

RAYA VADEE GARDEN WALK



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RAYA VADEE GARDEN WALK

The 'Rayavadee Garden Walk' map is your introduction to Rayavadee's natural surroundings. A stroll through our exquisite grounds is certainly a highlight of any visit with more than 120 types of lush palms and tropical trees to discover and more than 250 types of ferns and herbal plants. Many trees, such as the Tamarind, Indian Gooseberry, Mango and Coconut, are edible and provide essential ingredients for a number of classic Thai recipes.

We also have a variety of medicinal plants such as the Sea Lily, the White Bat Flower and the Spiral Flag, whose healing properties are incorporated in traditional Thai remedies for ailments ranging from toothache and sore throats to stomach disorders and coughs. Others, such as the Lotus hold religious symbolism and are used in Buddhist offerings and ceremonies.

At Rayavadee, we strive to live in balance with our environment and with the area's animal and bird life. No visit to the resort is complete without at least one sighting of the delightful Spectacled Langurs and Macaque monkeys in the trees overhead.

If you are lucky, you may also spot a Monitor Lizard or a rare family of Hornbills that inhabit the surrounding cliffs. As our guests, we invite you to wander along garden paths and experience all that the local flora and fauna have to offer.

This map, which offers explanations of the different trees, plants and animals you will encounter on your way, corresponds to the numbered signs posted around the resort. We wish you a wonderful and enjoyable stay with us.

Discover something new today!

OUR NEIGHBOURS



Crab-eating
Macaque
ลิงแสม

- They love to climb trees and jump into the water for fun and will do it repeatedly.
- They are very able swimmers and divers and they are able to keep their eyes open underwater to catch prey.
- The mangrove forest is their much loved habitat as it is a source of their favorite food: small marine life and crustaceans.
- These monkeys are highly intelligent. Despite having been protected since 1992, they are still under threat because mangrove forests are being rapidly lost to development.



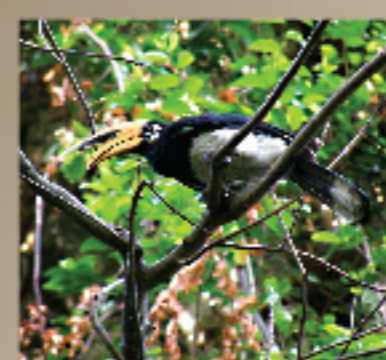
Spectacled Langur
ค่างแว่น

- Their eyes are ringed with white circles that gives the appearance of wearing eyeglasses which is probably how they got their name.
- Do not try to feed them! They can only eat and digest fresh young leaves, approximately 2 kg per day.
- An imp (baby) is born with an orange-golden coat which gradually turns grey over time.
- They can be seen in this area during their mealtimes; in the morning and late afternoon
- The Spectacled Langur became a protected species in 1992.



Gray-bellied
Squirrel
กระรอกปลายหางดำ

- All squirrels feed on fruits and seeds, but bigger squirrels can also steal eggs from bird's nests.
- They will look for food in the morning and evening and will store it in the cracks of trees.
- During the mating season, several males will gather around one female to compete to be the chosen one.
- Squirrels can live as long as a dog (up to 17 years).
- The number of squirrels have decreased in recent years as farmers kill them for harming their crops.



Oriental Pied
Hornbill
นกแก๊ก, นกเงือก

- A small sized hornbill locally known as *Nok Gag*, because 'gag' is the sound they make when they communicate with one another.
- Often seen very early in the morning on Phranang Beach.
- During mating season, the female bird locks herself up in the nest for up to 88 days; 10 days before laying eggs until the chicks are 7 weeks old.
- The male bird will feed the entire family through a narrow aperture.
- During the incubation period the female undergoes a complete molt, thus, needing to learn how to fly again with the chicks.



