Off the Beaten Track: Thailand's Islands & Beaches

**PRACHUAP KHIRI KHAN**
Fantastic beaches, great seafood, few tourists and no girly bars make this coastal town a delight.

**KO CHANG**
A hippy outpost for yoga and hornbills, where folk return year after year. There’s no diving or snorkelling, but you’ll find jungles to explore and a chilled-out atmosphere.

**KO WAI**
Tiny and primitive with locally run beach bungalows. The beautiful sands and clear waters here get busy with day-trippers but the quiet starry nights are all yours.

**KO PHRA THONG & KO RA**
Ko Phra Thong has a friendly chow lair ‘sea gypsies’ population and lovely beaches, while jungle-covered Ko Ra next door is perfect for hiking and wildlife viewing.

**LAEM SON NATIONAL PARK**
The longest protected shore in the country is best for silent seekers of bird life and mangrove landscapes. Hop over to little-known isles and hidden beaches.

**AO KHANOM**
A gorgeous coastal beach with a variety of accommodation. Explore inland caves and waterfalls or search for the famous pink dolphins offshore.

**KO JUM & KO SI BOYA**
Hiding next to Ko Lanta, these rural, beachy dots are a fave with repeat visitors.

**KO TARUTAO MARINE NATIONAL PARK**
Caves to paddle, rugged hikes to tackle and roads to bike. There are no resorts here, just national park lodging, and that’s what keeps it serene.

**KO SUKORN & KO LIBONG**
The Muslim fishing communities of Ko Sukorn and Ko Libong welcome you. Take snorkelling trips, explore by motorbike, look for dugong and birds, and gorge on amazing seafood.

**KO YAO ISLANDS**
With towering karst islets and blue water, the incredibly scenic Ao Phang-Nga National Marine Park includes the wild jungles and beaches of Ko Yao Yai.