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Daniel William Henry Bego of Malaysia took two gold medals in swimming, one each in the Men's 200 Metres Butterfly and 100 Metres Freestyle.



Vietnamese women beat Malaysia in two sets in beach volleyball yesterday.



Thailand beat Indonesia in Futsal

Athletes in top form as Games roll on



Indonesian women took the gold in badminton yesterday at Chiang Mai University Gymnasium.

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Happiness is around and near the Chiang Mai Phucome Hotel

When you walk around the hotel, there are some interesting places worthwhile for the tourist and visitors to see.

Some AUG sportsmen and women may not realize there are places near the hotel that may interest them. In a 1-2 kilometer radius there are public parks, restaurants, food shops, souvenirs, the Chiang Mai Zoo and other entertainment venues to spend their free time.

The Chiang Mai Zoo offers visitors a peaceful and natural spot to visit for the visitor, on Huay Kaew Road (go out of the hotel and turn left and then left again) the admission fee is 250 baht a person. There is also a sea aquarium and the Panda family members with baby Lhin Ping, Poppa Panda Chuang Chuang and the mother, Lhin Hui that you should not miss.

Another spot on Huay Kaew road, not far from the hotel, are the night markets, just about 300 meters from the hotel, and in front of Chiang Mai University. The markets and shops selling clothes, fashions items, for the first and second hands made on



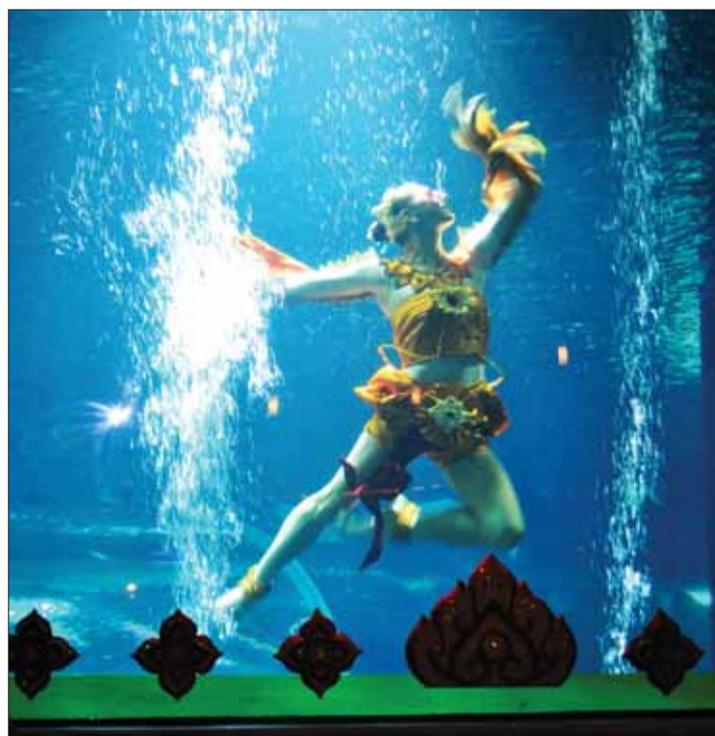
Nimmanhaeminda road offers restaurants, shopping and live music venues.



The markets on Huay Kaew road have some great shopping.



The Chiang Mai Zoo is not far from the hotel, a short songthaew ride up Huay Kaew road.



The Chiang Mai Zoo Aquarium offers unique shows and an interesting walk-through underwater tunnel.

sales, food and drinks. Moreover, the markets behind the Chiang Mai University on Suthep road that should not be missed as well. There, a lot of food stalls situated along the road for a distance of more than 700 meters. There varieties of food, from local Northern food to Southern Thai food, Japanese, Vietnamese, noodles, and rice stands. Along the way, there are some internet shops available together with book stores.

