

**Koh Tao** Eco-Travel Mini Magazine & Map ISSN 1906-2494

# SABAIJAI

FREE COPY  
Vol.4 No.13

A Peaceful Feeling  
July-Aug-Sep 2011



## **Koh Tao** Eco-Adventure Island

Island Wonders - **A Natural Phenomenon - Sun & Halo**

Ocean World - **Around the Island - Rocks & Cliffs**

Travel & Health - **Sabajjai Room**

Food & Culture - **International Restaurant**

**Accommodation  
Restaurant Info & Map  
INCLUDED**



• All Photos are taken in Koh Tao •

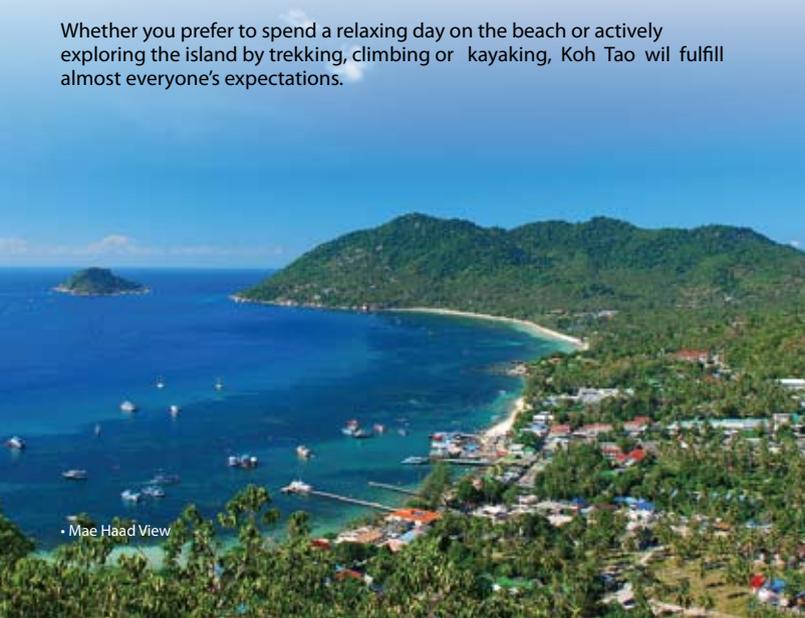
## Nature beauty of Koh Tao

In Thailand, the country is abundant with nature, and people have close access to the ocean and mountains to sustain their outdoor lives. Thus, the culture is deeply rooted in nature.

On Koh Tao, the temperate climate and remote location have helped to preserve the natural wonders and gorgeous scenery. And the local culture and nature offer unforgettable experiences to all who visit Koh Tao.

The hilly interior of the island is mostly jungle and coconut forest with some boulder fields providing the essential environment for many creatures. The landscape with picturesque viewpoints, secluded bays, stunning lush-green valleys, and many types of beaches on the island will offer you a variety of activities on your holiday.

Whether you prefer to spend a relaxing day on the beach or actively exploring the island by trekking, climbing or kayaking, Koh Tao will fulfill almost everyone's expectations.



• Mae Haad View

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## A Natural Phenomenon

Lately we can see a lot of interesting topics and news about the sun's activities such as an alignment of planets or activation of the black spot, and various natural phenomenon related to the sun also can be observed on this island. Sunrise, sunset, the sunset with mirages, rainbows, and halos can be observed.

Fortunately, Koh Tao is quite hilly island and the sea-views from the hills are stunning. You can see the horizon both east and west of the ocean, there are no buildings or mountains to obstruct the sea-view, and you will see the sun rise and set very easily from many view points (check Page 7) or perhaps even from your room.



The special beauty of the sun on the island is found not only in the sun-sets but the rainbows and sun halos are also beautiful. Around this hot-summer season(July-Sep), if the sky is a little bit covered with light cloud, you may see this natural phenomenon from 11 am to 1 pm. A big round circle spreads through the sky above

you and rainbows may be shining with the clouds. It's just amazing!  
Why don't you take advantage of such a rare opportunity to see the wonderful phenomenon on Koh Tao?!

## Sun & Halo

**Here are a few instructions for these phenomenon.**

**Sunrise: Around 6:00am, East Horizon**

**Sunset: Around 18:30pm, West Horizon**

**Halo: Cloudy days, 11am-1pm, Around the sun**

# THE GAME OF LIFE

*Every moment we live and breathe, we are training on some level or another.*

Sometimes we are training to fulfill other people's agendas or we are training to fulfill some karmic pull of some unfinished past.

At other times, we are in training to be even greater still to rise and be better one, streamlining our self into healthier, happier models as we understand what enlightenment is by experiencing the divinity within and all that it contains.

At other times we are training to just be, fully present in each moment, seeking nothing at all. And yet in the stillness of a new moment our energy field are pulsing frequencies through the matrix that represent a mix of all we now are.



## *And, who are we?*

Life is a game of boomerangs.

Our thoughts, deeds, words return to us sooner or later with astounding accuracy. So before we think, do, or say anything, imagine what it would be like to receive what we are sending? Then as we go a step further decide ahead of time what we would like to receive then send it quite deliberately.

That is: give to or cause in the life of another what we would like to now experience, then watch the magic!

## *Is it that simple?*

Yes it is. And the more we know what we want the better we will be able to create the life we want to live and the world we want to live in. In reality true ambition is the profound desire to live usefully and walk humbly on mother earth.

The old world is crumbling and the whole world is in an unprecedented crisis, however this crisis is indicative of a transition to a new and better time, an era of cosmic evolution.

*Do we dream of a better time?*

*What is our ambition for today?*

*What is on the top of our priority list?*

*What are we hoping to do today?*

*What are we hoping to be?*

*Our answer to this question will create not just the day but us.*

*All trees together forming a majestic forest .....*



Written By : Annick  
Can be contacted for spiritual guidance  
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## Wild adventure



Even in the world of a tiny island, approximately 7km from north to south, 3km from east to west, nature works its wonders.

Along all walking trails you will be able to find impressive giant trees and magnificent boulders, as well as many kinds of wildlife, such as migratory birds, raptors (big birds), squirrels, snakes and lizards.



Venues for bush walking, rock climbing, abseiling and cliff jumping are scattered throughout the island.

When you reach the top of a hill or step on a boulder, you will probably find out it was worth the effort to get there and be rewarded with a super-refreshing sea-breeze and amazing sights.



Even if you can find your way to the venue or can see the boulder on hill from the street, most of the tracks

and fields are on local properties. Although Thai locals are friendly and tolerant of your entrance, it is recommended for everybody to have the permission and courtesy to pass or use. So, It would be better to ask the locals before you start or just contact an adventure agency.



Needless to say, please bring back everything that you take into the natural areas and keep a little distance from wildlife. In addition, plenty of drinking water is a requisite, sun-block lotion, and mosquito repellent should be included too. All adventures need self-responsibility for your own safety.

**Here are a few destinations you can try.**



**Sai Daeng hilltop boulders (Map No.027)**

Access from Sai Daeng Beach. A trek takes 10-15min.



**Tanote Bay View (Map No.020)**

At Stone Age in southern Tanote Bay. A trek take 10min.



**John Suwan (Map No.128)**

Access from Freedom beach. A trek take 10-15 min.



## Flower in Koh Tao



These flowers flourish in tropics. On Koh Tao, you can see them by the roadside and at some of the resorts & spas.



**Red Ginger**



**Hibiscus**



**Ixora**



**Golden Shower**



**Bougainvillea**



**Lagerstroemia**



**Flame Tree**



**Plumeria**



**Cassia Garrettiana**

## Peacock Flower *Caesalpinia pulcherrima*

**Family:** Fabaceae

**Genus:** *Caesalpinia*

**Species:** *C. pulcherrima*



The Peacock Flower is a species of flowering plant in the pea family, Fabaceae, that is native to the tropics and subtropics of the Americas. Its exact origin is unknown due to widespread cultivation. Common names for this species are Pride of Barbados, Poinciana and (Red) Bird of Paradise.

Red Bird of Paradise is the national flower of the Caribbean island of Barbados, and it has been known and used for some of the medicinal purpose in the Amazon Rainforest as well as Thailand. The juice from the leaves, flower, seeds are said to cure fever, sores, bad cough, breathing difficulty, and chest pain.

*The Pride of Barbados blooms all year round. The common varieties are in a fiery red and yellow.*

*"sunset color" of 'bird of paradise' can be found on the island too.*



# AVALON

herbal body care products



Located in Mae Haad, up the road from the Seatran pier, we are a unique retail shop specializing in herbal creams, lotions, oils and much more. Our products are all sourced through small Thai businesses and every single item has been hand packaged with care to ensure a quality and one of a kind product.



We offer a varied range of products from facial cleansers and moisturizers containing Thai herbal extracts, to shampoos and after sun gels. We also stock a selection of pure essential oils, flower waters and other aromatherapy items including hand blended hair and body oils and lotions. Other products include a traditional Thai herbal body scrub, mineral deodorant stones and handmade soap.

Aside from our products, we also have information about courses and workshops available in the area such as yoga, reiki, massage and meditation.

For something different and a unique reminder of your time on Koh Tao, gift boxes and bags are also available. Each one is carefully created using natural materials. For a special gift, these can be made to order.



☺ Open daily except Sundays. 10am. - 7pm. ☺

So come in and have a look, even if it is only to enjoy the tranquil atmosphere and the aromatic oils in the air. We look forward to seeing you...

Map No. G18

## Thai Herbalism

Plants and their extracts have been used by people all over the world for thousands of years. There are many texts still surviving which document cases of the apparent healing abilities of various flowers, barks and leaves. Many of these are now being proven by today's scientific research.

barbadensis. Aloe vera. Grows easily in Thailand and used to effectively help heal burns and soothe and repair damaged and irritated skin. Used worldwide in after sun gels and lotions.



Thailand is home to a great variety of herbs, spices and fruits, many of which are known to have positive effects on human health and well being.

**Makrut** - Citrus hystrix - Commonly known as kaffir lime. The leaves are used mainly in Thai curry dishes and the fruit, used as a cleanser and conditioner, is often an ingredient in hair preparations. The leaves also produce an oil which is said to help relax the body and mind and aid sleep.



