

DISCOVER PATTAYA



HIGHGATE
INTERNATIONAL SCHOOL
THAILAND

Mr. Ben Keeling

Founding Head of School

Highgate School, UK, First Overseas
Campus Opening in August 2026



HIGHGATE, A LEADING UK INDEPENDENT SCHOOL, PLANS TO OPEN AUGUST 2026 NEAR SIAM COUNTRY CLUB

For those who do not know Highgate School situated in North London, it has an impressive history having been founded in 1565, by Sir Roger Cholmley, during the reign of Queen Elizabeth I. Today it is one of the UK's leading co-educational independent schools, gaining some impressive awards along the way including:

Independent School of the Year 2020 – TES (Times Educational Supplement) and London Independent Secondary School of the Decade (2021) – The Sunday Times



Thailand will be the first international campus for Highgate School UK, with Pattaya, already home to several prestigious international schools, chosen for its location. Behind the project is the Siam Motors Group, a family business with longstanding interests in education. For them the school is a heritage and legacy project, one designed to stand for generations rather than make quick returns. As Mr Ben Keeling the school's founding head told us "The Phornprapha family, want something extraordinary, built slowly, properly, and with high standards. The objectives are exclusively qualitative."



Highgate School Thailand will open initially up to Year 6, before expanding gradually to Year 9 and then to Sixth Form. This phased approach starts with the opening in August 2026 of Pre-Prep and Primary, Year 7 to Year 9 in 2027 and Year 10 and boarding in August 2028. On its 27 acres (some 70 Rai) the school's facilities will include:

- FIFA-standard football pitch
- Sports Hall: three basketball courts and indoor running track
- Olympic-sized 50m swimming pool and separate children's pool
- Performing Arts Centre: 450-seat theatre, Black Box Theatre, music and music technology suites, practice rooms
- STEM (Science, Technology, Engineering and Maths) Building: robotics, e-sports, design & technology workshops, science labs
- Library & Digital Media Centre: three-storey learning and resource hub
- Forest School: outdoor learning spaces for nature-based education

With strengths drawn from Highgate School UK of: academic excellence, world-class teaching, and inspiring and challenging learning experiences, families in Pattaya and beyond will have a bold new option, serious in its intent, excellent in its ambitions and clear in its vision. Highgate School Thailand will be one to watch as the city's educational landscape continues to evolve.



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BEYOND BOUNDARIES

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www.highgateschoolthailand.com

DISCOVER PATTAYA

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HOME?



This Month in Discover Pattaya

Hi Everyone

The past couple of months have been exciting ones for us in the property world, culminating in the spectacular Dot Property Thailand Awards at the glamorous Four Seasons Hotel, Bangkok. If you missed any of this recent coverage don't worry you can always catch up with our Back Issues at pattayatrader.com

This month our focus turns to Education. Specifically the incredible wealth of world class international schools we are lucky to have here in Pattaya. Mr Ben Keeling graces our cover as we look at Highgate UK School's very first overseas campus. Set to open in August 2026, it's a real feather in Pattaya's cap and the area near Siam Country club has been chosen as the home of Highgate School Thailand. Don't miss our exclusive interview with Mr Keeling on page 31 in our Education section which also features other outstanding schools in the region, celebrating impressive achievements from their graduating students.

Of course there's always something new to discover in Pattaya's varied dining scene. The Seafood & Grill Dinner Buffet at Pattaya Marriott Resort and Spa we reviewed last week I urge you to try as its still amazing value. Then on page 8 we review Yintong Chinese Restaurant, a stunning venue on top of the elegant Melia Hotel. Also this month's Pattaya Patriot is the selfless and inexhaustible Khun Gio of the Take Care Kids Foundation. Then in our travel section read about former Pattaya resident Louise's incredible achievement of climbing the highest mountain in Scandinavia.

Enjoy!

Gloria x

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Seafood & Grill Dinner Buffet

Dive into premium seafood, prime meat carvings, signature Goji beef noodles, sizzling live stations, Asian flavors, and indulgent desserts. It's the perfect weekend treat for families, friends, and food lovers alike.

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Begin your journey at the **newly renovated rooms and suites of the Royal Cliff Grand Hotel**. Designed with a contemporary flair inspired by the captivating beauty of the ocean and white sandy beaches, each room offers modern comforts, private balconies with panoramic views, and indulgent bathtubs for ultimate relaxation. For those who appreciate timeless elegance, a selection of Thai-style suites is also available, showcasing the charm of classical Thai design, featuring hand-crafted wooden detailing, marble touches, and teak flooring that beautifully capture the essence of Thai artistry.

After settling into your room, continue your journey of relaxation at the **Cliff Spa**. Here, you can discover a sanctuary of indulgence with revitalising face and body treatments delivered by expert therapists using premium spa products. Unwind further with access to the exceptional spa facilities, including sauna, steam room, and Jacuzzi, leaving you refreshed and renewed for the rest of your stay.

Beyond relaxation, families will also find endless entertainment at the Funtasea Kids Club, the Verge Games Zone & Karaoke, and the exciting mini water park that keeps the little ones delighted all day long. For an extra special experience, join a hands-on cooking class led by Royal Cliff's professional chefs.

This November, the fun continues with the most anticipated family event: **The Forest of Fear Halloween Party** on 1 November 2025. Step into a jungle-themed adventure filled with spooky surprises, lively games, trick-or-treating, costume contests, and themed activities for all ages. With wild jungle creatures, plenty of photo opportunities, and delicious Halloween treats, it promises to be the wildest family Halloween party in town.



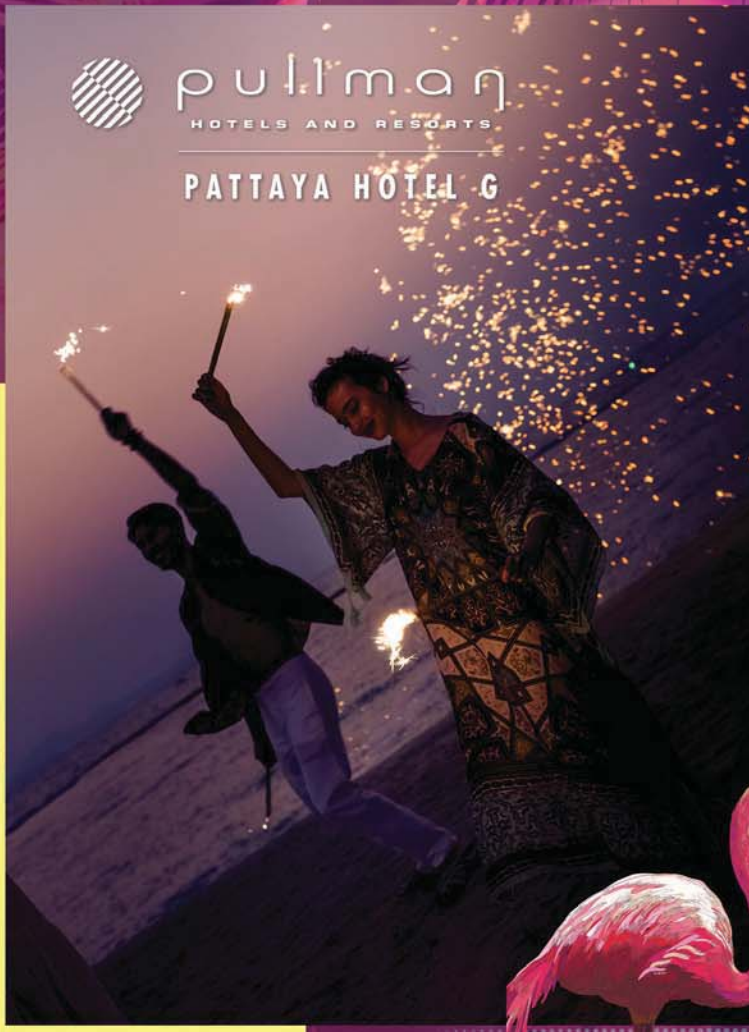
For sports lovers, November also brings world-class tennis action at the Fitz Club. **The Royal Cliff Junior Tennis Championship** (7 – 9 November 2025) and the **ITF MT700 – Fitz Club Tennis Masters Championship** (15 – 21 November 2025) will welcome young athletes and players over 35 years old. These prestigious tournaments not only offer the chance to earn national and ITF world ranking points but also create a vibrant gathering for the tennis community, inspiring both players and spectators in a truly exciting atmosphere.



At the Royal Cliff Hotels Group, every stay is designed to become a treasured memory, from moments of pure relaxation to fun-filled family adventures and world-class sporting events. Make your next getaway truly magical.



PATTAYA HOTEL G



Christmas Eve Dinner

24th December / 6.30 - 10pm

@ The Beach Club Restaurant

Adults @ THB 2,350 net inc. coffee & tea

Christmas-Inspired Buffet & Fresh Seafood /
Acoustic Live Band

Christmas Day Brunch

25th December / 12 - 3pm

@ The Beach Club Restaurant

Adults @ THB 2,350 net inc. coffee & tea

Christmas-Inspired Buffet & Fresh Seafood /
Live DJ / Kids Buffet / Supervised Kids Activities

Add THB 1,000 net for free-flow house wine,
local beer, selected cocktails and soft drinks

Kids (7-12 years) @ THB 700 net

Kids under 7 years eat for free

Miami Glam

FESTIVE VIBES



Glam Beachfront Last Sundowner Party

31st Dec. / 5.30 - 8pm @ The Beach Club Bar

**Party Bed @ THB 4,000 net
(Max.6)**

THB 2,000 F&B Credit/
A Bottle of Prosecco Wine/
Live Dj & Saxophonist



Ring in the Glam New Year's Eve Dinner

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inc. coffee & tea**

Festive-Inspired International Buffet /
Fresh & Grilled Seafood

Add THB 1,000 net for free-flow house wine,
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Kids (7-12 years) @ THB 900 net
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Miami Glam Night 2026

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Live DJ / Live Fire Show / Fireworks

Party Bed @ THB 9,999 net (Max.4)