Canal Road, right out in front of the hotel and then further down (out of the hotel, and turn right on Huay Kaew, then Nimmanhaeminda Road is the next stop light, turn right and there is a street full of art, coffee shops, restaurants, bakeries, bookstores, handmade souvenirs and more. Mexican food is available as is Japanese, pizza and pasta and more.

www.chiangmaizoo.com,
www.chiangmaiwonderland.com
for more information.

Story By Chusawat Tunvanich
Photo By Puriwat Boonnak



Lhin Ping, the baby Panda, is the most popular animal at the zoo, probably because she is so cute!

Getting ready for today's trip

Today sees the athletes take the day off and head out and see more of Chiang Mai. A well deserved break it is. Today's program is arranged to acquaint our visitors with the charms of Chiang Mai, with its interesting culture and natural beauty. They organizing committee have arranged for everyone to visit Mae Sa Elephant camp in Mae Rim, San Kamphaeng Hot Springs in Mae On, Bor Sang handicrafts village in San Kamphaeng, Baan Tawai and the Night Safari both in Hang Dong.

Mr. Woorapol Wattaluang-arun, one of those involved in transportation for the athletes said this tour program was prepared and planned with the aiming of promoting tourism and creating better relations and friendship. "One of the main things is to give athletes more chances to get to know each other."

About 60 volunteers will be



Mr. Woorapol Wattaluang-arun, one of those involved in transportation for the athletes for today's program.

helping the 1,000 people expected to go on the tours. There will be lectures given at each spot as well.

Worapol added that apart from tourism volunteers, the Chiang

Mai traffic police, highway police, and tourist police are helping with security and a nurse and medical team are on duty so that there won't be any worries.

After returning from dinner at the Night Safari some may choose to return to their hotel while others will be taken to Tha Pae Gate to visit the Sunday Walking Street Market. This will allow them to learn more about the unique interests and beauty of Chiang Mai, the organizing committee members added.

Worapol said is a tool to grow the relationship among the athletes, and tourism is also a good tool for the exchange of culture, "I would like to ask for the people of Chiang Mai to be good hosts and impress them during their short stay in Chiang Mai so that it will remain in their memories forever."

Story by Kritdanun Phromkuntha
Photo by Napat Channoan

Futsal continues play

Futsal matches continued yesterday with Thailand beating Indonesia 3-1 in the final day of the first round yesterday at the 700 Years Sports Complex.

Brunei played Malaysia in a lopsided match that saw Malaysia win 4-1. Thailand played Indonesia next in a game that ended with the Thais winning 3-1. The semi-final round will be held on December 20 with the first match between Malaysia and Indonesia at 1 p.m. followed by Thailand versus Brunei and kick off at 3 p.m.

By Waranyoo Sornnoi
Photo by Isra Hongkham



Thailand in red, played Indonesia in blue, winning the game 3-1 to move on to the semi-final round on Monday.

Volleyball matches continue



Malaysian men return the ball and beat Myanmar 3-0.

Yesterdays matches continued with the Malaysian women battling the Singaporeans, with the Malaysians winning 3-1.

The men took the courts next and saw Malaysia beat

Myanmar 3-0. The final match of the day was again the men, Thailand versus Laos with Thailand winning 3-0.

Story by Parinda Thanapalin
Photo by Atitaya Kanjanatharn

Hoops aplenty in



Thai women beat Malaysia in a hard fought match.

Women's basketball players hit the courts yesterday with Singapore playing Laos. Singapore beat Laos 90-68 with Singapore leading throughout the game.

The second match between Thailand and Indonesian men saw the hosts control the game in the first half but in the end the Indonesian man of the match

Adrian Bintoro took control and produced the highest number of points led Indonesia to victory 61-59 in a close game.

The final match was between the Thailand and Malaysian women with the Thai women leading the game to a final score of 69-56.

Story by MR Kanokrut Sasiroj
Photo by Pharunyoo Deekaew

Notice on Track & Field Events

Due to the high number of athletics events AUG Sports Today will be publishing full reports and photos in tomorrow's edition which will see an entire section devoted exclusively to yesterday's events. Full news and photos to come on Monday, December 20, 2010.