**Khamin** - Curcuma longa - Otherwise known as turmeric. Used frequently internally and externally. Well known for it's cleansing properties, turmeric is anti-bacterial, anti-fungal, anti-viral and a powerful anti-inflammatory.



**Waan haang jarakkeh** - Aloe

Written by : Andrea Gorman  
Avalon Herbal Body Care Product



## Thai herbal wisdom-samunphrai



*Now is the arrival of the low season in fruits paradise. However banana, papaya, orange and starfruit than can be found all year round. You will see many fruits at vendors on the street. Just stop by and enjoy the tropical taste to the fullest!*



Thailand is blessed with an abundance of tropical plants and is thus popularly known as the “land of fruits”, or “land of spice & herbs”. “Samunphrai” is the Thai word referring to natural things that are precious and vital for human life. Samunphrai means “the follower of the forest”. It included herbs, vegetables, fruits, animals, and minerals. In Thai medical science, Samunphrai has been used for medicine and taken root in the life of Thai people.

Fresh tropical fruits, herbal teas, and unique sweets are abundant on the island, in the street stalls and markets. It is also possible to receive some info about Samunphrai as an alternative at Chintana Clinic in Mae Haad (Map M18).



Camphor / Karabuun

“Aromatic Asian menthol” is made from the camphor tree. You can find this crystallized herb as the ingredient of “Tiger Balm” or nasal inhalers everywhere in Thailand. It helps with a bit for seasickness too!

**Effect :** Mental stabilization, Vertigo/Improve Dizziness, Heart Trouble, Tension release, Flatulence, Sore throat, Diuretic



Ginger / Khing

This herb has been used as a cure-all medicine in India since about 2000 years ago.

**Effect :** Disinfectant, Aid Digestion, Improve Blood Circulation and Perspiration, Improves Circulatory Organs, Nausea, Muscle Pain, Retaining Warmth,



Custard Apple / Noi-naa

This very fragrant, sweet & soft fruit is high in vitamin C. As it’s called “Cold fruit” in Peru, you can enjoy it as a frozen fruit sherbet. In some countries, it’s called “Buddha Head” by its shape.



Mango / Mamuang

The most popular fruits in the world! Simply sweet but varying in taste, there are roughly 6 kinds of mangoes and plenty of ways to eat them, such as juice, fruit shake, pudding, and ice cream. Contains vitamin C and carotene.



Som-Oh / Zamboa (Shaddock)

The biggest citrus in the world. Its yellowish-white or reddish-purple flesh is sweet, sour and a bit bitter. It is used as the ingredient of Thai salad as well. Contains Vitamin C.

### Reference materials

- Lesley Bremness – Herbs
- Shogakukan – Shoku-no-Igakuan 2003-2005
- Phussapa Thai Massage school – “Samunphrai”

## Holy Basil – Bai Kraphao (Thai: ใบกระเพรา)

**Family:** Lamiaceae  
**Genus:** Ocimum  
**Species:** *O. tenuiflorum*

Holy Basil is an aromatic plant in the family Lamiaceae. The plant is cultivated throughout tropical regions of the world for religious and medicinal purposes. It is widely known across South Asia as a medicinal plant and an herbal tea, commonly used in Ayurveda and Asian cuisine.

Some medical studies showed significant reduction in total cholesterol levels with Holy Basil leaves. It also shows some promise for protection from radiation poisoning. And there is something in these leaves that keep mosquito away from our bodies.

The leaves of holy basil are commonly used in Thai cuisine. The popular dish made with this herb is Phat kraphao (Thai: ผัดกระเพรา) — You shouldn’t miss it!



# Around the Island - Rocks & Cliffs

## *“Around the island” by long-tail boat!*

A long-tail boat trip will be a highlight of your exploration in Koh Tao. During the trip, you can experience the amazing underwater world by snorkeling and be fascinated with views of gorgeous landscapes and shorelines of the island. You can also stop at the stunning viewpoint of Nanyuang Island or a lovely cliff jumping spot (Leam Thian/Tanote Bay).

The island is fringed by many beaches, strangely shaped rocks & magnificent cliffs. The massive granite rocks are line the coastline and dot the hillsides. From a volcanic eruption in ancient times, the rocks have stayed still and been worn away for a long time by nature (the sun, the wind, and rain) into the shapes we see today. Koh Tao is as stunning above the water as it is below.

The trip can be easily arranged by travel agencies and also directly with the boat captains hanging out along the beaches. They know the good spots and sea conditions for snorkeling. Then you can just relax on board.

### **Here are some recommended areas you can choose depending on your plan.**

Shallow areas: Tao Thong, Aow Leuk, Hing Wong Bay, Mango Bay

Deep areas: Shark Island, Tanote Bay

Cliff Jumping spots: Leam Thian, Tanote Bay

Viewpoint: Nang Yuan Island

*Please check the snorkeling guidelines (Page 19) before you start.*

## Underwater World (Snorkeling & Diving)



Explore the underwater world by snorkeling or diving! Koh Tao is abundant in marine resources and attractions. The island is fringed with white, sandy beaches, boulders and cliffs, and conveniently surrounded by plenty of spots for snorkeling and more than 20 dive-sites.

You can rent a snorkel set and just walk into the clear water from the beach or arrange a snorkeling tour at any of the various agencies around the island. If you prefer to observe the marine life more closely, there are variety of diving centers and resorts to choose from. The amazing underwater world is just walking distance from your room



### Green Fins Guidelines for Environmentally Friendly Diving and Snorkeling

#### No stepping on coral

Coral is very sensitive to being touched and the smallest contact can kill the animal. Watch your feet and fins at all times.



#### No stirring the sediment

As you swim, your fins create a wash that can cause sediment and small debris to upset small habitats and cover corals.



#### No chasing or touching marine wildlife

Look but never touch and try not to get too close.



#### No feeding fish

Feeding fish or any other species can lead to them becoming reliant upon that food source.



#### No littering

It can be dangerous for you too and also affects beaches and the animals that live there when it is washed up on the shore. Bin it, don't throw it.



#### No collecting dead or live marine life

Removing species that would normally breakdown and be recycled into the sea, leaves other animals without nutrients and elements that they need for growth. Take nothing.



#### No anchoring on coral reefs

Coral takes many years to grow and provides shelter for fish and other marine species. Think before you drop an anchor. Look below!



# Fish Guide



Boxer shrimp



Devil Scorpion Fish



Bull shark



Double Barred Rabbit Fish



Christmas Tree Worms



Durban Dancing Shrimp



Cora l Crab



Hermit Crab

©Photo : Alan Tansley | Liquid Media Co., Ltd.

# Fish Guide



Horned Bumble Bee shrimp



Bat fish



Jelly Fish



Sea Horse



Juvenile Harlequin Sweetlips



Titan Trigger fish



Reef Octopus



Beaked Coral Fish

©Photo : Alan Tansley | Liquid Media Co., Ltd.

## Stunning bays and beaches



This hilly island is fringed by more than 20 beaches and 10 bays that offer many kinds of atmospheres and activities.

You will mostly find the idyllic bays on the east coast and long beaches where you can enjoy a leisurely walk on the west coast. Whatever you like, there are plenty of choices. Spend a relaxing day soaking up

the sun in solitude or try one of many exciting marine sports, There is something for everyone on Koh Tao.

The ways to reach these destinations are sometimes a bit adventurous and challenging, but certainly it is worth the effort to get there.



## Aow Luek Turquoise sea and white sandy beach

(Map No. N24)

This bay is fringed with blue shallow water and sandy beach. The afternoon is the most beautiful time with sunlight from west-hillside. It's a perfect spot for snorkeling and relaxing. It's comparatively easy access by bike or by foot from Mae Haad town.

**Access by :** Foot, Bike(OK), Taxi, Boat

**Activities :** Snorkeling, Kayaking

**Facilities :** Accommodation, Restaurant, Shop

**Rules :** No Fins, No Food, No Drinks,  
No Plastic (very strict)



## Hin Wong Bay Hidden bay away from the bustle and crowds

(Map No. Q9)

This tranquil bay fringed with scenic boulders offers a simple getaway. You can enjoy snorkeling and swimming in crystal clear waters. The coral reef in this Bay is still beautiful. It is also a good spot to see the sunrise and moonrise. The road to access here is comparatively easier than other bays on eastside.

**Access by :** Foot, Bike(OK), Taxi, Boat

**Activities :** Snorkeling, Kayaking

**Facilities :** Accommodation, Restaurant, Shop

**Rules :** -





# NEW HEAVEN

## New heaven diving school

Our dive school has been established on Koh Tao since 1995. At that time everyone used to dive off small boats, with small groups, but with large amounts of fun. Through the years we have tried to keep the same style as those early days. Group size is maximum 4 people.

We leave for diving at 10 a.m. in the morning, and only make one trip (for two dives) per day.

## "New Heaven Reef Conservation Program"

Offering one of the Gulfs most active education and conservation programs, with daily projects involving monitoring and research, coral nurseries, artificial reefs, clean-ups, giant clam turtle projects, and much more. Courses run from 3 days to 4 weeks and include 2 certifications from SSI:

- Ecological Diver
- Environmental Monitoring Program (Research Diver).

Internships, thesis projects, and longer programs also available.



NEW HEAVEN

Find us on Chalok Baan Kao or [www.newheavendiveschool.com](http://www.newheavendiveschool.com)  
[newheavendive@hotmail.com](mailto:newheavendive@hotmail.com) phone : 077457045 

## Mother Nature as Our Teacher

Whether we are tourist, expats or local Thai people, surely one of the main attractions of Koh Tao is the beauty of its Nature, both above and below the oceans. Although over the years the diversity and abundance has sadly been declining there is still time to preserve this wonderful island paradise.

If we study and observe nature, we can learn a valuable lesson a survival technique. Watch if you can the transformative power of Mother Nature. Chop down a forest, in its place grows a field, so rises an opportunity for other animals, who in turn fertilize the soil and allow a whole new generation of plants to flourish. Nature in this way shows us that the whole is different from the sum of the individual parts; by shifting focus from the parts to the whole we can better grasp our connection to nature and our role as part of it.

Our human species holds a special place within this evolutionary change. We can make conscious decisions that can influence the direction of this natural transformation. Let's take the lessons from Mother Nature and make a change, start with yourself and don't be lead by the decisions of the few at the expense of the many. Choice is a key word here as hopeless as any situation may appear, remember we have power in numbers; the whole is worth more than the sum of its parts!!! Every individual is a part of that whole.



