

thailand

Travel Guide for Women

TOP THINGS FOR WOMEN TO INDULGE IN THAILAND

Beach Summers / Art & Culture / Shopping / Wellness / Food & Drink / Festivals / Museums & Parks
Nightlife / History & Adventure / Thai Arts & Culture / Travel & Transport







sawasdee ka

Welcome to Thailand, the "Land of Smiles" and so much more! Asia's most exciting hot spot is the perfect destination for women seeking the experience of a lifetime with boutique accommodation, a thriving culinary scene, the world's greatest offering of spa treatments, amazing shopping, thrilling adventures, serene landscapes and electrifying nightlife.

This Thailand travel guide is designed to provide women with up-to-date advice on the best way to experience chic restaurants in Bangkok, luxury pool villas on Ko Samui, bars with breathtaking views in Phuket, adventurous trekking trips in Chiang Mai, spa treatments that will revitalise your entire face and body, rooftop lounges ideal for cuddling with someone special, and festivals that demonstrate the vibrant spirit of Thailand.

No other place on Earth offers such an enticing mix of modern amenities in such an exotic, spiritual and sensual setting. With stunning, ornate Thai temples alongside modern skyscrapers, perfect island beaches dotted with iconic Thai architecture, it's no wonder that Thailand is a dream destination for women the world over.

Our guide provides the best tips and inside information to make your holiday fun, easy and unforgettable.

Are you ready for the adventure of a lifetime? Pack and go travel!





welcome to
thailand

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01

Beauty Treatment

For ladies visiting Thailand over the weekend, or even longer, there is more to Bangkok than just shopping and dining. World-class beauty treatments are readily available. Thailand offers abundant choices for beauty treatments to indulge in; such as, hand and nail spas, body

scrubs, vitamin injection therapy and cosmetic surgeries. Some treatments can be done in a short period during a quick stay, while those spending more time in Thailand may want to indulge in a combination of therapies. Imagine coming back from a trip to Thailand and surprising your friends with a fresh, new look!





Take Care Beauty - Bangkok

A leading beauty studio with branches throughout Bangkok, Take Care Beauty specialises in eyelash treatments. Extend and prolong lashes or curl and colour them into your preferred style. Take Care also offers premium nail care services. Most of its branches are situated downtown. Check the website for locations near you.



Tel. +66 2254 4780, +66 2251 1411
www.takecarebeauty.com



Novalash Signature Studio - Bangkok

Novalash is Thailand's first beauty studio to provide the semi-permanent eyelash extensions, a technique much adored by Hollywood celebrities. Novalash offers more than 10 types of eyelash services provided by expert staff to ensure your satisfaction. The Emporium, Central Chidlom, Siam Paragon locations.



Tel. +66 9 4918 3929, +66 9 2461 6139
www.novalashsignaturestudiothailand.in.th





BareHare Eyebrow & Wax Salon - *Bangkok*

Eyebrows are important in perfecting a look. Let BareHare, the eyebrow experts, take good care of them with its 3D, 4D and 6D eyebrow tattoo. They also provide a bespoke eyebrow design service for any special preferences you may have.



Tel. +66 8 1100 7971
www.facebook.com/BareHare



Leanne's Perfecting Eyebrows - *Bangkok*

At Leanne's your eyebrows will be treated with care utilising an exclusive powdery stroke technique, aka fulfilment stroke, which features a micro-pigment colouring using colours made of natural ingredients as to not irritate your skin. Highly skilled therapists carefully choose a brow colour to match your skin tone.

✦ Tel. +66 2160 5780, +66 2160 5781,
 +66 8 6383 9603
www.leannes.com

La Sista Nail - *Bangkok*

La Sista Nail is a true wonderland for admirers of nail art. With an incredible list of nail treatments from available patterns to customised screens, plus more than 100 polishing colours to choose from, La Sista is the place to give your nails the attention they deserve.



Tel. +66 2108 2738
www.facebook.com/LaSistaNail



Hive Salon Bangkok -

Bangkok

The preferred hair salon among Thai superstars, Hive Salon's claim to fame isn't just the baby faced owner or the cutting edge hairstyles, but also its signature hair colouring technique, which combines complicated colour gradation that results in perfect colour that glows differently indoors.

✦ Tel. +66 2652 0956,
+66 9 1659 1542
www.hive-salon.com



20 Nail Studio - Bangkok

Bangkok's renowned professional nail salon boasts a client list packed with top local celebrities thanks to its unparalleled service. Treatments utilising acrylic nails, paraffin hand treatment and nail polishing, are administered by highly skilled therapists using high-end hand and nail products. With a great location in a luxury shopping centre, there are plenty of choices for shopping, dining and dining.

✦ Tel. +66 2160 5618
www.20nailstudio.com



The Waxing Bar - *Bangkok*

As its name suggests, The Waxing Bar is the waxing experts. Eyebrow, face, arms, legs and sensitive spots, The Waxing Bar's professional staff will help you to tidy up unwanted hair using high quality wax available in various flavours available; such as, chocolate, vanilla, strawberry and coconut.

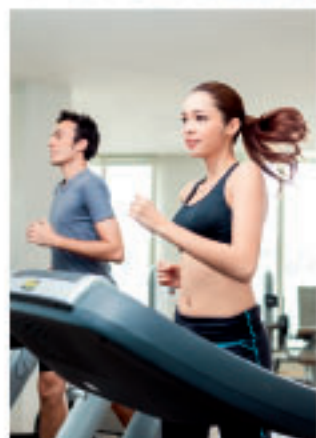
✦ Tel +66 2204 2800
www.facebook.com/thewaxingbar



Holistic Medical Centre - *Bangkok*

This premier medical centre offers a variety of integrated medical and wellness treatments. Following a blood and cell analysis and a consultation with a doctor to evaluate your condition, you will be offered personalised solutions to revitalise your wellbeing. Treatments include detoxification, vitamin injection, and anti-aging techniques.

✦ Tel +66 2640 8090
www.holistic-medical.com



Tria - *Bangkok*

Tria is an award-winning wellness centre with a complete range of medical and wellbeing programmes for addressing health issues and concerns. Tria focuses on total rehabilitation through three core approaches: mind, body and cellular. Tria's highly-trained staff utilise the most advanced technology to achieve their goals for each patient.

✦ Tel +66 2660 2620
www.triawellness.com





Panacee Medical Center - Bangkok

This award-winning medical centre is a collaborative partnership between leading medical centres in Thailand and Germany committed to providing integrated medical treatment for lifetime wellness, involving medical check-ups and treatments, cell therapy, detoxification, food supplements and vitamins. All treatments and prescriptions are carried out by medical doctors and physicians to ensure safe and excellent results.



Tel. +66 8 0153 9000
www.panacee.com



Dermaster - Bangkok

Tucked behind a discreet, white building on Ekamai Road are the spacious luxury treatment facilities of this world-class beauty centre. Dermaster provides a wide variety of beauty and wellness services; such as, skin treatments, cosmetic surgeries and hair transplant treatments with the highest level of medical technology and utmost privacy.



Tel. +66 2714 4471
www.dermaster-thailand.com

Apex Profound Beauty - Bangkok

A widely-known beauty centre with branches throughout Thailand, Apex Profound Beauty always stands at the forefront of the Thai beauty scene, thanks to its technological innovations in beauty treatments like Ulthera, Thermage, Zeltiq [cool sculpting] and botox. Apex Profound Beauty has garnered praise as Southeast Asia's best salon for many years.



Tel. +66 8 0500 0123
www.apexprofoundbeauty.com





Coquette Beauty Nail Salon - Chiang Mai

This well-known nail salon in Chiang Mai offers a wide range of treatments and services for hands and nails, from nail polishing, colouring, painting as well as treatments designed for softening hands.



Tel +66 5389 4118, +66 8 9191 9740
www.coquette-nailspa.com



Jimmy Wong Tattoo Studio - Bangkok

One of the most famous tattoo studios in Thailand for the last 40 years, Jimmy Wong Tattoo Studio is now run by the second generation, Jukkoo Wong, who has been successfully keeping up his father's legacy. His list of clients includes Kate Moss, Beyonce, Tata Young, Park Yoochun as well as top Thai models and celebrities.



Tel +66 9 2569 1914
www.tattoo.jimmywong.com





02

Spa & Wellness



No trip to Thailand would be complete without a chance to indulge in world-class spa treatments. Thailand is the ultimate destination for those seeking a transcendent relaxation experience in a wide variety of stunning settings. This has an incredibly rich history of incorporating ancient Ayurvedic and wellness philosophies into daily life. Add in world

renowned hospitality and exotic natural ingredients and the result is a truly divine spa experience. Whether you seek relaxation, rejuvenation or to rehabilitation, from Chiang Mai to Phuket, from Khao Yai to Ko Samui, Thailand boasts an amazing array of spa choices. Whatever your preference, you will find exactly what your heart desires during your dream holiday in Thailand.



The Peninsula Spa -

Bangkok

A perfect combination of a trusted luxury brand, a spectacular location by the Chao Phraya River, enticing design, five-star treatments and highly-skilled therapists—with such an extraordinary level of luxury, it's no surprise one of the best spas in Thailand has earned a number of awards from around the world.

✦ Tel. +66 2020 2888
www.bangkok.peninsula.com



Elemis Spa - *Bangkok*

The St. Regis Bangkok is also home to the Bangkok branch of the world's leading spa brand, The Elemis Spa. Elemis Spa Bangkok showcases its opulence through an elegant interior design and various treatments aimed to relax and rejuvenate beyond expectations. One of the few spas in Bangkok to offer a maternity treatment course, be sure to try the hydrotherapy plunge pool.

✦ Tel. +66 2207 7779
www.elemispabangkok.com



Opium Spa - *Bangkok*

Located at the Siam Hotel, the Opium Spa's black colour scheme, understated lighting and captivating detailed design is chic and modern. In addition to massage and spa treatments, they also offer bespoke Sak Yant (Thai tattooing) ceremony by an authorised master. The Turkish Bath chamber is a must-try.

✦ Tel. +66 2206 6999
www.thesiamhotel.com



Divana Spa - *Bangkok*

Divana is a legendary, high-end spa with five branches in Bangkok. The Sathon location is truly impressive. Located in a vintage home—beautiful, charming, elegant, quiet, private—an ideal spa setting. Divana offers a number of treatment programmes inspired by ancient Ayurvedic wisdom, administered by modern medical consultants.

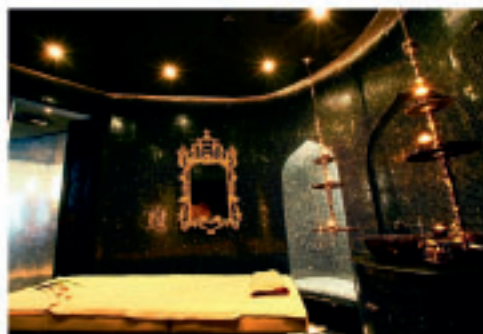


✦
 Tel. +66 2236 6788-9
www.divanaspa.com

Panpuri Organic Spa - *Bangkok*

This spa by a luxury Thai spa product brand is located in an extravagant mall right in the heart of Bangkok. Two elite treatment rooms are encapsulated in a lavish black and gold theme, eliciting a sophisticated yet mysterious ambience. All treatments are centred around its luxury organic spa products.

✦ Tel. +66 2656 1199
www.panpuriorganicspa.com





Hatthatarata - Samut Songkhram

Amphawa is one of the best-known floating markets in Thailand. For generations this historic canal community has preserved their traditional methods of farming and trading produce. A truly unique experience now available in Amphawa is a massage cruise provided by Hatthatarata. Imagine having a foot massage while cruising along the canal, enjoying a view of rural Thai life amid lush gardens—extraordinary!

