

Something to Read While Travelling: Thailand



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Emptiness in the World.

There is a great sadness in the hearts of the Thai people with the loss of their beloved King, and father of the nation; His Majesty, King Bhumibol Adulyadej The Great. King Bhumibol was not only a remarkable man who ruled with wisdom, compassion, and love, but an unsung genius, whose creative innovations improved the lives of his beloved people.

Thai people did not love Bhumibol for being the King.

They loved their King for being Bhumibol.

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About Thailand

The Kingdom of Thailand is the most popular South East Asian holiday destination where you can find almost anything: thick green lush jungles, crystal blue waters that feel more like a warm bath than a swim in the ocean. Exotic, yet safe and cheap, Thailand is equipped with every modern amenity you need. There is something for every interest and every price bracket, from beach front backpacker bungalows to some of the best luxury hotels in the world. The Thai people are known for their friendly (**Sanuk** , happy) demeanour and with delicious taste bud tingling array of fresh foods, tropical climate, fascinating culture and spectacular temples, Thailand is a tourists dream destination.

Geography

Thailand is a country in Southeast Asia with coasts on the Andaman Sea and the Gulf of Thailand. It borders Myanmar (Burma) to the northwest, Laos to the northeast, Cambodia to the southeast and Malaysia to the south.

Cities

Bangkok — Thailand's bustling, frenetic capital, known among the Thai as Krung Thep

Ayutthaya — a historical city, UNESCO World Heritage Site and old capital of Siam

Chiang Mai— de facto capital of Northern Thailand and the heart of Lanna culture

Chumphon— gateway to the Chumphon Archipelago, Pathio's unspoilt beaches & Ko Tao Island

Chiang Rai — gateway to the Golden Triangle, ethnic minorities and mountain trekking

Kanchanaburi — home of the bridge over the River Kwai and numerous World War II museums

Nakhon Ratchasima — largest city of the Isaan region

Pattaya — one of the main tourist destinations, known for its nightlife

Sukhothai — Thailand's first capital, with amazing ruins still

Surat Thani — home of the Srivijaya Empire, gateway to Koh Samui

Other destinations

Koh Chang — once a quiet island, now undergoing major tourism development

Koh Lipe — small island in the middle of Tarutao National Park, amazingly unspoiled with great reefs and beaches

Koh Pha Ngan — site of the famous Full Moon Party with miles of quiet coastline

Koh Samet — the nearest island beach escape from Bangkok

Koh Samui — comfortable, nature, and entertainment hippie hangout gone upmarket

Koh Tao — known for its diving and nature, easily reached from Chumphon by high speed catamaran

Khao Lak — gateway to the Similan Islands, hard hit by the 2004 tsunami, but vibrant once more

Khao Sok National Park — one of the most beautiful wildlife reserves in Thailand

Khao Yai National Park — take a night time 4x4 safari spotting deer or visit the spectacular waterfalls

Krabi Province — beach and watersports hub in the south, includes Ao Nang, Rai Leh, Ko Phi Phi and Ko Lanta

Phuket — the original Thai paradise island, now very developed, but still with some beautiful beaches

Khon Kaen — in the heart of Esaan (Isan) known for their silk and dinosaur sites.

Mae Sot — a thriving multi-cultural border town, with lots of national parks around to explore

Mae Sariang — small town life at the Thai Burmese border with trekking and Salween National Park

With the exception of Phuket; Koh precedes all Island names

Thailand can be conveniently divided into five geographic and cultural regions:

Regions of Thailand

Northern Thailand : Chiang Mai, hill tribes, and the Golden Triangle.

Isaan: The great northeast region. Get off the beaten track and discover back country Thailand, mouth watering food, and some magnificent Khmer ruins.

Central Thailand : Bangkok, lowlands and historic Thailand.

Eastern Thailand: Beaches and islands within easy reach of Bangkok, like Pattaya, Koh Samet and Koh Chang.

Southern Thailand - Lush rainforest, hundreds of km of coastline and countless islands on both the Andaman Sea and the Gulf of Thailand: Phuket, Chumphon, Krabi, Koh Samui, Koh Tao and more of Thailand's famous beach spots.

History

Known as Siam until 1939, Thailand is the only Southeast Asian country never to have been colonised by a foreign power, and is fiercely proud of that fact. A bloodless revolution in 1932 led to a constitutional monarchy. During World War II, while Japan conquered the rest of Southeast Asia, only Thailand was not conquered by the Japanese, due to smart political moves. In alliance with Japan during World War II, Thailand became a US ally following the conflict.

Politics in Thailand

Thailand is a constitutional monarchy, with the king as a very highly respected and revered Head of State. The Thai parliament is bicameral, consisting of a Senate, of which about half are directly elected with each province electing one member, and the other half being appointed by a committee, as well as a lower house which is directly elected by the people. The Prime Minister is the Head of Government, and is usually the leader of the party with the most seats in the lower house.

Thailand is presided over by King Bhumipol Adulyadej (Rama IX), the world's longest-reigning monarch, who has dedicated his life to his people, with his innovations and edicts, leading Thailand into the modern day society we have today. King Bhumipol is a deeply loved and respected figure by the Thai people. With that being said, do not disrespect the King or the royal family. Even though the king's role is largely ceremonial, with the Prime Minister holding the most authority in government, the king and the royal family are still protected by strict *lèse majesté* laws, which stipulate long jail terms for anybody convicted of insulting the king or any other members of the royal family.

Climate

Thailand is largely tropical, so it's hot and humid all year around with temperatures in the 28-35°C range (82-95°F), a degree of relief provided only in the mountains in the far north of Thailand.

Cool: From November to the end of February, it doesn't rain much and temperatures are at their lowest, although you will barely notice the difference in the south and will only need to pack a sweater if hiking in the northern mountains, where temperatures can fall as low as 5°C. This is the most popular time to visit and, especially around Christmas and New Year's or at Chinese New Year a few weeks later, finding flights and accommodation can be expensive and difficult.

Hot: From March to June, Thailand swelters in temperatures as high as 40°C (104°F). Pleasant enough when sitting on the beach with a drink in hand, but not the best time of year to go temple-tramping in Bangkok.

Rainy: From July to October, although it only really gets under way in September, tropical monsoons hit most of the country. This doesn't mean it rains non-stop, but when it does it pours, flooding is not uncommon.

There are local deviations to these general patterns. In particular, the south-east coast of Thailand (including Koh Samui) has the rains reversed, with the peak season being May-October and the rainy off season in November-February.

Culture

Thai culture is heavily influenced by Buddhism. However, unlike the Buddhist countries of East Asia, Thailand's Buddhists follow the Theravada school, which is arguably closer to its Indian roots and places a heavier emphasis on monasticism. Thai temples known as Wats, resplendent with gold and easily identifiable with their ornate, multicoloured, pointy roofs are ubiquitous and becoming an orange-robed monk for a short period, typically the three-month rainy season, is a common rite of passage for young Thai boys and men. Some of the main temples are spectacular sights to behold.

One pre-Buddhist tradition that still survives is the spirit house (*saan phraphuum*), usually found at the corner of any house or business, which houses spirits so they don't enter the house and cause trouble. The grander the building, the larger the spirit house, and buildings placed in particularly unlucky spots may have very large ones. Perhaps the most famous spirit house in Thailand is the Erawan Shrine in Bangkok, which protects the Erawan Hotel (now the Grand Hyatt Erawan) - built in 1956 on a former execution ground - and is now one of the busiest and most popular shrines in the city.

Some traditional arts popular in Thailand include traditional Thai dancing and music, based on religious rituals and court entertainment. Famously brutal Thai boxing (muay Thai), derived from the military training of Thai warriors, is undoubtedly the country's best known indigenous sport.

In addition to the mainland Thai culture, there are many other cultures in Thailand including those of the "hill tribes" in the northern mountainous regions of Thailand (e.g., Hmong, Karen, Lisu, Lahu, Akha), the southern Muslims, and indigenous island peoples of the Andaman Sea.

Calendar: In addition to the Gregorian calendar, Thailand also uses the Thai solar calendar, which is 543 years ahead. Thus, Thai year 2558 corresponds to the Western year 2015. Thai dates in English are often written as B.E., short for "Buddhist Era".

Some Thai holidays are still calculated with the older Thai lunar calendar, so their dates change every year.

Holidays and Festivals

Thailand has many holidays, mostly related to Buddhism and the monarchy. Nobody celebrates all of them, except for banks, which seem to be closed a lot.

Wisakha Bucha — falls on a full moon in the sixth lunar month, which is usually in May or sometimes June. It commemorates the birth, enlightenment, and death of the Lord Buddha that all happened on the same day in Buddha period. Wisakha Bucha Day is recognized as the most important day in Buddhism and also recognized as "World Heritage Day" by UNESCO. On this day, Thai Buddhists visit a temple to make merit in the morning and listen to sermons (Dhamma) by monks. After sunset, candle-lit processions (Wian-Tian) take place at most temples across the country. Buddhists carry lighted candles, three incense sticks and flowers, usually lotus flowers and walk around the central Wat three times in clockwise direction among smoke from the candles and incense sticks.

Makha Bucha — falls on the full moon in of the fourth Lunar month, which usually falls in February or March, and commemorates the spontaneous gathering of 1,250 people before the Buddha, which led to their ordination and subsequent enlightenment. At temples in Bangkok and throughout Thailand, Buddhists carry candles and walk around the main shrine three times in a clockwise direction.

Asanha Bucha — falls on a full moon in the eighth lunar month, usually in July. It commemorates the first sermon of the Lord Buddha and the first monk of Buddhism. Many Thai Buddhists make merit, give food to monks, donate offering to temples and listen to sermons given by monks. Ceremonies are held in Buddhist temples throughout Thailand. In the evening, Buddhists perform candle-lit processions (Wian-Tian) by walking around the main chapel together with carrying candles, three incense sticks and lotus flowers. This day is also marked as the beginning of Buddhist lent period (Vassa) that neat wax candles are lit and kept burning during this period. In Ubon Ratchathani province, a Candle Festival is held which there is a parade of candles that each candle is enormous and made up very elaborately and creatively in many different figures. In Saraburi, monks will walk through the town with their bowls, on this day, to let Buddhists put flowers into their bowls instead of food.

Chinese New Year, usually February depending on Lunar calendar — Chinese Thais, who are numerous in Bangkok, celebrate by cleaning their houses and offering food to their ancestors. This is mainly a time of abundant feasting. Visit Bangkok's Chinatown or Yaowarat to fully embrace the festivity.

Songkran — Thai New Year, sometime in April (officially April 13th to 15th, but the date varies in some locations). What started off as polite ritual to wash away the sins of the prior year has evolved into the world's largest water fight, which lasts for three full days. Water pistols and Super Soakers are advised and are on sale everywhere. The best places to participate are Chiang Mai, the Khao San Road area in Bangkok and holiday resorts like Pattaya, Koh Samui and Phuket. Be advised that you will get very wet, this is not a spectator sport. In recent years, the water-throwing has been getting more and more unpleasant as people have started splashing iced water onto each other. It is advisable to wear dark clothing, as light colours may become transparent when wet.

Loy Krathong — falls on the first full moon day in the twelfth month of the Lunar calendar, usually in November, when people head to rivers, lakes and even hotel swimming pools to float flower and candle-laden banana-leaf (or, these days, styrofoam) floats called krathong(กระทง). The krathong is meant as an offering to thank the river goddess who gives life to the people. Thais also believe that this is a good time to float away your bad luck and many will place a few strands of hair or finger nail clippings in the krathong. According to tradition, if you make a wish when you set down your krathong and it floats out of sight before the candle burns out, your wish will come true. Some provinces have their own version of Loy Krathong, such as Sukhothai where a spectacular show takes place. To the North, Chiang Mai and Chiang Rai, have their own unique tradition of floating Kom or lit lantern balloons. This sight can be breath-taking as the sky is suddenly filled with lights, rivalling the full moon.

Coronation Day, 5 May — Commemorates the crowning of the current King in 1950 (although his reign actually began on 9 June 1946 - making him not only the longest-serving monarch in Thai history, but also the world's longest-serving current Head of State).

The King's Birthday (5 December) — is the country's National Day and celebrated as Father's Day, when Thais pay respect to and show their love for His Majesty the King. Buildings and homes are decorated with the King's flag (yellow with his insignia in the middle) and his portrait. Government buildings, as well as commercial buildings, are decorated with lights. In Old Bangkok (Rattanakosin) in particular, around the Royal Palace, you will see lavish light displays on trees, buildings, and the roads. The Queen's Birthday (12 August) is Mother's Day, and is celebrated similarly if with a little less pomp.

Royal Ploughing Ceremony — The old rite since ancient times to enhance the morale of farmers. To commemorate the importance of agriculture to the economy of Thailand. Ceremonies are conducted at Sanam Luang.

Queen's Birthday/ Mother's Day is on 12 Aug, — the birthday of HM Queen Sirikit.

Children's Day — The second Saturday of January in each year and has a motto for children by the Prime Minister of Thailand. Many organizations have celebrations and events for children to get a gift and toy.

Visas

(A) Countries/territories that do not require a visa for stay up to 90 days:-Argentina, Brazil, Chile, Peru and South Korea.

(B) Countries/territories that do not require a visa for stay up to 30 days: (30 days when entering by air; by land border only 14 days)- Australia, Austria, Belgium, Bahrain, Brunei, Canada, Czech Republic,

Denmark, Estonia, Finland, France, Germany, Greece, Hong Kong, Hungary, Iceland, Indonesia, Ireland, Israel, Italy, Japan, Kuwait, Laos, Liechtenstein, Luxembourg, Macau, Malaysia, Monaco, Mongolia, Netherlands, New Zealand, Norway, Oman, Philippines, Poland, Portugal, Qatar, Russia, Singapore, Slovakia, Slovenia, Spain, South Africa, Sweden, Switzerland, Turkey, United Arab Emirates, United Kingdom, United States and Vietnam.

(C) Countries/territories that do not require a visa for stay up to 14 days or others (if indicated):- Cambodia, Ukraine.

Those with passports from countries not widely known, including European city-states, or have problems with document forgery, should obtain a visa in advance from the nearest Thai embassy. This is true even if visa on arrival is technically permitted. There are reports of tourists being detained using valid passports not commonly presented in Thailand. In addition, ask for a business card from the person or embassy which granted the visa, so they may be contacted on arrival, if necessary. Anyone whose nationality does not have its own embassy in Bangkok, should find out which third country represents your interests there, along with local contact information.

Proof of onward transit:- long happily ignored by Thai immigration, has been known to be strictly applied in some instances (Indian passport holders beware). The requirement is for an international flight itinerary - NOT train, ferry, or other departure type.

Airlines, who have to pay for your return flight if Thai immigration doesn't let you into the country, also check this and often will not let you board your flight for Thailand without it.) A print-out of an international e-ticket on a budget airline is sufficient to convince the enforcers, but those planning on continuing by land may have to get a little creative. Buying a fully refundable ticket and getting it refunded once in Thailand is also an option. Land crossings, on the other hand, are a very straightforward process and proof of onward journey is generally not required (Indian passport holders beware again... or anyone, if the border officials simply decide to uphold the bureaucracy).

Starting 29 August 2014, 30-day visa exemption and tourist visas can be extended for 30 days once at the nearest immigration office. According to immigration, you should bring with you an onward flight ticket, THB10,000 or 20,000 (some have reported the money has not been asked for), hotel booking confirmation/itinerary, passport sized photo, and application fee of THB1,900 before expiry of the initial 30 day period. Get there early, they start handing out numbers usually at 08:00.

Overstaying:- Overstaying in Thailand is possible with a 500 baht fine per day. Earlier it was fairly simple to avoid overstaying by doing a visa run to a neighbouring country overland or via a cheap flight, but since 12 August 2014 this will not be possible according to latest developments.

Stricter regulations introduced on 22 July 2014 now impose harsher penalties as a means of curbing overstaying. As can be seen from the tables, a distinction is made regarding an overstayer's circumstances. Overstayers presenting themselves to immigration officials at an airport or other border control are subject to the regulations in the first table.

