ภาคผนวก ค

ข้อมูลการท่องเที่ยวบ้านแม่กำปองฉบับภาษาอังกฤษ

มหาวิทยาลัยราชภัฏเชียงใหม่
CHIANG MAI RAJABHAT UNIVERSITY

Mae Kampong Village
Huaykaew Sub-district, Mae On District, Chiang Mai, Thailand

1. Overview

Baan Mae Kampong is a small village amidst the mountains, 50 kilometres from Chiang Mai. Baan Mae Kampong is situated in Tambon Huay Kaew, Amphur Mae on, Chiang Mai. Most of the area of the village is on the mountains, 1,300 metres above sea level.

Baan Mae Kampong has a population of 367. All of the people are Lanna people who speak 'Khum muang' or Northern dialect. All of them are Buddhist so the local tradition and ritual are based on Buddhist beliefs. The people live a very simple life being supportive of and friendly with each other. Houses are built in groups called Pock Baan or Pang, which means a group of houses in the same area. There are 6 groups altogether including Pang Nok, Pang Klang, Pang Khon, Pang Thon, Pang Nai 1 and Pang Nai 2. All of the houses are wooden, constructed in traditional style.

Tourist can take a one-day trip to Mae Kampong which is 60 minute-drive from the city centre. If you want to appreciate the locals' ways of life, you can stay at a homestay in the village.

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2. History of Mae Kampong Village

Mae Kampong is a village of over 130 years of age. The original settlers had moved from Amphur Doi Saket, Chiang Mai. Since moving here, the people have earned their living by picking tea leaves. The environment in Mae Kampong village is suitable for agriculture. The soil is very fertile and combines with the weather to provide growing conditions suitable for a variety of plants. There is a stream which divides the village, upon the banks of which yellow and red flowers grew which were referred to by the villagers as 'Kampong flowers'.

The name of the village 'Mae Kampong" came from the stream which is called "Mae" in Thai language and "Kampong flowers".

Between 1976 and 2521 1978, the Communists invaded Thailand and Mae Kampong became a 'Pink' area. Many students from universities in the North who were pro-Communists temporarily took up residence which caused problems for local villagers. When the situation subsided ten years later, the students returned and repaired the relations with the villagers.

Nowaday, Baan Mae Kampong is promoted as an Eco-tourism community. The tourism development commenced in 1991, under the direction of Mr. Nuan Puangyoikaew, a village head-man at that time. He encouraged the villagers to cut steps leading to the waterfall. His focus was on development for use by locals. Following his retirement from this role, projects ceased.

In 1996, a new village head-man, Mr. Promin Puangmala (or Thiramet Khachonphatthanaphirom), re-instated the focus but with a broadened emphasis on Eco-tourism to be shared with outsiders.

With the co-operation of community members, Mae Kampong was officially opened as an Eco-tourism community on December 10, 2000. The management was structured as a co-operative society and was financially supported by the Thailand Research Fund. Since then Mae Kampong has continued to grow as a charming tourist attraction. Based on the unique climatic and geographical environment together with the financial support from the Thai Government, the project was successfully launched and continues to gather momentum.

The idea of 'Homestay' was encouraged by the Department of Tourism Development, the Ministry of Tourism and Sports. In September 2547 BE (2004 AD), representatives of this department together with members of the Faculty of Social Sciences and Humanities, Mahidol University, came to evaluate the homestay management and the Mae Kampong homestay model was recognised as the standardised form for Thailand for that year based on the following criteria:

1. Accommodation
2. Food and hygiene
3. Safety
4. Management
5. Tourism-based activities
6. Environment
7. Souvenirs
8. Marketing promotion.

In addition, Mae Kampong village homestay have been recognised as a prototype of homestays in the northern region.

3. Wat Kantha Phrueksa (Wat Mae Kampong)

Wat Mae Kampong or Wat Kantha Phrueksa constructed in 1925, is situated at the foot of the mountain, ten kilometres from Tambon Huay Kaew, 20 kilometres from downtown.

In 1930, Kruba Insome Khontharaso, the former Abbot of Wat Dok Dang, Tambon Sangabaan, Amphur Doi Saket, Chiang Mai, made a pilgrimage to Mae Kampong during the time of Buddhist Lent earning the respect of the Buddhist villagers. They implored him to stay and he had a temple built and resided there for 4 to 5 years before returning to Doi Saket.

