

amazing
THAILAND

Trang

Satun





Ko Lao Liang Nong

CONTENTS

TRANG	10
<i>Trace Back to the Olden Days</i>	11
<i>Find Inner Peace at the Spiritual Retreats</i>	14
<i>Discover Incredible Local Wisdom</i>	15
<i>Fantastic Getaway Islands for Some Fun in The Sun</i>	19
<i>Relax and Connect with the Nature</i>	26
<i>Get Active While Enjoying the Natural Scenery</i>	30
<i>Have Fun Shopping and Tasting Local Delicacies</i>	33
<i>Be a Part of Trang's Amazing Festivals</i>	36
<i>Transportation from Bangkok to Trang</i>	39
<i>Restaurants and Accommodation</i>	39
<i>Useful Contact Information in Trang</i>	39
SATUN	40
<i>Voyage to the Past</i>	41
<i>Escape to the Paradise Islands</i>	44
<i>Journey into the Mysterious Caves</i>	49
<i>Unwind in the Midst of the Nature</i>	52
<i>Be a Part of Satun's Amazing Festivals</i>	59
<i>Transportation from Bangkok to Satun</i>	62
<i>Transportation from Trang to Satun</i>	62
<i>Transportation from Hat Yai to Satun</i>	62
<i>Restaurants and Accommodation</i>	62
<i>Useful Contact Information in Trang</i>	62

TRANG TRANG

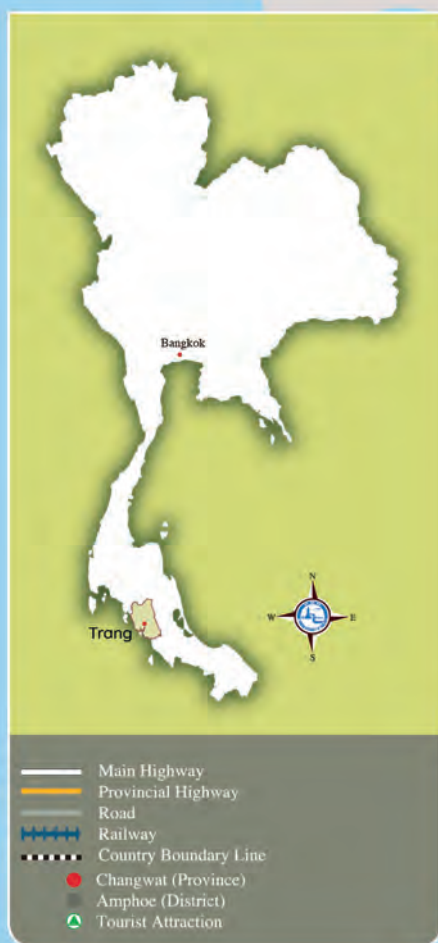
Satun

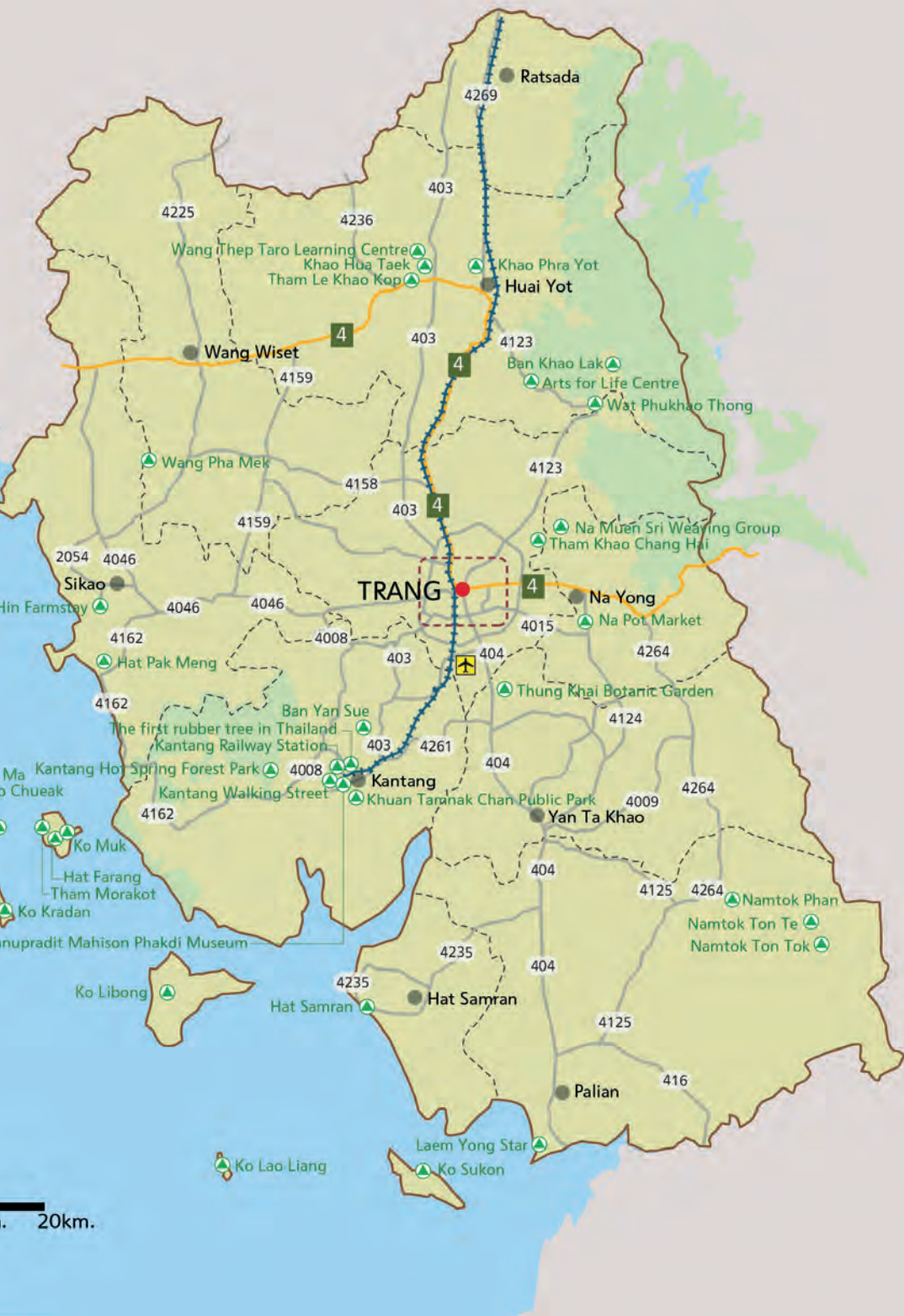




amazing
THAILAND









Satun Geopark Museum
Thung Wa Ancient Elephant M
Khao Tha

Prasat Hin Phan Yot



Khao To
(T
an



Ko Taru





Chang Lang Bridge

TRANG

Close your eyes and imagine a place where you can get away from the hustle and bustle of everyday life, a place where you can explore natural splendours, a place where you can experience diverse cultures, and a place where you can make amazing memories. A treasure chest full of surprises on the coast of the Andaman Sea, Trang has everything you need to make your dream holiday a reality.

Trang attracts divers and beach lovers from all over the world with its wealth of natural phenomena, including stunning tropical islands, exotic beaches with powdery white sand, crystal-clear turquoise waters, and enchanting underwater world. From the unspoiled island paradises, come ashore and discover all the other beauty of Trang. Get off the beaten track and savour the tranquil nature, learn the fascinating local wisdoms and way of life, trace the intriguing history of the province, and immerse in the wonders of caves and waterfalls. Gastronomes would also have a blast on culinary adventures and indulging in the delightful delicacies that Trang has to offer.

Although Trang is world-famous for the Underwater Wedding Ceremony and the unrivaled islands like Ko Lao Liang, Ko Muk and Ko Kradan, there are plenty of other interesting places and activities await to be explored. Come and find out for yourself why the beautiful and flavourful Trang is ranked among the top of many travellers' favourite destinations.

TRACE BACK TO THE OLDEN DAYS

Trang Old Town

The quest to tour around Trang Old Town and search for beautiful Sino-Portuguese

shophouses and the beautiful street arts starts at **Trang Railway Station**, where a line of Trang's iconic frog-head Tuk Tuks awaits their passengers. Hop on to the Tuk Tuk and begins the journey. The Tuk Tuk's first stop is for the passenger to take photos with the street art picturing '**Si Trang Tree**', which is Trang's provincial tree. Located directly opposite to the painting is **Siriban Building**, a stationery shop with the astonishing Sino-Portuguese architecture. A little further in the same alley is the painting of the '**Rubber Trees**', where many people enjoy posing as if they are tapping the rubber tree. Move on to the last street art, which is the painting of '**Tham Morakot**' or the 'Emerald Cave', a famous attraction in Trang. Not far from Tham Morakot mural is **Trang Church**, another popular spot where the locals and tourists come to snap photos of the century-old building. As the Tuk Tuk makes its way through the road, it is easy to spot many old buildings with Sino-Portuguese architectural style dotting the area. In the past, Trang was a flourished city and an important tradition ports and the evidence can be seen through the style of the buildings that indicates the wealth of the merchants. The remarkable old buildings that showcase splendid Sino-Portuguese architecture and Trang's rich history, combine with stunning street arts illustrate that Trang Old Town is truly the gem of Trang city centre.

Location: Ratchadamnoen Road, Kantang Road, and Rama VI Road, Tambon Thap Thiang, Amphoe Mueang Trang, Trang

GPS: N07° 33.266' E099° 36.278' (Trang Railway Station)

N07° 33.455' E099° 36.507' (Siriban Building and



Kantang Railway Station

Trang street art – Si Trang Tree)

N07° 33.497' E099° 36.466' (Trang street art – Rubber Tree)

N07° 33.470' E099° 36.293' (Trang street art – Tham Morakot)

N07° 33.542' E099° 36.278' (Trang Church)

Kantang Railway Station

Standing in front of the Kantang Railway Station and one cannot help but be in awe of the classic beauty of the wooden structure in mustard yellow lined with dark brown colour. The Station is a one-storey building with hip roof built with the architectural style widely used during the reign of King Rama VI. Inside the building is a small museum displaying railroad antiques and the history of the station. Having learned from the museum that Kantang Railway Station was opened in 1913 and also served as the depot

for exporting and importing goods, it makes the Station becomes even more intriguing. People who visited Kantang Railway Station not only gets to admire the beautiful architecture, but also be at a place that is a historical evidence that Kantang was once an important port of the South. Although Kantang Railway Station is no longer as busy and lively as in the past, its rich history can still be felt and it is still very special because it is the last station of Thailand's Southern-Andaman railroad line.

Location: Tambon Kantang, Amphoe Kantang, Trang

GPS: N07° 24.649' E099° 30.876'

Phraya Ratsadanupradit Mahison Phakdi Museum

As soon as you step foot inside the Phraya

Ratsadanupradit Mahison Phakdi Museum, you are transported back to the time between 1890-1901, when Phraya Ratsadanupradit Mahison Phakdi served as Trang's governor. A life-sized wax figure of Phraya Ratsadanupradit Mahison Phakdi, the most influential governor of Trang, in the hall way greets visitors as if he was still alive and is inviting visitors to explore his former residence. Inside the simple but beautiful 2-storey wooden building is the displays of Phraya Ratsadanupradit Mahison Phakdi's personal items, photographs, as well as household items.

Amongst Phraya Ratsadanupradit Mahison Phakdi's numerous contributions to Trang, the most important legacy is bringing the rubber seedlings from Indonesia and planting them in Kantang. Rubber then becomes the economic plant of Thailand while Phraya Ratsadanupradit Mahison Phakdi was praised as the 'Father of Rubber'. One of the original rubber trees is still standing and is located only around 1 kilometre away from the Museum. After finished exploring the Museum, stop by to admire Thailand's first rubber tree that is the beginning of the thriving rubber industry in Thailand.

Location: Tambon Kantang, Amphoe Kantang, Trang

GPS: N07° 24.458' E099° 30.924' (Phraya Ratsadanupradit Mahison Phakdi Museum)
N07° 24.575' E099° 31.372' (Thailand's first rubber tree)

Operating Hours: Tuesday – Sunday 8.00 a.m. – 4.00 p.m.

Khuan Tamnak Chan Public Park

Although walking up to the top of Khuan Tamnak Chan Public Park that is situated on a hill is a tiring exercise, the greenery of the



Phraya Ratsadanupradit Mahison Phakdi Museum

manicured lawn coupled with the stunning bird's-eye view of the Trang River and the Kantang town make up for it. Khuan Tamnak Chan Public Park is not only just a beautiful recreational park that is particularly lively in the evening with locals coming to exercise and watch the magnificent views, but it is rich with interesting history. The Park got its name from when the royal villa was built to receive the royal visit of King Rama VI, who was still a crown prince at that time. After taking a break at the pavilion, walk over to another historically significant site within the Park, which is the underground tunnel used by the Japanese army during World War II. Inside the tunnel, retrace the path of the Japanese soldiers and come out to take photos with the cannons that were left behind after the war ended.