Water Monitor Lizard
ตัวเงินตัวทอง

- Local people often confuse the Water Monitor with the Bengal Monitor because of their nickname (In Thai a rude slang word!).
- Our neighbour is actually a water monitor and has conspicuous yellow patterns on its dark body, while the Bengal Monitor is a simple brown color.
- The water monitor is a professional swimmer who can stay submerged for up to 17 minutes.
- A very important species for our eco-system as they feed on chrysalis and grubs that would otherwise destroy coconut trees.
- Both kinds of monitor lizards are delicacies in northern Thailand, however, the southerners do not eat them.



Blue Whistling
Thrush
นกเอี้ยงดำ

- This bird is known for its loud human-like whistling song.
- It tends to sing at the break of dawn and during dusk when few other birds are calling.
- Its nest is a cup of moss and roots placed on a ledge or hollow, beside a stream. They usually lay 3 to 4 eggs at a time.
- The adult male is bluish-black, but its colour may change appearance according to the lighting.
- It is usually seen in pairs and both male and female often remain together throughout the year.



Sea Poison Tree

ต้นฉิกทะเล

Its intimidating name comes from the fact that all parts of this big, nighttime flowering tree contain a poison called Saponin. Once its parts are pounded or grated, the poison is released. Locals use it to stun and catch fish in freshwater streams.



Platycerium Fern

ต้นกระเช้าสีดา

This fern is popularly attached to big trees to create a cooling, natural forest ambience. It is a slow growing plant, taking a year to grow one centimeter. It is very durable and can live up to 80-100 years.



Cork Tree

ต้นปีบ

A tree with white fragrant flowers, it has a therapeutic benefit for the respiratory system. In ancient times, people rolled the dried flowers in paper and smoked them like a cigarette to cure asthma.



Buddha's Belly Bamboo

ต้นไผ่พุงเต่า

Bamboo is a multipurpose tree. The trunk is strong but flexible. It is used to build boats, rafts and housing materials of all sorts. It can also be stripped and woven into utensils and many practical household items from mats and fans to hats, baskets and containers. Apart from this, its shoots are a popular ingredient in Thai food. It can be mixed in curries or stir fries.



Dark Purple Latan Palm

ต้นตาลแดง

This palm is popular with gardeners due to its attractive height, unique trunk, leaves and flowers which serve to enhance the landscape. They require lots of sunlight to thrive.



White Champaka

ต้นจำปี

This tree has an outstanding shape and its white flowers give off a unique fragrance. Thai people use this flower in floral arrangements and in garland making. Champaka essential oil is also used in spa products and cosmetics for its nerve soothing and antibacterial properties.



Heliconia

ต้นเฮลิโคเนีย

This flower, along with Frangipani, is one of the best loved tropical plants. With its gorgeous shape and unique color, it is used to enhance the setting of interior design spaces throughout Asia and in Balinese style gardens. The plant is strong and sturdy. The variety of Heliconia with flowers that grow upwards are called 'Lobster Claw'. Those with flowers hanging downwards are called 'Prawn Claw'.



Bird's Nest Fern

ต้นข้าหลวงหลังลาย

This fern is found in healthy lush tropical forests. Its uniqueness is the shape of its overlapping leaves that makes it look like a basket or bird's nest. It also likes to grow between big tree branches. In Thai, its name 'Ka Luang Lang Lai' refers to the pattern of the spores under the leaves which form black stripes.



Peacock Flower Tree

ต้นหางนกยูงไทย

The beautiful Peacock Flower Tree is associated with the powerful God, Lord Shiva. It's regarded as a sacred plant by Hindus. The flowers, which bloom all year round, come in orange (most common), yellow and pink. Its roots are believed to alleviate swelling and to help cure tuberculosis.



Coralberry

ต้นพิลังกาสา

This tree loves the hot, moist climate of southern Thailand. Many such trees were cut down in the past to make way for agricultural land. Nowadays people realize the value of this plant, especially its medicinal properties. It is now cultivated and used to make a herbal drink called Pilankasa Wine.



