

*Wellness Stories in the city  
of  
Ranong*



As it is the province that has a longer rainy season than anywhere else, it is known as the “province with eight months of rain; four months of sun”. The small province of Ranong is located on the Kra Isthmus or the narrowest part of Thailand that has nothing memorable. Alternatively, it rains nearly all year long and the charming natural geography has made Ranong have numerous good items and impressive stories. The motto of the province that has been heard and passed on is

*“Kra Isthmus, grass mountain, sweet cashew nuts, mineral water stream, and real pearl of Ranong.”*

Besides the beauty of the rich nature full of forests, verdant mountains, sea and islands, the attractiveness is not something that the province has lost on the Andaman coast. There is still a precious natural gift that is difficult to find comparable. This is the mineral water sources that have abundant benefits and do not have a sulphur odour to bother people. It is known as one of the best water sources in Thailand because Ranong is a boundary between Thailand and Myanmar, as it has the Kra Buri River as a watercourse border, which is similar to being a location that has many valuable stories of history as well as beliefs and cultural arts of importance. So we would like to invite you to know more about Ranong province as an enchanting tourism destination. We guarantee that you will easily fall in love with this small province.

## *The charming province of health, a precious natural gift*

Who knows about the benefits that natural hot springs have for the body and mind? As such, if we say that Ranong is a paradise for health lovers, then we would not be wrong. This is because there are odourless mineral water sources to select from according to their nature. And if anyone wants privacy, there are various hotels in Ranong that have mineral water to soak in directly in your room.



## *A precious natural gift, "Hot Springs and Raksawarin Public Park"*

The "Hot Springs and Raksawarin Public Park" was bestowed its name by HRH Princess Srinagarindra when she visited Ranong in 1967, which means "water that can treat illness", and it is a mineral water source that was selected to make lustral water for the Celebrations on the Auspicious Occasion of His Majesty the Late King Bhumibol Adulyadej 5<sup>th</sup> Cycle Birthday Anniversary. As it is a natural water source, people have come to relax their



body and mind happily by bathing in the hot mineral water that helps to treat various illnesses. The water from the Hot Springs and Raksawarin Public Park has been researched by the Department of Science Service that it is full of minerals; e.g., calcium, sodium sulphate, magnesium, and sulphur free. Relaxing with the hot mineral water will help ease muscle fatigue, treat various bone and marrow diseases, as well as assist the blood circulation and metabolism of the body to be refreshed, sleep well, relieve stress, and slow down aging. The heat of the mineral water will create perspiration, expansion of the skin pores, expel dirt, and receive minerals from the water into the skin. These hot springs have been divided into three areas: Father Pool (Bo Pho), Mother Pool (Bo Mae) and Child Pool (Bo Luk).

Besides this, the outer area has the Raksawarin Health Park that is spacious and connects the pipes that draw the heat from the mineral water to be distributed throughout the concrete floor that heats it naturally. Visitors can lie down to relax, ease fatigue, aches and pains in another way. The surrounding area of this park has shops selling various health products and souvenirs; e.g., mineral water spray, mineral soap, Ranong pearls, various accessories, etc. to select to buy to take home.





### *Mineral bath, Onsen eggs ... at the Porn Rang Hot Spring*

Looking for a place to relax in the warm morning to experience the nature, then this is the best place ... **“the Porn Rang Hot Spring”**, which originates from the hot water that seeps up from under the ground through the cracks of the granite rocks, volcanic, tuff and quartz rocks that is full of numerous minerals. It is located in Namtok Ngao National Park, which is surrounded by beautiful nature with clear watercourses. The average temperature of the water is 35–40 degrees Celsius and assists you to relax as well. The bonus from soaking in the hot water here that should not be missed is eating Porn Rang Hot Spring eggs, which are known as the king of Onsen eggs. The outstanding feature is the technique of boiling the eggs in the hot spring for about 16-18 hours. This makes the albumen become jelly, not runny, surrounded by the cooked yolk similar to a poached egg without any rancid odour that has a special taste, which is like nowhere else. The dish that should not be missed is Porn Rang Hot Spring eggs, Somtam Khai, and Yam Khai Tom. Also before returning home, do not forget to buy mineral soap that nourishes and moisturises the skin and salt scrub that is blended with cumin. This treats ... the skin to be fresh and radiant and is only sold at the Porn Rang Hot Spring as well as other products and souvenirs to take home.

### *Chao Ruean Spa, Ranong Hospital, a health centre that health lovers must visit*

The Chao Ruean Spa is a health centre located in the Ranong Hospital. It provides complete Thai medical services; e.g., Thai massage, health massage that emphasises on the muscles from the head to the toes. This will increase the blood circulation



and working of the nervous system. Massage, which helps to adjust the working conditions of the body's organs, will solve various anomalies; e.g., pain and swelling, or use aromatherapy, herbal compresses in which you can experience comfort all over the body, feel relaxed, and relieve muscular stress. There is also hydrotherapy that uses natural minerals at about 42 degrees Celsius to treat fatigue, bone diseases, and the body's metabolism to feel more energetic. Facial spas activate the face muscles and help to produce cells, reduce wrinkles, treat the skin to have moisture, and help to slowdown wrinkles. Another wellness menu that should not be missed and is distinctive of Chao Ruean Spa is the aromatic Chao Ruean essential oil massage to restore the balance of the body, adjust the conditions of the imbalance of the 4 elements that might result from stress, pain, diet, and age.

