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Publisher's Letter

Welcome to our annual Women's issue! We are proud to dedicate this edition to celebrating International Women's Day, and – in its honour – the second annual Women In Gastronomy symposium (see pg. 36-37) on March 8th. This issue's content is all about showcasing women in media, hospitality and more. You will also find art exhibitions led by Thai female artists as well as the empowering events and clubs for women in Thailand.

Another feature on the following pages introduces more than 10 of the dynamic female ambassadors from different countries who are currently stationed in Bangkok. Get to know them, their favourite Thai dishes, and the food they miss the most from home. And don't forget to flip to Did You Know? on page 100 to learn about the rich history surrounding the Ministry of Foreign Affairs of the Kingdom of Thailand.

Bangkok 101 reveals the best that this extraordinary city has to offer. It covers the essentials—history, culture snapshots—and at the same time stays up to the minute with comprehensive listings of the interesting events on now, with sections on art galleries and exhibitions, food stories and reviews, and nightlife among others.

All of this and more—including our 101 archive and extras—can be found online at www.bangkok101.com. A couple of clicks are all it takes to keep in touch with what's happening in Bangkok and beyond. And, if you as a reader feel there's something we're not covering, but should be, please just drop us a line at info@talisman.asia.



Enjoy.

Mason Florence
Publisher



What is Bangkok 101

Independent and unbiased, Bangkok 101 caters to savvy travellers who yearn for more than what they find in guidebooks. It brings together an authoritative who's who of city residents, writers, photographers and cultural commentators. The result is a compact and intelligent hybrid of monthly travel guide and city magazine that takes you on and off the well-worn tourist track. Bangkok 101 employs the highest editorial standards, with no fluff, and no smut. Our editorial content cannot be bought. We rigorously maintain the focus on our readers, and our ongoing mission is to ensure they enjoy this great city as much as we love living in it.

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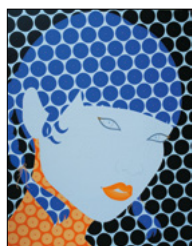
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On the cover

To illustrate our annual women's issue, the cover features "Koori," an acrylic work by Chamnan Chongpaiboon. The iconic Neo-pop palette emphasises a cropped, close-up composition of an Asian woman in graphical genre. His works are on display at La Lanta Fine Art until March 15.

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Ministry of Foreign Affairs, Kingdom of Thailand

bangkok 101

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METRO BEAT

HEALTH & WELLNESS



Until March 31

Ruby rejuvenation at The Okura Spa invites you to experience the healing benefits of Mother Nature with a 120-minute (B4,200 per person) body scrub and massage package. From exfoliating apricot body scrub to Ta-Ke Relief massage, the treatment leaves you feeling refreshed, relaxed, and ready to face a new day. For more information and reservations, please contact 02 687 9000 or email spa@okurabangkok.com.

SPORT

March 10

The 20th edition of The Vertical Marathon 2019 is hosted by Banyan Tree Bangkok to race vertically for 61 storeys up to Vertigo rooftop bar. Wear a "Red Ribbon" and share a photo publicly on Facebook with #RedVM2019 to win three-course dinner for two at Vertigo restaurant. Banyan Tree Facebook page will announce the prize on March 20. Entry fees start at B400, visit www.gotorace.com/event/vertical-marathon-2019.

MUSIC

April 3

American singer-songwriter, artist, and record producer John Mayer is performing at Impact Arena, Bangkok as part of his Summer Tour 2019. Promising to play more hits in two sets of music, he released his seventh studio album, *The Search For Everything* in April 2017. Ticket prices start from B2,000, visit www.livenation.co.th/artist/john-mayer-tickets for more details.

JOHN MAYER SUMMER TOUR 2019



The Super Tour



April 4

As part of their Super Tour, British synth-pop duo Pet Shop Boys are returning to Bangkok at Impact Exhibition Hall 5, Muang Thong Thani. Formed in 1981, Neil Tennant and Chris Lowe have written, produced, and remixed many iconic songs as well as collaborated with legendary artists. Their thirteenth studio album, *Super* was released in 2016 and their last Bangkok show was back in 2013. Tickets start at B2,700 from www.thaiticketmajor.com/concert/pet-shop-boys-the-super-tour-2019-en.html.



April 28

English singer-songwriter, guitarist, record producer, and actor Ed Sheeran is coming back to Bangkok after a recent concert. He released his latest album, *Divide* in 2017, which became the most best-selling album worldwide. One of the stops in his Divide Tour 2019 will be Rajamangala National Stadium. Ticket prices start at B2,000, check www.thaiticketmajor.com/concert/ed-sheeran-2019-en.html for more information.



FOOD & DRINK

March 8-9

Gastronauts Asia has partnered with Banyan Tree Bangkok to present a tribute to the topnotch working ladies of the culinary world. Women In Gastronomy 2019 will celebrate International Women's Day, with a special Italian flair to honour the 150th anniversary celebration of diplomatic relations between Italy and Thailand. Other than showcasing notable female chefs who are based in Thailand, the second edition of WIG also presents a new Women In Wine Programme and brings together some of the most prestigious female winemakers and producers from top Italian wineries. Flip to pages 36-37 to find out more about them, their roles, and a range of exclusive food and wine oriented activities.

www.womeningastronomy.asia

SONGKRAN



April 13-15

S2O is the world's biggest Songkran celebration, filling the warm Bangkok night with blasts of cool water, pulsating beats from top DJs like Fatboy Slim, Tiësto, and Steve Aoki. At Live Park on Rama 9 Road, the regular three-day ticket is at B4,500; B2,000 for one day; and Pepsi has Promotion Price for one day only. Visit www.s2ofestival.com/ticket.

FOOD & DRINK

March 28-31

Thailand Bakery and Ice Cream Fair is the largest domestic bakery and ice cream show hosted by BiTEC from 10am to 8pm. It is also an opportunity for equipment and supply manufacturers and distributors from across the world to increase sales/market share and launch new products to target buyers. Thailand Coffee, Tea & Drinks will showcase beverages and help the exhibitors make new contacts and good follow-up business. There will be a large product line of tea, coffee and drinks. Experts and key decision makers from whole spectrum of drinks and beverages will also attend.

Balance For Better

Celebrating Bangkok's leading ladies—from the fields of hospitality, food, media, communications, and the arts.

On March 8th the world will celebrate International Women's Day, with a Balance For Better theme this year, calling for a more gender-balanced world. www.internationalwomensday.com.

For Bangkok 101 our entire March/April issue is being given over—as much as possible—to celebrating women. We have focused primarily on women who have made great strides in the realms of hospitality, food and beverage, media, and the arts, but we also have a few more of Bangkok's influential ladies featured throughout the rest of the magazine as well.

Of course, it's worth reflecting that there are a lot of women around the world who are not quite so lucky, and who do not have the opportunities or good fortune that our featured females are blessed with. For them, the struggle still endures but organised activities such as International Women's Day at least put a spotlight on their plight.

For people who want to learn more, and get involved, there are several special events in Bangkok to look forward to this month (and on into the future), the first of which is the 10th annual **Women's Leadership and Empowerment Conference** taking place at the AETAS Lumpini hotel (1030/4 Rama IV Rd) from 1 to 3 March. www.wleconference.org

Later in the month the 4th edition of **Festival Du Féminin** in Bangkok, billed as a "transformative journey for women by women", gets underway from 15 to 16 March at the Swissôtel Bangkok Ratchada (204 Ratchadaphisek Rd). Organised by Sylvie Baradel, the two-day female-only event is fully dedicated to the exploration of the feminine through interactive workshops, with time and space devoted to body-mind experiences, women's personal growth, the healing arts, and spirituality sessions—hosted by an array of local and international experienced workshop facilitators. Ticket prices start at B5,400 for both days, and at B2,700 for a day pass. Those interested can register by email at fdfbangkok@gmail.com, or call 085 0204 777 for more details. www.festivaldufeminin.com

Finally, in April the **5th World Conference on Women Studies 2019** in Bangkok convenes—from 25 to 27 April—at The Hotel Windsor Suites & Convention (10/1 Sukhumvit Soi 20). WCWS 2019 will bring together international experts in the field of women's studies to share their diverse experiences, discuss, argue and ultimately find solutions to the issues under the theme, "Activism, Solidarity and Diversity: Feminist Movements Toward Global Sisterhood". ■



Panida Phu-Ngamdee's painting

Feminine Fine Art

Two female-centric art showcases are taking place this month around Bangkok. Don't miss the solo exhibition "Coexisting Contradictions"



Gi-ok Jeon

by Korean-born artist Gi-ok Jeon at S.A.C. Subhashok The Arts Centre (160/3 Sukhumvit Soi 33) through 10 March. Until 28 April, glimpse into the "Nature of Art" group exhibition at Centara Grand at CentralWorld's Sky Lobby (23F Centara Grand); with Panida Phu-Ngamdee being the one and only female artist out of the three.

Sisterly Support

A guide to women's groups in Bangkok.



British Women's Group

BRITISH WOMEN'S GROUP BANGKOK

Formed in 1969, the British Women's Group Bangkok (BWG) organises a range

of activities and services for its members and newcomers, including monthly gatherings and excursions such as day trips along with weekly recreations such as golf outings, art and crafts groups, book club, and tennis. The BWG is also involved in supporting a large number of Thai charities, including Helping Hands, Soi Cats and Dogs, and the Bangkok Refugee Centre. The next Annual General Meeting and Lunch will be held on 14 March at Four Points by Sheraton (4 Sukhumvit Soi 15). www.bwgbangkok.org



AMERICAN WOMEN'S CLUB OF THAILAND

The American Women's Club (AWC) was first organised in 1955, and is open to all women living in Thailand (not just Americans). By organising different activities, including mahjong, tennis, yoga, and cultural excursions around Bangkok as well as monthly membership gatherings, the AWC helps its new and present members to meet, and get to know Bangkok and the Nichada Thani communities (expat towns). The AWC also supports the Thai community with its primary target being women and children. Their Scholarship Program raises funds for thousands of girls to pursue an education, offering scholarships to female students who are at great risk of dropping out during these crucial years. www.awcthailand.org



SOROPTIMIST INTERNATIONAL CLUB OF BANGKOK

The Soroptimist International Club of Bangkok (SIB) is the local branch of a global volunteer organisation working to transform the lives of women and girls. Consisting of five federations,

the SIB is a part of SI South West Pacific, with chapters in 12 other countries in this region. Established in 1977, it currently consists of 25 active members from 8 nationalities—both Thai and non-Thai. For over 40 years, SIB has sponsored different annual projects to improve the lives of women and children in Thailand, ranging from scholarships and construction projects, to workshops at a women's prison, and child care support. This year, the fundraising event will be held on 8 June with a Flower Power theme. www.sibangkok.org



AUSTRALIAN-NEW ZEALAND WOMEN'S GROUP

Formed in 1954, the Australian Women's Group (AWG) merged with the New Zealand Women's Group (NZWG) in 1983 to become the ANZWG. The group's goals are to promote friendship amongst its members, and encourage and support each other. This is done via the organisation of regular weekly activities, monthly excursions within and beyond Bangkok, as well as through social and fundraising events that fill up the group's social calendar, the highlight being the annual Melbourne Cup Charity Luncheon in November. The luncheon and the sale of the group's two publications—The Bangkok Guide: The Essential Guide to Living in Bangkok, and The Bangkok Guide: Relocation Essentials (eBook)—provide a major source of funds for welfare and community projects ranging from educational scholarships, renovation of bathrooms, kitchen and bedrooms at an orphanage, to the provision of beds at a school. On 29 May, a Combined Women's Lunch will be held for the Golden (50th) Anniversary of the British Women's Group at Siam Kempinski Hotel Bangkok (991/9 Rama I Rd). www.anzwg-bangkok.org

Kathy MacLeod

This clever satirist behind BK Magazine's 'That's What She Said' biweekly comic strip is also a successful commercial artist and illustrator.

Born and raised in Bangkok—to a Thai mother and American father—Kathy MacLeod always loved to draw, but it wasn't until college that she realised she didn't want to do anything else.

Is the main character a fairly accurate portrayal of yourself?

Yes, almost embarrassingly accurate. I think most people can relate to the things I say, so I've become less afraid of showing all the neuroses and anxieties under the surface.

You adeptly skewer urban attitudes and platitudes, but there's also nods to the never-ending 'battle of the sexes' in your strip.

I'm fully devoted to the fight for gender equality. I use my comics as a way to explore and work out my views on these issues, because they are complicated and ever-evolving. A lot of men still see feminism as a scary word and have an unsavoury view of feminists that is out of touch with reality, and I'm happy to have a platform to try and shine a spotlight on how that is wrong, and how men can do better. Sometimes it's gentle and sometimes it's not, and men get angry at me. Women have sexist views reflected back at them their whole lives and we end up internalising it—but we've grown strong and found a voice despite it. I don't think men are quite used to being mocked yet, and I've found that they are more sensitive



to criticism than anyone. I'm also happy to make fun of mindless consumerism and narcissism, and other hypocrisies like that, which both genders are guilty of.

Does your biweekly strip offer a suitable outlet for all your secret, or not-so-secret, frustrations?

I'm always worried about being too negative in my comic, but it does feel cathartic sometimes to let out my frustrations with Bangkok, or people in Bangkok—or just make light fun of something that fully deserves it and is long overdue. And for my top secret frustrations, there is my private comic diary. I'm hoping someone takes the initiative of publishing it all upon my untimely demise...

Comics were once a male-dominated domain, but that paradigm has shifted, especially in Asia. Would you agree?

While the paradigm has definitely shifted, I think there are still challenges for female cartoonists because the powers that be are

still very much male-dominated. But women are producing some of the most interesting work in comics and redefining the medium in amazing ways. The MacArthur Foundation awarded one of their 'genius grants' to a cartoonist for the first time ever—Alison Bechdel. I was lucky never to have been told as a kid that I couldn't draw comics because I was a girl. I really never experienced sexism until I became a professional and experienced "the industry" firsthand. I've encountered some pretty vile sexism from editors and other professionals. I was told recently by a comics professional that male cartoonists are more passionate and stick with it their whole lives, whereas women get bored of it eventually and move on to something else. I plan to prove him wrong.

Who are some of your favourite female artists in Thailand?

The art scene still seems to be very male-dominated here, but I love the work of Yuree Kensaku, a Thai-Japanese artist, and Piyarat Piyapongwiwat. And Tuna Dunn is a great cartoonist that I'd love to meet someday.

INTERVIEW BY BRUCE SCOTT

The 'That's What She Said' comic strip started in 2011, but its name and concept were originally featured in Kathy's university newspaper in 2003.

www.kathymacleod.cargocollective.com

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once said,

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the people I love,
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♦ A REMINDING FLAVOR ♦

Salute to The Lady Ambassadors of Thailand!

What is their favourite Thai dish? What dish do they miss the most from their homeland?

By **Lekha Shankar**

On International Women's Day, let's salute the many Women Ambassadors of Bangkok! There are 15 of them in the city, and we are grateful that we could feature 11 of them. These top lady diplomats are strong, dynamic, and unique individuals, who have held notable posts, in varied countries around the world. They could articulate on any subject, but here, we quiz them on something as simple as their taste buds.

H.E. MS EVREN DAGDELEN AKGUN Ambassador of Turkey



She was born in Ankara and studied International Relations at Agnes Scott College, Georgia, USA. She completed an MA at the College of Europe, Belgium. She joined the MFA in 1993, and served in various positions in Brussels, Tashkent, Washington. She was also head of the EU Dept, and Dep. Dir. Gen. of Policy Planning, MFA, Ankara.

Favourite Food: Thai dishes are heavenly! Definite favourites for me are *tom kha gai* and *larb gai*. Turkish cuisine is rich and varied, reflecting the country's deep history and culture. I miss certain fish dishes especially from the Black Sea, like '*hamsi*'. I also miss '*mantı*', which are small pieces of dumplings with minced beef served with garlic yoghurt, mint, and paprika sauce.

H.E. MS SATU SUIKKARI-KLEVEN Ambassador of Finland



She was born in Helsinki, studied a Master of Law at the University of Helsinki, and joined the Finnish Diplomatic Service in 1998. She has worked in various positions relating to humanitarian and human rights issues at the Ministry for Foreign Affairs and international organisations. During an educational programme with the UNHCR in the 90's she helped open a girls' school in the Taliban-

controlled area of Afghanistan. She's currently the local EU Gender champion, liaising for gender equality with Thai authorities, organisations, and large companies. She speaks five languages, and was appointed Ambassador to Thailand and Cambodia in 2016.

Favourite Food: Among Thai food, I enjoy most fresh vegetables and seafood, especially grilled fish with vegetables. Plus everything with coconut milk and lemongrass! What I miss from Finland are the fresh, local, organic berries with tons of antioxidants, vitamins, the new vegan protein products made of oat, beans, and also the rye and oat bread –all super good and super healthy!

H.E. MS LAILA BAHAAELDIN

Ambassador of Egypt



She was born in Cairo, completed an MA in Middle Eastern Studies, and joined the MFA in 1985 when there were very few women. She worked in Paris, Geneva, Washington, and was the Ambassador to Romania, before moving to Bangkok in 2018. In her career, she dealt with many important issues, but what she enjoyed the most was Human Rights. She was proud to represent her country in many conferences dealing with women's rights.

Favourite Food: Thai food is amazing! I haven't tried everything, but I love mango sticky rice, *pad Thai*, and all the varieties of curries. The Egyptian dish that I miss the most is the *molokheya* soup, an old, favourite dish that can be traced back to the Middle Ages!

H.E. MS MARY JO A. BERNARDO-ARAGON

Ambassador of The Philippines



Born in Manila and holder of a BA in Political Science and Diploma in International Relations from London, she joined the MFA in 1979. She held various positions in Manila, Brussels, New York and LA before arriving in Thailand in 2015 as Ambassador.

Favourite Food: My favourite Thai dish is *pad Thai*. I love the salty, sweet and sour taste of the sauce that blends so well with the rice noodles. What I miss most from my country, is the marinated boneless milk-fish, a popular Filipino breakfast dish with rice.

H.E. MS DONICA POTTIE

Ambassador of Canada



She was born in Halifax, holds a degree in Asian Studies, and joined 'External Affairs and International Trade Canada' in 1991. She served in China, Jordan, and Cambodia, before heading several important divisions at home, like 'Democracy and Governance Policy, Development Policy and Institutions', and then moving to Thailand as Ambassador in 2016.

Favourite Food: My favourite Thai food is *massaman curry*. I love how well the peanut taste blends with the meat and potatoes to make something really special. The food I miss the most from Canada is Atlantic lobster which, while available here, is too expensive to have often.

H.E. MS ALICIA SONSCHEIN
Ambassador of Argentina



She was born in Buenos Aires, studied a BA in Political Science with a specialisation in International Relations. She also graduated from the National Foreign Service Institute. She speaks three languages, and served in various positions in different ministries. She was also Member of the Presidential Entourage to many countries, like India, China, Mexico, and USA. She was awarded the Knight of the Order of Merit, in Mali and Brazil.

Favourite Food: I love *khao pad kra praow*, because it's spicy and delicious. What I miss most from my country is Argentinean beef.

H.E. MS ANA LUCY GENTIL CABRAL PETERSEN
Ambassador of Brazil

She was born in Fortaleza, Ceará, completed a degree in Social Communication from Pontifical Varsity, Rio

de Janeiro, and a Master degree in International Public Policy from John Hopkins University, USA. She served on many missions abroad, and was Ambassador to Luanda, Angola, then Consul General in New York, before becoming the first Lady Ambassador of Brazil to Thailand last year.



Favourite Food: Regarding Thai cuisine, I love *tom kha gai*, a chicken and coconut milk soup. I also love *som tam*, the mango salad, which is a great side dish. From Brazil, I miss beef mainly. It is the taste and the quality of the meat that is so different there.

H.E. MS SANAA HAMAD ALAWAD GOURAFI
Ambassador of Sudan



She was born in Khartoum, grew up in Saudi Arabia, and studied a Master degree in Political Studies. She headed many departments including the Women's Human Rights Centre, was State Minister for Media and Information, and has written three books on International Relations and Foreign Policy. She served as Dep. Head of Mission in London, before being posted as Ambassador to Thailand in 2017.

Favourite Food:

I love Thai food, with its charming combination of sweet and sour taste, and many spices. I love *tom yum* soup and the *som tam* mango salad. I also enjoy Thai sweets!

H.E. MS SUCHITRA DURAI

Ambassador of India



She has an MA in English and an MPhil in Defense Studies. She joined the Indian Foreign Service in 1988, and has served in many countries—Madrid, Buenos Aires, Vienna, and Cairo. After important postings at home, she served as Ambassador to Eritrea, Somalia and Kenya, which she described as challenging and memorable. She moved to Bangkok late last year.

Favourite Food: I enjoy Thai mango and sticky rice pudding. I don't really miss any Indian dishes, as I carry Indian condiments and personally cook traditional Indian meals at home. However, I do miss Indian mangoes, as their taste and texture can't be replicated.

H.E. MS RAUSHAN YESBULATOVA

Ambassador of Kazakhstan

She was born in Almaty, graduated from the Institute of National Economy and the Institute of Management and Tourism in Austria. She has been in the Diplomatic Service since 1998, first in Brussels and then in different capacities at the UN, New York,



and the Embassy of Kazakhstan in USA, before being posted to Thailand in 2017.

Favourite Food:

Every dish in Thai cuisine is unique and delicious! My favourite is *Tom Yum* soup. The dish I miss the most when I am abroad is a traditional dish called '*Beshbarmak*' made with boiled horse meat or lamb and pasta.

H.E. DR MS EVA HAGER

Ambassador of Austria



She was born in Vienna, and has a PhD in Arabic and Islamic Studies and Political Science from Vienna University. Arabic is one of the five languages she speaks fluently. She joined the MFA in 1986. After postings in Syria, Tunisia and Algeria she served later as Ambassador to Cyprus and Mexico, before being posted to Thailand as in 2017.

Favourite Food: The Thai dish that I love most, is the fabulous *tom yum goong*! I like the warmth, spiciness and delicate texture of the soup. Actually, I don't miss any of my Austrian dishes as my Chef makes them all! In fact, as we celebrate the 150th Anniversary of our diplomatic relations with Thailand, there'll be opportunities for our Thai friends to taste many Austrian delicacies! ■

The ‘Grand Dames’ of the Hospitality Industry

Five dynamic women talk about passion, perseverance, and self-belief—the secrets of their success.

By **Lekha Shankar**

The hotel and restaurant industry in Thailand has seen some daring and dynamic women, who have been creative, active, and extremely successful—not just in expanding their own brands, but also pioneering new trends in the hospitality. To maintain these high standards, they have started hotels, restaurants, and even cooking schools. More importantly, their progeny is now carrying on the names, and the brands, forward and into the future. What’s more, all of the women profiled declared that they did not feel “deterred” by being a woman. Having “self-belief” seems to be all that truly matters.

THANPUYING CHANUT PIYAOU



As founder of the magnificent, multi-brand Dusit Thani hotels, Thanpuying Chanut Piyaoui is top of the list when it comes to the ‘Grand Dames’ of Bangkok, as she has so many “firsts” to her name. In 1929, she was the first woman to open a hotel in Bangkok—The Princess—and a modern one too, complete with a swimming pool. She later went on to open the city’s first luxury hotel, the Dusit Thani, and in a pioneering move, registered it on the stock exchange. She also started the first signature spa in the city—the Devarana—and she is responsible for

launching the first school for hospitality education.

During her nearly eight-decade tenure, Dusit hotels sprung up all over Thailand, and this dynamic woman even launched the first overseas property of the hotel chain. Today, the Dusit Hotels have as many as 29 properties, with 45 more projects coming up in the future. One of her ardent supporters throughout was HRH Princess Galyani, who “opened” all the Dusit hotels—up until 1997—starting with the The Princess, which was named after her.

Amazingly, all this success came with no formal hotel training or education, but just pure “hands on” experience, according to her son Chanin Donavanik, who took over the hotel chain when Thanpuying Chanut Piyaoui officially retired in 2004. “Her aim was always was to develop Thailand as a world-class tourist destination,” he said.

Chanin admits that no one could match his mother’s “can-do attitude and incredible work ethic”, which were inspirational to him and the entire staff of the hotel chain. After he retired, his son Siradej Donavanik, Chanut Piyaoui’s grandson, took over the reins of the family business and is now the Director of Development for the hotel chain, which recently started Thai cooking classes at select properties, both in Thailand and overseas.

KAMALA SUKOSOL

The multi-faceted, and multi-talented, hotelier Kamala Sukosol is also well-known in Bangkok’s society circles as an accomplished jazz-singer and dedicated charity-organiser. She completed her Master’s degree in international affairs at Columbia University in New York, but knew nothing about hotels when her businessman-father threw her into the fray. She bought some land in Pattaya and launched two hotels—the Siam Bay Shore and the Siam Bay View. Thanks in part to the efficient staff, the two hotels did exceedingly well.

