



# WORLD SCHOOLING GUIDE KOH LANTA

BEST PLACES TO  
STAY FOR WORLD  
SCHOOLING FAMILIES

FAMILY FRIENDLY  
PLACES TO EAT,  
MEET AND PLAY

VALUABLE TIPS  
FOR WORLD  
SCHOOLERS



# Welcome To Koh Lanta

**Welcome to Koh Lanta, a hidden gem in the Andaman Sea and an ideal destination for worldschooling families!**

We're so thrilled that you've downloaded this guide and are supporting the Bliss Investor free community hubs known as **BlissHubs**.

Inside, you'll find detailed advice on tried-and-tested attractions, accommodations, and invaluable tips tailored specifically for world schooling families like yours.

Koh Lanta, nestled in Thailand's Krabi Province, offers a magical mix of pristine beaches, lush jungles, and a rich cultural tapestry.

This island is one of the best places for a world schooling community where educational opportunities and family-friendly activities come together to create unforgettable experiences for you and your children.

By purchasing this guide, you're not only enhancing your own travel experience but also helping us continue our mission to create forever-free worldschool hubs.

Your support allows us to keep providing and expanding our free worldschooling hub network, offering valuable resources and a welcoming space for families on their educational journeys.

Thank you for being a part of this community and for helping us make a difference!



# A Little History Lesson For You (And Your Kids!)

Over the centuries, Koh Lanta became a melting pot of cultures. Muslim settlers from Malaysia arrived, bringing their religion and customs, and today, the majority of Koh Lanta's population is Muslim.

The island also saw Chinese and Thai settlers, contributing to the diverse cultural tapestry. This blend of influences is evident in the island's architecture, cuisine, and festivals.

In the 18th and 19th centuries, Koh Lanta was a trading post, particularly for merchants travelling between Malaysia and Thailand. It was an important stopover for ships carrying tin and other goods. However, the island remained relatively undeveloped until the late 20th century

Tourism on Koh Lanta began to develop in the 1980s, when travellers discovered its pristine beaches, clear waters, and laid-back atmosphere.

Unlike nearby Phuket and Koh Phi Phi, Koh Lanta retained its tranquil charm, appealing to those seeking a quieter experience.

## Did you know...

The island has a thriving expat community, and it has become a hub for digital nomads and world schooling families. You'll find a many Swedish, British and American expats on the island



Today, Koh Lanta is a popular tourist destination, known for its beautiful beaches, vibrant coral reefs, and diverse marine life.

Despite the influx of tourism, Koh Lanta has managed to maintain much of its natural beauty and cultural heritage, offering visitors a unique blend of relaxation and authenticity

# Why Koh Lanta Is Ideal For World Schooling Families?

Koh Lanta is a wonderfully vibrant, educational playground perfect for world schooling families. Plenty of families visit the island every season from around October to April.

Children can dive into marine life through snorkelling and diving, discover local wildlife at the national park, and engage in cultural activities like Thai cooking classes and traditional craft, meet like minded world schooling families through regular meet-ups and enjoy sun drenched beaches and epic sunsets over the waters from beach bars and restaurants.

The island offers a plethora of activities for all ages, from zip-lining and go-karting to ultimate frisbee on the beach and jungle trekking too. Muay Thai and cookery classes are a hit. Regular family-oriented events and local markets ensure that there's always something exciting to do together.

More on activities further down in this guide. Koh Lanta has a growing expat community, including many families who have embraced world schooling. This supportive network offers a sense of community, social interaction, playdates, and shared learning experiences.

Koh Lanta is known for its laid-back, friendly atmosphere. The local community is welcoming and accustomed to international visitors, making it a safe and comfortable environment for families.

The island is well-equipped with essential services, including grocery stores, healthcare facilities, and reliable transportation options. Numerous restaurants, cafes, and coworking spaces cater to the needs of both parents and children.



# World Schooling Activities

Koh Lanta's rich history and diverse settlers create a vibrant cultural mix. This diversity offers children a unique opportunity to learn about different traditions and lifestyles, fostering inclusivity and respect.

Here's a snapshot of the world schooling activities on Koh Lanta last season that supported our children's mental and physical development:

- ✓ Arts and crafts (various types including traditional Thai)
- ✓ Local markets and amazing street food
- ✓ Beach clean ups (learn about plastic recycling and marine conservation)
- ✓ Ultimate frisbee on the beach, football and rugby on artificial grass pitch
- ✓ Snorkelling (including shark trips to Phi Phi islands nearby)
- ✓ Pool parties to meet other world schooling families
- ✓ Regular meet ups for Games, Craft Club, Homeschool Club which includes fun learning about maths, science, marine conservation and many more topics



# Geography Of Koh Lanta

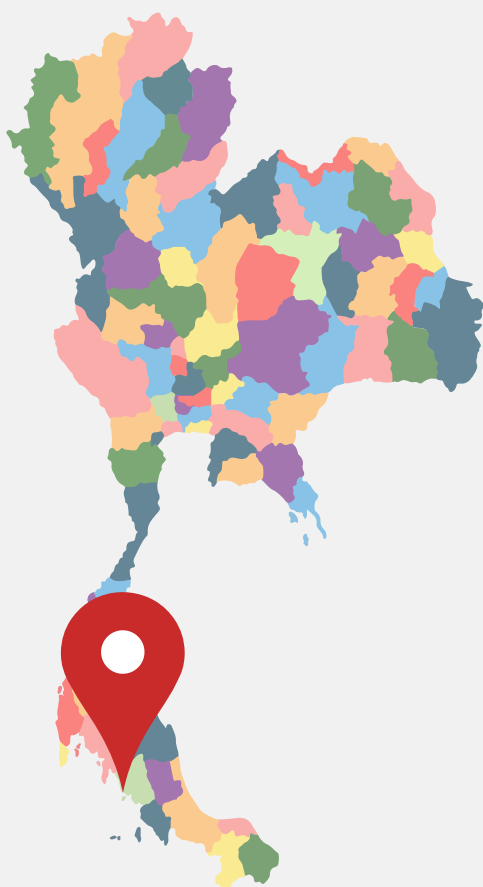
Situated about 70 kilometres south of Krabi Town and Ao Nang, Koh Lanta is easily accessible by road or sea. You can fly into Krabi (the nearest), Phuket, or Trang and drive from there.

There are also direct ferries from Krabi, Koh Lipe, Phuket, or Trang. If you are travelling by train, Trang is the nearest station, where you can continue your journey by car or boat.

For international travellers, the most direct and convenient route is to fly into Krabi International Airport.

## Did you know...

There are 52 islands within the archipelago that makes up Koh Lanta. Most are tiny. Koh Lanta Noi is very quiet and rural. Koh Lanta Yai is where you need to be. Its 6 kms wide and 30 kms long. It takes 40 mins to drive from one end to the other.



## An Island Of Two Halves

The island is divided into two halves. The West Coast is the busier side, with the best beaches, especially during the high season. The East is very quiet all year-round, with a coastline mainly lined with mangrove forests.

Old Lanta Town is the only popular spot for visitors on the East, and it's also where the pier is located, serving as the departure point for popular island boat trips. While its fun to visit the East Coast for a day trip **we highly recommend finding accommodation on the West Coast** where all the world schooling activities are.



# Key Locations On Koh Lanta

Key locations on the West side of the island include the vibrant Saladan town along Khlong Dao Beach and Pra-Ae Beach also known as Long Beach.

There are many other populated areas from North to South on the West side of the island with so many accommodation types, restaurants and nightlife as well as the stunning Mu Ko Lanta National Park on the Southern tip.

The middle (interior) of the island is hilly and mostly jungle but there are plenty of accommodation options available if you prefer to stay in a more natural habitat of a tropical rainforest landscape.