Party Bed / THB 3,000 F&B Credit /
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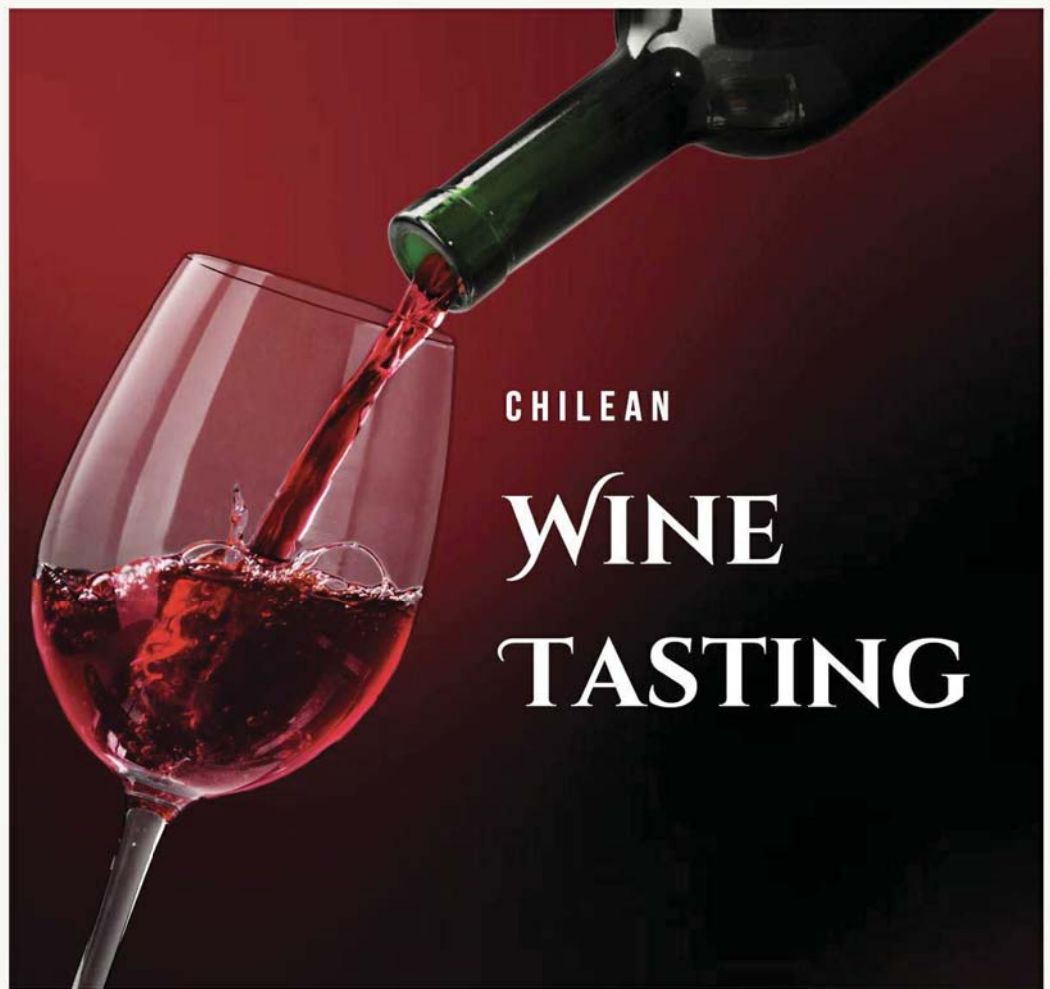
CHILEAN WINE TASTING

Raise a glass to a night of flavour and flair at our Chilean Wine Tasting at Dickey Reilly's.

On Friday 17 October 2025, you'll enjoy a sumptuous buffet alongside a selection of premium Chilean wines, all set to the smooth sounds of a live music trio.

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Yitong

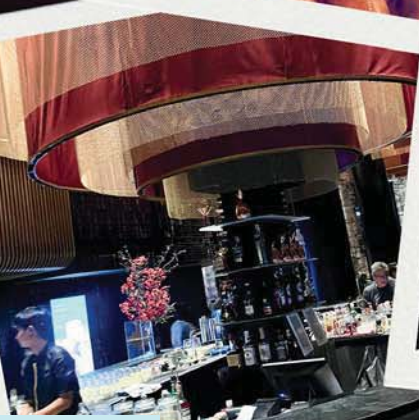
CHINESE RESTAURANT & SKY BAR

We are fortunate to live in a city where dining options are plentiful, yet one of the newest additions, Yitong, manages to fill a unique culinary niche. In a prime location at the very heart of Pattaya, atop the stunning Melia Hotel, it offers an authentic destination for Chinese cuisine while also welcoming those less familiar with its regional diversity. We visited on a Saturday evening for the Kitchen Party, where an impressive spread of Cantonese and Sichuan specialties was presented alongside more familiar favourites.



Yitong's Grand Kitchen Party

From the moment we stepped inside, the lofty, high ceilings, panoramic views of Pattaya's skyline, and a striking central bar told us we would be in for a special experience. The décor is refined, with subtle Chinese design elements. The artistic hangings suspended above the spacious seating allowed for a feeling of cosy, intimate dining with still retaining an impressive sense of occasion. A live trio provided just the right atmosphere and their smooth jazz standards were played at just the right volume to still allow for conversation.



Yitong's menu is extensive and our journey began with enticingly blue underlit oysters and plump king prawns that were fresh and extremely tasty. The artistry of the hand-pulled noodles was another highlight, watching the chef at work was hypnotic. Finally I broke my gaze and my camera away to choose from the array of accompanying sauces. I opted for beef with chilli, which struck a perfect balance of heat and tenderness.



Of course, I could not resist ordering the Peking Duck, a signature dish at Yitong. This long-time favourite of mine was everything I hoped for: succulent meat wrapped in delicate pancakes with the traditional accompaniments of spring onion, cucumber, and hoisin sauce. Here, it is carefully prepared for you allowing for even more time to circle the floor and explore the range of less familiar specialities. The Dim table for example, with dumplings and buns handcrafted daily included new varieties for me that were sweet, sour, salty, and spicy.

Yitong goes far beyond the typical offerings of an overseas Chinese restaurant. It delivers an authenticity to resonate with Chinese travellers seeking a taste of home. I loved it because it also introduced me to some new and exciting flavours. Another defining feature of Yitong is its service. Throughout our meal, the staff were attentive without being intrusive, efficient yet genuinely friendly. This thoughtful hospitality, combined with the restaurant's elegant ambiance, created a dining experience that felt both memorable and worth repeating.

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In Pattaya's competitive dining scene, with a price of 1,500 ++ Yitong is well-positioned to succeed by staying true to the essence of Chinese cooking while adapting to the diverse preferences of an international community.

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A Sporting Chance at The King's Table

The Sportsman Pub and Restaurant has long been a favourite for the Pattaya community. Its owner Dave Bowers first arrived in the city back in 1990, gaining valuable experience working with a licensed bar before getting involved with The Sportsman when it opened on Valentine's Day 1997. That was more than 28 years ago and since then, ably assisted by David, his manager for the past 3 years, they have turned this Pattaya landmark into a destination spot for expats, locals and holidaymakers alike. In fact, while many venues in the city are complaining about a slow low season, The Sportsman's Sunday Carvery is as popular as ever—so much so that this year's figures are even beating last year's.

In addition to the best Sunday Carvery in town—and yes, booking is essential—The Sportsman is a great place to come during the week. Mondays kick off with Mexican favourites, while Tuesdays feature Thai Tapas. At just 499 baht for five dishes, this set offers excellent value. It's perfect for sharing between two people or just one with a really big appetite! It's also a great way for kids, or

anyone new to Thai cuisine, to sample different dishes and then return and order their new favourites from the regular menu.

Then on Wednesdays there is the Beer and Burger deal—still only 195 baht, Thursdays the famous Quiz Night, and Fridays All You Can Eat Pizza, Pasta and Salads Buffet—just 299 baht with 2 for 1 cocktails! As well as the cocktail promotion, there are often deals on pints of Guinness, Tiger, Heineken and Thatchers Cider. Multiple screens also make it a perfect spot for watching live sports and there's also a pool table, although it often gets covered to make room for extra seating during busy times. So it was really no surprise for me to learn that The Sportsman needed more room and had taken over The Kings Table across the road



Jan then



Jan Now



He told me that The Kings Table had built its own following since opening on Soi 13 back in 2009. Once he and Dave were able to persuade the original cook Jan to return and prepare her much-loved dishes for the loyal Scandinavian clientele, it became clear that they should continue offering these favourites. On the specials board you will find Goulash soup, Meatballs, Schnitzel and plenty of salmon! There's also an impressive selection of craft beers that are becoming increasingly popular not only with the European community but with visitors of all nationalities. There are also plans to introduce Killer Pool and bring back the popular Saturday Buffet.

So just as we have kept Pattaya Trader for its loyal following along with Discover Pattaya, I completely understand why Dave and David have decided to preserve The Kings Table. Now they can expand on The Sportsman's space and reputation for quality food and service while also continuing to cater to the Scandinavian community that has supported The Kings Table for so many years. Seems like there will be plenty for everyone day or night on either side of the street!



kingstablepattaya@gmail.com 038 710 390 www.facebook.com/Kingstablesoi13

The Kings Table 322/1 Moo10 Pattaya 2nd Road. Soi 13 WVJJ+72F, Pattaya, Thailand

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Prenuptial Agreements in Thailand: Advice from Someone Who's Seen It All

by Anthony Justice

First of all, congratulations if you're planning to get married in Thailand! While this is an exciting moment, paperwork is usually the last thing couples want to think about during wedding preparations. However, having helped numerous couples navigate this process, I can assure you that discussing a prenuptial agreement, or "prenup," prior to saying "I do," is one of the best decisions you can make. It's about protecting both of you and beginning your marriage on open and sincere terms, not about being negative or assuming the worst.

What a Prenup Really Is – and Isn't

In Thailand, a prenuptial agreement is a simple legal contract you both sign before registering your marriage. It lists what each of you owns before the wedding and spells out how money and property will be handled if the marriage ever ends.

What it's **not** is a "get out of jail free card" or a sign you don't trust your partner. I like to compare it to travel insurance: you hope you won't need it, but if something unexpected happens, you'll be glad it's there.

Why Couples Choose to Have a Prenup

Over the years, I've seen a few common reasons why people go for a prenup:

- **Clarity from Day One** – It lays everything out. Both of you are fully aware of what is yours, what is shared, and what will happen in the event that circumstances change.
- **Protecting Your Business or Property** – Unless you both agree otherwise, a prenuptial agreement guarantees that any business, land, or large investments you own stay yours.
- **Lessening the Pain of Divorce**: Although no one plans to get divorced, having a prenuptial agreement makes the process quicker, more equitable, and much less stressful if it does occur.
- **Protecting Children** – If either of you has children from a previous marriage, a prenup can help secure their future inheritance.

How it Works Legally

Thailand has clear prenuptial laws, which you should follow from the beginning:

1. **It Must Be in Writing and Signed Before Marriage** – No last-minute scribbles.
2. **It Must Be Registered at the Same Time as Your Marriage** – You submit it together at the district office (Amphur) when you register your marriage.
3. **It Must Follow Thai Law** – Prenups can only deal with property and finances. Things like child custody or spousal support aren't allowed in the agreement.

