



AUG SPORTS TODAY



15th ASEAN UNIVERSITY GAMES 2010
CHIANGMAI THAILAND
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Dr. Sumate Yamnoon, Secretary-General Office of the Higher Education Commission chaired the Head of Delegation Meeting at the Chiang Mai Phucome Hotel in September to finalize preparations for the ASEAN University Games.

Representatives from 11 ASEAN country members attended the consultative meeting and discussed the progress. The heads of athletics delegations worked on progress for the Games, from general rules, and regulations, to accommodation, and 24-hour- food and drinks services, sports tracks and fields, stadium, information technology, transportation, health and medical services, volunteer, and security, travel, tourist spots of Chiang Mai.

He said about 64 million baht had been set-aside for organizing the Games, and it will be the first time of the Games that all country members have confirmed to take part in the ASEAN University Games.

Chiang Mai University (Thailand) hosted the 1st ASEAN University Games in 1980 and will take part in hosting again this time.

(By Phitsanu Thepthong)

Mr. Muhamad Mohd Hanif, Secretary General ASEAN University Sports Council, is greeted by Dr. Sumate Yamnoon, Secretary General Office of the Higher Education Commissions, during the busy preparations that took place in September.



Busy preparations for the Games

Hot off the press!



Welcome to the 15th ASEAN University Games English language daily newspaper AUG Sports Today, covering all the day's sporting events, athletes and more. Continued on Page 7.

Athletes begin to arrive in Chiang Mai



ASEAN University Games competitors arrive at Chiang Mai International Airport and prepare for the Games. Page 4 for more photos

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Greetings from the President of Chiang Mai Provincial Administrative Organization

Boonlert Buranupakorn

On behalf of the Chairman of the Arts, Designs and Decoration Committee to support the 15th AUG, I am very pleased and proud that Chiang Mai has been honored to host the ASEAN University Games from December 15-23, 2010. We can do this by offering the 700 Year stadium as the main stadium for track and field sports.

On this occasion, I would like to welcome all athletes, training staff, and officials from the 11 ASEAN nations, especially those sports men and women from Myanmar and Timor Leste who are participating for the first time in the history of the ASEAN University Games.

These 15th annual Games are, I believe, going to be more colorful, and will bring Lanna culture and identity to an international level. Judging from the games Mascot and Logo, the hilltribes youth Nong Hug and Nong Hoh, and the "galae", they show the spirit of ASEAN in this region.

The readiness of all 11 Asean nations will create the good relations and encourage the standard of Thai sports to reach the international level.

Apart from this, it is very good that these Games show good cooperation between different sectors of Chiang Mai, and the Chiang Mai Provincial Administrative Organization is now getting ready to beautify the city, so as to impress visitors.

I would like to invite all Chiang Mai people to join in hosting the games, and welcome all ASEAN athletes, coaches, and staff with Thai smiles and friendship.



Greetings from the Chiang Mai Municipality

Tussanai Buranupakorn

Welcome to all the members of the ASEAN University Sports Council (AUSC) Executive Committee, the team officials, athletes, judges, and coaches of universities in ASEAN member countries to the historical city of Chiang Mai.

We are really proud of the 15th ASEAN University Game 2010 which will be held from the 15th to the 23rd of December in Chiang Mai. This wonderful event has been playing an important role in promoting sports at the university level and also developing physical health among students in ASEAN member countries.

Chiang Mai, with a more than 700-year history, has her own identity, and her own unique environment, weather, ambiance, architecture, people, traditions, and culture. Although Chiang Mai is well-known as a historical city, she is also a modern living city. Therefore, I hope through this sports meet, you will have the opportunity to experience and appreciate in person both the historical and modern characters of Chiang Mai, the most popular tourist destinations in Thailand.

I wish friendship will grow among about 2,000 athletes from 11 ASEAN member countries last forever.

I would like to congratulate the organizers and all participants for the success of this event.