## Old Town

The East coast is very quiet. Many more locals and expats live here because it is cheaper and quieter. Mangrove forest coastline all along it with beautiful stilt house villages.

Old Lanta Town is also half way down the East coast. A lovely market is here full of cafes, boutiques and souvenir shops. A popular spot for tourists to day trip, have lunch/dinner and/or catch a boat for a trip to the islands.

# The Beaches Of Koh Lanta

The West Coast of Koh Lanta is home to a variety of beautiful sandy beaches, each catering to different tastes. **Khlong Dao** and **Phrae Ae** (also known as **Long Beach**), are the busiest and most family-friendly, offering plenty of amenities and activities. Beyond these, you'll find Beautiful Beach and Relax Beach, which are smaller and more secluded.

**Beautiful Beach** is a serene spot with just one small shack selling drinks and snacks, making it an idyllic getaway. **Relax Beach** offers a few beach bars and restaurants, providing a laid-back atmosphere.

**Khlong Khong** and **Khlong Nin** are also lovely, with a good selection of bars and restaurants to choose from.

As you head further south, the beaches become quieter and more peaceful, with fewer crowds. The sand is softer and the shores are less rocky, especially at **Nui Beach** and **Khlong Hin**.

Our favourite quiet beach is **Kantiang Bay**, where we often find a shady spot at the *Same Same But Different* beach bar. Parts of some beaches are dotted with rocks, perfect for exploring and snorkelling, which keeps the kids entertained.

The last beach before reaching the National Park is **Bamboo Beach**, a tranquil spot ideal for those seeking solitude.





# When Is The Best Time To Visit?

The high and low seasons on Koh Lanta are primarily dictated by the weather. The island enjoys a tropical climate with warm temperatures all year-round and its divided into two main seasons: the dry season (high) and the wet season (low).

For clear skies, lots of sunshine, and minimal rain, the **best time to visit is during the dry season**, from November to April. During this period, temperatures are cooler, around 30°C, particularly from December to March, which is the busiest time of the year.

However, from April onwards, temperatures and humidity begin to rise, often exceeding 35°C.

After Songkran in mid-April, the winds shift, affecting the tides and marking the start of the monsoon season. It becomes extremely hot and humid, with temperatures frequently surpassing 40°C, making it uncomfortable to be outside.

## Did you know...

Koh Lanta's tropical climate has two seasons: a sunny dry season from November to April, and a wet season from May to October with brief, refreshing showers.



Despite the rainy season from May to October, which typically brings short showers and a few major monsoons, many long-term expats enjoy the low season for its peace, relaxation, and the rain that revitalises the island's greenery.

However, during this period, the shift in wind direction from the Indian Ocean makes the tides dangerous for swimming and brings more storms, along with rubbish that washes up on the West Coast beaches.

# Weather By Month

| JANUARY                                                                                                          | FEBRUARY                                                                                                         | MARCH                                                                                                            | APRIL                                                                                                            | MAY                                                                                                                | JUNE                                                                                                              |
|------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
|                                 |                                 |                                 |                                 |                                 |                                |
|  30°C<br>(86°F)                 |  30°C<br>(86°F)                 |  30°C<br>(86°F)                 |  31°C<br>(88°F)                 |  31°C<br>(88°F)                 |  30°C<br>(86°F)                |
|  26°C (79°F)                    |  26°C (79°F)                    |  27°C (81°F)                    |  28°C (83°F)                    |  29°C (85°F)                    |  29°C (85°F)                   |
|  8 days<br>(157 mm - 6.2in)    |  4 days<br>(70 mm - 2.8in)     |  9 days<br>(184 mm - 7.2in)    |  16 days<br>(280 mm - 11in)    |  19 days<br>(347 mm - 13.7in)  |  17 days<br>(416 mm - 16.4in) |
|  30°C (86°F)                  |  30°C (86°F)                  |  31°C (88°F)                  |  32°C (90°F)                  |  32°C (90°F)                  |  32°C (90°F)                 |
| <br>good                      | <br>perfect                   | <br>good                      | <br>tolerable                 | <br>tolerable                 | <br>tolerable                |
| JULY                                                                                                             | AUGUST                                                                                                           | SEPTEMBER                                                                                                        | OCTOBER                                                                                                          | NOVEMBER                                                                                                           | DECEMBER                                                                                                          |
|                               |                               |                               |                               |                               |                              |
|  30°C<br>(86°F)               |  30°C<br>(86°F)               |  29°C<br>(85°F)               |  30°C<br>(86°F)               |  30°C<br>(86°F)               |  30°C<br>(86°F)              |
|  28°C (83°F)                  |  28°C (83°F)                  |  28°C (83°F)                  |  28°C (83°F)                  |  27°C (81°F)                  |  27°C (81°F)                 |
|  18 days<br>(455 mm - 17.9in) |  18 days<br>(448 mm - 17.6in) |  19 days<br>(495 mm - 19.5in) |  18 days<br>(401 mm - 15.8in) |  17 days<br>(364 mm - 14.3in) |  13 days<br>(246 mm - 9.7in) |
|  31°C (88°F)                  |  31°C (88°F)                  |  31°C (88°F)                  |  31°C (88°F)                  |  31°C (88°F)                  |  31°C (88°F)                 |
| <br>tolerable                 | <br>tolerable                 | <br>tolerable                 | <br>tolerable                 | <br>tolerable                 | <br>tolerable                |

# Where Should You Stay?

The busiest areas are in the North and West, particularly **Saladan on Khlong Dao Beach** and **Phrae Ae (Long Beach)**.

There are many accommodation options along the North and West coasts, including **Khlong Khong** and **Khlong Nin** beaches, as well as the nearby inland areas.

Options cater to every budget and taste, with most world schooling families staying near Khlong Dao and Long Beach.

I recommend researching on Google Maps and Facebook groups for reviews. Based on our experience and feedback, here are some family-friendly resorts.

## Budget

- [Coco Cape Lanta Resort](#) (Khlong Dao)
- [Banana beach resort](#) (Khlong Dao)
- [Lanta Lily Resort](#) (Long Beach)
- [New Coconut Bungalow](#) (Khlong Khong)
- [EasyLife Bungalow](#) (Lanta Old Town)
- [La Laanta Hideaway Resort](#) (Bamboo Beach)

## Mid-Range

- [Andaman Lanta Resort](#) (Khlong Dao)
- [Lanta Sport Resort](#) (Long Beach)
- [Villa Lila](#) (Long Beach)
- [Long Beach Chalet](#) (Long Beach)
- [El Pillax Lanta Resort](#) (Khlong Khong)
- [Moonlight Exotic Bay Resort](#) (Khlong Nin)
- [Andalay Boutique Resort](#) (Khlong Nin)

## High-End

- [Avani+ Koh Lanta Krabi Resort](#) (Kho Kwang)
- [Malee Beach Villas](#) (Long Beach)
- [Malee Highlands](#) (inland opposite Long Beach)
- [Rawi Warin Resort & Spa](#) (Nui Beach)
- [Pimalai Resort and Spa](#) (Kantiang Bay)

Post on our [Facebook group](#) for the latest accommodation advice from Koh Lanta regulars



## More Accommodation Options

There are also many villa and apartment rental companies on the island. To name a few:

[lantahideaways.com](http://lantahideaways.com)

[amazinglanta.com/koh-lanta-villas](http://amazinglanta.com/koh-lanta-villas)

And of course you have [airbnb.com](http://airbnb.com) and [booking.com](http://booking.com).

And everything above offers long stay options if thats what you need.

If I had to choose the best family friendly areas, it would be **Khlong Dao and Long beach** in my humble opinion.

They are well set up to cater for kids. Family friendly resorts with pools to suit any budget. Beach bars with shade and boxes of toys.

If you want a luxurious and expensive stay for a family it's the **Rawai Warin (Nui Beach)** or with more of an adult focus, head to **The Pimalai** at **Kantiang Bay** further down South.



