

THE PENINSULA

BANGKOK



INDULGE IN '20 AMAZING EXPERIENCES'

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The Peninsula Bangkok's 20 Amazing Experiences are designed to offer captivating adventures in the city that few visitors are privileged to enjoy. We will take you off the beaten track to experience hidden flower markets, sacred Chinese shrines and ancient ruins rarely visited by tourists. Whichever activity you select, expect to be entertained and inspired.

Your experience may be as soulful as the daily alms-giving ritual with local monks at dawn, as spiritually fulfilling as a temple tour to the birthplace of Thai massage, or as challenging as a 20km cycle ride through the streets of Bangkok to visit an ancient bronze workshop. Pulse-racing excitement is provided by water skiing on mud flats and Muay Thai boxing.

As you traverse the city, bespoke transport options range from Thai long-tail boats, rice barges and tuk tuks to helicopters, mountain bikes and air-conditioned vans. Thoughtful touches, such as cold towels, chilled drinks and locally-sourced snacks help you stay refreshed and reinvigorated.

Each private tour or activity is tailored to your own preferences, and hosted by professional English-speaking guides who are experienced in showing visitors the very best of the Thai capital. Spend as little or as much time at each stop en route that has special interest to you.

Offering an expedition for every budget, interest and fitness level, our Concierge will help guide you through the options of most interest to you. To preserve the exclusivity of our trips, each one has limited availability. We recommend booking your 'Amazing Experience' via our Concierge as far in advance as possible.

As we celebrate 20 years of riverside magic in Bangkok, we hope you will join us to discover the many hidden treasures of this wonderfully diverse city that we are proud to call home.

QUICK REFERENCE GUIDE:



Bicycle



Boat



Drinks / Cocktails



Floating Markets



Markets



Spiritual



Street Food



Temples



Tuk Tuk





20 YEARS OF RIVERSIDE MAGIC

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BANGKOK BACKSTREETS BY BIKE



What you'll experience:

- Only have one spare day? This 'all-inclusive' 20km cycle ride packs in secret sites, authentic Thai food and revitalising exercise
- Learn how Bangkok's grand river has influenced the development of a modern mega city
- Bike past street markets, historic Chinese shrines and temple grounds
- Visit the Baan Bu bronze bowl workshop
- Share rare glimpses of everyday life in small riverside districts and learn about the European influences on modern Bangkok

Why it's unmissable:

- Cycle around maze-like neighbourhoods where most visitors never venture
- Spot something you like or are curious about? You are in control; stop to take a photo or ask to learn more
- Breathe in the aromas of incense, meat grilling on open braziers and fresh papaya en route
- Enjoy the benefits of eco-friendly cycling and get closer to daily life as you ride by
- Experience an active way to combine Bangkok's top sites and untapped hotspots

Who should go?

- Adventurous spirits excited to cycle through eclectic areas of Bangkok
- Guests with limited time who are wishing to explore the very best of the city in a day
- Confident cyclists inspired by the challenges of navigating narrow alleyways

Summary:

This fun, guided cycling adventure charts Bangkok's labyrinth of small streets and hidden pathways to unlock access to charming riverside communities and rare landmarks. Cycle upriver to witness the city's European heritage and explore old markets to Rattanakosin Island, skirting Chinatown, the Grand Palace and Wat Pho.

After crossing the river by ferry, journey downriver through the back alleys of Thonburi, which was the capital of Siam prior to Bangkok. Captivating historic areas here include Kudee Chin, with its neo-classical Santa Cruz Church boasting a domed bell tower and exquisite stained-glass windows, plus a Portuguese pastry called Kudee Chin Cake. Feel inspired by the classic Chinese architecture of Kian Un Keng Shrine, built during the King Taksin dynasty (1767-1782).

The journey is completed at Lhong 1919, where a long-tail boat is waiting to ship you back to the hotel. Before leaving, take a tour around this characterful cluster of warehouses and a Chinese shrine dating from the era of King Rama IV (1851-1868). Reimagined as a co-working space with hip eateries and galleries showcasing young artists, Lhong 1919 perfectly illustrates the Bangkok riverside's transition from past to present.



Notes:

- Available daily
- 9am start time
- The day-long cycle journey takes 6-8 hours
- Cyclists must be 12 years old or above
- Maximum group size is six people
- An authentic local lunch, plus snacks and drinks are included
- Intermediate cycling experience is recommended for biking along roads, lanes and footpaths



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MARKETS, MANGROVES, MONKEYS AND MUD SKIING



What you'll experience:

- The colours of a Thai floating market and interaction with local traders. Enjoy regional dishes and be paddled through the waterways between the other boats
- Learn how the Gulf of Thailand coast is eroding and join the efforts to preserve and replenish the protective mangroves
- Try out water skiing behind a long-tail boat over the shallow mud flats
- Watch the absorbing train-influenced vendor ritual at the Closing Parasol Market

Why it's unmissable:

- Slow down and recalibrate to the rhythms of rural life in Thailand
- Share sustainable family fun while planting mangroves and watching local fishermen earn their livelihoods
- Watch playful monkeys cavorting through a fruit orchard
- Experience the eccentric water sport of mud skiing

Who should go?

- Guests wanting to experience authentic Thai markets away from the tourist crowds
- Visitors with a passion for environmental conservation
- Families who just want to have fun
- Anyone that loves watching monkeys being mischievous
- Active adventurers primed for the mud-skiing challenge