General Technical Meeting

DATE	TIME	SPORTS	PLACE
13 Dec 10	13:00	Football	MAEJO UNIVERSITY
14 Dec 10	10:00	Badminton	GYMNASIUM, CHIANG MAI UNIVERSITY
15 Dec 10	09:00	Basketball	HEAD QUARTER HOTEL
15 Dec 10	10:00	Beach Volleyball	CHIANG MAI UNIVERSITY
15 Dec 10	10:00	Futsal	HEAD QUARTER HOTEL
15 Dec 10	09:00	Karate-Do	NORTH - CHIANG MAI UNIVERSITY
15 Dec 10	09:00	Sepak Takraw	HEAD QUARTER HOTEL
15 Dec 10	11:00	Table Tennis	GYMNASIUM, CHIANG MAI UNIVERSITY
15 Dec 10	09:00	Tennis	700th ANNIVERSARY CHIANG MAI SPORTS COMPLEX
15 Dec 10	09:00	Ten pin Bowling	UFO BOWL
16 Dec 10	13:30	Athletics	HEAD QUARTER HOTEL
16 Dec 10	15:00	Swimming	MAEJO UNIVERSITY
16 Dec 10	20:00	Volleyball	HEAD QUARTER HOTEL
18 Dec 10	10:00	Golf	MAEJO GOLF CLUB AND RESORT
18 Dec 10	09:00	Taekwondo	NORTH - CHIANG MAI UNIVERSITY
18 Dec 10	10:00	Pencak Silat	PAYAP UNIVERSITY

Behind the Scenes

Making the Games happen

In every great pageant, competition or show there are those who worked tirelessly behind the scenes to make it happen and continue to work to make sure it goes off spectacularly and without a hitch. The 15th ASEAN University Games is no different. From those in the spotlight, the Organizing Com-

mittee, to those who have organized the ceremonies, the volunteers, IT, and more, we are taking this opportunity to give these unsung heroes the recognition they deserve.

So, here they are. Meet the men and women who made the Games happen.

Preecha Prayoonpat

Chairman of Sports Technique of the University Sports Board of Thailand



Mr. Preecha noted that the AUG this year was the 4th time that Thailand had hosted the Games and that about 2,000 athletes from all 11 ASEAN nations would be attending the AUG to compete for medals in 16 different sports. He noted that the AUG had received much help and cooperation from all the member nations but especially from Laos which is in line to host the next ASEAN University Games.

"I believe that our high level of readiness due to the good cooperation of all the higher educational institutes, the Chiang Mai Provincial Administrative Organization, the Sports Authority of Thailand, region 5, and others will impress the participants in the Games."

Dr. Sumate Yamnoon

Secretary of the Office of Higher Education Commission



Dr. Sumate was confident that the ASEAN University Games will enhance the country's good reputation and build close relations among the 11 ASEAN nations.

As the President of the Organizing Committee of the AUG he said that the AUG is expected to impress all the guests and visitors of the standard of athletics at the Games. Moreover, the student volunteers will gain extensive experience from this international event.

He noted that the Organizing Committee on the Opening and Closing ceremonies had assigned Maejo University to host these events. He also asked Chiang Mai people, and Thai people nationwide, to help cheer and support the Game.

Dr. Sumate Yamnoon added that the Games are a tool to create better relations among the ASEAN nations and that it will facilitate cooperation in the political, economic and social arenas.

"Therefore, the ASEAN country members agreed to hold the AUG, so as to achieve their goal, encourage youths to participate in all kinds of the sports for health, harmony, spirit and pride."

Associate Professor Akhom Kanjanaprachote

Opening and Closing Ceremonies



Professor Akhom is a member of the Organizing Committee for the Opening and Closing ceremonies and he noted that the sports are a good tool for cementing good relations and creating unity. He said this will give Chiang Mai the opportunity to showcase her ancient culture, traditions, and arts through performance and dance. He added that the schools are looking forward to showing off their cheering skills with their cheerleading teams as well.

He noted that Maejo University, as the host for the Opening and Closing ceremonies is ready to show off the hard work it has done in preparing for the Games.

"Maejo University is honored to show off its grand and spectacular shows during the Opening and Closing ceremonies," he said. He added that students from the first year to the fourth will be taking part in the ceremonies, about 2,500 students in total. He added that Maejo will also be sending student volunteers to work on the Games.

"I believe that Chiang Mai is ready for the Games" he added.

Associate Professor Dr. Amnart Yoosuk

Deputy Chairman of the Organizing Committee



Dr. Amnart Yoosuk said with confidence that all agencies involved, including the 8 educational institutes; Chiang Mai University, Maejo University, Payap University, Rajamungala University of Technology, Lanna campus, Rajabhat University of Chiang Mai, Far Eastern University, North Chiang Mai University, and the Chiang Mai Physical Education College, are ready for the start of the Games.