Wat Phukhao Thong

Location: Tambon Kantang, Amphoe Kantang, Trang

GPS: N07° 24.321' E099° 31.219'

Operating Hours: Every day 8.00 a.m. – 6.00 p.m.

FIND INNER PRACE AT THE SPIRITUAL RETREATS

Wat Phukhao Thong

Sitting under the shade of trees in front of the majestic golden Buddha image in the entering nirvana posture brings an indescribable sense of calmness as well as a sense of grandeur. Enshrining at the foot of the limestone cliff and believed to be built to cover the mouth of the cave, the Buddha image is called 'Phra Phuttharup Sihasaiyat Song Soet Manora'. Over a thousand years old, the Buddha image is gracefully decorated with Manora headdress (Manora is a type of traditional southern Thai dance) that is considered the highest ornament

of the costume. There are many Buddha images in southern Thailand with the Manora headdress, but the one at Wat Phukhao Thong is the only one that is in a reclining posture. Spend time venerating the stunning beauty of this one-of-a-kind Buddha image before taking a walk around the serene temple and explore the magnificent architectures of the structures around the temple. Complete the visit to Wat Phukhao Thong by solving the religious riddles on the wall that encircling the stunning white-coloured Ubosot (ordination hall).

Location: Tambon Nam Phut, Amphoe Mueang Trang, Trang

GPS: N07° 41.777' E099° 42.979'

Khao Phra Yot

While making way up the long flight of steps, with the destination being the golden pagoda on the mountain, take your mind off from the strenuous walk by paying attention to the many



Na Muen Si Weaving Group

Buddha statues that are placed along the way. The 172 steps lead to a magnificent golden pagoda called 'Chedi Bua Ngoen Bua Thong' that enshrines a golden Buddha image named 'Phra Yot'. Pay respect to Phra Yot before walking up another flight of steps to pay homage to the replica of the Lord Buddha's footprint. At this point, one can also view the beauty of the natural surroundings, as well as see the view of Chedi Bua Ngoen Bua Thong from above. Those who are adventurous can take up the challenge of hiking up the narrow steps up the side of the mountain, in which at some point you need to pull yourself up with a chain and climb through arches of rock, to the viewpoint. From the viewpoint, you can get the 360-degree view of Amphoe Huai Yot, and it is a perfect spot to take a moment to restore the peace of mind while savouring the intriguing beauty of nature that surrounds Khao Phra Yot. The scenery from the viewpoint is particularly

mesmerising early in the morning when the area down below is covered by a fluffy sea of mist and the sun slowly rises and breaks through the mist.

Location: Tambon Huai Yot, Amphoe Huai Yot, Trang

GPS: N07° 48.173' E099° 37.088'

DISCOVER INCREDIBLE LOCAL WISDOM

Na Muen Si Weaving Group

The rhythmic sound of loom going back and forth without a break is the signature symphony of the Na Muen Si Weaving Group. Quietly observing one of the aunties working on their looms, the mind starts to wonder what magical power each of the aunties possesses to be able to create such intricate pattern on the woven fabric. The Na Muen Si woven textiles

are the production of the extremely difficult and time-consuming technique called 'yok dok' (raised flower). Located within the area is the Na Muen Si Woven Textile Museum, where one can explore the history of the Na Muen Si Weaving Group, and admire the beauty of the beautiful collection of the old woven fabrics. Spend time admiring the original patterns of the Na Muen Si village, in which the most famous pattern is yellow flowers on red background. In the past, the villagers of Na Muen Si village must weave textiles, mainly to use during three important ceremonies, including 'Pha Tang' that is used in the wedding ceremony, 'Pha Phat' which is used during the ordination ceremony, and 'Pha Phan Chang' that is used in funeral. Although the customs of weaving textiles to use in these ceremonies

slowly disappear, the villagers continue to weave the textiles, but change to produce just the textiles for using in the daily life, as well as the products from the woven textiles; such as, clothes, bags, and accessories.

Location: Tambon Na Muen Si, Amphoe Na Yong, Trang

GPS: N07° 35.981' E099° 41.315'

Ban Yan Sue

'Pak Kat Tin Thip' is Thai translation for the idiom 'Living from hand to mouth', and is also the nickname of Ban Yan Sue, a small village by the Trang River. Ban Yan Sue has the biggest nipa palm forest in Trang, and nipa palm tree is therefore an important part of the village life. The reason behind the nickname was simple, as the literal translation of 'Pak Kat Tin Thip' is



Ban Yan Sue

'biting with the mouth and kicking with the foot', and people in Ban Yan Sue have been doing 'Pak Kat Tin Thip' for several decades. Watching Grandma Ni, the master of nipa palm weaving peeling the nipa palm leaves by holding one end of the leaf between her lips and the other end between her toes explains everything. Grandma Ni then demonstrate an ancient local wisdom of making 'Ti Ma' or water carrier using dried nipa palm stalks. Nipa palm is a very versatile tree and you can see firsthand how almost every part of the tree can be used. The sap can be made into sugar, vinegar, and alcohol, while the dried leaves are woven into thatched roof, baskets, mats, paper for tobacco, and several other household products. You can learn to peel nipa palm leaves with your lips and feet, try your hands at weaving nipa palm leaves, observe how the locals collect nipa palm from the mangrove forest, and watch the drying process. After the many attempts of trying to make the 'Ti Ma' to be as beautiful as that of Grandma Ni's, finish your visit to Ban Yan Sue by enjoying the refreshing dessert made from the sweet and chewy fruit of the nipa palm.

Location: Tambon Yan Sue, Amphoe Kantang, Trang

GPS: N07° 26.474' E099° 31.917'

Arts for Life Centre

The sound of buffalo horn that echoes throughout the area indicates that the fun is about to begin. From the entrance, it feels like entering a different world that shies away from the hustle and bustle of technology. Here at Arts for Life Centre, one can experience the traditional way of life of the local people

through several stations, including learning about integrated farming system in the lush forest that is abundant with a diversity of crops, and exploring different traditional bird-chasing techniques. Everyone seems to have a blast becoming one of the local children by playing several traditional Thai games; such as, slingshot shooting, crossbow shooting, and stilt walking. The heart and soul of Arts for Life Centre, however, is rice, and one of the Centre's main purpose is to show the life cycle of rice to visitors. Seeing the buffaloes grazing in the clearing, it is evident that there are paddy fields here and you can visit the paddy fields to learn about traditional rice farming techniques and explore the ancient tools and equipment used in rice farming. The highlight of the visit is getting a hands-on experience of making 'Khanom Chin' (rice vermicelli), from pounding rice flour in a mortar to make a dough to kneading the dough, and putting the dough into a noodle mould. The mould is hoisted onto a frame and then the real hard work starts now, as one needs to heave the frame around the pan of boiling water in order for the long strands of Khanom Chin to slowly drop into the water. End the visit feeling full and happy by relishing the Khanom Chin that is served with delicious curry.

Location: Tambon Pak Chaem, Amphoe Huai Yot, Trang

GPS: N07° 42.921' E099° 39.879'

Operating Hours: Tuesday – Sunday 8.00 a.m. – 4.00 p.m.

Contact Information: Tel. +66 8 6476 9085

Remark: Please contact Arts for Life Centre at Tel. +66 8 6476 9085 for enquiries on the fees for activities and to make a reservation in advance.



Wang Thep Tharo Learning Centre

Wang Thep Tharo Learning Centre

It is not every day that one can encounter over 80 dragons in one place, but it is possible here at Wang Thep Tharo Learning Centre. The dragons are made from the roots of Thep Tharo (*Cinnamomum porrectum*), an auspicious but forgotten plant of the Southern region of Thailand. The mastermind behind these amazing sculptures is Jaroon Kaewla-iad, who was always interested in Thep Tharo, which is a versatile plant that every part of it has medicinal value. The essential oil from the roots is used for treating aches and bruises, the essential oil from the seed is used to treat wounds, the leaves are used instead of lemongrass to make tea that helps with digestion, and the roots can be carved into vases and cups. Jaroon

explained about how apart from producing a variety of items from different parts of the tree, he creates dragon sculptures from the roots so that future generations will get to see and learn about the tree. After marvelling at the dragons of different sizes and shapes, follow Jaroon on a tour around his Thep Tharo plantation and complete the visit to the Centre by exploring the shop that sells products made from Thep Tharo tree; such as, shampoo, soap, and handicraft items.

Location: Tambon Khao Kop, Amphoe Huai Yot, Trang

GPS: N07° 48.399' E099° 34.299'

Contact Information: Tel. +66 8 7889 3324



Ko Lao Liang

FANTASTIC GETAWAY ISLANDS FOR SOME FUN IN THE SUN

Ko Lao Liang

The twin limestone islands that rise majestically from the Andaman Sea become bigger and bigger as the long-tail boat approaches its destination, the north Lao Liang island called '**Ko Lao Liang Nong**' or the 'Little Brother Lao Liang Island'. The stretch of unspoiled powdery white sand, the dazzling emerald waters, the dramatic limestone cliffs, and the comfortable tented camp, are what makes Ko Lao Liang a perfect peaceful getaway.

Morning at Ko Lao Liang is a great time for relaxation and activities like lazing on the beach, or swimming out just metres off the

beach to snorkel over beautiful corals. Another fantastic option is to paddle a kayak around the towering cliffs and over to '**Ko Lao Liang Pi**' or the 'Elder Brother Lao Liang Island', which is bigger and even more untouched than its twin island. Spend time checking out the island, which features larger cliffs and longer white sandy beach, before enjoy snorkelling in the clear waters to admire the rainbow colours of the corals and fish. Afternoon is the time for some adrenaline-rushing activities, including deep water soloing and rock climbing while admiring the panoramic views of the sea. Beginners can get help from the professionals whereas advanced climbers can hire the climbing gear and enjoy a heart-pumping challenge with several routes of various difficult ratings.



Climbing at Ko Lao Liang

Located not far from Ko Lao Liang are **Ko Phetra** and **Ko Takiang**, both of which offers remarkable underwater world where a day trip to these islands allow divers and snorkellers to embark on the finding nemo journey and swim with these adorable creatures. After coming back from the day trip, end the day by hopping on a boat to watch the spectacular sunset over the sea with vibrant colours.

Location: Tambon Sukon, Amphoe Palian, Trang
Pier to the island: Pak Pron Pier in Amphoe Hat Samran

GPS: N07° 16.243' E099° 32.301' (Pak Pron Pier

in Amphoe Hat Samran)

Website: www.facebook.com/laoliangbeach/

Contact Information: Laoliang Beach Tel. +66 9 7252 6563 or laoliangbeach@gmail.com

Entrance Fee: 200 Baht for adults and 100 Baht for children (Ko Lao Liang is part of the Muko Phetra National Park)

Remark: Ko Lao Liang is closed between 15 May and 15 October of every year.

There are 2 days 1 night or 3 days 2 nights packages for those who wish to stay overnight on Ko Lao Liang, which includes tent accommodation, all meals, transfer to the island, and snorkelling gear, but not including the entrance fee to the island and rock-climbing activity. Please contact Laoliang Beach for enquiries on the tour package and to make reservation in advance.

Ko Muk

The sound of small waves lapping the shore alternating with bird chirping and the warm glow of sunlight shining through the window signal the beginning of another day in paradise on Ko Muk. Some of the activities to make the most out of the time on Ko Muk includes swimming in the calm and crystal-clear waters, paddling a kayak on the gentle waters, and snorkelling to see numerous beautiful corals and marine animals. Riding a motorcycle around the village also gives you a chance to experience the local way of life and make friends with the locals.

A short long-tail boat trip or a good half-hour kayaking trip from Hat Farang is all it takes to the highlight of a trip to Ko Muk and also to the beginning of a once-in-a-lifetime, unforgettable experience at **Tham Morakot (Emerald Cave)**. The excitement ramps up



Ko Muk

from the start, as you have to enter the hidden entrance and swim around 80 metres through the underwater tunnel. Emerging from the dark tunnel into a secret spot of sheltered beach with a magnificent emerald lagoon surrounded by towering rocks is like discovering another world. It is no wonder why people from all around the world travelled all the way here, because time comes to a standstill as one immerses in the magical scenery that looks like something out of a movie.

Coming back from Tham Morakot, go to Ao Kuan and begin trekking through the lush jungle and rubber farm for some time with the nature. Along the trail, one can spot several wildlife, including hornbills and macaques. End the day with a barefoot stroll along the soft white sand of **Hat Farang (Charlie Beach)** and relish the serene atmosphere of the island while watching the awe-striking sunset.

