

Trang



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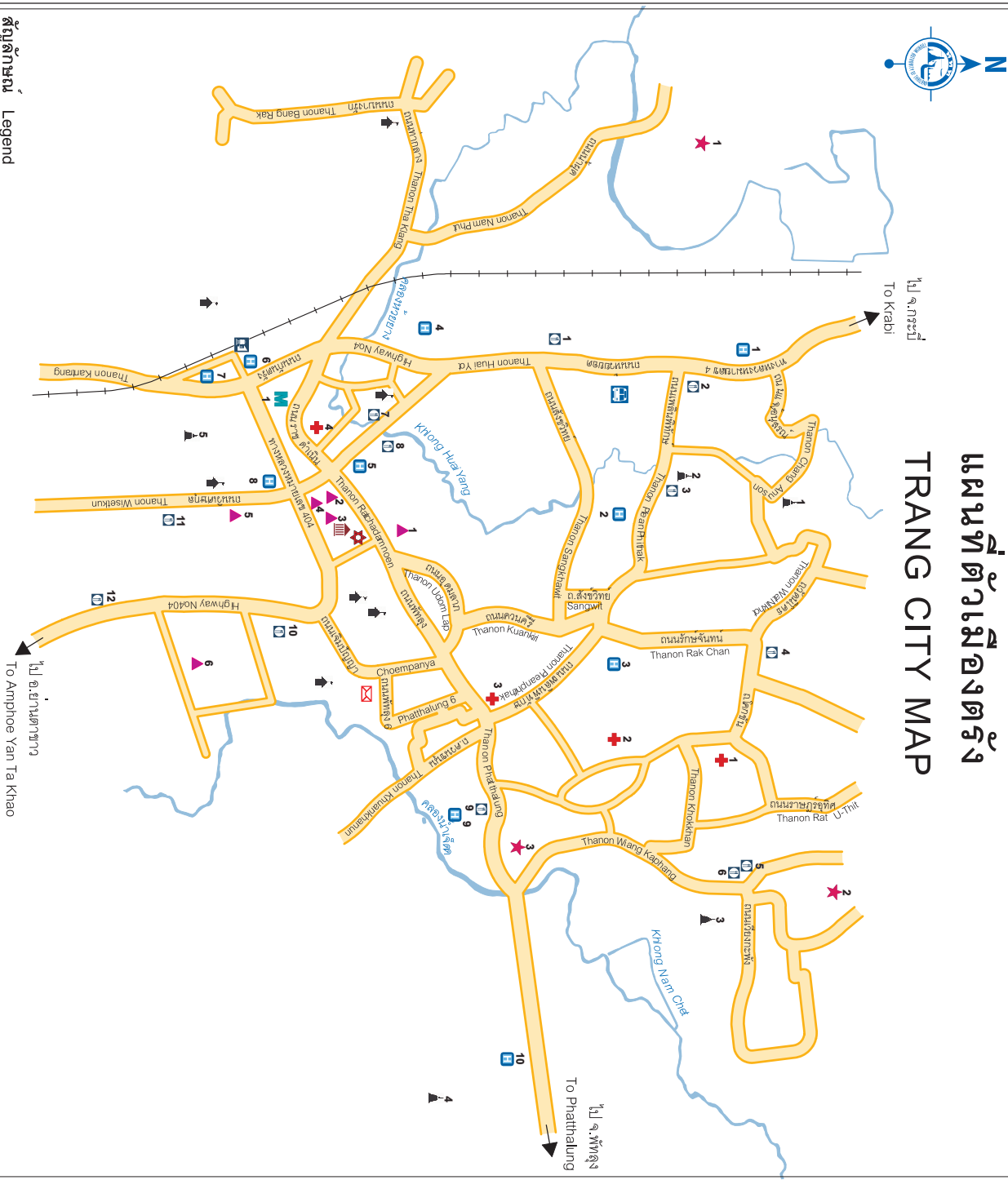
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แผนที่ตัวเมืองตรัง

TRANG CITY MAP



สัญลักษณ์ Legend

- ศาลากลางจังหวัด City Hall
- โรงเรียน School
- สถานีขนส่ง Bus Terminal
- ไปรษณีย์ Post Office
- สถานีรถไฟ Railway Station

- สถานีตำรวจ Police Station
- เส้นทางรถไฟ Railway
- ถนน Road
- แหล่งน้ำ, แม่น้ำ Stream, River

สถานที่สำคัญ Place of Interest

- 1 เขื่อนจุฬาภรณ์เขื่อนลัดขวางคลองตรัง Trang Prison
- 2 ที่ว่าการอำเภอเมืองตรัง Amphoe Mueang Trang Office
- 3 ศาลจังหวัดตรัง Trang Law Court
- 4 สำนักงานเทศบาลนครตรัง Trang Municipality Office
- 5 มหาวิทยาลัยราชภัฏวราวุฒินครตรัง Trang University
- 6 สนามกีฬาจังหวัดตรัง Trang Sport Stadium

ร้านอาหาร Restaurant

- 1 ร้านอาหารไทยถิ่น Ko Lan Restaurant
- 2 ร้านอาหารจีน Nak Rong Restaurant
- 3 ร้านอาหารจีน Cha Ngao Restaurant
- 4 ร้านอาหารจีน Wang Chan Restaurant
- 5 ร้านอาหารจีน Ban Suwimon Restaurant
- 6 ร้านอาหารจีน Ban Suwimon Restaurant
- 7 ร้านอาหารจีน Kaeng Som Restaurant
- 8 ร้านอาหารจีน Kanok Restaurant
- 9 ร้านอาหารจีน Ton Nun Restaurant
- 10 ร้านอาหารจีน Ko Chai Restaurant
- 11 ร้านอาหารจีน Ko Yao Restaurant
- 12 ร้านอาหารจีน Balcony Restaurant

โรงแรม Hotel

- 1 โรงแรมวัฒนาพาร์ค Wathana Park Hotel
- 2 โรงแรมซีวิลล่า Zeaza Villa Hotel
- 3 โรงแรมรักษ์จันทร์ Rukchan Hotel
- 4 โรงแรมธรรมรินทร์ Thummin Hotel
- 5 โรงแรมควีนส์ Queens Hotel
- 6 โรงแรมธรรมรินทร์ Thummin Thana Hotel
- 7 โรงแรมไดมอนด์ Diamond Hotel
- 8 โรงแรมตรัง Trang Hotel
- 9 โรงแรมตั้งพลซึกา Trang Plaza Hotel
- 10 โรงแรมเอ็มพี M.P. Hotel

วัด Temple (Wat)

- 1 วัดนิโคธาราม Wat Nikhotaram
- 2 วัดกุฎยาจาม Wat Kuyajam
- 3 วัดกะพังสุรินทร์ Wat Kapangsuri
- 4 วัดควนหิน Wat Khuanhin
- 5 วัดควนวิเศษ Wat Khuanwiset

ตลาด Market

- 1 ตลาดสด Fresh Market

CONTENTS

| | |
|-------------------------------------|----|
| HOW TO GET THERE | 5 |
| ATTRACTIONS | 7 |
| <i>Amphoe Mueang Trang</i> | 7 |
| <i>Amphoe Na Yong</i> | 9 |
| <i>Amphoe Kantang</i> | 11 |
| <i>Amphoe Sikao</i> | 17 |
| <i>Amphoe Palian</i> | 19 |
| <i>Amphoe Huai Yot</i> | 22 |
| <i>Amphoe Yan Ta Khao</i> | 22 |
| <i>Amphoe Ratsada</i> | 24 |
| <i>Amphoe Hat Samran</i> | 24 |
| EVENTS & FESTIVALS | 25 |
| LOCAL CULTURE | 28 |
| LOCAL PRODUCTS AND SOUVENIRS | 29 |
| FACILITIES | 31 |
| <i>Accommodations</i> | 31 |
| <i>Restaurants</i> | 38 |
| <i>Travel Agents</i> | 42 |
| USEFUL CALLS | 46 |



Elegant Jacaranda Flowers

TRANG

Trang used to be a port involved in foreign trade. It was the first city where rubber was planted. Phraya Ratsadanupradit Mahison Phakdi brought rubber from Malaysia and planted it here before anywhere else in southern Thailand in 1899. As such, rubber is now considered an important commodity of Thailand. The important Trang River flows through the province from its origin in the Khao Luang Mountain Range and the Palian River from the Banthat Mountain Range.

Trang is a coastal province on the Indian Ocean with a long western coastline of about 119 kilometres. The province consists of an archipelago in the Andaman Sea with over 46 islands. Of these, 12 are in Amphoe Kantang, 13 in Amphoe Palian, and 21 in Amphoe Sikao. The best time for sea travel is during November to May of the following year.

Trang has a total area of 4,941 square kilometres and is divided into 10 districts (Amphoe); namely, Amphoe Kantang, Amphoe Huai Yot, Amphoe Yan Ta Khao, Amphoe Palian, Amphoe Sikao, Amphoe Wang Wiset, Amphoe Na Yong, Amphoe Ratsada, and Amphoe Hat Samran.

BOUNDARY

| | |
|-------|---|
| North | borders Amphoe Thung Song in Nakhon Si Thammarat and Amphoe Khlong Thom in Krabi. |
| South | borders Amphoe Thung Wa in Satun and the Andaman Sea. |
| East | borders Amphoe Khuan Khanun, Amphoe Kong Ra and Amphoe Tamot in Phatthalung (with the Banthat Mountain Range dividing the provinces). |
| West | borders Amphoe Khlong Thom in Krabi and the Andaman Sea. |

HOW TO GET THERE

By Car

1. Highway No. 4 (Bangkok - Chumphon) to Highway No. 41 (Surat Thani -Thung Song - Huai Yot - Trang), a total distance of 828 kilometres.
2. Highway No. 4 (Bangkok - Chumphon) to Ranong - Phang-nga - Krabi - Trang, a total distance of 1,020 kilometres.

- 3. Highway No. 404-416 (Satun - Palian - Trang), a total distance of 140 kilometres.
- 4. Highway No. 4-407 (Hat Yai - Phatthalung - Trang), a total distance of 148 kilometres.
- 5. Highway No. 4-402 (Phuket - Phang-nga - Krabi - Trang), a total distance of 312 kilometres.

