

RECOMMENDATIONS DURING YOUR STAY IN KAMALA

This is a very short guide to some of Kamala. It is in no way complete. All these locations can be found on Facebook or Google maps where the most up to date information is available. We will update it regularly so if you find a place you like (or don't) please let us know.

Groceries:

7-Eleven: The closest is 300m down the road and has practically everything. Note alcohol is only sold at proper stores from 11am-2pm and 5pm-midnight.

Big C: Has practically everything, is quite simple and often poorly stocked but works for most.

Super Cheap: Has practically everything, but fewer international items and isn't very clean, but it is less expensive than the other shops in town.

Lotus Fresh: Is smaller than Big C but has a better meat section.

Kamala Butchery: Run by a Frenchman, has a good selection of meats and deli items. They also serve meat and cheese platters.

Villa Mart / Tops in Cherng Talay (about 20 minutes north of Kamala): Has almost all international items, organic things, lots of cheese and meats. Both are quite expensive but if it's not in Kamala it is likely there if it's available on the island.

Delivery – Tesco Lotus, Villa Mart and Tops all do delivery for a small fee depending on the purchases.

Markets:

There are markets practically every night in Kamala. Please check with reception to find out which one is open the day you are interested.

Restaurants:

Blue Manao: Excellent Thai and European food, owned by a Frenchman and his wife.

Bacco Re: Good Italian food with wood fire pizza oven

Chiang Mai Coffee: a 5 minute walk to the main road. Great coffee and cakes.

Dim Sum Café: on the main street has excellent Vietnamese dim sum.

Breakfast stalls: Little stalls selling a variety of cooked foods for takeaway in the morning.

Big Boys Burgers: Excellent burgers. There are several restaurants around here that are also good for inexpensive Thai food (Popeys's for example)

Devil's bar: Owned by two Frenchmen – it's new but their food is good. At night, later, it's more of a bar than a restaurant although food is served all day.

The Kabab Shop: New in town, great Kababs

Aussie Pub: Great food, excellent place for watching sports of all kinds. The owner will find what you're looking for unless there are a lot of big games on that day. Tuesdays is steak night. Friday is the sausage sizzle.

Ohlala restaurant: Biggest menu in Kamala, great food, owned by a Swiss Frenchman. Everything from steak, to Swiss specialties and of course Thai food.

Beach Places:

Lillo Island Restaurant Bar: Locally owned and managed by Jane. Great menu of Thai and western food. Good breakfast as well. Great staff. Right on the beach. Excellent for sunset cocktails.

The Boat Restaurant: More seafood at the Boat. Consistently good food, nice team. Right on the beach. Excellent for sunset cocktails.

The Palms Restaurant: International hotel dining on the beach. Haven't eaten there but has good coffee and is usually busy.

Jares Restaurant: Fine dining on the beach at the Intercontinental Hotel.

Spas & Nails etc:

There are spa places all over.

For nails I tend to go to Boat Avenue near Villa Mart, Nailed It, since they do a great job consistently, but there are probably great places in Kamala – if you find one please let me know.

There are a wide variety of spas and massage centers across the island. From the 300 THB/hr on the beach to thousands of baht for a full day luxury retreat. If you would like a massage but don't want to get all oily, a foot massage is a great alternative.

In Kamala, Andaman Massage is popular among the locals, it is near the Blue Manao restaurant. Good massages in a simple setting.

Alma massage in Cherng Talay, near Peppers Restaurant is a little more expensive but also a nicer environment.

The Banyan Tree in Laguna has spectacular spa cabins and is perfect for a couples' indulgence.

If you have any questions please stop by reception, I'm usually in the office weekdays. I'm also available by phone **+66 95 101 4455** and am on WhatsApp and LINE.

LINE is the app most used in Thailand for messaging and calling and is quite useful if you don't have a Thai SIM card. Drivers etc. will be able to call or message you at no cost to either of you. WhatsApp is also used, but not as much.

Enjoy! Karen Eidsvik

General Manager, KBE Resort