Location: Tambon Ko Libong, Amphoe Kantang, Trang

Pier to the island: Khuan Tung Ku Pier in Amphoe Kantang

GPS: N07° 23.435' E099° 21.066' (Khuan Tung Ku Pier in Amphoe Kantang)

Website: <http://nps.dnp.go.th>

Contact Information: Hat Chao Mai National Park Tourist Information Centre Tel. +66 8 0647 2292

Entrance Fee: 200 Baht for adults and 100 Baht for children (Please make sure to keep the ticket, as it can be used to enter all the islands within the Hat Chao Mai National Park and is valid for 1 day.)

Remark: Ko Muk is closed between 1 June and 30 September of every year.

Ko Muk and Tham Morakot can be visited on a day trip organised by operators at the Pier, and those who stay at Ko Muk can also arrange a day trip to nearby island; such as, Ko Kradan, Ko Rok, Ko Ngai, Ko Chueak, and Ko Ma.

Ko Rok

When the groups of day-trippers left, everything suddenly becomes quiet and the rest of the people who plan on staying overnight have not only one but two islands to themselves. Ko Rok is made up of twin limestone islands called Ko Rok Nok (Outer Ko Rok) and Ko Rok Nai (Inner Ko Rok), which are separated by a 250-metre-wide channel that is covered by magnificent hard and soft corals. Ko Rok archipelago features amazing underwater realm filled with excellent diversity of corals and amazing variety of marine creatures.

Ko Rok Nai, particularly around Ao Siam and Ao Pak Rong, offers great snorkelling opportunities in which divers can find

angelfish, pufferfish, nudibranch, moray eels, as well as possible sighting of whale sharks and black tip reef sharks. This island is also home to Ao Hin Ngam, a bay with a beach full of beautiful rocks of different sizes and shapes.

Just walking a few steps from the shoreline of Ko Rok Nok into the clear blue sea and one can easily spot clownfish playing among the anemone that is dancing to the rhythm of the waves. Apart from amazing world under the water like at Ao Laem Son, Ko Rok is also famous for being home to hermit crabs and monitor lizards that are freely roaming the beach. Late afternoon is a great time to walk along the Pha Samet Daeng Nature Trail on Ko Rok Nok. The trail leads through the steep slope to Pha Samet Daeng, which is a cliff overlooking the Andaman Sea. Walk down from the cliff to Ao Thalu, a quiet bay with rocky beach where you can enjoy watching spectacular sunset before calling it a night by lying on the white sandy beach and watching the sky slowly lightens with twinkling stars.

Location: Tambon Ko Lanta Yai, Amphoe Ko Lanta, Krabi

Pier to the island: Pak Meng Pier in Amphoe Sikao or Khuan Tung Ku Pier in Amphoe Kantang

GPS: N07° 30.442' E099° 18.724' (Pak Meng Pier in Amphoe Sikao)

N07° 23.435' E099° 21.066' (Khuan Tung Ku Pier in Amphoe Kantang)

Website: <http://nps.dnp.go.th>

Contact Information: Muko Lanta National Park Tourist Information Centre Tel. +66 8 2816 6885

Entrance Fee: 400 Baht for adults and 200 Baht for children

Remark: Ko Rok is closed between 15 May and



Ko Kradan

15 October of every year.

Those who wish to stay overnight can stay at the tent or bungalow on Ko Rok Nok provided by the National Park's ranger station. Please visit their website to make a reservation.

Even though Ko Rok belongs to Muko Phetra National Park in Krabi province, it is often considered as one of Trang's islands as it is easily accessible from Trang, but it can also be reached from Ko Lanta in Krabi.

Ko Kradan

The excitement keeps building up as the boat crosses the open sea passing small islands and karst ridges because not far ahead is Ko Kradan, a beach that was voted the 9th best beach in the world by the Guardian in 2016. It is starting to become clear in the first

five minutes of arrival why this small and isolated island is high on the list. The azure pristine water, an endless stretch of beach with finest white sand, and the calm and tranquil atmosphere with no roads, no motorcycles and no cars, make Ko Kradan an ideal island getaway.

The typical day at Ko Kradan involves soaking up the morning sun and indulging in the fantastic views of the nearby islands against the vast Andaman Sea from the hammock that swings between palm trees on the east coast's Paradise Beach. When the tide gets higher, jump into the water that is as clear as crystal and enjoy snorkelling to explore beautiful shallow coral reefs and marine life, including red gorgonian, brain coral, and a variety of reef fish. After lunch, go on a



Ko Ngai

kayaking expedition, which takes around 3 hours to make the scenic loop around the entire island. Wind down from the afternoon spent on a kayak by taking a walk along the trail through the jungle to Sunset Beach on the west coast and enjoy the moment of tranquility while marvelling at the breathtaking sunset. A lot of people would repeat this daily routine all over again, but a day trip to snorkel at the nearby islands; such as, Ko Muk, Ko Ngai, Ko Chueak, and Ko Ma is also an option. Ko Kradan is not only one of the most beautiful islands in Trang, but it is also a location for the annual Underwater Wedding, and those who are planning on having a unique wedding might want to consider getting married under the water here at Ko Kradan.

Location: Tambon Ko Libong, Amphoe Kantang, Trang

Pier to the island: Khuan Tung Ku Pier in Amphoe

Kantang

GPS: N07° 23.435' E099° 21.066' (Khuan Tung Ku Pier in Amphoe Kantang)

Website: <http://nps.dnp.go.th>

Contact Information: Hat Chao Mai National Park Tourist Information Centre Tel. +66 8 0647 2292

Entrance Fee: 200 Baht for adults and 100 Baht for children (Please make sure to keep the ticket, as it can be used to enter all the islands within the Hat Chao Mai National Park and is valid for 1 day.)

Remark: Ko Kradan is closed between 1 June and 30 September of every year.

Ko Ngai

Lounging on the powdery white sand while admiring the gorgeous endless sea that is decorated with limestone islets feels like a dream, but the warmth of the sun that kisses the skin reassures that this is reality. This picture-postcard place is none other



Ko Chueak

than Ko Ngai or Ko Hai, one of the most romantic islands in Thailand that is filled with spectacular landscapes and couples on honeymoon. Staying on an island with the absence of cars and crowds makes one feel like living in a perfect paradise. Apart from making the most out of the peaceful atmosphere by lazing around in the sun, gazing at the marvellous shades of blue, relaxing under the shadow of palm trees, there are several other activities one can enjoy, including kayaking around the island or walking the trail that connects the island's two beaches. A visit to the southernmost part of the island allows one to see a large stone sculpture that resembles Guan Yin (the Chinese Goddess of Mercy) in which the local fishermen often come to pray for a safe journey. This is also the best snorkelling spot, as the aquamarine seawater is as clear as one can imagine and is home to numerous underwater creatures. Another option is to

hire a boat to go on a day trip to snorkel or dive at other nearby islands; such as, Ko Muk, Ko Kradan, Ko Chueak, and Ko Ma.

Location: Tambon Ko Lanta Yai, Amphoe Ko Lanta, Krabi

Pier to the island: Pak Meng Pier in Amphoe Sikao
GPS: N07° 30.442' E099° 18.724' (Pak Meng Pier in Amphoe Sikao)

Website: <http://nps.dnp.go.th>

Contact Information: Muko Lanta National Park
 Tourist Information Centre Tel. +66 8 2816 6885
Entrance Fee: 400 Baht for adults and 200 Baht for children

Remark: Ko Ngai is closed between 1 June and 30 September of every year.

Even though Ko Ngai belongs to Muko Phetra National Park in Krabi province, it is often considered as one of Trang's islands as it is easily accessible from Trang, but it can also be reached from Ko Lanta in Krabi.



Ko Waen

Ko Ma – Ko Chueak – Ko Waen

Whether it is a day trip to one of the Trang islands or an island-hopping trip, the names 'Ko Ma', 'Ko Chueak', and 'Ko Waen' usually come up as part of the itinerary. Although all three islands has no beaches and are merely outcrops rising from the Andaman Sea, their underwater world is beyond breathtaking. **Ko Ma (Horse Island)**, named after its shape that looks like a horse, features shallow water filled with vibrant coral reefs, seaweed, and a variety of fish. Snorkellers can enjoy a little adventurous experience at **Ko Chueak (Rope Island)**, which comprises two huge limestone islands. Here snorkellers

have to hold on to the tour guide's rope while admiring the beauty of soft corals and colourful fish in order not to be swept away by the rapid currents flowing between the two islands. **Ko Waen (Ring Island)**, which is shaped like a ring, is famous as the place where the underwater wedding first held and is a popular dive sites amongst divers who come to explore the mesmerising deep water corals and numerous marine creatures.

Remark: Boat travelling to Ko Muk, Ko Kradan, and Ko Ngai often stop by at these three islands for some snorkelling session. You can also reach them by arranging a day trip from Ko Muk, Ko Kradan, and Ko Ngai, or book a tour package from one of the operators at Pak Meng Pier.

RELAX AND CONNECT WITH THE NATURE

Ko Libong

A trip to Ko Libong, Trang's largest island, is not a search for the sea, sand, and sun experience, but an expedition to spot the endangered dugong and to find an idyllic retreat off the beaten track far away from the crowds. Blessed with remarkable natural resources, Ko Libong is full of beds of seagrass, which is the source of food for dugongs. To get a glimpse of the dugongs, hire a long-tail boat out to the sea and wait for the dugong to miraculously emerge from the surface as they come up to nibble on the seagrass. Another option is to hike along the forest trail before climbing up the stairs to the wooden platform at Dugong Point. If luck is not on your side, the panoramic view of the expanse of

deep blue sea from the viewpoint is enough to make up for it. Apart from dugongs, you can also enjoy spotting birds, as Ko Libong is also a fantastic birdwatching site where numerous species of local birds and migratory birds can be found, including Masked Finfoot, Eurasian Curlew, Brown-winged Kingfisher, and Black-necked Stork.

Late afternoon is a great time to hire a motorcycle to explore the island and observe the local community, which are mostly Muslim, at the fisherman's village. Continue the excursion passing the rubber plantations and fruit orchards to the Stone Bridge, a weathered rock formation by the sea that looks like a bridge with an arch. Watching the sight of the golden orb slowly descending from above to below the arch of the Stone

Bridge before disappearing into the sea is a truly breathtaking experience.

Location: Tambon Ko Libong, Amphoe Kantang, Trang

Pier to the island: Hat Yao Pier in Amphoe Kantang

GPS: N07° 18.663' E099° 24.119' (Hat Yao Pier in Amphoe Kantang)

Laem Yong Star

Stroll along the pier that stretches out to the sea and pause for a moment to take in all the beautiful scenery of islands and the sea that surrounds the bay. The charm of Laem Yong Star is that it is peaceful and quiet during the day and lively during the evening. Those who prefer to have some alone time are invited to come to Laem Yong Star in the morning, as



you will most likely have the pier to yourself. Walk to the end of the pier and just sit there absorbing the serenity of the surroundings and enjoy watching schools of fish swimming in clear waters. A lot of local people choose to end their day by coming to watch the magical sunset at Laem Yong Star. Join the locals and breathe in the fresh air while watching the bright and golden sunlight sparkling on calm waters as the sun goes down.

Location: Tambon Tha Kham, Amphoe Palian, Trang

GPS: N07° 06.988' E099° 39.969'

Bo Hin Farmstay

The stilted wooden homestead engulfed by vast mangrove forests is Bo Hin Farmstay, a place where you can rest your mind, be surrounded by natural surroundings, and help the coastal ecosystem by replanting the seagrass. Time passes slowly as the long-tail boat weaves its way along Khlong Sikao (Sikao Canal) through dense mangrove forests to the saltwater hot spring, where you can enjoy soaking your feet in the soft mud, which can be as hot as 45 degree Celsius. From there, continue the excursion to Ao Bun Khong and spend time marvelling at the limestone cliffs and planting the seagrass, which is the food for dugong, an endangered mammal that are found along the coast in Trang. After doing good deeds for the community and the ecosystem, take a moment to indulge in the beautiful sunset at Hat Kep Tawan before spending the night at Bo Hin Farmstay. Those who get up early get the opportunity to join local fishermen on their fishing activities in the Gulf of Sikao before coming back to learn basketry weaving using pandanus leaves

and observe the making of salted fish by the locals. A visit to Bo Hin Farmstay not only allows you to learn about coastal lifestyle and the importance of mangrove forest and seagrass, but also gives you the opportunity to relax in the midst of beautiful nature.

Location: Tambon Bo Hin, Amphoe Sikao, Trang
GPS: N07° 33.332' E099° 19.717'

Contact Information: Tel. +66 8 1892 7440

Remark: Please contact Bo Hin Farmstay for enquiries on the fees for activities and make a reservation in advance.