Medals round in Badminton



Thailand took the gold in the Mens Team competition.

Yesterday morning, December 18, saw medal rounds in Women's Badminton at the Gymnasium at Chiang Mai University with the Indonesian team taking the Gold 3 games to 1.

The first game saw Linda Wenifanetri of Indonesia beat Julia Wong Pei Xian of Malaysia in two sets, while the second match saw Aprilia Yuswandari of Indonesia beat Daphne Ng Chiew Yen of Malaysia also in two sets. Indonesia lost in the third match when Stephanie Shalini Sukumaran of Malaysia beat Ayu Rahmasari in two sets.

The Indonesian win the Doubles category sealed their gold medal when Komala Dewi and Ayu Rahmasari of Indonesia beat Amelia Alicia Anscelly and Yeow Mie Xi of Malaysia, in three sets.

Assoc. Prof Dr. Amnart Yoosuk, Vice President of Chiang Mai University and Mr. Edi Nu Rinda of Indonesia present dolls of the mascot to the winners at the medals ceremony.

The afternoon saw the men take to the

court with Thailand Men winning the Gold medal.

Thailand met Indonesia in three games and won all three. Prinayawat Thongnuam beat Andikar Anhar in two sets, while Pheerawut Sumretpol beat Mochamad Rizki Delynugraha in straight sets as well and Pollawat Boonpan beat Nugroho Andi Saputro, clinching the Gold for the team.

With Thailand taking the gold, Indonesia earned a silver and Singapore and Malaysia were both awarded the bronze.

The chairman of the medal reception ceremony was Asst. Prof. Dr. Nat Worayos, while Assoc. Prof. Dr. Tanan Anumanrajathon, the Chairman of the Badminton Organizing Committee, presented mascots as souvenirs to the winners.

The next competition, will be held December 20 at the Gymnasium of Chiang Mai University will feature men's and women's singles, doubles and mixed doubles for the first round of competition.

Story by Kanyarath Chaichana

Photo by Yossuntorn Sawasdee

Table tennis finals yesterday



Thailand men play Vietnam who won the gold.

Yesterday saw the table tennis finals at the 700 Year Sports Complex. In the morning the Thai men beat Malaysia 3 games to none to reach the final round. Vietnam beat Singapore in three straight games to play against Thailand for the gold in the afternoon.

Laos women defeated Vietnam 3-0 and Thailand beat Malaysia in three straight games.

The afternoon gold medal Men's game saw Vietnam beat Thailand in three straight games and the Thai women won the gold.

By Wanwisa Buapanak

Photo by Puriwat Boonnak

Tennis golds handed out



Indonesian men's Team doubles beat out Thailand to take the Gold medal home.

Tennis players had their finals yesterday with Thai women grabbing the team Gold and Indonesian men earning the team Gold in the last day of the competition yesterday.

In the Men's Singles Adiya Harry Sasonkgo of Indonesia beat Warut Korkiathaworn in two sets while Peerakiat Sriluethaiwattana beat Indonesian Sunu Wahyu Trijati in straight sets.

In the Men's doubles the Indonesian men beat Thailand and two closely fought sets to win gold for their team.

The Thailand men took second place Silver while Singapore won the Bronze medal.

The women saw only two teams competing; Thailand and Singapore. Arhiraya Sriporm of Thailand beat Grace Pang Xiu Youn in straight sets, while Jitsuprang Samrej of Thailand also won over Cynthia Lee Miao Song of Singapore in straight sets.

In the Women's doubles Nudtida Luangnam and Suchanun Viratprasert of Thailand beat Chan Shu Ying and Tong Pei Ling 6-0, 6-0 to win the gold medal for Team Thailand. Singapore went home with the Silver.

Singles, doubles and mixed doubles will compete for the gold on Monday, at 10 a.m. at the 700 Years Sports Complex.

