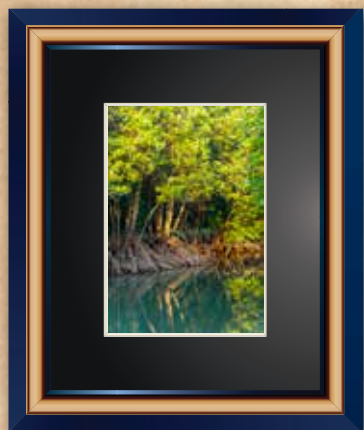




# Active Seniors





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*Ko Si Chang, Chon Buri*





*Ko Si Chang, Chon Buri*



# Route 1

## Chon Buri - Prachuap Khiri Khan

### Chon Buri

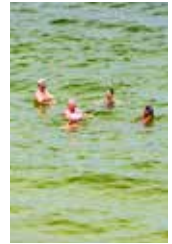
Chon Buri is renowned as the most classic seaside town, and there are many impressive tourist areas today.



Travelling to **Ko Si Chang** takes about 45 minutes. You can try riding a local, vehicle Tuk Tuk Skylab, and the rider can be your tour guide to visit all the famous places like Chong Khao Khat, Wachirawat Bridge and Phra Chuthathut Palace, the only island palace in Thailand. The Palace was built in King Rama V the Great's era. At this point, you have to alight from the vehicle and walk inside the Palace by yourself. There will be maps for you, or you can ask a guide to take you around.



During a Tuk Tuk Skylab ride, there are many tourist points to visit. The last point that you should not miss is Hat Tham Phang because this is the most beautiful beach on the island. The beach area has canvas chairs that you can relax and enjoy the sea view. There is



a restaurant, kayak and, clear seawater that is suitable for swimming.



Return from Amphoe Ko Si Chang to Amphoe Bang Lamung. End the day with a trip to a charming seaside village, **Ban Chai Thale**. The people here have been through a very bad period of scarce seafood due to the wrong method of fishing. Finally, they revised and integrated the method to actively rebuild the marine resources. The crisis has now passed and this seaside village is like a kitchen of Chon Buri and nearby areas because there is an abundance of seafood.





Ban Chai Thale opens their village for tourists to eat their fresh seafood with an authentic taste. There are traditional activities; such as, prawn fishing, fishing by using nets to catch mackerel, Sillago fish and even crabs. Also, there are lessons on how to hit a mullet, or you can do simple things like catching crabs on the beach, collecting razor clam with bare



hands and cook it. However, the most popular activity is to go fishing and squid fishing with the locals.



After dinner, you can go for a walk at the Walking Street in South Pattaya. The place is bustling with tourists from around the world.





The next day, prepare for a boat ride experience across the Gulf of Thailand. The Pattaya – Hua Hin route, originally took 5–6 hours on the road, a distance of 380 kilometres; however, the distance is shortened to 113 kilometres and takes just 2 hours by Royal 1 Hi-Speed Catamaran Ferry.



Late afternoon, leave from Laem Bali Hai to Khao Takiap Pier, Amphoe Hua Hin, Prachuap Khiri Khan.





## Prachuap Khiri Khan

Take a classic walk at the **beach in Hua Hin** during the day when there is a cool sea breeze and the sun is not so strong. In the evening, go to find delicious food at the **Hua Hin Night Market**, especially seafood that is available in many restaurants.





The next morning, go to the **Hua Hin Railway Station**. Visit the Victorian architecture, which was built in 1926, Now it is well-preserved and regarded as the most beautiful and classic railway station in Thailand. Tourists often come here to take photos.



Then need to the **Sirinart Rajini Ecosystem Learning Centre** in Pran Buri district. Learn about the mangrove ecology, which the Centre stated the importance of mangrove forests as the “*Uterus of the Sea*” by walking along the nature trails through the mangrove forest. On the way,



you will see the kingfisher bird, big mudskipper, fiddler crabs and you can hear the snapping shrimp, but the highlight here is the 360 – degree view from the Chakram Tower. On sunny day with a clear sky, you will be able to see as far as Pak Nam Pran.



**Pran Buri district** has a quiet and natural beach. Visit Pak Nam Pran. Besides seeing the



lifestyle of the fishermen, there are also fresh seafood restaurants and processed seafood products available for sale. After that, take a trip to Hat Khao Kalok, which is a famous beautiful beach. The sand is fine and white in colour. The beach is not crowded with people. On Saturday, visit the Walking Street. Around the old town market of Pran Buri, near Pran Buri Railway Station, is full of local goods under an old retro atmosphere. Or you can come back for shopping at the trendy Cicada Market at Khao Takiep. There is a new night market called Chat sila, a source of handmade designed products to end the night at Hua Hin.



## Across the Gulf of Thailand, Do Not Miss the New Experiences.



- Royal 1 Hi-Speed Catamaran Ferry is a ferry to take tourists across the Gulf of Thailand from Laem Bali Hai Pier in Pattaya, Chon Buri, to Khao Takiep Pier at Hua Hin, Prachuap Khiri Khan. It takes about 2 hours, with either an economy seat, Business Class seat or VIP room.
- In the morning, for the Pattaya-Hua Hin route, the ferry will depart from Laem Bali Hai Pier at 10:30 Hrs. and reach Hua Hin at 12:30 Hrs. In the afternoon, for the Hua Hin-Pattaya route, the ferry leaves the Khao Takiep Pier at 13:30 Hrs. and reaches Bali Hai Pier at 15:30 Hrs.
- Passengers must Check-in 1 hour before the time of departure and prepare an ID card to buy tickets.
- For more information, please contact the Pattaya office. (Headquarters) Tel 038488999, 0986259949, Hua Hin Office Tel 0934959499.



## Accommodation

- **Veranda Resort Pattaya**, Chon Buri,  
Tel 038111899.
- **The Journey Resort Pattaya**, Chon Buri,  
Tel 038255331.
- **Centara Grand Resort and Villas Hua Hin**, Prachuap Khiri Khan,  
Tel 032512021-38.
- **Baan Kang Mung Hua Hin**, Prachuap Khiri Khan,  
Tel 032536727.
- **Imperial Adamas Beach Resort Pran Buri**, Prachuap Khiri Khan,  
Tel 032630555.



## Travel Route Example

### Chonburi – Prachuap Khiri Khan (4 days 3 nights)

#### First Day

##### *Morning*

- Arrive at Chonburi Province and head off to Amphoe Ko Sichang on a boat ride.

##### *Afternoon*

- Set out to Amphoe Bang Lamung where the fishermen join the homemakers in the community of Baan Na Kluea in serving homemade fresh seafood.