# Pool Resorts With Non-Guest Access To The Public

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If you just want some resort style pool time, there's a number of options on Koh Lanta that allow public access. Usually for a small fee or if you purchase food and drinks.

## Coco Cape Lanta Resort

Clean, comfortable resort perched on a small hill in the far Northwest, offering breathtaking ocean views, especially at sunset. The resort features a beautiful infinity pool, a nearby playground for kids, and a welcoming atmosphere, making it popular with worldschooling families. With its stunning location and excellent facilities, it's reasonably priced and perfect for a memorable family stay.

## Andaman Lanta Resort

Situated on Saladan Road. They welcome non-residents to use the pool if they dine at the restaurant. The prices are reasonable, the food is good, and the bar offers a lovely ocean view. The large, clean pool is located on Khlong Dao Beach, providing easy access to both the pool and ocean for the kids throughout the day.

## Lanta Lily Resort

This welcoming café and bar on Koh Lanta is perfect for activities and relaxation. The pool is a highlight, offering ample shade from the tropical sun, and it's open to non-residents as well. It's very popular with worldschooling families and is conveniently located just off the road, not far from Long Beach.

## Villa Lila

A well-run, clean, and comfortable resort perched on a small hill with stunning jungle views from its infinity pool. The pool's deep end is a hit with kids, adding to the fun. The resort also has a cosy bar and restaurant, making it a great spot to unwind. Just a few minutes' drive inland from Long Beach, it's reasonably priced and perfect for a relaxing getaway.

# More Resorts With Pool Access

## Chomview water park

This is the only waterpark on the island, offering a fun day out for worldschooling families. It's located a 5-minute drive inland on Chomview Road and has accommodation attached. The park is clean and modern, but be aware that there are limited sun loungers and few shady spots, so bring sunblock. Some slides have imperfect joins that can cause minor discomfort. Despite this, the on-site restaurant and mini-market are good and reasonably priced.

## Bougainvillea pool bar kohlanta

One of our favourite spots, this pool bar and restaurant is family-owned and located 1 km inland, high in the hills. Surrounded by jungle, it offers breathtaking 360-degree views of the island and ocean. The large pool is a hit with kids, and the restaurant serves tasty food. It's peaceful on some days, perfect for relaxation, but also hosts lively worldschooling meet-ups and evening pool parties with DJs and live bands. This spot is a must-visit.

## Rawi Warin Resort & Spa

Rawi Warin Resort is a luxurious 5-star hotel on the Khlong Nin coastline. It features a large pool with a slide, ideal for family fun, though it can get very busy during high season. Non-residents may find it challenging to visit during peak times, but access is easier in the shoulder season. The resort offers a wide range of top-notch facilities, including a spa, massage services, and a gym. A top choice for a relaxing and indulgent stay.

**As with all these resorts, they are free to enter (except Chomview Waterpark) Please purchase food and drink from their restaurant / bar as a form of indirect payment for using their facilities.**



# Getting Around Koh Lanta

Koh Lanta has a main tarmac road that nearly circles the entire island, with a few additional roads cutting through the interior. Road quality varies, and potholes are common.

Although the island isn't huge, it's too big (and hot) to walk more than 1 km, especially with kids. Your best options for getting around are **rentals or taxis**.

Scooters, tuk-tuks, and cars are available for rent, with scooters being the most popular. However, for safety and practicality, **I recommend renting a car**. Demand is high for both, so it's wise to book in advance.



## Motorbike Rental

These are our top picks for renting a motorbike (scooter).

- [Sawasdee Restaurant](#)(Saladan)
- [Lanta Car Rent](#) (Saladan)
- [Mr.Chai Lanta Travel and Tour](#)(Long Beach)

Also, if you need to hire transportation in advance for van journeys around the island, to Krabi and beyond, we highly recommend **Mun Lanta**. Who we've used multiple times.

- [Taxi Mun Lanta company](#)
- WhatsApp: +66 899717792

# How Much Does It Cost To Live In Koh Lanta?

As with anywhere, it depends on your perspective. If you compare Koh Lanta to places like Europe, North America, Australia, New Zealand, Singapore, and Hong Kong, then yes, it's really cheap.

So, while Koh Lanta is more expensive than other parts of Thailand, that's to be expected. But to keep things in perspective, if you're living on a tight budget, you can still find affordable accommodation on the island for as low as \$500 USD a month for a family of four.

A bottle of local beer is around \$2 USD, and a plate of local Thai food like Pad Thai or Chicken Fried Rice is also about \$2 USD.

Most excursions, including diving, are relatively cheap. On par with other Thai Island destinations.

The one thing that might not feel as cheap is healthcare at the small private clinics, especially since Koh Lanta lacks large hospitals where costs might be lower compared to your home country.

Coming from the UK, where healthcare is often free, this can be quite noticeable.

## Exchange Rate\*

\$1 USD = 35 THB

£1 GBP = 45 THB

€1 EUR = 39 THB

\$1 AUD = 23 THB

\*as of July 2024

### Did you know...

Thailand is one of the five cheapest countries in the world, with the lowest prices in rural mainland areas—especially in the North. Tourist hotspots, particularly southern islands like Koh Samui and are more expensive.



# Shopping In Koh Lanta

There are 7-Elevens conveniently located all over the island, with a total of 9 stores.

In addition to these, you'll find numerous small, Thai-owned grocery stores that offer a variety of essentials, ranging from fresh bread and meats to frozen and chilled items.

These stores are great for picking up day-to-day necessities. Its often cheaper to eat out than eat in so consider where your budget is best spent.

If you want fresh produce, there are also fresh food markets that pop up across the island on specific days.

These markets offer a wide selection of fish, meat, fruits, and vegetables. However, the market days can vary, so it's a good idea to check the schedule when you arrive.

Here are some of the larger stores we have shopped at regularly, which offer a more extensive range of goods:



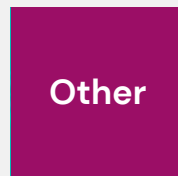
- Saladan
- Khlong Dao Beach
- Near Andaman Lanta Resort
- Near Beautiful Beach



- Saladan



- Saladan
- Khlong Khong



- Lanta Mart
- Orn minimart

For **clothes and toys** there are plenty of outlets dotted all over the island but if you want lots of options all in one place for clothes, toys, practical stuff then check out the **market in Saladan** next to the street food area.



# International Schools And Day Care



The International School of Asia Koh Lanta (ISAKL) provides a high-quality, globally-focused education in a nurturing environment on Koh Lanta.

The curriculum meets international standards while incorporating local culture.

Small class sizes ensure personalised attention, fostering academic excellence, creativity, and critical thinking.

With a diverse community, modern facilities, and a holistic approach, ISAKL is an excellent choice for families seeking international education on Koh Lanta.

251, Moo 5 Sala Dan  
+66 75 656 951 (inside Thailand)  
075 656 951 (outside Thailand)  
[admin@gvslanta.com](mailto:admin@gvslanta.com)



Lanta Trinity Playgroup is a valuable community resource on Koh Lanta, offering a safe, welcoming environment for families with young children.

The friendly, attentive staff ensure everyone feels included and supported.

Parents enjoy connecting with others while their children have fun in a social atmosphere.

Whether you're a local or just visiting, Lanta Trinity Playgroup is a great spot for family-friendly fun and making new friends.

- 105/7 Moo 3 , Koh Lanta
- +66 81 894 6936
- [lantatrinity@gmail.com](mailto:lantatrinity@gmail.com)

# Venues With Kids Play Areas

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## Thai Cat Restaurant

As mentioned in the Eating Out section, this recommended restaurant is located right on Long Beach. It also features a large play area for kids, conveniently close to where adults can relax in four-poster cabanas. The cabanas are free when ordering food and drink. There's plenty of shade and it's a popular place for both kids and adults to enjoy.

