

THE NAI HARN

PHUKET

20 things to do while staying at The Nai Harn

1) Enjoy a BBQ on the terrace with your personal BBQ butler

Whether it's rare or well done, surf or turf (or both), your personal chef approaches the private dining experience in a bespoke manner. All you need to do is sit back, relax and take in the breath-taking views from your balcony.

Call our In-Room-Dining team for a choice of menus.

2) Take a Thai Cooking Class with Chef Ann at Cosmo Restaurant

A tan fades, but knowing how to cook some of Thailand's most iconic dishes – now that lasts forever. Join Chef Ann on her culinary journey and learn about amazing local products and the real taste of southern Thai cooking. Raised by her grandparents not far from Phuket in the neighbouring province of Phang Nga, Chef Ann remembers picking herbs and vegetables with her grandmother, and helping her prepare evening meals for her brothers, sisters and parents after a hard day on the farm. Cooking class participants will learn to prepare some of Chef Ann's favourite family dishes.

All cooking classes include a visit to the Rawai Sea Gypsy Fishing Market, ingredients, juice or soft drinks, The Nai Harn Cooking Apron, recipe folder, photos and cooking certificate. (Duration: 3 hours)

To book a cooking class, call our In-Room Dining team or speak with any of our servers.

3) Treat yourself to an “Omakase” dining experience

“Omakase” is the name given to the Japanese tradition of letting the chef choose your meal at a restaurant. The word actually means “I will leave it to you”, and allows the chef total creative freedom to give diners a truly memorable culinary experience. Once you've tried the delicious a la carte sushi and sashimi plates available at our rooftop sushi and sashimi bar, Hansha, why not give our Japanese Chef, Khun Arnu, free reign to surprise you with his own creative flare?

To book one of only 6 seats available at the counter, call our In-Room Dining team or speak with any of our servers.

4) Push the Champagne Button (for The Nai Harn suite guests)

One poke of your finger, and the world's your oyster. (Oysters? Capital idea. Call Room Service and have a dozen freshly shucked to complement the bubbly.) Snuggle up for an intimate toast, lounge on your daybed like a lizard king, or shout at the stars about being king of the world. Get romantic, get tipsy, get hammered, get horizontal, get any which way but lose ... but get into the concept: Press For Champagne.

You'll find the button near the four-poster daybed on your private terrace.

5) Savour the sunset at Reflections

Splendid views are an integral part of life at The Nai Harn, but Reflections takes the experience to a whole new level. Sink into plush seating, admire the view and listen to the whisper of fluttering palm fronds. With sailing boats bobbing in the distance against the curved panorama of sky and sea, you won't find a better place to enjoy a few moments' reprieve with a chilled cocktail or a casual conversation with friends.



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6) Dine on Andaman seafood at Rock Salt accompanied by the best Rosé wines in the world – hand-picked by James Suckling

Don't miss a visit to our celebrated beachfront restaurant Rock Salt where you can indulge in an irresistible Andaman Seafood Platter, featuring sea shrimps, tiger prawns, rock lobster, Fine de Claire oysters, and steamed Rawai clams. This washes down extremely well with one of the Top 10 Rosé wines selected by none other than world famous wine critic, James Suckling. Available by the bottle and by the glass.

7) Cleanse and Refresh with a PURITI Detox program

Our tailored one-day and three-day Puriti retreats combine ancient Siamese herbal purification practices with contemporary, clinical, nutritional and physical cleansing. Benefit from a balance between ancient wisdom with the best that modern science has taught us about creating a healthy body and mind. Puriti is a call to wellness, a re-introduction to the benefits of ritual good health. Invest in yourself and take charge of your health and wellbeing. Puriti retreats help remove the toxins of modern living and offer a unique way to discover the new you.

Ask our Spa receptionist for more details.

8) Picnic at Nai Harn Beach

Nai Harn beach has been voted yet again one of the nicest beaches in Asia on TripAdvisor, so there's absolutely no need to wander any further than the local shoreline. Let us send a picnic basket stuffed with snacks and drinks along with you, and our Beach Butler will even set up a parasol and beach mats on the sand.

A selection of amazing picnic options can be found in your In-Room-Dining Compendium.

9) Visit neighbouring bays and beaches

Hop on our resort tuk-tuk and explore nearby attractions. **Ao Sane**, a rocky beach a short distance west from our resort, is one of the island's loveliest secrets. The diving and snorkelling at this beach is exemplary and the character of the location can best be called, 'tranquil'. Ao Sane has enough trees lining its perimeters to provide shelter from the sun at all times of day, but there's ample sand space for sun lovers, too.

