









Rhythm of Lady Traveller







Symbols:

Shooting point

: Food and drink

b : Shopping

: Interesting activities

🍸 : Award

<u> : Accommodation</u>

Address

Telephone :

: Website

f : Facebook

instagram

: Location, GPS

Coperating day and time









Contents







CHIANG MAI The way of art in the Lanna Kingdom

CHIANG RAI Get enchanted by the beautiful local arts and organic farming lifestyle

26 PATTAYA (CHON BURI) 42 The colors and tastes of life

RAYONG 54 PHANG NGA 64 PHUKET Taste

Thai Fruit with A Wonderful The Wonders of the Andaman The Best Place for Food, Vacations and a Peaceful Mind

KRABI 92 SURAT THANI 106 Adventure for Travel Lovers The Heaven Island of the Southern Sea

78



The story of the past is presented through the Lanna arts, which have been passed down for generations. It then creates an interesting unique style with the traditional way and adaptation of the modern way of arts. Thus, it is ideal for women to experience these arts.















Wua Lai Road is the starting point of the silver art street, which is famous for making silverware that has been inherited for many generations. The silverware includes accessories, household items and home decorating items.

Wua Lai Road is open daily for tourists and on Saturday evening from 05.00-11.00 p.m., there will be a **Walking Street**. The street will be lively with local live music and many souvenir stores are available for tourists to buy gifts. Get directions from the GPS from these coordinates.









Wat Si Suphan is the first temple in the world where the ordination hall is made of pure silver. Unfortunately, this silver temple does not allow women to enter the ordination hall but they are still able to visit other parts of the temple.



INFO: 🚊



📤 : 100 Soi 2, Wua Lai Road, Tambon Hai Ya, Amphoe Mueang,



: 06 1403 2581



















The land of **Wat Muen San** used to be the location of a Japanese military camp during World War II. There is a memorial of 32 deceased Japanese soldiers. The highlight of this temple is **Sutthachitto Art Gallery**, which was decorated with chased silver reliefs.

INFO: 🚊

: 13 Wua Lai Road, Tambon Hai Ya. Chiano Mai

: 0 5327 5545

? : 18.777015, 98.984670





Let's visit the main temples within Chiang Mai's city wall and nearby area after touring the silver street of Wua Lai Road. Each temple is close to each other. You can either walk or take a red minibus.

INFO: 🚊

: Tambon Si Phum, Amphoe

Daily from 08.00 am. - 05.00 pm.

Wat Phra Sing is one of the important temples of Chiang Mai because it enshrines Phra Sing (Phra Buddha Sihing), the holy Buddha statue of Chiang Mai and the Lanna Kingdom. People who were born in the Year of the Dragon should come to pay homage here just once in a lifetime, as it is considered to be the highest auspicious occasion and forever prosperous.

Wat Chedi Luang Wora-

wihan is a temple where its pagoda's top collapsed from an earthquake in the past. Moreover, this is also the location of the Chiang Mai City Pillar. There is an Inthakin Pillar inside the temple considered to be the navel of the city. The most popular photo taking point















: Phra Pokklao Road, Tambon Phra Sing, Chiang Mai 50200

i 0 5381 4308-

9: 18.786929, 98.98664

: Daily from 08.00 a.m. - 05.00 p.m.

is the Naga staircase with the Naga's tails twisting to form the arch of the entrance. This temple was also chosen by Chinese tourists to be one of the top 10 Chinese tourist destinations in the People's Choice Awards Thailand Voted by Chinese Tourists 2017.











: 195 Phra Pokklao Road, Tambon Phra Sing, Amphoe Mueang, Chiang Mai 50200

U : 18

• 18.787596, 98.987468

: Daily from 08.00 a.m. - 05.00 p.m.

****** : 0 5381 4689

Wat Phan Tao contains a teakwood wihan or imgae hall and preaching pulpit that is over 100 years old. It is believed that if you come to make merit at this temple, you will get merit back a thousand times. In addition, on important Buddhist days like Vesak day, Asalha Puja Day, Magha Puja Day, and Loi Krathong Day of every year, there will be a lamp lighting ceremony and release of floating lanterns in the Lanna style. The ground is adorned with lamps made from baked clay, which will be amazingly beautiful.





Wat Lok Moli is interesting because the wihan is made of teakwood in the folk Lanna style and the stucco the gable are decorated with coloured glass depicting the Venantara Jatak. Inside, there are bas-reliefs depicting the Life of the Lord Buddha. It is believed that if one comes to pay homage to The monument of Phra Nang Jiraprapa in the temple's area, his/her wishes for love will be fulfilled.











: 298/1 Mani Noppharat Road,















: 139 Suthep Road, Tambon Suthep, Amphoe Mueang, Chiang Mai 50200

: Daily from 08.00 a.m. - 05.00 p.m.

Wat Suan Dok is notable for a large golden pagoda surrounded by the tombs of the royal family of the North who were former rulers of Chiang Mai. Visitors can travel there by the red minibuses, which are available throughout the town.







Wat Umong has a tunnel filled with wall paintings of hundreds of years old. If you have the opportunity to visit this temple during the rainy season to winter, you will see green moss covering the tunnels. There are Buddha statues lining up in the temple's area. You can reach here by red minibus.













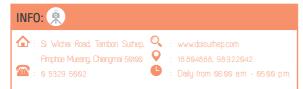


9 : 18.783319, 98.951183

: Daily from 04:00 am. - 09.00 pm.



Wat Phrathat Doi Suthep is like a symbol of the city of Chiang Mai. The beauty of the temple is at the Golden Pagoda, which features the native Lanna art. There are children dressed up in a local hill tribe outfit to welcome visitors. The belief of the Lanna people is those who were born in the Year of the Goat will have to pay homage to "Phrathat Doi Suthep" for prosperity in life. Visitors can take a red minibus from the city to reach here.













INFO: 🔅



: Highway 121, Tambon Mae Hia,







The Royal Rajapruek Park was used as a venue for the Royal Flora Rajapruek in 2006. It is currently home to a variety of plants and the most prominent place to visit is the Ho Kham Luang or Royal Pavilion, which took the design from the wooden Wihan of Wat Ton Kwen. It is on the same route as Wat Phrathat Doi Kham.



Wat Phrathat Doi Kham contains the interesting Phrachao Than Jai Buddha statue, which is well-respected by the Thai people. It is widely believed that whatever you wish will come true and when your wishes are fulfilled, you must offer a Jasmine garland in return. To reach here, you can either rent a car or take a red minibus, but you must inform the driver in advance because it is far away from other attractions.













Baily from 08.00 am - 05.00 p.m.







Wat Ton Kwen contains the interesting cruciform pavilion, which is the only one found in the North of Thailand. It is considered to be one of the most complete and valuable models of Lanna art and architecture. If you do not wish to rent a car, you can take a yellow bus of the Chiang Mai - Hang Dong - Tung Siao route from the Chang Phueak Bus Interchange. Alight at the crossroads in to Samoeng then take a minibus of the Nam Bo Luang route to reach here (the bus is available every one hour), or you can rent a car to reach the temple.





Khwai, Amphoe Hang Dong, Chiang 🕒 : Daily from 08.00 a.m. - 05.00 p.m.







Ban Rai Kong Khing Community has revived the traditional hot massage of Yam Khang which is truly astonishing. In addition, there is an activity of folding flowers from Pandan leaves, making a herbal compress ball, herbal steaming for body, attending Community Fitness, touring the Longan farm and cycling around the village. The best souvenir from the village is the processed herbal products like herbal inhalers, herbal compress ball, balms, soaps and shampoos.

: Daily from 08.00 am - 05.00 pm.











Wat Pa Dara Phirom is a temple with beautiful stucco designs, which are mainly painted in white. It is believed that if anyone has the opportunity to ask for love here, their wish will come true. To travel here, rent a car or charter a minibus from the city for the most convenience.



: Tambon Rim Tai, Amphoe Mae









After touring for the whole day, it is time to fill the hungry stomach. This evening we will eat delicious food, especially the healthy dishes; such as, toxic-free vegetables freshly picked from the farm to your plate. We have 3 recommended restaurants for you to try and guarantee that all the ladies will love them and spread the word to all their friends.







Starting with the **Ohkajhu** restaurant, this restaurant has a cool slogan of "I grow vegetables because I love my mother" and the home-grown vegetables are used in every dish. The recommended dishes like Fruit Salad will be served in a melon. Lady Rips Ohkaihu is designed, especially for ladies with tender meat and does not stick to the bones. Pork Spare Rib or pork ribs topped with barbecue sauce with a salad by the side where you can choose your homemade salad dressings from more than 20 types. At present, there are 2 branches of the Ohkajhu Restaurant in Chiang Mai.



INFO: 🔅 😭















Daily from 09.00 am. - 05.00 p.m.









Daily from 09.00 am. - 09.30 p.m.







The next restaurant, The Salad Concept is located at Soi Nimmanhemin Soi 13, a chic salad restaurant, which serves its dishes in a large bowl. The restaurant offers a cool atmosphere of a glass room. There is also vegetable soup, cold pressed vegetables and fruit juices where you can order just for a glass or in a set of 7 types of juice. This place also offers low-fat bakeries to satisfy people who like desserts. You can have fun and delicious food at the same time.

INFO: (*)













The last recommended place is the **Rustic & Blue** cafe. This cafe focuses on the art of decorating the plate with handgrown produce and artisan food style. It is a small cafe with a pleasant atmosphere on Nimmanhemin Soi 7 Road. This cafe is simply decorated and surrounded by gardens where the customers can feel relaxed and refreshed while having a

tea. It is perfect for a day off or holiday. There are a variety of drinking menus and homemade breads with an excellent taste.



INFO:



: Nimmanhemin Soi 7 Road, Tambon









After a healthy meal with fresh organic vegetables, it is time to check in to the hotel. We have 3 types of recommended accommodation either a medium-size or large size, it will make you feel like being in the Lanna Kingdom. The accommodation will be surrounded with nature and the various activities in the accommodation will leave you with a spectacular feeling.











