

7 Days in Thailand: Bangkok, Phuket & the Phi Phi Islands

Bangkok, Thailand & Phuket, Thailand · January · 7 days

Tailored for couples - includes romantic spots, intimate dining, and couple-friendly activities

Three days in Bangkok, then four in Phuket. Eat your way along Yaowarat Road, take a longtail boat through the Thonburi canals, and spend a full day at Maya Bay and Pileh Lagoon.

Open the interactive trip: live map, photos and links

Before you go: [Get a Thailand eSIM: data on landing](#)

What this trip might cost, per person for 7 days, flights extra:

Budget \$190-220 · Mid-range \$380-530 · Comfort \$700
Opening hours, prices and transport change. Please double-check bookings and times before you go.

YOUR TRIP AT A GLANCE

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DAY 1

Yaowarat Road and Seafood in Chinatown

Bangkok · 3 nights
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AFTER THE LAST DAY

Before you go: Bangkok, Phuket

Yaowarat Road and Seafood in Chinatown

Arrival day: an easy start close to your stay

Sunrise 6:46 AM

Golden hour 5:39 PM

Sunset 6:10 PM

Your base for 3 nights: Bangkok

Spend the evening walking Yaowarat Road, stop at the Yaowarat 9 intersection for street snacks, and finish with dinner at Nai Mong Hoi Seafood.

GO

11:30 AM · 45 minutes

Suvarnabhumi Airport to Chinatown

Take the Airport Rail Link train to Phaya Thai (30 mins, 45 baht), then BTS Skytrain to Chong Nonsi (5 mins, 16 baht). Arrive at your base by early afternoon with plenty of time to rest.

- Airport Rail Link + BTS · 30-45 minutes · \$4-6 per person
- Shared shuttle minibus · 45-60 minutes · \$8-12 per person
- Grab/Taxi (metered) · 45-90 minutes depending on tra · \$12-20 per person

[Book a transfer](#)

1

4:00 PM · 1.5 hours

Yaowarat Road

Free

The heart of Chinatown. Stroll the narrow street as it comes alive in the late afternoon: gold shops, dried goods stores, old shop-houses with faded signs. The vibe shifts completely once the sun drops. Walk north from Chong Nonsi BTS (about 10 minutes downhill toward the river), or south from Hua Lamphong MRT.

Insider tip: Start walking around 4 PM so you catch the last light on the old shopfronts, then stay as dusk falls and the market stalls open.

[Open in Google Maps >](#)

2

6:15 PM · 2 hours

Yaowarat 9 Intersection

Free

Where Yaowarat Road crosses Charoen Krung Road: this is where the night market really ignites around 6:30 PM. Expect crowds, street vendors, and the smell of grilled fish, meatballs, and mango sticky rice. Walk a few blocks in any direction from here to find stalls. Close to your base.

Insider tip: Arrive by 6:30 PM before the crowd peaks. Eat standing up and try multiple small plates; don't commit to one restaurant.

[Open in Google Maps >](#)

3

8:00 PM · 1 hour

Nai Mong Hoi Seafood

\$11-22 per person for dinner · Open 5 PM-midnight

A casual, no-frills spot (one of many in Chinatown) famous for fresh oysters grilled with butter and garlic, plus crab omelette and Thai-style fried fish. Located on Yaowarat Road itself. Order at the counter and grab a plastic stool. Dinner for two runs 300-400 baht.

Insider tip: Ask for the grilled oysters (hoi mangpoo tod) and the crab omelette (kai pu). Beer or Thai iced tea. Don't expect silence or polish.

[Open in Google Maps >](#)

DAY 1: YAOWARAT ROAD AND SEAFOOD IN CHINATOWN (CONTINUED)

If you land early (optional, close to your stay, before the plan above)

Lumphini Park: Large green space with a lake, jogging paths, and monitor lizards. A calm morning walk if you land early, about 20 minutes north of Chinatown by BTS.

Talad Noi Pier: Old wooden pier and waterfront stalls selling coffee and snacks in a quiet corner of the riverside, 15 minutes south of Chinatown on foot.

Open Day 1 as a route in Google Maps

Where to stay in Bangkok

Book near Yaowarat Road itself, or one block east on Charoen Krung Road: close to the night market and BTS Chong Nonsi. Skip the backpacker areas further north; you want to be right in the thick of it.