In all other circumstances, overstayers will incur the much harsher penalties of being banned from re-entering Thailand for at least five years even if they overstay by just one or two days.

More information can be found on the Thai Immigration website.

The Tourism Authority of Thailand (TAT) ((TAT)), Tourism Authority of Thailand 1600 New Phetchaburi Road, Makkasan, Ratchathewi, Bangkok 10400, THAILAND (Suvarnabhumi Airport), ☎ +66 02 250 5500 (120 automatic lines), Suvarnabhumi Airport Arrival Floor, Domestic Tel: (66)2134

0040 Open 24 hours Arrival Floor, International Tel: (66)2134 0041 Open 24 hours for all TAT Local Offices see their web page edit.

Useful Information and Tips

All information is current at the time of publication.

Nationality: THAI

Currency : THAI BAHT (THB)

You will get a far better rate for your currency or travellers cheques if you exchange in Thailand. Banks, ATM's, and currency exchanges are commonplace around towns and cities. There are plenty at the arrivals section of airports, so you can easily change money on arrival

Language : THAI

See also section Thai Language Made Simple.

Thais address each other with their first names prefixed with “Khun”, which stands equally for Ms, Mrs or Mr. It's polite to learn the most common greeting in any language: in Thai males say, “**khap**,” and females say, “**kah**.”

A Thai will meet and greet you with a *Wai and “**Sawadee (hello) Khap/ Kah**” It is polite to return the greeting.

*Wai -. Bring your open palms together at chest height, then bow slightly.

Most Thai's in the tourist areas speak English, so making yourself understood is usually not a problem (.**Mai Pen Rai**.) However, learning a few essentials doesn't hurt and Thai's consider it respectful if you try to communicate in their language, besides it's fun and part of your holiday experience and although it seems confusing, have a go by using **Thai Language made simple** section. You will soon get the hang of it and maybe pick up a few Thai friends along the way. If you go to areas where English isn't used or understood, remember your big smile and “**Mai Khow Chai Khap/Kah** (polite: - I don't understand) this will get you assistance.

Communication and Power supply

Free high-speed internet connection is easily available in most places. Using a Thai Sim-card is the easiest way to call around Thailand and abroad, with calls being relatively inexpensive. You can buy a Sim card in the many phone shops or minimarkets. At the time of publication, foreigners are required to show their passport or some form of ID to obtain one.

The electricity in Thailand is 220 volts, 50 cycles/sec.

Most wall sockets in Thailand are two prong, missing the third grounding/earth prong at the bottom. However, the newest office and condominium dwellings usually offer the third prong due to increased awareness of the importance of grounding for both safety and equipment damage reasons. Adapters are readily available in most shops and Mini marts.

Medical/Health

Certain vaccinations are required/recommended for Thailand. Consult your GP or medical practitioner for the current WHO requirements

Malaria prevention — Unless you are travelling to remote islands or areas of jungle known and clearly marked to have the anopheles malaria-carrying mosquitoes; preventative medicines for malaria are unnecessary and the side effects from these medicines can be unpleasant.

Pharmacies

Medicines: Leave your pharmacy at home. There are a Plethora of pharmacies everywhere, with most well stocked with inexpensive, modern medicines that are far cheaper than most places. Most are available without a prescription. The pharmacists usually speak good English and if you relay your symptoms, they will give you the best remedies. They are used to the ailments that the foreigners succumb too.

Clinics

If you want to see a doctor there are small clinics doctors and medical staff are there to help you. These small clinics are inexpensive and there are several open 24 hours a day

Pharmacies signs - Green Cross. Clinics - Blue Cross

Hospitals

Thailand has some state of the art hospitals. They can cope with any emergency, and arrange anything to meet your needs. It is always advisable to take out medical insurance while you are travelling and every major hospital will accept this. The hospitals are far more expensive than the clinics, but the care and facilities are of world class standard.

Simple remedies and precautions

Mosquito stings can be irritating and become infected, so apply a good repellent. The most effective ones can be bought in Thailand. If a sting becomes infected, consult a doctor or pharmacist for antihistamine and or antibiotics

Minor, cuts, stings and abrasions.

To avoid risk of infections, keeping small cuts and abrasions dry and clean is a priority, especially during rainy season. The simplest and most effective way to do this is:

If going outside: Clean wound with hydrogen peroxide (available at pharmacies) dry thoroughly and apply band-aid or dressing. If staying indoors: Clean thoroughly and dry. Apply '**PISES**' powder (available at all pharmacies and some minimarts) and leave open to dry.



Coughs and colds: Although it sounds strange, coughs and colds do occur in Thailand. The locals take, **TIFFY**, which is available in tablet form in pharmacies, Minimarts, and supermarkets.

Diarrhoea and Vomiting: With the change in climate, food, and water, Diarrhoea and vomiting can occur. It is usually a symptom of something that your body is trying to expel, or a stomach infection, Imodium is usually the anti-diarrhoea drug of choice, but if you have a stomach infection, taking anti diarrhoea medicine may lead to stomach cramps, were antibiotics such as Ciprofloxacin and an antispasmodic such as Spasfon may be required. Consult a pharmacist or clinic doctor if you start getting stomach cramps as they are very unpleasant. If diarrhoea is mild, take nothing and let nature run its course. Stay hydrated.

Dehydration

Thailand is hot and you quickly lose fluids and salts, Drink plenty of fluids during your stay, at least 5+ litres per day. As well as water; fruits, some foods and beverages also contribute to fluid intake. Alcohol will not hydrate you

Electrolytes: take a daily sachet of electrolyte replacing powder in water. The most popular brand is ROYAL D, which is available in pharmacies, minimarts, and supermarkets. It gives you your daily salt and vitamin requirements and it tastes good (orange). Note: If in doubt, urine colour is a good indicator. If you are well- hydrated your urine should be light yellow or colourless. Dark urine usually denotes dehydration, so drink more.

Warning: If your tongue feels dry and you suddenly feel dizzy with a headache, you are severely dehydrated. Most tourist facilitators know this as it is a common occurrence. Sit down and sip a glass of ROYAL D in water. Keep taking sips of water until the symptoms subside, usually around 30 minutes. Remember, prevention is better than cure, so keep hydrated.

Jeelyfish stings and Urchin spines: The allure of the ocean in Thailand is irresistible, especially in the Andaman coast region, where the water is clear with a tremendous amount of colourful and amazing sea life, which you must explore. Nothing in this wonderful undersea kingdom is out to hurt you. However, several times of the year jellyfish and its larvae can become an encumbrance. Most are not venomous but if you swim into one, they will give you a painful sting and leave irritation on your skin. If stung : get out of the water, remove any tentacles and wash in sea water to neutralise the sting. Seek medical attention.

Sea Urchins are commonplace especially around rocks. If you stand on one or brush against one the spines easily dislodge, go into your skin and become infected Trying to remove the spines is fruitless as they are brittle. Take a bottle or hard object and roll and hit the spines until they appear crushed under your skin, Rub on a fresh lemon or lime, repeat this process over the next few days until traces of the spine have gone. Urchin spines are calcium so they will dissolve with the citric acid from the fruit.

Stone fish, lion fish and weaver fish can be found around the seas of Thailand. If stung by one of the above, the sting cannot only be painful but venomous. The suggested treatment for these stings is to immerse the area in hot water and scrub with soap and water. Seek immediate medical attention.

Snake bites. Snakes: venomous and non-venomous are found in many areas of Thailand usually in the jungle areas It is unlikely you will see one, let alone be bitten by one. In the unlikely event you are bitten, there are anti-venom units based in Thailand in many of the hospitals. Common sense will dictate

your actions. You must seek immediate medical attention, to help with anti-venom needed, try to note as much detail about the snake as possible colour, markings, etc.

Animal Bites

Thailand does have Rabies, so any bites that break the skin from dogs, cats or other animals, seek immediate medical advice

Getting Around

(Also see specific areas)

Buses and coaches: An inexpensive and scenic way to travel from town to town. The buses are usually to schedule and go regularly. Each town has a bus station with the main tourist areas and cities having main bus stations that are foreigner friendly and easy to use.

Trains: Thailand has an extensive railway network, reaching to the furthest extremities of the kingdom, and to the borders of Burma, Laos, Cambodia and Malaysia. Thailand's railways are comfortable and inexpensive, safer than travel by road, cheaper and more relaxed than travel by air. You can check timetables and destinations on line at <http://www.railway.co.th/checktime/checktime.asp?language=Eng>

Planes: Most tourist destinations and major towns and cities have airports, either international or Domestic. Check local guide or on line at your nearest airport for destinations and times.

Boats: Around Bangkok there is a boat taxi service that travels around the Chao Phraya river system. This is a great way to miss all the traffic, but like a bus, you need to know the routes and times. These are only small Thai long-tail craft so getting on and off can be tricky, and you don't travel around crystal clear water, The river can smell in some places, but it is an experience. (read more in Bangkok section)

Tourist boat trips are easily available to and from all the islands. These can be luxury speedboats, car ferries, passenger ferries and long-tails. Check a local guide for times, alternatively seek out a rep and book. There are many walking around the tourist hotspots.

Metered Taxi : These are usually only found in major towns and cities. They are a cheap and comfortable way to get around. Taxis are usually well marked as such. If you see one with the taxi sign on they are available to hire, They can be hailed from the roadside. Ensure that the meter is set to zero before you set off.

Baht Bus or songthaew: These are passenger vehicles in Thailand adapted from a pick-up or a larger truck and used as a shared taxi or bus. Most have roofs high enough to accommodate standing passengers within the vehicle. More typically, standing passengers occupy a platform attached to the rear. They are mainly found in towns and cities, mainly along the Eastern seaboard, with Pattaya having the most. These buses drive around the one way systems taking on passengers.

Tuk-tuks -- the sputtering, three-wheeled motorcycle taxis can be found jockeying for position in the clogged streets of Bangkok, Chiang Mai, and other towns and cities in Thailand. While riding in a tuk-tuk can be described as more chaotic than comfortable, taking at least one ride is mandatory for a true, Thailand experience!

Tuk-tuks are abundant in many tourist resorts and towns mainly on the south coast for travelling short distances. The same rules apply here as in Bangkok, with most now displaying a price list. However,

confirm the price. If they say "up to you." don't get on that tuk-tuk, because when you pay 'up to you,' it is not enough, they will demand more.

Tuk-tuks found in Thailand are open-air, three-wheeled carriages attached to a motorcycle chassis. Drivers are fond of decorating their rides with lights, colourful paint, and dangling trinkets to get attention. The typical capacity for a tuk-tuk in Thailand would be two people, although the driver will always find a way to squeeze in an entire family if necessary!

Mototaxi's: Usually 125 cc, mopeds are found everywhere in towns and cities. These are the cheapest way to get short distances to a direct route, although you are limited to one passenger. The drivers usually wear coloured jackets. These are hailed or are usually found in groups sat around on streets. Find out the price first, which is usually a standard fair.

Renting motorbikes and cars/jeeps: Is a fun and inexpensive way to get around. However, it does have pitfalls

Rules of the road - There doesn't seem to be any. Although it seems hectic there is an order to the chaos Concentrate on the road ahead, don't worry what's behind you as they are concentrating on you. Drive on the right hand side. Motorbikes can be dangerous, with many drunken foreigners killed annually, so take extra care, and use common sense. Drink driving rules are in force. Always wear a crash helmet and do not run red lights — IT'S THE LAW. and you will be stopped and fined. If you have an accident it is your fault, you are a foreigner. The Thais train of thought being 'if you wasn't in their country it would never have happened.' Don't get road rage or angry....you will lose. If the accident is small with no injury, do not get police involved unless absolutely necessary. Most things will go away with a few 100 baht. If the police become involved this will be more expensive. However, you will get a police report and you will be able to claim on your insurance for any expenses incurred.

Theft and prevention

Punishment in Thailand for thieves is harsh; however, there are still petty thieves around in the tourist hotspots. Be vigilant and take simple precautions to avoid becoming a victim. Lock valuables in the hotel safe. Don't take out more than you need, this includes iPones iPads etc. Bag snatching by motorbikes is a problem, so ladies, if you go out with a handbag, wear it on the inside shoulder. If renting a motorbike ensure it is well-locked when you leave it anywhere.

Tourist police are usually out in force in tourist hotspots, so if you are unfortunate enough to get robbed, report it to them immediately

Traditional Thai Music and Dance

Thais love to sing and dance. Music plays a large part in their culture. There are many places where you can hear and see Thais perform their Traditional Music and dance. Although some songs sounds like a constipated cat, the majority are enchanting and melodic, especially when combined with their rhythmic and hypnotic dances. Each song and dance tells a story, which any Thai will happily explain the meaning to you.

Shopping

Thailand is a shoppers paradise, which hosts a myriad of large shopping malls with brand name goods many times cheaper than most countries.

Market stalls: small open markets and stalls are commonplace in towns and cities. You won't need to venture far to find one selling most things.

Street sellers walk the streets trying to sell copy watches, DVD's, toys and games etc. These items can usually be bought cheaper at the market stalls, although if you want something specific these traders will get it for you.

The fun of haggling.

Products that you find in the shopping mall's and supermarkets will already be marked with the prices. The market stall traders will haggle. When haggling remember, you are a foreigner so the price will start high. Your aim is to get to a price that makes you and the stall owner happy. This is fun.

You - "**Tow Lie khap/ Kah** (how much is it?)

The trader will give you the price and show you on a calculator.

Look shocked, smile and say "**Pang** (expensive) What is your best price?"

The trader will then give you a better price.

Shake your head and offer them slightly less.

If you are happy with the price, buy. If not, thank them and walk away, they will usually call you back and accept. Please bear in mind the mark up on items are small and the Thai market traders work on very little profit, so be fair with your price.

Street Vendors

Tuk-tuks, moto- taxis, tailors, massage and girlie show touts, and street vendors will pester you in some area. If approached by any, unless you want their services, then just say "**Mai Aow (Khap/Kah)**" I don't want it. (smile when you say this, it is polite, yet will dissuade any street seller from pursuing you further).

Jewellery and Gemstones are a popular purchase, with Thai Rubies and Sapphires being very sought after. However, unless you know what you are doing this is a risky purchase as the vast majority of gems being sold are fake. Thai gold is of a high carat, so it is softer deeper in colour than the western standard and isn't hallmarked. The same applies to silver and many shops sell plated. If buying gold or silver as an investment then seek out a reputable jeweller who will use a test kit to show you the carat and weigh the item. They will give you a price based on the current trend. Gemstones are a lot trickier, so be careful and use a main jeweller, gem shop, or gallery. Make sure they give you a receipt and offer a money back guarantee. If they do not, then don't buy.

If you just want a nice piece of fashion jewellery with gemstones that looks like they are worth a million dollars, but aren't, then a good rule of thumb is: if you like it and it's cheap; buy it.

Even though the quality of all goods made in Thailand is usually excellent, make sure you thoroughly check your purchase before you pay, even in the shopping malls.

Dining Out

Thailand has everything to suit any palate, taste, or budget. Everything is fresh, from the seafood to the vegetables. Restaurants are scattered around towns and city as are fast food outlets and food stalls. There are too numerous to list and unnecessary as you will easily find a good place to eat, anytime of the day or night. Thai food is delicious (**Al – loy**) and aromatic. It can also be very spicy, if in doubt ask for something mild, (**Mai Pet** – not spicy)

Foreigners seem hesitant about eating at the small food stalls - don't be - you will find the best Thai food at these little stalls, Pad Thai noodles, fried rice, spicy Kah pow and delicious broths. Each stall will sell its own speciality, so look for the ones where the Thais are eating.

Thais like eating bugs, which come in all shapes and sizes. You will see food stalls cooking and selling these. They are full of protein and taste okay... try some.

Bars and restaurants restaurant opening and closing times are now regulated. Closing times for bars and restaurants at the time of this publication is officially 1:00 am...officially?

Muay Thai

Muay Thai is the national sport of Thailand. This combat sport uses stand-up striking along with various clinching techniques. This physical and mental discipline, which includes combat on shins is known as "the art of eight limbs" because it is characterised by the combined use of fists, elbows, knees, shins, being associated with a good physical preparation that makes a full-contact fighter very efficient. A Muay Thai fighter undergoes intense training from a very young age and champions of the sport are highly regarded in Thailand and around the world. Muay Thai became widespread internationally in the twentieth century, when practitioners defeated notable practitioners of other martial arts.