- *Take care of your trash while on the island*
- *Vote with your wallet and support business that care and respect the environment*
- *Take part in sustainable activities rather than destructive ones.*
- *Educate yourself find out how your actions affect the island*
- *Join conservation activities that may be going on.*

One by one we can make a change for a better, safer, cleaner Earth. So if you are ready for change seize the day-remember, intention without action is useless so don't just think about it, DO IT..... The choice is yours.

Written by : Devrim Günsel Zahir  
 New Heaven dive school owner  
 on Koh Tao since 1995.





# Crystal

dive resort

Koh Tao - Thailand



## The Best 'Eco' Option on the Island

As one Thailand's most established and popular dive schools & resorts, Crystal Dive Resort is setting the standard and leading the way with environmental policies & practices on Koh Tao. Recently awarded the Diver Training Award at the PADI Asia Pacific Member Awards Crystal Dive was also nominated for the Marine Environmental Award.

A dedication to good environmental dive practices is of the highest priority at Crystal Dive. From our dive briefings and classroom instruction to our in water practices we are consistently aiming to minimize our impact on the environment. Small group sizes and professional instruction all combine to give you the most environmentally friendly dive instruction on the island.

We conduct regular beach & divesite clean-ups both in-house & in conjunction with the wider community under the banner of the Save Koh Tao Group. All visitors are welcome to get involved and certified divers receive a 'free dive' with their involvement.

PADI environmental courses and Reef Check Ecodiver courses are a standard part of our everyday schedule. Coralwatch Surveys are conducted using Project Aware's Coralwatch Coral Health Charts and all certified divers are invited to undertake a survey and submit their data onto the worldwide database.

**Stop by our resort in Mae Haad to see how you can be part of the difference.**



**Crystal**  
dive resort

Mae Haad Tel: 077 456 106-7 Fax: 077 456 105

Bangkok Office Tel: 02 280 3601 Fax: 02 280 3603

[www.crystaldive.com](http://www.crystaldive.com) [info@crystaldive.com](mailto:info@crystaldive.com)

Map No. 111

Map No. G17



PADI Gold Palm 5 Star IDC Resort  
small groups • courses in any language  
aircon/fan rooms with 24h electric  
safety boxes • sat-tv • swimming pool

## Marine Resource Management – An Imperative

### Koh Tao is home to some spectacular natural resources both on land and underwater.

Undoubtedly the majority of visitors come to dive or snorkel the beautiful coral reefs that encircle it and neighbouring Koh Nangyuan.

It goes without saying that coral is a basis of a coral reef. 2010 was a special year for Koh Tao's reefs. Extreme sea temperatures amongst other things put undue stress on the coral ultimately threatening the survival of this beautiful ecosystem.

Recently selected dive sites both in the gulf of Thailand, and islands over in the Similans on Thailand's west coast have been listed as potentially being closed to tourism to allow to help the reefs recover from the stressors of the past year. This would be great for the reefs but cripple the local economy.

More productive for all would be the implementation of more sustainable and supportive management of these resources to help support their recovery rather than exacerbate the problem.



Locally there are many things we can do some of them pretty big changes and some pretty small. Requiring hotels and resorts to treat their wastewater would be a good start. Building regulations that limit construction close to the sea and promote natural products limiting the amount of sediment runoff when it rains. Dive & snorkel boats could have cleaner engines and be required to process the toilet waste rather than discharging it untreated into the sea.

Individually we can use less plastic bags and plastic water bottles. Apply sunscreen an hour before entering the water. Choose resorts and dive operators that are trying to be 'eco' and promote awareness of the issues, which ultimately is the first step.



Written By: Nathan Cook  
Crystal Dive ([www.crystaldive.com](http://www.crystaldive.com))  
Eco Koh Tao ([www.ecokohtao.com](http://www.ecokohtao.com))



## ECOLOGICAL Code of Practice

- ✓ Environmentally sound dive briefings
- ✓ **Hands off!** policy for all divers and dive leaders
- ✓ Takes part in regular beach & dive site clean-ups
- ✓ Offers Perfect Buoyancy Specialty
- ✓ Responsible waste management
- ✓ No cigarette butts in the water
- ✓ No shell or coral collection
- ✓ No litter overboard
- ✓ No fish feeding



## Say NO to shark fin.

When the buying stops, the killing can too.



At SSI, we care about the environment in which we live. Whenever possible, all paper products are produced with paper from sustainable forests and will break down for disposal purposes under appropriate conditions and/or are recyclable where appropriate facilities exist. Plastics and vinyl are used for reusable or durable items.

SSI is working hard to reduce our carbon emissions.



Map No. H18



## Water Water everywhere or is it?

Koh Tao although surrounded by water often finds itself struggling to keep up with the water demand made by businesses visiting tourists and residents. It's easy to think that there is ample water especially in monsoon. But the reality is too much comes too quickly and much of this needed resource runs off back to the ocean.



With global weather patterns seeming to go crazy the last few years, it's likely we are going to experience sunny weather but little rain this summer. Before when this weather cycle has occurred Koh Tao has had to import water from the mainland this is far from being a good solution.

### What can you do to help?

- Need to cool off? Go for a swim don't take a shower.
- Spend less time in the shower a shower left running for ten minutes will use approx 150 ltrs.
- Travelling with a partner? Shower together you will use half the water and its fun.
- Don't leave the tap running! on average it uses 16 ltrs a minute.
- Only wash clothes when necessary, is it necessary that swim suit needs to go in the laundry if you going swimming again tomorrow?

- Towels, most resorts have a system in place that allows you to tell them when you need them changing instead of every day.
- More often than not sinks don't have a plug! Invest in your own travel plug it's cheap portable and will save hundreds if not thousands of liters of water on your travels.
- Have a leaky tap or pipe in or near your room tell the resort staff. A leaky tap can use more than 2000 ltrs a month.

So while here get into island life visit responsibly and take care of our most precious resource water!

Written by : Gary Hawkes  
Director SSI Thailand Co.,Ltd.



## Save Koh Tao

### Marine Conservation Branch

The following is a partial list of the standards that schools must adopt to be affiliated with the Save Koh Tao Marine Branch:

- Instruct all boat and shop employees as to proper safety and environmental care techniques
- Participate and donate boats, divers, or equipment to at least 60% of the Save Koh Tao Marine Branch monthly clean-up events.
- Attend at least 60% of the Marine Branch Monthly meetings
- Provide recycling at dive school and from the boats (including batteries)
- No fishing, spear fishing, or collecting of organisms from dive boats

The following schools have fulfilled these criteria for 2009 :

- Asia Divers
- Bans Diving Resort
- Big Blue
- Big Bubble
- Blacktip
- Crystal
- New Heaven
- New Way
- Samui Diving Services
- Scuba Junction
- Sunshine Divers

## Reefs making a slow rebound

Last year was probably the worst year on record for corals in the South China Sea. All over the region corals went white as warm waters caused them to breakdown. Many of these stressed corals later died, and in the worst hit areas such as the Andaman, entire areas of coral reefs are dead (average 85-90%). On Koh Tao we escaped the worst of it; you may not even notice any damage at the dive sites. Our reefs did bleach, and in a few shallow areas as much as 80% of the corals died, but for the most part we survived much better than other areas in the region. We had strong recovery, as you can see in this bleached/diseased coral in Tanote that made an incredible rebound.



**In this vital time for reef survival and growth please remember these tips:**

- Every bit of seafood you eat takes away from our ecosystems and supports the fishing industry, reduce consumption
- Snorkeling areas are destroyed the quickest on any island, do not stand on corals, do not collect marine organisms, don't feed the fish, and be vocal about making sure others do the same
- conserve water and electricity, you hear it all the time, but on our island these are our biggest problems, here every tiny bit helps
- Luckily Koh Tao still boasts some of the most diverse and abundant corals in the Gulf of Thailand, but this rests on a delicate balance. Enjoy responsibly!

Due to this global problem, which is a direct effect of climate change, some reefs and dive sites in Thailand are being closed to allow recovery to happen faster. On our island we will not be closing sites, because it is not the divers that cause bleaching, but this year it is extremely vital that we all reduce our effects on the sea. The Save Koh Tao group has declared this the 'Year of Restoration' as we will undertake many projects to improve reef health. As a resident, it is your duty to learn what you can do, to do as much as you can, and to spread awareness to everybody you meet. As a tourist you have a lot of power over what happens here, choose the businesses you support wisely. Find out what activities are going on and join in. There are lots of ecologically sound suggestions contained in this book to guide you on your way of being a responsible traveler while here on the island.

Written By : Chad Scott

Marine Project Coordinator Save Koh Tao  
[www.MarineConservationKohTao.com](http://www.MarineConservationKohTao.com)




# Ban's Diving Resort



Established in 1993, Ban's Diving Resort is the most recognized and reputable dive centre on Koh Tao and is the winner of more top PADI awards than any other dive shop in the world.



Ban's Diving Resort is a PADI 5 star IDC and CDC centre - the highest PADI rating for a dive school. Our team of highly experienced instructors will provide the complete and attentive training needed to turn you into a safe and confident diver. We pride ourselves on delivering a uniquely fun and safe diving experience within our idyllic and luxurious resort.

We are a dedicated member of Save Koh Tao and other local conservation and sustainability projects.



Haad Sairee Tel: 0 7745 6466  
[www.amazingkoh tao.com](http://www.amazingkoh tao.com)  
email: [bans@amazingkoh tao.com](mailto:bans@amazingkoh tao.com)

Map No. I13



## WELCOME TO SUNSHINE DIVERS

Sunshine Divers is located on the southern part of Koh Tao in the serene natural beauty of Chalok Bann Kao.

Our affiliation with Ban's Diving Resort enables us to offer individualized attention with access to large school facilities.

Come stay with us and let us show you the delights Koh Tao has to offer both above and beneath the waves.

[www.sunshine-diveresort.com](http://www.sunshine-diveresort.com)  
Chalok Bann Kao, Koh Tao, Suratthani 84360 Thailand  
Tel. +66.7745.6597

Map No. H24



**Crystal**  
dive resort  
Koh Tao & Thailand

The Best 'Eco' Option on the Island

Specializing in Reef Check Excursions, Marine Resource Management Courses, Environmental Projects and Internships.  
Stop by our resort in Mae Haad to see how you can be part of the difference.

