

## From The Destination Authority Desk... By Concierge

When you pay a visit at our Concierge Desk, please get yourself three very important things; “Things to Do” is our short and informative guide to what’s what around Langkawi – and includes a driving guide, which is a needed if you choose to rent a car. Our “Recommended Restaurants” guide which may be of interest if you venture out for the day. “Langkawi Link” (the local equivalent of “Time Out”), is also available at the Concierge Desk, and contains a wide-ranging listing of Langkawi charming destinations and places of interest.

“Malaysia Truly Asia” is more than a slogan. It reflects precisely of whom we are and the Malaysian cuisine plays an important role in this as well! Let’s talk about night markets. These are the place where all the locals gather, selling daily use goods and local Malay foods. This kind of night market is available 5 nights a week but in deferent locations such as Kuah Town, Kedawang, Ulu Melaka, Air Hangat, and Padang Matsirat. The best part of it, is the food, there are variety kind of food which will make you fingers licking. If you decide to catch one, please make sure to ask the Concierge Desk where the night market is being held on that day. The largest night market is held in Kuah Town every Wednesday and Saturday at 6.00pm to 10.00pm.

*A note to guests with plans to dine at one of the restaurants at The Datai. Our transportation team will be delighted to transfer you for RM20 one way. If you would like to reserve a specific transfer time, kindly speak to the Concierge or Transportation desk located at the Lobby.*

Every day of the week, we are providing Complimentary Shuttle Service for our in house guests. On Mon, Wed, Fri, and Sun, the shuttle goes to Kuah (the main downtown of the Island) – and on Tues, Thu and Sat, the shuttle goes to Pantai Cenang (Cenang Beach, the main touristic area of Langkawi). Places are limited and therefore guests are strongly encouraged to reserve. The shuttle leaves at 11am and the collection is at 4pm.

Please may I recap, all well-deserving mums and dads, that we have an excellent team of babysitters on our ambassadors. Charges are MYR30 per hour with a minimum 3 hour booking (NB Hours after 11pm is charged at MYR50 per child per hour). To avoid any frustration, please book your babysitter at least 24 hours in advance.

In the event of rainy weather, a reminder to our guests of the DVD library at The Gift Shop. Guests are welcome to borrow 2 DVDs per day with our compliments. At the Young Explorer’s Club (ground floor nearby The Restaurant), we have a selection of board games suitable for all guests. You may also find the library of reading books at the Business Centre (lobby level). As ever, the library operates on goodwill, whereby guests may freely swap books that they have read for a “new” one. Guests wishing to lighten the load of their luggage are also free to leave their books behind.

Till then, do not forget to visit the “Destination Authority Desk” to get some local insights of the magical island of Langkawi. Let us be your guide and have a pleasant stay with us!

## YOUNG EXPLORER CLUB

We’re really excited about the opening of our new Marine Life Lab! Come along with us at 11am on Tuesdays, Thursdays and Saturdays for a fun coral colouring activity. At 11am on Wednesdays, Fridays and Sundays we will go ‘Finding Nemo’ at the Coral Nursery. Meet at YEC at 10:45am each day! (Ages 4-12).  
\* weather permitting.



## EXPLORE THE OPEN AIR OF LANGKAWI ELS CLUB TELUK DATAI



This **18 hole par 72 bunkerless** championship course meanders its way through a 10 million year old rainforest, cascading down to the turquoise waters of the Andaman Sea and is overlooked by the legendary sandstone peaks of the Mat Cincang mountain range, dating back almost 600 million years to Cambrian times. With natural streams flowing throughout the course, be sure to remember to keep an eye on the ball when you drive it down the fairway, as you might just find yourself captivated by the serene surroundings.

*\* Contact concierge for rates and further details.*

For guests who like to **explore Langkawi by road**, we are delighted to provide an open air option with one of our **two VW EOS convertibles**! These cars are exclusive to us and can be hired hourly from a minimum of 3hrs at RM333. 4hrs is RM444, 8hrs is RM555, and, well you get the picture! Full details can be found at the Transportation desk or Concierge. As the roads around the island are mostly very good, this really is a pleasant way to explore. Although a word of warning: there are a couple of places where gangs of cheeky Macaque monkeys like to congregate in response to **tourists who stop to give them food**. Although we **always advise against doing so**, this is perhaps particularly **best avoided when driving a convertible**, for all the obvious reasons. (Oh, and the Durian rule still applies!)