✦ Tel. +66 8 9672 0205
www.facebook.com/hatthatararesort

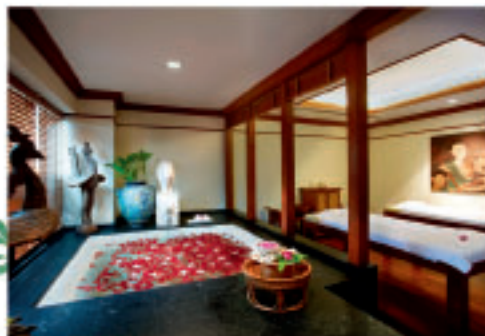


The Dheva Spa and Wellness Centre- Chiang Mai

The most luxurious spa in Chiang Mai is secluded in the complex of the Dhara Dhevi Resort Chiang Mai, housed in a 3,100 square metre sanctuary that resembles the Burmese religious architecture in Mandalay, Myanmar. The Dheva Spa provides a complete spa experience, from treatments based on ancient Ayurvedic philosophy to a variety of wellness programmes.



Tel. +66 5388 8888
www.dharadhevi.com



Royal Garden Spa - Pattaya

This wellness sanctuary is nestled under the leafy canopy of a lush garden at the Marriott Hotel in the heart of Pattaya City. From the masterminds behind the successful Anantara and Mandara spas around the world, Royal Garden Spa aims to deliver Thai-inspired treatments at a world-class standard.

✦ Tel. +66 3841 2120
www.Marriott.com/PYXMC





Tuscan Senses Spa

- *Khao Yai*

Housed in Tuscan architecture amid the cool winds of Khao Yai, Tuscan Senses Spa aims to spoil you with a variety of treatments using organic natural ingredients and signature massage techniques. Don't miss a chance to try their unique treatments using red wine and grape seeds.

✦ Tel +66 4475 6555
www.tuscanavalley.com



Maya Spa - *Khao Yai*

The signature spa at Kirimaya luxury hotel and residence in Khao Yai is wonderfully blessed with lush greenery, breezy weather and a breathtaking landscape. Because Kirimaya is such a desirable destination for golfers, Maya Spa offers specially designed programmes for golfers in addition to a wide selection of other treatments.

✦ Tel +66 4442 6000
www.kirimaya.com





Rarin Jinda - Chiang Mai

When it comes to wellness spa resorts in Chiang Mai, Rarin Jinda is a step above. Located along the Ping River, Rarin Jinda has a unique history that goes back over a century. Now an elegant, contemporary setting, Rarin Jinda offers a complete range of medical, rejuvenation and detoxification treatments.

✦ Tel. +66 5324 7000
www.rarinjinda.com

Banyan Tree Spa -

Ko Samui

Banyan Tree Spa has made it to many lists of the world's best spas over the years. Located at the Banyan Tree Resort Ko Samui, this spa has continued to thrive thanks to incredibly high standards, elegant design and five-star treatments. A must-try is the "Rainforest". The hydrothermal treatment chamber offers complete head-to-toe hydrotherapy.

✦ Tel. +66 7791 5333
www.banyantreespa.com



Six Senses Spa - Ko Samui

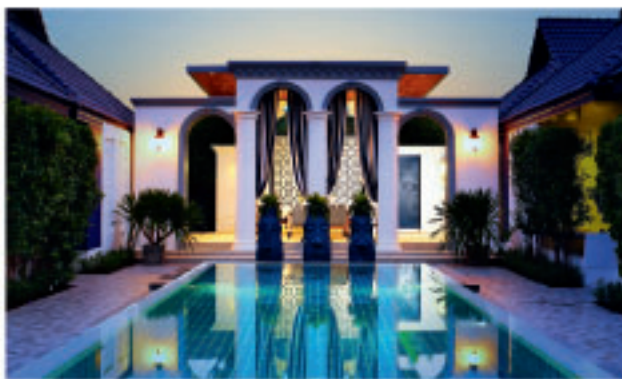
Award-winning spa resort Six Senses Samui has never failed to deliver awe-inspiring amenities and a heavenly spa experience to its guests. The Six Senses Spa integrates ancient philosophies with innovative techniques to develop its exclusive spa programmes, from hot stone massage to sound therapy to body treatment designed according to blood type.

✦ Tel. +66 7724 5678
www.sixsenses.com



COMO Shambhala Retreat - *Phuket*

Set inside Point Yamu by COMO, a new Phuket hotel designed by Italian artist and designer Paola Navone, COMO Shambhala Retreat lets you indulge in a variety of amazing treatments. Blue theme design, pebble-coated floors, and seaside views from spa room windows, everything carefully designed to deliver a spa experience like you never had before.



Oasis Turquoise Cove Spa - *Phuket*

Oasis Spa is committed to offering the finest spa experience applying Ayurvedic ancient wisdom. Oasis Spa embraces natural spa ingredients. The Spa's decor was inspired by pan-Asian architectural arts with colours derived from the palette of the sea, resulting in an ideal space for true indulgence.



Tel. +66 7636 0100
www.comohotels.com



Tel. +66 7633 7771 www.oasispa.net

03

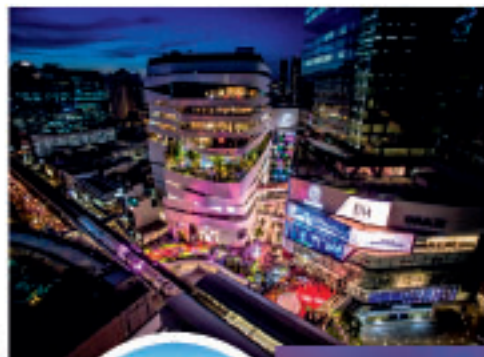




Shopping

That people are born shopaholics so Thailand has no shortage of tempting boutiques, hot new shopping spots and monumental malls—Thailand is undoubtedly a shopping paradise. We love to welcome visitors from around the world to enjoy shopping like we do! Bangkok has become one of the world's great shopping Meccas

with luxury Chanel watches, Louis Vuitton bags, bargain T-shirts from Chatuchak Weekend Market, vintage furniture from the Train Night Market, innovative clothing by local designers and an unbelievable variety of spa products, Thailand has anything and everything! So grab your credit card, cash and enjoy the shopping spree!



Bangkok Shopping Quarter - *Bangkok*

There is no better place to enjoy a shopping spree than Bangkok's downtown. Get on the BTS Skytrain and easily hop between the city major's shopping centres. Start off from the National Stadium Station with the long-standing MBK Center, then move onward to Siam-Chidlom-Phloen Chit Stations where you connect to Siam Discovery, Siam Center, Siam Paragon, CentralWorld, Platinum, Gaysorn, Erawan Bangkok, Central Chidlom and the higher-end Central Embassy. Continue your shopping journey to Asok Station, home to Terminal 21, and Phrom

Phong Station where you wrap up your day at the luxury mall, Emporium, and its edgier sister, Emquartier.



www.siam-square.com
www.siamparagon.co.th
www.centralembassy.com
www.central.co.th
www.emquartier.co.th



Chatuchak Weekend Market - *Bangkok*

The world's largest weekend market simply has everything for everyone: old books and magazines from around the world at Section 1, latest off-runway fashion at Section 2-4, rare vintage finds at Section 5-6, art pieces and paintings at Section 7, pets and animals at Section 11 and 13, and home decor items at Section 25-26, just to name a few. It's easy to spend the entire day wandering the market, even for local Thai residents. Note: The Kamphaeng Phet MRT Station is located right next to the fashion and book zones. If you arrive via the BTS Skytrain, both Saphan Khwai and Chatuchak Stations are only a five-minute walk away from the market.



Tel: 1672 (Tourist Hotline)
www.chatuchak.org



Asiatique - *Bangkok*

A complex of the old East Asiatic Company warehouses along the Chao Phraya River has been innovatively transformed into Bangkok's premiere riverside shopping bazaar. Browse row after row of boutique clothing, bags, accessories, jewellery and souvenirs then enjoy dinner in a fabulous setting at one of the almost 50 restaurants serving a wide variety of cuisine. Asiatique's boardwalk is an ideal spot to take in the river breeze and capture a memorable photo.



Tel. +66 2108 4488
www.thaiasiatique.com



Train Night Market (Tarad Rod Fai)

- *Bangkok*

Originally started by a group of vintage collectible enthusiasts along old railway tracks near Bang Sue Railway Station in Bangkok, the Train Night Market lures thousands of like-minded people every weekend. The Train Night Market eventually relocated to a larger space on Srinakharin Road, featuring a greater variety of goods, from home decor items to food and drinks. The second location on Ratchadaphisek Road was recently unveiled.



Tel. +66 2225 8612 - 4
www.bangkoktourist.com

Tha Phae Walking Street - *Chiang Mai*

Chiang Mai has several walking streets where locals and visitors gather for street foods, snacks, clothing, handmade items and souvenirs. But if you have only one day to spare, spend your evening at the Tha Phae Walking Street that takes place every Sunday. Fun, vibrant and energetic, the walking street stretches along Tha Phae Road in Chiang Mai's old quarter. In addition to abundant merchandise, there are also free cultural performances and activities attended by tourists and locals alike.



Tel. 3673 (Tourist Hotline)





Queen Sirikit Museum of Textiles - *Bangkok*

H.M. Queen Sirikit of Thailand has spent decades celebrating the qualities of Thai silk. The Queen Sirikit Museum of Textiles is an exhibition hall to mark her success. Learn about the inspiration and her love of silk while browsing through showcases of her personal costumes. Visitors shouldn't miss the Museum shop, in collaboration with the Queen's SUPPORT Foundation, where you'll find the finest silk and cotton textiles and souvenirs along with books, crafts and handmade flowers.



Tel +66 2225 9420
www.qsmthailand.org/museum_shop



Qurator - *Bangkok*

A one-stop shopping heaven for Thai fashion admirers, Qurator is a hot spot featuring the hippest Thai designers at the edgy-designed shopping complex Emquartier. You'll find the latest selections from more than 60 established and upcoming Thai designers, such as, Flynow, Issue and Greyhound.



Tel +66 2269 1000 | www.themadistrict.com

Mann Craft - *Bangkok*

This much talked about indigo-dye house in Sakon Nakhon province was created by Prach Niyomkar, who drew inspiration from the local indigo-dye technique that has been passed down for many generations. His unique vision has led to new innovative methods of dyeing as well as new colours and new patterns, keeping a local craft relevant and growing in the modern world. His collaborations with fashion brands have garnered much excitement.

✦ *Tel +66 8 1055 6303*
www.manncraft.com



THAITHAI - *Bangkok*

The legendary shopping mall Central Chidlom has cleverly gathered various top Thai designers in one place allowing fashion lovers to easily browse the latest women's wear collections from top Thai brands like Asava, Milin, Patinya, Tu'i and Vickieerut.



✦ *Tel +66 2793 7000*
www.central.co.th

Jim Thompson - *Bangkok*

Perhaps the most famous name in Thai silk, Jim Thompson has undergone a major update to their brand. Retaining the level of quality for which the company has become legendary, Jim Thompson's new designs appeal to a more youthful audience.

✦ *Tel +66 2216 7368*
www.jimthompson.com





Disaya - Bangkok

Recently celebrating its 10th anniversary, this brainchild of an award-winning fashion designer Disaya Sorakritikul has always been at the forefront of Thai designer brands. Disaya dresses up sophisticated ladies with romantic-yet-playful dresses, lace and layers of silk satin. Check out its flagship store at Central Embassy for the latest offers.



Tel +66 2261 9115 ext. 516
www.disaya.com



Boyy - Bangkok

Partners in life and business, Jesse Dorsey and Wannasiri Kongman started BOYY in 2004 in New York City where they met. Their first collection of luxury handbags and leather goods was launched in 2006 and has been well received worldwide by media and celebrities ever since. BOYY's "Slash" bags have been seen on top models and celebrities, along with recently-launched lines like "Lucas", "Karl" and "Bobby" bags. The BOYY flagship store is now at Central Embassy with a charming BOYY Cafe where you can enjoy a macchiato coffee while shopping.