##### *Evening*

- Arrive the great city of Pattaya. Check-in to your lodging.
- Release the stress by strolling along the renowned Walking Street of South Pattaya.

#### Second Day

##### *Morning*

- Breakfast at the hotel before checking out.
- Take a 2-hour Royal 1 ship sail across Gulf of Thailand from Pattaya to Bali Hai Pier of Hua Hin.

##### *Afternoon*

- Relax and enjoy the seaside at the beautiful Khao Takiab Pier of Hua Hin District, Prachuap Khiri Khan Province.
- Check-in to your room.
- Take a stroll, let breezy wind replenish you from the trip along the beach of Hua Hin.

##### *Evening*

- Dine at the Hua Hin Night Market, or shop around for exciting and flavorful seafood dishes.

#### Third Day

##### *Morning*

- Rise to the fragrance of delicious breakfast at the hotel
- Visit Hua Hin Railway Station for charming classical Victorian architecture of the establishment.
- Head out to visit Sirinart Rajini Ecosystem Learning Center in Pranburi District.

##### *Afternoon*

- Find yourself in the midst of the peaceful community of fishermen along the sandy beach of Pak Nam Pran, and taste some processed seafood.





### *Evening*

- Enjoy the shopping, and savour the dining. It is every Saturday when the locals flock the walking street in the vicinity of City Market of Pranburi or explore further to Cicada Market near Khao Ta-Kiab for variety of brilliant creativities made by the youngsters.
- Chatsila Night Market in mid-town Hua Hin is well known for charismatic handcraft merchandise, so be sure to check them out.
- Back to your lodging.

### **Fourth Day**

#### *Morning*

- Check-out in the morning. Venture out to glorious breakfast experience in mid-town Hua Hin. There's quite plenty of restaurants that are well received by the locals. Such are Jek Pya's Hainanese chicken rice and other palatable dishes. In the neighborhood, there open great rice porridge, and soft-boiled rice shops whose menus are served with assorted ingredients to choose from including white perch. Or if the mood should strike you, Fai's duck noodle shop can service your hunger just as it has been doing for many decades to its guests.
- Depart.

# Map Chon Buri





# Map Prachuap Khiri Khan







# Route 2



## Trang - Satun - Hat Yai



### Trang

Trang is not only a famous place for its food, but is also well-known for its beautiful beaches. The beaches are easy to reach from downtown. Start from Hat Pak Meng, which is only 40 km away. After that, you may choose to travel further along the beach or go out to explore the islands. At the pier, you will find many long-tail boat charters and Trang sea tour operators to choose.



If you just stroll along the beach until Pak Meng Pier, looking out to the sea, you will see limestone islands lining up as a beautiful background. Hat Pak Meng has a crescent sandy beach and Khao Meng as prominent symbols. This is a very long beach with a lot of shade. There are plenty of restaurants and places to stay. When the low tide starts, there will be many beach activities arranged here. Hat Pak Meng is one of the best spots to watch the sunset.



Crossing Khlong Chang Lang, there is the peaceful large **Hat Chang Lang**. The beach is shaded with lines after lines of pine trees that belong to the **Hat Chao Mai National Park**. Next is **Hat Yong Ling**. The sand here is white and soft. In the north of the beach is located Khao Yong Ling with a beach-side cave. You can walk there during the low tide. Less than one kilometre



from the cave will be Hat San. This white and soft sandy beach is very private. There is a national park's welfare restaurant serving fresh seafood.



Let's walk along the beach further down. The beach starts at **Laem Yong Ling** and ends at a shark's scion shaped hill. This is a symbol of Hat Yao. Next to the hill is Hat Chao Mai, a source of seagrass for sea cows.

If you choose to leave the sea, one place you shouldn't miss is **Ko Muk**. It would be better to check with the boatmen first about the tidal time, so that you can visit the famous Emerald Cave of Ko Muk where you will be able to visit only during the low tide. You have to float through the tunnel to reach the Emerald Cave inside. Additional from the Emerald Cave, Ko Muk also has Hat Farang, which is suitable for relaxing. This beach has many resorts available.





**Ko Kradan**, is the most beautiful island amongst the islands of the Trang Sea. Taking the boat at Hat Yao Pier is a the most convenient way to reach the island. Ko Kradan is a small island with a long sandy beach. The sand there is fine with gentle colour. Along the coast is rich with coral reefs making it a beautiful snorkelling spot. Even at low tide, you can still walk to admire the hard corals that emerge clearly from the sea.



**Ko Libong** is another interesting choice. It is the largest island of the Trang Sea, housing many Muslim communities. In addition to watching the local life and sitting down to have tea and coffee with the locals,



bird watching at Laem Chu Hoi and Hat Tup also should not be missed, especially during November to December when migrantery seabirds will gather and form a huge flock there.

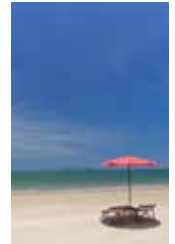




**Ko Sukon** is the second large island after Ko Libong. It is an island where tourists pay more attention these days because it has beaches almost around the island. Although the beach is not white, the sea is clear. Moreover, the beaches are quiet and not crowded. Overall, Ko Sukon is perfect for relaxation and lazing around, and also has the local life for you to learn.



**Ko Ngai** is another peaceful island with long stretching beach with full facilities. There are activities like kayaking available for visitors as well. Today, Ko Ngai is more than ready to welcome all visitors.



With the road around the island only 14 kilometres long, visiting beaches on Ko Sukon can be done within a few hours. We can see the way people live on Ko Sukon that has a wide range of occupations; such as, farming, local fishing, and animal raising. It is indeed a fertile island. The most famous product of Ko Sukon is the sweet and juicy watermelon. Another food you should not miss is the banana shrimp that is caught with a unique method. The villagers will use a net bag to catch them at night which earns them a substantial income.



Not only the abundant sandy beaches, **Trang Town** is also worth a visit. From morning to evening, this city never sleeps. Start your battle with the delicious grilled pork, Kopi coffee, and dim sum like a Trang local before jumping on a frog-headed Tuk Tuk for sight-seeing. This vehicle is used to promote Trang's tourism. The

passengers can be relaxed with the standard price set by the Municipality of Trang. If you are interested in seeing Trang town with a classic tri-cycle, the driver will take you to the popular tourist attractions in the city or important landmarks like the old Sino-Portuguese buildings and taste the famous holed-cake of Trang. Your lunch won't be any less ecstatic at a decades-long restaurant that will serve you the true Chinese cuisine. When night falls, you might enjoy the tea shops that are bustling with people.