The most remarkable thing is the golden teak wood viharn or the Buddhist assembly hall which was built in ancient Lanna architectural style with splendid engraving. As the weather is cool and humid all year round, all of the viharn's roof is covered with green moss and ferns.

Bot Klang Nam (or the Chapel in the canal) relates to a Mae Kampong temple built in the water which utilised the water as its fence. It is one of two such temples, the other is in Mae Cham district.

4. Mae Kampong Waterfall

Water which feeds the Mae Kampong waterfall originates from Doi Mon Lan. This large waterfall consists of seven steps with a clear flow untarnished by impurities and bordered with trees, ferns and moss. Obviously, the water-flow is more significant in the Rainy Season. It is one kilometre from Mae Kampong town on the way to the scenic point at the peak of Doi Mon Lan. In order to reach the site of the waterfall, people may either drive or walk. The village has set up facilities such as toilets, waste collection, car parks for the convenience of visitors.

5. Forest Resource

The forest surrounding Mae Kampong village is classified as a mixed forest where 70 % of the area remains in its natural habitat. In some parts of the forest, pine trees have been added by the Office of Watershed Conservation and Management. The use of timber must be with permission and according to the village's regulations. For example, timber used for house construction has to be approved by the village's committee. Furthermore, the village has encouraged inhabitants to apply natural conservation awareness by cutting firebreaks each summer. Another method used in forest conservation is providing specific pieces of land for people to use so that they do not deforest sporadically. The people are encouraged to grow agarwood which can add density to the forest and in the meantime, can provide another source of income for them.

6. Wild Animals:

There were many villagers who formerly relied on hunting for their livelihood – there are much fewer now. Information from this group of villagers reveals that there are still numbers of wild animals, such as chamois, hog, porcupine, civet, barking deer, bamboo rat, hog badger, squirrel, small brush-tailed porcupine, pangolin, bear, jungle fowl and many other kinds of poultry. There are both local and seasonal birds, such as megalaimidae, treeswift, woodpecker, emerald dove, pheasant, dove, bulbul, red-whiskered bulbul, blue whistling thrush, drongo, white wagtail, crow pheasant, rock dove, blue-whistling thrush and anatidae.

As a result of sustainable, natural conservation and education, the people now hunt less and their focus is more on preservation for tourists and the younger generation.

7. Orchid:

Orchid is another symbol of Mae Kampong. It is the territorial and unique species of orchid.

1. Spathoglottis plicata is a type of ground orchid with white or violet flowers which grow to a height/length of 75 to 80 cm. Once it blooms, the flowers last for two months. It blooms once per year and the price of each stem is 100 to 500 THB.
2. Symbidium tracyanum produces golden yellow flowers once a year.
3. Wild orchid – exist in a wide variety growing on big trees in the forest.
4. Other kinds of orchid can be found in the Mae Kampong forest.

At present locals are encouraged to plant more orchids, especially the Spathoglottis because it is in demand and fetches good prices. Apart from which, those locals who do not produce to sell, practice orchid re-afforestation – returning life and beauty to the forest.

At Mae Kampong village, in addition to native herbs, a herb garden of 200 rai has been established. There are groups of traditional medicine practitioners who avail themselves of these herbs in the provision of herbal medicines and treatments. This includes oral use and topical use as in ointments and salves and there is also a demonstration centre where people not only show how to use the products but also sell the treatments. The herbal medicine centre is located at Wat Mae Kampong.

8. Coffee

At Mae Kampong, coffee grown is of the Arabica variety with the support of the Royal Projects. From planting to harvesting takes two years and harvesting occurs from November to January. After coffee growers harvest the beans, the outer red husk is removed, the beans are soaked overnight, washed and dried. Once dried they again have outer skin removed and the beans are roasted and packed ready for sale. The Mae Kampong locals make as much income from coffee as from Miang.

9. Miang (Pickled tea leaves) and its preservation

Note: the tea leaves referred to are from 7 to 12 cm in length which may surprise those who have noticed the size of leaves in commercial teas.

Tea leaves picked at different times of the year have different qualities.

1. Tea leaves picked during April and June are small and hard. The colour of the leaves is dark green because the tea plants get less water giving them an astringent taste.

