



amazing
THAILAND

ASEAN

connectivity





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Creatively connected



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Muko Surin National Park



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Ko Chang



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เกาะพะงาฬ จังหวัดระนอง

Creatively connected

Throughout the almost 50 years of aggregations since 1967 in which ASEAN was founded under the name 'ASEAN: Association of Southeast Asian Nations', as a geopolitical and economic cooperation organisation in the Southeast Asia Region with 10 member countries including Brunei Darussalam, Cambodia, Indonesia, Lao PDR., Malaysia, Myanmar, The Philippines, Singapore, Thailand, and Vietnam. ASEAN has played an important role in cooperation in terms of economy, culture, and connectivity among the member countries, so that peoples of ASEAN can exchange travel more comfortably.

In 2015, ASEAN was further strengthened through the establishment of the ASEAN Community following the Cha-am Hua Hin Declaration signed by the comprising 3 pillars ASEAN leaders in 2009 under the slogan "One Vision, One Identity, One Community" including ASEAN Political-Security Community, ASEAN Socio-cultural Community, and ASEAN Economic Community: AEC. The last one focuses on economic integration among the member countries to create the circulation of products, services, tourism, investment and money, in order to achieve strength, stability and growth economically, and to reduce inequality for the well-being of all the peoples in ASEAN countries.

Apparently, tourism is an important driving cog for ASEAN's economy. To invite people to go travel and learn about each other as neighbouring countries not only makes us know about our own roots, but we will also realise that we are not alone. Despite the difference of ethnicity or religion, we are all a part of each other's culture. Travelling and visiting our neighbours will lead us to learn, understand and respect our differences, and love and cherish what we share. Therefore, travelling along the path of ASEAN is not only connecting us economically, but also connecting us emotionally as a united community, which will become our great strength to drive our region to grow sustainably.

From the Gulf of Thailand to the Andaman The wonder of Two seas



1 Chumphon-Ranong-Myanmar



Chumphon

Ranong

The Island in Myanmar's sea

Nyauung Oo Phee Island

Ko Chang

Muko Surin National Park

Zedetkyikyun Island

Cock's Comb Island or the Emerald Heart Island

Flower Island

Dunkin Island

Horse Shoe Island

Penang Island
Penang state
Malaysia

Borderless Train



2 Nakhon si Thammarat-songkhla
(Hat Yai)-Kuala Lumpur-Penang





From the Gulf of Thailand to the Andaman
The Wonder of Two Seas

3-6 DAYS



Thai traveller x
Foreign traveller /



comp
Information



Comparison
on Journeys



Borderless Train

Time travel

7-10 DAYS

Destination



Passes to travel

Thai traveller x
Foreign traveller /

Mode of
Transportation



Currency



Weather



Activities





Hat Thung Wua Laen, Chumphon



*From the Gulf of Thailand to the Andaman
The wonder of Two seas.*

 *Chumphon-Ranong-Myanmar*



From the Gulf of Thailand to the Andaman The Wonder of Two Seas (Chumphon-Ranong-Myanmar)

The southern part of Thailand that stretches towards the end of the Malay Peninsula forms a boundary line between two seas, two important oceans in the world. To the East is the Gulf of Thailand, a part of the Pacific Ocean. To the West is the Andaman Sea which connects to the Indian Ocean.

The Gulf of Thailand is a semi-closed inlet, one of the world's most plenteous gulfs with a beautiful coastline and islands that have always attracted tourists from all over the world. On the Andaman side is an open sea, which is lively and full of natural beauty of white sandy beaches, crystal clear water and large coral reefs with a diversity of their habitants. Both sides of Thailand's coastlines have become prime destinations for sea lovers from around the world.





Travel Planning

1. Chumphon

The starting city for a journey through Thailand's southern coastline on the Gulf of Thailand side. Attracting tourists with its peaceful beaches, many islands, pristine water and abundance of coral reefs which have made it an amazing place for either snorkelling or scuba diving.

2. Ranong

Ranong has been defined as a city of '8 months of rain, 4 months of sunlight', perfectly equipped with natural hot springs that are good for health and beautiful Sino-Portuguese architecture right in the heart of the town as evidence of the town's long history, not to mention the islands in the Andaman Sea that spellbind everyone with their exceptional charm.

3. Myanmar (The Islands in Myanmar's Sea)

The diversity and abundance of the islands in Myanmar's sea have been renowned for a long time, as Myanmar has over 800 islands in the Andaman which remain in their pristine abundance due to the lack of human habitation on most islands. As Myanmar was ruled by a military government for many decades, the laws and regulations were strictly enforced; therefore, illegal destruction of resources or land invasion on the islands are rarely seen. With few residents on these islands, there is less fishery in the area too, which has left the life and ecosystem under the water remain untouched. The pristine beauty of the Islands in Myanmar's sea is an exciting and delightful destination to explore, especially via diving and snorkelling activities. The most famous islands that have become popular lately are Cock's Comb Island or the Emerald Heart Island and Nyaung Oo Phee Island.



Travel Information (Islands in Myanmar's Sea)

Travelling to the islands in Myanmar's sea are now under the management of 2 Thai companies which provide a 1-day trip package.

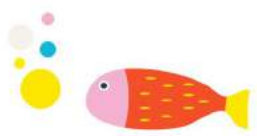
1. Grand Andaman Travel Co., Ltd. is the tour operator providing a tour package to Cock's Comb or (Emerald Heart Island), Horseshoe Island, Tafook or Dunkin Island, Zedetykiyun Island, Auriol Island, Graham Island, Bruer Island and Than Island, along with their accommodation, the Grand Andaman Hotel located on Thahtay Kyun Island, Myanmar. For more information, call Tel. +66-9-0710-5555, +66-8-3643-7777, +66-08-5157-6666, +66-8-0243-8888.

However, their 1-day tour package takes you to 4 islands in Myanmar's sea including Cock's Comb Island, Tafook Island (Dunkin Island) where travellers stop by for lunch. As for the other two islands, your tour guide will consider according to the weather and water level on each day.

2. Victoria Cliff Travel Co., Ltd. is the operator providing a trip to Nyaung Oo Phee Island and Macleod Island. Their accommodation, the Victoria Cliff Hotel and Resort, is located at Victoria Point, Myanmar. For more information, call Tel. +66-9-2448-7171, +66-7781-0701, +66-9-4224-2473, +66-8-9771-9170.

Their 1-day tour package will take you to Nyaung Oo Phee Island and Macleod Island, both having many diving spots scattered around. As for the Nyaung Oo Phee Island, it is also the place where travellers will stop to have lunch.





The Pier

Travelling to the islands in Myanmar's sea, whether you bought your tour from either Grand Andaman Travel or Victoria Cliff Travel, travellers have to take a speedboat at the Grand Andaman Pier, located 7 kilometres from Ranong city.

Required documents to present at the immigration checkpoint, either at the Ranong Checkpoint which is a Thai permanent boundary post, or at the Victoria Point Checkpoint, Myanmar.

The tour company will handle all the procedures for you; you only need to prepare these documents.

Thai travellers: National ID card.

Foreign travellers: Passport/ Re-entry documents/ Fee 1,000 – 1,500 Baht.

Where to/ How long does it take to get the visa/preparing documents:

For your convenience, the tour company will handle the visa procedure for you. Free of charge for Thai travellers, fee for foreigners is 1,000 – 1,500 Baht. This procedure takes about a week, but if you want to submit the documents yourself, you will need to submit them at the Myanmar Embassy 1-2 weeks to apply for a Myanmar visa prior to the trip. Foreign travellers will need to submit a request for their Re-entry Visa to stop counting the number of days that foreigners are allowed to stay in Thailand. This is a 24 hrs. service at Suvarnabhumi Airport and will require 1 hour prior to boarding. Please note that you will need the following documents: Passport or any other substitute document with a copy, a 4x6 cm. photograph, 1,000 Baht fee for one entry or 3,800 Baht fee for a multiple entry. You can submit these documents at the 4th floor, Zone 2, Passenger Terminal Building, near the passport checkpoint on the East wing.

Closed Season

From 30 May til 1 October of every year.



Things you should know before going to Myanmar's Sea

- ▲ Myanmar's time is 30 minutes behind Thailand.
- ▲ Myanmar's currency is Kyat; however, shops and vendors on the islands in Myanmar's sea, especially at Victoria Point will happily accept Thai Baht.
- ▲ Taking photos of government officers, soldiers, police officers and government places are prohibited.
- ▲ There will be two guides on the speed boat; one is a Thai guide and the other one is a Myanmar guide. The Myanmar guide will be on board at Victoria Point to facilitate things in the area. However, we suggest all travellers listen and follow your guide's advice closely.
- ▲ Some islands in Myanmar's sea, like Zedettyikyun Island, are allowed for snorkelling but stepping onto the shore is prohibited as it is a Myanmar military base.
- ▲ The equipment provided on boat includes a diving mask with breathing tube and bouyancy vest only. A pair of flippers is not included, but can be rented separately.



Don't shoot



Disallow
To shore up



Rent

Things you should know before visiting Thailand's sea

- ▲ Feeding fish, catching marine animals just for fun or photographs, even if you have released them later, are counted as a criminal offence according to Thai law and punishable by a fine of 1,500 Baht.
- ▲ Avoid creating waste from marine tourism, or you should consider taking it back with you everytime.
- ▲ Remind the boat driver not to anchor over the coral reef and opt to buoyancy instead.
- ▲ All the coral reefs in Thailand are Fringing Reef, which are the reefs that have formed along the coastline or in relatively shallow water around the island.