By Train

Rapid and express trains depart from the Bangkok Railway Station (Hua Lamphong) to Trang daily, taking 15 hours for the 870-kilometre journey. More information can be obtained from the Bangkok Railway Station at Tel. 1690 or call Trang Station at Tel. 0 7521 8012, or visit www.railway.co.th.

By Bus

Air-conditioned buses depart from the Southern Bus Terminal in Bangkok to Trang everyday. It takes 12 hours for the trip. For more information, please call Tel. 0 2894 6122 or visit www.transport.co.th. In addition, there are private bus services; namely, Sap Paisan Tour at Tel. 0 2894 6040-1 and Sri Suthep Tour at Tel. 0 2894 6166-8.

By Air

There are daily flights to Trang operated by Nok Air which can be contacted at Tel. 1318, 0 2627 2000 or its office in Trang at Tel. 0 7557 2229 or www.nokair.com, and Orient Thai Airlines which can be contacted at Tel. 1126 or its office in Trang at Tel. 0 7557 2226 or www.flyorientthai.com.

Travelling in the Province

Trang offers motorised tricycles, or Tuk Tuks, for travel within the municipality. Travel between districts can be made by buses and mini-buses or by renting a van from tour companies in the city.

Distances between Amphoe Mueang and Other Districts

| | |
|-------------|---------------|
| Na Yong | 10 kilometres |
| Yan Ta Khao | 23 kilometres |
| Kantang | 24 kilometres |
| Huai Yot | 28 kilometres |

| | |
|------------|---------------|
| Sikao | 33 kilometres |
| Hat Samran | 45 kilometres |
| Palian | 47 kilometres |
| Ratsada | 47 kilometres |
| Wang Wiset | 60 kilometres |

Travelling from Trang to Nearby Provinces

Buses and hired cars link Trang and nearby provinces, as follows:

| | |
|---------------------|----------------|
| Phatthalung | 56 kilometres |
| Nakhon Si Thammarat | 123 kilometres |
| Krabi | 131 kilometres |
| Satun | 134 kilometres |
| Hat Yai | 148 kilometres |
| Songkhla | 176 kilometres |
| Phang-nga | 221 kilometres |
| Surat Thani | 226 kilometres |
| Phuket | 312 kilometres |
| Chumphon | 378 kilometres |

ATTRACTIONS

Amphoe Mueang Trang (อำเภอเมืองตรัง)

Phraya Ratsadanupradit Mahison Phakdi Monument
(อนุสาวรีย์พระยารัษฎานุประดิษฐ์มหิศรภักดี)

is in Trang Municipality Park, about 1 kilometre from the Provincial Hall on the Trang - Phatthalung Road. Phraya Ratsada helped to make Trang a prosperous city as it is today. He developed transportation, agriculture, animal husbandry, education, and local administration. He was also the first person to plant rubber trees in the province, which contributed to widespread planting in southern Thailand.

Sa Kaphang Surin Park (สวนสาธารณะสระกะพังสุรินทร์)

in Trang Municipality is about 2 kilometres from the Provincial Hall on Wian Kaphang Road. This is a natural pool of about 80,000 square metres. A concrete bridge spans the pool to three beautiful connecting pavilions in the pool's centre. The surrounding area is a public park.



Phraya Ratsadanupradit Mahison Phakdi Monument

Somdet Phra Srinagarindra Park (Thung Nam Phut)

(สวนสมเด็จพระศรีนครินทร์)

is 3 kilometres from the city. The Park has a lovely landscape and a magnificent view.

Phra Non Song Khrueng Nora *(พระนอนทรงเครื่องในรา)*

is at Wat Phukhao Thong, Mu 1, Tambon Nam Phut, around 20 kilometres from the city. The Buddha image is in



Phra Non Song Khrueng Nora

the posture of entering Nibbana. The most distinctive feature is the decorative headdress of the Nora dance called the Soet, regarded as a holy and royal ornament of the dance that is an indigenous performance of southern Thailand.

Trang Chan-Chala Night Market *(ถนนคนเดิน สถานีรถไฟตรัง)*

is a shopping street for handmade souvenirs, local food and desserts, with cultural and musical performances. Open every Friday – Sunday during 5.30 – 10.00 p.m.

Amphoe Na Yong *(อำเภอนาโยง)*

Khao Chong Wildlife Development and Conservation

Promotion Station *(สถานีพัฒนาและส่งเสริมการอนุรักษ์สัตว์ป่า เขาช่อง)*

is approximately 21 kilometres from the city on the Trang - Phatthalung Road. This is one of the more attractive places of southern Thailand. There is an abundance of large trees, streams, and waterfalls like Ton Yai, Ton Noi, and Kachong. This is the first nature and wildlife study place in Thailand. In addition, the “nature study trail” is a walking trail ideal for studying nature up close. Signs along the trail provide information on the environment. “The Museum and Exhibition Building” has exhibitions on nature and natural resource conservation. More information can be obtained from the Station at Mu 7, Tambon Chong, Amphoe Na Yong, P.O. Box 4, Trang 92000.

Khlong Lam Chan Non-hunting Area (เขตห้ามล่าสัตว์ป่า คลองลำชาน)

is 17 kilometres from the city on the Trang - Phatthalung Road, then make a right turn onto the Ban Kachong - Ban Hat Lao Road (Highway No. 4124) for about 1 kilometre. A large swamp in the park is the home of numerous waterfowls. The period when there is the most number of birds is January-March. The park is a peaceful place suitable for relaxation, or staying overnight. Permission must be obtained in writing from the Chief of Khlong Lam Chan Non-hunting Area, Department of National Parks, Wildlife and Plant Conservation, Tel. 0 2562 0760, 0 2561 4292-3 ext. 765. www.dnp.go.th.

Na Muen Si Weaving Group (กลุ่มทอผ้าพื้นเมือง)

produces unique woven textiles with various intricate patterns suitable for men's and women's clothing. There are also souvenir products; such as, handkerchief, pencil holder, etc. For further information, please contact the Na Muen Si Weaving Group at Tel. 0 7558 3524.



Na Muen Si Woven Textile

Tham Khao Chang Hai (ถ้ำเขาช้างหาย)

is 5 kilometres from Amphoe Na Yong Market in Ban Na Muen Si. The cave has a great deal of lovely stalagmites and stalactites of various shapes, Tel. 0 7529 9556

Namtok Kachong (น้ำตกกะช่อง)

is in Khao Chong Botanical Park on the Trang-Phatthalung Road in Amphoe Na Yong, about 7 kilometres from the district office. The majestic waterfall falls from a high mountain down a cliff and rocks. It is very popular among locals who come to visit in large numbers every day.

Amphoe Kantang (อำเภอกันตัง)

Phraya Ratsadanupradit Mahison Phakdi Museum (พิพิธภัณฑสถานพระยารัตนาธิเบศร์มหิศรภักดี)

is around 200 metres from Kantang Municipality at No. 1, Khai Phithak Road, Tambon Kantang. It is an important historical site, which is the "old Trang governor's house" or the house of Phraya Ratsadanupradit, a former ruler of the province. The house is a two-storeyed wooden building.



Phraya Ratsadanupradit Mahison Phakdi Museum

Inside are his wax figure and a complete collection of his daily personal items. The Na Ranong family looks after the house. It is open to the public every day except Mondays (it is open if Monday is a public holiday and closed the following day). Groups requiring a guide must contact in advance to the Kantang Phitthayakon School, Tel. 0 7525 1100.

The First Rubber Tree in Thailand (ยางพาราดั้งแรกของประเทศไทย)

is along a road that leads to Kantang. This tree represents the first group of rubber trees that Phraya Ratsadanupradit planted to pioneer the rubber plantation industry in Thailand in 1899.

Khuan Tamnak Chan Public Park (สวนสาธารณะควนตำหนักจันทร์)

is located in the municipality of Mueang Kantang. The 250-acre park has beautiful surroundings. It has been developed to grow large trees and decorative plants. There is a rest pavilion and a parking lot for tourists. The Park offers a great view of the sea and Kantang.

Hat Yong Ling and Hat San (หาดหยงหลิง-หาดสัน)

is on the way to Chao Mai Beach and a 2-kilometre road leads to Yong Ling Beach. This curved beach runs parallel to a pine forest. At the beach's end is a high mountain with



Hat Yong Ling

holes and caves that can be passed through to a cliff with more caves and rocks similar to a fortress encircling sand dunes. The beach is ideal for swimming and rest. There is a park's headquarters and a tourist service centre.

Hat Yao (หาดยาว)

is at Mu 6 in Tambon Ko Libong. This long beach extends from a mountain in the shape of a shark's fin to the north. Lovely sea pines line the beach. The wide beach is suitable for camping and there is private accommodation available.

Tham Chao Mai - Tham Chao Khun - Khlong Chorakhe Khao (ถ้ำเจ้าไหม - ถ้ำเจ้าคุณ - คลองจระเข้ขาว)

is at To Nae Mountain near Ban Chao Mai and offers a soft-adventure and ecotourism route by canoeing along Khlong Chorakhe Khao. The Canal flows through rich mangrove forest with untouched mangrove ecology. Visitors can also admire stalagmites and stalactites inside Tham Chao Mai and Tham Chao Khun. For more details, please contact travel agencies in Trang.

Ko Libong (เกาะลิบง)

is the largest island in the Trang Sea with an area of 40,000 square kilometres. Around the island are seaweed and a large herd of manatees, large mammals of Thailand. It is also home of a variety of native and migratory birds that are most abundant in winter. Ko Libong is part of the Mu Ko Libong Non-hunting Area, the headquarters of which is located here. The island has many capes and beaches; such as, Hat Tup (หาดตูป), Laem Chu Hoi (แหลมจุโหย), Laem Thuat (แหลมทวด), and Laem To Chai (แหลมโต๊ะชัย). People can walk across the beach at Laem Chu Hoi at low tide to Hat Tup (หาดตูป) where seabirds and mangrove birds from colder climates not found anywhere else are in great numbers. Many fishing villages are on the island of which most residents are Muslims. From Ko Libong, one can get a good view of Hat Chao Mai and Chao Mai Cape. To get to the island, take a boat at Hat Yao Ban Chao Mai Pier. A boat leaves every hour and takes 30 minutes to get to the island. The boat fee is 400 baht per boat. There is accommodation on the island. Please contact the Mu Ko Libong Non-hunting Area, P.O. Box 5, Amphoe Kantang, Trang, Tel. 0 7525 1932.