Besides this, there are other health relaxation services; e.g., foot spa, acupuncture, post-natal care, as well as a fitness centre, and it is possible to buy various health products from the sales centre including natural mineral water spray from the hot spring full of sulphate, magnesium, fluoride, sodium, potassium, and bicarbonate that will make you feel refreshed after every activity; ginger shampoo mixed with mineral water, Butterfly Pea shampoo mixed with mineral water, which will help treat hair to return to be attractive and shiny, and prevent hair from greying; as well as, liquid turmeric soap mixed with mineral water that comprises natural Curcumin and Vitamin E, which helps the anti-aging antioxidants prevent rashes from sensitive skin. This is known to cover everything that health lovers should not miss.

At Chao Ruean Spa, you can set aside the time to take care of your health from numerous menus within 1 day. The healthcare services from nature are provided for you to truly relax.



Besides the Chao Ruean Spa of the Ranong Hospital, there are spas and accommodation with tourist services that focus on health:

### *Relax in the hot springs, Tinidee Hotel*

If you want to fulfill your travel and relaxation to be perfect, then you must use the services at maximum chill accommodation with a view of the city and the comfortable atmosphere of the Tinidee Hotel, which is located not very far from the Raksawarin Hot Spring. Most important is every room has a hot tub with a Jacuzzi for you to enjoy in private. However, if this is still not enough, then in the area of the Hotel, there is a swimming pool and Jacuzzi near each other that has natural mineral water and can be used as well.

### *Siam Hot Spa*

If you love health, like spas, and have already arrived in Ranong, then you must come to Siam Hot Spa because this is a well-known hot mineral bath attraction and Thai traditional massage service of the province. Siam Hot Spa has numerous spa programmes for health to choose including foot massage, Thai traditional massage, aroma oil massage, and Thai traditional oil massage. Also the hot mineral water that is used for the hot spa and herbal steam come from the Bo Pho (Father Pool) at the Raksawarin Public Park. This comes from nature. There is a public and private Jacuzzi to select from.

## *The heavenly realm of the Andaman Sea*

Given the nature of the terrain that narrows and tapers, this has squeezed Ranong to be very compact. However, it was never impoverished; furthermore, it has resulted in various nature tourism attractions. From the east that is steep mountains to plains and island archipelagoes in the Andaman Sea in the west that have sandy beaches, clear sea, and countless large and small islands for travelling.

### *Try . . . to go to the island that will make you fall in love with Ranong*

It was difficult to travel to Ranong in the past that needed a lot of effort if you came to this island that became known as Ko Phayam. This is one of the closest presumptions, but the intact nature, white sandy beaches, clear indigo sea, especially at Ao Yai on the western side of the island that has a wide beach of more than 2 kilometres long, has made Ko Phayam outstanding and often talked about in the past 4-5 years as one of the best places to visit in the Thai sea. Travelling to Ko Phayam, you will





never be lonely because there are numerous activities to do including birdwatching, fishing, diving to see the coral, or watching the sunset that is well-known as well. If going into the interior of the island, there are trails for cycling to see the nature as well as experience the way of life of the local people. On both sides of the way, you will see rubber plantations, cashew nut trees that is an important economic crop of the province, and historic traces from World War 2 in which the Japanese army used this island to produce food for the Japanese army in Burma (Myanmar). Alternatively, relax your mind, pay homage to and see the ubosoth in the middle of the water at Wat Ko Phayam, which is the heart of the people of Ko Phayam. Come to eat seafood and numerous other dishes including visit the souvenir shop, noodles shop and Somtam and grilled chicken; e.g., Mae Kai Shop in the area on the route to Ao Yai, or Nuch Shop on the route to the port, or enjoy eating and seeing the view and taking photos as impressive memories of the nature of Ko Phayam at Lamai Resort, or eat and stay at the Blue Sky Resort that is known as the “Maldives of Thailand” and has beautiful scenery.

### *The Blue Sky Resort, the blue paradise of Ko Phayam*

Till today, very few people know about a resort that has the nickname of the “Maldives of Thailand” like the Blue Sky Resort. This has helped Ko Phayam become more widely known, in particular by tourists that yearn for peaceful luxury accommodation on an island of the Andaman Sea. The Blue Sky Resort is located adjacent to the estuary and surrounded by some forest. In the Resort, the rooms are decorated in elaborate warmth and are divided into 3 kinds: Forest View Suite, Seaview Deluxe, and Seaview Suite, which are suitable for tourists who want privacy with a good climate in the middle of the sea, relaxing by dipping their feet in the water from the front of their room. Who would not want happiness like this?