Philodendron

ต้นพิไลเดนดรอน ฟูช้าง

With its very noticeable and outstanding leaf form and low maintenance required, the Philodendron is often used in floral decorations. The leaves are big so they can release moisture to the surrounding area and can also absorb the toxins.



Kibatalia

ต้นขางมูก

You can see the small flowers of this plant sprinkled along Rayavadee's brick walkways. A very useful plant for locals, its sap is used to stop the bleeding from leech bites. The wood from the tree can be used to make local tools and the falling flowers can be used in cooking.



Ficus Tree

ต้นโห

A majestic tree with umbrella-like branches that spread out over a big area. Thai people believe that any house that plants this tree will feel secure and peaceful. Lord Buddha achieved enlightenment while meditating under a Bodhi tree, a member of the Ficus family.



Sea Almond

ต้นหูกวาง

A large, stately deciduous tree which originated in India. The Sea Almond can grow up to ninety feet tall. Its foot-long leaves, favoured by the rare Spectacled Langur monkeys that make their home in Rayavadee's grounds, turn pinkish-red to reddish-yellow before falling.



Custard-Apple Tree

ต้นน้อยหน่า

Similar to the regular custard apple but with thick white flesh, this variety is less sweet and contains more vitamin A. It is used as a herbal medicine for the digestive system. The raw fruit and leaves can be boiled to extract blue and black colour that can be used as a natural dye.



Sea Lily

ต้นพลับพลึงทะเล

A bush type plant with underground roots and fragrant flowers; It was used widely in the old days as a herbal remedy. Its cooked leaves can cure bruising, sprains and pneumonia. On top of that, it can be applied to the stomach of a woman after childbirth to help her to heal. It can also extract waste from the body and restore energy.



Indian Gooseberry

ต้นมะขามป้อม

A local fruit with a high vitamin C content: The vitamin C from this fruit is 12 times more beneficial than vitamin C from the laboratory, which means it offers 12 times the antioxidant supplement.



Pandanus

ต้นเตยหอม

The Pandanus plant thrives in moist, wet areas and can therefore be found growing abundantly near water. Its leaves have a gentle fragrance and its essential oil is popularly extracted for use as an ingredient in many Thai dishes and desserts. When boiled, the leaves give off an attractive, natural green colour used to enhance Thai desserts such as *Kanom Chan* (layered cake) or *Kanom Bua Loy* (dumpling in coconut milk).



White Cheesewood

ต้นพญาสัตบรรณ

This huge tree can grow as high as 20 meters. The tree contains white sap. Thai people compare the spreading of the branches of the tree to the Chakra; the many tiered, sacred umbrella that is one of the symbols used to represent Thai Royalty. Thais believe that planting this tree will bring you honor and respect.



Banana Tree

ต้นกล้วย

The Banana Tree is popularly planted in and around most Thai homes as its leaves, stems, flowers and fruit serve many different purposes. Its outstanding pinky-purple flower makes a delicious local salad, while its fruit is an essential ingredient in Thai desserts. Banana leaves are good for wrapping and steaming food and for making religious offerings.



Smilax

เถาวัลย์ป่า (ต้นข้าวเย็นใต้)

A woody climber with its roots in the ground, it is used as a herbal medicine. In medical research, the unique properties of this plant can help balance the body and also build immunity to control cancer cells. The root tastes dull with a hint of sweetness



White Ixora

ต้นเข็มขาว

White Ixora is more special and rare than the regular red colored one. Its root is a herbal remedy able to cure eye infections. It is also the only variety that has a nice fragrance. If the bloom cluster is big and plump, it is used to place in front of the Buddha as an offering in temples.





Spiral Flag
ต้นเอื้องหมายนา

The flowers of this plant are cut for decoration due to the beauty of its stem, branches and flowers. Many South East Asian countries cook its young buds in curries as a vegetable. It is also used as a light laxative and to cure coughing and fever. Its rhizome can be extracted to produce steroid hormones.



