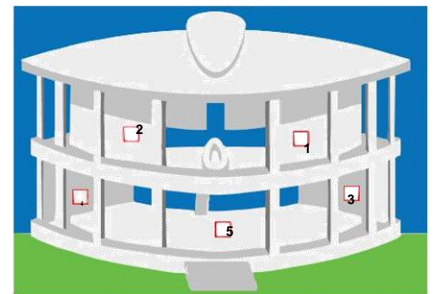




ROYAL VARUNA YACHT CLUB



1. Race Office and Official Notice Board
2. Spinnaker Meeting Room
3. RVYC Office and Reception Area
4. Restaurant and Bar
5. Verandah Seating Area
6. Tally on/off Area
7. Boat Park
8. Container Storage
9. Car Park
10. Beach bar
11. Drying Area Showers
12. Toilets and Changing Area
13. Ambulance First Aid
14. Swimming Pool and Showers
15. Boatman's Area
16. Toilets
17. Boat Repair Shed (Restricted Area)
18. On Site Accommodation



Discovering Thailand

KOH SAMET 1 HOUR DRIVE FROM RVYC



where to go

CHANG MAI 1 HOUR FLIGHT FROM BANGKOK



what to do

KHAO YAI 2.5 HOURS FROM BANGKOK



explore

KOH CHANG 3 HOUR DRIVE FROM RVYC



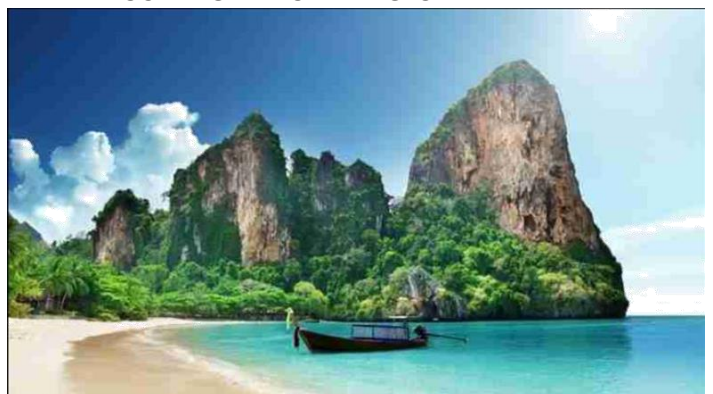
be amazed

KANCHANABURI 2 HOUR DRIVE FROM BANGKOK



enjoy and relax

KRABI 1 HOUR FLIGHT FROM BANGKOK



what to see

Koh Larn

Koh Larn is a small Thai island off the coast of Pattaya, in the Gulf of Thailand. It's known for its beaches, set against a backdrop of wooded hills. In the north, Ta Waen Beach is dotted with restaurants and shops. A large, stingray-shaped building dominates Samae Beach's north end. The beach is famed for its clear water and sunset views. Small monkeys inhabit the hills around coral-ringed Nual Beach, in the south.



Embark on this popular excursion from Pattaya by speedboat. Spend the day relaxing on the scenic shores of this lovely island, where you'll be able to swim in crystal blue waters, soak up the sun and savor a seafood lunch prepared with the local catch!

A friendly driver will collect you from your hotel and transport you to your boat that will sweep you away to this island. Relax on white sandy beaches, soak up the sun or snorkel amid colorful tropical fish.

Choose to water ski, parasail or windsurf or stay safe and dry on a boat trip through the reef.

You'll enjoy a fresh and delicious seafood lunch at a pleasant seaside restaurant before returning to Pattaya by speedboat.



To get there go to Pattaya's BALI HAI Pier, which is just a few minutes walking past Walking Street. You can get there in 15 minutes by speedboat, about 200-300 THB / person for one way joint ticket to Nabaan Pier (Main pier) or 400-500 THB round trip joint ticket.

There is no set schedule for the speedboats.

You can also get the public transport boat, one way which is only 30 baht per person, and it takes about 40-50 minutes to get to the port town(Nabaan Pier) in Koh Larn, (which now has a 24 hour 7-11).

From this port town, you have to get transport to one of several beaches. You can either get to the main beaches by baht bus (fare - 40THB), which seats about 12 people, OR you can get there by motorcycle taxi. A motorcycle taxi is about 40 to 80 baht one way. The beaches are about 10 minutes away.