## *One enchanted day... with the charm of the Andaman Sea of Myanmar*

We would like to invite you to survey the great untouched beauty of the Andaman Sea of Myanmar with some places that have just opened their concessions at the beginning of this year for the Thai people to experience the indigo world located in Southern Myanmar. Start by travelling by speedboat that takes a little over an hour in which you can experience the sea breeze and heat in the middle of the indigo sea at Horse-shoe Island, dive and swim to see the large and small shoals of fish and clusters of coral under the Indian Ocean of Myanmar. Continue onto Cock's Comb Island that is shaped like a chicken's comb in which there is an emerald lake that is shaped like a heart when looking from above. It is the highlight and is easily known as the "Emerald Heart Island", a paradise for divers. There are also many other islands to search for; e.g., Bruer Island, Dunkin Island, and Auriol Island that are equally beautiful. Finally, visit the Grand Andaman Hotel on Thahtay Kyun Island to eat, play at the casino, or shop for duty-free goods before returning to Ranong at the end of the day.



## *Listen to the sound of the water falling down the cliff ... at Namtok Ngao*

Coming to Ranong if you do not pass Namtok Ngao, then you have got lost because the Namtok Ngao National Park has a waterfall of Ranong that is seen every time when entering the city. The stream that falls down the high cliff splatters onto the rocks below. It will have the greatest volume of water during November-April. If visiting the waterfall, you will find crabs under the rocks that lets you know that these are Panda Crab, a new species of waterfall crab in which the body and claws are white; the eye sockets and mouth are purple. This is the only place in the world where they are found including Dendrodium formosum, the provincial flower that blooms during October-December of each year.





## *Experience the agricultural ways at Kra Buri, a city decelerated by nature*

An entwined destination of accommodation that is like easily and slowly decelerated by nature at a place that connects the east and the west of the narrowest part of the Malay Peninsula or Kra Isthmus in Amphoe Kra Buri, the Thai-Myanmar border.

## *Pay homage to the King's signature of Cho Po Ro for auspiciousness before entering Ranong*

In the area between Ranong and Chumphon provinces, there is a place that whoever uses the route passing Amphoe Kra Buri must first visit before continuing on to pay homage to the stone tablet with the King's signature of Cho Po Ro that King Chulalongkorn the Great (Rama V) carved when he visited the area in 1890. At present, the surrounding landscape has been improved to be cleaner. It is possible to visit daily and pay homage for auspiciousness for free.

## *Gong Valley ... original roast coffee of the mountains*

The conversation about good coffee is likely to start with Gong Valley that is the original roast coffee of Kra Buri and a man called Gong who selected fresh red Arabica coffee seeds from the local people. He took them and roasted them gently in a pan little by little, so to have real Thai coffee of an international standard. This roasting technique uses cinnamon that is the provincial tree and has a unique fragrant aroma, which answers to the coffee. You can also drink floral tea coffee that has an aromatic sweet and gentle smell from nature without sugar. This will help to reduce sugar in the blood and cholesterol in the blood vessels that are the cause of hypertension, diabetes, heart disease, obesity, treat the liver, and heal external-internal wounds. Sip and feel refreshed, feel strong, and this place also has a homestay. Besides relaxing amidst the sounds of nature, the fragrant aroma of the hand roasted coffee beans will overwhelm you to stay. In addition to this, you can experiment and taste the coffee yourself. If addicted, then buy some products of Gong Coffee to take home as a souvenir.



## *The smell of the North ... in the South at the village of the I Mien people*

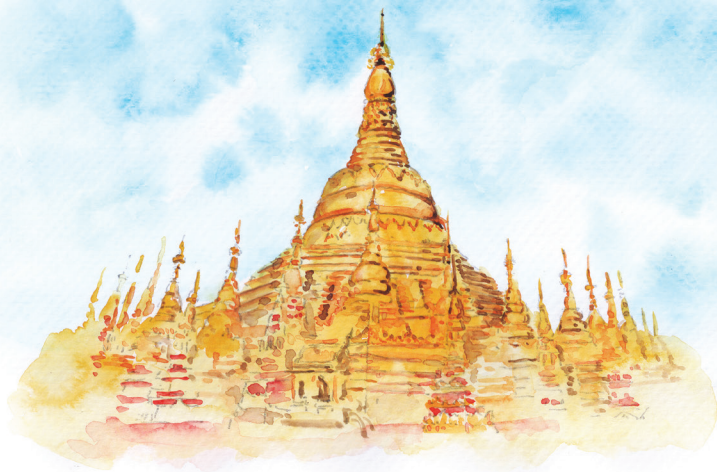
If you want to experience the way of life of the people of the North that has a civilisation and beliefs like the Mien people, then you must come to the village of the I Mien people. They migrated from Phayao province to settle in Ban Na Krang, Amphoe Kra Buri to make coffee plantations and fruit orchards. What you can experience is the simple lifestyle in harmony with nature. Later, the I Mien people joined in the community enterprise to process hand roasted coffee products with Gong Valley. They created a market by fixing the product prices by themselves till developing to become a tourist attraction and sustainable agro village, which is the source of real Arabica coffee beans before the processing of Gong Coffee.