Ladyboys are part of life in Thailand – they can be lovely or they can be a menace, but they are a well-known fact about the country and are well accepted. Don't insult or abuse them, they can turn violent.

Prostitution

This has always been touchy subject in Thailand. Prostitution is Illegal. However, the words prostitute, brothel, and Pimp are is not in the Thai vocabulary and for good reason. As with most South East Asian countries, many Thai girls, especially ones from poor families, work in bars. This age-old tradition, highlighted in recent years in the tourist towns and cities, has seen many impoverished village girls coming to these areas in search of the foreigner's money to improve their family's lifestyles. They are just normal happy-go-lucky Thai girls, working in body massage parlours, go-go and lady bars and go with men or women who pay them for sex and, like lady boys, are an accepted part of the Thai culture, and a euphoric adventure for the single man, with many having Thai bar girls for wives

Thai Etiquette

When visiting a temple

Most Thais practice Buddhism, and religion plays a very important part in everyday life. It is even protected by law. You can be arrested if you disrespect a Buddha image.

Don't touch a Buddha image, climb on top of it, or sit next to it, even for a picture. It is very disrespectful.

Dress conservatively. Cover your shoulders and knees. This applies to men and women. Remove your shoes upon entering a temple.

General

Don't perceive it as intrusive if a Thai asks you questions about your age, marital status or income. Questioning why you aren't married is considered suitable for small talk.

When interacting with a Thai don't touch their head, not even the cutest child's. You may mean well and see it as a form of caressing, but the head is considered to be the most superior and sacred part of the human body to Thais. They believe that the soul resides in the head. Only family members or monks are allowed to touch anyone's head.

Don't point your feet towards or show the soles of your feet to anyone, and never ever point your feet in the direction of a Buddha figure. In contrast to the head, the feet are considered the most inferior and filthiest part of a human body, so pointing your feet at someone is regarded as an insult.

Don't step on or tear anything that has the image of the king on it, such as money or stamps.

When out in public, don't shout, argue or lose your temper. In the eyes of a Thai only insane people or people of poor upbringing lose their temper in public. Loud voices and angry talk are counterproductive in Thailand. Shouters will lose face and Thais won't want to deal with someone who has lost face in public.

Smile as much as you can. A smiling face is a sign of respect toward surrounding people. It will get you what you want faster than any demonstration of anger.

Be discreet even if you are married. Kissing and displays of physical affection other than holding hands or walking with your arms around each other are considered very impolite in Thailand. Buddhism teaches to be modest and reserved, and Thais will feel embarrassed if you kiss in their presence.

In a restaurant, don't call a waiter by waving your index finger. This is considered just as rude as giving somebody the finger in a Western country. Before entering a Thai's home, always remove your shoes.

In case of emergency.

Tourist towns and cities have free pocket tour guide publications listing emergency numbers in that specific area. Grab a copy of one of these and keep it with you.

Keep details of your nearest embassy on your phone or other mobile device.

DRUGS ARE ILLEGAL IN THAILAND

The Bangkok Hilton is not a 5 star hotel



Bangkok is the capital and the most populous city of Thailand. Known in Thai as Krung Thep Maha Nakhon, which roughly translates to City of Angels, over 14 million people live within the surrounding the Bangkok Metropolitan area. Bangkok is the Central region of the country.

Despite the civil unrest, military coups, devastating floods, and bombings that Bangkok has endured in recent years, it remains a popular tourist destination. The Thai capital is a city that never sleeps. Apart from it being stopover for other destinations in and around Thailand, there is plenty to do and see. From the spectacular temples and palaces, the high end retail malls, to the frantic open markets. The Thais take great pride in their capital and the main streets, gardens, and architecture us kept impeccably clean.

Bangkok began as a small trading centre and port community on the west bank of the Chao Phraya River some 200 years ago. Today, while the city is up to speed with modern times, the grandeur and glory of its illustrious past still prevails. Be it dazzling temples, spectacular palaces, a world-famous floating market or colourful Chinatown, each of these famous places has an intriguing story to tell.

Bangkok is a vibrant city and at night, it is alive with entertainment venues, shows, restaurants, fast food outlets, and an abundance of small food stalls, with each selling their fresh delicious Thai specialities.

Thai markets usually start around 6 pm and go until the early hours of the morning. Here you can buy almost anything for tourists and if you haggle, you will get a bargain.

Sakhumvit Road: In the capital, Sakhumvit Road serves as a main commercial street, and this section is often congested, even at late evening hours. It is the main area for tourists, boasting the most hotels, entertainment venues, bars, nightclubs, and restaurants per capita.

The area between Sakhumvit Soi 1 and Sakhumvit Soi 63 is popular as residential area for western expatriates. Japanese nationals tend to prefer from Soi 21 Asok intersection upwards, especially Soi Thong Lo. Rentals tend to be higher in the even numbered streets between Soi 8 and Soi 28 and in the odd numbered streets between Soi 15 and Soi 39.

The areas of Soi Cowboy (between Soi 21 Asok and Soi 23) and Nana Entertainment Plaza (Soi 4) are packed full of go bars and other places of prostitution. Restaurants of various levels of luxury exist all along the road, as well as hotels including famous names such as The Westin, JW Marriott, Sheraton, Ramada Hotel and Suites Bangkok Sakhumvit, and Four Points by Sheraton. Several shopping malls are found, like the upscale The Emporium shopping centre. It also harbours the eastern bus station at Soi 63 Ekkamai.

Sky-train – Runs the length of Sakhumvit Road. It is an easy and cheap way to avoid the traffic jams

Bars are now regulated and usually close around 1 am...usually?

Some places in Bangkok well worth a visit :



Grand Palace & Wat Prakeaw – Old City

The Grand Palace and Wat Prakaew command respect from all who have walked in their sacred grounds. Built in 1782 and for 150 years the home of Thai Kings and the Royal court, the Grand Palace continues to have visitors in awe with its beautiful architecture and intricate detail. Wat Pra Kaew enshrines Phra Kaew Morakot (the Emerald Buddha), the sacred Buddha image meticulously carved from a single block of emerald.

Wat Arun - The Temple of Dawn - Riverside

The impressive silhouette of Wat Arun’s towering spires is one of the most recognised in Southeast Asia. Constructed during the first half of the 19th century in the ancient Khmer style, the stupa showcasing ornate floral pattern decked out in glazed porcelain is stunning up close. Apart from its beauty, Wat Arun symbolises the birth of the Rattanakosin Period and the founding of the new capital after Ayutthaya fell.

Floating Market - Damnoen Saduak

The pioneer of all floating markets, Damnoen Saduak continues to offer an authentic experience despite its increasingly touristy atmosphere. Imagine dozens of wooden row boats floating by, each laden to the brim with farm-fresh fruits, vegetables or flowers. Food vendors fill their vessels with cauldrons and charcoal grills, ready to whip up a bowl of ‘boat noodle’ or seafood skewers upon request.

Chinatown (Yaowarat) - Chinatown

Chinatown is a colourful, exotic, and pleasingly chaotic area, packed with market stalls and probably the highest concentration of gold shops in the city. During major festivities like Chinese New Year and

the Vegetarian Festival, the dynamism and spirit of celebration spreads across town like wildfire, and if you happen to be around, don't miss an opportunity to witness Bangkok Chinatown at its best.

Wat Pho - Old City

There is more to Wat Pho than the gigantic reclining Buddha and traditional Thai massage. Wat Pho harbours a fascinating collection of murals, inscriptions, and sculptures that delve into various subjects, from warfare to astronomy to archaeology. The vast temple complex contains a landscaped garden with stone sculptures, stupas adorned with glazed porcelain, a souvenir shop, and the College of Traditional Medicine.

Chao Phraya River & Waterways - Riverside

One of the most scenic areas, the riverside reflects a constantly changing scene day and night: water-taxis and heavily laden rice barges chugging upstream, set against a backdrop of glittering temples and luxury hotels. The areas from Wat Arun to Phra Sumeru Fortress are home to some of the oldest settlements in Bangkok, particularly Bangkok Noi and its charming ambience of stilt houses flanking the complex waterways.

Chatuchak Weekend Market - Chatuchak

Once only popular among wholesalers and traders, Chatuchak Weekend Market has reached a landmark status as a must-visit place for tourists. Its sheer size and diverse collections of merchandise will bring any seasoned shoppers to their knees. The market is home to more than 8,000 market stalls. On a typical weekend, more than 200,000 visitors come here to sift through the goods on offer.

Khao San Road - Old City

If Bangkok is a city where East greets West, then Khao San Road is the scene of their collision, the place where they jostle for superiority and poke one another in the eye. With travellers from every corner of the modern world, sleek clubs playing sophisticated sounds, eclectic market stalls, converted VW cocktail bars, and foods tamed to suit the Western palate.

Soi Cowboy - Sakhumvit (Asoke)

Soi Cowboy Named after the cowboy hat-wearing African-American who opened the first bar here in the early 1970s. This red-light district has a more laid-back, carnival-like feel to it than Patpong or Nana Plaza. Flashing neon lights up a colourful streetscape comprised mainly of middle-aged expats, Japanese and western tourists, and of course a lot of sex girls with cries of 'hellooo, welcome!'

Jim Thompson's House - Siam

Jim Thompson's three decades of dedication to the revival of Thai silk, then a dying art, changed the industry forever. After he mysteriously disappeared into the jungles of Malaysia, he left a legacy behind, reflected through his vast collections of Thai art and antiques now on display at the Jim Thompson's House and Museum, itself a lovely complex of six Thai-style teakwood houses preserved to their original glory.

Hotels in Bangkok are plentiful; from the opulence of the 12000 THB per night, Mandarin Oriental, to the Khao San Rd budget backpacker from 200 THB per night, with everything in between to suit taste and budget.

Visiting a temple or Wat can be a moving experience. However, remember to dress accordingly, no vests, t-shirts, shorts, bikinis etc and observe the rules on the Useful Information and Tips page

Getting Around

Bangkok, as with other major towns and cities has a major problem with traffic congestion. Unless you know the Sub-way, Sky-train, or Boat-taxi around the river system, the only way to get around is by **metered taxi** or **tuk-tuk**. These are hailed on the street. **Metered Taxi** - Ensure that the meter is on and set to zero before departing.

Tuk-tuks Bangkok has pushy and fast-talking tuk-tuk drivers are experts at somehow convincing travellers to pay more than they normally would for an air-conditioned taxi ride the same distance. Prices for rides in Tuk-tuks must be negotiated in advance. While "Tuk" means "cheap" in Thai, the truth is that unless you are an expert haggler or the driver is having an off day, metered taxis are often cheaper than Tuk-tuks and offer a much more comfortable ride.

Safety Precautions

Pick pockets are at most large markets and they are good. Keep valuables tucked away and monitored. Only take out what is necessary.

Touts: during the day touts offering temple tours, jewellery markets and sightseeing tours may approach you although they are slick, you will find these tours are not as the tout advertises and if you take one you will undoubtedly be ripped off. Book your tours through a reputable company at your hotel or a tour office.

Nighttimes: Touts are around at night, mainly in the Sakhumvit Road area looking for drunken tourists. They mainly push go-go bars, nightclubs, and massages with happy-endings. If you go with these touts, you will certainly pay a lot more and there is every chance that you will end up in a clip joint. Remember, if approached by any tout, smile, and say "**Mai Aw Khap/ Kah**"

TOURIST MAP





Pattaya. This once quiet fishing village in the Eastern seaboard region is now lined with resort hotels, high-rise condominiums, and large, modern shopping malls. Jet skiing and parasailing are popular activities on Pattaya's busy beaches. Once having the stigma of a sex tourist heaven, Pattaya has flourished, developing into a small modern metropolis, and becoming a mecca for tourists wanting to enjoy the orient in luxurious surrounds. Pattaya now offers something for everyone, with its large high-end 5 – star hotels such as the Hilton, Marriot, Royal Cliff etc., as well as Thailand's own high-end brand such as the Dusit group. For the majority of you, there are numerous mid range, comfortable, pristine hotels. For back packers and low budget tourists, Pattaya has some cheap rooms available; If you want to stay near the beach, you will find many hotels on the coast that extend along to Jomtien. Here the hotels overlook the ocean and islands.. Check out Booking.com.Agoda.com or other popular booking sites. From Pattaya, there are many other tourist destinations close by, The most popular ones are listed in this section.

GETTING AROUND

Finding your way around Pattaya is relatively simple. See map at the bottom of page. The main roads are: Beach Rd, Second Road and Third Rd. The smaller Roads are named, Pattaya Klang, Pattaya Thai, and Pattaya Nua. The streets are called Sois, some are numbered, and some are named.

Baht Bus or songthaew: are cheap and easy ways to get around Pattaya. They drive around all day and night picking up passengers. If you want one, just stick out your hand and they will stop. When you arrive at your destination, press the overhead buzzer, alight, and pay the driver 10 baht. Each Baht bus follows a set route, so make sure you know where you are going. They follow Pattaya's one-way system, so sometimes you have to go a long way around to get to your destination.

Moto taxi: Usually a set price, but check before you depart. This is for one person only, but sometimes the driver will squeeze on two if you ask.

Renting mopeds motorbikes jeeps and cars

A fun way to get around Pattaya is to rent a motor. Many shops, open pitches on the beach, and hotels rent out small 100 -125cc mopeds, most nowadays being automatic. Larger motorbike rental are mainly found along the Beach Rd area. Be careful when riding these machines, which range from 200cc to Superbikes. Do not be stupid and ride when drunk. Pattaya is notorious for foreign deaths on motorbikes. **Be warned:** most rental places will take your passport as security and you are not insured.

Cars and Jeeps; It is far safer to rent a car or jeep from a reputable dealer and not off the beach. There are several car rental businesses now in Pattaya (see a pocket guide or look on line.)

With the recent influx of tourists, there is major congestion on the roads in Pattaya. At the time of going publication there are major road works going on to try to alleviate this problem, leading to slow moving traffic in the city.

Swimming in Pattaya Bay is inadvisable. The sea in the Bay area is polluted; look at the amount of watercraft and you will understand why. Good clean beaches are a short distance north of the bay area and at Jomtien beach to the South.

SHOPPING

A shopper's paradise. Pattaya hosts a cornucopia of large and small shopping malls, with brand name goods many times cheaper than most countries. Haggling isn't usually done in the main malls with the prices being displayed. However, it never hurts to try. The malls usually open at 10am and close around 11pm.

Outdoor Market and stalls seem to be everywhere in Pattaya and **street sellers** walk the streets trying to sell copy watches, DVD's, toys, games etc. These items are cheaper at the market stalls, but if you want something specific, these traders will get it for you. Market opening times vary, as does their closing times, usually around 11pm. There is a plethora of market stall along beach road and their busiest times are between 7-10pm.

This is where your haggling technique comes in handy.

Touting isn't as much of a hassle in Pattaya as it is in Bangkok and you will seldom see a tout. Tailors and stall owners will speak to you if you pass their shops and girls will whoop at you to come into their bar. This is not a problem as they will not hassle you further, just go in, or walk on.

DINING OUT

With such a diverse mix of nationalities both residing and visiting Pattaya, it is no small claim that the city can boast to be the gateway of Asia for international cuisine catering for all pockets and tastes, be it Scandinavian, French, Italian, Mexican, German, Chinese, Korean, Japanese, Indian, British etc, and of course the wonderful Thai dishes. Pattaya has everything to suit any palate, taste, or budget. Everything is fresh, from the seafood to the vegetables. Restaurants are scattered around the city, as are fast food outlets and food stalls. There are too many to list and unnecessary because you will always find a good place to eat anytime of the day or night.

Small Thai food stalls and BBQ 's line most of the sois,' The food is cheap and usually delicious. Eat where the Thais are eating.

TOURS

Although Pattaya is mainly known as a lively night scene destination; apart from shopping and lazing on the beach, there are tours available and places that are well worth a visit.