## Satun

Satun is a major and important source of geological learning, leading to the establishment of the Satun Geopark that is going to be upgraded to be a world-class geological park. You can visit ancient Satun at the **Tham Le Stegodon** in Amphoe Thung Wa by taking a kayak for about 1.5 hours. Inside the cave, they discovered jaw and stag fossils of Stegodon, a primitive elephant. Moreover, from many other explorations, over 300 fossils of elephants in the *elephas* species, rhinoceros, turtles, ancient axes, and many other items were also discovered. The inside of the cave is dark, so you have to prepare a flashlight before the visit. The cave's highlight is the huge stalactites, which can be seen from time to time when you walk along the cave. There is



also a waterfall inside. Using a boat, you will reach the mouth of the cave, which connects with a mangrove forest before reaching the sea. The cave mouth resembles a heart shape. If the tide is low enough and the boat is in the right place, you can see that the cave mouth is miraculously heart-shaped.



Not too far from Amphoe Thung Wa is Amphoe La-ngu. The starting point of the sea trip is Pak Bara Pier which can bring you to **Ko Tarutao**, **Ko Kai** with its unique stone arch, **Ko Adang-Rawi**, and **Ko Lipe**. The travel season lasts from November to May. The beauty of this sea is the vast blue water with different beautiful colour shades according to the depth of the sea, the beach with white sand that is as fine as powder, and the interesting local life.



The popular tourist attractions of the Amphoe La-ngu like **Prasat Hin Phan Yot** on Ko Khao also should not be missed. The villagers of Ban Bo Chet Luk will bring you on a kayak to watch. Prasat Hin Phan Yot is located in the area of Mu Ko Phetra National Park and is a low cave where you have to reach there by kayak, and with a limitation of 20 people



per time. The inside is surrounded by four cliffs. The top of the cliffs seem like the top of a multi-layered rocky castle, which stacks up layer by layer beautifully.



Amphoe Mueang has outstanding tourist attractions; such as, **Tham Phu Pha Phet**, a 3-tiered limestone cave. However, only the first and second floors are open for visiting. The area is about 50 rai, divided into more than 20 rooms. Each room is named after the terrain in the room. For example, the Diamond Curtain Room, the stalagmites are sparkling with calcite, looking like drapes overlapping each other. The Hua Waen Phet Room is all glittering like a diamond on a ring head. The Naga Room is said to be 3,000 times darker than the night. The Aang-Sila Yai Room is formed like large basins laying at different levels. Dom Sila Phet has a glittering large stalagmite in a dome shape. There is a wooden bridge inside to walk through the cave.





If you have time, visit the **Rak Mai Museum**. It is a small museum in Amphoe Manang founded by Prasert Kongtawee, an art lover who saw a lot of large roots buried in the ground and had them dug up to carve with his two hands. He used simple tools like a chisel, gouge, sandpaper, hammer, planer, and his imagination to turn the thrown away roots into wonderful pieces of art.



Finally, let's go to receive power from the Back of the Dragon located in Ao Tunyong Po. During low tide, the dragon spine will appear. It is a sand dune that connects Ko Hua Man and Ko Sam together. It is 4 kilometres long and 2 metres wide. The place is filled with an enormous number of seashells. When the sun shines, they will sparkle as if they were dragon



scales. Moreover, it is believed that whoever comes to stand on the back of this dragon, that person will receive the pure energy from the feng shui of the sea, which helps to strengthen the body and mind. If interested, you can take the boat at Ban Bakan, Khoei Pier in Amphoe Mueang Satun. A 20-minute boat ride leaves daily.

When you are in Satun, don't miss the local food selling at every corner of the streets like Roti and Tea Shake. Try the original sweetened Roti sprinkled with condensed milk and sugar, Soup Roti, Mataba, and banana Roti. For the Tea Shake, it is said that the original tea shake is here in Satun. So, it goes without a doubt how good Satun's tea shake is.

## **Hat Yai**

A big city of the South like Hat Yai, although it is just a district of Songkhla, is abundant with business and tourism. It is not a surprise that this city is full of modern construction, extravagant and luxurious lifestyle, and a lot of delicacies.



**Xiang Xiang Si Po** is a Malaysian-style Chinese restaurant with relatively high prices. However, the shop is packed with customers every day because the food here is cooked from fresh ingredients combined with a unique seasoning style. The most popular menu that everyone must order is “Si Po”, a stewed dish of four premium ingredients: sea crab, shrimp, Chinese canned pork, and fish fillet. Fish head curry is another menu that will complete your Southern trip perfectly.





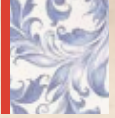


## Accommodation

- **Rua Rasada Hotel**, Mueang Trang district, Trang,  
Tel 075214230.  
[www.ruarasadahotel.com](http://www.ruarasadahotel.com)
- **Thumrin Hotel**, Mueang Trang district, Trang,  
Tel 075211211.  
[www.thumrin-thana.com](http://www.thumrin-thana.com)
- **The Gleam Resort**, Mueang satun district, Satun,  
Tel 0818998565.  
[www.thegleamboutiqueresort.com](http://www.thegleamboutiqueresort.com)
- **Ten Moons Lipe Resort**, Ko Lipe, Mueang satun district, Satun,  
Tel 0618533936.  
[www.tenmoonsliperesort.com](http://www.tenmoonsliperesort.com)
- **Sita Beach Resort & Spa**, Ko Lipe, Mueang satun district, Satun,  
Tel 0869673834.  
[www.sitabeachresort.com](http://www.sitabeachresort.com)
- **Centara Hotel Hat Yai, Hat Yai**, Songkhla,  
Tel 074352222.  
[www.centarahotelsresorts.com](http://www.centarahotelsresorts.com)
- **The Bed Hatyai, Hat Yai**, Songkhla,  
Tel 0895996555.  
[www.thebedhatyai.com](http://www.thebedhatyai.com)

## For more information:

- **Tourism Authority of Thailand (TAT) Trang Office**  
Tel 075215867, 075211058, 075211085.
- **Tourism Authority of Thailand (TAT) Hat Yai Office (Songkhla, Satun)**  
Tel 074231055, 074238518, 074243747.
- **TAT Contact Centre.**  
Call 1672. [www.tourismthailand.org](http://www.tourismthailand.org)
- **Learn the local fishery life at Bohin Farm Stay**  
Sikao district, Trang. Contact: Khun Banjong Naruephon–Methee.  
Tel 0818927440.
- **Bahn Ba Kan Yai Homestay**, Ko Sarai, Mueang satun district, Satun,  
Contact: Khun Adul Chanabhandith.  
Tel 0815419448.
- **Learn the local fishery life at Ko Sukon**, Trang,  
Contact: Khun Nutchant Sanpanitchkit.  
Tel 0918466173.
- **Travel around Trang town by local transportation**  
(Frog-headed Tuk Tuk) Contact: Khun Somchai.  
Tel 0869451892.
- **Visiting Ko Khao Yai and Prasat Hin Phan Yot Mu Ko Phetra National Park**, La-ngu district, Satun,  
Tel 074740272, and **Boh Chet Link Tourism Travle Community**  
Tel 0801392436.
- **Visiting the Tham Le Stegodon**  
Thung Wa Sub-district Administration Organisation, Thung Wa, Satun,  
Tel 074720285, 0848585100.