Although a useful tool, prenuptial agreements do have certain limitations. For example:

- **They must not violate public order or morality**. Any clause that is considered unfair, illegal, or against good morals will not be enforceable.
- **They must respect the rights and duties of spouses under Thai law**. For instance, a prenup cannot state that one spouse can never claim alimony — that would go against the Civil and Commercial Code.

This is why working with a qualified Thai lawyer is so important. A professional can help ensure the agreement is valid, balanced, and truly protects both partners.

How to Bring It Up Without Making It Awkward

This is where many couples get stuck – how do you talk about a prenup without sounding like you're planning for a breakup? My advice:

- **Talk Early** – Don't wait until the wedding is two weeks away. Give each other time to think.
- **Be Open and Honest**: Talk about your assets, debts, and financial objectives.
- **Keep It Fair** – The best prenups are balanced and protect both sides.

Final Thoughts

The goal of a prenuptial agreement is to prepare for a solid, long-lasting marriage, not to predict failure. By talking openly about finances, you avoid misunderstandings later and set yourselves up for a healthier partnership.

If you're planning to marry in Thailand, take the time to discuss what matters most to you both and have a professional prepare or review your agreement. It's a small step now that can save a lot of stress in the future — and it lets you focus on what really matters: enjoying your wedding day and building a happy life together.



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GrabFood





I am using the term Patriot for a series of articles to feature in the magazine. Firstly because I love the alliteration, and secondly because I wanted a word to describe some very special people who live amongst us here in Pattaya. Sometimes given a military connotation, the word patriot actually describes someone who deeply loves, supports and defends their country (or, for the purposes of this article, their city). They often demonstrate loyalty through service, sacrifice, or civic engagement. True patriotism goes beyond mere pride—it involves striving to make improvements for all, for freedom, and for progress. If you missed any of the earlier Pattaya Patriots articles you can still find them online at our website pattayatrader.com.

I have had the pleasure of meeting Khun Gio many times. We first wrote about him a few years ago in Pattaya Trader magazine, and I've always been impressed by the extraordinary work he and his team carry out. Originally a media journalist in Italy, Gio never planned to open a shelter for abused and deprived children in Thailand. Yet, as he recalls, "It all started from 1 kilo of rice." After meeting Father Ray and helping with the annual rice collection, he began the journey that would eventually lead to the creation of Take Care Kids Thailand Foundation.

Founded in 2006, and after much hard work, officially recognized by the Thailand Ministry of Social Welfare as a non-profit, charity organization, Take Care Kids Thailand Foundation has operated as a foster home since early 2018. Local authorities refer children who in many cases have been the victims of sexual or physical abuse. Take Care Kids Thailand Foundation ensures they are fed, sheltered, protected and registered for school. For Gio, education lies at the core of the foundation's mission. While rescue and shelter are the crucial first steps, he believes real change comes from equipping children with the tools to build their own future.

One shining example is Neung, a bright and determined young woman supported by the foundation from her school years through to university. She has earned a Bachelor's degree in Social Policy and Development and was selected by Thammasat University to represent them at an international forum on the forced displacement of refugees in Kuala Lumpur. Neung is now pursuing a Master's degree in Public Policy at Chiang Mai University. Today, she stands as both a credit to the foundation and an inspiring role model for the children who follow in her footsteps.

Beyond direct care, Take Care Kids Thailand Foundation also works to support mothers and families at risk, offering counseling, food aid, and temporary shelter. Over the years, the foundation has grown thanks to the generosity of donors and the dedication of volunteers who share Khun Gio's vision. Yet despite its achievements, the work remains challenging and often for Gio himself it can be frustrating when resources are stretched thin or official bureaucracy slows down the work he urgently wants to do.



Take Care Kids Thailand Foundation complies rigorously with all the Thai Laws necessary for it to be officially classified as a foundation but as such relies completely on donations from well wishers. So for its next project, a new boys' wing, Khun Gio was delighted to receive a donation from The Widows Sons. They are a Masonic motorcycle club with chapters worldwide and recently both Thai and Philippine chapter members joined together to present Take Care Kids Thailand Foundation with 50,000 THB. The Widows Sons will now join other sponsors whose names are proudly displayed on Take Care Kids" walls.



Khun Gio and the Take Care Kids Thailand Foundation represent a remarkable example of how compassion and determination can make a lasting difference in the lives of vulnerable children and families. The foundation has become a safe haven for young people who have experienced abuse, neglect, or extreme poverty. The hands-on commitment of Khun Gio and his team has earned them not only the love and respect of the children but also the admiration of volunteers, staff, and the wider Pattaya community. If you'd like to learn more, or see how you might be able to help, visit the foundation's Facebook page, Take Care Kids Onlus. There you can discover more about their mission and follow regular updates on their ongoing projects.



Thanks to Rodney Charman for the Photos





ASIAN OPTICAL

When did you last have your eyes tested?



Like regular trips to the dentist having your eye tested is something we often forget to do and yet we should get them checked at least once a year.

There are many opticians in Pattaya and quite often on our Facebook sites Pattaya Trader - Discover Pattaya and Pattaya Trader Expat Ladies Group we are asked to give recommendations. Asian Optical on Pratumnak Soi 4 is the only one we recommend. This is because unlike some other opticians that are little more than shops selling glasses in Pattaya Asian Optical can give you a proper eye test and they also have a fantastic selection of frames, lenses and contact lenses.



Contact Khun Charn for an appointment
091 7499965 and remember that if you wear
contact lenses you need to take them out at least 3
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Soi 4, Pratumnak, Pattaya, Chon Buri
Telephone 081 001 0418, 0822151709
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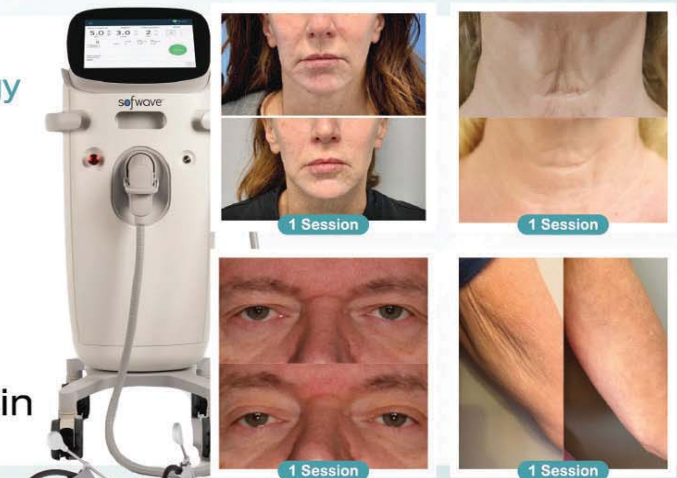
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Sports Update

For October by Steve Wade

The Premier League is getting into full swing despite the international breaks and the top two in the standings have a familiar look to them. Liverpool have won their first few fixtures, despite looking nowhere near their best at the moment and Arsenal, currently in second spot, suffered their only defeat at the hands of the champions on the last day of August. Tottenham have made a good start under new manager Thomas Frank and Bournemouth, despite selling what most people thought were key players during the transfer window, have also made an excellent start under brilliant manager Andoni Iraola. Everton have also made a decent start at their new ground and a special mention for newly promoted Sunderland, who many thought were prime candidates, along with fellow promoted Burnley, to go straight back down to the Championship. However, some shrewd business in the close season has seen them bring some quality players into the team and hopes must be high on Wearside that the Black Cats can avoid the drop come next May.

Amongst the others Chelsea, buoyed by their World Club Cup success in the summer, remain unbeaten at time of writing but still have some improvement to make to be serious challengers for the title, as do Manchester City, although with Haaland still scoring for fun and some excellent players yet to return or bed into the team their improvement looks more likely. On the other hand, Manchester United, despite spending over £200 million in the transfer market, have continued to have immense problems and the finger of suspicion is beginning to point to manager Ruben Amorim, who will not change his rigid system of play despite it being quite clear that a more flexible approach is required if a team is going to perform well in the most competitive league in the world. They host Sunderland and Brighton in October with a daunting trip to Anfield sandwiched between them and a few more poor results could see the managers' future hanging in the balance.

The Champions League is throwing up some entertaining fixtures and the new format has been generally welcomed, although another season or two may be needed to see the full effect. There is another round of matches being played in October, on Tuesday the 21st and Wednesday the 22nd and all of the major fancies to win the tournament will be in action.

October is a quiet month for major sporting events and both the DP World Tour and PGA Tour golf circuits will be keeping a low profile after what will undoubtedly be wild scenes at the Ryder Cup in New York. The Formula 1 season is still in full swing though and three big races are scheduled during the month. The Singapore Grand Prix is on Sunday the 5th, the USA version is on the 19th and then the circus moves down Mexico way for their Grand Prix, which is on the 26th.

That's about it for October. As winter approaches in Europe it's football that will take center stage through the coming months and the bars and sports lounges throughout the city will be looking forward to people getting out to support their particular team. Lets hope it's a good high season for everyone.



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Reignwood Icons of Football comes back to Bangkok on 31 January – 1 February 2026, bringing the world's best footballers to the fairways for another unforgettable showdown

Set against the stunning backdrop of the Robinswood Golf Course, 24 of the most iconic former footballers made up of Champions League, Premier League, La Liga, Serie A, and World Cup winners, will trade boots for golf clubs in an unforgettable showdown. Two teams of 12, representing Team England and Team World, will compete across a fast-paced 10-hole format, delivering drama, rivalry, and spectacle from the first tee shot to the last putt. Broadcast globally, fans will be able to follow every moment live on multiple platforms, while those in Bangkok can experience it all in person.

Team England: Mr Chelsea John Terry, the superstar captain who lifted every major domestic honour, returns alongside Arsenal icon Theo Walcott, one of the Premier League's fastest and most exciting forwards. Both were key figures in England's emphatic victory last year. John Terry "Lifting the Icons Trophy with Team England last year was special, but

Team World: The magician Gianfranco Zola, adored by fans for his artistry and flair, joins forces with Argentina's all-time great Gabriel Batistuta, one of the most feared strikers of his generation. Together, they aim to swing the momentum back in Team World's favour. Further players will be revealed in the coming weeks, but the stage is already set for a rivalry that promises to be even fiercer than last year. Gianfranco Zola (Team World): "Football gave us rivalries that defined careers, and now Icons brings those rivalries to golf. Last year was just a taste. In 2026 we'll be sharper, stronger, and I can promise Team World will come back fighting. England may have bragging rights for now, but history won't repeat itself."