Lub d Bangkok Hostel

Budget · Hostel · \$

Private rooms available, great vibe, central Chinatown location. Social but clean.

Book now

Google Maps >

Lub d Silom

Budget · Hostel · \$

Central Silom location, social rooftop bar. Good for couples seeking local vibe.

Book now

Google Maps >

Lub d Bangkok Silom

Budget · Hostel · \$

Pod beds, rooftop bar, walkable to everything. Social but quiet enough.

Book now

Google Maps >

Shanghai Mansion Bangkok

Mid-range · Hotel · \$\$

Heritage Chinese shophouse hotel, Yaowarat location, character without fuss. Walking distance to everything.

Book now

Google Maps >

Chinatown Hotel

Mid-range · Hotel · \$\$

Straightforward, comfortable, right in the heart. Good base for market exploration and early temple days.

Book now

Google Maps >

Riva Surya Bangkok

Mid-range · Hotel · \$\$

Riverside charm, walking distance to Wat Pho and Chinatown. Mid-range comfort.

Book now

Google Maps >

All stays in Bangkok

Holiday rentals

DAY 1: YAOWARAT ROAD AND SEAFOOD IN CHINATOWN (CONTINUED)

Where to eat

Nai Mong Hoi Tod

Thai street food, oyster omelettes · Lunch · \$

Crispy oyster omelettes, the dish that made this stall famous. Tiny place, always a queue.

[Google Maps >](#)

Tao Kae Noi Seafood

Thai seafood · Dinner · \$\$

Grilled fish, garlic crab, pad thai. Right on Yaowarat Road, watch the street scene while you eat.

[Google Maps >](#)

Chinatown night market stalls

Thai street snacks · Evening grazing · \$

Fishcakes, grilled chicken skewers, mango sticky rice, fresh coconut water. Roam and nibble.

[Google Maps >](#)

TOURS & DAY TRIPS FROM BANGKOK

FULL DAY (8-10 HOURS)

Phi Phi Islands day trip

Limestone cliffs, turquoise water, and snorkeling at Monkey Beach and Bamboo Island. The speedboat gets you there in 90 minutes and back by evening.

[Book now](#)

HALF DAY (4 HOURS)

Thai cooking class

Learn to make pad thai, curry, and fresh spring rolls from a chef, then eat what you cooked. Half-day classes let you explore the city after.

[Book now](#)

3 HOURS

Chinatown night market walk

Yaowarat Road lights up after dark with food stalls, gold shops, and crowds. Go for the roast duck, mango sticky rice, and chaos.

[Book now](#)

3 HOURS

Grand Palace and Wat Phra Kaew

Thailand's most sacred temple complex. Book a skip-the-line ticket and arrive by 8:30am to beat crowds and heat.

[Book now](#)

HALF DAY (4-5 HOURS)

Floating markets sunrise tour

Damnoen Saduak or Amphawa floating markets offer vendor boats, fresh produce, and breakfast amid canals. Sunrise is quietest.

[Book now](#)

Wat Pho, Thonburi Canals and a Cooking School

Sunrise 6:46 AM

Golden hour 5:39 PM

Sunset 6:10 PM

Sleep in Bangkok · night 2 of 3

See the reclining Buddha at Wat Pho, ride a boat through Khlong Bangkok Noi and Khlong Banh Luang, then visit Supatra Herb & Wellness and the Mandarin Oriental cooking school.

1

8:00 AM · 1.5 hours

Wat Pho

\$3 per person · Open 8 AM-5 PM

The massive reclining Buddha is best seen before crowds arrive. The temple opens at 8 AM and you'll have the courtyards mostly to yourself. A 15-minute walk from central Silom, or take the BTS to Saphan Taksin and walk 10 minutes.

Insider tip: Go straight to the main ordination hall where the Buddha lies. Avoid the outer courtyards first.

[Book tickets](#)[Open in Google Maps >](#)

2

10:00 AM · 2 hours

Thonburi Canal Tour (Khlong Bangkok Noi and Khlong Banh Luang)

\$11-17 per person · Open Tours run throughout the day

A 1.5-hour longtail boat tour through narrow canals lined with wooden stilt houses, temples, and local markets. You'll see how Bangkokians actually live away from the main roads. Start from the Sathorn Pier (Taksin Pier), a 5-minute walk from Wat Pho.