Don't touch



Avoid



Not to cast anchor

Travel Map:
From the Gulf of Thailand
to the Andaman
The Wonder of Two Seas



Nyaung Do Phee Island

Zedetkyikyun Island

Horse Shoe Island

Cock's Comb Island

Muko Surin National Park

Victoria Point

Ruangrat Road

Ko Chang

Ko Phayam

Porn Rung Ha

Myanm

Andaman

phang Nga



Ban Ko Tiap

Ao Thung Sang

Ko Ran Kai

Ao Yai Af

Ko Ran Pet

Laem Thean

Hat Thung Wua Laen

Chumphom

Ko Ngam Yai

Hat Phradon Phap

Ko Ngam Noi

Khao Matsi

Gong Valley Eco-friendly
Community Enterprise

Ranong

Chaoruean Spa

Siam Hot Spa

the hot springs in Raksawarin Public Park

Hot Spring

Ko Phithak

Gulf of Thailand

Thailand

Surat Thani

Gulf of Thailand (Chumphon's sea)



Ko Ngam Yai and Ko Ngam Noi

Staghorn Coral
Yellow-stripe Trevally
Surgeonfish
Stingray
Turtle
Seahorse
Sawblade Shrimp
Sea Whip
Yellow prawn-goby
Whale Shark
Skunk Anemonefish
Soft Coral
Blacktip Reef Shark
Rabbitfish
Snapper
Butterflyfish
Angelfish



Ko Ran Pet/Ran Kai

Barrel Sponge
Delicate Whip Coral
Sawblade Shrimp
Goby
Yellow-stripe Trevally
Black Coral is a kind of coral with a unique form that stands out from other corals. Its form and structure are branch-like with no leaves, mostly are in yellow or white but it is called 'Black Coral' from the colour inside of the branches when it is broken.
Goldband Fusilier

Diversity of marine habitats

Biodiversity underwater of both the Gulf of Thailand side, the Andaman side and the islands in Myanmar's sea is very interesting and worthy of study. Apart from various kinds of fishes, there are many other habitats living and colonising these coral reefs.

Andaman Sea



Muko Sunn National Park

- | | |
|--------------------------|---------------------------|
| Stingray | Banded Sea Snake |
| Green Turtle | Moray Eel |
| Manta Ray | Collared Butterflyfish |
| Whale Shark | Titan Triggerfish |
| Sea Anemone | Longfin Bannerfish |
| Soft Coral | Parrotfish |
| Sea Fan | Wrasse |
| Squamous Giant Clam | Lobster |
| Tabulate Coral | Powder Blue Surgeonfish |
| Staghorn Coral | Orange-spined Unicornfish |
| Hermit Crab | Emperor Angelfish |
| Black Diadema Sea Urchin | Clown Anemonefish |
| Stone Fish | Sea Fan |

Tomato Anemonefish



Longfin Bannerfish



Squamous Giant Clam



Ko Yan Chuek (Zedetkyikyun Island)

- Sea Anemone
- Tomato Anemonefish
- Barracuda
- Butterflyfish
- Longfin Bannerfish
- Squamous Giant Clam

Yellowtail Fusilier



Black Diadema Sea Urchin



Anchovy



Cock's Comb Island or the Emerald Heart Island

- Delicate Whip Coral
- Harp Coral
- Sea Fan
- Barrel Sponge
- Mushroom Coral
- Soft Coral
- Squamous Giant Clam
- Anchovy
- Mackerel
- Yellowtail Fusilier
- Longfin Bannerfish
- Moray Eel
- Black Diadema Sea Urchin



Flower Island

Sea Anemone
Squid
Barrel Sponge
Tomato Anemonefish/ Clown
Anemonefish/ Clark's Anemone-
fish
Blackspotted Puffer
Damsel fish
Crown-of-thorns Starfish
Needlefish



Horseshoe Island

Pacific Lionfish

The Islands in Myanmar's Sea



Nyaung Oo Phee Island

Sea Fan
Sea Star
Soft Coral
Sea Anemone
Staghorn Coral
Moray Eel
Angelfish
Anemonefish
Leaf Coral

Snorkelling Practice and Procedure



1. Select equipment that is familiar to you and suits you most. This style of diving uses only a mask with a breathing tube and a buoyancy vest, or also a pair of flippers if you know how to use them. Select a mask that fits your face; the easy way to test it is to place the mask on your face, breathe in, hold your breath and let go of your hand from the mask. If the mask does not fall off your face, then it fits; if it falls off, select a new one that fits.
2. Practice before snorkelling. If you are travelling on your own, practice using the equipment and practice breathing through the snorkel in shallow water to get yourself comfortable with it before taking a boat to the snorkelling spot. Take in mind that even though you may have done this before, difficulties can still occur. Without practicing and a problem occurs while snorkelling in deep water could cause panic and that would kill all the fun or some may get too scared to snorkel again.
3. For your safety, always put on a buoyancy vest whether you are a good swimmer or not. Snorkelling for a long period of time can cause fatigue, cramp, or even hypothermia, which will make you unable to swim.





4. Prepare yourself physically. Go to bed early, do not drink alcohol which could cause you to be tired.
5. Choose the right time to snorkel. Don't go snorkelling when you are too full or too hungry, the sun is too strong as you may get sunburn, dehydrated and fatigued.
6. Drink a lot of water, keep yourself hydrated and wear sun protection.
7. Get a buddy. Do not snorkel alone or stray from the group, so that they can immediately help you in case of an unexpected situation.
8. When swimming and adjusting your mask, or getting on – off the boat, do not completely remove the mask off your face or leave it hanging across your forehead as it may fall into the water; hanging it on your neck is suggested.
9. If you feel the strong flow of current or the wind getting intense, immediately stop your activity and get back on the boat and back to the shore or island for your safety.
10. Listen and follow your guide's suggestion closely.



Danger from Marine Animals

Typically, fish and marine animals are not vicious or looking to attack humans. Some may have sharp teeth or venomous spines, which are mostly there for self-protection. Even a shark would usually swim away when faced with divers. Other marine animals too, if you refrain from touching or getting too close to them, they are quite harmless.

Marine animals that may cause danger to divers include:

▲ Fish



Types of fish that can be harmful to divers are some kinds of shark; Moray eel with its sharp teeth; stingrays, which if you are getting too close, you might get whipped with the pointy spines on its tail. There are also other kinds of fishes along the coral reef that can be dangerous like Stonefishes, Lionfishes and coral catfishes. These fishes have a venomous spine that can cause severe pain once you touch them; they would be harmless if left untouched.

▲ Sea Snakes



All kinds of sea snakes are venomous, with stronger venom than land snakes. Do not touch or get too close. However, sea snakes are a peaceful, non-aggressive creature active along coral reefs, rocks or underwater caves. So do not panic if you find one, just back off and do not pull its tail.

▲ Sea Urchin



Most divers have had a painful experience with sea urchins; its spines could cause you sudden pain but our body can dissolve and eliminate the venom after a while.

▲ Fire Coral, Hydroid and Anemones



These marine creatures have a venomous thread that gives an immediate strike if touched by humans, which could cause a burning pain or even skin burn in some cases. The cure is to pour vinegar over the wound. The vinegar will stop the venom of these marine creatures.

▲ Jellyfish



Jellyfish's tentacles contain a venomous thread called 'Nematocyst' that can be projected in self-defence or to capture small prey. The venom is different depending on the type of jellyfish. When faced with jellyfish while diving, it is best to dodge the head or the cap as the tentacles of jellyfish can be very long and clear which makes it impossible to see if you dodge in the direction of its tentacles.

▲ Cone Shell



One of the most dangerous marine animals with a trunk sticking out at one end. This trunk can shoot venomous pins, which are fatal when touched. If you find some shells that look similar to a cone shell while diving or walking on the beach, better not touch or pick it up.

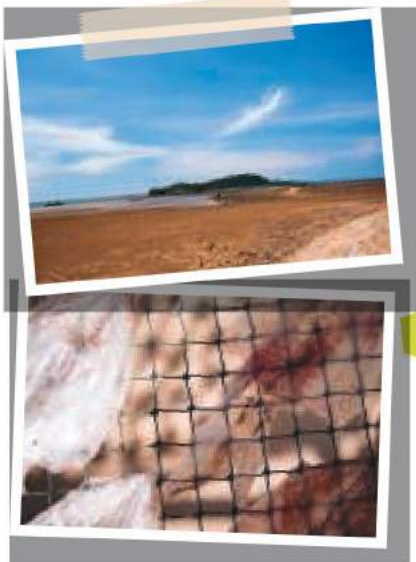


1. Chumphon

The scenery from **Khao Matsi Viewpoint** in Tambon Pak Num, Amphoe Mueang Chumphon, is magnificent. Even though it is a steep road, it is just a short distance, which can be reached with a small car, but buses have to park below. The scenic view from the viewpoint is 360 degrees of The Chumphon Estuary including the fishing village at the Estuary on one side, to the long beach of Hat Pharadon Phap on the other side, surrounded by a park, along with scenic photo spots, restaurants and cafe. At the top, there is a statue of Bodhisattva Kuan Yin seated in the Maharajalila attitude.



Down from the Khao Matsi Viewpoint is the Hat Pharadon Phap, the closest beach within 12 kilometres from the city. With coconut trees running along the wide beaches, this is one of Chumphon's favourite attractions where you can relax at one of many seafood restaurants with a reasonable price and choices of accommodation. At one end of the beach with a lot of fishing boats is 'Laem Thain' where fishermen dry their squid. Sun-dried squid is famous produce here.



The peaceful beaches in Amphoe Pathio are worth visiting in the afternoon. Start from **Hat Thung Wua Laen**, a famous classic destination of Chumphon, with its white sandy beach, clear water and the slight slope of the beach, no activities or sports involved with a motor, make it environmental-friendly and a

perfect spot for swimming. Coconut trees giving some shade for the beach with only a small road running along the beach, making it a peaceful place for relaxing. There are also shops, restaurants and various styles of accommodation nearby with other activities like biking along the beach, relaxing on a giant swim ring or taking a boat to Ko Ngam Yai, Ko Ngam Noi for diving.



The origin of the name 'Thung Wua Laen'

Hat Thung Wua Laen is located 25 kilometres from Chumphon city. It used to be a big mysterious seaside forest in the past. The local story said there were 2 hunters coming to the forest and found a good looking bull and shot it. But when they approached, the bull got up and ran away. The area has been called 'Thung Wua Laen' (literally means 'runaway bull field') ever since.

The road that runs along the beach goes through a village where you can see housing in the Southern style. Some houses are open for tourists as small restaurants; some as lovely coffee shops. Keep walking on the road will take you to 'Ao Son' (Pine Bay) with a line of pine trees running along the wide, peaceful beach.



Next, we are going to **Laem Thaen**, a cape extending into the sea, surrounded with mangrove forest, sandy beach and rock beach. 'Ao Yai Ai' (Yai Ai Bay) which can only be accessed through the entrance of a closed down resort called 'Coral Beach Resort'. Here you will find a



hidden peaceful beach with crystal clear water and 'Tham Yai Ai' – a small cave or a Blue Grotto, which has a side that opens to the sea. 'Ao Thung Sang' (Thung Sang Bay) has its uniqueness in that it is separated by a rock cape in the middle. Locals called them 'Ao Thung Sang 1' and 'Ao Thung Sang 2'. The first bay has a small narrow beach with various sizes of rocks and clear water. The second bay has a wide white sandy beach.