Story By Chutimon Saowapha

Photo By Romtham Srisukho

Beach volleyballers hit the sand



Thai men's team 1 beat Malaysian Team 2 in the Group B final match of the day at Chiang Mai University.

The morning of December 18, saw Group A and Group B Men's finalists chosen at Chiang Mai University.

Thailand Team 2, Ariit Kaewongsai and Arnop Prigbangkhem battled Laos Team 2, Khonephachick and Phone Paseuth, in the first match of the day, with Thailand taking Laos in two sets.

The second match of Group A saw Indonesia Team 1, Iwayan Indrawan and M. bas Tomi take on Malaysia Team 1, Kiew Chiong Ung and Mohamad Fitri Bin Saliew with the Malaysians winning in two sets.

Mens' Group B saw Singaporean Men, Hoe Guofeng and Chun Zhi Gang take on Indonesia Team 2, Fahri Ansyah and Iputu Juniathaw with the Indonesians winning the match in two sets.

The final match of Group B saw Thailand Team 1, Anan Anurak and Rawepon Chamnithurakan beat Malaysia Team 2,

Muho Faiz Putra B Aba Razak and NG Kai Guan, in two sets.

The women took to the net in the afternoon with three matches played. Luk Teng Kee and Ben Shung Thing of Malaysia Team 1 met with Dhita Juliana and Efasrisusilowati of Indonesia in group X, where the Indonesians won in two sets.

The second match saw Group Y Vietnamese women Hutnh Do Hong Loan and Phan Thi Cam Hong beat Malaysia Team 2, Iswari Manokaran and Tan Chiew Lee in two sets. The final match of the day saw Thailand 1 in Group Y take on Singapore Team 2. Thai women Varapatsorn Radarong and Tananatha Udomchavee beat Calin Ahoy Cuifang and Tan Shiang Theng of Singapore in two sets.

Finals scheduled for the 22nd.

Story by Nuttaporn In-keaw

Photo by Rangsiman Sittipong

Bowling doubles Gold awarded



Singaporean women settled for the bronze in yesterday's ten pin bowling doubles.

Ten Pin Bowling saw the Gold Medal round in the second day of action for men's doubles at the UFO Bowl yesterday, December 18.

Five countries competed for medals, Indonesia, Malaysia, Philippines, Singapore and Thailand.

Fahmi Bahri Sulaiman and Syafiq

Ridhwan of Malaysia grabbed the Men's Doubles Gold medal with 2710 points. While the Silver went to their Malaysian colleagues, Mohammed Noer Zul Qhimie Said and Muhammed Ozir Zuri who took second place with a score of 2680.

Carl Mathew Lim and Jayson Tubid took the Bronze in Men's Doubles with a score of 2521.

UFO Bowl saw further action yesterday afternoon when the women's doubles took to the lanes. Malaysia, Indonesia and Thailand with a total of 18 competitors, 9 doubles pairs, going for the gold.

Malaysian Jerusha Chan Poe Yin and Tengku Emanina Laily Tengku Zahir fought Thailand and won the gold medal with a total of 2469 points. Thailand took the silver, with Nunmanut Chatchaisiri and Angkhana Netrviseh earning 2434 points. Singapore settled for the bronze with Kristel Oh Shao Jing and Geraldine Ng Su Yi earning 2312 points.

Karate-do hits the mats

There were 6 gold medals to win in Men's karate-do in yesterday's finals at the North Chiang Mai University Gymnasium. Singapore, Malaysia and Vietnam each got two gold medals.

Women under 55 kg saw Vietnam's Nguyen Ngoc lose to Malaysian Kunasilan Lakanathan 3-1 while the women under 50 kg saw Dao Thi Thoan of Vietnam beat Laos Chansouda Phetsiriseng 3-2. Indonesian women under 50 kg took the gold beating Thailand. Women under 68 kg Yulanda Asmuruf from Indonesia beat Methawee Somprosong 8-0. One Laos competitor was injured during the match and needed medical attention. Indonesia was the champion with 7 medals total out 17 up for grabs.