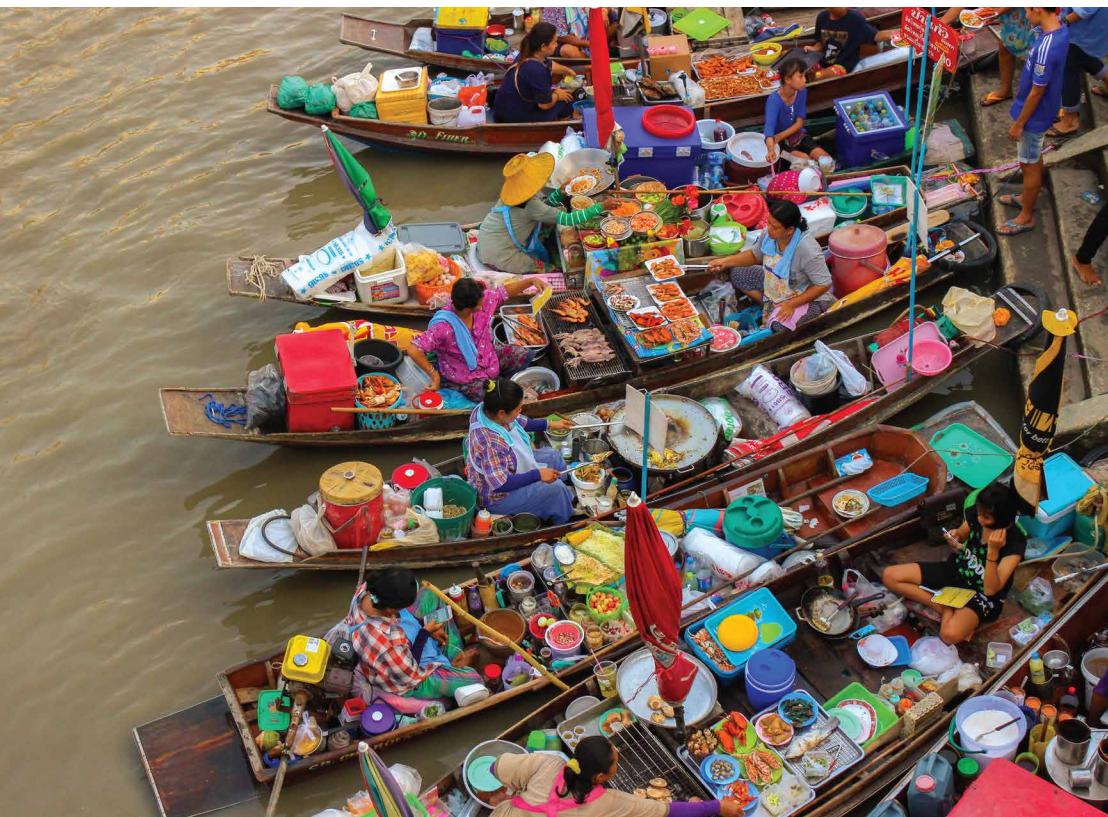
Summary:

After an early breakfast, head west to Tha Kha Floating Market. This colourful market retains a distinctive charm seldom found at the more famous floating markets closer to Bangkok. Board a wooden paddleboat to cruise through the vendors trading goods along the water's edge. After a delicious local lunch, a short river journey takes you to the Mangrove Forest Conservation Centre on the Gulf of Thailand for mangrove planting, monkey spotting and mud skiing on the shallow flats.

After freshening up (and drying off), sit back and relax en route to Mae Klong Railway Market. Thais know it as Rom Hoop Market (Closing Parasol Market), which sells fruit, vegetables and local produce, with food stalls attached to the railway. As a train approaches, vendors close their parasols and remove all their goods at high speed. Once the train passes, the goods are returned to their spot and vendors re-open their parasols. This parasol closing ceremony happens eight times a day based on the daily train schedule.

Notes:

- Available daily
- 7:00 am start time
- This fascinating journey takes 7-8 hours
- Lunch, snacks and drinks are provided
- It is recommended that those who wish to experience mud skiing bring a change of clothes
- Maximum of six people per group
- On weekdays, the trip includes Damnoen Saduak, while weekend guests can choose from Tha Ka or Damnoen Saduak



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BIKES, BOATS AND CRAFT BEERS



What you'll experience:

- A 15km rural bike ride through old wooden villages, lush mangroves and coconut plantations
- The festive atmosphere of one of Thailand's most unorthodox temples featuring amusing statues and other oddities
- Cruise through off-track areas north of Bangkok to discover a craft beer brewery
- Learn about the Mon people of Koh Kret Island, known for their traditional earthenware and weekend market

Why it's unmissable:

- Cycle along raised pathways, through tropical mangroves and along the original course of the Chao Phraya River
- Hang out with local hipsters, artists and Bangkok weekenders at a craft beer bar, while watching the river traffic ease by
- Stop at a floating market to savour some of the finest food in the area

Who should go?

- Active visitors ready to saddle-up and explore the capital's rural side
- Curious travellers wanting to venture beyond tried-and-trusted Bangkok for a day
- Guests eager to shop for local arts and crafts, and sip a handcrafted Thai beer

Summary:

Starting from the eccentric temple of Wat Tha Kian, you'll cycle along the original course of the Chao Phraya River before a canal shortcut was dug, abandoning an area left behind in time. Discover old wooden homes, riverside markets and Ayutthaya-era temples.

On re-joining the main river, we'll board a small riverboat and cruise upriver to Koh Kret. This island is home to the Mon people who fled Burma and became famous for their terracotta skills. It is also home to Thailand's first craft beer brewery disguised as a brewing school. Savour a few of the day's chilled specials before returning to the hotel by air-conditioned van.

Notes:

- Available on Saturdays and Sundays only
- 9:00 am start time
- The 15km cycle journey takes 6-8 hours
- Minimum age is 20 years old (for drinking at the brewery), or 12 years old for the cycle ride (those wishing to visit the brewery, please bring photo ID)
- Intermediate biking experience is recommended
- Lunch, snacks and soft drinks are included, plus one beer at the brewery.
Please note that additional purchases are at guests' own cost
- Maximum of six people per group



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BANGKOK'S TEMPLES BY BAHT (TO COIN A PHRASE)



What you'll experience:

- More than 95% of Thais are Buddhist, and Thailand counts over 40,000 temples. Bangkok is home to some of the most impressive. Visit landmark temples that forged the nation's spiritual philosophy, some of which are inscribed on Thai Baht coins
- Learn about their remarkable histories and why their aesthetic symbolism is so important to Thai people
- Take a walking tour and three-wheeled tuk tuk excursion through Bangkok's leafy Dusit District to the man-made island of Rattanakosin

Why it's unmissable:

- Avoid the crowded areas and enjoy each temple's iconic majesty in the perfect light
- Your guide will explain little-known secrets of Thai Buddhism and historic insights
- Capture some of the most photogenic landmarks in Bangkok
- Receive a framed collection of Thai coins bearing the temples you have visited as an auspicious memento

Who should go?

- Historical, cultural and architectural enthusiasts
- Visitors with a profound interest in Thai Buddhism
- First-time visitors wanting to explore Bangkok's temples without the tourist crowds
- Family guests wishing to learn more about Thai spirituality and culture

Summary:

Take a riverboat from the hotel's own pier to Rattanakosin Island, the historic heart of Bangkok, which houses the Grand Palace and some of the city's oldest and most important Buddhist temples. You'll visit the key sites and several revered royal temples by foot and tuk tuk. Afterwards, climb the Golden Mount and be rewarded with spectacular views across the city before stopping at the Marble Temple. On the return trip down the river, visit Wat Arun, the Temple of Dawn, one of Bangkok's finest landmarks.