Gianfranco Zola

Theo Walcott



Thomas Brookes, CEO of Icons Series: "After the success of the first ever Icons of Football event in Asia in March 2025, we are delighted to be returning to Reignwood Park, Bangkok for an even bigger and more compelling event in 2026. This is a great opportunity for Thai football and golf fans to enjoy a unique fan experience, getting up close to their icons surrounded by an incredible festival of food and live entertainment. The event will again be broadcast to over 100 countries around the world showcasing Thailand to be a truly world-class host destination of sport and entertainment."

John Terry



Reignwood Park has evolved into a true world-class destination, designed to support multi-generational living in every dimension. Through their global portfolio including Wentworth Club in the UK and Pine Valley in Beijing, Reignwood is committed to creating world-class experiences that transcend borders, and hosting Reignwood Icons of Football in Bangkok reflects that vision. Ms. Woraphanit Ruayrungruang, CEO of Reignwood Group: "Supporting the Reignwood Icons of Football 2026 is another great source of pride for Reignwood Park, following last year's success where we played a key role in setting new benchmarks for sports and entertainment in Asia. We are ready to deliver an even greater and more complete experience for fans, athletes, and partners from around the world."

Gabriel Batistuta



For more information visit <https://reignwoodpark.com> AND tickets for the Reignwood Icons of Football 2026 are on sale via www.icons-series.com.



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BEN KEELING ON LAUNCHING HIGHGATE'S FIRST OVERSEAS CAMPUS

When Highgate International School Thailand opens its doors in August 2026, it will do so under the leadership of Mr. Ben Keeling, the school's Founding Head. No stranger to launching schools in Asia, Mr Keeling brings two decades of experience and a clear ambition: to establish a serious, academically minded school on the Eastern Seaboard that balances rigour with joy.

Speaking about why he chose to take on this role, Mr. Keeling explains that location was not the driving factor. He went on to describe the promise of establishing Highgate Thailand as 'compelling', a sentiment I have heard echoed by other members of his leadership team. Having led Shrewsbury International School Hong Kong through political unrest and the challenges of COVID-19, he was looking for a new challenge and a chance to help shape something extraordinary. Thailand, already familiar to his family, became the right fit once this opportunity arose. Although, Mr. Keeling is new to Pattaya, he is already finding its diversity appealing. For him, the city's internationalism and community spirit hold promise. With a young family he looks forward to exploring the region once he no longer needs to spend each weekend furniture shopping!

A Distinctive Vision

With so many well-regarded international schools in the Pattaya area I have to ask Mr Keeling how Highgate plans to stand apart? He points to the DNA of its London counterpart. "Highgate London sits at the top of the league tables...their results are exceptional! Academia really is at the heart of what it strives to achieve, and the same will be true here" he tells me. Yet this will not be a place where study is joyless, as he adds. "In order to drive high standards, you need to enrich and develop the lives of young people. Hard work can be fun. There's a joyousness to academia at Highgate, and that's what we're bringing here." This clarity of purpose, he believes, is critical. "We know what we're here to achieve, and we're super clear on our priorities."

Building for the Future

The school will open initially up to Year 6, before expanding gradually to Year 9 and then to Sixth Form and boarding. This phased approach is deliberate. "It's about ensuring we don't lack an academic foundation to achieve what we need at the top end. All of our decisions come down to providing an environment where we can inspire the best outcomes for our children." Going forward, Highgate Thailand plans to follow the IGCSE and A Level pathway, in line with its London partner. For Mr. Keeling, the depth and specialisation offered by A Levels makes sense. "Both A Levels and the IB are valuable, but the natural alignment with Highgate London, and the focus on depth of study, makes this the right route for us."



Recruiting the Right Team

Mr. Keeling has a full year in post before the school opens, something he views as essential. It allows him to influence not only the design of facilities but also, crucially, the recruitment of teachers. "We are placing a significant amount of focus on getting the teaching recruitment right. Great teachers make a great school." What qualities does he look for? "A joy in academia, curiosity about the world and a mischievous glint in the eye. We're looking for people who jump out of bed on a Monday morning because they can't wait to teach. Of course, they need deep subject knowledge, but also a sense of fun and inquisitiveness." Partnership with Highgate London will play an important role, with many staff expected to be recruited directly from the UK. Mr. Keeling himself was appointed with involvement from Highgate's longstanding Head, Mr. Adam Pettitt, who remains closely engaged with the project.

Looking Ahead

For Pattaya, the arrival of a school with Highgate's pedigree represents a significant milestone. While some may question whether the city needs another international school, Mr. Keeling is convinced there is space for one with a clear academic focus. "We're bringing a big city-oriented academic mindset to the East Coast. Young people are always capable of more than they think, and our job is to inspire them to realise that." As our conversation drew to a close, Mr. Keeling reflected on the long view. "I'd like to think that in a few years' time, the extraordinary building we're creating here is the least interesting thing about us. The real story should be the students, the teachers, and the joy of learning."

By James Kemp
Deputy Head of Mooltripakdee International School

A DECADE OF EXCELLENCE

Since opening in 2017, Rugby School Thailand (RST) has set the benchmark for outstanding international education in the region. Nowhere is this more evident than in its Pre-Prep, where the youngest learners take their very first steps into school life.

EXPERT CARE FROM EXPERIENCED EDUCATORS

RST's Pre-Prep team brings together decades of collective experience in early years education. Many of the teachers have taught in leading international schools worldwide, combining global best practice with a deep understanding of child development. Every class benefits from low teacher-to-student ratios, ensuring children receive the attention, encouragement and guidance they need; plus there are specialist teachers for PE, swimming, languages, library sessions and music from age two. The expertise of the staff here is matched by their warmth and commitment to nurturing every child.



TRIED AND TRUSTED

It is evident that RST has perfected a daily rhythm that helps children feel safe, engaged and inspired. Days are carefully structured to balance guided learning, imaginative play and outdoor exploration. Half-day and full-day options allow families to choose what best suits their child, with full-day students enjoying nutritious meals, nap times and extended enrichment opportunities.

SMOOTH TRANSITIONS

Starting school is a big step for children and parents alike. RST has developed a thoughtful transition process for welcoming new families.

Teachers work closely with parents to help each child settle in happily, building trust and confidence from day one, while also supporting parents to feel part of the community.

A CURRICULUM WITH LASTING IMPACT

The school follows a British curriculum. From Pre-Nursery to Key Stage 1, this is play-based and enquiry-led, proven to give children the strongest foundations for lifelong learning. Literacy, numeracy, creativity and social-emotional growth are woven into meaningful activities. There is even a new Forest School; an amazing outdoor classroom to cater for different learning styles.



Parents can see for themselves how RST's tried and trusted approach develops confident, capable learners who flourish as they move through the school, which goes up to Year 13.



“Every class benefits from low teacher-to-student ratios

PARTNERSHIP WITH PARENTS

RST's reputation has been built on strong relationships with families. Teachers communicate openly through regular meetings and digital platforms, and parents are invited to be active participants in their child's learning journey, through talks, coffee mornings, clubs and classroom involvement.

SAFE, HEALTHY AND HAPPY

Safety and wellbeing underpin everything; the pastoral care is excellent and all staff have regular first-aid and safeguarding training. The secure campus and child-friendly facilities are maintained to the highest standards, with rigorous hygiene and nutrition protocols. From healthy eating habits to handwashing routines, children learn to care for themselves and others in an environment designed to protect and support them.

After almost a decade of success, Rugby School Thailand's Pre-Prep continues to deliver on its promise: expert care, proven experience and a joyful start to education that prepares children not just for school, but for life.



Discover more at Rugby School Thailand's Pre-Prep Open Day on Saturday, 29th November from 9-11.30am
www.rugbyschool.ac.th

TWO MONTHS INTO SCHOOL: REASSURANCE FROM AN EARLY YEARS SPECIALIST

By Sarah Shuttleworth
Head of Pre-Prep, Rugby School Thailand



Starting school is a huge milestone, and many parents expect their child to feel fully settled after a couple of months. Having worked in Early Years education for over 25 years, I want to reassure you: there is no fixed timeline for settling in, every child is different.

UNDERSTANDING THE PROCESS

Some children may already skip happily through the school gates, while others still show anxiety at drop-off or seem extra emotional at home. Neither situation is "wrong." It simply reflects the pace at which your child adjusts to new routines, expectations and friendships.

"Settling is not a race! With patience, consistency and trust, your child will get there - and when they do, you'll see their confidence soar."

WHY WOBBLES ARE NORMAL

Even children who started off confidently may have a wobble from time to time. This could be due to tiredness, separation anxiety resurfacing, or simply needing reassurance that school is a safe and consistent place. These ups and downs are a natural part of development.

Q&A: Your questions answered by Miss Sarah...

Q

My son still cries most mornings. Should I be worried?

Not at all. It's very common for children to cry at the moment of separation; they usually go on to have a happy day once they're in class. The important thing is to keep your goodbye consistent, calm and brief. In time, your son will grow in confidence and the tears will become less frequent.

Q

My child settled well, but is suddenly finding it tricky. Why?

This is a completely natural "wobble". Sometimes, the novelty of school wears off, or when children feel tired or unwell then separation anxiety can resurface. It is the same for children of all ages; their need for you ebbs and flows! It doesn't mean your child is going backwards—it's simply part of the process.

Q

How long does it usually take for children to settle?

There is no universal timeline. Some children adapt within days, others need several months. What matters is that they're making gradual progress - whether that's forming friendships, joining in with play, or coming home talking about their day or singing songs. Every child gets there in their own time.

HOW YOU CAN SUPPORT YOUR CHILD

- **Set the Tone at Drop-off:** A quick, calm goodbye shows your child that you trust they are safe. Lingering often makes it harder for them.
- **Acknowledge Feelings:** If your child says, "I don't want to go," validate their feelings - "I know it feels hard, but I know you'll be okay".
- **Stick to Routines:** Remind them that you'll be back to collect them. Maintain regular bedtimes and calm mornings help them feel secure.
- **Trust the Teachers:** Children often settle quickly once in class. Teachers are skilled at comforting and engaging them in learning and play.



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WEDNESDAYS : Move and Dance

Our Assistant Head of Early Years Ms. Kelly will join us for a fun and interactive session teaching your child to explore with their bodies and challenge themselves to move in new and exciting ways.



FRIDAYS : Forest School

Join our Level Three Forest Schools Leader Ms. Sarah for an outdoor session in our Forest School to build connection with nature through running and jumping. Then join our Assistant Head of Early Years Ms. Kelly inside for stories, songs and snack.

All children from birth to 2 years of age are welcome.
Children must be accompanied by a maximum of
2 parents or carers.

Please contact our Little Lions coordinator Ms. Gena
for more information: monrada.srasamran@regents-pattaya.co.th





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When St Andrews International School, Green Valley first opened in **1996**, it was a small school with a simple ambition: to provide a world-class education within a caring community. Thirty years later, that ambition has grown into a reality that thousands of families have experienced — and the results speak for themselves.