Ping Nakara Boutique Hotel and Spa is in a warm and luxurious atmosphere, which is decorated in the Lanna-Co-Ionial style. It is a medium-sized hotel with a pool view. The room is decorated with carved wood just like a gingerbread house on above the doors and windows. The style of the building is meticulously crafted with white wooden fretwork by local craftsmen.























Dhara Dhevi Hotel features a spectacular Lanna architecture just by the entrance gate. The hotel offers a full range of facilities. Visitors can also learn about Lanna culture and take part in the buffalo rides, rice planting, milling the rice, watching traditional folk performances and making merit at the temple.

On the right hand side of the entrance is the location of Kad Dhara. There is a cake shop named "Dhara Dhevi Cake Shop". which is the origin of macarons in Thailand. There are many kinds of bakery; such as, macarons with a variety of flavours. The cakes here are also carefully decorated and do not miss the aromatic tea, which is unique and only available here.











📤 : Buak Khrok Luang Mu 1, Soi





Four Seasons Resort Chiang Mai is a luxurious resort amidst the lush green rice fields of Mae Rim. You can enjoy the morning while doing yoga. Sometimes, the staff will take buffalo for a walk. This resort offers a full range of facilities. There are also activities like bathing the buffaloes, rice planting, and cooking for tourists who are interested to participate in the activity.











📤 : 501 Mu 1, Tambon Mae



























After a wonderful travel experience and enjoying the healthy food, it is time to take care of our bodies. Let's pamper our bodies at the famous spa of Chiang Mai.

Lanna Come Spa, the first Xishuangbanna spa in the North of Thailand. Experience the unique atmosphere of Lanna in the Thai Lue style by using the Thai local products together with products imported from abroad. There are Thai herbal drinks; such as, Lemongrass drink, Butterfly Pea drink, and Pandan drink available with the ancient Thai desserts.

INFO: 🏞



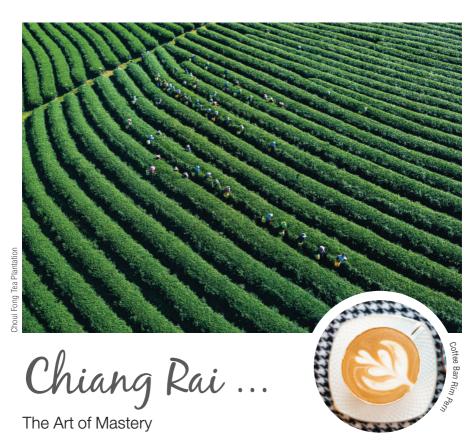
: 88/4 Si Don Chai Road, Tambon Chang Khlan, Amphoe Mueang, Chiang Mai 50100



0 5328 4092, 0 5327 4377



: 18 780017 QQ 0007QB



Professional craftsmen have been born in Chiang Rai for many generations since the Kingdom of Chiang Saen had flourished on the waterfront of the Mekong River. Although the Kingdom has now dilapidated but not the skills of the craftsmen, as it can be seen from the stunning arts of many local temples from the Chiang Saen Sing 1 period. Then come to reach the contemporary artists who created legendary arts for the later generations to see; such as, Thawan Duchanee of the Baandam Museum and Chalermchai Kositpipat who has created many art pieces at Wat Rong Khun.



Baandam Museum

was founded by Thawan Duchanee, a National Artist of Visual Arts. There are various art exhibitions including paintings, outdoor arts and invaluable collections which Mr. Thawan had been collecting his whole life. The architectures that he designed and invented by himself were inspired by the Lan Chang, Lanna and Suvarnabhumi arts.

INFO: 🔅



⚠: Tambon Nang Lae, Amphoe Mueang, Chiang Rai 57100

. 0 5377 6333

: www.thawan-duchanee.com

Thawan-Duchanee

· RaandamMuseum official

: 19.991937, 99.860405

: Daily from 09.00 am. - 05.00 p.m.























Wat Rong Khun was built by Chalermchai Kositpipat, a National Artist of Visual Arts. The inspiration of this temple consists of three elements, which are the nation, religion and the monarchy. Chalermchai intended to build this temple as the art of the reign of the late Rama IX King. The distinctive characteristic of the temple is the main hall painted in a white colour and decorated with glittering glass on Thai stucco patterns. Moreover, there are contemporary paintings in the main hall, and there is also a room exhibiting his paintings in the temple.



A Tombon Oo





: www.watrongkhun.org





Daily from 06.30 am - 06.00 pm. Museum

Daily from 08.00 am. - 05.30 p.m.



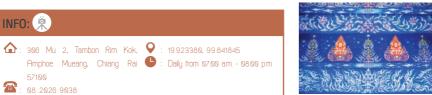






Wat Rong Suea Ten is the work of a local artist in Chiang Rai. The highlight of this temple is the colour of blue in contrast with yellow used in painting the main ordination hall. There are a couple of stucco Nagas in front of the ordination hall and the delicate mural paintings inside.















Wat Phra Kaeo is where there was lightning on a deserted pagoda and people discovered a gold coated Buddha in the inside. Later, the gilding cracked off, and the green colour Buddha statue made of jade was revealed (the Emerald Buddha now enshrined in Bangkok). At present, people built the new Emerald Buddha to replace the old one in the Buddha image hall, which is surrounded by an emerald glass wall. When there is light shining inside, the Buddha Hall will magnificently turn green. There is a Phrachao Lan Thong Buddha statue enshrined in the temple's ordination hall, which used to be the principal Buddha statue of Wat Phrachao Lan Thong during the time when the Chiang Saen Kingdom was at its peak.



INFO: 🙎



: 19 Mu 1, Trai Rat Road, Near to the City Hall, Tambon Wiang, Amphoe Mueang, Chiang Rai 57000 0 5371 1385, 0 5375 1875



www.watphrakaew-chiangrai.com

19.911696, 99.827696









Wat Huai Pla Kang is located on the top of the hill with beautiful scenery. The highlight of this temple is "Phop Chok Thammachedi", a 9-storey pagoda built in the Lanna-Chinese style of art. There are statues of dragons on the both sides of the stairs. The statue of Guan Yin carved from a 7-metre sandalwood is enshrined inside. On the outside, there is a beautiful ordination hall and the biggest Guan Yin statue in Chiang Rai with a height of 79 metres.

INFO:



: 553 Mu 3, Tambon Rim Kok, Amphoe Mueang, Chiang Rai



: wathyuaplakang.org : 19.949640, 99.806510



: 08 6620 0647, 0 5315 0274



Organic Farming

Bring travellers to eat delicious local food prepared from well-selected and good quality vegetables. The organic system is non-toxic and not harmful to the health of people because when people receive nutrition from good food, good health will follow.









Red Roof Farmhouse

is the place to learn about the integrated agriculture according to the Philosophy of Sufficiency Economy of the late King Rama IX. Do farming by using a buffalo, plant all kinds of edible and inedible plants including herbs to make medicine and make homemade biofertilisers. Interested visitors have to contact the Farm in advance before visiting this place.







: 138 Mu 6, Tambon Si Kham, Amphoe Mae Chan, Chiang





: 20.205239, 99.838772













Singha Park or Boon Rawd Farm is surrounded by mountains and nature. Visitors can take a tram ride to see the tea plantations, seasonal flowers, temperate vegetable garden, tea factory, mini zoo, Zip Line, and ride a bicycle around the farm. If you have a chance to visit the farm in January, there will be fruit picking activities of Milk Jujubes or strawberries.















Choui Fong Tea Plantation is notable for the tea plantation terrace up the hill. Do not miss the "Choui Fong Tea Cafe", a world award-winning cafe on its architecture with the famous menus like Green Tea Crepe, Green Tea Cake Roll, Green Tea Frappe and Honey Lemon Oolong Tea. The best season to visit here is a morning in the rainy season because the mist will cover the tea plantation, creating a spectacular view.



INFO: 🔅 😭 🗅 🎛

: 0 5377 1563

: www.chouifongtea.com : 20.199821, 99.816410

Daily from 08.00 a.m. - 05.00 p.m.

Pangha Homestay is full of new health routes for female cyclists along the organic farms. In addition, a must-go place is a classic tobacco curing chamber. There are many activities for tourists to participate like making jade Buddha amulet, making knives, doing guava farming and one of the most popular activities here is making Mulberry paper.

Jinnaluck Mulberry Paper Factory, the Mulberry paper here is produced from abundant agricultural materials; such as, vegetables, fruits and flowers then decorated with beautiful patterns. This is an opportunity for tourists to make their own and only mulberry paper in the world. There are also other souvenirs; such as, a mulberry paper fan, a notebook, a bookmark and a popular natural silk mask

































: 06 4679 7470 (Tourist Service Center)

Mae Sai, Chiang Rai 57130

: Daily from 0900 am. - 05.00 pm.



After travelling to the land of Buddhism and organic farming attractions. Take a break and have a nice meal at a cool cafe in a relaxing atmosphere. Take photos while eating and try the combination of Thai and European foods that fit in each other perfectly.





Melt in Your Mouth is a European-style restaurant filled with trees. There are menus that combine the European and Northern Thai foods such as, "Hang Le Curry Pasta", the pasta is soft yet chewy and fits nicely with the Hang La curry that contains tendered pork that can nearly melt in your mouth. The recommended dish and famous at this place is "Grandmother's Grilled Pork". The seasoned pork grilled into a soft and mellow texture gives you an unforgettable feeling.



Daily from 0830 am. - 0830 pm.





Chivit Thammada is a famous cafe in Chiang Rai. The atmosphere is pleasant in the white wooden house covered with ornamental plants and vines. You can relax and enjoy the delicious food and desserts. The recommended menu here is Chivit Thammada Coffee, Flower tea, Banoffee, Mango Cheese Cake and many other interesting bakery menus.













📤 : 179 Mu 2, Rong Suea Ten Soi 3, Rong Suea Ten Road, Tambon Rim Kok, Amphoe Mueang, Chiang Rai 57100

: 0 5316 6967, 08 1984 2925

: www.chivitthammada.com

: Chivit Thamma Da Coffee

: 19.921825, 99.845123

: Daily from 08.00 am. - 08.00 p.m.