Kamala then opened the Siam City Hotel (now the Sukosol Hotel) in Bangkok in 1990. At first its location was remote, but today with the sky-train and airport rail-link at its doorstep, the hotel attracts both the business and tourist markets. This widely-travelled hotelier speaks French, Spanish, some Italian, and has also completed a Russian Studies course—and her international “vision” has truly helped to develop the international image of her hotel chain.



Kamala is particularly proud of the family’s two most recently opened hotels. The stunning Siam, located by the riverfront, is currently rated as the most expensive hotel in town and has attracted many Hollywood celebrities and assorted VIPs. Meanwhile, the Wave Hotel, in Pattaya, is the newest in the fleet and has been designed like a Miami-style property. Both properties are managed by her two sons, Krissada and Suki respectively.

But the girls are also in on the family business, and Kamala’s daughter Marisa is Operations Manager of their properties, while second daughter Darunee, who formerly worked on Wall Street, manages the finances.

“My family handles the hotel business totally,” Kamala says with pride, adding that the latest family member to suggest “ideas” for her hotels is her graduated grandson Dino. “One has to be open minded,” she states, “and one also has to be very passionate and tenacious!”

Alongside her hotel success, Kamala has also found fame in the music business—as a jazz singer—and her yearly charity concert, where her entire family and staff participate, is one of the premiere social events in the city. Her jazz-prowess even brought Kamala into close contact with the late King of Thailand, a jazz-lover, of whom she has “unforgettable memories.”

Like her super-hit CD *Live and Learn*, this dynamo admits that she has never stopped “learning”.

NOOROR SOMANY STEPPE

Early on in life, Nooror Somany Steppe wanted to

be a fashion designer, which is probably why her Blue Elephant chain of restaurants have such style, elegance, and beauty.

“Every visit to my restaurant is a trip to Thailand,” exclaims the culinary queen. What’s more, this superb chef does not only preserves the classic Thai recipes, but also has creatively added to them, contributing to a new dimension in Thai cuisine.

But before all the notoriety, Nooror was just a young woman who went to Brussels to visit her brother. That’s where she met Karl Steppe—her future husband—who loved both her and her Thai food and encouraged her to start a Thai restaurant there in 1980. The rest is history. Today the Blue Elephant chain has outlets in more than five cities including Bangkok, Phuket, Malta, Paris, Brussels, and Copenhagen, and exports products to over 25 countries around the globe.

Her restaurant in Bangkok is in a gorgeous heritage building which adds to the grandeur of the restaurant experience and the long list of celebrity diners she’s entertained ranges from Russian President Putin to pop singer Rod Stewart.



Nooror feels “blessed” that her three children have joined the business. Brussels-based son Kim manages the restaurant there, Phuket-based son Chris handles that outlet (which like the Bangkok location also has a cooking school), and daughter Sandra is the PR and Marketing Manager who also does double duty as chef in the cooking schools.

Never content to rest on her laurels, Nooror is happy there are numerous Thai restaurants today, compared to when she started nearly three decades back. “Competition is good, [it helps us to] maintain our high brand”, she states with pride.

SRISAMORN KONGPUN

Best-known for her more than two dozen Thai cookbooks—many of which have been translated into English and a few into Chinese—Srisamorn Kongpun is also a teacher to many of the top chefs in the city, including Blue Elephant’s Nooror Somany

Steppe. She has advised hotels, restaurants, airlines, corporate companies, even the Royal Women Skills in the Royal Palace. Currently she's a member of the Evaluation Board for Standard Thai Cooks (EBSTC), which tests Thai cooks all around the world. But this enterprising *ajarn* and food-guru admits she would now like to write simple cookbooks for students.



"Some students do not know their own local food, but eat Western or applied Thai food," she laments. "So my project, for the future, is to write cookbooks on local food with simple, easy-to-follow recipes."

At her Yingcharoen Home Science School, Srisamorn gives regular cooking classes to students, chefs, and restaurant owners. She says the main purpose of the school is to conserve authentic Thai recipes.

"Thai food offers various tastes in one dish. Every true Thai dish also contains vegetables, many of which have medicinal values. That's why Thai food is traditionally very healthy. Thais observing these standards rarely become obese. They are also protected from heart disease and osteoporosis. It's because of its extraordinary taste and health benefits, that Thai cuisine has become so well-known internationally."

VINDER BALBIR

For a one-woman story of grit, determination, and hard work, look no further than the tale of Vinder Balbir. Born in Malaysia, Vinder lost her parents during the riots of 1969, was married to a Thai-Indian when barely seventeen, and hurriedly shunted off to Bangkok. She started cooking lessons at home, and later opened a tiny restaurant on Sukhumvit Soi 11. None of her ventures worked, however, as—according to Vinder—there was not much knowledge or interest in non-Thai cuisines at that time. But she refused to give up.

Then came the economic boom in India, after which everything 'Indian' became popular. That was when she started her flagship Mrs. Balbir's Indian Cuisine restaurant—almost a decade back, and on

the same soi. Today it's one of the best-known Indian restaurants in the city. "To me attitude is altitude," she reflects. "One simply has to be positive."

Today, the Balbir-chain has at least 10 outlets across the city, mostly at well-known malls, and more are in the pipeline (she also opened a branch at Empire Tower).

"I study the area, and the clientele, before I start a new outlet and plan the menu," admits the chef-restaurateur, who also offers some uniquely creative Indian dishes. According to her, Indian cuisine is unique because, "Every spice adds not just to the flavour, but to the health."

Mrs. Balbir runs a cooking school above her restaurant with custom-made classes for people as varied as diplomats, chefs, young brides and even housemaids. World-famous rock musician Sting once sent his chef to learn veggie cuisine at her school.

While her husband handles the finances, her son Sonny supervises the elegant design and décor, as well as the website. Mrs Balbir has no PR or marketing team, and totally relies on her vibrant food to bring back her numerous repeat-clients. "After 40 years, I've learnt that you can win people's heart by their stomach alone," she declared.



This vivacious lady has done food presentations at many hotels, conducted popular cooking shows on TV, and remains a well-recognised restaurateur in the city. Her food is in demand with various airlines too. Her team of 100 staff—spread out across all her restaurants—she manages single-handedly, like her own family.

"My brand is alive, because I'm 100 per cent involved," she states with justifiable pride. "It's not been easy running a restaurant today, as there are so many details involved, from buying the provisions, to cooking, to displaying and serving."

"Passion and perseverance" are her mantra to success, and she admits she has gleaned the best from the three countries that are part of her DNA—Malaysia, India, and Thailand. However, Bangkok is her "home forever", and she affectionately calls it the "food-capital of the world." ■

Media Maven

Born in Thailand but educated in Singapore, Malaysia, the USA, and Switzerland, Naphalai Areesorn began her professional media career back in 1974 at the Bangkok Post and Business Times. However, her career path also straddled the field of hospitality, and she's been involved with both the Dusit Thani and Siam InterContinental hotels. In 1991 she started the Chiva-Som Health Resort and managed Hua Hin health spa until 2001. Currently, she is Editor-in-Chief at Thailand Tatler Group and head of the editorial team of Blue Mango Publishing. It's certainly an impressive resume, but this demure dynamo points out that she didn't have to "act like a man" in order to make it.

You began your media career in the mid-1970s. Was it hard to make it as a woman back then?

You know, mainly because of the kinds of jobs I've taken on, I've never felt that was an issue. I was always writing for English language publications, and my qualification was that I was able to speak, read, and write English very well. It was a "man's world" back then, but I think I would have seen that even more if I'd gone into the corporate world.

How are things different now that you're the one in charge of a mini media empire?

I tell my team they're so lucky to have me as the editor because I'm the opposite of the old cigar chomping editor stereotype. I would like to say that I am a



very caring manager but I know, from being overseas, that my style is not very Thai—meaning that if I feel something needs to be said I say it right away. But for me that's the end of it. I don't harbour grudges. And I've never been known to throw things at people (laughs). I may be small-sized physically, but I have a loud voice and I hate people walking over me. I never put up with that.

Was it more, or less, of a man's world when you were involved in the spa and hospitality industry?

My jobs in hospitality were mainly in PR, traditionally areas where women excel more than men. But where it was more of a man's thing, and more of a corporate thing, was when I put together the whole Chiva-Som project. I actually set up the company, I was the managerial director, I hired the staff, and did everything else. A lot of people think that it was Khun Boonchu [Rojanastien]. He was the deputy Prime Minister at the time, and the landowner, and he was the main shareholder.

But I put together just about everything... from scratch!

Is the Thai mindset patriarchal overall?

It's not really that patriarchal. There's a saying that "the women are the hind legs of the elephant" meaning women are the ones who are driving everything. But Thai women don't really feel they have to take the credit for it all. They do it quietly, behind the scenes, and the man takes the credit as the figurehead. In the working world women can go far, but in society, and in the family—especially lower down the economic scale—you will still find women who are considered sort of "property" of men. On one hand women can go really far, but there are still a lot of families where it is the sons who are expected to be the leaders and take over the family business.

What are some of the values and traits in the women you look up to?

The values that I look up to are embodied in a woman who is a leader but she doesn't do it in such a way where she feels she's got to be more "manly" than a man. Women have got a lot of their own characteristics which make them special and help them in their work—compassion, being meticulous, checking out the fine details, and so on. These are things that you should be using to forge your way ahead, and not be trying to dress like a man, shout like a man, and be aggressive like a man.

INTERVIEW BY BRUCE SCOTT

Queens of the Kitchen

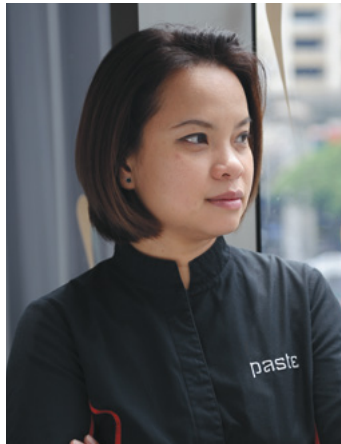
Celebrating Bangkok's Top Female Chefs and Restaurateurs.

By **Dave Stamboulis**

While the realm of celebrity chef and restaurant mogul has tended to follow the words of soul icon James Brown, who crowned “It’s a Man’s World”, that trend is being bucked these days. We profile some of the sisters making it all possible—some who do it alone, and others who work alongside their romantic partners (which offers an equally daunting challenge).

BONGKOCH ‘BEE’ SATONGUN

Chef Bee comes from a cooking family background and started cooking professionally when she met



her partner, Australian Chef Jason Bailey. The two of them opened restaurants together in Australia, winning awards for their talents, before coming to Bangkok to open a fine dining restaurant for Thais—the result of which has been the

much acclaimed Paste, which combines modern techniques while keeping traditional Thai flavours and authenticity.

Bee acknowledges that being a top female chef here certainly has its challenges, but points out that even though high-end restaurant chefs have been predominantly male, if you look at the history of Thai food it was traditionally made—in the past—by female cooks in aristocrat households. In fact, there are many old women who have been cooking for more than 50 years, and have such an in-depth knowledge of the cuisine that things just flow naturally for them.

When asked what it’s like to run a business with her partner, Bee says that being together all the

time with one’s partner in a kitchen—a place that is both pressure intense, hot, and exceedingly fast paced—was initially quite difficult. She admits that she and Jason fought a lot in the kitchen at first, but easily learned to switch that off after work. And that since the pair are constantly creating and running everything as a team, she couldn’t imagine doing it any other way.

DANA GARBER

It’s not only Thais making up the female contingent of chefs and restaurateurs in Bangkok. Dana, along with her husband Danny Garber, met in China a decade ago while teaching English in a small town. Missing good ol’ American grub they started a BBQ joint in Chengdu, but decided—after several years and multiple visits—that Bangkok was more to their liking. Thus their fantastic Texas-style ribs joint The Smokin’ Pug was launched, and these days the



intimate eatery is packed nightly with expats and locals clamouring for the baby back ribs.

When asked for her take on being a woman running a restaurant here, Dana says that while Thailand offers its own challenges, being a female in the restaurant

industry in the USA was even harder. Managing restaurants with male-dominated kitchens often made for sexist comments and an uncomfortable work dynamic. Here, it is more of an issue of strong women being seen as unattractive or feared, and it takes a bit more to earn respect. Dana adds that in China people were often shocked, wondering how on earth a 30-something woman was out running a

restaurant until 2am, as opposed to being at home focused on kids.

The larger challenge that emerges here—that of being a foreigner, and trying to get staff to see one as something more than this—is prevalent, although the difficulties are well outdistanced by the rewards of having a full restaurant each evening. And as with Chef Bee, Dana agrees that two is always better than one.

“Since Danny and I met in China, we have only spent about ten days apart,” she says. “I believe that building businesses abroad has made our relationship incredibly strong. While we do get frustrated over different management styles, we are always able to laugh at things over a drink at the end of the night.”

CANDICE LIN

To find the perfect example of taking trusted Thai street food favourites, giving them a twist, and serving them up in a cool setting—with creative cocktails matching the fantastic eats—look no further than Soul Food Mahanakorn. The Thonglor eatery (which has expanded to include a smaller grab-and-go version called Soul Food 555) is the brainchild of owners Candice Lin and her partner, food critic Jarrett Wrisley, who now runs Appia—one of Bangkok’s best trattorias—while Lin handles Soul Food.

Candice, a multi-talented Taiwanese-American who also teaches calligraphy at Chulalongkorn



University, remarks that sexism in the hospitality industry can be extreme, especially working in the front of the house.

“I’ve had my ass grabbed and foot stomped on among other things, even with Soul Food being a pretty

classy establishment,” she says, and adds, “the industry is a man’s realm, both in Bangkok and internationally.”

Lin also laments the idolisation of chefs these days, with all the TV shows, awards, and social media, which makes out the life of a chef as wild and exciting, when in reality it isn’t. The nuts and bolts of running a restaurant includes water pipes breaking,

air-conditioning units not working, and difficulties with staff communication and motivation. However, the flip side of the hardships is that things somehow all come together by the time the doors open each evening, and customers come in and have a good time.

Candice also casts a positive vote for running a business with one’s partner. Although these days Wrisley stays busy with Appia, the two of them still empathise and give constructive advice when it comes to problems either restaurant might be having.

“A true test of a marriage is opening a restaurant together,” she says. “But I couldn’t imagine doing this alone.”

DUANGPORN ‘BO’ SONGVISAVA

Chef and co-partner of acclaimed Bo.lan restaurant, Bo Songvisava was given the inaugural award for Best Female Chef in Asia in 2013. Since then, the restaurant has been listed in the World’s 50 Best Restaurants, and Bo, along with her chef husband Dylan Jones are well known throughout Asia, famed for a weekly TV cooking show, as well as their



commitment to making Bo.lan (an amalgamation of their first names) become the first zero carbon footprint restaurant in Thailand.

After doing a Masters in Gastronomy in Australia, Bo returned to Thailand to hone her skills but

ended up in London (at David Thompson’s version of Nahm there), where she met her husband-to-be. The pair decided to return to Bangkok and open a fine dining spot serving authentic Thai food, something that really didn’t exist back then. These days, in addition to being a phenomenal chef, Bo is also a passionate educator, campaigning to raise awareness about Thai food and food security. “We eat more than three times a day and we need to take a look at the damage that we do to the environment,” she adds gravely.

While Bo.lan has focused on fine dining, Dylan and Bo’s sister restaurant Err features urban rustic Thai, and is located near the river, close to the Flower Market and Wat Pho. It offers a casual retro

vibe, plenty of street food favourites and snacks, tasty cocktails, and continues in upholding this couple's admirable traditions.

SARAH CHANG CHALERMKITTICHAJ

Born in Boston to a Chinese father and French Canadian mother, Sarah Chang Chalermkittichai graduated Cum Laude from Tufts University, followed that up with a Fulbright Research Grant at Chulalongkorn, and then a Masters in International Finance and Business from Columbia University,



before becoming a senior underwriter at a Lloyds of London company. Her work in the financial industry brought her to New York, where she developed an acute interest in the superb food and wine scene happening around Manhattan. This evolved into

worldwide explorations, which took on a whole new twist when she met her husband and business partner-to-be, famed Thai Chef Ian Chalermkittichai, who at the time had just opened his first US restaurant in Soho. The two combined their professional strengths and lifestyles, starting the food and beverage consulting firm Cuisine Concept Co., Ltd.

Today they are two of the faces behind Issaya Siamese Club and Namsaah Bottling Trust. Meanwhile, in New York City they are behind Spot Dessert Bar (multiple outlets), and Tangerine at Resorts World Singapore.

Sarah confirms once again female stereotyping exists everywhere in the restaurateur and chef world, making it one big boy's club. However, her background in professional finance—also a male-dominated industry—prepared her well for these challenges.

One personal issue for Sarah is dealing with people's perceptions of her as a celebrity chef's wife. "People often assume I don't work or just 'help' him with things," she says, but points out that keeping her own last name has helped dispel some of those problems, as it enables her to establish her own identity.

On the topic of women in the restaurant business in Thailand, Sarah remarks that, "There

are many women in the workforce in Thailand, and many women in management positions, so I don't think that when women succeed in the hospitality industry people are surprised, especially now that it is such a big industry here."

As for working with her partner, Sarah notes that she and Ian have other work partners, and take on specific roles, which allows them to function independently.

ARISARA 'PAPER' CHONGPHANITKUL

Chef Arisara Chongphanitkul, better known as 'Chef Paper', is a rising star in the Thai and international culinary scene. She completed her formal education at the Gastronomicom pastry school in France, and interned at the Beau Rivage Hotel (also in France). She has worked alongside pastry greats such as Sadaharu Aoki and Hugues Pouget in Paris, and Laurent Gerbaud in Brussels. In 2011 she returned to Thailand and started working closely with Chef



Ian Kittichai at the award-winning Issaya Siamese Club. In addition to being Issaya La Pâtisserie's Executive Chef and a founding partner, she is also the Executive Pastry Chef of Issaya Siamese Club. And if you want to marvel at some of her

eye-popping creations, she and Ian have produced a beautifully illustrated cookbook featuring the recipes of all their favourite sweets.

Chef Paper confides that her greatest challenges these days are in being a leader and being responsible. She remembers her days in Europe and remarked, "When I was in Brussels and Paris, I was just interning, I was just doing a job and nobody was following me, but now I am a leader with a team. If you do things wrong, the whole team can collapse. I always have to push myself and improve, otherwise I will stay at the same level."

Paper encourages young women to find inspiration, whether it be from movies, people, or otherwise, and to use this to help finding one's own style of work. She happily admits that the world of pastry is becoming more and more appreciated and that it has become an "edible art", not just about making sweet things. ■

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Ahead of the Curve

These influential female hoteliers aren't just balancing the scales in a male-dominated industry—they're reshaping the entire landscape.

By **Craig Sauers**

It's never been easy for female hoteliers. Male-oriented stereotypes have turned hotel management into a role pigeonholed for men. But now women are making their mark, and at the highest levels. These leading lights have not only excelled at esteemed hotels, but they've also opened eyes to potential, regardless of gender or race. Here are their stories of success.

NOPPARAT AUMPA

General Manager of Banyan Tree Bangkok

Front-desk workers everywhere should have one woman to aspire to: Nopparat Aumpa, or 'Kai' as



her friends call her, started her career 28 years ago as an entry-level employee; today, she's general manager of one of Bangkok's most prominent brands, Banyan Tree Bangkok.

"I always say, 'If something doesn't challenge you, then it doesn't change you,'" Kai remarks. "I have always had high hopes and

never stopped challenging myself."

Those challenges began at the reception desk, before Kai was given a shot at a career-track position at the Westin Banyan Tree in 1996. That very same year, she won the Thurston-Dupar Inspirational Award, a recognition given by Westin to employees who demonstrate exceptional service to guests. The following year, she won the Service of Legend Award. If her journey to the mountaintop wasn't already in motion, this second award sealed the deal.

"In Thailand, we still occasionally hear about gender stereotyping," Kai replies when asked about her perception of women's rights and opportunities in the traditionally patriarchal world of hotel management. As not just a woman, but a Thai woman, in command of a major five-star property, Kai stands in a uniquely influential position.

"I want to inspire women today. Gender should not be a hindrance to their goals in life. It's how you set your roadmap, and how determined you are for it to happen, that makes the difference," she says. For its part, Banyan Tree brand has championed equal opportunities for men and women, including Banyan Tree Ringha, a hotel that Kai herself helped to open in 2005. (Kai also launched Banyan Tree Mayakoba in Mexico and Banyan Tree Samui, where she was resident manager for a year).

Having risen the ranks and represented only one brand throughout her career, the self-made Kai shows no sign of slowing down now that she's at the helm of this landmark hotel.

"The journey has not been easy," she admits. "There are a number of challenges in the hospitality industry—political unrest, global crises, national disasters, and the like—but in the long run, if you set your goals in the right direction and work hard for them, nothing is impossible."

TINA LIU

General Manager of W Bangkok

Tina Liu left and came back again. Though radically oversimplified, that line nevertheless sheds light on both her beginnings in Thailand's hospitality industry and her ascension to her current position as General Manager of the stylish W Bangkok.

Liu spent much of her youth in the United States, until a summer internship at the Mandarin Oriental cemented her rosy view of hotel life. "I knew in high school I wanted to explore hospitality. That was the only time in my life I could predict the future," she admits. "Once I got into it, I thought, 'This is it!'"

After graduating, Liu landed an entry-level job at the Shangri-La. "It was the 'university.' Wherever you went after that, you would run into someone from the Shang," she says. In the 90s, almost all the five-star properties lined the river, bar the Dusit Thani and Hilton Nai Lert. So her next job at the Sheraton Grande Sukhumvit was, at the time, "considered out of the way."

Liu would leave to work at the Peninsula in New York for three years before returning to the Sheraton Grande. Eventually, fate would reset her course for Koh Samui. "I've never worked for the next position. I'm a true believer in doing the best you can do where you are. It's a quality journey, not the destination, that I look for—and quality journeys always seem to lead to the best destinations."



Clever, cool, and well-spoken, practically the embodiment of the W in her own right, Liu sees the brand's bravado and initiative as its greatest strengths. "Our company has been proactive in pushing the open

mind to view talent," she says. And when it comes to putting women in the most prestigious positions, she adds, "It helps make other companies see that it works."

She certainly sees potential all around her, from her employees to the elegant House on Sathorn next door to the very neighbourhood the hotel calls home. "People don't always realise how much is here; we have everything within our radius," she says.

"The good thing about this industry is you have lots of friends at sister hotels to talk to," says Liu. "The ironic part is, come Friday and Saturday, I want me time. I just want to stay in with a good glass of wine."

SARAID CAREY

General Manager of Hyatt Place Bangkok Sukhumvit

"A calm approach and listening a lot—that comes across in any culture," Saraid Carey, General Manager of Hyatt Place Bangkok Sukhumvit, begins after a pause. It's not easy to explain how one

has achieved so much in a notoriously grinding industry, in a different country no less, and especially not when asked to do so on the fly. But this self-professed foodie and former not-for-profit professional manages to sum it up simply: "It's about being a leader, point blank."

Carey has had plenty of time to cultivate her leadership skills. At 21, she got her first job in hotels, working behind the scenes in banquets at the Grand Hyatt in Melbourne. From there, she climbed the ladder all the way to assistant manager of the property before leaving to try her hand in sales and events for the Starlight Children's Foundation, an organisation that benefits seriously ill children. "That experience solidified my obsession with food," she says, adding that a large part of her job involved arranging charity dinners featuring celebrity chefs.

While she refers to her work for the foundation as "a really rewarding five years," the position posed plenty of challenges, too. "Everything I learned in



Hyatt was global and structured, but in a not-for-profit, you have to turn an idea into something incredibly special, and you have to do that with nothing," she says. "I learned a lot about cost and profitability."

That hard-earned knowledge of how to run a business with little—or even no—budget has proven

advantageous in her work at the Grand Hyatt, the chain she returned to in 2010 after receiving a phone call from a former colleague, who invited her to return to the Melbourne outlet as director of sales and marketing ("Essentially training wheels for GM," she explains). Two years later, Carey was offered a position in Bangkok, where she continues her rise to the top at the only hotel brand she's ever worked for.

This straight-shooting, glass-half-full, and incredibly likeable manager has never let her authority alter her worldview. "You have to listen to people to form truly deep connections," she remarks as she describes how each day starts and ends with meetings while always prioritising guests. And yet, despite her ostensibly non-stop schedule, she still finds time to do yoga, go for walks in Lumpini Park, and explore the city's food scene. ■



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Smanrat Kanjanavanit

A courageous artist and filmmaker soldiering on her heroic quests with truth and beauty.



Smanrat Kanjanavanit, or more commonly known in the art world as **Ing K**, is a formidably fearless, lion-hearted artist. She and **Manit Sriwanichpoom** have been partners professionally and romantically as artists, filmmakers, and gallery and cinema owners at **Kathmandu Gallery, Cinema Oasis and Galerie Oasis**. Their visions and oeuvres possess grace and gravitas that challenge dark powers lurking behind the scenes.

Ing K recalls, “In 1979 after two months at West Surrey College of Art & Design, Surrey, I was so emotionally touched by John Pilger’s TV documentary “Year Zero: The Silent Death of Cambodia” that made me move back to help the refugees. I went to Khao E-Darng refugee camp in Taphraya to help UNHCR by teaching English as well as cleaning wounds. Then I worked at Raintree advertising agency

and became a journalist as an investigative environmental writer for Lalana magazine, the Bangkok Post, and the Nation.”