Average IB Score

Green Valley

34
Points

Global Average

30.58
Points

Top IGCSE Results

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grades

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A* - A

70%

Green Valley students continue to excel. In 2025, our IB Diploma graduates achieved an average of **34 points**, comfortably above the world benchmark, while our IGCSE students recorded 97% A–C and 70% A–A**. These achievements are more than numbers; they are the culmination of years of dedication and the close relationships that define Green Valley.



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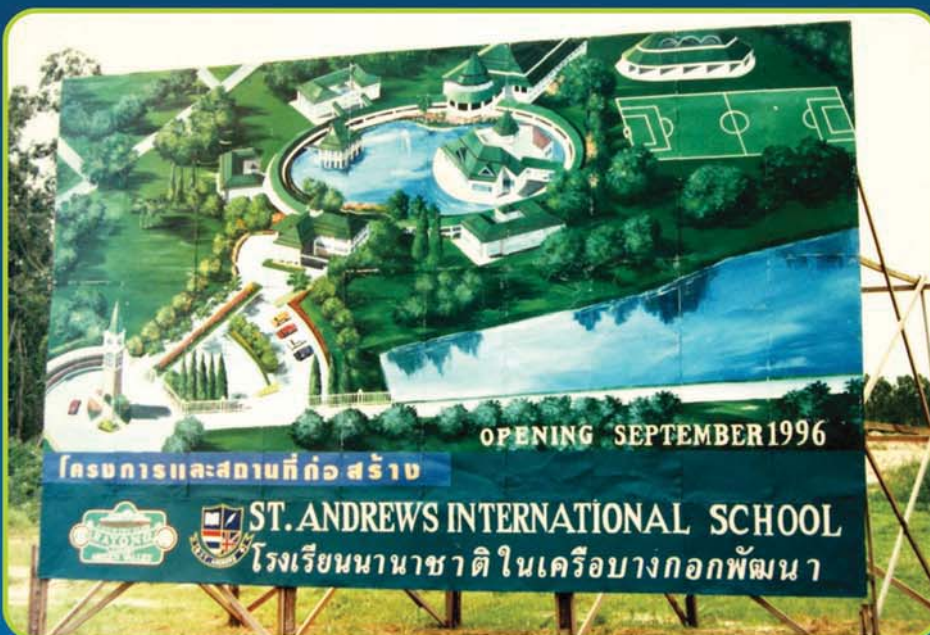
**Be adventurous.
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Be happy.**



“As we celebrate 30 years, what I am most proud of is that success here feels personal,” says Charles Grayhurst, Head of School. **“Every grade, every performance, every smile on a sports field comes from a child who is known, valued, and supported. That’s the Green Valley difference.”**

Parents agree. **“We wanted a school that would challenge our daughter academically, but also care about her as a person,”** says parent of Year 7 student. **“Green Valley has done exactly that. She’s grown in confidence, taken on leadership roles, and achieved results we could only hope for.”**

Students describe a school where learning feels real and alive. **“What I like most is how hands-on everything is,”** says a Year 10 student. **“We don’t just learn about science - we do it. We don’t just talk about textbooks - we design, invent, start businesses, and see the results. It makes learning exciting, and helps us believe we can make a difference.”**



Thirty years is a milestone worth celebrating, but at St Andrews Green Valley, the journey is far from over. **“This isn’t just a school — it’s a family, and it’s where our children are becoming the people they are meant to be,”** says one parent.

THE ONLY AMERICAN INTERNATIONAL SCHOOL ON THE EASTERN SEABOARD

Located inside the beautiful Burapha Golf Club and Resort surrounded by mountains and trees, the International School Eastern Seaboard (ISE) was established in 1994 as an international, college-preparatory day school, serving the expatriate and local communities of Chonburi province, Thailand. ISE provides education from Pre-Kindergarten through Grade 12.

UPCOMING PUBLIC EVENTS

29 Oct 2025 - Open House
 15 Nov 2025 - Family Fun Fair
 22 Nov 2025 - Open House
 26 Nov 2025 - IB Information Night

NOTE: Dates are subject to change.
For the latest updates, kindly check our social media channels.

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What's on The Small Screen



Keri Russell, Rufus Sewell, David Gyas

The Diplomat Season 3, premiering October 16, sees Kate Wyler navigate a new political reality after the President's death. As Vice President Grace Penn—whom Kate has accused of a terrorist plot—takes the top job, Kate must decide whether to accept the Vice Presidency herself. The season will explore this new White House dynamic, including the reunion of *West Wing* stars Allison Janney and Bradley Whitford as the new First Couple, all while international tensions continue to simmer.



Dr. Seuss's Horton

Jim Carrey, Steve Carell, Carol Burnett

Horton the elephant embarks on whimsical adventures with his best friends in the Jungle of Nool.



The Last Frontier

Jason Clarke, Haley Bennett, Simone Kessell

A U.S. Marshal in a quiet Alaskan town finds his peaceful life shattered when a prison transport plane crashes in his jurisdiction.



Down Cemetery Road

Ruth Wilson, Adeel Akhtar, Emma Thompson

After a house explosion in a quiet Oxford suburb, neighbor Sarah Tucker becomes obsessed with finding a young girl who vanished in the blast's aftermath.



Sheriff Country Finale

Morena Baccarin, Christopher Gorham, Matt Lauria

Mickey Fox, a straight-shooting small-town sheriff must juggle her demanding law enforcement duties with a complicated family life.

What's on The Big Screen



The Smashing Machine

Dwayne Johnson, Emily Blunt, Paul Lazenby

Directed by Benny Safdie and starring Dwayne Johnson, *The Smashing Machine* is a gritty biographical drama about legendary MMA fighter Mark Kerr. The film follows Kerr's career and personal life as he battles a severe opioid addiction and navigates a difficult relationship with his girlfriend, all while trying to maintain his champion status in the ring.



Tron: Ares

Jared Leto, Evan Peters, Gillian Anderson

A highly sophisticated AI program named Ares is sent from the digital world into the real world on a dangerous mission.



Shell

Elisabeth Moss, Kate Hudson, Lionel Boyce

A down-on-her-luck actress is offered a life-changing treatment by the glamorous CEO of a wellness company.



Springsteen: Deliver Me from Nowhere

Paul Walter Hauser, Stephen Graham, Marc Maron

This biographical drama explores Bruce Springsteen's personal struggles as he creates the haunting and stripped-down 1982 album, *Nebraska*.



Mortal Kombat 2

Hiroyuki Sanada, Karl Urban, Martyn Ford

With Shang Tsung defeated, Earthrealm's champions must face the tyrannical emperor Shao Kahn and his Outworld army.

HAPPY HALLOWEEN

Haunted Moving Painting



Transform any portrait into a terrifying, animated illusion with the Paranormal Portraits Kit. This all-in-one kit includes our Sprite Digital Video Player and an SD card pre-loaded with eerie videos like "Paranormal Portraits," "GORE-traits," and "Unliving Portraits." You just supply the TV and frame to create a dynamic, triggerable prop that will surprise your guests and add a new level of horror to your haunt.

6.5 ft. Grave & Bones Animated LED App Controlled Ultra Skelly

Unleash a new level of spooky with the 6.5-foot Animated LED Ultra Skelly by Home Accents Holiday. This striking white animated prop features app-controlled lights and movements, letting you create a truly haunting scene from your smartphone. Perfect for adding a high-tech, eerie touch to your Halloween, this brand-new Ultra Skelly is a standout piece that will make your display unforgettable and scrapes to headaches. Perfect for travelers, it ensures you have the right supplies on hand for peace of mind on any journey.



AAXA HP4 Halloween Projector

The latest Auto-Play™ Halloween Projector is here to transform your yard into a ghostly spectacle! This 1080P native projector—an upgrade from 2023's 4.5-star HP3 model—is packed with features to make decorating a breeze.

With its plug-and-play design, you can instantly impress your neighbors using the eight pre-loaded, haunting holographic effects. The built-in speakers and onboard Bluetooth make it easy to add a spooky soundtrack, and you can download even more chilling videos from Spectral Illusions



Le Maitre G300 Smart Fog Machine

The G300 is a powerhouse for creating captivating atmospheric effects, offering both dense fog and subtle haze in one versatile machine. Built for demanding professional environments, it's a go-to choice for touring productions, rental companies, theme parks, and cruise ships.



CELEBRATING 50 YEARS - Barry Upton

Sometimes pictures can tell a story far better than words

I'm now celebrating 50 years since I finished a five year apprenticeship in the Design Drawing Office at Vauxhall Motors and embarked on a professional career as a musician/entertainer which later transformed into a composer/music producer/nightclub DJ/ music video and TV feature producer/TV and radio presenter/YouTuber/plus, feature writer.