Mae Haad Tel: 077 456 706-7 Fax: 077 456 105  
Bangkok Office Tel: 02 280 3601 Fax: 02 280 3603  
www.crystaldive.com info@crystaldive.com

Map No. I 11, G17

Crystal Dive Resort  
Koh Tao - Thailand

## Coral Disease on Koh Tao



Coral disease is a relatively new phenomena in the world of marine biology. Such diseases were unknown 20 or 30 years ago and it is only more recently that their prevalence has been brought to light. Diseases are more common as water quality decreases and we humans pump more and more contaminants into the water.

Coral Diseases proliferate in many environments predominantly due the change in water chemistry as a result of anthropogenic influences.

In January, Christian Voolstra, a Professor of Marine Science from the King Abdullah University of Science and Technology in Saudi Arabia visited Koh Tao to observe Koh Tao's reefs and collect samples of some of the islands diseased corals.

It was an interesting process and one that was uncomfortable to watch as Christian chipped away samples from live coral colonies. The damage is a necessary part of the science allowing an insight into the health of the coral. From each colony it is important to sample both diseased and healthy coral tissue to compare them.

By identifying the offending bacteria it is possible to determine the root cause of the diseases and address those. Coral disease is an increasing threat and the more we can learn about it the better prepared we will be to deal with the increasing problem this phenomena will no doubt place on our reefs.

Written By : Nathan Cook  
Crystal Dive ([www.crystaldive.com](http://www.crystaldive.com))  
Eco Koh Tao ([www.ecokohtao.com](http://www.ecokohtao.com))



SABAI JAI

## Where have all the sharks gone?



Speaking to long time instructors and divemasters at my resort, they reminisce fondly about the days when seeing sharks on a dive was commonplace;

one remembers a month where nearly every open water course saw a whaleshark, and another grins at the memory of diving with twenty bull sharks at a time.

So my question is, where are they all now? Since 2010 began there have been as few as twenty whaleshark sightings, less still of other breeds. Even as we move into what is supposed to be peak shark season, the situation shows little sign of improvement.

So what exactly is keeping the sharks away? The first, and arguably the main factor is the water temperature. Sharks tend to dislike temperatures above 26°C, yet this year has brought Koh Tao one of the warmest and longest hot seasons in memory. Extreme water temperatures, such as the [32°C] we had in April, cause a rapid increase in algae level which deplete the oxygen from the water that the sharks love. For this, the blame surely falls to global warming.

Add to this the horrifying abundance of shark finning and shark products still appearing on menus throughout Thailand, and the sharks' disappearance starts to make sense. Don't despair just yet though- there are initiatives in place to try to protect Thailand's shark population, and things you can do to help:

- Dive with a school that maintains eco-conscious practices both in and out of the water and supports local initiatives; don't be afraid to ask!
- Try to reduce your carbon footprint to help stop global warming. Many websites such as [actonco2.direct.gov.uk](http://actonco2.direct.gov.uk) have a carbon footprint calculator and tips to get you started at reducing yours.
- Get involved with shark protection initiatives such as that of ECOCEAN, which has a whaleshark monitoring project in place at [www.whaleshark.org](http://www.whaleshark.org).
- Never eat at establishments that serve shark products and be sure to tell them why. With hard work, increased awareness and a bit of old fashioned prayer, let's hope the sharks will return to Koh Tao and bring that extra bit of magic to our divesites for years to come.

Written By : Katie Barnfield  
DMT, Big Blue Diving, Koh Tao.



SABAIAI



## Travel Info

### Medical service

#### Tiya Clinic (Chintana Clinic) :

077-456-246 (Map H18)

**Chalok Clinic** : 084-625-9373

(Map I24)

**Sairee Clinic** : 077-456-412 (Map I12)

**K.T. Physician Clinic** : 070-456-037

(Map J12)

**SSS Chamber network** : 081-083-0533

(Map H18)

**Animal Clinic** : 081-090-5372 (Map I20)



### Public Service



#### Police Station

(Map H17)

077-456-631

#### Post office (Map H18)

Business Hours 9:00-5:00

077-456-170

Saturday afternoon

& Sunday Closed



#### Banks in Mae Haad

**Bangkok Bank** : 077-456-536

(Map H18)

**Siam City Bank** : 077-456-533 (Map H19)

**Siam Commercial Bank** : 077-456-121

(Map H18)



### Water & Electricity

Koh Tao is self-sufficient in water except for drinking water, and consequently has a limited supply. It is expected that everyone on the island economize on water.

Drinking water, cubed and crushed ice served at local restaurant are generally safe. The bottled water and fresh coconut juice are also safe.

You can also refill your water bottles and tanks in water station.

One Station located each village.

The electricity is also in limited supply by the island's power stations. We need to use water and electricity sparingly, especially when showering and using airconditioning



### Rubbish

Although the classification of garbage depends on where you stay, you can separate rubbish into 4 groups(1.Organic waste/ 2.Recycle waste, 3, Non recyclable, 4.Toxic waste). Needless to say, it's required for everyone to bring back everything you take into the natural area to keep them clean and beautiful.



### Transportation



#### Mountain Bike (MTB)

The hills of Koh Tao are a great place to go out with a bicycle. These can be rented from 100B at several travel agencies or bike shops. It's good way to enjoy both the scenery and the exercise. It's also friendly to the environment as well.

#### Motorbike Rental

Motorbikes can be rented at plenty of places and the most convenient way to get around the island. Rates are from 100B to 350B per day or more depending on the size, quality and duration of rental. The deposit of your passport is required. Just be aware that bike accidents are very common and you may hurt your self and your budget seriously.

#### Taxi (Pick-up & Motorbike)

You will easily find them parked in central areas, or you can just stop them from the side of the road. The prices are subject to change depending on destination, weather, time and number of passengers. Negotiate friendly and agree to a price beforehand.



## Travel Hints

### Health Hazard

#### Mosquito and Snake bites

The mosquito bites are mostly just itchy but rarely become the reason to get the infections or disease. There are mosquito repellent creams and lotions to avoid it and you can find them at most of the shops.

If you get a snake or scorpion bite, the affected part will be swollen and painful. But calm down and just get medical care at the clinics immediately. It was said that there is no harmful snakes or scorpions on the island.

#### Sunburn & Skin Care

Use sunscreen on exposed part of your body before you go out. The sunlight is very strong.

After you have suntan, put aloe-vera or skin care lotion to avoid skin problems and irritations.

#### Skin Infection

If you have a wound on your body, keep it clean and dry (No tap water, no sunlight, no seawater). If it is still wet or bleeding, get a treatment and cover the wounded part. Small flies love it and will be the cause of skin infection.



#### Gecko

Geckos (Tokkek in Thai) are small sized lizards found on the ceiling or wall in all houses (The House Gecko) on this island. Normally Gecko has a unique vocalization, making sounds in social interactions with other geckos.

They are harmless and play an important part in nature. Geckos come in various colors and patterns such as purple, pink, blue and also white. They can change color to blend in with their environment and somewhat rubbery looking.

It looks not so beautiful, but they are often welcome guests and are well-known for feeding on insects, including moths and mosquitoes. So please don't be scared of them, just keep a distance and think of them as a guardian deity.

## Thai respects

### His Majesty the King

On the national flag, the blue center symbolizes the King & Royal Family, the white symbolizes religion, and the red symbolizes the Thai nation. All Thais have a traditional reverence for the Royal



Family and love their King. They are taught to respect monks, parents, elders and teachers.

### Religion & Temples

Thai people have a firm faith in religion. Approximately 95% of Thais are Buddhists. As you enter a Buddhist temple, called a "Wat", visitors should treat all Buddha images with great respect, dress neatly, and take shoes off before entering a building. And never point feet toward a Buddha image.



Wat Koh Tao (Map H17)



Wat Koh Tao (Map H17)



Spirit House

### House of the spirits

Spirit Houses can be found outside every Thai building. The smaller one is built for the guardian spirit of the land and the bigger house for the guardian spirit of the air. Thai people believe these spirits and take care of them, offering food, fruit, candles, incense and flowers everyday or once a week. This is one unique aspect of Thai culture which was influenced by Hinduism a long time ago.

### Social Norms

The Thai greeting is a "Wai", done by pressing the palms together with fingertips pointing upward and raise hands to the face covering nose, while bowing the head. Thai people regard the top of the head as the most important part of the body which is inhabited by spirit essence and the feet are the lowest part of the body. Therefore, avoid touching people's heads and try not to point your feet at anyone or any object. It's considered very rude to step over people and to enter a Thai House with shoes.

## Eco-Travel

### Eco-Tourism



Ecotourism has been developed in Thailand and around the world as tourism and its environmental damage have been increasing. In Thailand, some projects and movements are led by "King-projects". Many royal projects in Thailand are supported by the king to encourage support of eco-consciousness and self sustainability for local villages. Now is the time for Koh Tao to join this effort of eco-consciousness and support for the local industries through tourism.

TIES (The International Ecotourism Society) defines ecotourism as "Responsible travel to natural areas that conserves the environment and sustains the well-being of local people". Travelers have a lot of choice on the island to support the local's environment and society by learning more about the culture, choosing to support responsible businesses, and participating in conservation activities. You are always welcome to local eco-activities.

### Sabai Jai & Eco-Tourism

SABAI JAI mini magazine highly recommends Eco-travel to everyone who visits Koh Tao. Koh Tao has started to keep the island Suwai (beautiful), Sannuku (pleasant), Sabai (good feeling) by the people who are committed to the island preservation and conservation. In this magazine, you can find the opportunity to join eco-activities and gain information to know about businesses and organizations who support eco-travel.

### Koh-Taoism

This Ecotourism network sponsors this magazine. These collaborated companies work for the island's ecological development individually, and share the business concept "sustainable development and nature". They consider ecology, economy and entertainment prospering together through their businesses. Koh-Taoism contributes to the local society by

- 1) Acting for environment conservation.
- 2) Creating interaction between tourists and the island's attractions.
- 3) Offering tourists eco-travel information through SABAI JAI.

