

# Spiritual Retreat in Chiang Mai: Meditation, Temple Stay & Monk Blessings

Prepared by TourGrids

Destination  
**Thailand**

Duration  
**5 Nights 6 Days**

Starting from  
**Rs. 27,000 / person**

ITINERARY ROUTE

Chiang Mai · 5N

<https://tourgrids.com/packages/thailand/thailand-5-nights-6-days-package-92/>

## Overview

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Experience a restorative 5 nights / 6 days Thailand tour package focused on mindfulness, culture and spiritual renewal. This thoughtfully curated Thailand Honeymoon tour package (also ideal for solo travelers and couples seeking a peaceful escape) blends guided meditation sessions, a genuine temple stay, traditional monk blessings, and visits to Chiang Mai's most revered sacred sites. Perfectly tailored as a Thailand Honeymoon package or a contemplative getaway, this itinerary delivers deep cultural immersion and personal reflection in the heart of Chiang Mai.

### Highlights:

- Guided meditation sessions with experienced instructors
- Temple stay (overnight monastery experience) and monk blessings
- Visit to Wat Phra That Doi Suthep with panoramic city views
- Wat Umong (forest temple) and Wat Chedi Luang historic sites
- Authentic early-morning alms offering experience
- Optional Thai wellness add-ons and cultural workshops (khantoke dinner, local crafts)

Note: This package emphasizes quiet, respectful behavior at religious sites and may include early morning activities for alms and meditation.

### ✓ What's Included

- ✓ 5 nights accommodation in Chiang Mai (including specified temple stay nights)
- ✓ Daily vegetarian or Thai-influenced breakfasts; selected lunches and dinners as per itinerary
- ✓ All transfers in Chiang Mai (airport pick-up and drop-off)
- ✓ Guided meditation sessions and workshops led by experienced instructors
- ✓ Overnight temple stay with supervised activities and one monk blessing ceremony
- ✓ Alms offering experience and cultural orientation
- ✓ English-speaking local guide and monastery liaison
- ✓ Entrance fees to listed temples and attractions
- ✓ Local taxes and service charges
- ✓ Special: This package is marketed as a mindful Thailand Honeymoon tour package

### ✗ Not Included

- ✗ International flights to/from Thailand
- ✗ Thailand visa fees, travel insurance, and personal expenses
- ✗ Meals not specified in the itinerary and optional meals
- ✗ Optional activities (spa treatments, private tours, shopping) – available at extra cost
- ✗ Gratuities for guide/driver and monastery donations beyond those suggested
- ✗ Peak season surcharges (if applicable)
- ✗ Important: Comfortable conservative clothing is required for temple visits; early mornings are part of the schedule for alms and meditation.

option – request romantic room upgrades or couples' private sessions at booking.

## Day-by-Day Itinerary

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Day

1

### **Arrival, Orientation & Gentle Yoga**

Arrive in Chiang Mai and transfer to your accommodation. Evening orientation with your meditation guide, welcome tea, and a gentle restorative yoga session to unwind after travel. Learn the retreat schedule, temple etiquette, and receive your welcome kit.

Highlights: light yoga, welcome briefing, evening relaxation.

Important: Arrival transfer times can be arranged from Chiang Mai International Airport (CNX).

Day

2

### **Meditation Immersion & Visit to Doi Suthep**

Begin the day with a guided morning meditation focused on breath awareness. After breakfast, visit Wat Phra That Doi Suthep—Chiang Mai’s iconic temple—where you’ll receive a cultural briefing and time for quiet reflection at the shrine. Afternoon session covers mindfulness techniques and a workshop on loving-kindness (Metta) meditation.

Highlights: sunrise meditation, Doi Suthep panoramic views, Metta workshop.

Day

3

### **Introduction to Monastic Life & Wat Umong**

Spend the morning at Wat Umong (the forest temple) exploring ancient tunnels, stupas, and the meditative forest grounds. After lunch, attend an introductory session into basic monastic routines and silent sitting practices. Evening chanting and reflection with local monks.