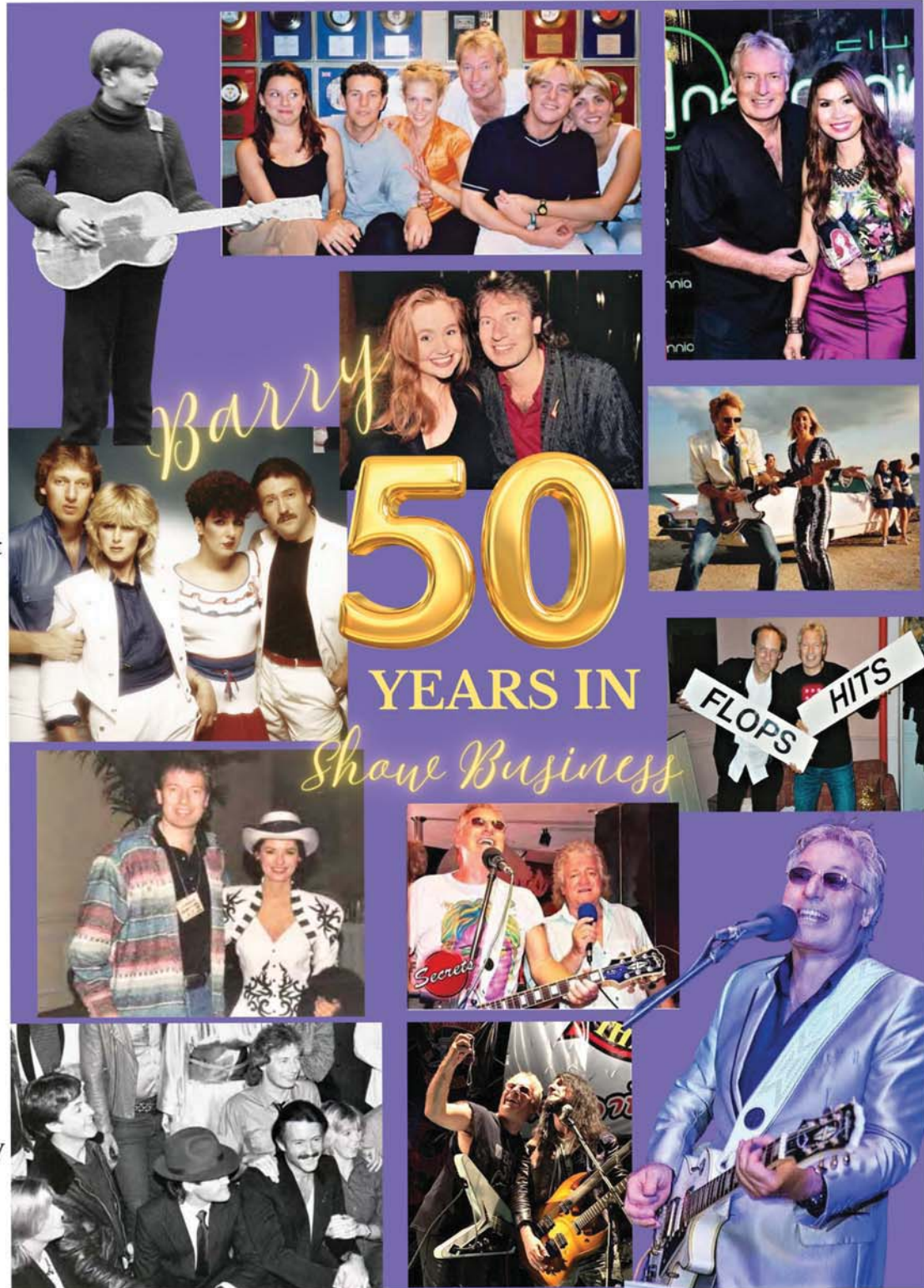
I have had the pleasure to meet and work with many top celebrities internationally plus managed to have many hit records worldwide and other successes far beyond my wildest dreams from 50 years ago.

So, I am grateful for all the opportunities I've been offered and for being wise enough to take all those opportunities with positivity and zest.

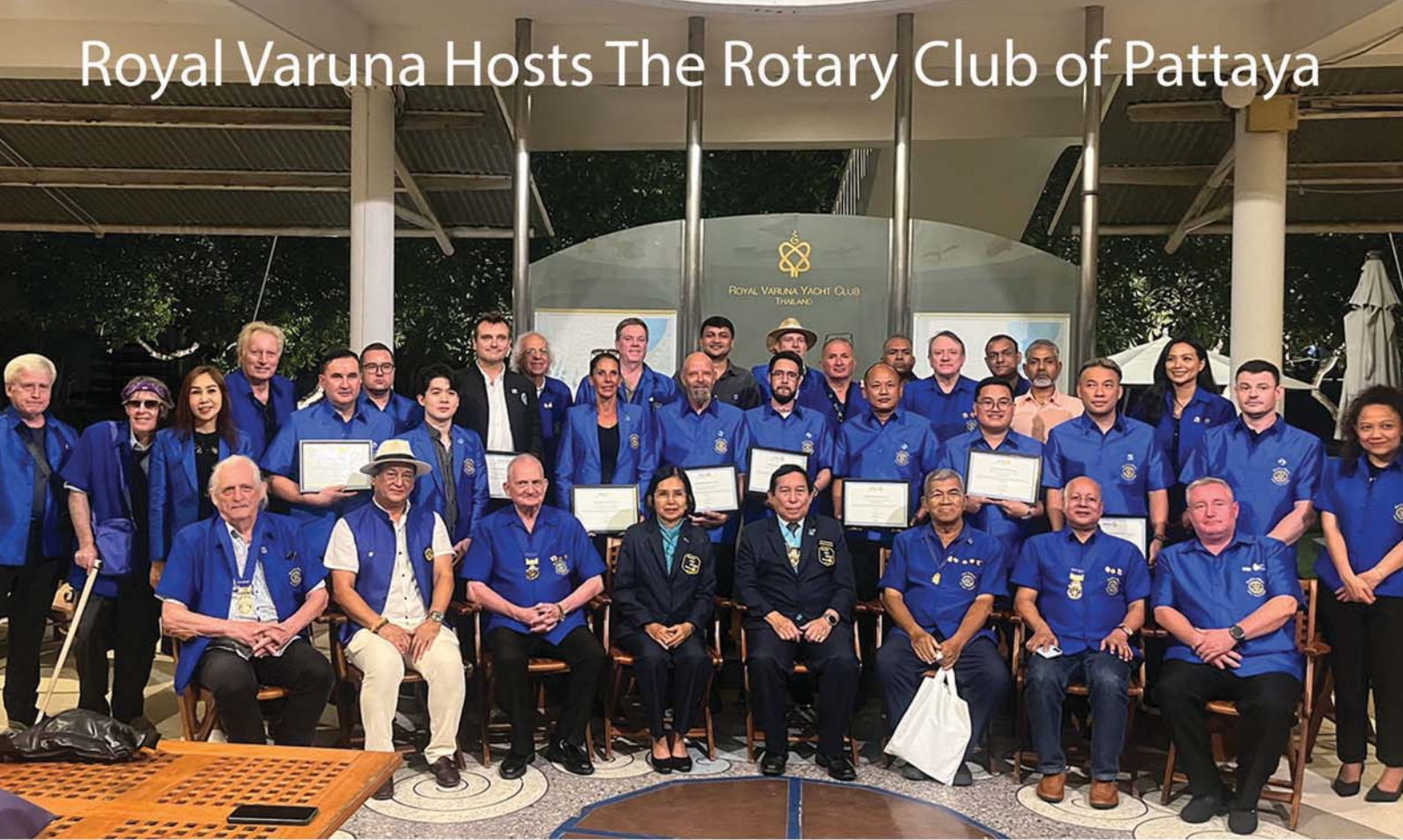
Finally I would like to thank Gloria Jones and Rick Martin at 'Discover Pattaya' for cleverly and thoughtfully putting together this collage of memorable moments from the last 50 years of my career.

They presented it to me at the recent party I held with friends and legends from the music business to celebrate my half decade of 'not working' but completely enjoying my 50 years of fulfilment in the world of entertainment. Here's to a wonderful lifestyle in Pattaya and fabulous memories. Check out these YouTube channels for my recent music and entertainment content.

YouTube – FAB BAZ MUSIC TV YouTube – FAB BAZ SUNSHINE TV



Royal Varuna Hosts The Rotary Club of Pattaya



The Royal Varuna Club with its spectacular sea views stretching right across to Koh Larn is always a wonderful venue. It is therefore no surprise that The Rotary Club of Pattaya have chosen it as a location for their member meetings. We are always happy to attend events at Royal Varuna and to support the work Rotary's many different clubs here in Pattaya. Most recently we were delighted to join them for a new initiative: "Save a Child's Eyes".

Many students in Pattaya struggle with poor eyesight, but cannot afford proper glasses. With the help of generous sponsors the Rotary Club of Pattaya is helping to provide a large number of free eyeglasses to children who need them most. The process begins with teachers and Rotarians identifying children with vision problems. After a professional eye exam, custom glasses are made and given to the children free of charge. In some cases, serious eye conditions that could lead to blindness have also been detected and treated—transforming young lives in profound ways.



This project is made possible through the kindness of sponsors and the dedication of Rotarians who give their time to make a difference. Together, they are changing young lives by giving them the gift of sight and the chance to succeed at school.

District Governor Wewat Srisomphong and his wife joined the celebration which also included the installation of some new member installations.

With a sunset as beautiful as this to look at it was indeed a pleasure to attend,



As our dear friend Chris at Natans celebrates with a spectacular party we ask.....

What's so Great about Turning 60?

It turns out quite a lot according to Japanese Culture

In Japan, turning 60 marks the completion of a profound life cycle and the beginning of a symbolic "second life." This milestone is called kanreki, which literally means "return of the calendar". You have made a full journey through the cycles of time, and you are back at your "starting point," but with wisdom and experience. To many Japanese people, reaching this age represents both a return to origins and a fresh start. They believe that age 60 is a time of renewal. This belief comes from the traditional East Asian calendar which has twelve signs of the zodiac: rat, ox, tiger, rabbit, dragon, snake, horse, goat, monkey, rooster, dog, and pig. There are also five elements: wood, fire, earth, metal, and water. When these two systems are paired, they create a 60-year cycle known as the sexagenary cycle, or eto in Japanese. This means that the zodiac sign and element combination under which you are born will only repeat once every 60 years. Therefore, when you turn 60, you complete one full cycle and arrive back at the exact combination from your birth year. Symbolically, it is as if your life's calendar has "reset". You are reborn into a new cycle of life.

Traditionally, the kanreki celebrant wears red clothing, often a sleeveless vest called a chanchanko, a red cap, or may sit on a red cushion. This choice of colour is important as red is associated with vitality, and the power to ward off evil spirits. Babies are often dressed in red for protection and good luck, so dressing a 60-year-old in red connects them symbolically to infancy and reinforces the theme of rebirth.

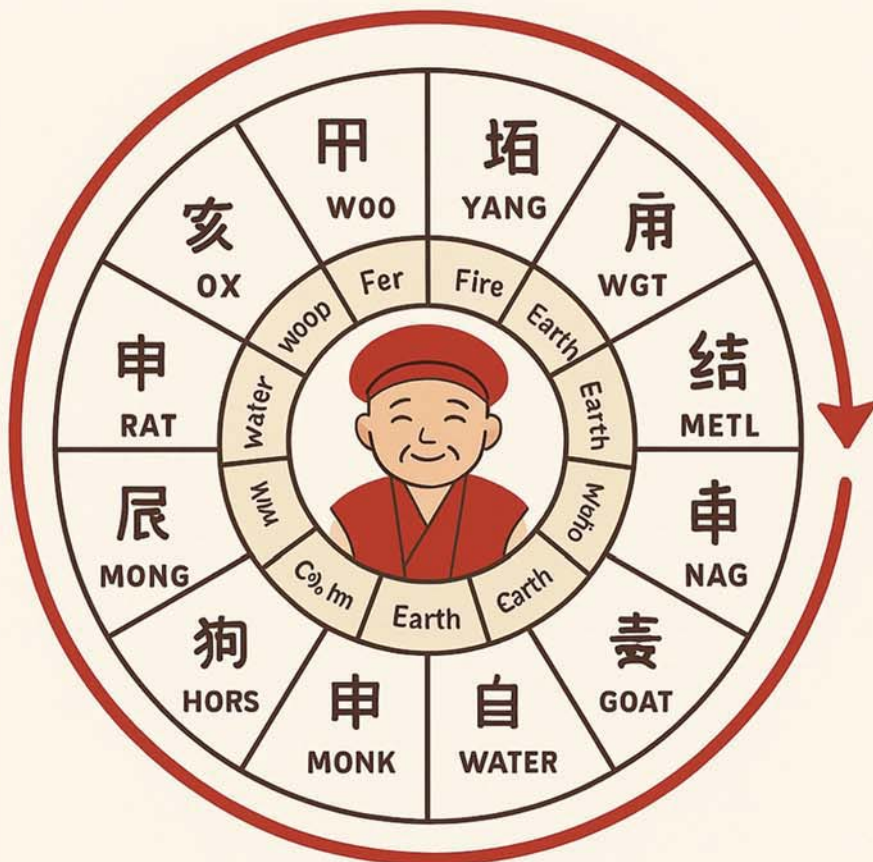
In traditional Japanese society, turning 60 also marked a shift in social roles. Elders would often step back from active leadership in family or community affairs, passing responsibilities to the next generation. Freed from the daily burdens of work, they could focus on teaching, storytelling, and transmitting wisdom. This stage of life was seen as a reward for decades of contribution. The kanreki celebration thus became an opportunity for family members to express gratitude, honor the elder, and acknowledge their life's work, often with a party known as kanreki iwai, where relatives and friends gather to honor the person.