Banyan Vine
ต้นไทรโตน

Banyan Vine is a stout and woody climber. Leaves are oblong-ovate or subovate, 15 to 25 cm. long, 8 to 15 cm. wide, tapering to a point at the apex, rounded or heart-shaped at the base, smooth or hairy on both surfaces. Its flowers are sweet-scented. In northern Thailand, it is used in the preparation of postpartum herbal baths.



Spanish Cherry
ต้นพิบูล

This is a popular plant to give shade. The timber is used for making the hull of boats and agricultural tools. Its flowers have a strong fragrance and are extracted for their essential oils which cure muscle pain.



Orange Jessamine
ต้นดอกแก้ว

A tall tree with a grey flaky bark which has very nice fragrant flowers. It is believed that if you plant this tree in the yard, people in the house will be kind hearted. It is also used as an offering to the Buddha and is a symbol of prosperity and purity.



Pink Shower Tree
ต้นกัลปพฤกษ์

This is a well-loved garden plant that gives pale pink flowers. This tree plays a very interesting part in Buddhist myths and beliefs. It is thought that it will appear as a holy plant in the next era of Buddhism when the Future Buddha, Metreiya appears. According to the teachings, people will be able to make a wish from this tree and their prayers will be answered.



Siamese Cycad
ต้นปรงทะเล

Possessing poisonous elements, this plant can be made into Sago flour by grinding the stem, root and seeds together and then rinsing thoroughly many times to wash away the toxins. It is dried and cooked in the same way as Sago flour made from Palm.



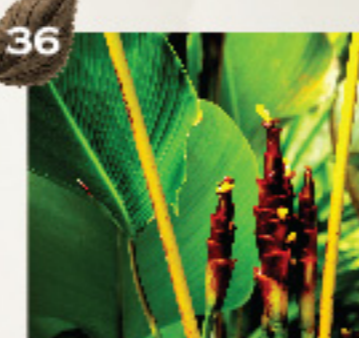
Frangipani
ต้นลิลาวดี

Plumeria definitely lives up to its Thai name 'Leelavadee' which means 'graceful'. Beautiful and durable, it is able to withstand drought conditions and to tolerate pests and insects. Plumeria flowers are typically creamy-white in colour, but can also be found in shades of pink and light yellow and are the most fragrant at night. They are very commonly used in temple offerings around all parts of Southeast Asia.



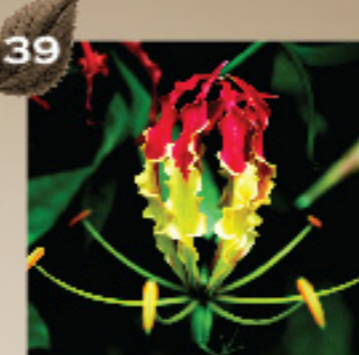
West Indian Jasmine
ต้นเข็มจีน

The flower of this plant is often used as part of the offering in the traditional *Wai Kru* (paying respect to teachers) ceremony before the start of the school term. This ceremony is thought to bring blessings to teachers and good luck to their students. The reason that this 'Kem' flower is part of this ceremony is because 'Kem' (needle) symbolizes 'sharpness' of mind and intelligence.



Cigar Calathea
ต้นคล้าจักร

Cigar Calathea has beautiful leaves. In addition its flowers are shaped like rolled cigars and have a beautiful color. The Calathea is a vase flower that serves to enhance the beauty of interior space.



Superb Lily
ต้นดอกดิงดิง

This plant's lone flower is very unique and colorful and the color deepens as the flower grows older. The red of the full bloom is deeper than the first bloom. The good point about this flower is that it blooms all year, especially during the monsoon season.



Torch Ginger
ต้นดาหลา

A member of the same family of plants as Ginger, its uniqueness lies in its rich, red orange colored flower. It can bloom to be as big as 18 centimeters. It will give many flowers during summer (March till May). Thai people use this flower in cooking and it is highly nutritious. During its blooming season, birds will gather to eat this flower.



