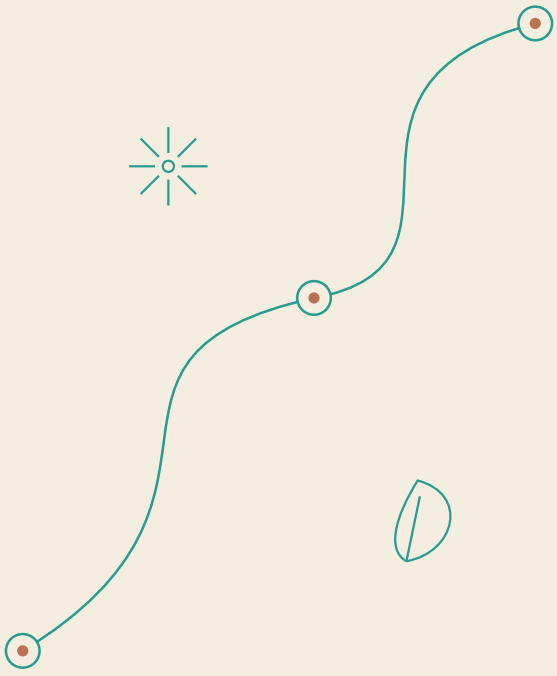
A LITTLE LOCAL GUIDE TO

Koh Phangan

Choose your side of the island



THAILAND

Good days, small discoveries & a rhythm of your own.

HELLO, TRAVELER

Find your little corner.

You do not need to see everything. Start with a place you would enjoy coming back to.

01 Srithanu

Wellness and repeat contact. Choose a home that makes your daily food and work stops easy to repeat. Walk the last stretch before deciding whether it suits the stay you want.

02 Thong Sala / Ban Tai

Everyday island convenience. Choose a home that makes your daily food and work stops easy to repeat. Walk the last stretch before deciding whether it suits the stay you want.

First morning

Put your bags down, find something to eat and take one short walk near your home. Learn the return route while it is light. A familiar corner is a good first discovery.

A DAY TO EASE INTO

Start small. Leave room.

Three ways to shape a first day. Use transport between areas when needed; there is no need to rush through every stop.

1

A gentle beginning

Explore Srithanu

Start with this as your first anchor, then leave time for a drink or a meal before deciding what comes next.

2

A proper pause

An evening around Thong Sala

Give this its own pocket of time. Pick the part that interests you rather than trying to cover everything at once.

3

One small adventure

Than Sadet waterfall outing

Keep this as another day's possibility if the first two plans already feel full. There is no prize for finishing the list.

A FEW GOOD REASONS TO GO OUT

Follow your curiosity.

Choose one beach or village for a day rather than trying to circle the island. Chaloklum and the Thong Nai Pan beaches offer different outings; a waterfall visit needs its own weather and access check. Leave room to stay longer somewhere you like.

Chaloklum village exploration

Choose this when you want a different pace from the rest of your day. Keep the next commitment flexible.

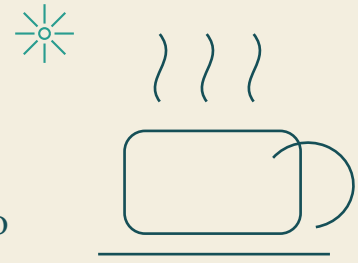
Haad Rin beach visit

Choose this when you want a different pace from the rest of your day. Keep the next commitment flexible.

ONE SMALL WAY INTO A PLACE

Stay for lunch.

An evening around Thong Sala



Thong Sala's food market is an easy place to explore a few Thai dishes at your own pace. Begin with one cooked meal, then decide whether you want something else. Rice dishes, noodles and soups make different starting points; ask about ingredients and heat.

Make it your own

Choose the version that suits your appetite and dietary needs. Ask about fillings, sauces and preparation rather than assuming a dish is the same everywhere.

A *little ritual*

Return to a place you liked. Learn a name, notice what changes on the menu, and let an ordinary meal become part of the memory.

FOR THE DAYS YOU WORK

A desk.
A little balance.

Leave part of the week ordinary. A comfortable working day gives the exploring days room to breathe.

Inner Space · Srithanu

A work option to ask about. Choose the access plan, call arrangements and opening hours that match your own schedule.

MakeSpace · Chaloklum / Utopia Resort

A work option to ask about. Choose the access plan, call arrangements and opening hours that match your own schedule.

Before opening the laptop

Try a call from the seat you will use, ask where conversations belong and check how you would work if the home connection stopped. Keep one enjoyable, easy outing for after the workday.

LEAVE A LITTLE FLEXIBILITY

Pack for the day you find.

Island transport needs a plan, especially after an evening out. Do not assume the route home will be as simple as the journey in daylight.

Keep an indoor option

Choose a cultural stop, a long lunch or another indoor plan you would enjoy if rain, heat or wind changes the day. Outdoor plans are easier to enjoy when you have an appealing alternative.

Small things worth carrying

- ☐ Water & something for a change in weather
- ☐ Comfortable shoes for the actual surfaces
- ☐ Your accommodation address saved offline
- ☐ A little room in the day for an unexpected stop

YOUR POCKET PAGE

The useful little things.

MONTHLY LIVING BUDGET / USD

Private bedroom $1,200–$2,650

Entire apartment $1,550–$3,300

A comparison basis for stays of different lengths. Totals include ordinary food, transport, work access, extras and a contingency allowance. Flights, deposits and major medical costs sit outside this basket.

MY ACCOMMODATION & A CONTACT NUMBER

A PLACE I WANT TO RETURN TO

Keep a little room for discovery.

You do not need to finish a city to enjoy being there.

Nomad City Fit Finder · Original travel booklet
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