2. Tea leaves picked from June to August are of a bigger size and lighter green in colour.

3. Leaves picked from the end of August to October are of the best taste and most wanted by the market.

4. In November and December, tea leaves picked have fewer, small sized leaves and the colour is yellowish green.

Between late January and March, tea growers prepare materials for the preservation of tea leaves. This material includes bamboo cut into long strips. After being cut, the bamboo is dried in the sun. Before being used, the strips are soaked in water.

There are two types of bamboo strips used in pickled tea leaf preservation. Those with one centimetre width are used for fresh tea leaves and those of 2.5 centimetre width are used for pickled tea leaves.

When picking tea leaves, tea leaf growers wear **"plok"** on their fingers which are rings affixed with razor blades to cut the leaves from the stems. This speeds up the process in comparison with the traditional hand-picking process. Three-quarters of the leaves are picked with the rest left to enable the tea bush to photo-synthesize. When pickers have collected a handful of leaves, they are bound with the thin bamboo strips and once their basket is filled they return to stack bunches in a **"hai"** (an open-ended section of hollowed log). This is then placed over a fire and doused with water to steam the leaves. For younger tea leaves, steaming takes one hour whilst older leaves require longer steaming. If the leaves are not steamed sufficiently they may develop mould.

Once the leaves are steamed they are air dried in the shade and bunches are untied. The pickled leaves are arranged in new bunches to which quality control is applied to retain only the best which are retied with the larger bamboo strips. They are kept in a container called **"thu"** which is similar to a concrete water tank of approximately one metre in diameter.

One **thu** can contain one thousand bunches of pickled tea leaves. Before insertion of tea leaf bunches, pickers clean the container which is then lined with three to four layers of plastic sheet which will completely enclose the inserted bunches. Bunches are inserted in circles starting from the perimeter. Once a layer is complete it is trodden to compact it. This continues until the container is full and clean water is used to fill the container before sealing the plastic. The optimum time for maturation is eight months, this longer time increases the **sour taste** of the end product. However, leaves are often removed after three or four months which retains the astringency of the fermented leaves. Before heading to market, bunches are

untied, unfolded and new bunches are formed by combining old leaves with young so that buyers are not able to simply pick the young leaves which are favoured.

Consumption of Miang:

Miang is usually consumed after lunch, however, many people eat it as a snack throughout the day. It relaxes and soothes the throat and is usually consumed in one of three forms:

Miang som (Meaning sour in Northern Thai dialect). Here, the pickled leaves are spread with pickled ginger and salt and folded prior to eating. The taste is a mixture of salty and sour. After extracting the juices, the chewed leaf may be swallowed or the cud disposed of.

Miang wan (meaning sweet). In this recipe, the pickled leaves are flavoured with syrup, shaped into bite-sized portions and eaten with peanuts and desiccated coconut. The taste is both sweet and sour with a crunch.

Stuffed pickled tea leaves. Chopped peanuts and coconut are cooked in coconut sugar until a sticky consistency is attained. It is then formed into balls and wrapped in the pickled tea leaves. Again, the taste is sweet and sour with a crunch but lacks astringency.

10. Handicrafts

These products are based on bamboo and include baskets, hats, tables and chairs. It makes a not insignificant contribution to the income of many locals.

11. Food

The most popular foods are based on local plants, for example, tea leaves, chillies, eggplants and other local vegetables. Typical recipes include:

- **Pickled tea leaf salad** which is a delicious mix of pickled tea leaf, greens, nuts, and seeds in a light and flavorful dressing.

- **Khai Parm:** An egg dish cooked over a fire by placing a banana leaf on a grille and cooking the beaten egg on the banana leaf.

- **Nam prik ong**

Nam prik is a kind of chile-based sauce or dip that can be found all over Thailand, while **nam prik ong** is a Northern Thailand dip made with dried chiles, ground pork and tomatoes. It's served with fresh vegetable like cabbage or cucumber.

- **Namprik num**

Namprik num is made with roasted green chilies, shallots, and garlic, it's served as a side dish alongside all sorts of raw and cooked vegetables.

- **Hung-le curry**

Hang-le or Hin-le is one of famous northern Thai dishes. Pork curry cooked with masala powder originated from Burma.