Tel +66 2160 5843
www.boyybag.com



Sretsis - Bangkok

One of Thailand's best-known local brands sees a successful collaboration of the three lovely Sukhahuta sisters: Pim visions the brand artistic direction, Kly drives the global marketing forces and Matina completes the brand's look with her dramatic accessories. Sretsis girls, like the founding sisters, are playful, romantic, daring and quirky, sometimes. Their collections have been much loved in Thailand as much as in Japan and the States, where they were seen on top models and celebrities.



Tel +66 2980 8666
www.sretsis.com



Scents of Thailand -

Bangkok

Thailand has long been praised as one of the world's leading producers of spa and aroma products, and for very good reason! The top local brands, found at five-star hotels around the world; such as, Thann, Hainn, Panpuri, Erb, and Karmakamet, whose inspiration of scents and recipes come from Oriental philosophy, offer aromatic oils, room diffusers and scented candles along with skincare items. The newest addition to the category comes from Nabha Foundation, a charitable project under the royal patronage of HRH Princess Bajrakitiyabha. Chann by Nabha recently launched a collection of hand creams, body mists, lotions and massage oils with scents that were inspired by exotic Thai flowers.



www.hainn.com
www.panpuri.com
www.erb.com
www.karmakamet.co.th
www.channbynabha.com



TIMO -

Bangkok

A cool gift idea for any man in your life, designer Sappasit Faengfuangchaveng spotted a lack of properly designed trunks in the men's swimwear market before anyone else. He perfected his idea and launched Timo, a high-end men's swimwear brand featuring colourful printed swim trunks using high-quality fabric. With styles that fit both Asian and Western frames, as well as collaborations with a number of artists, TIMO has garnered much attention in men's fashion. TIMO is now available at select stores around the world.



Tel +66 2003 6138-9
www.timotrunks.com





04

Thai Cooking Classes

Thai is undeniably one of the most beloved and exciting cuisines in the world. For many people Thai food is the gateway into discovering Thai culture. Sampling the amazing variety of Thai foods tops the list of things to do in Thailand for most visitors. Most people have come to love alluring dishes like *tam yam*, *kung*, *phat thai* and *massaman curry* before they ever have the chance to visit Thailand. A visit to Thailand opens a door to an incredibly diverse and exhilarating cuisine. From royal Thai cuisine in an elegant setting to plentiful street food around every corner, Thailand is one of the world's best food destinations and learning to cook Thai food is a great way to immerse yourself in the culture. Planning ahead to attend a Thai cooking class during your next trip to Thailand is a great idea. With plenty of courses offered throughout the country in a variety of styles, there are wonderful opportunities to pick up a great skill to take home. Enjoy cooking!



Apsara Cruise - *Bangkok*

One of the most luxurious cruises in Bangkok, Apsara Cruise by Banyan Tree Bangkok offers a memorable dining experience on the river, where you can feast on flavourful Thai food with stunning views of riverside landmarks along the Chao Phraya River. However, if you're looking for the next level of cruising experience, they can also organise a Thai cooking class onboard.

✦ *Tel +66 2679 1200*
www.banyantree.com

Bangkok Bold Cooking Studio -

Bangkok

Driven by a desire to express a love of Thai culture through cooking, four Thai food experts joined forces to create Bangkok Bold Cooking Studio, a dining room and cooking studio hidden in a refurbished shop house in Bangkok's old quarter. The space is intimate and exclusive with small class sizes. Learn how to create classic Thai flavours with the go-to ingredients found in most Thai kitchens.

✦ *Tel +66 9 8829 4310*
www.facebook.com/BangkokBoldCookingStudio



Spice Spoons by Manohra Cruise

- *Bangkok*

Anantara Bangkok Riverside puts together a luxurious cruise and Thai cooking class. The result is Spice Spoons a half-day-trip package that begins with a small breakfast, fresh market tour, a chartered boat transfer and a Thai cooking class featuring four dishes (appetiser, main, soup and dessert) at 4,950 Baht per person.

✦ *Tel +66 2476 0022 ext 1416*
www.bangkokriverdining.com





Blue Elephant Cooking School - *Bangkok*

The cooking school of one of the world's most famous Thai restaurant chains was founded by acclaimed chef Nooror Somany-Steppe in Brussels, Belgium, in 1970s. Here, on the top floor of a charming colonial-style mansion, which is now Blue Elephant's global headquarters, you will learn the recipes, and cooking secrets, invented by Madame Steppe and perfected by Blue Elephant chefs at all nine flagship branches around the world.



✦ *Tel. +66 2673 9353*
www.blueelephant.com/bangkok



Issaya Cooking Studio - *Bangkok*

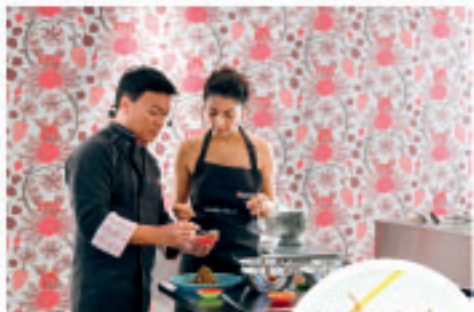
Ian Kittichai is among the best-known Thai food figures, being a visionary in bridging flavourful Thai tastes and old recipes with daring ingredients and advanced molecular techniques. Issaya Cooking Studio is the only place to witness and learn the secrets behind his list of successful restaurants. The prime location at Central Embassy shopping centre makes it easy to access.

✦ *Tel. +66 2160 5636*
www.issayastudio.com

Cooking with Poo - *Bangkok*

Perhaps the most off-the-beaten-track cooking school in Bangkok, if not Thailand, Cooking with Poo is set in Khlong Toei, home to one of Bangkok's largest markets and largest slums. Poo started the school, with help from goodwill activist UNOH, to simply make a living, but thanks to her talented skill and sense of humour, five years later Poo now speaks English, hosts classes six days a week, has published a successful cookbook and was featured on Jamie Oliver's TV programme. Get ready for a unique culinary and cultural experience as you cook and tour the market with her.

✦ *Tel. +66 8 0434 8686*
(Pick up and drop off at Emporium Suites)
www.cookingwithpoo.com





Amita Thai Cooking Class - *Bangkok*

Learn how to prepare and cook your favourite Thai dishes in a relaxed atmosphere set along a riverbank. Your exotic journey begins with a chartered boat service from Maharaj Pier to Amita, nestled in Khlong Bangkok Yai. Classes focus on the use of herbs that are essential to Thai cuisine.



Tel. +66 2466 8966

www.amitathaicooking.com

Siripanna Cooking School - *Chiang Mai*

This charming Chiang Mai resort offers its guests to learn how to cook authentic Thai dishes in an elegant setting. Besides experiencing the proper ways to prepare ingredients and tips for Thai cooking, participants will also have a chance to tour the resort's own plantation to learn about common Thai herbs and vegetables.



Tel. +66 5337 1999

www.siripanna.com



Thai Farm Chiang Mai - *Chiang Mai*

Voted the best cooking school in Chiang Mai on TripAdvisor, Thai Farm Chiang Mai is a charming culinary experience. Spend a day at this local, well-organised farm to learn the complete Thai food culture: picking ingredients from the plantation, touring a nearby market, cooking your favourite Thai dishes with your own hands, and sampling your own cooking!



Tel. +66 8 1288 5989

www.thaifarmcooking.net





Samui Institute of Thai Culinary Arts - *Samui*

Also known as SITCA, this cooking school has been a long-time favourite for visiting Thai food lovers since its opening in 1999. SITCA offers a wide range of courses, from a day-class for amateur Thai food lovers to an intensive programme for aspiring chefs to special classes tailored for kids (8 years and above). There's also a class to learn how to carve fruits and vegetables—techniques exclusive to Thai culinary tradition!

✦ Tel. +66 7741 3372
www.sitca.com



Blue Elephant - *Phuket*

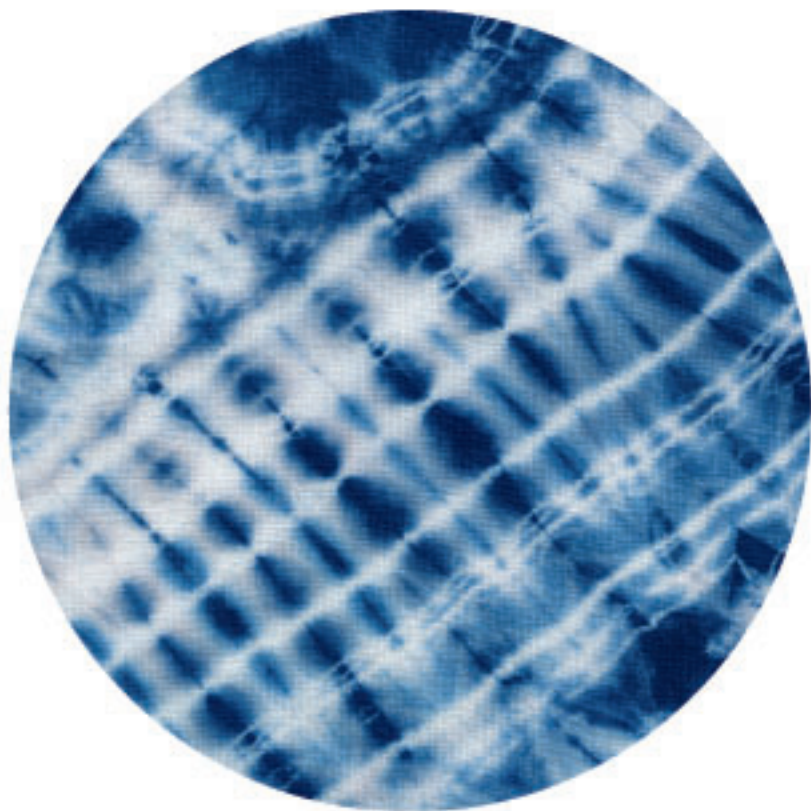
The Phuket branch of the cooking school by one of the world's most famous Thai restaurant chains. You will get to learn the recipes and cooking secrets invented by Madame Steppe, the founder, amid the elegant setting of a historic Sino-Portuguese mansion in beautiful Phuket.

✦ Tel. +66 7635 4355-7 | www.blueelephant.com/Phuket





05



Art & Craft Workshops

Thailand is well known for luxury shopping, beautiful Buddhist temples, amazing nightlife and a thriving culinary scene but Thailand also offers many other fascinating opportunities for sophisticated travellers. Art and craft workshops are an exciting way to connect with Thai culture. A wide array of studios offer workshops that allow

visitors hands-on experience in pottery, painting, weaving, paper making, massage, and more. Experience traditional practices that will provide insight into Thai culture and enrich your understanding of Thai people. Creating a hand-crafted memento of your time in Thailand will also form a captivating and lasting memory.



The Loom - Bangkok

Visit The Loom to experience the time honoured tradition of loom woven clothing and textiles. Savour sharing in a practice that awakens the senses and come away with your own hand woven mini scarf. Following the popularity of the original Ekamai location, The Loom has recently branched out to Siam Paragon, an ideal central location for visitors.

✦ Tel. +66 8 8450 8886
www.silkweavinghobby.com



Reeves Bindery - Bangkok

Bookbinding is more than just glue and stitches. It's a beautiful art form with a rich history. Reeves Bindery introduces visitors to the world of exotic, traditional techniques like Islamic, Egyptian and Byzantine Binding methods and instructs participants in basic bookbinding procedures.



✦ Tel. +66 8 7121 1210
www.reevesbindery.wordpress.com



Paint Bar - Bangkok

Paint Bar combines the social aspect of a bar or restaurant with the creative activity of painting to create a truly unforgettable experience you will be talking about long afterward. Chat with friends and other painters over finger food and drinks. Leave with a treasured keepsake and possibly a new group of friends.