Today in modern Japan, where many people live decades beyond 60, kanreki is no longer seen as the beginning of old age, but as the start of an active and fulfilling stage of life. For some, it is the gateway to retirement; for others, it is a green light to travel, explore new hobbies, volunteer, or even embark on second careers. Many people treat it as an opportunity for self-reinvention, pursuing passions postponed during the busier years of work and family responsibilities. The metaphor of rebirth resonates strongly in this modern context, suggesting that life after 60 can be as vibrant and meaningful as any earlier phase.

In Western societies, 60 may be associated with retirement or senior status, but rarely with rebirth. For the Japanese, turning 60 is not about decline but about completion and renewal. Through the lens of the zodiac cycle, it becomes a moment to look back with gratitude and forward with hope. In a culture where age brings respect rather than invisibility, kanreki serves as both celebration and reminder: life's journey is not a straight path to an ending, but a circle that keeps turning, each completion opening the door to another beginning. The "rebirth" at 60 is therefore not only symbolic but also an invitation to embrace the next phase of life with the curiosity of a child, the wisdom of an elder, and the energy of someone starting out all over again.

By Gloria Jones

KANREKI REBIRTH AT AGE 60



RETURN OF THE CALENDAR

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HARD

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PTEL

Pattaya Trader - Discover Pattaya Expat
Ladies Group

IMPORTANT TELEPHONE NUMBERS

The Pattaya City Center 1337 then 9 for English



Emergency Hotline: 191
Pattaya Police Station: Soi 9
038 420 - 802
Tourist Police 1155



Fire & Rescue 199
Pattaya Fire Station
038 425 943



General Emergency 191 or 911
Bangkok Pattaya 038 259 999
Pattaya international 038 428 374
Pattaya Memorial 038 488 777



Electricity Pattaya
038 426 463
Water 1416 Press 9
For English
Garbage Collection
038 428 100



Airport Flight Information
Suvarnabhumi (02) 132 1888
U-Tapao Airport 038 245 593



Traffic accidents
medical assistance 1669
Highway Police 1193

SOLUTIONS

MEDIUM

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HARD

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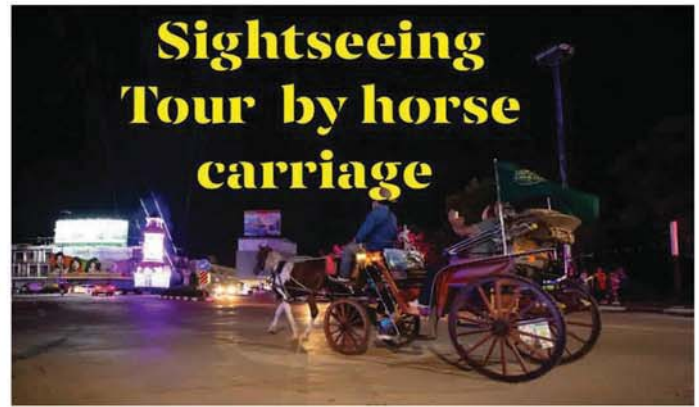
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LAMPANG, THE HISTORIC AND TIMELESS CITY

Chapter 10 – Lampang Overview, the final episode

By: Songpone Siriwanlert

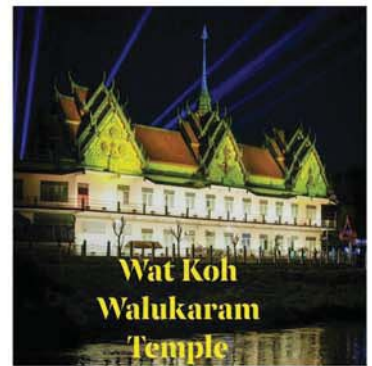
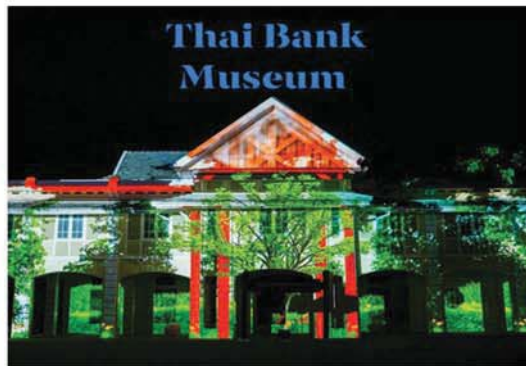
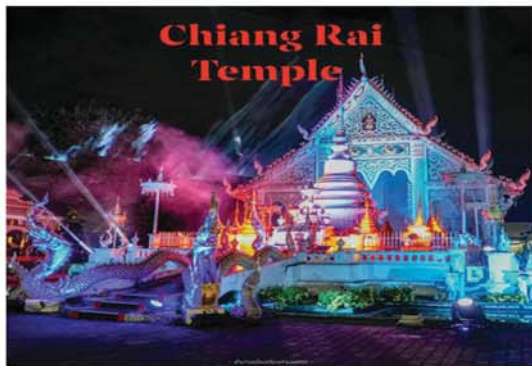
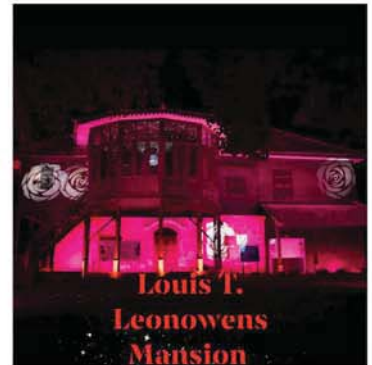
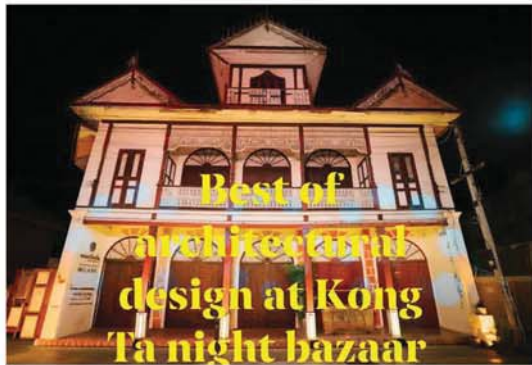
If you have followed our series of articles about Lampang from the beginning, this chapter shall be the summary of important places and natural attractions that you will never miss. In addition, we recommend temple and city sightseeing tour by horse carriage. You may take photographs of such beautiful check-in points to be your fond memories before leaving Lampang.



You will see the beauty of hot springs and waterfalls of cold and warm streams at the confluence point that is covered by steam mist. At the wells of hot mineral water, you can soak eggs therein for 17 minutes then will become soft-boiled eggs. More than that, there are also many rooms for hot mineral bath.

The never missing places to visit.

(some of pictures are taken from Lampang Lighting Show event during 5-14 September 2025)



Travel to Lampang

The most convenient and comfortable way of travelling to Lampang is by train. You may board the train from Bangkok central station to go to Lampang directly.

ลำปาง นครแห่งประวัติศาสตร์ที่อยู่เหนือกาตเงลา

บทที่ 10 – บทสรุป

โดย ทรงพล ศิริวรรณเลิศ

ท่านที่ได้ติดตามอ่านเรื่องราวของลำปางมาตั้งแต่ต้น บทนี้ขอสรุปสถานที่ท่องเที่ยวสำคัญที่ห้ามพลาด รวมถึงแหล่งท่องเที่ยวธรรมชาติ อีกทั้งขอแนะนำให้นักท่องเที่ยวชมเมือง ชมความงามของสถานที่ต่างๆ ซึ่งเป็นจุดเช็คอินและถ่ายภาพไว้เป็นที่ระลึกในความทรงจำอันงดงาม ก่อนจบเรื่องราวทั้งหมด

บ่อน้ำพุร้อนและน้ำตกแจ้ซ้อน

ที่อุทยานแห่งชาติแจ้ซ้อน ชมความงามของน้ำตกและบ่อน้ำพุร้อน ซึ่งท่านสามารถนำไปใส่ชะลอมลงไปในบ่อเพียง 17 นาที ก็จะได้ไข่สุกเป็นยางมะตูม นอกจากนี้ยังมีห้องแช่น้ำแร่ร้อนแบบออนเซ็นไว้บริการ และยังเดินชมน้ำตกที่สวยงามที่มีลำธาร 2 สายได้อีก



ชมวัดวาอารามและสถานที่สำคัญที่ไม่ควรพลาด



นั่งรถม้าชมเมือง

มีให้บริการในราคารอบละ 300 – 500 บาท ขึ้นกับระยะทางและช่วงเวลา

การคมนาคม

การเดินทางไปลำปางที่สะดวกสบายที่สุด ขอแนะนำ ให้เดินทางโดยรถไฟ มีรถด่วนหลายขบวนออกจากสถานีกลางกรุงเทพอภิวัฒน์

Roughly, one year ago, in August 2024, I set out to climb Sweden's highest mountain - Kebnekaise, 2090m above sea level. Situated in the northern part of Sweden, close to Kiruna. A part of Sweden where the sun really never sets during summer and the population live in constant daylight 24/7 - "the Land of the Midnight Sun". On the other hand, during winter time, they live 24/7 in constant darkness. This climb, which also was my first climb, was brutal. The weather conditions were extreme. Strong winds, pouring rain during 14h, flooded rapids and really foggy conditions made the whole experience quite sad and extremely challenging. Normally at the top, the view is breathtaking, but this time you could hardly see your hand in front of you.