Ko Libong

Hot Spring (บ่อน้ำร้อน)

This natural hot spring has a constant temperature of 60 degrees Celsius. It is an interesting place for health tourism. The Forest Park offers a hot spring soak and bath for health. There are 9 soak and bathing rooms and 1 foot soak room. Foot and body massage is also available, as well as massage products from mineral water from the hot spring.

Ko Muk and Tham Morakot (เกาะมุก-ถ้ำมรกต)

are the most prominent points in the Trang Sea. Ko Muk is mostly occupied by sea-facing towering cliffs to the west. Located on the eastern side of the island is a village of fishermen who have still maintained their ways of life as islanders. Visitors can walk around the island. On the island to the west is Tham Morakot, a dazzling sea cave. To access the cave, one must swim through a small entrance hole for 80 m. With light from the outside, emerald water can be seen inside the cave; it is unusual and amazing beauty by nature. Getting through the cave to the other side, one can



Hot Spring

see a clean beach of white sand encircled by high steep cliffs, and enjoy sitting in the shallow sea. Accommodation provided by private operators is available on Ko Muk.

To get to Ko Muk, tourists can take a boat from Pak Meng Pier in Amphoe Sikao for the 40-minute trip. The boat rent is around 2,000-3,000 baht/day. Accommodation is available on the island.

Ko Chueak - Ko Waen (เกาะเชือก-เกาะแหวน)

are small islands between Ko Muk and Ko Kradan. They are teeming with shallow and deepwater corals and many types of fish. Visitors can depart from Pak Meng Pier for the islands. Boats leave regularly using the same route as to Ko Muk and Ko Kradan. The 50-minute trip costs 2,000-3,000 baht/day for a chartered boat.

Ko Kradan (เกาะกระดาน)

is the most beautiful island in the Trang Sea. It has an area of 600 rai. Most of the island (5/6) is under the responsibility of



Ko Chueak



Ko Kradan

the Hat Chao Mai National Park. The rest is privately owned. The island offers good restaurants and accommodation for tourists. The most striking feature of Ko Kradan is its powdery white beach and crystal-clear water that permits a great view of the coral reef underneath that stretches from the beach's northern end to the coast. A variety of colourful fish inhabit the shallow water corals. Ko Kradan is to the west of Ko Muk and Ko Libong. Visitors can take a boat from Pak Meng Pier or Chao Mai Pier to Ko Kradan. The trip takes 1½ hours. The boat rent is around 2,000-3,000 baht/day.

Amphoe Sikao (อำเภอสิเกา)

Hat Chao Mai National Park (อุทยานแห่งชาติหาดเจ้าไหม)

is a marine national park covering 2 districts that are Kantang and Sikao. The Park's coastline is about 20 kilometres. The Park headquarters is at Chang Lang Beach in Tambon Mai Fat, approximately 47 kilometres from the city. To get there, take the Trang-Sikao-Pak Meng Road (Highway No. 4046-4162) and then 4 kilometres more on a road parallel to the beach to the Park headquarters. Land-



Hat Chao Mai National Park

based attractions of the Park are beaches; such as, Hat Pak Meng (หาดปากเมง), Hat Chang Lang (หาดจางหลวง), Hat San (หาดสัน), Hat Yao (หาดยาว), Hat Yong Ling (หาดหยงหลิง), Hat Chao Mai (หาดเจ้าไหม), and a cave called Tham Chao Mai (ถ้ำเจ้าไหม). All are easily accessible by car. Moreover, there are 7 other islands for which the park is responsible. They are Ko Muk (เกาะมุก), Ko Kradan (เกาะกระดาน), Ko Chueak (เกาะเชือก), Ko Pling (เกาะปลิง), Ko Waen (เกาะแหวน), Ko Meng (เกาะเมง), and Ko Chao Mai (เกาะเจ้าไหม). The area was proclaimed a national park on 14 October, 1982. The Park also has the Marine National Park Education Centre, Tel. 0 7521 3258 and the Tourist Service Centre. Accommodation is available on the island. For more details, please contact the National Parks Division, Department of National Parks, Wildlife and Plant Conservation, Tel. 0 2579 7223, 0 2579 5734 or Hat Chao Mai National Park, Mu 5, Tambon Mai Fat, Amphoe Sikao, Trang, P.O. Box 9, Tel. 0 7521 3260.

Rajamangala Aquarium (พิพิธภัณฑ์สัตว์น้ำราชมงคล)

is around 30 kilometres from the city on the Trang - Sikao - Pak Meng Road (Highway No. 4046-4162). The large building is inside the Faculty of Science and Fisheries Technology,



Rajamangala Aquarium



Hat Pak Meng

Rajamangala University of Technology Srivijaya, Trang Campus, Tambon Mai Fat. The Aquarium has 61 display tanks, not including fishponds, and has both freshwater and marine fish, amphibians and the most realistic model of a mangrove forest. It is open daily during official hours. Admission is 50 baht. Please call Tel. 0 7520 4051-6, visit www.fishtech.rit.ac.th.

Hat Pak Meng (หาดปากเมง)

is at Mu 4, Tambon Mai Fat, 40 kilometres from Trang city on the Trang - Sikao - Pak Meng Road (Highway No. 4046-4162). The beautiful and peaceful 5-kilometre long beach is in the shape of a crescent moon. A lovely pine forest fringes the beach. Assorted large and small islands dot the sea, looking like a person lying face up in the ocean. Trang locals and people from nearby provinces like to come here to relax and sample spicy seafood in the restaurants. Boats from Pak Meng Pier take visitors to Ko Ngai and other islands close by.

Amphoe Palian (อำเภอปะเหลียน)

Ko Lao Liang (เกาะเหลาเหลียง)

is in Mu Ko Phetra National Park and comprises twin islands situated side by side; namely, Ko Lao Liang Nuea and Ko Lao Liang Tai. The islands feature high mountains encircled with



Ko Lao Liang Nuea



Ko Lao Liang Tai



Ko Takiang

cliffs, white clean beaches, crystal clear sea, and scenic coral reefs with beautiful clownfish and other marine life ideal for diving. Tents for camping are provided, as well as restaurants and toilets. Visitors who wish to stay overnight on Ko Lao Liang are required to contact the National Park in advance at Tel. 0 7478 3074.

Ko Phetra (เกาะเภตรา)

features a long white sandy beach and scenic spot for both snorkelling and scuba diving.

Ko Takiang (เกาะตะเกียง)

is a small picturesque island with a white sandy beach of approximately 100 metres long. Located to the west of Ko Lao Liang, Ko Takiang offers a vast stretch of beautiful hard corals.

Ko Sukon (เกาะสุกร)

is a year-long attraction to experience the agricultural and fishing community way of life; for example, paddy farming, rubber planting, fishing, collecting shells, etc. The island has many lovely beaches. In addition, it is renowned in the province for its delicious watermelons, which are abundant in March and April. There is tourist accommodation on the island.

Namtok Ton Te (น้ำตกโตนเต๊ะ)

is 45 kilometres from the city. Go on the Trang - Phatthalung Road for about 17 kilometres, turn right onto the Ban Kachong - Ban Hat Lao Road (Highway No. 4124) for 27 kilometres and turn left for 1 kilometre. This large and beautiful waterfall of Trang has water that drops down 320 metres of rocks. The source is in the Banthat Mountain Range. Mixed deciduous tropical flora cover the surrounding area. Visitors can go by car to the waterfall in every season.

Namtok Ton Tok (น้ำตกโตนตอก)

is 1 kilometre from Ton Te Waterfall featuring a single-level waterfall cascading down slightly sloping boulders to the basin below. Namtok Ton Tok offers a great view of Namtok Ton Te.

Amphoe Huai Yot (อำเภอห้วยยอด)

Tham Khao Pina (ถ้ำเขาปินะ)

is located in Tambon Na Wong, around 45 kilometres from town on Phetchakasem Road and another 2 kilometres off the main road. This hollow mountain looks like an upside down wok. Located at the foot of the mountain is Wat Pina. A flight of stairs leads the way to a cave of many inner parts and a panoramic view. On the rock shelter of Tham Champa, there appears an incision of the royal initials of King Rama VII.

Tham Le Khao Kop (ถ้ำเลเขากอบ)

features a cave with a stream flowing through as well as around the mountain where the cave is located. Inside, there are picturesque stalagmites and stalactites to be admired throughout the boat journey and all around the cave's shelters and chambers; such as, Tham Chao Sao, Tham Rak Sai, Tham Khonthan, etc. One outstanding feature of the cave is the exciting and impressive boat journey through Tham Lot, in which visitors will have to lie flat on the boat while passing through a small and narrow passage of the cave to reach the other end. Currently the Khao Kop Sub-district Administrative Organisation provides rowboats for visitors to view the cave's beauty and to be an ecotourism and adventure activity by the locals. The fee is 300 baht for 5 persons. Please contact Tel. 0 7550 0088 ext. 107, 0 7550 0117.

Amphoe Yan Ta Khao (อำเภอย่านตาขาว)

Peninsular Botanic Garden (Thung Khai) (สวนพฤกษศาสตร์สากลภาคใต้ - ทุ่งค่าย)

can be reached via taking the Trang - Palian Road (Highway No. 404) to Km. 11. This is a new tourist destination for those interested in studying nature and flora in particular. Inside the park is a tourist service centre, a botanical garden, an herbal garden, a botanical library, a plant museum, and a technical meeting centre. The most important aspect of the park is the many nature trails available, all going through a lowland jungle, as well as a forest with many interesting plant species. A major nature trail includes the Canopy



Peninsular Botanic Garden (Thung Khai)

Walkway featuring 3 levels of walkway at heights of 10 – 15 – 18 metres, a total distance of 175 metres along 5 boardwalk spans. Accommodation is available. Please call Tel. 0 7528 0166.

Namtok Sai Rung (น้ำตกสายรุ้ง)

This single-level waterfall falls from a high and huge cliff. The water turns into a rainbow as the sun shines through it. It can be visited by taking the Trang - Phatthalung Road to about Km. 17, turn right onto the Ban Ka Chong - Ban Hat Lao Road for 12 kilometres, then turn left at the waterfall sign and continue for about 4 kilometres.