Indonesian coach Christine Taroreh was happy to see the team do so well, and reached her expectations.

Dr. Kritsanarat Pantkul said the injured Laos karate-do competitor had been knocked unconscious and sent Chiang Mai Maharaj Hospital but he was fine.

By Kan Kamolrat, Krissanarak Saeneevong na Ayutthaya
Photo by Jaturawit Decha



Malaysia in blue fighting Laos in red in karate-do yesterday.

Swimmers take to the pool

Yesterday, the swimmers took to the pool for some breathtaking events where Indonesia grabbed 6 gold medals on the opening day. 5 countries competed for medals, Singapore, Indonesia, Malaysia, Philippines and Thailand sent swimmers to the events.

Indonesian Glenn Victor Susanto won the gold in the Men's 50 Metres Backstroke while Nicko Biondi Ricardo won the Men's 100 Metres Breaststroke and Muhammad Akbar Nasutio took gold in the Men's 400 Metres Individual Medley. Indonesian women Erlina Tacob won the Women's 200 Metres Butterfly, Enny Sus Ilawati Margono won the Women's 100 Metres Freestyle and Margareta Kretapradani won gold in the Women's 100 Metres Breaststroke.

The Malaysians won three gold medals with Chui Lai Kwan in the Women's 50 Metres Backstroke and Daniel William Henry Bego took two gold medals, one each in the Men's 200 Metres Butterfly and 100 Metres Freestyle.



Thailand's Panchalee Phakoetsuk won one gold medal in the Women's Individual 400 metres Medley.

Thailand's Panchalee Phakoetsuk won one gold medal in the Women's Individual 400 metres Medley.

Story by Sathinee Chirakal, Muanfan Chaipolban

Photo by Wongsakorn Nakgoen, Kobkan Sampao

Tough match between Singapore and Myanmar



Singapore in red and Myanmar in blue played hard but the match ended in a 0-0 draw.

Prince Royal's College saw the first match between Cambodia and Vietnam.

During the first half Vietnam produced the first goal, by Le Vu Ngoc Toan. Injury time was added when Cambodian Virak Soung headed the ball and fouled Le Quang Khai of Vietnam, injuring him and Virak received a red card and was sent off. Le Vu Ngoc Toan received two yellow cards but also scored a goal for Vietnam.

Pham Thanh Dat no 12 of Vietnam scored the third goal and though they remained

scoreless, three more yellow cards were handed out, one to Vietnam and two to Cambodia. The Game ended Vietnam 3-Cambodia 1.

The second match was between Myanmar and Singapore was scoreless with 4 yellow cards handed out and one player sent off. The game ended in a nil nil draw.

Story by Supawan Unokdaeng,

Supakran Ruangdate

Photo by Saran Dolpipatpong

Takraw takes to the court



Laos spikes the ball in the match against Indonesia, Laos won, 2 sets to 1.

Yesterday's opening match saw the Indonesian team take on the Thais at Maejo University. The Thai team consisting of Ronnarong Jenchaiyaphum, Khomkrit Poksanthia and Thawisak Thongsai overcame Indonesians Hendra Pago, Saiful Rija and Nofrizal in two sets. While the second match between Malaysia and Myanmar saw Malaysians Mohamad Tarmizi Omar, Shamsulhairi Saidi and Ali Alhamidi Mohd Ayob beat Aung Pyae Tun, Wai Lin Aung, and Min Min 2 sets to 1. Thittavanh Bounpaseuth, Southisone

Thonemanyvong and Chakkaphan took to the court to beat the Indonesian team 2 sets to 1.

Next up saw Thailand win over Malaysia in two sets while Myanmar also beat Laos in two sets. Thailand sits at the top of the leaderboard with two games while Malaysia, Laos and Myanmar have won one and lost one each and Indonesia has lost both games.