Notes:

- Available daily
- 10:00 am start time is recommended
- Flexible departures between 8:00 am and 11:00 am
- This tour takes 5 hours
- Lunch, snacks and drinks are provided



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BANGKOK BLOSSOMS



What you'll experience:

- A stunning variety of flowers stacked on stalls throughout the market building
- Energetic traders haggling over prices for fragrant blooms fresh off the delivery trucks
- Garland makers painstakingly threading jasmine and marigold flower chains, destined for a religious shrine
- The meditative process of skilled artisans deconstructing lotus flowers, a Buddhist symbol of purity, and reconstructing them into pieces of art
- Mounds of freshly harvested garlic, ginger, shallots, peppers, dried mushrooms and chillies



Why it's unmissable:

- Witness first-hand the deep cultural and spiritual significance of Thai flowers
- Learn to make your own Thai flower garland to take away as a colourful memento
- Travel and return by Thai long-tail boat along the Chao Phraya River

- Visit a historical Bangkok market that is firmly off the main tourist trail
- Interact with local artisans, flower traders and market stalwarts

Who should go?

- Guests interested in authentic Thai market culture
- Foodies curious about the exotic produce that fortifies Thailand's world-famous cuisines

- Flower enthusiasts and floral designers
- Parents and children wanting to share hands-on creative activities

Summary:

Discover Bangkok's famous flower market, known locally as Pak Khlong Talat (Market at the Mouth of the Canal). This location has been a market in one form or another since Bangkok was established in 1782. However, over the last 60 years, it has been the country's premier flower trading centre. Open 24 hours, it's busiest in the early morning when the delivery trucks arrive from the provinces. But it's not just flowers that you'll find here. Discover galangal, a type of ginger that flavours the famous Thai soup Tom Kha Gai, plus a vast selection of fresh herbs and spices, and dried goods.

Notes:

- Offered daily, except Mondays
- Flexible departures are available from 9:00 am to 11:00 am
- The flower market trip takes 3-4 hours
- 10:00 am is the recommended start time
- Lunch, snacks and drinks are provided



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EVENING POTIONS



What you'll experience:

- The ambient alleyways of old Bangkok's hidden quarters
- Delectable Thai street snacks, cocktails and craft beers
- Thai folk-fusion live music

- A casual stroll through local evening street life
- Old shophouses renovated into sleek speakeasy bars
- Quirky interior designs and street-influenced art

Why it's unmissable:

- Experience Bangkok nightlife from a refreshingly different perspective
- Avoid the tourist areas for some authentic evening fun
- Mix with the city's most enigmatic artists, designers and hipsters
- Listen as your personal host translates the illuminating insights of local bar owners
- Discover how traditional Thai herbs and natural healing ingredients are mixed into cocktails

Who should go?

- Party mavens with a passion for sampling the alternative social scene
- Night owls thirsty for Bangkok's best cocktails and beers
- Photographers eager to capture the city's offbeat street culture
- Recent arrivals needing a fun way to beat jet lag and sync with the local time zone

Summary:

Turn bar hopping into a culture quest by discovering hip bars in restored shophouses, where contemporary cocktails, chic designs and live music fused with traditional culture perfectly capture Bangkok's nightlife renaissance.

Jump aboard an iconic Thai tuk tuk and cruise on three wheels for a scintillating exploration of the edgy nightlife scene around Chinatown. Forget the glossy online bar guides, this expertly curated tour brims with unfiltered urban creativity.

To complete the evening, retire to one of Bangkok's better known bars, such as Smalls, Maggie Choo's or Sing Sing Theatre. Alternatively, sip a rooftop cocktail at Sala Rattanakosin with views across the river to the illuminated Wat Arun - Temple of Dawn.

Bars visited en route:

- Teens of Thailand
- Bar 'Ba Hao'
- Ban Maitrichit
- Asia Today
- El Chiringuito
- Tep Bar
- FooJohn
- Pijiu
- One Day Wallflowers



Notes:

- Offered nightly, except Monday
- 6:00 pm to 12:00 midnight
- Participants should be 20 years old or above (please bring photo ID)
- Maximum of six people per group
- Dinner and one drink at the first four bars are included. Please note, additional purchases are at guests' own cost

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STREET FOOD NIGHT SAFARI



What you'll experience:

- The vibrant lanes of Chinatown, where street chefs create a symphony of aromas by grilling, boiling, frying and roasting exotic vegetables, meats and noodles with herbs and spices
- A guided tour through the labyrinth of street treats by an expert host
- Experience both classic and modern dishes - from moo ping (grilled pork on a skewer) to khao mun gai (Hainanese chicken rice)
- Visit Bangkok's only Michelin-starred shophouse restaurant

Why it's unmissable:

- Find out why Bangkok is often defined by its food, and why celebrity chefs frequently voice their cravings for Thai street flavours
- Explore the world's street food capital by iconic tuk tuk
- Join the locals and experience their daily lives as they snack throughout the evening

Who should go?

- Gourmands with an appetite for adventure
- Return visitors intrigued by the shifting trends in street dining culture
- Guests craving a deliciously informal Thai culinary experience

Summary:

Set the table in Yaowarat, the aromatic heart of Bangkok street food. Fast, frenetic and eclectic, a ramble through this part of Chinatown evokes a culinary concerto. You'll enjoy an outstanding Thai meal before a leisurely walk through market lanes searching out street snacks that are essential elements of the city's cultural mosaic. Next, travel in Thai-style by tuk tuk to the flower market, spice market and Tha Tien Market. Along the way, take in the rich history of Rattanakosin as you sample more delicious snacks and desserts. In an ever-changing city, this tour will be continually refreshed to feature emerging hotspots.

Notes:

- Offered daily, except Monday
- 6:00 pm start time
- This street food tour takes 4-5 hours
- Maximum of six people per group
- Dinner, snacks and non-alcoholic drinks are included



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KICKSTART YOUR DAY WITH A MUAY THAI WORKOUT



What you'll experience:

- A 60-minute private Muay Thai tuition from the hotel's resident instructor. Be prepared for a racing pulse while taking part in this workout fit for a Thai warrior
- After a tough training session to develop your Muay Thai skills and fitness, spend 30 minutes unwinding in the sauna and steam room
- Complete your experience with a 90-minute traditional Thai massage to help the recovery of tired muscles

Why it's unmissable:

- Learn ancient Thai martial art techniques under the shade of the hotel's sacred Banyan tree
- Tailor the training session to be as challenging as you wish, from moderate to high intensity
- Enjoy luxurious indulgence in the post-training wind down at The Peninsula Spa
- Take away your own pair of Muay Thai shorts as a memento of your warrior workout

Who should go?