He noted that the city has been decorated with welcome banners and signs with the 15th AUG mascots, Nong Hug and Non Hoh. Flowers and other decorations have been added to beautify the city as well. He felt that the city and the games were ready, from accommodation to games venues, transportation and tourist venues.

Particularly, he added, the people of Chiang Mai are happy to welcome all the visitors for this tourist high season.

So, this AUG, will certainly benefit tourism to Chiang Mai, and the country, as the Land of Smiles. Our visitors can learn more about ways of life of Chiang Mai and Thailand.

Associate Professor Nat Worayos

Volunteer Committee



Professor Nat, from Chiang Mai University, said that the student volunteers are also a large part of the hosting duties for the AUG in Chiang Mai. From this they will gain important experience at dealing with national and international standards.

The exchanges between the students from different cultures and countries will foster kindness and generosity and help them to be better citizens in the future.

(By Kan Kamolrat, Paranut Anui, Kanokrut Sasiroj, Chutimon Saowapa, Nattapon Inkaew and Kanokwan Chantorn)



Athletes begin to arrive in Chiang Mai

International athletes began to arrive in Chiang Mai on December 12 for the 15th ASEAN University Games and reporters from AUG Sports Today were on hand to greet them.

Malaysian athletes were the first to arrive, 64 in all, and were greeted with the Sabudchai

drum performance that showed off the unique Northern Lanna Culture to our visitors. Singaporean students and support staff were next, about 30 men and women and after pausing for a few words and photos with the AUG Sports Today staff were whisked off to

their hotel, the Chiang Mai Phucome Hotel where they will be staying until December 23 for the closing ceremony of the Games.

Myanmar students were warmly welcomed as this is their first competition in the ASEAN University Games. 66 athletes

and staff were greeted with garlands of jasmine flowers to signify increasing good relations between Thailand and Myanmar.

Finally, some Vietnamese students arrived at Chiang Mai International Airport where they paused for group photos before heading to the hotel to prepare

for the upcoming games.

Volunteers from Chiang Mai were on hand to make certain that the visitors were warmly welcomed to the Games here in Chiang Mai and to ease their transition to accommodation and answer any questions they may have.



Athletes attending the 15th ASEAN University Games

AUG Sports Today has compiled some interesting statistics about the current Games that our readers might find of interest.

More than a thousand athletes competing across 16 sports are divided here by country and sport:



	Genders	Athletics	Badminton	Basketball	Beach Volleyball	Football	Futsal	Golf	Karate-Do	Sepak Takraw	Swimming	Taekwondo
Brunei Darussalam	M						12		1			
	F						0		1			
Cambodia	M					18						
	F					0						
Indonesia	M	20	6	12	4				8	12	9	10
	F	12	6	12	2		10		7		10	10
Lao PDR	M	8		12	4	20			10	12		9
	F	2		12					9			8
Malaysia	M	12	6	12	4	20	12	6	10	12	8	8
	F	13	6	12	4			5	4		8	9
Myanmar	M	4						1			1	
	F	1						1			1	
Philippines	M											
	F											
Singapore	M	15	6	12	2	20	6	8	4			
	F	10	6		4		3	7	2			
Thailand	M	20	6	12	4	20	12	6	13	15	12	11
	F	14	6	12	4			5	10		12	11
Timor-Leste	M								1			5
	F	2	2						3			
Vietnam	M										1	8
	F				1							9
Total	M	81	24	60	20	98	46	19	43	51	39	55
	F	52	24	48	15			14	34		38	49
Grand Total		133	48	108	35	98	46	33	77	51	77	104

Divided by sports and country

Athletics	133	Brunei Darussalam	23
Badminton	48	Cambodia	18
Basketball	108	Indonesia	177
Beach Volleyball	35	Lao People's Democratic Republic	134
Football	98	Malaysia	227
Futsal	46	Myanmar	14
Golf	33	Philippines	
Karate-Do	77	Singapore	147
Sepak Takraw	51	Thailand	275
Swimming	77	Timor-Leste	16
Taekwondo	104	Viet Nam	33
Table Tennis	52	Total	1064
Tennis	28		
Ten pin Bowling	40		
Volleyball	72		
Pencak Silat	62		

The top three countries sending athletes to the Games are hosts Thailand with 275 athletes, Malaysia with 227 and Indonesia with 177. The top sports are track and field with 133 competitors, basketball with 108 players and taekwondo with 104 athletes competing for medals.