Nong Nooch Gardens: a sprawling recreational park in typical Thai settings. Groups of traditional Thai houses and gardens of different flowering plants are dotted around the beautifully landscaped site. Watch cultural and elephant shows, which attract delighted visitors. There is a miniature open zoo and aviary. During the entertaining elephant show, watch the animals perform various tricks such as riding bikes, playing football etc. Visit the orchid farm and beautifully landscaped gardens.

Si Racha Tiger Zoo is located between Pattaya and Bang Saen. Here a large number of Bengal tigers as well as crocodiles and other animals can be found. Watch the shows involving trainers with tigers and crocodiles. You may choose to hold and take photos with tiger cubs. You will be thrilled to see how friendship can be possible among tigers, pigs, and dogs, living together peacefully. View a large number of scorpions on ladies' bodies. Witness a crocodile wrestling show by lady performers and visit a crocodile farm and see the amusing tiger show.

Mini Siam located north of Pattaya. This is a wonderland of miniature replicas of outstanding architectural works in Thailand and around the world, including Temple of the Emerald Buddha, Thailand House of Parliament, Tower Bridge, Eiffel Tower, the Statue of Liberty, and Great Wall of China on a scale of 1:25. More than 100 models are displayed, surrounded by different types of well-selected trees.

Million Year stone Park and crocodile Farm Established in 1989, this privately owned and operated park has numerous displays of strange, and oddly shaped rocks, petrified trees, and other rock anomalies. Laid out in a park-like setting, the garden is a wonderful place to spend an afternoon, and if visitors so feel, they can also pop over to the crocodile farm that is just around the corner and feed the hungry crocs.

Islands

You will see several small islands just off Pattaya. If you walk along the beach, there are plenty of agents who will sell you a speedboat ride for a day on **Koh Larn**. However, you will spend the day on a packed beach with overpriced food and drink.

Don't despair. Walk to the end of walking street you will find the **Bali Hai Pier**. The Koh Larn ferry runs regularly and costs 20THB. The ferry will take 40 minutes and stops at a jetty on the island away from the main tourist hub. This is where the island Thais live. Catch a moto and ask to go to Samae beach. This tranquil beach is a well kept secret and idyllic. From there you can see Koh Sak and the tour submarines; you can swim in the clear still water. Restaurants on the beach sell fresh food at reasonable prices. **Koh Sak** is an interesting island not open to tourists, but if you can hire a boat from a local on Samae beach, go there and take a look. It was where the Thai Royal family vacationed, along with celebrities from the 60's. Small beach bungalows have been untouched from that period, along with

handprints from celebrities such as Bob Hope and Apollo astronauts adorn the walkways. In the bay, there is a pristine coral reef abundant in sea life...Amazing adventure.

Koh Si-chang is a small island situated in the Gulf of Thailand. Its proximity to shipping lanes has made it a convenient anchorage for dozens of barges which trans-ship their cargos to lighter barges for the trip up the Chao Phraya river to Bangkok. Koh Si-chang makes a nice weekend outing for local tourists and there are basic accommodations on the islands with a small ex pat community. While the beaches are not as enjoyable as those on islands further east and south, such as Koh Samet, tourists can explore the remains of a former royal palace, which was built as a summer retreat for King Chulalongkorn. The royal residence was abandoned in 1893 when the French occupied the island during a conflict with Thailand over who would control Laos. The island also has many places of religious interest and value. From Pattaya the Koh Si-chang ferry is in Sri Racha, approximately 20 minutes away. Upon arrival in Sri Racha, take a tuk-tuk for 50 baht to the pier. Boats to Koh Si-chang leave hourly (or every two hours in low season) from the pier on Koh Loy. The ferry takes about 40 minutes and is 50 baht per person each way.

Koh Samet is located in the Gulf of Thailand in Rayong province. There are 14 white sand beaches on the island, which are surrounded by colourful coral reefs providing such aquatic sports as swimming, snorkelling, and scuba diving. The most popular beach areas are: Saikaew Beach, Ao Phai and Ao Vong Duan.

From Pattaya - book at any tour office along with a hotel, this is the best way. Alternatively take a bus to Rayong port, about 40 minutes. Along the port, there are many small jetties with boats to Samet and hotel booking Kiosks.

Khao Laem Ya - Mu Koh Samet is a national park maintained and run by the "National Parks of Thailand," There are park rangers visible on the island, their job is to collect the park entrance fee & look after the up-keep of the island and wildlife protection. The park rangers' offices & park information centres are located on the entrance to Saikaew Beach & Ao Vongduen Beach Area.

Koh Samet being a national park, all foreign visitors must pay a park entrance fee on arrival of 200 Baht per adult. Koh Samet is approximately 13.1 km² in size and shaped somewhat like the letter "T." From North to South the island is 7km in length and East to west measures 4km's at its widest point. The Island has only three roads, One links Saikaew area with Ao Noi Na, the other links Saikaew with the east and southern route.

Cars are very few; Motorbikes are many and are the best way to explore the Island. Songthaews are available all over the island.

Koh Chang (Elephant Island) is a tropical marine national park. Its hinterland consists of over 70% virgin rainforest and is the best-preserved tourist holiday destination in Thailand. Situated to the east of the country in Trat province, from Pattaya you can take the bus to Trat port and catch a ferry. These run frequently throughout the day and take around 40 minutes.

It has chain of white sandy coves and beaches, pristine rain forests and abundance of wildlife and marine life, coral reefs, high mountain peaks, several scenic waterfalls, with a rich variety of cuisine and great nightlife.

Accommodation on the island ranges from simple beach huts and bungalows to luxury villas, suites, and apartments. If you drive, you can hire motorbikes, jeeps, and cars to take you to any of the beaches along the coastal roads and, in the evening, there are plenty of restaurants, live music bars, and nightclubs to choose from to spice up your holiday.

PATTAYA NIGHT SCENE

Pattaya's night scene is vibrant and diverse, with most Sois lined with bars restaurants and shows. Finding something to do at night is as easy as walking out of your hotel. Pick up a Free Pattaya pocket guide. You will never be at a loss for something to do at night. Most of pubs, bars, beer bars, discotheques, transsexual cabarets, karaoke bars, go-go bars as well as restaurants line up along Pattaya Beach Road and along the connecting lanes or Sois, off the main street. Walking Street is the most populated with these venues. The street is closed for pedestrians only after 06.00 pm.



Walking Street Glowing colourful neon signs illuminate this renowned street of Pattaya at night. Walking Street is an entertainment area that has 100 beer bars, more than 30 go-go bars, sport bars, discos, cabaret shows, massage parlours, and a wide range of ethnic restaurants as well as seafood line up in the main street and many more in the side-Soi leading towards Pratamnak Road. It starts from the south end of Beach Road to Bali Hai Pier. The street is free from vehicles from 06.00 pm. - 02.00 am. The legal closing time is 02.00 am.

Pattayaland - Central Pattaya

Soi Pattayaland 2 (Soi 13/4) is lit up with neon light of go-go bar signs. This Soi one of the discernible symbol of Pattaya. Yet, there are about 10 go-go bars, 6 bars, some restaurants, and grocery stores in this Soi. There is a mix of straight and gay bars in this Soi.

Soi Pattayaland 3 has no direct access from Beach Road. It runs from Soi Pattayaland 2 to Pattaya 2nd Road. The majority of the bars and go-go bars here feature male dancers but there are also a few female go-go bars, some restaurants, and a hotel in the Soi.

Soi L.K. Metro

Soi L.K. Metro lies between Soi Diana and Soi Buakhao. This Soi is quite new, features several go-go bars, restaurants, inexpensive guesthouses. A lot of bars and cafes are outdoors, which makes it a good spot for people watching. The Metropole Hotel and the Areca Lodge are located here.

Location: South Pattaya

These lively Sois are a cluster of beer bars in this area as well as some go-go bars. It is one of the places where there is always something happening around the clock. In the morning, there are places that serve breakfast. Those who like to start the early, bars and pubs are open for a warm-up of the fun night. Several large hotels, travel agencies, and convenient stores are also located here.

Soi Yodsak (Soi 6)

Location: North Pattaya

Soi Yodsak is one of the most colourful and notorious streets in Pattaya. It has a great number of bars that are open as early as 01.00 pm. and closed at 01.00 am. It is not a totally pedestrian street but walking here at the daytime can be a good experience. There are not only bars but also restaurants, dive centres and deep sea fishing store.

Second Road - around the Soi 2 & Soi 3 junctions

Location: North Pattaya

More than 35 beer bars are located on the west side of Pattaya 2ndRd opposite Central Festival Centre. The road becomes lively and flocked with tourists from 04.00pm. and stay open until 02.00 am. There is also a great option of restaurants as well as fast food chain opposite Second Rd.

Beer Bars

Pattaya has over 1,500 beer bars to choose from. Females to attract attentions from tourists normally staff the beer bars in Pattaya. Most of the bar features games such as pool, connect-four, shut-the-box, or dart and music is always played. The official closing time in entertainment zone is 01:00 Am., but often you can find those that stay open until 02:00 am. or 03:00 am.

Note: For those coming to Pattaya in pursuit of the hairy magnet or otherwise. It is recommended that you read the Pattaya survival guide, 'Money Number One' By Neil Hutchison <http://moneynumberone.net/>

TOURIST MAP



Phuket and Koh Samui are the main tourist hot-spots located in the Southern region of Thailand. Phuket on the west coast and the Andaman Sea and Koh Samui on the east coast of the gulf of Thailand, with both having international airports Even though there are other amazing tourist destinations in this region, Phuket and Samui are the two detailed in this section. The distance between them by road and boat takes about 6 hours



Other popular destinations around Phuket include:

Koh Phi Phi – The setting for the Beach movie, which was devastated in the 2004 Tsunami. However, it now rebuilt and a popular tourist destination

Koh Racha:(Noi and Yai) - Two quiet tranquil islands about 40 minutes by speedboat Racha Yai has a large beach with restaurants and some great reefs

Krabi – A small town with a large ex pat community. More subdued than the touristy towns of Phuket and Samui it is a jump off point to most islands, including James Bond Island. Around Krabi there is some spectacular scenery.

Khoa Lak, and the Similan Islands – A few hours north of Phuket lies Khoa Lak. Another town decussated by the Tsunami, but now re built with modern hotels and tourist attractions. A quiet alternative to Phuket. Similan Islands are further north and boasts one of the top ten dive spots in the world.

Please note: Reefs around Phuket and the islands do have Banded Sea Krait snakes. Although **highly venomous**; they are timid creatures and will usually swim away from you. There is no anti venom for this snake and the bite is lethal, so don't piss them off.

Around Koh Samui:

Koh Toa – A great place to learn to dive and well known for inexpensive dive courses

Koh Pangyang – A popular destination for back packers and partygoers with its famous full moon parties

You will find more details about these places in any good travel guide.

PHUKET

Phuket lies off the west coast of Southern Thailand in the Andaman Sea. It is Thailand's largest island at 550sq km, and surrounded by many smaller islands that add a further 70 sq km to its total land area. Phuket is separated from the mainland by the Chong Pak Phra channel at its northernmost point, where a causeway connects the island to the mainland at Phang Nga Province. Although an island and preceded by a Koh, it is better known as just, Phuket.

Phuket is a large island with a wide choice of beaches to suit every taste and requirement. Most of the beaches are located on the west coast of the island. The quieter beaches tend to be found towards the island's northwestern coastline, while the greatest concentration of hotels, shops and restaurants is located around Patong and stretches south towards Karon and Kata.

It is warm in Phuket all year round with temperatures ranging between 25 – 34°C (77 – 93°F). It is prone to torrential rainstorms in the rainy season July - October.

Although probably the most expensive place to visit in Thailand, Phuket has everything for a memorable holiday experience. During the day, you can spend relaxing on the beaches around the coast or take a boat to the many islands only a short distance away. Phuket is surrounded by lush green jungle and jungle trekking on an Elephants is a memorable experience. Although water-sports play a major draw in Phuket, there is also golf, go- karting, ATV's and other activities to fill your day.

Nighttimes, you can go to eat at one of the quiet restaurants in quiet areas such as Kata or Karon or take in a show such as Phuket Fantasy. Alternatively, you can head to Patong and the manic Bangor Rd. If you are travelling here for the first time, it is a good idea to familiarize yourself with the layout of the island and the location of the various towns and beaches.



BEACHES

Bang Tao: A large open bay with one of Phuket's longest beaches. The Laguna Phuket complex, containing five luxury hotels.

Cape Panwa Beach: Ideal for those seeking peace and relaxation. Cape Panwa is located to the south of Phuket City where lush hills provide.

Chalong: A large bay with a pier that is the main departure point for diving and fishing trips from Phuket. The pier is a good.

Kamala Beach: A beautiful and serene beach, Kamala is perfect for those looking for a relaxed and laid-back beach. Kamala is about 10 minutes drive from Patong.

Karon beach: A long stretch of powdery white sand just south of Patong. The beach is very long so it never feels overcrowded.

Kata Beach: Towards the southern end of Phuket is Kata Beach, which is divided into Kata Yai and Kata Noi.

Laem Singh Beach : A small, secluded beach that can get quite crowded during the high season.

Layan Beach : This is a small and relatively unknown beach, nestled in a shallow bay at the north end of Bang Tao.

Mai Khao Beach: Located just north of the airport is Mai Khao beach, an incredibly long and mostly deserted stretch of sand.

Nai Harn Beach: A picturesque, quiet beach near the southern tip of the island.

Nai Yang : A long curved bay fringed with tall casuarinas trees. The beach is a popular spot among locals who come to picnic on.

Nui Beach : Just south of the Kata viewpoint, Nui Beach offers the opportunity to enjoy a quiet idyllic beach.

Patong Beach: Phuket's busiest resort area, Patong has the greatest of shops, restaurants, and nightlife on the island.

Rawai Beach : Popular with locals and expats who come to enjoy seafood and the lovely view of the islands from the shore.

Surin Beach: just north of Kamala, is an undeveloped stretch of sand lined with casuarina trees.

Phuket City: Usually referred to as Phuket Town, is well worth taking time out from the beach for its shops and markets, its Sino-Portuguese buildings, its temples and its many restaurants. Most visitors to Phuket head straight for the beach and rightly so, but if you want to take a break from the sand and catch a peek of a more 'real' side of the island, then Phuket Town has much to offer. The town is about 30 minutes away from Patong by car and easily reached by Tuk-tuk if you don't have your own transportation.

GETTING AROUND

Travelling around the island is not as convenient or cheap as you might expect. Unless you are staying in a busy resort area such as Patong or Karon, it won't always be possible to just flag down a Tuk tuk and buses only run during the day and mostly do not connect the main beaches. Using the taxi service supplied by your hotel is probably the easiest option followed by renting a car or motorbike.

Tuk-tuks can be found all over Phuket, although they tend to be clustered in large numbers around Patong. Tuk-tuks are basically small red vans, which have open backs and sides, and can carry about five passengers. They are 4-wheeled as opposed to the 3-wheeled version found in Bangkok. The fare must be agreed beforehand depending on the distance. Do not let the driver try to charge per passenger as well. This is a scam. The current fares in Patong have been set at 200 Baht for any distance within Patong but many drivers will try to charge more. If you are going to a more distant location, you will need to agree a round trip fee or try to hire them by the hour. Otherwise, you might have difficulty getting a ride back. Make sure you insist that the driver does not take you anywhere other than your specified destination.

Motorcycles ranging from 100cc bikes to superbikes can be found for hire in most busy beach areas. Prices start at about 200 Baht per day for a 100cc Honda or Suzuki motorbike. The law is vague concerning tourists and motorbike licences. No one will stop you hiring one without a bike licence, or even bother to ask if you have one, and the police may or may not care if you have one. Often a car driving licence is enough. Insurance is often non-existent or of minimal value. In fact, there is no such thing as first-class insurance on motorbikes in Thailand, no matter what the rental shop may tell you. However, by law, they must have third-party insurance. This however, is very basic and doesn't cover theft.