Play resumes tomorrow with the finals scheduled for the 22nd.

Story by Muanfun Chaiphonban
Photo by Kobkan Sampao

The Faces of the Games



Siriporn Sooksen – Volleyball Thailand: A student from Rattanakabandit University, Bangkok, she plays for the Thai national team. She said she chose to play volleyball because she was so tall. “At present, volleyball is an outstanding sport that has great interest to the public, especially the beautiful moves and playing style. When I see others playing volleyball I want to join in. I have been practicing for the Games since October and have been fully supported by my University.”



Patipan Sangsing - Hammer Throw/Athletics Thailand from the Institute of Physical Education in Sukhothai said he won the Gold Medal, “I feel so glad that I can win the first Gold Medal for the Thailand team. Many thanks for all the support and to those who cheered me on, especially my parents and friends who really supported me ever since I won the Bronze at the Thailand National University Games. Lastly I would like to tell all Thai athletes to practice hard and strive for their goals like I strive for mine; to be on the Thailand National team for the hammer throw.”



Chansathith Ounaphom - Volleyball Laos, said he is studying at the National University of Laos. “I feel glad that the Lao team won today’s game. I have prepared for this AUG for four month. I was selected to work with my team members we have been practicing more and more. The strength of our team is its unity. Volleyball is a sport that helps relax, and have fun. We have to play with concentration to reach our full abilities for the next rounds. We have practiced and practiced and are ready to take on our competitors.”



Jayson Tubid - Bowling Philippines and Gold Medal winner on December 17 said, “One of my successes was completing the ASEAN School in Malaysia. I have practiced two times a week to prepare for the 15th AUG. I have a trainer helping me to improve. I don’t expect much at this time but will do my best and work hard to win more gold medals in future matches and competitions.”



Wissawa Wongyotha- Sepak Takraw Thailand said, after the final round between Thailand and Malaysia on December 17: “The Thai players received the silver medal. We could not get through the Malaysian defenders blocking. This was the one major thing we missed. But for the next games we will do our best to break our competitor’s blocking. We hope we can do better the next time.”

Story by: Jaruwan Phuaphan, Sowarot Mahawansu, Kanokwan Chantorn, Parinda Thanapalin, Netnaphit Thupajorn, Chotika Phetson, Muanfun Chaiphonban, Sathinee Chirakal

Photo By Thirarat Phutthawong, Kobkan Sampao, Wongsakorn Nakngoen, Atitaya Kanjanatharn, Kanokwan Chantorn, Nuttaporn Panya, Sulukkna Tiennoi.

15th ASEAN UNIVERSITY GAMES 2010 MEDAL STANDINGS

Rank	Country	Gold	Silver	Bronze	Total
1	Indonesia	17	13	11	41
2	Thailand	13	14	13	40
3	Malaysia	10	9	15	34
4	Vietnam	5	6	6	17
5	Singapore	1	1	7	9
6	Philippines	1	1	5	6
7	Laos	0	3	7	10
8	Brunei Darussalam	0	0	1	1
9	Timor-Leste	0	0	1	1
10	Myanmar	0	0	1	1
11	Cambodia	0	0	0	0
As of December 17, 2010 20:00 hr		47	47	67	160



Medal Winners

Men’s doubles in ten pin bowling



Fahmi Bahri Sulaiman and Syafiq Ridhwan from Malaysia - Gold medal winners Ten Pin Bowling Men’s doubles

“At first, we felt a little bit worried, but we have a good partners, so today we could do grab the Gold Medal. We had high hopes for the silver but we were very glad to win the gold medal, it was much more than we expected. We talked to each other a lot and learned from each other and then practiced together to improve and develop our abilities in preparation for the Games.”