The 14th ASEAN University Games medal tally

Medal totals in the 2008 AUG show Malaysia taking the lead with 90 Gold, 78 Silver and 47 Bronze to total 215 medals. Vietnam came in second in the Gold Medal tally while Thailand took third.

	Gold	Silver	Bronze	Total
Malaysia	90	78	47	215
Vietnam	45	28	23	96
Thailand	31	29	59	119
Indonesia	28	52	48	128
Singapore	18	16	39	73
Philippines	8	12	21	41
Lao PDR	1	2	3	6
Timor - Leste		1	9	10
Brunei Darussalam			2	2
Cambodia			1	1
Overall Total	221	218	252	691

(By Sathinee Chirakal, Muanfun Chaiphonban and Paranut Anui)

Host hotels prepared for arrivals

Ms. Sunee Sogunkate, Sales and Public Relations Director, Chiang Mai Hill 2000 said "Chiang Mai Hill 2000 was assigned to host Thai athletes and VIP groups of different countries. We feel very honored to be a part of this event and to welcome sporting participants. The hotel hopes everybody will enjoy our service and accommodation during their stay."

The hotel has prepared rooms and offers tasty and healthy food. We have full facilities such as exercise equipment, swimming pool, and sauna. We also provide space for security, volunteers, sporting staff, and physical therapists including private

space for therapy.

Our staff is ready to take care of everybody. They are ready to provide good service with sincerity and a welcoming atmosphere. Please do not hesitate to ask for our assistance.

I am very glad that Thailand, especially this year, is the host for this event. Chiang Mai was selected as a representative to tighten the friendship of our ASEAN neighboring countries and this will grow Chiang Mai's reputation regarding our culture, tourism, and Lanna history. The event can inspire different universities in other parts of the country to prepare for this kind of event in the years to come."

Mr. Woraphongse Thubrat of Chiang Mai Phucome and Chiang Mai Hill Hotels, responsible for food and accommodation, said, "We are almost 100% ready in preparing the accommodation and we only have to wait for the final numbers of participants. Three buildings were arranged to accommodate coaches, athletes, and all other team members. We will not accept any tourists between December 12 and 23. All participants can be certain of their privacy we will provide them service to their full satisfaction. We have rooms for two and three people and all rooms have been separated according to gender and sporting category."



A brief history of ASEAN

The Association of South East Asian Nations, or ASEAN as it is commonly known, was originally formed in 1967 by Indonesia, Malaysia, the Philippines, Singapore and Thailand.^[7] Since then, membership has expanded to include Brunei, Myanmar, Cambodia, Laos, and Vietnam and most recently, Timor Leste.

Its main goals are economic growth, social progress, cultural development among its members, promoting peace and stability in the region, and providing opportunities for member countries to discuss differences peacefully.

With over 600 million people making up the population of ASEAN member countries, if it were a country itself it would rank as the 9th largest economy in the world in terms of GDP (Gross Domestic Product).

ASEAN was formed in Bangkok when the ministers of the 5 founding countries joined together to sign the agreement, by the year 2000, the organization had grown in numbers and in scope to include economic agreements which culminated in meetings in Chiang Mai introducing the Chiang Mai initiative which calls for better integration between the economies of ASEAN as well as those of China, Japan and South Korea.

In December of 1995, the Southeast Asian Nuclear-Weapon-Free Zone Treaty was signed with the



intention of turning the region into a nuclear weapon Free Zone. The treaty took effect in March 1997 after all but one of the member states ratified it. It became fully effective June 2001, after the Philippines ratified it, effectively banning all nuclear weapons in the region.

As the millennium shifted so did the focus of the organization as it encompassed environmental concerns. The ASEAN Agreement on Transboundary Haze Pollution in 2002 was an attempt to control haze pollution. Other environmental treaties include the Cebu Declaration on East Asian Energy Security, the ASEAN Wildlife Enforcement Network (ASEAN-WEN) in 2005, and the Asia-Pacific Partnership on Clean Development and Climate in regards to climate change.

