



To cook like a Master Chef cooks....



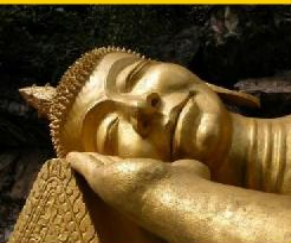
...go on holiday with a Master Chef



Thailand and Laos



Cook and Eat your way through Thailand and Laos with
Top 10 Master Chef finalist Peter Vickery



16 day tour including all
sightseeing and entrance fees
4 star accommodation



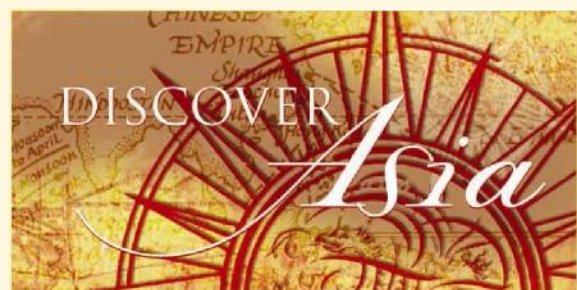
Departing 14 March 2012



\$3995 per person twin share



For full details call
Discover Asia on
1300 736 584



Tour Itinerary

14 Mar Transfer Bangkok International airport to the Imperial Queen's Park Hotel – deluxe room

15 Mar Morning half day tour Grand Palace – the former royal residence of the Chakri Kings, the palace is the perfect example of an ancient Siamese court. Built in 1782 by King Rama I, it was the centre of power for more than 150 years. Today, the palace is Bangkok's major landmark and most popular tourist attraction. Wat Phra Kaew, the Temple of the Emerald Buddha is located next to the Grand Palace. The whole compound consists of over 100 brightly coloured buildings, golden spires and glittering mosaics. Lunch (passengers expense) at Jim Thompson's House followed by tour of his famous ancient house. The house of the late Jim Thompson (the American who revived the Thai Silk industry after World War II) is a perfect example for authentic Thai residential architecture and Southeast Asia art. It consists of a complex of six traditional Thai-style houses, teak structures that were purchased from several owners and brought to the present location from various parts of Thailand. Construction of the house was completed in 1959. This afternoon visit The Grand Fashion International Tailor to organise any clothing you want made up. Thai banquet at Face Restaurant - Thai cuisine (passengers expense)



16 Mar Morning half day cooking class (8.45am-12.00noon) at Blue Elephant Cooking School including return transfers. Pickup from hotel and drive to the fresh market and then transfer to the Cookery School. The class includes a herbal drink upon arrival, a trip to the local market, a folder with recipe notes, a Blue Elephant cooking school certificate upon completion of the course, a Blue Elephant cooking set as a souvenir. After the class enjoy your meal for lunch. This afternoon visit The Grand Fashion International Tailor for fittings and pick up clothing that is ready. Return to the hotel.

17 Mar Transfer to airport. Morning flight Bangkok to Chiang Mai. On arrival you will be met and begin your afternoon sightseeing. Enjoy sightseeing to the famous city temples of Chiang Mai. Passing through the old city walls, gates and city moat, local market and Tapae Gate. Visit Wat Chiang Man, Chiang Mai's oldest temple which is noteworthy for a Chedi supported by rows of elephantine buttresses. Then proceed to Wat Phrasing which contains the beautiful Lai Kham Chapel with its exquisite wood carving and northern style murals. Proceed to Wat Jadhuan, containing an enormous pagoda, originally 280 feet high and was partially destroyed by an earthquake in 1545. Last visit will be made at Wat Suan Dok, which was built in a 14th century Lanna Thai monarch's pleasure gardens. There are several white Chedis, which contain ashes of Chiang Mai's former royal family. Wat Suan Dok is now one of the most famous temples for Monk School in Chiang Mai. Transfer to the Rimping Village Chiangmai – superior room. Dinner at the riverside Brasserie Restaurant followed by a walk through the night market - Thai cuisine (passengers expense)

18 Mar Morning cooking class in Chiang Mai at the Chiang Mai Thai Cookery School (operated by Chef Sompon Nabnian) from 10.00am-2.00pm. The class begins with an activity such as shopping at the market, paste making or vegetable carving. After the activity 4 dishes will be cooked. Each dish will be demonstrated by the teachers who will give some tips about alternative cooking methods and substitutes throughout the demonstrations. Then it will be the students turn who will cook each dish themselves. The teachers will be on hand to help and guide them with step-by-step instructions. Enjoy the lunch you have cooked. Afternoon sightseeing to Doi Suthep Temple. It is 3,500 feet above sea level, the most sacred temple in Northern Thailand, containing a holy relic of Lord Buddha, with over 300 walking steps, flanked by enormous mythological Nagas. A panoramic view of the city can be seen from here. Evening gourmet dinner at Chef Sompon Nabnian's House (passengers expense)



19 Mar Today's sightseeing is to an area north of the city to see the elephants at work at Mae Sa elephant camp. See the demonstration of elephants at work. Watch the elephants taking a bath in the running streams before starting their daily training and working. Continue to visit the orchid farm. Next, visit Chiang Dao Cave; a Buddhist shrine and elaborate cave network where the local guide will take you into the cool inner caves. Continue to Mae Kok River Lodge – run of house room

20 Mar The Lodge sits in beautifully landscaped grounds right on the riverbank. With a dedicated cooking school you will cook your own evening meal. Also take a riverboat upstream to the Burmese border.