Boats can be hired for trips to nearby islands or fishing sites. The main areas for hiring are Chalong Pier and Rawai with fares depending on the number of passengers, distance, length of time and type of vessel. Long tail boats are a lot cheaper than speedboats. However, they are slower and not as comfortable. On the plus side they do provide a more traditional Thai sea-going experience, which is by no means unpleasant. Whichever type of boat you choose, make sure you check with the driver that life vests are provided.



Koh Samui, is an island off the east coast of the Kra Isthmus in Thailand. Located close to the mainland town of Surat Thani it is blessed with natural beauty, with its beautiful white sand beaches, clear warm water, lush tropical gardens and gentle ocean breezes. You can enjoy a relaxed holiday amidst the beauty of nature or a fast-paced vacation. There is a great deal of variety available when it comes to Koh Samui activities. From the wild, mountainous interior to the tropical seas surrounding the little island, there is something to do at every step. For the thrill-seekers, pit yourself against the rocky cliff faces between Lamai and Chaweng or surf the waves on a kiteboard. Check out the local wildlife on a quad bike jungle safari or grab a snorkel and explore the reefs.

If you want more sedate activities on Koh Samui, be sure to try elephant trekking or check out the excellent selection of spas for a relaxing massage. You can also enjoy a round or two of golf, a relaxing sunset cruise or treat the people back home to something more than a cheap T-shirt by taking Thai cooking classes. In the unlikely event that lazing on the beach gets too much for you, rest assured that there are a host of options.

Climate : Koh Samui is warm/hot all year round. However, rainy season between July and November can have heavy rain and the odd shower.



ATTRactions

BEACHES AND

Chaweng Beach: The party central of Samui and the part of the island with the most hotels, other accommodation, and numerous restaurants located around the place. Nightlife is plentiful and Chaweng is known for its famous Green Mango strip, which is a horseshoe shaped road dotted by the town's favourite clubs. This strip is approximately 3 km length, with some landmarks like McDonalds and Murphy's Irish Pub speckled on the stretch.

The beach itself is of pristine white sands. There are also many shops selling souvenirs and tourist items. You can also enjoy water sports, horse riding, bungee jumping, mini golf, and other activities around the beach area.

Secret Buddha Garden : Baan Saket: Towards the mountains on Koh Samui's southern side, hidden behind a dense foliage of trees, is this stunning, almost mystical garden-created and carved over a period of 12 years by a local Samui farmer, Nim Thongsuk. Intricately carved statues fill the landscape, depicting deities, animals, and humans in varied poses. There is one of the sculptor himself. Completing the mysticism of the place are the waterfalls and streams gurgling nearby. Figures are out of Buddhist folklore and in fact, each statue will have a story to tell. Be sure to explore around and peer down the hill where breathtaking views await you.

Silver Beach (Thong Takian): Silver beach in particular is one of the lesser-known beaches in Samui, tucked away in a world of its own. Named after its white sandy beach, it's nestled within a dense foliage of palm trees, with incredible granite boulders dotting the coastline.

Wat Phra Yai:: Sitting regally on a small, hilly island just north of Koh Samui, the huge golden meditating Buddha statue observes the daily life over the island. It has been one of the most popular tourist attractions since its construction finished in the 1970's and due to its size, it can be seen from very far away. It is believed that the posture of the Big Buddha, sitting with right hand facing down and the left palm resting on the lap, 'the Mara posture,' which reflects Buddha's journey, specifically where he learned to overcome temptations. The pose is representative of purity, enlightenment, and steadfastness. There are two other Buddha images encased in pavilions here. You can also find some food stalls over here, to enjoy a quick snack or a meal.

Bang Po Beach: This haven of silvery sands lined with palm fronds and skirted by the azure ocean lies on the calm and quiet northern coast of Koh Samui, looking towards the neighbour island, Koh Pangyang. Stretching on for about 4km from Ban Tai to Bang Po, the beach is lined with a few restaurants and makes for the perfect place for your evening time stroll. The shallow and calm ocean waters offer extraordinary snorkelling with the shallow coral reefs housing a plethora of colourful fish.

Lamai Beach: Samui's second-largest resort area after Chaweng. It is quieter and less bustling than its big sister, but still with plenty of accommodation, dining and shopping options, and some great spas and tourist sites to explore.

The general atmosphere is laid back and Lamai has slightly older, and by extension cheaper tourist facilities than Chaweng, although there is some indication that the area is slowly being rejuvenated. Along with the rest of Samui, there is a steady trend away from the 'cheap and cheerful' toward smarter, high-end accommodation and dining.

Hua Thanon:: Starts just beyond Hin Ta & Hin Yai, is similarly quiet and is home to a few long-stay backpacker resorts as well as one of Samui's last remaining traditional fishing fleets. The Muslim village has a charming atmosphere and is well worth a visit for a glimpse into island life before mass tourism.

The fishermen's elegantly painted kor lae boats are very photogenic, as is the village's fish market. There are a few decent seafood restaurants by the side of the sea, which give you a taste of true Samui cuisine at bargain basement prices.

Bang Kao: Home to Centara Villas Samui, which offers upscale accommodation that stretches down a steep hillside to the beach below. There are also a couple of older mid-range bungalow operations and a

few independent restaurants but little else in the area apart from the Samui Aquarium & Tiger Zoo, and the nearby Butterfly Garden, which showcases indigenous varieties in a well-managed environment.

GETTING AROUND

Baht Buses (songthaew) : circle the island on various fixed routes all day and fares start at around 20 baht for a short trip - this is paid at the end of the journey. There are no fixed stops, so flag one down anywhere and ring the bell or bang on the roof to get off. After dark, many songthaews' operate as private taxis, so it's necessary to negotiate a fare before getting aboard. Expect to pay several hundred baht to travel between beaches.

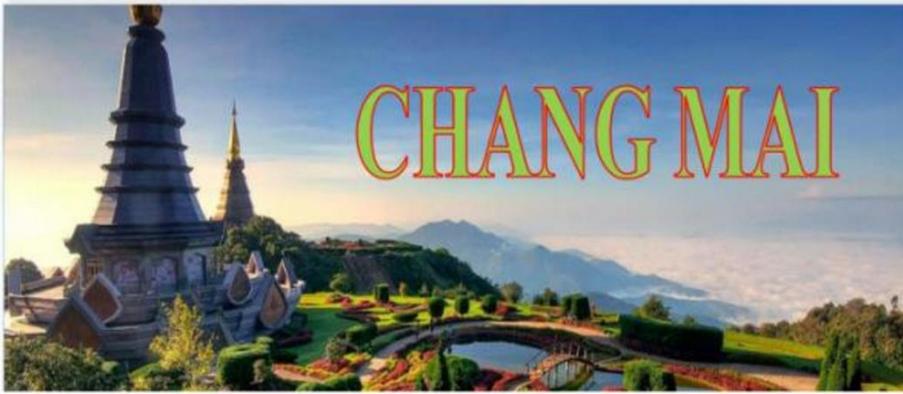
Motorbike and jeep rental is readily available everywhere on the island. Expect to pay around 200 Baht per day for a bike and around 800 Baht for a car. It is worth remembering that Samui has some of the highest accident rates in the country though, and has many steep, sandy roads. Honda Dreams are the most common bikes available, though Yamaha Nouvo's are becoming more widespread. Nouvo's cost about 50 Baht more, but are recommended because they are fully automatic and therefore much easier to ride. The local police are beginning to crack down on foreigners riding bikes without safety helmets and fining them accordingly. The 500-baht fine must be paid immediately at a nearby police station, whilst the police hold onto your bike, driving license or passport as insurance. Many people are caught at once, the process can take several hours.

Insurance does not exist in Thailand for motorbikes, so riders are liable for any danger and it's usually the foreigner's fault. Many jeep hire 'bargains' will come without insurance and are therefore a risky proposition. Any established company such as Budget or Avis will include comprehensive insurance in the rental.

Bicycles for hire: are increasingly common, though not recommended for long trips at night for safety reasons.

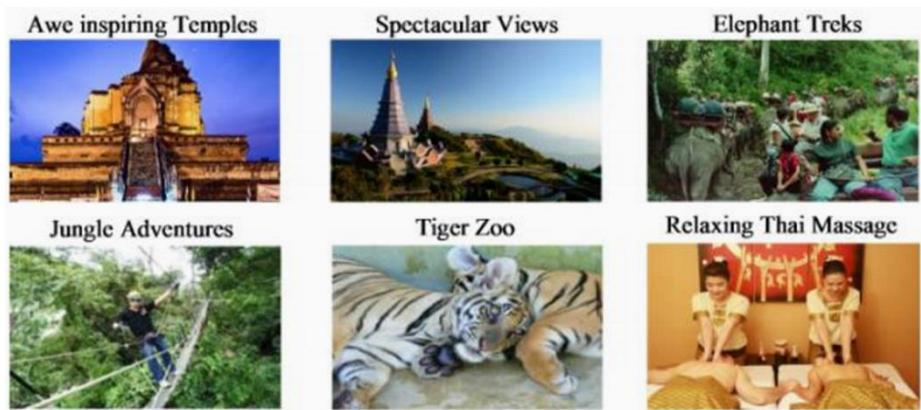
Both Phuket and Samui seem to be plagued with Tailors. Some are good, some are bad, but they are annoying and pester you along the street. The Majority of these are Indian, so "No Thank You will suffice"...unless you want a cheap suit.

Warning: The gemstones peddled by the street sellers are all fake.



Chiang Mai is referred to as "The Rose of the North" Situated in the Northern region, 700km north of the capital city of Bangkok, Chiang Mai is the second largest city in Thailand, yet only has a population of around 200,000. Compare this to Bangkok which has about 9 million and it is easy to see why even the Thai people in Bangkok love to visit Chiang Mai for a holiday. The city is now becoming increasingly popular with overseas travellers as word spreads of this magnificent tourist location. In the last twenty-five-years, tourism has gradually transformed this once sleepy area into a traveller's paradise whilst still maintaining its provincial charm. The ever-friendly and polite Thai people are full of smiles. The food tastes sensational, and it is a shopper's paradise, even on a shoestring.

Chiang Mai was built in 1296 as a walled city surrounded by a moat. The old city was roughly 1.5km square. Whilst a good portion of the original city wall has collapsed the four corner bastions are still intact along with various other sections. The original moat is still in use to this day. Chiang Mai city is made up now of the old city (within the walled area) and the new city which has grown up around it. Grab a Tuk-tuk and go for a scenic visit to Chiang Mai's lovely moat and the ancient walls of the old city. If you like ancient temples (Wats) and buildings, then visit Chiang Mai and the surrounding areas, have several hundred. Most of these ancient temples are still in use today by Buddhist monks.



ACTIVITIES

There are more things to See and Do in Chiang Mai and Northern Thailand than most tourists have the time to experience.

Abseiling

Bungy Jump: Jungle Bungy Jump: Mae Rim area)

Butterfly Farms: Mae Sa Butterfly Farm & Sai Nam Butterfly/Orchid Farm

Caves: Chiang Dao Cave & Muang-On Cave

Cooking Schools: Thai Farm Cooking School, Gap's Thai Culinary Art School, Chiang Mai Thai Cookery School, Baan Thai Cookery School.

Cycling: hire a bicycle on the Chaiyaphum Road, also try near the Tha Phae Gate

Elephant Farms: Numerous elephant camps have been established to help protect the numerous elephants in the area. The camps put on elephant shows and activities for tourists where the elephants display their various skills. Most of the camps have elephant rides where tourists ride the elephants for an hour or two through the jungle surrounding the camps. There is the Mae Ping Elephant Camp, Patara Elephant Farm, Mae Sa Elephant Camp, Thai Elephant Conservation Center (near Lampang)

Elephant Nature Park: This is a sanctuary and rescue centre for elephants. You can visit or volunteer to stay for days/weeks looking after the elephants.

Golf: 10 golf courses in the area.

Hash House Harriers: Five hashes in Chiang Mai,

Language Schools: Pro Language School and the AUA Language Centre

Muay Thai Boxing: Clubs - Lanna Muay Thai & Muay Thai Sangha - regular Friday night matches at the Kawila Boxing Stadium.

Museums: National Museum, Tribal Museum, City Arts, & Cultural Centre

Para gliding: Chiang Mai Paramotor Club for a glide with a difference

River Cruises: day cruises or night dinner cruises on Mae Ping River, Scorpion Tail

Rock climbing: and other outdoor adrenaline rushes

Snake Farm: Mae Sa Snake Farm (Mae Rim area)

Tennis: The Anantasiri Tennis Courts & Chiang Mai Land and Lanna Sports club

Thai Massage Schools: Are numerous, and the Blind Institute massage is popular with tourists

Treetop Zip Lining : "Flight of the Gibbon" - includes 3 hours of exhilarating rides through the rainforest canopy on zip lines and sky bridges high above the forest floor, have lunch and then spend time exploring an amazing 7 level waterfall.

Tiger Kingdom : Get up close and personal playing with the tigers. Ultimate experience for lovers of the big cats.

Trekking: Chiang Mai province was originally populated by many different hill tribe peoples. Many are still there today. Many tourists/travellers go on organized treks through the mountain regions to visit and even stay in the various hill tribe villages. You can see various hill tribe people around Chiang Mai daily, often at the markets selling their locally produced goods to support the families in the villages. See a tour operator for the different types of trekking activities available as trek lengths can vary from half a day to several weeks.

Wood Handicrafts : Hang Dong & Baan Tawai villages (15kms south west of Chiang Mai)

Zoos - Chiang Mai Zoo, Night Safari

TEMPLES (Wats)

There are over 200 Temples in and around Chiang Mai. The following is only an overview of the most well known Temples, all of which are easily accessible.

Wat Chiang Man: situated in the northeast corner of the old walled city was the first Temple in Chiang Mai, built by King Mengrai in 1296 as part of the original city construction. Housed within are two rare Buddha statues, the Crystal Buddha and the Marble Buddha. At the rear of the main Temple stands an ancient Chedi decorated with elephants.

Wat Phra Singh: located in the western side of the old walled city is a classic example of Northern Thai architecture built in 1345. It houses the Phra Singh Buddha, a highly revered statue. Housed within the Temple complex is a learning centre for young boys and men studying to become Buddhist monks. It is one of the most important Temples in the city.

Wat Suan Dok: located 1km west of the old walled city, built in 1371. The grounds were initially a royal flower garden that was offered by King Keuna to a very revered monk from Sukhothai. A holy Buddhist relic that was transported to the new Temple of Wat Suan Dok inexplicably split in two. One part of the relic remained at Suan Dok and the other was the relic that caused Wat Phra That Doi Suthep to come into being. Located at Wat Suan Dok you will find a huge 500-year-old Bronze Buddha, one of the largest in Thailand. In the grounds are a large number of white chedis some of which house the ashes of members of the former royal family of Chiang Mai. The Temple is currently the site of a Buddhist University.

Wat Phra That Doi Suthep: The most famous Temple in the area, standing near the top of Mount Suthep to the north-west of the city. This Temple was built around 1383. King Keuna of Chiang Mai selected a white elephant to carry a holy relic of the Lord Buddha to what would be its resting place. The elephant wandered up Mount Suthep until it came to a place where it finally laid down. A Temple was built on the spot to house the holy relic, and both remain there to this day. Housed there as well is a stunning larger than life replica of the famous Emerald Buddha, the original of which is in Bangkok.

Wat U-Mong: Located some 2km to the west of the old city on Suthep Road in the forested foothills of Mount Suthep, is one of the most unusual of all the Temples because it is mostly underground, beneath a large hill with a flattened top. The under-hill complex contains many brick lined tunnels, which are easily navigated. Built in the 14th century for a revered monk it was later abandoned for six centuries. A large chedi sits on the flat hilltop and nearby are the quarters of the monks who live there. If you look at the many trees throughout the complex, you will see them decorated with hundreds of short Buddhist proverbs in both English and Thai.

Wat Chedi Luang: Built around 1400 and with several later additions stood some 90 meters tall, it was reduced to around 60 meters in height when the upper section fell because of an earthquake in the 16th century. The Emerald Buddha was once housed here but it was removed after the earthquake for safety reasons. A replica of the Emerald Buddha made of black jade has recently been placed where the original once stood. At only a few of the many Temples you visit, you may find an amazing life like statue of a venerated monk who had been associated with that particular Temple. A fine example of this is to be found in the Library Temple behind the main Chedi at Wat Chedi Luang.