Kantang Hot Spring Forest Park

Embraced by lush green forest, the Kantang Hot Spring Forest Park was a thermal swamp land that has now become a popular place for locals and tourists to wind down. From the elevated boardwalk, one can get the bird's-eye view of the pools of hot spring as well as explore numerous trees that surrounds the area. Take a stroll along the boardwalk to see which of the pools most suit your preference, the man-made pools close to the entrance or the natural ponds amidst the forest. Spend some quality time soaking body or feet in the hot and healing water, let the natural hot spring do wonder, and feel the fatigue and stress melting away. After a soak in the hot spring, complete the relaxing experience by getting a traditional Thai massage, whether it is a full body one or a foot massage, you will leave Kantang Hot Spring Forest Park feeling calm and refreshed.

Location: Tambon Bo Nam Ron, Amphoe Kantang, Trang

GPS: N07° 24.568' E099° 27.792'

Operating Hours: Every day 8.00 a.m. – 6.00 p.m.

Thung Khai Botanic Garden

Walking in slow steps allows one to appreciate the beauty of the natural world, hear the sound of nature, and see the magic hidden behind each layer of the lush forest here in Thung Khai Botanic Garden. The echoes of bird singing the melody of nature sound particularly lovely when strolling along the Canopy Walkway, a series of suspension bridges that connect six lookout towers that look like a treehouse and range from 10-18 metres high. The highest observation tower stands at 18 metres above ground, and it offers spectacular scenery of the untouched rainforest, as well as the opportunity to spot birds and bats among the treetops. Coming down from the Canopy Walkway, continue walking further to the paved trail to explore the Swamp Forest and spend time exploring the great variety of foliage and vines. The walk around Thung Khai Botanic Garden is not too hot, thanks to the gift of nature, which is plenty of shades provided by all the trees here.

Location: Tambon Thung Khai, Amphoe Yan Ta Khao, Trang

GPS: N07° 28.141' E099° 38.142'

Operating Hours: Every day 8.00 a.m. – 4.30 p.m.

Contact Information: Tel. +66 7529 1456

Hat Pak Meng

Listening to the waves lapping the shoreline in synchronisation with the wind blowing through the pine trees that fringed the beach makes a late afternoon stroll along Hat Pak Meng a pleasant experience. The 5-kilometre-long beach is in a crescent moon shape and the local families usually come here for recreational activities; such as, swimming in the warm water or building sand



Hat Pak Meng

castles. You are invited to sit on the beach chair, under the shade of the beach umbrella and pine trees, and enjoy a delicious selection of seafood items from various restaurants that lined the beach. When the sun is about to go down, take the time to acknowledge the beauty of the nature that surrounds the area. Standing on Hat Pak Meng, one can catch the magnificent view of the sun slowly fading into the horizon beside Ko Meng, an island that resembles a person lying face up in the ocean.

Location: Tambon Mai Fat, Amphoe Sikao, Trang

GPS: N07° 29.707' E099° 19.643'

Ko Sukon

A friendly smile from the local villager, as the

bicycle weaves its way around the village is a familiar sight to see while exploring the real rural life in Ko Sukon. The sand might not be as white as those in Ko Lao Liang and the water not as clear as Ko Kradan's, but the clean, brown sand and dark blue waters still offers a wonderful opportunity for swimming and relaxing on an empty and quiet beach. Apart from the tranquility of the beach without mass tourisms that allows the island to be a perfect place for an idyllic getaway, Ko Sukon also has a lot more to offer than just the beach. Most of the locals are Muslim and lead a simple and traditional way of life from fishing to growing watermelon, and making rubber sheets from the latex tapped from the rubber trees, and they are more than happy to share their unique lifestyle and culture. Bicycle is the most perfect mean of transport to discover the secrets and beauty of Ko Sukon. While on the bicycle, occasionally stop mid-way to say hello to the locals, take photos with goats and water buffalos, marvel at the natural beauty, and fill your stomach with fresh and scrumptious seafood. A path less travelled, Ko Sukon still preserves its authenticity and laid-back charm that makes visitors ended up extending their stay.

Location: Tambon Sukon, Amphoe Palian, Trang
Pier to the island: Ban Tase Pier in Amphoe Hat Samran

GPS: N07° 09.236' E099° 35.559' (Ban Tase Pier in Amphoe Hat Samran)

Namtok Ton Tok, Namtok Ton Te, and Namtok Phan

Amidst the verdant forests is **Namtok Ton Tok**, an oasis where one can marvel at the white thick streams that plunges down through large

and small rocks, hear the soothing sound of water splashing, and smell the fresh and earthy fragrance of the forest. Standing there, absorbing the refreshing natural energy from Namtok Ton Tok and it is no wonder why it is referred to as the 'Queen of the Southern Waterfalls'. Situated a few kilometres away is **Namtok Ton Te**, a spectacular waterfall where locals and tourists enjoy coming to swim in the pool beneath the running water. The dream-like scenery of the water from the Banthat Mountain Range tumbling 320 metres down through a series of granite boulders to the pool that is shaded by a variety of trees is enough for Namtok Ton Te to be dubbed as the 'King of the Southern Waterfalls'.

Not far from the King and Queen of Southern Waterfalls is **Namtok Phan**, a beautiful limestone waterfall that is embraced by the abundant natural surroundings. The waterfall features pristine water cascading over terraced rocks of different sizes, and flows into several pools that you can enjoy a cool swim in the emerald-coloured water.

Location: Tambon Palian, Amphoe Palian, Trang
GPS: N07° 16.894' E099° 52.969' (Namtok Ton Tok)

N07° 17.609' E099° 52.877' (Namtok Ton Te)

N07° 18.775' E099° 49.479' (Namtok Phan)

GET ACTIVE WHILE ENJOYING THE NATURAL SCENERY

Tham Le Khao Kop

The rowboat slowly eases its way along the river that flows from the Banthat Mountain Range, passing lush scenery on both sides. The calm and relaxing journey does not last long, as once the boat reaches the cave entrance, you



Tham Le Khao Kop

have to lie on your back to enter the small and concealed opening of the cave. Once inside, it is time to get off the boat and start exploring the beautiful caverns filled with spectacular stalactites and stalagmites. The caverns are lit with lightings to highlight the wondrous formations of nature. Towards the end of the journey, get back on the boat again and brace yourself for the experience of a lifetime. This last part of Tham Le Khao Kop resembles the dragon's torso, in which it is believed that travelling under the dragon's belly supposed to bring you good luck. As the boat progresses deeper inside the passage, the ceiling becomes lower and lower. The real adventure begins when you have to lie completely flat on your back in order to pass through the dragon's belly to exit the cave. Even the

captain of the boat has to lie on his back while maneuvering the boat slowly through the narrow spaces, as the ceiling of the cave is only inches above your nose. The fun and exhilarating boat ride at Tham Le Khoa Kop is certainly a unique experience that will leave everyone with an unforgettable memory.

Location: Tambon Khao Kop, Amphoe Huai Yot, Trang

GPS: N07° 47.629' E099° 34.333'

Operating Hours: Every day 8.00 a.m. – 5.00 p.m.

Entrance Fee: A boat into the cave cost 400 Baht and can take up to 5 people.

Contact Information: Khao Kop Sub-district Administrative Organisation Tel. +66 7550 0088

Khao Hua Taek

The breathtaking landscape of freshwater

swamp surrounded by lush forests with 157-metre-high Khao Hua Taek at the background looks more like a dreamworld than reality. The water in the swamp is emerald colour, a result of the reflection of the greenery that flanked the swamp. It is no wonder why this is a popular recreational place amongst the locals and tourists. Nature lovers and active travellers enjoy coming here to paddle the kayak in the calm water, while soaking up the enticing view of the natural surroundings. Those who are not a fan of kayaking activity will not be missed out, as you also have the option of riding the bicycle along the road that encircles the swamp or swimming in the emerald-coloured lake to equally enjoy the beauty that nature has to offer.

Location: Tambon Khao Kop, Amphoe Huai Yot, Trang

GPS: N07° 48.017' E099° 34.854'

Operating Hours: Every day 9.00 a.m. – 6.00 p.m.

Contact Information: Khao Hua Taek Eco-tourism Group Tel. +66 8 9645 3776

Wang Pha Mek

In the darkness and quietness, the hike to catch the first ray of light at Wang Pha Mek starts at half past four in the morning. Even though the trek is about 600 metres long, it takes around one hour to reach the summit because there are a few steep slopes that need climbing and some parts can be slippery, particularly in the rainy season, which happens to be the best season to view the sea of mist. Once at the summit, which stands at 1,600 metres above sea level, all the tiredness is replaced with awe at the beauty of nature. When the sun begins to emerge above the horizon, the orange rays of sun radiate

through the swirling sea of velvety white mist that slowly drifting across the sky. The local tour guide said that coming up to Wang Pha Mek allows one to see two seas at the same time. The view on the left side is the dreamy sea of mist floating against the mountainous terrain, whereas the scenery on the right is the Andaman Sea. Take the time to savour the moment, as the rewarding experience is not only for conquering the summit of Wang Pha Mek but also for having the opportunity to witness the wonder of nature first hand.

Location: Tambon Wang Maprang, Amphoe Wang Wiset, Trang

GPS: N07° 39.075' E099° 21.824'

Contact Information: Wang Pha Mek Forest Preservation Centre Tel. +66 6 5068 3255

Remark: A local tour guide is required to lead the way to see the sunrise at the top of Wang Pha Mek, and an overnight stay before the hike is highly recommended, please contact the Wang Pha Mek Forest Preservation Centre for more information.

Tham Khao Chang Hai

Walking into Tham Khao Chang Hai, it feels like this is a journey to find the lost elephant. Legend has it that several hundred years ago, a young elephant wandered inside the cave and no matter how much effort the mahout put in finding the elephant, it never returned, resulting in the cave being named 'Tham Khao Chang Hai' or the 'Lost Elephant Cave'. The concrete walkway of this well-lit cave allows you to comfortably enjoy exploring its many chambers. Each of the chambers is quite spacious and showcases beautiful stalagmites and stalactites of different shapes; such as, the twin towers,

crocodile, and head of an elephant. Even though the cave itself is quite small comparing to other caves, but there is plenty to see and the beauty of the creations of nature makes a visit to Tham Khao Chang Hai worthwhile.

Location: Tambon Na Muen Si, Amphoe Na Yong, Trang

GPS: N07° 35.399' E099° 40.157'

Operating Hours: Monday–Friday 1.00 p.m. – 4.00 p.m.

Saturday – Sunday 9.00 a.m. – 4.00 p.m.

Contact Information: Na Muen Si Sub-district Administrative Organisation Tel. +66 7529 9556

Ban Khao Lak

Jump into one of the colourful two-person kayaks and get ready to go on a 4.5-kilometre-long kayaking journey. The water is calm, making it not too difficult to navigate the kayak through the lush waterway. The canal winds itself through the jungle with an array of changing natural landscapes, from towering boulders to overhanging trees. The white and grey colour of the boulders alternating with the greenery of the trees makes beautiful contrast to the bright blue sky, so beautiful that a lot of paddlers become too busy being awestruck by the surreal scenery that they forget to paddle. The water, originates from the Khao Lak Forest, is clean and clear, allowing you to take a break from paddling the kayak to enjoy swinging on a swing while letting your feet skimming the water, or even swimming in the cool water.

Location: Tambon Pak Chaem, Amphoe Huai Yot, Trang

GPS: N07° 43.467' E099° 43.808'

Operating Hours: Everyday 9.30 a.m. – 4.30 p.m.

Contact: Ban Khao Lak Community-based

Tourism Group Tel. +66 8 2420 4691

Remark: Please contact Ban Khao Lak Community-based Tourism Group for the price of the kayaking activity.

HAVE FUN SHOPPING AND TASTING LOCAL DELICACIES

Chan Chala Night Market

While munching on the crunchy deep-fried chicken bought from one of the stalls, a question came to mind, “Is there a way to make it possible to eat everything here?”. Also known as ‘Trang Railway Station Walking Street’, the ‘Chan Chala Night Market’ got its name from its location that is in front of Trang Railway Station and ‘Chan Chala’ is Thai for ‘railway platform’. The Market exudes authentic local charm and is filled with people coming to get their fix of delicious food from countless stalls that sell a wide array of snacks and street food. The food selection available here is not limited to local Thai food like southern curries, fresh seafood, noodles, and halal food, but also some international varieties like sushi and burgers. Not only is Chan Chala Night Market a heaven for savoury feast, but it is also a sanctuary of sweet treats, ranging from fresh fruits to traditional Thai desserts, roti, as well as cakes and brownies.

Location: Tambon Thap Thieng, Amphoe Mueang Trang, Trang

GPS: N07° 33.266' E099° 36.288'

Operating Hours: Friday – Sunday 5.00 p.m. – 10.00 p.m.

