



RECOMMENDED THAI DISH

RESTAURANTS SAIREE



Wan (Roasted Pork)
The many kinds of noodles with duck, chicken and pork. Roasted and stewed duck are very tasty. Variety Thai dishes are available at night. **Open 9:30** (Map No. J12)



You can try authentic Thai dishes here. You will taste the difference and see the reason why Thai locals use this restaurant. Fried rice with crab and Tom-Yum-Kung or Tom-Kai-Gai are recommended. **Open 9:30-21:00** (Map No. J13)



MAE HAAD



This is a very popular Thai restaurant. Chicken-ric (Khao-Mun-Gai), noodle soup and curries are highly recommended. **Open 7:00-17:00** (Map No. J12)



This restaurant use original Thai seasonings and a lot of herbs & vegetables. It is completely different taste from many Thai-Western restaurant in Town. **Open 8:00-21:00** (Map No. G18)



CHALOK BAAN KAO



This Thai restaurant has been popular for years with Thais and foreigners. You can try tasty Thai dishes and fresh fruit shakes. Fried Chicken/pork with garlic & pepper and deep fried minced shrimp are highly recommended. **Open 8:00-22:00** (Map No. I22)



The owner Mo Nat prepares their steamed Seafood with original sauce. One of the best seafood on the island. Thai omlet and Thai vegetable dishes are also recommended. **Open 17:00-Closed Low Season** (Map No. I24)



We offer one of the best beef steaks on the island and also have very delicious "Thai traditional dishes". **Open 10:00-Mid-Night** (Map No. I24)



Koh Tao's Attractions & Destinations



Access: Boat
Activities: Diving, Snorkeling, Kayaking, Zip Line, Viewpoint
Facilities: Accommodation, Restaurant, Dive Center
Rules: No Fire, No Plastic, No Food & Drink



Access: Foot (Hike/Very Steep), Taxi



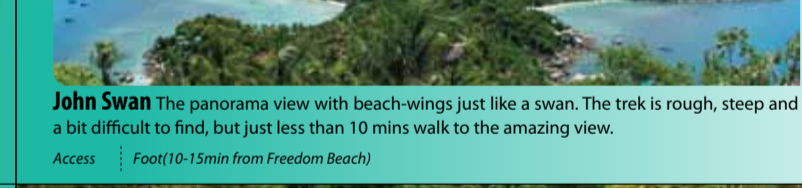
Access: Boat, Taxi, Bike/Adventure, Foot
Activities: Snorkeling, Kayaking, Diving
Facilities: Accommodation, Restaurant
Rules: No Litter



Access: Boat, Taxi, Bike/Adventure, Foot
Activities: Snorkeling, Kayaking, Massage
Facilities: Accommodation, Restaurant
Rules: No Litter



Access: Foot, Bike/Adventure, Taxi, Boat
Activities: Snorkeling, Kayaking, Relaxing
Facilities: Accommodation, Bar-Restaurant
Rules: No Litter



Access: Foot (Hike), Bike/Adventure, Taxi, Boat
Activities: Snorkeling, Kayaking, Viewpoint
Facilities: Accommodation, Restaurant
Rules: No Litter



Access: Foot (10-15 min from Freedom Beach)

Koh Tao Eco-Travel Mini Magazine & Map

SABAI JAI

A Peaceful Feeling

THE FINAL ISSUE
Jan-Feb-Mar-Apr 2014

KOH TAO FREE MAP

Accommodation Restaurant Info INCLUDED

NEW HEAVEN
diving school

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

We learn to diving at 10 a.m. In the morning and only make one trip (for two dives) per day.

"New Heaven Reef Conservation Program"
Offering one of the Gulf's most active education and conservation programs, with daily projects involving monitoring and research, coral nurseries, artificial reefs, cleanups, giant clam turtle projects, and much more. Courses run from 3 days to 4 weeks and include 2 certifications from SSI:
• Ecological Diver
• Environmental Monitoring Program (Research Diver)
Internships, thesis projects, and longer programs also available.

Find us on Chalok Baan Kao or www.newheavendiveschool.com
newheavendive@hotmail.com phone : 077457045 **Map No. 115**

Dolce Vita
koh tao

Restaurant, Pizzeria and Wine Bar
Located in Mae Haad Pier

Our chef Massimo/Mao, after 15 years of experience in the Mediterranean area introduces the traditional Italian cuisine in Koh Tao.

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

We are partner of "slow food" world association, European direction. We speak Italian, English, French and Thai.

For reservation, please call: 084845 3785 **Map No. 118**

"LUNG PAE Restaurant"
Thai and International Food

We offer one of the best beef steaks on the island and also have very delicious "Thai traditional dishes".

The restaurant is owned and run by Jirode Pae (Lung Pae) and Mrs. May (P. Madi). Tel: 077-452-090
Open 10:00-Mid-Night **Map No. 122**

EL GRINCO RESTAURANT
10 YEARS IN KOH TAO
MEXICAN, WESTERN, THAI FOOD
BBQ, PIZZA, STEAK AND DESSERTS
HAPPY HOUR 17:30 - 20:00
TEL: 077 456 323 OPEN 9:00 - 23:30
Map No. 112 SAIBEE

Palm Leaf RESORT KOHTAO

Located on the most clean and quite spot of Saivee beach
Nice garden... Very safe for children... Perfect for family!