Ban Rim Pern is a small cafe by the Poen river. The menu from this restaurant offers mostly a Thai-style single dish. In addition, there are drinks, bakeries, rice noodle set, steaks and salad.





INFO: 😭 🙊





: 378/1 Mu 10, Tambon Pa Sang, Amphoe Mae Chan, Chiang Rai

: Daily from 09.00 a.m. - 07.00 p.m.

facebook.com/rimpernhouse : 20.187501, 99.821283

: 08 5705 4888



In Chiang Rai, there are many interesting places to stay, especially a place where tourists can take part in the activities of the local community.







http://goldentriangle.anantara.com 20.367577, 100.077568

Anantara Golden Triangle Elephant Camp & Resort is a luxury resort in the middle of nature, close to the border of three countries. Visit the world-famous House of Opium Museum just across the street. You can choose to relax with a nice treatment at the spa, make delicious local dishes in the cooking class, learn to be a mahout, or take a trip to visit three fascinating countries in one day.





















www.asian-oasis.com/chiangrai-thailand

: Lanjia Lodge-Hilltribe Discovery 20.331650, 100.314070

Lanjia Lodge is a lodge amongst nature with a hill tribe style architecture. This place is surrounded by a Hmong tribe and Lahu tribe. There are various activities to do here during the day; such as, visiting the organic tea plantation, planting forest, learning the villagers' lifestyle, hiking, and making Hmong batik. There is a local hill tribe show at night and you can wake up to see the mist just outside your door.

















Rai Saeng Arun is where you can experience a simple lifestyle yet full of charm. Learn how farmers are leading their lives or you can join them to experience working in the field; such as, doing organic farming. You can also visit the organic vegetable farms where crops will be freshly collected to cook the food for you on the spot.















09 6565 9495





After a great break and relaxation, let's visit a spa near the airport before heading back home. You can relieve the fatigue off your body and have some desserts like a Durian Bingsu.



INFO: 🏂



1055 Sanambin Road, Amphoe Mueang, Chiang Rai 57100 : 0 5202 0160, 09 5134 6686 www.siamesespa.com

siamese spa and cafe



the upper floor is a spa and the downstairs is a cafe. The spa products here are extracted from nature mixed with local herbs and traditional healing way of treatment. For example, Tok Sen, a hammer massage after a spa for relaxation then come downstairs to eat at the cafe. There are many menus of delicious food and desserts like Bingsu from homegrown melon

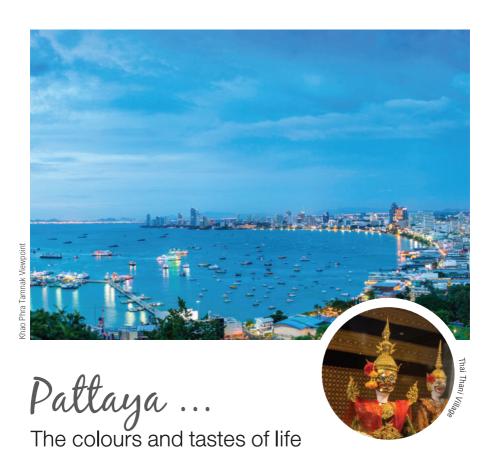
and a Durian Bingsu that is only available in summer.

Siamese Spa and Cafe is a 2-storey building; on



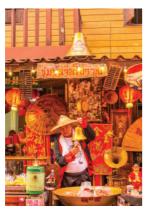






People around the world definitely know about Pattaya, a seaside town. There are world-class facilities and hidden villages awaiting for visitors to come and participate in their unique and adventurous activities. Moreover, there are other wonderful tourist attractions for tourists to find out.





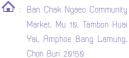
Get started at the Ban Chak Ngaeo Community Market. It is a traditional Chinese community, which has been resided for more than 100 years. The highlight at this place is an ancient Chinese rickshaw ride. Visitors can enjoy the old Chinese market atmosphere only on Saturdays when the sun is setting from about 04.00 p.m. onwards, so you can leisurely walk with comfort.













08 1870 3398



12.833331, 100.965835



Saturday at 04:00 p.m. - 10:00 p.m.







At Takhian Tia Community, visitors can enjoy cycling through the coconut plantation, try to live in the Plantation and learn the way of the Sufficiency Economy at Ban Roi Sao the folk house museum. There are several activities here; such as, making traditional decorative Mobiles of Phuang Mahot, folding a rose from Pandan leaves, getting a Guasa treatment and cooking local food.





: 09 8412 1712



: 32-33 Mu 3, Takhian Tia Road, Soi 34, Tambon Takhian Tia, Amphoe Bang Lamung, Chon Buri 20150





13.017133, 100.976663

















taking a tram ride to tour around the only vineyard in Pattaya. It has beautiful scenery where the lake and mountains are behind the vineyards. Inside the cool Italian building, there is a wide range of products made from grapes. There are also charcoal pizzas for visitors to try tasting along with country music.

















: 31/62 Mu 7, Tambon Na Jomtien, Amphoe Sattahip, Chon Buri 20250



: www.silverlakevineuard.com

: 12 760391, 100 964104



. 08 7079 9922

Khao Phra Tamnak Viewpoint Hill view is where you can view Pattaya City in 360 degrees. Visitors with rented cars can easily access to this viewpoint but be careful of the road because of the steep slope. One of the most convenient and secure ways is to charter a Song Thaeo because the local driver is very skilled and knows the route very well.









♠ : Amphoe Bang Lamung, Chon Buri 20150

N 3855 6956

12 9 2 2 0 6 7 1 0 0 8 6 6 1 3 3

Daily from 07.00 am. - 10.00 p.m.











Thai Thani Village is a village of Thai culture and arts. Experience and learn about the Thai activities in the past at various booths; such as, Thai desserts, making garlands, fruit and vegetable carving, fresh herbs, traditional Thai music and the traditional eating style of Khan Tok. Also, visitors can join the traditional Songkran Festival, Loi Krathong Festival and watch the Shadow Puppets Show and Thai Marionette Show.

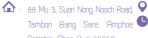
INFO: (R)













0 3811 9080-1 www.thaithanipattaua.com

Sattahip, Chon Buri 20250



Monday - Friday from 11.30 a.m. -08.00 p.m.

Saturday - Sunday and public holidays from 10.30 a.m. - 08.00 p.m.









The Sanctuary of Truth is a carved wooden castle amidst the spectacular scenery of Laem Ratchawet. It won Awards of Outstanding Performance in the category of Tourist attractions from the Thailand Tourism Awards for several years. It is also one of the attractions in the project of "Unseen in Thailand" by the Tourism Authority of Thailand (TAT).

INFO: 🙊



: 206/2 Mu 5, Soi 12, Tambon Na Kluea, Bang Amphoe Lamung, Chon Buri 20150

: 0 3836 7229-30

thttp://sanctuaryoftruth.com

? : 12.972742, 100.889113

🕒 : Daily from 08.30 am. - 05.00 p.m.













There are lovely restaurants nearby which are ideal for dinner. You can also enjoy the sunset at restaurants like, **The Sky Gallery Pattaya** is where you can have dinner on a soft couch while watching the sunset. There are both European and Thai cuisines; such as, Tom Yam Kung or fried noodles Thai style with fresh prawns. Also, there are desserts like honey toast, chocolate lava followed by mango smoothie.

INFO: 👣 🧍



 : 400 Mu 12, Ratchawarun Road. Khao Phra Tamnak, Tambon Nong Prue, Amphoe Bang Lamung, Chon Buri 20150



: 0 3841 8588, 08 1931 8588



: 12.921422, 100.859364

: Daily from 08.00 a.m. - 11.00 p.m.









At **the Drift** on the 16th floor of the Hilton Pattaya, there are desserts available in a set for ladies who are mad about desserts; such as, afternoon tea and chocolate fondue. The desserts are served from 01.00 - 11.00 p.m. everyday.

On the rooftop of the hotel, discover **the Horizon Rooftop Restaurant & Bar**, 34th floor. A place where you can enjoy a drink with a 360-degree view of Pattaya City. There is a variety of menu options including Lamb and Beef Kofta and Fire Cracker. Enjoy the chic drinks that will be served in 8 shots like the Horizon 8 shot tower. There are also many choices of excellent wines and premium cocktails available.





333/101 Mu 9, Tambon Nong Prue, Amphoe Bang Lamung,



===: 0 3825 3000



12.934640 100.883008

Chon Buri 20260



Daily from 69.00 am-11.00 pm. the Horizon Rooftop Restaurant & Bar, 34th floor

Daily from 05.00 p.m. -01.00 a.m.













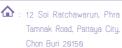


Another popular restaurant just next to the first restaurant is **The Chocolate Factory**. Visitors can get a 180-degree view of Pattaya and eat famous delicious chocolate at the same time. The raw materials of chocolate are imported from original countries. In terms of food, they are equally famous with recommended menus like basil pork pizza, capellini and lobster with lemon cream sauce. The chocolate making process is in a glass room inside the restaurant, which is visible to everyone.









a: 09 2467 8884

: 12.921065, 100.859598

: Daily from 10.00 am. - 10.00 p.m











Silver Lining Pattaya

is a signature beachfront restaurant with a huge glass ceiling that can be scrolled to shield the sun and rain. The highlighted dishes of this restaurant are the smoked duck breast salad, Tiger shrimp Tom Yam fettuccine, stir-fried soft-shell crab with crispy shrimp and chili, salmon dynamite rolls and followed by dessert menus like a crispy white choc cream roti and a sweetly iced granita.





Pattaua-Na Kluea Road, Tambon Na Kluea, Amphoe Bano Lamung, Chon Buri 20150 : 0 3819 0262, 0 3819 0263, 0 3819 0265

12 961142 100 885014

Daily from 11.00 a.m. - 01.00 a.m.







