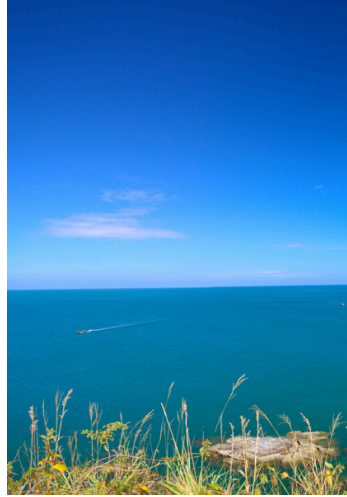
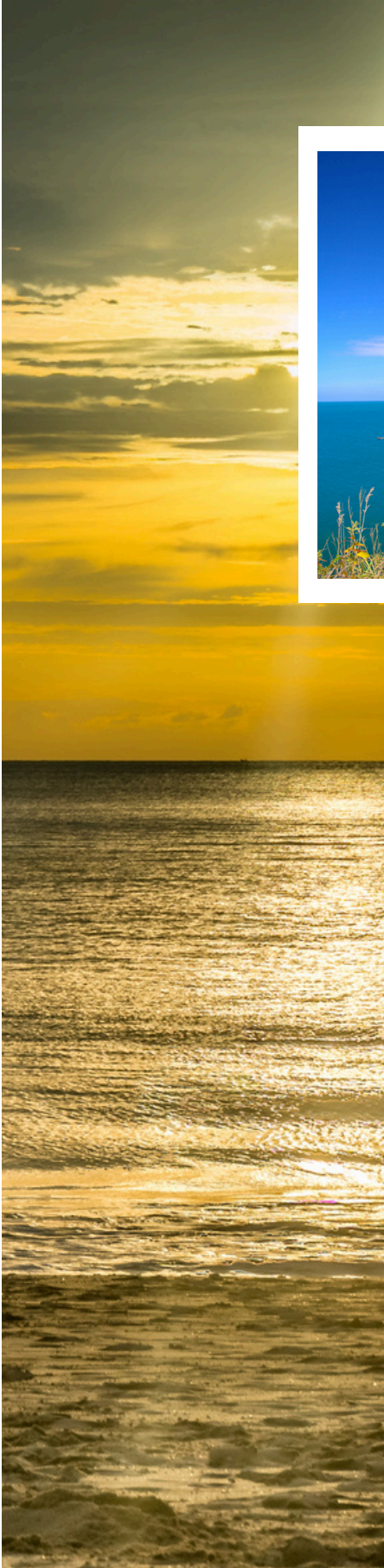


# Things to do & see



Koh Lanta is a beautiful and serene island in Thailand, located in the Andaman Sea. It's known for its stunning beaches, crystal-clear waters, and laid-back atmosphere.

The island is a popular destination for travelers seeking a peaceful getaway away from the hustle and bustle of more touristy areas in Thailand.

The island is divided into two parts: the smaller, less developed Koh Lanta Noi, known for its quiet vibe and traditional fishing villages; and the larger, more touristy Koh Lanta Yai, famous for its beautiful beaches and tropical landscapes.

A motorbike is the best way to explore, but roads can be rough, so drive carefully and always wear a helmet.

# Things to do & see

## SALADAN DAY & NIGHT



### **SALADAN MARKET**

Discover the vibrant Saladan Market, filled with handmade crafts, batik prints, sarongs, and unique local gifts. It's a great place to find souvenirs and soak up the local vibe.

### **SALADAN FOOD WALKING STREET**

This vibrant night market kicks off at 5 p.m.—perfect for sampling grilled seafood, pad thai, green curry, and mango sticky rice in a lively local setting.