### *Salapao Thap Li, a tasty legend of the reign of King Rama V the Great*

If visiting Tambon Mamu in Amphoe Kra Buri, the Salapao Ban Thap Li Shop is the main place that whoever passes must stop and taste. Otherwise, you will unfortunately miss out on something good because here is the source of soft, aromatic Salapao and the legendary full-flavoured tasty Khanom Chip. This has been operating since the reign of King Rama V the Great. There is a story that the King mentioned about the Salapao of Muban Thap Li when he visited the South, which has made the Salapao become well-known among foodies for a long time.





Besides this, in Amphoe Kra Buri, there are tourist attractions for you to capture shots and enjoy more rather than less; e.g., see the view in the area of the Kra Isthmus, the narrowest part of the Malay Peninsula; see the view of the Thai border of the Andaman coast at the Kra Buri Pier, Tambon Nam Chuet that is only 2 kilometres from the border in which you can clearly see Myanmar; pay homage to the Buddha image and sacred objects in the area of Tham Phra Khayang, an old legend of the establishment of Kra Buri, or pay homage to the sacred objects and ask for a blessing at Wat Chantharam or Wat Nam Chuet, which has been established to honour and to be a memorial to Luangpho Chan, a monk from Myanmar, a strict devotee with high compassion. When he was Governor of Kra Buri, Phraya Ratsadanupradit Mahitsaraphakdi (Kho Simbi Na Ranong) had a lot of belief and faith and invited the monk to establish this temple at Tambon Nam Chuet, Amphoe Kra Buri. Inside the temple, there is a Buddhist Learning Centre, stone inscription of the Supreme Patriarch, Vessantara, and what should not be missed is paying homage to the Phra Phuttha Suwan Chedi at Wat Suwan Khiri or Wat Pak Chan, Tambon Pak Chan that is a temple with a mixture of exquisite Thai and Burmese art. This Burmese art is in the style of the Shwedagon Pagoda that enshrines 2,999 jade Buddha images. For cuisine, you can enjoy tasty food in a great atmosphere at restaurants by the canal in the heart of the district, or if you want a view of Myanmar as well as various dishes, then you can visit the restaurants at the pier. There are impressive activities waiting for you to experience in this charming land of Kra Buri. Besides the enchantment of Amphoe Kra Buri, you can enjoy the nature integrated with the sustainable agriculture of the natural gifts at another fascinating place not far from Amphoe Mueang, which is Ban Rai I Arun, Amphoe Kapoe.

## *Love the warm embrace at Ban Rai I Arun*

This is the combined effort of a sufficiency architect like Mr. Best Viroj Chimme, who returned to his place of birth with his family. It is a farm stay that is under the embrace of nature and called Ban Rai I Arun that is well-known by tourists who love the slow way of life. Ban Rai I Arun has opened opportunities for people to stay or visit to learn how to live with nature, plant and collect vegetables and fruit that are used to make local food like a neighbour that makes themselves. It is a fun activity that creates happiness for quite a lot of visitors, and there are activities of cycling along the nature trail that can create a new inspiration to constantly arise. As a result, Ban Rai I Arun wants people to visit and be impressed with the natural way in which it only has a few bungalows, so it is suggested that you book in advance each time and you will not miss out on the activities waiting for you.



## *See the charm of the heart of Ranong*

Besides beautiful nature, Ranong has many interesting tourist attractions. There is history to learn about and ancient sites that conceal the beliefs of the past to remember. Ranong is on the edge of 2 countries and has a charm that is fascinating and incessantly invites you.

## *See the memorial of the palace of 3 monarchs*

Rattana Rangsang Palace in the past was the residence in Ranong province of 3 Thai monarchs: King Rama V the Great, Rama VI, and Rama VII. Presently, it is a memorial replica as it was demolished to build a new City Hall. The outstanding building is completely made of gold teak wood and gold *Hopea odorata* wood. The evening is when it is the most beautiful because the light will illuminate the front of the palace quite well.



## *Request for a blessing at Ho Phra Kao Kechi*

Not far from Rattanakosin Palace is the location of Ho Phra Kao Kechi, a popular place that tourists and the people of Ranong will request for a blessing. Ho Phra Kao Kechi was built in 1982, which was the 200<sup>th</sup> anniversary of the founding of Rattanakosin. It is the place of famous Buddhist masters and is highly respected by the people of the South; e.g., Luangpho Chan, Luangpho Ruen, Luangpho Thuat, Luangpho Nui, Luangpho Bieo, Luangpho Tio, Luangpho Loi, Luangpho Noi, and Luangpho Bun.



## *Return to the past at ... Wat Suwan Khiri Wihan*

Wat Suwan Khiri Wihan or as the people of Ranong call it Wat Na Mueang was the first temple built in Ranong province. Inside the temple is enshrined Chedi Datu built by a Burmese astrologer who had faith and belief in Buddhism. At present, his descendants and Burmese and Thai Buddhists help to maintain and take care of the chedi to always remain attractive.