Namtok Phrai Sawan (น้ำตกไพรสวรรค์)

is a medium-sized waterfall. It can be reached by taking the Trang - Phatthalung Road to about Km. 17, then turn right onto the Ban Ka Chong - Ban Hat Lao Road and drive for 20 kilometres. Then turn left at the waterfall sign and drive for around 4.5 kilometres. Visitors can currently go for

a 5-kilometre raft trip around the waterfall. Rubber boats are also available for hire.

Namtok Lam Plok (น้ำตกลำปลอก)

is a large 6-level waterfall. From here, one can see islands and a view of the mouth of the Palian River. To get there, take the Trang-Phatthalung road to Km. 17 and turn right onto the Ban Ka Chong-Ban Hat Lao road and drive for 21 kilometres where you have to turn left to the waterfall. The Khlong Lam Plok Hydroelectric Project is situated here.

Amphoe Ratsada (อำเภอรัษฎา)

Tham Phra Phut (ถ้ำพระพุทธร)

can be accessed from Ban Kapang by turning right to Cha-uat and driving for around 10 kilometres. At the intersection, turn right and continue for about 7 kilometres. Inside the cave is a large reclining Buddha image and also a standing image decorated in the style of a regal southern Thailand dancer. Moreover, there are personal belongings of upper-class people like ceramics, nielloware, and old pottery. The origin of the items and the temple's history are shrouded in mystery.

Tham Phraya Phichai Songkram (ถ้ำพระยาพิชัยสงคราม)

in Ban Nai Wang, Tambon Nong Bua, is a naturally beautiful cave that has plenty of stalactites and stalagmites. Visitors will be required to wade through water to enjoy the beauty of the cave. A torch is recommended.

Amphoe Hat Samran (อำเภอหาดสำราญ)

Hat Samran (หาดสำราญ)

is in Tambon Hat Samran, about 59 kilometres from the city. Take the Trang - Palian Road and turn right at Ban Na Intersection in Palian, and drive for 22 kilometres. This beach has a thick pine forest and offers a good view of large and small islands offshore. The climate on the islands is warm and breezy all day, making them great holiday spots. Tourists come here to sample fresh seafood and watch the life of local fishermen.

EVENTS AND FESTIVALS

Trang Underwater Wedding Ceremony (วิวาห์ใต้น้ำตรัง) is held annually during 13 – 15 February to celebrate St. Valentine's Day, as well as publicise the Thai wedding tradition. For more details, contact the Trang Chamber of Commerce at Tel. 0 7521 0238, 0 7522 5353, or www.underwaterwedding.com.

Trang Food Festival (งานมหกรรมอาหารดี ศรีตรังบาน) is held to promote delicious dishes of Trang province renowned as the city of food lovers. There is a myriad of food stalls of Trang restaurateurs offering dishes at special discounted prices. Various kinds of food including Chinese, Thai, and local meals, as well as seafood are available. Additional activities are an eating championship and diverse forms of entertainment. The fair is scheduled for 30 March – 3 April of every year.

Smiling Fish Asian Badminton Satellite Circuit (การแข่งขันแบดมินตัน นู๋มยุ้ย แชมป์เย็นจิพ) is held annually during 1 – 6 May at the Gymnasium, Thung Chaeng Stadium, Amphoe Mueang Trang.

Trang Cake Festival (งานเทศกาลขนมเค้กจังหวัดตรัง) derives from the fact that Trang people are well known for making delicious cakes. This is particularly true for the villagers of Ban Lam Phu Ra where making cakes dates back generations. The cakes of Trang have no frosting and have several flavours like orange, coffee, three-flavoured, etc. The Festival is scheduled for every August. The cakes make ideal gifts.



Trang Cake



Trang Roast Pork

Trang Roast Pork Festival (งานเทศกาลหมูย่างเมืองตรัง) is a tourism promotion activity of Trang, held every September. The Festival features the mouthwatering roast pork of a special recipe of Trang. The pork skin is crispy, the meat is tender and it is delicious due to a process by which the pig is fermented with herbs then roasted whole on a specially made grill. Trang's roast pork is sold daily and goes well with morning coffee or can be a dish at banquets.

Moon Festival (งานประเพณีไหว้พระจันทร์) is a tradition long observed by the Chinese people of Tambon Thung Yao, Amphoe Palian, to commemorate the fight for the nation against the Mongols. A ceremony is held in late September or early October on the full moon day in the eighth month under the Chinese calendar.

Trang Vegetarian Festival (งานประเพณีถือศีลกินผักจังหวัดตรัง) is a traditional festival of the Chinese in Trang, held around October every year. Thais of Chinese heritage would become vegetarian (no consumption of meat and certain kinds of vegetables) and dress in white for 9 days and nights. This is to bring good fortune and make merit. Throughout the 9 days and nights, the spirits in the "mediums" would go out and give blessing (some call it out touring) to households where there are offerings set out in front. The procession bearing the mediums must light thousands of firecrackers, creating a deafening din. The mediums would also perform supernatural feats to show that the spirits are in them.

The Buddha Image Procession and Trang Cultural Festival (ประเพณีลากพระและมหกรรมวัฒนธรรมสัมพันธ์จังหวัดตรัง) is aimed to preserve, revive, and pass down ancient customs and traditions which are local uniqueness. It is held during the first and third days of the waning moon in the eleventh lunar month (at the end of the Buddhist Lent). Activities include a contest of Buddha image boat floats, local sports competitions, Southern-style folk arts and cultural performances, concerts, entertainment, sales of Trang OTOP products, and merit-making for the Buddha image processions.

Four-wheel Drive Vehicle Competition (การแข่งขันรถยนต์ขับเคลื่อนสี่ล้อ) (**The Nature Adventure of Southern Thailand – NAS Challenge**) is an off-road circuit for members of off-road racing clubs in Thailand and from foreign countries; such as, Malaysia, Singapore, Indonesia, etc., with more than 100 cars participating. It is scheduled for November of every year. The circuits in use are in Trang town and other districts of Trang.

Taphao Shell Festival (งานเทศกาลอนุรักษ์หอยตะเภา) is aimed at promoting the conservation of nature and the environment. The Festival is held at Pak Meng Beach every November. There is a contest to gather Taphao shells or leather donax.

Fishing Competition at the Trang Sea (การแข่งขันกีฬาตกปลา “เบิกฟ้าทะเลตรัง”) is organised around December of every year in the waters of Trang and Krabi provinces. More than ten categories of fishing are arranged for the game.

H.M. the King's Birthday Celebrations and Red Cross Fair (งานเฉลิมพระชนมพรรษาและงานกาชาดจังหวัดตรัง) are an annual magnificent event of Trang, which has been continued since the reign of King Rama VII. It is scheduled for 5-15 December of every year at the Thung Chaeng Stadium in Amphoe Mueang Trang. Activities include exhibitions of agencies in the public and private sectors, sales of food and products, concerts, entertainment, naval Red Cross activities, etc.

LOCAL CULTURE

Manora or Nora (มโนราห์หรือโนรา) is an art form native to southern Thailand. The performance has graceful and beautiful dance postures. The singer will sing the lyrics ad-lib. Therefore, he or she would have to be a quick thinker to find words that rhyme and that are meaningful in lyrics, dance, and costume. Accompanying musical instruments include drums, cymbals, gongs, Java pipes, and wooden clappers. Nowadays Nora has developed into incorporating modern instruments.

Shadow Play (หนังตะลุง) is a popular art of southern Thailand. Dried animal hide is carved into drama figures like a hermit, a lord, a lead actor, a lead actress, a giant, and a clown. The figures are held up behind a lighted screen to create shadows on it. Nai Nang or the puppeteer will sing verses or narrate the performance. He must have exceptional reflexes and be able to narrate the whole story by himself. Musical instruments used are the same as for Nora, with perhaps So U and So Duang (stringed instruments) added in.

Li-ke Pa (ลิเกป่า) is also called Li-ke Bok or Li-ke Rammana. This type of performance is different from the usual Li-ke as the performers wear other kinds of costumes. Li-ke Pa is popular among Thai Muslims. Only 3 performers play in a single set of the whole show. However, the set will have a location name change to correspond to the story being played. Musical instruments used include 2-3 tambourines, cymbals, gongs, and pipes.

LOCAL PRODUCTS AND SOUVENIRS

Trang has local products which are famous as souvenirs: Suea Toei or Suea Panan (mats woven from screw pine), Muk (container for small things), ray leather products; namely, bags and shoes, basketry made of cattail stems, carved-wood products from Ban Nong Prue, para rubber toys, and ‘Na Muen Si’ local woven cloth. Products of local food include grilled pork by the recipe of Trang, Lam Phu Ra cake from Huai Yot, ‘Khao Chong’ coffee, ‘Kapi’ or shrimp paste from Tha Kham, long-stem durian from Palian, fresh oyster from Kantang, etc. For more information, contact the Trang Provincial Industry Office at Tel. 0 7521 8699, Trang Community Development Office at Tel. 0 7521 8267, 0 7521 5109 or visit the website: www.trang.go.th.

Souvenir Shops

Amphoe Mueang (อำเภอเมืองฯ)

Cake Ko Pok (เค้กโกป็อก) 10/4 Choem Panya Road, Amphoe Mueang (Tel. 0 7522 0017) (Cake Mueang Trang & local dessert).

Cake Chim (เค้กชิม) 187/4 Phatthalung Road, Amphoe Mueang (Tel. 0 7521 1821) (Cake Mueang Trang & local dessert).

Cake Benchamit (เค้กเบนจามิตร) Kantang Road, Amphoe Mueang (Tel. 0 7521 1804) (Cake Mueang Trang).

Cake Rod Lert (เค้กโรดเลิร์ต) 59/3 Sathani Road (near Trang Railway Station), Amphoe Mueang (Tel. 0 7521 9093, (Cake Mueang Trang & local dessert).

Cake Rod Lert 2 (เค้กโรดเลิร์ต สาขา 2) 25/43 Sathani Road (Tel.

0 7521 2560, 08 1797 2403) (Cake Mueang Trang & local dessert).

Cake Sai Jai (เค้กสายใจ) 6/10 Choem Panya Road, Amphoe Mueang (Tel. 0 7521 2256) (Cake Mueang Trang & local dessert).

Sin Yu Heang (ซินหยูเฮียง) 192 Huai Yot Road, Amphoe Mueang (Tel. 0 7521 1627) (Cake Mueang Trang & local dessert).