She continues, “In 1991, I wrote the script for “Thailand for Sale,” a documentary on threats from tourism on sea gypsy villages. Tour buses and real estate started to encroach their land, which tourists viewed as exotic savages à la Gauguin’s paintings. Then with Artist Alliance for Democracy, I protested against a Hollywood production bulldozing the beach at Maya Bay for a movie. I had to fight the media war and spin doctors who campaigned to discredit the facts. In 1993 my film with producer Brian Bennett, “**Green Menace: The Untold Story of Golf**,” deals with how golf courses create environmental impact by stealing water, intruding national parks and using insecticide. The following year, I went back to my roots with Brian

and made “**Casino Cambodia**” which exposes a complex story woven among the upcoming election, Khmer Rouge, deminers, forestry, and UNCTAD all for economic development.”

Ing K’s first feature 16 mm film is “**My Teacher Eats Biscuits**,” set in a New-Age ashram called ‘Boundless Love’ where a dog is worshipped as god. She said, “It’s considered as the second Thai indie film, but banned like the first one, Thongpan. It’s deemed blasphemous to all religions. Nine years later I made “**Citizen Juling**” about a kindergarten and primary school art teacher who came from Chiang Rai, Thailand’s northernmost province, to teach in Narathiwat, Thailand’s southernmost province with much unrest. Juling was an idealistic young woman, a romantic soul, who wanted to do good deeds and volunteer to go into the war zone. She loved hornbills in Hala-Bala

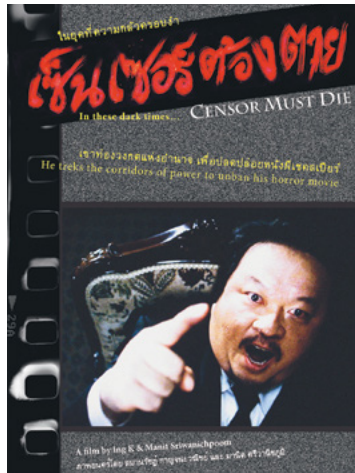
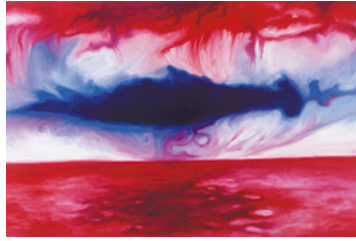
National Park and was attacked by male terrorists disguised in niqabs. Her sincerity affected me. They murdered teachers and monks who were everyone's friends—middle persons bridging cultures. It's a way to make war and make everyone angry."

On **"Shakespeare Must Die,"** Ing K's most talked-about cinematic work, she said, "When I was in Derbyshire, I fell in love with the villain character Macbeth. The story is a prototype of horror movies. Editing "Citizen Juling" was so sad and painful. Thai Studies academics and professors said that I'm an evil elite royalist propagandist and a national security threat. So I translated Macbeth in four months and we managed to get funding from the Ministry of Culture. It's literally actual Macbeth with some added scenes or Mekhdeth in Thai, made for Thais. I used visual language to represent the universal megalomania despot. Manit, our producer, came back from the Board of Censorship and said that there were no decisions and it didn't look good. So I started filming him and the process.

NOW NEW NEXT



Join Bangkok-born but internationally bred aesthete Dr. Tom Vitayakul as he meets with creative minds and artistic souls from both Thailand and overseas. From traditional, to contemporary and avant-garde, he finds out about the visions, inspirations, and creations of these talented individuals.



Then it became **"Censor Must Die,"** this extraordinary journal in which we sentence the censors." Unfortunately, the film is still banned and considered seditious.

Ing K explains, "With this film and its historic ruling, we made **"Bangkok Joyride 1, 2, and 3."** There would have been many movies on the Arab Spring and the Umbrella Revolution. Thais enduringly and patiently sit there protesting with their quiet heroism. Nobody minds if you shoot from your phone. I'm the only filmmaker who made this. Why didn't any other filmmakers do it? I was called Leni Riefenstahl but I've never made any propaganda. I've made and edited **"Bangkok Joyride 4"** because somebody had to bear witness to history. We suffer a lot from forbidden history. No one had the phones to record. Facts don't count anymore and people write on social media. The heroes are people around us."

"Apocalyso," Ing K's recent exhibition showcases her 20 paintings in 20 years. They are

prophetic and ominous like the Book of Revelation with paintings installed like crucifixion in a church. She clarifies, "Women are the most crucified of all. I made these paintings as a form of release—energy to do something good. Art and cinema are the best cure for people to stop looking at their phones. It's essential to human. You surrender control to the film directors. It's an experience to open your mind like walking in nature. I keep going like a monk in a daily walking meditation. If no one supports us, then be it. The future is too far to tell. I'm very much here and now. I'm fatalistic, very Thai in that way."

Ing concludes, "When it's the age where facts become toothless, you can save the world by making art and films and having a cinema where people have a communal dream session on screen with others. Art saves the world as truth and beauty like John Keats's Ode on a Grecian Urn: "Beauty is truth, truth beauty,"- that is all Ye know on earth, and all ye need to know." ■

Bowing Out with Grace

An iconic hotel bids farewell before returning in a different but familiar form.

Text and photos by **Joe Cummings**



Thanpuying Chanut Piyaoui

How often do hotels organise events to celebrate their closing down? None that I know of, yet the iconic Dusit Thani Bangkok, during its 49th and final year of operation, did just that for all of 2018, right up until its last day of operation on the 5th of January 2019.

I'm one of a multitude of Bangkok residents who remember when the 23-floor, 82-metre Dusit Thani Bangkok was still the tallest building in the city, a distinction maintained from 1970, the year it opened, until 1987, when 151-metre Baiyoke Tower grabbed the title. The latter was eventually eclipsed by Baiyoke Tower II (304 metres) and more recently the King Power MahaNakhon (315 metres).

Built on Crown Property Bureau land once occupied by the home

of Chao Phraya Yommarat, the Dusit was the first modern luxury hotel in the country both owned and operated by Thais. Famed for having the most Thai ambience and service of any of the city's major hotels, it also earned a reputation for innovation and imagination. In 1977, the hotel opened Bubbles, Bangkok's first high-end discotheque, whose glittering glass dance floor quickly became a favoured spot for Thai celebrities and international DJs. Meanwhile, Mayflower, the hotel's legendary Chinese restaurant, served as an important gathering spot for Thai politicians and their families.

For the last night of Dusit's operation, I took a room on the 12th floor, just to bid the grand old dame farewell. During the two

days I spent knocking around the fabled grounds, with its waterfall terrace, hexagonal swimming pool and other landmark features, I was impressed not only by the pomp and nostalgia but by the strong sense of pride and solidarity the staff, parting guests, and last-day visitors shared.

Brought in to oversee the transition as general manager, Titiya Xuto says that her most important task was to close the hotel as a legend and "not as a tired old dog or a property that needs to go away."

Despite being only a year away from shutting its doors forever, Xuto invested in new staff uniforms and other upgrades to the hotel. "We wanted to show the world that yes, we need to



go away in order to come back stronger, but we will leave with a standing ovation and bow out with grace and elegance,” she says.

Every month of the final year saw a different special event, culminating in a grand New Year’s Eve party called Journey Across Time, referencing both the end of the year transition and the Dusit Thani Bangkok’s enduring 49-year history.

As for the future, the hotel will reincarnate on the same spot with a completely new Dusit Thani Bangkok, one that will stand taller than the original but reduce the



Titiya Xuto



number of rooms from 517 to 250 in order to bring up the luxury standards as high as possible.

Over a period of several months before the original structure is razed, a team of art scholars under the direction of 20 professors from Silpakorn University’s Fine Arts Department is surveying the interior to collect and preserve all the most unique pieces of art and architectural details so that they can be displayed in the new Dusit Thani Bangkok. “We want the new hotel to be modern and relevant technology-wise,” says Xuto, “But at the same time we want to maintain and preserve the essence of the original hotel so that when people return to Dusit Thani Bangkok in four years, they’ll recognise it.”

The roof of the new hotel will sport a recreated version of the original hotel’s iconic golden spire, and the hotel will be built closer to Rama IV Road so that every room has a view of Lumpini Park. Sharing the plot—which will be expanded from 19 to 23 rai—will be a mixed-use project that includes residences, offices, and retail space.

During the construction, some of the 300 remaining staff members will be rotated to other properties while nearby on Soi Sala Daeng, a new enterprise called Dusit House will offer a bakery, restaurant, and catering services so that loyal customers can continue to enjoy favourite dishes from the original hotel’s many dining outlets. ■

Joe's Bangkok



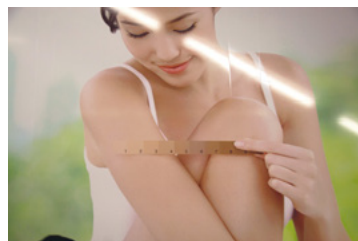
Award-winning writer Joe Cummings was born in New Orleans but became one of Lonely Planet’s first guidebook authors, creating the seminal Lonely Planet Thailand guide, as well as several other titles and updates for the region. Each month, he picks out his favourite cultural gems throughout Bangkok.



One of the seven national costumes designed by Pierre Balmain for HM Queen Sirikit in 1960, which continue to influence formal wear (Thailand Tatler).



Hair doesn't get much higher than this. A woman in traditional dress, lacquered to withstand a hot, windy festival in Sakhon Nakhon (Philip Cornwel-Smith).



Many Thai women do indeed seem to have an advanced whitening complex, as shown in this whitening cream ad (Philip Cornwel-Smith)

Female Grooming

A woman's hair and dress is so important it's a matter of national security.

Whether in formal fabric or spaghetti straps, Thai women remain among the best-groomed people on earth. Visitors marvel at how prettily they frame their typical blessings of smooth skin, fine features, petite figure and lustrous hair. Even the poorest look spotless. All maintain immaculate hair—from matronly bun or practical bob, to long, shampoo-commercial locks.

In this social hierarchy, style starts at the top. And the top part

of top people is the hair helmet. Few Thai things mesmerise the foreigner more than *khunying* hair. Experts dispute its origins, though as star hairdresser Somsak Chalachol declares: “We’re among Asia’s best in *phom klao* (gathered-up hair). We’re very meticulous. We’ve benefited from a relatively solid hair-dressing culture.”

Solid hair-dos indeed appear in temple murals with the long tresses of male and female royalty plumed up through narrow coronets. Underlying *phom klao*

is the sacredness of the head. Raising the hair’s height implies superior qualities. Thus long-haired women often sculpt a lacquered frontal ‘swan flick’.

As important as hairspray is white make-up. Paleness raises status. Keeping out of the sun is vital, and Thais spend 1 billion baht annually on skin whitening products, even for armpit and genital bleaching. Typically advertised by half-Western or Chinese models, these can at best only restore the skin’s

natural shade, and some can be poisonous. To look truly pale requires powder. Lots of it. Thus women of all ranks may smear their faces with talc or with *nam ob*, perfumed lotions (like Mong Leya or Quina brands) containing *dinsor phong*, a white clay from Lopburi now used in Thai spa therapies. It both heals and cools.

Meanwhile, Thailand has become a world centre for cosmetic surgery, and not just for anti-ageing. Countless aesthetic clinics meet the demand for a narrower farang-length nose with a bridge, or eyelids with a fold.

In clothing, conventions went further, since the state played stylist. Around World War II, the Phibunsongkhram regime tried to replace Thai *jongkraben* (sarong leg-wrap) and uncovered shoulders with skirt-suits, hats, and shoes, until Queen Sirikit commissioned couturier Pierre Balmain to create seven national costume designs in the 1960s that remain stunning templates for day and evening wear today. Simplified for everyday wear, and with a higher hem to save cost, this glamorous costume has morphed into a suit of silk armour for businesswomen since the shoulder-padded 1980s profile.

Many who were raised under Field Marshal Plaek Phibunsongkhram’s draconian ‘cultural mandates’ still adhere to his conviction that dress is a matter of national security. His rules of Thainess amplified King Chulalongkorn’s idea that appearing *siwilai* (civilised) could defend against the colonialists’ justification of conquering supposedly ‘uncivilised’ peoples.



Big hair is proudly kept by the publisher of *Hi!* Magazine Lee Puengboonpra, here seen in *pha sin* and gems at the *HiSoParty.com Awards* (*HiSoParty.com*).

Senior ladies should be *sa ngaa ngam* (gracious, elegant) and young women are expected to *rak suay rak ngam* (love to be pretty). Controversy comes when women choose to be sexy.

As in the West during pop’s early decades, blaming the clothes becomes a way of blaming the youth. While the media promotes imported labels without questioning how *hi-so* women pay such prices, youngsters get condemned for prostituting themselves to afford the same brands.

Contradictions abound. Young women are now encouraged to be

modern, but scolded when they’re up to the minute. The government wants Bangkok to rival Milan as a fashion city, but cracks down on the very fashion features—like bare shoulders and cleavage—that are integral to the international catwalk elite that Thailand seeks to join.

The official tone implies a return to past standards of Thainess. It more closely resembles bourgeois primness, which the West initiated when it went through the industrial and social changes that Thailand’s now experiencing. ■



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Now in its expanded, updated 2nd edition, “*Very Thai: Everyday Popular Culture*” is a virtual bible on Thai pop culture, and an influential must-read among foreigners and many Thais. Its 70 chapters and 590 photographs guide you on an unconventional Technicolor tour of the quirky things that make Thailand truly Thai. This column features an excerpt from a different chapter every issue. Prepare yourself for the sideways logic in what seems exotic, and snap up a copy of the new edition at any good bookshop.

wig

Women in Gastronomy

WOMEN IN GASTRONOMY: THE 2nd EDITION

A tribute to all the female protagonists in the world of gastronomy on March 8th –International Women’s Day 2019

International Women’s Day is approaching and on the heels of the inaugural 2018 event, everything is ready-set-go now for **Women In Gastronomy 2019**.

This year **Gastronauts Asia** has partnered with the **Banyan Tree Bangkok**, offering guests a special program and access to exclusive locations, including a private area at their award-winning roof-top restaurant, Vertigo.

On March 8th, WIG2019 will feature an action-packed full day event featuring panel discussions, a Thai street food style lunch, a professional wine tasting in the afternoon and two amazing 4-hands Michelin dinners.

Women in Gastronomy 2019 brings together a talented group featuring several of the most dynamic female chefs in Thailand, including the likes of **Nooror Somany Steppe ,Pichaya (Pam)**

Utharntharm, Saki Hoshino, Rangsimma (Nan) Bunyasaranand, Jutamas (Som) Theantae, Naree Boonyakiat, Pantong (Aoy) Pratumpak, Porntip Eumanan, Rungthiwa (Fae) Chummongkhon, and Renu Homsombat.

And of the evenings of March 8th and 9th the **Banyan Tree Bangkok** will present exclusive 4-hands WIG2019 gala dinners featuring Michelin-starred **Cristina Bowerman** from Glass Hosteria in Rome, Italy cooking together for the first time ever with **Chudaree (Tam) Debhakam**, the very first winner of Top Chef Thailand.

Women In Gastronomy 2019 is under the patronage of the Embassy of Italy in Bangkok.

For tickets visit www.womeningastronomy.asia
email: info@gastronauts.asia. or call 02 286 7821



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PLANETA

LE SIGNORE DEL VINO

Italy's top wine scene isn't for men only

Women in Wine is the latest feature of WIG 2019. In order to honour and celebrate 150 years of diplomatic relations between Italy and Thailand, the protagonists will be four top-level, internationally recognised Italian wine brands, each represented by female trailblazers.

Masciarelli winery from Abruzzo will be represented by **Mrs Marina Cvetic Masciarelli**, the owner and main architect of the brand. Under her leadership Masciarelli has grown to be exported all over the world.

Planeta winery from the beautiful island of Sicily will be represented by **Mrs Patricia Toth**, an expert wine maker and sommelier with many years of experience. She has been working for Planeta for more than 10 years.

Bellavista, the world renowned brand from Lombardy producing Franciacorta, will be represented by long-time brand ambassador **Mrs Vera Malisani**.

Finally, **Frescobaldi** wines from Tuscany will be represented by area manager **Mrs Erika Ribaldi**, who has been working for the noble and ancient brand for 10 years.

These highly knowledgeable women will come together to hold an after lunch professional wine tasting at Banyan Tree Bangkok, showcasing the best wines from their brands, as well as some new products.

Their wines will be also featured during the two Gala dinners on March 8th and 9th.

For tickets visit www.womeningastronomy.asia
 email: info@gastronauts.asia.
 or call 02 286 7821



Long-tail boat on Bottle Beach, Koh Pha-ngan

KOH PHA-NGAN 101

The island of KOH PHA-NGAN has always been a pristine paradise that has beckoned the intrepid explorer. With an overall area of 167 sq.km it's Thailand's fifth biggest island, and although it's located a mere 12 km from its nearest neighbour, Koh Samui, it's light years away from Samui in terms of its style and character (as the pace of development has been much slower here). It's still a place of relatively unspoilt beauty, divided between a hilly and lush tropical jungle interior, and the many idyllic, white sand beaches that can be found lining the island's outer edges.

For the uninitiated, Pha-Ngan's main claim to fame is the infamous FULL MOON PARTIES, which attract thousands of hardcore hedonists on a regular basis. However, this night of monthly mayhem is largely confined to a single beach—Haad Rin Nok—and as any visitor will attest to, the rest of the island is pretty serene. In harmony with this overall serenity is the abundance of yoga and wellness centres on the island, which attract health- and spiritually-minded travellers. THE SANCTUARY, the ORION HEALING CENTRE, and the ANANDA WELLNESS RESORT are three of the best known health and detox retreats, while AGAMA YOGA, the PYRAMID YOGA CENTER, and the aptly named THE YOGA RETREAT are great places to brush up on your downward dogs and sun salutations. There's also a surprising number of vegan and vegetarian restaurants to choose from, which will come as a pleasant surprise for many eco-conscious visitors.

Another surprise for visitors is the amount of things to do inland on the island. The THAN SADET NATIONAL PARK, located near the centre of the island, is a natural preserve famous for the PHAENG WATERFALL, although in the dry season the falls sometimes aren't much more than a trickle. But in any season hiking the 400-metre forest trail, which leads to the DOM SILA viewpoint, is a great way to commune with nature. There's even a hostel and campsites on the premises. Other inland adventure options can be found by visiting the headquarters of the ECO SAFARI PARK tour company (located near the entrance to Than Sadet) that offer a dizzying array of full-day hiking, snorkelling, zip lining, and elephant trekking trips. Their full-day overland sightseeing adventure—which visits the park's jungle interior, waterfall, and viewpoints, as well as snorkelling at Koh Ma beach, elephant riding (optional), and a visit to the island's magnificent Chinese temple—is priced at just B1,400. Or, if you just want elephant trekking on its own, KOH PHA-NGAN ELEPHANT TREKKING offers tours every day.

As for getting here, unless you have a helicopter you can only get to Koh Pha-Ngan by boat. Most people travel via Koh Samui, and there are at least three ferries a day from Samui's Big Buddha pier to Pha-Ngan's THONGSALA PIER, as well as the Haad Rin Queen Ferry that goes directly to HAAD RIN PIER.



Mae Haad Beach



WHAT TO SEE & WHAT TO DO

MAE HAAD BEACH

The beach known as Mae Haad Beach is popular but it's also quite sizeable, meaning that it never really looks overcrowded. On the land there's a smattering of beach bungalows, restaurants, and Thai massage shops with ocean views, and if you swim out a few meters you can even do a bit of snorkelling. The truly unique thing about this beach is that it is adjacent to the island of Koh Ma, which you can reach via a sandbank. If you want to make a night of it, the Koh Ma Beach Resort offers stylish beachfront accommodations with views of the sea, as well as an open-air restaurant.

BUBBA'S COFFEE BAR

Where there were once only Thai coffee stands for one's morning caffeine hit, there are now a slew of cafes—including Bubba's, as mentioned in Lonley Planet Guide. The slow-drip coffee and breakfast joint in Baan Kai, has all of the workings and vibe of a true New York coffee house.



ELEPHANT TREKKING

Koh Pha-ngan's pristine National Park wilderness preservation sanctuary abounds with exciting wildlife encounters: the sights and sounds of gibbon monkeys bathing... the melodic chattering calls of vivid technicolor hornbill parrots preening. Many people who visit the island though are drawn to the elephants. To Thai people, elephants symbolise strength and are therefore worshipped in a special way. Eight elephants currently live at the trekking facility, which is approximately ten thousand square meters, and in clouds a lake where the elephants bathe daily. The facility was designed to meet the special needs of these precious animals and each elephant receives a yearly check-up from a government appointed veterinarian. Trekking fees are usually B500 per person.
www.kohphanganelephanttrekking.com



PURE RELAX DAY SPA

While beaches and shanty roadside set-ups were once the go-to spots for massages (and in many ways, some of these spots still offer some of the best—and most authentic—Thai-style pampering on the island), there is now Pure Relax, a Western-run spa in the southern part of Thong Sala that feels like it should be far more expensive than it actually is. For those who aren't fans of Thai massage, options here include Swedish massage, Indian head massage, Balinese massage, and sports massage, along with many more. purerelaxspa.com



SLIP N FLY PARTY

One of the island's most popular attractions, Slip N Fly, is equipped with 40-metre slides that send people flying into the air to do whatever tricks they can pull off—even if it's just landing straight—before diving down into the island's biggest pool. The venue is inland, in an area called Madeawan, and potential participants should note that this is an adult-orientated playground, with plenty of booze and loud music.



TALLEST YANG NA YAI TREE

The tallest Yang Na Yai tree or dipterocarpus alatus (scientific name) locates near Wat Pho. It is a tropical forest tree with dense evergreen or mixed dense forests, usually visible in tropical Asia. It is, however, considered quite vulnerable. These giants can grow up to over 50 metres high and often has vibrant ribbons. It often occurs gregariously along river banks and is a key planting species for regenerating deforested land, but here in Koh Pha-Ngan rooted around the bend of the diminutive Wat Nok, a tiny hidden shrine in the greenery beyond.



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www.thaiculture.education



FULL MOON PARTY



Koh Pha-Ngan's original, notorious Full Moon Party was founded in 1988 by Paradise Bungalows for only 30 guests. Up until now, however, it has become one of Southeast Asia's premier festival locations for travellers from around the globe, every single month drawing approximately 5,000-30,000 visitors. But these parties take place between full moon dates and have higher entrance fees starting from B600. A range of wild parties have continually grown on Koh Phangan like the Half Moon, Black Moon, Shiva Moon, Jungle Experience, Waterfall Party, etc. in the last 30 years. Turn to pg.54-55 for party schedule.
www.fullmoonparty-thailand.com



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ELEVATED Experiences

Koh Pha-Ngan's rugged terrain offers excellent hiking and stunning viewpoints

While it's undeniably tropical and postcard-perfect, even the coasts of hilly Koh Pha-Ngan are riddled with uneven terrain. While some may think of this as a downside—since yes, it certainly makes swimming in the ocean a challenge, and bicycling practically a confrontation—it makes this island a hiker's dream. Here are two treks well worth checking out.

KHAO RA TREK: There are many popular treks on the island, the most hyped of which is Khao Ra, more than likely because it leads hikers to the island's highest vantage point—at 627 metres in altitude. Its viewpoint affords Koh Pha-Ngan's most panoramic views, making it well worth the effort to reach the summit.

Leave early in the morning, around 5 am, or in the afternoon around 3pm, to ascend to the peak by sunrise or with enough time before sunset to make it back down before dark. The entire hike takes between one to two hours, depending on your fitness level. Bring along a backpack with plenty of water—at least a 1.5-litre bottle per person should do the trick—as well as hiking sandals or, better yet, shoes. You never know what slippery or snippety creature lurks beneath that tuft of grass you're about to step on. Mosquito or bug spray is nearly as essential as water, particularly if you're going during the recommended times, when the bats—little flying vampires—come out in droves to play. A phone is always a good idea, even if it's just to take photos once you reach the peak, as well as a towel or sarong to wipe away the sweat.

To get to the base of Khao Ra, head north from Thong Sala on the main highway (you'll go straight at the broken traffic lights). Continue along the road about 10 minutes until you pass Slip N Fly waterpark. There is a right-hand turn just after—look for signs reading 'Khao Ra'. If you see the Chinese temple on your left, you've gone too far. Head to the foot of the mountain, park your bike or car, and get ready for a hefty climb. You'll walk about five minutes uphill before you come upon a reservoir, which specifies "no swimming", and you'll continue past. Next, you'll see a few wooden bungalows followed by a Thai restaurant with a superb view of the island's northwest—and this is just the beginning.

The dirt trail is pretty easy to find and follow, with the odd red arrow spray painted on trees (and very occasionally a proper sign) to guide you in the right direction. As with most semi-challenging treks, this climb is not without its steep steps, jagged rocks, and twigs and branches poking out onto it so do be careful!