## The Editorial

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# The Andaman Beat

DRUMMING UP THE RHYTHM OF THE RAINFOREST

Activities In The Rainforest & On The Shores Of Datai Bay

10<sup>th</sup> November 2015 until 23<sup>rd</sup> November 2015

## WELCOME...

*A word from CHRISTIAN METZNER, General Manager  
at The Andaman, A Luxury Collection Resort, Langkawi*

Dear Guests,

Welcome to The Andaman Beat, your guide to what’s what around the resort. Over the past weeks most of you may have witnessed an array of outstanding sunsets and for that I must remark that the wet season produces some of the best sunsets during the year. Right now, the sun has almost completed it’s ‘journey’ and by about late November will be setting behind the mountain, not too far away from the direction of the villas on the hill across the bay. The dry season is almost upon us and we will then have blue skies for a few months.

Shortly after Christmas, the sun will begin its journey in the opposite direction and by mid-May next year, we will be able to observe our most local star dipping in the horizon at the west end of the bay. This combined with the increasing cloud cover of the approaching wet season will once again give us breath-taking sunsets.

One of the best experiences in Langkawi is the number of beautiful waterfalls it has. A real benefit of the wet season is the possibility to observe these beautiful natural features. The most impressive of these is Telaga Tujuh (Seven Wells), which gives you a great opportunity to trek along part of the legendary Mat Cincang Mountain, where it is possible to take a refreshing dip and cool off in some of the seven pools along the way.

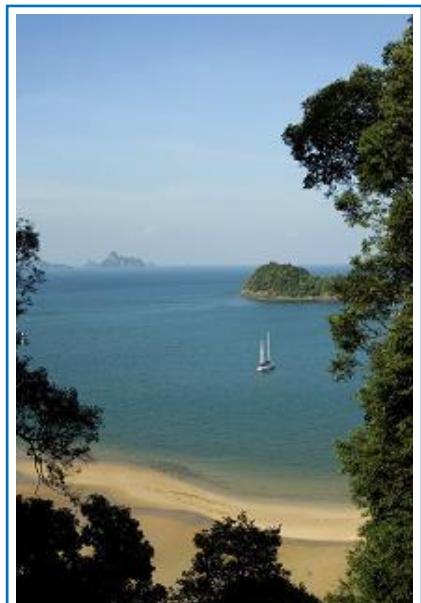
Speaking of cooling off, I am glad to share with you that we now have Paddle Boards available at our Water Sports Hut. Water naturally soothes the body and exercise helps to reduce stress, now add all of that to the soothing sounds as you glide through the waters of Datai bay, and you are sure to have a restful day. Paddle Boards are available at RM60 per person per hour.

On another note, to commemorate Deepavali or the Hindu Festival of Lights, I would like invite you all the join us for a scrumptious dinner at Tepian Laut on November 10th. For more information please review our Food & Beverage section in this newsletter.

Finally this week , I would like to give a heartfelt thank you to our guests and ambassadors for playing a key role in helping us achieve Malaysia’s Leading Spa Resort in the World Travel Awards 2015.

Thank you for choosing The Andaman for your holiday in Langkawi.  
Kind regards, Christian

Naturally  
LANGKAWI





# EPICUREAN CHRONICLES

by S. RAJAH SUNDARAM

DIRECTOR OF FOOD & BEVERAGE

## JALA RESTAURANT

*For seafood lovers we have our unique Jala restaurant, which offers an exquisite display of indigenous fish caught by our native fisherman and brought directly to Jala. Here you can select your choice of seafood and be guided by our seafood expert in preparations according to the flavours and textures of the seafood that you desire. You are, with guidance from our seafood expert, customizing your own feast from our variety of sauces and side dishes that are connected to the display counter.*

*So book a table at our signature restaurant and enjoy the local catch while smuggling your feet into the sand of the 9<sup>th</sup> best beach of the world by National Geographic.*



Born in Germany, Chef Thorsten who is of German-Thai origin, has over 12 years of experience in the kitchen. His career as a chef, coupled with his east-meets-west ethnicity, has given him the opportunity to be exposed to various ingredients that his two worlds can offer from an early age. With a career journey that encompasses experiences gained from Europe to the exotic locale of the Middle East, his globetrotting adventures has brought him to the shores of Langkawi.