## Travel Route Example

### Trang-Satun-Hat Yai (6 days 5 nights)

#### First Day

##### Morning

- Arrive at Trang Airport.
- Head to Amphoe Sikao for Hat Pak Meng.
- Choose a tour company offering various island tour programmes or design a program meyourself. Interesting islands are Ko Muk (please check the tide times beforehand in order to visit the Emerald Cave or Tham Morakot), Ko Kradan, Ko Libong, Ko Ngai, and Ko Sukon.
- If you want to go to a beach, start at Hat Pak Meng and Hat Chang Lang. Then, visit Hat Chao Mai National Park, Hat Yong Ling, Khao Yong Ling, and Hat San.

##### Afternoon

- Have lunch at one of the many restaurants on Hat Pak Meng offering a variety of fresh seafood.
- Continue the trip to Hat Yao and Hat Chao Mai.

##### Evening

- Return to Trang inner city and back to the hotel
- Have dinner. Wrap up the night with a cup of tea in the tea shop around the city.

#### Second Day

##### Morning

- Check-out from the hotel Enjoy a well-known breakfast of Trang like grilled pork, Kopi coffee, and dim sum.
- Hire a frog – headed Tuk Tuk for a city tour. The driver will stop at popular tourist attractions.

##### Afternoon

- Enjoy the true traditional Chinese cuisine.
- Head to Amphoe Thung Wa, Satun.
- Explore the ancient landscapes in the Tham Le Stegodon.

##### Evening

- Travel to Amphoe La-ngu. Arrive at your hotel
- Have dinner in the central district area.

#### Third Day

##### Morning

- Enjoy a Muslim breakfast in Amphoe La-ngu.

- Travel to Amphoe Manang. Visit Tham Phu Pha Phet and Rak Mai Museum.

*Afternoon*

- Return to Amphoe La-ngu. Take a boat to visit Prasat Hin Phan Yot on Ko Khao Yai.

*Evening*

- Travel to the hotel in Amphoe La-ngu.

**Fourth Day**

*Morning*

- Check-out from the hotel and head to Pak Bara Pier. Take a boat to Ko Lipe.

*Afternoon*

- Arrive at Ko Lipe. Check-in at your hotel
- Relax.

*Evening*

- Visit the Walking Street.
- Return to the hotel

**Fifth Day**

*Morning*

- Have breakfast at the hotel and check-out.
- Return to Pak Bara Pier.

*Afternoon*

- Arrive at Pak Bara Pier. Continue travelling to receive the divine power from the dragon's back at Ao Tunyong Po, Amphoe Mueang Satun.

*Evening*

- Arrive at your hotel in downtown Satun.
- Have dinner downtown. Try some Roti and Tea Shake before turning in for the night.

**Sixth Day**

*Morning*

- Have breakfast at the hotel and check-out.
- Leave for Amphoe Hat Yai, Songkhla.

*Afternoon*

- Arrive in Hat Yai. Go shopping at the Kim Yong Market.

*Evening*

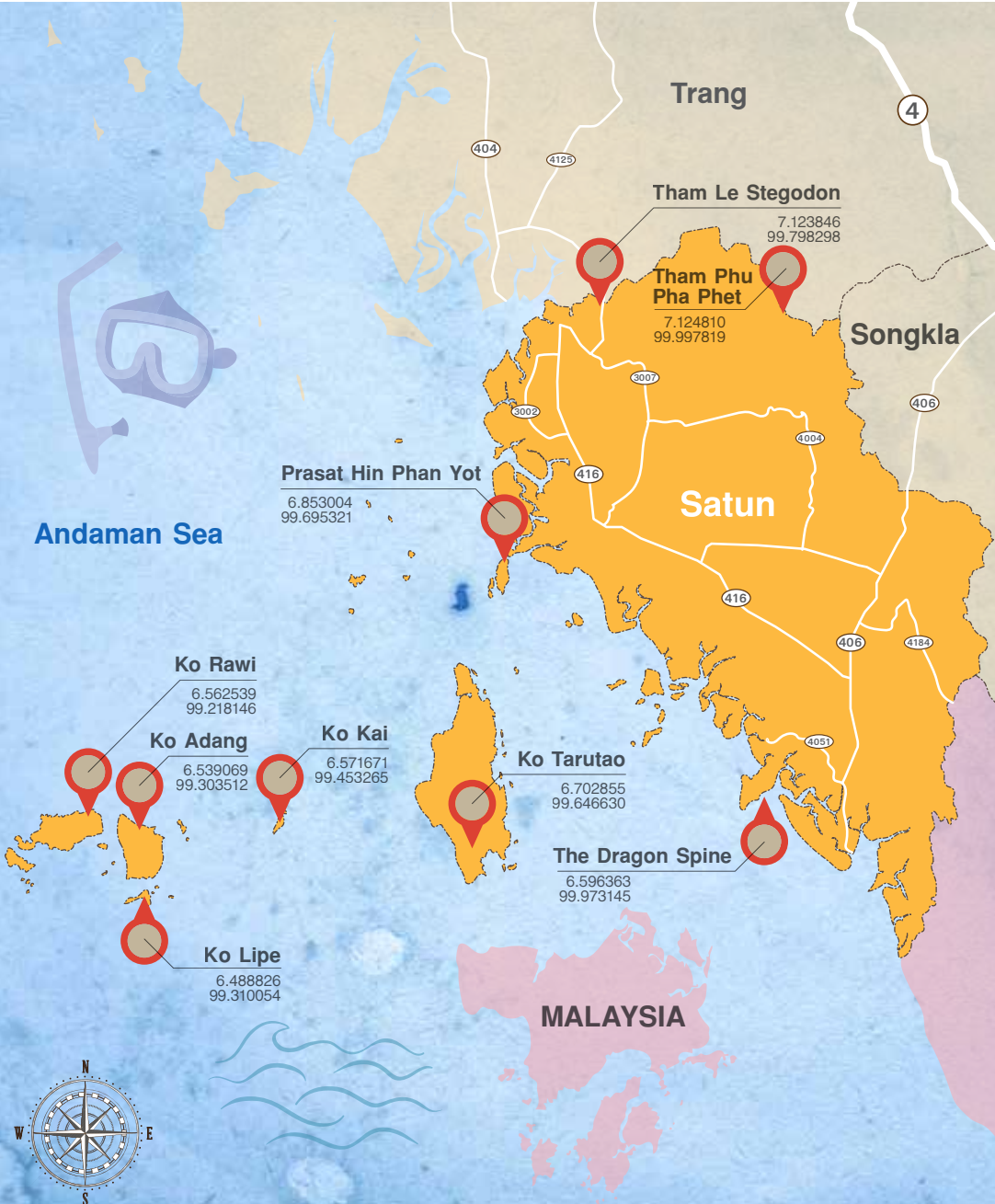
- Have dinner.
- Go to Hat Yai International Airport and end your trip.