- Combat sports fans tempted to learn the skills of Thailand's national sport
- Fitness enthusiasts inspired by the challenge of testing their stamina to the max
- Family members (aged 18 and above) and friends seeking a Thai-inspired bonding activity

Summary:

Muay Thai, or Thai boxing, is the national combat sport and uses both stand-up striking and various clinching techniques. The history of Muay Thai can be traced to 1767 when the famous fighter Nai Khanomtom was captured in a battle between the Burmese and Siam. The Burmese knew of his expertise in hand-to-hand combat and gave him an opportunity to fight for his freedom. After winning the contest, he returned to Siam as a hero. His fighting style became known as Siamese-style boxing, and later Muay Thai.

A practical fighting technique for warfare, Muay Thai also developed as a form of sporting entertainment. Muay Thai bouts became an integral part of local festivals and celebrations held at temples. Eventually, the previously bare-fisted fighters began wearing hemp rope around their hands and forearms in contests called Muay Khat Chueak.

Muay Thai is often referred to as the Art of Eight Limbs, as it combines punches, kicks, elbow and knee strikes, thus using eight points of contact. This contrasts with the two points (fists) in boxing, and four points (hands and feet) in combat sports such as kickboxing and savate.

Mixing martial arts with a traditional healing provides a unique way to experience the diversities of Thai culture. A certified trainer teaches Thai kickboxing techniques on the terrace at Thiptara, and guests can practice their striking and self-defense skills amidst the hotel's tropical gardens overlooking the Chao Phraya River. After an energetic workout, newly trained Muay Thai boxers can reflect and rejuvenate in The Peninsula Spa's whirlpool, sauna and steam room before enjoying a 90-minute traditional Thai Massage.



Notes:

- Available daily
- 9:00 am start-time is recommended
- Flexible times are offered from 9:00 am to 4:00 pm
- Drinks, cold towels and equipment are provided
- Your own pair of Muay Thai shorts can be taken home as a souvenir
- Enjoy 60 minutes of training, plus two hours of spa time (30 minutes in the sauna and steam rooms and a 90-minute Thai massage)
- Participants must be 18 years old or above



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GOLF FOR HIGH FLYERS

What you'll experience:

- A private transfer from The Peninsula Bangkok to the Thai Country Club
- An exclusive round on a pristine 18-hole championship course
- Attentive treatment on the fairways and greens, including a personal caddy and golf cart
- Refreshments served at the clubhouse after the game
- A sunset helicopter trip from the golf course back to The Peninsula Bangkok

Why it's unmissable:

- Tee-off for the ultimate luxury golf holiday experience at one of Thailand's finest courses
- Enjoy privileged access to the Thai Country Club, which is normally reserved for members
- Watch from your helicopter window as the cityscape glows in spectacular shades of pink and orange during a famous Bangkok sunset

Who should go?

- Keen golfers wishing to travel in style
- Golfing couples eager to share a round on one of South East Asia's most beautiful courses

Summary:

Guests will depart by private transfer to the magnificent Thai Country Club, which is managed by The Hongkong and Shanghai Hotels, Ltd, and is exclusively reserved for club members.

Personal golf carts and caddies line up to welcome you before teeing-off. During the challenging round, caddies serve as your personal butler, bringing refreshments and cold towels to keep you cool and hydrated. After completing the course, relive this once-in-a-lifetime golf challenge on the clubhouse balcony with your favourite cocktail or chilled drink.

The return trip to the hotel by private helicopter enables you to glimpse the last rays of the day, before the sun sets in a kaleidoscope of colours over the City of Angels.

Notes:

- Available daily
- Morning tee-off times are available on weekdays (Monday-Friday)
- For weekend rounds (Saturday–Sunday), only afternoon tee-off times are available
- Advance reservations are required
- Subject to availability for both the golf course and helicopter



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SOAR ABOVE THAILAND'S CITY OF ANGELS

What you'll experience:

- View Bangkok, known locally as the City of Angels, from a private helicopter to gain a thrilling overview of this incredible urban metropolis and its many visual contrasts
- The Peninsula Bangkok's rooftop helipad enables you to choose when to take to the skies. Sunrise is enchanting, daylight sightseeing is compelling, and the sunsets are spectacular

Why it's unmissable:

- From the private aviation lounge, ascend to the hotel rooftop and step onto the helipad to enjoy breathtaking panoramas
- The convenience of departing from and returning to the hotel's own helipad means no extra travelling, so you can relax and enjoy the sky-high adventure
- Sunrise and sunset create dramatic backdrops for that perfect photogenic moment
- Tailored charter trips are also offered. Arrive and depart in style at Hua Hin, Thai Country Club, Pattaya, Suvarnabhumi Airport or Don Muang Airport

Who should go?

- Thrill-seekers, photography enthusiasts and guests wishing to experience Bangkok from high above the city
- Travellers with a 'Helicopter Flight' on their bucket list. This is one of the most captivating and convenient sky tours in Asia

Summary:

Guests departing from The Peninsula Bangkok will be greeted at The Lobby, and escorted to the rooftop Paribatra Aviation Lounge. Here, you can view a collection of aircraft memorabilia dating from 1927. Our glass walled private elevator transports you to the helipad, where stepping onto the tarmac presents inspiring city views - before the journey even begins.

Notes:

- Available daily
- Departure times are available upon request
- Flight duration ranges from 15-75 minutes
- A maximum of eight people, plus 20kg luggage per person, can be accommodated



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THE ANCIENT RUINS OF AYUTTHAYA



What you'll experience:

- A stunning UNESCO World Heritage site with only a few areas off limits. Climb ancient steps into crumbling courtyards where kings held court
- Discover overgrown bastions of a once great city from the perspective of an ancient visitor arriving by boat, as you circumnavigate the modern-day island of Ayutthaya
- Learn fascinating historical facts from your personal host
- Take a river cruise around the island of Ayutthaya



Why it's unmissable:

- Step back in time for a vivid illustration of Siam's rich history in a ruined city that was once a global centre for diplomacy and commerce
- Take an informative tour through a landscape of ruined temples, scattered stone sculptures and Buddhist imagery occasionally entwined in the roots of a giant silk-cotton tree
- Escape the city to a dramatic landscape that most visitors don't know exists
- Savour Ayutthaya's barbecued giant river prawns for lunch, which are a cherished delicacy

Who should go?