Insider tip: Book a shared longtail boat the morning of; private boats are pricier. Wear sunscreen and bring a hat.

[Book tickets](#)[Open in Google Maps >](#)

3

1:00 PM · 2 hours

Book ahead

Supatra Herb & Wellness

\$8-14 per treatment · Open 10 AM-7 PM

A quiet riverside spa tucked into a traditional wooden shophouse. Get a Thai massage here to reset before dinner. A 10-minute taxi from Taksin Pier, or walk 20 minutes along the riverside promenade.

Insider tip: Book ahead via phone or arrive early. The foot massage is excellent value at around 300 baht.

[Book tickets](#)[Open in Google Maps >](#)

4

4:30 PM · 3.5 hours

Book ahead

Mandarin Oriental Thai Cooking School

\$42-56 per person · Open Classes run mornings and afternoons

A market walk in the early evening, then a hands-on Thai cooking class in the hotel's kitchen overlooking the river. You'll make four dishes and eat what you cook. Book this ahead; it runs 5-8 PM most days. A 5-minute walk from Supatara or a 10-minute taxi from anywhere in Silom.

Insider tip: The class includes a pre-class market visit at 4:30 PM. Arrive early to explore Wat Pho's markets on foot if you're early.

Book tickets

Open in Google Maps >

Open Day 2 as a route in Google Maps

Where to eat

Err

Thai · Breakfast · \$

Boat noodles in a shophouse. Arrive by 7:30am, order the pork version.

Google Maps >

Supanniga Eating Room

Thai Regional · Lunch · \$\$

Northern Thai, close to Wat Pho. Try khao soi and sticky mango if in season.

Google Maps >

Baan Klang Naam

Thai · Dinner · \$\$

Riverside setting, grilled fish and papaya salad. Sunset views from the deck.

Google Maps >

Amphawa Floating Market and Wat Arun

Sunrise 6:46 AM

Golden hour 5:39 PM

Sunset 6:10 PM

Sleep in Bangkok · night 3 of 3

Cook with Malee's Cooking School in the morning, head out to Amphawa Floating Market, then come back for Wat Arun and dinner at Supanniga Eating Room.

1

8:30 AM · 4 hours

Book ahead

Thai Cooking Class at Malee's Cooking School

\$22-33 per person · Open Classes run 8:30 AM-12:30 PM

You'll shop at a local market with your instructor, then cook 4-5 dishes (curry, stir-fry, soup, pad thai) in a real home kitchen and eat what you make. It's hands-on and paced for beginners. Most classes pick up from central hotels; confirm your pickup time when you book.

Insider tip: Book the day before. Bring an empty stomach and wear comfortable clothes you don't mind getting sauce on.

Book tickets

Open in Google Maps >

2

1:00 PM · 2 hours

Amphawa Floating Market

Free to browse; budget \$8-14 for food · Open 11 AM-5 PM (Amphawa Friday-Sunday for night market; daytime

A riverside market where vendors sell from wooden boats and stalls: fresh produce, flowers, cooked snacks, souvenirs. It's less touristy than Damnoen Saduak and feels like the real thing. Take a local boat taxi (20 baht) from the pier near the market entrance, or walk the wooden walkways.

Insider tip: Go early in the afternoon before the evening crowd. Cash only for most vendors. Try the mango sticky rice from a boat stall.

Open in Google Maps >

3

3:30 PM · 1.5 hours

Wat Arun

\$1.50 per person · Open 8:30 AM-5:30 PM

A riverside temple with a steep central prang (spire) covered in coloured tiles and porcelain. Climb to the second terrace for a view over the Chao Phraya. It's across the river from the Grand Palace. Cross by ferry from Tha Chang pier (3 baht, 5 minutes).

Insider tip: Enter before 5 PM to avoid the dark. Wear shoulder coverage and remove shoes before climbing. The view over the river at sunset is worth the steep steps.

Book tickets

Open in Google Maps >

4

6:15 PM · 1.5 hours

Book ahead

Supanniga Eating Room (Thonburi branch)

\$14-22 per person for dinner · Open 11 AM-10 PM

Northern and northeastern Thai dishes in a calm wooden dining room overlooking the river. The som tam is fresh, the khao soi is rich, and the fish curry is excellent. Dinner here feels unhurried and local. It's a 5-minute walk from the Wat Arun pier area.