We are going to finish our day at **Ban Ko Tiap**, a community that earns a living by fishing for Blue Crabs. In front of the village is a large bay with no wind, which makes it perfect for coastal fishing boats to berth in the evening. There are small islands and boulders scattered in the bay; these visual elements combined with the image of the sun drying squid racks lining the beach create a stunning scene that combines the community and the beauty of nature together.





If you are admiring **the islander's lifestyle, the Ko Phithak Community** is an interesting choice, guaranteed with many tourism awards like the Thailand Tourism Awards (TTA).



From the mainland at Tambon Bang Nam Chuet, Amphoe Lang Suan's side, you can see Ko Phithak in close distance from the pier. The island is closer to the shore than we thought. Every year in June, there is a natural

phenomenon in which the sea separates between the mainland and the island when the tide is low. An event was held called 'Running through the Sea' to promote the island and this phenomenon has made it renowned throughout the country.





Ko Phithak is a small community consisting of 43 households whose main occupation is fishing. In the meantime, there is a tourism group run by the locals under the name of “Koh Pitak Homestay” led by

Amphol Thanikrut or Phuyai Rung, the village headman. If you take a small boat to the island, 10 minutes from the shore, the boat will drop you at Phuyai Rung’s house, which is like the centre of the community. The villagers as the hosts would gather to bring guests back to their home.

Activities are various and exciting, from canoeing, snorkelling to seeing corals and Giant Clams, or hiking around the island; the small circle is about 800 metres in distance, the big circle is 4 kilometres. More importantly, there are no cars or motorcycles on the island, which makes it free from all the bustling noises. People only commute on foot and by boat. More activities; such as, squid fishing and cracking oysters are quite entertaining as well. Meals are packed with fresh seafood. The famous local product here is ‘Salted fish buried in the sand’, which people usually buy and take it home.



salted fish in the sand, the local delicacy of Koh Phithak



Local wisdom on food preservation. Back in the days when there was no electrical appliances on the island, the locals would bring fish they caught from the sea, either if it was Mackerel, Threadfin or any other kinds of fishes, coverall with coarse salt, wrapped with a plastic bag and buried it in the sand. The size of the hole depends on the size of the fish. After about 20-30 days, the fish would be dug up and washed with saline or sea water and hung to be well dried and ready to eat.

Koh Pitak Homestay – Mu 14, Tambon Bang Nam Chuet, Amphoe Lang Suan, Chumphon, has 21 houses and charges only 600 Baht per person (Including transportation to – from the island, 3 meals and accommodation) All other activities are charged separately including canoeing – 50 Baht/hour, a boat trip to snorkel – 700 Baht, fee for the buoyancy vest and snorkel mask and tube – 50 Baht/set. Contact: Tel. +66-8-1093-1443, +66-8-9018-0644.



Paradise underwater:

Ko Ngam Yai and Ko Ngam Noi

It is stunning either above or under the sea, deep or shallow. These two islands which are situated only 300 metres apart, share very similar underwater world. It is a perfect spot for either scuba diving or snorkelling for an amateur as it is not too deep but full of wonders. The highlight is a big field of hard corals

like Staghorn Coral, or be excited with an enormous group of yellowstripe trevally Smooth-tailed Trevally. There is also Soft Coral that some may call it Leather Coral. You may get to see a huge stringray, sea turtles, prawns, seahorses and also the lovely Yellow Goby or Dark Blue Goby, and if you are



lucky, you may get to see or swim with a whale shark or a Bryde's Whale too.

For more information, please call the Chumphon Cabana Resort and Diving Centre, near Hat Thung Wua Laen, Tel. +66-8-1895-4527, Siam Catamaran Co., Ltd., on the way to the Chumphon Estuasy, Tel. +66-7755-3123, and Choakoh Diving near Hat Thung Wua Laen. Tel. +66-7763-0345.

Ko Ran Pet Ran Kai

The name combines two small islands, Ko Ran Pet and Ko Ran Kai, which are full of bird's nests and have no plain on the islands. For divers, this is a scuba diving spot in Amphoe Pathio, quite a distance from islands in the Chumphon Sea. It is the habitat for many marine creatures, enormous schools of fishes swimming around the islands; such as, Smooth-tailed Trevally, Goldband Fusilier, and the highlight here is Red Barrel Sponge, Red Sea Whip and the best of all the beauty in the Gulf of Thailand is the Black Corals in various

colours, yellow, orange, white and golden, along with the little long shrimp, the icon of the Chumphon Sea. Moreover, you may get to swim with the gentle Whale Shark as well.

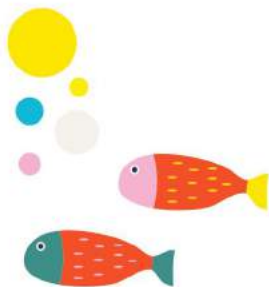


For more information, please call the Chumphon Cabana Resort and Diving Centre, near Hat Thung Wua Laen, Tel. +66-8-1895-4527 (Scuba diving is not included in the package; you need to get together with a group upto 20 persons and rent a boat to the diving spot.)

Enjoy a One-day Trip at Chumphon's sea

Siam Catamaran Co., Ltd. offers tourism activities that make visiting the islands of Chumphon Sea easier and more interesting with their one-day trip programme "1 day, 4 islands". The programme on the odd days includes – Ko Ngam Noi, Ko Ngam Yai, Ko Kalok and Ko Thalu. The programme on the even days includes – Ko Mattra, Ko Lak Raet, Ko Lawa, and Ko Langka Chio. For more information, please call Tel. +66-7755-3123.

Chumphon Cabana Resort and Diving Centre offers a snorkelling activity at Ko Ngam Yai, Ko Ngam Noi, Ko Chorakhe, and Hin Na Tham. For more information, please call Tel. +66-8-1895-4527.





2. Ranong

Ranong is a small town with beautiful Sino-Portuguese shophouses on Ruangrat Road located in the old town quarter. Worden Baht buses in vivid colours run around the city. Young girls wear the pale yellow stain of Thanaka on their cheeks. Taking a walk on this lovely road is something worthy to give it a go. Give your tired legs a break at [the O-pass Coffee Shop](#), a coffee shop with retro ambience, nearby is [Porn's Ice Cream Parlor](#) that has been here since 1969. Their vanilla-flavoured egg ice cream (original flavour) and 'Ruam Mit' the local's favourite are a must try. [Ranong's Walking Street](#) is rather an enjoyable activity for Sunday evening, too.

Another selling point of Ranong is to be promoted as the City of Health, with their 2 natural hot springs. The first one is called '[Porn Rung Hot Spring](#)', located in the Namtok Ngao National Park. The hot spring covers 4,800 square metres





with many sizes of hot spring pools spread among tall shady trees, along with a fish spa in the natural stream. Poaching eggs in the hot springs is also a popular activity.

The second one is the hot springs in **Raksawarin Public Park**, which is an old hot spring source with great quality as it is the only hot spring with no sulphur content. The hot spring here is believed to have the quality to cure arthritis and bone diseases, nourish skin and heal blood pressure related illnesses. By the way, there are 2 other hot springs operated by private companies located in the same area, including Siam Hot Spa and Tinidee Hot Springs.

Siam Hot Spa - Open from 10:00 a.m. – 8:00 p.m. There are various services for people who are concerned with their health, whether there are different styles of massage, scrubbing, sauna, indulging in a jacuzzi, shared or private is optional. The hot spring water used here has gone through a process to adjust the temperature to suit each service. Contact: Tel. +66-7781-3551-3.

Tinidee Hot Springs is situated next to Khlong Hat Som Paen and focuses on being soaking pools only. Operating hours from 6:30 a.m. – 9:00 p.m. There are 2 soaking pools. Admission fee is 40 Baht/person.



There are shirt and pants for rent, too. As it is run by the Tinidee Hotel, guests can take the Hotel's shuttle bus to use the pools for free.

If you want the full holistic health care, **Chaoruean Spa** is recommended. Chaoruean Spa is a reputable spa operated by the Ranong Hospital. Select the course that suits your health and element, whether it is body massage, foot massage, facial spa, herbal steaming, soaking yourself in hot spring water transferred through the pipeline connected to the hot springs at Raksawarin. Prior reservation is suggested. Please call Tel. +66-7781-2524, +66-7781-2630-3 # 4061 to make a booking.



Another thing to learn about Ranong is their coffee. We are heading to **Gong Valley Eco-friendly Community Enterprise** in Amphoe Kra Buri, 58 kilometres from Ranong town to hear about Robusta coffee from Supot Kornprasitwat or Khun Gong whose is determined to

make everyone know that Robusta coffee grown in Ranong is of the very top quality in the world. Try your hand at 'roasting-grinding-drinking' your own coffee. You will also get to taste the fragrant coffee blossom tea that is available only once a year. If you have more time, cruising along the Kra Buri River or hiking up the hill to visit the coffee plantation of the Mian hilltribe are not to be missed. Call Tel. +66-8-7268-1285 for more information.



Ko Phayam

And here comes the sea! A big island like Ko Phayam has become a destination for travellers who fall in love with the islands of the Andaman Sea. The island is peaceful, has beautiful beaches, clear water, lively community surrounded with a cashew nut orchard, which we have been told are of great quality.

Getting to know Ko Phayam, start at **Ao Mae Mai**, which is like the front door of the house. You will see the bustling pier at the end of the cement bridge extending from a golden beach, and also the ordination hall of Wat Ko Phayam on the lotus flower in the sea.



Not far from Wat Ko Payam on a motorbike, there is **Ao Kwang Pip**, with a clean, fine sandy beach and emerald clear water. The beach gently slopes into the sea which makes it safe and private to swim.

Ao Khao Khwai is a must-see attraction of Ko Phayam. Situated on the west coast of the island, there is a see-through rock or 'Hin thalu' as a popular landmark to take a photo. This beach is also great for swimming as it gently slopes into the sea.



Lastly, **Ao Yai**. The last bay on the west coast of Ko Phayam with its curved long beach that people get together in the evening for activities like jogging to the other end of the beach, beach volleyball, swimming or just relaxing, watching the sunset on the beach.

How to get there.