**For more information or participation, contact the organizer 084-837-3385**

#### Supporter

Bans Diving Resort  
Big Bubble Scuba Resort  
Cappuccino - Bakery & Coffee House  
Deep Down Productions Co., Ltd  
Jamahkiri Spa & Resort  
Kakureya - Japanese Bar Restaurant  
Lomprayah  
Sensi Paradise Resort  
Sunshine Divers  
Viewpoint Resort  
Zest Cafe & Bakery

#### Participants

Avalon - Herbal Body Care Products  
Blacktip Diving & Watersports  
Big Blue Diving Resort  
Crystal Dive Resort  
Koppee - Bakery and Internet Café  
Liquid Media  
New Heaven Diving School  
Shalimar - Indian Cuisine  
SSI - Scuba School International  
Yakuzen - Japanese Village



## The Island Eco-Tourism



#### No Plastic is Fantastic!

Several coffee shops have started to provide their own paper bags and cotton bags for customers. A few general stores also offer cotton bags for shopping. By refusing

plastic bags, you support preservation of the sea & land habitats.

#### Animal Clinic



The Koh Tao animal clinic provides vaccinations and medical care for dogs and cats. It is supported by the local government, WSPA (World society for the Protection of Animals), and RSPCA (Royal Society for prevention of Cruelty to Animals). The clinic is also dedicated to reducing the population of dogs and cats by spaying and neutering them. Everyone can help them through donations and volunteering at the clinic.

**Contact Koh Tao Animal Clinic :**  
**Open 9am-5pm (Sunday closed)**  
**in Mae Haad (Map I20)**  
**Tel: 081-090-5372**

## Volunteer Opportunities

#### 1. Beach & Underwater Clean-up

In Mae Haad, Sairee, Chalok Baan Kao, and Tanote Bay, some diving centers hold regular clean up programs with volunteers. Travelers, residents, and locals can easily join and support local sustainable tourism in this way.

#### For info contact:

##### -Mae Haad

Crystal Diving Resort (Map G17)  
Eco Koh Tao Tel : 086-776-2252

##### -Sairee Beach

Big Blue Diving Resort (Map I12)  
Tel : 077-456-415

##### -Chalok Baan Kao (Map I25)

New Heaven Diving School  
Tel : 077-457-045

##### -Tanote Bay

Blacktip Diving & Watersports (Map Q19)  
Tel : 077-456-488

#### 2. Save Koh Tao

SKT can always use more volunteers to help out with the environmental and social projects being undertaken on the island. They can provide all of the training and materials you will need. If you are interested or want more information, check their website or send an email.

**Website: [www.marineconservationkohtao.com](http://www.marineconservationkohtao.com)**  
**Email: [marineconservationkt@gmail.com](mailto:marineconservationkt@gmail.com)**

## The save Koh Tao organization



The Save Koh Tao club was reestablished by members of the community in 2008, with the goal of addressing social and environmental problems in order to provide sustainable development and tourism on the island.

### The Mission

To preserve the paradise where we live and work by increasing awareness and involvement in activities and programs which support or enrich the natural environment and local community.

### Objectives

- To conserve Koh Tao's natural resources and environment
- To increase the ability and role of stakeholders in order to sustain tourism on Koh Tao
- To support and disseminate knowledge and understanding in sustainable development among the Koh Tao community
- To encourage community participation in sustainable tourism development

### Main Goal

Strengthening the community, improving the usage of our abundant natural resources  
Being an island leader of sustainable and eco-friendly development  
To be a sustainable living island for the future generations

### Action

Land conservation / Marine Conservation / Education/ Communications/ Fund Raising

### Organizer

Save Koh Tao Group 077-457-045  
savekohtao@gmail.com  
marineconservationkt@gmail.com  
www.marineconservationkohtao.com

### Dive Schools and Business participating with Save Koh Tao

AC Resort (Phoenix Divers)  
Asia Divers  
Bans Diving Resort  
Big Blue Diving Resort  
Big Bubble Diving Resort  
Blacktip Diving and Watersports  
Buddha View Diving Resort  
Carabao Dive School  
CFT Bungalows  
Coral Grand Resort  
Crystal Dive Resort  
Eco Koh Tao  
H2O  
Koh Tao Info  
New Heaven Dive School  
New Heaven Resort  
New Way Diving  
Pen Wholesale  
Prasit Internet and Printing  
Sabai Jai Magazine  
Samui Diving Services  
Secret Garden  
Sensi Paradise Beach Resort  
Sunshine Dive Resort  
Thipwimarn Spa Resort  
View Point Resort



## What's up with ECO?

Are you wondering what's being done about on the island to combat all this rubbish? Just arrived and have questions about the islands' recycling program? Spent a few days lying on the Beach and looking for a more rewarding activity for today? Well you are in luck! Save Koh Tao's Land Conservation Branch has a number of activities you can participate in!

This past month alone we have accomplished many important tasks with the help of many capable and enthusiastic volunteers. Some of these goals and tasks included removing 80 Kilos of Rubbish and 28.5 Kilos of Recyclables from Sairee Beach, performing a Waste Mapping Assessment of the island, testing Waste Water Run-Off in Mae Haad and Chalok, building a fence around SKT's Organic Garden and Grass Nursery, removing 87 bags of Rubbish from Chalok Canal and completing just over 100 surveys for Sukhothai University here in Thailand (this survey aims to put an economic value on our coral reefs and other natural resources).

Thanks to all our volunteers from this past month and from previous projects!!



If you have sometime while here on the island and wish to help out with some of our activities, here is a list of upcoming events and activities.

- *Weekly Beach Clean-Ups of Sairee Beach, Every Thursday at 10:30am, meet outside of Bari's Dive Shop*
- *Monthly Land Clean-Ups, last Saturday of every Month, varying locations*
- *Garden Planting & Maintenance, every Tuesday at 9:30am, meet at Koh Tao Info in Mae Haad*
- *Waste Water Testing/Mapping every Tuesday at 1:30pm, varying locations*

For more information on Save Koh Tao's Land Branch projects or to find out about meeting points to join up please see [www.landconservationkohtao.com](http://www.landconservationkohtao.com) or contact us at [landconservationkohtao@gmail.com](mailto:landconservationkohtao@gmail.com)

Written By : Jessica Dinan  
Land Conservation Coordinator



Yoga **Karma Yoga – The Yoga of Selfless Service**

Karma yoga is the yoga of action or work. Its aim is to bring about integration, harmony, and union through action, both on an internal level and also a peace and harmony with the world. It implies selfless, concentrated actions with awareness. The very essence of karma yoga is unselfishness... of doing work simply for the sake of doing it without any expected outcome, such as personal recognition.

This was brought to my attention recently in a yoga class when a student (who is also a yoga teacher in Switzerland) was talking after class about how shocked she was to see so much rubbish on the beach. And even more shocked to see sunbathers sitting on the beach surrounded by the rubbish! I later saw her and her family picking up rubbish on Sairee beach one morning at about 8am.



It was beautiful to see this karma yogi in action... someone on a holiday, taking time out to clean up the beach, not even at a designated "beach cleanup" time! Doing the work with no expectation of recognition, but just with a calling to bring a bit more harmony to the relationship between people and the Earth and sea. And in return, bringing about an inner harmony personally and within with her family.

Perhaps we can all benefit from a bit of karma yoga each day. Dedicating even a small amount of time to "selfless work," when nothing is expected in return, can yield the greatest gifts of peace of mind, higher awareness, wisdom, and love.

Written By : Tracey Cook  
Yoga Instructor

**Yoga and Tai Chi**

There are some relaxing programs and lessons in Koh Tao for your mental, and physical health.

Here are a few classes you can join in.

**Shambhala Yoga (Map No.J11)**

Biggest Yoga Center in Koh Tao with expert instructors trained internationally. Hatha yoga, Pranayam, Meditation class in Blue Wind Resort on north Sairee Beach.

Class start 10:00~, 16:00~, 18:30~ 2hours, Check schedule!

Tel : 084-440-6755

**Bootsabaa Yoga & Joy**

At Avalon (Map No.G18) / Sairee Cottage (Map No.I13) Small groups, private classes are available. Hatha, Yin, Yin to Yang Yoga, Reiki and meditation.

Class start 8:30/ 11:00/ 15:00/ 17:00 Check time and location before you come!

Tel : 087-882-1642

**New Heaven (Map No.I25)**

Very relaxing Yoga class in front of Chalok Baan Kao beach. Total relaxation, Asana Pranayama Yoga on 2nd floor of New Heaven Diving School. Many chances to join local conservation programs and eco-friendly diving also.

Class start 16:00~ (Necessary Reservation)

Tel : 077-457-045

**Stone Age - Tai Chi (Map No.P20)**

Tai Chi lesson with fantastic sea-view on the hilltop is a great reward for the effort to get this remote place. You can enjoy the gorgeous panorama view and fresh drinks after the lessons at the tea terrace. "Tai Chi Yang style, Grand Master William C. C. Chen, Qi Gong Shibashi 18 Movements" Tel : 0811857548



**Thai Massage**



**Royal Thai Massage** Tel: 077-456-472  
One of the best service and massage  
Mae Haad Map No. H18



**Family Massage 1-2** Tel: 085-078-8646  
Mae Haad Map No.M18  
Chalok Baan Kao Map No.I24



**Pai Massage** Tel: 077-456-149  
Chalok Baan Kao Map No.H24



**Chor Chang Massage 1-2**  
Tel: 077-456-602  
Sairee 1 Map No. J12



**SPA**



**Orchid SPA** (Map No.L11)  
Thai traditional style SPA in the middle of  
Sairee Village Specialized Royal Thai Massage  
by experienced masseur and Vegetarian food.  
Tel: 077-456-406



**Jamhokiri SPA** (Map M26)  
Luxury and exotic SPA on a hill-top at Thian  
Og Bay  
With steam sauna, Thai massage, facial  
massage, wrap, aromatherapy, etc.  
Tel: 077-456-400



**Thipwimarn SPA** (Map G7)  
Luxury SPA within nature on a hill-top at  
North Sairee  
With Swedish & Thai massage, reflexology,  
scrub, steam sauna, etc.  
Tel: 077-456-409



**Zest Bakery & Coffee House**  
100% Arabica, Home Made Bread  
Huge variety of fillings, Cheeses  
Vegetables, Meats and Fish

Open Daily 6:00-18:00 Mae Haad & Sairee 077 456 177-8 Map No. G18, J12

Pictured, Actual Photos from Zest

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**08-28 014 014 | GYM-AND-FITNESS.COM**



