Table of Contents:

Introduction	4
Water	7
Transportation	8
Convenient Chiang Rai	9
Markets	9
Best Views	13
Festivals, Tourism and Entertainment	14
Weather	18
Museums	19
Period Costume Shops	22
Food and restaurants	23
International restaurant variety	25
Trekking Guides	26
Motorcycle, bicycle, horse & boat trips	27
Hot Springs	29
Caves	30
Waterfalls	33
Parks, Gardens and Natural Beauty	36
Birds, Butterflys, Flowers and Nature Walks	39
Go Fishing	40
Song Bars	41
Massage	42
Music, Arts & Crafts	44
Sports	45
Religion	47
Government, Law Enforcement & Public Records	48
Commerce	49

Education	50
Communications & English Publications	51
Translation Services	52
Health Care	53
Natural Medicines	54
Housing, Power and Waste Disposal	57
Agriculture & Natural Environment	59
Areas of the City	60
Map of Amphoes and Ging Amphoes	61
Map of Chiang Rai City	62
Provincial Towns	63
Distinctly Unique Elements	66
Tribal Groups	67
Other Common Ethnic Groups	75
Yao Origin Legend	76
The Pan Wang Temple	80
The Legend of Doi Kaao Quai	81
Tachilek, Myanmar map	83a
Cities & Rivers of SE Asia map	84
History of Lanna	86
Ancient Immigrations	87
People of the Dhamma Letters	89
Ancient Royals	94
Forging a Successful Buffer State	96
Cultural Alignment	99
Succession	101
International Position	102
Decline	104
The Emerald Buddha	105
Burmese Rule	106

Other Foreign Influence	107
Khon Muang	110
Siamese Feudal Influence	113
Absorption into Siam	114
From Dark Times to Modern Times	117
Population	123
Present Overview	124
Lanna Cities Map	126
Lanna Kings	127
Other individuals significant to Lanna History	128
Glossary	130
Bibliography	131