INFO:



0 3825 5922, 08 1266 611 12.848798, 100.901713

Daily from 11.00 am. - 24.00





The Glass House Pattaya

is another recommended place that cannot be missed. There are 2 big zones, which are the air-conditioned room and the sea zone that stretches down to the beach. The seafood here is so delicious that it is hard to forget; such as, fried sea hass served with fresh vegetable, soft-shell crab salad, salmon spices salad. Tom Yam Kung with thick paste or desserts like fondue, chocolate green tea cake and end the meal with a fresh coconut drink.













📤 : 256 Dara Beach, Pattaya-Na Kluea Road, Soi 20, Amphoe Bang Lamung, Chon Buri



: 0 3893 3888

12.954297, 100.883378



Cape Dara Resort offers every room with a balcony of a Pattaya sea view and famous for its impressive service. This modern hotel is in the vicinity of popular city attractions which come together with the best service and facilities available.















Veranda Resort Patta-

va is a place for those who need peace and relaxation. The Resort is close to the nightlife area in Pattaya and also can reach other tourist attractions easily. There is also a large swimming pool, which is beautifully decorated and extends to the private beach.















: 211 Mu 1, Na Jomtien, Soi 4,



N 3811 1899



Yunomori Onsen and Spa Pattaya is a Japanese hot spring with pure natural mineral water from Wang Khanai, Kanchanaburi. The interior is luxuriously decorated in the Japanese-Thai style. After a body relaxation, there are fresh foods that you can order; such as, Tempura Udon, Tom Yam Kung and sweet-sour drink like mango smoothies.

INFO:





Thepprasit 9 Road, Tambon Nong Prue, Amphoe Bang



Lamung, Chon Buri 0 3819 7038



12.907005, 100.881131

Daily from 9.00 a.m. - 12.00 p.m.



Thailand is a fertile land which is the equator is nowhere near Thailandand in a tropical zone. Thus, there is a variety of trees and fruits like durian, mangosteen and rambutan, which are praised to be number one in the world. Rayong is a major fruit growing province in the East of Thailand. Many orchards open to visitors for tasting, shopping and taking photos in the orchard.







Suphattraland provides a tram ride inside the orchard, and visitors can pick the fresh fruits from the trees to eat on the spot. There are many types of fruits in the orchard; such as, longan, coconut, langsat, salak, dragon fruit, and rose-apple. The seasonal fruits are also grown here: such as, rambutan, mangosteen, and especially durian, which is a highlight because it is only available from April to June. Other types of fruit will be available throughout the year.











www.suphattraland.com





Taphong Fruit Market is where you can get fresh fruits at low prices with a limited time. This market is the fruit trade centre in Rayong. The famous fruits here are rambutan, mangosteen and durian. In front of the market. there is a statue of a large fruit basket that is visible vividly on the roadside.



INFO: 🙎



: Highway No. 3, Tambon Taphong, Amphoe Mueang, Rayong 21000



0 3866 4053

12.646718, 101.349365







Thung Prong Thong Mangrove Forest Broadwalk is where visitors can appreciate the lush greenery of the mangrove trees all the way on the long wooden bridge. There is also a photo-taking point where the highlight is the surrounding canopy of mangrove trees. When you walk to the end of the way, you will see the Prasae Estuary.

















Ban Phe Market is a place where you can buy fresh and processed seafood; such as, dried squid, ground squid, dried shrimp, sweetened shrimp, salted fish, sun-dried fish, shrimp paste, fish sauce, fried durian, or seashell house decorative items are the must-have items.

Prasae Estuary is a connecting point between the Gulf of Thailand and the Prasae River. The highlight here is HTMS Prasae Memorial, a former Patrol ship during the Korean War. There is a tricycle service to bring you to the entrance of Thung Prong Thong. On the way there, discover the Prasae Old Community, which still maintains its simplicity and is considered to be a charming town in the Klaeng district area.



: Mu 7, Tambon Pak Nam Prasae, Amphoe Klaeng, Rayong TAT, Rayong Office 0 3865 5420-1, 0 3866 4585

Pak Nam Prasae Municipality Office 0 3866 1720-1 12 697134, 101 705016













Suan Son Fresh Seafood Market is located on the quiet road along Hat Mae Phim. There are freshly caught seafood stores that fishermen gathered together for the tourists to shop with ease with affordable prices. The seafood here is surely fresh because it just comes up from the sea.







Thanon Yomjinda is the first road of Rayong. The old houses are charmingly preserved, and there are stylish photo spots; such as.





the old cinema and studio. This road will also lead to the Rayong Museum, another tourist attraction. Those who love history should not miss this place. On the opposite side of the museum, there are various activities on the Walking Street of Yomjinda.



INFO: 🔅 😭 🏗

: Yomjinda Road, Tambon Tha Pradu, : Amphoe Mueang, Rayong

8 4945 3939

(f): YomjindaRoadRayong

: 12.679951, 101.277835

: General Stores open daily from 10.00 a.m. - 08.00 p.m. Walking Street opens Saturdau-

Walking Street opens Saturda Sunday from 06.00 - 10.00 p.m.

Map Lao Cha-on Community is an OTOP for the Tourism village of Rayong. It is prominent with its handicrafts and a source of knowledge of the local sedge weaving. It is open for tourists to participate in weaving sedge in their own style.

INFO: 🔅 🗅



(A): 40/1 Mu 5, Ban Map Lao Cha-on, Tambon Chak Phong, Amphoe Klaeng, Rayong

: 0 3864 7079

4 : www.otoptoday.com/otopvillage/141209082659

2 : 12.644519, 101.530482











: 001 Yimjinda Road, Tambon Tha Pradu, Amphoe Mueang, Rayong : 09 3320 0058



12680292 101276807



Daily from 11.00 a.m. - 10.00 p.m.

Rayong Coffee Shop on Yimjinda Road is filled with stories of the people in Rayong. The retro-style home has been renovated into a classic coffee shop. The foods here are as good as the coffee with delicious dishes like vermicelli salad, leaf wrap appetiser, roti pizza, green curry with roti, and the dessert menu like a roti lava.







Pa Dee is a homemade cafe in the lovely garden. This cafe has many lovely cakes; such as, a Sweet Hokkaido Cake, a Floral Lime Cheesecake, Sweet Potato Mont Blanc or enjoy drinks like Blue Lemon Love Drink and fresh milk in many flavours topped with cotton candy.

INFO: 😭 🔅







08 2460 1348

12692123, 101247813

Sunday-Tuesday from 11.00 a.m. to 07.00 p.m. (closed every Wednesday)







Mee D Soft-shell Crab Farm is a soft-shell crab breeding centre. There is a small restaurant inside the farm that will use the fresh soft-shell crab to cook the food. The recommended dishes are Soft-shell Crab Noodle, Fish Paste Chili, Catfish's eggs sour soup, stir-fried Soft-shell crabs with black pepper and other delicious dishes.















: 242 Mu 1, Tambon Makham Khu, Amphoe Nikhom Phatthana.

: 0 3803 8075, 08 6394 6393,

: 12.860229, 101137040

: Daily from 10.00 a.m.- 10.00 p.m.

Burapha Mushroom Farm is an agricultural learning resource where the knowledge of mushroom cultivation is fully provided. There is a restaurant inside the farm and most of the dishes are a healthy mushroom menu. For example, stir-fried oyster mushrooms black pepper, mushroom spicy salad, mushroom curry and many more healthy mushroom dishes, which health-conscious people should visit.











Rayong Marriott Resort and Spa is the only 5-star beachfront resort in Rayong. It is located on the beach of the Gulf of Thailand with a full range of facilities; such as, swimming pool, Kids club, Fitness Centre and 6 dining-place options available for customers with the perfect food selection and great atmosphere.















📤 : Tambon Ko Man Nok, Amphoe

Klaeng, Rayong : 0 2664 0975

http://munnorknrivateielar

an Nok. Amphoe 💡 : 12.570680, 101.701114

Munnork Island Resort is the only accommodation on Ko Man Nok. It is a small island and you can walk around on the white sandy beach. The crystal clear water allows visitors to do snorkelling. There is a concept of preservation on this island, so the island is clean with abundant nature. The highlight is peacocks can be spotted everywhere on the island.

Paris Thai Spa is notable with the distinctive Thai-style wooden house on Nakhon Rayong 3 Road. Although it looks like an ancient Thai spa, on the inside is filled with modern technology. The Spa offers a variety of massage therapies and there is a comprehensive health-care package from the hair to the nails.

INFO: 🏞 🔅

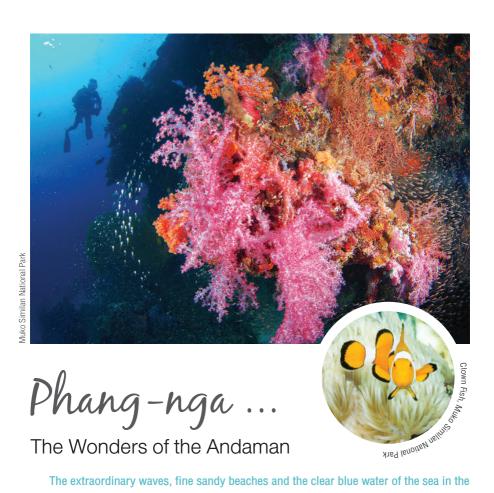
· d/td Mu d. Tom

: 4/14 Mu 4, Tambon Thap Ma, Amphoe Mueang, Rayong

: 0 3861 7893

🔾 : www.paristhaispa.com

: 12.701883, 101.240970



The extraordinary waves, fine sandy beaches and the clear blue water of the sea in the province of Phang-nga, especially the archipelagoes of Similan and Surin, have attracted travellers from all over the world as their dream destination.



Muko Similan is one of the most beautiful dive sites in the world. The word "Similan" means "nine" in Yawi language, which refers to the nine main islands lining up from North to South in the middle of the Andaman Sea. Similan is on the continental shelf of the Indian Ocean, so the sea here is always clear throughout the year.



Ko Si or Ko Miang is where the Muko Similan National Park is located and is frequented by tourists throughout the year. The charm of this island is its powdery sandy beaches that run parallel to the blue sea with beautiful shades of blue.