# Jamahkiri

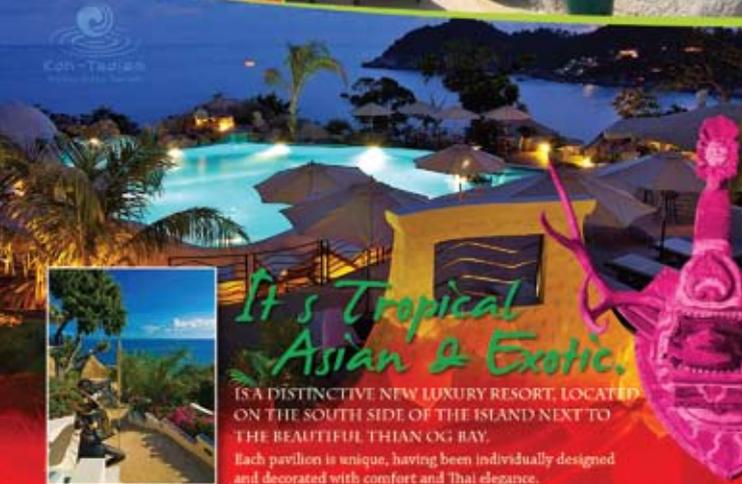
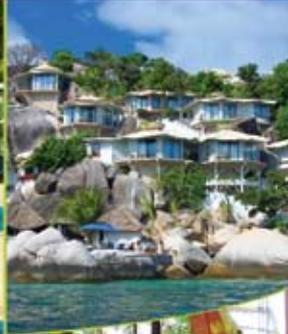
www.jamahkiri.com

# RESORT & SPA

Koh Tao

Reception : +66.77.456.400  
 Reservation : +66.77.456.401  
 Mobile : +66.8.9051.2020  
 Fax : +66.77.456.630  
 Email : info@jamahkiri.com  
 Website : www.jamahkiri.com

Map No. M26



*It's Tropical Asian & Exotic.*

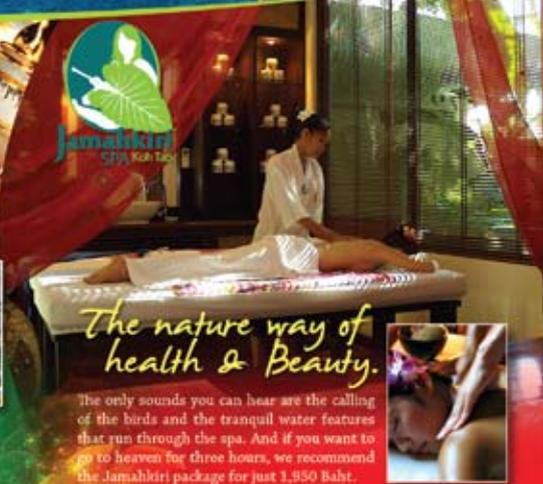
IS A DISTINCTIVE NEW LUXURY RESORT, LOCATED ON THE SOUTH SIDE OF THE ISLAND NEXT TO THE BEAUTIFUL THIAN OG BAY.

Each pavilion is unique, having been individually designed and decorated with comfort and Thai elegance.



**Jamahkiri Restaurant**

TRY A DINNER AT BENJARONG THE ONLY GASTRONOMIC RESTAURANT ON KOH TAO.



*The nature way of health & Beauty.*

The only sounds you can hear are the calling of the birds and the tranquil water features that run through the spa. And if you want to go to heaven for three hours, we recommend the Jamahkiri package for just 1,950 Baht.



# "Sabai Jai Room" Tanote Villa Hill



This resort opened last may 2011. The villas and facilities are still brand-new and very comfortable. All villas have a great sew-view from the balcony or mountain-view. The swimming pool and wood-deck terrace at the restaurant have a panoramic sea-view. You may enjoy a beautiful sunrise or sunset from here during your stay.

The resort is located in the centre of Tanote bay and surrounded by gorgeous landscape. It's the ideal bay for multi-activities such as climbing, trekking, cliff-jumping, snorkeling and kayaking. The underwater landscape of this bay is also amazing. It takes only 5mins to the beach from the resort.

You will find peaceful "sabai jai" staying at Tanote Villa Hill.

It's the only luxury resort in Tanote Bay.  
077-457-114/ Map No.P20



## Tanote Villa Hill

*Luxury resort in the middle of gorgeous scenery  
Situated on secluded Tanote Bay with stunning land and seaview.*



*Perfect place for multitude  
of activities & peaceful holiday!*

**Tanote Villa Hill**

Contact: 082-812-2005, 077-457-114  
tanotevillahill@gmail.com

Map No. P20

## Recommended Accommodation



Koh Tao has more than 120 bungalows and resorts dotted around the island. You will find some accommodations with great seaviews in different price ranges here.

**Budget Class** : up to 700B / **Mid Class**, up to 2000B / **High Class**, Over 2,000 B \*(HS)=High Season

Mae Haad



**Utopia Suites** : Mid Class-High Class  
Room Rates / Night 600B~1,600B-3,500B (HS)  
Neat & comfortable Hotel, Conveniently 2 min from Pier  
**Facility** : Restaurant, Kitchen in room  
**Tel** : 077-456-729 (Map G19)



**Sensi Paradise Resort** : High Class  
Room Rates / Night 3,100B~11,900B-13,900B (HS)  
Exquisite Thai-style beach resort with beautiful tropical garden  
**Facility** : Restaurant, Massage, Boat Charter  
**Tel** : 077-456-244 (Map F19)



**Bottle House Baan Sabai** : Budget Class  
Room Rate / Night 400B- Monthly Discount  
Comfortable rooms and bungalows with herbal garden.  
**Facility** : Bar Kitchen, Aroma/Reiki therapy and spiritual guidance  
**Tel** : Tel:077-456-742/ Colinot:084-465-1882 (Map No.L13)

Sairee



**Koh Tao Star Villa** : High Class  
Room Rate/Night 3,000~24,000B(HS)  
Very neat and luxury villa with panoramic sea-view. Friendly Owners.  
**Facility** : Kitchen and living room, sea-view balcony  
**www.kohtaostarvilla.com** (Map M14)

Chalok Baan Kao



**View Point Resort** : Mid-High Class  
Room Rates / Night 800B~6,000B-12,000B (HS)  
Panorama seaview villa with swimming pool and bungalows on the cape  
**Facility** : Restaurant, Kayak Rent  
**Tel** : 077-456-444 (Map F26)



**Freedom Beach Resort** : Budget-Mid Class  
Room Rates / Night 400B~1,500B  
Thai island style bungalows on cozy beach,  
**Facility** : Restaurant, Bar  
**Tel** : 077-456-596 (Map H28)

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Map No. G7





Great Seaview from relaxing hilltop terrace  
BBQ Seafood & Thai Food  
Cozy Seaview Room  
Open 8:00 - 22:00 Tel. 077-456-462

New Heaven

Map No. J27





## Island's Entertainments

Koh Tao has unique island-style entertainments. New experience, a change between diving or a warm-up for paradise night?



### KT Bowling & Minigolf

Hand-operated bowling (4 lanes) and tropical 18 holes mini-golf course. It's simply Fun! Pool bar and restaurant. Open 11:30-23:30 Mon-Closed (Map No.I20) Tel: 077-456-316



### Island Muay Thai Boxing

Watch Muay Thai fights at the stadium a few nights a month. You can even train and fight in a competition. Mosoon Gym is attached to the boxing camp. Fights Start 21:00 (Ask locally or check their poster. for schedule.) Map No.K13



### Captain Nemo – Pool Hall & Bar

Enjoy a game of pool and your favorite cocktail surrounded by fantastic wall paintings of the submarine world. Nice music. Clean and comfortable pool hall, bar and guesthouse. Open 17:00~ Tel: 086-090-7996 (Map No.H18 Near Post office



### The Screening Room – Movie-Lounge & Garden Restaurant

Watch your favorite film from a huge selection & relax in style and comfort. 2 Mega screens, food, drinks, popcorn available. Map No.K12, Opposite Asia Dive Resort



### The Queen's Cabaret

Gorgeous ladyboys cabaret show. Buy drinks or cover charge 200B for entry. You may get a chance to join the show! Show starts 10pm every night at Sairee Plaza. (Map No.J12) Tel : 087-677-6168

## Popular Thai Food



### Travel globally, eat locally!

Thailand is abundant in fresh ingredients such as meats, seafood, vegetables, rice and noodles. And there are various dishes influenced by Chinese and Malay. On Koh Tao, you can find many kinds of Thai foods from the street stalls to fancy restaurants.

Along the main street stretching 2kms from 7-11 at Mae Haad to 7-11 at Chalok Baan Kao, approximately 20 vendors and small local restaurants offer you authentic Thai food, depending on the time and season.

The stall vendors are grouped together and the restaurants are dotted along the street. You can walk along or drive a bike stopping by some of your favorites. Most of the local restaurants don't have proper menus, though, but you can easily choose some ingredients and dishes from the display or order simply by taking the following menu with you when you go to dine.

Local foods are mostly cooked with spices, herbs and fresh ingredients which have plenty of valuable nutrients for good health on a tropical island. Eating authentic Thai food with Samunphrai is not only a tasty, rewarding experience, but also great for your health.

## Noodles Soup / Khuai-Thiao

Thai noodle soup is one of the most fascinating food cultures in Thailand. Here is a guide for how to order your noodle soup. Find your favorite noodle soup!

### Order : 1st.Noodle + 2nd. Main Ingredients + 3rd . Soup

#### 1st. Choose your noodle



#### 2nd. Choose your main ingredient



#### 3rd. Choose your soup



#### Order : Noodle + Main Dish + Soup



#### 4th. Seasoning

Thai dishes are basically seasoned with 4 kinds of flavors such as sweet taste, salty taste, sour taste and spicy taste. And when you eat noodle soup, you can add these 4 tastes to suit your liking. Sugar/Dry chili powder/Chili vinegar/ Peanuts/Chili oil/ Fish sauce, etc



## CAPPUCCINO Bistro

FRENCH BAKERY AND PASTRY

Recommended by ALL MADE FRESH DAILY BY FRENCH CHEF !