Mohammed Noer Zul Qhimie Said and Muhammed Ozir Zuri from Malaysia – Silver medal winners Ten Pin Bowling Men’s Doubles

“In today’s competition we were a bit excited and in the fifth game, we did not play well, so we missed the golden chance and gold medal.” However, they said they did best, and would try to do better next time to win the gold, “For this time, we practiced together very often, but we have different styles and tactics, so we must adjust to get along together.”



Jayson Tubid and Carl Mathew Lim from the Philippines – Bronze medal winners in Ten Pin Bowling Men’s Doubles

Jayson, the winner of the Gold medal for the first day of Men’s Singles said that did not do well today, “However, I feel that we could also gain the bronze today. For the preparations for the men’s doubles today, we have practiced together for many months. I think I will do my best at the next competition.”

Story By NetnaphitThupajorn, Photo by Ms.ChotikaPhetson

Unique Lanna events

Chiang Mai City Pillar or the Inthakin Festival

Chiang Mai, like many houses and other towns, has a pillar as it's mainstay, in Northern Thai, the city pillar is called the Inthakin. And in a uniquely Chiang Mai event, a festival is held to venerate this pillar starting on the day of the waning moon of the sixth lunar month and lasts 6-8 days. Centered around Wat Chedi Luang where the city pillar is housed offerings are made to the city pillar as well as the many other Buddhist and Lanna-era images. This pillar was originally laid by King Mengrai at the astro-

logically auspicious time of 4 am on the morning of April 12, 1296 at the foundation of Chiang Mai. Originally, the pillar was at Wat Sadeu Muang, near the Three Kings Monument. This temple is also known as Wat Inthakin.

When the city was occupied by Myanmar for nearly two hundred years many Chiang Mai people believed that this misfortune occurred because the city's guardian spirits had not been respected.

When King Kawila re-took the city in 1800 he moved the pillar from Wat Inthakin to the temple of Wat Chedi

Luang, built a special pavilion for it, and planted three large trees near the pavilion. A local belief is that if the tree nearest the pavilion falls, then so does Chiang Mai.

The next festival should take place in May, around the 29th. The festival begins with a procession around the old town of the city. A Buddha image called Phra Fon Saen is carried, blessed with water and placed in the courtyard of the temple. After this the Buddhist devotees venerate the Buddha and the City Pillar, and to place flowers, candles and incense in each of twenty-eight bowls laid out on mats in the temple. However, only men are allowed to enter the shrine housing the city pillar. Women are obliged to light their candles and place their flowers outside the shrine.



The Buddha Image is carried in a grand parade to pay respects to the Chiang Mai City Pillar.

This ceremony is known as Tham Boon Khan Dok or Flower Bowl Blessing. The best time to see this is at night. The temple is dramatically lit up and the streets around the temple are filled with vendors selling not only flowers, candles and incense to the worshippers, but also lots of food and drink. There are also cultural performances and dance displays.

Finally, at the end of the six days (in 2011 probably on Saturday, June 3), another procession goes around the city moat. This ceremony, known as Tham Boon Muang (City Blessing) is designed to propitiate the guardian spirits of the moat and city gates, and to ensure the city's prosperity for another year.

By Shana Kongmun, Chiang Mai Mail



Wat Chedi Luang is the site of the city pillar, or Inthakin and the location of the yearly festival, next scheduled for the end of May, 2011.



City residents fill 32 bowls with flowers, candles and incense sticks in a ceremony to pay respects to the Chiang Mai City Pillar.

Mae Chaem, hidden valley in the mountains

From page 8

Mae Chaem is filled with scenic views of rice farming, old temples and is home of the unique Pha Sin Teen Jok, a decorative woven style found on the hems of women's sarongs. The area is a unique mix of cultures, with the Khon Muang local people and hill tribes of Lua, Pakakayor, Hmong and Lisu all living there. This leads to unique and beautiful handicrafts and more.