✦ Tel. +66 8 1001 0849
www.paintbarbangkok.com





Charm-Learn Studio - *Bangkok*

Allow your hands to form and create at Bangkok's most prominent art workshop. Founded by three artist friends, Charm-Learn Studio focuses on ceramic art. Walk through the process that transforms clay into beautiful, glazed ceramic ware under guidance of enthusiastic experts. Charm-Learn also provides workshops in other arts; such as, aromatherapy.



Tel. +66 8 0587 6331

www.facebook.com/charmlearnstudio95



The Museum of Floral Culture - *Bangkok*

Founded by acclaimed florist Sakul Intakul, the Museum of Floral Culture takes you on an exquisite journey of Asian cultures and countries through contemporary flower showcases designed by Sakul himself. Learn how flowers have remained at the heart of Thai culture and ceremonies. Enjoy the Museum's gorgeous setting with afternoon tea in the garden.



Tel. +66 2669 3633 | www.floralmuseum.com



Wat Pho Thai Massage School - Bangkok

The Temple of the Reclining Buddha, or Wat Pho, is not only a sacred Buddhist temple but also the origin of Thai massage where instructions are primitively inscribed on stone. Today, it is now home to Thailand's official massage school where visitors learn to conduct professional Thai massage based on ancient wisdom. Some courses are conducted in English and can take months to complete.

✦ Tel +66 2622 3551,
+66 2622 3533
www.watpomassage.com



Banramthai - Bangkok

Traditional Thai dance is the world-famous national heritage; learning it makes a good idea of experiencing Thai culture from the insight. Banramthai is one of the most respected Thai dancing schools in Bangkok, providing classes for both amateur and advanced learners. The dancing house provides free classes occasionally while an English-speaking class can also be organised upon request.



✦ Tel +66 8 6068 5523, +66 8 4147 5031
www.banramthai.com



Oasis ed - Phuket

Located in the Rawai Beach neighbourhood, Oasis ed. is a laid-back learning centre that aims to provide fun and useful courses in a variety of fields; such as, watercolour, cooking, photography, yoga and meditation—activities that learners can continue practising at home.

✦ Tel +66 4946 2171
www.oasisedphuket.com





Pooppaper Park - Chiang Mai

Endorsed by the WWF, a group of activists has found a way to transform animal waste from local farms and communities into a material for one of Chiang Mai's most renowned souvenirs: Sa paper! Now they invite visitors to learn the process of making Sa paper from such an unlikely source.



Tel. +66 5329 9565

www.pooppaperpark.com/en



Bo Sang Umbrella Village - Chiang Mai

Bo Sang is a colourful village in Chiang Mai's San Kamphaeng district famous for a unique style of Northern Thai hand-crafted umbrellas made from natural materials in a variety of sizes and colours. A visit to the village offers a rare opportunity to observe and partake in the process of this beautiful process.



Tel. +66 5333 8195

www.handmade-umbrella.com



06

Restaurant & Cafe

"Thai food ain't about simplicity. It's about the juggling of disparate elements to create a harmonious finish. Like a complex musical chord it's got to have a smooth surface but it doesn't matter what's happening underneath. Simplicity isn't the dictum here, at all. Some Westerners think it's a jumble of flavours, but to a Thai that's important, it's the complexity they delight in", said world-renowned award-winning Thai-food chef David Thompson and it's true. Thai people are raised with incredibly flavourful food, they

love it this way and are happy to invite friends from all over the world to come to Thailand and enjoy the vast variety of food the Kingdom has to offer. Thailand has also become a culinary destination for international cuisines. Superb examples of French, Italian, Chinese and Japanese are widely available throughout Thailand drawing innovative chefs from around the globe. Check out this list of just a handful of options visitors can enjoy on an exciting culinary journey of one of the greatest food destinations on the planet!





Yaowarat - Bangkok

Freshest lobsters, juicy oysters, authentic Chinese fried rice, fresh pressed juices, shaved iced desserts, dried Chinese herbs—Yaowarat, Bangkok's Chinatown, is a mecca for foodies. By day, Yaowarat is a vibrant commercial district with bustling markets. By night, food becomes number one as Thais and visitors roam the streets looking for the neighbourhood's best bites.



*China Town, Yaowarat Road
Open 24 hours. MRT Hua Lamphong*



Err - Bangkok

The newest venture of the masterminds behind Bo.Lan, Bo.Songvisava and Dylan Jones. Err is tucked away on a small lane in Bangkok's old quarter near the Chao Phraya River. Set in a chic-rustic space, Bo and Dylan have taken the authentic tastes of beloved Thai street food and elevated it by utilising painstaking techniques and the finest ingredients. Experience Thai flavours in the hands of the master!

** Tel +66 2622 2291-2
www.errbkk.com*



Gaggan - Bangkok

Gaggan Anand successfully reinterprets Indian cuisine using molecular gastronomy techniques that have launched Gaggan to the top of countless top restaurant lists including the title of No. 1 restaurant in Asia on the 2015 Asia's 50 Best Restaurants award list. Gaggan is set in an elegant white house with charming colonial motifs in the heart of the city's business district. Gaggan is a true culinary adventure.

Tel: +66 2652 1700

www.natalgaggan.com



Silver Lining - Pattaya

After the success of their first dining establishment, The Glasshouse, the owners have done it again with their second venture, Silver Lining. By putting together an innovative Japanese and Italian menu, Silver Lining has gradually become a new favourite dining destination in Pattaya, thanks to its inventive cuisine, cozy décor and top-notch views.

Tel: +66 9 8930 9800

www.facebook.com/silverliningglasshouse



The House on Sathorn - Bangkok

Newly-unveiled, The House on Sathorn is perhaps Bangkok's most awe-inspiring dining and dining destination where avant-garde pan-continental cuisine meets a magnificent atmosphere. The House on Sathorn now welcomes visitors to witness its splendid décor while indulging in fine cuisine and imaginative cocktails. The Courtyard at its centre provides a casual, yet still elegant, ambience for afternoon tea.

Tel: +66 2344 4000

www.thehouseonsathorn.com

Ribs Mannn - Khao Yai

Khao Yai has recently welcomed the arrival of a giant steakhouse to the neighbourhood. Ribs Mannn has certainly earned its reputation as the "King of Smoked Meats" with amazing recipes, careful attention to detail and superb ingredients. So meat lovers can rest assured they will be pampered with only the best.

Tel: +66 4436 5555

www.ribsmann.com/en



Meena Rice-based Cuisine - *Chiang Mai*

Tucked away in the San Kamphaeng district away from Chiang Mai's bustling centre, Meena is situated in the middle of a laid-back and cozy atmosphere surrounded by a leafy garden and Lanna architecture. Rice is the star of the show at Meena, being incorporated into dishes with an innovative touch, harmonising with local organic vegetables and flowers.

✦ Tel +66 8 7177 0523

www.facebook.com/meena.rice.based



FABB Cafe - *Chiang Mai*

It might take a little effort to get to Fabb as it lies outside Chiang Mai's City centre, but it's well worth the journey to taste the city's best coffee, roasted and grinded in-house. Fabb also offers a selection of fusion dishes; such as, spaghetti namphrik ong and delectable desserts. Keen to know more about coffee? Fabb also offers barista training and roasting courses!

✦ Tel +66 5332 9296

www.facebook.com/fabbcoffeeandroasters



Tu-kab-khao - *Phuket*

One of the newest additions to Phuket Town's dining scene, Tu-kab-khao impresses diners with its opulent colonial décor and Southern Thai menu inspired by the owner's inherited family recipes. Tu-kab-khao's interior design is influenced by Sino-Portuguese art, creating a truly memorable dining experience. Tu-kab-khao has quickly become a top culinary destination for visitors to Phuket!



Tel +66 7660 8888
www.facebook.com/tukabkhaot

Dining on the Rocks -

Ko Samui

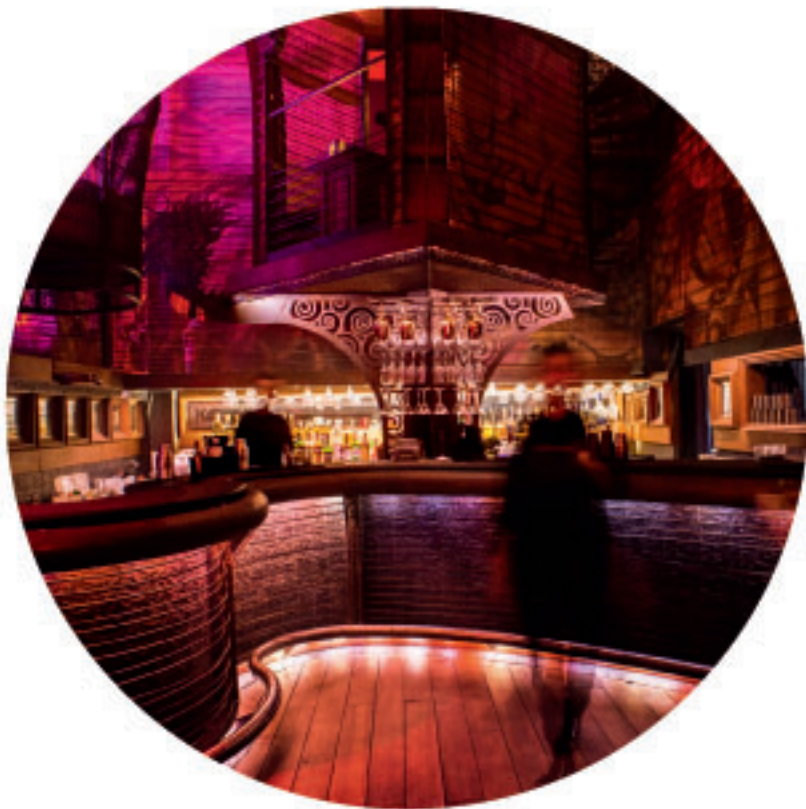
It doesn't get much cooler than this! Literally perched on the rocky terrain of Six Senses Ko Samui, Dining on the Rocks is always a favourite dining experience among visitors to Ko Samui. Its undeniable claim to fame is a perfect combination of award-winning architecture utilising environmentally-friendly materials, spectacular views of the Gulf of Thailand and an innovative menu. Try to reserve table No. 55, it has the best view of all!



Tel +66 7724 5578
www.sixsenses.com/resorts/ko-samui/dining

07





Nightlife

When the sun goes down and lights turn on, everything changes. It's time to kick it up a notch and experience the Kingdom after dark. Thai people don't usually overindulge but Thais love a good time and there's a dizzying array of nightlife options throughout Thailand to let loose and party! Nightlife comes in many

forms in Thailand - some of the hottest clubs in Asia, elegant rooftop bars with stunning views, impromptu bars set up along the streets, upscale hotel bars and tucked away riverside spots perfect for chilling-out and slowing things down. Choose the tempo that is right for you and join the rest of the night owls in Thailand who know how to party!



The Bamboo Bar - *Bangkok*

A legendary landmark in Bangkok located in the world renowned Mandarin Oriental Hotel, The Bamboo Bar was just given a complete facelift to celebrate the hotel's 140th anniversary! The Bamboo Bar has reinvented itself with a modern sophistication while preserving its unique history. Bamboo Bar's beloved original cocktails are still available alongside inventive new additions. Check out this updated classic!



Tel +66 2659 9000
www.mandarinoriental.com



Sing Sing Theatre - *Bangkok*

Sing Sing Theatre is the newest undertaking of Australian design genius Ashley Sutton, the mastermind behind the success of some of Bangkok's best drinking venues. Hidden away in a tiny unassuming alley, there is a surprise inside. A gorgeous red lighting design sets a mood that will transport visitors to a vintage Chinese theatre.

