



RIVERSIDE JOURNEYS

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THE RIVER OF KINGS

The Chao Phraya River's history is as rich and diverse as the cultures that have flourished along its banks for centuries. Hundreds of years ago, during the Ayutthaya period, the Chao Phraya River played a vital role in the kingdom's prosperity. Serving as a lifeline, it facilitated trade, transportation, and communication, turning Ayutthaya into a thriving hub of commerce and culture.

However, with prosperity came challenges. Ayutthaya faced many invasions, and in 1767, the city fell to the Burmese, leaving a poignant mark on the river's history. Yet, like the current that flows unyielding, the resilience of the Thai people prevailed.

Bangkok rose from the ashes of Ayutthaya, and the Chao Phraya River became the lifeblood of the new capital. Stately temples emerged along its banks, reflecting the spiritual heartbeat of the nation. Grand palaces stood as testaments to Thailand's regal history, while vibrant markets and local communities thrived in the river's embrace.

In the 19th century, the Chao Phraya River embraced modernity with the arrival of steamships and trade, connecting Bangkok to the wider world. The riverbanks

transformed into a melting pot of cultures, blending traditional Thai architecture with Western influences, signifying the nation's openness to change.

Today, the Chao Phraya River remains a vital artery of Bangkok, reflecting the dichotomy of tradition and modernity. As boats traverse its waters and riverside promenades buzz with activity, the river tells a tale of resilience, adaptability, and the enduring spirit of the Thai people. The Chao Phraya River stands as a timeless witness to the country's unfolding history, its currents carrying the stories of the past into the vibrant flow of the present.



Ayutthaya's crumbling ruins

Through the centuries, the Chao Phraya River has witnessed the ebb and flow of history, serving as a silent observer to the triumphs and tribulations of the Thai people. From the majestic ruins of ancient capitals to the gleaming skyscrapers of modern Bangkok, the river has been a constant companion, shaping the destiny of the land it sustains.

The Chao Phraya's importance extends beyond mere geography; it is a symbol of resilience, adaptability, and cultural richness. Its waters have been witness to the rise and fall of kingdoms, the influx of foreign influences, and the enduring spirit of the Thai people.

As Bangkok continues to evolve and grow, the Chao Phraya River remains a steadfast anchor, grounding the city in its storied past while propelling it towards an ever-changing future. Its waters may flow inexorably towards the sea, but its legacy endures in the hearts and minds of all who call Thailand home.

For those of you looking to get out on the river, be it for a Manohra dinner cruise or Loy Pela's overnight voyage to Ayutthaya, please contact the concierge or dial '0' for our Guest Service Centre.

DOLLARS FOR DEEDS

Anantara's wide diversity of destinations across Africa, Asia, the Indian Ocean, the Middle East and now Europe – means the brand operates amidst many different cultures, wildlife species and environments. One thing that all of these places have in common, however, is the need to ensure that tourism is operated in a way that is sustainable for the people



Workers at GTAEF

that live there and for future generations of residents and travellers. All of Anantara's properties worldwide immerse themselves in local initiatives that give back to the community and environment, thereby enhancing the social and environmental surroundings of each Anantara destination.



Turtle Release at Mai Khao, Phuket

The 'Dollars for Deeds' program was launched a number of years ago, in line with Minor's passion for protecting the environment and supporting our local communities. For every night you stay at any one of our hotels, we will automatically add one US dollar to your bill (roughly 30 baht), and upon check out, Minor will match the amount 'dollar for dollar' and share the proceeds equally between three deserving charities, here in Thailand. The Princess Sirindhorn Craniofacial Centre here in Bangkok which helps children with facial birth defects, the Mai Khao Marine Turtle Foundation which protects sea turtles and their nesting sites, in Phuket and the Golden Triangle Asian Elephant Foundation which safeguards both wild and captive elephants and their habitats, in Chiang Rai.

Should you wish to opt out of this program, please inform one of our Front Desk team members, at check-out.

OCEANS FOR ALL

As part of Anantara Riverside's ongoing sustainability efforts, and in an attempt to protect the planet for future generations, we have partnered with Oceans For All, a foundation which raises awareness for marine conservation.

Through this collaboration our pier will serve as a base for one of their 'clean-up vessels', facilitating the responsible removal and disposal of river waste that chokes the capital's iconic waterway.

This initiative aligns with Anantara's ethos of preserving the natural beauty of our surroundings and giving back to our local communities. Together with Oceans For All, we're taking tangible steps to protect our environment and contribute to a cleaner, healthier planet.



A sustainable collaboration

ELEPHANT PARADE



Elephant Parade

It was back in 2015, when Anantara Hotels and Resorts brought the largest collection of elephant art to the capital. This exhibition consisted of 88 one and a half metre tall sculptures, each designed by a different local artist. Hoping to paint a brighter future for Thailand's national animal.