There are accommodation, tents, toilets, and restaurants on Ko Si. It will be a little adventurous journey to walk to the back of the island. It is because you can spot rare species of exotic tropical plants, nicobar dove, and big hairy leg crabs that like to hide behind the wood

Ko Paet or Ko Similan is a well-known tourist place because of the "Sailing Rock" symbol of the Similans in the front of the island. The blue sea is so rediant that Ko Paet attracts divers from all over the world for snorkelling to see corals and fish. At the back of the island, there is a natural underwater study site of the Muko Similan National Park because the sea here is home to Clown fishes











Ladies who love the underwater world must be in love with **Ko Kao** or **Ko Ba-ngu** located on the far North of Muko Similan. There is Christmas Point, one of the most beautiful scuba diving spots in the Similan Islands where divers can see Christmas tree worms. There is an opportunity to encounter large sea animals like whale sharks and Manta rays. It is because the point is facing the open sea and there is a strong water current at the headland.







TIP: To dive with Manta ray at Ko Bon

Most divers will be waiting at the headland. The Manta rays will rush in by swimming in the opposite direction of the water's current and open their mouths to eat plankton drifting with the current. Occasionally, Manta rays can be found hovering over coral reefs to let the

TIP: The rent of scuba diving equipment

The rent of scuba diving equipment seems convenient for female divers, if you would like to dive with Liveaboard, which holds the Northern Andaman Diving Trip (Similan Archepelagos, Koh Bon, Koh Ta Chai, and the Richelieu Pinnacle in the Surin Islands National Park). It lasts for four days in a lavish and convenient motor boat and you can experience eating and sleeping on board pleasantly. Additionally, the diving tour agencies possessing such Liveaboard boats will prepare everyone with all necessary things required for diving, i.e. boats, resting decks, or even scuba diving equipment, making your diving experience amusing and safe to the most extent.

At the moment, there are various and numerous diving tour agencies servicing Liveaboard boats, for example, Manut Kob Thai Agency, Tel: 08 4716 7557; Issara Liveaboard, Tel: 09 6714 5216.

INFO: 🔅 😭 🖀 🏞









: The Andaman Sea in Phang-nga

Apart from the nine main islands. Ko Bon and Ko Ta Chai are aslo under the Muko Similan National Park's responsibility. Ko Bon is a small rocky island without beaches located in between the group of the Similan Islands and Ko Ta Chai. It is a scuba diving site and a place where Manta rays are most frequently spotted in Thailand, especially in December until April every year. In some years, divers are lucky to spot a dozen Oceanic Manta.

Muko Surin group is famous for its beauty under the sea which was praised to be the most abundant underwater of Thailand's sea best for snorkelling. The beauty of the white sandy beach, sparkling sea and large coral reefs indicate the rich marine life.

Ko Surin Tai in the area of Ao Bon Yai is a homeland of Moken. Ancestors of the Moken, also known as Sea Gypsies lived in the sea. At the front of Ao Bon Yai, there are houses with thatched roofs. Moken men will go out to work; such as, driving a speedboat, be boat assistants or as an employee of the National Park during the dry











season until the monsoon season arrives then they will return to be fishermen. Women and the elderly will do small craftwork to sell to tourists. We can visit





the village but should be in a very humble manner and respect in their differences then we will be able to see the real way of how they are leading their lives. Other than the way of local life, Ko Surin Tai also has many snorkelling spots like **Ao Suthep**, **Ao Pak Kat**, and **Ao Tao**. Ao Tao has a steep cliff into the deep sea,

so there is a chance to find sea turtles, large fishes and other exotic fishes along the coral reefs.











The centre of bustle on Ko Surin Nuea is at Ao Chong Khat where the Muko Surin National Park Headquarters is located. There are houses, tents, toilets, stores, and restaurants in the National Park. Ao Chong Khat is like a channel between Ko Surin Nuea and Ko Surin Tai, which is a great place to sit down and watch the sunset.

If you like privacy, take a boat to **Ao Mai Ngam**, which is on the other side of Ko Surin Nuea with its shallow bay and quiet atmosphere. Thus, it is a nursery for marine animals; such as, Blacktip reef sharks. Only tents are available for rent here, and there are also kayaks available for visitors.

There is a **nature trail of Ao Mai Ngam** between Ao Chong Khat and Ao Mai Ngam. It takes about 1.5





hours to complete.

Ko Torinla is another popular snorkelling site that divers can spot big staghorn corals, so there are all kinds of fishes here and stingrays can also be found frequently.

The well-known Richelieu Rock is a dream diving site of many divers. It is a large pile of rocks underwater, and the summit will emerge from the water only when the tide is really low. Barracudas and Batfishes can be seen on the water's surface and many types of fishes swimming along the coral reefs on top of Richelieu Rock. The cuttlefishes will always be in a pair, and there are predators like golden trevally, rainbow runners and king mackerel swimming in the area to find their prey.

Recommendation to female divers to float at around 30-40 feet below the water to be able to see the Whale sharks swim into the area to find food.

The colourful coral reefs like vellow, orange and red corallines wrap around Richelieu Rock including the marine life in between the rock: such as. lionfishes, scorpionfishes, mantis shrimps, moray eels and giant squids. The sea depth from 80 feet to 150 feet is home to big fishes like many types of sharks, stingrays and guitarfishes.

























After spending a happy time with the sea, it is time to find the best restaurant. Phang-nga is a world-class tourist destination, so there are many gourmet restaurants with an impressive style and atmosphere.

Gold Elephant Restaurant offers a variety of Thai and Western dishes available from lunchtime to dinnertime with a friendly atmosphere. Apart from the fresh seafoods, especially lobsters with a savoury flavour, a simple menu like Thai papaya salad is also available. Enjoy dessert like sweet mango sticky rice slowly and wait for the special show of the incredible "Hot Pan Show Cooking".





INFO: 😭 🔅



Ban Khao Lak, Tambon Khuekkhak, Amphoe Takua Pa, Phang-nga





8.637886, 98.24860

b : Daily from 12.00 a.m. - 11.00 p.m.













📤 : Na Tai Beach, Tambon Khok





Another restaurant that should be on a lady's list is La Perla Restaurant, which is the main restaurant in Le Coral Hideaway Beyond Phuket. The breakfast here is available in an a la carte style and only the finest ingredients from around the world are use to cook the food. The lunch offers local and international dishes. At dinner, dine romantically with delectable food. The recommended meats are ostrich meat, cod fish and tenderloin steak with less fat yet tasty.

Tha Sai Seafood is full of an identity in terms of the spicy taste in traditional Southern food style. Several menus are also original recipes, which hardly find to eat from anywhere. Meanwhile, visitors can enjoy with the bird's eye view of verdant mangroves forests and Limestone Mountains which stretch distantly. When arriving here, don't miss to try some Red Curry with Crabmeat and Steamed Vermicelli, Stir-fried



Pak Miang Leaves with Smoked Crispy Shrimps, Dog Conch Shells, Fried Shrimp with Tamarind Sauce, Steamed Snapper with Chinese Sauce, as well as Stir-fried Vegetables that is a popular healthy food menu here.















Casa de La Flora is a 36-room luxury hotel in which all the rooms are pool villas and located by peaceful Khao Lak Beach. Guaranteed for the hotel designs with awards like the Asia Pacific Hotel Awards 2013, Best new small hotel construction and design for Thailand, and Highly recommended in best new small hotel construction and design for Thailand 2013.















Casa de La Flora



.IW Marriott Khao Lak Resort and Spa by Khao Lak Beach is famous for its excellent services. The Deluxe Lagoon Pool Room is designed in a way the swimming pool is just in front of the back door. When you swing open the door, you can jump in the swimming pool right away. There are several swimming pool zones in the resort in which the pools are connected with each other for about 3 kilometres. Ladies who love swimming should pay a visit here.









Health and beauty treatments are complementary to women's travel apart from comfortable hotels and good restaurants. Refresh your body and soul at Quan Spa in a relaxing atmosphere. Enjoy the special massage of the Candlelight Massage, face and body scrub treatment, scalp and hair treatment and sauna. The latest treatment is an Aromatic Thai Herbal Compress, combining the benefits of Thai herbs to relax the skin and muscles. All the treatments are under the supervision of expert and attentive therapists.





















One of Khao Lak's most impressive hotels is The **Sarojin**, which ofers comfortable rooms like Sarojin Suite, Pool Residence and Garden Residence.

Ficus Restaurant serves delicious international cuisine by the pool. The Edge Restaurant is perfect for a romantic dinner. There are many exciting activities to choose; such as, learn cooking, have a private boat for personal diving, or take a cruise to watch a spectacular sunset.













La Vela KhaoLak is an affiliated hotel of Casa de La Flora that recently opened in April 2017. It is located in the heart of Bang Niang Beach. The theme of the hotel is clearly designed from the story of Takua Pa in the past. Vela is the name of the constellation; thus, the design in the hotel is mainly in a triangular shape.



















1: 98/9 Mu 5, Tambon Khuekkhak, Amphoe Takua Pa,



: La Vela Khao Lak





Phuket ...

The Best Place for Food, Vacations and a Peaceful Mind

Choice of food is the one thing that women have to think of while travelling around the world other than good accommodation or interesting activities. Phuket is considered as the 'Pearl of the Andaman' because of the announcement by UNESCO as a city of food science, or City of Gastronomy in 2015. It is one of 18 cities around the world guaranteed to have a variety of delicious and quality food in the city.







For travellers who would love to have a profound experience, **Ban Bang Rong** is the place to visit. It is a Muslim community that welcomes visitors. The attractions and activities here include the Gibbon Rehabilitation Project, soft trekking, visiting Bang Pae Waterfall, visiting a goat farm, rubber tapping, crab fishing, kayaking, and sighting the Long-tailed macaques. Visitors can either choose to have a one-day tour or spend a night at a homestay. The food here is awesome as well, the menus like wing shells, shrimp paste chili dip, stir-fried black pepper crabs and herbal fish soup are the must-try at the Ban Bang Rong Community Kitchen Restaurant.