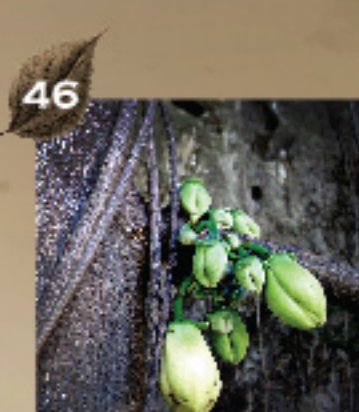
Mango Tree
ต้นมะม่วง

The Mango is an economical horticultural plant. With many varieties and tastes. The mango tree's fruit can be eaten raw or ripe. Raw mango is sour and crunchy. It can be made into a salad or chopped and eaten with sweet or pungent Thai chili dip. Ripe mango is eaten as a dessert with sweet sticky rice and coconut milk or it can also be preserved as mango jam.



Candy Palm
ต้นปาล์มขก (ลูกคิด)

Palms are incredibly versatile plants. Their leaves can be used for roofing, to wrap desserts, to roll cigarettes and can even be made into broom sticks. Palm fruit can be eaten raw or as a compote to accompany Thai desserts and ice cream.



Derris
ต้นไล่ดิน

A climbing plant with bean-like flowers, the root can be used as a pesticide. In the past the leaves were pounded and soaked in water, then used as a solvent to shampoo a child's hair to get rid of lice.



Kopsia
ต้นพุดชมพู

This pink flower gets its Thai name 'Ton Put Chompoo' from its color. It is charming and blooms at the tip of the branch. The uniqueness is that it produces flowers continuously all year round.



Fox Tail Fern
ต้นหางกระรอกแดง

In the past this fern was used as a Thai herb. The root was ground and used to treat the effects of snake bites. The bark was used as an expectorant as well as to cure asthma. The leaves were used as a diuretic and a laxative. Nowadays this plant is used only for decorative purposes.



Agave
ต้นอาภาว

Agave can withstand drought and dry weather. This plant thrives in sunshine and sandy soil. It's also a slow growing plant. Its flower will bloom only after the plant is about 10 years old. Thais believe that whoever sees this flower will get luck for at least 10 years.



Fishtail Palm
ต้นเต้าร้าง

This medium-sized, beautifully formed palm has shiny fishtail shaped leaves. It yields edible shoots and sugar can be made from the liquid extracted from its trunk. One must be careful, however, when approaching this plant, as its poisonous fruit can cause skin irritations.



Devil Ivy
ต้นพลูดึง (พลูด่าง)

A climbing plant with green heart-shaped leaves; some species have a white marble pattern. It grows quickly and easily. When climbing a wall or tall trees the leaves will grow to a very large size. Because of this it is popular for covering bare patches of soil.



NAMMAO BEACH

Tamarind Tree
ต้นมะขาม

A tropical tall tree with a variety of good benefits: Apart from its pods which provide a tasty sour fruit snack, it contains Vitamin A and useful Citric and Tartaric acids. It is also a good laxative and releases body heat. Tamarind is also used to give a unique sour taste in Thai cooking; in *Tom Yam Goong* or *Gaeng Som* (Yellow curry). Its young leaves can also be made into a delectable local salad.



Swamp Lily
ต้นพลับพลึงแดง

The leaves of this durable decorative plant have been used for generations to alleviate pain from muscle sprains and swelling.

In addition, its white outer skin is commonly used for making 'krathong' floating rafts during the Loy Krathong festival on the full moon night in November.



Water Lily
บัวสาย

The Water Lily is an aquatic freshwater plant that thrives in tropical climates around the world. The gorgeous flowers which come in many delightful colors are mostly fragrant. The stems of one variety of Water Lily are considered a Thai delicacy and a nutritious source of fiber.



Crape Myrtle
ต้นเสลา

The plant, called *Salow* in Thai gives a beautiful purple flower when it first blooms and then fades to pink and later white before it wilts. It flowers from December till March. The dried fruit is used for decoration while its ground leaves mixed with Frankincense can cure a rash.