Koh Samet

Just 200 kilometers from Bangkok in the Gulf of Thailand, the T-shaped island of Koh Samet is famed for its white sandy beaches, exotic coral and crystal clear waters. Koh Samet has developed steadily over the past decade or so, but it hasn't been the victim of overzealous construction which has hit the likes of Koh Samui or even Koh Chang. The island is typified for its splendid beaches and white silky sand, surrounded by tropical coral reefs and crystal-clear sea. Tourists can also enjoy a plethora of delicious cuisine and fine nightlife. It's a popular tourist destination for Thais and foreigners alike.

As Koh Samet is so near Bangkok, the island is ideal for those in the capital wanting to chill-out with their families for a couple of days, without having to go through all that rigmarole of having to travel down south. It's only a 2.5 hour ride (in good traffic; expect 3- 4 hours in normal congestion) to Ban Phe, where one can take a 20-minutes ferry to the island



There are two main types of boats to Koh Samet, ferry boat or speed boat. The ferry boat should cost around 50 - 70 baht (one-way), depending on where you are taking it to, but is at least 30 - 40 minutes to get there. Ferry boats leave approx. every hour. Ferry boats are mostly used by domestic tourists. Speed boats are more expensive, between 200 - 400 baht one-way, depending on your destination, but take only 10 - 15 minutes. Speed boats leave when they are full. The boat ticket office is open 24 hours.

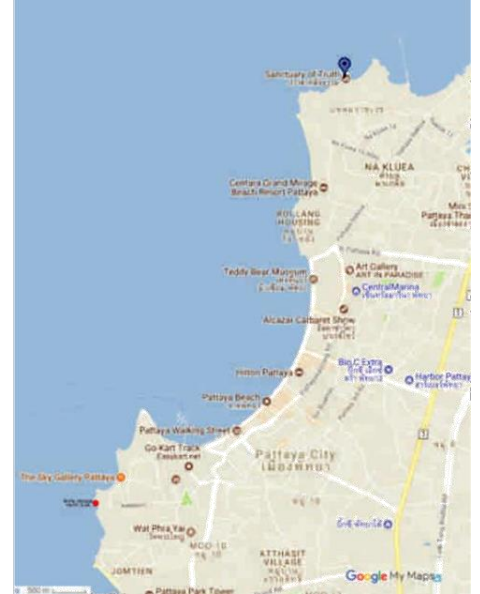
No fewer than 16 beaches offer a variety of different scenes, often with white sand so fine that it's like stepping on silk-feather pillows.

The longest, Haad Sai Kaew, resembles parts of Phuket with its large-scale resorts and fleets of speedboats. Head further south to find a "lifestyles of the rich and famous" vibe on Ao Phrao; a comfy family-friendly setup on Ao Wong Duean; and a lazy beach-bum attitude on Ao Sang Thian. Near the end of Samet's long tail, stunning Ao Wai feels like a totally different island when compared to the busier beaches.



The Sanctuary of Truth

The Sanctuary of Truth is a gigantic wooden construction which covers the area of more than two rai. The top point of the building is about 105 meters high. It was constructed to withstand the wind and sunshine on the seashore at Rachvate Cape, Tumbon Naklea, Amphur Banglamung, Chon Buri Province.



The building was constructed according to ancient Thai ingenuity and every square inch of the building is covered with wooden carve sculpture. The purposes of decoration with wooden carve sculptures are to use art and culture as the reflection of Ancient Vision of Earth, Ancient Knowledge, and Eastern Philosophy. With in this complex, visitors will understand Ancient Life, Human Responsibility, Basic Thought, Cycle of living, Life Relationship with Universe and Common Goal of Life toward Utopia.