Insider tip: Ask for the house fish curry and order the nam pla dip (raw vegetables with chilli dip) to start. Book a table by the window for the last of the golden light.

[Open in Google Maps >](#)

Open Day 3 as a route in Google Maps

Where to eat

Krua Apsorn Wat Samsen

Thai · Breakfast · \$

Open since dawn. Get boat noodles, go early before 7am rush.

[Google Maps >](#)

Cooking Sun Thai Cooking School

Thai Cooking Class · Lunch · \$\$

Half-day class includes market tour, prep, cook, eat what you make.

[Google Maps >](#)

Supanniga Eating Room

Thai Regional · Dinner · \$\$

Isaan specialities. Order som tam and sticky rice, sit by the window.

[Google Maps >](#)

Phuket Old Town, Big Buddha and Patong

Sunrise 6:45 AM

Golden hour 5:58 PM

Sunset 6:27 PM

Your base for 4 nights: **Phuket**

Wander the Sino-Portuguese buildings of Phuket Old Town, drive up to the Big Buddha, then spend the afternoon at Patong Beach and have dinner at Catch by Similan.

GO

8:30 AM · 3 hours

Suvarnabhumi Airport (BKK) to Phuket International Airport (HKT)

Flight leaves Bangkok mid-morning and lands in Phuket by early afternoon. Grab a minibus or shared shuttle from the airport directly to Patong Beach (45 minutes, 200-300 baht). Cost: domestic flight around 1500-3500 baht one-way.

- Flight · 1.25 hours · \$35-60 per person

- Bus · 12-14 hours · \$15-25 per person

[Compare flights](#)

1



2:00 PM · 1.5 hours

Phuket Old Town (Sino-Portuguese buildings)

Free

Wander the pastel shophouses and narrow streets of the old quarter, built in the tin-mining era. Stop for a snack at a local stall and snap photos of the colourful facades. A 20-minute shared songthaew ride from Patong (30-40 baht per person) or taxi.

Insider tip: Head straight to Thalang Road for the best photo spots and quietest cafes before the sun drops.

[Open in Google Maps >](#)

2

3:45 PM · 1 hour

Big Buddha (Phuket)

\$0.85 per person · Open 8 AM-7 PM

A short ride uphill to this 45-metre marble statue with views across the island and Andaman Sea. The hike up is steep but short (10 minutes). A songthaew from Old Town or taxi (20 minutes, 80-120 baht).

Insider tip: Arrive by 5:45 PM to catch the sun dropping over the sea and avoid afternoon heat.

[Open in Google Maps >](#)

3

5:45 PM · 2 hours

Patong Beach

Free

The island's liveliest strand: soft sand, warm water, and a buzzing beachfront strip. Walk the shore at golden hour (sunset at 6:27 PM), then grab a spot on a beach club terrace for dinner. Taxi back from Big Buddha (15 minutes, 100-150 baht).

Insider tip: Skip the main restaurant shacks; head to a rooftop bar or beach club for better food and views.

[Open in Google Maps >](#)

4

7:30 PM · 1.5 hours

Book ahead

Catch by Similan

\$17-33 per person for dinner · Open 5:30 PM-11 PM

Upscale but not fussy: grilled fish, prawns, and Thai curries overlooking Patong Beach. Expect 400-600 baht per main. Reserve ahead in high season. On the beachfront promenade.

Insider tip: Order the daily catch grilled whole and ask for a table on the upper terrace for sunset views.

[Open in Google Maps >](#)[Open Day 4 as a route in Google Maps](#)

Where to stay in Phuket

Book in Patong Beach: walkable to restaurants, bars, and the sand. The beachfront area has decent mid-range hotels and you're close to the pier for tomorrow's Phi Phi day trip.

Phuket Old Town Hostel

Budget · Hostel · \$

Dorm beds in restored shophouse. Sociable vibe, walking distance to Sino-Portuguese architecture.

[Book now](#)[Google Maps >](#)

Baan Karon Hotel

Budget · Hotel · \$

Karon Beach, quiet and central. No frills, good wifi, friendly staff, 20min to pier.

