

Jogging Map



Jogging Distance:

From the hotel to the lake: 500 m

Around the lake: 3.5 km

This course has proven to be a favorite course of past guests. Although we provide a map for your convenience, we assume no responsibility for injury or damage that may occur while utilizing the route.

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Mountain Bike & Jogging Guide

Mountain Bike & Jogging Guide

- Rich in natural beauty and local culture, the Baan Mai Khao area amply rewards those who venture out to explore it.
- There is a selection of mountain bikes available for rent at the Health Club, in ladies, men's and children's sizes.
- For THB 250 plus tax, you will receive a bicycle, a backpack, a bottle of water, a piece of fruit, a mobile phone and this guide.
- Checklist: water, fruit, sun block, map, small change, mobile phone, watch, sarong for the temple, camera.
- For your safety, we recommend that you stay off the highways and use the secondary roads. Please remember to ride on the left-hand side of the road and keep an eye out for motorcycles and cars.
- Please wear your crash helmet at all times while riding – the chance of an accident may be small but the consequences may be great.
- Be mindful of the heat – drink plenty of water and rest when necessary. Sun block is also a must.
- Should you see any water buffalo on the road, do not approach them, because they may charge at you.
- The name of the resort is JW Marriott Phuket Resort & Spa – just say "Rong Ram Marriott" – the locals will point you toward home.
- Please be sensitive to the local customs and wear your shirt while riding. If you enter a temple, make sure your knees and shoulders are covered and you take your shoes off.
- If you leave the bike unattended, please lock it with the lock provided, and take your helmet with you to ensure it's not stolen.
- Remember that the sun sets around 6:15 pm - 6:30 pm.
- If you would like to join one of our guided tours, please refer to the schedule on the Resort Activities Program. For THB 500 ++ per hour you can have your own personal guide.
- If you need assistance, please call o 7633 8000, extension 3704, on your mobile phone and we will come to collect you.

Some Local Attractions

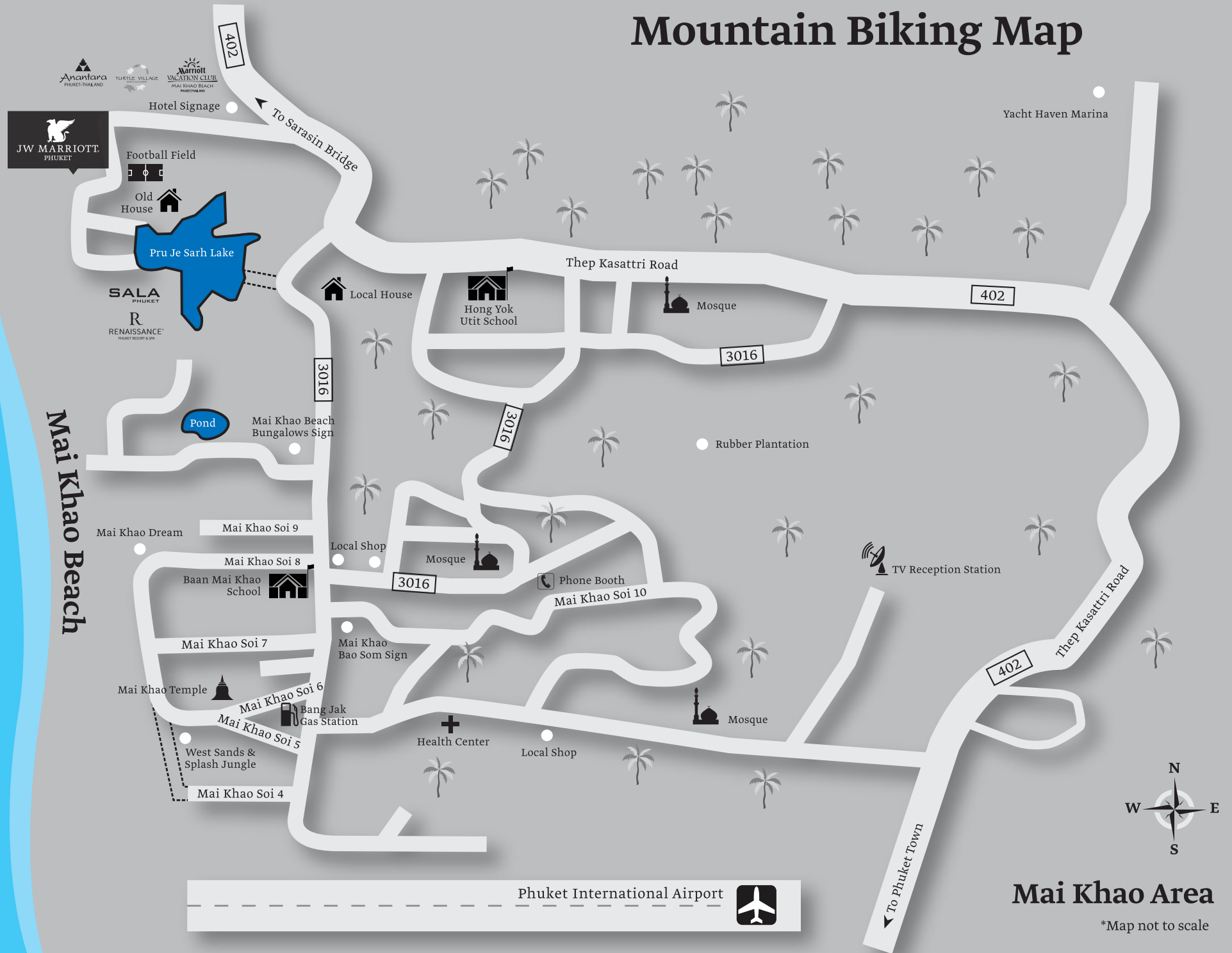
A mix of Buddhist and Muslim cultures, Baan Mai Khao is a small rural village community. Its economy is based on coconut and rubber plantations, rice and vegetable farming, shrimp and buffalo, and some small shops. Still undeveloped, it offers a great opportunity to observe the way life has been on the island for centuries.

So that you can help us maintain the natural beauty of the area, we have provided a plastic bag for refuse.

- **Pru Je Sarn Lake:** Located 5 km from the resort, swimming is not advised here, but the 3.5 km tarmac road around the lake is perfect for jogging and biking.
- **Small Shops and Restaurants:** You will find soft drinks and seasonal snacks around the lake.
- **Plantation Farming:** You will notice all the various crops being farmed along the road from the resort, including coconuts, pineapples and rubber.
- **Baan Mai Khao:** The local village is 5 km from the resort.
- **Baan Mai Khao School:** The village school is 6 km from the resort.
- **Rice Paddies:** This glimpse of typical local agriculture is 8 km from the resort.
- **Mai Khao Temple:** The recently renovated Buddhist Temple is 8.5 km from the resort.
- **Nurun Amal Mosque:** Mai Khao Mosque, 8 km from the resort, is the place of worship for the local Muslim community.
- **Beachfront Road:** Approximately 1.5 km long, this is a nice breezy route back to the resort.

Mountain Biking Map

Andaman Sea



Mai Khao Area

*Map not to scale