" Simply the best breakfast " well healthy with a real coffee. Test the original French Croissant and the traditional. French baguette Sandwich, Panini, hamburger, salad, fresh fruit shake, birthday cake, pastry and much more...ask for take away. **Open 6 am. to 6.00 pm.**

Located : Mae Haad Map No. G18

: Chalok Baan Kao Map No. 124

## Taste of Koh Tao

Try new experiance!

There are a variety of noodle shops and stalls on the island.



### 996 (Roasted Duck)

**Sairee Village Map No.J12**

The many kinds of noodles with duck, chicken and pork. Roasted and stewed duck are very tasty. Variety Thai dishes are available at night. Open 9:30



### No.4 - Chai See Mee Gure

**Map No.120**

Very popular noodle shop for locals. "Yellow noodle with red Pork" is worth to try! Open only at night.



### Nui's Mobile shop

**Sairee Beach Road**

This mobile noodle shop sell Naam Tok(Soup with blood) with Chicken/Pork. On Sairee Beach Road. 10am to 3pm.



### New Song- Noodle Shop

**Map No. 121**

This restaurant sell Thai food as well. Yellow and green noodle with crispy pork is very tasty. Noodle counter open 6pm.



## International Restaurant New Heaven Restaurant & Resort

This restaurant offers tasty Thai dishes, western dishes and also serves sandwiches with home-made breads. They have a variety of menu and would cater for both Thai's and western's expectations.



"Deep fried fish with Thai chili-lime sauce" or "BBQ seafood" are delicious main dishes for dinner. Try wraps or sandwiches for breakfast and lunch with home-made bread from sister's bakery!

The restaurant creates fine dishes and very relaxing atmosphere with panoramic sea view. The restaurant is located on the hill top. The half of the restaurant is open-air and overlooks beautiful Thian Og Bay. If you are lucky, you have wonderful dinner with moon & stars, even can see the moonrise from the restaurant.

**New Heaven Restaurant & Resort**  
Cozy seaview villas are also available!  
Chalok Baan Kao Map No. J27  
Open 8:00~22:00  
Reservation: 077-456-462




**barracuda**  
RESTAURANT & BAR

**Fish & Seafood Restaurant**  
"Thai Fusion" & Western Dishes  
Sairee Village, next door to  
The Queens Cabaret

**"The largest selection of fresh fish & seafood available on the island"**

Food Served 16:00 - 23:00  
For reservations please call: 0801463267  
[www.barracudakohtao.com](http://www.barracudakohtao.com)




**EL GRINGO**  
MEXICAN RESTAURANT

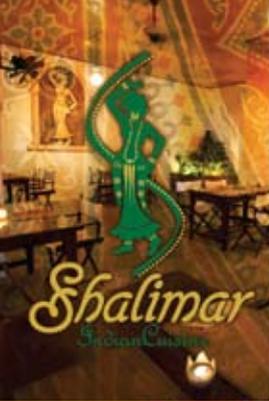
**10 YEARS IN KOH TAO**

MEXICAN, WESTERN, THAI FOOD  
BBQ, PIZZA, STEAK AND DESERTS

**HAPPY HOUR 17:30 - 20:00**

TEL: 077-456-323 OPEN 9:00 - 23:30  
Map No. J12 SAIREE

**MEXICAN HOUSE**



**Shalimar** Indian Cuisine  
 Open Noon – Late. Map No. J12  
 Delivery service available. 077 456 740

Ayurveda is a holistic science that encourages healthy balanced living. It places great emphasis on the maintenance of health through close attention to balance in one's life, right thinking, diet, lifestyle and the use of herbs. Ancient Ayurvedic texts prescribe the herbs and spices for curative and therapeutic functions.

For instance, black pepper soothes sore throats. Chili peppers contain vitamin A and more vitamin C than citrus fruit. Cinnamon reduces nausea and congestion. Cumin is good for colds and fevers and purifies the blood. Garlic lowers cholesterol and blood pressure. Ginger is believed to be an aphrodisiac and helps to alleviate rheumatism. In India the after dinner mint uses fragrant spices such as fennel, cardamom or cloves. Effective mouth fresheners, they aid digestion and prevent heartburn.

At Shalimar we prepare dishes from all regions of India. All dishes are prepared in traditional method using a variety of spices and herbs for the best tastes. Enjoy meals prepared by authentic Indian chefs and relax in a beautiful garden setting. Afterwards, enjoy smoking flavored tobaccos in our sheesha lounge. We are located on the main road in Sairee beach.

## Travel Koh Tao

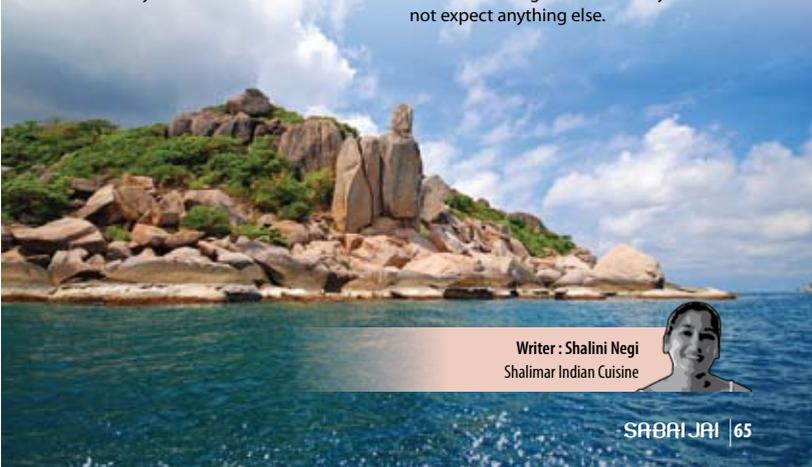
When I first moved to Koh Tao there was only electricity for 6 hours a day, a queue for the few internet accessible computers, only rustic fan bungalows, no swimming pools, and many bays didn't even have phone lines. These days you have your choice of cuisine from your home country, the latest film releases, and all the comforts of home. So, in little more than a decade what has happened?

As tourists, we are often reluctant to immerse ourselves in the local culture and this means that in order to keep our custom, local communities must adjust to our needs. Traditional food, wares and customs are replaced with those of our own homeland, effectively creating a home away from home.

The irony is that some of us are still complaining even though we've gotten what we want. The slow boats have been replaced with high speed catamarans, but now there are too many tourists and too much rubbish. Now there's wi-fi, luxury A/C resorts and 24 hour power but all the electrical lines are unattractive.

Many of us moved to or visit Koh Tao for its natural beauty. Eventually, Koh Tao will stop being a paradise, and tourists will move on to a new paradise and the cycle will continue. As happened with Samui, Ibiza, Phuket, the Caribbean...

By demanding that destinations change to meet our demand we are taking away the very essence of a place. Therefore, in order to travel responsibly we must accept the surroundings for what they are and not expect anything else.



Writer : Shalini Negi  
 Shalimar Indian Cuisine





*Dolce Vita*  
koh tao

## Restaurant, Pizzeria and Wine Bar

Located in Mae Haad Pier

Our chef Massimiliano (Max), after 15 years of experience in the Mediterranean area introduces the traditional Italian cuisine in Koh Tao.

Using only the finest imported products come to find the authentic flavors of Italy, in a relaxing atmosphere.

We are partner of "slow food" world association.

European direction.

We speak Italian, English, French and Thai



Chef Max

For reservation, please call: 084 845 3785

Map No. H18



**か** 酒処・めし  
**かくれ家**  
Kakureya Japanese Bar Restaurant

Japanese IZAKAYA (Bar-restaurant) style  
Kakureya offers you Japanese dishes & drinks in Koh Taos natural environment.  
Relish Japanese meal and hospitality to the full.



ちょっと一杯飲めるお店です。お気軽にどうぞ。



### Authentic Japanese taste

Japanese owner-chef creates real Japanese food with fresh and selected ingredients from local market and Japan.

Open 18:00-22:00 Weds Closed

Reservation 086-059-0408

5-10 min from Mae Haad Pier

Map No. G19





## The Best Home-Made Ice Cream & Cake!



## KOPPEE BAKERY & INTERNETCAFÉ



Located at the centre of Chaikri Bean Kao beach our stylish coffee shop is a hot spot to visit and not only for coffee lovers.

As well as freshly brewed local coffee, we have an extensive menu including breakfast, freshly baked breads, pies, brownies and cakes, real 100% juices, deluxe sandwiches and daily specials from around the world.

If it's quality food you like come to check us out. Bring your own lap top and surf while enjoying great tasting food.

Service including smile!!!

Map No. 125



Home-made ice Cream

### Special Recommend!

## Respect is a very important part in life here in Thailand.

Many tourists enjoy our (Thai) comfortable and peaceful outlook that respect helps to cultivate. There are three main areas of respect that I would like to focus on which I feel is useful in this context. These are respect for culture, respect for people and respect for nature.

### 1. Respect for culture.

As most of you reading this article will be travelers, guests coming from another country, learning and understanding about local ways and culture is a positive action. On Koh Tao I notice many tourists around the temple and school wearing only bikinis or no shirt for the man. O.K. so I know that it is hot, but bare bodies have their place and in Thailand the school and the temple are not this type of place. Even along the street people should think about how they effect the local community. This is not a case against personal freedom but rather a matter of some thoughtfulness. Everybody is welcome to the temple, but please remember to take off your shoes, and no pointing of the feet, a little bit of sensitivity to local culture will go a long way to making your stay more enjoyable.

### 2. Respect for people.

Everybody comes to this island paradise to enjoy themselves, however our ideas of enjoyment are as diverse as the marine life!! Some may enjoy the peacefulness of a quite secluded bay, others the beat of the bass till the early morn. We can all live happily together if only we share some respect for the other people around us.....If you don't like noise why stay in the bungalow next to the night club? Your ways maybe good for you but others may have a different point of view. You may enjoy riding your ATV at top speed through the dusty road but .....



### 3. Respect for nature.

As most people come to Koh Tao only for a short time they may feel that their actions have no or a limited effect on the island. I disagree as the main reason there is any disturbance to the natural environment is you, Human Being, you could argue that we are a part of nature, as indeed we are, so we should respect nature as our mother. You can do this everyday of your life it doesn't matter where you are. If we respect nature we can live much more closely in balance with it, creating greater harmony in the song of life. As a tourist, if you would like to respect nature, the best you can do is support resorts, restaurants, dive operators and other businesses that have the same 'respect the nature mind set'. Support them with your cash and your voice, let them know why you are there.