## *See the first sunrise of the day or the sunset at the highest lighthouse in Thailand*

The lighthouse in honour of His Majesty the King's 80<sup>th</sup> Birthday on December 5, 2007, is located in the area of the Customs Pier, Ban Na Hong. It is a place to see the most beautiful view of the first sunrise of the day or the sunset. This octagonal-shaped lighthouse has 9 floors and is 50 metres high, so it is known as the highest lighthouse in Thailand. At the top, you can see a 360-degree panorama. To the front is the Myanmar border and below is the beautiful Kra Buri River.





## *Shopping for souvenirs from Myanmar at the Mong Market*

The souvenir market from Myanmar that comes across to sell in Thailand has the unique feature of the vendors. The females are mostly Myanmar people, have money, consumer goods, fresh seafood, dried products, spices, condiments at reasonable prices that are comfortable on the pocket. Do not forget to try the Myanmar snacks including nuts mixed in tea leaves, or if you want to try some food that the people of Myanmar eat, then try Myanmar Fried Rice or a hot dish like Mu Chum Myanmar, which we guarantee you will like.

Besides this, there are other activities; e.g., riding to the city in a wooden Songthaew that is unique to Ranong. The whole vehicle is made of real wood by local artisans. Each vehicle is decades old and there are no doors between the driver and the passengers. It is an example of having an experience that is not easy.



## *Health products ... made from natural assets*

Ranong is full of natural resources including mangrove forest that is the habitat of marine creatures. It also has natural hot springs that are full of minerals that are used to make health products that are all first-class quality.

## *Shrimp paste powder from Kapoe that is the first iodine supplement of Thailand*

If you want good shrimp paste, then it has to be from Ranong, which is a statement that may not be true. As Ranong is a province located on the Andaman, it has natural marine resources, unspoiled mangrove forest in which UNESCO announced it to be one of the biosphere reserves of the world, which is the habitat of Krill that is caught to make shrimp paste. It has good quality shrimp paste so to add value to the paste and expand the market to other consumers who cannot conveniently buy and store it. Thus, a group of farmers initiated a strange new concept by producing shrimp paste powder to sell under the leadership of Mr. Wisut Sutthidet, the founder of the Ao Khoei Farmers' Housewives Group at Amphoe Kapoe. This is the first of its kind in Thailand and named Lae Lay Nong. The powder has a mixture of 90% of shrimp flesh and 10% salt and is processed to be an iodine supplement. It does not use preservatives and can be stored to be used for more than 2 years. Interested persons, who want to learn the tips of the manufacturing process of both the bottled and authentic powder, can visit the Ao Khoei Farmers' Housewives Group, the only place in Thailand.





### *Onsen eggs, a real product of Ranong*

Onsen eggs have originated from the natural hot springs, which are a naturally good product of Ranong province. Onsen eggs are full of minerals and iodine that is an important benefit for the body. They are a community product that are meticulously produced by the Bang Khun Phaeng Women's Group, Amphoe La-un and have received support from the government as a standard quality product.

### *Mangosteen peel soap*

Another product from mineral water is a natural soap that uses the water from the hot springs mixed with a local herb, which is mangosteen peel. This cleans the body and skin, and there is research showing it supports antioxidant treatment and deals with anti-aging. It has anti-bacterial and antifungal properties that deal with skin diseases and acne. It is sold at the OTOP Centre, Tambon Hat Som Paen.

### *Cashew nuts*

The provincial slogan states that cashew nuts are another good item that is a showpiece, which the people of Ranong are proud. Cashew nuts have various health properties including creating flexible joints, reducing migraine, and have a lot of manganese that assists the blood circulation. Cashew nuts in butter from Ban Ko Chang is one of the quality products that is renowned and can be bought from the Ranong OTOP Centre.

### *Genuine pearls of Ranong*

A pearl is a gem that is another symbol mentioned in the provincial slogan and is considered as the only gem that originates from a living thing. A pearl is not only a beauty accessory, but also promotes beliefs. It is the gem of the element of water that is a symbol of a woman, and is believed that the pearl has the power to reduce fever or diseases that arise from heat. It has medicinal properties for combatting aphthous ulcers and can treat asthma, phlegm, kidney disease, and respiratory irregularities. The pearl of Ranong province is regarded as the beauty of water with an ivory colour. It is admired worldwide in which Ranong province has various Andaman pearl retail and wholesale sales centres; e.g., the Ranong Pearl Group, Ranong Pearl Shop, and Raksawarin Pearl Shop. Besides these, there are various outstanding unique products that you should consider to buy to eat, use, or be a souvenir; e.g., Khanom Chip Sangkhaya that is well-known, compressed herbal wax, Neungthip Fish Sauce, Pla Sai Mai with herbs, Khanom Tao So, dried shrimp, etc.



## *Deliciousness ... with quality food*



Coming to Ranong you do not have to be afraid of starving because it is a province that is full of food including fresh seafood direct from the fishermen's boats, as well as old local restaurants and local dishes with strange names that you can only enjoy in Ranong.