Cinta Garden

Spotting the life-sized sculptures of the

Beatles means that you have arrived at Cinta Garden, the popular hangout spot of the local young crowd. Giving off a different vibe than the Chan Chala Night Market that is more like a conventional walking street, Cinta Garden is a well-organised night bazaar where the shops, food stalls, and bars are split into different zones, with several awesome spots for photo opportunity. After posing for several photos with the Beatles, spend time browsing through different shops and stalls selling clothes, accessories, and souvenirs. Take a break from the shopping spree and head to the food zone, which caters for different tastes and offers a wonderful variety of food ranging from barbecued skewers to grilled seafood, spicy salad, noodles, fried chicken, as well as a great assortment of snacks and sweets. With stomach full, spend time at one of the bars and enjoy listening to a live band performance to unwind from the long hours of shopping and eating.

Location: Tambon Thap Thieng, Amphoe Mueang Trang, Trang
GPS: N07° 33.413' E099° 37.169'
Operating Hours: Every day 5.00 p.m. – 11.00 p.m.

Kantang Walking Street

A stroll on the road that runs in parallel with the Trang River is more filling to the eyes and the stomach when both sides of the road is lined with stalls selling all sorts of delectable food and other items; such as, clothing and handicrafts. The Kantang Walking Street is a perfect place for visitors who spend time exploring the charming town of Kantang to end the day. The tempting smells of food fill the air as one slowly walks along the street, and the best way to thoroughly enjoy a visit

to the Market is to come with an empty stomach and dive in to enjoy tasting the food from one stall to another. The impressive collection of delicious food on offer here includes central and southern Thai food, fusion food, and traditional snacks and desserts. The not-to-be-missed menus include fish cake, which uses southern curry paste as the ingredient instead of the curry paste from the central region and gives the fish cake a more intense flavour, and 'Khanom Thang Taek', which is a kind of pancake filled with sugar and shredded fresh coconuts.

Location: Tambon Kantang, Amphoe Kantang, Trang
GPS: N07° 24.442' E099° 30.514'
Operating Hours: Every Sunday 3.00 p.m. – 9.00 p.m.

Na Pot Market

The sound of vendors talking and the sight of them smiling brightly are a great invitation to Na Pot Market, a market that was formed well over 20 years ago by a group of local villagers to distribute their own agricultural products. Today, the market expands from just selling chemical-free vegetables and fruits grown by the vendors themselves to also selling a variety of mouthwatering options. Exploring the Market allows visitors to experience the way of life of the local people and see how they go about grocery shopping, and at the same time taste different kind of local dishes. Amongst the scrumptious food and snack on offer here, the highlights are Somtam (spicy papaya salad), deep-fried chicken, and a delightful selection of traditional Thai desserts, particularly desserts from the southern region.

Location: Tambon Na Khao Sia, Amphoe

Na Yong, Trang

GPS: N07° 31.587' E099° 42.632'

Operating Hours: Tuesday, Thursday, Sunday
2.00 p.m. – 6.00 p.m.

Trang's Tasty Treats

Trang is a gastronomical paradise where the harmonious blend of Thai-Muslim, Thai-Chinese, and Southern Thai communities has influenced the food scene enormously. The day starts early in Trang because the local people take breakfast seriously and it is best to go to one of Trang's many **Dim Sum** eateries. After choosing a few items from over 40 steamed dim sum options, more than 10 fried options, as well as congee and Bak Kut Teh, wait only for a little and then the table will be filled with bamboo baskets of hearty and delicious dim sum. But this is not the end of breakfast here because the highlight is Trang's signature dish, Trang Roast Pork. If you have not tasted the tender, juicy, and semi-sweet roast pork with slightly crispy skin, then you have not been in Trang.

Trang Roast Pork is so popular that it is not only served in the Dim Sum eatery, but also sold in the market and shops around town.

If Dim Sum seems too heavy for a breakfast, head to one of the traditional-style coffeehouses and order **Kopi**, which is strong and sweet coffee that is usually served with Patongko (Thai-style donut). Another popular dish that is also eaten for breakfast or any other meal is **Khanom Chin** (rice vermicelli) served with curry. Another not-to-be-missed dining option when travelling to Trang is **Khao Kaeng** (Southern-style rice and curry), which is a lunchtime favourite of the locals. Some of the common dishes include Kaeng Som (spicy and sour clear curry with fish),



Dim Sum

Khua Kling (pork stir-fried with chili paste), and Sato Kung Phat Kapi (shrimp stir-fried with stink beans and shrimp paste). Apart from local eateries selling Southern-style food, Trang is also blessed with a rich array of **fresh seafood** that visitors can enjoy both in town and on the islands.

It is almost impossible for those travelling around Trang to not spot square boxes of **Trang Cake** piling high in shops, particularly souvenir shops. The soft but firm spongy cake with a hole in the middle comes in a variety of flavours for those with sweet tooth to choose from, whether it is butter, which is the original flavour, or milk, coffee, pandan, banana, and green tea.



Trang Roast Pork

Remark: Dim Sum, Trang Roast Pork, Kopi, and Trang cake can be found throughout Trang, whereas the most famous place for seafood indulgence is Hat Samran. Locals usually visit Hat Samran, a tranquil beach shaded by rows of pine trees not only for relaxation, but also for its fresh and scrumptious seafood dishes served by several restaurants that lined the beach.

GPS: N07° 14.141' E099° 32.171' (Hat Samran in Amphoe Hat Samran)

BE A PART OF TRANG'S AMAZING FESTIVALS

Trang Underwater Wedding Ceremony

Tying the knot under the water might sound unthinkable, but Trang has been organising

the Trang Underwater Wedding Ceremony on Valentine's Day for over 20 years now. The world-famous event not only provides couples with the once-in-a-lifetime opportunity to hold their nuptials around 8-12 metres below the surface of the Andaman Sea, but also raises awareness about coral reef conservation. Apart from diving to have their marriage license registered under the pristine azure waters of Trang island, the couples are also introduced to the traditional Thai-style wedding, including Buddhism ritual and the water pouring ceremony, and a dinner celebration on land. The Trang Underwater Wedding Ceremony is not limited to Thai nationals, interested foreigners with a scuba diving license can also take part in this unique ceremony.

Date: around 12-15 February

Location: Ko Kradan or Tham Morakot in Tambon Ko Libong, Amphoe Kantang, Trang
GPS: N07° 23.435' E099° 21.066' (Khuan Tung Ku Pier in Amphoe Kantang)

Contact Information: Tourism Authority of Thailand (TAT), Trang Office Tel. +66 7521 5867
Website: www.underwaterwedding.org

Remark: Please contact the Tourism Authority of Thailand (TAT), Trang Office for more information and for the exact schedule of the festival.

Lae Luk Lom Chom Tham Khao Chang Hai Festival

A visit to discover the beauty of stalactites and stalagmites inside Tham Khao Chang Hai during the Lae Luk Lom Chom Tham Khao Chang Hai Festival enables you to enjoy relaxing amidst the beautiful scenery of the paddy fields. The late afternoon breeze blowing across the paddy fields, creating the sound of several Luk Lom to fill the air of the area around Tham Khao Chang Hai. Luk Lom or wooden wind wheel is the product of the local wisdom in which the farmers used as scarecrow, as the sound that the wind wheel produces would chase the birds away. The Lae Luk Lom Chom Tham Khao Chang Hai Festival features several local traditions, where visitors can explore the traditional rice farming customs, and ancient rice milling and rice cooking methods, as well as buy and taste delicious local delicacies.

Date: February

Location: Tambon Na Muen Si, Amphoe Na Yong, Trang

GPS: N07° 35.399' E099° 40.157'

Contact Information: Na Muen Si Sub-district



Trang Underwater Wedding Ceremony

Administrative Organisation Tel. +66 7529 9556
Tourism Authority of Thailand (TAT), Trang Office Tel. +66 7521 5867

Remark: Please contact the Tourism Authority of Thailand (TAT), Trang Office or Na Muen Si Sub-district Administrative Organisation for the exact schedule of the festival.

Trang Roast Pork and Trang Cake Fair

Get your appetite ready and head to Trang in September for the annual Trang Roast Pork and Trang Cake Fair. Although both Trang Roast Pork and Trang Cake can be found in Trang throughout the year, but the Fair is where you can find two of the most famous

Trang's tasty treats in one place. The venue is filled with the sound of knife cutting through the crispy pork skin and the sweet aroma of the cakes. There are countless of stalls selling Roast Pork and Trang Cake, each of which has their own secret recipe that makes them different from one another. You will not be able to resist walking around and tasting all the delicious delights from as many stalls as you try to figure out which of the various varieties of these two delicacies is your favourite.

Date: September

Location: Amphoe Mueang Trang, Trang

Contact Information: Tourism Authority of Thailand (TAT), Trang Office Tel. +66 7521 5867

Remark: Please contact the Tourism Authority of Thailand (TAT), Trang Office for the location and the exact schedule of the festival.

The Buddha Image Procession and Trang Cultural Procession

When the end of the Buddhist Lent period comes, the street around Trang city centre becomes lively and colourful with the procession of the elaborately decorated boats carrying Buddha images, accompanying by the drums. The Chak Phra or Lak Phra tradition, literally translates to 'hauling the Buddha image', has been practiced for generations to symbolise the return of Lord Buddha to earth. At the Festival, visitors can witness the local people gathering together and lending their hands in pulling the Buddha image float through the street, as it is believed that whoever take part in pulling the Buddha image float will be granted with good luck. Apart from observing the spectacular and unique procession, you

can also watch the competition to find the most beautiful Buddha image float, local sports competition, cultural performances, and various kinds of entertainment, as well as join the merit-making activity.

Date: The end of the Buddhist Lent period (around October)

Location: Thung Chaeng Municipal Stadium, Tambon Bang Rak, Amphoe Mueang Trang, Trang

GPS: N07° 33.372' E099° 35.340'

Contact Information: Tourism Authority of Thailand (TAT), Trang Office Tel. +66 7521 5867

Remark: Please contact the Tourism Authority of Thailand (TAT), Trang Office for the exact schedule of the festival.

Berk Fah Had Samran Festival

The usually tranquil beach lined with pine trees called Hat Samran becomes lively for several days, with the sound of people cheering as they watch the soccer competition and boat race. The sports competitions are just part of the fun-filled Berk Fah Had Samran Festival, which is organised yearly at Hat Samran to promote the area to the visitors, both locals and foreigners. Apart from the sports, you can also enjoy watching several kinds of local performance, but the highlight of the Festival is undoubtedly Hat Samran's famous seafood. Hat Samran is known for being the place where people come to enjoy the delicious seafood, and therefore at this Festival, you can find several stalls and restaurants selling fresh and delectable seafood dishes.

Date: January

Location: Hat Samran, Tambon Hat Samran, Amphoe Hat Samran, Trang

GPS: N07° 14.141' E099° 32.171'

Contact Information: Tourism Authority of Thailand (TAT), Trang Office Tel. +66 7521 5867

Remark: Please contact the Tourism Authority of Thailand (TAT), Trang Office for the location and the exact schedule of the festival.

TRANSPORTATION FROM BANGKOK TO TRANG

By car

Take Highway 4 passing Prachuap Khiri Khan and switch to Highway 41 at Chumphon. Continue further and take Highway 4 from Amphoe Thung Song in Nakhon Si Thammarat province to reach Trang province.

By bus

Several air-conditioned bus and VIP coaches depart from the Bangkok Southern Bus Terminal

(also known as Sai Tai Mai), located on Borommaratchachonnani Road, to Trang daily. For more information, visit www.transport.co.th.

By train

Trains to Trang leave Hua Lamphong Railway Station in Bangkok daily. For more information, visit www.railway.co.th.

By air

Air Asia (www.airasia.com), Nok Air (www.nokair.com), and Thai Lion Air (www.lionairthai.com) departs for Trang from Don Mueang Airport daily.



Ko Muk

RESTAURANTS AND ACCOMMODATION

For information on restaurants and accommodation, please visit

www.tourismthailand.org/trang or contact the Tourism Authority of Thailand, Trang Office at Tel. +66 7521 5867

USEFUL CONTACT INFORMATION IN TRANG

Tourism Authority of Thailand, Trang Office	Tel. +66 7521 5867
Highway Police	1193
Tourist Police	1155



Prasat Hin Phan Yot

Satun

When a holiday is calling and you need to get away to a peaceful yet interesting place, Satun is the answer. Most people come to Satun only to visit the famous Ko Lipe, but little did they know that Satun has a lot more to offer than just Ko Lipe's incredible beaches.

Upon arrival in Satun and no matter which direction you turn to, you are greeted with traces of rich history and welcoming smiles of the members of the local community that illustrates a harmonious blend of Thai Buddhist and Muslim cultures. As the journey goes along, the fascinating geology of Satun that dates back over 500 million year ago becomes more visible through the geological evidences scattering around the province. The discoveries of these geological treasures have enabled Satun to earn the recognition from UNESCO as Thailand's first geopark and attract more visitors to come and explore the many wonders of Satun.

The more time spends travelling around Satun, the more interesting Satun becomes. It is without a doubt that Satun's natural beauty is diverse and is simply mesmerising. The plethora of activities available also makes certain that visitors to Satun will get to fully enjoy spending time at the unspoiled islands and stunning beaches, amazing caves, pristine forests, and impressive limestone mountains.

