



URBAN
ADVENTURES
BEST. DAY. EVER.

Tour Name

New York Times Journeys - Bangkok's Hidden History and Food Culture

Tour City

Bangkok

Tour Snapshot

Bangkok is one of the world's most visited cities, but you can get away from the hordes of tourists — if you've got a local by your side! On this specially curated tour run in collaboration with *The New York Times*, you'll explore local art, food and music to get a sense of the Siam that was, the Buddhism that is, and the traditions and contemporary coolness that make modern-day Bangkok such an exciting city to see!

Highlights

- Hop a ride on a tuk-tuk, a time-honored method of transportation, through Bangkok's sometimes-chaotic traffic
- Walk through one of the most famous old city food streets and sample local dishes
- Listen to Thai music with traditional instruments at a contemporary bar
- Taste a local cocktail made with Thai herbal liquor

New York Times Exclusives:

- *Behind the Scenes Access:* Stop by Mae Prapa shop, one of the oldest and most famous makers of “Kanom Beung” (Thai crispy pancakes) for a private tasting and to learn the history of this shop.
- *Hands-on Element:* Visit Wat Mahathat Yuwaratrangsarit temple for an exclusive chance to learn about and practice meditation techniques from an expert Buddhist monk.
- *Local Interactions:* Meet a local street food vendor and try to share your impressions of the food — don't worry, your tour guide will teach you some useful Thai words!

Local Impact: How you will help the local community by joining this tour:

- By joining this tour you're helping to support a 50-year-old local business who continues to make Kanom Beung (Thai crispy pancakes) using their original traditional recipe without adding preservatives or other modern ingredients as most other vendors of this ancient snack have.
- Joining this tour helps preserve and pass on Thai Buddhist cultural heritage through meeting an expert Buddhist monk to learn the art of mindfulness and its benefits.
- We hire and pay tuk-tuk drivers who own their own vehicles directly for this tour. Working with Urban Adventures means they have a guaranteed, reliable income for each tour rather than waiting to pick up locals or other tourists on the street.

Inclusions: Local English-speaking guide, tuk-tuk fare, street snacks as per itinerary, cocktail or non-alcoholic drink at the last stop.

Exclusions: Items of personal nature, additional food or drink, gratuities for your guide.

Schedule details

- Duration: 4 hours
- Meeting point:
Inside Sanam Chai MRT station at the bottom of the escalators of Exit 1 (Museum Siam). If you come by taxi please

enter the MRT station in the grounds of Museum Siam and go down 2 sets of escalators.

- {label-what3words-location}
- Starting time: 3.00 PM
- Ending point:

Tep Bar. 69-71, Soi Yi Sip Song, Karakadakhom 4, Pom Prap, Pom Prap Sattru Phai, Bangkok 10100.

Full Itinerary

You better come to this tour hungry for local delicacies, because your first stop is for a taste of a favourite local treat: crispy pancakes. We'll stop at one of the most famous Thai crispy pancake shops in town, Mae Prapa. Crispy pancakes, known in Thai as *khanom buang*, were invented in Thailand more than 300 years ago during the Ayutthaya period, which was influenced by European cultures. Mae Prapa started making this snack during World War II, when she created her own business. The present owner has preserved Mae Prapa's original techniques and quality, and you'll learn all about this family tradition as you snack.

From there, time to give your feet a rest and your mind an adventure as we head back in time on board a tuk-tuk, a three-wheeled vehicle that arrived in Thailand after World War II and has since become synonymous with the city of Bangkok. We'll ride through Rattanakosin Island, home to the Grand Palace and Wat Pho (the Reclining Buddha Temple), to kick off our historical discovery of the city.

We'll make our way to Wat Mahathat Yuwaratransarit temple, one of 10 royal temples in Bangkok, though it was built before the city was even founded. The princess mother of King Rama IX practiced meditation here and shared it through her son King Rama IX. Thais believe that controlling mindfulness can help to fix any problems, and you'll have an opportunity to ask questions and learn about meditation with an expert Buddhist monk, and practice some mindfulness. (Please note that when visiting a temple in Thailand, men and women should cover their shoulders and knees.)

Then, back in our trusty tuk-tuk, it's off to Museum Siam for lessons in local culture. Though it is housed in a neo-Classical mansion, this is an interactive, high-tech funhouse whose motto is "Decoding Thainess." It's also known as the discovery museum, created to teach Thai national identity and history with a focus on popular culture.

We'll then take the tuk-tuk to Mont Nomsod, a 50-year-old, second-generation shop that's considered a local institution to try some of their famous thick white toasted bread with sweet toppings. Together, we'll learn some useful Thai words and head over to test your newfound Thai language skills to order some local street food nearby. Your guide will give you some local tips on finding the best vendors and will help you to communicate with them.

Back in the tuk-tuk and onwards to the trendy Tep Bar at Soi Nana, close to Bangkok's Chinatown. This bar is decorated in a style that might best be described as industrial rustic. You can try *Pat* one of their signature cocktails made with Thai liquor they've infused with traditional Thai herbs. (Non-alcoholic drinks are also available.)

Our New York Times Journey City Tour will end here where you can sit back, sip and relax as you listen to traditional live Thai music performed with traditional instruments — but with a definitely contemporary beat! Before you go, be sure to ask your guide for recommendations for more places to visit in Bangkok after the tour.

New York Times Reading List:

- [A Thai Chef Heads Home for a Challenge](#)
- [Five Places to Go in Bangkok](#)
- [In Thailand, 'Obesity in Our Monks Is a Ticking Time Bomb'](#)
- [My Bangkok: City of Spirits](#) and [At Home in Bangkok](#)
- [Pet Cremation: Seeking 'Good Afterlife' for Bangkok's Pampered Dogs](#)
- [Thai Team Tells of Cave Rescue, Apologizing for All the Fuss](#)
- [Bangkok's River of Kings](#)

Additional information

Inclusions: Local English-speaking guide, tuk-tuk fare, street snacks as per itinerary, cocktail or non-alcoholic drink at the last stop.

Exclusions: Items of personal nature, additional food or drink, gratuities for your guide.

Dress standard: When visiting a temple in Thailand, men and women should cover their shoulders and knees.

Additional Information: Please note, if any of the sites in the itinerary happen to be closed due to reasons beyond our control, an alternative site will be visited. For example, if Wat Mahathat Yuwaratransarit temple is closed, another alternative temple will be visited as a replacement.

Child Policy: Travellers under 8 years of age are not permitted to join this tour.

Dietary Notes

We can accommodate vegetarians and other dietary restrictions. Please notify us in advance if you have any dietary requests. You can do so in the 'Additional information' box at checkout, or by emailing us at info@bangkokurbanadventures.com.

Local contact

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