He is a strong advocate of sustainable living & is most consistent with the ethos of the Jala – cuisine must be always fresh, original & natural, locally sourced from the local community, pioneering innovative products without compromising with the fragile ecosystem & is able to serve as a guide on our signature gastronomical excursions.

In conjunction with Deepavali,  
The Indian Festival of Lights,

We are proud to celebrate this joyous  
occasion with  
a special 5-course set dinner  
prepared by our culinary team!

Tuesday, 10<sup>th</sup> November 2015  
Tepian Laut  
7.00pm – 10.30pm  
MYR 160 per adult



THE ANDAMAN, Luxury Collection Cocktail  
The RADIANT MAIDEN  
(Inspired by Malaysia)

*Like an irresistible vision in the sultry air of the Malaysian night, an island goddess sings her siren song and pulls us in, as we escape into an oasis along the shores of the Andaman Sea and relish in a curious blend of aged rum, kaffir lime - infused agave nectar, lime juice and chili pepper. Feel the spirit of this magical island sanctuary and taste the essence of The Radiant Maiden.*



## NATURE

### CALL OF THE WILD By IRSHAD MOBARAK, Resident Naturalist

Mouse deer are one of our smaller residents in the rainforest – about the size of a large rabbit. It looks rather unusual with its slender legs supporting a rather chubby body. Its eyes are very large which is logical when you consider that the Mouse deer needs to keep an eye on both its food source and those other animals which want to eat it.

The female has the potential to be pregnant most of her adult life, often having just 3 hours break between giving birth and becoming pregnant again!! The young are born full developed and precocious and can stand within 30 mins of being born. Mothers nurse their young standing on 3 legs.

Mouse deer are mostly nocturnal. However, using tiny, tunnel-like trails through thick brush when traveling, they rest and move at specific intervals several times a day. Extremely territorial by nature, both sexes of Mouse deer regularly mark their territories with urine, feces, and secretions from an inter-mandibular gland under the chin.

They can be tamed and domesticated easily; however, they are very delicate creatures. When they sense danger, Mouse deer drum on the ground with their rear hoofs at a frequency of 4 beats per second.

They are quite common, but timid and so only seen very occasionally.



### CORAL REEF CONSERVATION By DR. GERRY Head of Marine Environment

#### ACTIVITIES AT THE CORAL NURSERY AND MARINE LIFE LABORATORY

**Private Guided Snorkel** from 10am-1pm, Daily (weather permitting)

Our Private Guided Snorkel is the best way to see, up close and personal, many of the beautiful species of coral that are in our bay. We can't always guarantee visibility out on the reef due to nature, but our Coral Nursery is a real treat. We take one person at a time and everyone wears a life-jacket to make you float. Just relax, breathe and enjoy the world under water. A polite request from us: should you decide to join us for a snorkel, please do so before you have applied your sunscreen for the day. Sunscreen is widely believed to cause lasting damage to Corals.

#### Fish Feeding Time

5:30pm, Daily (weather permitting)

Everyone (and everything!) has to eat, so join us at the Coral Nursery at about 5:30pm each day for a unique opportunity to learn how various animals like to dine. From Anemones to Clown Fish to Crabs and Lobsters, they all have their ways. Guests feeling brave may join us in the Nursery and try our fun technique for feeding our resident crustaceans. Let us know at the nursery during the day if you'd like to join us so we can make the necessary arrangements.

Our brand new Marine Life Laboratory at Lobby Level is packed with information and aquaria featuring some pretty cool animals, all of which help guests to understand more about the fascinating ecosystem that exists in our bay.

Why not pop along during the session below and let us share our passion with you!



Afternoon Session – 2pm to 5pm

#### EXPLORING CORAL REEFS & MARINE LIFE DISCOVERY

What is a coral polyp and how does a reef grow? See the variety of skeletons that corals produce and discover their beauty through the microscope. Assist with coral transplanting or anemone feeding. Browse the Marine Life Laboratory with one of Andaman's Marine Science students. Discover unusual creatures that frequent our 8000 year old reef. See tiny marine life under a microscope and see our Tiger Tail seahorse hunting for microscopic prey.