Pattaya Floating Market

Covering an area of 100,000sqm, the Four Regions Floating Market is separated into four sections – each representing and selling items from the four major parts of Thailand (north, northeast, central and south). Expect to find many eateries, fruit stalls, souvenir shops and some art galleries. There is also a cultural show every afternoon. The 350 million baht market has over 114 shops and water vendors selling authentic Thai food, desserts and specialties from all over the kingdom. For a floating market experience, hire a man-powered boat to get around and discover the richness of the surrounding Thai architecture and riverside life. Typically, the boat is big enough for four people and can be hired for a small fee for around 30 minutes



A walk through the hundreds of wooden houses built in the different styles of the four regions is pleasant and fun. Food happens to be the main draw here. There are plenty of authentic Thai dishes and classic desserts to sample. Highlights include noodle soups, pad thai (stir-fried rice noodles), kanom jean (rice vermicelli) with different kinds of curries, ka nom krok (coconut pancake), foi thong (golden threads), thong yip (sweet egg yolk) and more. Postcards, Thai handicrafts and some ancient toys made from wood or die-cast metal are widely available within the market too.



Besides food stalls and shops, the market also features other educational and entertaining attractions.

The wood-carving museum displays beautiful carved images. If photography is one of your hobbies, don't miss the sunflower and agricultural demonstration fields.

There is also a daily free show featuring four cultural performances.

The Four Regions Floating Market Pattaya is a good place to get away from the chaos that is Pattaya and is a must-do for those who have yet to visit a Thai floating market.

The market is located on Sukhumvit Road, about two kilometres past Pattaya Underwater World, on the way to Sattahip.

Nongnooch Garden

In 1954, Mr Pisit and Mrs Nongnooch Tansacha bought 1,500 rai (approximately 600 acres) of rolling hills and valleys between Pattaya-Sattahip at the 163 kilometer marker on Sukhumvit road in Najomtien, Sattahip, Pattaya in Chonburi Province. The newly purchased land was anticipated to become a fruit plantation of mangoes, oranges and coconuts as well as many other local fruits.

During her trip abroad, Mrs Nongnooch was inspired by the beauty of world renowned gardens and decided to turn the fruit orchard into a tropical garden of ornamental flowers and plants. The garden was later turned into a tourist attraction fully equipped with accommodation, a swimming pool, restaurants, and banquet and seminar halls for the tourist's convenience.



In our well-kept, beautifully landscaped gardens, You can quietly stroll among flower beds, enjoying the profuse colors and fragrance of millions of flowers, as well as the well-trained chimpanzees and elephants in the natural surroundings.

You can easily spend a whole day in our gardens. Once you get hungry, there are excellent restaurants to choose from, with fresh seafood, Chinese, European, Thai and authentic Korean cuisines on offer.



Just 15 minutes east of Pattaya.

Nong Nooch Tropical Garden has emerged as fascinating tourist destination renowned for its wide-ranging orchid species, a palm garden, various flowering and decorative plants from all corners of the world.

Garden open everyday
from 8.00 hrs. to 18.00 hrs.

Ramayana Water Park

Ramayana Water Park offers 21 of the biggest, best, most exhilarating rides, including four that you will find nowhere else in Asia. All are constructed of the highest quality materials to the most exacting internationally-approved safety standards, all are watched over by highly trained operatives and life guards. Our premium water slides are all made by White Water West in Canada, the world's leading manufacturer and the water we use throughout the park is sourced from our own wells – pure, crystal-clear and safe enough to drink! Ride as much as you want, as often as you want – once you've purchased the great value entrance ticket all the rides are free, all day long!



Try the thrills and spills of the awesome water rides that vary from screams to gentle swings, two dedicated kids' zones, a record big double wave pool, an amazing ride in the lazy river with mystical caves, geysers and bubbles, relaxation and activity pools and so much more.

Ramayana is much more than just a water park. Built on an ancient, long forgotten city, explore the remainders of ancient buildings, walls, sculptures and waterfalls. Visit the floating market, meet real elephants and experience the amazing nature in and around the park with green hills, lakes and rivers. Simply Thailand at its best!



Wat Phra Yai Temple

On the very top of Pratumnak Hill, between Pattaya and Jomtien Beach, you can't fail to notice an enormous 18 metre tall Buddha popping up through the trees. This Big Buddha – the largest in the region – is the highlight of Wat Phra Yai, a temple built in the 1940s when Pattaya was nothing more than a fishing village.