Wat Jet Yot: Located in the north-west outskirts of the city on the Super Highway, The Temple, built in 1455, was the host place for the Eighth World Buddhist Council in 1977.

Wat Bupparam: Located some 500 meters east of Tha Phae Gate, and built around 15th century, it houses beautiful statues and ornamentation including three major Buddha images, one in painted wood, one covered in gold leaf, and one of a green gemstone. The gardens surrounding the main building are crowded with flowers and statues, including some recently added statues of a few famous Disney characters.

You are allowed to enter the Temples, but you must remove your shoes before you go inside and as mentioned previously, wear something appropriate.

GETTING AROUND

Red Songthaews: Continually drive around the city It is cheaper to take a Songthaew because they will pick up several parties at once. You may not take the most direct route to your destination if someone else jumps in. They are the best option for larger parties because they can take up to 8-12 people. Most trips around the city will cost 20baht per person per trip. If you make the mistake of asking how much it will cost, then the driver will assume you are a tourist and that you do not know this, so they will increase the price. Often times they will double it. What you need to do is this: tell the driver where you want to go and if they nod yes, just jump in. If they nod no, then they are headed in a different direction than your destination, so you will have to wait for the next truck. If they want to charge you more than the customary 20baht, they will tell you. However, there will usually be some room to negotiate. To tell the driver to stop while you are in the truck, push the button overhead.

Tuk-tuks: Taking a Tuk-tuk is the more expensive option, however, you get the convenience of a more direct route, and they will take you to your exact location. At night, from far locations, and busy tourist areas, the price per trip for Tuk-tuk and Songthaew will be anywhere from 80-180baht per person per trip

Mototaxi: Same as everywhere for a single passenger, check price first.

Trips from the airport are usually 250-350baht by metered taxi. If you arrive in Chiang mai during the day, you can ask the taxi driver to put on the meter instead of negotiating a price, and your trip may be cheaper. If you get in late or are not staying at a very large hotel, make SURE to bring the Thai phone number of the place you are staying so that the taxi can call the location for directions. The driver will NOT be able to follow an address, find a location on a map, or know where smaller hotels are located. You can also request that the hotel arrange for your pick up, and the driver will be waiting for you with a sign that has your name on it.

Renting motorbikes: 100-125 cc mopeds are 200baht/day.

SHOPPING

Shopping is one of the great pleasures in Chiang Mai. There is the famous night bazaar, Baan Tawai wood carving village, Bosang Sa paper and umbrella village and Sankampang with its many handicraft factories.

Night Bazaar: The night bazaar has some excellent bargains but be careful. The night bazaar is great for t-shirts, fake designer clothes and watches but not handicrafts. Lacquer-ware and wood products purchased here will split and crack after a year or so. It is not real lacquer-ware but only painted with a couple coats of sprayed-on lacquer paint. Wood products are not treated correctly unless you are from a

hot and humid climate like Thailand. For wood and lacquer-ware, go to the factories in Sankhampang. Sudaluck is excellent for wood products and Lai Thai for lacquer-ware. Here the wood is treated properly and the lacquer-ware is treated with real gum lacquer with seven coats. Every coat is dried and polished.

Silk: Is another great bargain in Chiang Mai. If you don't know much about silk then make purchases from a reputable shop such as Jollie Femme. Most of the silk at the night bazaar is partially polyester or made by machine in Chinese factories. Real Thai silk is handmade so the weave is very tight and will stay together after many years of wear and hand washing. It is longer than Chinese machine made silk.

Tailor made suits: Clothes are well made if you go to the right tailor. Be careful of these, 'one coat, two pants, tie and shirt' deals for 3300THB. The material is very low quality and one sleeve may be longer than the other. The biggest complaint is the pockets are excessively shallow.

Open Markets of Chiang Mai: Most new foreigners are steered directly either by guidebooks, travel agencies, hotel desk clerks, and even tuk-tuk drivers to the Night Bazaar on Changkran Road between Tha Phae and Loi Kroh Roads. This sizeable market, with a gigantic, well lit sign in English and surrounded by many familiar food chains of the West. It is where most Western visitors get their first taste of a traditional Northern Thai shopping experience. Once amongst the tightly packed stalls, visitors very soon become acquainted with the bargaining game.

Weekend Bazaars: While the Night Bazaar has its flashing neon signs advertising the western food chains and merchandise, crowded narrow walkways crammed with hawkers and tourists; the Weekend Bazaars offer a more relaxing experience. Large wide avenues are blocked off from vehicle traffic at 5 PM until 11 PM. Talented craft persons and northern Thai fresh food vendors politely sell their wares along the sidewalks and on colourful temple grounds. Both weekend walking markets are excellent however, each is different in the types of wares sold, atmosphere, and experiences.

The Saturday Bazaar - Wualai Road: The old city silver-making district and even today you can still hear the tapping of hammers as the silversmiths sculpture beautiful designs on bowls, cups, bracelets, rings and wall murals. You can watch them make their beautiful creations as they sit on the street in front of their shops.

There are several silver shops on Wualai Road so look at all of them before deciding on a purchase. There are plenty of food and drink vendors along the street, with small restaurants where you can rest and take in the surroundings.

The Sunday Bazaar - Rajdumnern Road: Begins at Thapae Gate and ends at the city police station about six blocks west. About half way up, at Prapokklao Road, the Bazaar continues south past Wat Chedi Luang for another block and north to the three kings statue and the old Provincial Hall, which is now the Chiang Mai City Museum. A stage is set up on the grounds of the museum where northern Thai musicians and dancers in traditional costumes give live performances starting around 7 PM.

Both Bazaars are lots of fun and several hours can be spent here enjoying the culture, food, people, and atmosphere. Unlike the Night Bazaar with its copied brand products, fake jewellery and handicrafts made in China or Burma, both weekend markets have real handcraft persons selling their goods.

The real fun is not the shopping but the ambience. Every block has traditional Thai Music being played by elders and children. The rich colours of the surrounding temples, the smell of garlic, grilled fish, sausages, and chillies being cooked and roasted. People are eating, smiling, and just having a good time.

Tip: get your snack and cold drink, then take it to one of the many foot massage operators and get your feet pampered after a hot day of shopping.

TOURIST MAP



Thai Language Made Simple

The Thai dialect varies from region to region. This simple guide will help in all the tourist areas of Thailand.

Thai language is tonal, and as in English, has many words that sound the same but have a different meaning, for example: No, know, there, their, were, where etc. As this is not a Thai grammar lesson, just a simple guide to have fun with and get you through. The words will be spelt for you as you need to say them. The tones are not essential at this stage, as you will soon improve with practice...have fun.

Khap or Kah You will hear thus a lot in Thai conversation. Men say “**Khap**” women say “**Kah**” it is the polite end to a sentence as well as a commonly used form of **Yes** or **Okay**.

Mai, is used at the end of a sentence to make it a question. **Sabai dee Mai** - How are you?

Mai is also used at the beginning of a sentence to make a negative.

Mai Sabai – I am not fine / don’t feel well.

Mai Pen Rai (Khap or Kah) - this is a useful phrase that you will hear a lot with the Thai’s laid back attitude. It can mean several things like no problem or never mind.

Chai is a formal **Yes** - **Mai Chai** is **No**.

Aow (Khap or Kah) – want/need (please) - **Mai Aow (Khap or Kah)** – don’t want/ need. (thanks)

Maak enlarges a statement (very): **Pang-** expensive – **Pang Maak** - very expensive

Pai : go/ to go **Pai duai**; go together. **Pai con diaw-**go alone. **Pai lei-aw-kwa** - go/turn right. **Pai lei-aw-sai** - go left. **Pai trong pie** - go straight. **Aow pai** **Khap/ Kap** I would like to go.to,..... please.

When translating from the English, think simple: Want, Like. No want, No like, Water hot, Water cold, and remember to end sentences with **Khap or Kah**.

Numbers

0	SOONG	6	HOK	20	YI SIB	80	PAD SIB
1	NEUNG	7	JET	30	SAAM SIB	90	GOA SIB
2	SONG	8	PAD	40	SEE SIB	100	ROI
3	SAAM	9	GOA	50	HAA SIB	200	SONG ROI
4	SEE	10	SIB	60	HOK SIB	300	SAAM TOI
5	HAA	11	SIB ET	70	JET SIB	1000	NEUNG PAN

Once you have mastered from one to ten, the rest is easy.

Number's Unit - 10: Sib, 100: Roi, 1,000 Pan, 10,000: Muen, 100,000: Saen, 1,000,000: Laan

Example- 21: Yee sib et, 22: Yee sib song, 23: Yee sib saam, 31: Sam sib et, 32: Saam sib song, 45: See Sib haa, 57: Haa sib jet, 63: Hok sib saam, 71: Jet sib et, 89: Pad sib gao, 98:Gao sib pad, 1200: Nueng pan song roi, 1,312: Nueng pan sam roi sib song

Days of the Week

Monday: Wan Jan

Tuesday: Wan Anghan

Wednesday: Wan Phuut

Thursday: Wan Paruuhat Sabodee

Friday: Wan Suk

Saturday: Wan Sow

Sunday: Wan Aatit

Months

January- mók-gà-raa kom

February- gum-paa pan

March- mee-naa kom

April- may-săa-yon

May- préut-sà-paa kom

June- mí-tù-naa-yon

July- gà-rá-gà-daa-kom

August- sǐng hăa kom

September- gan-yaa-yon

October-dtù-laa kom

November- préut-sà-jì-gaa-yon

December- tan-waa kom

Telling the time

This is difficult and most Thais will point to their watch when they want to indicate a specific time, but if you are feeling adventurous and want to learn – here you go

The twenty-four hours of Thailand's day are split into five nominal groups covering a variety of numbers of hours. That means five different ways of saying “o'clock” (and of course two extras for midday and midnight).

The five periods are:

The morning: cháo

The afternoon: bàai

The evening: yen

The part of the night before midnight: tùm

The part of the night after midnight: dtee

Midday is tiang wan, and Midnight is tiang keun

To tell the time you'll also need mohng (which roughly translates as o'clock, but is only used for some of the time periods) and the numbers 1 to 59

This is how they are used:

Cháo begins at 6:00am and runs through to 11:00 am.

The construction is number-mohng-cháo.

So, hòk mohng cháo = 6 a.m., jet mohng cháo = 7 a.m. and so on until sìb et mohng cháo = 11 a.m.

Bàai : After midday, we flip to bàai, which runs from 1:00 p.m. to 4:00 p.m.

1:00 p.m. is called bàai mohng, then after that the construction is bàai-number-mohng.

So, bàai song mohng = 2:00 p.m. etc.

Yen: For 5:00 p.m. and 6:00 p.m. we use yen.

They are hâa mohng yen and hok mohng yen respectively.

Tûm: From 7:00 p.m. until 11:00 p.m. we use tûm.

You have to be careful here because the numbers reset to 1. That is to say 7:00 p.m. becomes “one at night”. This is said tûm neung

After tûm neung, the construction becomes number-tûm

So, sǒng tûm = 8:00 p.m., saam tûm = 9:00 p.m. and so on until haa tûm = 11:00 p.m.

Dtee Finally, after midnight, we reach the wee small hours and the term dtee is used. This runs from 1:00 a.m. until 5:00 a.m. The construction is dtee-number

So, dtee neung = 1:00 a.m., dtee song = 2:00 a.m. and so on until dtee haa = 5:00 a.m. after which it all starts again at hòk mohng cháo.

To indicate divisions within the hour you just add a number from 1 to 59 after the constructions as outlined above. For example bàai song mohng yee sìp = 2:20 p.m., dtee haa saam sìp jet 5:37 a.m. and so on.

A handy A-Z of commonly used words

English

Thai

A

about, approximately

bpramaan

address (noun)

tee yoo

to be afraid (of), scared

Glua

After

lang-jaak

Afternoon

dtorn bai

Again

eek (laew), eek khrang

Age

aa-yoo

English	Thai
How old are you?	(khun) aa-yoo taorai
... ago, before	... tee laew, korn, tee paan maa
to agree	hen duai
air-conditioned	mee air
aircon room	ho:ng air
Airport	sanaam bin
(to drink) alcohol	(gin) lao
a little (bit)	nid noi
Alone	khon diao
already	Laew
alright, okay	riab roi
always, all the time	samoe:, dtalort wee-laa (speak "waylaa")
and	lae, gab
angry	gro:ht, mo:h ho:h (long round "o" sound)
animal	sat (as in "Saturday")
to answer	Dtorb
ant	Mod
arm	khaen
to arrive	(maa) tueng
ash tray	tee khia boori (speak "bully")
to ask	Taam
aunt	bpaa, naa
B	
back	Lang
back pain	bpuat lang
bad, evil	leo (speak "layo"), mai dee, (jai) rai, jai dam, yae

English	Thai	
bag, baggage, luggage; handbag	gra-bpao, gra-bpau tue:h	
banana	Gluai	
bank (financial)	tana-khaan	
bank account	banchee ("bunchee")	
bathroom, toilet	ho:ng naam, sookhaa	
to be	bpen, <i>I am a man = pom bpen poo chai</i>	e.g.
to be (stay)	yoo, <i>I am (stay) at home = pom yoo baan</i>	e.g.
beach	haad (sai)	
beautiful, pretty	suai, suai ngaam	
because, as, for	pro-waa	
bed	dtiang (no:n)	
bedroom	ho:ng no:n	
beer	Bia	
to believe (s.o., s.th.)	chuea	
best	dee tee soot	
better	dee kwaa	
between	rawaang	
(to ride) bicycle	(khee) jakkra-yaan	
big, large	yai	
bird	nok	
black	(see) dam	
blood	luead	
(light) blue	see faa	
(dark) blue	see naam ngoen	
boat, ship	ruea	

English	Thai
body	dtua, raang gai
book (noun)	nang sue:
to be bored (of)	buea
boring	naa buea
bosom, breast, tits	nom
bottle	khuat
bottom, ass(hole)	gon, dtoot
bracelet	gamlai khor mue:
bread	khanom bpang
breakfast	aahaan chao
bridge	sapaan
bright, light	sawaang
broken, out of order	sia (laew)
brother (older)	pee chai
brother (younger)	no:ng chai
Brown	(see) naam dtaan
Building	aa-khaan
bus, coach	rot but, rot me: ("may"), rot bpra-jam taang
bus station	sataanee rot khon song
(to do) business	(tam) toorakit
Businessman	nak toorakit
Busy	yoong, mee too-ra, mai waang
but, however	dtae
Butter	noey
to buy	sue:
C	
to call s.o.	riak

English	Thai
to call (phone) s.o.	to:h haa
to call (phone) back	to:h glab
Camera	klo:ng tai roop
can, to be able to, capable of	bpen. e.g.
can, to be able to	dai, saamaat
cannot, impossible	mai dai
cancer	maraeng ("malaeng")
capital	mueang luang
car	rot (yon)
car park	tee jo:t rot
careful, attention!	rawang
cat	maew
chair	gao-ee
to change	bplian
to (ex)change money	lae:k ngoen
cheap, inexpensive	too:k, mai paeng
cheaper	too:k gwaa
cheat, untruthful	khee go:hng
chicken	gai
children, baby	look, dek (plural "dek dek")
chopsticks	dta-kiab
cigarette(s)	boori (speak "bully")
cinema, movie theatre	ro:hng nang
city, town	mueang
clean	sa-aat

English	Thai
climate, weather	aa-gaat
clock, watch	naaligaa
to close, closed	bpid
clothes	suea paa
cloud	me:k
cockroach	malaeng saab
coconut	(loo:k) ma-prao
cold, cool	yen
(to feel) cold	nao
colour	see
(to be) cool, calm; keep cool!	jai yen; jai yen yen
to come	maa
to come back	glab maa
to come from	maa jaak
to come home	glab baan
company (business)	borisat
confused	sab-son
to cook	tam gab khao
cook (noun)	mae/por khrua (female/male)
correct, right	too:k
crocodile	jo-ra-ke:
country	bprate:t
cousin	loo:k pee loo:k no:ng
to cry	ro:ng hai
cup	tuai
D	
to dance	den