In 2007 ASEAN celebrated its 40th anniversary and member nations signed the ASEAN Charter constitution governing relations

among the ASEAN members and establishing ASEAN as an international legal entity. Free trade agreements were signed with Australia and New Zealand in 2009 and further agreements with China, Japan, South Korea, and India are expected to be implemented by 2013.

The fundamental principles of ASEAN include

- Mutual respect for the independence, sovereignty, equality, territorial integrity, and national identity of all nations;
- The right of every State to lead its national existence free from external interference, subversion or coercion
- Non-interference in the internal affairs of one another
- Settlement of differences or disputes by peaceful manner
- Renunciation of the threat or use of force
- Effective cooperation among themselves

(By Shana Kongmun, Chiang Mai Mail)

Snippets from visiting athletes and coaches

Most of the athletes from the ASEAN countries have now arrived and upon arrival in Chiang Mai were questioned by AUG Sports Today reporters about the upcoming games and Thailand.

Chhoun Samlei,
Football Team Coach
from Pannasastra
University of Cambodia

“It’s very fantastic game! I prepare and practice to be good player and I give my 100 percent readiness for this competition, in addition, our destination is to become the champion”



Myat Oo,
Sepak Takraw player
from Myanmar

“I have come to Thailand 2 times. I feel happy and so excited for coming again. For preparing the team for this competition, as this is the first time for Myanmar to be participating in ASEAN University Games and I’m certainly that we will get gold a medal”



Competition Program

ACTIVITIES	DECEMBER 2010												Duration	Medals	Venues	Est. Distance & Time from Athletes Hotel	
	13	14	15	16	17	18	19	20	21	22	23						
	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th						
00 Opening - Closing Ceremonies			A									A			Gymnasium, Maejo University	16 km. 25 min.	
01 Athletics				M	OT	9		12	11	11				4	43	Main Stadium, Maejo University	16 km. 25 min.
02 Badminton		M				2				5				7	7	Gymnasium, Chiangmai University	1.5 km. 5 min.
03 Basketball			M							2				6	2	Gymnasium, Chiangmai Sports Complex	4 km. 10 min.
04 Beach Volleyball			M							2				6	2	Beach Volleyball Court, Chiangmai University	1.5 km. 5 min.
05 Football (Men)	M												1	1	1	Main Stadium, Maejo University	16 km. 25 min.
														5		Football Field, Price Royal's College, Chiangmai	5 km. 10 min.
														4		Football Field, Monfort College Chiangmai	10 km. 20 min.
06 Futsal (Men)			M							1				5	1	Gymnasium, Chiangmai Sports Complex	4 km. 10 min.
07 Golf					OT	M					4			4	4	Maejo Golf Club and Resort, Chiangmai	23 km. 40 min.
08 Karate-Do			M	4	7	6								3	17	Gymnasium, North Chiangmai University	20 km. 35 min.
09 Sepak Takraw (Men)			M		1			1		1				6	3	Gymnasium, Maejo University	16 km. 25 min.
10 Swimming				M	OT	10		10	10	10				4	40	Swimming Pool, Maejo University	16 km. 25 min.
11 Taekwondo						M		5	6	6	4			4	21	Gymnasium, North Chiangmai University	20 km. 35 min.
12 Table Tennis			M			2			2	3				6	7	Gymnasium, Chiangmai University	1.5 km. 5 min.
13 Tennis			M			2			2	3				6	7	Tennis Center, Chiangmai Sports Complex	4 km. 10 min.
14 Ten pin Bowling			M	OT	2	2		2	4					4	10	UFO Bowl, Chiangmai	7 km. 15 min.
15 Volleyball				M						1	1			6	2	Gymnasium, Maejo University	16 km. 25 min.
16 Pencak Silat						M			6	13				3	19	Gymnasium, Payap University	8 km. 15 min.
Total Medals				4	10	33		30	41	58	10				186		

Opening-Closing Ceremonies
 General Technical Meeting
 Official Training
 Competition Days
 Competition on Finals



**Fahrul Razi Kamaruddin,
Football player
from Malaysia**

"I'm a football leader selected from Malaysian team of about 100 players, and there are 20 players in my team now. I think, Chiang Mai people are very friendly and I feel so good to be here. For this game, I have been practicing since June last year!"