Highlights: forest temple meditation, chant session, monastic routine orientation.

Tip: Wear modest clothing covering shoulders and knees for temple visits.

Day

4

### **Temple Stay Begins: Alms & Monk Blessings**

Early morning alms offering experience—walk quietly with the monks as locals present offerings. Participate respectfully and learn the significance of Dana (giving). Spend the day at the monastery for the official temple stay—participate in scheduled meditations, communal meals, and observe monastic discipline. Receive a personal monk blessing in the late afternoon.

Highlights: authentic alms offering, overnight temple stay, personal monk blessing.

Important: This day includes early rises and simple monastic meals.

Day

5

### **Silent Retreat, Reflection & Cultural Workshop**

Continue immersive silent practice and guided sitting meditations. Midday cultural workshop on Thai Buddhist arts—learn temple mural meanings, traditional blessing rituals, or practice simple mindful Thai massage techniques. Late afternoon group sharing circle (optional) and free time for personal reflection.

Highlights: silent meditation session, Thai Buddhist arts workshop, mindful massage demo.

Day

6

### **Closing Ceremony, Farewell Blessing & Departure**

Morning closing ceremony with a final guided meditation and blessing from the abbot or senior monk. Return to your retreat accommodation for a farewell brunch, certificate of completion (if requested), and time to pack. Transfer to Chiang Mai airport or onward destination.

Highlights: closing blessing, certificate of participation, airport transfer.

Note: If you have a late flight, optional city excursions (shopping or spa) can be arranged at extra cost.

## **? Frequently Asked Questions**

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## ❓ **When is the best time to visit Thailand from India?**

The best time to visit Thailand is during the cool/dry season from November to February, when temperatures range from 24–30°C with clear skies and minimal rainfall. This is perfect for beach activities on the Andaman coast (Phuket, Krabi) and sightseeing in Bangkok and Chiang Mai. However, this is peak season with higher prices and crowds. The hot season (March–June) offers good deals but temperatures can reach 35°C. During monsoon (June–October), the Andaman side experiences rough seas, but the Gulf side (Koh Samui) is often better July–September. Northern Thailand (Chiang Mai) can get quite cool in winter mornings (15–20°C), so pack layers. Book early for November–February travel.

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## ❓ **How can I reach Thailand from India?**

Flying is the most convenient option with direct flights from major Indian cities including Delhi, Mumbai, Kolkata, Chennai, Bengaluru, and Hyderabad to Bangkok (BKK/DMK), Phuket (HKT), and seasonal flights to Chiang Mai and Krabi. Flight times are short: Kolkata (2.5 hours), Chennai/Bengaluru (3.5–4 hours), and Delhi/Mumbai (4–5 hours). Airlines like Thai Airways, IndiGo, Air India, and budget carriers operate these routes. There's no direct rail connection, and overland travel via Myanmar requires complex permits and is only recommended with specialist operators. Once in Thailand, domestic flights, trains, and buses connect major destinations efficiently.

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## ❓ **Do Indian citizens need a visa for Thailand?**

Visa requirements for Indian passport holders change frequently, so always check the latest policies before travel. Thailand has offered various schemes including visa exemption periods, visa on arrival, and e-visa options for Indians. Currently, you may be eligible for visa-free entry for short stays or visa on arrival, but policies can change based on diplomatic agreements. Keep multiple passport-sized photos handy and ensure your passport has at least 6 months validity with blank pages. Check with the Royal Thai Embassy or consulate in India, or visit the official Thai immigration website for the most current requirements. It's advisable to have proof of return tickets and accommodation bookings.

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## ❓ **What are the local transportation options in Thailand?**

Thailand offers excellent transportation options. In Bangkok, use the BTS Skytrain, MRT subway, and Airport Rail Link for efficient city travel. Get a Rabbit Card for quick payments. Metered taxis, tuk-tuks, and Grab (ride-hailing) are widely available. For intercity travel, domestic flights are quick and affordable. The State Railway offers comfortable overnight sleepers to destinations like Chiang Mai and Surat Thani. VIP buses provide good connectivity between cities. For islands, ferries and speedboats are essential – book through reputable operators. In tourist areas, songthaews (shared pickup trucks) are common. Always insist taxi drivers use the meter, and compare Grab prices. Motorbike taxis are available but use caution and wear helmets.