[Book now](#)[Google Maps >](#)

Patong Boutique Guesthouse

Budget · Guesthouse · \$

Old building, new rooms. Heart of Patong's action. Closest to speedboat operators and restaurants.

[Book now](#)[Google Maps >](#)

Baan Malee Guesthouse

Budget · Guesthouse · \$

Phuket Town center, no fuss, clean rooms. Walkable to markets and transport.

[Book now](#)[Google Maps >](#)

Phuket Backpackers Hostel

Budget · Hostel · \$

Social vibe, private rooms available, kitchen access. Town center, close to night life.

[Book now](#)[Google Maps >](#)

Mom Trieb Boutique House

Mid-range · Guesthouse · \$\$

Charming restored Sino-Portuguese building in Old Town. Couples' rooms, quiet courtyard, breakfast included.

[Book now](#)[Google Maps >](#)[All stays in Phuket](#)[Holiday rentals](#)

DAY 4: PHUKET OLD TOWN, BIG BUDDHA AND PATONG (CONTINUED)

Where to eat

Kopi-O Old Town Phuket

Thai Breakfast · Breakfast · \$

Locals queue for roti, strong coffee, and soft-boiled eggs with soy sauce. Opens 7am.

[Google Maps >](#)

Bimi Seafood Restaurant

Thai Seafood · Lunch · \$\$

Casual beachside spot near Patong. Grilled fish, garlic prawns, som tam. Arrive by noon.

[Google Maps >](#)

Savoey Seafood Restaurant (Old Town branch)

Thai Seafood · Dinner · \$\$

Mid-range chain, reliable. Order the garlic crab and pad thai. Sit upstairs for people-watching.

[Google Maps >](#)

TOURS & DAY TRIPS FROM PHUKET

HALF DAY

Thai cooking class

You'll learn to make curries, stir-fries, and fresh spring rolls from a local chef, then eat what you cooked, and get a recipe card to take home.

[Book now](#)

3 HOURS

Patong night market food tour

Walk through stalls selling pad thai, grilled seafood, and mango sticky rice, taste 5-6 dishes, and soak in the chaos without getting lost or overcharged.

[Book now](#)

FULL DAY

Phang Nga Bay limestone cave kayak

Paddle through mangroves and limestone caverns on the Bay, spot monkeys and eagles, and feel a world away from the beach crowds.

[Book now](#)

HALF DAY

Big Buddha and Old Phuket Town half-day

Climb to the 45-metre Big Buddha for views across the island, then wander the old town's colourful Sino-Portuguese buildings and local cafes.

[Book now](#)

Maya Bay, Pileh Lagoon and Monkey Beach

Sunrise 6:45 AM

Golden hour 5:58 PM

Sunset 6:27 PM

Sleep in Phuket · night 2 of 4

Take a boat trip out to Maya Bay, swim at Pileh Lagoon, and stop at Monkey Beach on the way back.

GO

7:30 AM · 2.5 hours

Phuket Boat Lagoon to Phi Phi Islands

Speedboat departs 8:30 AM for the 90-minute crossing to Phi Phi Don. Book the night before; your hotel can arrange it or use Viator or Klook. Cost around 700-1000 baht return including lunch and snorkelling gear.

1

10:15 AM · 1 hour

Maya Bay

Included in tour

The film-famous beach ringed by 300-meter cliffs. Boats drop you for 30-45 minutes to swim and photograph. Water's calm and bright blue; the beach is narrow and crowded by midday. A 5-minute boat ride from Phi Phi Don pier.

Insider tip: Arrive first: the best photos are taken before 10:30 AM when light is soft and fewer people are in the water.

[Open in Google Maps >](#)

2

11:30 AM · 1.5 hours

Pileh Lagoon

Included in tour

Enclosed turquoise lagoon with high limestone walls and a small beach. You'll swim and snorkel here; visibility is 5-15 metres and you'll see reef fish, sometimes baby sharks. A 10-minute boat ride from Maya Bay.

Insider tip: Snorkel near the entrance: the water is clearest and fish are most active in the first hour.

[Open in Google Maps >](#)

3

1:15 PM · 45 minutes

Monkey Beach

Included in tour

A small beach on Phi Phi Don's west coast where long-tailed monkeys come to bathe. Brief stop to watch them; bring no loose items. A 15-minute boat ride from Pileh Lagoon.