**Quang Son, Football
player from Vietnam**

"I'm very excited and glad for coming to Thailand. I'm a football player from Vietnam, we practice hard in our preparation for the AUG, and I hope to get gold medal from this game."



**Si Thu Oo: Golf player
from Myanmar**

"I think Thailand or Chiang Mai looks like flowers. I have been to Chiang Mai 3 times and come again for this competition here. Chiang Mai is a nice place to visit. I'm excited about the game and I am afraid of Thai competitors the most because Thailand is the host country. Before the game starts, I'll practice more and do some shopping sometime."



**Joei, Football player
from Singapore**

"I'm a football player. I'm excited. I think that it's so good that everything here is fine. In preparation, for my team from Singapore, for this game, I think we are good enough and I'm getting ready by approximately 100 percent."



**Jian Jin Alvin Lee
of Singaporean team
Observer**

"It's exciting and fantastic to join this game. I think my country has well prepared for the AUG by 100 percent and Singapore will be the winner!"

Hot off the press!



After the first edition of AUG Sports Today was released at 6:00 a.m. on Monday 13 December, our daily newspaper received tremendous positive responses from all the athletes, faculty members, staff, students and everyone who saw the newspaper being displayed at Chiang Mai Phuome Hotel's lobby and the Press center as well as at the Chiang Mai Hill Hotel.

AUG Sports Today will be available daily during the 15th ASEAN University Games 2010, between 15-23 December; in fact if you have already arrived for any of the technical meetings, the newspapers have been available since December 13. Produced by the Chiang Mai Mail Publishing Co., Ltd., with the help of a team of

students from the Faculty of Mass Communication at Chiang Mai University joining the editorial staff AUG Sports Today to submit their editorials, reports, action photos to the tireless team of professionals working from the Press center 2nd floor of the Chiang Mai Phuome Hotel, the headquarters for this year's games.

The Chiang Mai Mail is proud to be working together with Chiang Mai University's Faculty of Mass Communication and participants in the 15th ASEAN University Games in producing this daily English language news covering the day's events. Visiting sportsmen and women will be able to access daily schedules, photos and events in the paper

which will also be published online as a PDF file at <http://www.chiangmai-mail.com/augsportstoday/index.html>. We welcome your comments or any inquiries or even submissions of your pictures or stories by sending them to us at augeditor@gmail.com.

Don't forget to take home each copy as a collectable item as every day we will focus on athletes from around ASEAN and talk about places of interest in and around Chiang Mai giving you something to remember and to inspire you to re-visit this land of Lanna culture with more than 700 hundred years of beautiful history.

Welcome to Chiang Mai
Suwanthep Malhotra
Chiang Mai Mail

Lets not forget Doi Inthanon



The Queen's Napamaytanidol Chedi stands off the main road leading up to the summit of the mountain.

From page 8

The multitude of waterfalls (beautiful this time of year) are one of the major attractions and the varied and wonderful plant life, rhododendron species indigenous to Doi Inthanon alone, wildlife, and birds. The park supports second highest number of bird species in any national park in Thailand. There is so much to see and so much beauty around you can hike, or stop and rest and be calmed by the beauty of the nature around you.

On the main road to the top of the mountain are two chedis, the Napamaytanidol Chedi, built to honor the 60th birthday of HM the King in 1987 and the 60th birthday of HM the Queen in 1992.

Additionally there are Hmong and Karen villagers living in the park, where you can purchase handicrafts as well. Hilltribes handicrafts are unique and make wonderful souvenirs of your trip to Thailand. And given that the mascot is a young hilltribe boy and girl, buying something unique to their cultures will remind you of your stay in Thailand. Many of the hilltribes are also known for their wood carvings and unique musical instruments.



The waterfalls of Doi Inthanon National Park are famous for their beauty and the untouched nature of the forest.

If you don't get a chance to visit them in their homes, be sure to try and visit the Sunday Walking Street market inside the moat where many villagers come out of the mountains to sell their beautiful wares.

Getting there: Highway 108 west to Chomthong for 57 km. Turn right on 1009, follow the Chomthong-Doi Inthanon Road for 31 km and you arrive at the entrance. Travel time is about 90 minutes, give or take.

(By Heather Allen)



Parks around Doi Inthanon are relaxing places to enjoy a picnic lunch.