Phuket Elephant Sanctuary offers a shelter to 6 elephants who are sick, old, and have been abused in the past with a commitment to healing elephants and making them happy till the end of their lives. Elephants will be treated in a natural and fence-free environment without any force to show













off their talents. Afterwards, visitors can see the elephants' lifestyle, feed the elephants, and leave this place as an elephant lover.

INFO: 🔅 🏞





: 100 Mu 2, Tambon Pa Khlok,





f: Phuket Elephant Sanctuary



Daily from 09:30 a.m. - 05:30 p.m.













The Phuket Old Town is a very lively neighbourhood. Dress up in style and visit the Sino-Portuguese architecture, and a renovated old building into a lively guesthouse. All kinds of food and restaurants are available on both sides of the road throughout the day. There is also street art under the project of F.A.T. Phuket (Food Art Old Town) in order to advertise about the town's creativity in food science.







: Thalang Road, Phang-nga Road, Krabi Road, Dibuk Road and Yaowarat Road, Amphoe Mueang, Phuket







Chillva Market should be desirable by all the ladies as this is a place for shopping classified into a flea market zone and a container zone. This market is considered to be the largest flea market in the South of Thailand. The merchants here are full of ideas in decorating their stores including handmade products, artwork, food, and desserts at affordable prices. For some stores, the prices are high due to the premium products.











: Yaowarat Road, near Baansam-











from 04:00 - 10:00 p.m.





The Windmill Viewpoint Phuket is easy to recognize, as there is a large white windmill on the hill. On the left side, Hat Yanui and Ko Lon can be seen. On the right side, Hat Nai Han and many yachts can be spotted. It is a great place to watch the sunset.

For ladies who are interested in adventure activities like paragliding, the Phuket Paragliding Club will take off to fly together in a tandem team. The wind from the West will pass through the Windmill Viewpoint in around May to October.

INFO: 🔅 😭







08 9474 5607, 08 1535 3528 (Phuket Paragliding Club members)









Hat Yanui is a small beach but beautiful and quiet. It is a suitable place to swim, sunbathe and do fun activities like snorkelling, scuba diving, or kayaking to Ko Lon which is a little adventurous trip.





: About 1 km. from Laem Phrom

Hat Nai Han is a beautiful beach where foreigners like to come for sunbathing and swimming safely. There are sand dunes alternating with shallow pools, which is suitable for children. This beach is truly suitable for everyone in the family.

From a survey of 25 popular beaches in Asia by Trip Advisor in 2014, Hat Nai Han ranked the fifth, which is confirmation of the beauty of this beach.



INFO: 😩 🔁









INFO: 🙊 🏠

: Ahout 17 km. to the south of Phuket town. From

At the end of Hat Patong, there is a steep hill leading us to Hat Trai Trang, which is guite hard to reach because the beach area has been occupied to build a hotel. Thus, all the cars must park at the beach end and walk through the restaurant to the beach. You will see a small peaceful beach with pine trees and coconut trees. The seawater is clear and

calm with white fine sand. This is really a

place for relaxation.

Hat Rawai is at the southern end of Phuket. People often come to exercise and also to watch the beautiful sunrise. Hat Rawai is famous for fresh seafood because the fishermen's houses are here Travellers are mostly attracted by the affordable seafood yet excellent quality. For a special dinner, ladies may choose to sit in the beachfront restaurant, or take a stroll around to buy fresh seafood and get the restaurant to cook the food for you is another fun activity.



INFO: 🙊 🏠



: Next to Hat Patong, Amphoe Kathu, Phuket







INFO: 🞁 🔅





: Phra Barami Road, Tambon Pa : 0.7634.0789





: Daily from 12.00 a.m. - 11.00 p.m.

After touring around Phuket, it is time to fill the stomach. **Baan Rim Pa** is a traditional Thai house located on the edge of a cliff overlooking Hat Patong until Hat Kalim. It is a perfect place to have dinner while watching the sunset. The recommended menu is stir-fried crab with curry powder, Tom Yam Kung and Deep fried wrapped shrimps with noodle. The Stir-Fried Spicy Sea Bass, Southern style Coconut Chicken Soup and Mixed Crispy Rice Noodle are also must try dishes.







On Hat Kalim is a beautiful white box building with a minimal style. It is White Box Restaurant which offers French cuisine, Italian cuisine and seafood dishes as well as cocktails and fine wines. The Restaurant gives out a luxury atmosphere while on the upper floor is more informal style with the Roof Top Bar. The bar offers an open-air space for an outdoor atmosphere for romantic sea views.

INFO: 😭 🙊





: 247/5 Phra Barami Road, Tam-









Daily from 05:00 p.m. - 01:00 am.





Suay Restaurant is owned by a celebrity chef, Tammasak Chootong or Chef Noi who participated in the Iron Chef Thailand Show. Thus, this restaurant is special with the contemporary Thai cuisine and tasty European dishes. The recommended dishes are rice noodles with salmon, salmon salad, foie gras leaf wraps and delicous ice-cream for desserts.

INFO: 😭 🙊















The second branch, Baan Wana















For those who love homemade food. Bella's House 1978 is a must-visit restaurant. The highlight here is the aglio e olio spaghetti, steak and egg, sausage and home-made fries, salads, soups and cool drinks like lychee soda. Many types of cakes are available as well

INFO: 🞁 🙊









Closed on the 1st and 16th of every month.







INFO: 🞁 🗭





: New Dibuk Road, Amphoe









Daily from 11.00 a.m. - 11.00 p.m.

An old house at the intersection of New Dibuk Road was owned by a Westerner who came to do mining business in Phuket. It was renovated and opened as a restaurant called "Raya" which has been famous for its atmosphere and delicious food for over 14 years. The most popular menu to order is crab curry with wild betel leafbush leaves, Phuket pork stew, shrimps fried with tamarind sauce, crispes shrimp chili paste dip before ending the meal with delicious traditional desserts like sweetened arenga pinnata and Mamuang Bao mango in syrup.







INFO: 😭 🗭















Daily from 08.00 a.m.-10.00 p.m.



















Tu Kab Khao is a restaurant in a Sino-Portuguese style building with an old-fashioned atmosphere. The recommended menu is red curry with crabmeat and steamed vermicelli, Phuket pork stew, and the healthy crispy shrimp chili paste and fish chili paste with salacca and eaten with fresh vegetables. There are also winged bean salad, fried pickle krill with pork, prawn cakes and fried pumpkin with dried shrimp paste for local famous dishes. End the meal with desserts like date puddings with caramel sauce or O Eo Phuket (Aiyu jelly).





: Near to the Kasikorn Bank, Nuea, Amphoe Mueang, Phuket





Daily from 11:30 a.m. - 12:00 p.m.







End the trip with a healthy meal at We Cafe, which clearly declared itself as "The Cafe of the Salad Lovers". All vegetables for making salad are grown in a hydroponics garden. There are more than 30 types of salad dressings that you can try with recommended menus like rocket smoked salmon pizzas, rocket salad with feta cheese, caesar balsa salad, herbal chicken balsamic salad, ervngii mushroom salad, omega-3 salad grilled shrimp and ayocado salad, and mixed salad. The salmon here is imported from Norway.





There are many kinds of accommodation in Phuket but Keemala has that exciting resort style. Keemala has a natural tribal atmosphere, especially the bird's nest pool villa, which must be booked several months in advance. All the villas have a private pool. The Mala Restaurant serves a variety of dishes including Indian cuisine. Everyday, there are fun workshops to join, or visitors can choose to visit Mala Spa, which was awarded to be the Best Luxury Boutique Spa in Southeast Asia by the World Luxury Spa Awards 2017.











: Kamala Beach, Tambon Kathu,





















Sri Panwa Pool Villa with a contemporary tropical style is located at the tip of Laem Panwa and got selected as one of the most charming hotels in the world. Every villa is surrounded by a panoramic sea view. The food here is outstanding and available in different cuisine rooms like the Thai dining room of "Baba Soul Food", Japanese dining room of "Baba Iki", Chinese dining room of "Baba Chino",



Hotpot room of "Baba Hotpot", and the latest "Baba Nest" is the 360-degree viewpoint to watch the sunset. Thus, Baba Nest was recognised as one of the three best beach bars in the world in 2011 from CNN International.





End the trip in Phuket with relaxing comfortably at the **Oasis Spa Turquoise Cove**. The spa is luxuriously designed in the Moroccan-themed style and offers outstanding services by professional therapists with the Oasis Spa's signature treatment. The atmosphere is tranquil and very private because it is divided into individual rooms and villas. You can choose either the King of Oasis Massage, which is the signature massage here or a full package massage that is definitely worth it.



Krabi is widely known as the centre of the adventurers of the Andaman Sea, especially among female adventurers. They use this place as a base camp for various activities, especially for rock climbing. The world praises Krabi as one of the places that climbers all over the world must not miss. Moreover, there are many relaxing places and services like spas that you can visit after an adventurous activity.





Let's start with Rai Preda Homestay, a simple accommodation yet comfortable like home. The highlight here that women must try is a natural hot sand spa programme. If anyone is interested, you have to visit here on the Waning Gibbous Moon or Waxing Crescent Moon period and you have to wake up at 5.30 a.m. in order to soak in hot and cold water on the natural hot sand beach. It will open the skin pores and stimulate blood circulation then followed by a Thai massage by the villagers in the area. There is a reflexology foot massage by using pebbles and rocks on the hot sand beach, mask body by mud and scrub skin with sand. End the programme with a homemade local breakfast and get to see the sunrise of the day.











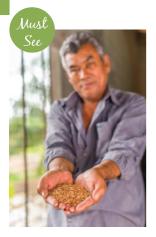




: 105 Mu 5, Tambon Ao Luek Tai, : www.raipreda-homestay.com Amphoe Ao Luek, Krabi : 08 9866 4954



f: Raipreda Homestay Krabi







The Southern way of life is interesting to learn. Do not forget to visit **Ban Ko Klang**, which is an island surrounded by canals and the sea.