Tang Lueak (ทางเลือก) 71-1 Phloen Phithak Road, Amphoe Mueang (Tel. 0 7521 4185) (Local products).

Plan Toys (แพลนทอยส์) 8 Mu 8 Tambon Thung Krabue, Trang - Palian Road, Amphoe Yan Ta Khao (Tel. 0 7528 0200-4) (para rubber toys, for more information Tel. 0 7521 8699, 0 7521 2841).

Fa Trang Collection (ฟ้าตวัน คอลเลกชั่น) Ratchadamnoen Road, Amphoe Mueang (Tel. 0 7521 8617) (Thai handicraft products).

Local Products Centre (ศูนย์จำหน่ายสินค้าพื้นเมือง) Trang - Phatthalung Road, (next to Trang Governor House) (Tel. 0 7521 5395) (Trang OTOP products).

Anny Book (แอนนี่ บุ๊ค) Ratchadamnoen Road, Amphoe Mueang (Tel. 08 1397 4574) (Thai handicraft products).

IMT-GT Plaza & OTOP Centre (ศูนย์กลางจำหน่ายสินค้าโอท็อป จังหวัดตรัง และ IMT-GT พลาซ่า) Rama 6 Road, Mueang Trang.

Amphoe Huai Yot (อำเภอห้วยยอด)

Cake Khuk Ming (เค้กขุกมิ่ง) 5, 6 Phetchakasem Road, Tambon Lam Phu Ra, Amphoe Huai Yot (Tel. 0 7528 4080, 0 7528 4118) (Cake Mueang Trang & local dessert).

Cake Nam Keang (เค้กน้ำแก่ง) 23-24 Phetchakasem Road, Tambon Lam Phu Ra, Amphoe Huai Yot (Tel. 0 7526 6148) (Cake Mueang Trang & local dessert).

Cake Siriwan (เค้กศิริวรรณ) 6/1 Phetchakasem Road, Tambon Lam Phu Ra, Amphoe Huai Yot (Tel. 0 7528 4085, 0 7526 6065) (Cake Mueang Trang & local dessert).

Cake Kanittha (เค้กกนิษฐา) Trang - Phatthalung Road. (Tel. 0 7529 9276, 08 9730 4815.)

FACILITIES

Accommodations

(The room rates mentioned in this brochure may be changed without notice. Please ask for current information from each hotel before making reservation.)

Amphoe Mueang Trang (อำเภอเมืองตรัง)

Ban Ao Thong (บ้านอ่าวทอง) 25/28-31 Sathani Road, Tel: 0 7522 5611, 21 rooms: 790-1,200 baht.

Ban Suan Wang (บ้านสวนวัง) 2-2 Wang To Road. Tel: 08 7622 2995, 08 4630 2544, 4 rooms: 800-1,600 baht.

Center Point Inn (เซ็นเตอร์พ้อยอินน์) 108/84 Huai Yot Road, Tambon Thap Thieng, Tel: 0 7522 3383-6, Fax: 0 7522 3381, 80 rooms: 400-800 baht.

Ko Teng (โกเต้ง) 77-79 Rama 6 Road, Tel: 0 7521 8622, 0 7521 8148, 56 rooms: 180-380 baht.

Monnathi Resort (มนต์นทีรีสอร์ท) Tha Chin Riverside Village, Mu 6, Tambon Bang Rak, Mueang, Tel: 08 1810 7951, 15 rooms: 700-1,500 baht.

My Friend (มายเฟรนด์) 25/12 Sathani Road, Tambon Thap Thieng, Tel: 0 7522 5447, 0 7522 5984, Fax: 0 7522 5976, 35 rooms: 450-680 baht.

My Trang (มายตรัง) 188 Trang - Phatthalung Road, Tel: 0 7521 2177, 60 rooms: 600-800 baht.

Na Ka Chalet Resort (นาขา ชาเลท์ รีสอร์ท) 28/4 Mu 1, Tambon Na Ta Luang, Tel: 0 7521 0988, 08 9197 1919, Fax: 0 7522 2469, www.nakachalet.com, 20 rooms: 600-700 baht.

P. J. Guesthouse (พี เจ เกสต์เฮาส์) 25/12 Sathani Road, Tambon Thap Thieng, Tel: / Fax: 0 7521 7500, 8 rooms: 150-200 baht.

Rua Rasada (เรียรสาดา) 188 Trang - Phatthalung Road, Tel: 0 7521 4230-45, Fax: 0 7521 4258, www.ruarasadahotel.com, 217 rooms: 2,500-5,000 baht.

Station Inn (สเตชั่น อินน์) 118 Sathani Road, Tambon Thap Thieng, Tel: 0 7522 3393-6, Fax: 0 7522 3390, 70 rooms: 260-360 baht.

Sri Trang (ศรีตรัง) 22-26 Sathani Road, Tel: 0 7521 8122, 20 rooms: 450-750 baht.

S2S Queens Trang (เอสทูเอสควีนส์ตรัง) 85-89 Wiset Kun Road, Tambon Thap Thiang, Tel: 0 7521 8229, 0 7521 8522, Fax: 0 7521 0415, 89 rooms: 600-1,800 baht.

Thumrin (ธรรมรินทร์) 99 Sathani Road, Tel: 0 7521 1011-14, Fax: 0 7521 8057, www.thumrin.com, 117 rooms: 450-3,500 baht.

Thumrin Thana (ธรรมรินทร์ธนา) 69/8 Huai Yot Road, Tambon Thap Thiang, Tel: 0 7522 3223, 0 7521 1211-23, Fax: 0 7522 3288-90, www.thumrin-thana.com, 289 rooms: 2,000-5,000 baht.

Trang (ตรัง) 134/2-5 Wiset Kun Road, Tel: 0 7521 8944, 0 7521 8157, Fax: 0 7521 8451, 150 rooms: 470-1,500 baht.

Wattana Park (วัฒนา พาร์ค) 315/7 Huai Yot Road, Tel: 0 7521 6216, 0 7521 7217, Fax: 0 7521 6111, www.wattanaparkhotel.com, 122 rooms: 1,200-3,500 baht.

E-mail: wattanap@cscoms.com

Watthana Trang (วัฒนา ตรัง) 127/3-4 Rama 6 Road, Tel: 0 7521 8184, 0 7521 8288, Fax: 0 7521 9054, 68 rooms: 200-400 baht.

Amphoe Palian (อำเภอปะเหลียน)

Koh Suk Sa Lam Pok Resort Fishing Park (เกาะศึกษา ลำปอก รีสอร์ท ฟิชซิงพาร์ค) 22 Mu 10, Tambon Palian, Tel: 0 7520 3044-5, 08 6597 8783, 08 1875 1077, 7 rooms: 500-600 baht.

Ton Te Resort (โตนเต๊ะ รีสอร์ท) 175 Mu 12, Tambon Palian, Tel: 0 7526 9156, 08 9874 1488, 6 rooms: 350-700 baht.

Ko Sukon (Sukon Island, Amphoe Palian) (เกาะสุกร)

Koh Sukon Andaman Beach Resort (เกาะสุกร อันดามัน บีช รีสอร์ท) 176/1 Mu 1, Tambon Ko Sukon, Office: 11/20 Ratsada Road, Tel: 0 7521 8990, 0 7521 0602, Fax: 0 7521 8990, 10 rooms: 900-1,650 baht.

Koh Sukon Resort (เกาะสุกร รีสอร์ท) Ko Sukon, 140 Mu 1, Tambon Ko Sukon, Office: 298/15 Huai Yot Road, Amphoe

Mueang, Tel: 0 7521 9679, 0 7521 1460, Fax: 0 7521 5648, 50 rooms: 1,000-1,600 baht.

Koh Sukon Village (เกาะสุกรวิลเลจ) Mu 4, Tambon Ko Sukon, Amphoe Palian, Tel: 08 3103 5554.

Sukorn Beach Bungalows (สุกรบีชบังกลอ) 174 Mu 1, Tambon Ko Sukon, Office: 22 Sathani Road, Amphoe Mueang, Tel: 0 7521 1457, 0 7520 7707, 08 1228 3668, Fax: 0 7520 7706, www.sukorn-island-trang.com, 20 rooms: 600-1,850 baht.

Sukorn Cabana Resort (สุกร คาบาน่า รีสอร์ท) Ko Sukon, 117 Mu 1, Tambon Ko Sukon (Office: 160/3 Mu 10, Trang – Palian Road, Amphoe Mueang), Tel: 0 7522 5894, 08 9724 7890, 08 9724 2326, Fax: 0 7522 4985, www.sukorn cabana.com, 17 rooms: 800-1,600 baht.

Trangislands Resort (ตรัง ไอล์แลนด์ รีสอร์ท) Hat Sai Yao, Tambon Ko Sukon (Office: 110 Mu 4, Tambon Ta Se, Amphoe Hat Samran), Tel: 08 1978 8100, Fax: 0 7521 7717, www.trangislands.com, 6 rooms: 750-1,200 baht.

Amphoe Huai Yot (อำเภอห้วยยอด)

Ban Sang Chan (บ้านแสงจันทร์) 189 Mu 3, By Pass Road 403, Tambon Lam Phu Ra, Amphoe Huai Yot, 12 rooms: 700 baht.

Wang Suan Kaew (วังสวนแก้ว) Km. 21 82/3 Mu 3, Ban Nam Phrai, Tambon Pak Khom, Tel: 08 9867 0511, 08 9196 3091, 8 rooms: 400 baht.

Amphoe Kantang (อำเภอกันตัง)

Ko Kradan (Kradan Island, Amphoe Kantang) (เกาะกระดาน)

Ao Niang Beach Resort (อ่าวเนียงบีชรีสอร์ท) Mu 2 Tambon Ko Libong, Amphoe Kantang, Tel: 08 1891 7379, 8 rooms: 700-1,000 baht.

Koh Kradan Paradise Beach (เกาะกระดานพาราไดซ์ บีช) (Office: 22 Sathani Road, Mueang) Tel: 08 1810 7951, 38 rooms: 600-1,200 baht.

Kradan Beach Resort (เกาะกระดานบีชรีสอร์ท) Ko Kradan,

Tambon Ko Libong (Office: 28-30 Tambon Thap Thieng, Amphoe Mueang), Tel./ Fax: 0 7521 1391, 0 7559 0270, www.kradanbeachresort.com, 54 rooms: 800-2,000 baht.