Traveling Around Chiang Mai

A little bit further out of town

Lamphun, a mere 26 kilometers out of Chiang Mai, is an oft missed destination. This sleepy little town often gets overlooked for the brighter lights of Chiang Mai but given a few hours, it is well worth the visit. Lamphun is considered to be the original location of the famous capital city of the Haripunchai Kingdom. Originally a Mon Kingdom, the capital city, now Lamphun, was besieged by the Lanna King Mengrai and captured in 1292. While legend has its foundation as 661 A.D. most historians believe it was established around 750 A.D.

The first ruler was Queen Chamthewi until the city fell to Lanna. When Lanna was overrun,

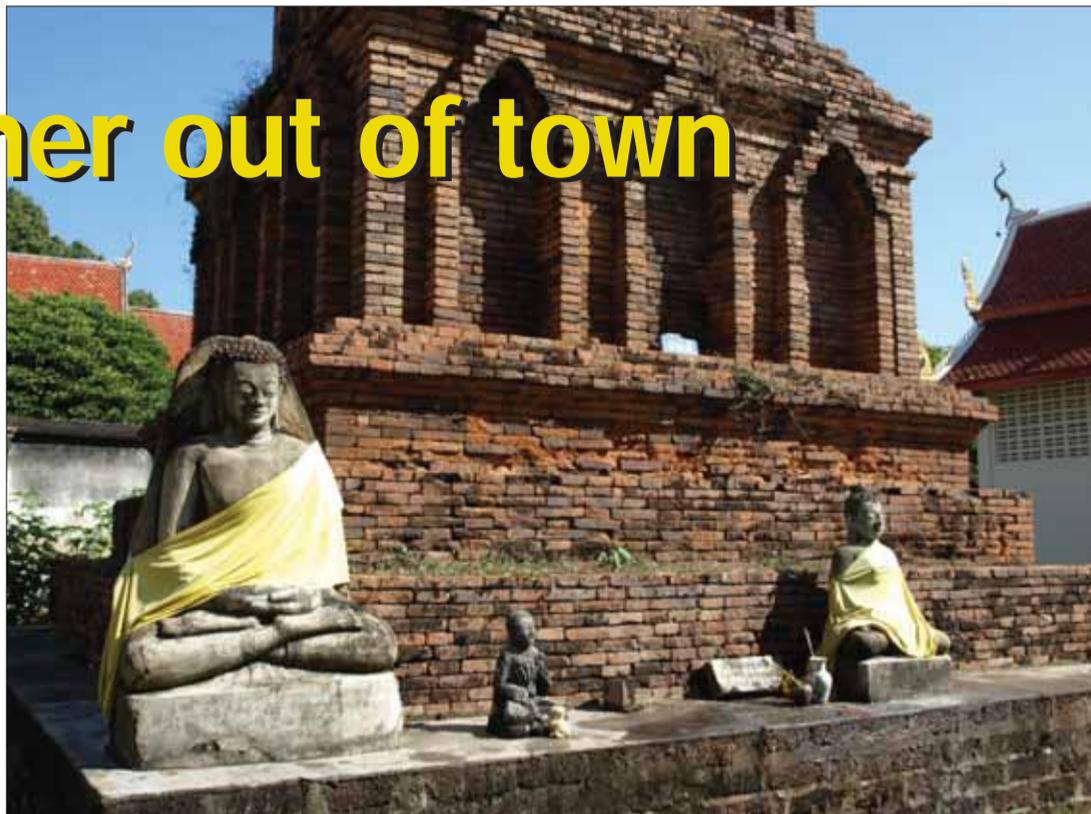


Lamphun is famous for its delicious longans.

so was Lamphun and it wasn't until the rise of the Thai kingdom and together with Lampang, they became a vassal state of the Siamese Kingdom. Lamphun was established as a province in the late Nineteenth century.

Fabled for the deliciousness of its longans and the beauty of its traditional fabric, the Pha Mai Yok Do, an elaborately woven fabric it was originally used in the Northern Royal Court and is a must buy for those wanting something traditional to the North. Additionally the province is known for its wood carvings of animals and figurines whose designs follow the grain of the wood and show it off. It is also home to many temples, and the famous Luang Pha Waing Cave, one of Northern Thailand's largest caves. The cave is located about 45 minutes outside Lamphun near Ban Hong. Accessible only by a 15 minute hike up the hill, it's one of those natural gems rarely visited.

