



CYCLING AND JOGGING ROUTE

You can explore Nai Yang, our pristine and peaceful local neighborhood, with a leisurely jog or cycle ride along our suggested route. The fresh morning air and scenes of everyday local life will reward early risers, but perhaps the most beautiful time of day is at sunset.

TIPS FOR CYCLISTS AND JOGGERS:

- Cyclists should ride on the left side of the road and be wary of cars and motorbikes.
- Joggers are advised to run on the right side of the road (facing the traffic) and be wary of cars and motorbikes.
- Don't forget to take a bottle of water with you to avoid dehydration.
- Try to cycle or jog in the early mornings or evenings to avoid the highest temperatures.
- If you require assistance, please call +66(0) 76 625 555 to contact our staff at the hotel.
- If you need to ask the way back to the hotel, ask the locals for "Rong Raem Marriott".

MORE THINGS TO DO OFF THE MAP

SPORTS AND ACTIVITIES

IWP International Wake Park

Enjoy an exhilarating day on the water at this wakeboarding park.

Distance: 9 km. (19-minute drive)

Opening Hours: 09:00 – 21:00 hrs.

Thanyapura Health & Sports Resort

Discover Phuket's best sports facilities and expert coaching.

Distance: 13.2 km. (20-minute drive)

Opening Hours: 06:00 – 21:00 hrs.

Blue Canyon Country Club

Tee off on two award-winning courses, covering 700 acres of stunning scenery.

Distance: 8.2 km (16-minute drive)

Opening Hours: 06:00 – 19:00 hrs.

Splash Jungle Water Park Phuket

A world-class water park with slides and a pool for parents.

Distance: 14.4 km (21-minute drive)

Opening Hours: 10:00 – 18:00 hrs.

SHOPPING

Khun Mae Ju

Large shopping outlet for local souvenirs and refreshments.

Distance: 11.4 km (19-minute drive)

Opening Hours: 07:30 – 19:00 hrs.

Tesco Lotus Thalang

Major supermarket complex with restaurants and shops.

Distance: 13.3 km (23-minute drive)

Opening Hours: 08:00 – 22:00 hrs.

RESTAURANTS

Laem Hin Seafood Thalang

Local seafood restaurant with indoor seating and an open-air garden.

Distance: 10.5 km (15-minute drive)

Opening Hours: 10:00 – 22:00 hrs.

Thanoon Seafood Restaurant

Popular beachfront restaurant serving fresh seafood and other Thai dishes.

Distance: 24 km (28-minute drive)

Opening Hours: 12:00 – 22:00 hrs.

Kanom Jeen Jee Leaw Thalang

Local restaurant specializing in Phuket breakfast, cold rice noodles and local curry.

Distance: 11.5 km (23-minute drive)

Opening Hours: 08:00 – 15:00 hrs.

OTHER ATTRACTIONS

Wat Prathong

Buddhist temple famous for its half buried golden Buddha statue.

Luang Poh Phra Thong.

Distance: 11.9 km (20-minute drive)

Opening Hours: 08:00 – 17:30 hrs.

Ton Sai Waterfall

Small waterfall nestled in the forest, surrounded by tropical plants and native palms.

National Park Fee: THB 200 per person

Distance: 14.2 km (25-minute drive)

Opening Hours: 24 hours

PHUKET MARRIOTT RESORT AND SPA, NAI YANG BEACH

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