## The Backyard Cafe

Also mentioned in the Eating Out section, this recommended restaurant and world schooling family meet-up spot is located off the busy road opposite Long Beach. It features a large play area for kids in the centre of the outdoor dining area, making it a popular venue for world schooling activities. Amazing food, friendly staff and the kids love it.

## Lobster Monument Koh Lanta

Located on the other side of the island, in the middle of Old Lanta Town near the pier, you'll find grassy areas filled with playground equipment, including a basketball court. There aren't many shady spots nearby, so be sure to bring sunblock and plenty of water.

## Coco Cape Lanta Resort

As mentioned in our Pool Resorts section for non-guests, this breathtaking spot on the Northwestern tip of the island features a large grassy area by the sea with swings, slides, and climbing frames. It's a paradise for adventurous kids, with plenty of rocks to climb and explore.

# Eating Out In Koh Lanta

Koh Lanta offers an incredible variety of dining experiences that cater to all tastes and budgets.

Whether you're looking for a quick bite from a local roadside shack, a laid-back meal at a beach bar, or an indulgent dinner at a high-end restaurant with stunning ocean views, Koh Lanta has it all.

## Local Eateries

For those who love authentic Thai cuisine, the local roadside shacks scattered across the island are a must-try. These small, family-run establishments serve delicious, freshly cooked dishes at incredibly affordable prices.

You can enjoy classics like Pad Thai, Som Tam (papaya salad), and grilled seafood, all prepared with local ingredients and bursting with flavour.

These venues often provide a more culturally immersive experience, allowing you to dine alongside locals and enjoy the island's true culinary spirit.



## Beach Bars And Casual Dining

Koh Lanta's relaxed beach vibe is best enjoyed at the many beach bars along the coast.

These spots offer everything from fresh seafood to Western favourites like burgers and pizzas. Many also feature live music or fire shows, creating a lively atmosphere and a chance to take some dramatic photos!

Popular beach bars on Khlong Dao and Phrae Ae (Long Beach) let you dine with your toes in the sand while enjoying stunning sunsets.





## High End Restaurants

For those looking for a more refined dining experience, Koh Lanta boasts several high-end restaurants, many of which are situated on cliffs and hills with breathtaking ocean views.

These establishments offer gourmet menus that combine local ingredients with international culinary techniques.

Whether you're in the mood for fresh seafood, tender steaks, or exquisite vegetarian dishes, these restaurants provide a memorable dining experience.



## Bakeries And Coffee Shops

Koh Lanta also has a growing number of excellent bakeries and coffee shops, perfect for those who enjoy a leisurely breakfast or afternoon coffee.

These spots often serve freshly baked pastries, artisanal bread, and high-quality coffee. They're great places to relax, catch up on work, or meet other world-schooling families. Some bakeries even offer vegan and gluten-free options, catering to various dietary needs.

## Food Markets

For a truly local experience, don't miss the island's food markets. These vibrant markets pop up on specific days and are a feast for the senses.

You can sample a wide range of street food, from grilled meats and fresh fruit to sweet Thai desserts. The markets are also a great place to pick up fresh produce if you're staying in self-catering accommodation.

The next few pages will list some of our recommendations...



# Beach Restaurants

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## **Breeze Restaurant & Bar**

On Khlong Dao Beach, a relaxed, family-friendly dining experience with acoustic live music, bean bags, and beach seating. Known for its great-value pizza, popular cocktails, and reasonably priced beer, it's a favourite spot for the world schooling community, where we have our ultimate frisbee meet-ups every Friday at sunset. Kids can play on the beach, and evening fire shows add to the fun, making Breeze a must-visit.

## **Andaman Lanta Resort**

Located at the South end of Khlong Dao Beach offering a delightful dining experience in a laid-back, tranquil setting. The beachfront restaurant and bar serve a variety of delicious Thai and international dishes at reasonable prices. Grab a cocktail while relaxing on bean bags, taking in stunning beach views, or sipping refreshing drinks by the pool. Whether you're staying at the resort or just visiting for a meal, the warm hospitality and atmosphere make dining at Andaman Lanta Resort highly recommended.

## **Bambies Restaurant Lanta**

On Khlong Dao Beach, offering an upscale dining experience with a diverse, high-quality menu and welcoming staff. The Wednesday fire show at 8pm adds a unique touch, while stunning sunset views make it perfect for romantic evenings. The restaurant also operates a beach hotel with cosy bungalows and a comfortable chillout space where the former sunken pool was. Overall, Bambies is a top choice on Khlong Dao Beach for its excellent food, service, and setting.

## **Picasso Restaurant Bar**

Also on Khlong Dao Beach, this hidden gem has a laid-back vibe with stunning sunset views and a kid-friendly atmosphere, it's an ideal spot for families. The welcoming ambiance and beautiful beachfront location make it a must-visit for a peaceful meal with a picturesque backdrop on Koh Lanta.

# Beach Restaurants

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## Thai Breizh Crepes & Spice by the beach

A charming, family run restaurant offering a delightful Thai and French fusion menu. The food is tasty and reasonably priced, with the authentic crepes being a standout definitely worth trying! The laid-back atmosphere makes it a perfect spot for unwinding, especially during sunset. Kids can run around in front of the restaurant while you relax and enjoy the stunning views. With its delicious food, friendly ambiance, and great sunsets, Thai Breizh Crepes and Spice is a must-visit on Koh Lanta.

## Lym's Bar & Restaurant @ Koh Lanta

Found on Long Beach Lym's is an upmarket beachside experience that feels like a beach club. With stylish decor and inviting furniture, it creates a chic yet relaxed ambiance. The extensive menu features a variety of delicious dishes to satisfy any palate. The beachfront cabanas with cushions and hammocks add a luxurious touch, and the spacious area provides a safe spot for kids to play. We often have Business meet-ups here for parents looking to work remotely and sustain their travel lifestyle.

## Turtle Beach Restaurant

For an exceptional dining experience with delicious food that justifies its slightly higher prices compared to other beach bars, Give Turtle Beach Restaurant a visit. The laid-back and relaxed is perfect to enjoy stunning sunsets. Perched on a mini cliff overlooking rocks, the restaurant provides easy and safe access to the beach. While it's welcoming to kids, there isn't much space for them to play within the restaurant itself. However, the elevated dining area allows you to keep an eye on your children as they run around on the beach below.

## Marina Restaurant

A charming, family-run eatery featuring cozy wooden cabanas perfect for relaxing or dining. The food is tasty and inexpensive. Children can play freely on the grassy area at the rear or the beach in front, allowing parents to unwind. With its welcoming vibe and scenic location, Marina Restaurant is a delightful choice for a casual meal or to spend the day by the sea.

# Beach Restaurants

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## **El Pillax Lanta Resort**

Head to Khlong Khong Beach for this fantastic dining experience. The beautifully decorated restaurant, just off the beach, provides a great atmosphere. The highlight is the all-you-can-eat buffet, offering excellent value, especially for families with hungry kids. Themed food nights, including French, Italian, and American cuisines, keep the menu exciting. Evening entertainment such as fire shows, singers, animal shows, and kids' entertainers adds to the vibrant atmosphere.

## **Patty's Secret Garden by the Sea**

Also on Khlong Khong Beach another family run al fresco beach restaurant worth checking out. The food is fantastic, and the friendly, attentive staff make everyone feel at home. Kids can enjoy playing on the swings on the beach. Whether you're dining with family or new world schooling friends, Patty's Secret Garden offers a perfect blend of great food, excellent service, and a picturesque setting.

## **Coco Tango**

Perched on a cliff top overlooking the Andaman Sea. The breathtaking views are worth the visit. The cocktails are great, the food is tasty, and everything is reasonably priced. However, it's not particularly kid-friendly as there's no space for children to run around. Probably best for date nights!