# Map Trang

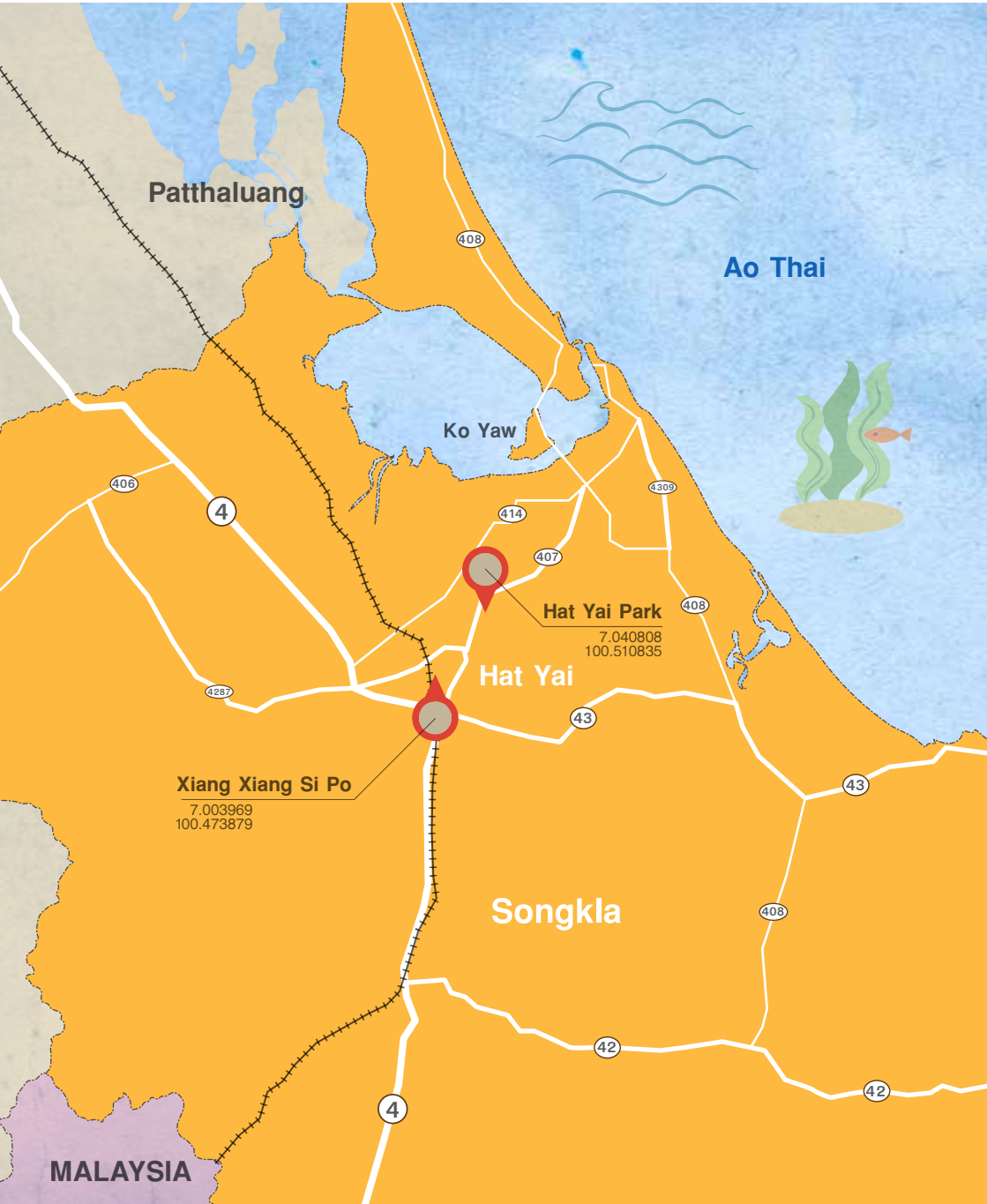


# Map Satun





## Map Hat Yai





*Thung Wua Laen beach, Chomphon*





# Route 3

## Chumphon - Ranong

### Chumphon

The land of beautiful beaches and you can see them endlessly. When combined with the colours of their coastal fishery lifestyle, it makes Chumphon such a charming place to visit once in a lifetime. Start the journey from Hat Chumphon in Amphoe Pathio. The sand is clean; the atmosphere is quiet and pleasant, which is a worthy choice to visit.



**Hat Thung Wua Laen**, renowned as a famous classic beach in Chumphon, there is a white sandy beach with blue coloured sea. The depth level of the beach is not so shallow. It is suitable for swimming. The beach is filled with coconut palm trees. The tranquil atmosphere has many fringed small streets

of many shops, restaurants and accommodation. Most importantly, Hat Thung Wua Laen is free from activities and sports that use engines, which is good for the environment. Furthermore, there are other activities; such as, renting a bicycle for cycling and renting a big swimming ring to play in the water.

After travelling along the beach, the road will cut through a village. On the way, you can see the local houses. A few houses use their places to be restaurants or some have been transformed into little cute coffee shops until you see **Ao Bang Son**. There is a long row of pine trees with peaceful wide sandy beaches.