Iron Wood
ต้นตะเคียนทอง

The wood from this tree is of excellent quality, suitable for constructing boats, homes and for furniture making. Iron wood has a beautiful grain and is also weather resistant. Since it is a slow growing tree, it should be preserved. In the old days Thai people believed that the tree was inhabited by protective spirits. They would tie colorful fabric around its trunk to indicate its sacred status so that no one would dare to cut it down.



Sealing Wax Palm
ต้นหมากแดง

The only palm tree to have bright red stalks, the Sealing Wax Palm is widely recognized as one of the world's most beautiful plants. Its name was inspired by the red-colored wax used by the Chinese people in the past to seal all important documents and letters.



Devil Tree
ต้นลำควน

This tree can grow as tall as 20 meters. The flowers are cream colored and bloom in between the leaves. The center is oval shaped with three petals surrounding it. The flower has a delightful scent and is long lasting (as long as 15 days). The flowers bloom during winter in December till March only.



Traveller's Palm

ต้นกล้วยพัด

This plant looks partly palm, partly banana. Its beauty comes from the vertical line of its leaves that make it look like a Chinese folding fan. It is popularly grown to enhance tropical gardens. This palm is widely found in Southeast Asia, but it originates from Madagascar Island. The name 'Travellers Palm' comes from the fact that the palm stems retain large amounts of water and when travellers in the past were making their way through the jungle and grew thirsty, they could cut the palm and gather drinking water from its stalks.



Hawaii Fern

ต้นเฟิร์นฮาวาย

Hawaii Fern as it is commonly known can be found in most garden nurseries. It is a popular commercial garden plant. It is easy to plant, fast growing, long lasting and beautiful. Apart from Hawaii, it is widely found in Australia, New Caledonia and as far as Fiji and the South Pacific Islands.



Giant Leather Leaf Fern

ต้นปรงไผ่

This is a large fern that likes to grow in areas reached by salty sea water. It can grow in water so it is popular as an aquarium decoration.



Pterocymbium

ต้นปอชิง

The wood of this tree is flexible and is used to make matches, toothpicks and plywood. It is also good for firewood and can be made into charcoal.



Coral Wood

ต้นมะกกล้ำดำ

This tree grows widely in rainforests or beach forests. The timber is used for house construction and furniture making. The leaf has herbal benefits and cures Hemorrhoids and Gout.



White Bat Flower

ต้นหัวยายม่อม

This short-lived plant has a beautiful eye-catching flower cluster. Its underground roots can be made into flour. Stir this flour in a mixture of water and rock sugar and it will give back energy to a patient who is weak and has lost their appetite.



Red Wrightia

ต้นโมกแดง

The bark and wood of this plant can be boiled together to make a medicinal liquid which when drunk, can adjust the circulatory system and make blood vessels work better.

A person who always has nosebleeds can be cured by drinking this juice often as it will make the capillaries stronger.



Suicide Tree

ต้นดินเบ็ดน้ำ

Its sap and fruit are poisonous. Avoid touching the sap when you pluck the leaf. The poisonous sap is used to make a lice remedy and also used as an insecticide.



Flame Tree

ต้นหางนกยูงฝรั่ง

This beautiful tree blooms during the hottest months of the year around April until May. At this time, the tree will shed its leaves, leaving only the flaming red flowers. The root is used as an herb, believed to be good for female blood circulation.



Sea Hibiscus

ต้นปอทะเล

A tree with heart shaped leaves. Popularly used for flower decorations, you can see it in a few places around Rayavadee. It is also an herbal remedy to cure inflammation. Its bark is tough but elastic. It is also good for making into rope.



Pandanus

ต้นเตยแก้ว

This species of pandanus grows on limestone soil and may be found in the south on limestone outcrops. The waxy leaves are dried and woven into water-resistant mats. The seeds are edible and may be eaten raw. The entire fruit cluster is often used for festive decorations.