You're unlikely to

encounter many other hikers—if you see any at all—on your trek, since this isn't a particularly touristy thing to do on this party-centric island. And that is precisely what makes it that much more rewarding. Up here, the magnificent view looks out onto Koh Tae Nai and birds' nest island (which, rumour has it, is manned by armed guards stationed to protect their lucrative swiftlet spit nests from intruders).

COASTAL TREK: If climbing mountains isn't your thing, there are a few coastal treks that might tickle your fancy. Bottle Beach, sitting in a cove at the very north of the island, is practically inaccessible by car. The allure of its isolation draws many to its white-sand shores, which are most easily reached by boat. However, there is another way to get there: on foot.

To get to what's called Bottle Trail, likely because it's lined by bottles stuck into the ground, which guide the way, head to Chaloklum's main intersection. You may want to stop at the 7-Eleven here for water and mosquito spray. Take the road with the sign that reads 'Haad Khom'. Follow this road—a pleasant ride along the coast—until you come upon a trail on your right side denoted by bottles at the start of the path. As with Khao Ra, this is a relatively challenging trek, and unlike the Khao Ra trek, there are no panoramic vista rewards but rather a beautiful beach at the end. Not only that, but you may get a chance to meet the locals, as monkeys and other wildlife are commonly spotted along the path. The entire trek takes around an hour, once again dependent on fitness levels, and it's not recommended to do it in the dark. There is accommodation on Bottle Beach where you can spend the night, and it's best to book ahead as the few rooms fill up fast. This hypnotically quiet beach is the dividend payment for your troubles, and should you wish to catch a boat back to civilisation in the morning rather than hiking back, we wouldn't blame you. ■

COFFEE Culture

The island's best spots for a quality cup of joe.

The Fat Cat Coffee & More

Best for coffee and cats. There is an extra charge for whole, lowfat, or soy milk options, but luckily their drinks are priced around B50. And don't forget to try their espresso milkshake.

Walking Street Market, Taladkao Rd.

087 622 0541 | Mon-Sat 9am-3pm

facebook.com/The-Fat-Cat-1076639089028396

Dots Coffee

Apart from the convenient location, this coffee shop produces perfect, rounded espresso shots. You can pay B20 more to get a large coffee, or enjoy their signature Mugoccino (Snickers frappe). Vegans can order dairy-free with soy or almond milk. They also have decaf coffee, but seriously, go for the regular.

44/139 Moo 1 | 098 559 1125 | Daily 8am-9pm

facebook.com/dotscoffeshop



Bake Sense Coffee

Other than the beautiful scenery overlooking the mangrove beach, they are well-known for their 100% Thai Arabica beans roasted by the owner himself.

42/3 Moo 4 | 063 925 4639 | Daily 8am-9pm
facebook.com/bakesensecoffee

Hundred Islands Coffee Bar

This cafe serves quality coffees. Cold brew is a favourite, but you can choose from the usual espresso, cappuccino, sweet Thai coffee, and even percolating coffee that has recently been popular among mocca lovers. Have your caffeine together with their so-called best banana pancake on the island.

113/21 Moo 1, Baan Tai | 081 559 2230
Daily 8:30am-6pm
facebook.com/100islandscoffeebar

Art Cafe Library & Tea House

Visit for a unique cafe experience. Carry a book for donation and receive one free coffee or tea.

78/9 Moo 8 Chao Phao Beach | 077 349 222
Wed-Mon 8am-6pm, Sat-Sun 12pm-11pm
artcafekohphangan.wixsite.com/artcafekohphangan

Hive Cafe

Known for affordable coffee with quiet, comfortable ambience and fast wifi. Iced Americano is suggested.

Ban Tai | 081 893 6288 | Sun-Fri 9am-5pm
facebook.com/hivecafekohphangan/

Coffee Drinks Haad Rin

The iced latte is our recommendation. You can fund tourist information and even the free wifi here. Located close to where the infamous Full Moon Party is held, you can easily kill time and take your dose of caffeine while getting ready for the nightlife.

111/1 Rin Beach | 081 893 6288 | Daily 9am-9pm
facebook.com/TheCoffeeDrinks

Karma Kafe

Head over to Karma Kafe for vegan or vegetarian-friendly dishes. You can order dairy-free, sugar-free coffees or even try their famous hot or cold chocolate drink with cacao nibs. Their coconut milk cappuccino is divine, with fair coffee portion.

20/18 Moo 8 | 099 391 1686 | Tue-Sat 11:30am-10pm,
Sun 10:30-5pm | facebook.com/karmakafethailand

Fractal Fluff

Opt for the Ethiopian coffee that the owner personally brings from Ethiopia. To really taste the bean's character, it is recommended to order black served in a traditional way.

Ban Tai | 062 012 9306
facebook.com/fractalfluff

Blue Top Coffee

This joint brews some of the strongest coffees on the island. For lightweight drinkers, order single-shot coffee or dilute the intensity and acidity with milk.

81/10 Moo 2, Ban Tai | 089 099 3718 | Tue-Sun 9am-11pm
facebook.com/pages/Blue-Top-Coffee/139110132860992





ART

‘Life’

by Kattliya Phantodee

An exhibition that showcases several art forms like print, painting, drawing, and collage. The artist, Kattliya Phantodee brings viewers along her journeys, sharing her lifestyle, and feelings by accompanying cats as the symbols of relationship and other animals such as fish and birds to be a part of her storytelling about the connection between herself and people around her. She also uses beautiful lines that highlight simplicity and sincerity, the features that always are prominent in her previous woodcuts series.

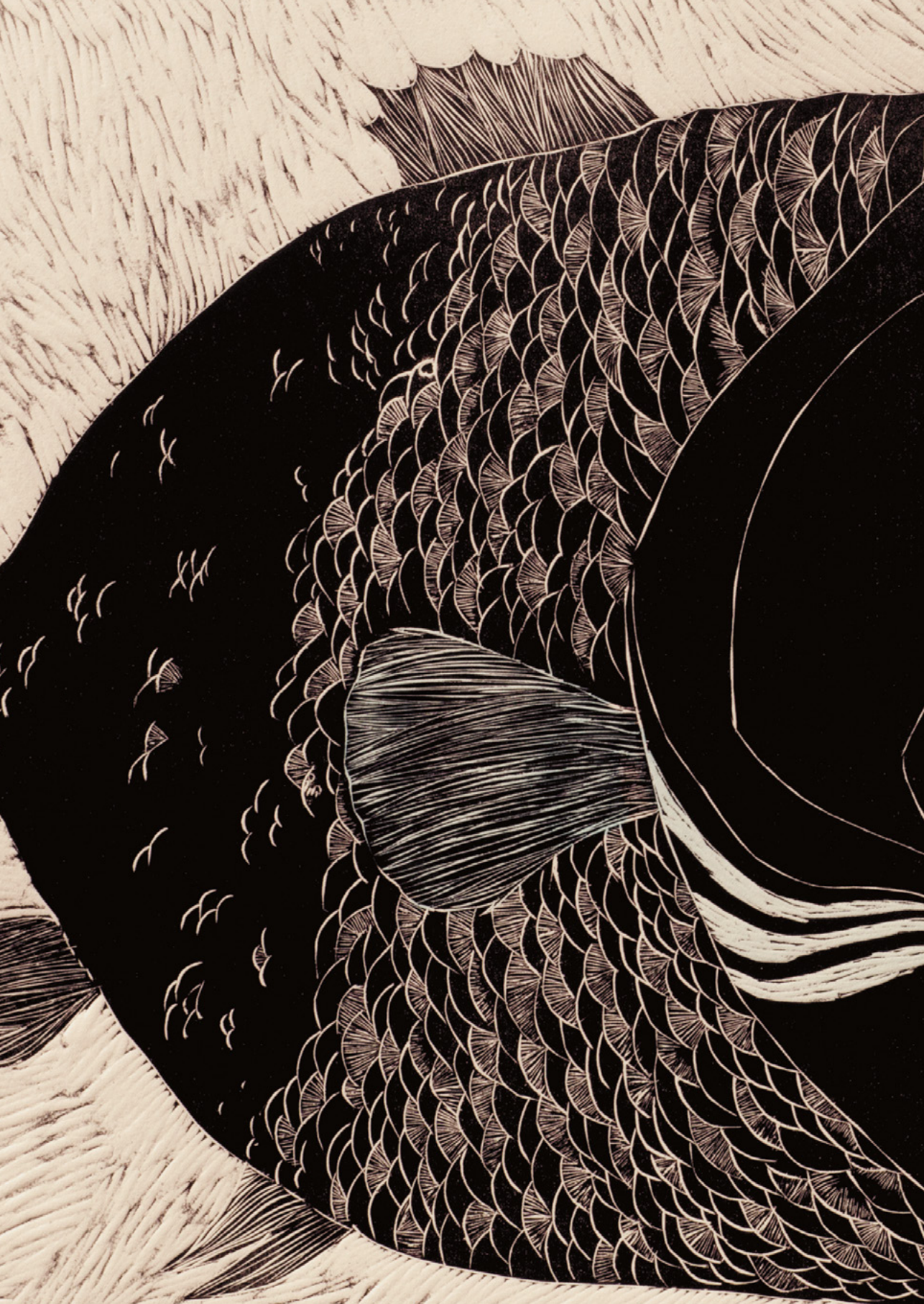
Until May 19, 2019

ARDEL Gallery of Modern Art

99/45 Boromratchachonnane Rd.

Tel: 02 422 2092 | Tue-Sat 10:30am-7pm, Sun 10:30am-5:30pm

ardelgallery.com





KATTLIYA PHANTODEE

Kattliya Phantodee was born on November 22, 1986. She graduated with a Bachelor of Arts in Philosophy from the Faculty of Arts, Silpakorn University. Kattliya has learnt and practiced woodcutting on her own because of her love for the charming technique. Her hard work paid off when she debuted her first solo exhibition "Follow Me" held at ARDEL Gallery of Modern Art in 2014. The show was well-received and her simple, yet sincere lines brought comfort to viewers' hearts. Kattliya has actively participated in art exhibitions and contests in Thailand and abroad. "Life" is her latest solo exhibition.

UNTIL MARCH 3

This Is For You**YELO House**20/2 Soi Kasemsan 1, Rama I Rd | 098 469 5924
Wed-Mon 11am-8pm | www.yelohouse.com

YELO House will be filled with love from “This is for you” - an art exhibition by Sundae Kids. The artist is one of the most famous Thai female illustrators, with a fan base from around the world. Graphic novels, comics, animations and painting are her choices of storytelling to portraying the untold truth about relationships.



UNTIL MARCH 17

Like Live Life**ARDEL Gallery of Modern Art**99/45 Belle Ville, Boromratchonnane Rd | 02 422 2092
Tue-Sat 10:30am-7pm, Sun 10:30am-5:30pm
www.ardelgallery.com

This is the latest art exhibition by Lampu Kansanoh, an artist whose work is well-known for its caricature-like characters and funny yet satirical humour. For this new show, she chose to play with the topic of social media and online activities which have become parts of our daily lives. This artist expresses her ideas and stories with masterful painting skill through protagonists who are her friends, family and people she knows in real life. The artworks in this series are sure to leave a smile on your face and an exercise for your brain.



UNTIL MARCH 31

Waiting**Nova Contemporary**GF Baan Somthavil, Mahadlek Luang Soi 3, Rajdamri Rd
090 910 6863 | Tue-Sun 11am-7pm
www.novacontemporary.com

When “planning” is inapplicable to nature, one could only look forward to and wait for natural phenomena to happen. In this exhibition “Waiting” by Jedsada Tangtrakulwong, Bangkok’s daily weather is pivotal in determining the artworks displayed in the gallery. The works shown on a mostly cloudy day will differ from the ones exhibited on a mostly sunny day. Not being able to see all of them in only one visit, the viewer is drawn to return on another day with different weather.



UNTIL MARCH 31

CHINATOWN**River City**

1F Unit 182, Charoen Krung Soi 24 | 02 237 0077 ext.182
Daily 10am-10pm | www.rivercitybangkok.com

Due to fascination with Bangkok vibes and many years of relation, British photographer Yvan Cohen can feel some changes when time flies. However, Chinatown remains unique to its traits and never pretends to be anything else. It shows a truly extraordinary side of ordinary people who live and work in this district and are proud of its authenticity. By chatting with those in the community, he feels some are disappearing in modern society amidst the hustle and bustle of this concrete jungle.



UNTIL MAY 26

Memory, Materiality, and Politics in SE Asia**H Gallery**

201 Sathorn Soi 12 | 085 021 5508 | Wed-Mon 9am-6pm, Tue by appointment | www.hgallerybkk.com

During the months of February, March, April, and May 2019, H Gallery will host a group show featuring exploration of SE Asian materials, Thai and Myanmar history and politics. The exhibition is held by several prominent Thai and South East Asian gallery artists. Artists include Jakkai Siributr (Thai), Mit Jai Inn (Thai), Sawangwongse Yawnghwe (Shan-Exile), and Sopheap Pich (Khmer), all known for addressing similar themes.

MIXED CLAMS
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SLEEPERS

In this issue we showcase the simple yet haunting photographs from “SLEEPERS,” a solo exhibition by rising female photographer, Pabhawin Disthajorn at Kathmandu Photo Gallery through 27 April 2019.

It seems easy to photograph people sleeping—the subject is not going to dash off or likely even move. Because of this, many may overlook or dismiss the essence after a casual glance at Pabhawin’s series of sleepers at airports and train stations. A longer gaze is rewarded by revelation of the inspiration behind these images: we soon discover that these shrouded sleepers are travelling to a different dimension. They’re able to cut themselves off from environmental disturbances as if that public space is in fact their safe haven, their private bedroom, if you will.

Cut to a corner of IKEA, a middle class family is spending its day off selecting bedroom furniture. They fall asleep on the soft mattress and sofas, out of exhaustion from working so hard to pay for their ‘dream bedroom’. Pabhawin captures this series of photos with sympathetic humour.

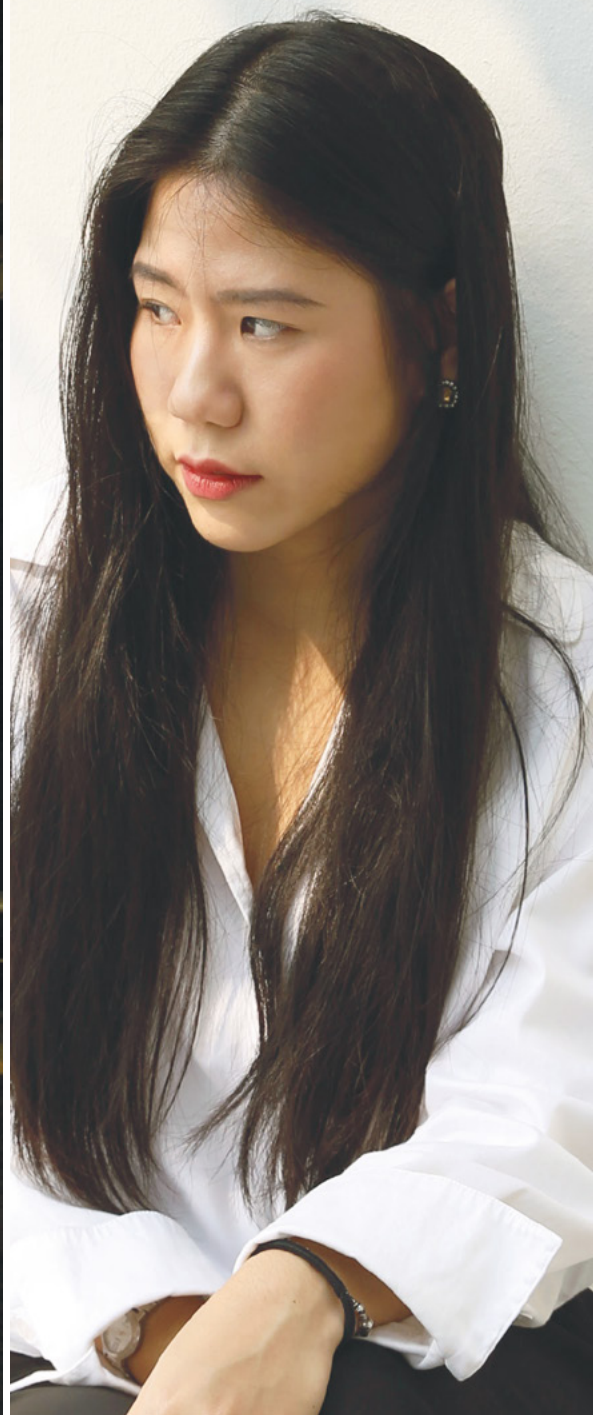
Curator Mani Sriwanichpoom commented: “The series ‘Sleepers’ reveals Pabhawin as a sensitive observer of something as simple as sleep, which everyone needs. She’s able to view these sleepers both in the context of public versus private space and as beautiful sculptural forms, as well as reflect the middle class aspiration for a modern, convenient, tasteful private bedroom at low cost.”





PABHAWIN DISTHAJORN

'Sleepers' is the first solo show from twenty-four-year-old recent visual arts graduate from the King Mongkut Institute of Technology Lard Krabang's School of Architecture. Pabhawin works as a graphic designer for a well known Thai fashion designer.

















Chef Jutamas Theantae, Executive Chef and co-owner of Karmakamet Diner

AROY

(means tasty)

the first cloud kitchen by a food delivery service

Foodpanda has launched a new Cloud Kitchen Concept, facilitating and combining restaurant partners under the same roof to bring more choices to customers. It is a takeaway outlet that provides no dine-in facility, functioning as a production unit with a space for the preparation of food that can be ordered online. Krua is based in The Curve Neighborhood Center, On Nut. Notice the “Krua by foodpanda” sign behind the restaurant names and open the application or visit www.foodpanda.co.th to order your favourite dish.

137 pillars welcomes the new executive chef

In his new role, Chef Maxim Baile will continue to promote brand promise and operational excellence and direct all culinary operational activities towards supporting his mission, vision and taking his principles to the next level at 137 Pillars Suites and Residences Bangkok. Originally from France with 15 years of international experience at luxury hotels and fine dining restaurants, he was also Chef Culinary Instructor at Le Cordon Bleu Dusit Culinary School, Bangkok. For more information or reservations, please call 02 079 7000, email: contact@137pillarsbangkok.com, or visit www.137pillarsbangkok.com

new lunch time with koi restaurant

The quality fare that Koi Restaurant is renowned for is now available at lunchtime from 11:30am to 3pm in Sathorn Square Tower. The restaurant offers eat-in or to-go options, as well as dinner from 6pm until late. Enjoy contemporary Japanese flavours inspired by California accents like the unch bento box and a la carte menu with views of the city skyline from 39th floor. For more information, please call 02 108 2005 or visit www.koirestaurant.com.



Kitchen Backstories

Why this should be your 'Gotu' herb.

On an overcast Sunday morning, I crossed the quiet street in front of my house, and entered the dark, unsuspecting alley on the opposite side. Shrouded in the murky darkness of haphazardly-assembled canopies, I made my way through the labyrinthine backstreets, skipping over puddles, and ducking under clotheslines. Traversing the seemingly endless corridors of *cho huay*, with nothing to guide me but my instincts, I eventually turned into a small path that opened onto the local market's sprawling cornucopia of vegetables and herbs. A kind-looking auntie's well-presented table of diverse greens caught my eye and, finally - prising apart the other leafy vegetables, and rolling back the kaffir limes-I found the vegetal gold-dust I was searching for: *Gotu Kola*.

An aquatic plant found in marshy wetlands across Southeast Asia and the Indian subcontinent, *Gotu Kola* (*centella asiatica*) is used as both a culinary vegetable and medicinal herb across many Asian cultures. Vibrant green in colour, it's a dainty little plant with a distinctive, some would say 'brain-shaped', leaves, with long, slim stems. Known in Thai as *bua bok*, it's occasionally found in the odd Thai salad, or yum; however you'll most

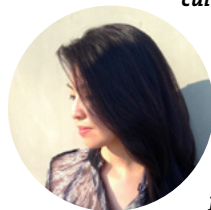
likely find it in is a dark green herbal drink—which, indeed, bears a distinctly 'green' taste. While the Thai penchant for sweetness inevitably finds this otherwise slightly bitter drink infused with syrup, I personally prefer the herb as a tea, steeped in hot water for 10-15 minutes, until it turns a glistening emerald green. Culinarily, *Gotu Kola* is more prevalent in Indian and Sri Lankan cuisine, whether it be in a curry with coconut and lentils or as part of a fresh herbal salad.

It's perhaps no coincidence that this brain-shaped plant is also well-known for promoting mental clarity and memory, however its impressive list of benefits extends much further. Regarded as an adaptogen (a term used to describe herbs can help to promote resistance to stress), it's believed to be able to also support tissue healing, improve cognitive functioning and rebuild the nervous system.

What fascinates me the most about this wonder-herb is its incredibly long spiritual history. In India, it's been revered for thousands of years and is identified as one of the most important herbs in the ancient Ayurvedic (traditional Indian medical) scriptures of the *Charaka Samhita*. There, it is known as 'Brahmi'-derived from Sanskrit 'Brahman', which refers to the notion of an 'ultimate reality' underlying all phenomena. Why such a heady, ethereal name for this little leafy plant? It's believed that through its ability to harmonise right and left-brain function, it can promote a heightened state of awareness enhancing spiritual practices. It is said to help to awaken the 'crown chakra' at the top of the head. It's no surprise that it's been the 'Gotu' herb of monks, yogis and sages throughout the ages. I don't know about you—but it's definitely going to be mine from now on, too. ■

Rosalind Yunibandhu is Founder & Managing Director of Arcadia Fine Foods. As a lover of both food and culture, she believes that food offers

us much more than just a means of sustenance; to her, it's also a vehicle through which we can tell the unique stories of the land, people and traditions from which it is borne.
FB/IG: @arcadiafinefoods





Bua Loy Yuan

Kudeejeen



As you may know, Bangkok used to be known as the Venice of the East until its canals were gradually replaced by the roads that represented the modernisation of the city. Most of the old communities that settled along the river became hidden and forgotten by the changing ways of transport as the road became more important. Recently, though, the rebirth of life along the river has been awakened again by the new arrival of the mega mall Iconsiam, along with other developments. Somehow those hidden communities are being rediscovered and revealing their old beauty and charms; sending out their voices to say that they are still alive and breathing.

One of those ancient communities is called Kadeejeen and is easily recognised by the high dome of the Christian church of Santa Cruz. This is an old Portuguese settlement, which has been inhabited for many generations, as old as Bangkok and even older. Local people in this community still carry on their daily lives in a very unique way. The centre of the community is the church, which is surrounded by tiny alleys that weave all the houses and local families together. Some of the houses are built in traditional styles that date back more than 100 years and some have been rebuilt in a fashion of mixing the old-style wood structures with modern concrete used on the ground level.

One of the alleyways to the left of the church leads to one of the local cultural heritages that has been passed down from previous generations—the art of deliciousness in making food. Entering the alley, on the left-hand side, I see a table along the wall, a gas stove, pots and pans, a few signs, and a lady sitting there seriously cooking something; I'm not quite sure if she is doing it for her family or to sell.

Another lady sitting on one side of the table calls to me to stop and taste this marvellous dessert. It works. I stop and order one bowl of creamy coconut milk with vanilla-coloured sticky rice balls called *Bua Loy Yuan*. I know *bua loy* already, but these look more similar to the black sesame-filled balls in ginger soup than the normal kind that comes in much smaller size, these *bua loy yuan* are full of stuffing made from yellow bean paste mixed with black pepper and a little salt. This surprisingly savoury taste of stuffing pairs quite interestingly with the creamy, perfect sweetness of the coconut milk – I've never had this dessert before in my life!

The lady tells me, this is an ancient recipe that her family has made for years and now she is the one who maintains the family legacy with love and care. For me, this walk in Kudeejeen is not just a walk back into time but also a path that leads me to a flavour I've never tried before.

Typically, she will make *bua loy yuan* on special occasions or when the community has festivals. I was lucky enough to come across this dish at the right time. If you want to try the amazing taste call her three days ahead and a whole new door of experience in Thai dessert and other heritage dishes will be waiting. ■



Our roving roadside gourmand Nym knows her local grub inside-out and thrives on the stories behind the dishes. Each month, she takes an offbeat tour in search of the city's next delectable morsel. Follow Nym on IG: nymster

Address: Krua Por Piang, heritage Thai dish at 207 Kudeejeen Soi 3, can be reached at 081 812 0989

Roxanne Lange



Arjsara (Paper) Chongphanitkul



Not So Bitchin' In The Kitchen

For this month's column, I've decided to go against the sage advice I've received. I may be a strong and independent woman, yet every time I speak my mind, which is often, I run the risk of being called a bitch. The title I chose for this column tells you that there may be something to that, but does being a woman single us out for unfair treatment? We have had to battle harassment, bullying, unequal pay and adverse working conditions. And nowhere is more apparent than in professional kitchens. But really, is it all struggle and strife and doom and gloom for female chefs?

I asked **Roxanne Lange**, Head Chef at Reflexions, Athénée Hotel; **Arjsara (Paper) Chongphanitkul**, Chef Pâtissier at ICI; **Pim Techamuanvivit**, Executive Chef at Nahm; and **Penny Jirayuwatana**, Chef Consultant at Penny The Chef to put down their pans and reflect a moment on what truly happens behind kitchen doors.