- **Stir-fried chayote shoots.**

12. Culture and Tradition

- **Hong kwan** is a healing ritual which has its origin in Northern Thailand but is also applied in North Eastern Provinces. Its purpose is to recall the spirit of a sick person from its wandering. The absence is believed to be the cause of the illness. The ritual is accompanied by the binding of one of the wrists of the afflicted person with a white sacred string. The sacred string ritual is also performed to welcome visitors and tourists feel honoured to be greeted so.

- A variety of **local dances** may be performed on frequent occasions and include **Forn Sao Mai**, which represents a silk weaver at work;
  Forn Leb or nail dancing where dancers wear exaggerated, artificial fingernails, usually gold in appearance;
  Forn Dab or sword dance;
  Forn Jong or parasol dance; and **Forn Thep**, a dance by a God or Goddess.
- A **festival** called **Poy Luang**, is a celebration of the completion of construction of a religious building.
- **Lanna Musical Performance** drawn from a period of Northern Thai history dating from the 13th Century AD.

13. Nature and habitat Trekking

There are four different routes where you can see different types of plants along the trek.

1. The first route is a short trek requiring two hours to complete. Along the track are trees, agarwood, ground orchids, herbs and tea and coffee plantations, exotic birds and wild animals.

2-3. The second and third treks are of similar nature, each being of one day's duration. Walkers have the opportunity to reach the summit of Doi Mon Lan, which is 1700 metres above sea level. From this height participants have the opportunity, having emerged from the dense forest, to overlook three provinces, Lampang, Lamphun and Chiang Mai laid out before them. The tracks are littered with numerous examples of flora, rare in Thailand, for example, from February to March there are Rhododendrons and cherry blossoms.

4. Track number 4 supports natural and herbal study. The walk duration is 5 hours each way. Along the track are plants that can only be grown in certain places because of a combination of conditions of moisture and humidity. In addition, the track environment is the habitat of wildlife which may be seen occasionally.

On every trek, walkers must adhere to regulations to maintain track discipline and the community provides guides for each track. The environment must not be disturbed so plants, flowers and herbs must remain untouched.

14. Guidelines for tourists who plan to stay at Mae Kampong homestay.

1. Make a reservation beforehand.
2. Complete the application form and make payment as follows:
   - Meals: 60 THB per person per meal.
   - Home-stay: 100 THB per person/night
   - Payment to home-stay owner: 100 THB per person/day
   - Fees for day time activity: 100 THB per person
   - Payment for guide: 200 THB per day but if the activity is after dark, tourists must pay an additional 100 THB
   - Fee for receiving Hong Kwan greeting: 700 THB (short) or 1,500 THB (extended)
   - Fee for local music performance: 1,000 THB per performance
   - Fee for local dancing: 1,000 THB
   - Transportation: 100 THB to 1,500 THB per day according to type of transportation.

Note: All payments must be made according to the service chosen by the tourist. This home-stay business is managed by the community therefore the income from the business is aimed to provide income to every member of the community.

2. One guide is responsible for 5 tourists. In order to provide a safe environment for tourists, every trek must be done on the nominated route only.

3. Littering is prohibited along every track. Rubbish/refuse must be disposed of in bins provided.

4. Shooting or loud noises which may disturb animals or other tourists are prohibited.

5. Lighting of fires requires prior permission and they must be completely doused before departure from the site.

6. Cigarettes must be completely extinguished and disposed of in bins provided.

7. Carving or writing on trees or the environment is not permitted.

8. Apart from sanctioned and purchased souvenirs, nothing must be removed from the forest surrounding the village.

9. Do not perform actions contrary to Thai traditions and customs.

10. Before leaving the area, tourists must allow inspection of bags and vehicles to ensure they have not removed prohibited items.

11. To ensure safety of the people as well as protection of natural resources, every tourist must be prepared to be questioned by representatives of the village Committee of Management at village check points prior to departure.

12. Every tourist should co-operate in paying prescribed fees so that the money

13. Possession of any form of weapon is prohibited by Law.

14. The road speed limit within the village precincts is 35 km per hour.

15. Do not disturb wild animals or other tourists during your visit.

16. No littering.

17. Don’t perform any actions contrary to local customs and traditions.

18. Every trek must be conducted under the supervision of a community guide.

19. Food and drink are only to be consumed in designated areas.

20. Shops and businesses are only to be operated by locals.

21. Camping or overnight stay of any form must be approved by the village Committee of Management.

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