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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Diving On Koh Tao In Thailand**

**By Andy Perrin**

Scuba diving is by far the biggest attraction on Ko Tao, and it is easy, fun, and you will see a lot of fish, perhaps even turtles, stingrays, barracuda, reef sharks, and even a whale shark if you get lucky. You will get good diving weather on Koh Tao apart from November, when the sea is choppy, and visibility is poorer than normal. The visibility can be over 40 metres during the rest of the year.

You will find a lot of dive operators on the island, and some of them offer accommodation. Just beware that when you read the accommodation is free, it's not really, because they will offer discounts if you stay somewhere else.

In 2006 you will pay in the region of 10,000 bht for a PADI open water certificate, and this should include the new PADI training manual, proper professional instruction, rental equipment, boat dives etc. This may include insurance and basic accommodation, but shop around, and remember the methods of instruction may differ enormously.

A few hints include avoiding shops that use swimming pools to teach you in. You'll find it cold, boring, and unhygienic, bearing in mind this is a very popular diving island, and they will have literally hundreds of students .

Choose one that will take you to a private beach so you will see fish and coral right away, it is a lot more interesting, and you will probably get more dives!!

It's also a good idea to find a dive shop that has its own private pier, so you won't have to climb over other boats at the pier, although you won't be carrying your dive gear, that should be carried by a Dive Master Trainee. In addition you ought to ask how many students there will be in your group, because there should not be more than a small handful, if they tell you there will be more than ten then look elsewhere. You want personal tuition for something as important as this, and you want your course to be really enjoyable.

If you are looking for specific dive shops, this list whilst by no means exhaustive, is at least a starting point.

## Diving On Koh Tao In Thailand

1. Coral Grand . Located in a much quieter area than the other dive shops, at the far end of the beach, the hotel is more upmarket than most on the island although the 'free' rooms are still basic. Operates 2 dive boats plus a speed boat.
2. Divepoint . Located in Mae Haad on the waterfront. Divepoint has probably the nicest dive boat on the island, big enough that you won't have to carry your gear to and from it. PADI and SSI.
3. Easy Divers. Fantastic Dive Shop with really experienced instructors. Professional and fun with great accommodation. Based right in the heart of Ko Tao.
4. IDC Ko Tao. Instructor development courses (IDC's) run every month by English PADI Course Director Matt Bolton.
5. Phoenix Divers. Right on Sairee Beach, has good boats, new gear and multilingual often western staff.
6. Stingray Divers. Very modern dive resort overlooking Chalok Ban Khao Bay.

Hope this information helps you to have great diving experience on Koh Tao

Andy Perrin feels you don't need five star to have a great vacation, and if you want to check out what he means try

<http://www.worldwidevacationspots.com/categories/Far-East-Hotels/Thailand/Koh-Tao/>

## Escape To Kho Tao In The Gulf Of Thailand

**By Andy Perrin**

Koh Tao which literally means Turtle Island, is an island in the Gulf of Thailand, and is a great place for divers who want to escape from places like Koh Samui, because it is a bit quieter, perhaps because it isn't very easy to reach, in fact your only option is by boat.

The options depend on where you are travelling from:

>From the south it will take about three hours by ferry from Surat Thani on the mainland, one and a half hours from Koh Samui, and around an hour from Ko Pha Ngan. You might wish to take an overnight ferry from Surat Thani, it leaves about eleven o' clock at night and arrives early morning, but if you use this option, get there early to grab a good mattress position, and be warned they are old cargo boats, and very basic, so you might feel happier with your own inflatable life jacket!!

If you're coming from the north, Chumphon is the place you will travel from and here you will find agents selling tickets for all kind of boats, some take as little as 90 minutes, but others will take 5 hours, so you choose according to how much you want to spend.

## Diving On Koh Tao In Thailand

Another way is to get yourself on a day diving charter from Koh Samui, these are high speed boats, and you could make Koh Tao in around an hour.

However if it is comfort you are after, and a choice of departure points, such as Ko Samui, Ko Pha Ngan and Chumphon, then the Lomprayah High Speed Catamaran is probably the fastest and most comfortable way to get to Ko Tao. They run twice daily, have online booking, air conditioning, and movies.

When you get to Koh Tao there are some safety issues you need to address

You need to go snorkelling at Shark Bay, see the sunset from the Thipimarn restaurant, and generally walk everywhere, because you will see more and enjoy it more.

Andy Perrin doesn't believe you have to stay in 5\* resorts or go where everyone else goes, so he finds out of the way, and interesting destinations such as

<http://www.worldwidevacationspots.com/categories/Far-East-Hotels/Thailand/Koh-Tao/>



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