- Those interested in exploring Bangkok's compelling history and culture
- Architectural, archaeological and urban design enthusiasts
- Visitors with a passion for adventure far beyond the tour bus routes

Summary:

The ancient Siamese capital of Ayutthaya was the crowning glory of the kingdom from 1350 to 1767. Preserved in history, Ayutthaya remains a magnificent site to explore, with numerous sites of interest dispersed around the old city. This intimate exploration of Ayutthaya gives you a genuine appreciation for the city's significance to Thai people. A lunch of highly prized local prawns is followed by a long-tail boat ride around the island to gain a waterborne perspective of this seminal nexus of Thai history.

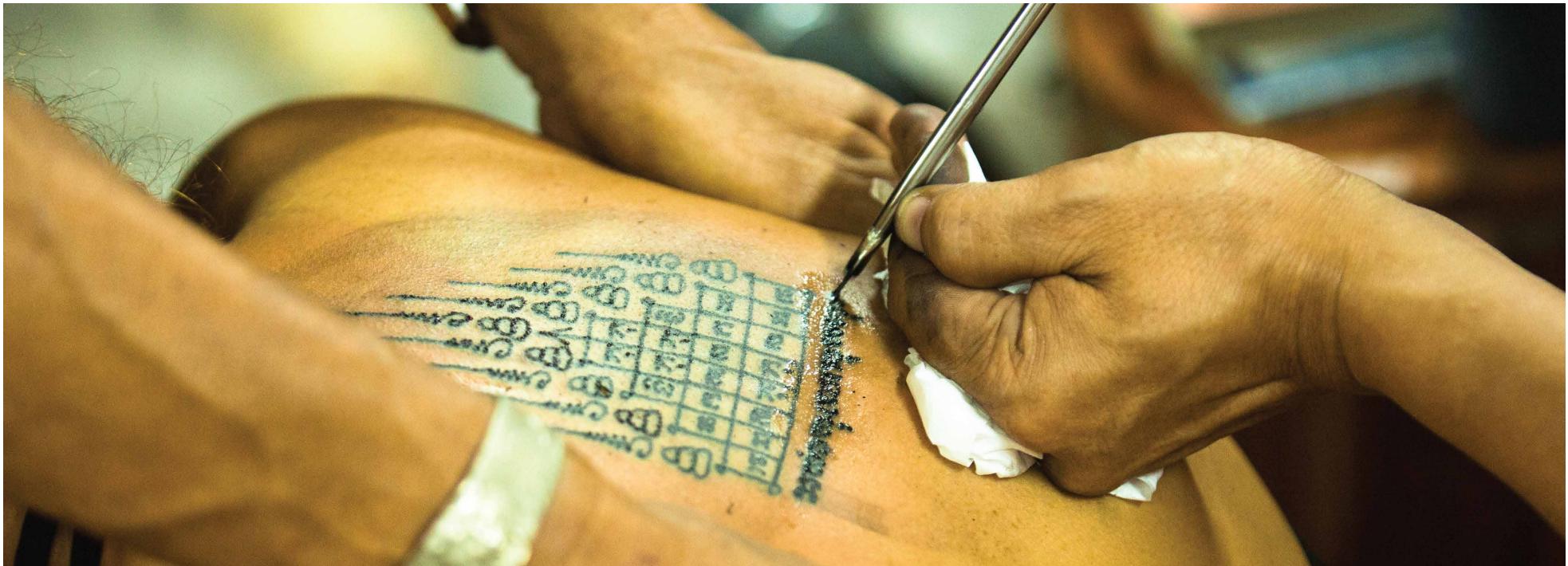
Notes:

- Available daily
- 7:00 am start time
- This historical tour takes 7-8 hours, including a 1.5 hour drive each way
- A gourmet local lunch is provided, plus snacks and drinks



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SAK YANT TATTOO ART



What you'll experience:

- Learn the secrets of ancient Thai tattoos, called Sak Yant
- Be schooled by an authentic ajarn (master) in an authentic samnak (a traditional tattoo salon) about the intricate techniques of this ancient art form
- Take home a copy of Sacred Tattoos of Thailand by Joe Cummings, a renowned authority on the Sak Yant craft

Why it's unmissable:

- Learn why Thai tattoos are believed to imbue the bearer with spiritual energies and powers
- Discover how this prized art form continues to be passed down through generations
- Find out why these permanent body inscriptions are considered essential additions to the body by Thai military, police and Muay Thai fighters

Who should go?

- Tattoo collectors and artists
- Guests interested in a relatively unknown form of Thai artistry
- Visitors with an interest in ceremonial art
- Those considering an imaginative memento of their trip

Summary:

A remarkable day for guests interested in the esoteric art of Sak Yant tattoos, which are believed to bestow power, protection, fortune and charisma for the bearer. Visit an authentic samnak, where the resident ajarn is revered for the intricacy of his tattoo craftsmanship. If a more permanent memento of your trip to Thailand is desired, a traditional Sak Yant tattoo can be applied using oil instead of ink. Although invisible, this meticulously crafted tattoo nonetheless retains its spiritual potency.

Notes:

- Start time is flexible
- The Sak Yant tattoo art tour takes 3-4 hours
- This is a discovery trip to learn about the art and meaning of Sak Yant tattoos. Actual tattooing is not included, but can be arranged for an extra charge (prices start from THB 2,500)
- Snacks and drinks are included
- On Monday, Thursday, Saturday and Sunday, watch the ajarn at work as you learn about Sak Yant
- On Tuesday, Wednesday and Friday, receive private instruction from the ajarn as the samnak is not open to the public. Up to 72 hours' advance booking is required on these days



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HARMONISE THE MIND, BODY AND SPIRIT WITH SUNRISE YOGA



What you'll experience:

- The holistic benefits of a meditative sunrise yoga session
- Moments of contemplative reflection at the historic Gong Wu Shrine
- A chance to commune with nature in the leafy Princess Mother Memorial Park

Why it's unmissable:

- Place your mat beside the Gong Wu Shrine, the oldest in Thailand and located on the banks of the Chao Phraya River, for 60 minutes of chakra-rebalancing Hatha and Vinyasa yoga
- Pay your respects to the Gong Wu god, who represents victory and courage, elevating your spirit with each blessing
- Observe as three rare Gong Wu statues are revealed, the smallest of which arrived with Hokkien pilgrims in 1736 during the reign of China's Emperor Chen Long
- Complete your journey with a short walk to the tree-filled Princess Mother Memorial Park where local Thai residents balance modern living with their daily outdoor exercise

Who should go?