Ya Nui lies in the shadow of two of Phuket's loveliest viewpoints; Phrom Thep and the famous but nameless viewpoint featuring large white windmill/propeller power generators. It's a charming little cove that's great for snorkelling, kayaking and fishing. The sand is beautifully soft and children love to collect shells on this beach.

Give our Front Office team a call to book a tuk-tuk transfer. While you're at it, why not let us pack a picnic for you?

10) Explore Rawai Sea Gypsy village and market

This is the closest you can get to fresh seafood without getting wet yourself. Pick your own seafood treats and have them cooked at our favourite spot "Mook Manee Dee".

Anyone who has a passion for fishing has a story to match, and the one that got away is always the largest fish in the sea. It is hard to separate the Sea Gypsies and Rawai from each other; they settled in the area over 100 years ago and continue to trade on the oceanfront market just off the left side of Rawai Pier. Fresh seafood is brought in daily, mostly by the Sea Gypsies fishermen that live in the small village that surrounds the market. Very popular among Thai tourists and foreign residents, the



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Rawai Sea Gypsy Village is the best place to find real seafood, really fresh and you don't even have to catch it.

Give our Front Office team a call to organise a visit.

11) Taste the delights at Chalong Bay Rum Distillery

Marine Lucchini and Thibault Spithakis, two young French entrepreneurs, have established a distillery on Phuket's east coast that produces top-grade white rum. This clear and pure liquor is manufactured in Phuket, using only 'best-of-crop' organically grown Thai sugarcane and centuries-old French distillation methods and equipment for startling high-standard results. It's worth mentioning that absolutely everything in the process is done by hand, and that includes cleaning, labelling, and filling the bottles! The good part of all this is that you can visit Chalong Bay Rum and have the whole process explained to you with a rum cocktail of your choice to try afterwards (using the distillery's own creations of course).

Ask our reception to make a reservation for you.

12) Get cultural at Big Buddha and Chalong Temple

Phuket's **Big Buddha** is one of the island's most important and revered cultural landmarks. The huge image sits atop the Nakkerd Hills between Chalong and Kata, and at 45 metres tall it is easily seen from far away. The lofty site offers the best 360-degree views of the island, with sweeping vistas of Phuket Town, Kata, Karon beaches, Chalong Bay and more. The statue is constructed with reinforced concrete layered with beautiful Burmese white jade marble that shines in the sun, making it a natural symbol of hope. The views, and the figure itself are breath-taking.

Wats – or Buddhist temples – are among the most important symbols of Thailand, partly because the majority of Thais are Buddhist and partly because they are so beautiful. On Phuket alone, there are 29 Buddhist temples spread around the island. Wats in general are sacred places for local people, so visitors should make sure they are covered up; when there, it is advisable to watch and emulate the way Thais behave inside temples. For over a century, locals have been going to **Wat Chalong** to pray and foreign visitors have therefore been able to glimpse local culture. The temple is open from 7 a.m. to 5 p.m.

A half-day tour combining Big Buddha and Chalong Temple can be booked with our Front Office team.

13) Explore the Whiskey Compendium at Cosmo Bar

Winston Churchill once said, *“The water was not fit to drink. To make it palatable, we had to add whiskey. By diligent effort, I learned to like it.”* As a humble tribute to this great spirit. A drink that is made and enjoyed all around the world; we have compiled a rustic, leather-bound compendium that introduces whiskeys from all the regions of Scotland, as well as Kentucky Straight Bourbon, Tennessee Whiskey, Canadian Whisky, Irish Whiskey, Blended Scotch and even Japanese Whisky. Offering an ideal after dinner experience at Cosmo Bar, the Whiskey Compendium includes tasting notes and explanations about each of the regions featured. Once you select your preferred tippie, the whiskey can be served neat served with Scottish mineral water, or on the rocks over a large, round carved ball of ice.

Ask our server at Cosmo Bar to hand you a copy of the Whiskey Compendium.



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14) Grab a Round trip transfer to Phuket Weekend Market

The Phuket weekend market is located just outside Phuket Town off Chao Fa West road, near the Naka Temple. Due to the proximity of the temple, it's also locally called Naka Market and is open on Saturdays and Sundays starting late afternoon, up until around 10 p.m. The weekend market sells a variety of clothes and housewares. There are also some stalls selling fruit, and lots of snack stalls to try local desserts, corn, drinks, spicy snacks, noodles and of course fried insects!