Take the time to slowly appreciate all the hidden gems of Satun and you will realise that Satun is truly a charming province that is easy to fall in love with.

VOYAGE TO THE PAST

Satun National Museum

What better way to experience what it was like to live in Satun a century ago and to get a grasp on the history and culture of Satun than to spend time at Satun National Museum. Just by standing in front of the two-storey Colonial-style white building with mint coloured louvers, anyone would know that this is more than just an ordinary museum. The building, known as Kuden Mansion, was built over a hundred years ago by Phraya Phuminatphakdi, the former governor of Satun. Walking inside the museum, it feels like one is tracing the footsteps of Phraya Phuminatphakdi while he was living here. After learning about geography, significant incidents of Satun in the past, way of life of Sakai tribal minority, story of Tarutao Island, and different ways of life and religion in Satun on the first floor, walk up to the second floor and let your imagination do the work. While on the second floor, travel back to the olden days by exploring how the local people lived in the past. Finish tracing Phraya Phuminatphakdi's footsteps by observing how he lived in the 'Governor's House Room', which recreates different part of this mansion in the room and displays some of his personal effects.

Location: Soi Satun Thani 5, Satun Thani Road, Tambon Phiman, Amphoe Mueang Satun, Satun

GPS: N06° 37.050' E100° 03.983'

Operating Hours: Wednesday – Sunday
9.00 a.m. – 4.00 p.m.

Website: <http://www.virtualmuseum.finearts.go.th/satun/>

Contact Information: Tel. +66 7472 3140

Entrance Fee: 50 Baht

Satun Geopark Museum and Thung Wa Ancient Elephant Museum

Wouldn't it be good to know about what Satun Geopark is before travelling around Satun? After slowly digesting the information that are on display inside the open-air building of **Satun Geopark Museum**, it is no wonder why 72 sites in 4 districts of Satun province became Thailand's first UNESCO Global Geopark. Among the displays is a collection of fossils found in Satun and it would be hard for anyone not to show excitement after learning that some of these fossils dates back about 500 million years ago. Moving over to **Thung Wa Ancient Elephant Museum**, which is only a few steps away, the story about life in the Paleozoic era (about 541 to 251 million years ago) becomes easier to understand through a 3D documentary. From the theatre, walk around the museum and learn about history, festivities, and traditions of Amphoe Thung Wa and Satun, before reaching the most important section, which is about ancient elephant. Here, be amused by the fascinating stories of the ancient elephants, particularly *Stegodon*, in which the fossils were found inside *Tham Le Stegodon* and is the origin of Satun Geopark.

Location: Tambon Thung Wa, Amphoe Thung Wa, Satun

GPS: N07° 05.447' E099° 46.113'

Operating Hours: Monday – Friday 8.30 a.m. – 4.00 p.m.

Website: www.satun-geopark.com

Contact Information: Tel. +66 7478 9317, +66 8 4858 5100

About Satun Geopark

Before travelling around Satun, it is better to know a little bit about what Satun Geopark is. Satun Geopark comprises 72 sites in the area of 4 districts (Amphoe Thung Wa, Amphoe Manang, Amphoe La-ngu, and some parts of Amphoe Mueang Satun) in Satun. Spending time travelling around these sites and it will be evidently clear why Satun Geopark was endorsed by UNESCO as Thailand's first Global Geopark in 2018

Travel back in time to find yourself at the 'Land of Paleozoic Fossils' and enjoy exploring the mesmerising Karst topography and the area that is known for the discovery of the diverse abundance of fossils dating back more than 500 years. Some people might have known that Ko Tarutao (Tarutao Island) is a beautiful island with an interesting history dating back a few decades ago, but what a lot of people do not know is that the oldest fossils of primitive sea life in Thailand, namely the Cambrian trilobite fossils, were found here.

Other Satun Geopark's distinctive attractions worth visiting, which boast incredible geological significance, topographical features, natural beauty, and historical and cultural heritage, include *Tham Phu Pha Phet*, *Tham Le Stegodon*, *Ko Tarutao*, *Ko Lipe*, *Prasat Hin Phan Yot*, and *Namtok Wang Sai Thong*.

Khao To Ngai Fault Plane (Time Travel Zone) and Hat Hin Lak Si

There are not many times in life, if ever, that you are given a chance to travel through time, but you can do it here in Satun. Stroll along the 'Time Traveller's Bridge' that encircles *Khao To Ngai* and feel the cool



Khao To Ngai

breeze from the sea touches the skin. As the '**Khao To Ngai Fault Plane**' or the 'Time Travel Zone' appears before the eyes, the fault plane on the seafront cliff that is separated by twenty million years send chills down the spine. Feel the time slows to a pause while admiring the natural wonders where the red sandstone of the Cambrian period (around 541 to 485 million years ago) comes into contact with limestone of the Ordovician period (around 485 to 444 million years ago).

Coming back from the journey to the past, walk further to the end of the Time Traveller's Bridge and find a walkway that leads to **Hat Hin Lak Si** (Colourful Gravel Beach). As the tide lowers and the water retreats, the beach reveals gravel of different sizes, shapes, and colours. Spend time marvelling at the

incredible natural creation, which produces many different coloured gravels, for example, red or pink from iron in sandstone, grey from the impurity in limestone, yellow or brown that is the colour of weathered sandstone, and white that is the colour of quartz or calcite veins.

Location: Tambon Pak Nam, Amphoe La-ngu, Satun

GPS: N06° 50.157' E099° 45.302' (Entrance to the Khao To Ngai Fault Plane is at Muko Phetra National Park Head Quarter)

Website: <http://nps.dnp.go.th> and www.satun-geopark.com

Contact Information: Muko Phetra National Park Tel. +66 7474 0272

Entrance Fee: 200 Baht for adults and 100 Baht for children



Ko Khai

ESCAPE TO THE PARADISE ISLANDS

Ko Tarutao

As the speedboat approaches **Ao Phante Malacca** on Ko Tarutao, the mind starts to wonder about how a place that was once a prison in the late 1930s becomes a paradise full of pure nature and unspoiled beaches today. Having learned about the history of the Tarutao Archipelago through the exhibition at Ao Phante Malacca, it is time to explore the island and enjoy the many activities Ko Tarutao has in store.

Start crossing off the checklist by renting a bicycle and visit Ao Talo Wao to snap a picture of the picturesque limestone hill from the **Ao Talo Wao Pier**. Take a short journey to the past and explore the historic buildings that served as sleeping halls for prisoners and

occupation training centre at the **Talo Wao Historical Trail**. Move on to **Ao Mo Lae** and take a break by relaxing on the beautiful 1-kilometre-long crescent-shaped sandy beach. Towards the south of the bay is a significant Satun Geopark's site, as it is where fossils of the ancient Horseshoe Crabs from the Cambrian period (around 500 million years ago) were found.

Those who need to have some alone time with the nature would find the secluded beach of **Ao Son** to be a perfect place to laze around and do nothing except from getting a dose of vitamin D. Once the sun becomes too strong, retreat into the shades of the tree and enjoy walking the nature trail through the undisturbed jungle to **Namtok Lu Du**, a small but beautiful waterfall. Bursting with energy, get on a kayak and paddle your way through the mangrove forest to **Tham Chorakhe**. Even though the name suggests

that this is a Crocodile Cave, it was all in the past. The light from the torch illuminates the dark cave shows no crocodile, only glowing stalactites and stalagmites in various unique shapes. When the day starts to come to an end, muster up the energy for a 20-minute walk up the cliff to **Pha To Bu Viewpoint** to catch some of the most scenic sunsets in Ko Tarutao.

A trip to Ko Tarutao would not be complete without a visit to **Ko Khai** or the Egg Island, as the Love's Gate or the giant stone arch on Ko Khai is somewhat a symbol of Tarutao National Park. It is believed that a couple that walkthrough this arch together will be blessed with lifetime happiness, and on Valentine's Day, a lot of couples would come and get their marriage certificate registered here.

Location: Tambon Pak Nam, Amphoe La-ngu, Satun

Pier to the island: Pak Bara Pier in Amphoe La-ngu

GPS: N06° 51.622' E099° 43.290' (Pak Bara Pier in Amphoe La-ngu)

Website: <http://nps.dnp.go.th>

Contact Information: Tarutao National Park Tourist Information Centre Tel. +66 7478 3485

Entrance Fee: 200 Baht for adults and 100 Baht for children (Please make sure to keep the ticket, as it can be used to enter all the islands within the Tarutao National Park and is valid for 5 days.)

Remark: Ko Khai can be visited as part of the Ko Tarutao or Ko Lipe tour packages, or visitors can hire a private boat from Ko Tarutao or Ko Lipe to Ko Khai.

Ko Lipe

Ever wonder what makes Ko Lipe the most

renowned destination in Satun? Just getting off the speedboat on **Hat Pattaya** (Pattaya Beach) and it was clear to see that Ko Lipe is a tropical paradise with everything one could ask for on an island. Spectacular views of clear blue waters, stunning coral reefs, virgin beauty of untouched white sandy beaches, a wide array of accommodation and dining options, and some laid back but vibrant nightlife, you name it and Ko Lipe has it.

Time seems to stand still at **Hat Sunrise** (Sunrise Beach) on the eastern side of Ko Lipe, as one revels in the dreamlike scenery of crystal-clear azure waters while feeling the powdery warm sand between the toes. It is difficult to decide whether to just lounge on the beach, get on the kayak and paddle around the bay, or grab a snorkelling mask and jump into the calm waters just a stone's throw away from shore. After all the activities, stop by at the nearby Chao Le Village and spend time making friends with the Chao Le or the Sea Gypsy and discover their interesting fisherman's way of life.

As the names suggest, Hat Sunrise is a great place for early birds to catch the day's first golden rays, while **Hat Sunset** (Sunset Beach), on the western side of the island, is where one can have an idyllic evening watching the sun slowly descends towards the horizon. Hat Sunset is blessed with a stretch of white powdered sand beside the translucent blue waters, making it a favourite spot for those who seek a quiet getaway. Ko Lipe is also a haven for divers as there are several dive spots; namely, **Pattaya Corner**, **Eight Mile Rock**, and **Stonehenge**, surrounding the island. Divers will enjoy finding attractive coral reefs and diverse marine life; such as, butterflyfish,



Hat Pattaya

trumpetfish, feather star, pufferfish, nudibranch, and moray eel, just to name a few.

Although Ko Lipe is not a party island, as the night falls, one can still find several lively spots along the Walking Street, which is a blue-coloured paved street lined with shops, restaurants, and bars from Hat Pattaya to the middle of the island. Once at the Walking Street, do not forget to try the famous Roti and Teh Tarik (pulled tea). Apart from spending time on this island of paradise, there are several day trip services from Ko Lipe to nearby islands; such as, to marvel at the sparkling black stones scattering around the beach at Ko Hin Ngam, or to enjoy a snorkelling or diving session at Ko Rawi and Ko Adang. Ko Lipe invites everyone to come and see for oneself that it is truly a paradise.

Location: Tambon Ko Sarai, Amphoe Mueang Satun, Satun

Pier to the island: Pak Bara Pier in Amphoe La-ngu

GPS: N06° 51.622' E099° 43.290' (Pak Bara Pier in Amphoe La-ngu)

Website: <http://nps.dnp.go.th>

Contact Information: Tarutao National Park Tourist Information Centre Tel. +66 7478 3485

Entrance Fee: 200 Baht for adults and 100 Baht for children (Please make sure to keep the ticket, as it can be used to enter all the islands within the Tarutao National Park and is valid for 5 days.)

Muko Adang – Rawi

The joy of sleeping in a tent is waking up to the melodious sound of wind blowing through pine trees, alternating with the rhythmic sound of the rolling ocean waves crashing on the sand. Feeling like this is a private island, **Ko Adang** is an unspoiled and undeveloped paradise that gives off a different vibe than Ko Lipe, which is its nearest island. After spending time lazing on the tranquil beach with finest white sand one



Ko Rawi

can ask for, swim just only 30 metres off the shore to snorkel and say hello to colourful coral reefs and numerous sea life, including the cute clownfish and lovely sea anemones. Divers will enjoy hopping around several diving spots within the island to discover a plethora of marine creatures; such as, colourful hard and soft corals, clown triggerfish, nudibranch, damsel, giant clam, blue starfish, and lionfish. Apart from snorkelling and diving at the sites in Ko Adang, visitors are recommended to go on a snorkelling day trip at the nearby islands including **Ko Rawi, Ko Hin Son, Ko Hin Ngam, Ko Rok Roi, Ko Dong, Ko Phueng, Ko Yang,** and **Ko Chabang.**

A never-to-be-missed activity is to hike through the jungle to the viewpoint on **Pha Chado** or Chado Cliff. Those who did not give up and made it all the way up to viewpoint number three are rewarded with the remarkable bird's-eye view of Ko Lipe

surrounding by the sparkling turquoise waters. If hiking to Pha Chado is not enough of an exercise already, head deep into the dense green jungle and trek to **Namtok Chon Salat** or the Pirate's Waterfall. A little more difficult than the hike to Pha Chado but it was worth the effort, as the waterfall is beautiful with refreshingly cool water.

