



SeaSky Restaurant | News | Sundowners | Lifestyle | White Bar

Layana Resort & Spa — Koh Lanta Yai, Thailand

HEAVENLY

MAGAZINE

www.layanaresort.com



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A MESSAGE FROM YOUR GENERAL MANAGER

Dear Valued Guests,

Welcome to Layana Resort & Spa, where we blend the elegance of our tropical hideaway with traditionally warm Thai hospitality. Our five-star service and the spirit of Layana will, we are sure, allow you to discover a sense of personal renewal.

Our facilities here are, we believe, second to none...

The White Bar, alongside the Wellness Pool, is the perfect place to relax with a balanced and healthy selection of food and beverages, perfect after a workout or one of our many exquisite Spa treatments.

On the beachfront you will find our dining restaurant SeaSky offering a wonderful daily breakfast buffet and featuring a superb a la carte menu of Thai and light Mediterranean cuisine for lunch and dinner.

Our Sundowners Bar offers you a unique and exquisite beverage selection including our creative selection of Thai inspired cocktails, and, I must admit, it is my personal favorite spot for admiring the stunning daily sun-sets.

Outside the resort, Koh Lanta's beautiful beaches, landscapes and culture wait to be explored with activities and excursions that our team will be happy to arrange for you.

We truly hope that you will enjoy your time with us; in the meantime, if there is anything we can do for you, please do not hesitate to contact the front desk, duty manager or myself.

With warm tropical regards,
Ansgar Schlemmer



“They say, whatever it is you are looking for, you will find here.”



A warm welcome to your Layana Resort & Spa

Restaurants & Bars



Mediterranean and Thai Cuisine

Visit SeaSky Restaurant to experience contemporary Thai and light Mediterranean cuisine featuring seasonal and daily specials such as Pla Kapong Thod Lui Suan, a Thai-style grilled local Sea Bass, Sous Vide Octopus or a Grilled Watermelon and Capsium Gazpacho.



A Siamese Journey at Sundowners

Sundowners Bar & Lounge features a unique cocktail selection focusing on Thai flavors and local products. Premium spirits from all corners of Thailand, such as Chalong Bay Rum from Phuket, are blended with local fruits and herbs to take you on a unique tasting experience.

And, with its sublime beachfront setting, Sundowners is the ideal place to relax and mingle.



The trendy and healthy White Bar nestles alongside the resort's Wellness Pool, and is just steps away from the well-equipped Fitness Center and award-winning Linger Longer Spa. What could be better than enjoying a super healthy pressed juice, 100% made from fresh fruit and vegetables? Fresh, healthy juices that will improve your sleep, reduce stress and fully reboot your system.

Executive
Chef
Patrick Vitti

What is your favorite cuisine to cook?

My favorite style is Thai Mediterranean fusion cuisine that combines elements of different culinary traditions. To cook this kind of food allows my creativity to run free and makes each new dish unique.

How would you describe the atmosphere with your team?

Teamwork is very important for me with my kitchen team, only when you are strong together can the final product shine.

What do you value most about being a chef?

What I appreciate most about my job is the infinite variety of people you get to know, the creativity and the fact that you can improve yourself every day.

Your favourite dish?

(Available at Layana)

Sous Vide Octopus with Baby Turnips, White Beans & Saffron Stock

Not only is octopus one of my favorite seafood, I also love working with it and turning it into a wonderful dish.

The ingredients you cannot live without?

My indispensable ingredients are ginger and chili. These two ingredients give each dish a special freshness, spice or scent and are a deep connection with Thailand.

Which Thai dish do you recommend everyone try while visiting Thailand?

Pla Kapong Thod Lui Suan

This dish is one of my favorite dishes in Thailand, a unique mix of freshness and spiciness together with the Sea Bass.

What is your favourite drink?

I like to drink Spezi which is a Coca Cola Orange mix from Germany. It is incredibly refreshing after a busy & hot day in the kitchen.

What do you like to do in your free time?

In my free time, I like to spend my time on the beach, which in my opinion is the best place to gather strength for new challenges.

What do you like about Thailand?

Thailand is an exotic country, there is so much to appreciate and enjoy that is unique. The culinary of this country fascinates me the most, the variety of the very different flavors which together become a true explosion of enjoyment.

Which Chef is your biggest inspiration?

My biggest inspiration is the greatest kitchen legend of all time Paul Bocuse. He was one of the co-founders of the then newly developed "*Nouvelle Cuisine*" in 1969, which has become known for freshness and the highest quality of the individual products. Paul Bocuse has always shown that you can achieve anything with sufficient enthusiasm.