- Tailored for all skill levels from yoga novices to advanced practitioners, this is the perfect opportunity to start the day feeling energised and harmonised
- Families wanting to share the city's spiritual side as dawn breaks over Bangkok
- Early weekend risers - the Saturday session commences at 5:50 am

Summary:

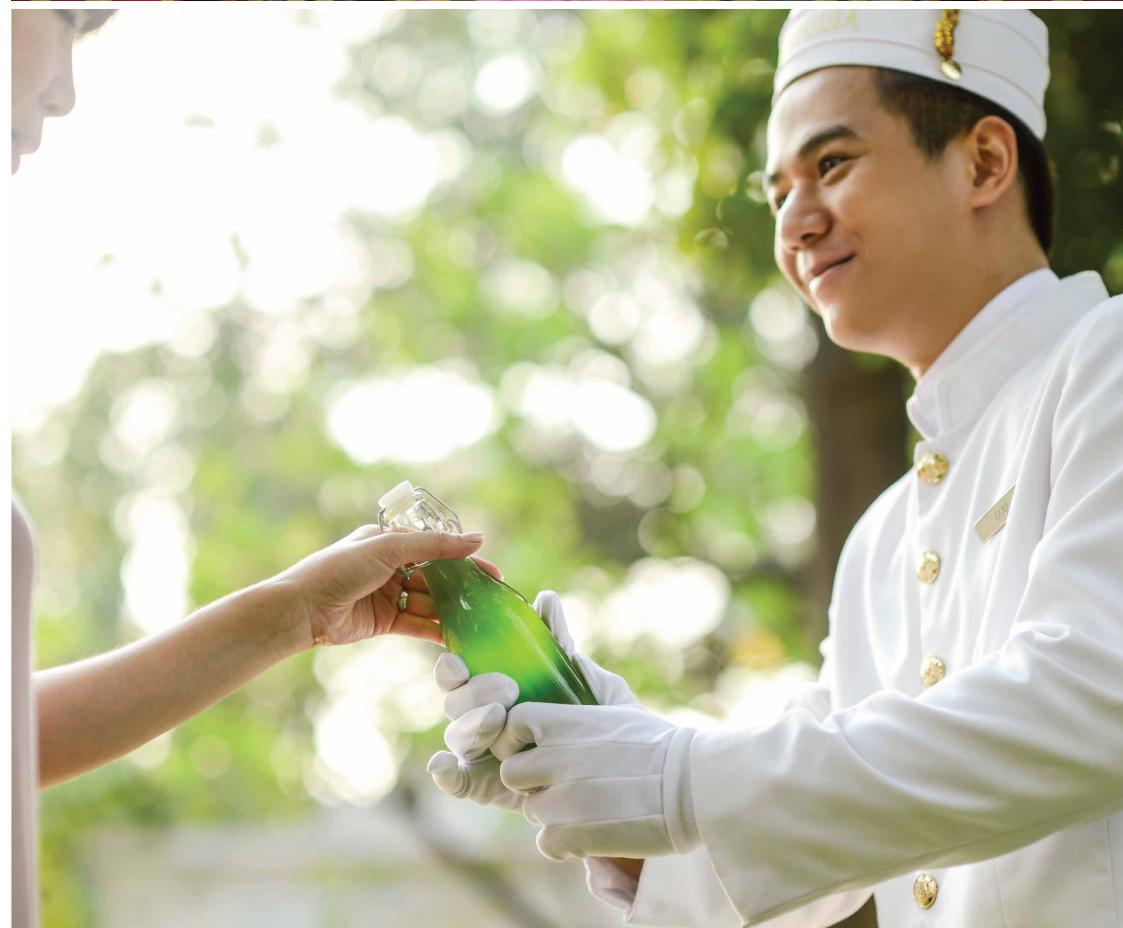
This meditative experience begins early in the morning, as you depart from the hotel for a 10-minute riverboat journey (weather permitting) to the Gong Wu Shrine. The transcendent beauty of the Bangkok daybreak is embraced with an exhilarating yoga session led by the hotel's yoga instructor overlooking the Chao Phraya River, Bangkok's majestic River of Kings.

Be guided through a sequence of Hatha and Vinyasa poses tailored for yoga practitioners of all skill levels. Each stretching and breathing technique and Namaste pose towards the rising sun helps improve physical flexibility, boosts blood circulation and eases tensions in the body. Having rebalanced the chakras, it's time to replenish with a vitamin-rich health drink blending freshly squeezed carrot, red apple, celery and chia.

After spiritual reflection at the Gong Wu Shrine, a short walk brings you to Princess Mother Memorial Park. Opened in 1997 by the late King Bhumibol Adulyadej in remembrance of his mother Srinagarindra, the Princess Mother, the tranquil tropical gardens are perfect for reconnecting with nature. Guests can observe local people balancing modern living with healthy outdoor exercises, and visit a reproduction of the Princess Mother's childhood home to view rare royal memorabilia.

Notes:

- Saturdays only from 5:50 am, returning at 7:30 am
- This holistic experience is offered with the hotel's compliments



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EARLY MORNING SPIRITUAL UPLIFT



What you'll experience:

- The historic daily ritual of Tak Bart involves gifting food parcels to local monks
- Receive blessings and Buddhist chants from the monks to express their gratitude

Why it's unmissable:

- Immerse yourself in an uplifting custom rooted in Thai Buddhist culture
- Enjoy up-close personal interaction with humble monks who graciously permit the taking of unforgettable photos

Who should go?

- Guests wanting to share soulful moments in the tranquil hotel gardens and receive a blessing to enrich their day
- Family members of all ages wishing to share an authentic Thai cultural experience

Summary:

According to disciplines set by Lord Buddha over 2,500 years ago, monks are not allowed to buy or store food; a practice aligned to living without personal desire. For this reason, monks walk through local areas at dawn to receive alms donated by kind-hearted people. For Thai Buddhists, this ritual demonstrates the act of unconditional giving and sharing, and forms part of the merit creation process to assure people enjoy a healthy life in their next incarnation.