Continue the journey to **Laem Thaen**, a promontory that extends out to sea. There are also mangroves, beaches and rocky beaches. To visit **Ao Yai Ai** bay, use the entrance of

the Coral Beach Resort. You will see a peaceful beach and clear seawater. There is also Tham Yai Ai, a small cave where the other side is connected with the sea (Blue Grotto). Arriving at **Ao Thung Sang**, the special point here is that the rocky headlands divide the bay into two parts. The villagers then called them Ao Thung Sang 1 and Ao Thung Sang 2. Ao Thung Sang 1 has a narrow but beautiful beach with many small rocks that look like a rock garden and a clear sea. Whereas Ao Thung Sang 2 is quite wide with a clean white beach.



If the sea is your favourite place, we recommend a **One Day Trip to the Chumphon Sea**. There will be tour companies that hold activities to encourage tourists to explore the islands in the Chumphon Sea. They offer a tour package called “One Day 4 Islands”, which consists of Ko Ngam Noi, Ko Ngam Yai, Ko Kalok, Ko Thalu, Ko Mattra, Ko Lak Raet, Ko La Wa and Ko Langka Chio.



If you like the island lifestyle, **Ko Phithak** is an interesting choice. From the mainland in Amphoe Bang Nam Chuet and Amphoe Lang Suan, when you are standing at the pier, you can see Ko Phi Thak in front in a near distance. Ko Phithak is closer to the shore than we thought. Every year in June, there will be a running event across the sea between Ko Phithak and the shore.



Ko Phithak has a small village, which consists of just 43 households. The villagers are fishermen. The activities on the island are endless and exciting; such as, kayaking, snorkelling and walking around the island with a small round of 800 metre or a big round of 4 kilometres. Furthermore, there are no cars and motorcycles; the villagers here travel by foot and boat only. Additionally, there are also activities like fishing for squid and collecting clams. Every meal is full of fresh seafood and do not forget the popular souvenir which is a “preserved salted fish buried in the sand”, a remarkable wisdom from the locals on Ko Phithak.





## Ranong

From Amphoe Lang Suan, Chumphon, take Highway Number 4006. It is a road traversing along the mountain that passes by Amphoe Phato to reach Amphoe Kapoe, Ranong. Head to **Baan Rai I Arun**, a friendly and comfortable farmstay that is surrounded by beautiful nature. Get yourself connected with organic farming, enjoy picking fresh vegetables from the garden and cooking then for your dinner including fresh seafood that will be served with a heavenly portion.

Return to Ranong City in the late morning. The destination is at the Nam Nong Spa in **Raksa Warin Park**. You can use the spa service, enjoy the hot spring as well as facial, body and foot massage. This place can be considered as a full-option service for your healthy lifestyle.



After that, head to the **Gong Valley Agrotourism Community Enterprise** in Amphoe Kra Buri and listen to Mr. Supoth Kornprasitwat or Mr. Gong's story about his Robusta coffee, how he tried to roast-grind-drink his own coffee. If it is a coffee flower blossom period, you might be able to try tasting Coffee Blossom or fragrant coffee flower tea that can be drunk only once in a year.



After a full conversation about coffee, try to experience the new activity in Amphoe Kra Buri, which is “**Bamboo Rafting Kra Buri River**” in the afternoon. **Ban Hat Chik, Agrotourism Community Enterprise**, operates the activity. It uses a bamboo raft floating down the Kra Buri River, which is a border between Thailand and Myanmar. There are 3 directions available for bamboo rafting. The weight of the passengers will make the bamboo raft sink in the water at certain levels just like playing water on the raft. If you visit here in early February to mid April, the freshwater mangrove will bloom in red on

the riverbank. Some flowers will fall into the river and when rafting past here, it is such a spectacular scene. If there is still some time left after rafting, the villagers will walk through the water to visit Myanmar to see Lhum Por Yee temple. The houses over there are built of bamboo and natural materials. A Myanmar-style village shop is the end of the complete natural adventures and lifestyle for today.





In the early morning in Ranong town, try to taste local food at the famous restaurant called **Khao Kaeng Mae Mee**. Do not forget to order the curry dishes, clams, and rice noodles. End with a delicious deep fried dough stick, or you can choose a delicious Muslim breakfast at the famous Roti Nisara's Restaurant.



When it is the time to go to the sea, a big island like Ko Phayam is the mark of travellers who love the beach, clear sea and tranquillity. You can also see the way of life over there that is surrounded by tropical cashew trees.







With multiple trips by speedboats per day, arriving at Ko Phayam is comfortable and easy. Let's start at **Ao Mae Mai** which is the location of the pier. At this spot, you will see Wat Phayam that is located on the lotus base in the middle of the sea. From Wat Ko Phayam, follow the small road to **Ao Kwang Pip**. The beach is filled with fine sand and suitable for swimming because it is quiet and quite a private place.



**Ao Khao Khwai** is a must-not-miss bay on Ko Phayam. It is located on the west of the island. There is Hin Thalu, which is a landmark where tourists like to come to take a

photograph. This beach is suitable for swimming because it gradually slopes downwards. **Ao Yai** is the last bay on the west side of this island. The beach is wide, thus, evening is the most active time for beach activities.



Ko Phayam is full of tropical cashew trees or cashew nuts. Before tourism become the main source of income for this island, cashew was the product that brought a substantial income

to the people on Ko Phayam. It is said that the quality of the cashew here is very good. The roasted cashew without peeling off the pulp will have a bit of a bitter taste, but it will help to reduce the chance of diabetes.



Late afternoon, we leave Ko Phayam by the last speedboat and it takes only 40 minutes to reach Ranong's shore. Then, if you are not too tired, visit **Rattana Rangsan Palace** (Duplicate), or you can rest at the hotel. In the evening, you can come out to visit the Walking street.

## Accommodation

- **Baan Talay Thung Wua Laen**, Pathio district, Chumphon,  
Tel 077622887.  
[www.baantalay-thungwualaen.com](http://www.baantalay-thungwualaen.com)
- **Chumphon Cabana Resort**, Pathio district, Chumphon,  
Tel 0775602457.  
[www.chumphoncabanaresort.com](http://www.chumphoncabanaresort.com)
- **Baan Rai I Arun**, Kapoe district, Ranong,  
Tel 0969382981.  
Facebook: Baan Rai I Arun.
- **The Galla Hotel**, Mueang, Ranong,  
Tel 077880898.  
[www.thegallahotel.com](http://www.thegallahotel.com).
- **Farmhouse Hotel**, Mueang, Ranong,  
Tel 077832707.  
[www.farmhouseranong.com](http://www.farmhouseranong.com).
- **Namsai Khaosuay Resort**, Mueang, Ranong,  
Tel 0872228886.  
[www.numsaikhaosuay.com](http://www.numsaikhaosuay.com)

## Getting to Ko Phayam

Speed boat to Ko Payam: Try to leave the Ranong Pier from 07.00 Hrs. till 16.30 Hrs. The returnrip from Ko Payam: First trip at 08.00 Hrs., and the last trip at 14.30 Hrs. Travelling time is about 40 minutes and the fare is 350 Baht per person.