SeaSky Restaurant Culinary Impressions

Tao Hou Satay



Tropical Breeze



Dok Kalum Tod Grob



Thai & Mediterranean



Yellow Fin Tuna



French Duck Breast

Sea Bass



Chinese Pumpkin



Tomato-Vanilla Risotto



Spinach Tagliatelle



Desserts



Layana Lava Cake



Sundowner Bar Impressions



Siamese Cocktail Journey



Siam Journey



Som Tum

Tropical Cocktails



Island Life



Tom Yam

Gin & Tonic





All Day Long Menu Impressions

Nicoise Salad



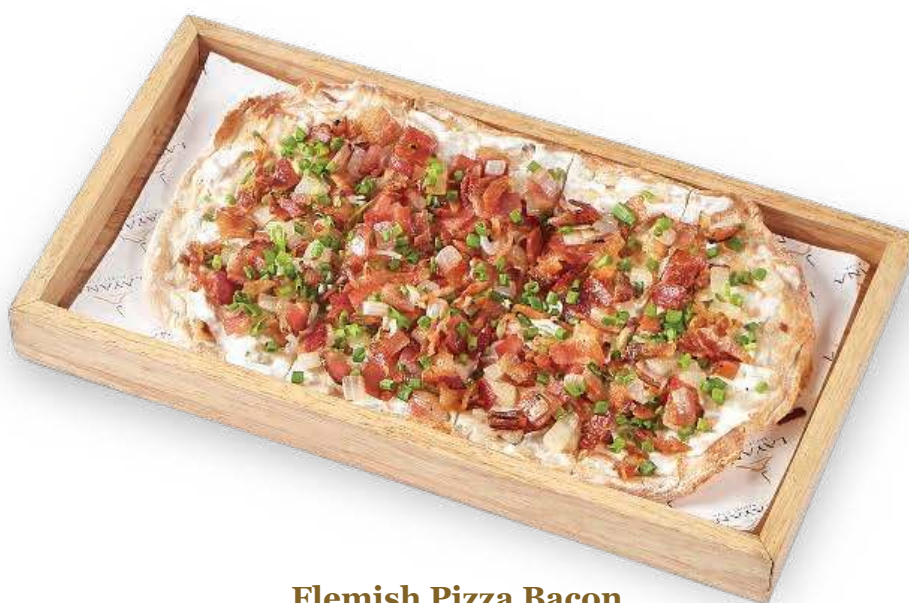
Quinoa Bowl



Lemon Chicken Salad



Pizza & Salads



Flemish Pizza Bacon



Pizza “Andaman Sea”

Steak Tartar



Grilled Steak Tartar

Pasta & Sandwiches

Spaghetti Genovese



Tuna Wasabi Sandwich



MBK-HT is a division of MBK PLC Group, comprising a dedicated, highly professional management team with more than 30 years experience in the tourism and hospitality market. Our vision is to create dynamic, innovative new standards for management and service in the sector and to achieve the pinnacle of public recognition and regard, both domestically and internationally. We currently operate tourism and hospitality business management for a number of premier hotels located in prime tourist locations, including Pathumwan Princess Hotel (Bangkok); Dusit Thani Krabi Beach Resort (Krabi); Layana Resort & Spa; Tinidee Hotel@Ranong; Tinidee Golf Resort@Phuket and Tinidee Hotel@Bangkok Golf Club (Pathum Thani).

In addition, we supervise the management systems and service standards for the cafes and restaurants in the clubhouses of the Riverdale Golf Club and Bangkok Golf Club in Pathumthani, and Loch Palm Golf Club, and Red Mountain Golf Club in Phuket.

Giving Back!

Together with MBK H&T, Layana Resort and Spa works closely with the local community by supporting various projects...

One good example is the *"Grow Happiness"* project at Baan Ramard. Traveling to Layana Resort, guests board the boat from Baan Ramard quay, and thus we have developed a close relationship with the local community.

Over the past few years, we have sought out plants that are suitable for the area and have planted them along the public roads in the community to improve Baan Ramard's landscape.

Recently, support has been expanded to help the community as a whole, with the focus on improving quality of life, advancing education, and generating additional income for the residents.

