



## **Bangkok Day Tour: Thai Foodie Tour and Cooking Class (half day)**

1 day, Bangkok to Bangkok

Trip code YATBFG

## What's included

- Market tour with explanation of Thai food and ingredients
- Thai cuisine lunch
- Cooking class instruction with all ingredients and tools
- Recipes for all dishes

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**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

**VALIDITY:** Valid for all trips departing August 9th, 2019 and onwards

## Itinerary

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**NOTE:** Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

## Bangkok

Duration: 3.5 hours

Meeting Point: 8:20 am at Tingly Thai Cooking School

Finish Point: Tingly Thai Cooking School

### Itinerary:

After meeting your chef, head to the bustling outdoor market and collect the ingredients needed to make your own authentic 4-course Thai cuisine. Your chef guide will explain the local foods and show you how Bangkok bargaining is done. After the market, return to the cooking school and get hands-on experience as you transform those ingredients into a masterpiece. You'll concoct curry paste, the most important part of all Thai dishes, from scratch by grinding the fresh herbs and spices in a stone mortar, releasing a wonderful aroma. Also learn how to make coconut milk and correctly cook rice to that perfect consistency. The main courses will vary by day, but each class instructs the making of a soup, appetizer, main-course, and dessert. At the end of the class, enjoy your creation for lunch. And you get to keep the recipes!

Note that this Day Tour is operated by one of G Adventures' preferred suppliers and will be a shared service with other non-G Adventures travellers.



### Meals included

Lunch



### Today's Activities

Thai Foodie Tour and Cooking Class

Bangkok

3h30m

Experience the flavours and scents of traditional Thai cuisine with a cooking class. Select fresh ingredients from the local market and then get hands-on back in the kitchen. Learn how to make delectable dishes and enjoy your creations for lunch.

## What's included

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## What are the main highlights of this trip?

Experience the flavours and aromas of traditional Thai cuisine with this intimate cooking class. Collect fresh ingredients during a local market tour and transform them into a four-course masterpiece in the kitchen. Then enjoy your delicious creations for lunch!

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## How large will the group be?

Max 12, no minimum

## What meals are included in this trip?

1 lunch

## What are the modes of transportation on my trip?

Walking

## What are the joining instructions?

Meeting Point:

8:20 am (sharp) at Tingly Thai Cooking School

17/1 Soi Phrachom Silom Road, Surawong

Bangrak,

Bangkok,

10500 Thailand

## Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

### EMERGENCY CONTACT NUMBERS

After hours emergency number

From outside Thailand +66 (0) 92 338 9222

From within Thailand (0) 92 338 9222

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

## What information should I be aware of as the itinerary draws to a close?

Tour ends:

Tour ends: 12:00 -12:30 pm at Tingly Thai Cooking School

## What should be on my packing list?

### Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

## What activities are optional on this trip?

- No optional activities

## How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

## Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

## What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

## Dossier Disclaimer

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## Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.