The Big Buddha is extremely popular with tour groups who love to see the intricate design of the statue and the temple complex, but it is also revered by local people who come to pray at the temple. Despite the crowds, the wreaths of flowers and burning incense create a reflective mood in which to explore the many smaller Buddha statues, partial views of Jomtien Beach, and the pavilion hall which has a beautifully painted mosaic on the walls.



The staircase leading up to the temple is quite striking as there are golden dragons running along the entire handrails, and at the foot of the stairs, seven-headed mythical snakes called Nagas emerge from the dragon's mouths. Once at the top, visitors like to take photographs with the many Buddha figures in different postures (some are sitting, others lying down or standing) which are representative of different days of the week. Many foreigners are unsure on which day they were born but in Thailand there is a special relevance placed on this information, with a unique Buddha posture which should be revered. Although a visit to Wat Phra Yai requires some walking, it is a popular activity with old and young visitors and the stairs aren't difficult to handle.



Before you arrive at the top of the hill, you will notice traders selling many small birds that are kept together in cages. The idea is for people to set them free and gain good karma. This all sounds wonderful, but actually we would not encourage it because, in reality, the more money given to this practice, the more birds will be caught and enslaved. It is far better to donate to the temple. Either enter the temple at the foot of the stairs and be blessed by a monk in return for a small donation of your choice, or donate in the pavilion hall at the top of the stairs, next to the enormous smiling Buddha. Another popular activity while visiting Big Buddha Hill in Pattaya is to ring the line of bells with a big stick, which is supposed to call good luck to whoever completes the task.

Shopping

Shopping in Pattaya is a varied list of malls, markets, stalls and even a bazaar. One thing is for sure: it is not lacking in places to shop. In fact, the area is home to an impressive collection of malls, catering to a range of budgets and needs. Most have some sort of gimmick or quirk which sets them apart and makes them fun as an attraction instead of being just a collection of stores. You don't need to be a shopaholic to enjoy a day of retail therapy



Central Festival Pattaya Beach has dominated the city skyline. It is easily the tallest structure on the beachfront and, with over 300 shops housed within, it also dominates the area's shopping scene. It is the home of many high street fashion brands, including Calvin Klein, H&M, Marks & Spencer, Nautica and Zara. There is also a wide selection of food outlets, from the Central Food Court on the bottom floor to Oishi Ramen on the top, with Middle Eastern Italian and western cuisines represented in between.



What Central Festival has in height, Royal Garden Plaza has in width. Stretching out along the southern end of Beach Road, it is a distinctive landmark for the bright red aircraft stuck out of the Second Road entrance and the yellow balloon rising out of the roof, both of which belong to the Ripley's Believe It or Not! museum which takes up most of an entire floor. The remaining three floors, however, are the home of an array of high street brands including Levi's, Esprit, Von Dutch and Converse. There is also an impressive range of souvenirs, jewellery, beachwear, electrical goods and dining options.



Central Center Pattaya has an open design with a colourful, plant-strew courtyard surrounded by over 130 shops.

The biggest is the supermarket which gives this place its more common name of "Big C North", but others include boutique and brand name stores selling an impressive selection of clothing, jewellery, accessories and electrical goods, particularly in the 'IT Corner' area. There is also a five-screen cinema and a good selection of food outlets, including local and international brands.

Shopping



Mike Shopping Mall combines the air-conditioned environment of big shopping malls with the excellent prices of street markets. It has a selection of smaller brand stores such as Maybelline, Nike and Pierre Cardin, but these are vastly outnumbered by the vendors selling unbranded or copied clothing. It is also a great place to go looking for souvenirs and has a selection of cheap local dining options in and around it.

Uniquely amongst the shopping options in Pattaya, it has a rooftop pool which is available for public use for a small fee.



One of the biggest and certainly amongst the most popular of the local markets, it attracts tourists and locals alike each weekend. Sometimes known as “Kankheha Theprasit Market”, it is home to an impressive range of clothes, jewellery, mobile phone accessories, make-up, toys, gadgets, souvenirs and Thai cuisine.

As is to be expected of a street market, most of the wares are cheap copies, particularly the CDs and DVDs, but there are still some excellent bargains to be found on surprisingly good non-branded items, particularly if you haggle the prices down a bit.



Even if you’re not a lover of shopping, visiting the food section is well worth it to absorb the amazing smells and vibrant colours on offer.