Mae Chaem is also well known for its temples, many of which come clustered together, but it's the unique temple on a pond that makes Mae Chaem stand out. Wat Phuttha Eoen (Buddha-En on the sign) was built in 1868 and features a bot nam, or ubosot, that sits on wooden posts in a lotus



Mae Chaem is home of the Pha Sin Teen Jok, a decorative woven style found on the hems of women's sarongs.

pond. The teak serpents (nak) along the sides are very beautiful and the setting is serene.

There are hot springs in the area around Mae Chaem should you wish to make more than a day of



This beautiful little valley is easily overlooked but worth the trip.

it, halfway to the somehow appropriately named village of Hot. I have grabbed some photos from

TAT as my camera sadly died on the way! (Photos courtesy of TAT: www.tatnews.org)



The Vongburi House was the residence of the last ruler of Phrae.

Phrae is well known for its many temples, and as one of the oldest cities in Thailand, they certainly abound. Tradition has it that Phrae and Nan were ruled by two brothers, when they met to divide the land between them, one

The Vongburi House is a beautiful example of the wonderful architecture of many of the old buildings of Phrae.



Phrae gives you even more reason to come back to the North of Thailand!



One of the friendly samlor drivers will be happy to drive you around Phrae.

brother rode a horse, the other a buffalo to the meeting point. To this day, the seal of Phrae has a horse, and that of Nan a buffalo.

Located about 4 or 5 hours drive from Chiang Mai, it is more than a daytrip so be sure to schedule it for your return visit to Chiang Mai! However, given the abundance of temples, the museum at Wat Luang, the many beautiful old colonial era homes and the Seri Thai museum there, you may want to spend the night and head out to Mae Yom Park the next day, the last remaining reserves of the

huge teak forests that used to cover Phrae.

I must admit to a fascination with museums. Especially ones in old buildings. I enjoyed the Seri Thai museum in Phrae, set in a wonderful old Colonial style building. The Seri Thai is the Free Thai movement that fought the Japanese Occupation during World War II and this old building is filled with relics from the day.

Another gem of a building to be found in a town that is filled with beautiful old buildings is

the Vongburi house and the house of the Khum Jao Luang. Belonging to the last Jao Luang or Royally appointed ruler of the city, this beautiful old teak house has been beautifully restored and boasts colonial era architecture. Walk inside and look at some of the old furniture, look at the intricate architecture and feel the peace of the surrounding quiet gardens.

A really great way to see the old buildings of Phrae would be with one of the many samlors that still dot Phrae, you can find them in

Chiang Mai but not in the numbers you used to!. The trishaw or samlor is a gentle way to traverse this small town and will give you a real view of the town and its people.

Phrae can be reached by heading to Lampang, along Highway 11 after Lampang, turn onto Highway 101. Alternatively, the train stops at Den Chai from Chiang Mai but you would have to arrange transport once you arrived there. Its about 280 km.

By Shana Kongmun, Chiang Mai Mail

Mae Chaem, hidden valley in the mountains

By Shana Kongmun, Chiang Mai Mail
Mae Chaem is one of those little places that, while not necessarily off the beaten path, somehow still manages to get bypassed. Thailand is filled with these little gems, usually on the way to somewhere more famous, like Pai, they get missed and for the missing we are much the poorer.

When I was a child, my father delighted in going for drives, nowhere in particular, just going where the whim and the roads took us. While you do have to be careful you don't wind up in Myanmar if you take too many twists and turns, you can also find some really lovely places in and around Chiang Mai if you do so. I have

friends with great big motorcycles who love the open road. And while I see the appeal, I don't quite see myself on one of those.

But back to Mae Chaem, it is about two and a half hours outside Chiang Mai and is the main junction for those wishing to go further on to Pai, Mae Sariang and Doi Inthanon. I would say it's a bit far for someone on a scooter but as one intrepid traveler wrote of his travels around North Eastern Thailand on a Honda Dream, I can only say, that may not be applicable for the brave of heart and sturdy of bodies.

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Mae Chaem villagers live a quiet rural life.