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## ❓ **Where should I stay in Thailand and what accommodation options are available?**

Thailand offers accommodations for every budget. In Bangkok, stay near BTS stations in Sukhumvit (shopping/nightlife), Silom (business district), or riverside areas for convenience. Chiang Mai's old city puts you near temples and markets. For beaches, Phuket offers variety from Patong (nightlife) to quieter Kata/Karon. Krabi's Railay Beach provides stunning limestone scenery. Koh Samui has family-friendly resorts and boutique properties. Options range from budget hostels (₹500-1500/night) and mid-range hotels (₹2000-6000/night) to luxury resorts (₹10000+/night). Popular chains include Anantara, JW Marriott, and InterContinental. Book early for peak season (November-February). Consider location carefully - beach proximity, transport links, and nearby attractions matter more than just price.

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## ❓ **What are the must-visit attractions in Thailand?**

Thailand's top attractions span culture, nature, and adventure. In Bangkok, visit the Grand Palace and Wat Pho temple, then explore floating markets and take a Chao Phraya river cruise. Ayutthaya's UNESCO ruins make an excellent day trip. Chiang Mai offers the old city's temples, Doi Suthep mountain temple, and vibrant markets. For beaches, Phuket and Phang Nga Bay provide island-hopping to James Bond Island. Krabi's Railay Beach offers world-class rock climbing and stunning limestone karsts. Koh Samui features palm-fringed beaches and Ang Thong Marine Park. Don't miss Kanchanaburi's Bridge on River Kwai and Erawan Falls. Sukhothai's quieter ruins are perfect for cycling. Each region offers unique experiences - temples in the north, beaches in the south, and urban energy in Bangkok.

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## ❓ **What Thai food should I try and where can I find good restaurants?**

Thai cuisine offers incredible variety beyond the familiar Pad Thai. Must-try dishes include Tom Yum Goong (spicy-sour soup), Green/Red/Massaman curry (Massaman is milder), Som Tam (papaya salad), and Khao Soi (Chiang Mai's coconut curry noodles). Don't miss Mango Sticky Rice for dessert. For vegetarians, say 'gin jay' for vegan options without fish sauce. Top dining spots include Raan Jay Fai (Bangkok) for legendary crab omelette, Thipsamai for classic Pad Thai, and Gaggan Anand for progressive Indian-Thai fusion. In Chiang Mai, try Khao Soi Khun Yai for authentic northern flavors. Street food is generally safe at busy stalls with high turnover. Start with milder dishes and gradually increase spice levels. Always drink bottled water and eat at crowded local spots for the freshest food.

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## ★ **Traveller Reviews**

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**Suman Verma**

★★★★★ 5/5

### **A Perfect Mix of Relaxation and Fun**

This tour struck the right balance between relaxation on the beaches and adventure in the cities. I appreciated the variety in activities.



**Tarun Singh**

★★★★★ 5/5

### **A Foodie's Delight**

Food lovers will find Thailand irresistible! The variety of flavors and dishes we experienced on this tour was phenomenal.



**Jasmin Ali**

★★★★★ 5/5

### **Cultural Richness**

The depth of culture and tradition in Thailand is remarkable. The tour offered plenty of opportunities to immerse ourselves in local customs.



**Kavya Gupta**

★★★★★ 5/5

### **Thrilling Activities**

From scuba diving to zip-lining, every activity in this tour package was exhilarating. An adventure-seeker's dream come true!



**Ajay Kapoor**

★★★★★ 5/5

### **A Journey of a Lifetime**

Thailand was an incredible destination with amazing experiences. This tour truly made it a journey of a lifetime.

## **Why Choose TourGrids?**

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