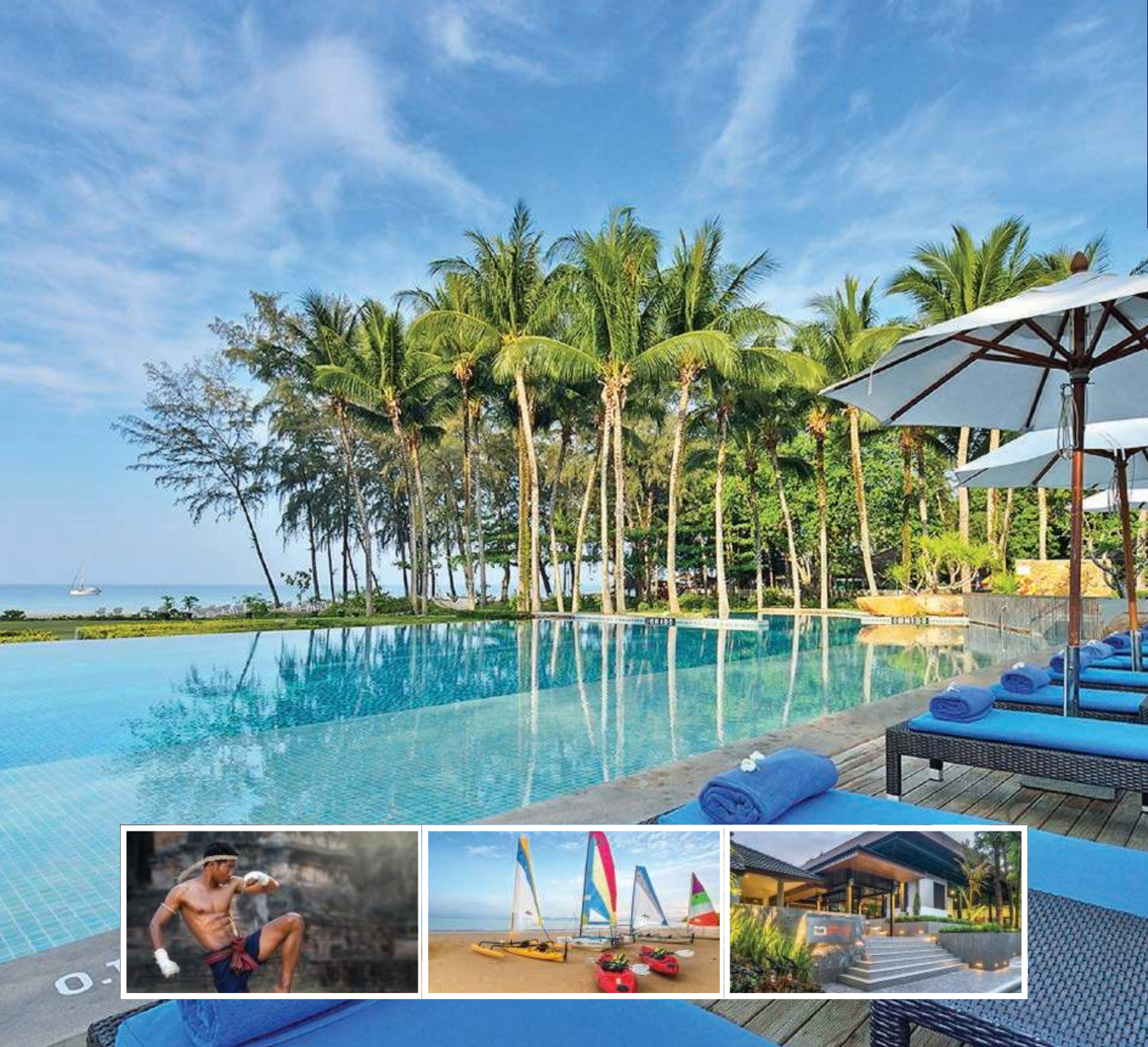


Khun Arthorn Vanasantakul
MD, MBK-HT
visiting Local school

An Exceptional Bangkok Hotel



PATHUMWAN
PRINCESS
HOTEL



The Ultimate Beach Escape in Krabi

The resort is set among forty lush, immaculately manicured acres with direct access to 1.8km of exquisite white sand beach. Featuring 240 guest rooms and suites, contemporary interiors provide a perfect balance between beach-inspired elegance and modern luxury.

For more information or reservation, please contact:
Dusit Thani Krabi Beach Resort, 155 Moo 2, Nong Thale, Muang, Krabi 81180
Tel: +66(0) 7562 8000 Email: dtkr.rsvn@dusit.com

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Dusit Thani
KRABI BEACH RESORT



www.dusit.com

Becoming the best version of you, in paradise!

Dusit Thani Krabi Beach Resort (DTKR) is known for many amazing features including the pristine white sand Klong Muang Beach, its beautiful landscaped tropical gardens, 5 star amenities and services to name a few. Now however, DTKR is adding wellness to that ever evolving list with the release of their new **Premium Fitness & Wellness Retreats**.

DTKR has invested big into wellness for its guests, with completion of the new DFIT Fitness Club, boasting a fully equipped indoor and outdoor training space, Muay Thai Boxing ring and sauna/steam rooms. They have also invested in a newly appointed Fitness & Wellness Manager, Paul Reynolds from the UK who brings with him a wealth of knowledge and over 18 years of experience in the health and fitness industry. These investments combined with enhancements to the award winning Linger Longer Spa and nutrition provided in the four, distinct, contemporary restaurants create **the perfect environment to deliver transformative wellness retreats**.