# Beach Restaurants

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## Same Same But Different Restaurant

Situated on Kantiang Bay, this a kid-friendly haven with plenty of shade, located right on the edge of powdery white sand and crystal-clear water. The food is tasty and reasonably priced, making it a go-to spot whenever we visit this beach. We've even celebrated kids' birthday parties here, thanks to its welcoming atmosphere and perfect location.

## Cliff Sunset Restaurant

Cliff Sunset Restaurant on Kantiang Bay offers fantastic views, ideal for dining at any time of day, especially during sunset. The food is tasty and reasonably priced, ensuring a great meal. Though the decor and furniture aren't modern, this adds to its authentic charm. The stunning views and relaxed atmosphere make for a memorable dining experience. Whether for a leisurely lunch or a romantic dinner, Cliff Sunset Restaurant is a must-visit for its breathtaking scenery and delightful cuisine on Koh Lanta.

## Beautiful beach (small shack)

Beautiful Beach on Koh Lanta is a hidden gem for a quieter, more relaxed beach experience. The small, less crowded beach is perfect for a peaceful day by the sea. A small shack on the beach serves mainly drinks and occasionally food, but offerings can be sporadic. If you plan to spend the day here, consider bringing snacks or heading back to the main road for more substantial food options.

# Restaurants Not On The Beach

## Lanta Walking Street

Lanta Walking Street in Saladan is a vibrant, family-friendly spot is perfect for exploring Koh Lanta's diverse culinary scene. The street is lined with numerous cheap food stalls offering a variety of authentic Thai dishes as well as plenty of Western options. With ample tables and seating available, it's easy to sit down and enjoy your meal. Surrounding bars often feature live music, and the large night market next door is ideal for some post-dinner shopping.

## Sawasdee Restaurant

In our humble opinion, this spot offers the best fried rice with chicken on the island! The staff are friendly, and there's plenty of seating available, making it a comfortable place to enjoy a meal. In addition to the restaurant, they have a mini-market next door, offering a convenient place to pick up essentials. They also provide laundry services and bike rentals. The food is really good and offered at cheap local prices, making it a great option for both dine-in and takeaway.

## Fat monkey

Fat Monkey in Saladan, owned by the British restaurateur behind Fat Turtle and Fat Pig, is a standout dining spot. The food is exceptionally tasty, justifying the higher prices, and making it ideal for special occasions. The owner's expertise is evident in the quality and presentation of the dishes. For a top-notch meal on Koh Lanta, Fat Monkey is definitely worth a visit.

## Three Sisters Restaurant

Three Sisters Restaurant in Saladan, run by three sisters, is a must-visit on Koh Lanta. This popular spot serves exceptional food at very reasonable prices. With friendly service and a welcoming atmosphere, it's no wonder patrons keep coming back. Make sure to dine here at least once during your visit.... you won't be disappointed!

# Restaurants Not On The Beach

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## **Tida Bakery Homemade**

Another great Thai family-run spot ideal for a quick bite or a relaxing drink. With a few cosy tables, it's perfect for enjoying their delicious sandwiches, croissants, pastries, and cakes. You can also grab fresh bread and sliced fruit to go. Whether for breakfast, a snack, or a drink, Tida Bakery offers a delightful, homemade experience.

## **The BACKYARD**

A popular open-air restaurant, especially favoured by world-schooling families. It offers ample space for children to play, including a small playground with tire swings, a slide, and a trampoline, making it ideal for family meals. The diverse menu caters to a range of tastes and budgets, including many healthy options. This variety makes it a great spot for our world-schooling community meet-ups.

## **KinBurger**

Cheap and tasty, this spot is a hit with kids. There are two small burger joints: one near the Irish Embassy Pub and the other opposite Two Scoops Ice Cream Parlour in Saladan. With good combo options and quick service, it's a cheap choice for a western meal. While occasionally closed on random days, the food is consistently enjoyed by children.

## **Living Room Cafe & Restaurant**

Living Room Cafe and Restaurant on Long Beach, Koh Lanta, is the top choice for a fantastic breakfast. They serve freshly baked bread, cakes, pastries, and a variety of hot drinks and cold juices. The friendly service and clean, modern setting create an inviting atmosphere. Attached to the cafe is a bakery where all items are made from scratch, including custom cakes for special occasions. For a delightful start to your day or a sweet treat, Living Room Cafe is a must-visit.

# Restaurants Not On The Beach

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## Yawee Restaurant

A popular, budget-friendly spot located slightly south of the main area. Its affordable prices and delicious food make it worth the trip. With free water and friendly service, it's a great choice for both locals and tourists. Meals are served quickly, and the restaurant is busy after 6pm, so it's best to arrive early. Yawee offers a simple dining experience with big flavour and value, making it a must-visit for authentic food at unbeatable prices.

## The Irish Embassy

A bustling pub known for its welcoming atmosphere and draught beers. With traditional pub décor, it offers a cosy setting to enjoy a drink and some western food. As a sister pub to one in Krabi, it features pool and darts, though the pool table requires payment. Sports fans can enjoy watching games on multiple TVs. Although the food is pricier, the quality and variety, including a hearty Sunday Roast and pies, are worth it.

## Yang Garden

Known for its beautifully cooked gourmet food, the menu justifies its higher prices compared to other island eateries. Each dish is a culinary delight, making it well worth the expense. The restaurant itself is beautifully decorated, adding to the dining experience. If you're looking to indulge in top-notch cuisine and ambiance, Yang Garden is the place to be.

## Diamond Cliff restaurant & resort

Located further south on Koh Lanta, providing an outstanding ocean view dining experience. Set atop a clifftop overlooking Nui Beach. The food is excellent, making it a worthwhile visit for a memorable meal.

## Near & Far Cafe

Owned by an Englishman and celebrated for its top-notch Full English breakfast and roast dinners. It's the go-to spot for a taste of home. The owner's expertise ensures a satisfying meal, making Near and Far Cafe a must-visit for fans of hearty, traditional English fare.



# Nightlife On Koh Lanta

Koh Lanta's nightlife offers a diverse array of options that cater to world schooling families, making it an excellent choice for all ages and occasions. Whether you're looking for a relaxed evening by the beach or a lively night out, the island has something to suit both families and those rare nights out without the kids.

For those with older kids who might enjoy staying up a bit later, the island's beach bars provide a laid-back environment where families can enjoy sunset views and live music. These venues often offer family-friendly amenities, allowing children to play while parents unwind with a drink.

Date nights and adults only outings are well catered for as well. Couples can enjoy a romantic evening at one of the island's chic beachside bars or more upscale inland venues.

These spots offer everything from intimate dinners to lively dance floors, perfect for a night of romance or fun. Our world-schooling hub also organises mums and dads nights out with friends that visit vibrant venues with live music, DJ sets, and karaoke nights, offering a chance to relax and socialise without the kids around. Finally an adult conversation!



Making use of the many tuk-tuk taxis is a convenient way to get around, especially if you're hopping between multiple bars.

Areas like Long Beach and Khlong Dao are ideal for exploring as they have several bars and restaurants in close proximity, making it easy to find the explore multiple venues.

On the next few pages, we've picked some of our favourite places to visit in the evenings...

# Bars On The Beach

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## Boogie bay bar

Found on Khlong Dao Beach, its a fantastic spot with relaxed vibes and live music most nights. It's kid-friendly, complete with toys to keep little ones entertained. The adjacent ice cream parlour is a delightful bonus. For a laid back evening with good music and family friendly amenities, Boogie Bay Bar is a must visit on Koh Lanta.

## The Indian Bar

One of our favourite bars on Khlong Dao Beach. With a variety of seating options. Known for one of the best fire shows on the island, performed by the bar owner himself, it's a must-see. Kid-friendly with swings and toys to keep little ones entertained, The Indian Bar offers a perfect mix of entertainment and relaxation for families.

