

Sport Activities

Le Menara – North Khaolak



YOGA (WEDNESDAY AND SUNDAY)

Yoga is a mind and body practice with historical origins in ancient Indian philosophy. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation. Scientists and medical doctors pursuing yoga-related research focus on its potential benefits as a technique for relieving stress and coping with chronic conditions.



BANGLUT BEACH WALK (WEDNESDAY AND FRIDAY)

Sand provides resistance, so walking on the beach is inherently more demanding than walking on concrete or other hard surfaces. With every step forward, your foot sinks into the sand and your foot and leg muscles work extra hard to push you up and propel you forward. While walking we will be able to explore the charms of this beach walk. You will inhale the delightful sea breeze of this morning walk while burning some calories.

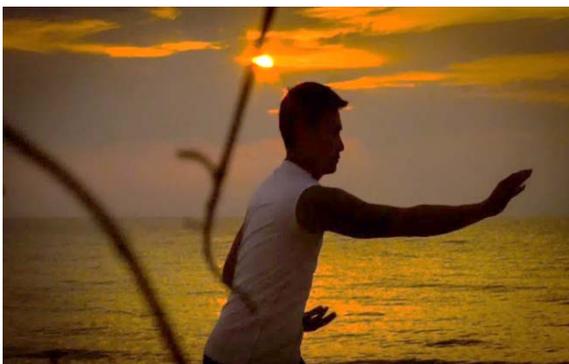


THAI BOXING

FOR CHILDREN: THURSDAY AND SUNDAY

FOR ADULTS: MONDAY, WEDNESDAY AND FRIDAY

Thai boxing is a combat sport of Thailand that uses stand-up striking along with various clinching techniques. This physical and mental discipline which includes combat on shins is known as "the art of eight limbs" because it is characterized by the combined use of fists, elbows, knees, shins, being associated with a good physical preparation that makes a full-contact fighter very efficient.



TAICHI (FRIDAY)

Originating in ancient China, tai chi is one of the most effective exercises for health of mind and body. Although an art with great depth of knowledge and skill, it can be easy to learn and soon delivers its health benefits. For many, it continues as a lifetime journey.

BIKE WITH ME (ONLY FOR ADULTS)

PROGRAM 1: TSUNAMI MEMORIAL DISCOVERY

“EVERYTHING SHALL PASS”

Le M E N A R A
B A N G L U T B E A C H • K H A O L A K



MONDAY AND TUESDAY

DURATION: 08.00 – 10.00AM; 14 KILOMETERS

Let your worries go and start your day with our biking activity. This activity will take up on a short route where every adult can participate. Enjoy cycling without any worries.

We will visit and create memories by taking pictures at the Tsunami Memorial Park where the most important tragic incident site occurred. This site tell a lot of unfortunate stories that took place.

BIKE WITH ME

PROGRAM 2: KOH KHO KHAO DISCOVERY

“ LET TAKE YOUR BIKE IN TO THE BOAT ”

Le MENARA
BANGLUT BEACH · KHAOLAK



SATURDAY

DURATION: 08.00 – 12.00AM; 47 KILOMETRES

Bring your bike into the boat. Discover the past of Koh Kho Khaos, the island that is separated from the main land of Takuapa District. We will ride a long-tail boat of the local fishermen of the village. While riding the boat, you can enjoy the clear blue sky reflecting on the surface of the Andaman Sea. Upon arrival, we will cycle for 3 kilometres either to visit the local antique houses of Ban Thung Tuk or visit the tin mining centre. It was a popular stopping off point among Chinese, Indian, Arabian and other traders during the Takuapa area's heyday as a tin mining centre. Now it is remained as an archeologic site.

Thung Tuk Temple is another tourist attraction which we will visit on this bicycle tour. Afterwards we will cycle through Savannah fields or visit the pastures. To the northwest there's an old, overgrown air strip that was used by the Japanese during World War II. The old overgrown air strip isn't visible anymore because of the Tsunami incident which covered the area with sand and Casuarina pine trees. Now it is filled with grass-eating buffaloes who are enjoying a mud bath on the area.



BIKE WITH ME

PROGRAM 3: TAKUAPA OLD TOWN DISCOVERY

“ BIKE EASILY TO SEE SIMPLE LIFE ”

Le MENARA
BANGLUT BEACH · KHAOLAK



THURSDAY

DURATION: 08.00 – 11.00AM; 30 KILOMETRES

Discover the old town area of Takuapa District. The town was once a very famous international port town and glorious back centuries ago. On this tour, we will cycle for 30 kilometers and pass the rubber plantation until we reach Takuapa old town. The town is famous for its Sino – Portuguese buildings and it used to be very prosperous many decades ago. In former times, a large number of Chinese came to work in tin mines and settled here. However, the buildings are mostly dilapidated at present.

While cycling outside of the village, we will encounter the iron steel bridge, Khok Kanoon. Formerly used by tin mining staff to get to work. Khok Kanoon Bridge crosses the Yan Yao River. The bridge is located on private property but it is open to the public. If you leave Takuapa old Town, cross the bridge, you can reach the Takuapa bus station. Nowadays the bridge is a very popular viewpoint among tourists and even locals.