Thus, the land here is fertile and suitable to produce good quality rice; such as, Sangyot Brown Rice, Lep Nok Rice and Seebukantang Rice. In the winter, the rice field on Ko Klang will turn into a stunning golden field. The people on the island are Muslim and lead a peaceful life. There is a tricycle taxi to assist visitors wherever they want to go. The Ko Klang Homestay Group will provide accommodation, food, and fun activities like seeing the fish in the floating basket, seeing traditional shipbuilding, seeing traditional Hua Thong boat replicas, visit a paddy field, and if there is enough time, you can try batik painting. We recommend staying on this Island for a night to enjoy the lifestyle of the locals here without any rush.















: Ban Ko Klang, Tambon Khlong Prasong, Amphoe Mueang, Krabi : Koh Klang Homestau Group, 08 9475 0495 or enquire for more information at the Khlong Prasong Subdistrict Administrative Organization, 9 7561 8055. : www.krabihomestau.com









Krabi still has other wonderful tourist attractions like Tha Pom, Khlong Song Nam. This place is an ecological link of freshwater swamp forest with brackish water ecosystems. We can see the roots of mangroves and roots of Syzygium Jambos overlapping each other, which is amazingly beautiful. Tha Pom opens for tourist visits throughout the year, but we recommend all the girls to visit here when the tide is low. It is because you will see the details of the underwater life very clearly even though you are looking down from the wooden bridge of the nature trail.







: Ban Nong Chik, Mu 2, Tambon Khao Khram, Amphoe Mueang, Krabi : Khao Khram Subdistrict Administrative Organization, 0 7569 4165











INFO: 🔅 🏗





: 35 km. away from Krabi which uses the same route as going to Tha Pom,

: Sea Kayak Krabi, 0 7563 0270

Ao Tha Len is one of the most famous places for kayaking in Krabi. The kayaking route goes along the mangroves and Nipa Palm forests, which are the homes to small aquatic animals, birds, amphibians, dusky langurs and longtailed macaques. Do not forget the highlight, the "canyon" nature trail is stunning with the limestone cliffs and wild plants.

Female kayakers should prepare a swimming suit, long-sleeved shirt that is easy to dry, hat, sunglasses, sunblock lotion, waterproof bag, a small towel, drinking water and snacks, which are the necessary items during the kayaking. There are many companies that offer a kayaking trip to Ao Tha Len.







Khlong Thom Hot Waterfall is a natural hot stream flowing through the many levels of limestone shallow pools, cascading down into the canal below. It is the only hot waterfall in Thailand with the temperature of about 40-50 degrees Celsius. Just jump into the canal below, it will cool down the body and change the atmosphere in the blink of an eye.





For ladies who like soft trekking, they should visit the **Thung Tiao Nature Trail**. The Trail is located in the **Khao Pra-Bang Khram Wildlife Sanctuary**. This forest is a home to the Gurney's Pitta, endangered wildlife and more than 300 species of birds. The starting point is somewhere about 800 metres before the emerald pool. But if you see the emerald pool, the highlight of this route, you will be amazed by its natural clear water and cannot help yourself but to definitely jump into the water.



The colourful **Andaman Sea** includes **Ko Phi Phi, Ko Hong** and **Thale Waek**, which are all famous locations in Krabi.

Ko Phi Phi is located in Hat Noppharat Thara-Muko Phi Phi National Park, and there is a highlight at Ao Maya on Ko Phi Phi Le. It is a small cove surrounded by majestic limestone cliffs and a white sandy beach that is widely known around the world. Try snorkelling along the cliff and you will see the underwater creatures moving dazzlingly. If you walk from the front beach to the back, you will find Ao Lo Sama which is one of the best places to snorkel.

Ko Hong is located in Than Bokkhorani National Park, and is otherwise known as Ko Lao Pi-le. You can take





a long-tail boat from Hat Khlong Muang and will reach here faster than taking a boat ride from Ao Nang. The beach is curved almost like a semicircle, and there are rock cliffs separated into rooms. which gave the island its name. There is also the forest and turquoise sea. Ko Hong has a lagoon or people call it









INFO: 🔅







📤 : Ko Phi Phi is 42 km from Krabi. Thale Waek is not far



: Hat Noppharat Thara-Muko Phi



: www.dnp.go.th

Ao Hong, which is a suitable place to stop your boat and play in the sea water. In addition, you can snorkel to see corals and the rare plants under the sea as well as enjoy the beautiful sea view while kayaking. Thus, this place has been ranked as one of the 10 most attractive and clean beaches in the world.

Ko Kai, Ko Mo, Ko Thap, and Ko Poda contain white sandy beaches, clear sea water and are home to many kinds of anemonefish suitable for swimming and snorkelling.

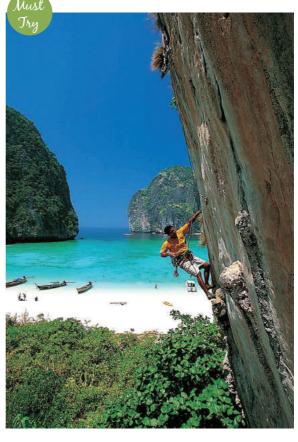
The island group also has Thale Waek, a natural phenomenon that white sand dunes will emerge. The best time to see this spectacular event is during December until early May every year.

The ultimate adventure is waiting for you and your friends at Hat Railay. The beach offers steep cliffs including caves with stalagmitesand stalactites. Hat Railay has the most "ready" climbing spot in Thailand.

Moreover. Ao Ton Sai is the centre of rock climbers. The East and West bays also have a rock climbing service for visitors. In front of **Tham** Phra Nang is another good spot for climbing because of the beautiful scenery, pleasant atmosphere and the picturesque sight of the curved beach.

INFO: 🔅 🏗

📤 : Hat Railay located on the other side of Ao Nang, which is almost 3 km away and inaccessible by car because by contacting the ticket sales office of Ao Nang Boat Service













Dine at The Hilltop Aonang and enjoy watching the sunset where Thai and seafood dishes are served in the open-air atmosphere. You can see the sea and small islands in the Ao Nang area. It would be better if you call in to book your table where you can witness the most beautiful sunset. The most recommended menu is Duck the Hilltop and you can also try crale coconut cream curry with wild bee leafbush leaves, shirmp in tamarind sauce, boiled Wing Shell, drinks and great wines. If you come with a group of friends, you can also change the atmosphere by sitting on the grass and enjoying your dinner.







: 99 Mu 3, Khlong Haeng Road, Mueang, Krabi





www.thehilltopaonang.com











There are many choices of accommodation at a world-class tourist destination like Krabi. One of the famous resorts with the rank of 5 stars for its luxury style is Rayavadee. The location of this resort connects to 3 beaches. which are Hat Nam Mao. Hat Railay, and Ao Phra Nang. It has also won many great awards, so it is not surprising that you will get an unforgettable experience if you stay here for your vacation.



























Amphoe Mueang, Krabi 0 7562 0740-3















The Tubkaak Krabi Boutique Resort is a luxurious retreat on Hat Thap Khaek. There is a sea view with 13 islands in front of the beach. It is also a beautiful place to watch the sunset. Many people agree that this resort is one of the most romantic resorts in Thailand.

INFO: 🤼 😭 🏠





: 123 Mu 3, Tambon Nong Thale, Amphoe Mueang, Krabi

: 0 7562 8456

: www.tubkaakresort.com

: The Tubkaak Krabi Boutique Resort

: 8.091502, 98.747965













Aonang Fiore Resort is one of the elegant designed resorts in Ao Nang although it is not connected to the beach. The atmosphere is pleasant from a high angle because it is surrounded by limestone mountains and rainforest. The rooms are divided into Deluxe Cottage, Jacuzzi Villas and Tree Top Villa. The restaurant is in an open-air style and serves seafood, Thai cuisine and Western cuisine. The highlight here is the Sunset Evening Cruise with the M/Y Lalida where you can watch the sunset in the middle of the sea at Ko Poda and Ko Kai while having a luxurious romantic dinner with your loved ones.



























Treat yourself to a great spa after an adventurous day. Wareerak Hot Spring Spa can be a good choice because this place offers a hot spa. If you have little time, you can choose a half-day spa with a choice of 3-hours or 1-day duration. However, if there is ample time for you, you can check-in to a cozy room with a 2 days 1 night programme to fully relax and enjoy the great atmosphere.

INFO: 🏞 🔅



18 Mu 7, Tambon Khlong Thom



1: 0 7563 7130



: www.wareerak.co.th : Wareerak Hot Spring Spa







Surat Thani

The Heaven Island of the Southern Sea

Many people said that Ko Samui and Ko Pha-ngan are the paradise islands for young travellers who are passionate about the beach and the sun, but it would be better if the trip includes health and beauty matters. Enjoy the beautiful sea sight as well as the activities to help balance the body and mind, which most people would thought of are the spa, yoga and healthy food. Therefore, Ko Samui and Ko Phangan are truly remarkable places for relaxing your mind and a great destination for all kinds of visitors.

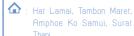




Hin Ta Hin Yai are natural rock sculptures and a unique identity of Ko Samui. There is an entrance fee for the viewpoint up the hill and visitors have to try the Samui Caramel because it is a famous local snack that cannot be missed.







9.452013, 100.039036

























· .439995, 100.02279

Ban Hua Thanon is a large Muslim community living by the sea and most of the people here are fishermen. Another charming side of Ban Hua Thanon is the old houses along the road. The buildings are considered to be the oldest and most beautiful of the few remaining houses on Ko Samui.















If anyone loves the retro era, you should visit the old neighbourhood of Na Thon. This place reflects the lifestyle of the Southern people, and there are many old houses awaiting for visitors to see its magical beauty. Moreover, there is a lively night market every evening and a walking street with a retro-style every Friday night.













Hat Chaweng is the busiest beach on Ko Samui. There is a **Chaweng Walking Street** on Monday and a Monkey Bay Walking Street on Tuesday, which have a variety of products for sale. Enjoy live music and Thai dance performances that will take turns performing on alternate weeks.