## The Ozone Beach Bar & Club – Koh Lanta

Situated on Long Beach, Ozone offers great music and excellent cocktails. With modern décor across two bars, a dance floor, and plenty of seating options both inside and on the beach, it's the perfect spot for electronic dance music lovers. Every Tuesday, the DJ hosts a full-on club night, making it a must-visit if you love club music.

## Majestic Bar Koh Lanta

Majestic is a great spot for a relaxing evening with your feet in the sand. The bar offers amazing cocktails that perfectly complement the laid-back vibes. It's an ideal place to unwind and enjoy the beautiful beachfront setting. For a chilled atmosphere and top-notch drinks, Majestic Bar is a must-visit on Koh Lanta.

# Bars On The Beach

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## **Pangea Beach Bar**

Located on Koh Lanta, this bar is a fantastic spot to watch the sunset over Long Beach. Although it can be a bit tricky to find, signs on the main road or tuk-tuk drivers can guide you. The bar offers a secluded yet accessible setting near other Long Beach bars, providing a private feel. With a live DJ playing deep house music on Thursdays and Sundays. Happy hour before 7pm features reasonably priced drinks and stunning beach views. It's a favourite for world-schooling parents' nights out.

## **Fusion Beach Bar and Restaurant**

On Relax Beach, Fusion bar offers rustic charm and a mellow, chilled vibe on a small, picturesque beach. With a sand dance floor and ample seating both inside and on the beach, it's an ideal spot to unwind. The bar comes alive every Thursday with a DJ hosting a full-on club night, playing electronic dance music. Fusion Beach Bar provides a unique, relaxed beachside experience for music lovers.

## **Korner Bar**

A hidden gem on Relax Bay, easily accessible by tuk-tuk, this bar offers a more intimate experience, especially on lively Saturday nights. Close to Fusion Beach Bar, the small venue spills onto the beach, creating a spacious dance area under the stars. The impressive sound system is perfect for tech house music. Drinks are cheap and plentiful, making it budget-friendly. Saturdays feature a guest DJ from 11 pm to 1 am, often including Bliss Investor's Matt Preston. Despite its heavy metal logo, Korner Bar focuses on tech house, offering a stellar nightlife experience.

# Bars On The Beach

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## Rasta Baby

Located on Khlong Nin Beach, this bar offers relaxed vibes and is perfect for families. It's kid-friendly, featuring a beach trampoline and a lovely clothing boutique attached to the bar. Music plays every night, with live reggae bands on some evenings, adding to the laid-back atmosphere. It's a great place to unwind, enjoy good music, and let the kids play.

## Harry's sunset beach bar

Situated on Khlong Nin Beach, this bar provides a relaxed, family-friendly environment. The simple yet tasty menu and pleasant drinks are served by friendly staff. With music playing every night, it creates a welcoming atmosphere. It's an excellent spot to unwind and enjoy a delightful evening.

## Why Not Bar

On Kantiang Bay, this bar offers a relaxed and family-friendly atmosphere. It's kid-friendly and features music every night. The bar regularly hosts parties and events, adding to the fun. It's a great place to unwind, enjoy good music, and let the kids play.



# Bars On The Main Road

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## Harry's Sports Bar

A top spot for sports enthusiasts, with a lively atmosphere and multiple large TVs showing international matches, including the English Premier League and other European football leagues. There's a dartboard and pool table for added entertainment too. Friendly staff serve drinks directly to your table, and the bar accommodates over 100 guests, making it a popular choice.

## Free Descent Bar

The island's largest club, easily recognisable by the golden monkeys on its exterior. Offering free entry, it's a top spot for nightlife, with club nights on Fridays featuring a spacious dance floor and Saturdays dedicated to karaoke, where participants earn free shots for singing. The venue has ample parking and a quieter wine bar upstairs. With lively crowds and great music, it's a must-visit for a fun night out.

## Joker Bar

A lively spot located near Long Beach on a busy road. Known for its friendly bar staff and happy vibes, it's a great place to unwind with good music and a welcoming atmosphere. The upbeat energy and warm service make it a popular choice for both locals & visitors looking to enjoy a fun night out.

## Lanta Lily Resort

This welcoming café and bar is a fantastic spot on Koh Lanta, perfect for various activities and relaxation. They host a popular quiz night every Tuesday and a craft club on Wednesdays. The staff are incredibly friendly, and the venue offers a great selection of board and card games for guests to enjoy. The pool is a highlight, with ample shade from the tropical sun, and it's open to non-residents as well. Conveniently located next to Malee Resort and the Coffee Cup Club, it's easy to find and well worth a visit.

# Bars On The Main Road

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## **iRie Restaurant. Bar. Boutique.**

A well-known and beloved spot on the island, offering a mix of chilled and lively nights depending on when you visit. On livelier evenings, the bar comes alive with live bands, DJs, and a decent dance area. The food is excellent too! Despite its location on a busy road, the bar's inviting atmosphere makes you forget about the traffic outside. The owner also runs a charming clothing boutique next door, adding a unique touch to this popular venue.

## **Hippy Trail Bar**

Laid back family friendly bar overlooking the ocean. Old school decor and typical Thai bar vibes. Staff are so friendly and welcoming. Great cocktails and also known for its live music and banging drum and bass DJ nights. You need a car, bike or taxi to get this place if you don't stay at a hotel close by.

## **Lanta Golf Lounge**

A unique spot on Koh Lanta, known for being the only bar with a golf simulator. It's a hit with both regular golfers and those trying it for the first time. The spacious bar also boasts the best pool table on the island, making it a favourite among locals and tourists alike. A fun twist is bringing the kids into the golf room to use the projector, turning it into a mini cinema experience..

# Yoga, Fitness & Muay Thai

## SoulFitness Studio Koh Lanta

Located on Khlong Dao Beach, this studio offers yoga and ice baths in a serene beachfront setting.

## Oasis Yoga Bungalows

Just a few minutes' walk from Khlong Dao Beach, Oasis Yoga Bungalows provides exceptional yoga facilities for residents.

## Nora Yoga Studio

Situated on the second floor of a building on Saladan Road, Khlong Dao, Nora Yoga Studio offers a convenient location for yoga enthusiasts.

## WM FITNESS

A fully equipped gym located on the road near Khlong Dao Beach, providing a comprehensive fitness experience.

## Fit On Lanta

This fully equipped gym is situated on the road near Long Beach.

## Luke's Gym

Located in the middle of the island, Luke's Gym is a fully equipped facility catering to all your fitness needs.

## Lanta Yoga

Nestled inland, this yoga studio offers a tranquil and peaceful green space for yoga practice.

You'll find plenty of Muay Thai gyms on the island. These are ones that have been tried and get a thumbs up from previous world-schooling families. A training session of 90 mins is around 350 Baht.

- **Lanta Muay Thai Complex**
- **Nicha Muay Thai Gym**
- **Adin Muay Thai School AKA Lanta Muay Thai Combat School**



# Hospitals, Clinics and Pharmacies

You'll see lots of Clinics all over the island, almost all of which you can walk in and see a Doctor very quickly. Great for emergencies and any ongoing ailments.

Private clinics tend to have an over cautious approach. Opting for multiple treatments at the same time which can increase the costs. We recommend asking lots of questions so you can make a judgement call on how much treatment you want.

- **Dr Pad Clinic Koh Lanta**
- **South Lanta Medical Clinic (Salaldan)**
- **Takecare Clinic Saladan**
- **TakeCare Medical Clinic**
- **Thonburi Lanta Medical Clinic**
- **Siam International Clinic**
- **Lanta Medical Clinic**
- **First Lanta Intercare Clinic**
- **South Lanta Medical Clinic**
- **Nurse Practitioner Clinic**
- **First Lanta Jaylee Clinic**

You'll find friendly and knowledgeable staff in many of the pharmacies in Koh Lanta.