### **RESTAURANTS ON STILTS**

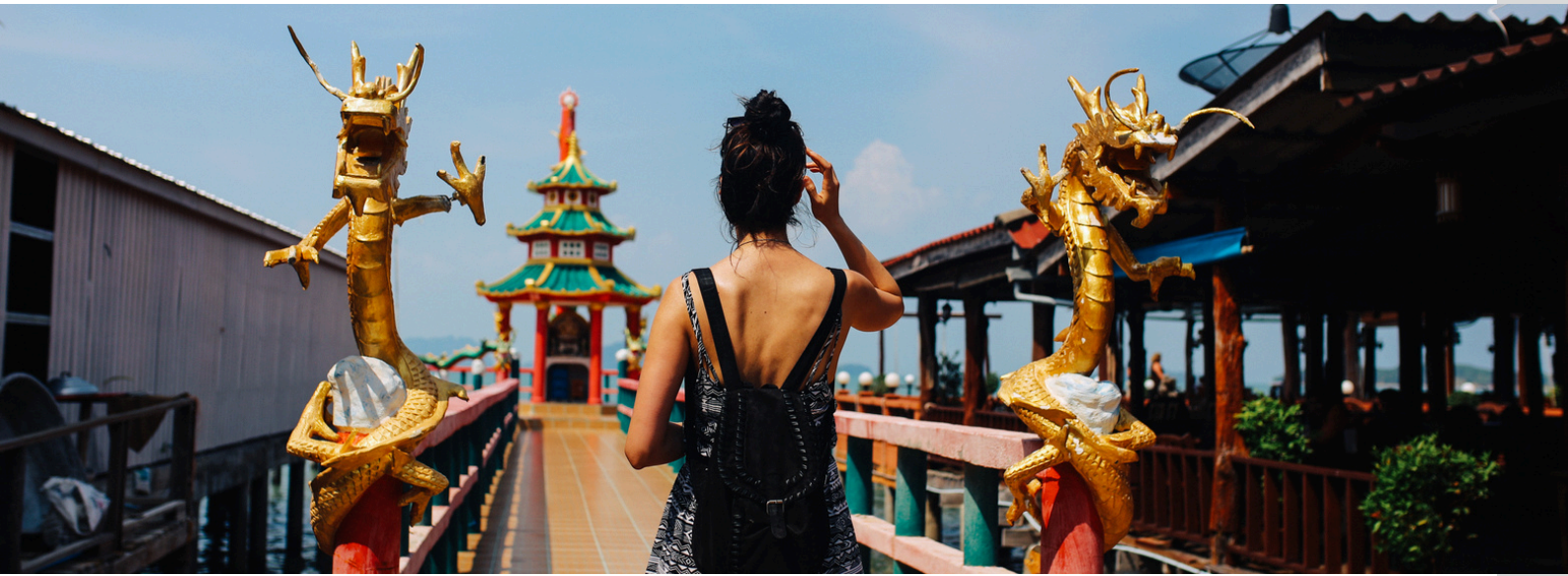
Dine above the Andaman Sea on stilted restaurants, savoring fresh seafood and Thai dishes with stunning ocean views—perfect for a romantic evening or a relaxed family meal.

\*The Market, Walking Street, and some restaurants are only open during the High Season (October–April).



# Things to do & see

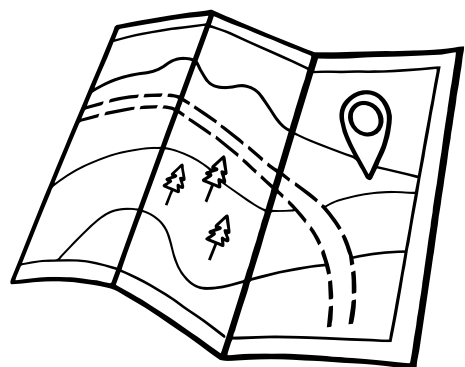
## OLD TOWN FOR THE DAY



Once a key trading port between Phuket, Penang, and Singapore, Ko Lanta's Old Town is now a **charming, historic area** with **stilted wooden houses** and **scenic views**.

Small shops sell **local crafts** like handmade jewelry, batik, and carvings, while restaurants offer fresh seafood and a mix of Thai and international dishes.

Don't miss a visit to the **Koh Lanta Community Museum** for a deeper look into the island's past.



# Attractions

## MAI KEAW CAVE

A large cave north of the National Park. A guide is required, and basic climbing skills are needed. Once inside, be prepared for narrow passages and occasional crawling.

## KHLONG CHAK WATERFALL

An easy jungle trail leads to a 25-meter waterfall, most impressive during the wet season. The nearby cave is also accessible by a short trail.

## NATIONAL PARK

Accessible from the west coast road. A 1.7 km circular trail offers a moderate hike with stunning views, turquoise waters, and dusky langurs.

## KAYAK TOUR

Explore Koh Aung, Koh Phee, Koh Talabeng, Koh Bubu, and the mangroves on a half or full-day kayak adventure. Discover serene beaches, limestone islands, hidden caves, and sandy shores.