So the question is? How can an extreme experience like this, encourage me, 5 months later to climb Kilimanjaro, 5895m above sea level, in Tanzania? The world's tallest, stand alone mountain. I have no clue! Also an adventure with really bad weather conditions but a life changing experience. You can read my article covering this experience on pattayatrader.com

The 7th of August 2025, I again found myself chasing a new bucket list experience - climbing GALDÖPIGGEN - the highest mountain in Norway, Scandinavia and Northern Europe, 2468 metres (8,100 ft) above sea level. Inspired by a friend, with whom I climbed Kebnekaise. This time I managed to convince my dear husband Per, my eldest son Philip and his girlfriend Emma to join me in my quest for adventure.

GALDÖPIGGEN

The highest mountain in Norway, Scandinavia and Northern Europe



Preparation is the key for all activity in mountainous terrain. You need to be in quite good physical condition to manage steep mountain terrain for 11 or more hours. You need to be prepared for very quick weather changes. Investment in good equipment and clothing which protect you from strong winds, rain and snow is of utmost importance! Never ever gamble with this as it can without a doubt, be a matter of life or death.

On the mountain you are left out to the forces of nature and if you don't have high quality clothing to protect you from getting cold it can put you in a severe situation. My trip to Kebnekaise is a perfect example of this. My rain gear kept me dry during 14h of constant raining. I will never forget the faces of those who got stuck during 24h on the mountain this same day, as the rapids flooded and the rescue team did not reach anyone to evacuate them until early the next morning. That was a cold night! So good clothing is a must! Expensive but a must!

Planning for our climb to GALDÖPIGGEN, the hardest thing was convincing my husband, son and his girlfriend of the importance of being well prepared! Months before the climb, I heard myself repeating over and over again: "You need to be physically active months before the climb, you need to prepare your body for steep and rocky hills, walk up stairs, invest in good clothing and BUY walking sticks!

The hardest part was convincing them of the walking sticks! I heard them, simultaneously, say: "walking sticks are for old people". No, a walking stick is not just for "old people"! It is a life saver, both up the mountain and down the mountain. It helps you find balance, it helps your knees while going down the mountain as it can get very steep and slippery and if you are tired, it can be a great support to lean against. Coming down they did thank me! To quote them: "without the walking sticks it would never have been possible"!

In total, it was a couple of amazing days! We drove from our home town Helsingborg, in the south of Sweden, early morning and reached Oslo at 11:00. A 5h drive. In Oslo we picked up our son and his girlfriend. They had taken the train from Stockholm. From Oslo we drove for another 5h (in total a 12h drive). Driving through Norway is with no doubt, like driving through a live postcard. It is so beautiful! The mountains, the lakes, the forests are not to be found in many other places.

After arriving at Spiterstulen, which is the mountain lodge where you stay when climbing GALDÖPIGGEN, we were informed that the weather forecast showed heavy rain and snow at the top (-4 degrees celsius), and very strong winds the next coming day when we had planned our climb. Up to 27s/m on top of GALDÖPIGGEN. My usual luck! Never go climbing with Louise if you want the sun to shine!



The recommendation was to stay in the valley for other activities and see if the weather would change. This actually turned out to be a great recommendation as we could try out our equipment, feel how heavy we could pack our backpacks without feeling uncomfortable and just see how much clothing we would need and practice to dress layer by layer. I have been taught that "layer by layer" is the thing to do. Then you can always adjust your clothing accordingly if the weather changes. We also tried out our walking sticks.

We had set out to leave the mountain cottage at 06:00 am but unfortunately the breakfast did not start until 07:30, which delayed us. You never know what will happen during the climb and you don't want to be stuck on the mountain if the weather changes or an injury occurs. Leaving early is therefore quite important! Before leaving we filled our water bottles and our thermos with hot drinks. It is cold on the top and a warm cup of cocoa or coffee is lovely when you are cold. We had packed extra snacks, bars, candy and sandwiches which we had prepared at breakfast, some pain killers, plasters and a positive attitude. All ready to go!

The mountains in Norway are steep. The incline started directly after leaving the lodge at 1100 metres. We had a plan to use 5h up and 4h down. The weather was on our side. Starting out it was cloudy with some light rain, fog in some parts and quite a lot of snow as we reached higher altitude.



When we reached the top, the sun shone and we felt like actually being on top of the world. In any case on top of northern Europe's highest mountain - GALDÖPIGGEN. The climb had been hard and steep. At one part it was so slippery, icy and steep that many climbers before us, turned around and went back down. Due to my son and his calm approach to the whole situation, we managed to overcome this challenge (although very scared) and continued our climb. We had to pass three steep tops until we reached our final goal and the mountain cottage at the top. In total it took us 6h going up!

After finally reaching the top, we were quite exhausted. It had been a hard climb but I must say that both my husband, my son and his girlfriend were heroes. They have never done anything like this before and had really no idea of what was expected of them. They did so well and I am so proud of them. Even for me, it was a real challenge. My body was tired after too much work back home and too little rest, but of course, so worth it. In the morning heading out I was not really convinced we would manage with what we had set out to do. It was hard at times. Especially when others on the climb gave up. We did it and with that came new energy. It was so beautiful at the top, the sun shone and the sky opened up for us. At this point, you really do feel like a hero. Being in a place that is so spectacular and breathtaking is hard to describe and put into words. Maybe this is why I want to, not only climb mountains but do challenging things over and over again. The feeling of accomplishment.

At the top, it was so nice to sit down, have a hot drink, some sandwiches and chat with others who also had managed to reach the top. We found a group from Japan chatting away at one table and a family of three with a toddler whom they had carried all the way up in a special constructed ruck sack. They had also brought their dog! For us, this just seemed insane and dangerous but in Norway, this is quite normal. A famous Norwegian saying goes: "Gå på tur - aldri sur" which can be translated to: out walking/climbing - never unhappy"

We knew that we couldn't stay for too long time at the top as the weather change can be instant. The trail, going up and down, was marked with a red "T". If it starts to snow and the snow covers those stones, you will find yourself in a very dire situation and maybe not find your way back home. After taking the obligatory photos at the landmark - the highest point - we started our descent. In an instance, the sun suddenly disappeared and the wind started to get nasty. The clouds started to get grey in a scary way and we knew, we needed to hurry up. I had a hard time seeing the red "T" marks which made me nervous. Luckily the weather stabilized and we could continue following other climbers footprints on the way down. It took us 5h back to the lodge.

I would say that the hardest part of climbing a mountain is going down. You are tired and your legs hurt from the steep incline. The part that, at an earlier stage of this story, I described as icy, slippery and steep, we now had to climb up and that was so scary! Again my son was courageous. Slowly and with a secure hand he walked us slowly and safely up that part. I know, I will wake up many times in the future, having a night mare, thinking of exactly that part of the climb. But we found courage and together we did it!



Coming down, we were in heaven! The feeling from yet another successful climb was amazing. We did not give up even if it was really hard at some points. Congratulations to all of us! Gold star to my son who showed such calmness, guiding us and specially guiding his girlfriend when she was afraid or just exhausted. I am so proud of you!

The feeling of accomplishment is hard to describe. Doing things like this, wondering if it even is possible and then succeeding, in what you set out to do, is a life changer, every time! A comparison with life in general, is when we do things that scare us or things that really feel uncomfortable. When we find the courage to do it and succeed, whatever it may be, this is what life is all about. Trying! Even if we don't succeed, we still have the courage to give it a go and that is what it is all about. Trying is succeeding and failure in trying is an even a greater success!

So if you have a dream, big or small, do it! There is no tomorrow! New dreams are now waiting to be fulfilled. What that will be I hopefully will tell you the next time we meet here in "Discover Pattaya".

Until then, lots of love and have a great day!
Louise Roxlin

ireland travel part 1: county mayo



Rolling bright green hills, lighthouses, a deserted town, huge cliffs overlooking the ocean waves, the best pubs with fun Irish traditional music, amazing hospitable people. We experienced all this off the beaten path on the Wild Atlantic Way ... and more! We love Ireland and all there is to see and do.

With 26 counties in the Republic of Ireland, we chose two to explore. This month we will tell you about our experiences in the County of Mayo and next month the County of Donegal. Each has lots of sheep, cows and horses on the greenest pastures grazing and are full of fantastic people.

In County Mayo our knowledgeable guide was Fergus (means warrior) Sweeney. He guided us through the Solas Visitor Centre and we learned about the heritage, music, arts and history of the Erris area. We learned how life was so hard in this part of Ireland; Fergus told the true story of a farmer who in 1910 found the two skeletons of a couple who were trying to flee their famished land from the 1840s. Ireland was an impoverished island in the past, and where to have a potato and bread was luxury. People worked the hardest jobs you could imagine just to be alive. Many didn't make it.



On a happier note we spent an hour at an Irish Gaelic language class and practiced words and phrases. Our driver then took us to the sea for a surprise, what they called "sand sailingsurfing" with sails on the magnificent sandy beach.

We also learnt about the salt made from the ocean at the Achill Island Seasalt factory. The best part of the salt tour was tasting their goodies made from sea salt. We bought a bag of Irish toffee brittle in the well-stocked gift shop.



By Jason Rupp and Carla Marie Rupp

One of the wildest experiences in Mayo County was playing golf at Carne Golf Links. It's spread out on the remote and rugged Mullet Peninsula, along the Wild Atlantic Way in the northwest of the county. We liked how they kept up the nature in the unspoiled sand dunes stretching 150 m above sea level. While we played golf, we admired the breathtaking views of the Atlantic across Blacksod Bay. The course features 18 holes designed by the late Eddie Hackett, who respected the natural landscape. There are also nine holes in the back. We were glad to get a taste of playing at this unique location..

Ceide Fields was another spectacular seascape attraction we enjoyed. It's worth seeing the world's largest Stone Age Monument in a huge lovely area. We hiked and took lots of photos at the wildly picturesque sites. We're so glad we didn't miss it! The visitor center gave informative interpretations. It's not far from the Irish city of Ballina, where we decided to get a two-bedroom apartment for about another week and rest up from all of our adventures.

In touring sights in several counties, we learned a lot, felt exhilarated being near the ocean and beautiful land, found serenity seeing the sheep and cows grazing in the fields, felt sadness in feeling pain of those who suffered and died in the famine, and had jolly fun in the pubs being with strangers who quickly became friends.



We love Ireland and are happy to bring these recommendations for the awesome Counties of Mayo and Donegal. We hope to return someday to the Wild Atlantic Way!

Jason Rupp and Carla Marie Rupp are freelance travel journalists curious about the world and its people and places. Their emails are

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