Medicines that would usually require a prescription in most countries are actually available in these pharmacies easily. Its worth asking at these pharmacies first if you need something specific, before going to the clinics.

Prices are often very cheap so it may be worth stocking up while in Thailand.

- **Klangya Saladan Pharmacy**
- **Banya Pharmacy**
- **Koh Lanta Pharmacy**
- **Kam's Pharmacy**
- **Longbeach Pharmacy**
- **Piyapat Pharmacy**
- **Old Town Pharmacy**

## Dentist

- **Lanta Denté Clinic**

## Police

- **Ko Lanta Police Station**



# Co-Working Spaces

## The Glass House

The Glasshouse on Koh Lanta is a clean and modern co-working space ideal for both focused and social work environments. Upstairs, glass walls separate various rooms, offering quiet and private spaces for concentrated tasks.

If you prefer a more sociable setting, the downstairs café area is open-air and closer to the road, perfect for mingling.

The menu is extensive, with options for breakfast, lunch, dinner, and a variety of hot and cold drinks.



## KoHub

The KoHub on Koh Lanta is a fantastic spot to work, chill, and connect with like-minded people. Located conveniently near Long Beach, it offers a mix of private rooms for focused work and communal areas for socialising.

The decor leans towards a more natural, green environment, creating a relaxed and inviting atmosphere. The menu features tasty food and drinks, perfect for keeping you energised throughout the day.

Friendly staff, a pool table, and reliable internet speeds add to the overall appeal, making it a top choice for remote workers on the island.



# World Schooling Family Friendly Attractions

For tours and excursions we've used these agents and operators. There are many more on the island of course but these have been our go-to agents.

- **Mr.Chai Lanta Travel and Tour**
- **My Tour by Gina Tour**
- **Rainbow Lanta Travel & Tour**
- **Pansa Lanta Travel**

## Four Islands Longtail Boat Trip

The most popular day trip in Koh Lanta! Exploring the stunning limestone cliffs of the Trang Islands. You'll spend the day island hopping and snorkelling. These islands, including Koh Ngai, are picturesque with their white sand and crystal-clear, warm waters.

A highlight is the Emerald Cave at Koh Muk, where you swim through emerald-green waters and darkness to emerge on a hidden beach surrounded by limestone cliffs.



## Mangrove Forest Tours

Koh Lanta's coastline is lined with magnificent mangrove forests.

You can explore these areas on half or full day trips via longboat or kayak, where you'll encounter a variety of wildlife in their natural habitat, including monitor lizards, birds, monkeys, and mudfish.

# World Schooling Family Friendly Attractions

## Chomview water park [↗](#)

Chomview Water Park is the only water park on the island. Although it's not very large, it features about six slides suitable for everyone from toddlers to adults.

The park caters to all age groups and offers a pleasant day out. On-site, you'll find a budget supermarket and a restaurant.

Entry prices vary by height, with kids and adults over 1.1 metres paying 200 Baht each.



## Lanta E-GoKart [↗](#)

A new addition to the island proving popular with kids.

While it's not the cheapest at 200 Baht for five laps, it gets a thumbs up from the younger crowd.

The electric cars are environmentally friendly and safer for everyone. There is also a Koi Carp pool on-site where kids can enjoy feeding the fish.



# World Schooling Family Friendly Attractions



## Lanta Zipline [↗](#)

Zip-lining from towering trees at high speeds is an amazing adrenaline rush. The experience is well organised and safe, with plenty of guides to ensure everyone's security.

Before committing 800 Baht per child, you can let them try a small zip-line next to the reception. The entire experience lasts about 40 minutes to complete all the zip-lines.



## Mu Ko Lanta National Park [↗](#)

Situated at the Southern tip of the island, it costs 200 Baht to enter. Explore the rainforest, find a secret secluded beach and cliffs with a lighthouse.

At a moderate pace, the trek takes about 2 hours through a lush rainforest before you finish at a beautiful secluded beach. The scenery from the lighthouse cliffs is breathtaking. If you have young children or are elderly/unfit, I would advise they don't attempt the trek as it's quite a tough one and of course it gets very hot.



# World Schooling Family Friendly Attractions

## Tham Khao Mai Khew [↗](#)

An awesome experience, both getting to the cave and navigating through it. A guide is required, as the cave is quite small compared to others we've visited and features some tight spaces.

Not recommended for young children or the elderly/unfit, as the trek to the cave can be challenging. However, if you have the energy, it's definitely worth trying. For a less strenuous and more family-friendly option, consider Tham Sua Cave, where no guide is needed, and you can also visit the nearby Khlong Jak Waterfall.



## Lanta Animal Welfare [↗](#)

A rescue home for cats and dogs founded by a woman dedicated to ending the suffering of abused animals on Koh Lanta.

They also assist injured animals from road accidents. She has made a significant impact on the community, treating and sterilising over 15,000 animals. You can visit the centre, go on a guided tour, and meet the rescued cats and dogs. You can even take the dogs for a walk. Just be cautious—falling in love with any of the adorable animals might lead you to take one home!

# World Schooling Family Friendly Attractions

## Following Giants Koh Lanta [🔗](#) Ethical Elephant Sanctuary

If you're looking for an ethical elephant experience, Following Giants is supported by the World Animal Protection group. It's a 'no touch' sanctuary.

The cost is 1,500 baht for adults and 800 baht for children, including pickup and drop-off at your resort. Spend time observing and walking with the elephants while learning about their habitat, diet, and behaviors.

Even if you've already done an elephant experience in Chiang Mai, this is worth adding to your list.



## Time For Lime [🔗](#)

Attending a Thai cookery school is a must-do in Thailand. There are plenty of places to learn Thai cooking, which is as popular as Muay Thai boxing.

We recommend a couple of places for cooking classes on Koh Lanta: **Cooking with Mon** and **Time for Lime**.

Time for Lime used to run a popular restaurant but has now switched exclusively to cooking classes. Their profits go to Lanta Animal Welfare, which is right next door.

# Practical And Cultural Tips

## Currency and Payments

The currency is the Thai Baht (THB). Cash is widely used, but credit cards are accepted in hotels, restaurants, and larger stores. ATMs are abundant usually at 7eleven convenience stores but you'll be charged 220THB per transaction so we recommend withdrawing the maximum each time and keeping your cash safe in your accommodation.

## Transportation

You can get to the island by taxi, mini-van or rent a car in Krabi. On the island the taxis are mostly tuk-tuks which you can flag down whenever you need them. There's also Songthaew taxis that will charge depending on the number of passengers joining. The larger the group the bigger the discount. Both are fun but not for the faint hearted as there are no seatbelts in either. You can also rent motorbikes on the island.

## Language

While Thai is the official language, English is widely spoken in tourist areas. Learning a few basic Thai phrases can enhance your experience and is appreciated by locals. You'll find many of the staff will be happy to teach you a few words.

## Respect the Monarchy and Buddha

The Thai people hold their royal family in high regard. Avoid making any negative comments or jokes about the monarchy. Treat images of Buddha with respect. Don't climb on statues or take disrespectful photos.

## Dress Modestly

When visiting temples or religious sites, dress conservatively. This means covering your shoulders and knees. Remove your shoes before entering temples. Bikinis and swimsuits should only be worn on beaches and by pools although not all tourists do this.

## Remove shoes outside of homes

It's customary to remove your shoes before entering someone's home and many shops and temples. Look for shoe racks or piles of shoes as a clue. This is to keep dirt outside.

