

Intro Chiang Mai / Lamphun / Lampang / Mae Hong Son

Geography-History 8 Cultural Way of Lanna 16 Hilltribes 22

Chiang Mai

Geography / History / Way of Life 30

The Mountainous Land 36 Around Chiang Mai 52

Lamphun

Geography / History / Way of Life 66

Mae Ping National Park 72 Exploring Lamphun 78

Lampang

Geography / History / Way of Life 84

Elephant Conservation Center 90

Exploring Lampang 96

Mae Hong Son

Geography / History / Way of Life 104

Thai Yai's Way of Life 110

Exploring Mae Hong Son 114

Enjoy with Activities 126

Festivals of Chiang Mai and the North 132

Information

Maps 140 How to Get There 148 Accommodation 150

Food 152 Souvenirs 154 Sample of Travelling Plan 156

Credits 158 Editorial Officers 160