21 Mar Leave for Chiang Rai by road, crossing mountains and valleys that are typical of this region to Mae Sai, the furthest northern trading border town between Thailand and Myanmar. Continue to the Golden Triangle area, where the border of Thailand, Burma and Laos meet. Enjoy a boat trip along the Mekong River with a visit to Baan Don Sao – a small Lao village. Lunch at a local restaurant. Continue to Mae Sai border market, the northernmost point in Thailand situated on the border with Burma where the shops and street stalls are full of Chinese and Burmese handicrafts and antiques. Continue to Chiang Rai to The Legend Chiang Rai Boutique Resort & Spa – superior studio room



22 Mar Early morning transfer to Huay Xai (Thai/Laos border) and board the Luang Say riverboat for departure at 9.00am. Cruise down the Mekong River to Pakbeng with a stop en route at Ban Houy Phalam, a Kamu village. A buffet lunch is served on board. The boat arrives at Luang Say Lodge before sunset for an overnight stay. Dinner is served at the terrace overlooking the Mekong River

23 Mar In the morning visit the morning market (optional) of Pakbeng village where the nearby villagers and hill tribes buy and exchange their goods. Take a boat trip to Ban Baw to observe the processing of rice alcohol. Lunch is on board. Upon arrival at Pak Ou village visit the Tam Ting Caves and Tham Phoum Caves of thousand Buddhas. Arrive at Luang Prabang before sunset and transfer to Grand Luang Prabang Hotel & Resort – deluxe room. Dinner at 3 Nagas Restaurant - Lao cuisine (passengers expense)

24 Mar Visit a local market before visiting some of the many temples in Luang Prabang. Visit Wat Visoun, Wat Aham, Wat Xieng Thong. Also visit the National Museum (Royal Palace). This turn-of-the-century royal residence has been preserved as it was when the royal family last lived here and provides insights into the history of Laos. Afternoon at leisure. Dinner at La Cave de Chateau - French cuisine with Lao overtones (passengers expense)

25 Mar Cooking class at Tum Tum Cheng. After meeting at the Tum Tum Cheng restaurant visit the market Pho See. Return to the restaurant and learn how to chop and cut the different ingredients, spices and vegetables. Cooking, sharing the tasks, eg rolling spring rolls or wrapping meat in banana leaves. Preparation of sticky rice and steamed rice. Lao rice vodka tasting. Cook for yourself and also a cooking demonstration by the chef. Lunch starts when all the dishes are ready, drinks are served and learn about Lao culinary traditions and eating habits. Receive a Certificate of Achievement at the end of the class. Remainder of day at leisure.



26 Mar Transfer to airport. Flight Luang Prabang to Vientiane. Transfer to Green Park Boutique Hotel – deluxe room. Dinner at La Cote D (passengers expense)

27 Mar Sighting in Vientiane includes Pha That Luang, Ho Pha Keo – the former royal temple and now a museum, Wat Si Keo, Wat Si Saket and Patuxai – a monumental arch inspired by the Arc de Triomphe, but executed with Lao motifs. Visit the Talat Sao morning market and the Talat Thong Khan Kham market one of the biggest markets in Vientiane.

28 Mar Transfer to airport. Flight Vientiane to Bangkok. Transfer to Imperial Queens Park Hotel. After dinner at a local restaurant you may join Peter for farewell cocktails at the Red Sky Cocktail Bar (55th Floor of the Centara Grand) – (passengers expense)

29 Mar Transfer to Bangkok airport

Tour Inclusions

- All domestic travel arrangements as detailed in the itinerary
- Twin share accommodation with private facilities
- Comprehensive sightseeing with an English speaking Guide
- All Entrance fees
- Domestic Economy class flights as stated Bangkok/Chiang Mai Luang Prabang/Vientiane Vientiane/Bangkok
- All transfer and domestic transportation as per itinerary
- Breakfast daily; Lunches and dinners as mentioned



Your Tour Leader

Peter Vickery



Even as a small child Peter has been immersed in cooking, for family and friends, in share houses as a student and on into later life, Peter has always been the designated chef.

Although cooking has been a sustaining passion, restaurant work did not appear to be an option, upon leaving school he followed a career path in art and account management but all the while food was a constant. A love of gardening, particularly the growing of heirloom vegetables combined with extensive international travel has informed his style and the dishes he creates. He has over 30 years experience traveling through Asia, from the hippy, backpacker trail through to 5 star luxury, discovering the people, culture and especially the food of this complex and beautiful region.

The Masterchef process has empowered Peter in his dream to become a grower and producer, he is currently living and working in the Hunter region of New South Wales, designing and creating kitchen garden projects, blogging about his tree change adventures at www.cityboynomore.com, performing and cooking at live events. He is also a regular on ABC 1233 Newcastle, his weekly segment, "The Vicar of Nibbly", is immensely popular.

Peter is proof that it's never too late to make a change in your life, this adventurous spirit is a reflection of his attitude to creating a meal, he encourages people to try new things and take risks. "The world of food is a playground of exotic produce and amazing flavours, so live, learn, experiment and have fun, that's what it's all about".



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