## *Enjoy tasty local cuisine ... from the heart of the city to seeing the view of 2 countries at the Ranong Rivermouth*



At this Southern attraction, you must try the local cuisine to increase your experience, especially Yao Ye, or Phra Ram Long Song, a local dish only found in Ranong province. with its great taste can be found at Hotel and is served as a vegetarian dish. The main ingredients consist of scalding Morning Glory, hot corn, fried corn, tofu, egg, and roast peanuts mixed with black sesame sauce. It has a sour and slightly salty flavour with its great taste can be found at the Farmhouse Restaurant, a small warm farm in which this hotel has originated from the love of conducting a poultry farm by the Mahaphanthip Family. The chicken eggs that are used in the food here come from their own farm that is run naturally. In the Restaurant, there is a buffet, breakfast, and a la carte menu. All dishes guarantee the deliciousness with daily freshness.

Another dish that you should try when coming to Ranong is Yam Kung Koi, an outstanding dish especially of the Kiang Le Restaurant at the Ranong Rivermouth. This uses fresh first-class ingredients that have a lot of nutrition and calcium value. It is fried till crispy yellow and served with delicious mango salad or other tasty menus; e.g., Kiang Le Salad that uses various kinds of fruit, Seafood Salad mixed with salad dressing arranged elaborately in the bowl with fried taro, Stir-fried Shark in which the taste of the flesh is outstanding, and Pla Kapong Kaeng Lueang with Fresh Chili. If you want to eat alluring seafood, then we recommend Andaman Lobster in Butter with a tasty sauce from Somyot Pak Nam Seafood, which we guarantee you will enjoy. Besides this, there are some restaurants in the city centre, which await you to experience their various tastes:



## *Khun Lin*

Is ancient local food that is hard to find, but can be eaten at the Khun Lin Restaurant. Apart from the menus of Pla Lum Phuk Lui Suan or other excellent dishes like Kaeng Som Kai Pla or Pla Rio Sio, the selection of quality ingredients used is fresh and clean. Each dish of this restaurant is very delicious that you will repeatedly come back for more until you are familiar with the name.

## *Tod Long Tao (Rong Kluang)*

Is another great restaurant of Ranong in which you must remove your shoes before entering. It is located in the area near the Governor's Residence. Whoever comes to eat here, we would recommend Kaeng Som Pla, Kung Sot Makham, Kung Mae Nam, and Kung Phat Kapi Sato in which each dish has an outstanding taste that is incomparable.

## *Ranong O Cha*

Start a hearty breakfast by sipping fragrant tea at Ranong O Cha, which is located in the area of Saphan Pla Soi 7. Recommendations include drinking tea, eating Salapao, Khai Krata, Khai Muan, Khao Op Nam Liap, and Chok Mu. It is another shop full of people and do not be late because you will regret missing out on the wonderful tastes.



## *Roti Nisara Shop*

Is well-known roti in the heart of the city located in the area of the Ban Ngao Fresh Food Market, Prachaphithak Road. The recipe has been inherited from India that is fried over a moderate flame. This makes the roti become crispy outside and soft on the inside. Eat together with Chicken or Beef Curry, or with condensed milk, which is very delicious and irresistible. Besides this, there is also Roti Pizza, Roti Mataba, Khaek Kai Thot Salad waiting for you to try as a not-to-miss breakfast in the heart of Ranong city.

## Getting There

- Nok Air has direct flights from Don Mueang International Airport - Ranong.  
Call Center 1318 www.nokair.com
- Bangkok Bus Terminal (Southern)  
Tel. +66 2894 6122

## Recommended Tourist Routes

### Route 1 (2 days 1 night) Ranong ... see the diamonds of nature

#### Day 1

- 08.00 - 09.30 Hrs. Breakfast at the 'Ranong O Cha'
- 10.00 - 11.00 Hrs. 'Rattana Rangsan Palace' (replica) /  
'Ho Phra Kechi' / 'Wat Suwan Khiri Wihan'.
- 12.00 - 13.00 Hrs. Lunch at 'Farmhouse' Restaurant.
- 13.30 - 16.30 Hrs. See the natural way of life at 'Ko Phayam'
- 17.00 - 18.30 Hrs. See the sunset at 'Ao Yai', Ko Phayam
- 19.00 - 20.00 Hrs. Check-in to 'The Blue Sky Resort' @  
Ko Phayam

#### Day 2

- 07.00 - 08.00 Hrs. Breakfast at the Resort.
- 08.30 - 09.30 Hrs. See the way of life of the people  
on Ko Phayam / pay homage at  
the ubosoth on the water.
- 11.00 - 11.30 Hrs. See the view at 'His Majesty the  
King's 80<sup>th</sup> Birthday Anniversary Lighthouse'.
- 12.00 - 13.00 Hrs. Lunch at 'Somyot Seafood', Pak Nam.
- 13.30 - 14.30 Hrs. 'Namtok Ngao'.
- 15.00 - 17.00 Hrs. 'Chao Ruean Spa'.