Kradanisland Resort (กระดานไอล์แลนด์ รีสอร์ท) (Office: 22 Sathani Road, Mueang), Tel: 0 7523 0281, 08 1712 7727, 20 rooms: 1,000-1,500 baht.

Paradise Lodge Resort (พาราไดซ์ ลอดจ์ รีสอร์ท), Tel: 08 9587 2409, 08 7625 4696, 9 rooms: 600-1,500 baht.

Sevenseas Resort (เซเว่นซี รีสอร์ท) 221 Mu 2, Tambon Ko Libong, Amphoe Kantang, Tel: 0 7520 3389-90, www.sevenseasresorts.com, 32 rooms: 4,000-14,000 baht.

Ko Libong (Libong Island, Amphoe Kantang) (เกาะลิบง)

Le Dugong Libong Resort (เลอดูกอง ลิบง รีสอร์ท) Ko Libong, 15 Mu 5, Tambon Ko Libong, Tel: 08 7972 7228, 08 1124 6569, 08 9159 9239, 08 1912 4312, www.libongresort.com, 10 rooms: 250-800 baht.

Libong Beach Resort (ลิบง บีช รีสอร์ท) Ko Libong, 18/3 Mu 6, Tambon Ko Libong (Office: 18/3 Mu 6, Tambon Ban Khuan, Amphoe Kantang), Tel: 0 7522 5205, 08 1747 4600, Fax: 0 7522 5205, www.libongbeachresort.com, 28 rooms: 500-1,200 baht.

Libong Nature Beach Resort (ลิบงเนเจอร์บีชรีสอร์ท) Ko Libong (Office: P.O. Box 8, Hat Yao, Amphoe Kantang), Tel: 0 7520 7934, 0 7520 3012, 08 1894 6936, 20 rooms: 800-1,500 baht.

Song Pee Nong Bungalow (สองพี่น้อง บังกะโล) 43/3 Mu 7, Tambon Ko Libong, Amphoe Kantang, Tel: 08 7276 2003, 5 rooms: 300-8,000 baht.

Ko Muk (Muk Island, Amphoe Kantang) (เกาะมุก)

Family Resort (แฟมิลี รีสอร์ท) Ko Muk, 123 Tambon Ko Libong, Tel: 08 9868 1799, 08 1747 9117, 8 rooms: 300-400 baht.

Hat Farang Bungalow (หาดฝรั่ง บังกะโล) Ko Muk, 108 Mu 2, Tambon Ko Libong, Tel: 08 7884 4785, 11 rooms: 400 baht.

Koh Mook Charlie Beach Resort (เกาะมุกชาลี บีช รีสอร์ท) 164 Mu 2, Tambon Ko Libong (Office: 17 Sathani Road, Amphoe Mueang), Tel: 0 7520 3281-2, 0 7521 7671-2, Fax: 0 7520 0072, 80 rooms: 1,000-2,500 baht.

Koh Muk Garden (เกาะมุก การ์เดน) 73/1 Mu 2, Tambon Ko Libong, Amphoe Kantang, Tel: 0 7521 1372, 08 1748 3849, 08 9872 3412, 8 rooms: 400-800 baht.

Koh Muk Nature Beach Resort (เกาะมุกเนเจอร์บีช รีสอร์ท) Tel: 08 1894 6939, 10 rooms: 2,000-2,500 baht.

Koh Muk Resort (เกาะมุกรีสอร์ท) Ko Muk, 123/1 Mu 2, Tambon Ko Libong, (Office: 384/80 Huai Yot Road, Amphoe Mueang), Tel: 0 7521 4441, 0 7520 3303, 25 rooms: 500-3,000 baht. www.kohmook-resort.com

Koh Muk Rubber Tree Resort (เกาะมุกรับเบอร์ทรี รีสอร์ท) Ko Muk, 185 Mu 2, Tambon Ko Libong, Tel: 0 7520 3284, 08 1270 4148, Fax: 0 7520 3284, 13 rooms: 650-1,700 baht.

Koh Mook Sivalai (เกาะมุก สีวาลัย) 211/1 Mu 2, Tambon Ko Libong, Tel: 0 7521 4865, 08 9723 3355, 42 rooms: 3,000-7,000 baht.

Sawasdee Resort (สวัสดิ์ รีสอร์ท) Ko Muk, 62/2 Mu 2, Tambon Ko Libong, Tel: 0 7520 7963, 08 6267 0054, Fax: 0 7525 2502, 14 bungalows: 300-800 baht.

Accommodation near the Beach (Amphoe Kantang)

Hat Yao Nature Resort (หาดยาวเนเจอร์รีสอร์ท) Hat Yao, P.O. Box 8, Hat Yao, Amphoe Kantang, Tel: 08 7885 7815, 08 1894 6936, Fax: 0 7520 7526, www.trangsea.com, 20 rooms: 400-1,500 baht. E-mail: natureresortgroup@gmail.com

Ko Kao Resort (โกเก๊า รีสอร์ท) 54/1 Mu 6, Tambon Ko Libong, Tel: 0 7520 3033, 4 rooms: 800 baht.

Mod Tanoi Resort (มอดตะนอย รีสอร์ท) 113/2 Mu 2, Tambon Ko Libong, Tel: 08 1803 3484, 08 6780 6566, 15 rooms: 500-1,700 baht.

Sinraprachai Chao Mai Resort (ศิลาปราชัย เจ้าไหม รีสอร์ท) Hat Chao Mai, 63/1 Tambon Ko Libong, Tel: 08 1396 4838,

6 rooms: 300-600 baht.

Amphoe Sikao (อำเภอสิเกา)

Nature Farm Resort (เนเจอร์ ฟาร์ม รีสอร์ท) Khuan Kun, P.O. Box 8, Hat Yao, Amphoe Sikao, Tel: 0 7520 7934, 08 1894 6936, Fax: 0 7520 7934, 20 rooms: 600-800 baht.

Waree Park Resort (วารีย์ ปาร์ค รีสอร์ท) 78 Mu 3, Tambon Kala Se, Tel: 0 7529 3052, 08 6957 4350, Fax: 0 7529 3052, 11 rooms: 600-1,000 baht.

Accommodation near the Beach (Amphoe Sikao)

057 Home Stay (057 โฮมสเตย์) 80/7 Mu 4, Tambon Mai Fat, Amphoe Sikao, Tel: 0 7527 4057, 08 1444 1711, 15 rooms: 350-800 baht.

Anantara Sikao Resort & Spa (อนันตรา สิเกา รีสอร์ท แอนด์ สปา) Hat Chang Lang, 199 Mu 5, Hat Pak Meng - Hat Chang Lang Road, Tambon Mai Fat, Amphoe Sikao, Tel: 0 7520 5888, Fax: 0 7520 5899, 144 rooms: 7,300-15,330 baht.

Changlang Resort (ฉางหลวงรีสอร์ท) Chang Lang Beach, 131/1 Mu 5, Tambon Mai Fat, Amphoe Sikao, Tel: 08 1891 3649, 22 rooms: 500-1,800 baht.

Kha Num Chao Lay Home Stay (ขน้าขาวเล โฮมสเตย์) Pak Meng Beach, 106 Mu 4, Tambon Mai Fat, Tel: 08 7386 2518, 0 7527 4230, 680-800 baht.

Lay Trang Resort (เลตริงรีสอร์ท) Pak Meng Pier, 54/22 Mu 4, Tambon Mai Fat, Tel: 0 7527 4027-8, 0 7527 4227-8, Fax: 0 7527 4029, www.laytrang.com, 30 rooms: 800-5,000 baht.

Mak Mai Resort (แมกไม้รีสอร์ท) Pak Meng Beach, 189 Mu 4, Tambon Mai Fat, Tel: 0 7527 4234, 08 9725 4369, 08 9727 0031, Fax: 0 7527 4234, 17 rooms: 500-800 baht.

Pak Meng Guest House (ปากเมงเกสต์เฮาส์) 167/1 Mu 4, Tambon Mai Fat, Tel: 0 7527 4001, 08 1606 2363, 5 rooms: 700 baht.

Pak Meng Resort (ปากเมงรีสอร์ท) Hat Pak Meng 60/1 Mu 4, Tambon Mai Fat, Tel: 0 7520 3031, 0 7527 4111, www.pakmengresort.com, 40 rooms: 900-1,200 baht.

Palm Garden Resort (ปาล์ม การ์ดเอ็นท์ รีสอร์ท) 214 Mu 4, Tambon Mai Fat, Tel: 0 7527 4218, 08 6951 4946, 16 rooms: 550-1,500 baht.

Sai Thong Resort & Coffee House (ทรายทองรีสอร์ทแอนด์คอฟฟี่เฮาส์) 203 Mu 4, Tambon Mai Fat, Tel: 0 7527 4194-5, 08 9724 8348, www.trangsaithong.multiply.com, 20 rooms: 800-1,500 baht.

Trang Andaman Hotel & Resort (ตรัง อันดามัน โฮเต็ล แอนด์ รีสอร์ท) Hat Pak Meng, 218 Mu 4, Tambon Mai Fat, Tel: 0 7527 4123, 08 1537 5110, www.trangandaman.com, 20 rooms: 700-800 baht.

Amphoe Hat Samran (อำเภอหาดสำราญ)

Ton Po Resort (ตันโปรีสอร์ท) Hat Samran, 178/1 Mu 12, Tambon Hat Samran, Tel: 0 7520 8208, 08 9728 3135, 4 rooms: 300-450 baht.

Accommodation on Ko Ngai (Ngai Island) (เกาะไหง)

Co-Co Cottage (โคโค คอทเทจ) Office: 109/77 Mu 9, Tambon Khok Lo, Tel: 0 7522 4387, 08 9724 9225, www.coco-cottage.com, 28 rooms: 1,600-4,000 baht.

Koh Hai Fantasy Resort (เกาะไหง แฟนตาซี รีสอร์ท) Tel: 0 7521 0317, 0 7521 1045, 60 rooms: 2,190-6,000 baht.

Koh Hai Paradise (เกาะไหงพาราไดซ์) Tel: 0 7521 8535, 0 7521 1260, 0 7521 6420, 0 7520 3024, 18 rooms: 400-800 baht.

Koh Ngai Resort (เกาะไหงรีสอร์ท) Tel: 08 1891 3649, 80 rooms: 1,000-6,000 baht.