Where does your inspiration to cook come from?

Roxanne: As a child I loved to help my mum with cooking. My inspiration for new dishes is often from memory.

An Australian-born entrepreneur with Thai roots, Samantha Proyrungtong is the founder of Bangkokfoodies.com and Bangkok Foodies OFFICIAL Facebook community. She also runs her own marketing consulting agency and has become a well-known voice in the Bangkok culinary scene.



- Paper:** The first dessert that I made [was] from a cookie mix box. I really enjoyed baking so I started to study pastry more deeply.
- Pim:** My inspiration is Thai cuisine. It's our heritage, something I want to play a part in preserving.
- Penny:** Moving to America 20 years ago opened up my palate. I felt happier to cook, [it became] like an obsession.

What do you love about Bangkok?

- Roxanne:** There are many different kinds of restaurants. It's great because it gives you inspiration.
- Paper:** Bangkok is one of the food destinations in the world with many varieties of cuisine.
- Pim:** There is so much energy in the food scene. It's electrifying to be here.
- Penny:** Thai people are so kind and considerate. Plus Bangkok is getting more serious about food, not just taking foreign dishes to copy.

Do you find there is too much focus on being a female chef and not just a chef?

- Roxanne:** Yes. We are all chefs.
- Paper:** Not really. None of the male chefs I've worked with really focused on it.
- Pim:** I often find there's too much focus on being a chef and not enough on being a cook.
- Penny:** I don't look at it that way, but raising the profile of women in a male industry is good.



Pim Techamuanvivit



Penny Jirayuwatana

Why do you think there is such disparity between male and female chefs?

Roxanne: People see it as a job for men, so not many women choose this career. It is a very hard job, especially fine dining that has a lot of pressure.

Paper: Maybe because working in the kitchen is very hard and exhausting.

Pim: There are societal factors that place greater burden on women to care for family and raise children. It's the same glass ceiling that exists in other fields. Professions that have historically been male-focused perpetuate the same structure. There are fewer women in positions of power to mentor the careers of younger women.

Penny: I think not only in hospitality, but most leading roles outside of the house, people expect the people in power to be male.

Do you find male chefs are less inclined to respect you?

Roxanne: Yes, in the beginning of my career it was difficult, especially by the older generation.

Paper: Personally, it's more about my age, not because I'm a woman.

Pim: I don't pay attention to those things.

Penny: No, I don't. I work as hard as they do. I can finish the job and they notice it.

Do we have to behave differently to gain respect?

Roxanne: No. Just be yourself and work hard.

Paper: I don't think so. Just be who we are and do great work.

Pim: Isn't it odd that the burden is always on women to behave in a certain way? Why don't you ask men if they could behave differently and pay equal respect to women?

Penny: I will always be myself. That's the best way to get respect.

How do you think we can improve attitudes towards female chefs?

Roxanne: By respecting each other as equals.

Paper: Sorry to say, I have no problem with this issue.

Pim: It's not the attitudes of the women that need to change.

Penny: More balance between men and women hired in the kitchens.

What advice would you give to a young female chef?

Roxanne: Work hard and don't give up. If you have real passion you will get there.

Paper: Be patient, work hard, have a strong foundation, listen to advice and be humble.

Pim: [Studies show that] women take fewer chances. What I'd tell them is, take a chance. The worst thing that could happen is you fail, and then you can try again. Reach, ladies, reach. Don't take shit from anyone. Speak up. We've got your back!

Penny: Believe in what you do and love doing it. ■



Wanida (Da) Changsakulchai

Red Oven

A 'world street food market' themed weekend seafood brunch.

Take the red lobster claws seafood cracker and get cracking. Apart from indoor seating there are a few dining tables on the balcony where you can observe the spectacular view overlooking Lumpini Park and the smoky grill area that resembles a little beach barbecue.

Eight more international buffet lines are inside. Japanese and robatayaki corner is in the far left and away, so getting freshly cut sushi and sashimi first might be a good idea. You will also notice a few smaller Asian delights sections such as Thai salads but save your space for the Western seafood highlights.

Chilled and grilled seafoods lay around the signature Red Molteni Oven representing fine French craftsmanship. Chefs stand behind a counter prepping and cooking aromatic herbed mussels, creamed clams and two types of king prawns. Another indispensable shellfish is an array

of all-you-can-eat shucked oysters: Fine de Claire, French Barron and Majestic. The best part though was the huge sweet, meaty lobster claw.

Feast on fresh raw goods from the sea straight or simply side the au gratin selections with sautéed greens and colourful mashed potatoes. Go beyond the basics by matching individual elements with different bases. Make a tangy, tender king crab salad. Wander bar to bar from the lineups of brown crab, blue crab, and snow crab, cold cuts, and crispy raw greens in jars. Among the various toppings were lemon dressing and seeds.

Don't stop there, pasta lovers. A variety of dried pastas are available in at least two Italian seafood options. For health-conscious eaters, hover over to the organic vegetable and anti-ageing, detox, and energy-boosting smoothie station where you can find protein balls,

coconut water, and fresh fruits. And don't forget to ask for the all-inclusive freshly squeezed juices and drinks.

End your meal with the signature chocolate lava by Chocolab's Chef Da with house-made vanilla ice cream. Spare five minutes and order one that will be molten in the oven and served hot, ready to melt the creamy vanilla ice cream scooped on top.

Meaty Saturday B1,500++ per person, Sunday Brunch from B1,900++ (free-flow drinking water and juices)

Half price for children aged 5-12 and children under 5 dine for free. Kids' Club available on Sundays. **BY FHA KANCH**

Red Oven

2 North Sathorn Rd.

Open: Sat 12pm-3:30pm

Tel: 02 624 0000

www.so-sofitel-bangkok.com/wine-dine/red-oven



Best of Italy and much more at Attico



Award – winning Attico at Radisson Blu Plaza Bangkok specializes in Italian fare in a delightfully rustic setting enhanced by spectacular city views.

Located on the 28th level of the hotel, Attico is the only rooftop Italian restaurant in Bangkok that boasts breathtaking vistas of the city from both the intimate main dining room, as well as two alfresco lounging terraces.

Designed to capture the casual charm of a Tuscan villa, the space highlights warm dark woods, exposed brick walls and incorporates wine barrels into the design. Front and centre is a semi-open kitchen and butcher counter with a display of Italian charcuterie, giving the place an inviting and homey feel.

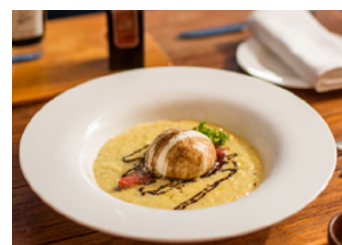
The wood furniture and a semi-private room for family style dining add a



feeling of comfort and floor to ceiling glass windows framed by dark drapery highlight the energetic city views for an unforgettable urban vibe.

Attico's cuisine is "Traditional taste, with modern techniques 'white the décor provides a sophisticated yet cozy vibe. The kitchen is headed by Chef Danilo Aiassa from Italy, who puts passion into every dish and wins over every guest with his infectious warmth and charm.

The restaurant focuses on high quality imported and locally sourced ingredients and the ever-evolving menu highlights dishes that follow the seasons in Italy, Homemade pasta, seafood and premium grade imported grilled meats often take centre stage.



Favorites include the gnocchi, premium antipasti and Attico's signature home-baked breads, Guest are also treated to a well-stocked wine cellar that features an extensive selection of Italian vintages including Italian wines as well as numerous old and new world varieties. The knowledgeable staff is always on hand to offer assistance and advice.

Attico blends the best elements of dining in an evocative and comfortable environment. Open daily for dinner between the hours of 05.00 – 11.00 p.m.; Exclusive hour from 05.00 -06.00 p.m.

Attico is an ideal location for family dining, business dinners, romantic meals and unwinding with friends.

RADISSON BLU PLAZA BANGKOK

489 Sukhumvit Road (Soi 27), Klongtoey Nua, Wattana, Bangkok 10110 T: +66 2 302 3333 F: +66 2 302 3344



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Land & Sea Sunday Brunch Buffet

Crowne Plaza Bangkok Lumpini Park | 23F, Panorama Restaurant
Tel: 001 800 656 888 | www.bangkoklumpinipark.crowneplaza.com

A tantalising selection of over 40 quality dishes with a range of seafood, more meat than you could eat, and tempting desserts. Special for March, pay for the regular package and get a free upgrade to wine package (save B600++) and pay for the wine package and get a free upgrade to Champagne package (save B1,000++). Special for April: Come three, pay two. Available every Sunday from 12pm to 3pm at B1,650++ for adults and B825++ for kids (7-12 years) inclusive of soft drink, coffee, and tea.



Themed buffets, premium crab, and Mango Time

Chatrium Hotel Riverside Bangkok | 28 Charoenkrung Soi 70
Tel: 02 307 8888 | www.chatrium.com

Chef's signature specials, local and international favourites, the freshest seafood and the finest sweet treats with striking river views (River Barge Restaurant, Lobby Level). Fresh and tender crab to create delicious Chinese-inspired cuisine (Silver Waves Chinese Restaurant, 36F). And mango desserts prepared daily such as Mango Tart, Mango and Passionfruit Cheesecake, and more (Treats Gourmet, Lobby Level).



A month-long International Women's Day whimsies

SO Sofitel Bangkok | 2 North Sathorn Rd.
Tel: 02 624 0000 | www.sofitel.com

In celebration of International Women's Day head to MIXO Bar (9F) for the special Hi-Tea collaboration with Dilmah Tea. Enjoy canapés and tasty treats along with a collection of hand-crafted creations like edible lipsticks, rings, and chocolate handbags from Chocolab as take-home souvenirs from 2:30pm-5pm. Prices start from B650 per person, B1,200 per couple, and B2,500 for additional free-flow Champagne.



"Fabuloso" fashion with Sunday Brunch at UNO MAS

Centara Grand at CentralWorld | 999/99 Rama I Rd.
Tel: 02 100 6255 | www.unomasbangkok.com

Expect a wide selection of this restaurant's signature tapas dishes, as well as Maine lobster, Iberico ham, four different kinds of fresh oyster, premium Spanish cold cuts, jumbo prawns, various cooked-to-order dishes and much more from 11:30am-2:30pm; B3,555++ per person including all food and drinks.



Prawns Ja Season 2 Dinner Buffet

Novotel Bangkok Fenix Silom | 320 Silom Rd.
Tel: 02 206 9100 | www.novotelbangkoksilom.com

All-you-can-eat succulent grilled river prawns and delicious seafood delicacies at The SQUARE Restaurant include a special station serving up baked whole sea bass with white wine, pad Thai with shrimp and crispy fried mussel pancakes. Highlights beyond seafood options are the parmesan pasta cheese wheel with spicy Tom Yum or Carbonara sauce. Priced at B1,299 net per person; book online for up to 50% off B650 net; Accor Plus members get a special price at B550 per person.



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Breaking Bread with Supaksorn Jongsiri

The man with a vision for refined Southern Thai Cuisine

Born in Bangkok and raised in Nakhon Si Thammarat, Supaksorn (Ice) Jongsiri began his culinary journey at a young age as an apprentice to his grandmother who dedicated her time to home cooking traditional style Southern Thai dishes. She was his first teacher, and inspired him to pursue a career surrounding food. Ice recalls her fried rice noodles with water mimosa as the epitome of a heartfelt effort that deserves to be fully appreciated by others.

His grandmother opened

the original Baan Ice restaurant, which later became the first business that Ice, the oldest grandson, oversees. While he was studying abroad in the United States, he worked as a line cook in a Thai restaurant. Returning to Thailand after his grandmother retired, she passed on not only her repertoires but also the eatery to him. Despite never attending culinary school, Ice managed to gain both the reputation and customers for Baan Ice and its family style Southern Thai feast.

After five years of planning, Sorn opened its doors to the public in May 2018 to represent refined Southern cuisine, rather than a fine dining concept. Apart from supervising and training his staff, Ice also tests and cooks the creations, and stays in-house at least three days a week especially on a busy day. The Head Chef Yodkwan (Yod) U-pumpruk has long been a childhood friend and worked at Baan Ice since the beginning. The team of Southern born Thai chefs would start prepping for the 6pm dinner



service each day at 10am. Their curry paste is made from scratch in old-fashioned mortars, the coconut milk is freshly grated and squeezed by hand with the coconut “rabbit” grater, and every fish is grilled on charcoal upon serving. Moreover, all the curry and soup here are slow-cooked, giving a blast of bold and robust flavours that balance just right when complimented with rice.

Both Baan Ice and Sorn specialise in Southern Thai cuisine, but the experience at Sorn offers new ingredients and a unique style. “Sorn is a different species,” he tells me, “It is not simply upgrading grandmother’s cooking.” What Ice previously noticed about Baan Ice was that his clients would order specific menus typically known as classic Southern. They were often in a hurry and ate the same dishes repetitively, so Sorn changes and rotates newborn menus to accommodate any comparison.

In the upscale dining room, the parade of over 26-course tasting menus ranges from Amuse Bouche, Prelude, Vegetables, The rice, The Thai way of sharing,

Condiments, The one dish, Palate cleanser sorbet, Sweets, and Petit four. Ice and Chef Yod sometimes still have room for another meal after finishing the multiple dinner courses elsewhere, and want to make sure that their guests leave completely full.

Other than promoting Thai produce, Sorn also supports local fishermen, rice growers and farmers from all 14 provinces of Southern Thailand. They have built connections with the people who supply every element on the plate, even the seasonings. “Things can get lost along the way if you don’t pay attention,” Ice notes. Some rare ingredients like shrimp and chilies are very small, therefore require extra care when buying and transporting to Bangkok. Ice has a long-term goal to keep developing the raw quality of seafood, herbs, meat, and crops together with the producers in order to bring the best fare to the clientele today and a superior version tomorrow.

The vision of Ice as the Executive Chef and Owner of Sorn, although he modestly disregards the label “chef”, goes

as far as the geography and history of Southern food. He points out different provinces on the wooden wall map of Southern part of Thailand while explaining the origins of each ingredient. “Southern Thai food is a combination of love and survival,” he says, “with influences from the seas and the mountains as well as the soldiers’ way of eating from the colonial era, the islanders, and the neighbouring countries.” Adhering to the transparent background, the food presentation at Sorn is a reminder of accurate stories, meticulous techniques, and detail-oriented foodways from the past.

Sorn most proudly won a Michelin star within the first year of opening, making it challenging to reserve a table. Ice and his crew aim to prove that they, as one of the very few Thai Michelin-starred restaurants in Bangkok, deserve it. Sorn will gradually and steadily grow with a passion to go all in, making the single round of dinner service per day count.

INTERVIEW BY FHA KANCH

www.sornfinesouthern.com

CHINESE

Bai Yun

The Chinese outlet with the best view in town, and one of the highest representatives of Pearl Delta cuisine on the planet, offers high-quality ingredients you can really savour. 59F, Banyan Tree Bangkok 21/100 South Sathorn Rd. Tel: 02 679 1200 Open daily: 11:30am-2:30pm



China Table

China Table

A stylish Chinese restaurant with a tempting choice of signature dishes and one of the best dim sum lunch offers in Bangkok. 3F, Radisson Blu Plaza Bangkok 489 Sukhumvit 27 Tel: 02 302 3333 Open daily: lunch 11:30am-2:30pm (Mon-Fri), 11:30am-3:30pm (Sat-Sun), dinner 6pm-10:30pm. www.facebook.com/RadissonBluPlazaBangkok

Pagoda Chinese Restaurant

This upscale venue serves traditional Cantonese cuisine in a spacious and contemporary setting. The menu focuses on healthy dishes, while ensuring that the flavours and authenticity are retained. If you're visiting, then well worth a visit. 4F, Marriott Marquis Queen's Park Hotel 199 Sukhumvit Soi 22 Tel: 02 059 5999 Open daily: 11:30am-2:30pm, 6pm-10pm www.marriott.com

Xin Tian Di

The restaurant is renowned not only for its stylish atmosphere and views,

but for its dim sum, set lunches, and à la carte dinners, including what many regard as the best Peking duck in Bangkok.

22F, Crowne Plaza Bangkok Lumpini Park Tel: 02 632 9000 Open daily: 6pm-10pm, Mon-Sat, 11:30am-2:30pm, Sun, 11am-2:30pm www.crowneplazabkk.com

FRENCH

La Vie

French creative cuisine takes centre stage at this elegant restaurant on the 11th floor of VIE Hotel Bangkok. The fine dining venue aims to leverage the hotel's growing reputation as a top local culinary destination.

11F, VIE Hotel Bangkok, Phaya Thai Rd. Tel: 02 309 3939 Open daily: 6:30pm-10:30pm, Lunch, Mon-Sat, noon-3pm www.viehotelbangkok.com



J'Aime by Jean-Michel Lorain

J'Aime by Jean-Michel Lorain

Michelin-starred restaurant living up to lofty expectations, even rising above, thanks to the vibrancy in taste and colour of the dishes. You'll no doubt find yourself thinking about certain menu items the next day.

U Sathorn Bangkok 105, 105/1 Soi Ngam Duphli Tel: 02 119 4899 Open daily: 12pm-2:30pm, 6pm-10:30pm www.jaime-bangkok.com

Le Boeuf

The concept here is simple: high-

quality steak, liberally doused with a unique pea-green sauce, paired with an unlimited supply of crispy pommes frites and fresh salad.

French to the core. GF, Marriott Executive Apartments Mayfair, 60 Soi Langsuan Tel: 02 672 12 30 Open daily: 11:30am-11pm www.leboeufgroup.com

GERMAN



Sühring

Sühring

German gastronomy comes alive using modern techniques and high-quality ingredients, while still following traditional flavour profiles. The kitchen of this 2 Michelin-starred restaurant is helmed by a pair of identical twin chefs (Thomas and Mathias), and the results are like nothing you'll see or taste anywhere else.

10 Yen Akat Soi 3 Tel: 02 287 1799 Open daily: 6pm-12am www.restaurantsuhring.com

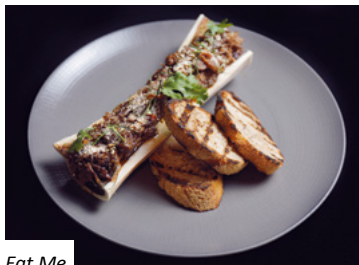
INDIAN

Indus

An ambitious venture in modern Indian cuisine, featuring a lighter menu that still delivers the punch people expect, while dialling down the stodge and oiliness; a riff on Indian-Chinese—or Himalayan—combinations.

71 Sukhumvit Soi 26 Tel: 02 258 4900 Open daily: 11:30am-2:30pm, 6pm-midnight www.indusbangkok.com

INTERNATIONAL



Eat Me

Eat Me

Run by the always innovative Tim Butler, this cosy Silom restaurant is consistently ranked among the top restaurants in Asia and serves quite possibly the best steak in town. Soi Pipat 2, Silom Rd. Tel: 02 238 0931 Open daily: 3pm-1am www.eatmerestaurant.com

Elements

This Michelin-starred restaurant expertly fuses Japanese and French culinary aesthetics, flavours, and

precision, in a retro-futuristic space that feels like a home study but has the theatricality of a playhouse. 25F, The Okura Prestige Bangkok 57 Wireless Rd.

Open daily: 6pm-10:30pm

Tel: 02 687 9000

www.okurabangkok.com

Freebird

The tagline here is 'Modern Australian Cuisine', which makes more sense once you sample a few of the astoundingly inventive morsels on the menu. Try the chef's special: a multi-course tasting menu and prepare to plunge into gastronomic bliss.

28 Sukhumvit Soi 47

Open daily: 5:30pm-midnight

Weekend brunch: 11am-3pm

Tel: 02 662 4936

www.facebook.com/freebirdbkk

Latest Recipe

A new upscale brunch offering from the signature restaurant in the Le

Méridien offers a delicious and indulgent approach to wining and dining. The Mediterranean-inspired "La Docle Vita" Lifestyle Buffet offers an eclectic mix of cuisines across various stations, with fresh seafood, made-to-order pasta, and free-flow wine and champagne.

1F, Le Méridien Bangkok

40/5, Surawong Rd.

Open daily: Mon-Sat, 12pm-2:30pm,

6:30pm-9:30pm, Sun, 12pm-4pm

Tel: 02 232 8888

www.latestrecipebangkok.com



Nimitr

Nimitr

"Oriental Cuisine" inspired by a



Comments / ความคิดเห็น: *I come to eat here every time I visit Bangkok and every time the food & service is fantastic. The best restaurant in Thailand, maybe in Asia!*

Amy Dabbs SINGAPORE 08/01/2017

Comments / ความคิดเห็น: *ที่ร้านอาหารแห่งนี้... ฉันได้มาใช้บริการ... และฉันประทับใจมาก... ฉันจะกลับมาใช้บริการอีก... ฉันขอแนะนำที่นี่...*

Jariya Thanasoonthonkul Bangkok THAILAND 08/01/2017

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cooking.school@blueelephant.com

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www.blueelephant.com



responsible gourmand chef on situated on the 27th floor of the luxurious 137 Pillars Suites & Residences, this beautiful restaurant has an outstanding setting and prepares wonderfully fresh plates with a slight Oriental leaning. Choose from the likes of Chilli Crab, Szechuan Rock Lobster, Beef Massaman, Scallops and Abalone Sashimi, Teriyaki Pork Belly and a plethora of traditional favourites to tempt every palate for every occasion. 137 Pillars Suites & Residences Bangkok 59/1 Sukhumvit Soi 39 Open daily 12pm-3pm, 6pm-10:30pm Tel: 02 079 7000 www.137pillarsbangkok.com/en/dining/nimitr

Park Society

By fusing Eastern flavours with Western techniques, this high-altitude restaurant has become a haven for fine dining. Ask about the chef's amazing signature tasting menus. 29F, SO Sofitel Bangkok 2 North Sathorn Rd. Open daily: 6pm-10:30pm Tel: 02 624 0000 www.so-sofitel-bangkok.com



The Penthouse Bar & Grill

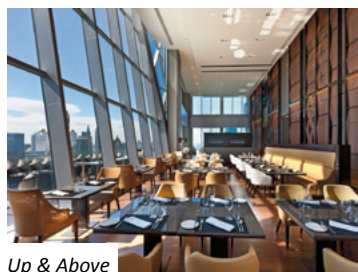
The Penthouse Bar & Grill

With a design concept that conjures up the fictional penthouse abode of a jetsetting adventurer, the open grill kitchen at this stunning restaurant space dishes up succulent steaks and other meaty morsels. It's also home to a super cool looking whisky room. 34-36F, Park Hyatt Bangkok 88 Wireless Rd. Open daily: 5:30pm-midnight

Tel: 02 012 1234 www.bangkok.park.hyatt.com

Tables Grill

Showcasing French cuisine and helmed by Michelin-experienced Chef Hans Zahner, Tables Grill sets the perfect experience of fresh ingredients and flavourful elegance. Tables Grill welcomes guests to try an à la carte menu and 5 or 7-course degustation menu. Grand Hyatt Erawan Bangkok 494 Rajdamri Rd. Tel: 02 254 6250 Open: Dinner, Mon-Sun 6pm-10pm; Sunday Brunch: 11am-3pm www.tablesgrill.com



Up & Above

Up & Above

This elegant 24th floor restaurant has fine dining down, but it also boasts a brunch to rival all others—delivering a buffet of luxurious proportions. 24F, Okura Prestige Bangkok 57 Witthayu Rd. Tel: 02 687 9000 Open daily: noon-10:30pm www.okurabangkok.com

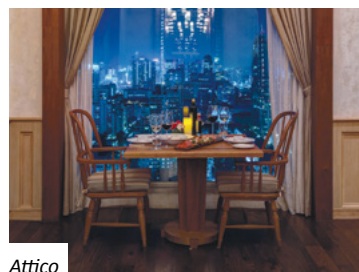
Vertigo Too Bar & Restaurant

Neither an open-air rooftop bar nor the kind of jazz den found in smoky brickwalled basements, the al-fresco Vertigo Too deftly toes the line between the two. 60F, Banyan Tree Bangkok 21/100 South Sathorn Rd. Tel: 02 679 1200 Open daily: 5pm-1am www.banyantree.com

Upstairs at Mikkeller

The second-floor, six table

restaurant is simple but effective with an open kitchen and Michelin-star food sure to wow guests. Expect to be spoiled with a rousing and wide-ranging tasting menu, expertly paired with international craft beers. 26 Ekkamai Soi 10, Yaek 2 Tel: 091 713 9034 Open: Wed-Sat, 6pm-10pm www.upstairs-restaurant.com



Attico

ITALIAN

Attico

Award winning Attico Restaurant serves 100% authentic Italian cuisine, Whilst sharing the skyline views from the terrace areas. 28F, Radisson Blu Plaza Bangkok 489 Sukhumvit Soi 27 Tel: 02 302 3333 Open daily: 17:00-23:00 hrs. Facebook: [Radissonbluplazabangkok](https://www.facebook.com/radissonbluplazabangkok)

Biscotti

Serving up authentic Italian fare since the late '90s, this staple on the lunchtime roster for suits and their business partners has grown casual enough to warrant a visit by anyone on any day of the week. Anantara Siam Bangkok Hotel 155 Rajadamri Rd. Tel: 02 126 8866 Open daily: 11:30am-2:30pm, 6pm-10:30pm www.siam-bangkok.anantara.com

Il Bolognese Trattoria & Pizzeria

Ristorante Il Bolognese brings to Bangkok the soulful cuisine and convivial spirit of the city of Bologna. 139/3 Sathon Soi 7 Tel: 02 286 8805

Open daily: 11:30am-2:30pm,
5:30pm-11pm
www.ilbolognesebangkok.com



Medinii

Medinii

The Italian inspired restaurant is somewhat tucked away high up at Asoke intersection. A hidden standout fine dining concept serving dishes with finesse and finely balanced flavour. Free flow of authentic Pasta & Pizza include soft drink. Easily accessed by Asoke BTS and Sukhumvit MRT. 35F, The Continent Hotel Bangkok 413 Sukhumvit, Klongtoey Nua Tel: 02 686 7000

Open daily: Lunch: Mon-Sat 11:30am-2:30pm, Dinner: Everyday 6pm-midnight
www.thecontinentdining.com/medinii

La Bottega di Luca

This elegant Italian eatery, overseen by the ever charming Luca Appino, serves over 15 different kinds of pasta and an array of Italian specialties you won't find on many other menus in Bangkok. 2F, Terrace 49 Building Sukhumvit Soi 49 Tel: 02 204 1731 Open: Tue-Sun, 11am-3pm, 5pm-11pm, Mon, 5pm-11pm
www.labottega.name/restaurant

JAPANESE

Kisso

Combining a modern mastery of time-honoured customs in a stylish and convivial setting, this is one of the top places for outstanding Japanese cuisine in Bangkok.

