



Wonder Moments in Amazing Thailand Media Educational Trip – Day 1

Description

In a recent invitation by the Tourism Authority of Thailand (TAT), we were fortunate to experience the “Wonder Moments in Amazing Thailand Media Educational Trip” from 18 to 22 March 2025. Not only does the name pack a mouthful, the program was packed back to back with loads of sightseeing and hands-on activities.

Special thanks to Wilber aka AoriMakMak who shared his guidance when it comes to touring the Land of Smiles.



Upon arrival in Bangkok, we went straight to our hotel at **The Salil Hotel Riverside**. This modern looking hotel sits right next to the Chao Phraya River, but it is not within comfortable walking distance from any BTS or MRT.

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The hotel's theme revolves around this mythical creature that has an antlers like a deer, a rabbit for head and ears, and short fairy wings on its back. Made of grass.

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The hotel is bold in its design and colour choice. I like this shade of gold which does not come off as overly flashy but still somewhat lavish. A painting of a mythical creature greets you as you enter.

The hotel's creative artwork is a collaboration of Thailand's finest artists, such as Jay Soonthornsawad, Nattapon Pichairat and Nakrob Moonmanas.

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Can you spot my stroke?

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Package	Individual	Couple	Group (Min 3 persons)
1 month	THB 3,900		
3 months	THB 9,900		
6 months	THB 18,900		
12 months	THB 36,900	THB 54,000	THB 25,000
Personal Trainer	THB 1,500 / Time		

Terms & Conditions:

- Membership applications are non-refundable once processed.
- Upon purchasing a 12-month membership at The 8 Fitness, you will receive a complimentary 10-minute session of The 8 Fitness Move App Personal Trainer.
- The 8 Fitness will honor the date specified on the member's card only.
- For cancellations, members must provide 30 days advance notice. If you are leaving about a Personal Trainer, please contact the Personal Trainer for cancellation details.
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I was curious how much it costs to stay fit in Bangkok. At THB 36,900/year, that is about SGD\$122/month. I visited the gym and thought it resembles more like a condo gym more than a commercial one. If you like to stay fit, you are welcome to cycle with me for free.

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Before we get fit, we are going for some desserts first at [Mae Duan Thai Dessert](#), located along Banthat Thong Road. Banthat Thong Road was formerly known for auto parts shops, but is currently a well-known food street, voted world's 14th coolest street by Time Out to be precise. If you love a good crowd, it gets busier as night approaches.

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My friends will know I am a fan of most type of kuehs, especially those drenched with coconut milk or fillings. Of course, Mango Sticky rice is everywhere in Thailand not to mention a dessert shop.

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Art is an evident aspect of Thai life, from their food to their hotels

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As fresh as freshly made

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Despite being very selective, our orders took up the entire table. We had to finish some dishes before new ones can be brought on. I wonder how many kilometres of cycling is required to burn these off but I will leave that for another day.

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I like the intricate mural drawings depicting the early days Thanon Banthathong

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A Songkran fan to cool off the heat

After desserts, yes you guess it right, dinner time! This high-end restaurant Le Du Kaan serves fine dining so usually the finer it is, the lesser portion served.

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Located on the 56th level of The Empire along Sathon Road, the view is nothing short of spectacular.

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We were just in time for the sunset but due to the haze situation, it was a little gloomy but the city landscape is still very much visible and impressive.

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The King Power Mahanakhon, shaped like a Tetris game in the background is one of the most iconic

This flat piece of green forested land (finger pointing) is Bang Ka Chao, the green lung of Bangkok. We had a little cycling expedition awhile ago on this green lung. You can watch our [video](#) here if you like to explore it sometime.

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We were treated to some house music by this pretty DJ. It seems the Thais like to infuse their food with art and music to pamper all senses. I wonder if she is Wilber's type.





After dinner, we headed back to hotel for a short stroll. The decorative lights changes colour around the miniature park. For families with young kids, this is definitely a great spot to hang out.

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You can sit by the Chao Phraya River for a drink and enjoy the view of brightly lit ferries crosses the river.

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With a packed itinerary the [next day](#), we decided to turn in early. Good night!

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