TEL: +66(0)81 644-1040 +66(0) 90 165-4992
www.kohtaopalmleaf.com | e-mail : kohtaopalmleaf@gmail.com
Map No. 110

View Point RESORT

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www.kohtaoviewpoint.com **Map No. 126**

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KOH TAO : 077-456-176 • KOH PHANGAN : 077-238-411-2, 077-238-981 • KOH SAMUI : 077-427-765-4
www.lomprayah.com

Shalimar

Open 14:00 - Late **Map No. 112**
Delivery service available: 089-217-7220

Apurveda is a holistic science that recognizes healthy balanced living is placed great emphasis on the maintenance of health through cleanliness in balance in one's life, right thinking, diet, lifestyle and the use of herbs. Ancient Ayurvedic texts prescribe the herbs and spices for curative and therapeutic functions.

For instance, black pepper soothes sore throats. Chili peppers contain vitamin A and more vitamin C than citrus fruit. Consumption reduces nausea and constipation. Cloves is good for colds and fevers and pain-killer. Garlic lowers cholesterol and blood pressure. Ginger is believed to be an appetite and helps to relieve ailments. In India the after dinner drink uses fragrant spices such as fennel, cardamom or cloves. Effective mouth fresheners, they aid digestion and prevent heartburn.

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

Health & Well-being

Grounded
Grounded Yoga & Wellbeing Center has many different types of classes, programs and services in very nice natural surroundings. You can find Yoga, Tai Chi, Self Defense, Nutrition Education, Meditation, Healthy Juices and more. They basically have four classes everyday (2008/class) for Yoga and different kinds of exercise and meditation. All levels are welcome and no booking is required. You can also join Marine Conservation Courses with "Koh Exist" here. Check more info on Facebook/GroundedKohTao or TripAdvisor. **Map No. 113**

Living Juices
This Juice Bar has a variety of veggies, fruits & green juices, creamy smoothies, superfoods, homemade chocolates & snacks, acupuncture, zero-balancing, health coaching, nutritional advice, think tank and social hangout.
Open 7:30-13:30 Contact: 090-171-5281 **Map No. 112**

Shambhala Yoga
A variety of Hatha Yoga styles led by internationally qualified & experienced teachers in a spacious and peaceful setting. Their classes start at 10am, 2-3 classes a day for 2 hours in Blue Wind Resort in north Saivee beach. Stop by and check the biggest wooden floor studio in Koh Tao! All levels welcome and quality equipments provided. Private tuition also available.
Contact: 084-440-6755 **Map No. 111**

Fitness Café
This brand new cafe offers a complete health and fitness solution by integrating exercise, food and nutrition. They always make healthy, tasty & unique food and drinks, using fresh local ingredients when available. Located next to Gym & Fitness. **Map No. 113**

YAKUZEN GARDEN
YAKUZEN GARDEN organizes Green Workshops. **Homemade Probiotics Program:** you will learn how to make and use Homemade Probiotics LACTO. LACTO can be used for skin care, as an aphrodisiac and to improve your health. During this program you can try some probiotic drinks, snacks and food. **Tropical Workshops:** you will experience the tropical living through making coconut oil, fruits syrup and herbal tea & lotion. This is a unique experience in Thailand!
Open Only Sat & Sun, 10:00 am-6:00pm
Contact: 084-837-3385 **Map No. 619**

I Love Salad
This new cafe offers a variety of fresh salad with salad bar using fresh hydroponic lettuce and herbs. You will feel something healthy & fresh, their wholesome and nutritious "taste of healthy" are highly recommended. Breakfast, sandwich, desserts, many choices for vegetarian & vegan too!
Free WiFi **Map No. 124**

Malee Phang Pool Bar & Restaurant
Cozy and relaxing Pool Bar Restaurant with an amazing sea view, just in front of Chalok Baan Kao Beach. They serve fresh juice & smoothies, breakfast & healthy meals. Thai & Indian food. Pad Thai with original style sauce and Indian dishes are also highly recommended.
Open 8:00-20:30 **Map No. 125**

New Heaven Yoga
Relaxing Yoga class in front of Chalok Baan Kao beach. Practice Asana Pranayama Yoga while looking at the sea on the 2nd floor of New Heaven Diving School. Many chances to join local conservation programs and diving.
Class start 10:00-17:00 (Reservation recommended)
077-457-045 New Heaven Diving School **Map No. 123**

experience Koh Tao the right way

enjoy world class diving and tuition...

SS7 PADI
BIG BLUE DIVING RESORT
the Big Blue way
Project Aware
Environmental Achievement Award
Winners for 2008

か 酒 処 め じ かくれ家
Japanese IZAKAYA (Bar-restaurant) style
Kakureya offers you Japanese dishes & drinks in Koh Tao's natural environment. Bring Japanese meal and hospitality to the full.

Kakureya Japanese Bar Restaurant

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

Open 17:00-22:00. Weds Closed
Reservation 084-059-0408
5-10 min from Mae Haad Pier
Map No. 619

The Best Home-Made Ice Cream & Cake!

KOPPEE BAKERY & INTERNETCAFÉ

Located at the corner of Chalok Baan Kao beach our small coffee shop is a hot spot to visit and not only for coffee lovers.

As well as freshly brewed local coffee, we have an extensive menu including breads, healthy baked snacks, past, brownies and cakes, real 100% jus, delectable sandwiches and daily specials from around the world.

If to daily food you like come to check us out. Bring your own laptop and surf while enjoying great tasting food.
Service including internet!
Map No. 125

Special Recommend!

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

Open Daily 6:00-18:00 Mae Haad & Saivee 077 456 177-8 **Map No. 618, 112**

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www.bigbubble.info
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Tel: 077 456 669

Map No. 125

Jamahkiri RESORT & SPA
Koh Tao

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Website: www.jamahkiri.com
Map No. M26

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www.montalayresort-kohtao.com
Map No. Q19