**If you live here then support some of the Save Koh Tao and other positive activities that may be happening. It only takes a little time and effort to find out what is going on..**

Written by : P'Kaen Maleephan Zahri  
Koppee Bakery & internet café



# Timetables



## Lomprayah Catamaran

<b>Koh Tao</b> ▶ Phangan ▶ Samui ▶ Suratthani ▶ Samui ▶ Phangan ▶ <b>Koh Tao</b>
- DEP. 07.15 DEP. 08.00 DEP. 10.10 DEP. 11.15 DEP. 13.00 ARR. 16.40
DEP. 09.30 DEP. 12.00 DEP. 12.45 DEP. 15.30 DEP. 16.30 - -
<b>Bangkok</b> ▶ Hua Hin ▶ Chumporn ▶ <b>Koh Tao</b> ▶ Phangan ▶ Samui
DEP. 06.00 DEP. 08.30 DEP. 13.00 DEP. 15.00 DEP. 16.20 ARR. 16.40
DEP. 21.00 DEP. 23.45 DEP. 07.00 DEP. 09.30 DEP. 11.00 ARR. 11.20
<b>Samui</b> ▶ Phangan ▶ <b>Koh Tao</b> ▶ Chumporn ▶ Hua Hin ▶ <b>Bangkok</b>
DEP. 08.00 DEP. 08.30 DEP. 10.15 DEP. 13.00 DEP. 17.15 ARR. 20.30
DEP. 12.30 DEP. 13.00 DEP. 14.45 DEP. 17.00 DEP. 21.45 ARR. 00.30



## Seatran Discovery

<b>Bangkok</b> ▶ Hua Hin ▶ Chumporn ▶ <b>Koh Tao</b> ▶ Phangan ▶ Samui
DEP. 20.30 DEP. 24.00 DEP. 07.00 DEP. 09.30 DEP. 11.00 ARR. 11.30
- - - DEP. 15.00 DEP. 16.00 ARR. 17.00
<b>Samui</b> ▶ Phangan ▶ <b>Koh Tao</b> ▶ Chumporn ▶ Hua Hin ▶ <b>Bangkok</b>
DEP. 08.00 DEP. 08.30 DEP. 10.00 - -
DEP. 13.00 DEP. 14.00 DEP. 16.00 DEP. 20.30 DEP. 24.00 ARR. 05.00



## Night Boat

<b>Suratthani</b> ▶ <b>Koh Tao</b> ▶ <b>Koh Tao</b> ▶ <b>Suratthani</b>
DEP. 23.00 ARR. 07.30 DEP. 20.30 ARR. 05.30
<b>Chumporn</b> ▶ <b>Koh Tao</b> ▶ <b>Koh Tao</b> ▶ <b>Chumporn</b>
DEP. 00.00 ARR. 06.00 DEP. 22.00 ARR. 05.30



## Song Serm Express Boat

<b>Bangkok</b> ▶ Chumporn ▶ <b>Koh Tao</b> ▶ Phangan ▶ Samui ▶ Suratthani
DEP. 18.00 DEP. 07.00 DEP. 09.30 DEP. 11.30 DEP. 13.30 ARR. 16.00
<b>Phangan</b> ▶ <b>Koh Tao</b> ▶ Chumporn ▶ Hua Hin ▶ <b>Bangkok</b>
DEP. 11.30 DEP. 13.30 DEP. 20.00 DEP. 02.30 ARR. 04.00
<b>Bangkok</b> ▶ Suratthani ▶ Phangan ▶ <b>Koh Tao</b> ▶ Samui ▶ Chumporn
DEP. 18.00 DEP. 08.00 DEP. 11.00 DEP. 12.30 DEP. 14.30 ARR. 17.00



บริษัท ลอมพรายเฮาท์ จำกัด  
**LOMPRAYAH**  
 ISO 9001:2008  
 HIGH SPEED CATAMARAN

Koh Tao ➔ Koh Phangan ➔ Koh Samui ➔ Suratthani ➔ Andaman

Fast... Safe... Convenience



**NEW ROUTE**  
 เปิดเส้นทางใหม่

**KOH TAO**  
 เกาะเต่า

**Andaman Coast**



More Information

BANGKOK : 02-629-2569 • HUA HIN : 032-533-739 • CHUMPORN : 077-558-212  
 KOH TAO : 077-456-176 • KOH PHANGAN : 077-238-411-2, 077-238-981 • KOH SAMUI : 077-427-765-6

[www.lomprayah.com](http://www.lomprayah.com)

# Village Map

## Mae Haad Village

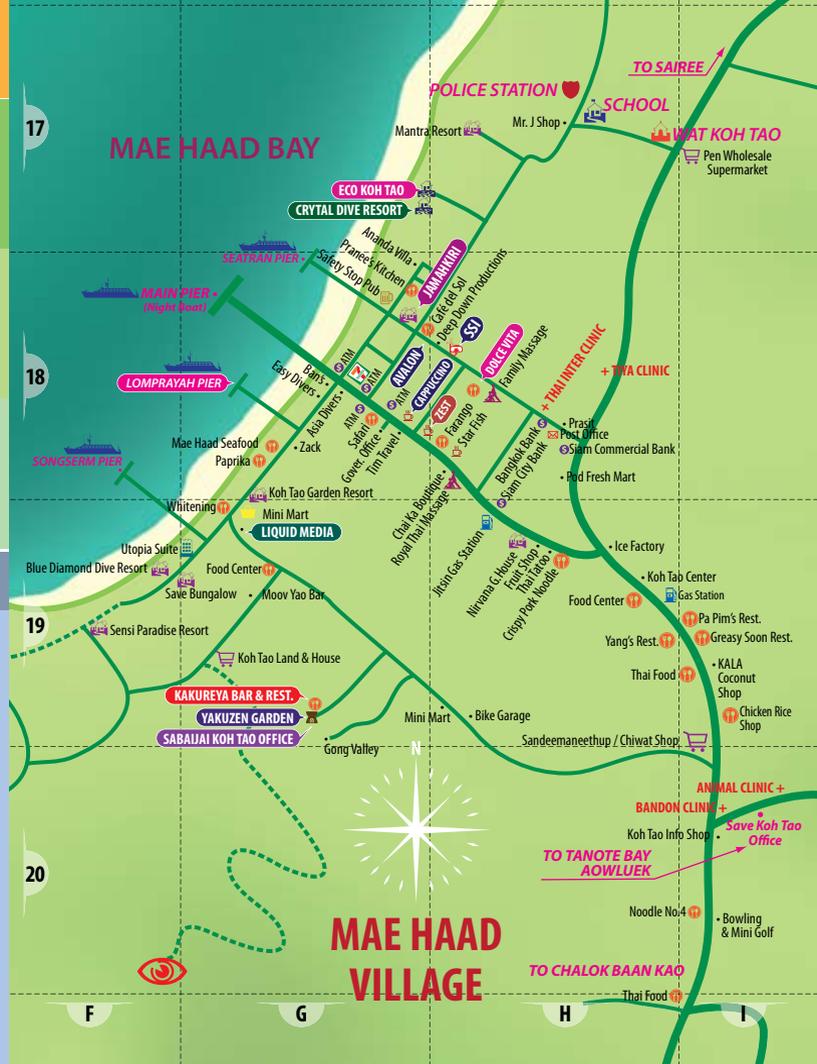
Mae Haad is the main village on Koh Tao and it houses the piers from which all boats arrive and depart. The village has been developed for both locals and travelers. And you can find local food centers and many international restaurants.

## Sairee Village

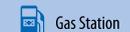
Sairee Village is Koh Tao's most popular and populated area. Along the 1.7 km long beach you can find a relaxing beach-road with many restaurants, resorts and night spots. This village also has many activities, shops, and diving centers where you can spend a great day and night.

## Chalok Baan Kao Village

This village has many relaxing bungalows and resorts for travelers preferring to stay in a more tranquil area. You can find a few general stores, supermarkets, Internet cafés, Thai massage, and BBQ restaurants around 7-Eleven.



## Public Facilities

-  Boat Pier
-  Bank / ATM
-  Post Office
-  Government Office
-  Clinic
-  Police Station
-  School
-  Gas Station
-  Temple & Shrine
-  General Store
-  Supermarket

## Traveler's Facilities

-  Restaurant
-  Café Bakery
-  Bar & Pub
-  Resort & Bungalows
-  Hotel & Guest House
-  Diving Resort
-  Diving Center
-  Travel Agent
-  Adventure Agent
-  Internet Café
-  Bike Rental
-  7-Eleven
-  Thai Massage
-  Spa
-  Viewpoint







# The Sacred Spiral

Have you ever recognized a little secret of spiral in this world?

In the natural world, even the flower that blooms in the field or the shell found in the beach, and tornadoes, wind, water, or our DNA and a curl of hair, all of them keep this beautiful symbol secret. And we are spinning around in the spiral of a big nebula. The spirals are everywhere and within ourselves.

The spiral symbolizes the connection of energy and consciousness, all human beings, all creations on this planet.

Throughout history, all ancient beings and all cultures have shared this same sacred symbol without any way of communication over distance or time.

And, this symbol means "god", "oneness", "Nature", "all living things" or "the cycle of life". The spiral, the most prehistoric and the most ancient symbol, has existed for more than tens of thousands of years on this earth. We human beings have been realized the same symbol beyond time and place.

The spiral, the connection of energy and consciousness, exists in the world from minimum unit of an elementary particle throughout the whole universe as the maximum unit.

It exists here beyond our words and images.

It exists everywhere whether or not we awaken to it.

The natural wonders of Koh Tao have the potential to bring deepen our awareness to this mysterious symbol, the spiral. 'Now we are in the spiral called "The Universe"' as one life existence.

And "We are one with the wisdom of "The Universe" called a spiral", as a human being.

\*\*The spiral and the ripples drawn in the logo of "Koh-Taoism" the group of our supporters and sponsors. We hope extend outward our activities and publishing create a great spiral and spread as the ripples.

Written By : Takashi Hirasawa  
Sabaijai Production







# A FUSION OF ARCHITECTURE & NATURE



Chalok Baan Kao, Koh Tao THAILAND • Tel. +66.7745.6444, +66.7745.6666  
[www.kohtaoviewpoint.com](http://www.kohtaoviewpoint.com)

Map No. F26

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