## FISHING TRIP

Join local fishermen on colorful longtail boats for a hands-on fishing experience. Learn angling techniques while enjoying the beauty of the Andaman Sea.

## SUNRISE GONDOLA RIDE

Glide through the mangroves at Tung Yee Peng Village and witness the stunning sunrise or sunset from a gondola.





## KOH BUBU

Just a 15-minute boat ride from Old Town Pier, this private island offers a peaceful escape with a single resort and tropical jungle surroundings.

## KOH ROK/KOH HAA

Ideal for snorkeling, diving, and beach relaxation, these islands offer stunning scenery and rich marine life.

## KOH JUM

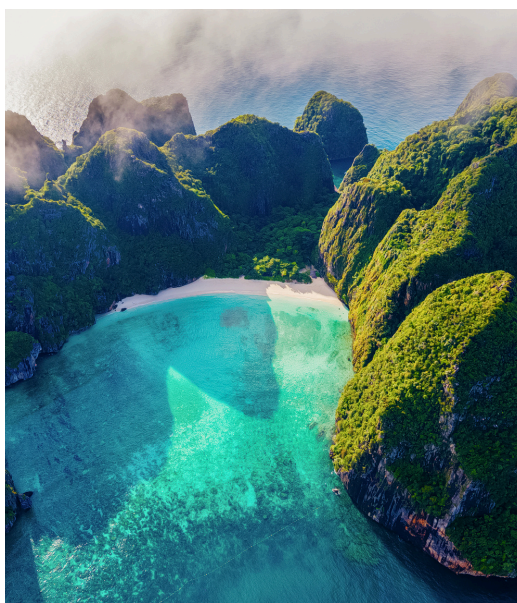
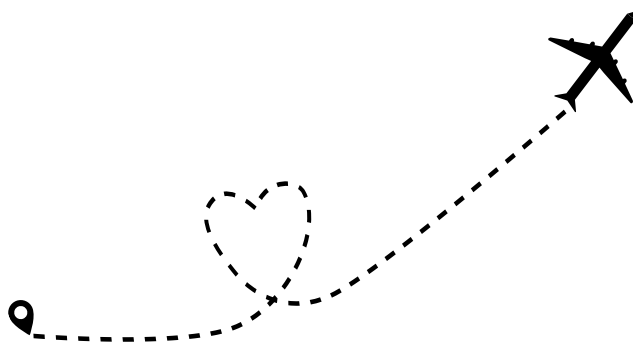
Known for its serene atmosphere and pristine beaches, this quiet island has a mix of simple bungalows and luxury resorts.

## 4 ISLAND TOUR

Snorkel at Ko Chuek, visit the Emerald Cave at Ko Mook, enjoy lunch and beach time at Ko Ngai, and snorkel at Ko Mah. Optional visit to Ko Kradan.

## KOH PHI PHI

Famous for its clear waters, lively marine life, and attractions like Maya Bay, Viking Cave, and Monkey Beach. Phi Phi Don also offers nightlife and various accommodations.



# Activities & more!



## **COOKING CLASS**

Join a Thai cooking class and discover the secrets behind Thailand's most beloved dishes.



## **FOLLOWING GIANTS**

Observe elephants in their natural habitat on this elephant-friendly tour, offering a close look at these gentle giants.

## **LANTA ZIPLINE**

Glide above the treetops with zipline rides and enjoy breathtaking views of the Andaman Sea.

## **DIVING & SNORKELING**

Explore vibrant marine life and stunning underwater landscapes with experienced local dive operators offering guided dives and snorkeling adventures.



## **MUAY THAI, HIIT, CROSSFIT & BJJ**

Train Muay Thai at one of the many local gyms, join a high-intensity interval training session, take part in a CrossFit workout, or practice Brazilian Jiu-Jitsu.

## **LANTA ANIMAL WELFARE**

Is a non-profit working to protect and improve the lives of homeless, sick, and injured animals. They promote adoption, raise awareness, and strive to end animal homelessness. Volunteers welcome!

## **YOGA CLASSES**

Enjoy holistic health and seaside relaxation at a peaceful yoga retreat, offering classes and wellness activities suitable for all levels.

## **BATIK WORKSHOP**

Create a textile masterpiece with the ancient art of batik, using wax and dye to bring intricate designs to life.

FOR MORE DETAILS, JUST ASK AT THE RECEPTION — THEY'LL BE HAPPY TO HELP.