For the less adventurous, the Haripunchai Museum in town holds Lanna Kingdom antiques. Open Wednesday through Sunday 9 a.m. to 4 p.m. Additionally there is the Ku Kut Pagoda or Wat Chamma Thewi. Built in 755 A.D. by Khmer artisans, it's square Indian style Chedi makes it interesting., with three standing Buddhas on each level of the



Wat Chammathewi, also Chama Devi, is an ancient temple in Lamphun fabled for its now disappeared gold covering.

pagoda base of each side of the chedi, totaling 15 images for one side of five levels, with a total of 60 Buddha images. Relics of Queen Chamthewi, the first ruler of Haripunchai are housed inside the pagoda. The pagoda top was originally covered with gold but later disappeared and the top broke, giving the name "Ku Kut" or Pagoda without a top. Wat Buddha Maha Sathan was believed to be established 1000 years ago and Wat Mahawan is famous for its amulets for those interested in

that. And just 16 kilometers outside of town at Pa Sang are the Tak Pha Buddha footprints, at which a festival is held every year in the 6th month of the lunar calendar. Natural beauties abound in Lamphun, such as Doi Khun Tan National Park. The Mae Ping National Park features the Ping River,

flowing through natural forest with sheer cliffs.

If you aren't so fortunate as to travel to Lamphun, you can always shop for some of their unique handicrafts in Chiang Mai. Some photos courtesy of TAT. www.tatnews.org. and Heinrich Damm.

(By Heather Allen)

Lets not forget Doi Inthanon

Doi Inthanon is one of the most unforgettable places in Chiang Mai and in the cool season curtains of fog rise from the hills and the glow white in the early morning light. Be sure to bring a jacket however, as to many people's surprise the temperatures can be quite cool and at times, even a coating of frost showing the temperatures have reached close to zero degrees.

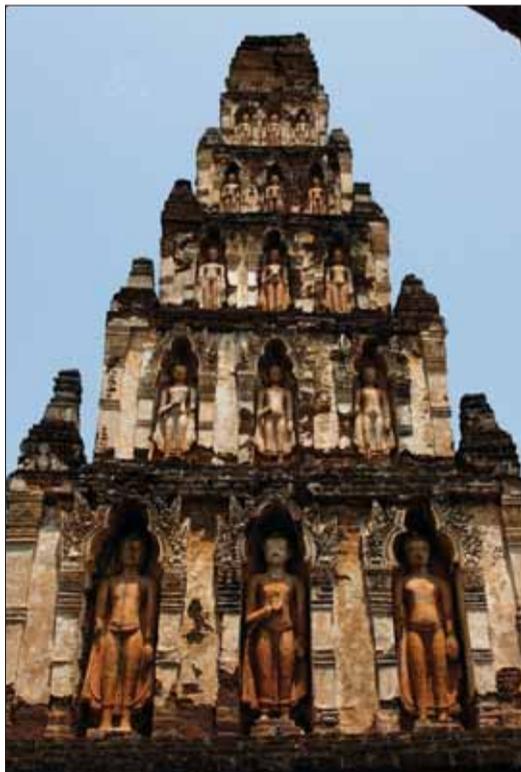
Doi Inthanon is Thailand's highest mountain peak, and while it does not compare in height to some of the truly high mountains at 2,565 meters (or 8,415 feet) it certainly does compare in beauty. Originally named Doi Luang (simply big mountain), it was renamed in honor of the last Lanna King, King Inthawichayanon to Doi Inthanon. He was deeply concerned with forest conservation, he ordered that upon his death his remains be placed there and that protections put in place to preserve this unique monument. His daughter, who became Queen Consort for HM King Rama V renamed the mountain when he died in 1897.

Doi Inthanon is part of the Loi Lar Mountain Range and is one of the ranges that separates Thailand from Myanmar. The forests around Doi Inthanon were declared one of the original National Parks and the area was expanded further in 1972 and again in 1964 so that now it encompasses 482 square kilometers. From lowlands at 800 meters you can go as high as the peak at 2656 meters.

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The Wats of Lamphun are quite well known as well, but not as often visited as those of Chiang Mai.



Ku Kut Pagoda at Lamphun.

