

Travel Journals

Christene222 travel the world!

Know more about Krabi

christene222 · Tuesday, February 17th, 2009

As Krabi trip was planned by another Friend, and it was an rush one (I get to know for the trip 2 weeks before?), there wasn't much research that I did. It was really a 'free & easy' trip. She has taken care for the accomodation (where we stay at Timber House Ao Nang) as well as the flight (where we took Air Asia). What left to be head-cracking was the 2 day-tours.

Well, briefly, I explore and know a little bit about Krabi.

Thai massage!!

Massage, sometimes known as the lazy people yoga, is a manipulation of muscle and tissue for physical as well as psychological purpose. Massage therapy helps to relax muscle, in directly helps to relax a person, emotionally.

"Thai massage is a type of massage in Thai style that involves stretching and deep massage. It is known in Thailand as "nuat phaen boran" (Thai:????????????,IPA:[nu?t p??n bora?n]), literally, the ancient-manner massage; or just "nuat phaen thai" (?????????). Thai massage originated in India and is based on Ayurveda and yoga. It was believed that the massage art was brought over to Thailand by Shivago Komarpaj over 2500 years ago." from Wikipedia.

I really really love Thai massage. During the trip, we actually did Thai massage everynight available. A rule of thumb to bear in mind is that, do massage an hour after meal, or have meal after 1 hour of massage. We went for Sunset massage center which located at the 2nd floor at the Sunset Hotel, Ao Nang. It cost 250THB for a 1-hour session/pax. Thus, it come to a total of 750THB for the 3 nights massage. After the massage session, they served us a warm drink which believe to help in blood circulation and calm down the mind. By the way, the center open from 9am to 12am!

Where is Krabi?

Let's find out where Krabi located.

From the map above, we could see that Krabi was on the mainland of southern Thailand on the Gulf of Thailand. On the left hand side of the

map, we see Phuket Island. Zoom in the map, we see the Krabi more.

Air Asia will arrive at Krabi Airport. Krabi town is one of the place that we have visited, as one of the post that you read ealier. We stayed at Ao Nang.

Day-tour packages

My experience on booking the day tour is, book with the agent on the spot when arrived at the hotel. I have collected few day tour package brochures. Although it might not be so much important, but it could give you some idea what type of day tour available.

1. Island hoping+snorkelling
2. Jungle tour
3. Adventurous
4. Horse riding

[Chapters]

[Day 1 - Krabi City tour](#)

[Day 2 - Island tour](#)

[Day 3 - Jungle tour](#)

[Day 4 - Back to KL](#)

[Bonus](#)

[Conclusion](#)

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