Unwind from the day's activities and relax by the beach on Ko Adang. Nothing compares to watching the sun's ray making a glistening path on the water surface before the golden orb slowly dips down behind the edge of the sea.

Location: Tambon Tarutao, Amphoe Mueang Satun, Satun

Pier to the island: Take a speedboat from Pak Bara Pier in Amphoe La-ngu to Ko Lipe and then take a long-tail boat from Ko Lipe to Ko Adang.

GPS: N06° 51.622' E099° 43.290' (Pak Bara Pier



Ko Bulon

in Amphoe La-ngu)

Website: <http://nps.dnp.go.th>

Contact Information: Tarutao National Park

Tourist Information Centre Tel. +66 7478 3485

Entrance Fee: 200 Baht for adults and 100 Baht for children (Please make sure to keep the ticket, as it can be used to enter all the islands within the Tarutao National Park and is valid for 5 days.)

Remark: Some of the islands; such as, Ko Hin Ngam, Ko Chabang, Ko Yang, Ko Dong, Ko Phueng and Ko Rok Roi are closed between mid-May and mid-October of every year to allow the coral reefs, marine life, and ecosystem to rehabilitate.

Muko Bulon

As soon as the boat docked at the island and the engine stopped, everything became quiet and all everyone could hear was the sound of waves gently washing up against the shore. **Ko Bulon Le** is far from mass tourism and one can fully enjoy the charm of the idyllic island. Head to Hat Sai Khao or White Sand Beach to spend a day forgetting about everything and do absolutely nothing apart from revel in the softness of the silky white sand and plunge into the clear blue waters.

The next morning, wake up to the sound of bird singing and get ready for a fun day of island hopping. Get on a long-tail boat and head to **Ko Bulon Don** to explore the way of life of the Urak Lawoi ethnic group, then continue the trip to **Ko Bulon Maiphai** and indulge in the tranquil beach of white sand and blue sea. Finish the day trip by exploring the amazing underwater world and marvel at the seven coloured corals at the **Hin Khao Pinnacle**.

Another activity while staying at Ko Bulon Le is to take a walk around the island and play with the island's many cute and friendly cats along the way before finishing off the day at **Ao Panka Yai**, a lovely bay with a great spot to watch colourful sunset.

Location: Tambon Pak Nam, Amphoe La-ngu, Satun

Pier to the island: Pak Bara Pier in Amphoe La-ngu
GPS: N06° 51.622' E099° 43.290' (Pak Bara Pier in Amphoe La-ngu)

Website: <http://nps.dnp.go.th>

Contact Information: Muko Phetra National Park Tel. +66 7478 3485

Entrance Fee: 200 Baht for adults and 100 Baht for children

JOURNEY INTO THE MYSTERIOUS CAVES

Tham Le Stegodon

Have you ever wondered how it would feel to be at a place that was once home to such an ancient creature? After gearing up with a life jacket and a safety helmet, sit on a kayak and embark on a journey of a lifetime at Tham Le Stegodon (Stegodon Sea Cave), the longest sea cave in Thailand. Once named Tham Wang Kluai, the cave was renamed to Tham Le Stegodon after the discovery of fossils particularly Stegodon, a large elephant that walked the earth around 1.8-0.001 million years ago, inside the cave in 2008. As the local guide paddled the kayak through the high-ceiling, 4-kilometre-long cave, delve into the world of imagination with stalactites and stalagmites that form various shapes. Some parts of the cave wall even have water running down, making it look like a waterfall. Spotting a colony of bats hanging on the wall indicates that the cave exit is near. The exit is in a heart shape and is the origin of Tham Le Stegodon's slogan, which is 'In search for the heart at the end of the tunnel'. After exiting the cave, hop on the boat and journey through the mangrove forest to get off at Ban Tha Oi Pier. At the Pier, enjoy viewing astonishing view of the mangrove forest and buying some of the local sweets that should be tasted when visiting Satun; such as, Khanom Phuk Rak and Bu-nga Puda.

Location: Tambon Thung Wa, Amphoe Thung Wa, Satun

GPS: N07° 07.402' E099° 47.920'

Contact Information: Thung Wa Sub-district Administrative Organisation (SAO) Office

Tel. +66 7478 9317, +66 8 4858 5100

Remark: The most suitable time to visit Tham Le Stegodon is according to the tide level. Please contact the Thung Wa SAO Office for enquiries on the time the price, and please make a reservation to visit the cave in advance.

Tham Phu Pha Phet

The challenge of walking up over 300 steps and crawling through a narrow cave entrance was worth every effort as the natural spectacle inside Tham Phu Pha Phet is beyond extraordinary. 'Tham Phu Pha Phet' or the 'Diamond Mountain Cave', is the fourth largest cave in the world and comprises at least 20 caverns with different types of speleothem, including stalactite, stalagmite, curtain, flowstone, soda straw, and cave pearl. Venture along the boardwalk into the cave and be awe-inspired by speleothems of numerous shapes that glisten like diamonds against the glow of the torch. The highlight is the 'Lan Saeng Morakot' or the 'Emerald Yard', the only place inside the cave where natural light can shine through. The algae and lichen caused the stones in this area to have a unique green colour, and once the natural light falls on, the stones appear like illuminating emerald. Tham Phu Pha Phet is not only a feast for the eyes, but the cave is also of geological significance, as several nautiloid fossils from around 485-445 million years ago, as well as human skeletons and earthenware from 3,000 years ago were found.

Location: Tambon Pam Phatthana, Amphoe Manang, Satun

GPS: N07° 07.487' E099° 59.851'

Operating Hours: Every day 8.30 a.m. – 3.30 p.m.



Tham Phu Pha Phet

Entrance Fee: 200 Baht

Remark: To fully enjoy the experience inside the cave, it is recommended to rent a head torch before entering the cave.

Tham Chet Khot

Paddling the kayak along the cool stream before reaching Tham Chet Khot, the mind drifts from the beautiful scenery on both sides and starts to wonder about the mysterious beauty inside the limestone cave from the Ordovician era (around 485.4-443.8 million years ago). The adventure starts when the kayak has to be lifted over a heap of stones at the entrance of the cave. Once the kayak is inside the cave and the torch turned on, the real expedition to explore the cave begins, and the stalagmites and stalactites become clearer to see. The sound of water lapping gently against the kayak coupled with the sound of water dripping from the cave ceiling create a sense of calmness as the tour guide leads the group of kayaks through the 7 curves of the cave system. The stream inside the cave runs for a total of around 600 metres. The third cavern features magnificent curtains of calcite that shimmer in the light. Feel the magical vibe as the kayak journey through the cave to a cavern where the sunlight filters through the karst window and produces sparkling effect of diamonds on the cave wall. After exiting the cave, those who seek more adventure can enjoy kayaking down the rapids further down the stream.

Location: Tambon Pam Phatthana, Amphoe Manang, Satun

GPS: N07° 06.454' E099° 56.409' (The starting point of the kayaking trip to the cave)

Operating Hours: Every day 8.30 a.m. – 4.30 p.m.

Fee: 250 Baht



Tham Chet Khot

Tham U-rai Thong

Entering Tham U-rai Thong and walking along the elevated walkway inside the cave, one could feel like being transported into the ancient time. Apart from marvelling at the beautiful stalactites and stalagmites inside the cave, which is part of the isolated limestone mountain, take the time to imagine all the possibilities of what this cave was like thousands of years ago. Tham U-rai Thong consists of three caves, in which Tham U-rai is the biggest one and is where the ancient skeletons and animal bones dating back 4,000-5,000 years were discovered. Equally as important, the other

two smaller caves; namely, Tham Samphao and Tham Luksao, are also where fossils of ancient shells and ancient animal bones were found. After spending time inside the cave, walk along the elevated walkway that leads to the viewpoint, which is the highest point of the mountain, and enjoy the panoramic view of the natural surroundings.

Location: Tambon Kamphaeng, Amphoe La-ngu, Satun

GPS: N06° 56.509' E099° 45.867'

UNWIND IN THE MIDST OF THE NATURE

Hat Sanlang Mangkon in Ban Tanyong Po

After a 20-minute boat ride from the Ban Ba Kan Khoei Pier in Tanyong Po Village, the separated sea that the locals called 'Hat Sanglang Mangkon' or 'Dragon's Spine Beach' comes into sight. Arriving before the tide is completely out allows the dragon's spine to slowly emerge, as the sea miraculously separates to reveal a 2-metre-wide ridge. Step off the boat and take a stroll along the curvy dragon's spine that stretches over 4 kilometres from Ko Sam to Ko Hua Man. Millions of seashells sparkle like dragon's scales when sunlight shines on them, creating a picture-perfect moment where the ridge looks even more like the spine of the dragon. Feel the cool breeze caresses your skin while being embraced by the miracle of nature and soak up the energy, as it is believed that whoever is standing on this dragon's spine will receive pure energy and power from the sea. The boat trip also includes a visit to Ko

Hua Man, which is the tail of the dragon, where one can explore life of the sea gypsy. Make another stop at Ko Kwang to marvel at the beautiful creation of nature where the erosion sculpted the rocks to look like metal at Hat Hin Lek, and walk up to the viewpoint to enjoy a stunning bird's-eye view of the dragon's spine. After coming back on shore, stop by at one of the local stores to purchase 'kapi' (shrimp paste) as souvenir, as Ban Ba Kan Khoei is famous for producing good quality kapi.

Amphoe: Tambon Tanyong Po, Amphoe Mueang Satun, Satun

GPS: N06° 35.836' E099° 58.371' (Ban Ba Kan Khoei Pier)

Contact Information: Ban Ba Kan Khoei Community Tel. +66 8 7477 9793
Satun VIP Travel Tel. +66 8 5899 9789

Remark: The most suitable time to visit Hat Sanlang Mangkon is according to the tide level. Please contact the local operators for enquiries on the time to visit and the price of the tour package, and please make a reservation in advance.

Hat Pak Bara

Feel the fresh air blowing into the face while pedaling the bike along the road that runs in parallel with the serene and beautiful Hat Pak Bara. The beach is situated close to the busy Pak Bara Pier, the gateway to Ko Lipe and many other islands, but far enough for those who prefer a peaceful and quiet time. At the viewpoint along the route, stop to marvel at the uninterrupted view of Thailand's Tarutao Island standing side by side with Malaysia's Langkawi Island far across the ocean. As the day comes to an end and the sun starts to go



Hat Sanlang Mangkon

down, take a moment to bask in the beauty of the nature as the sky slowly changes its colours and the daylight starts to fade. After the sun slips behind the horizon, get on the bike and go to a nearby restaurant to enjoy a nice seafood meal while savouring the enchanting evening sky after sunset.

Amphoe: Tambon Pak Nam, Amphoe La-ngu, Satun

GPS: N06° 50.971' E099° 44.160'

Remark: The bike can be rented from one of the resorts near Hat Pak Bara.

Namtok Wang Sai Thong

While visiting Satun and looking for a place to get off the beaten track and escape the

sweltering heat, Namtok Wang Sai Thong is a perfect option. Set amidst the lush forest, Namtok Wang Sai Thong is not only a wonderful place to beat the heat, but it is a uniquely beautiful waterfall made of limestone. Climbing up and down the cascades of the waterfall here is an easy task because the limestone deposits on the stone made it non-slippery, a pleasant surprise for a waterfall. A familiar sight to see is people walking around the different levels of the waterfall to thoroughly appreciate the unusual feature of Namtok Wang Sai Thong, before enjoy frolicking under the shades of canopy in the pool of cool water.

If visiting the waterfall is not exciting enough, located nearby is where the outdoor



Hat Pak Bara

enthusiasts would have a blast with the kayaking activity along the waters of Khlong Lam Lon. Once everyone is suited up with a life jacket and a helmet, it is time to go on an adventure. The 8-kilometre-long trip takes a little over 2 hours in which the kayak passes through 16 exciting rapids, some with narrow and sharp corners that makes the trip all the more thrilling. The kayaking trip also gives you the rare opportunity of visiting the Mani ethnic group, who is the only Negrito group in Thailand and lives in the forests with distinctive traditions and way of life.

Amphoe: Tambon Nam Phut, Amphoe La-ngu, Satun

GPS: N07° 05.419' E099° 54.600'

Operating Hours: Every day 8.00 a.m. – 5.00 p.m.

Entrance Fee: 200 Baht for adults and 100 Baht for children (entrance fee for the waterfall)

Remark: Several resorts near Namtok Wang

Sai Thong join hands in establishing the Wang Sai Thong Community Ecotourism Group to provide service for rafting activity. Please contact one of the resorts for the price and schedule of the rafting package.