✦ Tel +66 9 7285 6888
www.facebook.com/SingSingTheater

Tep Bar - *Bangkok*

If you have time for only one bar in Bangkok, Tep Bar is an excellent choice. Set amid a cluster of hip bars in a sub alley of Soi Nana, Tep Bar was founded a year ago by a group of friends who aim to celebrate "Thainess". This is achieved through offering superb traditional recipes, exotic fruit cocktails and a line of home infused ya dong (Thai herbal whiskey). Revel in the cool vibe while listening to live traditional music from the Central Region.



Tel +66 9 8467 2944
www.facebook.com/TEPBAR

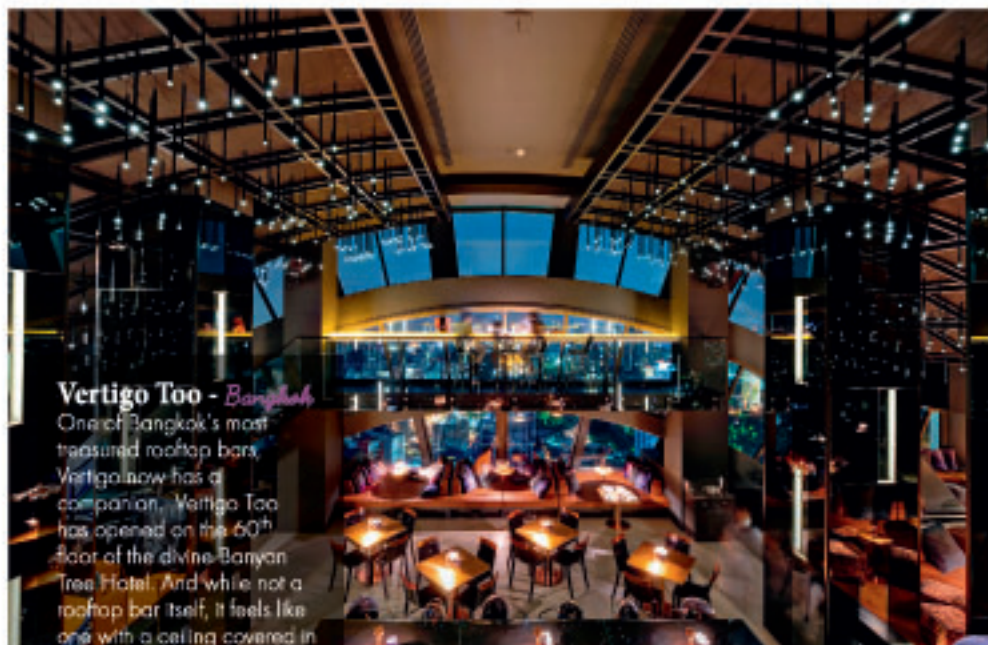




The Flute A Perrier Jouet Bar - *Bangkok*

Perrier-Jouët, one of the world's longest-running champagne makers, has collaborated with Lebuva Hotels and Resorts to create the world's highest champagne bar. Located at The Dome atop Lebuva State Tower, this world-class venue serves their renowned sparkling spirits with a truly breathtaking view of Bangkok's skyline.

✦ Tel +66 2624 9555
www.lebuva.com



Vertigo Too - *Bangkok*

One of Bangkok's most treasured rooftop bars, Vertigo now has a companion. Vertigo Too has opened on the 60th floor of the divine Banyan Tree Hotel. And while not a rooftop bar itself, it feels like one with a ceiling covered in a canopy of lights, mimicking a starry night and stunning views of Bangkok's skyline. Let a mixologist create a personalised experience at your table.



✦ Tel +66 2679 1200
www.banyantree.com

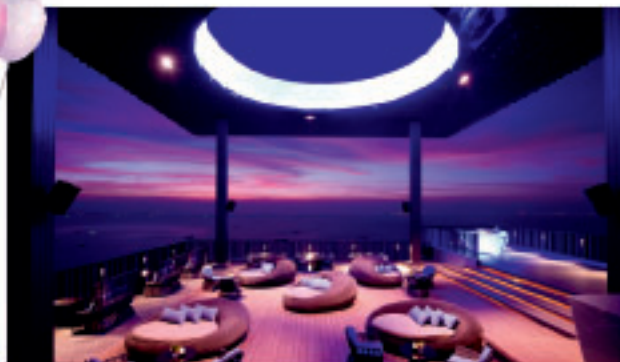


Vogue Lounge - Bangkok

David Collins Design Studio has created an Art Deco inspired masterpiece Vogue Lounge Bangkok is perched on the rooftop of lifestyle complex Maha Nakhon CUBE. Vogue Magazine's first lounge brings to life the glamour and sophistication the iconic magazine is known for, offering a menu of bite-sized servings by Michelin award winning chef Vincent Thierry.



Tel. +66 2001 0697
www.voguelounge.com



Horizon Restaurant & Bar - Pattaya

Set atop the five-star Hilton Pattaya hotel estate, Horizon takes advantage of being the highest bar in Pattaya offering unparalleled views of the coastline. Sip signature cocktails and let the DJ set the mood while you gaze out at the magnificent Pattaya Bay. Party with your friends in one of three private dining rooms or join the crowd and really have a blast!



Tel. +66 3825 3000
www.pattaya.hilton.com



Nimman Hill - Chiang Mai

Located on the rooftop of Maya Shopping Centre, Nimman Hill is perhaps Chiang Mai's hottest nightspot, gathering various nightlife venues in one place: chillout bars, a lounge, a dance club and a space for live performance. Nimman Hill can also be a great spot to relax and take in the sunset after a day of shopping.



Tel. +66 5208 1555

www.facebook.com/maya.chiangmai



Q Bar - Ko Samui

Set atop a hillside above Chaweng Beach, Q Bar is a longstanding nightlife establishment with a hip, hi-so reputation. This is a place to really party. Things really get wild after 11 p.m., with DJs of international acclaim setting the beat.



Tel. +66 7796 2420

www.facebook.com/qbarsamui



Catch Beach Club -

Phuket

A popular beach club on Surin Beach, Catch brings style and glamour to the scene. The white umbrellas, marble tabletops and beach wood floors are classic and sleek and a great setting to show off a new bikini. Refreshing drinks and a great food selection are fantastic as well as their anniversary party in September and holiday party in December are epic!



Tel. +66 7631 6567

www.catchbeachclub.com







Activity & Adventure

Thailand's cities are vibrant and energetic but magnificent exotic natural wonders throughout Thailand also await your discovery. Amazing Thailand offers an abundance of exhilarating activities. Practise Muay Thai boxing in Bangkok, ride the waves in gorgeous Ko Samui, coast along a zipline thrill ride in exotic Chiang Mai or experience the serenity

of a sunset cruise on the sea in stunning Phuket. Thailand offers experiences you won't find anywhere else. Spend a day at a campsite, enjoy the exhilaration of explore magnificent Khao Yai National Park. From extreme sports to relaxing excursions through natural beauty, if adventure is your thing, Thailand is the perfect place to explore. Now you're ready for a real adventure!



Rock Domain Climbing Gym

- *Bangkok*

Get a shot of adrenaline from an adventurous rock climbing adventure without even leaving the city. This awesome full-scale rock climbing gym was built by climbers for climbers with special attention to world-class safety standards. Rock Domain is the largest climbing facility in Thailand!

✦ *Tel. +66 2399 4648*
www.rockdomaingym.com



Flyboard - *Pattaya*

What is a flyboard? You'll have to see this to believe it! This bold new water sport, recently introduced to visitors of Pattaya, consists of a board, special boots attached to the board and a flexible hose connected to the water jet of a jet ski through which a powerful water spray comes and sets the flyer in motion. This may be the coolest thing ever!

✦ *Tel. +66 8 5075 6390*
www.flyboardtation.com



RSM Muay Thai Academy - Bangkok

Muay Thai, or Thai boxing, is praised worldwide as one of the top martial arts. And there's no better place to learn how to practice Muay Thai than Thailand, of course! With hundreds of Thai boxing schools across the country, RSM Muay Thai Academy is ranked one of the best. Aspiring boxers will get to practice traditional and modern Thai boxing styles from Muay Thai experts in a spacious and clean environment. RSM Muay Thai Academy has two branches: Asok and Thang Lo.

✦ **Tel. +66 2185 2384**
www.rsm-academy.com



Kite Surf - Hua Hin

An easy trip from Bangkok, Hua Hin offers a wide variety of fun activities for ladies with an adventurous spirit. Kite surfing is a thrilling experience that will certainly be a highlight of any trip to Thailand. Lessons are available along the beach in Hua Hin with qualified instructors ready to adapt to your schedule. After the rush of this extreme sport, relax on the beach with ice cold cocktail.

✦
Tel. +66 3251 3039,
+66 8 6302 2844
www.surfspotthailand.com



Khao Yai National Park

Nakhen Ratchasima

Khao Yai National Park is Thailand's most popular reserve for very good reason. The beautiful park boasts rainforests, wide plains, grasslands and verdant forests. Explore magnificent scenery full of butterflies, birds, tigers, leopards, gibbons and over 200 elephants. Mountain peaks ranging from 800 to 3,000 metres above sea level make Khao Yai a cool climate destination year round. With luxury resorts and hip restaurants in the area, experience natural beauty in style.

* Tel. +66 8 6092 6529, +66 8 6092 6531
www.thainationalpark.com



Golf Lovers

Love golfing but not the heat and sunburns? Now there is another option. Night-time golf sessions are becoming increasingly popular. Well-lit courses make it an attractive alternative. A number of golf clubs throughout Thailand are offering a night-time option: Laem Chabang International Country Club, Summit Green Valley Chiangmai Country Club, or Phunaka Golf Course in Phuket, just to name a few.

* www.laemchabanggolf.com, www.summitgreenvalley.com, www.phunakagolf.com
www.rockdemaingym.com



Amazing Zip Line - *Chiang Mai*

The true pioneer in treetop adventure activities in Chiang Mai, Flight of a Gibbon base camp is nestled in the hills of Mae Kam Pong village. At 1,300 metres above sea level, expect chilled and breezy weather throughout the year. Zip-line through the beautiful landscape, learn more about indigenous wildlife as well as the local community. There are also two other locations in Chon Buri and Ko Phangan.

✦ Tel +66 5301 0660
www.treetopasia.com



Cycling Thailand

Explore the gorgeous natural beauty, stunning landscapes, magnificent temples and undeniable charm of Thailand on two wheels. Amazing biking trails can be found throughout the country. Chiang Mai's bike programme offers pick-up and drop-off locations throughout the old quarter, a fun and convenient way to discover this beloved jewel of Northern Thailand. For more intense exploration, tour companies can organise trekking trips combined with biking for an unforgettable experience.

✦ <http://travellingtwo.com/resources/Thailand>



Thai Elephant Conservation Center - *Chiang Mai*

One of the largest elephant camps in Thailand provides a chance to experience the beauty of these majestic creatures up close. The camp also arranges a mahout course for those who are interested to take care of elephants as well as a wide range of interactive elephant related activities.

✦ Tel +66 5327 2855
www.elephantnaturepark.org

Gulf of Thailand islands

The Gulf of Thailand is home to some of the world's most spectacular islands, enticing holidaymakers from around the world. The star of the Gulf is undoubtedly Ko Samui, the second largest island in Thailand. Ko Phangan boasts serene beaches, unspoiled nature, and legendary full moon parties. Ko Tao and Ko Nang Yuan are favourites among scuba divers. The Mu Ko Ang Thong National Park archipelago consists of 42 pristine islands surrounded by crystal-clear waters.

✦ www.samuilenk.com, www.nstravel.com,
www.orientalescape.com





Samart Payakaroon Gym

= *Samui*

Samart Payakaroon is one of the best Thai boxers Thailand has ever known. He was the top Muay Thai boxer and world boxing champion of the WBC [World Boxing Council]. So when he retired from the ring and opened his own Thai boxing school in Ko Samui, Muay Thai boxers lined up to get in. Here you will get to practice the basics of Thai boxing from Samart and his team, but if you require a more intermediate course, he could make that happen for you.