Paul says *“our concept has been to develop retreats that appeal to a broad range of guests who stay at the Dusit Thani Krabi Resort. We want to provide an experience that will help guests who are looking to rediscover themselves and **accomplish health and wellness goals whilst having the vacation of a lifetime**. Some people have asked me what they can expect to accomplish in the 3 – 21 days in duration that the retreats run from. It is important to distinguish between short, medium and long-term goals. What we do here is establish and work on the short term goals so that guests can return home empowered with the knowledge, confidence, determination and motivation to continue on their journey towards their long-term goals. For some people, it is simply to add wellness and create balance to their vacation so that **when they leave, they feel healthier and happier**.”*

Currently there are 6 Retreats: Fitness, Spa & Wellness, Muay Thai, Weight Loss, YOGA and Active Wellbeing. All retreats come with a range of benefits that include an in-depth health and wellness consultation, comprehensive health & fitness testing, a range of private sessions, luxury spa therapy sessions and inclusion to more than 30 weekly group exercise classes.

If you would like more information about the Dusit Thani Krabi Beach Resorts Premium Retreats, you can contact Paul at paul.reynolds@dusit.com or visit <https://www.dusit.com/dusitthani/krabibeachresort/dfit-fitness-center/> where the latest brochure is available for download.



Greetings from

Paul Reynolds

Fitness & Wellness Manager

“the perfect environment to deliver transformative wellness retreats,,



East and West – health, beauty and massage



SIGNATURE SPA TREATMENTS

A unique combination of the techniques of Aromatherapy, Swedish massage, Ayurveda and Shiatsu to calm body, mind and soul

Every Friday

Buy one get one free on
any Spa Treatment

Spa Goers Package

Receive THB 15,000 in value to the price of 11,000 or
THB 10,000 to the price of 7,500 redeemable for
all treatments at our Spa.

Linger Longer's Salt Spa is a hypo-allergic and hypo-bacterial environment that reproduces the therapeutic microclimate found in natural salt caves. With a mean temperature between 20-24 Degrees Celsius, a relative humidity of 40-60%, fiber-optic lighting and the soothing sound of relaxation music, the Salt Spa is a haven of ultimate comfort and relaxation. Reclining in a chair and breathing normally, visitors inhale the salt air which penetrates into the deepest areas of the lungs for a complete cleansing of bacteria, irritants and pollution.

For a full list and description of our
beauty and massage treatments

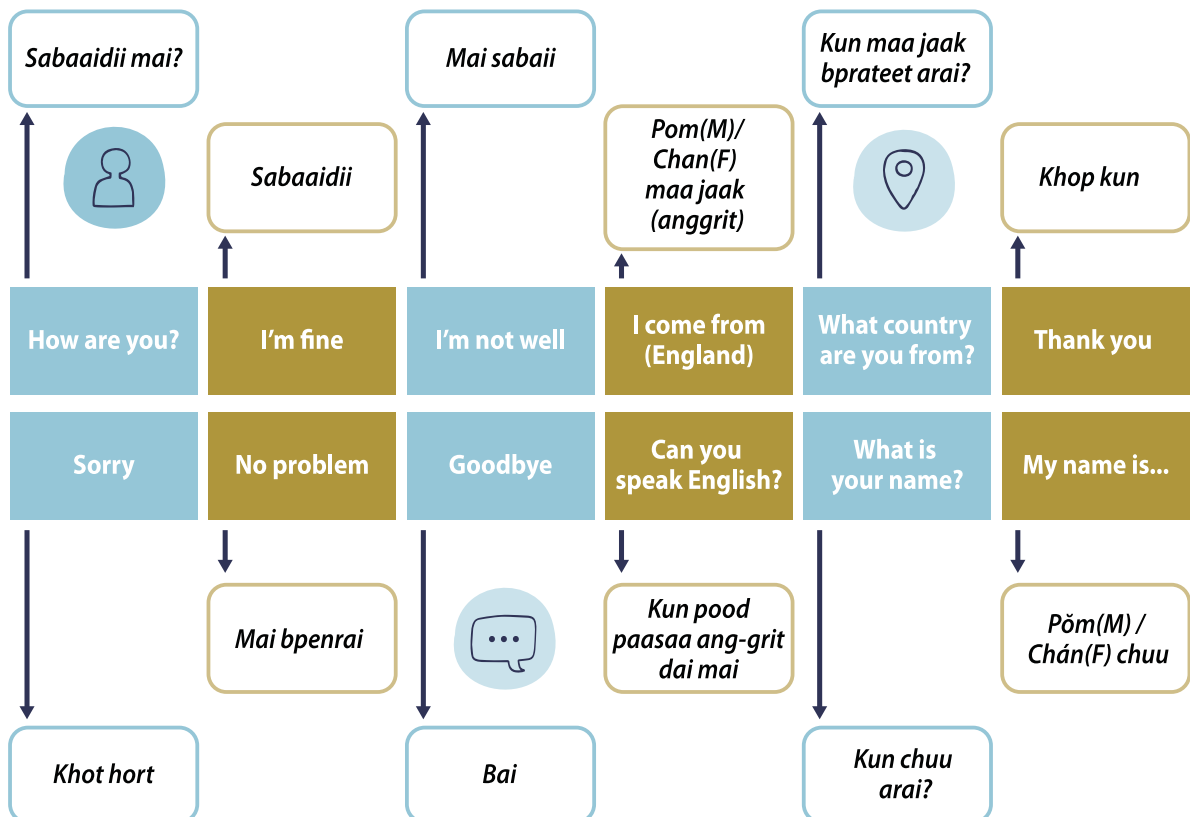
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Loyalty



How good is your Thai?