At 7:40 am, assemble at the hotel's Spirit House, where your specially prepared food parcel will be provided. Please familiarise yourself with the clothing requirements, which include no sleeveless tops, singlets or shorts (as the knees should be covered). Shoes must be removed when making your offering to the monks. You will be reminded before placing your parcel into the monk's bowl to think about the people with whom you would like your blessing shared.

Your Tak Bart experience will conclude by 7:55 am, after which you can enjoy a leisurely breakfast overlooking the river.

Notes:

- This inspiring experience is provided with the hotel's compliments
- Offered daily at 7:40 am, except Sundays
- Photos are permitted
- Please reserve your place by 5:00 pm the previous day



THE PENINSULA

BANGKOK



BUDDHA BLESSINGS



What you'll experience:

- The River of Kings awakening into life in the morning
- Bangkok's most iconic temple, Wat Arun, with historic stupas erected by ancient kings
- An iconic depiction of Thai Buddhism, as a group of monks chant their morning prayers in unison in the temple's ordination hall, or ubosot
- The private chambers, known as kudis, where venerable monks maintain a life of ascetic rituals and respectful discipline
- A personal Pali chanted blessing (for good health or safe travels) by ordained Theravada Buddhist monks who live within the Wat Arun grounds



Why it's unmissable:

- Share the spiritual serenity of one of Thailand's greatest temples
- Enjoy an exclusive glimpse of the private areas of Wat Arun
- Be inspired by personal interaction with the humble monks
- Receive a personal blessing in a truly soulful setting

Who should go?

- Guests who are interested in Thai Buddhist culture and customs
- Spiritually curious souls seeking to broaden their learning
- Visitors wanting to better understand the cultural roots of classic Thai architecture

Summary:

Participate in a special ritual at one of Thailand's most famous temples. Observe the Wat Arun monks performing their morning prayers chanted in Pali. Morning prayers are an essential part of Buddhist practice, providing Theravada Buddhists with a way of cleansing previous negative acts and developing enlightenment. After this spiritual observance, you'll be invited into a secluded chamber usually off limits to visitors for a private ceremonial offering to the monks, receiving a personal blessing in return.

Notes:

- Available daily
- 8:00 am start time
- This unique temple experience takes 2-3 hours
- Snacks and drinks are included



THE PENINSULA

BANGKOK



VENICE OF THE EAST



What you'll experience:

- A private long-tail boat awaits at the hotel pier to chauffeur you to otherwise inaccessible bankside communities
- Weave between the barges and ferries on the Chao Phraya River before darting into Thonburi's maze of narrow canals
- Step inside a time warp at Baan Bu bronze bowl workshop
- View traditional wooden homes raised above the water on stilts, with postal delivery and rubbish collection services still provided only by boat

Why it's unmissable:

- Escape the concrete towers and busy streets to unlock the hidden treasures of Thonburi
- Visit artist communities restoring waterfront shops and historic places of worship
- Glimpse centuries-old ethnic communities and humble Bangkok working districts
- Watch giant lizards sun themselves on the rocks

Who should go?

- Historians and cultural connoisseurs interested in the origins of Bangkok
- Visitors who enjoy watching life go by from the water
- Guests eager to escape the downtown buzz for more pastoral pleasures
- Families seeking to engage with Bangkok culture beyond its temples and palaces

Summary:

The city of Bangkok developed from small riverside communities extending inland along a web of man-made canals. It was referred to as The Venice of the East by the first Europeans to arrive, but many of these canals have since been built over to create roads. However, on the west side of the Chao Phraya River in less-developed Thonburi, a meandering canal network remains, as does an unspoiled lifestyle of water-dependent transport and commerce. This relaxing adventure explores these charming riverside communities and canals by boat and foot.

Notes:

- Available daily
- 10:00 am start time is recommended
- Flexible departures between 9:00 am and 12:00 noon
- The tour takes 4 hours
- Lunch, snacks and drinks are provided



THE PENINSULA

BANGKOK



SUNDOWN CRUISE TREASURES ON THE RIVER OF KINGS



What you'll experience:

- A round-trip private cruise on The Peninsula Bangkok's rice barge-inspired boat from the hotel pier towards King Rama VIII Bridge
- Photogenic views of iconic landmarks, such as the Temple of Dawn, Wat Pho and Grand Palace
- Creative cocktails, mocktails and Peninsula Champagne served during the journey
- A delightful live performance by a Thai musical instrument called a Khim

Why it's unmissable:

- Two hours of luxurious indulgence to become better acquainted with Bangkok and its majestic river
- Your favourite drinks mixed to your preference by your personal bartender
- The opportunity to ask the captain to halt the boat in front of any iconic site of your choosing to form a memorable photo backdrop

Who should go?

- Couples wishing to share the ultimate romantic river voyage
- Groups of friends eager to experience sundowner cocktails with a special twist
- Discerning travellers wishing to tick off 'Sunset Cruise' from their wish lists

Summary:

An evening river journey along the regal Chao Phraya River creates indelible images. The hotel's rice barge-inspired boat takes you on a leisurely voyage from the riverside pier to the King Rama VIII Bridge. Unlimited a-la-minute cocktails and mocktails will be freshly mixed to order, and guests preferring chilled bubbles can sip a free-flow of Peninsula Champagne while passing iconic landmarks. Symbolising its status of the kingdom's most important river, the Chao Phraya is never short of visual tales to tell, and live Thai instrumental music elevates the cultural ambience to a new watermark.



Notes:

- Available daily, subject to availability and weather permitting
- 6:00 pm start time (seasonal flexibility is required to align with the sunset)
- The sundown cruise extends for 1.5 to two hours
- Champagne, cocktails, soft drinks, snacks and canapés are provided
- A maximum of ten people per group



THE PENINSULA

BANGKOK



THAI WELLNESS JOURNEY



What you'll experience:

- A private tour of Wat Pho's Pavilion of Wisdom, the birthplace of Thai massage
- Learn the health benefits of Thai herbs in The Peninsula Bangkok's own herb garden
- Tie your apron for a Thai cooking class using fresh herbs, followed by lunch at Thiptara
- Indulge body and mind with a Royal Thai Massage with Herbal Compress experience

Why it's unmissable:

- Meet a monk who teaches traditional Thai healing for an exclusive tour at the Pavilion of Wisdom, the home of traditional Thai healing therapy
- Be accompanied by a skilled spa therapist from the outset of the journey, as she assesses your physical and mental state in order to customise the treatment just for you
- Prepare the herbal poultice for your own indulgent Thai wellness treatment



Who should go?