Insider tip: Keep your distance and watch the guide. Monkeys are wild and will grab sunglasses, phones, or food.

[Open in Google Maps >](#)

GO

3:30 PM · 1.5 hours

Phi Phi Don Pier to Phuket Boat Lagoon

Return speedboat departs around 3:30 PM. Journey takes 90 minutes. You'll be back at the lagoon by 5:15 PM, with time to rest before dinner.

DAY 5: MAYA BAY, PILEH LAGOON AND MONKEY BEACH (CONTINUED)

PREFER A GUIDE? · FULL DAY

Phi Phi Islands boat trip

The islands are stunning limestone cliffs and turquoise water, and you'll snorkel at Monkey Beach and relax on the white sand without the effort of renting your own boat.

[Book this tour](#)

[Open Day 5 as a route in Google Maps](#)

Where to eat

Phuket Boat Lagoon Pier - Breakfast Stalls

Thai Street Food · Breakfast · \$

Grab jok and coffee before 6:30am boat departure. Go early, go hungry.

[Google Maps >](#)

Phi Phi Don - Tonsai Bay Beachfront Vendors

Thai Seafood · Lunch · \$\$

Fresh grilled fish and papaya salad right on the sand. Eat where your boat lands.

[Google Maps >](#)

Mom Tri's Kitchen, Phuket

Thai Fine Dining · Dinner · \$\$\$

Cliff views over Kata Beach. Celebrate the day with proper pad thai and sunset drinks.

[Google Maps >](#)

Kata and Karon Beaches and Karon Viewpoint

Sunrise 6:45 AM

Golden hour 5:58 PM

Sunset 6:27 PM

Sleep in Phuket · night 3 of 4

Spend the day on Kata Beach and Karon Beach, stop at Karon Viewpoint, and have dinner at On The Rock Restaurant.

1

7:30 AM · 1.5 hours

Kata Beach

Free

A calm, sandy cove with gentle waves and fewer tourists than Patong. Good for a long swim and breakfast by the water. Walk straight down from Kata village to the beach.

Insider tip: Go early before families arrive. The left side of the beach near the rocks has the best light and fewer umbrellas.

[Open in Google Maps >](#)

2

9:15 AM · 2 hours

Karon Beach

Free

A wider, quieter beach north of Kata with shallow water and soft sand. Less touristy, better for a long walk and a second coffee. A 15-minute songthaew ride or 45-minute walk north along the beach.

Insider tip: Walk the entire length. The northern end near the rocks is emptier and has a few small cafes set back from the sand.

[Open in Google Maps >](#)

3

12:30 PM · 1.5 hours

Book ahead

On The Rock Restaurant

\$22-42 per person for lunch · Open 11 AM-10 PM

Hilltop seafood spot between Kata and Karon with views down to both beaches and the Andaman Sea. Fresh grilled fish, prawns and crab cooked to order. A 10-minute songthaew from Kata beach to the restaurant stop on the main road.

Insider tip: Order the grilled sea bass or the garlic prawns. Ask for a table on the terrace facing the water. Book ahead in high season.

[Open in Google Maps >](#)

4

5:45 PM · 1 hour

Karon Viewpoint

Free

A short, steep walk uphill from Karon village to a low ridge with views over both Kata and Karon beaches and the sea beyond. Best at golden hour. A 5-minute walk uphill from the southern end of Karon Beach.

Insider tip: Arrive by 5:50 PM to catch the light hitting the beaches. Bring water. The path is steep but short.

[Open in Google Maps >](#)

5

7:00 PM · 2 hours

Book ahead

Bimi Beach Club

\$11-22 per person for drinks/food · Open 4 PM-midnight

A low-key beachfront bar and grill in Kata with grilled seafood, cold beer, and a lounge-style vibe. Quieter than Patong spots. A 10-minute walk south along Kata Beach from the village.

Insider tip: Come for sunset drinks and stay for dinner. The fish curry and crispy whole snapper are reliable. Book a beach-side table if you can.

[Open in Google Maps >](#)

Open Day 6 as a route in Google Maps

Where to eat

Carnivore Restaurant

Thai and International · Lunch · \$\$

Beachfront spot in Kata. Order fresh grilled fish and som tam with a cold beer.