### Route 2 (2 days 1 night) Relax to experience the rich local life

#### Day 1

- 08.00 - 09.30 Hrs. Bathe in the 'Porn Ran'g' and tates  
Onsen eggs.
- 10.00 - 11.30 Hrs. 'Rattana Rangsan Palace' (replica) /  
'Ho Phra Kechi' / 'Wat Suwan Khiri Wihan'  
/ 'Mong Market'.
- 12.00 - 14.00 Hrs. Lunch at 'Farmhouse' Restaurant.
- 15.00 - 15.30 Hrs. See the view at 'His Majesty the  
King's 80<sup>th</sup> Birthday Anniversary Lighthouse'.
- 16.00 - 17.00 Hrs. 'Raksawarin Hot Spring'.
- 17.30 - 18.30 Hrs. Dinner at 'Kiang Le' Restaurant.
- 19.00 Hrs. Check-in to the 'Tinidee Hotel @ Ranong'.

#### Day 2

- 08.00 - 09.00 Hrs. Breakfast at the hotel.
- 10.00 - 12.00 Hrs. See the way of sustainable agriculture  
and have lunch at 'Gong Valley'.
- 12.30 - 13.30 Hrs. Learn about the way of life of the Mien  
people at 'Muban I Mien'.
- 15.00 - 17.00 Hrs. 'Chao Ruean Spa'.

### Route 3 (2 days 1 night) Healthy tastes of Ranong

#### Day 1

- 08.00 - 09.30 Hrs. 'Ban Rai I Arun'.
- 10.00 - 11.00 Hrs. See the Ao Khoei Farmers'Housewives  
Group (Shrimp paste), Amphoe Kapoe.
- 12.00 - 13.00 Hrs. Lunch at the 'Ranong O Cha'
- 13.30 - 14.30 Hrs. 'Rattana Rangsan Palace' (replica) /  
'Ho Phra Kechi' / 'Wat Suwan Khiri Wihan'.
- 15.00 - 17.00 Hrs. Relax at 'Raksawarin Hot Spring' / 'Siam Hot Spa'.
- 17.30 - 18.00 Hrs. See the view at 'His Majesty the King's  
80<sup>th</sup> Birthday Anniversary Lighthouse'.
- 18.30 - 19.30 Hrs. Dinner at 'Kiang Le' Restaurant.
- 20.00 Hrs. Check-in to the 'Tinidee Hotel @ Ranong'.

#### Day 2

- 07.00 - 08.00 Hrs. Bathe in mineral water.
- 09.30 - 12.00 Hrs. See the 'Gong Valley' and have lunch.
- 12.30 - 13.30 Hrs. Learn about the way of life of the Mien  
people at 'Muban I Mien'.
- 14.00 - 15.30 Hrs. Pay homage to the Phra Phuttha Suwan Chedi  
at 'Wat Suwan Khiri' and taste Salapao at  
'Ban Thapli'
- 16.30 - 17.00 Hrs. See the view at 'Phu Khao Ya'.

### For more information:

#### • Tourism Authority of Thailand (Chumphon Office)

<http://www.tourismthailand.org/chumphon>

E-mail : [tatchumphon@tat.or.th](mailto:tatchumphon@tat.or.th)

โทร. +66 7750 1831 2 , +66 7750 2775 6

### Health / Spa Attractions

#### • Chao Ruean Spa, Ranong Hospital

Permpthon Road, Tambon Khao Niwet, Amphoe Mueang, Ranong province [www.rng.go.th](http://www.rng.go.th)

Tel. +66 7781 2524 , +66 7781 2630 ext. 4061

#### • Siam Hot Spa

[www.siamhotsparanong.com](http://www.siamhotsparanong.com) Tel. +66 7781 3551 4

#### • Pornrang Hot Spring (Namtok Ngao National Park)

Mu 3, Tambon Ngao, Amphoe Mueang, Ranong province.

Tel. +66 7786 2103 , +668 4898 9522

Facebook : บ่อน้ำร้อนพรรั้ง

### Food and Beverage

#### • Kiang Le Restaurant

Tel. +668 6304 2628

#### • Somyot Pak Nam Seafood

99 Mu 5, Tambon Pak Nam, Amphoe Mueang, Ranong province

Tel. +66 7781 0965 , +668 3647 2357

#### • Farmhouse Restaurant

311/11 Reuang Ratsadon Road, Tambon Khao Niwet,

Amphoe Mueang, Ranong province

[www.farmhouseranong.com](http://www.farmhouseranong.com) Tel. +669 4424 2459

#### • Roti Nisara

Ban Ngao Fresh Food Market, Prachaphithak Road,

Amphoe Mueang, Ranong province

[www.facebook.com/rotrinissara](http://www.facebook.com/rotrinissara) Tel. +668 6574 4324

#### • Mae Kai Shop

Ko Phayam Tel. +669 7984 7019

#### • Kun Lin

1/17 Chon La-u Road, Tambon Khao Niwet, Amphoe Mueang,

Ranong province [www.facebook.com/kunlinrestaurant](http://www.facebook.com/kunlinrestaurant)