- Spa connoisseurs wishing to elevate their knowledge of Thai wellness culture
- Guests sharing a passion for Thai cuisine and spa pampering
- Aspiring chefs seeking to improve their Thai cooking skills and better understand the cultural importance of Thai herbs

Summary:

Traditional Thai massage is elemental to the nation's culture. While a standard massage can be found anywhere, therapists at The Peninsula Bangkok are proudly trained in the revered art of Royal Thai Massage.

A skilled therapist will accompany you on a long-tail boat to Wat Pho, which is famous for its Reclining Buddha and was the first Thai massage school in the kingdom. Upon arrival, you'll meet with a monk who is an expert in traditional Thai healing. He will personally guide you through the Pavilion of Wisdom of traditional Thai healing therapy. On the wall, you'll view engravings showing the energy lines and pressure points in the body according to ancient Thai philosophy, which has been respectfully interpreted over the centuries.

Inspired by your visit to Wat Pho, return to the hotel for a herb appreciation class followed by a Thai cooking session using fresh Thai herbs and spices. Following lunch, your therapist will present a selection of Thai herbs and guide you through preparing your own herbal poultice. The soulful journey is completed at The Peninsula Spa with the hotel's signature two-hour Royal Thai Massage with Herbal Compress.

Notes:

- Available daily
- Starts at 9:30 am
- The Thai Wellness Journey extends for 8 hours
- Reservations at least one week in advance are required
- The Pavilion of Wisdom tour is subject to the monk's availability



THE PENINSULA

BANGKOK



SEASONAL CELEBRATIONS



What you'll experience:

- Loy Krathong Festival on 22 November 2018
- Festive season events from 24 December 2018 to 1 January 2019
- Songkran Festival from 13 to 14 April 2019

Why it's unmissable:

- Special lunches, brunches, teas and dinners will be curated to ensure that you and your family enjoy seasonal culinary moments to treasure
- Colourful decorations and themed cultural events capture the joyful spirit of each festival

Who should go?

- Family guests wishing to share a festive break together

Summary:

Loy Krathong

Loy Krathong is known as the Light Festival, and coincides with the full moon of the 12th month of the lunar calendar, which this year falls on 22 November. This is a special occasion for people to pay their respects to the Goddess of Water, or Phra Mae Khongkha. Many Thais believe that when they release a Krathong, which is a candlelit floating vessel, it symbolically releases misfortune, illness and negative feelings.

The Peninsula Bangkok will curate a Gala Dinner for you and your family to share Loy Krathong memories enriched by graceful tradition, delectable cuisines and Thai music. Family guests can also learn local folk traditions, such as handcrafting a Krathong from banana leaves. At night, an exclusive boat ride along the Chao Phraya River enables you to observe iconic landmarks, such as the Temple of Dawn, illuminated by a full moon. In customary style, you are then invited to release your hand-made Krathong and watch your cares float away.

Festive Season: Christmas and New Year's Eve

The festive holiday bonds families together to share timeless traditions and blessings. A special family portrait on the hotel's rice barge-style boat with the Chao Phraya River as a backdrop will be arranged as a memorable gift of the season.

Guests staying on New Year's Eve can embrace festive Thai touches as they usher in 2019. After a relaxing breakfast on New Year's Day, the hotel will escort you to a local temple for merit making, and to receive blessings for a prosperous and spiritually fulfilling year ahead.

Songkran

Songkran is the Thai New Year or Water Festival, and is a nationwide celebration lasting for three days. Apart from making merry on Songkran Day (13 April), tradition decrees that young Thais gather and spread joy by splashing water on each other in areas such as Khao San Road and Silom Road. By the roadsides, children, teenagers and adults stand and wait to throw water to all passers-by as an act of sharing and celebration.



The Peninsula Bangkok invites you to discover Songkran like a local resident. Your bespoke tuk tuk is armed with a water gun as you take an adventurous 90-minute ride across Bangkok. Feel free to shoot water towards the laughing streetside crowds, but be prepared for a robust retaliation. This once-a-year tuk tuk water fight creates such joyful family fun that, once you've dried off, you may want to book ahead for a repeat ride.

Notes:

- Each of these celebrations is offered exclusively for guests staying at the hotel during the festive date or period
- Guest numbers are limited for each event

THE PENINSULA

BANGKOK



BRONZE OF BAAN BU



What you'll experience:

- Step back into Bangkok's Bronze Age and feel the meditative sensation as craftsmen hammer bronze bowls into shape
- Sample the elemental roar of open-blast fires and the noble gentility of old steam engines
- View historic murals at Wat Suwannaram, considered to be the renaissance of Thai art (which emerged after the fall of Ayutthaya)
- Explore the terminus of the notorious World War II 'Death Railway' through Thailand, which was bombed by the Allies

Why it's unmissable:

- Venture through narrow alleyways to a Thai riverside village unspoiled by time or technology
- Enjoy a private tour at one of the city's last remaining hand-hammered bronze workshops
- View murals painted in the 1820s depicting the first foreigners arriving in Siam
- Board a Thai long-tail boat for a relaxed cruise along Bangkok's Noi Canal

Who should go?

- Guests who appreciate historic art and wish to glimpse vintage mercantile life
- Return visitors to Bangkok seeking a unique trip to inspire and surprise
- Photography buffs hunting offbeat Bangkok images locked in time
- Visitors wanting to go off-track and take home a rare Thai memento

Summary:

From the hotel pier, take an iconic long-tail boat upriver to the unreconstructed village of Baan Bu in Bangkok Noi. Enjoy private access to a Bronze Age workshop, where sunlight filtering through holes in the roof cuts narrow beams through the smoky air. Workers in protective balaclavas hammer away over blazing fires, using skills passed on through generations to create stunning handmade bronze bowls.

This family-run cottage industry has used the same crafting techniques, and the bowls they produce have changed little, since the original craftsmen first melted copper, tin and nickel to produce bronze ingots which were pounded into traditional decorative bowls for King Rama III, in the early 1800s.

Extend your cultural odyssey by visiting nearby Wat Suwannaram and the Thonburi Railway Depot, which are just a short boat ride from The Peninsula Bangkok pier.

Notes:

- Available daily, except Sundays
- 10:00 am departure is recommended
- Flexible departures from 09:00 am to 2:00 pm
- The Baan Bu tour takes 2-3 hours