There is a speedboat service from Ko Phayam Pier to Ko Phayam leaving Ranong's shore from 7:00 a.m. to 4:30 p.m. On the way back from the island, the first boat leaves at 8:00 a.m. The last one leaves at 2:30 p.m. It takes about 35-40 minutes. Ticket is 350 Baht/person.

Phayam, the island of effort

The name of Ko Phayam is derived from the word 'Pha-ya-yam' (literally means 'effort') In the past, people had to take the fishing boat to get to the island, which took several hours during the "4-month sunlight" period, not to mention the "8-month rain" period which was almost impossible to get to the island.

There are also shuttle boats from Ranong to Ko Phayam, leaving Ranong's shore in the morning at 9:00 a.m. and 2:00 p.m. in the afternoon. From Ko Phayam to Ranong, the morning boat leaves at 8:30 a.m. and the afternoon boat leaves at 2:00 p.m. It takes about 2 hours to get there. The ticket is 200 Baht/person.



Ko Chang



One of the many islands in Ranong's sea, sitting about 2 hours from the mainland on a passenger boat, about 10 nautical miles away from Myanmar's sea. It is like the lost island in the middle of the Andaman. For those who love simplicity, many things on Ko Chang remain its natural beauty and good for relaxing. You may say the sand here is not as white, but it is clean and the water is crystal clear. Most of the accommodation are simple bungalows with no air-conditioner and hot water, but they are clean and open for the breeze all day. On the east coast of the island is where **the Moken Village** is located.

Ao Yai has its serene beauty. Ao Khai Tao is situated far away on the west end of the island where the Muko Ranong National Park's Ranger Station is located. Its crescent white sandy beach is where Green Turtles have come to lay their eggs in some years. There are a lot of Oriental Pied Hornbills, 1 of 13 kinds of Hornbills that have habitats in Thailand in this area, too. Meanwhile, the peaceful beach is also a resting spot for migratory birds like Orange-headed Thrush.

In the evening when the sun slowly descends into the sea is the best time to visit Sunset Beach, a small bay that is a perfect spot to watch the sun go down, added up to its beauty with streaks of sand, lines of round rocks, big and small, along with those little bungalows and waves lapping to the shore.

How to get there.

There are Baht Buses running from Ranong town to Ko Chang Pier. There is also a valet parking service where you can leave your car at Sala Dan Pier. Boats to Ko Chang are scheduled many times a day, the shuttle boat schedule are 09:30 a.m., 12:00 p.m. and 2:00 p.m. for 200 Baht and takes about 2 hours. The speedboat schedules is 10:00 a.m., 12:00 p.m., 2:30 p.m. and 4:30 p.m. for 350 Baht, taking about an hour to get there.

Muko Surin National Park

Attractions

Ao Bon Yai, Ko Surin Tai

Here is the home of the Moken people, an ethnic group with a relatively dense population in the Andaman Sea. According to documents and journals, they are mostly mentioned to have originally come from Indonesia, some migrated and settled as islanders on Borneo Island and became the indigenous people of Borneo. While some other groups like the ancestors of the Moken have chosen to wander by the sea, passing the Malay Peninsula, but they did not stop there. They cruised through the Malaka Channel to the Andaman and along the west coastline



of Thailand.

The front of Ao Bon Yai is lined with houses covered with dried Nipa Palm thatches, 60 houses altogether, along with a school, Public Health Centre, and Solar Cell Electrical System. In the dry season, Moken men would do contract work as speedboat drivers, boat boys or as the National Park's workers. When the rainy season arrives. They will take the boat and go fishing traditionally (fishing and harpooning). Women and

elders would craft small souvenirs to sell to tourists.

Taking a walk in the village will allow visitors to see their simple way of life. Some households are selling souvenirs for tourists. Please bear in mind the importance of respecting the differences of culture and beliefs.



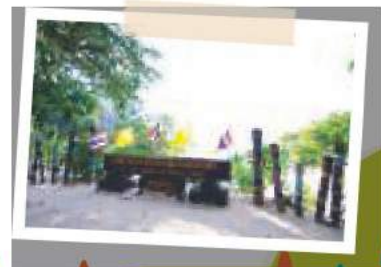
Ao Tao (Turtle Bay)

Muko Suri National Park is the most abundant snorkelling spot in Thailand. Ao Tao is one of the many National Park's fabulous spots for snorkelling. There is a sharp cliff leading vertically into the deep sea and giving divers more chances to face with big fishes. Moreover, the coral reefs running along the island are very exciting with their abundance of various types of corals and schools of fishes like Collared Butterflyfish that can be seen with over 50 fishes in a group: Bannerfish, Parrotfish, Lobster,

Orange Stripe Blue Tang, Powder Blue Tang, Stonefish, Longfin Grouper, Moray Eel, Titan Trigger Fish, etc.

Individual Fees/5 Days

- ▲ Children 300 Baht/Adults 500 Baht



Meals

- ▲ Set meal/person/day – 650 Baht
- ▲ Breakfast starts from 07:30 to 09:00 a.m. – 120 Baht/person
- ▲ Lunch starts from 12:00 to 02:00 p.m. – 250 Baht/person
- ▲ Dinner starts from 06:30 to 08:00 p.m. – 280 Baht/person

Welfare Store open from 07:30 a.m. to 08:30 p.m.

Accommodation

- ▲ **Ao Chong Khat area** has either a cottage style or a tent with shared bathroom. It is quite crowded as it is the area where one-day trip travellers stop by for lunch and use the toilet.
- ▲ **Ao Mai Ngam area** has only tents for accommodation with a peaceful ambience and open space. However, both areas are connected through the Ao Mai Ngam Nature Trail, which takes about a 1.5 hour walk.



The Park's Snorkelling trip (Need upto 5 persons – 150 Baht/person)

- ▲ Morning from 09:00 a.m. – Ao Chak/Stork Island (May alternate to Ao Mai Ngam/Ao Bon on some days).
- ▲ Afternoon from 02:00 p.m. – Laem Sai En/AowMae Yai/Laem Chong Khat (May alternate to Hin Kong /Aow Phak Kat/Ao Sapparot on some days).

Closed Season

From 16 of May til 16 of November each year.



How to get there

Muko Surin is 60 kilometres from Phang-nga's shore. The most convenient transportation is to take a boat at Khura Buri Pier in Phang-nga, which has 2 speedboat service providers – Sabina Co., Ltd. and Green View Tour Co., Ltd.

A round trip ticket is 1,700 Baht/person which takes about 1 hour and 15 minutes. The alternatives are Nam Khem Pier, Khao Lak Pier and Thap Lamu Pier, also in Phang-nga province. Moreover, even though Muko Surin is in Phang-nga province, you can also travel there from Ranong's shore conveniently. There are tour operators that provide a speedboat to the Surin Islands as a one-day trip. For example, Rattana Resort and Tour – call Tel. +66-8-8823-3959 and JC Tour (Ranong) – call Tel. +66-7637-8035. Both companies have to take the boats from Bang Ben Pier, Tambon Muang Kluang, Amphoe Kapoe. The Grand Andaman Pier, which is located 7 kilometres from Ranong's town, also has a charter service for a speedboat to the Surin Islands, which takes about 2 hours. Call Tel. +66-9-0710-5555.

For more information:

- ▲ National Park Station in Ao Chong Khat area, Ko Surin Nuea. Tel.: +66-9-5059-0903.
- ▲ National Park Station in Ao Mai Ngam area, Ko Surin Nuea. Tel.: +66-8-2416-4723.
- ▲ National Park Station at Khura Buri Pier, Phang-nga. Tel.: +66-7647-2145-6.





3. The Islands in Myanmar's Sea

Victoria Point

After Myanmar has opened their country, they also open many other things including tourism. The arrival of foreign tourists and their domestic tourism by the Myanmar people, especially from Yangon as Myanmar has introduced two routes from

Victoria Point – Myeik – Dawei – Yangon by Mann Yadanarpon Airlines, 3 scheduled flights a week in order to prepare for the opening of the ASEAN Economic Community and to connect with transportation from Ranong with Victoria Point as the centre, which will provide more convenience for both Myanmar and Thai businessmen and tourism individuals.



Some interesting facts about Victoria Point, it is a province of Myanmar located at the most southern part, on the Kra Buri River Delta opposite Ranong. The area was called 'Victoria Point' during the British rule, but Myanmar call it 'Bayinnaung Point' nowadays.

There are many interesting attractions at Victoria Point. For example, **Pildora Pagoda**, the imitation of the Shwedagon Pagoda, the area full of vendors selling local food like pork on stick served with noodle and fresh sugar cane juice. **King Bayinnaung Monument** situated on the hill near the pier, and **Rang Suwaynee Market**, the place for your souvenir shopping. Moreover, there is a car rent service that you can charter for a whole day for 1,500 Baht including gas. Buddha Statue Made of Rattan at the **7 Miles Temple** is another place worth a visit. **3 Miles Viewpoint** where you can see the fishing village and the beach.

How to get there.

Take a boat at Pak Nam Ranong Pier (Saphan Pla Pier) which takes about 40 minutes to get there. Ticket is 100 Baht. Chartered for about 600 Baht.

Crossing border.

- ▲ You can get a temporary border pass to Victoria Point from 7:00 a.m. – 4:00 p.m. The pass is valid for 7 days. A passport and fee of USD 10 will be required.
- ▲ For more information, please contact the Ranong Immigration Office. Tel. +66-7781-3225, +66-7782-1216.



Nyaung Oo Phee Island

It takes about 1 hour and 40 minutes from the Grand Andaman Pier in Ranong. It is a private island that is equipped with facilities, a large tent for accommodation, an open pavilion as dining space, and bathrooms. It is very pleasant with a lot of trees and foliage, powdery sandy beach and crystal blue water with gradient shades following the depth of the sea level. There are 4 snorkelling spots around the island,



especially at the front of the beach where you can swim out looking for Moray eels. The highlight of this island is at Madame Beach, one of the many beautiful beaches of Nyaung Oo Phee.



Facts about Nyaung Oo Phee

- ▲ It was just opened for tourists at the end of 2015.
- ▲ Closing season is from May to October.
- ▲ It is the lunch spot for tourists of Victoria Cliff Travel

Zedetkyikyun Island

A beautiful spot for snorkelling, takes about 1 hour and 10 minutes from the Grand Andaman Pier in Ranong. Its abundance of coral reefs, with both soft and hard corals, along with anemones, makes it a perfect habitat for many schools of fish like various types of Clownfish, especially the Tomato Clownfish which are rarely seen in the Thai sea. There are also schools of Barracuda, Butterflyfish and Giant Clams.