Tel. +66 7782 2863 , +66 7788 0286

#### • Rim Klong

11/1 Mu 2, Tambon Nam Chuet, Amphoe Kra Buri

Tel. +66 7789 1113 , +668 6739 7696

#### • Ranong O Cha

27/61 Mu 4, Saphan Pla Road, Tambon Bang Rin,

Amphoe Mueang, Ranong province

Tel. +668 5069 1038 , +66 7782 2101 , +668 8167 4164

#### • Tod Long Tao (Rong Kluang)

12/3 Kit Pha Dung Road, Tambon Khao Niwet,

Amphoe Mueang, Ranong province

Tel +66 7782 2964

### Resorts and Accommodation

#### • Tinidee @ Ranong

41/144 Tha Mueang Road, Tambon Khao Niwet,

Amphoe Mueang, Ranong province [www.tinideeranong.com](http://www.tinideeranong.com)

E-mail : [hotel@tinidee-ranong.com](mailto:hotel@tinidee-ranong.com) Tel. +66 7782 6003 6

#### • Ban Rai I Arun

21 Mu 7, Tambon Kapoe, Amphoe Kapoe, Ranong province

Tel. +669 6938 2981 Facebook : บ้านไร่ไอรูม Bann rai i arun

#### • The Blue Sky Resort @ Ko Phayam

[www.theblueskyresort.com/payam](http://www.theblueskyresort.com/payam)

E-mail : [sales@theblueskyresort.com](mailto:sales@theblueskyresort.com)

Tel. +668 0011 8260 , +668 1894 7717 , +668 2457 7801

#### • Farmhouse Hotel

311/11 Reuang Ratsadon Road, Tambon Khao Niwet,

Amphoe Mueang, Ranong province [www.farmhouseranong.com](http://www.farmhouseranong.com)

Tel. +66 7783 2707 , +668 7278 4224

#### • Lamai Resort

36/9 Mu 1, Ao Kwangpeep, Ko Phayam

Tel. +666 2068 4370 , +668 3388 6338

### Attractions/Community Products

#### • Salapao Thap Li

28/1 Tambon Mamu, Amphoe Kra Buri, Ranong province

Che Huan : Tel. +66 7784 6209

#### • Shrimp paste powder

Mr. Wisut Sutthidit, Ao Khoei Farmers' Housewives Group

5/2 Mu 4, Tambon Muang Kluang, Amphoe Kapoe,

Ranong province Tel. +668 1788 7096

or contact the Office for Agriculture and Cooperatives

Ranong Tel +66 7781 1091

#### • Onsen eggs (Bang Khun Phaeng Women's Group)

69 Mu 2, Tambon Bang Phra Nuea, Amphoe La-un,

Ranong province

Tel. +668 9475 0214

#### • Gong Valley

62/1 Mu 8, Muban Bok Krai, Amphoe Kra Buri, Ranong province

[www.gongvalley.weebly.com](http://www.gongvalley.weebly.com)

Tel. +668 7268 1285 Facebook: gong coffee

#### • Mangosteen peel soap

Hat Som Paen OTOP Centre

Tel. +668 1080 1361 , +669 8013 9729

#### • Ranong OTOP Centre

[www.thaitambon/provine/ระนอง](http://www.thaitambon/provine/ระนอง)

Tel. +668 9469 7031

#### • Ranong Customs House

90/221 Chaloe M Phra Kiat Road, Tambon Pak Nam,

Amphoe Mueang, Ranong province

Tel. +66 7782 4872

#### • RanongPearl

62/51 Bang Rin Road, Amphoe Mueang, Ranong province

[www.facebook.com/ranongpearl](http://www.facebook.com/ranongpearl)

Tel. +66 7782 1808 , +668 3077 9529

Service Promotion Division

Tourism Product Promotion Department

Tourism Authority of Thailand

1600 New Phetchaburi Road, Makkasan,

Ratchathewi, Bangkok 10400 Thailand

Tel. +66 2250 5500

Call Center 1672

[www.tourismthailand.org](http://www.tourismthailand.org)





# Ranong

1. Ao Khoci Farmer's Housewives Group
2. Ban Rai / Arun
3. Phu Khao Ya
4. Namtok Ngao National Park
5. Porn Rang Hot Spring
6. Raksawarin Hot Spring
7. Tinidee Hotel @ Ranong
8. Kiang Le Restaurant
9. Somyot Seafood, Pak Nam
10. His Majesty the King's 90<sup>th</sup> Birthday Anniversary Lighthouse
11. Ranong O Cha Restaurant
12. Farmhouse Hotel + Restaurant
13. Rattana Rangsan Palace (replica) / Ho Phra Keehi / Wat Suwan Khiri Wihan
14. Chao Rucan Spa
15. Ko Phayam
16. Gong Valley
17. Kra Isthmus
18. Ban Thap Li
19. Wat Suwan Khiri (Wat Pak Chan)
20. Ranong Airport

\*It takes 1 hour from the boat pier to Ko Phayam



amazing  
**THAILAND**

[www.tourismthailand.org](http://www.tourismthailand.org)