Introducing Khun Parn

Yoga Instructor

Hello, may I introduce myself - I am Panthip "Parn" Pengkaew. I was born in Songkhla, Southern Thailand, a province with a variety of cultures, both religious and ethnic, as well being the largest business and education center in the South. However I only lived there during my junior high school childhood before I moved to live and study in Chonburi.

Every city society seems to be in a hurry and for 20 years my life did that. Now, my lifestyle is about exercise - I love running, swimming and water sports, and also traveling.

Then I fell in love with yoga, a beautiful discipline. It gives me freedom, makes me calm, and helps me understand my body and myself. I learned Yoga and then learnt to be a teacher. My yogi teacher told me - "anything you want you will get when you give".



*"I enjoy and have fun
every day at work,,*



I missed my home province, to enjoy a slow and peaceful life, and so it has made my dream come true to come to work at Layana. I love this place with its beautiful nature, and lovely beach. Everyday I go to work I do not think like I'm working, I feel like I'm on holiday! I get lovely smiles from the guests and friends, and I'm always very happy when I can help and pass on my knowledge. I'm so proud when I can help people!

I can promise that this is a wonderful haven for relaxation. I hope your holiday in this paradise gives you the same energy I get. Your happy time is my energy. I want you to enjoy and have a great time.

To book a private Yoga Class contact our tour desk in the resort or E-mail me directly via. leisure@layanaresort.com.



Thank you for staying with us at Layana!





Khun Fha



Khun Bat



Khun Wanpen



Khun Ben



Khun Cho



Khun Ton



Khun Nan



Khun Kanjana



Khun Kate

The Layana Family:
While you see
many of our
people on a regular
basis, others play
their role in the
“heart-of-house”,
less visible to
guests, but equally
indispensable.



Khun Ruj



Khun May



Khun Zay



Khun Noona



Khun Noona



Khun Oil



Khun Yah



Khun Sorn
Khun Yah



Khun Tad



Khun Koy



Khun Fern

Khun Chom

Spa Manager

I was born in Isaan, the North Eastern region of Thailand, in a small village near the mountains, called Talian; there I still have some of my dearest memories.

I studied and graduated at the University of Udon, the main city about 40 km from my village. After graduating in Physical Education, I moved to Samui to further continue my education, and specialize in massage therapy. At the same time, I also started working in a spa at a very well known resort in Samui.

There, my passion for this industry kept growing, pushing me to attend more and more specialized courses, and that, together with my growing experience, led me to higher positions.



“

Layana is not only my work-place but also my second home

”

After many years working for several leading spas in Thailand, I finally joined Layana in 2014 and I am still loving it here.

In my spare time, I enjoy the quiet life of Koh Lanta, where you can always find some lovely local spots, especially some nice cafés. Being a nature lover, I also enjoy going kayaking, and snorkeling around Koh Lanta and the nearby islands.

I also enjoy running which makes me relax, and as well helps keep me in shape.

I also like sometimes to take the motorbike for a ride to Krabi, to feel the fresh air on my face, and of course, to go shopping!

Why not book with us ?



We have recently relaunched our website to perfectly capture the world of luxurious comfort and tranquility that awaits guests here. It uses the latest technologies to make it faster and simpler to navigate and has a quick and easy to follow online booking system. For best prices and frequent promotions we suggest you check out the website or call our reservation team, who will be happy to help.

www.layanaresort.com

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resa@layanaresort.com

German Sales Office Tel: + 49(0) 89 780 64 280

mbk-hotels@fuchs-com.com

Tides

Tides in the Andaman Sea are semi-diurnal, meaning there are 2 high, and two low tides every day. At Layana, tide times may affect certain activities, such as sailing and excursions. Scan this QR code to find the local tides table.



Environment

Global warming, deforestation, pollution, irresponsible waste disposal are all contributing to an uncertain future for our planet. At Layana, we do our best to practice environmentally-sound principles and we are committed, in particular, to removing one-use plastic from our resort. We hope you will appreciate, therefore, our policy of only serving straws on request. We thank you for your understanding.