[Google Maps >](#)

On the Beach Restaurant and Bar

Seafood and Thai · Dinner · \$\$

Karon Beach views. Garlic prawns and whole grilled snapper, eat early before sunset crowd.

[Google Maps >](#)

Bimi Cafe

Thai and Cafe · Breakfast · \$

Local spot in Kata village. Pad thai and strong coffee to start before the beach.

[Google Maps >](#)

Phuket Weekend Market and Jungceylon

Sunrise 6:45 AM

Golden hour 5:58 PM

Sunset 6:27 PM

Sleep in Phuket · night 4 of 4

Browse the stalls at Phuket Weekend Market for last gifts, then finish with some air-conditioned time at Jungceylon Shopping Mall.

1

8:00 AM · 1.5 hours

Phuket Weekend Market

Free (budget THB 300-500 /\$8-14 for food/shopping) · Open 9 AM-1 PM Saturday-Sunday

Saturday-Sunday open-air market in Phuket Town selling everything from textiles and crafts to fresh produce and ready-to-eat snacks. Pick up last-minute souvenirs and try fresh mango sticky rice or grilled fish cakes. A 15-minute songthaew ride from central Patong.

Insider tip: Go early before it gets crowded. Skip the tourist trinkets, hunt for textile stalls and local snacks near the back.

[Open in Google Maps >](#)

2

10:00 AM · 1.5 hours

Jungceylon Shopping Mall

Free (shopping as desired) · Open 10 AM-9:30 PM

Modern mall in Patong with a ground-floor food court serving cheap, authentic Thai lunch. Grab pad thai, som tam, or khao man gai before heading out. Five minutes' walk from most Patong hotels.

Insider tip: The food court has no English menus; point at what looks good or ask staff to recommend a dish under 60 baht.

[Open in Google Maps >](#)

GO

12:00 PM · 1 hour

Patong to Phuket International Airport

Taxi or grab from Patong to Phuket International Airport (about 45 minutes, 300-400 baht by meter taxi or 250-350 baht by Grab depending on traffic). Allow 3 hours before domestic flights, 4 hours before international.

- Shared taxi/minibus · 0.75-1 hour · \$8-12 per person
- Grab (app-based) · 0.75-1 hour · \$10-15 per person
- Private transfer · 0.75-1 hour · \$25-35 total for two

[Book a transfer](#)

[Open Day 7 as a route in Google Maps](#)

DAY 7: PHUKET WEEKEND MARKET AND JUNGCEYLON (CONTINUED)

Where to eat

Kop Chai

Thai · Breakfast · \$

Local shophouse, congee and pork offal. Arrive before 8am, it closes by 10.

[Google Maps >](#)

Thalang Sausage Market

Thai Street Food · Lunch · \$

Morning market stall, sai oua (northern sausage) and sticky rice. Go around 11am.

[Google Maps >](#)

Blue Whale Restaurant

Thai Seafood · Dinner · \$\$

Waterfront spot near Saphan Hin pier. Grilled fish, sunset views before your evening flight.

[Google Maps >](#)

BEFORE YOU GO: BANGKOK

When's the best time to do the Phi Phi day trip?

Book for your second day so you're fresh and have one day to recover before flying out. Boats leave around 7-8am from Phuket's Rassada Pier and return by 5-6pm. January seas are calm and visibility is excellent.

Which night market should I go to?

Chatuchak Weekend Market is huge and overwhelming; skip it for a couple. Talad Rod Fai (Rod Fai Market) on weekends is smaller, better food, fewer crowds. Chinatown's Yaowarat Road has street food stalls open most evenings, especially after 5pm.

How do I book a Thai cooking class?

Book through Klook, Viator, or your hotel. Half-day classes (9am-1pm or 2-6pm) cost 800-1500 baht and usually include shopping at a local market, then cooking four dishes at a small school. Book the evening class so you have your Phi Phi day free.

Do I need to dress up to visit temples?

Yes. Wear long trousers or a sarong below the knee, a shirt covering your shoulders, and remove shoes at the door. Wat Phra Kaew (the Grand Palace temple) enforces this strictly; casual temples are more relaxed but respectful dress is always appreciated.

What's the weather like in Bangkok in January?