Tel. +66 9 4524 2288

www.facebook.com/samartpayak

Luxury Yacht Party - *Phuket*

Currently the most popular activity in Phuket for hip vacationers, Andaman Passion offers a luxury yacht rental service that allows groups to hire a chartered yacht, sailing into the Andaman Sea while being pampered with gourmet food, refreshing drinks, and an onboard DJ spinning electronic music. The day trip culminates with a picturesque sunset in one of the world's most beautiful spots. Maybe it's time to buy a new bikini?

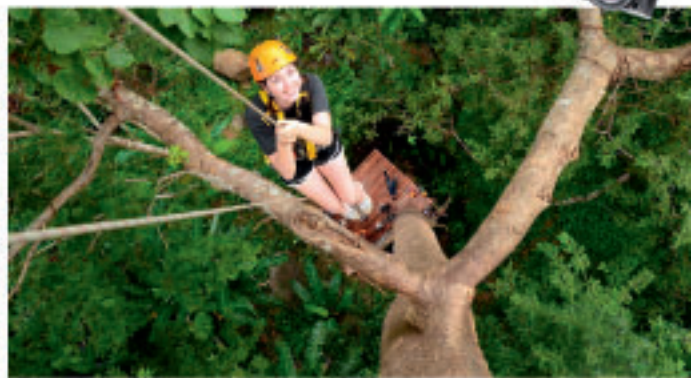


www.hype-boat-club.com/en, www.facebook.com/ADMpassion



Underwater Wonderland

The Andaman Sea off Thailand's west coast tops many of the world's lists of best diving spots, thanks to beautiful islands, pristine beaches and pristine coral. Island hopping in the Andaman Sea is an unforgettable experience. Imagine cruising amid stunning spots; such as, Ko Mai Than, Ko Ta Chai and Mu Ko Similan and find yourself surrounded by exotic natural wonders. Remember to travel with government-certified operators; try Love Andaman and SimilanDiving.



Zip-Line Excitement and Exotic - Phuket

Now Phuket also offers a thrilling canopy zip-line ride like the ones so popular in Chiang Mai. Flying Hanuman has been rated the top rainforest experience in Asia. Flying Hanuman's instructors will help you enjoy an exciting zip-line tour through the jungle with utmost safety, so you can enjoy the excitement and exotic experience amid a lush forest with no worries.



www.loveandaman.com
www.similan-diving-safaris.com



Tel +66 7632 3264-5 | www.flyinghanuman.com





Thai Arts & Culture

Thailand is a kingdom with a rich and vibrant history. Various traditions, arts and cultures create a colourful mosaic that gives Thailand its unique identity and Thais are excited to share their traditions with visitors from around the world. Get to know

the stories and experiences that have shaped modern Thailand. Explore history and art in award-winning museums, become captivated by music and dance, marvel at the architecture and you will certainly experience a deeper understanding of amazing Thailand.

Ko Rattanakosin | Bangkok's Old Quarter - *Bangkok*

Ko Rattanakosin is located in Bangkok's old quarter, surrounded by the Chao Phraya River and historic man-made canals. It is where the very first establishments of Bangkok began in 1782 when King Rama I the Great relocated the capital city from the west bank to the east bank of the Chao Phraya River; hence it's home to palaces, temples and a number of historic landmarks; such as, the Grand Palace, Temple of the Emerald Buddha, Queen Sirikit Museum of Textiles, Wat Pho and the National Museum. Even though most of these landmarks are situated within walking distance of each other, exploring Ko Rattanakosin is more enjoyable on a bicycle. Note: Proper attire is required to enter the aforementioned palaces and temples.



www.wataram.org
www.watpho.com



Vimanmek Mansion - *Bangkok*

This world's largest golden teakwood structure was once the royal residence of King Rama V the Great, who commanded a relocation of this unfinished summer palace from Ko Si Chang in Chon Buri to become the first permanent mansion in the complex of Dusit Palace, an appointed royal summer retreat. The teak mansion was inspired by Victorian architecture and now holds an exhibition about King Rama V the Great. Proper attire is required to enter the mansion complex.



Tel +66 2628 6300
www.vimamnek.com

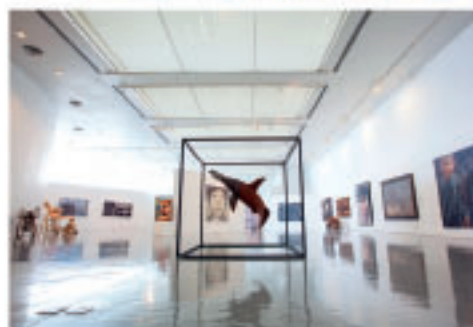
Museum Siam - *Bangkok*

Housed in a historic building that once was the Ministry of Commerce, Museum Siam uses multimedia presentations to educate visitors about the rich history of the Thai people, Thai culture and the formation of Thailand. After browsing the exhibition rooms over two floors, don't forget to visit the Museum shop for books and exclusive merchandise.



Tel +66 2225 2777

www.museum-siam.org



Bangkok Art and Culture Centre - *Bangkok*

Located at the centre of Bangkok's commercial district, the Bangkok Art and Culture Centre was designed to become the premier hub of contemporary arts in Thailand. Behind edgy, pure white architecture are exhibition spaces and galleries showcasing rotating exhibitions by established and emerging Thai and international artists. There are also retail spaces featuring art and culture-related merchandise on offer. The coffee shop on the ground floor serves excellent coffee. It was founded by true coffee lovers and they are pretty serious about making good coffee.



Tel +66 2214 6630

www.bacc.or.th

Tang Toh Kang Gold Museum - *Bangkok*

Located above the retail shop of Tang Toh Kang, Bangkok's longest-standing gold retailer with almost 150 years of history run by the fourth generation of its founding family, is Thailand's only museum dedicated to the art of goldsmith. Learn about the tools used in making gold jewellery in days gone by and discover old photographs of the gold trading business as it used to be. The Museum requires advanced reservations.



Tel +66 2224 2422, +66 2622 8640-2



Bangkok Street Art - *Bangkok*

The fellowship of artists and street art movements in Bangkok have propelled it to the forefront as one of Asia's street art heavens.

One prominent undertaking is the Bukruk Urban Arts Festival where street artists from 13 countries, including well known Thai artists and illustrators, were invited to paint public walls around the creative neighbourhood of Charoen Krung. Simply log onto Bukruk's website to see the exact locations of the wall paintings.

www.bukruk.com/festival
www.facebook.com/bukrukfestival



Art in Paradise - *Bangkok*

Highly recommended for those travelling in a group of photo-loving friends, stepping into these visual illusion wall paintings is like entering a fantastic story book. Photograph yourself at a magical castle, riding a tidal wave or crossing a dangerous bridge beside a waterfall. Don't worry, it's just an illusion! Art in Paradise has three branches in Thailand: Bangkok, Pattaya and Chiang Mai.

 Tel. +66 2660 9130, +66 9 5778 9989
www.artinparadise.co.th



Thai Performing Art - *Bangkok*

Royal Thai dance is a unique performing art exclusive to Thailand, and visitors should witness the beauty of its costumes, choreography, production and music at least once in a lifetime. The Chalongkrong Royal Theatre presents a series of traditional royal Thai dance throughout the year, while Siam Niramit has pushed it to the next level, putting together Thai performances and multimedia presentations to create an amazing live show about gods, heaven and Earth according to ancient Siamese legends.

 www.siamniramit.com
www.salachalongkrong.com





Sampran Riverside -

Sam Phran

Sampran Riverside is a cultural complex near Bangkok that transports visitors back in time to learn the old traditions of Thai culture. Amid the lush gardens are traditional Thai wooden houses and pavilions. Visitors are encouraged to participate in various traditional activities; such as, fabric weaving, flower garland making and folk games.



Tel. +66 3432 2544

www.sampranriverside.net



Phra Nakhon Si Ayutthaya Historical Park - *Ayutthaya*

If you would like to explore the history of Thailand beyond Bangkok, a visit to the old capital of Ayutthaya is a great start. The old quarter of Ayutthaya, home to the ruins of ancient palaces and temples, has been preserved as the Phra Nakhon Si Ayutthaya Historical Park, where you can easily ride a bicycle, or an elephant, to explore the glory days of the ancient kingdom. Ayutthaya province hosts the most number of Buddhist temples in Thailand offering abundant opportunities to explore a spiritual side.



Tel. 2672 (Tourist Hotline)

www.ayutthaya-history.com

The Sanctuary of Truth - *Chon Buri*

The desire of a wealthy businessman to build a sacred landmark resulted in the creation of this eerie-yet-amazing 100-metre-tall seafront pavilion crafted entirely from more than a million wood pieces, using an ancient wood-joining technique without a single metal nail. The Sanctuary of Truth pavilion is carved, and adorned, with numerous hand-carved sculptures depicting Thai and Oriental religious beliefs.



Tel. +66 3836 7229

www.sanctuaryoftruth.com



10



Hotel & Resort



Worldclass retreats, luxurious villas, vacation homes, romantic rooms, traditional pavilions—Thailand is home to an abundant selection of holiday accommodation, especially in key cities like Bangkok, Chiang Mai, Khao Yai, Pattaya, Phuket and Ko Samui. Imagine a magnificent space, surrounded by amazing natural wonders: leafy forests, tranquil lagoons, pristine

beaches or surrounded by urban excitement: restaurants, markets and shopping malls. These exhilarating locations paired with Thailand's renowned five-star hospitality create an unforgettable impression. Here is a shortlist of Thailand's top hotels and resorts that feature unparalleled luxury, magnificent designs, stunning atmospheres and embody the essence of the Kingdom of Thailand.



The Okura Prestige -

Bangkok

Centred in a modern shopping district amid lavish office towers and embassies, The Okura Prestige Bangkok is where Japanese luxury meets modern comfort and Thai hospitality. The Hotel features 240 luxurious rooms, 3 fine-dining restaurants, and an infinity-edge swimming pool with mind-blowing views of the city.



Tel. +66 2687 9000
www.okurabangkok.com



Hua Chang Heritage Hotel -

Bangkok

Hua Chang Heritage's prime location right next to Bangkok's trendy shopping district is one of its many desirable features. The design seamlessly integrates Eastern and Western influences blending traditional Thai architecture with Western amenities, resulting in 75 luxurious-yet-cozy guestrooms. The contemporary Thai cuisine at Miss Siam restaurant is a culinary experience.



Tel. +66 2217 0777
www.huachangheritagehotel.com





Praya Palazzo - *Bangkok*

Set on the banks of the Chao Phraya River, Praya Palazzo is a beautiful Italian-style mansion, once the romantic residence of a Thai aristocrat and his wife during the reign of King Rama V the Great. A century has passed yet the enchanting atmosphere of the mansion remains intact making it an ideal holiday setting for couples from around the world.



Tel +66 2883 2998

www.prayapalazzo-bangkok.com



So Bangkok - *Bangkok*

From luxurious guestrooms designed by prominent Thai architects to artistic direction and uniforms designed by French fashion designer Christian Lacroix, the Bangkok property of the Accor Hotels Group's signature design hotel brand has never failed to impress design conscious globetrotters. Take a dip in the outdoor swimming pool and enjoy stunning views of Bangkok over Lumpini Park. Pamper yourself with an array of heavenly treatments at So Spa then treat yourself to a culinary journey, ranging from the casual Red Oven to the sophisticated Park Society.



Tel +66 2624 0000

www.sofitel-so-bangkok.com

The Siam Hotel - *Bangkok*

The Siam Hotel is the collaborative result of a visionary entrepreneur and a master of architecture. Deco architectural art and vintage collectibles from the Hotel owner's archive became the core inspirations for award-winning architect Bill Bensley to craft this riverside urban resort in a black and white monochrome palette, infused with Chinoiserie motifs. Savour luscious royal Thai cuisine while dining at the Chon restaurant set in an elegant Thai pavilion or stop into Café Cha for a more casual atmosphere.