Khao Pad Sapparot Goong (1 portion)



Try it
at home

- 1 pcs Pineapple
- 80 g Boiled Rice
- 180 g Black Tiger Prawn 20-25/kg
- 30 g Carrot
- 40 g Black Raisin
- 20 g Onion
- 10 g Spring Onion
- 30 g Cashew Nuts
- 5 g Yellow Curry Powder
- 1 Table spoon Soy sauce
- 1 Table spoon Fish sauce

Method

Place the pineapple on a chopping board and cut it lengthwise. If you want the bowl to be slightly bigger, cut it slightly off center and use the larger side of the fruit. Run a sharp knife along the sides, then slice crisscross to cut the flesh into small cubes and be careful not to cut your fingers. Using a sharp knife, cut the prawns on the back and clean them. Then slice the carrots, onions, spring onions into small cubes of about the same size.

Heat vegetable oil in a pan or, if available, in a wok and stir-fry the sliced carrots, onions, spring onions. Next, add the cashew nuts, pineapple cubes, raisins and the boiled rice, and season with the yellow curry powder, soy sauce and fish sauce. Fry the prawns in a separate pan and season with salt. Fill the pineapple bowl with the finished rice and add the fried prawns on the side. The finished dish may be decorated if desired with coriander or fresh spring onion.

Tropical Breeze



*Khun Bat's
Recommendation:*



60 ml Mekhong Whiskey
60 ml Passionfruit Juice
20 ml Lime Juice
10 ml Sugar Syrup
1 pcs Egg White

Method

Fill a third of a cocktail shaker with ice cubes and add Mekhong whiskey (or any other dark & mild whiskey), passionfruit juice, lime juice, sugar syrup and one egg white.

Cover with a tight-fitting lid, shake vigorously for 15 seconds then strain into a coupe glass. If available, garnish with a half-cut fresh passionfruit and mint leaves. Cheers!





The beautiful destination of Koh Lanta consists of several islands, the two largest of which being Koh Lanta Noi (Small Lanta Island) and Koh Lanta Yai (Big Lanta Island).

Koh Lanta Yai stretches 6 km wide and over 30 kms in length. It boasts 9 beautiful white sandy beaches, stunning tropical jungle and mountain scenery, mangrove forests, a coastline dotted with more than 70 small islands and coral reefs...

A paved road runs along the beaches from the northern part of the island almost all the way to the southern tip. The last 8 kilometers leading to the headquarters of the Mu Ko Lanta National Park in the south are quite hilly.

The province of Krabi is a melting pot of Buddhists, Thai-Chinese, Muslims, and even sea

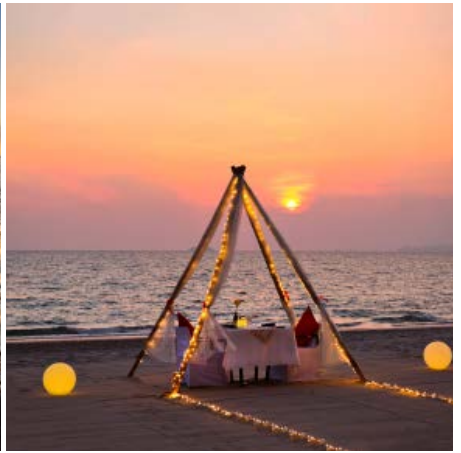
gypsies, but there is little religious tension in the region and peace and harmony prevails. And with this mixture, Krabi is always celebrating something, be it part of Thai Buddhist, Thai-Chinese, or Thai-Islamic tradition.

The unique lifestyle of the Chao-Le (sea-gypsy) in Ko Lanta is particularly interesting, a lifestyle that has been almost completely unaffected by the booming tourism on the island.

Ko Lanta is a little less well known than nearby Ko Phi Phi, which has become quite commercialized and corporate. Whilst the beaches on the west coast of Ko Lanta Yai are strung with a line of resorts and bungalows, there is always a quiet place to relax - the beaches are never full, even when the island is at its busiest.

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Layana Resort & Spa



Experience the Beauty of Koh Lanta with us.



Mangrove Forest by Longtail Boat

Board a longtail boat and travel through the small canals that meander through the quiet, peaceful mangroves. View a wide variety of local wildlife and discover fossils on a small island before exploring a local village on Lanta Noi.

Hot Springs and Emerald Pool

Enjoy an unforgettable bathe in the naturally therapeutic hot spring waters on the mainland of Krabi, before driving to the National Park. Walk along a nature trail through dense rainforest to the startling blue Crystal Lagoon, also known as the Emerald Pool. Take a swim and relax in the refreshingly clear waters before strolling back to an authentic Thai restaurant for an enjoyable Southern Thai-style lunch.