8F, The Westin Grande Sukhumvit Bangkok, 259 Sukhumvit Soi 19 Tel: 02 207 8000 Open daily: 12pm-2:30pm, 6pm-10:30pm
www.kissojapaneserestaurant.com

SPANISH



Uno Mas

Uno Mas

With its expansive menu of authentic Spanish specialties, coupled with spectacular city views, this chic, sky-high tapas bar and restaurant reaches new "heights" in several respects.



The Okura Prestige
BANGKOK

FANTASTIC SUNDAY BRUNCH AT THE OKURA PRESTIGE BANGKOK

Add sparkle to your weekend with the fantastic Sunday Brunch at The Okura Prestige Bangkok. Stylish and informal, Up & Above Restaurant is the place to enjoy a cornucopia of seafood on ice, succulent roast meats from the carvery, delicious home-made pastas, made to order main course choices prepared a la minute, Thai and Japanese creations, and an extensive international buffet with fantastic dessert.

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inclusive of free flow soft drinks, and mocktails

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54F, Centara CentralWorld Bangkok
999/99 Rama 1 Rd.
Open daily: 4pm-1am
Tel: 02 100 6255
www.unomasbangkok.com

STEAK & BURGER



The Steakhouse Co.

The Steakhouse Co.

A new city steak restaurant, located on the vibrant Patpong Soi 2, serves up delectable cuts from Australia, the US, and Argentina. At the stove is Chef Moo, who has extensive experience across many city hotels, and takes great pride in the ageing, marbling, and hanging two of the carefully selected beef produce. A well-stocked bar with an impressive wine list and local craft beers, ensures guests find the perfect tittle to accompany their bovine. The Steakhouse Co., 9/8 Patpong 2 Rd. Open daily: 5pm-3am Tel: 06 109 Steak (78325) www.thesteakhouseco.com

THAI

Bangkok Heightz

A rooftop sky bar with an authentic Thai concept. This restaurant serves delicious food with a focus on local seafood and Thai cocktails. Meanwhile, views of Bangkok's downtown cityscape can be enjoyed from the restaurant's open air-deck. 39F, The Continent Hotel Bangkok 413 Sukhumvit, Klongtoey Nua Tel: 02 686 7000 Open daily until midnight www.thecontinentdining.com/th/bangkok-heightz.php

Blue Elephant

A wildly successful brand since it was first established in 1980, this restaurant and cooking school sits in a gorgeous Thai historic mansion. On the menu, Chef Nooror takes a riff on the Thai food of tomorrow, but also shares her heritage with every dish. 233 South Sathorn Rd. Tel: 02 673 9353 Open daily: 11:30am-2:30pm, 6:30pm-10:30pm www.blueelephant.com

Bo.lan

Authentic, but daring, this is one of the top Thai restaurants in all of Asia. With a modus operandi of "essential Thai, delivered with panache," it's easy to see why this Michelin-starred restaurant remains so popular year after year. 24 Sukhumvit Soi 53 Tel: 02 260 2962 Open: Tue-Sun, 11:30am-10:30pm www.bolan.co.th



Canvas

Canvas

Serving up artistic Michelin-rated masterpieces on a plate, the visionary kitchen team here uses mostly local produce and ingredients, conjuring up unique concoctions that give traditional Thai dishes a definite twist. Try one of the chef's incredible tasting menus. 113/9-10 Sukhumvit Soi 55 Tel: 099 614 1158 Open: Tue-Thu, Sun, 6pm-midnight, Fri-Sat, 6pm-12:30am www.canvasbangkok.com

Le Du

It might sound French but the name Le Du actually derives from

the Thai word for 'season,' and seasonal Thai ingredients are the focus here in progressive French-influenced dishes that are also rooted in tradition. Chef Thitid 'Ton' Tassanakajohn is one of the rising stars of the Bangkok dining scene, earning Le Du a Michelin star. 399/3 Silom Soi 7 Open: Mon-Sat, 6pm-10:30pm Tel: 092 919 9969 www.ledubkk.com



Ruen Urai

Ruen Urai

Set in the former residence of the herbal medical doctor to King Rama V, Ruen Urai uses herbs and spices with medicinal qualities, while delivering refined Thai fare using the finest, freshest ingredients. The Rose Hotel, 118 Surawongse Rd. Tel: 02 266 8268-72 Open daily: noon-11pm www.ruen-urai.com

Saffron

Award-winning contemporary Thai cuisine. Spoil yourself in the best of Thai signature dishes, which include seared Tasmanian salmon with crispy pork crackling and a spicy citrus dressing, banana blossom salad with perfectly grilled and marinated prawns served with a coconut dressing and fried banana flowers. 52F, Banyan Tree Bangkok 21/100 South Sathorn Rd. Open daily: 5pm-1am Tel: 02 679 1200 www.banyantree.com/bangkok

Sala Rim Naam

A stunning traditional pavilion located across the river from Oriental Mandarin where you will

dine and experience Thai culture with all your senses. Classical Thai dance shows starts every night at 7.30pm. Dress code is required: elegant attire and proper footwear for ladies, long trousers and shirts with closed-in shoes for gentlemen.

The Mandarin Oriental Bangkok
48 Oriental Ave
Tel: 02 659 9000
Open daily: 5pm-midnight
www.mandarinoriental.com

Sra Bua by Kiin Kiin

With a menu created by superstar Danish chef Henrik Yde-Andersen, diners at this elegant, Michelin-starred eatery can expect—an on any given day or evening visit—an incredible culinary adventure down a menu-less-travelled.

Siam Kempinski Hotel Bangkok
991/9 Rama 1 Rd.
Open daily: 12pm-3pm, 6pm-midnight
Tel: 02 162 9000
www.kempinski.com/bangkok

CAFÉ



Brunch & Baked

Brunch & Baked

A small classic bakery and cafe in Old Town Bangkok serving breakfast and brunch. Highlights here are their freshly baked pastries and cakes, which are made of generous, quality ingredient—and not overwhelmingly sweet.

120 Mahannop Rd.
Open: Tue-Sun 8am-5pm
Tel: 063 094 4494
facebook.com/brunchandbaked

The Chocolate Boutique

With a clear and strong focus on

natural quality ingredients and old world craftsmanship, this chocolate café, cake, and sweet shop exudes sense of playful experimentation from the moment you begin browsing the menu.

GF, Shangri-La Hotel, Bangkok
89 Soi Wat Suan Plu
Tel: 02 236 7777
Open daily: 8am-11pm
www.shangri-la.com/bangkok



Dean & DeLuca

Dean & DeLuca

This New York based brand cleaves to its highbred beginnings with an approachable composite of American comfort food, spiced to local levels with the aid of local ingredients.

GF, MahaNakhon Cube,
Tel: 02 023 1616
2F, Central Embassy, Tel: 02 160 5956
GF, EmQuartier, Tel: 02 261 0464
1F, Park Ventures Ecoplex Building,
57 Wireless Rd., Tel: 02 108 2200
www.deandeluca.com/thailand

Kay's Boutique Breakfast

Kay's is dedicated to making your breakfast, the most important meal, full of joy and excitement. Serving both gourmet breakfast buffet line and À La Cart with a reasonable price, the food is cooked fresh from the griddle right in front of you. Scrumptious morning treats are sure to satisfy your sweet tooth. Morning drinks are designed to be a great booster for the rest of your day.
6F, 1031 Phloen Chit Rd.
Tel: 02 245 1953
Open daily: 10am-10pm
116/55-57 Soi Rang Nam
Open daily: 6:30am-4pm except

Tuesdays 6:30-12pm
www.kaysbangkok.com,
www.kaysboutiques.com

VEGETARIAN

Broccoli Revolution

This vegan-friendly restaurant features a menu full of bright vegetarian bites which could pull in even the most stubborn carnivore. Now with two locations.
899 Sukhumvit Rd. (at Soi 49)
Tel: 02 662 5001
6F, Central Embassy, Tel: 02 160 5788
Facebook: Broccoli Revolution

Simple Natural Kitchen

A quaint restaurant featuring a rich vegan menu with local and organic delicacies. With Italian inspiration, the restaurant has a rustic décor and is situated in a small alley away from the bustle of the city. The rich blend of organic spices and ingredients and the welcoming staff attract many vegan lovers looking for a quick brunch.
31 Sukhumvit Garden
Tel: 02 662 2510
Open: Daily, 9am-6pm
www.simplenaturalkitchen.com



Veganerie Concept

Veganerie Concept

The modern-rustic interior is flooded with natural light, and the fare—from tantalizing dairy-free bakery desserts to vegan appetisers and main courses—is pretty “natural” as well.
35/2 Soi Methiniwet (Sukhumvit Soi 24)
Tel: 02 258 8489
Open: Fri-Wed, 10am-10pm
www.facebook.com/veganbakerybangkok



Pinsuda (Ann) Pongprom, Head Bartender at The Bamboo Bar, Mandarin Oriental, Bangkok

NIGHTLIFE

new rooftop bar with a fused inspiration

Bangkok's new 1826 Mixology & Rooftop Bar (26F) at the Rembrandt Hotel Bangkok offers a variety of creative high-end spirits and fusion bites inspired by the award-winning Mexican, Indian, and Italian restaurants. Apart from a panoramic view of the city's skyline, the bar (opens 5pm-1am) also offers a visual theatre of action behind the bar, use of fresh ingredients to create storytelling cocktails, and interaction between mixologists and guests. Just call 02 261 7050 or email 1826@rembrandtbkk.com for more information.

the new hemingway's reopens

The team is building a replica of the teak house that used to be near BTS Asok, with reclaimed parts from the demolition and same floor tiles sourced from Spain to recreate a similar bar and portico area. Relocating to Sukhumvit Soi 11, Hemingway Garden Bar & Bistro brings the laidback afterwork hangout spot back with comfort food, happy-hour promotions, and outdoor seating.

upstairs of the cassette music bar

Opening upstairs of The Cassette Music Bar in Ekkamai Soi 10, The Chatrooms is a new cosy bar and a more quiet and private alternative to chit chat with friends while listening to retro music in the background. The same lively positive vibe remains with the Instagram-friendly signature pink and red telephone sign out front. The hours are 8pm-2am. Visit facebook.com/thechatroomsbkk for more updates.

Moon Bar

Rooftop makeover: Sathorn staple adds an picture perfect moonwalk and a new cocktail menu.



Situated on the 61st floor of Banyan Tree Bangkok, this rooftop bar has gone through a massive transformation to kick off 2019, completely swapping sides of their rooftop. The result? Bargoers now have 360-degree uninterrupted views of the city where you can spot the Chao Phraya river, the lush green Lumpini Park and a prime peaking point over Bangkok city life.

The highlight is the new “Moonwalk,” a reinforced glass balcony which you can stand on to get a gorgeous view of the city or that perfect Instagram shot. Here you can capture the flickering lights, gorgeous sunsets or even wow your friends by showing them how daring you are living life on the edge.

I arrived when Moon Bar was first opening at 5pm on a Friday. The bar serves right through to 1am so I definitely recommend getting there early to make sure you get a spot on a couch or the bar counter which looks out over the city.

Moon Bar’s new cocktail list brings a tropical oasis to the city life of Bangkok. Not many places in this urban jungle can take your sensories to ocean shores with the smell of a tropical paradise. Upon being asked if I would like to try one, I responded by saying give me your signature cocktail or cocktails since I was already feeling good vibes from this place.

The first cocktail brought over was Bird of Paradise, a rum-based drink with pineapple and Pimms (B670) which gives hints of the beach, somewhere tropical and it’s time to relax. Both fruity and refreshing with a hint of sweetness, this one conjures sounds of the ocean and a seat by the beach.

The next drink I had was Vertigo Sunset (B670), a definite heavy hitter. Another rum-based drink but with two different rums, cranberry and lime. This isn’t the kind of drink you take lightly, rather it’s better to sip on and take your time while taking in the surroundings. In the end, this

one had me wanting to dance the night away on a beach under the moonlight.

Equipped with a new cocktail list and a new perspective of the city, Moon Bar did not disappoint. For anyone who feels they need to get beachside without being able to actually get there, this is the spot for you. Perfect ambiance to watch the sunset paired with a gentle breeze from being located so high up, and cocktails that make you feel like you are soaking up the sun and vacationing on an island.

Moon Bar is open daily from 5pm and on weekends from 1pm, closing at 1am each night. There’s no strict dress code however smart casual attire is required: no shorts, flip flop or sleeveless shirts.

BY CHARITY WALTEBAUGH

Moon Bar

61F, 21/100 South Sathorn Rd

Tel: 02 679 1200

Open daily: 5pm-1am (weekdays),

1pm-1am (weekends)

www.banyantree.com



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BANGKOK

BELVEDERE

JOHNNIE WALKER

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トウキョウナイト

FRIDAY
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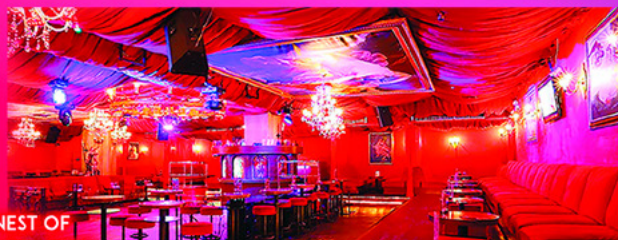
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PAY & WHITE

BAR



Aqua

Aqua

All-day dining and evening cocktails in Bangkok. Relax by the koi pond amidst tropical foliage in Aqua's courtyard setting. Order a bite from any one of the dining establishments, or sample rare whiskies and cocktails. This alfresco lounge is also ideal for smokers, with a selection of cigars on offer. Enjoy live DJ sets on Wednesday, Friday and Saturday nights.

Anantara Siam Bangkok Hotel
155 Ratchadamri Rd.

Tel: 02 126 8866

www.anantara.com/en/siam-bangkok/restaurants/aqua

Bamboo Chic Bar

Explore a selection of signature cocktails, wines, and spirits, while the culinary team prepares a variety of snacks and delicatessen favourites in a contemporary lounge setting.

4F, Le Méridien Bangkok

40/5 Surawong Rd.

Open daily 5:30pm-11:30pm

Tel: 02 232 8888

www.lemeridienbangkokpatpong.com

Bar@494

A cosy place with an extensive selection of international wines. Chic décor, ambient lighting, and an excellent selection of food and wine make this vibrant bar one of downtown Bangkok's most popular evening venues. Come to enjoy world-class cocktails and take advantage of daily Happy Hours and unbeatable value with a wine buffet. Grand Hyatt Erawan, 494 Ratchadamri Rd.

Tel: 02 254 1234

Open daily: 3:00pm-12:00am

www.hyatt.com

The Bar

Featuring a black and gold colour theme, and both indoor and outdoor seating, this 10th floor lounge is warm, sophisticated, quiet and inviting—the archetype of a bar you would belly-up to after a long day at work or a long flight into town.

10F, Park Hyatt Bangkok, 88 Wireless Rd.

Open daily: 7am-midnight

Tel: 02 012 1234

www.bangkok.park.hyatt.com

Beer Belly

Beer Belly takes over the large space on the right-hand side of 72 Courtyard's ground floor and offers 20 beers on tap, ranging from Leo (B180/pint) and Asahi (B260/pint) to La Chouffe (B420/pint) and L'Olmaia LA5 (B480/pint). Bottled Thai craft beers like Chalawan (B180) and Phuket Beer (B180) are also available alongside East-meets-West drinking snacks like pork wontons (B140) and barbecue ribs (B320).

While inside space provides games on the house like jenga, chess, darts, pool, ping pong and even a beer pong table. Or head outside for bar seating and tables when the weather's nice.

GF, 72 Courtyard, 72 Sukhumvit Soi 55

Tel: 02 392 7770

Open daily: 5pm-2am

www.facebook.com/beerbellybkk

Blue Parrot

Revolucion Cocktail transformed his backyard into a tropical hideaway, a family-friendly restaurant named 'Blue Parrot'. Blue Parrot is an oasis in the hustle and bustle of Bangkok. Offering a swimming pool, pétanque strips and kids play area, it is the perfect hub for a relaxing brunch, lunch, afternoon tea, dinner or after-work drinks. The menu delivers a fresh and tasty international cuisine as well as live BBQ and kids' menu.

50 Sathorn Soi 10

Tel: 02 235 4822

Open: 11:30am-11pm

www.blueparrot-bangkok.com

The Diplomat Bar

Drop by any night and you're likely to find suited and booted business types chatting over martinis. Dark wood touches, soft yellow lighting, and a den-like feel partly account for the bar's popularity from 8pm Monday to Thursday (and 8.30pm Friday and Saturday), a talented band entertains with jazz and R&B sounds.

1F, Conrad Bangkok Hotel
87 Wireless Rd.

Open: Sun-Thu, 7am-1am,

Fri-Sat, 7am-2am

Tel: 02 690 9244

www.facebook.com/diplomatbarconradbangkok



Evil Man Blues

Evil Man Blues

Evil Man Blues is a Jazz cocktail bar made out of a man's madness. Expect the close knit vibe that is full of charm, sexiness, and spasms of love. Themed after a 1950s American diner as a homage to the American West Coast jazz bars of the '50s and '60s, purple and blue neon lights illuminate a well-polished space manned by new-in-town bartender, Liam Baer, who serves a list of creative twists on classic cocktails.

GF, 72 Courtyard, 72 Sukhumvit Soi 55

Tel: 02 392 7740

Open daily: 6pm-2am

www.facebook.com/EvilManBlues

Oskar

A bar with a modern yet cosy atmosphere, Oskar is a space for a bite to eat, friends to greet, and wine

to drink. Known for value-for-money wines, consistently friendly service and hearty, delicious food, Oskar serves classic French and European dishes with a modern twist.

24 Sukhumvit Soi 11

Tel: 097 289 4410

Open daily: 4pm-2am

www.oskar-bistro.com/bangkok

FindThePhotoBooth

FindThePhotoBooth is a hidden speakeasy and the second bar following the success of FindTheLockerRoom, a high energy bar with great hospitality and delicious cocktails.

11 Sukhumvit Rd.

Tel: 02 117 2636

www.facebook.com/FindThePhotoBooth

Rabbit Hole

A proper cocktail bar run by industry insiders, where the drinks come first and the cool interior just tops it off. What's more, the bartenders really know their spirits.

125 Sukhumvit Soi 55

Tel: 081 822 3392

Open daily: 7pm-2am

www.facebook.com/rabbitholebkk



Riedel Wine Bar & Cellar

Riedel Wine Bar & Cellar

A world-class wine bar that isn't just all about wine. There's dozens of vinos to choose from, as well as some exciting options for the non-wine-inclined, while refined, rustic European cuisine is served up tapas-style for social dining.

2F, Gaysorn Plaza, 999 Ploenchit Rd.

Tel: 02 656 1133

Open daily: 11am-midnight

www.riedelwinebarbkk.com

Scarlett Wine Bar & Restaurant

This sophisticated (and elevated) drink spot and bistro offers tipplers both a novel-sized wine list as well as a long list of creative cocktails—many of which make use of in-house infused spirits.

37F, Pullman Hotel Bangkok G

Open daily: 6pm-late

Tel: 096 860 7990

www.randblab.com/scarlett-bkk

Surface

Classic French specialist Chef Chalee Kader successfully delivers comfort food that appeals to local tastes. The newly renovated dining room with a view of their own lush greenery garden reflects the fresh produce on the plates. At night a young high-so crowd fills the sofas and chairs.

107 Sukhumvit Soi 53

Tel: 02 258 2858

Open daily: 6pm-11:30pm

www.facebook.com/SurfaceKitchenAndGardenLab

Wine Connection The Grill

There are currently 18 Wine Connection outlets in Bangkok, however, this branch sets itself apart focusing on grilled meats—especially beef—to be enjoyed with the large selection of reasonably priced vinos (available mainly by the bottle, but with some “by the glass” options as well).

1F, The Groove@CentralWorld

Open daily: 11am-midnight

Tel: 02 613 1037

www.wineconnection.co.th

ROOFTOP SKY BAR

Aire Bar

Offering a variety of wines, beers, and artisanal cocktails, with delicious snacks to boot. Plus, one of the best views of the city (day and night). A laid-back bar perfect for unwinding... cocktail in hand.

28F, Hyatt Place Sukhumvit Bangkok
22/5, Sukhumvit Soi 24

Open: Mon-Thu, 5pm-midnight; Fri-Sat, 5pm-1am; Sun, 3pm-11pm

Tel: 02 055 1234

www.facebook.com/airebarbangkok



Char

Char

Visitors here can enjoy a beautiful view of Bangkok's lively downtown core. The breezes are gentle, the chairs and couches are comfortable, and the cocktails are delicious.

26F, Hotel Indigo Bangkok

81 Wireless Rd.

Tel: 02 207 4999

Open daily: 6pm-11:30pm

www.hotelindigo.com/bangkok

Character Whisky & Cigar Bar

Both outlets of this warm and comfortable smoker's lounge—one of which doubles as a skybar—serve some of the rarest and finest single malt whiskies from Scotland (and beyond), as well as housing humidors stocked with premium handmade cigars from Cuba, Nicaragua, Dominican Republic and more.

Courtyard at Anantara Siam Bangkok Hotel, 155 Rajadamri Rd.

Open: Mon-Sat, 1pm-midnight

Tel: 02 254 4726

32F, Compass Skyview Hotel

12 Sukhumvit Soi 24, Tel: 02 011 1133

www.facebook.com/characterbar

CRU Champagne Bar

This high altitude hot spot is owned by G.H. Mumm Champagne brand and offers tipplers dozens of tables, as well as a circle-shaped showpiece bar. If you're craving bottles of bubbly with a panoramic view, it doesn't get any better than this.

59F, Centara Grand at CentralWorld
999/99 Rama 1 Rd.
Tel: 02 100 1234
Open daily: 5pm-1am
www.champagneclub.com



Moon Bar & Vertigo

Moon Bar & Vertigo

The top floors of the Banyan Tree Bangkok offer three iconic rooftop spots: Moon Bar, Vertigo, and the 64th floor Vertigo Too. All are perfect spots for a romantic rendezvous.

61/64F, Banyan Tree Bangkok
21/100 South Sathorn Rd.
Tel: 02 679 1200
Open daily: 5pm-1am
www.banyanree.com

Octave Rooftop Lounge & Bar

Whether you choose the outdoor lounge on the 45th floor or the alfresco bar on the 49th floor, you have breathtaking views in every direction. And those in search of a sundowner should heed the 5pm-7pm happy hours, when signature cocktails are half-price.