Facts about Zedetkyikyun Island

- ▲ The island has a perfectly white sandy beach, but stepping on the shore is prohibited as it is a military base. Tourists can only snorkel near the beach.
- ▲ The locals call the island 'Zedetkyi Island'



Cock's Comb Island or the Emerald Heart Island

It takes about an hour and 40 minutes from the Grand Andaman Pier in Ranong. It has been named the Emerald Heart of Myanmar Island. Cock's Comb is a large limestone island with an inner blue sea surrounded with stone cliff. You can only see the heart shape from the bird's eye view of the island. There is a small tunnel under the cliff that opens to the open sea, which travellers need to swim following the rope to get inside.





The entrance of the tunnel is an unbelievable stunning snorkelling spot with an enormous amount of Anchovies swimming afloat. Under the school of Anchovies are schools of Yellowtail Fusilier, Moray Eels hiding in the nook and corner, Seawhip, Sea Comb, Coralline Algae and Barrel

Sponge scattered on the bed of the sea. Swimming into the inner sea, you will be touched by the beauty and peaceful ambience. The stone cliff that surrounds the inner sea is scattered with antique spurge. Boulders and hard corals; such as, Mushroom Coral and Giant Clams can be found under the sea.



Facts about Cock's Comb Island

- ▲ Visitors cannot see the heart shape of Cock's Comb as it can be seen only from the air.
- ▲ The inner sea has no beach to set your foot on; visitors would be floating all the time.
- ▲ Watch out for Sea Urchins when it is low tide as it is quite shallow.
- ▲ The tour guide would need to check the time when it is high or low tide. At high tide, the sea level would block the only door to the inner sea, when it is low tide, visitors have to look out for Sea Urchins as their needles can reach up to 1 foot long.



Dunkin Island

The island is famous for its white powdery sandy beach that stretches to the end of the cape, with clear blue water. The beach has a rather steep slope though. There is a Kayak and swimming tube service for tourists, too.

Facts about Dunkin Island

- ▲ It is a lunching place for tourists of Grand Andaman Travel, equipped with dining facilities and toilets which make it crowded with many groups of tourists during the day.
- ▲ There is accommodation, tent on a platform style, with 1 bedroom, 1 living room and shared bathroom.
- ▲ The Thais call this island 'Ko Tafook' after the name of the owner of the Grand Andaman Travel who got the permission from the Myanmar Government to do the tourism business.
- ▲ Strong waves at the front of the beach, so be cautious when kayaking as the waves can cause the kayak to flip over.



Flower Island

Located 10 minutes away from Dunkin Island, the front of the beach is packed with Sea Anemones, the habitat of the clownfish. This is the perfect spot to see different types of Clownfish; such as, Indian Clownfish, Tomato Clownfish, Orange and White Clownfish, along with Clark's Anemonefish and also large Barrel Sponge, squids, Black Spotted Pufferfish, various types of Damselfish, Crown of Thorns Starfish and Needlefish, etc.

Facts about Flower Island

- ▲ The island has a powdery white sandy beach and visitors are allowed to set foot on the shore. However, the tide at the front of the beach is rather strong; swimming with flippers would help you not get too tired.

Horse Shoe Island

Named after the shape of the bay. There is a small island at the front of the bay where the workers keep the bird's nest that they have collected from an island nearby before exporting to China. You would see the worker's cottages lining on the island. The diving spot of Horse Shoe Island is right at the curve of the bay, full with leaf corals, schools of fish and the highlight is the Lionfish. The bay also has a calm sea with less to no wind, which makes the water smooth and clear, a perfect place to swim.





Cock's Comb Island or the Emerald Heart Island



Wat Phra Mahathat Woramahawihan, Nakhon Si Thammarat



Borderless Train

2 Nakhon Si Thammarat - Songkhla (Hat Yai)
Kuala Lumpur - Penang

Borderless Train (Nakhon Si Thammarat – Songkhla (Hat Yai) – Kuala Lumpur – Penang)

The Thailand – Malaysia border is 647 kilometres long, with 8 checkpoints in Narathiwat, Yala, Satun and Songkhla provinces. In the past, frontiers on the map separated people from one another. In the South of Thailand, there are many Thais of Malay origin, and there are also many Malaysians of Thai origin in Malaysia.

With the linkage that had lasted for a long period of time in history, Kedah, Kelantan, Perlis and even Penang in Malaysia, there are many 'Siamese Malaysians' or Malaysian people of Thai origin, speaking Thai and believing in Buddhism, living peacefully with the Malayan and Chinese peoples, especially in Kelantan where there are as many as 16 Thai language schools in Thai temples; such as, Wat Phikunthong Wararam and Wat Sukhontharam. Meanwhile, Thai traditions and culture; such as, the Songkran Festival or ordination are still observed. Many Siamese Malaysian people in Kelantan have their male children ordain as novices. For wealthy ones, they will have their children ordain at Wat Phra Mahathat Woramahawihan in Nakhon Si Thammarat province of Thailand. They will come in large groups in many buses. After the ordination ceremony, they will go back to stay in temples in Kelantan, Malaysia. From the information mentioned here, it is apparent that people from the two countries are real neighbours and have been contacting each other for a long period of time. In reality, borders cannot stop the relationships between the two peoples.






Trip Plan

1. Nakhon Si Thammarat

According to the historical evidence in Stone Inscription Number 24 made in 1230, Nakhon Si Thammarat, which was called 'Tambralinga', was prosperous, wealthy and powerful in those days. Hence, traces of the ancient civilisation can still be seen nowadays.

2. Songkhla



Songkhla has a unique location because it is encompassed with water on both sides, i.e., Songkhla Lake in the west and the Gulf of Thailand in the east. In addition, located in the centre of Southeast Asia, Songkhla has been an important port city since ancient times, attracting people to settle down and do business until it became a city with a diversity of ethnicity, which is shown through the architecture and traditions that are the mixture of 3 cultures; namely, Thai, Chinese and Muslim cultures.

3. Hat Yai

Even though Hat Yai is just a district in Songkhla, it has enjoyed great advancements in terms of tourism and investment. It is a big lively city with plenty of modern buildings, colourful lifestyles, delicious food, accommodation, shopping centres and cheerful nightlife, all of which are the reason why this city never sleeps.

4. Kuala Lumpur, Malaysia

Being the capital of Malaysia, Kuala Lumpur is renowned as the city that has plenty of tourist attractions, architecture, residences or various ways of life of the peoples with different cultures; such as, the Malayan, Chinese and the Muslim. All of these cultures are interesting and unique.

5. Penang Island, Penang State, Malaysia

Penang Island in Penang state is full of values from diversified cultures. The uniqueness of this place emerges from the perfect blend between the Malayan and Chinese cultures. The mountains and sea of this island are still resourceful, and the old Sino-Portuguese buildings on the island are beautiful. This island, especially Georgetown, which is the capital of Penang State and a World Heritage Site, is beautiful in every single corner.



Travel Information (Malaysia)

Visa

Tourists from ASEAN countries (except Myanmar) do not need a visa to enter Malaysia. You need to have passports that have been issued for more than 6 months. You can stay in the country for 1 month from the day of entry. For a longer stay, you need to apply for a visa from the Malaysian Embassy in Thailand, Tel.: +66-2629-6800.

Foreign tourists from countries other than ASEAN; such as, South Korea, Japan, United States and some European countries can also enter Malaysia without a visa. However, tourists from some other countries; such as, China, Taiwan and some European countries need a visa. The details of such requirements can be attained from the ‘www.imi.gov.my’ website.

Travel

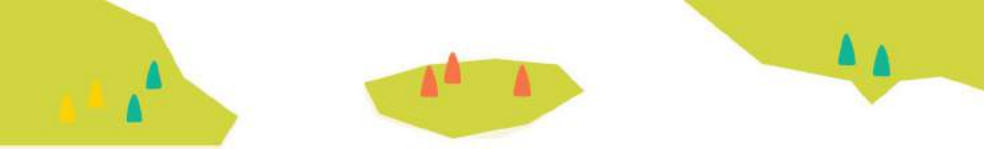
Kuala Lumpur – Bangkok

Thai AirAsia Airlines and Thai Airways International have many direct flights from Kuala Lumpur, Malaysia, to Bangkok, Thailand, per day.

Kuala Lumpur – Hat Yai

There are many means of travel from Malaysia to Hat Yai district, Songkhla province; such as, cars, buses and airplanes. If you are not in a hurry, try a train trip.

EP 21 (Express Peninsula) Express Train on the Kuala Lumpur – Hat Yai route runs two rounds per day from KL Sentral Station in Kuala Lumpur. The first train leaves the station at 0:30 a.m. and arrives in Hat Yai at 11:20 a.m. The second train leaves the station at 4:38 a.m. and arrives in Hat Yai at 4:00 p.m. The train will stop by Padang Besar Station for the entry protocol. The total time taken for a trip is 12 hours.



ETS (Electric Train) Hightspeed train on the Kuala Lumpur – Padang Besar route runs three rounds per day from KL Sentral Station in Kuala Lumpur. The first train leaves the station at 9:30 a.m. and arrives at Padang Besar Station at 3:10 p.m. The second train leaves the station at 11:00 a.m. and arrives at Padang Besar Station at 3:55 p.m. The last train of the day leaves the station at 4:00 p.m. and arrives at Padang Besar Station at 9:00 p.m.

When the ETS hightspeed train arrives at Padang Besar Station, passengers have to take another train to Hat Yai district. You can take either a diesel train at 8:55 a.m. and 2:40 p.m. every day or the Butterworth Express Train at 5:40 p.m. The train trip will take 40 minutes.

Kuala Lumpur – Penang Island

Thai AirAsia has many direct flights to Penang Island per day. In addition, you can also take a bus which will take 5 – 6 hours or EP 21 (Express Peninsula) express train on the Kuala Lumpur – Hat Yai route from KL Sentral Station to Butterworth Station. From Butterworth Station, you can take a ferry to Georgetown, Penang Island, The ferry operates 24 hours a day.

Fee of Ferry from Butterworth to Penang Island

An adult has to pay 1.20 Ringgit and the fee for a child is 0.60 Ringgit. The ferry leaves the port every 40 minutes and takes 25 minutes. You will pay the fee for only one trip from Butterworth to Penang because for the trip from Penang back to Butterworth, the ferry service is free.