*Note: Boat trips may vary by season and weather.*

## Getting to Ko Phayam

- Motorbike taxis are available at Ao Mae Mai and Ao Yai. The route on the island is quite narrow, so be very careful.
- Prepare enough cash for use on the island because there are no ATMs.
- Electric generator is used for the power supply on the island, so sometimes there will be no power.
- Accommodation is mostly affordable around the famous beaches.
- The restaurants are scattered all over the bays and along the main road. The price is quite high because everything must be imported from Ranong by boat.

## For more details and inquiry

- **Tourism Authority of Thailand (TAT) Chumphon Office**  
(Chumphon, Ranong)  
Tel 077502775-6, 077501831.
- **TAT Contact Center.**  
Call 1672. [www.tourismthailand.org](http://www.tourismthailand.org)
- **Tourism-based Community Lang Suan**, Chumphon,  
Tel 0810931443, 0890180644.
- **Gong Valley Agrotourism Enterprise**, Kra Buri district, Ranong,  
Tel 0872681285.
- **Ban Hat Chik Community Enterprise**, Kra Buri district, Ranong,  
Tel 0883856766.
- **Ecotourism Group Enterprise**, Kapoe district, Ranong,  
Tel 0895941363.
- **Siam Hot Spa**, Mueang, Ranong,  
Tel 0846253444.
- **Bann Tian Sue 100 years**, Mueang, Ranong,  
Tel 0810882629.
- **Wooden Tourist Buses**, Ranong,  
Tel 0878833365.
- **Sifting Wisdom Learning Centre**, Hat Son Paen, Mueang, Ranong,  
Tel 0622425501.
- **Watcharee shop**, Mueang, Ranong,  
Tel 077823783.
- **Nok Kaew Soy Sauce factory**  
Tel 0959108442.
- **Sifting Factory**, Ranong,  
Tel 0904248531.
- **Van service**  
Tel 0815974549. Khun Phon: 0853569299.



## Travel Route Example

### Chumphon – Ranong (4 days 3 nights)

#### First Day

##### *Morning*

- Depart from Don Mueang International Airport to Chumphon Airport.
- Breakfast in Chumphon.
- Snorkelling at Ko Mattra, Ko Lak Raet, Ko La Wa and Ko Langka Chio.

##### *Evening*

- Go to the viewpoint at Khao Matsi to see the sunset from the wide balcony with a 360-degree panoramic view till the Chumphon Sea mouth and Hat Pharadonphap.
- Check-in to the hotel
- Go out for a walk at the night market on Krommaluang Chumphon Road. Dine to your preferences.

#### Second Day

##### *Morning*

- Breakfast at the hotel and check-out.
- See the a beautiful sandy beach of Pathiu.
- Travel to visit Ko Phithak village, Lang Suan district.

##### *Afternoon*

- Eat fresh seafood on Ko Phithak and enjoy the lifestyle there. See the method on how to make a salted fish buried in the sand, the famous wisdom of the people on the island.
- Leave the island and travel to Ranong, using the route through Phato district and head to Baan Rai I Arun, Kapoe district.

##### *Evening*

- Arrive at Baan Rai I Arun and Check-in. Collect vegetables to make dinner. Walk to see the nature.

### **Third Day**

#### *Morning*

- Breakfast at Baan Rai I Arun and check-out.
- Head to Laem Son National Park.
- Return to Ranong.

#### *Afternoon*

- Go to the Siam Hot Spa for a massage or bath in the hot spring.
- Go to Punyaban Waterfall.
- Go to the Agrotourism Community Enterprise, Gong Valley.
- Raft along the border with Ban Hat Chik, Community Enterprise.

#### *Evening*

- Return to Ranong.
- Visit the Walking Street (Saturday only).

### **Fourth Day**

#### *Morning*

- Breakfast at the hotel and check-out.
- Depart to the Pak Nam Pier and head to Ko Phayam by speedboat. Experience the charm of the sea and local lifestyle. (Take a 40-minute boat ride.)

#### *Afternoon*

- Depart from Ko Phayam by speedboat.
- Return to Ranong. Take a wooden bus to visit Ban Tian Sue, Rattana Rangsang Palace (Duplicate) / Sifting Wisdom Learning Centre at Hat Som Paen/ see the Cashew Snacks' process at Watcharee shop.

#### *Evening*

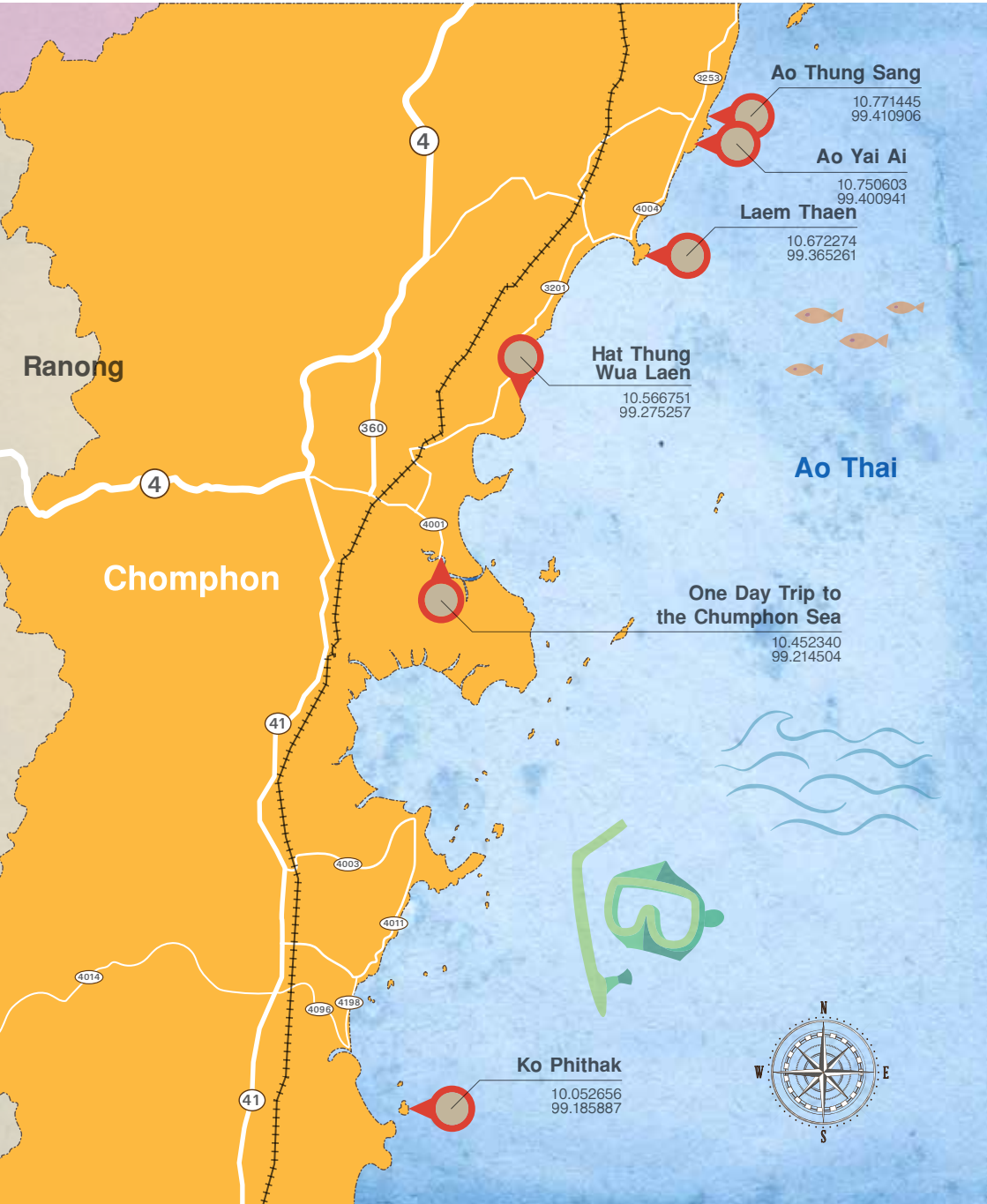
- Depart from Ranong Airport to Don Mueang International Airport.