Siamese Rough Bush

ต้นข่อย

In the old days, Thais liked to plant this in their house gardens as it was thought to cure ulcers and diarrhea. The stem can be pounded till soft and used as a toothbrush.



Violet Ixora

ต้นเข็มม่วง

This plant species can only be found in the South and is quite rare these days and is used for Buddhist offerings. The flower is purple, similar to the common species of Ixora, but this version is less bushy. It flowers all year round, but is most active in January and February.



Coconut Tree

ต้นมะพร้าว

A very useful tree, the juice, milk, sap and shoots of the Coconut Palm are essential ingredients in Thai cooking due to their sweet fragrance and mild flavor. The tree's husks, leaves and dried shells are also made into furniture, various tools and decorative items.



Monstera Deliciosa

ต้นมอนสเตอร์

This is the same kind of plant as the Devil Ivy, but a different species. Monstera's uniqueness is its leaves that have punched oval holes. The leaves can fill and make the garden area interesting. It is also a long lasting plant so it is popularly grown in the garden and used to enhance decoration in a vase of flowers.



Oak-leaf Fern

กระแตไต่ไม้

One of the common ferns found climbing shaded tree trunks or planted in rock crevices. Its bulb is part of an herbal medicine thought to cure gall stones. The hair from the bulb can be rolled into a cigarette and smoked to cure Rhinitis.



Cashew Nut Tree

ต้นมะม่วงหิมพานต์

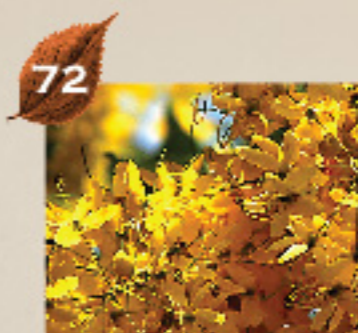
The Cashew Nut Tree is well-known throughout Asia for its delicious nuts which hang from the edge of the fruit. The nuts are eaten as a snack and used in cooking and baking. The tree also holds a special place in Thai mythology as it is believed to have originated from the mythical Himmaphan Forest of Buddhist lore.



Octopus Tree

ต้นหนวดปลาหมึก

This is a decorative plant that can grow as tall as 10 meters and provides lots of shade. Its uniqueness is the round shape at the tip of its leaves instead of a regular pointed shape. Its magenta coloured flowers look similar to an octopus's tentacles, and it blooms from March to May.



Golden Shower Tree

ต้นราชพฤกษ์

A symbol of Thailand, the Golden Shower Tree is highly regarded by Thai people who believe that planting this tree to the southwest of one's house will multiply success. The tree's common Thai name is 'Koon' which means to multiply. Its striking yellow blooms hang downwards from its branches in clusters like the streams of a golden shower.



Indian Jasmine

ต้นเข็มบางกรวย

This is a common Thai garden plant. It grows in clusters in the garden and can also be planted as a fence. It can be cut to control the shape and growth in any form or direction. It can grow in any soil condition and can survive any plant disease. In order to fulfill an auspicious role for the household, it should be planted on the east side of the compound. It is also believed that to cultivate a healthy plant that will flower abundantly, we should plant it on a Wednesday. The flower also gives sweet nectar that can be sucked directly from the flower stem.



Calathea

ต้นคล้ายลิ้น

Thai southerners use this plant's strong bark to strip and weave into containers for daily use, such as rice-winning and other baskets. It is a good substitute for bamboo for this purpose. It can also be used as an herb to cure stress.



Manila Tamarind Tree

ต้นมะขามเทศ

Easy to grow and bearing fruit within a year. This tree's sweet fruit is highly sought after and can command a high price at the market. This tree is actually a bean species. It can be grown to restore the quality of the soil or as a wind barrier.



Heliconia

ต้นสร้อยกัทลี

A unique bunch of flowers with a unique shape and vibrant color. Heliconia is popularly used to adorn Buddha shrines and to pay respect to the Buddha.