45-49F, Bangkok Hotel Marriott Sukhumvit, 2 Sukhumvit Soi 57
Open daily: 5pm-2am
Tel: 02 797 0000
www.facebook.com/octavemarriott

Red Sky Bar

One of Bangkok's most acclaimed rooftop bars—perched dramatically above the heart of the city—offers light bites and signature cocktails.
56F, Centara Grand & Bangkok Convention Centre at CentralWorld
999/99 Rama 1 Rd.
Tel: 02 100 6255
Open daily: 4pm-1am

(Happy Hours: 4pm-6pm)
www.centarahotelsresorts.com

Rooftop Terrace at Penthouse Bar+Grill

This dramatic skybar is the perfect spot to drink in Bangkok's night time skyline in an outdoor garden lounge setting. Choose anything from a bucket of drinks, to curated cocktails and expertly crafted bites.
36F, Park Hyatt Bangkok
88 Wireless Rd.
Open daily: 5:30pm-midnight
Tel: 02 012 1234
bangkok.park.hyatt.com

ThreeSixty Rooftop Bar

Set high above the glittering lights of Bangkok's Chao Phraya, discover the perfect setting to relax, unwind and take in unbeatable 360° panoramic vistas. Select from delicious, creative cocktails, made by champion mixologists as you enjoy the live music from an experienced jazz singer.
Millennium Hilton Bangkok,
32F, 123 Charoennakorn Rd.
Open daily: 5pm-1am
Tel: 02 442 2000
www3.hilton.com

Zest Bar and Terrace

Recently refurbished, this tippling spot entices guests with an all-new drink menu, featuring expertly crafted cocktails, and a range of gastronomic delights such as beer battered fish and chips.
7F, Westin Grande Sukhumvit Bangkok
259 Sukhumvit Rd.
Tel: 02 207 8000
Open daily: 7am-1am
www.westingrandesukhumvit.com

CLUB

8 on Eleven

A gastro bar with a modern industrial twist and an upper floor dance area. This nightlife venue offers a wide selection of cocktails and classic European dishes with a modern twist.

14 Sukhumvit Soi 11
Tel: 093 421 1991
Open daily: 5pm-2am
www.facebook.com/8oneleven

Beam

An honest club with a communal vibe, plus great music and one of the best sound systems where the floor moves to the beat of the music. You can be yourself here—dance like you mean it, soak up the vibe, then spread the love.
1F, 72 Courtyard, Sukhumvit Soi 55
Tel: 02 392 7750
Open: Wed-Sat, 8pm-2am
www.beamclub.com

Mixx Discotheque

Classier than most of Bangkok's afterhour dance clubs, the space is a two-room affair—one plays R&B and Hip Hop, the other does Techno & House—decked out with chandeliers, paintings, and billowing sheets.
President Tower Arcade
973 Ploenchit Rd.
Tel: 02 656 0382
Open daily: 10pm-late
www.mixx-discotheque.com/bangkok



Sugar Club

Sugar Club Bangkok

A brand-new venue dedicated to bringing Bangkok's party crowd the best Hip-Hop clubbing experience. Sugar Club is the newest addition to the city's energetic nightlife scene, featuring an exceptional state-of-the-art sound and intelligent lighting system that will rock you seven days a week.
37 Sukhumvit Soi 1/1
Tel: 061 391 3111
Open daily: 10pm-4am
www.sugarclub-bangkok.com

PUBS

The Australian

A wide and bright Australian import, complete with beer schooners as well as bottles from Coopers and VB, live rugby matches on TV, and rock bands on stage.

37 Sukhumvit Soi 11

Tel: 02 651 0800

Open daily: 9am-late

www.theaustralianbkk.com

The Drunken Leprechaun

This heavily Irish-themed establishment offers delicious pub grub and drinks from the Emerald Isle and beyond. The nightly entertainment includes weekly pub quizzes, generous happy hours, and complimentary snacks.

Four Points by Sheraton, 4 Sukhumvit 15

Tel: 02 309 3255

Open daily: 10am-1am

www.thedrunkenleprechaun.com

The Huntsman

English-style pub, cool and dark, with lots of nooks and crannies and a Sunday roast like no other.

GF, The Landmark Hotel,
138 Sukhumvit Rd.

Tel: 02 254 0404

Open daily: 11:30am-2am

www.landmarkbangkok.com/huntsman-pub

LIVE MUSIC

Adhere the 13th Blues Bar

One of Bangkok's funkier, coolest hangouts, and nothing more than an aisle packed with five tables, a tiny bar, and a band that churns out cool blues, Motown, and originals.

13 Samsen Rd. (opposite Soi 2)

Open daily: 6pm-midnight

Tel: 089 769 4613

www.facebook.com/adhere13thbluesbar

Apoteka

Built to emulate a 19th-century apothecary, this lively spot has a

casual old-school feel, indoor and outdoor seating, an awesome line-up of live music almost every day of the week, tasty bar snacks, and a drink selection including beer and custom craft cocktails. No dress code, no cover charge, and no pretention!

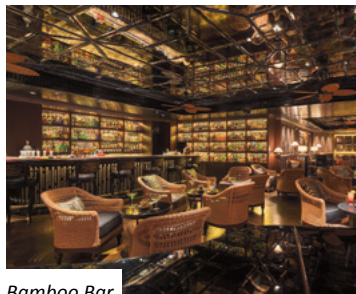
33/28 Sukhumvit Soi 11

Tel: 090 626 7655

Open daily: Mon-Thu, 5pm-1am,

Fri, 5pm-2am, Sat-Sun, 3pm-midnight

www.apotekabkk.com



Bamboo Bar

Bamboo Bar

A small and busy landmark of the East's past glories that is, nevertheless, romantic and intimate, thanks to the legendary jazz band that plays each night. Ideal for a boozy night out or a romantic special occasion.

The Mandarin Oriental Bangkok
48 Oriental Ave (riverfront)

Tel: 02 659 9000

Open daily: Sun-Thu, 11am-1am,

Fri-Sat, 11am-2am

www.mandarinoriental.com

Black Cabin

Half the space at Wild & Co. restaurant is given over to this brick-walled pub, which eschews the mainstream Billboard 100, focusing instead on live bands. Before and after the bands play, resident DJ's spin vinyl, relying on personal collections rather than playlists.

Wild & Co, 33/1 Soi Farm Wattana

Tel: 061 515 6989

Open daily: 5:30pm-1am

www.facebook.com/blackcabinbar

Brown Sugar

Bangkok's oldest, cosiest jazz venue. A restaurant and coffee house by day

that morphs into a world-class jazz haunt where renditions of bebop and ragtime draw crowds by night.

469 Phra Sumen Rd.

Tel: 089 499 1378

Open daily: 6pm-1am

www.brownsugarbangkok.com

Maggie Choo's

The bar's attraction is the live jazz music, some of the best the city has to offer. The welcoming atmosphere is amplified with sultry mysticism and redolent of Shanghai's dandyish early 20th-century gambling dens.

GF, Hotel Novotel Fenix, 320 Silom Rd.

Tel: 02 635 6055

Open: Tue-Sun, 6pm-2am

www.facebook.com/maggiechoos

SoulBar

Metalwork, modern art, and live Motown, Funk, Blues, and Soul, form the backbone of this stark, yet cool, shophouse-come-bar on the edge of Chinatown's art district.

945 Charoenkrung Rd.

Tel: 083 092 2266

Open daily: 6pm-1am

www.facebook.com/livesoulbarbangkok

Whisgars

Known as one of Asia's best whisky and cigar bars, the Whisgars team visited over a dozen distilleries and did countless tastings to provide guests with an unparalleled selection of the finest, rarest single malt and single cask whiskies available. The in-house curator has walked the farms in Nicaragua, touched the soil in Honduras, visited cigar factories in the Dominican Republic, and explored Cuba to bring the very best selection of cigars in the world. The creative and experienced mixologists carefully craft award-winning cocktails using only the freshest ingredients and the best techniques. Talented entertainers deliver live jazz every Wednesday and Friday, and house magician each week.

16 Sukhumvit Soi 23

Tel: 02 664 4252

Open daily: 2pm-2am

www.whisgars.com



中國

銀樓

งเที่ยว

ตราเข็ย



ทางขายทอง
โซ่เข็ย

塔牌
紹興酒

蘇成興
大金行

ทางทอง
ทองป๊อ

馬利興
大金行

ทางขายทอง
โซ่เข็ย

和成興
大金行

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Yaowarat Road

RAIL

■ SKYTRAIN (BTS)

The Bangkok Transit System, or BTS, is an elevated train network covering the major commercial areas. Trains run every few minutes from 6am to midnight, making it a quick and reliable transport option, especially during heavy traffic hours. Fares range from B16 to B59, however tourist passes allowing unlimited daily travel (B140) as well as trip packages. However, they do not provide any free shuttle bus that transits passengers to and from stations or nearby areas.

www.bts.co.th

■ SUBWAY (MRT)

Bangkok's Mass Rapid Transit (MRT) is another fast and reliable way to get across town. The 18-station line stretches 20km from Hualamphong (near the central railway station) up to Bang Sue in the north. Subways run from 6am to midnight daily, with trains arriving every 5-7 minutes. The underground connects with the BTS at MRT Silom/BTS Sala Daeng, MRT Sukhumvit/BTS Asok and MRT Chatuchak Park/BTS Mo Chit stations. Subway fares range from about B16 to B42.

www.bangkokmetro.co.th

■ Airport Rail Link

A monorail links the city's main international airport, Suvarnabhumi, with stops in downtown Bangkok and in the eastern suburbs. Trains run from 6am to midnight every day and follow along the same route. The City Line stops at all stations (journey time: 30 minutes) and costs B15-45 per journey. The Express Line stops at downtown stations Makkasan (journey time: 13-14 minutes, trains leave every 40 minutes) or Phayathai (journey time: 17 minutes, trains leave every 30 minutes), the only one that intersects with the Skytrain.

www.srtet.co.th

RIVER

■ CANAL BOAT

Khlong Saen Saep canal boats operate from Phan Fa Leelard bridge, on the edge of the Old City, and zip east to Ramkhamhaeng University. However, you have to be quick to board them as they don't usually wait around. Canal (khlong) boats

tend to be frequent. Tickets are bought onboard. Note that the piers are a little hidden away, which makes them sometimes difficult to find.

■ EXPRESS RIVER BOAT

Bangkok's vast network of inter-city waterways offer a quick and colourful alternative for getting around the city. Express boats

ply the Chao Phraya River from the Saphan Taksin Bridge up to Nonthaburi, stopping at some 30 main piers altogether. Fares range from B15 depending on the distance, while tickets can either be bought on the boat or at the pier, depending on how much time you have. Boats depart every 20 minutes or so between 5:30am and 7pm.

ROAD

■ BUS

Bangkok has an extensive and inexpensive public bus service. Both open-air and air-conditioned vehicles are available, respectively for B8 and B12-20. As most destinations are noted only in Thai, it is advisable to get a bus route map (available at hotels, TAT offices and bookshops).

■ MOTORCYCLE TAXI

In Bangkok's heavy traffic, motorcycle taxis are the fastest, albeit most dangerous, form of road transport. Easily recognisable by their colourful vests, motorbike



taxi drivers gather in groups. Fares should always be negotiated beforehand.

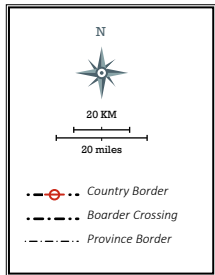
■ TAXI

Bangkok has thousands of metered, air-con taxis available 24 hours. Flag fall is B35 (for the

first 2kms) and the fare climbs in B2 increments. Be sure the driver switches the meter on. No tipping, but rounding the fare up to the nearest B5 or B10 is common. Additional passengers are not charged, nor is baggage. For trips to and from the airport, passengers should pay the expressway toll fees. When boarding from the queue outside the terminal, an additional B50 surcharge is added.

■ TUK-TUK

Those three-wheeled taxis (or samlor) are best known as tuk-tuks, named for the steady whirr of their engines. A 10-minute ride should cost around B40.



SIGHTSEEING

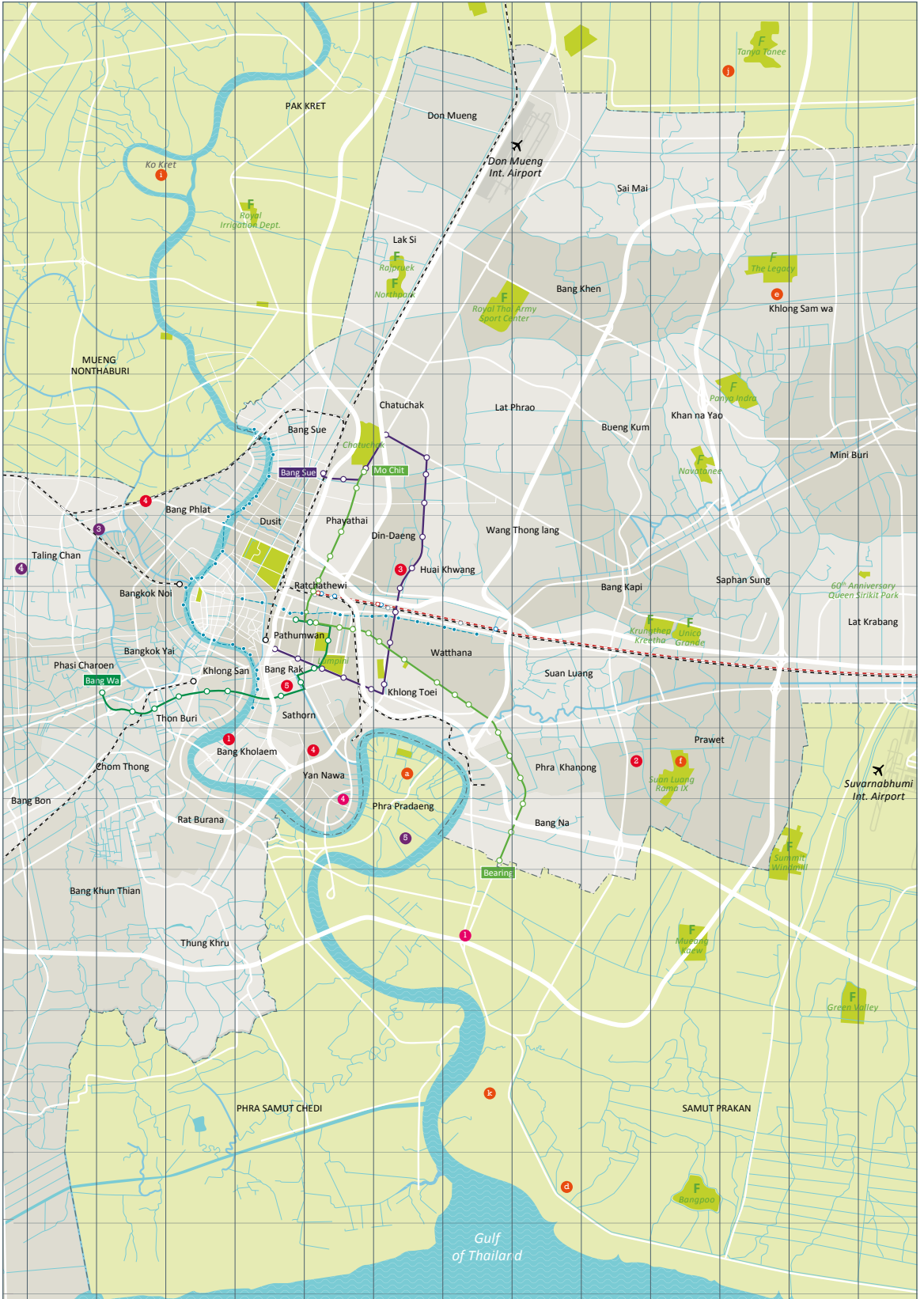
- a Bang Krachao
- b Samphan Riverside
- c Samphan Elephant Ground & Zoo
- d Ancient Siam (Muang Boran)
- e Safari World
- f Rama IX Royal Park
- g Mahachai Market
- h Phra Pathommachedi
- i Koh Kret Pottery Village
- j Rangsit Science Center
- k Samutprakarn Crocodile Farm and Zoo

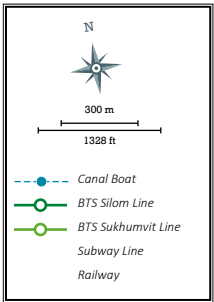
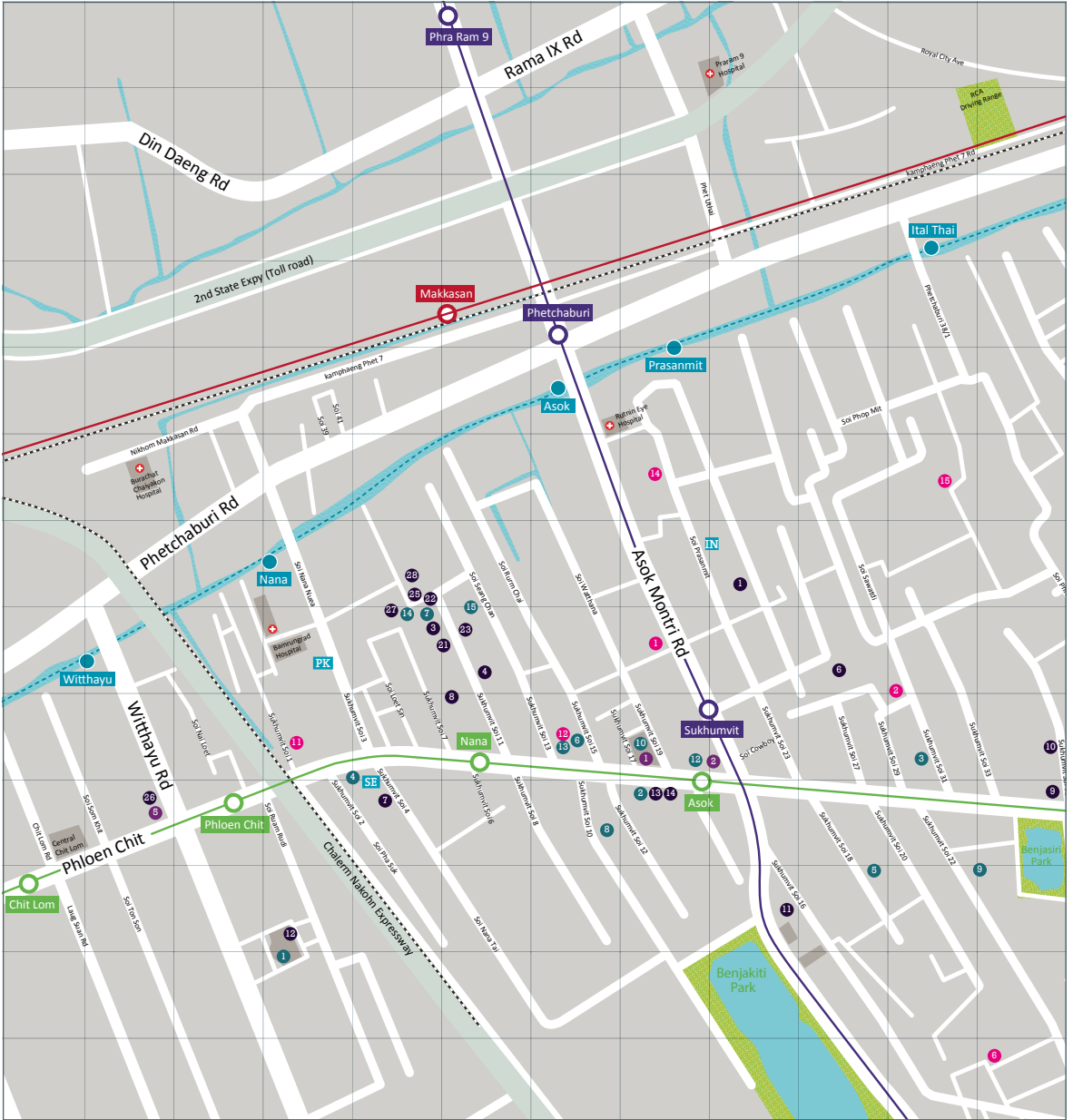
FLOATING MARKETS NIGHT BAZAAR

- 1 Damnoen Saduak
- 2 Amphawa
- 3 Talin Chan
- 4 Khlong Lat Mayom
- 5 Bang Nam Pheung
- 1 Asiatique The Riverfront
- 2 Rot Fai Market, Srinakarin
- 3 Rot Fai Market, Ratchada
- 4 Chang Chui Bangkok Plane Market
- 5 Patpong

MUSEUMS

- 1 Erawan Museum
- 2 House of Museums
- 3 Thai Film Museum
- 4 Museum of Counterfeit Goods





HOTELS

- 1 Conrad Bangkok
- 2 Sheraton Grande Sukhumvit
- 3 Seven Hotel
- 4 JW Marriott Hotel Bangkok
- 5 Rembrandt Hotel & Suites Bangkok
- 6 Four Points by Sheraton
- 7 Aloft Bangkok Sukhumvit 11

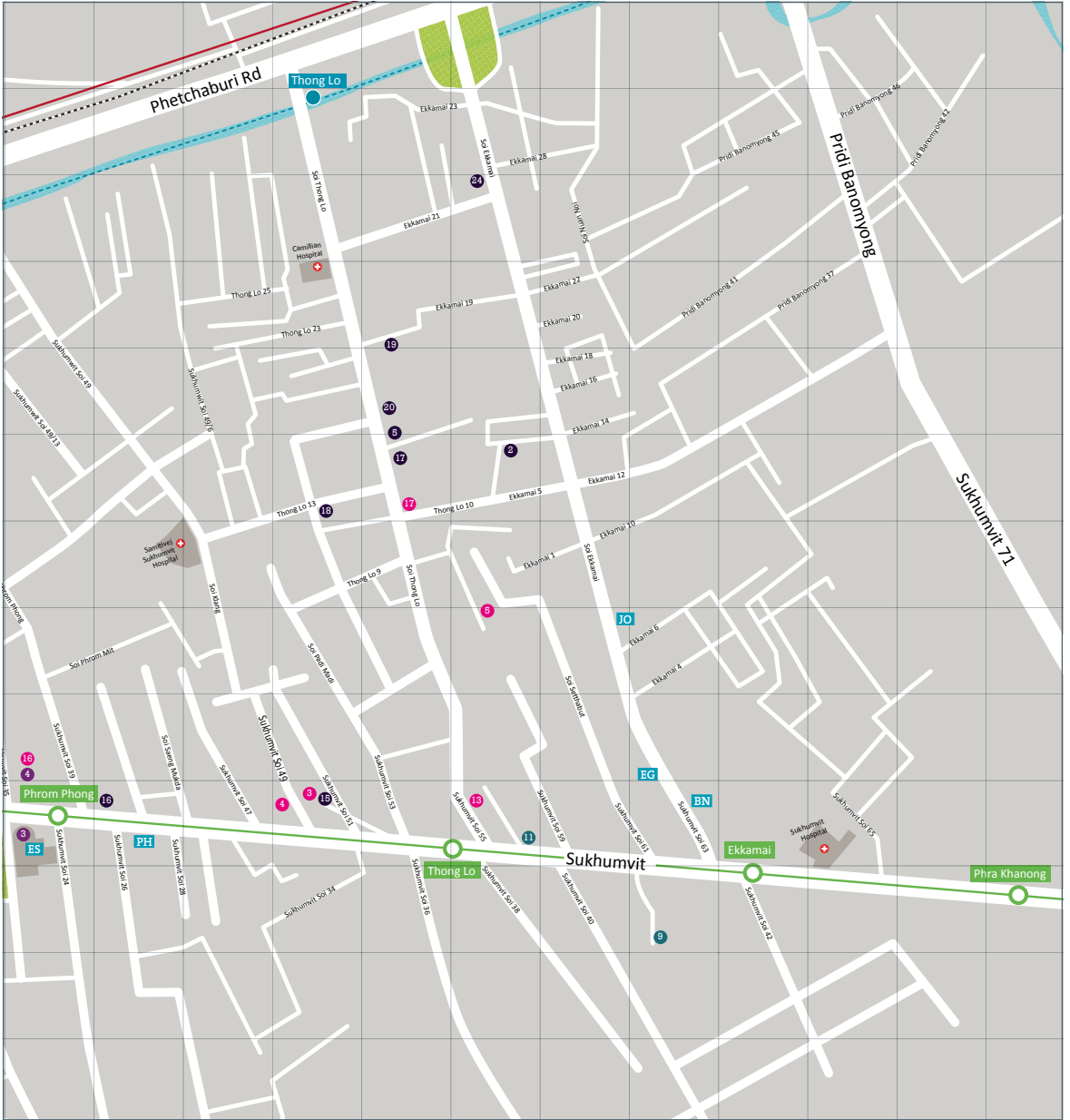
- 8 Galleria 10
- 9 Bangkok Marriott Marquis Queen's Park
- 10 Westin Grande Sukhumvit
- 11 Marriott Executive Apartments
- 12 Grande Centre Point Terminal 21
- 13 Sofitel Bangkok Sukhumvit

- 14 Le Fenix Sukhumvit
- 15 Radisson Suites Bangkok Sukhumvit

ARTS & CULTURE

- 1 Japan Foundation
- 2 Attic Studios
- 3 WTF Gallery and Café
- 4 The Piktura Gallery Art Workshop & Framing

- 5 We*Do Gallery
- 16 RMA Institute
- 17 Sombat Permpoon Gallery
- 18 S Gallery
- 19 Thong Lor Art Space
- 14 Gallery G23
- 15 Subhashok The Arts Centre (S.A.C.)
- 16 Yellow Korner
- 17 Ardel's Third Place Gallery



