boat tour...  Dinner together	Departures...airport deliveries available	
<b>Village</b>	<b>Remote temple</b>	<b>Remote temple</b>	<b>Overnight Train</b>	<b>Silom Village Inn</b>		