Tel +66 2206 6999

www.thesiamhotel.com





U Sathorn - Bangkok

U Sathorn is the brand new hotel with a peaceful ambience set in a thriving district. Located in the heart of Bangkok's Sathon neighbourhood a few minutes from the Silom business district, the architectural team has designed a series of low-rise buildings and

a tranquil swimming pool inside a lush garden creating a serene oasis in the heart of Bangkok. The hotel is also home to Michelin-star chef Jean-Michel Lorain's Bangkok venture, J'aime.



Tel. +66 2119 4888

www.ushotelresorts.com/usathornbangkok



W Bangkok - Bangkok

W is more than just a hotel, it's an iconic institution. Perhaps the trendiest international hotel brand in Asia, W Bangkok is surrounded by hip restaurants and bars, ultra-modern office buildings and chic shopping centres. 403 guest rooms feature a sleek design and state-of-the-art technology. W Bangkok has recently welcomed the opening of The House on Sathon, a century-old legendary mansion turned luxury dining complex.



Tel. +66 2344 4000

www.wbangkok.com



Cape Dara - Pattaya

In a quieter area on the northern end of Pattaya, the luxurious Cape Dara attracts a sophisticated clientele. There are 264 rooms and suites in 11 categories, ranging from a compact 38-square-metre deluxe room to a 855-square-metre Top Star Compound villa with five bedrooms and two living rooms across a three-story beachfront structure—ideal for a family getaway. Six restaurants and bars offer exquisite meal and drink options with mind-blowing views of the Gulf of Thailand.



Tel. +66 3304 6100
www.whothehotelsresorts.com/uptattaya

U Pattaya - Pattaya

Tropical paradise with modern amenities sets the theme of the 44 rooms and villas next to the laid-back beaches of Jomtien. Choose from one of seven uniquely designed layouts including one and two-room villas with private pools. Dine at the Papillon French bistro then make your way over to Le Vela rooftop bar for drinks under the stars.



Tel. +66 3304 6100
www.whothehotelsresorts.com



Dvaree Charnvee Resort & Country Club - Khao Yai

The lush hills and breezy winds of Khao Yai plus the charming European countryside architecture are some of the alluring elements behind the success of Dvaree Charnvee Resort & Country Club Khao Yai. Offering spacious rooms, an 18-hole golf course, seminar rooms, swimming pools, a horse ranch and three spectacular dining venues, this resort has all the qualities of a dream holiday destination.



Tel. +66 4475 6210-3
www.charnveecharnvee.com



Botanica - *Khao Yai*

The Greenery has long been the weekend playground for Bangkokians but there is a new innovative addition. Located deep in the grounds, away from noisy crowds and closer to lush mountains, Botanica Khao Yai boasts an environmental-friendly minimalistic theme. A botanical paradise with spacious rooms and suites featuring large windows open to Khao Yai's fresh breeze. Tempo Restaurant aims to please offering a variety of international cuisine while One Up Bar is an ideal spot to relax and catch the last light of the day.



Tel +66 4400 1111-20
www.botanickhoyai.com

Escape - *Khao Yai*

Inspired by the concept of weekend homes, Escape rests on the serene valley of Khao Yai and features rooms inspired by elements of Mother Nature: earth, wood, and flowers, have been incorporated into contemporary design details. Large windows, grand balconies and spacious room designs were utilised to allow visitors to take in the beauty of the natural surroundings.



Tel +66 4475 6669
www.escape-hotel.com/khoyai



Akyra Manor - *Chiang Mai*

The newest addition to Chiang Mai's luxury boutique accommodation, Akyra Manor is a thrilling collaboration between Thai investor AHMS and Singapore-based design firm Manor Studio, resulting in an artistic, surreal 30-room hotel in the middle of bustling Nimmanhemin Road. Built upon the concept of a "room within a room", every guest suite was crafted around its own courtyard, one of many unforgettable features of this ultra-cool hotel.



Tel +66 5321 6219
www.theakya.com/chiang-mai



137 Pillars House -

Chiang Mai

137 Pillars House transports guests to the dreamy time when Chiang Mai was the centre of the teak industry in Thailand.

Surrounding the 1889 teak mansion, once the home of a wealthy British teak merchant, are 30 luxurious and spacious suites decked out in British colonial style but fitted with modern amenities; such as, air conditioner, TV, bath tub and high-speed WiFi. The Dining Room serves up breakfast, lunch and dinner while Jack Boin's Bar, located in the teak house, is a great place to unwind with drinks and reflect on the history that surrounds you.



Tel. +66 5324 7788
www.ahcollection.com/
137pillarshouse



Anantara - *Chiang Mai*

A truly tranquil sanctuary in Chiang Mai, the Anantara Chiang Mai boasts a modern contemporary motif at first glance but a closer look reveals traces of inspiration derived from Chiang Mai's traditional Lanna style. Located on the waterfront of the Ping River and shaded by a bamboo wall, Anantara is a perfect spot to relax and take it all in.

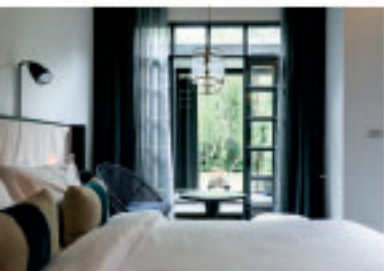


Tel. +66 5325 3333 | www.chiang-mai.anantara.com



Hotel des Artists, Ping Silhouette - *Chiang Mai*

Following the success of its Khao Yai and Pai hotels, the Hotel des Artists group has chosen a serene spot on the Mae Ping River bank for its latest endeavour, Hotel des Artists, Ping Silhouette. Black, cool grey and indigo hues were infused into Chinese inspired architecture harmoniously integrated with vintage Chinese wooden furniture and Oriental flower-printed textiles. Enjoy a coffee at the beautiful Cafe des Artists and breathe in the charming atmosphere.



Tel. +66 5324 9999

www.hotelartists.com/pingsilhouette



Conrad - *Koh Samui*

Hidden away on the southwest tip of the island, this hotel doesn't only offer luxury villas, but the most striking sea views in Koh Samui. Conrad Koh Samui is one of the most luxurious retreats in Koh Samui, featuring modern tropical villas with one to three bedrooms. Each villa is equipped with its own pool, true privacy unless you choose to post to Instagram. Have a cold drink and catch the sunset at Aura Lounge before moving onto John Restaurant to savour incredible royal Thai cuisine.



Tel. +66 7791 5888

www.conradhotels.com

W Retreat - *Ko Samui*

Sea, sand, sun, fashion and music are the core elements that define the character of W Retreat Koh Samui, along with the high-end service the W name is famous for. When the mood strikes you, indulge in a secluded villa for perfect privacy with five-star comforts and a private pool. But when you feel like socialising, the resort provides plenty of choices: six restaurants and bars, tennis courts, a fitness centre, spa treatments, the occasional dance party and, of course, sunbathing on a beautiful beach.

Tel +66 7791 5999

www.wretreatkohsamui.com



Keemala - *Phuket*

Keemala is a spectacular wellness focused resort perched on a hillside overlooking Kamala Village and the Andaman Sea. Shaded by a canopy of rainforest and connected together by a network of jungle walkways, Keemala offers unique room options: Tent Pool Villas, Tree Pool Houses and Bird's Nest Pool Villas. Mala Spa offers sensory journeys incorporating sight, scent, sound and touch.



Tel +66 7635 8777

www.keemala.com



Point Yamu by Como - *Phuket*

Award-winning Italian designer Paola Navone was commissioned to design this unique project. Inspired by the beautiful hues of Phuket's sea, Navone utilised shades of blue throughout the property, from bright cobalt to pale aqua, plus patterns inspired by marine creatures. The result is a stunning achievement that would make an enviable background for any social media photo! The COMO Shambhala Retreat Spa offers a wide selection of lavish spa options for relaxation and restoration.



Tel +66 7636 0100

www.comohotels.com/pointyamu





Event Calendar



A girl's guide to festivals around Thailand throughout the year.

January

Sawasdee Thailand (Thai ceremonies for the New Year)

What: Thai people usher in the New Year with ceremonies meant to bring good luck in various areas of their lives. This involves visiting various temples, such as the Brahma statue at Ratchaprasong Intersection and the iconic Wat Arun stunningly set along the Chao Phraya River.

Where: Nationwide with famous temples in Bangkok.

When: January.

Flora Festival

What: Cool season is the best time of the year to capture the beauty of colourful flowers, from roses to marigolds, amid the scenic landscape, and next to the shining pavilion, of the Royal Park Rajapruek.

Where: Royal Rajapruek Park.

When: December to February (tentative dates).

February

Queen's Cup Pink Polo

What: Pink outfits and pink décor make this all-woman polo tournament a visual delight. The tournament raises funds for the Queen Sirikit Centre for Breast Cancer at Chulalongkorn Hospital and the Thai Red Cross Society and features a fashion show parade on horseback with luxury brands such as Burberry.

Where: Thai Polo & Equestrian Club in Pattaya.

When: February.

Honda LPGA Thailand

What: A world-class women's golf tournament sanctioned by the LPGA, organised by BBTV Channel 7 and Honda Automobile (Thailand) Co., Ltd. The tournament gathers the world's top 50 on the LPGA Money List to compete for up to 1.6 million USD while raising money for environmental and children's charities.

Where: Siam Country Club Pattaya.

When: February.

March

World Muay Thai Ceremony

What: In honour of Nai Khanom Tom, the father of Muay Thai boxing, an annual ceremony is held in Ayutthaya. The legend of Nai Khanom Tom dates back to 1774 when he fought his way out of Burmese imprisonment in a style that is now called Muay Thai. The ceremony allows fighters from around the world to pay homage to the father of their beloved sport.

Where: Wat Mahathat, Ayutthaya.

When: 17 March.

Thailand International Balloon Festival

What: This charming 2-day balloon festival in beautiful Chiang Mai features balloons from around the world plus spectacular night glow balloon shows with original music, dance performances, concerts and delicious Thai food.

Where: Payap University, Chiang Mai.

When: March.

April

Songkran Festival

What: Songkran is the largest festive event in Thailand, when Thai people celebrate the Thai New Year, and the hottest month of the year, with water splashes, Buddhist ceremonies and fun activities throughout the kingdom.

Where: Nationwide. Main locations: Bangkok, Chiang Mai, Khon Kaen, Hat Yai.

When: 13 - 15 April, 2016.

Hua Hin Jazz Festival

What: The serene beach of Hua Hin will be soothed by jazz tunes by famous jazz talents from Thailand and around the world.

Where: Hua Hin, Prachuap Khiri Khan.

When: 22 April - 1 May, 2016.

May

Fruit Festival

What: Rayong is perhaps the birthplace of best tropical fruits in Thailand and you can have, and sample, all of them at once during this festival to celebrate the freshest local produce. There will also be a fruit parade, food fair and beauty contest.

Where: Rayong.

When: May (tentative dates).

June

Amazing Thailand Grand Sale

What: Take advantage of the biggest sales of the year, featuring up to 80% discount on fashion items, locally-made products, spa, restaurants and hotels.

Where: Nationwide. Main locations:

TIPS & ETIQUETTE FOR Women

An Insider's guide for a better travel
experience in Thailand.

Interpersonal Etiquette

Thai people usually greet each other by saying "sawasdee", together with a "wai" gesture, which means putting your palms together and bowing, when meeting those who are older. Thai people consider the head as high and feet as low parts of the body, so do not touch any Thais on their heads and do not raise your feet upward (like putting them on a table) in public.