This part of the market is always busy with locals, which in our opinion is a good sign as to the quality of food on offer.

A lot of the food is designed to be consumed on the go, however there are a few plastic tables and chairs scattered throughout the market.



You will never struggle to pick up the essential items, there are 7 Eleven and Family Mart convenience stores everywhere and as the name suggests very rarely closed.

There is also an abundance of Pharmacies for those other needs.

Information

Each person must fill in the Immigration Card with all arrival and departure details, so you will need to take a pen on the plane. The card is handed to you on the plane and you will not get through airport security/ immigration without this completed. There will be two parts of this card, the arrival card will be taken by passport control, ensure you keep the departure card section of the card with your passport for your return home.

The image shows two versions of the Thai Immigration Card (TM.6). The top version is the 'Arrival Card' (TM.6 #0.6) and the bottom version is the 'Departure Card' (TM.6 #0.6). Both cards contain fields for personal information, travel details, and a signature. The arrival card is taken by passport control, and the departure card is kept with the passport for return home.

Bangkok Airport to Pattaya/ Jomtien Beach - 80 Miles

Taxi – Approximately 1500-2000 Baht - there is lots of taxis outside the airport and the journey time is approximately 1h 20m.

Coach Bus Service to Jomtien - buy ticket at the counter in the airport 150-200 baht, the bus is every hour, journey time is approximately 1h 55m. A taxi/Baht bus will be required from the bus station to your hotel. Airport transfers can also be booked online before you arrive and this may be cheaper than a taxi from the airport.

Typical February Weather

Day 32°C

Night 25°C

Humidity 70%-85%

Sea temperature 25°C

Suitable Sailing Clothing

Remember you will be sailing in the tropics, so the correct sun protection is essential as per the following recommendations:

Sun block or sun screen minimum of SPF 30 , Hat, cap or similar, UV Neck sleeve or Buff, Sunglasses, Long sleeve rash vests, Rash leggings or wetsuit trousers, Spray top, Wet suit boots. Shorty wetsuits are not recommended as you will get burnt by the sun.

You must check your sailing gear!

Check your sailing boots before you put them on as something might have crawled inside overnight (gecko, beetle, ants or rarely a scorpion).

Check inside your sailing gear before you put it on as again something might have crawled in overnight.

Do not drink from the hose when washing your boat down you will be ill.

Please can you follow the Club House etiquette

T-shirts or similar attire to be worn when in the yacht club no bare chests or vest tops.

Footwear is to be worn when in the yacht club.

It is acceptable for ladies to wear a sarong over the bikini during the day.

Topless sunbathing is not permitted except on a few very specific beaches but not at the RVC. Sailing gear may be left to dry only on the drying racks provided, and not on the railing of the terrace or club furniture.

If you are listening to music/watching media, please use headphones.

Children up to the age of 16 must be accompanied by an adult when at/in the swimming pool

Do not walk or play amongst the rocks at the ends of the beach, you do not want to stand on a stonefish.

There may be swimming/bathing restrictions to the club beach during the event.

Unlike other bars and restaurants, to order drinks or food you must go to the bar or food counter and pay, you will not get a bin with receipt. Your food will be brought to your table but you collect your drinks from the bar as back at home.

Information

Mosquito Repellent is an absolute must and apply regularly day, evening and night. These are Thai ones that work very well 55-70 Baht a bottle available at most 7 Elevens



Carry this with you day and night Mosquitoes are at their worst early morning and late afternoon/early evening and particularly if there isn't much wind, but it doesn't hurt to put the bug cream on as often as possible or whenever you remember.

Drink lots of fluids, it is essential to keep yourself hydrated throughout the day, drink plenty of water. Whatever you do **Do not** drink the tap water anywhere in Thailand, use bottled water to brush your teeth too. Due to being in the tropics you will sweat of alot of body salts, Electrolyte powders mixed with water on a daily basis are a good idea.