Ask our reception to book a round trip to Phuket Weekend Market.

15) Visit the Phuket Gibbon Rehabilitation Center

Around Thailand you may bump into various animals kept by touts who offer to let you take a picture with the wild animal for a fee. The Nai Harn does not recommend guests to support this practice as most of the animals are juveniles whose mothers are killed to catch the babies. Guests who are interested in seeing some of these amazing animals in the wild can head to Thalung where there is a rehabilitation centre for gibbons. You can take pictures and support a good cause at the same time.

Ask our reception to organise a visit for you.

16) Go Scuba Diving with Sea Bees to fabulous dive sites

Do you have an interest in the natural world and all its wonderful inhabitants? Scuba diving brings you close to our marine friends so that you can observe them in their natural habitat. At The Nai Harn we are proud to support Sea Bees, a team that's affiliated to various organisations in Thailand that financially support the work of those actively working to preserve the country's marine habitat. For over 20 years they have been providing daytrips, dive safaris and courses from their base in Chalong, a mere 10 minutes' drive from The Nai Harn. Unlike other dive companies, our preferred dive partner is totally independent and self-reliant. With their own fleet of boats and dedication to safety and service; you are guaranteed a smooth and memorable experience during your dive adventure. Sea Bees dedication to their customers hasn't gone unnoticed either, with 10 Golden Dolphin awards for "Best Dive Centre in South-East Asia and Pacific" to their name; as well as the only 5 Star DIN certification for "Proven Top Service Provider" held in Thailand. They are also a Quality Divers member and proud to be able to offer the best diving education through their dive academy and training facilities.

Ask our reception for details about Scuba diving with Sea Bees.

17) Try Snorkelling at Racha Island

A snorkelling day trip to Racha Yai island is one of Phuket's most popular tours and suitable for all ages. It includes opportunities for snorkelling from the boat and from the beach. Koh Racha Yai (Racha Yai Island, also sometimes called Koh Raya) is about 13 nautical miles south of Phuket, just 30 minutes by speedboat from Chalong Bay. Dotted around the shorelines of the granite island are palm-fringed bays, and the shallow hard coral reefs ideal for snorkelling and swimming.

Ask our reception for details about snorkelling day trips.

18) Take a tour around Phang Nga Bay

The natural beauty of Phang Nga Bay – with its islands, lagoons and stunning limestone formations – is truly mind blowing! Ask our hosts to explain to you the many activities that our excursion partners can organise, such as kayaking tours in the area which include swimming, walking, cave exploration,



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and also offer up amazing views. You have a good chance of seeing monkeys and birds in the wild too. There have even been dolphin and whale shark sightings from boats in the bay.

Ask our reception to book a day tour for you.

19) Dine off-the-beaten-track at “Mor Mu Dong”

If there were an island-wide competition for rustic, unusual and out-of-the-way restaurants then Mor Mu Dong seafood restaurant in east Phuket would definitely win. Set up in a mangrove next to a ‘klong’ – a brackish watery inlet from the sea just 100 metres away – Mor Mu Dong is a leafy warren of bamboo ‘salas’ (huts) where diners can sit on mats and eat off low tables or choose a standard table and chairs.

The fan-cooled salas – some of which can hold up to 10 diners – are discreetly located throughout the large restaurant area, each offering a little world of its own with river views. Essentially a seafood restaurant, Mor Mu Dong also serves a full raft of chicken dishes and a delicious pork dish with *kruang nam prik* – a fiery chilli sauce. *Pla pao* is a whole fish stuffed with kaffir leaves and lemongrass then crusted with salt and grilled wrapped in banana leaves. The resulting texture is out of this world and the last word in tenderness. The traditional cooking methods used here ensure a genuine Phuket dining experience and like most unadulterated and pure experiences, Mor Mu Dong is relatively hard to find.

Ask our front office hosts to reserve for you and arrange transportation.

20) Get active on the water

Kite surfing is currently taking the world of water sports by storm and Phuket is fast becoming the go to destination for this exciting new sport with our warm waters, white sand beaches, crystal clear seas and sunny skies complemented by enough wind to get you up in the air. For those that prefer a slightly less strenuous marine experience, the resort’s kayaks and stand up paddleboards are complimentary for guests’ use.

Ask our reception for details about classes and equipment.