"Research shows that sunscreen kills corals. Guests are asked not to use sunscreen on mornings they plan to visit the coral nursery for guided snorkeling. Your cooperation is appreciated."

### WELL, WELL, WELL... By NI WAYAN SUKAYANI Spa Manager

#### HAIR BRAIDING

Revel in the summer time! What could be better than to show off of your tan lines with a new tropical hair do? Visit us at V Salon for:

Hair Braids (Crochet)	16 – 30 per line
Hair Beads	8 – 15 per line

For every 5 lines braided,  
Enjoy 1 line for FREE



For bookings and enquiries,

we invite you to contact the Wellness Desk at ext 556 or V Botanical Spa at ext 591 (9am to 9pm)

### COMB JELLIES: TOO WEIRD TO BE TRUE

There are often small, tennis ball sized jellyfish in Datai Bay this time of year. But they don't sting and seem to just glide around showing tiny rainbows of colored light along their sides.

Comb Jellies are a strange group of animal that are thought to be related to the sponges and the jelly fish. They look like they are from a different planet but in fact they are from a different time. Fossil evidence shows that they have changed little in 500 million years.

Most species make their own light (bioluminescent) which is usually blue or green and can only be seen in darkness. During the day the beating combs create rainbow colors in the surface sunshine.

### TIDE UP, TIDE DOWN

To help you plan your day at the beach or your evening walk, you may like to know that low tides below 0.5 m are good for exploring our "fringing coral reef".

High tides above 2.0m come far up the beach.

Tue 10 <sup>th</sup>	High 11:26AM 2.6m; High 11:28PM 3.0m Low 5:17 AM 0.7 m; Low 5:09 PM 0.7 m
Wed 11 <sup>th</sup>	High 11:52AM 2.6m; High 11:55PM 3.0m Low 5:51 AM 0.6 m; Low 5:41 PM 0.7 m
Thu 12 <sup>th</sup>	High 12:21 PM 2.6 m Low 6:24 AM 0.5 m; Low 6:12 PM 0.7 m
Fri 13 <sup>th</sup>	High 12:26AM 3.0m; High 12:52PM 2.6m Low 6:55 AM 0.5 m; Low 6:40 PM 0.7 m
Sat 14 <sup>th</sup>	High 12:58 AM 3.0 m; High 1:24PM 2.6m Low 7:24 AM 0.5 m; Low 7:08 PM 0.8 m
Sun 15 <sup>th</sup>	High 1:27 AM 3.0 m; High 1:56 PM 2.6 m Low 7:52 AM 0.5 m; Low 7:37 PM 0.9 m
Mon 16 <sup>th</sup>	High 1:55 AM 2.9 m; High 2:31 PM 2.5 m Low 8:25 AM 0.6 m; Low 8:08 PM 1.1 m
Tue 17 <sup>th</sup>	High 2:26 AM 2.8 m; High 3:16 PM 2.4 m Low 9:05 AM 0.7 m; Low 8:42 PM 1.3 m
Wed 18 <sup>th</sup>	High 3:06 AM 2.6 m; High 4:23 PM 2.2 m Low 9:58 AM 0.9 m; Low 10:09 PM 1.5 m
Thu 19 <sup>th</sup>	High 4:05 AM 2.4 m; High 6:17 PM 2.2 m Low 11:09 AM 1.0 m; Low 11:55PM 1.5m
Fri 20 <sup>th</sup>	High 5:53 AM 2.2 m; High 7:58 PM 2.4 m Low 12:31 PM 1.0 m
Sat 21 <sup>st</sup>	High 7:44 AM 2.2 m; High 9:10 PM 2.6 m Low 1:42 AM 1.4 m; Low 1:54 PM 1.0 m
Sun 22 <sup>nd</sup>	High 9:04 AM 2.3 m; High 9:58 PM 2.8 m Low 3:04 AM 1.2 m; Low 3:00 PM 0.8 m
Mon 23 <sup>rd</sup>	High 10:04 AM 2.5m; High 10:37PM 3.0m Low 4:00 AM 0.9 m; Low 3:53 PM 0.7 m