Penang Island – Hat Yai

Each day, there are many vans operated by many companies running on the Penang – Hat Yai route. The van will take around 4 hours.

If you are fond of a train trip, you should take a ferry from Penang to Butterworth Station and take the Butterworth – Bangkok train that will drop you at the Hat Yai Station after a 6-hour trip.

What to Know before the Trip

- ▲ Malaysia is one hour ahead of Thai time.
- ▲ The electrical system of Malaysia is 240 V and uses a plug with three flat legs. If you would like to charge your electrical and electronic gadgets or appliances, please bring an adapter with you.
- ▲ Malaysian currency is Ringgit Malaysia (RM). The currency exchange rate is 1 Ringgit per 10 Baht.
- ▲ If you bring your cellphone from Thailand with you and use a roaming service, you should turn off the Cellular Data and Data Roaming functions and use the Airplane Mode to prevent the unintended use of service. Most coffee shops and hotels in Malaysia have free Wi-Fi.
- ▲ You can obtain maps of Kuala Lumpur from hotels. Not only does the map show you the tourist attractions, but also the route of the Go KL City Bus and routes of different trains.



Data
Roaming



Map
Kuala Lumpur



Fun in Penang

- ▲ The easiest way to travel around this World Heritage neighbourhood is to walk. Do not forget to pick up a map from Penang International Airport or your hotel.
- ▲ To take a bus is a convenient and fast way to travel around the city. All buses will pass by the KOMTAR Building. You should prepare small notes and coins for putting in the bus fare box by the seat of the driver because no change will be given. Once you get on the bus, just tell the driver where you want to go. The driver will give you the ticket. To go to popular tourist attractions, the bus fares will be from 1.4-2 Ringgit. The bus for the Penang International Airport – KOMTAR Building route costs 2.7 Ringgit and takes around 1 hour.
- ▲ All public buses in Georgetown are air-conditioned with an especially designated entrance and exit. The entrance is the door at the front, and the exit is the door at the back of the bus.
- ▲ You can explore around Georgetown City for free by taking a free bus with the ‘Hop on Free’ banner at the front and the side of the bus. Just wait for the bus at a bus-stop or at the station at the KOMTAR Building.
- ▲ Have even more fun travelling around the city by cycling, which is an activity that the Malaysia Tourism Promotion Board and alliances arrange. You can choose either a cycling tour package with a guide and food and drink for the whole day to cycle on important routes to see more than 30 tourist attractions, or rent a bicycle from the ‘www.metrobike.com.my’ website.



Penang Map



Get a change



get on at the front of the bus,
get off at the back of the bus



Free bus
for sideseeing



ride a bicycle
for sideseeing

Travel Map:
Borderless Train



Surat Thani

Nakhon Si Thammarat

Krabi

Trang

Phatthalung

Thailand

Satun

Phuket

Pattani

Yala

Narathiwat

Penang

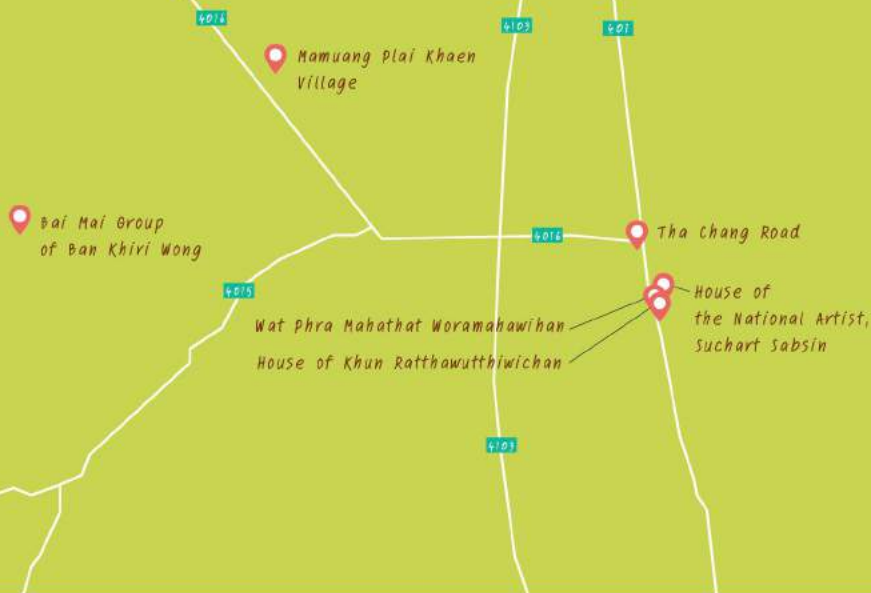
Andaman

Malaysia

Kuala Lumpur

Gulf of Thailand

Nakhon Si Thammarat



Songkhla Lake

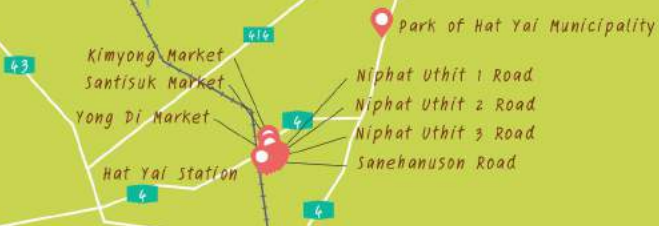
Gulf of Thailand

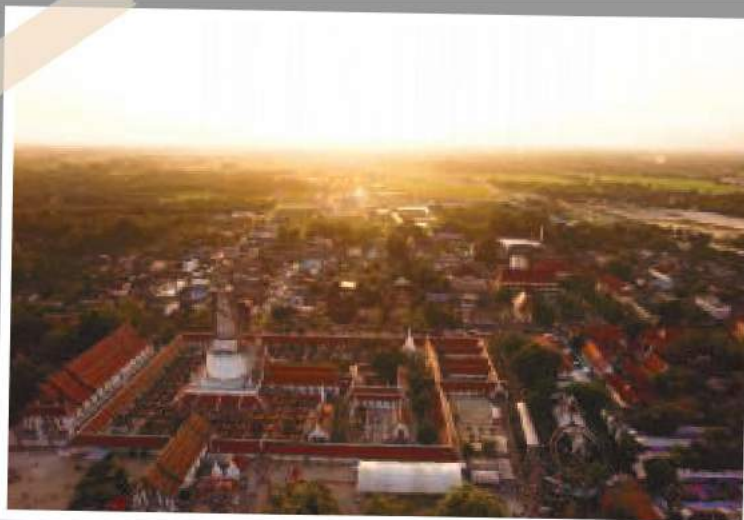
Thanon Nakhon Nai
Thanon Nakhon Nok
Thanon Nang Ngam

Ko Yo

Hat Yai

Songkhla





1. Nakhon Si Thammarat

The Phra Borommathat Pagoda at Wat Phra Mahathat Woramahawihan has been highly respected in all eras. From the city, you can see the top gold finial of the pagoda standing dignified from afar. The gold pagoda reflects the sunlight causing golden beams that are breathtakingly beautiful. According to legend, the pagoda was built in 311 A.D. in the Ceylonese style. In the reign of King Si Thammasokarat, the Lord Buddha's dental relics were housed in the pagoda. There is also a myth of a Buddha



image that relieves muscular pains and aches. This Buddha image is called Phra Aet or Phra Katchayana, which is enshrined in the Hall of Phra Maha Katchayana. Many people also pray to Phra Aet for babies.



On the opposite side of the road, you will see **the House of Khun Rattawutthiwichan**. This Southern-style house is more than 100 years old but still looking grand. In the same area, you can enjoy sitting around at coffee shops to stay away from the strong sunlight.



If you are fond of handicrafts, you should take time walking around **Tha Chang Road** behind the Tourism Authority of Thailand (TAT), Nakhon Si Thammarat Office, where there are many shops that sell souvenirs; such as, silverware, nielloware, trio-metal (silver, gold and pink gold) plated necklace, Namo silver (small silver nuggets) and basketry products woven from Yan Liphao (a type of climbing fern – Lygodium). You will be so amazed with all the handicraft products that you will not decide what not to buy. Most shops give almost 50%





The top floor of the museum is the place where Maestro Suchart has kept international shadow puppets that the Maestro had spent all of his lifetime collecting and conserving for people of later generations. The international shadow puppets include those from India, Indonesia, China, Turkey, Cambodia, and the shadow puppets from the time of World War 2, shadow puppets from Northeastern and Central parts of Thailand, and Muslim shadow puppets. The ages of these displayed shadow puppets rank between 50 and 100 years. If you are interested in watching the shadow puppet show by the Sabsin Family from the theatre in the museum, you have to contact the museum in advance. Also, you can see the demonstration of shadow puppet making every day by the daughter of Maestro Suchart, who likes to talk and tell you all the stories in an amicable manner.

discounts, so they are visited by a great number of tourists. However, please do not forget that there is also a destination for art lovers. This destination is the House of the National Artist Suchart Sabsin. Even though Maestro Suchart has passed away, his family members still conserve and run this Shadow Puppet Museum.



The House of the National Artist Suchart Sabsin is open daily from 9:00 a.m. to 4:30 p.m. Tell.: +66-7534-6394.



is the prestigious motif of the province. This village is renowned for hand-woven fabric. Even though the price is as high as 2,500 Baht per yard (1 yard is 90 centimetres), the fabric is valued because it is woven with the wisdom of the ancient people that has been passed on from generation to generation with neatness in all steps. The Mamuang Plai Khaen Hand-woven Fabric Group Tell.: +66-8-7468-0033; +66-8-6950-5459.

Apart from the puppets, there are many other art crafts of people of Nakhon Si Thammarat (Khon People). Every day, at **Mamuang Plai Khaen Village**, Tambon Tha Ngio, Auntie **La-ong Buaphet**, the head of the hand-woven fabric of Mamuang Plai Khaen Village, and 8 other old ladies will sit by their looms and work on their fabric. Some weave fabric with the Phim Yai motif whilst some others might weave fabric with the bullet wood flower motif, which



Apart from the hand-woven fabric that was used in the royal court in ancient times, the Bai Mai Group of Ban Khiri Wong, Amphoe Lan Saka, which is around 17 kilometres from Amphoe Mueang Nakhon Si Thammarat, tells the miraculous stories of nature through the smart extraction of colours from natural materials; such as, mangosteen leaves, guava leaves, Siamese cassia leaves, bitter bean pods, rambutan peel, Djenkal bean peel, core of jackfruit branches, leaves of the Indian trumpet flower tree and tropical almond leaves, for dyeing the fabric. Each individual has his/her own dyeing style, so each fabric has its own unique style. This concept was initiated by Ms. Urai



Duangngoen, head of the Bai Mai Group, who has been promoting the group since 1996 until it become well-known. The tied and naturally dyed fabric of this group makes people easily fall in love with it. Not only is Urai's group famous in Thailand, but it is also internationally renowned.