Four Islands Excursion

The Four Island snorkeling trip starts around 40 minutes south of Layana at our first destination, Koh Hai, offering some of the whitest sands and best snorkeling in the Andaman Sea. Next we head to Ko Muuk to swim through the breathtaking Emerald Cave to find the most wonderful hidden delights. The cave is about 50 meters long and is dark in the middle, making it an exhilarating trip. Then you can swim on the white sandy beaches of the paradise island, Koh Kradan, followed by lunch. The final stop is at Koh Chuek, another beautiful spot for snorkeling and swimming. The price includes snorkeling equipment, picnic lunch, fresh fruit, soft drinks and beer.



Koh Rok Excursion

Koh Rok was voted one of Thailand's top snorkeling sites and is certainly one of the most popular destinations in the area. We go snorkeling at two different locations before heading to Koh Rok Nok for lunch on the beautiful beach. Whilst there enjoy a leisurely swim and take in the awesome natural surrounds. After lunch we move on to Koh Rok Nai, renowned for its hard and soft coral and bounteous marine life, justifying its popularity for snorkeling. A delicious picnic lunch, fresh fruits, refreshments, beer and wine are all included, as is all the snorkeling equipment.

Sundowners Cruise

The Sundowner Cruise is a magical trip departing from Layana beach (or from Saladan Pier between May and October or if rough seas) and taking you through the untouched mangrove forests between Koh Lanta Yai and Koh Lanta Noi. You get to see many Macaque monkeys and a wide variety of birdlife and it is a truly fabulous way to see the stunning evening sunsets behind the hills. The trip includes delicious snacks prepared by our chefs, refreshments, wine and beer. We disembark after dark at Saladan village, 5 kms from Layana, after which we return to the resort by around 7:00 p.m.

Kho Phi Phi Island Excursion

The Koh Phi Phi snorkeling trip is a fantastic way to see famous Koh Phi Phi and the surrounding islands. Visit spectacular bays where sheer limestone cliffs drop directly into the crystal clear, coral filled waters. Head out to the Viking Cave, an enormous sea cavern, home to mysterious cave paintings and swift's nests that are used to make Bird's Nest Soup.

Island Discovery

Sightseeing around Lanta Island by car or minivan includes a visit to the Sea Gypsy Village, Lanta Old Town, an elephant camp, and a rubber tapping demonstration. There is time to go shopping in Saladan and the trip duration is about 4 hours, leaving from Layana at 9:00 a.m. and returning by 1:00 p.m.

Sunrise Cycling

Cycle on the "evergreen freshness" route with our Leisure staff, a nice and relaxing one hour ride suitable for all levels of fitness and cycling ability.

Kayaking in the Mangrove Forest

Board 3 kayaks (1 guide and 4 guests) at Sea Gypsy pier, just 10 minutes from Layana, and paddle with the tide to enter the mangrove canals. Depending on tidal levels, you get to see a variety of colorful crabs, birdlife and possibly monkeys too. Paddling time is around 1 1/2 hours and moderately strenuous. Water and cool drinks are provided; don't forget hats, sunscreen and insect repellent!

For further information or for booking your tour, please contact our Tour Desk or Recreation Team.



Q & A you ask — we answer



Where is the nearest town?

It is difficult to visit Koh Lanta and not pass through Baan Saladan, the “metropolis” of Koh Lanta, but it is certainly not the biggest town you will ever visit. Located at the northern end of Koh Lanta close to the bridge, Saladan, with its buildings on stilts over the sea, is an engaging attraction and it is the tourist center of activity on the island. It can be reached from the resort in just 10 minutes by local taxi.

Where can I find a night market?

Lanta Night Bazar is located in Saladan town and is the perfect place to find a souvenir to take back home.

Open daily
from 2:00 p.m. – 10:00 p.m.

Which beach is in front of Layana?

Layana Resort & Spa is located on Klong Dao Beach (“Long Beach”) also known as Phra-Ae. Golden soft sand stretches for 4 kilometers and it is fringed with tall pine trees. The nicest thing about Long Beach is that even on a busy day it always seems deserted.

Where to have a drink at night?



The Irish Embassy, on Long Beach, is open daily from 6:00 p.m. - 1:00 a.m., and serves an excellent pint of Guinness as well as many other beverages. It’s certainly the place to catch Live sport and to party the night away!

What is Lanta Animal Welfare?

Open daily from 9:00 a.m. - 5:00 p.m., Lanta Animal Welfare is a nonprofit making organization that helps look after Koh Lanta’s animal population. Dog walking & cat cuddling are free of charge!

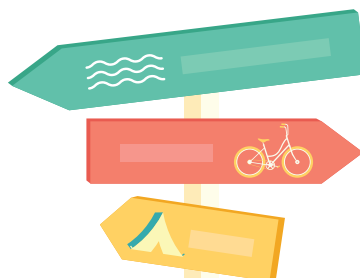
Should I visit the Old Town?