English	Thai
dangerous	antarai
daughter	loo:k sao
day	wan (speak "one")
daily, per day	wan la, dtor wan
every day	took wan
day off, holiday	wan yoot
death	kwaam dtai:
(to have) debts	bpen nee
to decide	dtat sin jai
Democracy	bprachaa-tipa-dtai
Dentist	mor fan (speak "fun")
to explain	a-ti-bai
Eye	dtaa
F	
Face	naa
Factory	ro:hng ngaan
to fall (down)	dtok
Family	khro:b khrua
Famous	mee chue: siang
Fan	pat lom
fast, quick	reo, reo reo (adv.)
(to be) fat	uan
Father	por
to feel	roo-suek
(a) few	noi
fewer than, less than ...	noi gwaa
fewest ...	noi tee soot

English	Thai
to fight	soo:
finger	niu mue:
fire	fai (mai)
fish	bplaa
fishing	jab bplaa
fly (insect)	malaeng wan
to fly	bin, nang khrueng bin ("sit airplane")
flood, flooded	naam tuam
flower	dork mai
food	aahaan
foot, feet	tao
football, soccer	foot-born
for	hai, puea
foreigner, Westerner/Caucasian	chao dtaang chaat, farang (speak "fallang")
for free, free of charge	fee
to forget	lue:m
fork	sorm
fridge, refrigerator	dtoo yen
friend	puean
boyfriend/girlfriend	fae:n
fruit	ponlamai
to fuck, have sex	yet, uep, tap, au gan (coll., vulgar)
full	dtem
full (with food, not hungry)	im (laew)
fun, amusement, enjoyable	sanook
funny	dta-lok

G

English	Thai
garlic	gra-tiam
to get	dai, dai rab
to give	hai
glass	kaew
glasses, eyeglasses	wae:n dtaa
to go (to)	bpai (no preposition required)
to go home	glap baan
to go out, go on a trip	bpai tiao
gold	to:ng
good	dee
good (at something), skilled, clever	gaeng
good heart, kind, kind-hearted	jai dee
government	rattabaan
green	(see) khiao
guilty	pid
to feel guilty, to be guilty	roo-suek pid, mee kwaam pid
H	
hair	pom
(to get a) haircut	dtat pom
half	khrueng
hand	mue:
handsome	lor
to happen	gerd khuen
happy	dee jai, mee kwaam sook
hard, difficult	yaak, lambaak
hard (not soft)	khaeng
hat, crash helmet	muak

English	Thai
to hate	gliat
to have	mee
Head	hua, see-sa
Headache	bpuat hua
Health	sookapaap
Healthy	sookapaap dee
to hear	dai yin
Heart	hua jai
heavy (weight)	nak
to help	chuai, chuai luea
Help (me)!	chuai duai
Here	tee nee, dtrong nee
his, her	khong khao
to hope	wang
hope (noun)	kwaam wang
(to be) horny	mee aarom, ngian, bpliak ("wet")
Hospital	ro:ng payabaaan
hot, warm	ro:n
hot-tempered, quick-tempered	jai ro:n ("hot heart")
Hotel	ro:hng raem
hour	chua mo:hng
house, home	baan
how	yaang rai, bae:b nai
how long? (time)	naan taorai
how many ...?	gee, maak taorai
how much?	(raa-khaa) taorai, maak taorai
to hug, embrace	gord

English

hungry

husband

I

ice, ice cubes

if, in case

important

impossible

in (e.g. one year)

in, inside

in, at

intelligent, clever

(to be) interested (in)

interesting

island

J

jealous

jeans

joke

K

key

room key, house key

to kill, to murder

king

to kiss

knife

to know, to know (s.o.)

L**Thai**

hiu (khao)

saamee, pua

naam khaeng

taa

samkan ("some cun")

bpen bpai mai dai

eek (nueng bpee)

nai, khaang nai

tee

chalaat

son jai (nai)

naa son jai

gko (very short "o" sound)

hueng

gaang gaeng yeen

rueang dta-lok, jo:hk

goon jae:

goon jae: ho:ng, goon jae: baan

khaa

gasat

joob

meed

roo, roo jak ...

English	Thai
ladyboy, transvestite, she-male	katoey
language (English, Thai)	paa-saa (ang-krit, tai)
last (as in "last month")	... tee laew, ... gawn
late	sai, duek ("late at night")
to laugh	hua ro (short "o" sound)
laundry shop	raan sak reed
law	got-mai
lawyer	nak got-mai
lazy	khee giat
to learn	rian
left	sai
left-hand side	daan sai: mue:
Turn left!	liao sai:
leg(s)	khaa
to lend (money)	hai yue:m (ngoen)
letter	jot mai
to lick	lia
to (speak a) lie	go hok
life	cheewit
to live, to be alive	mee chewit (yoo)
light	fai
light (not heavy)	bao
lighter	fai check
to like	chorb
Liquor	lao
to listen (to)	fang
to listen to music	fang ple:ng

English

little, small

to live in, to stay at

to lock (a door)

Lonely

long (material)

long (time)

to look

to look for, search, seek (s.o., s.th.)

to lose (s.th.)

to lose (e.g. a game)

loud, noisy

to love

love (noun)

I love you

Do you love me?

M

man

manager

mango

manicure/pedicure

many, much

market

to marry

already married

(Thai, foot) massage

traditional massage

to masturbate, wank

Thai

lek, noi

(pak) yoo (tee)

lok (bpra-dtoo)

ngao

yao

naan

(mo:ng) hen, mo:ng, doo

haa

tam hai

pae:

(siang) dang

rak

kwaam rak

pom/chan rak khun (male/female)

khun rak pom/chan mai

poo chai

poo jat gaan

mamuang

dtat lep

maak, yoe, lai:

dtalaat

dtaeng ngaan

dtaeng ngaan laew

nuad (tai, tao)

nuad paen boran

chuck-wao (coll.)

English	Thai
maybe, perhaps	baang tee, aat-ja
to meet (s.o.)	pob, joer
menstruation, to menstruate	bpra-jam duean, bpen men
(to send a) text message	(faak) khor kwaam
midnight	tiang khue:n
military, soldier	tahaan
milk	nom
minute	natee
mirror, glass (material)	gra-jok
to miss (s.o.)	kid tueng
I miss you	pom/chan kid tueng khun
mistake, fault	kwaam pid
to make a mistake, do wrong	tam pid
to misunderstand	khao jai pid
mobile phone, cell phone	mue: tue:h, mobai:
money	ngoen
to borrow money	yue:m ngoen
to have no money	mai mee ngoen
to owe money, have debts	bpen nee
to send/transfer money	song/faak ngoen
month	duean
monthly	took duean, duean la
more ... than	... maak gwaa
most suan yai
morning	dtorn chao
Good morning	sawat-dee dtorn chao
mosquito	yoong

English	Thai
mother	mae:
motorcycle	mo-dter-sai
mountain, hill	poo khao
mouth	bpaak
(to watch a) movie	(doo) nang
music	don-dtree
must, have to	dto:ng
my, mine	kho:ng pom/chan (male/female)
N	
name	chue:
What's your name?	khun chue: arai
surname/family name	naam sakoon
necessary	jam bpen
neck, throat	khor
necklace	soi: khor
neighbour	puean baan
neighbourhood	taew baan
Never	mai koey (loey), e.g. <i>I never drink beer = pom mai koey gin bia</i>
New	mai
Newspaper	nang-sue pim
next (as in "next month")	... naa
Night	khue:n
in the night	dtorn glaang khue:n
Tonight	khue:n nee
nipple(s)	hua nom
No	mai, mai chai, bplao

English	Thai
North	nuea
Nose	jamook
not at all	mai ... loey
Nothing	mai mee arai
not yet	yang (mai)
now, at the moment	dtorn nee, diao nee, khana nee
O	
Of	kho:ng
Often	boi, boi boi
not often	mai boi
old (material)	gao
old (person)	gae:
on	bon
once, twice	nueng khrang (khrang diao), so:ng khrang
only	taonan, kae, yaang diao
to open, open	bpoe:d
opposite	dtrong gan khaam
or	rue:
orange	som
orange juice	naam som
ordinary, normal, usual	tamma-daa
other	... ue:n
P	
papaya	malagor
papaya salad	som-dtam
parents	por mae:
passport	nang-sue: dtoe:n taang

English	Thai
to pay	jai
peace	santipaap
to pee, piss	chee, yiao (vulgar)
penis, cock, dick	khuai, ham (speak "hum") [coll., vulgar]
testicles, balls	(khai) ham
perfume	naam horm
petrol, gasoline	naam man (rot)
to fill petrol, gasoline	dtoe:m naam man (rot)
petrol station	bam naam man ("bum naam mun")
photograph, picture	roop paap, roop tai:
to photograph, take a picture	tai: roop
to pick (s.o.) up	rab
pineapple	sapparot
pineapple juice	naam sapparot
plane	khrueng bin
plate	jaan
to play	len
play cards	len pai
please	garoona, bpro:hd
police, policeman	dtam-ruat
police station	sataa-nee dtam-ruat
polite, impolite	soo-paap, mai soo-paap
politics, politician(s)	gaan mueang, nak gaan mueang
poor	jon
popular	tee niyom
possible	bpen bpai dai
powder	bpae:ng

English	Thai
to prefer	chorb ... maak gwaa
pretty	suai
price	raakhaa, khaa
prime minister	nayok rattamon-dtree
problem(s), trouble	bpan-haa
to have a problem	mee bpan-haa
"No problem!"	mai mee bpan-haa, mai bpen rai
profession, occupation	aa-cheep
to promise, promise	san-yaa
to keep a promise	rak-saa san-yaa
proud	poom jai
Province	jang-wat ("chang-wat")
to pull	dueng
to push	plak
Q	
Quiet	ngiab
quick, fast	reo
Quickly	reo reo
R	
Radio	witta-yoo
railway station	sataa-nee rot fai
Rain	fon
It is raining	fon dtok
to read	aan
really, sure	jing, jing jing (adv.)
to receive	dai rab
Red	(see) daeng

English	Thai
to remember	jam (daI)
to rent	chao
rent (noun)	khaa chao
to rest, relax	pak porn
restaurant	raan aahaan, ho:ng aahaan
to return, to come back	glab (maa)
rich	ruai
right, right-hand side	kwaa, daan kwaa mue:
Turn right!	liao kwaa
ring	wae:n
river	mae: naam
road	tanon
room	ho:ng
to run	wing
S	
sad	sao jai
salary, monthly income	ngoan duean
salt	gluea
same	muean gan, diao gan
same as ...	muean gab ...
to save money	geb ngoen
to say	bork
(to be) scared	dtok jai
school	ro:hng rian
sea, ocean	talay
by the sea	rim talay
season (cold, hot, rainy)	rue-doo (nao, ro:n, fon)

English	Thai
seat	tee nang
to see	(mo:hng) hen, doo
self (myself, himself etc.)	e:ng
to sell	khai, jam-nai
to send	song
separately	yae:k gan
to pay separately	yae:k gan jai
to have sex, fuck	yet, tap, uep, ao gan
shirt, blouse	suea (chert)
shoe(s)	ro:ng tao
shop, store	raan
short	san, dtia
to show (s.th.)	hai doo
to shower, take a shower	aab naam
Shut up!	hoob bpaak, ngiab, sao wao (Lao dialect)
shy	(khee) ai
sick, ill	bpuai, mai sabai
silk	paa mai
similar	glai gan
single (not married)	so:hd, yang mai mee fae:n
sister (older)	pee sao
sister (younger)	no:ng sao
to sit	nang
skin	piu
skirt, dress	gra-bpro:hng
to sleep	no:n (lab)

English	Thai
sleeping room	ho:ng no:n
slim	porm
slow	chaa
slowly!	chaa chaa
small	lek, noi
to smell (good)	horm
to smell (bad), to stink	men
to smile	yim
to smoke (cigarettes)	soop (boori)
Snake	ngoo
Snow	heemaa
Soap	saboo
Socks	toong tao
soldier, military	tahaan
some ...	baang ...
Sometimes	baang khrang
Son	loo:k chai
(to sing a) song	ro:ng ple:ng
sorry, pardon, excuse me	khor to:ht khrab/kha
Sour	bpriao
South	dtai
to speak (about)	pood (tueng)
special, extraordinary	pi-se:t
Spider	mae:ng moom
Spoon	chorn
Sports	geelaa
to stand	yue:n

English	Thai
to start, to begin	roe:m (dton)
stomach	to:ng
stomach ache	bpuad to:ng, jeb to:ng
stone	hin
to stop, to have a break	yoot
strange, weird	bplae:k
street, road	tanon, sai
side-street	soi
strong (physically)	(khae:ng) rae:ng
sound, voice, noise	siang
to suck (s.th.)	doo:t, orm
suit, costume	chut ("choot")
suitcase, bag, baggage, luggage	gra-bpao, gra-bpao dtoe:n taang
sun	pra aatit
sunshine	dae:t
to suppose, to assume	som-moot
(to be) sure	nae jai, nae no:n
surprise, to be surprised	bpralaat jai
sweet	waan
to swim	wai naam, len naam
swimming pool	sa wai naam
T	
to take (s.th.)	yip, ao
to take time, to last	chai weelaa ("waylaa")
to talk, to talk about, to chat	khui (gan), pood tueng, sontanaa
tall	soong
tax(es)	paasee

English	Thai
taxi, cab	(rot) teksee
to teach	sorn
teacher	khroo, ajaan
telephone	to:h-rasap
telephone card	bat to:h-rasap
telephone number	boer to:h-rasap
television	(doo) to:h-ratat, tee-wee
to tell	bork
temple	wat
Thailand	mueang tai, bpra-te:t tai
that	nan (speak "none")
there	tee nan
to think (that)	kid (waa), nuek (waa)
thirsty	hiu naam
this	nee
ticket	dtua
air ticket	dtua khrueng bin
bus ticket	dtua rot me:
rail ticket	dtua rot fai
to tickle, ticklish	jakkajee
tiger	suea
tight, stingy, "cheap Charlie"	khee niao
time	weelaa ("waylaa")
at what time ...?	... gee mo:hng
What time is it (now)?	(dtorn nee) gee mo:hng
on time, punctually	dtrong weelaa ("waylaa")
time(s) (one time, two times etc.)	khrang (nueng khrang, so:ng khrang etc.)