Expect 26-32°C (79-90°F) daytime, dropping to 20-23°C (68-73°F) at night. Pack light cotton clothes, sunscreen, and a light layer for over-air-conditioned restaurants and boats.

Do people speak English in Bangkok?

Spoken here: Thai. English is widely spoken in hotels, restaurants, and tourist areas, but less so in local markets and sois.

Useful phrases:

- Sawasdee krap/ka (sa-wad-dee krap/kah): hello (men/women)
- Khop khun krap/ka (kop-khun krap/kah): thank you (men/women)
- Mai pet (my pet): not spicy
- Aroi maak (a-roy maak): delicious
- Bao tao (bao tao): how much

Is Bangkok safe for visitors?

Bangkok is safe for tourists in most areas. Avoid large crowds during protests (rare but possible) and don't discuss politics. Standard city smarts apply: watch your bag on the BTS, skip unlit sois at night.

What's the emergency number in Thailand?

Police 191, ambulance 1669, fire 199. The tourist police on 1155 speak English and help with any problem.

Do you tip in Thailand?

Tipping isn't expected but is appreciated. Round up small restaurant bills or leave \$0.30-0.60. For guides and drivers, \$3-6 per day is standard.

BEFORE YOU GO (CONTINUED)

What do only locals know about Bangkok?

- Grab (the local Uber) is faster and cheaper than taxis. Download the app and pay in-app or cash.
- Avoid Khao San Road unless you want loud bars and stag parties. Head to Thonglor or Ekkamai for proper nightlife and better food.
- Temple etiquette matters: wear long pants or sarongs, remove shoes, and never point your feet at Buddha images.
- Tap water isn't safe to drink. Bottled water costs \$0.30-0.60 everywhere.

BEFORE YOU GO: PHUKET

When exactly should I book the Phi Phi Islands trip?

Book the afternoon before at any travel agent on Patong Beach or Kata. January seas are calm, boats leave 7-8am, and you'll be back by 6pm. Prices are lower than online pre-bookings and include lunch and snorkeling gear.

Which night market should I go to?

Chillva Market (Thalang Road, weekends) and Banzaan Fresh Market (Patong, daily 4-9pm) are the locals' picks. Banzaan is bigger, messier, and has the best seafood stalls. Arrive hungry and bring cash; most stalls don't take cards.

Do I need to book a cooking class ahead?

Book two days before, not months ahead. Classes fill in January but same-week slots open up. Book through Cookly app or ask your hotel; half-day classes run 9am-1pm and cost 800-1200 baht with market visit included.

What's the weather like in Phuket in January?

Expect 26-32°C (79-90°F), mostly sunny with low humidity. Pack light clothes, sunscreen, a light rain jacket just in case, and water shoes for rocky beaches.

Do people speak English in Phuket?

Spoken here: Thai. English is widely spoken in hotels, restaurants, and tour areas, but learning a few words opens doors in local neighbourhoods.

Useful phrases:

- Sawasdee krap / Sawasdee ka (sa-wah-dee): hello (krap for men, ka for women)
- Khop khun krap / Khop khun ka (khop kun): thank you
- Mai pet (my pet): not spicy
- Aroi mak (a-roy mahk): very delicious
- Bao tao (bao tao): how much

Is Phuket safe for visitors?

Petty theft happens in night markets and crowded beaches, so keep valuables close and use hotel safes. Drink bottled water, avoid street food that's been sitting out, and watch for the notorious jet skis that overcharge tourists.

What's the emergency number in Thailand?

Police 191, ambulance 1669, fire 199. The tourist police on 1155 speak English and help with any problem.

Do you tip in Thailand?

Tipping isn't mandatory but is appreciated. Leave 5-10 baht (15-30 pence) at small shopfood stalls, 10% at restaurants without service charge, and 20-50 baht per day for hotel housekeeping. Round up or leave small change to feel generous without breaking the bank.

What do only locals know about Phuket?

- Skip Patong Beach on weekends; Karon and Kata are calmer and still excellent.
- Buy groceries and snacks at Tesco Lotus or Big C, not 7-Elevens, to cut costs in half.
- Take the songthaew (shared red trucks) instead of taxis or tuk-tuks; they cost 20-40 baht per ride and locals use them.
- Visit temples early morning before tourists arrive, remove shoes, and cover shoulders and knees.