Lanta Old Town is a unique experience - nearly every house on the main street is also a shop of some kind. If the doors are open, and you can see something of interest, don’t be afraid to enter and take a peek. It is located on the east coast of Koh Lanta, 25 minutes away from Layana by local taxi.

Where should I go to explore the Island?

There are so many options, but we recommend:

- a trip to Kan Tieng Beach in the south of Koh Lanta, 25-30 minutes away from Layana Resort & Spa by local taxi.
- a visit to the Floating Restaurant, located in the Eco village of Tung-Yee-Peng and unique for its seafood served in the middle of the mangrove (Tel 08 7418 1050).
- If you prefer great views try the Khao Yai restaurant waiting to be discovered on the top of the hills. It offers simple Thai food with an amazing outlook as the backdrop. (Tel 075-697244).
- Klong Kong and Klong Nin Beach, in the south of the island, are 15-20 minutes away from Layana by local taxi. Here you will find a “backpackers atmosphere” with small beach bars and yoga centers. We suggest you try Kunda Restaurant, a vegan and vegetarian restaurant, open daily from 10:00 a.m. - 4:00 p.m. (Tel 08 5795 1283 - closed in June).



What is the Sea Gypsy (Chao Ley) Village?

The village of Sang-ga-u in the south east corner of Koh Lanta is home to a unique group of people known as the Sea Gypsies or “Chao Ley”. Formerly living a semi-nomadic lifestyle on the Andaman Sea, these seafarers of Indo-Malay origins were also the first settlers on the island, some 500 years ago.

What’s to see at Koh Lanta Noi?

On quiet, undisturbed Koh Lanta Noi there are a handful of fishing villages, rubber trees and a few mosques. Famed for its breathtaking scenery, there are a couple of deserted beaches with uninhabited islands that can’t be seen from the main island, rising out from the sea.

The best way to experience Koh Lanta Noi is by motorbike or bicycle, crossing the bridge which separates both islands. Then just follow the concrete road that circles around the Island and allows you to easily explore and get some unique views of the other Koh Lanta and its mangrove forests.

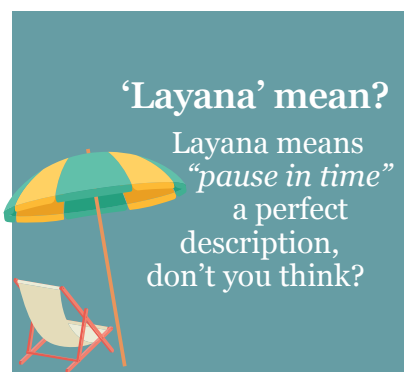
Where can I exchange money?

Exchange money services are available at our Front Desk.

Does Koh Lanta have any local markets?

There are local markets every day, always at different locations, on afternoons between 2:00 p.m. - 6:00 p.m. and early morning in Old Town.

Monday	Klong Dao beach.
Tuesday	Klong Nin
Wednesday	Under the bridge on the way to Lanta Noi
Thursday	Long Beach (just 5 min south of the resort)
Friday	Klong Nin
Saturday	Saladan
Sunday Morning	Old Town



Is smoking allowed on the beach in Koh Lanta?

Since February 2018 Thailand has banned smoking on 20 beaches throughout the country, including Koh Lanta. Anyone who wishes to smoke must do so in designated areas and those who fail to comply will be subject to a fine of up to 100,000 baht. This also includes the Layana sunbeds as they are located on the public beach.

If I get sick where is the closest doctor?

The nearest clinic is 5 minutes by car from our resort. Contact our staff at the Front Desk to arrange transportation. A pharmacy is also available close to Layana.

Where does the water come from?

The water supply on an Island can sometimes be a challenge. Since 2018 Layana uses its own reservoir, with fresh water collected directly from the mountain. However, as anywhere in Thailand, we advise not to drink tap water. Every day our team will provide new bottles of water in the rooms.

Why is the SeaSky kitchen different from a local restaurant?

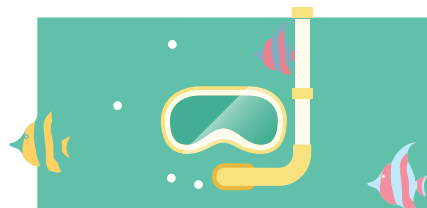
Here at Layana we follow the HACCP system (systematic preventive food safety approach) and ensure that our kitchen meets the food safety standards of an international restaurant. We also only work with trusted suppliers that can meet our hygiene and food safety standards.

What happens in case of a power cut?

At Layana we have one generator on 24 hour stand by in case of power cuts, which can happen quite frequently on a remote island.

Where is the best spot to snorkel?

Our dedicated Layana crew know the best spots to relax and discover the amazing Andaman. Their favorite is definitely Koh Rok, so be sure to join our weekly private trip there!







 ▶ Layana Lanta ▶ SeaSky Lanta ▶ Sundowners Lanta ▶ Linger Longer Lanta