MALLS

- 1 Robinsons
- 2 Terminal 21
- 3 The Emporium
- 4 EmQuartier

CLUBS

- 1 Glow Club
- 2 Demo
- 3 Levels Club
- 4 8 on Eleven
- 5 Beam
- 6 Narz Club

PUBS

- 7 Hanrahans
- 8 The Pickled Liver
- 9 Robin Hood
- 10 The Royal Oak

NIGHTLIFE

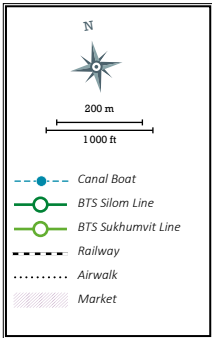
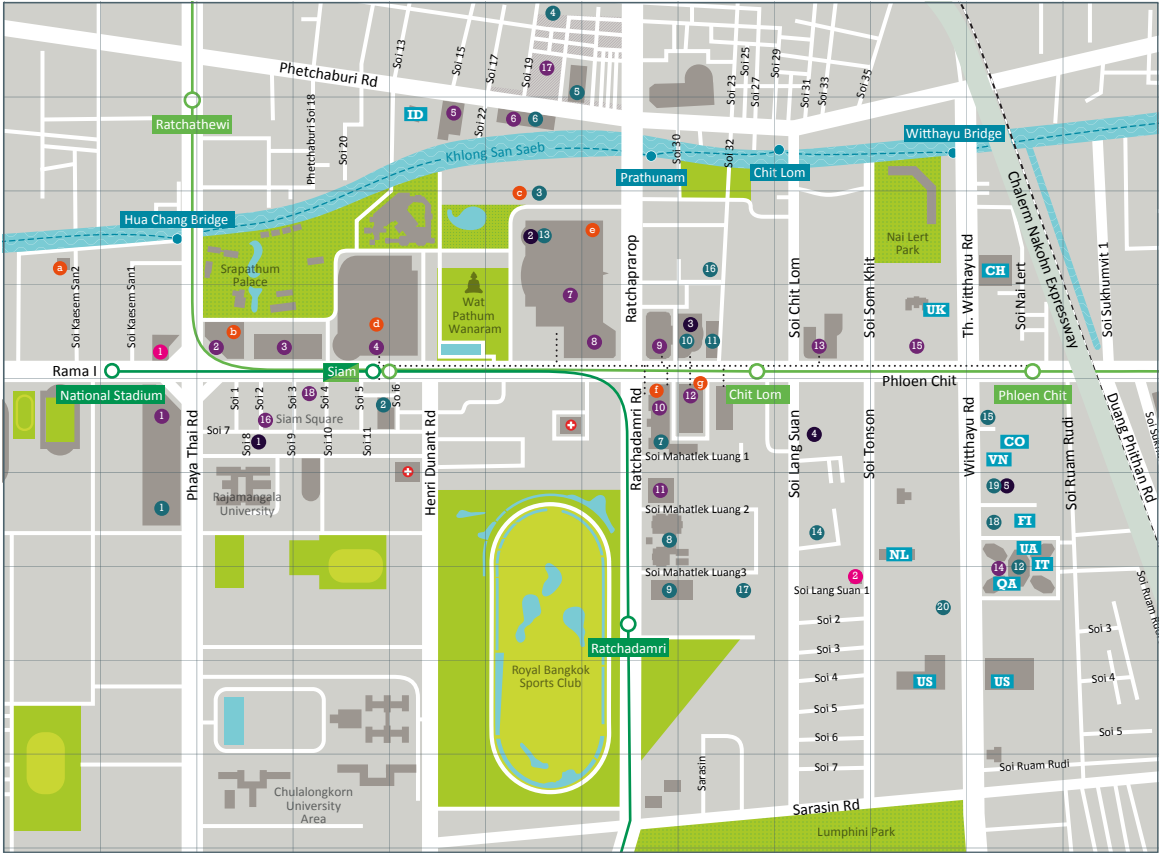
- 11 Long Table
- 12 Diplomat Bar
- 13 The Living Room
- 14 Barsu
- 15 WTF Gallery and Café

- 16 The ChindAsia Club
- 17 The Iron Fairies
- 18 Fat Gut'z
- 19 Shades of Retro diVino
- 20 W XYZ Bar
- 21 Marshmallow
- 22 Oskar Bistro
- 23 TUBA Design Furniture & Restaurant
- 25 Apoteka

- 26 Water Library Brasserie at Central Embassy
- 27 Nest
- 28 Above Eleven

EMBASSIES

- IN India
- PH Philippines
- ES Spain
- SE Sweden
- PK Pakistan
- JO Jordan
- BN Brunei Darussalam



HOTELS

- 1 Pathumwan Princess
- 2 Novotel Bangkok on Siam Square
- 3 Siam Kempinski Hotel Bangkok
- 4 Baiyoke Sky Hotel
- 5 Amari Watergate Bangkok
- 6 Novotel Bangkok Platinum Pratunam
- 7 Grand Hyatt Erawan Bangkok
- 8 Anantara Siam Bangkok Hotel
- 9 The St. Regis Bangkok
- 10 InterContinental
- 11 Holiday Inn
- 12 Conrad Bangkok
- 13 Centara Grand at CentralWorld
- 14 Hotel Muse
- 15 The Okura Prestige Bangkok

- 16 Centara Watergate Pavillion
- 17 Mayfair, Bangkok-Marriott Executive Apartments
- 18 Hotel Indigo Bangkok
- 19 The Athenee Hotel, a Luxury Collection Hotel
- 20 Oriental Residence Bangkok

ARTS & CULTURE

- 1 Bangkok Art and Culture Centre (BACC)
- 2 100 Tonson Gallery

SIGHTSEEING

- a Jim Thomson House
- b Madame Tussauds Museum
- c Queen Savang Vadhana Museum

- d Siam Ocean World
- e Ganesha and Trimurti Shrine
- f Erawan Shrine
- g Phra Indra Shrine

NIGHTLIFE

- 1 Hard Rock Cafe
- 2 Red Sky Bar
- 3 Balcony Humidor & Cigar Bar
- 4 Café Trio
- 5 Hyde&Seek

MALLS

- 1 MBK
- 2 Siam Discovery
- 3 Siam Center
- 4 Siam Paragon
- 5 Panthip Plaza
- 6 The Platinum Fashion Mall
- 8 CentralWorld
- 9 Zen@CentralWorld
- 9 Gaysorn

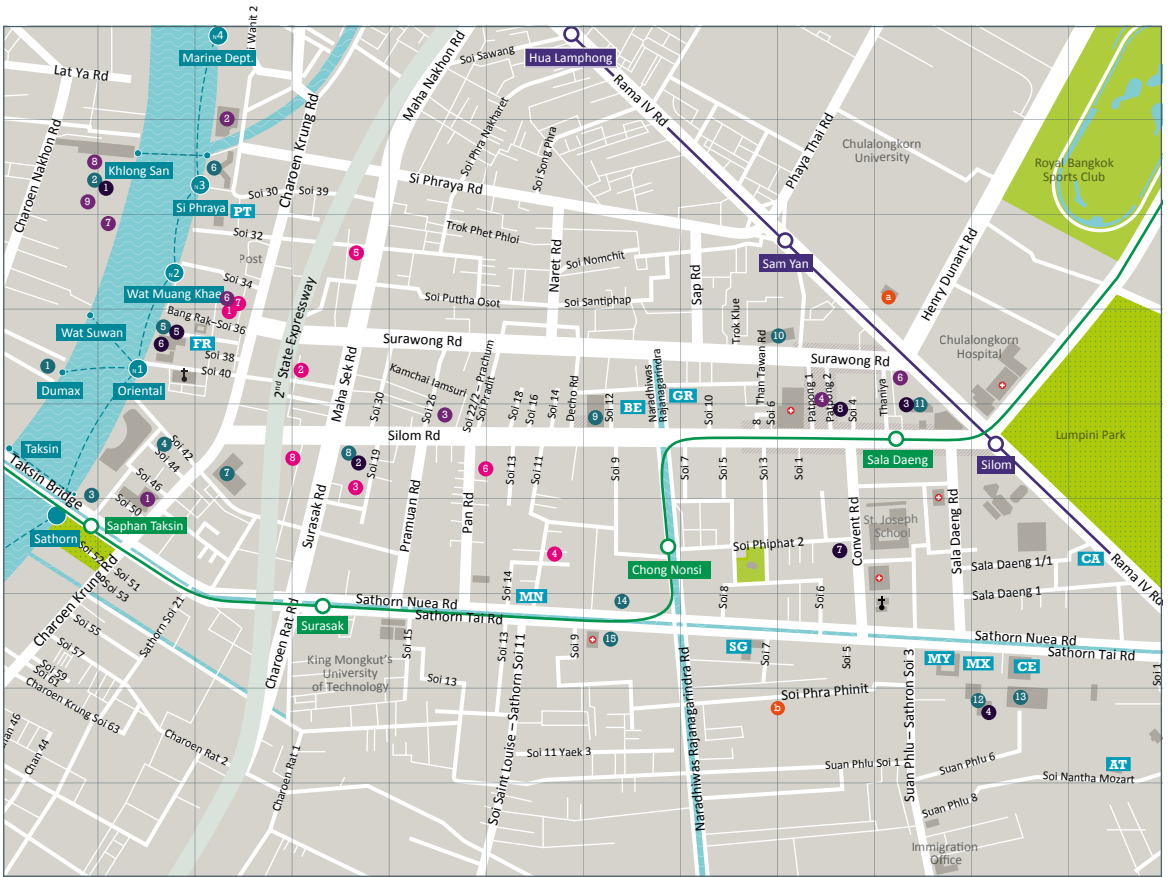
- 10 Erawan Plaza
- 11 The Peninsula Plaza
- 12 Amarin Plaza
- 13 Central Chidlom
- 14 All Seasons Place
- 15 Central Embassy

SHOPPING

- 16 Siam Square
- 17 Pratunam Market
- 18 Siam Square One

EMBASSIES

- CH Switzerland
- FI Finland
- ID Indonesia
- CO Colombia
- NL Netherlands
- NZ New Zealand
- QA Qatar
- UA Ukraine
- UK United Kingdom
- US United State
- VN Vietnam
- IT Italy



HOTELS

- 1 The Peninsula Bangkok
- 2 Millenium Hilton Bangkok
- 3 Shangri-La Bangkok
- 4 Centre Point Hotel Silom
- 5 Mandarin Oriental Bangkok
- 6 Royal Orchid Sheraton
- 7 Lebua at State Tower
- 8 Holiday Inn
- 9 Pullman Bangkok Hotel G
- 10 Le Meridien
- 11 Crowne Plaza Bangkok Lumpini Park
- 12 Banyan Tree Bangkok
- 13 The Sukhothai Bangkok
- 14 W Bangkok

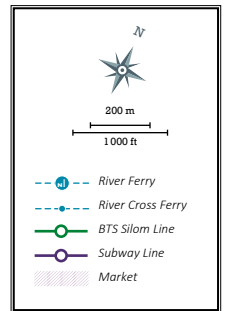
- 15 Ascott Sathorn Bangkok
- BARS WITH VIEWS**
- 1 Three Sixty Lounge
- 2 Sky Bar
- 3 Panorama
- 4 Vertigo Too

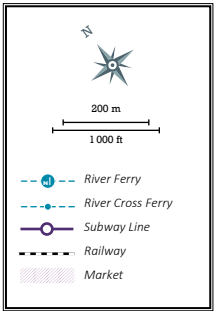
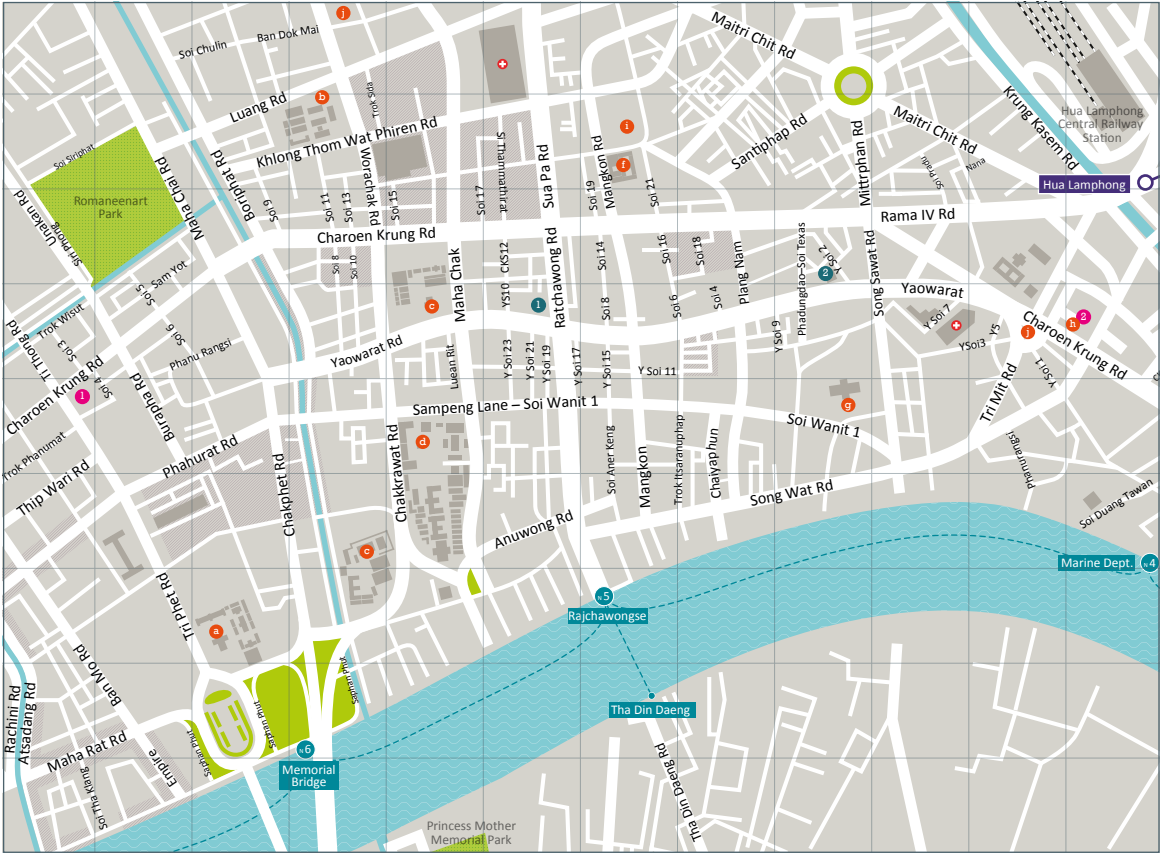
- NIGHTLIFE**
- 5 La Casa del Habano Bangkok
- 6 Bamboo Bar
- 7 Eat Me
- 8 Tapas

- ARTS & CULTURE**
- 1 Serindia Gallery
- 2 Number 1 Gallery
- 3 Gossip Gallery
- 4 H Gallery
- 5 Bangkokian Museum
- 6 Kathmandu Photo Gallery

- EMBASSIES**
 - AT Austria
 - BE Belgium
 - CA Canada
 - CE Germany
 - GR Greece
 - FR France
 - MY Malaysia
 - MX Mexico
 - MN Myanmar
 - PT Portugal
 - SG Singapore
- Shopping**
 - 1 Robinsons
 - 2 River City Shopping
 - 3 Silom Village
 - 4 Silom/Patpong Night-Market
 - 5 Jim Thompson Shop Surawong
 - 6 O.P. Place
 - 7 Iconsiam
 - 8 The Jam Factory
 - 9 Klongsan Plaza

- SIGHTSEEING**
- 10 Snake Farm
- 11 MR Kukrit's House





HOTELS

- 1 Grand China Princess
- 2 Shanghai Mansion Bangkok

ARTS & CULTURE

- 1 Chalermkrung Theatre
- 2 Yaowarat Chinatown Heritage Centre

TEMPLES

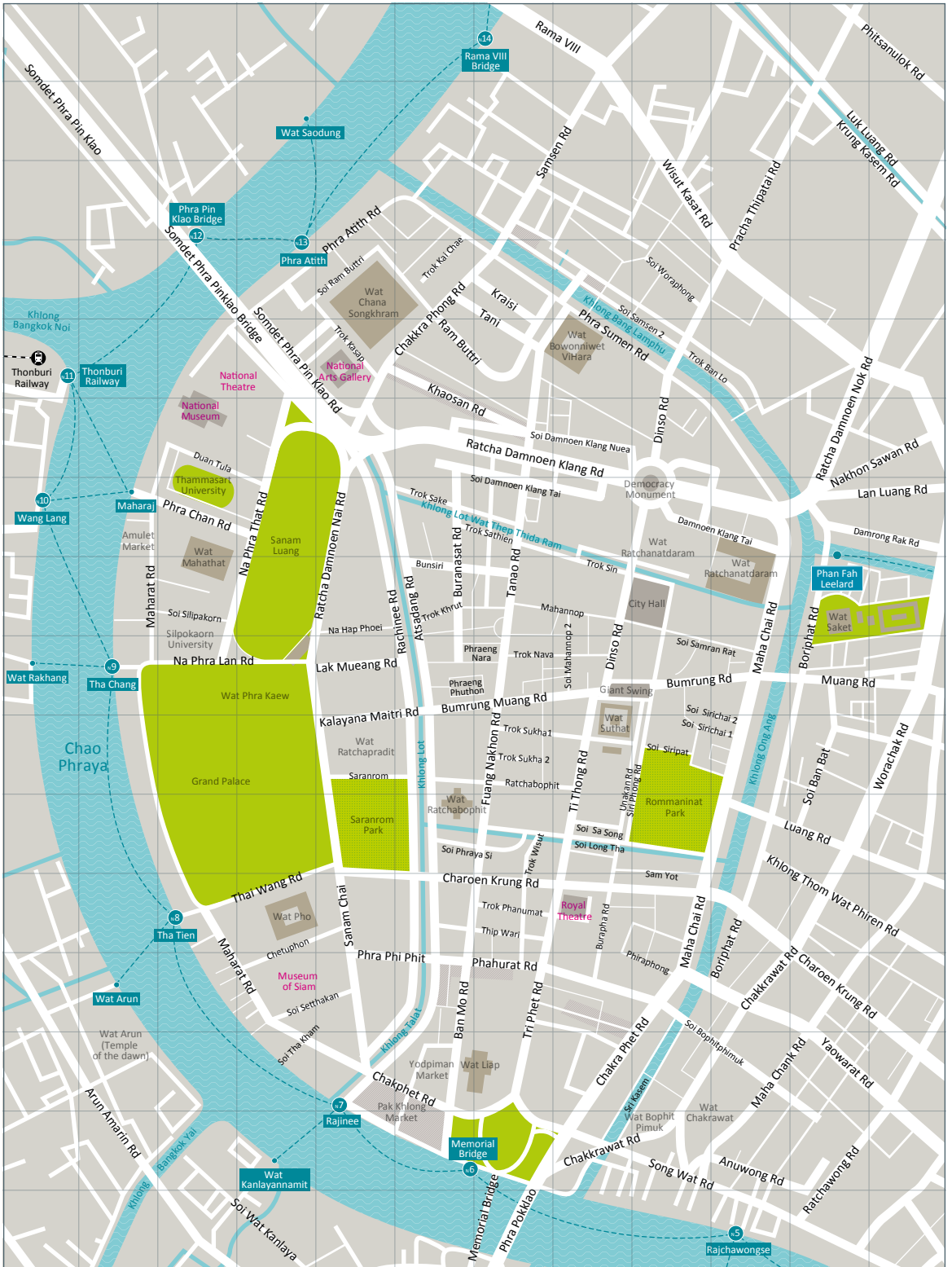
- 3 Wat Ratburana
- 4 Wat Phra Piren
- 5 Wat Bophit Phimuk Worawihan
- 6 Wat Chakrawat
- 7 Wat Chaichana Songkhram
- 8 Wat Mangkon Kamalawat
- 9 Wat Samphanthawongsaram Worawiharn
- 10 Wat Traimit (Temple of the Golden Buddha)
- 11 Wat Kanikapol
- 12 Wat Disanukaram

SIGHTSEEING

- 13 Chinatown Gate at the Odient Circle

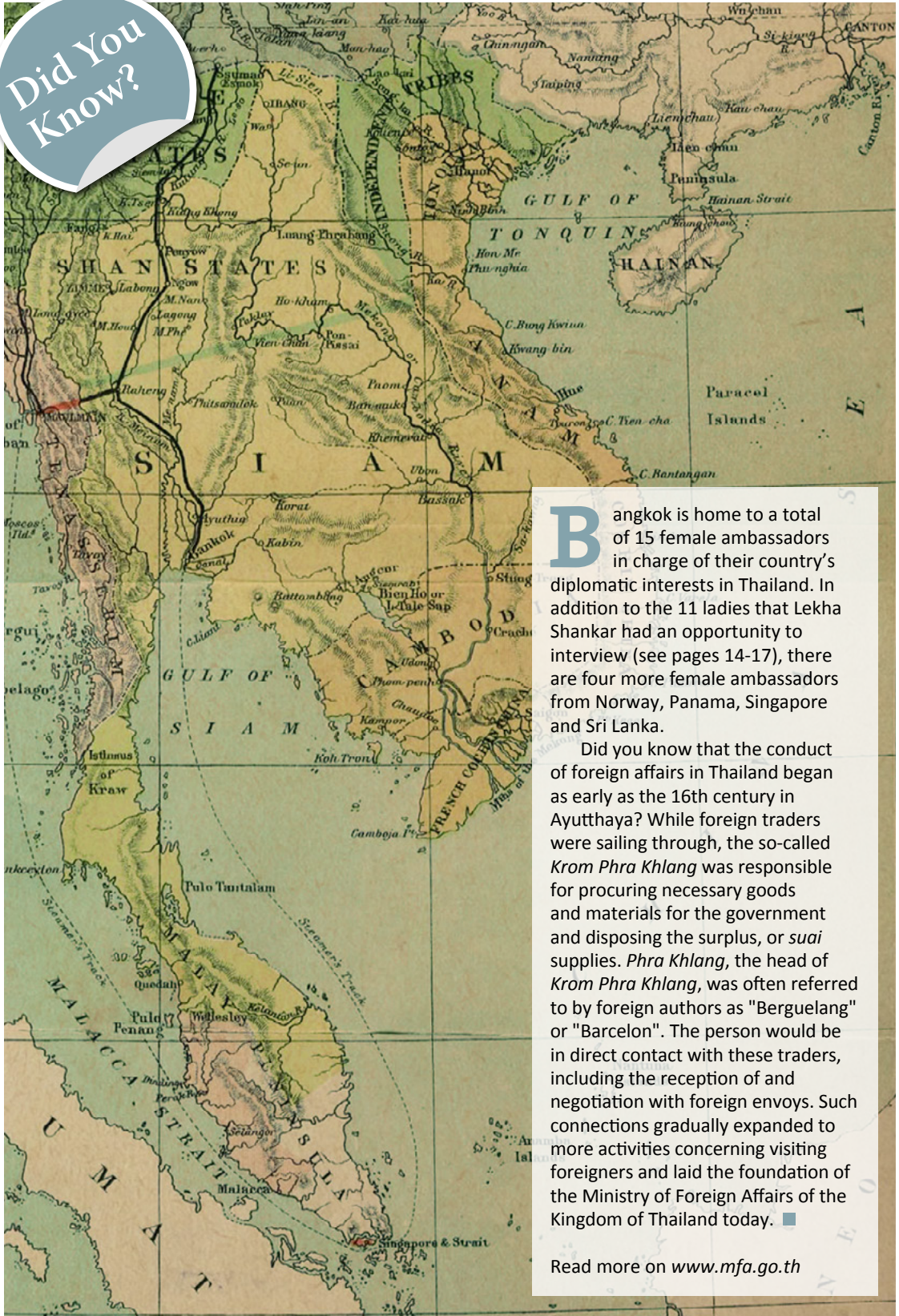
MARKETS

- 14 Lang Krasuang Market
- 15 Ban Mo (Hi-Fi Market)
- 16 Pak Khlong Talat (Flower Market)
- 17 Yot Phiman Market
- 18 Pahurat – Indian Fabric Market
- 19 Sampeng Market
- 20 Woeng Nakhon Kasem (Thieves Market)
- 21 Khlong Tom Market
- 22 Talat Kao (Old Market)
- 23 Talat Mai (New Market)





Did You Know?



Bangkok is home to a total of 15 female ambassadors in charge of their country's diplomatic interests in Thailand. In addition to the 11 ladies that Lekha Shankar had an opportunity to interview (see pages 14-17), there are four more female ambassadors from Norway, Panama, Singapore and Sri Lanka.

Did you know that the conduct of foreign affairs in Thailand began as early as the 16th century in Ayutthaya? While foreign traders were sailing through, the so-called *Krom Phra Khlang* was responsible for procuring necessary goods and materials for the government and disposing the surplus, or *suai* supplies. *Phra Khlang*, the head of *Krom Phra Khlang*, was often referred to by foreign authors as "Berguelang" or "Barcelon". The person would be in direct contact with these traders, including the reception of and negotiation with foreign envoys. Such connections gradually expanded to more activities concerning visiting foreigners and laid the foundation of the Ministry of Foreign Affairs of the Kingdom of Thailand today. ■

Read more on www.mfa.go.th

CUISINE



ART



Ghaeng Ghorlae Ghai

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