



FDX THAILAND

November 12th - 24th, 2020
Fundraising Goal: \$3,250.00
Fundraising Due: November 12th

We're heading back to Thailand for almost two weeks of Out Living It adventures! Experience rock climbing in Northern Thailand, caving and rappelling into pitch black darkness, and a two-day trek to the summit of Doi Luang. We will top off these incredible experiences with a home stay in the Ban Pong Huai Lan community to fully immerse yourself in the local Thai culture. Finally, we will kick back for two days of rest and relaxation at one of Chiang Mai's unbelievable wellness retreats. Hit a yoga class or just take in your beautiful surroundings. FDX Thailand is the perfect mix of adventure, culture, and community! Don't miss your opportunity to explore Northern Thailand with your First Descents family. Read on below for more details on this one-in-a-lifetime adventure!

ITINERARY

Day 1 - November 12th

Travel day for all participants

Day 2 - November 13th

Arrive in Chiang Mai to kick off FDX Thailand! Meet the other participants at the Sathu Hotel for a welcome dinner and program opening ceremony.

Day 3 - November 14th

Rise and shine for breakfast in Chiang Mai. The day will start with an in-depth scavenger hunt of Northern Thailand's capitol and cultural epicentre. Put your Thai to the test while exploring the ancient walled city of Chiang Mai, in search of local delicacies, historical facts, and significant monuments.

Day 4 - November 15th

Let's take the adventure up a level! Depart for Mae On and your first day of rock climbing at Crazy Horse Rock Climbing. With more than 300 routes, 35 caves and a lush bamboo forest, it is one of the most exciting destinations in all of Northern Thailand. Return to your hotel, the Jira Guesthouse, for an evening spent winding down with your FD family.

Day 5 - November 16th

Rise and shine for another epic day Out Living It! One of the highlights of FDX Thailand is the exploration of the Anxiety State Crisis cave. We will spend the day rappelling into the pitch darkness of the cave, learning about cave geology and seeing stunning stalactites. In the final cavern, experience several minutes of complete darkness and silence before climbing out of the cave into the sunlight.

Day 6 - November 17th

Head out for another day of epic rock climbing in Chiang Mai. You'll conquer Trojan Horse, a unique climb with a free hang rappel descent! End the day with a visit to a local hot spring before relaxing at the guesthouse for the evening.

Day 7 - November 18th

Wake up the next day and depart for a truly unique experience. Participants will spend the next day engaging with the wonderful people in the Ban Pong Huai Lan community, coupled with a homestay experience in the village. Continue your exploration of Northern Thai life by joining community members in their home as they make an authentic Thai meal. Participants will share meals with the community members in their home as a part of their homestay experience where you'll be invited to cook with your hosts and enjoy an evening spent in their Thai style homes.



ITINERARY

Day 8 - November 19th

Unwind and reset with a stay at one of Chiang Mai's many fantastic wellness retreat centres. Experience healthful and vegan meal options, practice yoga or just relax and enjoy your beautiful surroundings before completing your journey in Northern Thailand.

Day 9 - November 20th

Spend the day relaxing at the resort before departing to Chiang Dao for the final few days of the program!

Day 10 - November 21st

We know you've been waiting for this! Spend the day at the Elephant Nature Park interacting with these incredible gentle giants. The ENP rescues elephants from a variety of abusive and dangerous situations and rehabilitates them. The Park is dedicated to being a sanctuary for the endangered Asian elephants and their rainforest habitat. You'll be able to feed, help care for, and learn about these amazing animals that play a powerful role in Thai tourism and culture.

Day 11 - November 22nd

Embark on your two-day hike up Doi Luang, Thailand's third highest mountain. Spend the night camping right below the summit to watch both sunrise and sunset over this beautiful valley that makes Doi Luang one of the most popular destinations in Thailand.

Day 12 - November 23rd

Wake up the next morning to catch the sunrise over Doi Luang. Descend to a comfortable location down in the valley for the evening! As the penultimate adventure on FDX Thailand, we will spend the evening recapping our adventures over a closing family dinner and ceremony!

Day 13 - November 24th

Depart for Chiang Mai for participant departures!

IMPORTANT INFO

Travel to and from Thailand will be done out of Chiang Mai International Airport (CNX)

Arrival Day

Fly into Chiang Mai International Airport (CNX). Be sure to arrive into Chiang Mai before dinner on November 12th. Book your flight for November 11th as you'll lose a day while traveling.

Departure Day

Fly out of Chiang Mai International Airport (CNX) on November 24th.

What's included in this FDX

- Most meals
- Transportation once in Thailand
- Lodging
- Itinerary Activities and gear (please be sure to bring your own daypack and headlamp)

What's not included in this FDX

- Cost of participant flights to and from Thailand
- Adult beverages/alcohol
- Shopping purchases and additional activities
- Gratuity for all activities and services

Reminder:

While consumption of alcohol is not prohibited on FDX Programs, we feel that these experiences are fun enough without the need for additional substances. What you chose to do with your free time on your FDX program is completely up to you . However, with that said we ask you to please be considerate of your group and know that FD does not provide alcohol of any kind on our programs.



**FIRST[®]
DESCENTS**

out living it

