

■■ 5 Days in Bangkok: The Ultimate Travel Planner for First-Timers

A casual, friendly guide for mid-range travelers

Welcome to Bangkok — a city where ancient temples, sizzling street food, and sky-high rooftop bars all blend together in one unforgettable adventure. Whether you're here for the culture, the cuisine, or just the chaos (the good kind!), Bangkok has something for everyone. This 5-day itinerary is perfect for first-time visitors who want to experience the city's highlights at an easygoing, mid-range pace — not rushed, not backpacker-basic, but comfortably authentic.

Day 1: Temples, Tuk-Tuks, and the Old City

Morning: Visit the Grand Palace and Wat Phra Kaew (Temple of the Emerald Buddha).

Dress modestly.

Afternoon: Head to Wat Pho to see the Reclining Buddha, then lunch at The Deck by Arun Residence.

Evening: Take a ferry to Wat Arun (Temple of Dawn) for sunset, then dinner at Supanniga Eating Room.

Day 2: Floating Markets and Street Food Adventures

Morning: Visit Damnoen Saduak or Amphawa Floating Market (weekends best).

Afternoon: Explore Chinatown (Yaowarat Road) for oyster omelets, dim sum, and mango sticky rice.

Evening: Shop and dine at Asiatique Riverfront, ride the ferris wheel.

Day 3: Culture, Shopping, and Rooftop Views

Morning: Tour Jim Thompson House.

Afternoon: Shop at Siam Paragon, CentralWorld, or MBK Center.

Evening: Enjoy cocktails at Octave Rooftop Lounge or Sky Bar at Lebua.

Day 4: Chatuchak Market & Relaxation

Morning: Browse Chatuchak Weekend Market.

Afternoon: Relax with a Thai massage at Health Land or Perception Blind Massage.

Evening: Take a Chao Phraya River dinner cruise or dine at Cabbages & Condoms.

Day 5: Local Life and Hidden Gems

Morning: Explore Ari neighborhood cafés and shops.
Afternoon: Visit Lumpini Park or Terminal 21.
Evening: Have dinner at Baan Khanitha for authentic Thai cuisine.

■ Food Highlights You Can’t Miss

- Pad Thai from Thipsamai
- Boat noodles at Victory Monument
- Som Tum (papaya salad) and grilled chicken at Sontam Nua
- Mango Sticky Rice at Mae Varee Mango Shop
- Thai Iced Tea anywhere on the street!

■ Local Travel Tips

- Dress modestly when visiting temples (no sleeveless tops or shorts above the knee).
- Use Grab app for reliable taxis.
- Avoid rush hour (7–9 AM, 5–7 PM).
- Stay hydrated — Bangkok’s heat is intense.
- Best time to visit: November to February.

■ Average Daily Budget Breakdown (Mid-Range Traveler)

Category	THB	USD (approx.)	Notes
Accommodation	1,500–2,500	\$40–70	3–4 star hotels or boutique stays
Food & Drinks	800–1,200	\$20–35	Street food and casual dining mix
Transport	300–600	\$8–15	BTS, taxis, tuk-tuks, Grab
Attractions & Activities	400–800	\$10–22	Entry fees, massages, day trips
Extras	300–600	\$8–15	Souvenirs, tips, shopping

■ Summary & Traveler’s Caveat

Bangkok is a city of contrasts — sacred temples beside neon-lit night markets, peaceful parks next to buzzing food alleys. Five days is just enough to fall in love with its rhythm, its people, and its endless energy.

While Bangkok is safe and welcoming, watch out for common scams:

■ **The 30-Baht Tuk-Tuk “City Tour” Scam:** Avoid tuk-tuk drivers offering all-day tours for 30 baht. They often take you to gem or tailor shops where you’ll be pressured to buy. Always agree on a fair rate or book via your hotel.

■ **The “Royal Palace is Closed” Scam:** The Grand Palace is open daily. Ignore anyone

who says it's closed and offers an alternative tour. Verify by walking to the entrance yourself.

Stay alert, stay curious, and you'll experience the true magic of Bangkok — one tuk-tuk ride at a time.