Koh Ngai Seafood (เกาะไหงซีฟู้ด) Tel: 08 1367 8497, 9 rooms: 1,200-1,500 baht.

Koh Ngai Villa (เกาะไหงวิลล่า) Tel: 0 7521 0496, 0 7522 5837, 0 7520 3267, 37 rooms: 500-800 baht.

Thap Warin Resort (ทับวารินทร์ รีสอร์ท) 140/2 Sathani Road, Tambon Thap Thieng, Amphoe Mueang, Tel: 0 7521 8153, 0 7522 0139, 0 7520 3169, www.thapwarin.com, 29 rooms: 800-4,000 baht.

Restaurants

Amphoe Mueang Trang (อำเภอเมืองตรัง)

Balcony (บาโคนี) 80/15 Ratsada Road, Tel: 0 7521 0083, 08 1273 4627 (open 11.00-22.00 hrs.)

Ban Suan Sudaphon (บ้านสวนสุดาพอน) 66/25 Rak Chan Road, Tel: 0 7522 6070 (Thai food; open 10.30-22.00 hrs.)

Ban Suwimon (บ้านสุวิมล) 113/3 Wian Kraphang Road, Amphoe Mueang, Tel: 0 7521 8653, 08 1083 0477 (Thai food; open 10.00-22.00 hrs.)

Cha Ngao (ชะเงา) Phloen Phithak Road, Tel: 0 7522 2469 (pub & restaurant; open 11.00-24.00 hrs.)

J Sukaphap (เจสุภาพ) 49-51 Phatthalung Road, Tel: 0 7522 0902 (vegetarian food; open 07.00-14.00 hrs.)

Kaeng Som (แกงส้ม) 62/1 Wiset Kun Road, Amphoe Mueang, Tel: 0 7521 9383 (southern food; open 11.00-14.00 hrs. and 16.30-21.30 hrs.)

Kanok Restaurant (กนกภัตตาคาร) 31/1 Wiset Kun Road, Amphoe Mueang, Tel: 0 7521 1008-9 (Chinese food; open 09.00-13.30 hrs. and 16.00-21.00 hrs.)

Khao Chong Coffee (กาแฟชาช่อง) 52/1-2 Phatthalung Road, Amphoe Mueang, Tel: 0 7521 8759 (open 06.00-18.00 hrs.)

Khao Tom Phui (ข้าวต้มผุย) branch 1: Rama 6 Road, Tel: 0 7521 0127, branch 2: 65/10 Phloen Phithak Road (open 16.00-03.00 hrs.)

Khrua Thap Tiang (ครัวทับเที่ยง) 28/4 Mu 1, Na Ta Luang - Lang Khao Road, Tel: 08 1125 0138, 0 7521 0988 (Thai food; open 10.00-22.00 hrs.)

Khrua Trang (ครัวตรัง) 8/10 Wiset Kun Road, Tel: 0 7522 2333 (open 10.00-22.00 hrs.)

Ko Chai Pla Pao (โกชัย ปลาเผา) branch 1: 9/4 Ratsada Road, Amphoe Kantang, Tel: 0 7521 1801, branch 2: 314 Kantang Road, Tambon Bang Rak, Tel: 0 7523 0354 (seafood; open 15.00-22.00 hrs.)

Ko Choi (โกชัย) 46 Rak Chan Road, Tel: 0 7521 9911 (open 09.00-20.00 hrs.)

Ko Lan (โกหลั่น) Huai Yot Road, Amphoe Mueang, Tel: 0 7522 2925 (Trang roast pork; open 05.00-14.00 hrs.)

Ko Teng (โกเต็ง) 77-79 Rama 6 Road, Tel: 0 7521 8622 (open 07.30-17.00 hrs.)

Ko Yao (โกยาว) 57 Wiset Kun Road, Tel: 0 7521 8733, 0 7522 0987 (open 11.00-21.00 hrs.)

Lay Trang 2 (เลตริง 2) Sai Ngam Road, Tel: 0 7521 7700 (seafood; open 10.00-22.00 hrs.)

Nam Mui (น้ำมุย) 103/1-4 Rama 6 Road, Amphoe Mueang, Tel: 0 7521 8504 (Thai, Chinese food; open 11.00-21.00 hrs.)

Phrueksa Trang (พฤษภา ตรัง) 14/28 Mu 2, Trang - Palian Road, Tambon Khok Lo, Ton Samo Intersection, Tel: 0 7522 4419, 08 9045 9739, 08 1894 9143 (Thai food; open 10.00-24.00 hrs.)

Rissy (ริซซี่) Ratsada Road, Tel: 0 7521 5595, 08 1370 8183 (open 10.00-22.30 hrs.)

Rot Yiam (รสเยี่ยม) 95/12 Ratsada Road, Tel: 08 1272 1920, 0 7521 1242 (open 09.00-14.00 hrs.)

Ruan Phae Riverside (เรือนแพ ริเวอร์ไซด์) 19/1 Trang - Sikao Road, Tambon Bang Rak, Amphoe Mueang, Tel: 0 7523 0387 (Thai food, seafood; open 10.30-23.00 hrs.)

Sin Ao Cha (สินโอาชา) 25/25 Sathani Road, Tel: 0 7521 1191 (open 07.00-19.00 hrs.)

Si Fa Lifestyle (สีฟ้าไลฟ์สไตล์) 37 Phatthalung Road, Tel: 0 7521 0139, 08 1476 4323 (open 10.30-22.00 hrs.)

Tang Luak (ทางเลือก) 71/1 Phloen Phithak Road, Tel: 0 7521 4185, 08 1606 3930 (open 06.00-17.00 hrs.)

Tong Na Tam (ทองนาท่าม) Mu 3, Tambon Na Tham Tai, Tel: 08 7883 5010 (open 10.30-21.00 hrs.)

Amphoe Kantang (อำเภอกันตัง)

Hat Yao Seafood (หาดยาวซีฟู้ด) 54 Mu 6, Tambon Ko Libong, Chao Mai Pier, Tel: 0 7520 7930 (seafood; open 09.00-20.00 hrs.)

Ko Kao Seafood (โกเก๊า ซีฟู้ด) Mu Ban Hat Yao, Tambon Ko Libong, Tel: 0 7520 3033 (seafood; open 10.00-22.00 hrs.)

Ko Kia (โกเกีย) 8-10 Sakon Sathan Phithak Road, Tel: 0 7525 1393 (seafood; open 11.00-15.00 hrs. and 17.00-20.30 hrs.)

Lor-Kung (ล่อคั้ง) 95-96 Ratsada Road, Amphoe Kantang, Tel: 08 9588 1875, 08 7471 7533 (seafood; open 09.30-20.30 hrs.)

Pu Nim (ปูนิม) 6 Mu 4, Tambon Kantang Tai, Tel: 0 7525 4066, 08 1125 6459 (seafood; open 10.00-22.00 hrs.)

Rim Nam Restaurant (ริมน้ำ) Ratsada Road, Amphoe Kantang, Tel: 0 7525 1327 (seafood; open 11.00-20.00 hrs.)

Amphoe Huai Yot (อำเภอห้วยยอด)

Che Eng (เจ้เอ็ง) Phetchakasem Road, Tambon Huai Yot, Tel: 0 7527 1155 (Thai food; open 10.00-21.00 hrs.)

Che Wan (เจ้ห้วน) 77-79 Thetsaban 5 Road, Tambon Huai Yot, Tel: 0 7527 1192 (Thai food; open 10.00-21.30 hrs.)

Chin Dam (จิ้นดำ) 167 Phetchakasem Road, Tambon Huai Yot, Tel: 0 7527 1238 (Thai food; open 09.30-20.30 hrs.)

Ruan Pukan (เรือนผู้ก่อ) Phetchakasem Road, (Thai food; open 10.00-22.00 hrs.)

Amphoe Sikao (อำเภอสิเกา)

Ko Pu Ko Pla (เกาะปู เกาะปลา) Hat Pak Meng, 171 Mu 4, Tambon Mai Fat, Tel: 0 7527 4006-7 (seafood; open 10.00-21.00 hrs.)

Krua Latdawan (ครัวลัดดาวัลย์) Hat Pak Meng, 141 Mu 4, Tambon Mai Fat, (seafood; open 10.00-22.00 hrs.)

Kru Kid (ครูคิด) Hat Pak Meng, 170 Mu 4, Tambon Mai Fat, Tel: 0 7527 4100 (seafood; open 10.00-22.00 hrs.)

Lay Trang (เลตริง) 54/22 Mu 4, Mai Fat Road, Tambon Pak Meng (Pak Meng Pier), Tel: 0 7527 4027-9, 08 1904 8185 (seafood; open 08.00-22.00 hrs.)

Maek Mai (แมกไม้ม) Hat Pak Meng, Mu 4 Tambon Mai Fat, Tel: 0 7527 4234, 08 9725 4369 (seafood; open 10.00-22.00 hrs.)

Pak Meng Resort (ปากเมง รีสอร์ท) Hat Pak Meng, 60/1 Mu 4, Tambon Mai Fat, Tel: 0 7527 4111, 0 7520 3031 (seafood; open 10.00-22.00 hrs.)

Pak Meng Seafood (ปากเมง ซีฟู้ด) 273 Mu 4, Tambon Mai Fat (seafood; open 10.00-21.00 hrs.)

Yok Yo (ยอกยอ) Hat Pak Meng, 154 Mu 4, Tambon Mai Fat, Tel: 0 7527 4014 (seafood; open 10.00-22.00 hrs.)

Amphoe Palian (อำเภอปะเหลียน)

Daw Talay (ดาวทะเล) 21/4-5 Tambon Tha Kham, Tel: 0 7524 1122 (seafood; open 10.00-23.00 hrs.)

Ko Suk Sa Lam Pok (เกาะศึกษาลำปอก) 22 Mu 10, Tambon Palian (near Lam Plok Waterfall), Tel: 0 7520 3604-5 (open 09.00-20.00 hrs.)

Laem Yong Star Seaside (แหลมหยงสตาร์ ซีไซด์) 276 Mu 4, Tambon Tha Kham (seafood). Tel: 0 7528 8065

Ruam Mit (รวมมิตร) 31/29 Mu 1, Trang - Satun Road, Tambon Thung Yao, Tel: 0 7528 8062 (seafood; open 09.00-20.00 hrs.)