It is very useful to know some very basic Thai phrases:

Greeting/Hello

Sawatdee Khrup (Men say this)

Sawatdee Ka (Ladies say this)

Thank you

Khop khun Khrup (Men say this)

Khop khun Ka (Ladies say this)

Yes

Chai Khrup (Men say this)

Chai Ka (Ladies say this)

No

Mai Chai Khrup (Men say this)

Mai Chai Ka (Ladies say this)

The Bill

Check bin Khrup (Men say this)

Check bin Ka (Ladies say this)

When you order drinks/food the waitress will put a receipt in a wooden pot, this is your bin each time you order something else it will be added to the receipt or another receipt will be put in the bin. When you are ready to go simply ask to check bin and pay the waitress the amount on the receipt, it is polite to leave a 10% tip

Other useful phrases:

Road - Soi

Small/ not much/ a little bit - Nit noi

Large - Yai

Beer - Bia

Toilet - Hong Naam

Water - Naam



Information

Any of the below are good ways to get about town and the surrounding areas, The driver will be honk hi horn to attract your attention, or you can wave them down if they havent got an existing fare.

Negotiate your cost to your destination before you get on/in this can be anywhere from 20-200 Baht depending on where you are going and how many of you.

The Baht bus (Songthaew) is an open back pickup, blue with white or silver roof, is one of the easiest ways to get about.

Motorbike taxis are everywhere and are a cheap way of getting about, the drivers wear orange bibs, always ask for a helmet.

Yellow taxis are common to air conditioned for those longer trips but a little more costly.

Don't always take the first cost the driver gives you, it is suggested friendly bartering can save you money, which is normal.



Respect is Very Important, so always be respectful and courteous to Thai people - a smile goes a long way. The Thai greeting referred to as the wai consists of a slight bow, with the palms pressed together in a prayer-like fashion at chest height, it is polite to return a wai given to you.

Do not argue with Thai people, a polite discussion will be better and if the situation cannot be resolved smile and walk away.

When going out day or night time, take a card with your hotel address on in case you can't find your way home. Do not take photographs in clubs and bars; this is extremely frowned upon and likely to get you into trouble.

There is a very diverse amount of places to go for a drink, explore and have fun.

It is now illegal to smoke on the beaches, but most bars will allow you to smoke inside or out.

Vaping or E-cigarettes are illegal in Thailand.

Do not bring any recreational drugs in to Thailand; you will be staying there much longer than you wanted to.

Thailand has a litter problem please do not add to this, hang on to rubbish until you find a bin. When you purchase from a shop ask yourself - do you really need that plastic bag or drinking straw?

When visiting temples or holy sites, please dress respectfully; the basic rule is to cover your shoulders and knees, and nothing see-through.

On the bottom, wear longer shorts, capris, pants/trousers or a knee-length-or-longer skirt or sarong.

On top, choose any shirt that fully covers your shoulders. A T-shirt, blouse or polo is fine, while a vest is no.

There may also be occasions when you may need to remove your footwear.

Common Beers, Wine & Spirits

Singha, Tiger, Chang, San Miguel, Heineken, Guinness and various others Bacardi Breezers are popular

White and red are available but may be very pricey

Sangsom – Thai Whiskey/Rum is very popular and tastes quite good.

Watch the costs on what you would class as normal drinks in the UK as these can turn out to be extravagant drinks and very costly, Jäger bombs for example are very expensive.

To use Cash Machines some UK banks require you to let them know that you are traveling to Thailand.

Cash machines are abundant and work well, you can choose from multiple languages including English The exchange rate is usually better than exchanging at home especially if you use a pre pay card where there are no withdrawal charges.

Very few places accept card payment, cash is a must for Thailand.

There are plenty of currency exchanges too.



Thailand has one of the highest death rates on its roads in the world so please take care.

Vehicles are right hand drive and they drive on the left as per the UK.

Take a lot of care when crossing roads, particularly at junctions, as motorbikes will cut the corners and sometimes even on the wrong side, cars can turn left on a red light so beware. Seat belts are compulsory in Thailand for all occupants of the vehicle.



Thai food is some of the most amazing on the planet and there are more places to eat than you can imagine.

Restaurant choices are endless and it is worth trying out traditional dishes.

The street food is amazing in taste and quality and extremely good value for money.

For the less adventurous there is every type of cuisine available should you desire, so if you are after pie and chips, McDonald's, steak, pizza, pasta or anything else, you will be able to get it in Thailand.