English	Thai
every time, each time	took khrang
tired, sleepy	nueay, nguang no:n
to be tired of ...	buea ...
Today	wan nee
Together	duai gan, ruam gan
Tomato	makuea-te:t
Tomorrow	proong nee
Tongue	lin
too ... (big, small)	... gern bpai
tooth, teeth	fan ("fun")
Toothbrush	bpraeng see fan
Toothpaste	yaa see fan
to touch (s.th., s.o.)	dtae, jab
Tourist	nak to:ng tiao
Towel	paa chet dtua
traffic jam	rot dtit
train, railway	rot fai
to translate	bplae
transvestite, ladyboy	katoey
to travel, to go out	dtoe:n taang, bpai tiao
to try	pa-ya-yaam, lo:ng
trousers	gaang gae:ng
to turn (right/left)	liao (kwaa, sai)
U	
ugly	naa gliat
umbrella	rom (speak "lom")
uncle	loong

English**under, below****to understand****I don't understand****underpants, panties, knickers****to undress, to take off****unhappy****until, till, to****V****vagina, pussy****vegetables****very, many/much****village****visa****to visit (s.o.)****W****to wait****to wake up****to walk, go for a walk****wallet****to wank, to masturbate****to want (to)****war****to wash (clothes)****to watch****to watch TV****(wrist) watch****water****Thai****dtai****khao jai****pom/chan mai khao jai (male/female)****gaang gae:ng nai****tord suea (paa), tord ...****sia jai, sao jai, mai mee kwaam sook****tueng, jon, jon gratang, jon gwaa, gratang****yoh-nee (formal), hoy, jim, hee (coll., vulgar)****pak****maak, maak maak (adv.)****moo baan****wee-saa (from English "visa")****bpai haa, (bpai) yiam****ror****dtue:n no:n****dtoe:n, dtoc:n len****gra-bpao ngoen, gra-bpao dtang****chuck-wao (coll.)****yaak, dto:ng gaan****song-khraam****sak (paa)****doo****doo to:h-ratat, doo tee-wee****naaligaa khor mue:****naam**

English	Thai
drinking water	naam due:m, naam bplao
cold water	naam yen
watermelon	dtaeng mo:h
way	taang
which way?	taang nai
to wear (s.th.)	sai
weather, climate	aa-gaat
week	aatit
weekly	aatit la, took aatit
wet	bpliak
what	arai
what?	arai na
What is this?	nee arai
What's the time?	gee mo:hng
when?	mua-arai
when (temporal conjunction)	weelaa ("waylaa"), dtorn tee, (muea) dtorn
where?	tee nai
Where do you go?	(khun) bpai nai
where (are you/do you come) from?	(khun maa) jaak nai
Where is ...?	... yoo (tee) nai
which, that, who (relative pronoun)	tee
which (person)	khon nai
which (material)	an nai
White	(see) khao
who?	khrai, khon nai
whose ...?	kho:ng khrai
Why	tammai, pro arai

English	Thai
Wife	panrayaa, mia, fae:n
second wife, mistress	mia noi
(to be) willing	dtem jai
to win	chana
Window	naa dtaang
(red/white) wine	wai: (daeng, khao)
With	gab, duai
Woman	poo ying
wood(en)	mai
to work	tam ngaan
to work hard	tam ngaan nak
world, earth	lo:hk
to write	khian
wrong, mistaken, false, faulty	pid
to do wrong	tam pid
Y	
year	bpee
yearly, every year	bpee la, dtor bpee, took bpee
yellow	(see) lueang
yes	chai, khrab/kha
yesterday	muea-waan (nee)
young (man, woman); not old, still young	noom, sao; yang mai gae:, dek yoo

Popular Thai Recipe

Travelling around Thailand you will enjoy many succulent Thai dishes. Here are the recipes of Five that you will come across frequently. Try them out when you return home; too again enjoy the authentic taste of Thailand.



PAD THAI NOODLES (Flavoursome Thai noodles)

INGREDIENTS

SERVES 4

1. 8 ounces Thai rice noodles, 1/8
2. 4 tablespoons Thai fish sauce - Naam Plaa
3. 6 tablespoons white vinegar
4. 1 tablespoon tomato paste
5. 6 tablespoons sugar
6. 4 green onions
7. 1 cup dry-roasted unsalted peanuts, Coarsely Ground
8. 1/2 cup vegetable oil
9. 2 garlic cloves, minced
10. 1/2 lb skinless chicken breasts, cut in small pieces (or 1/2 lb of a combination of 2 or all 3) or 1/2 lb pork, cut in chunks (or 1/2 lb of a combination of 2 or all 3) or 1/2 lb raw shrimp (or 1/2 lb of a combination of 2 or all 3)
11. egg
12. bean sprouts
13. 2 tablespoons crushed red pepper flakes
14. 2 limes, cut into wedges

DIRECTIONS

Soak rice noodles in warm water for 20 - 25 minutes - they should be soft but not mushy; they will soften when they are cooked in the liquid.

(Prepare accordingly depending on your choice) Peel and deveign the shrimp, leave the tails intact - cut the chicken and/or pork into 1/8 inch x 1 inch pieces.

Mix together fish sauce, sugar, vinegar, and tomato puree until sugar is dissolved, and set aside.

Slice the scallions on the diagonal 1/4 inch thick, set aside.

Heat a wok and add the oil, then stir-fry the meat and garlic - when meat is cooked (no longer pink) add the drained noodles and quickly stir to coat with oil - quickly add the sauce and stir carefully to avoid breaking the noodles.

Move the noodles to the side and add eggs - let them set a bit then break them up and continue to stir-fry - add additional oil if necessary to keep noodles from sticking- continue to toss until eggs are nicely distributed.

Add 3/4 Cup peanuts, bean sprouts and scallions - toss.

Remove to serving platter, garnish with 1/4 Cup ground peanuts, sprinkle with the chilli flakes, and serve with lime wedges to squeeze over the top.

KHOA PAT (Fried rice) - Khai (chicken) Moo (pork) Gung (shrimp) Neu-a wua (Beef)

INGREDIENTS

SERVES 4-6

1. 4 cups cooked cold jasmine rice (cold rice is essential so the grains will not stick together when stir frying)
2. 3 tablespoons peanut oil
3. 4 cloves freshly minced garlic
4. 1 1/2 cups boneless skinless chicken breasts (its easiest to get thin slices if the meat is still partially frozen) or 1 1/2 cups lean pork (its easiest to get thin slices if the meat is still partially frozen) or 1 1/2 cups beef, thinly sliced (its easiest to get thin slices if the meat is still partially frozen) or Shrimp 1 kilo.
5. 2 eggs
6. 4 green onions, sliced thin
7. 2 teaspoons palm sugar (table sugar is fine if you can't find palm sugar)
8. 3 tablespoons Thai fish sauce (Naam Plaa - no substitutes)
9. 1 tablespoon oyster sauce
10. 3/4 cup frozen peas (not traditional but I like to add them anyway)
11. 1 cucumber, sliced
12. 2 limes, cut into wedges

DIRECTIONS

Heat peanut oil in a wok or large skillet over medium high heat.

While pan is warming, toss the cold rice with your hands, making sure to separate the grains from any clumps.

Add the garlic to the heated wok, and toss until fragrant and golden.

Add chicken, beef, pork, or shrimp and stir-fry for about 1 minute.

Push the meat and garlic up the sides making a well in the middle and add eggs.

Scramble eggs for 1 minute in middle of pan then, add green onions and peas and incorporate all ingredients together, stir frying for another minute.

Add rice, turning over rice with pan ingredients several times to coat and stir-frying for 2-3 minutes. You want the rice to begin to have a toasted smell, making sure that all the ingredients are constantly moved around the pan for even cooking.

If your pan seems to have cooled down to the point where the ingredients are no longer sizzling, you may need to turn the heat up slightly.

Sprinkle in the sugar and add the fish sauce and oyster sauce.

Stir-fry all ingredients together for one minute more or until sauces are absorbed and mixture is combined. Transfer to serving platter.

Garnish plate edge with sliced cucumber, lime wedges, and additional whole green onions if desired.

Serve with a small dish of fish sauce and cut red Chile to add zing as required.

THAI GREEN CURRY – Chicken (Khai)

INGREDIENTS

SERVES 4

1. 1 tablespoon vegetable oil
2. 2 shallots, minced
3. 1 inch piece gingerroot, minced
4. 1 -2 tablespoon Thai green curry paste
5. 1 (14 1/2 ounce) can chicken broth
6. 2 cups sliced cooked chicken or 2 cups cooked beef or 2 cups cooked pork
7. 1 (16 ounce) can coconut milk
8. 1 (8-ounce) can. sliced bamboo shoots, drained
9. 1/4 teaspoon salt
10. 1 cup shredded basil leaves
11. lime wedge

DIRECTIONS

Heat oil in a large skillet or wok over high heat; add shallots and ginger. Stir-fry until fragrant, about 1 minute. Reduce heat to medium; stir in curry paste. Stir in chicken broth; cook until the broth is reduced by half, about 10 minutes.

Stir in chicken, coconut milk, bamboo shoots and salt; heat to a boil. Reduce heat; simmer 5 minutes. Stir in basil.

Serve in bowls over steamed rice or noodles with lime wedges on the side for squeezing over.

SPICY THAI RED CURRY – Shrimp (Gung)

INGREDIENTS

SERVES 4

1. 2 tablespoons peanut oil
2. 1/2 cup chopped shallot
3. 1 large red bell pepper, cut into strips
4. 2 medium carrots, trimmed and shredded
5. 2 teaspoons minced garlic
6. 1 1/2 tablespoons Thai red curry paste (or to taste)
7. 2 tablespoons fish sauce
8. 2 teaspoons light brown sugar
9. 1 (14 ounce) can coconut milk
10. 1 lb medium shrimp, peeled and deveined
11. 3 tablespoons chopped Thai basil
12. 3 tablespoons chopped fresh coriander / cilantro leaves
13. cooked jasmine rice, accompaniment
14. 1 sprig fresh coriander/ cilantro, garnish

DIRECTIONS

In a large wok or sauté pan, heat the oil over medium-high heat.

Add the shallots, bell peppers, carrots, and garlic, and stir-fry until soft, 2 to 3 minutes.

Add the red curry paste and cook, stirring, until fragrant, 30 seconds to 1 minute.

Stirring, add the fish sauce and sugar, then the coconut milk and bring to a boil.

Simmer until thickened slightly, about 2 minutes.

Add the shrimp and cook, stirring, until pink and just cooked through, about 2 minutes.

Remove from the heat and stir in the basil and coriander/ cilantro.

Serve over jasmine rice, garnished with coriander / cilantro sprigs.

TOM YAM SOUP - Spicy seafood Soup

INGREDIENTS

SERVES 4-6

1. 4-6 cups Chicken Stock
2. 1/2 cup fresh Shiitake Mushrooms, finely chopped
3. 12 raw Shrimp, shells removed (other shellfish optional)

4. 1 stalk Lemon grass , minced
5. 3 Kaffir Lime leaves
6. 3 cloves Garlic, minced
7. 2 Red Chillies, finely chopped
8. 3 tbsp Fish sauce
9. 1/2 can Coconut milk
10. 1 tbsp lime juice, freshly squeezed
11. 1/3 cup fresh coriander/cilantro, chopped
12. 1 tbsp sugar (optional)
13. Extra vegetables of your choice

DIRECTIONS

Boil the chicken stock in a deep cooking pot.

Add lemon grass and boil for 2 more minutes. Include the stalk too if you are using fresh lemon-grass.

Stir in garlic, lime leaves, chilli and mushrooms into the pot and heat it in medium heat, simmer for 2 minutes.

Add Shrimp and extra vegetables (if any) into the pot and simmer until the shrimp is pink and plump.

Reduce to low heat, add fish sauce, limejuice, and coconut milk in it, stir and simmer until hot.

Check for the taste, if salt is not enough add more fish sauce, and if too sour add sugar. Add coconut milk if you taste it too spicy.

Your Thai Tom Yum Soup is now ready to be served hot with fresh coriander / cilantro leaves.

You can add more spice by using Red Thai Curry Paste.

END OF SAMPLE

Novels by Robert A Webster

Siam Storm – A Thailand Adventure

A stolen holy relic from a secluded Thai Buddhist Monastery sends a combatant monk on a quest to retrieve the sacred item. Three English lads who are having the holiday experience of a lifetime in Thailand, become inadvertently embroiled in the deadly pursuit.

Enjoy the first adventure of Nick, Spock and Stu as they assist in the recovery of the relic and the subsequent voyage of discovery.

Chalice – Siam Storm 2 – A Cambodian Adventure

The discovery of a mysterious corpse leaves law enforcement agencies baffled. This adventure sees the lads join forces with their new friend, the mad monk, Pon, as they once again attempt to recover a holy relic, which has been stolen for a completely new and sinister reason. The chase takes them into Cambodia, as they thwart plans that could affect the planet and change them into fruit based drinkers.

Bimat – Siam Storm 3 – A Vietnamese Adventure

A kidnap and ransom demand lead our hapless heroes into a pursuit through Vietnam. They encounter an old foe, driven by obsession in his revenge driven quest. This time, they face many challenges in both their adventure and their personal circumstance and although they almost lose everything, they never lose hope.

Trilogy:

Three Southeast Asia adventures.

Protector – Siam Storm 4 – The Final Adventure

The adventure continues in, Protector, the fourth book of the Siam Storm Series...

When descendants of Siddhartha Gautama arrive at the Royal Palace in Bangkok; Prime Master Pon assembles a team to discover who is responsible for the murder of the other descendants, along with their age-old protectors.

The fun begins when Spock and Stu join the team, and as usual, they find trouble. Even with Spock and Stu underfoot, the team uncovers evidence of a plot with worldwide implications.

Protector follows the hazardous journey through unfamiliar terrain as the team races the clock to stop further killings of their brethren, only to discover that things are not always as they seem.

Siam Storm – The series

The complete four-part series

Spice

Ben Bakewell is a master baker with a unique gift, making him the grand master of his culinary craft. More commonly known as 'Cake' he meets up with Ravuth, a Cambodian man residing in England and who has spent the majority of his life trying to trace his long lost family.

Jed Culver is a disgraced D.E.A agent whose bitterness for his old employer and lust for revenge lead him along a deadly path, as he also pursues the plant, although for a far more sinister gain.

This thrilling, but yet sometimes hilarious quest, takes you from the glitz and glamour of the fashionable London restaurant scene to the wild, untamed tropical forests surrounding the Cardamom mountains region of Southeast Asia, as the participants race to discover the whereabouts of a remarkable plant and locate a misplaced family.

Fossils

Enjoy the hilarious antics of an elderly four piece band as they embark on a whirlwind tour of several countries in Southeast Asia, unaware of their amazing worldwide success. The four musicians are inadvertently united and form a band named Fossils, whose unique sound filled an auditory hiatus lacking for decades in the modern day music industry. Pursued and hounded by ruthless record producers, this unassuming rock band discovers a new, exciting and carefree way of life, which they enjoy to the fullest, or at least what remains of it. Viagra, snuff, and Rock 'n' Roll.

P.A.T.H - Return of the Reich

A team of three psychics use their unique talents to provide a link between the mortal world and the celestial. Commissioned by lost souls; they find lost treasures for the troubled spirits, which they give to the mortal beneficiaries. One particular case finds the team caught up in a plot that was conceived during world war two, which is instigated in the present day. The team has to solve a mystery that threatens to split the delicate fabric joining the two worlds.

NEXT - PATH 2 – Covenant of the Gods

With the fate of humankind resting on their shoulders, the PATH team, along with the mortal Keepers and Guides around the world are sent on various quests. Each individual test will push them all to their limits as time slowly ticks down towards Armageddon and their destiny.

Ratchet and Stench – Animal Sleuths

Dog Gone Mystery

When Cruft's Best of Breeds Champion mysteriously disappears; the finger of suspicion points at the owner of a rival kennel.

Somerset police find the missing Scottish terrier's dermal tracker but cannot find further evidence of a crime. Having no proof they are unable to do anything and drop any investigations.

The other dogs call in Ratchet and Stench, and even though they uncover clues that suggest a brutal murder, the animal sleuths aren't convinced.

Non Fiction

Diabetes Type 2 – Help safely lower your blood sugar with the Tree of Life

This book is not written by Physicians or anyone with Ph.D.'s, but by medically trained diabetics who stumbled across pills capsules and powders made from the leaves and seeds of the Moringa tree. Dubbed The Miracle Tree or The Tree of Life. They found it reduced their blood sugar levels. This prompted research into this remarkable tree and its health benefits, which you will find outstanding. The tree grows in many parts of the world and indigenous people have been using its health giving properties for generations.

Moringa pills, capsules, and powders are now readily available worldwide, This publication will tell you about the research gained and the benefits to diabetics, along with Moringa's other health benefits. It will let you know current suppliers, and where you can research for yourself this amazing tree. It will also tell you how to grow organically for yourself and a few simple recipes you can use to enjoy the health benefits of Moringa.

Something to Read While Travelling-THAILAND.

Is an informative and entertaining companion to accompany you on your travels, which contains useful information about Thailand, some of which you won't find in travel guidebooks. While comprehensive travel guides will go into more detail on specific areas of Thailand; this publication will only briefly explain about popular tourist hotspots, giving you plenty of time to read and enjoy the Useful Tips: Thai Language Made Simple: Popular Thai Recipes: Fun Quizzes and Brainteasers: Hilarious Jokes: Short Stories: and the full comedy adventure novel, SIAM STORM – A Thailand Adventure.

Leave your cares and woes at the arrivals section of the airport. Make sure you pack a big smile and this travelling companion in your suitcase. Open your heart and mind, and enjoy your wonderful time in the Land of Smiles.

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