Khao Thanan

Strolling through the sunflower fields with ancient-looking limestone mountain at the background makes one feel like swimming in the sea of golden treasures, thousands of years back. Khao Thanan is an isolated limestone mountain and the traces of sea notches on the side of the mountain indicate that 5,000 – 6,000 years ago, Khao Thanan was an islet that surrounded by 3-4 metres of seawater. The waves from the sea eroded the limestone and created sea cave with beautiful stalactites and stalagmites. A variety of fossils were also found here, including bivalve shell, brachiopod, corals, gastropod,



Namtok Wang Sai Thong

sponges, and crinoids. Every year, around February, the mysterious Khao Thanan becomes lively with fields of countless spellbinding sunflowers, and whoever pays a visit gets to immerse in the beauty of the bright and sunny flowers against the backdrop of the towering limestone mountain.

Amphoe: Tambon Thung Bu Lang, Amphoe Thung Wa, Satun

GPS: N07° 03.621' E099° 41.488'

Remark: The recommended time to visit is February, as it is when the sunflowers in the fields are in full bloom.

Thale Ban National Park

Although it is located only 2 kilometres from the hustling Wang Prachan Thai-Malaysian Border, the Thale Ban National Park is a place where one can forget about the busy city life and enjoy the calmness of nature. Enveloped

by the greenery of forested mountains, the photogenic freshwater lake that was believed to be the natural creation of the subsiding ground, offers a comforting sanctuary of tranquility and relaxation. Walk along the boardwalk and paved pathway that encircles the lake while listening to the sound of insects chirping, alternating with the strange sound of the glandular frog that is similar to the sound of dog barking. Sit by the lake, whether it is in the pavilion or on the boardwalk, and let the time pass by slowly. While the mind wanders aimlessly, you might spot some gorgeous birds; such as, Blue-eared Barbet, Grey-rumped Treeswift, Pacific Swallow, Dark-sided Flycatcher, and if lucky, a variety of Hornbills might turn up before your eyes. Take a walk along the nature trail and have some alone time with the nature. Glancing around the area and several kinds of animals slowly come into

sight one by one, including macaque, white-handed gibbon, treeshrew, and of course, glandular frog.

Amphoe: Tambon Wang Prachan, Amphoe Khuan Don, Satun

GPS: N06° 42.528' E100° 10.148'

Operating Hours: Every day 8.00 a.m. – 4.30 p.m.

Entrance Fee: 200 Baht for adults and 100 Baht for children

Website: <http://nps.dnp.go.th>

Remark: There is also an accommodation facility within the Park. Please visit the Department of National Parks, Wildlife and Plant Conservation website to make an accommodation reservation.

Ban Ba Kan Yai

The sound of the engine and the flutter of wind that blows on the face signal that the 45-minute-long journey on a long-tail boat is just the beginning of the list of the exciting things to do in Ban Ba Kan Yai on Ko Sarai. After arriving at the island and enjoying a tantalising spread of fresh seafood, it is time to go for a walk along the Hat Sanlang Mangkon Daeng (Red Dragon's Spine Beach), which is an amazing natural wonder as when the tide recedes, the sea gradually separates and unveil a ridge of red gravels. Following an encounter with the red dragon, get connected with the nature and enjoy a serene moment by sea kayaking through the peaceful and abundant mangrove forest. Then, become a nature explorer and explore the natural aquarium that is filled with a diversity of spectacular shallow corals and a variety of sea creatures, including gorgonian, crab, fish, starfish, and shellfish. Complete a trip to Ban Ba Kan Yai by travelling by boat to

Ko Hin Dam, a nearby island. Here, one can enjoy relaxing on the beach, see a colony of flying foxes hanging upside down and sleeping on tree branches, and walk up to the viewpoint to test the luck at spotting the dolphins peeking out of the water.

Amphoe: Tambon Ko Sarai, Amphoe Mueang Satun, Satun

GPS: N06° 44.349' E099° 55.258' (Ban Thung Rin Pier in Amphoe Tha Phae)

Contact Information: Ba Kan Yai Homestay Satun Tel. +66 8 1541 9448

Remark: Please contact Ba Kan Yai Homestay Satun for enquiries on the time to visit and the price of the tour package, and please make a reservation in advance.

Prasat Hin Phan Yot

As the kayak weaves its way through the limestone archway of 'Prasat Hin Phan Yot' or the 'Thousand-spire Stone Castle' to the hidden lagoon of emerald waters, the rhythm of paddles that gently stroke the water becomes the only sound one can hear. The collapsed limestone sinkhole that was formed over the course of millions of years at Ko Khao Yai is so breathtaking that nobody wants make a sound that will spoil the magical moment. During low tide, some part of the lagoon inside the castle becomes a sandy beach where one can get out of the kayak and spend time marvelling at the beauty of the spectacular natural sculptures. From Prasat Hin Phan Yot, paddle through another lovely sea cave called Tham Phop Rak (Found Love Cave), and then visit Ao Fossil (Fossil Bay) to take photo of the 'Emerald Heart', which is where the beautiful emerald-coloured water is revealed through the

natural heart-shaped hole on the cliff. Apart from the 'Emerald Heart', Ao Fossil, as the name suggests, is also where you can find several fossils, including nautiloid fossils that are around 470 million years old.

Amphoe: Ko Khao Yai, Tambon Pak Nam, Amphoe La-ngu, Satun

GPS: N06° 52.263' E099° 42.162' (Ban Bo Chet Luk Pier)

Contact Information: Ban Bo Chet Luk Community-based Tourism Group Tel. +66 8 1542 0071

Remark: Please contact Ban Bo Chet Luk Community-based Tourism Group for enquiries on the detail and price of the tour package and to make a reservation.

Thung Nui Hot Spring

After a number of expeditions around Satun, it is time to unwind both the body and mind by bathing in the natural hot spring at Thung Nui Hot Spring. Dip into the pool of warm water to let your body get used to the warm temperature before moving to a pool with hotter water. Let your mind roam freely to calm the state of mind while soaking away the body aches and pains. The mineral-rich waters help relieve muscle fatigue, nourish the skin, and enrich the soul. Set against a backdrop of lush mountains in modern facilities that are separated into men's and women's zones, the Thung Nui Hot Spring is sure a therapeutic addition to your holiday schedule in Satun. For those who are not





Prasat Hin Phan Yot

keen on a full-body bathing in the hot spring, there is a foot soak well, where you can reward your tired feet by soaking them in the hot and healing waters.

Location: Tambon Thung Nui, Amphoe Khuan Kalong, Satun

GPS: N06° 50.628' E100° 09.374'

Operating Hours: Every day 5.00 a.m. – 8.00 p.m.

Fee: 100 Baht for adults and 60 Baht for children for the bath, and free for foot soak

BE A PART OF SATUN'S AMAZING FESTIVALS

Satun International Kite Festival

While the clear blue sky around the Satun Air Base gets painted with countless vibrant and colourful kites of different sizes and shapes, the ground is filled with kite aficionados and spectators from all over the world. Held in February, the Satun International Kite Festival is the time where the sky becomes a canvas, the kite flyer becomes a painter, and the kite becomes the colours. The exciting things of going to this Festival are to be lost in the wonderland of colours while trying to guess which kite comes from which country, and to learn about the traditional Thai kites. Not only this Festival is a chance for you to meet other kite enthusiasts, but you can also enjoy a variety of traditional cultural performances and local food.

Date: February

Location: Satun Air Base in Tambon Khlong Khut, Amphoe Mueang Satun, Satun

GPS: N06° 39.653' E100° 04.814'

Contact Information: Tourism Authority of Thailand (TAT), Satun Office Tel. +66 7474 0724,

+66 6 2595 7748

Remark: Please contact the Tourism Authority of Thailand (TAT), Satun Office for the exact schedule of the festival.

Boat Floating Tradition

The sound of a group of Chao Le or the sea gypsies singing and dancing echoes across a part of Ko Lipe where another group of Chao Le work together on making a boat out of Rakam (salacca) wood. It is twice a year when the Chao Le or the sea gypsies who reside on Ko Lipe gather together for an important tradition. The singing and dancing continue throughout the night, creating a lively and warm atmosphere of the gathering of friends and families. When day breaks, hair and nails clippings and one candle from each family are placed in the boat that is beautifully decorated with flowers. The boat is then set adrift to the sea to float away the misfortunes of the people as well as to predict their luck in their fishing activity. It is believed that if the boat did not get washed ashore, the villagers will be lucky, but if the boat got sunk or washed ashore, then it is predicted that the villagers will face misfortunes from natural disaster.

Date: Around full moon day of the 6th and 11th lunar month

Location: Ko Lipe, Tambon Ko Sarai Amphoe Mueang Satun, Satun

GPS: N06° 51.622' E099° 43.290' (Pak Bara Pier in Amphoe La-ngu)

Contact Information: Tourism Authority of Thailand (TAT), Satun Office Tel. +66 7474 0724, +66 6 2595 7748

Remark: Please contact the Tourism Authority of Thailand (TAT), Satun Office for the exact schedule of the festival.





Hua Khwai Kite

Opening the Andaman Sky

Two hands, a big smile, a happy heart, and a bit of luck is all one needs to participate in this good cause event. The luck is needed to join this event as the number of participants is limited. To mark the beginning of the marine tourism season in Satun and to raise awareness about rubbish, hundreds of volunteers gather to participate in the ocean cleanup campaign called the 'Opening the Andaman Sky' or 'Rak Le Pa Peot Fa Andaman Satun' (Love Satun's sea, forest, and sky) event. The four-day event features participants registering for the event and attending the orientation at the Pak Bara Pier, and travelling to several islands, including Ko Lipe, Ko Khai, Ko Adang, and Ko Rawi to lend

a helping hand in collecting the rubbish on the beach and even under the water.

Date: November

Location: Several islands around Satun

GPS: N06° 51.622' E099° 43.290' (Pak Bara Pier in Amphoe La-ngu)

Contact Information: Tourism Authority of Thailand (TAT), Satun Office Tel. +66 7474 0724, +66 6 2595 7748

Remark: Please contact the Tourism Authority of Thailand (TAT), Satun Office for the exact schedule of the festival.

TRANSPORTATION FROM BANGKOK TO SATUN

By car

Take Highway 4 passing Prachuap Khiri Khan and switch to Highway 41 at Chumphon. Continue further and take Highway 4 from Amphoe Thung Song in Nakhon Si Thammarat province to Trang province. Then, take Highway 404 at Amphoe Yan Ta Khao in Trang province to reach Satun province.

By bus

Several air-conditioned bus and VIP coaches depart from the Bangkok Southern Bus Terminal (also known as Sai Tai Mai), located on Borommaratchachonnani Road, to Satun daily. For more information, visit www.transport.co.th.

By train

There is no train station in Satun and the nearest train station is in Hat Yai. Trains to Hat Yai leave Hua Lamphong Railway Station in Bangkok daily. For more information, visit www.railway.co.th.

By air

There are no flights to Satun and the closest airports to Satun are Hat Yai International Airport and Trang Airport. Thai Airways (www.thaiairways.com) and Thai Smile (www.thaismileair.com) departs for Hat Yai from Suvarnabhumi International Airport daily, and Air Asia (www.airasia.com), Nok Air (www.nokair.com), and Thai Lion Air (www.lionairthai.com) departs for Hat Yai from Don Mueang Airport daily. Air Asia (www.airasia.com), Nok Air (www.nokair.com), and Thai Lion Air (www.lionairthai.com) departs for Trang from Don Mueang Airport daily.

TRANSPORTATION FROM TRANG TO SATUN

By bus from Trang to Satun city centre

There are several bus services from Trang Bus Terminal to the bus station in Satun.

By van from Trang to Pak Bara Pier

There are several van services opposite the Trang Railway Station to Pak Bara Pier.

TRANSPORTATION FROM HAT YAI TO SATUN

By bus from Hat Yai to Satun city centre

There are several bus services from Hat Yai Bus Terminal to the bus station in Satun.

By van from Hat Yai to Pak Bara Pier

There are several bus services from the Agricultural Market on Phetchakasem Road in Hat Yai to Pak Bara Pier.

RESTAURANTS AND ACCOMMODATION

For information on restaurants and accommodation, please visit www.tourismthailand.org/satun or contact the Tourism Authority of Thailand, Satun Office at Tel. +66 7474 0724, +66 6 2595 7748

USEFUL CONTACT INFORMATION IN SATUN

Tourism Authority of Thailand, Satun Office	Tel. +66 7474 0724, +66 6 2595 7748
Highway Police	1193
Tourist Police	1155



Ko Lipe



Ko Khao Yai



Printed in Thailand by Promotional Material Production Division,
Marketing Services Department,
Tourism Authority of Thailand for free distribution.

www.tourismthailand.org E/NOV 2019

The contents of this publication are subject to change without notice.



www.tourismthailand.org