While making your own dyed fabric with the Bai Mai Group, you will have around 45 minutes free time because the dyeing process takes time. This is a great opportunity to explore the village. Renting a bicycle and cycling around the village

can be fun. Ban Khiri Wong is known to have fresh weather in the beautiful location that is the place where three streams meet and become Khlong Tha Di. From the village, you will see the Khao Luang Mountain Range forming the grand background for the village. Villagers grow many crops on their farms. They call such mixed plantation a 'Suan Som Rom'. The fruit season starts from September and ends in October. Mangosteens of Ban Khiri Wong are famous for the taste. Even out of the fruit season, many tourists still come to this village. Hence, this village has many restaurants, coffee shops, guesthouses and souvenir shops. The Bai Mai Group, Ban Khiri Wong, Tell.; +66-7553-3127; +66-8-1751-0183.

Hua Namu (Silver Nuggets), the Unique Lucky Charms of Nakhon Si Thammarat

The legend of Nakhon Si Thammarat City depicts that after the establishment of Nakhon Si Thammarat City, there was a plague. King Si Thammasokarat thus had Hua Namu charms made in a Brahman rite, and buried and spread throughout the city to prevent the plague. Later, the citizens of the city and 12 other surrounding cities have used a Namu charm, known among the locals as Hua Namu, which is a round nugget with a character at the centre, as a sacred amulet to protect themselves from dangers until the present.

Try Rice Vermicelli of Mueang Khon (Nakhon Si Thammarat)

One of the most famous origins of rice vermicelli of the South is Mueang Khon. The uniqueness of this rice vermicelli is that the curry eaten with the rice vermicelli does not contain fingerroot, but the colour of the curry is yellow because of turmeric which is an important ingredient of Southern food. Apart from three curries that are generally eaten with rice vermicelli;



namely, coconut milk curry, chili curry and bean curry, the other curry that is generally eaten with rice vermicelli of Mueang Khon is the Tai Pla Curry (made from the maws of fishes). Unlike curries from many other areas, no fish balls are added to any curry.

Another composition of rice vermicelli that cannot be missed is the vegetables to be eaten with the rice vermicelli, which must be of at least 10 kinds. Examples of generally eaten vegetables are cucumber, string beans, Man Pu vegetable (*Glochidion Perakense* Hook.f), fennel, Ching fig, lemon basil leaves, buds of the lead tree, leaves of the cashew nut tree, fruit of the netta tree, Djenkal beans, vegetables blanched in coconut milk, and pickles.

Mangosteen, Really Tasty Fruit Snack

Mangkhat Khat or Peeled is a symbol of Mueang Khon. People of Mueang Khon eat mangosteens by peeling or Khat the unripe fruit to show their white pulp, putting a stick through the fruit, and eating the fruit as a snack. You can enjoy the peeled mangosteens during the period of July – August only.



2. Songkhla

In a city that used to prosper as a centre of trade and economy like Songkhla, to walk around the old town area that covers 3 roads sounds fun and may show you some unexpected facets. The three roads are **Thanon Nakhon Nok**, **Thanon Nakhon Nai** and **Thanon Nang Ngam**. Apart from the Chinese architecture; such as, traditional Chinese shop-houses, Chinese commercial buildings, Sino-European buildings and modern Chinese architecture, you can enjoy unique gastronomies; such as, brewed bean curd noodle by Jae Bow Yentafo, baked egg cake by Lert Bakery, Thai





desserts from the Song-Saen Thai Dessert House, Khangkhao dumpling (deep fried rice bun stuffed with shrimp) by Phi Eet, Koh Thai congee, rice with stew and giant Chinese bun from Kiat Fang, and Tao Khua (tofu and noodle salad with special dressing) from Pa Chuap's shop. Most food shops are old and prestigious, serving

local food that cannot be easily found. There are many food shops along Nang Ngam Road; thus, this road is crowded for the whole day. Meanwhile, Nakhon Nai and Nakhon Nok Roads are good for sightseeing.

Another interesting thing is the street art, which is 3D painting on the walls of old buildings on the three roads. One of the most famous works is the painting of old Chinese men on a building wall at the intersection where Nang Ngam Road meets Raman Road, which depicts the atmosphere of an old teahouse called 'Fu Chow' that used to be



opened in this building. Tourists and visitors like to take photos with this painting and share the photos on their social media. Sometimes, visitors have to line up in order to take photos with this wall painting.

Do Not Miss Khangkhao Dumpling

There is only one shop on Nang Ngam Road that serves the rare food called Khangkhao dumpling. This shop is Phi Eet's Nom Khangkhao. This snack has existed for more than 100 years. It can be found only in Songkhla. The cooking process is complicated and requires neatness. This deep fried dumpling, made from sticky rice flour mixed with coconut milk and stuffed with chopped shrimp is stir-fried with other ingredients. This dumpling looks like a bat (Khangkhao).

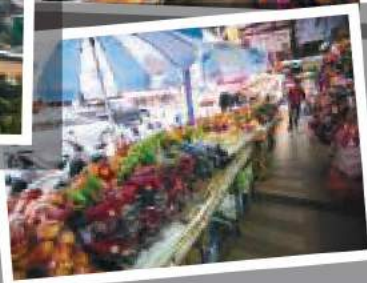


Why the road is named 'Nang Ngam (the Beauty Queen)'

The original name of Nang Ngam Road is Kao Hong Road. This road was built after Nakhon Nok and Nakhon Nai Roads to celebrate the City Pillar Shrine after the change of the political system of Thailand in 1932. There were celebrations throughout Thailand, including in Songkhla City. There was also the first beauty contest. The pageant from Kao Hong Road or Ms. Nongyao (Daeng)



Bunyasiwa won the prize and became the first Miss Songkhla. Local people thus changed the name of Kao Hong Road to 'Nang Ngam Road' since then.



3. Hat Yai

Visit the Markets

Kimyong Market was established by Mr. Zi Kimyong, one of the four leaders who paved the foundation for the development of Hat Yai City. This old market of Hat Yai on Suphasan Rangsang Road is the place to buy imported fruits, dried snacks, imported snacks from Malaysia, and clothes. As for the famous markets on Niphat Uthit 3 Road, which are **Santisuk Market** and **Yong Di Market**, they are places to buy electrical and electronic appliances.

Apart from the aforementioned road, you should not miss **Niphat Uthit 1 Road** where you can appreciate the lively colours of 8 old Sino-Portuguese buildings. In addition, **Niphat Uthit 2 and 3 Roads** and **Sanehanuson Road** are interesting places to visit as well.

At twilight, you should walk to the area of big department stores; such as, Central Plaza Hat Yai and Lee Garden Plaza. At the intersection where Sanehanuson Road meets Prachathipat Road, there stands the Regency Hat Yai otel. This area is the liveliest one at nighttime.

Do Not Miss the Park

The reason why you should not miss the Park of Hat Yai Municipality is the Hat Yai Cable Car, which is the first elevated cable car service in Thailand. There are 2 stations; namely, Phra Phutthamongkhon Maharat Station and Thao Maha Phrom Station on Khao Chum Sak. The distance between the two stations is 535 metres. Taking the cable car from one station to the other where you will see a view of Hat Yai City and



Songkhla Lake. The speed of the cable car is 5 metres per second, so you will take around 2 minutes and 30 seconds taking a trip between the two stations. At the cable car stations, there are food and drink shops where you can sit and enjoy the view of Hat Yai City that

is embraced with the Kho Hong Mountain Range. On the opposite site, you will clearly see Phra Phutthamongkhon Maharat, which is a 19.90 metres tall brass Buddha image, said to be the tallest one in the South of Thailand. This is a good spot to see the sunset.

The Hat Yai Cable Car is open daily from 9:00 a.m. to 8:00 p.m. The entrance fee is 200 baht; Tel.; +66-7480-0431.





The Metropolis of Eating around the Clock

You might not be considered to have actually visited Hat Yai unless you try all Thai, Chinese and Muslim foods.

For breakfast, Hat Yai people prefer Bak Kut Teh (pork rib and Chinese herbs soup) and Dim Sum (Chinese dumplings), which is Chinese food. The famous Bak Kut Tehshop is Thipnarin and the famous Dim Sum shops are Chokdee DimSum, Khornang Taetiam, A ma Dimsum and Dimsum Nukwing. As for Khao Man Kai (Hinan Jifan or greasy rice topped with boiled chicken), you must try this food at Mui Kee Ocha shop, which is the number one Khao Man Kai shop in Hat Yai, or other good shops; such as, Ko Ti Ocha, Khlong Toei, Thung Lung, and Chef Mong shops.

For lunch, you should try Tao Khua (tofu and noodle salad with special dressing) from the Pa Tao Shop, which is a famous local food shop and Nai Ru Shop that serves nice food. Also, do not miss Decha's fried chicken, the widely recognised Hat Yai fried chicken that is a prestigious food of Hat Yai.

For dinner, you should visit the Chuen Suk Restaurant for spicy Southern food. Otherwise, if you would like lighter food, go to the Sor Hueng rice porridge shop that charges you many thousands (satang) per meal before ending your meal with a fried bun stuffed with barbeque pork from the Ko Uan Shop or go to the For Seen shop that serves Thai milk tea and tissue roti that are second to none.



4. Kuala Lumpur, Malaysia

Various transportation services make travelling in Malaysia convenient and pleasant. Thus, if you stay near a transportation link; such as, KL Sentral, your trip will not be too tiresome.

