

BRITISH CLUB ACTIVE LIVING SECTION

Saraburi Day Trip – Thursday, 15th January 2026

Itinerary & Briefing Notes

**** It's HOT ... Cold Water is available on the bus – please keep hydrated ****

08.00 – Depart the British Club for the Manasikarn Hall Retreat

(Approximately a 2 hour journey, then a 2 hours 20 minutes visit)



Upon arrival, we will check in at the Reception Desk located in the Coffee Shop and pay the entrance fee of Baht 120 for those under 60 years of age, or Baht 60 for those aged 60 years and over. Proof of age may be requested.

We will then receive a short introduction to the retreat before, in small groups of six to seven persons, entering the “Buddha’s Journey” Exhibition. This exhibition leads visitors through the main stages of the Buddha’s life and the experiences that shaped his thinking and understanding.

The exit walk takes the form of a modern gallery and presents selected Dhamma reflections, offering practical ideas that can be related to everyday life.



Following this, we will visit the Spiritual Life Exhibition, which provides knowledge on Buddha’s teachings and the correct conduct towards Buddha and his image, and outlines the life and work of Ajarn Acharavadee Wongsakon, founder and spiritual

leader of Manasikarn Hall.

We will then receive a short introduction to meditation lasting approximately 20 to 30 minutes, led by one of the Hall’s meditation teachers.

Time has also been allowed, approximately 20 to 30 minutes, to explore the adjacent flower fields and small local market, after which we will regroup and re board the bus.

12.10 – Depart for the Suki Nok Noi Restaurant

(Approximately a 30 minutes journey, then 50 minutes for lunch)

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We have a reservation in this well recommended and locally famous restaurant. Lunch is a set menu to be shared Thai style. Drinking water and ice are included. If you would like any extras or other drinks, please pay separately.

13.30 – Depart for Wat Phra Phutthabat Ratchaworamahawihan

(Approximately a 10 minutes journey, then a 30 minute visit)



Wat Phra Phutthabat Ratchaworamahawihan is one of Thailand's most important Buddhist temples and one of only six classified as a First Class Royal Temple, a status reflecting its exceptional religious, historical, and cultural significance. The temple was established in 1624 during the reign of King Songtham of the Ayutthaya Kingdom, following the discovery of a sacred footprint believed to represent the Buddha, which has since made the site a major place of pilgrimage.



Set on a wooded hillside, the temple complex is spacious and carefully laid out, combining spiritual importance with striking architecture. At its heart is an ornate, purpose-built shrine that protects the sacred footprint, surrounded by royal chedis, shrines, and richly decorated pavilions that reflect centuries of royal patronage. Visitors will also see murals and decorative details illustrating Buddhist stories and traditions. From the upper terraces, there are wide and attractive views across the surrounding Saraburi countryside, adding to the calm and reflective atmosphere of this historic site.

Please don't be concerned by the number of steps you may notice. We will not be using the main staircase to reach the temple, but will follow a more gradual route that allows us to explore the lower levels, including several shrines and smaller temple buildings, as we make our way up to see the Shrine that protects the sacred footprint at a comfortable pace. Given the limited time available, it is unlikely that anyone will need or wish to continue all the way to the very top level.

14.20 – Depart for the British Club

(Approximately a 2 hour 10 minute journey)

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