SA WAS DEE

Queue

Thai people usually queue up for most services, from paying for purchases at department stores to buying knick-knacks from street vendors. So make sure you do so.

FRUIT Shopping

Many kinds of tropical fruits are delicate; such as, ripe mangoes, so make sure you handle them softly and do not press or squeeze them.



Thai people use spoons and forks to eat most foods. We use chopsticks for noodles and East Asian food and use knives and forks for Western foods that require cutting (like, steaks). We do not normally use our hands except when eating snacks. And do not forget to clean your hands before making contact with food.



Dressing

Visitors visiting religious temples and palaces in Thailand may follow a number of rules and regulations, and one of the requirements is proper attire, which means a top piece with sleeves (short or long) and a bottom piece (pants or skirt) that covers your knees. Visitors with inappropriate attire may not be allowed inside temples and palaces, or they may be required to rent or buy wrap skirts.

Shopping malls in Bangkok.
When: June–August (tentative).

July

Candle Festival Procession

What: In celebration of Buddhist Lent, skilled artisans pour their heart and soul into creating spectacular, ornate candles as part of Ubol Ratchathani's Candle Festival Procession. A unique festival held in a beloved area of Isan (Northeastern Thailand) known for delicious cuisine.

Where: Thung Si Mueang Park in Ubol Ratchathani.

When: 19–20 July, 2016.

Pattaya Marathon

What: Called by some the most beautiful marathon on Earth, The Pattaya Marathon takes place along a picturesque running route and attracts world-class runners and locals alike. Pattaya's popular seaside location provides runners with spectacular views of the Gulf of Thailand. A half marathon and mini-marathon are offered as well.

Where: Pattaya.

When: 17 July.

August

Special Lady's Month. Nationwide promotions for women await! Queen Sirikit's Birthday Celebration and Thai Mother's Day.

Where: Be part of the nationwide celebration for the Queen's birthday, and Thai mother's day, with a wide range of mother-related activities and exhibitions as well as light installations along the main streets all around the country. Services and restaurants usually give away discounts for ladies and mothers on this day, if not the whole month.

Where: Nationwide. Main locations: Ratchadannoo Road in Bangkok.

When: 12 August, 2016.

September

Amazing Tastes of Thailand

What: Giant lobsters, fresh oysters and Tiger prawns are only few from plenty food ingredients. Phuket is best known of, and there is no surprise in every August there will be an island-wide event to present to you the best of the island.

Where: Phuket.

When: September (tentative dates).

October

Phuket Vegetarian Festival

What: The annual vegetarian festival is Phuket's largest and most sacred celebration, thanks to a large number of Thai-Chinese population on the island. Expect 10 days of everyone wearing all-white outfits, making merit, visiting Chinese shrines, eating tasty meat-free food and attending the parade of dedicated, possessed mediums.

Where: Phuket Town, Phuket.

When: 13–21 October, 2016.

November

Ocean Marina Pattaya Boat Show

What: Ocean Marina Pattaya Boat Show promotes Pattaya and Thailand as a leading marine hub of Southeast Asia. Set in one of Thailand's most scenic seaside resorts, this annual boat show offers an array of fun activities including free sailing trials, free kayak trials, lucky draws, cocktail parties, Dragon Boat Races and a marina-side beer garden and festival with live band.

Where: Pattaya.

When: 24–27 November.

Lot Nkrathong Festival

What: Also known as the Festival of Lights, this year-end festival involves merit making rituals, light installations, fireworks and, most importantly, floating



krathong (small vessels made of banana leaves) onto riverways to pray for goddess of the rivers and let go sorrows.

Where: Nationwide. Main locations: Bangkok, Sukhothai, Chiang Mai.

When: 14 November, 2016.

December

Thai National Day and King Bhumibol's Birthday Celebration

What: The whole kingdom celebrates the auspicious occasion with a series of events, especially light installations along the main streets throughout the country.

Where: Nationwide. Main locations: Ratchadannoo Road in Bangkok.

When: 5 December, 2016.

Thailand Countdown

What: Counting down to the New Year alongside tens of thousands of locals and visitors from around the world at a riverside location and with a series of concerts, light installations, food fair, fun activities and fireworks.

Where: Asiatique the Riverfront, Bangkok.

When: 31 December, 2016.

Praying for

LOVE

For Thai women, there is no better place than Trimurti Shrine when it comes to a sacred place to pray for love. Trimurti refers to the Trinity of the three most important Hindu gods: Brahma the creator, Vishnu the sustainer and Siva the destroyer. The Shrine is situated in front of Isetan Department Store at CentralWorld shopping complex. You can visit the Shrine to pray every day, bringing along nine roses, but the best time to go, according to local belief, is Thursday at 9:30 p.m. Believe it or not, one of our friends did the prayer and she now has a happy married life. Good luck in love!

Praying for Good Fortune

Many Thais visit temples and, most importantly, Chinese shrines to pray for good luck. Most visited, and most sacred, shrines are Wat Mangkon Kamalawat, aka Leng Noei Yi, in Yaowarat China Town and the Tiger God Shrine, aka San Chaopho Suea, near Ratchadamnoen Klang Road.

In Chiang Mai, many people seeking good fortune visit Wat Phrathat Doi Kham, which is perched atop Doi Kham offering picturesque views of Chiang Mai city. Luangpho Thanchai is believed to bring luck, wealth or a new job in a very short time when prayers and jasmine flowers are offered.

BANGKOK TRAIN TRAVEL

Most Bangkokians use trains as the main transportation, as they are inexpensive, convenient and offer access to many office towers and shopping centres. When using the train system, make sure you follow the etiquette.

Ticket purchase: Queue up in line to purchase tickets from a vending machine from the staff in the vending booth.

Enter the platform: Insert the BTS card or MRT token into the automatic gate. Keep tickets with you until you exit the station at your destination.

On the escalator: Walking and running on escalators are not allowed. Stand on either side of the steps.

Waiting for the train: Wait in line, behind the yellow mark.

Entering the train: Wait until the last passenger leaves the train before entering.

Exiting the platform: Insert your ticket/token into the automatic gate. If the gate doesn't open, contact on-site staff.

USEFUL TRAVEL APPS

Amazing Thailand: The official mobile application of the Tourism Authority of Thailand (TAT) comes packed with travel info, tips, recommended places to go and event calendar throughout the year.

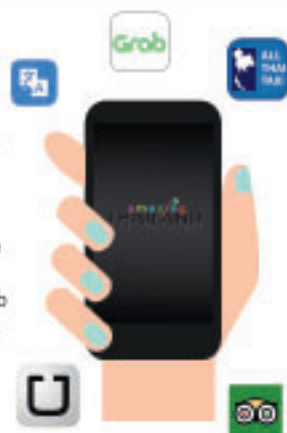
TripAdvisor: The mobile application of the largest community of travellers from around the world provides tips, reviews and recommended itineraries.

Uber: An app to book a pickup service by various types of vehicles. Available only in Bangkok and Phuket.

Grab: An app to get you transportation whenever and wherever you are. Grab doesn't only provide taxis but also motorcycle taxis. Available only in Bangkok.

All Thai Taxi: A new, premium on-call taxi app, providing service with Toyota Prius cars. Available only in Bangkok.

Google Translate: A translation app that is quite useful when you need to communicate with locals who are unable to speak English.



SERVICES FOR *Women*

Transportation

>> **BTS**

Bangkok's skytrain system consists of two lines (Sukhumvit and Silom) and 35 stations, allowing access to most of Bangkok's main shopping centres, office buildings, embassies, parks and markets. There are 3 interchange stations with the MRT. www.bts.co.th

>> **MRT**

Bangkok's only underground train line features 18 stations, connecting residential zones to business districts. There are 3 interchange stations with the BTS. www.bangkokmetro.co.th

>> **TUK-TUK**

Though Thais find them pricey and dangerous, the three-wheeled vehicles are a popular option among tourists. However, if you really want to have a tuk-tuk ride experience, make sure you agree to the price prior to the ride.

>> **TAXI**

Metered taxis in Bangkok are reliable, with fares starting from 35 Baht for the first two kilometres. There are now a number of mobile applications for those who would like to request a pickup without having to hit the streets, by paying a small fee. The two most popular ones are Uber and Grab.

>> **EXPRESS BOATS**

The fastest way to get from Sathon to the Old Quarter is perhaps by Chao Phraya Express Boat, running between Asiatique and Nonthaburi with stops at main piers; such as, Tha Maharaj (Grand Palace), riverside hotels and Tha Sathon (BTS Saphan Taksin Station). Fares start from 15 Baht. There is also a tourist ticket (150 Baht) that allows unlimited travel for one day.

>> **Car Rentals**

Travellers who hold an international driving license are eligible to rent cars for driving in Thailand. There are several registered car rental companies; such as, Avis, Budget and Thai Rent a Car, most of which have counters at Suvarnabhumi Airport to provide essential information. Note: Traffic in Thailand drives on the left side of the road.

VAT Refunds

Visitors to Thailand who make purchases of goods valued at 5,000 Baht or over from stores displaying the official VAT refund sign are eligible to receive a tax refund. Ask sales assistants at stores for more information.

Packing Service

Many stores in Thailand offer a packing service for overseas destinations. And as Thailand is a tropical fruit heaven, a number of grocery stores; such as, Central, Gourmet Market and Iseton, also have a packing service so you can send back home your favourite mangoes, lychees, rambutans, and more. The process is pretty easy. Visit a customer service agent to inquire about a packing service prior to your shopping. After you make your payment at the cashier, a packing service specialist will help assemble and wrap up your purchases according to the regulatory requirements in each country to ensure safe and smooth entry.

Essential Numbers >> Emergency services: 191 | BTS: 0 2617 6000 | MRT: 0 2624 5200
Chao Phraya Express Boat: 0 2623 6001-3 | Suvarnabhumi Airport: 0 2132 1888
Tourism Authority of Thailand: 1672 | Tourist Police: 1155

Travelling Thailand

When to go

Nice weather,
blue sky & clear sea:
November - February
Fresh air & best deals:
May - October
Hot, sunny and fun:
March - April

Tipping



Food: 5-10%



Drinks: 5-10%



Tour guide:
500-1,000 Baht/day



Bag carrier:
20-100 Baht/round



Taxi:
20-100 Baht/round

Note: Tipping in Thailand is not always expected though most people do leave small tips. Prices suggested are recommendations for when you receive excellent service.

Ask for permission before taking photos of someone.

Wear proper clothing that covers your shoulders and knees when visiting religious places.

Sawasdee



Sawasdee
KHRAP

Sawasdee
KHA

= Hello

Foods to Try

Phat Thai
(Thai-style stir-fried noodles
with bean sprouts,
peanuts, egg and prawns)



Tom Yam Kung
(river prawn spicy soup)

Koeng Khiao Wam
(green curry)

Santam
(spicy papaya salad)

BASIC THAI



Wai. Thais greet each other with a wai gesture (put your palms together and bow)



Take off your shoes when entering someone's house. Thais don't wear shoes inside.

I
(Chan)
•
You
(Khun)
•
Yes
(Chai)
•
No
(Mai-Chai)
•
Thank you
(Khopkhun)
•
Please
(Keruna)
•
Pardon Me
(Kha Thai)
•
You're Welcome
(Mai-penrai)
•
Good Bye
(La Kon)



Don't stand too close or touch monks. Buddhist monks are not allowed to make physical contact with women.



Don't take too much food from a buffet line. Fill your plate with just an adequate amount of food. Some restaurants actually charge a fee for excess food left.

Services Promotion Division, Product Promotion, Department, Tourism Authority of Thailand

1600 Phetchaburi Road, Makkasan, Ratchathewi, Bangkok 10400 Thailand

Tel. (+66) 2250 5500 (120 lines) | Fax. (+66) 2250 5511 | Call Centre 1672 | www.tourismthailand.org



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SPORT
THAILAND



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THAILAND

www.tourismthailand.org