*One Day Trip to the Chumphon Sea, Chompon*

# Map Chomphon



**Ao Thung Sang**

10.771445  
99.410906

**Ao Yai Ai**

10.750603  
99.400941

**Laem Thaen**

10.672274  
99.365261

**Hat Thung  
Wua Laen**

10.566751  
99.275257

**Ao Thai**

**One Day Trip to the  
Chumphon Sea**

10.452340  
99.214504

**Ko Phithak**

10.052656  
99.185887

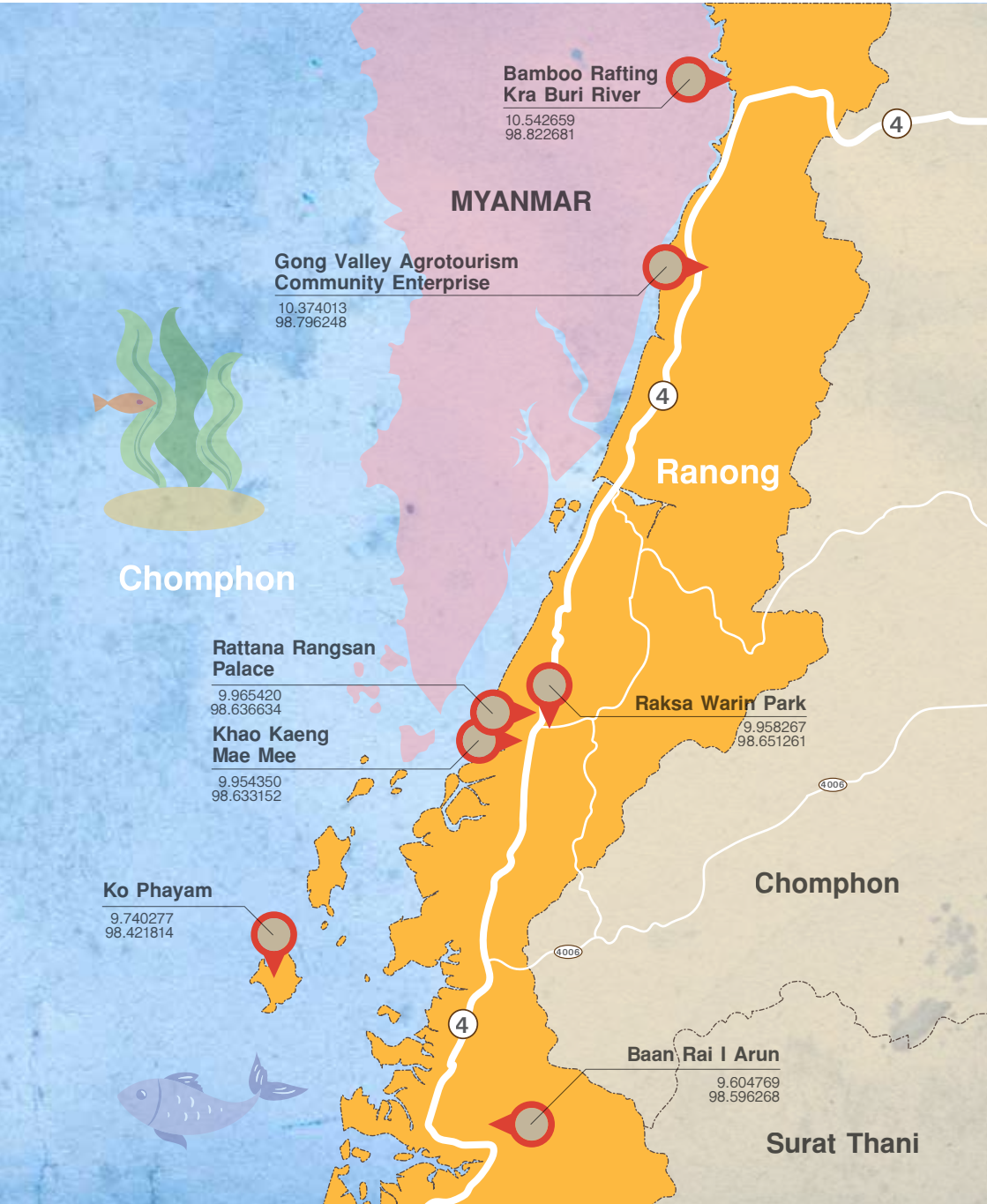
Ranong

Chomphon





# Map Ranong





*Ko Phayam, Ranong*







*Active Senior*



**Tourism Authority of Thailand (TAT)**

1600 Phetchaburi Road, Makkasan, Ratchathevi, Bangkok 10400, THAILAND