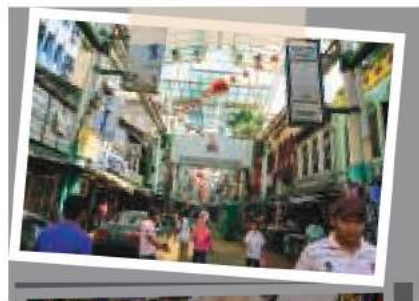
An initial trip to explore Kuala Lumpur should be the trip in the **KL hop-on hop-off** style. You can take a double-decker air-conditioned city tour bus that has the narration in English. Some of these buses have an open top that allows passengers to closely experience the city. This city tour bus takes 23 stops each of which leads to famous tourist attractions of the city. The last stop is certainly the Petronas





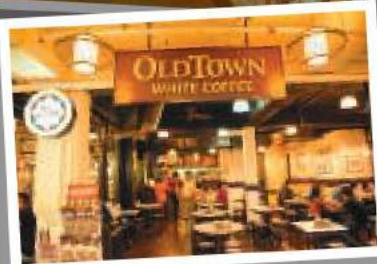
After seeing the overview of the city, it is high time you focus on some specific tourist attractions. The first destination is **China Town** or Petaling Street, which is open at 6:00 a.m. and closed at midnight. This is a famous shopping and eating centre of Kuala Lumpur. On both sides of this 1 kilometre long road, there are many shops and trolleys that sell local snacks. The food shops in the Tang City Food Court are also worth a visit.

Twin Towers. You can get off the bus to visit each tourist attraction and get on another bus that comes every 20 minutes to continue your trip. The city tour bus operates from 9:00 a.m. to 7:00 p.m., takes around 2 hours and costs 45 Ringgit. A ticket is valid 24 hours.





From China Town, walk across the road for a while and you will see **the Central Market** or Kasturi Walk. If the China Town in Kuala Lumpur is like Khlong Thom Flea Market near China Town in Bangkok, this market is like Chatuchak Market because it is full of handicraft shops inside and outside the premises. If you are tired of walking around, please drop by the Old Town White Coffee Shop to enjoy coffee, bakery and food.





Merdeka Square is the city square that you should visit at least once because it is encompassed with beautiful architectures; such as, the **Sultan Abdul Samad Building** in a Moorish architectural style and the National Textile Museum. These two buildings are 2 of 16 buildings regarded as the National Heritage of Malay-



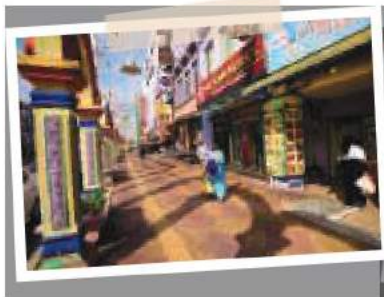


sia. Therefore, it is undoubted how beautiful these two buildings are. Also, you are recommended to go to the [KL City Gallery](#) by the Square. This petit museum is chic and stylishly decorated and has interesting displays. You have to pay 5 Ringgit for the admission ticket that can be traded with a drink or bakery product that costs 5 Ringgit. This museum tells many stories in Kuala Lumpur, especially the history of some old buildings. The highlight is on the 2nd floor, or the Spectacular City Model Show, which is open in rounds. There is also a room that shows the group of craftsmen working on perforating wood to create amazing motifs of buildings in Kuala Lumpur. You can buy these works from the souvenir counters.





The landmark of Kuala Lumpur is **the Petronas Twin Towers**, which is called 'KLCC' by the Malaysian people. In the evening, this place is crowded with people who hang out to enjoy the cool breeze at the big fountain porch, and wait for the lights from the twin buildings that are emitted from the buildings. The lights from the buildings, combined with the light from the twilight sky and the fountain dance show, makes this place one that must not be missed.



However, if you stay around KL Sentral, you can visit many Indian restaurants to enjoy roti with assorted curries and hot tea to warm your stomach. Afterwards, you can easily walk to the Little Indian Area to experience music, spices and light smell of gum benjamin.



Otherwise, you can walk directly to **Bukit Bintang**, which is a famous shopping area. Afterwards, if you are a food lover, you should not miss the **Street of Food** or Jalan Alor. This street is around 300 metres long. In the evening, it is a lively place to eat that is full of food kiosks on both sides. You



can enjoy local food and there are also many shops that serve Thai food. A recommended shop is at the end of the road, the specialties of which are beef satay and aromatic smoked chicken wings.

Postscript

Even though the centre of Kuala Lumpur is full of modern skyscrapers like those in many other metropolises, this city also has many other buildings that precisely reflect the influences from Muslim culture. Thus, this city is uniquely beautiful because of the combination between state-of-the-art technology and precious original traditions in a perfect blend. The roads and pavements are in different levels, and some of which are full of shady trees; such as, raintrees. People of different ethnicities live together peacefully, forming a charming way of life and culture that make Malaysia a place to visit at least once in your life time.



5. Penang Island, Penang State, Malaysia

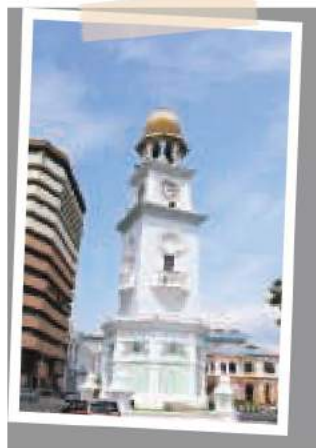


Georgetown, the capital of Penang State, which is located on Penang Island the size of which is 285 sq. km, is unique in terms of coexistence of people with different ethnicities; namely, Malaysian, Chinese, Indian, Arabic, Aceh, Thai, Burmese and Western peoples, without any national conflict. The long history of this island is reflected through beautiful and valuable architecture. In 2008, UNESCO recognised Georgetown, together with Malacca (Melaka), which is in the south of Penang, as a World Heritage Site.

The Goddess of Mercy Temple is an important temple of the Chinese in Georgetown. This Chinese temple is not far from the Saint George Chapel, the oldest Anglican church in Southeast Asia, which has been standing there peacefully for 200 years. There is also Maha Mariamman, a Hindu temple, on the island. These temples are the evidence to show that people of different ethnicities and religions have been living together on this island for a long time.

In the southwestern side of the Goddess of Mercy Temple in walking distance, there is a high tower with a dome top in the Mughal style. This tower is **Kapitan Keling Mosque**, the biggest mosque in Georgetown. This mosque was built in 1801 or 1 year after the Goddess of Mercy Temple was built.

In addition, there is also **Pra Buddha chaia Mongkol** which has been a respected Buddha image for the Malaysian and Thai peoples in Penang for a long time. With a length of 33 metres, this is the longest reclining Buddha image of Malaysia. The Buddha image is in the ordination hall of Wat Chaiyamangalaram, a 160-year-old temple in the Thai, Burmese and Chinese styles. On the opposite side of Myanmar





Avenue (Lorong Burma), you will see the **Dhammikarama Temple**, which is a Burmese temple.

During the daytime, along Pantai Road (Lebuh Pantai) that lays from the Queen Victoria Clock Tower Round-about, you can see the lively way of life of the people and big Colonial style buildings. This road is the economic centre of Penang because there are many banks, shopping complexes and coffee shops that have free Wi-Fi for you. On Sundays, from 7:00 a.m. to 5:00 p.m., Pantai Road will become a car-free street.

One symbol of this World Heritage is the **Gorgetown City Hall** that has manifested the beauty of the Colonial style since 1903. This building, with Greek pillars and grand window arches, used to be the governmental office during the time when Penang was colonised by the U.K.

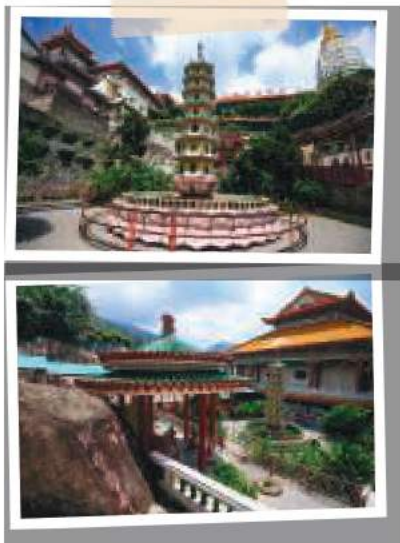
The KOMTAR (Kompleks Tun Abdul Razak) building is the biggest building in Penang. This building has 65 floors and incorporates a shopping centre, business centre and administrative office of Penang State. KOMTAR is also a landmark of Penang and a popular rendezvous of many people because it is a hub of public buses, local commuter buses and taxis. Thus, there are many cars throughout the daytime.





The Gurney Drive Neighbourhood is 4 kilometres in the northwest of Georgetown. This is a leisure place of the locals because it looks modern with luxury condominiums and leading department stores. For food lovers, this neighbourhood is attractive because of the great number of food kiosks from the evening to the nighttime.

If you go outside the city, you can see the Kek Lok Si Temple or so called 'Wat Khao Tao (Turtle Mountain Temple)' because this temple is located on a mountain where there is a pond with a lot of turtles on the way to the temple. This Chinese temple was built in 1890 and incorporates a 7-layered Chinese pagoda with Chinese, Thai and Burmese styles at the base, the middle part and the top of the pagoda, respectively. This pagoda is a landmark of the temple that is as important as the 30.2 metres high statue of the Goddess of Mercy in the tower that is on the higher level of the mountain. During the Chinese New Year Festival, the Kek Lok Si Temple will be brightly decorated with more than 200,000 light bulbs at nighttime.



Try Local Food of Penang



Penang is recognised as the Food City of Malaysia because there are Chinese, Muslim and Nyonya (mixture between Chinese and Malaysian culture) foods.

Asam Laksa is a famous gastronomy. It is noodle in sour soup. Asam is a Malayan word meaning sourness. The uniqueness of this food is the fish soup seasoned with garcinia (asam gelugur) and aromatic spices.

Char Kuey Teow is gastronomy of Penang, which is the stir-fried noodle that is a little spicy, with shrimp, Chinese sausage, blood cockle, garlic chives leaves, and bean sprouts. This food smells really good and tempting.

Rojakis half-dessert half-food, cooked from fruits; such as, guava, rose apple and pineapple, and cucumber, Mexican turnip, tofu, squid, thick syrup, and ground peanut.

In addition, you can enjoy crispy skin Peking duck, soft boiled chicken and tasty grilled pork, as well as noodle with fish balls from food kiosks.

The logo is centered on a light beige background. It consists of a white circle with a subtle drop shadow. Inside the circle, the word "ASEAN" is written in a bold, sans-serif font. The letters "A", "S", and "E" are red, while "A", "N", and "A" are yellow. To the right of the "N" is a small black silhouette of the ASEAN region. Below "ASEAN", the word "connectivity" is written in a smaller, grey, lowercase sans-serif font.

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