Tam Lay Thong (ท่าเลทอง) Mu 1 Trang - Satun Road, Tambon Thung Yao (open 09.00-20.00 hrs.)

Ton Te Resort (โตนเต๊ะ รีสอร์ท) Mu 2 Tambon Palian, Tel: 0 7526 9156 (Thai food; open 09.00-20.00 hrs.)

Amphoe Yan Ta Khao (อำเภอย่านตาขาว)

Ka Tang (กะตังค์) 176 Mu 1, Trang - Palian Road, Tambon Yan Ta Khao (near Yan Ta Khao Market), Tel: 0 7524 0655 (Thai food; open 10.00-22.00 hrs.)

Ko Lit (โกลิต) 24 Phisan Road, Tambon Yan Ta Khao (near Yan Ta Khao Market) (open 09.00-14.00 hrs.)

Krua Chai Klong (ครัวขายคลอง) 100 Mu 1, Worakhiri Road, Tambon Yan Ta Khao (near Yan Ta Khao Market) (Thai food; open 10.00-22.00 hrs.)

Pai Ngoen (ไผ่เงิน) Trang - Palian Road, (opposite Yan Ta Khao Post Office) (open 10.00-22.00 hrs.)

Amphoe Na Yong (อำเภอนาโยง)

Khao Pub Pa (ร้านเขাপับผ้า) Mu 7 Phatthalung Road, Tambon Khao Chong, Tel: 08 7891 5007 (Thai food; open 10.00-20.00 hrs.)

Ko Kang (โกกั้ง) 107/2 Mu 2, Phatthalung Road, Tambon Na Yong Nuea (noodle; open 10.00-14.00 hrs.)

Ruan Sumalee (เรือนสุมาลี) 57 Phetchakasem Road, Near Krung Thai Bank Ya Yong Branch Tel: 0 7529 9909 (Thai food; open 10.00-20.00)

Amphoe Hat Samran (อำเภอหาดสำราญ)

Hat Samran Resort (หาดสำราญรีสอร์ท) 199 Mu 5, Tambon Hat Samran (seafood; open 08.00-22.00 hrs.)

Ton Por (ตันปอ) 178/1 Ban Na - Hat Samran Road, Tambon Hat Samran, Tel: 0 7520 8208 (seafood; 08.00-22.00 hrs.)

Travel Agents

Amphoe Mueang (อำเภอเมืองฯ)

Chao Mai Tour (เจ้าไหมทัวร์) 15 Sathani Road, Tel: 0 7521 4742, 0 7521 6380, Fax: 0 7521 7340, www.jongkoltrang@hotmail.com.

Chitlada Tour (จิตรลดาทัวร์) 66/25 Sathani Road, Tambon Thap Thieng, Amphoe Mueang, Tel: 0 7521 5933, Fax: 0 7521 6110.

K.K Travel and Tour (เค.เค ทราเวล แอนด์ ทัวร์) 40 Sathani Road, Tambon Thap Thieng, Amphoe Mueang, Tel: 0 7521 1198, 0 7522 3664, Fax: 0 7521 1441.

Koh Ngai Fantasy Resort (เกาะไหงแฟนตาซีรีสอร์ท) 205 Phatthalung Road, Tel: 0 7521 5923, Fax: 0 7521 7397.

Koh Ngai Villa (เกาะไหง วิลล่า) 112 Rama 6 Road, Tambon Thap Thieng, Amphoe Mueang, Tel: 0 7521 0496, Fax: 0 7522 5837, www.krabi.com/kohngaivilla or E-mail:kohngai@yahoo.com.

Ko Sukon and Laem Sai Tour (เกาะสุกรแอนด์แหลมทรายทัวร์) 298/15 Huai Yot Road, Tambon Thap Thieng, Amphoe Mueang, Tel: 0 7521 9679, Fax: 0 7521 5648.

Libong Travel (ลิงบองการท่องเที่ยว) 59/1 Tha Klang Road, Tambon Thap Thieng, Amphoe Mueang, Tel: 08 1606 8530, 0 7521 7642, Fax: 0 7521 4676.

Payoon and Van Tour (พะยูนแอนด์แวนทัวร์) 298/16 Huai Yot Road, Tambon Thap Thieng, Amphoe Mueang, Tel: 0 7522 2779, 08 1693 4184, Fax: 0 7522 2779.

P.J. Guesthouse and Tour (พี.เจ. เกสต์เฮ้าส์ แอนด์ ทัวร์) 25/12 Sathani Road, Tel: 0 7521 7500, 08 1537 3514, Fax: 0 7521 7500.

Sea Breeze Tour (ซี บริซ ทัวร์) 59/1 Sathani Road, Tel: 0 7521 7460, Fax: 0 7521 7460.

Sirisin Tour (สิริสินทัวร์) 105 Huai Yot Road, Tel: 0 7521 9918, 08 1891 7268, Fax: 0 7522 2610, E-mail:sirisintour@siam-biz.com.

Trang Camping and Tour (ตรังแคมป์ปิ้งแอนด์ทัวร์) 66/7 Sathani Road, Tel: 0 7522 2101, Fax: 0 7522 2101.

Trang Discovery (ตรัง ดิสคอฟเวอรี่) 3/1 Mu 2, Trang - Palian Road, Tambon Khok Lo, Amphoe Mueang, Tel: 0 7522 5572, Fax: 0 7522 5572.

Trang Marina (ตรังมาริน่า) 201/20 Wiset Kun Road, Tambon Thap Thieng, Amphoe Mueang, Tel: 0 7522 0907, Fax: 0 7522 0907, BKK. Tel: 0 2275 4537-8, Fax: 0 2275 8204, www.trangmarina.com.

Trang Online Travel (ตรังออนไลน์ ทราเวล) 42 Rama 6 Road, Tel: 0 7521 7619, 08 1271 8535, Fax: 0 7522 4180.

Trang Scuba Dive Center Co., Ltd. (บจก. ตรังสกuba ไดฟ์ เซ็นเตอร์) 59/33-34 Huai Yot Road, Tambon Thap Thieng, Amphoe Mueang, Tel: 0 7522 2189-92, Fax: 0 7522 2194.

Trang Travel and Amazing Travel (ตรังทราเวลแอนด์อะเมซิงทราเวล) 99 Sathani Road, Tambon Thap Thiang, Amphoe Mueang, Tel: 0 7521 9598-9, Fax: 0 7521 1290.

Trang Waree Travel (ตรังวารีย์ ทราเวล) 223/3-4 Wiset Kun Road, Tambon Thap Thiang, Amphoe Mueang, Tel: 0 7521 8443, 0 7521 9448, 0 7522 5287-8, Fax: 0 7522 5282, E-mail:trangwaree@hotmail.com.

Watthana Khlang Chan Tour (วัฒนาคลังจันทร์ทัวร์) 189 Mu 10, Trang - Palian Road, Tambon Khok Lo, Amphoe Mueang, Tel: 0 7524 4447, Fax: 0 7521 2159.

Wonderbar (วันเดอร์บาร์) 24 Sathani Road, Tambon Thap Thiang, Amphoe Mueang, Tel: 0 7521 4563, Fax: 0 7521 4563.

Amphoe Hat Samran (อำเภอหาดสำราญ)

Trang Island Tour (ตรังไอซ์แลนด์ ทัวร์) 110 Mu 4, Tambon Ta Se, Amphoe Hat Samran, Tel: 08 1978 8100, Fax: 0 7520 7716, www.trangislands.com.

Amphoe Palian (อำเภอปะเหลียน)

Sukon Beach Bungalow and Tour (สุกร บีช บังกะโล แอนด์ ทัวร์) 22 Sathani Road, Amphoe Mueang, Tel: 0 7521 1457, 0 7522 3699, Fax: 0 7521 1457 (Trang Office), 174 Mu 1, Tambon Ko Sukon, Amphoe Palian, Tel: 0 7520 7707, 0 7520 3301 (on the island), www.sukorn-island-trang.com.

Amphoe Kantang (อำเภอกันตัง)

Nature Tour and Travel (เนเจอร์ทัวร์ แอนด์ ทราเวล) 43 Mu 6, Ko Libong, P.O. Box 8, Amphoe Kantang, Tel: 08 1894 6936, 0 7520 7934, 0 7520 3012.

Nong Tour (หนองทัวร์) 75 Mu 2, Tambon Khuan Thani, Trang - Kantang Road, Tel: 08 1894 3539, 0 7526 3261, Fax: 0 7526 3261.

Amphoe Sikao (อำเภอสีเกา)

Lay Trang Travel (เลย์ ตรัง ทราเวล) 54/22-23 Hat Pak Meng Pier, Tel: 0 7527 4027-8, 0 7527 4227-8, Fax: 0 7527 4029, www.laytrang.com.

Pak Meng Resort (ปากเมง รีสอร์ท) 60/1 Mu 4, Tambon Mai Fat, Amphoe Sikao, Tel: 0 7527 4111-2, www.pakmengresort.com.

Suchanya Travel Trang (สุชนัญญา ทราเวล ตรัง) 84/4 Mu 4, Pak Meng Beach Road, Tel: 08 9725 2582.

Wiset Tourism Trang in Thailand (วิเศษการท่องเที่ยวตรังประเทศไทย) 155 Mu 4, Tambon Mai Fat, Pak Meng Beach Road, Tel: 0 7527 4125, 08 1636 5916, www.trangthailand.com.



USEFUL CALLS

| | |
|------------------------------------|--|
| Trang Hospital | Tel: 0 7521 2241-3, 0 7521 8018 |
| Police Station | Tel: 0 7521 8019, 0 7521 1311 |
| Tourist Police | Tel: 0 7521 1903, 1155 |
| Railway Station | Tel: 0 7521 8012 (reservation office: 0 7521 3082) |
| Bus Terminal | Tel: 0 7521 4504 |
| Post Office | Tel: 0 7521 8521, 0 7521 8361, 0 7521 8021 |
| Nok Airlines | Tel: 0 7557 2229 |
| Orient Thai Airline | Tel: 0 7557 2226 |
| Trang Airport | Tel: 0 7557 2151-2 |
| Trang Immigration | Tel: 0 7525 1030 |
| Trang Marine Police | Tel: 0 7525 1130 |
| Hat Chao Mai National Park | Tel: 0 7521 3260 |
| Trang Tourist Business Association | Tel: 0 7521 5580 |