: Chaweng Walking Street is located opposite the Centara Grand Hotel, close to the police station. The Monkey Bay Walking Street is located next to the Ozo



For those who like nature. Ko Samui has Namtok Na **Mueang**. The Waterfall is ideal to visit in January until May. During that time, the water will fill up the waterfall so that people can play in the pool, which is very easily accessible. One of the activities that foreigners pay most attention to is "elephant riding." Next to the Namtok Na Mueang 1, there is Namtok Na Mueang 2, which is harder to access. However. It is more breathtaking and bigger than the first waterfall, which takes about 30 minutes to reach. There are interesting nature hiking trails includes other adventures waiting for visitors to choose.







Guan Yu Ko Samui Shrine (Na Khai-Hua Thanon): There is a 16-metre high bronze statue of Guan Yu, which is considered to be the tallest and largest one in Thailand. In addition, the Walking Street with a China Town atmosphere will be held in front of the Shrine every Wednesday.

INFO:





📤 : Ban Hua Thanon, Tambon Maret, Amphoe Ko Samui, Surat Thani

9.445358, 100.024370







INFO: 🔅 🏗





: About 14 km. from Na Thon Pier in Tambon Na Thon, Amphoe Ko Samui, Surat



: Namtok Na Mueang 1, 9.466333, 99.983956 Namtok Na Mueang 2, 9.472619, 99.989984













WOOBAR is one of the three bars of a luxury hotel, W Retreat Ko Samui. This place offers stunning ocean views and exquisitely decorated like a world-class hotel. The highlight here is the round sofa in the middle of the pool.

INFO: 😭 🙀

4/1 Mu 1, Tambon Mae Nam, Amphoe Ko Samui, Surat Thani

www.wretreatkohsamui.com

W Koh Samui

9.572145, 100.016726

Daily from 11.00 a.m. - 12.00 p.m.

INFO:





: 56/4 Island Ring Road (Road No. 4169), Tambon Mae Nam. Amphoe Samui, Surat Thani,





Daily from 11.00 a.m. - 10.00 p.m.

Bang Por Seafood (Ta Ko) is one of the first local food shops of Samui Island. If you come to Samui, but do not stop by and taste foods here, it is to say you miss!!! The signature dishes are krill grilled on the coconut shell, ambrosial giant squid stew, and sea anemone red curry, which is very delicious because of its sticky texture.







Nature and the environment lovers may choose green hotels like **Tamarind Springs** for accommodation on Ko Samui. The Tropical Villas at Tamarind Springs offers a natural spa that continues its natural beauty by converting a hill into a spa in the midst of caves and greenery nature. The atmosphere is relaxed and fits for the steam sauna in the cave. Massage in the pavilion on the top of the hill by the expert therapist; such as. Thai massage, oil massage, etc., is one of the spas that girls cannot miss.

INFO:









205/7 Hat Thong Takhian, Tambon Maret, Amphoe Ko Samui, Surat Thani

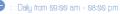








9 474235, 100 057522







Four Seasons Resort Koh Samui is the five-star hotel on Samui Island, famous for beauty and fabulous service. The hotel is situated on Taling Ngam Beach upon the hill. Just only the lobby section, it can melt your heart with the blissful placid seawater below. Sixty villas were built gradiently, i.e. One Bedroom Pool Villa, Beach Villa with Pool, and Residence Villa with Pool. Furthermore, there are libraries, auditoria, fitness and spas, Thai boxing classes and kid clubs as well.













219 Moo 5, Tambon And Thong, Amphoe Koh Samui. Surat Thani province, 84140



N 7724 3000

0 www.fourseasons.com











Kamalaya Koh Samui is an award-winning spa resort in the Destination Spa category. The guests can experience full relaxation because of the resort's tropical forest style. The service offers many holistic health programmes of different origins; such as, Thai, Chinese, Indian, etc., which are supervised by a medical specialist for 24 hours. There is a wide range of therapeutic and relaxation therapies including acupuncture and other treatments as well as healthy food and beverages.









102/9 Mu 3, Laem Set Road, Tambon Na Mueang, Amphoe Ko Samui, Surat Thani







Kamalaya Koh Samui



24 hours a day







Practice yoga, eat healthy food and enjoy the spa at Vikasa Yoka Retreat. This place offers the most diverse yoga programme that is ideal for people who are passionate about yoga. Get to know yoga by choosing the Yoga Vacation or join the Yoga Classes that are available for you every day. If you are up for the advance level, you can try the Yoga Teacher Training. Also, there is a restaurant serving organic food and drinks and get yourself pampered by a professional therapist.







: 211 Mu 4, Tambon Maret, Amphoe Ko (1): Vikasa Yoga





ww.vikasa.com



9.486259, 100.065731



Daily from 08:00 am. - 10:00 p.m.















After having a meal, shopping and enjoying a good spa, learning cooking is another fun activity on this island. The Cooking Class at Chef's Table Restaurant on Ko Samui will give you tips of how to cook delicious Thai food. Starting by collecting the vegetables and herbs, smell the scents, savour the tastes and then cook it followed by the doing fruit and vegetable carving.

INFO: 🏞 😭 🔅











Chef's Table Restaurant, Koh









Spice Spoon Cooking Class lets you enjoy the Thai cooking classes with the Thai Culinary Journey. You can choose the Health and Spa Culinary Journey if you prefer healthy food. Both programmes offer two choices which are you can choose to go shopping with the chef or get to know many kinds of vegetables first before buying them back for your lesson.

INFO: 🏞 😭 🧍



📤 : Anantara Bophut Koh Samui Resort 🖀 92/1 Mu 2. Tambon Bo Phut. Amphoe Ko Samui, Surat Thani



: 0 7742 8300



www.samui.anantara.co.th











Hat Rin is one of the three places in the world that you see the most beautiful full moon. It is the location of the world-famous Full Moon Party. The world will dream of seeing it once in a lifetime.

INFO: 🔅 🏞







island east of Ban Tai, Amphoe Ko Pha-ngan, Surat Thani



Ao Thong Nai Pan is the most popular beach on Ko Pha-ngan because of the beauty of the beach, half a circle, the beach is divided by low mountains into two parts, the northern one is called **Hat Thong Nai Pan Noi** and the southern one is called **Hat Thong Nai Pan Yai**. They are as beautiful as the beaches on the Andaman Sea ever. On the beach there are accommodation, bars, and restaurants.



INFO: 🔅 🏞



Tambon Ban Tai, Amphoe Ko Pha-ngan. Surat Thani.

Hat Thong Nai Pan Noi. 9.779696, 100.055753

Hat Thong Nai Pan Noi, 9.779696, 100.055753 Hat Thong Nai Pan Yai, 9.769924, 100.058980





Tawan Elephant Trekking (The Elephant Training Centre Tawan) is the only elephant training centre on Pa Ngan Island. Miss Noi, the owner of the centre, descending from Sui clan of Ban Ta Klang, Surin province, who is famous as a professional elephant trainer. She brought elephants of her family, together with mahouts from Ban Ta Klang, to raise here and established the centre.

The activities begin since the morning, bathing elephants, riding elephants or just only taking pictures and giving foods to elephants. It is said that bathing elephants is the most pleasant moment for both elephants and people. However, riding elephant appears exciting to some extent; you can choose the option from a quarter (15 minutes) riding, half an hour riding, or one hour riding. The trek will pass ascending through Ban Tai-Thong Nai Pan Mountain.







55/11 Moo 2, Tambon Ban Tai,
Amphoe Koh Pa Ngan, Surat
Thani



: 9.721736, 100.037360

: Daily from 09.00 a.m-05.00p.m.





The Challenge is a place where you can discover your own limits in a variety of challenging water rides; such as, swinging ropes, rolling on the barrels, climbing mountains, crossing monkey bars, crossing the giant red ball and The Blob.

















: Laem Son Lake, Ao Si Thanu, 84/32 Mu 8, Tambon Ban Tai, Amphoe Ko Pha-ngan, Surat Thani

08 9730 0081

www.challengephangan.com

The Challenge Phangan 9.760236, 99.965386

Tuesday-Sunday

from 10.00 am - 06.00 p.m.













Homemade food and desserts are available at **Sweet Shell Restaurant** for afternoon snacks, sandwiches, pies, sandwiches, and ice cream. There are many menus that are gluten-free.

INFO: 😭 🔅





🐧 : Sweet Shell

? : 9.719538, 99.992412

Daily from 02:00 p.m.-09:00 p.m.





Ko Pha-ngan has a standard level of accommodation as good as Ko Samui and other places. At Hat Thong Nai Pan Noi, there is a Santhiya Koh Phangan Resort and **Spa**. It is a tranquil seaside resort surrounded by tropical plants. The resort houses are made of teak wood which are available as a single room and private villas. The communal swimming pool is decorated in a luxurious way and a classic waterfall gives visitors pleasant feelings. A spa is also available at the Ayurvana Spa including other exciting outdoor water-activities.











22/7 Mu 5, Tambon Ban Tai. Amphoe Ko Pha-ngan, Surat



0 7742 8999

















At Hat Thong Nai Pan Noi, there is also another elegant luxury accommodation. Anantara Rasananda Koh Phangan Villas consists of suites and villas amidst the coconut trees. and tropical plants. There is a private plunge pool in every room and also a communal swimming pool in front of the beach. Visitors can also enjoy the traditional Thai spa, seaside restaurant, Yoga classes, Thai cooking classes, boat rides, diving and water activities.

INFO:







5/5 Mu 5, Tambon Ban Tai.







www.phangan-rasananda.anantara.co.th

Anantara Rasananda Koh Phangan Villas











End the Ko Pha-ngan trip with a body treatment at Orion Healing Center Koh Phangan with holistic wellness programme. The treatment focuses on detox and yoga with the offers of The 11 Nights Detox Package, Yoga Retreat, 28 Nights Renew and Revitalize, Healthy Living Programme, or even lose weight in 16 days. Thus, everyone can definitely leave this place as a healthy person.

INFO: 🏞 😭 🖴



: 15/2 Mu 8, Ao Si Thanu, Tambon Ko Pha-ngan, Amphoe Ko Phangan, Surat Thani



: 08 9038 0085

www.orionhealing.com



















Tourism Authority of Thailand

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

Tel: 662 250 5500, TAT Contact Center: 1672

www.tourismthailand.org