# Health And Safety Tips When In Thailand

## Stay Hydrated

Thailand's tropical climate can be intense, with high temperatures and humidity levels that can easily lead to dehydration if you're not careful. It's essential to drink water regularly throughout the day. Fortunately, water is readily available and inexpensive, with every convenience store, café, and restaurant offering cheap bottles. For added convenience, consider purchasing a vacuum thermos to keep your water cooler for longer, especially when you're out exploring the island.

Remember, staying hydrated is key to avoiding heat exhaustion and ensuring you can fully enjoy your time on Koh Lanta.

## Avoid Sunburn

The Thai sun is incredibly strong, particularly when you're spending time on the beaches where the sand reflects sunlight, intensifying exposure. Protecting your skin from sunburn is crucial. Apply a high-factor sunscreen—SPF 50 or above—liberally and frequently, especially after swimming or sweating. Seek shade whenever possible, particularly during the peak hours of 10 am to 4 pm, when the sun is at its strongest. If you plan to swim, consider wearing long-sleeve swim tops for added protection against harmful UV rays. Also, don't forget to protect your face, neck, and ears, areas often missed when applying sunscreen.

## Mosquito Protection

Mosquitoes are prevalent in Thailand, especially at sunrise and sunset/evenings or all the time near water sources. They not only cause itchy bites but can also carry diseases like Dengue Fever. To reduce the risk, apply insect repellent regularly, particularly during the evening hours when mosquitoes are most active. Repellents containing DEET or other effective ingredients are recommended. It's also wise to cover up with long sleeves and pants around sunset to prevent bites. In addition to using repellent, consider sleeping under a mosquito net if your accommodation doesn't have screened windows or air conditioning.



# More health And Safety Tips

## Food Hygiene

Thai cuisine is delicious and diverse, but it's important to be cautious about food hygiene, especially at street vendors or small local restaurants. Ensure your food is served hot and thoroughly cooked to avoid foodborne illnesses.

Food storage and preparation practices in Thailand can differ from those in Western countries, potentially causing stomach upsets for first-time visitors. Eating at reputable establishments can help, and it's best to avoid tap water in favour of bottled or filtered water to minimise the risk of waterborne diseases.



## Carry a First Aid Kit

Carrying a basic first aid kit is a practical safety measure when travelling in Thailand. Your kit should include band-aids, antiseptic wipes, pain relievers, antihistamines, and any personal medications you need.

While Koh Lanta has many pharmacies and convenience stores, having these essentials with you can save time and offer peace of mind, especially in remote areas where access to a pharmacy might be limited.

# Emergency Contacts

It's crucial to be prepared for emergencies by keeping a list of local emergency contacts. This list should include the nearest hospital, local police, and your country's embassy or consulate.

Additionally, make sure to have contact information for your hotel management and your preferred clinic. In the event of an emergency, hotel and restaurant staff are generally very hospitable and will assist you promptly, reflecting the Thai culture's emphasis on helping others.

Having these contacts readily available ensures you can get the help you need quickly and efficiently.



# More health and safety tips

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## Transportation Safety

If you're planning to rent a scooter or motorcycle in Thailand, it's important to prioritise safety. Always wear a helmet, as accidents can happen, and head injuries are a significant risk. Drive cautiously and be mindful of local traffic rules, which may differ from what you're used to. For instance, it's common for locals to drive on both sides of the road, especially in more rural areas, so always stay alert. The roads on Koh Lanta are generally wide and in good condition, but traffic can be unpredictable. If you're not comfortable riding a scooter, consider using taxis or tuk tuks, which are plentiful and a safer option for getting around.

## Respect Local Customs and Laws

Thailand is a country rich in culture and tradition, and respecting local customs is important, particularly on Koh Lanta, which is a Muslim-majority island. Dress modestly when visiting temples or rural areas, covering your shoulders and knees, to show respect. This is especially important away from the beaches and in more conservative areas of the island. Additionally, be mindful of local regulations regarding alcohol consumption and behaviour. While Koh Lanta is tourist-friendly, demonstrating respect for local culture and customs will ensure a more positive experience and contribute to the warm hospitality you'll receive.

## In Case of Emergency – Tsunami Preparedness

Koh Lanta, like many parts of Thailand, has a tsunami warning system in place, established after the devastating 2004 tsunami. The system includes warning towers that broadcast alerts via loudspeakers if a tsunami threat is detected. It's important to familiarise yourself with the island's evacuation routes and procedures, particularly during the monsoon season when the risk of storms and tsunamis is higher. If you hear a tsunami warning, your immediate priority should be to move to higher ground—aim for a location at least 30 metres (100 feet) above sea level. Follow marked evacuation routes and avoid coastal roads and bridges, which can be hazardous during such event.

# More health And Safety Tips

## Ensure You Have Travel Insurance

Comprehensive travel insurance is a must when visiting Thailand. Ensure your policy covers a range of potential issues, including health emergencies, accidents, theft, and trip cancellations. Clinics and hospitals in Thailand often require insurance details upon admission, so it's important to have these documents easily accessible. Your insurance can also assist in covering the costs of medical treatment and can provide support in case of more serious emergencies, such as evacuation.

## Respect the Wildlife

Koh Lanta is home to a diverse array of wildlife, including monkeys, snakes, and scorpions. While encountering these creatures can be fascinating, it's important to remember that they can become aggressive if they feel threatened. Always keep a safe distance from wildlife and never attempt to feed or interact with them. Monkeys, in particular, are known to be curious and can become a nuisance if they associate humans with food. If you're staying in accommodation close to jungle areas, be prepared for occasional visits from wildlife, and take precautions such as keeping food stored securely. Additionally, when swimming in the sea, be mindful of jellyfish, which can sometimes be present, especially during certain seasons.

## Water Safety

Thailand's beaches are beautiful but can also pose risks, particularly with strong currents and tides. Always swim in designated areas where it's safer, and be aware of any flags or signs indicating dangerous conditions. Supervise children closely around water, as the beaches are generally not manned by lifeguards. Consider wearing life jackets when participating in water sports, such as kayaking or jet skiing. When snorkelling or diving, only book trips with reputable operators who provide well-maintained equipment and thorough safety briefings. Even on calm days, be aware of the potential for sea lice, which can cause mild stings, and protect yourself by wearing long-sleeve swim tops.



## Join The Bliss Hubs

As you've explored the exciting offerings of Koh Lanta through this ebook, we hope you've discovered the invaluable role of our world schooling community hub.

This free, self-regulated space stands at the heart of our world schooling experience, fostering a supportive environment where families can connect and grow together.

Our hub provides a variety of regular meetups and activities, from Games meetups and craft clubs to sports sessions and social nights for parents. These gatherings not only facilitate meaningful connections but also allow families to co-create educational and recreational experiences on the island. Not to mention our epic pool parties too!

With its open, inclusive, and easy-going atmosphere, BlissHubs are a place where everyone feels welcome and supported. The fact that so many families return season after season speaks volumes about the positive impact of this community.



Looking ahead, we aim to expand this successful model to more locations, ensuring that worldschooling families everywhere have access to the same level of support and camaraderie.

Thank you for being a part of this journey, and we look forward to welcoming you to our growing network of worldschooling families.



## Contact Us

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We'd love to hear from you! If you have any questions, feedback, or just want to connect with other worldschooling families, feel free to get in touch:

- [hello@blissinvestor.com](mailto:hello@blissinvestor.com)
- [blissinvestor.com](https://blissinvestor.com)

## Find Families

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Join us on social media for more tips, updates, and to connect with the community:

- [Thailand Facebook Group](#)
- [Bliss Investor Community](#)
- [Instagram](#)

## More Products

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We're dedicated to supporting world schooling families. Check out our range of products and services designed just for you:

- [Bliss Works](#)
- [Business Mentoring](#)
- [Start Worldschooling](#)

## Thank You

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Thank you for reading our guide!

We hope it helps you on your world schooling journey. You are what make Bliss Investor and our hubs so special.