Smaller designs are available for purchase at the lower lobby, opposite Mocha and Muffins, and make for great Xmas gifts for friends and family. There are also elephant painting kits, for those creative types who wish to design their own elephant. On top of this, 20% of all proceeds will go directly to the Golden Triangle Asian Elephant Foundation (GTAEF), a charity founded in 2006 to

improve the plight of Asian elephants, assisting in rescuing dozens of injured and abused elephants from Bangkok's city streets, as well as building research facilities, elephant hospitals and protecting thousands of hectares of the elephants' natural habitat from logging.





MANOHRA DINNER CRUISES

Manohra Cruises offer a number of different options for those looking for an evening on the river, with authentically prepared Thai cuisine, prepared by local chefs and served by a dedicated team of servers, in full traditional Thai costume.



Manohra Cruises - Amuse Bouche

Manohra's fleet of boats are all traditional antique rice barges, which have been restored to preserve the original artistry and fine craftsmanship. Made from solid teak, these highly ornate vessels were used to transport rice from Thailand's central plains to the capital city, long before their modern-day counterparts, we see on the river today. Take in the sights and sounds of some of the capital's most iconic landmarks including Wat Arun, the Temple of the Dawn, arguably Thailand's most beautiful temple, which has stood on the eastern bank of the Chao Phraya, since the Ayutthaya period.

For those looking to join an evening cruise, the boat will leave at 7pm every evening and return at around 9pm. These dinner cruises offer a choice of two five-course set menus, both designed by Anantara Riverside's Executive Chef Phong.

Prepare your palates for a papillae popping amuse bouche, of either Ayutthaya river prawn or Alaskan King Crab panipuri. Then, take the heat up with Thailand's famous spicy pomelo salad with grilled kurobuta pork or premium grilled tiger prawns.

For the soup course, diners can indulge in two of Thailand's most popular soups; Tom Yum with white prawns or, if you choose 'premium', Tom Kha Thalay with prawns, calamari and scallops imported from the US.



Tom Yum Pho Taek



Deconstructed Hor Mok

For mains, as always, there will be both meat and fish options. Surfers will relish a unique twist on the Thai classic 'Hor Mok' with pan-seared barramundi cooked in a Sabayon curry sauce, or if you prefer, an Atlantic cod fillet with red curry.

Meanwhile, 'turfers' will tuck into braised wagyu beef cheeks in a coconut milk curry, served with local greens and a rich southern style risotto, or an authentic Massaman Curry, with wagyu striploin.

For dessert, indulge in Thailand's national (and most famous) dessert, Mango and Sticky Rice, which has long held a Top 10 ranking in the 'World's Best Desserts', followed by a selection of locally-made Thai sweets.

BENIHANA TIME!

The first Benihana to open was in Tokyo, and was a family run business, opened by Yunosuke Aoki and his wife Katsu, and run by themselves and their four sons. It wasn't however, the teppanyaki restaurant that you know today. It was a simple coffee shop, which later became a full service restaurant. All four sons knew the ins and outs of the family-run operation.

Yunosuke's eldest son, Hiroaki, understood more than most, the importance of adding value to the customer experience and he, like his father, had a passion for theatrics. He couldn't seem to shake the idea of a dining concept which combined good food with theatre and entertainment. At this point he could never have imagined that this new 'concept' was set to take the world by storm.



Turning the temperature up

Hiroaki found his way to America for the first time in 1960, as a member of the Japanese Olympic Wrestling team.

After adopting the name Rocky, he decided he was going to make his dream a reality. He worked 7 days a week selling ice-cream in New York and studied restaurant management in the evenings. He saved and borrowed until he had enough money to open his first restaurant. It was on New York's West 56th Street and had just four tables.

Meals were like performances, with the customers sitting right at the teppan grill. Skilled chefs would dazzle patrons with their knife skills; chopping, slicing and juggling, before serving everything together, with a final flair.

In all honesty, it took a while to take off, but following a rave review from a famous food critic in 1964, the restaurant shot into the limelight and it wasn't long before the four tables were sold out every night and Rocky needed another restaurant. Today there are more than a hundred Benihana franchises around the world - three of them, here in Thailand, and one right on your door-step.



Teppanyaki treats

For those who choose to dine a la carte, expect an evening of lively 'eatertainment', and we're not talking simply knife skills - that would be too easy! Our chefs play with fire as well as their food and will also offer newcomers the chance to try out their own teppanyaki skills, with the (in)famous egg-juggling, which is sure to 'crack you up'... other theatrics include Benihana's signature gimmicks, the 'onion volcano' followed by the 'choo-choo train', the 'beating heart' and many other tricks designed to dazzle diners and provide an interactive dining experience.

Benihana's Brunch continues to pull in those looking for a fun-filled feast and a great way to spend their Saturday afternoons, filling their faces with free-flow sushi and sashimi! And a new recently launched Prime menu is sure to tantalise your tastebuds.

The one thing that everybody agrees on is "the first time is always the best time!" So, if you really don't know your teppan from your yaki, then all the better! Grab the kids and get ready for a raucous evening full of fun, fantastic food and a lot of laughter.

For reservations, please contact the concierge or dial '0' from your room.



RIVERSIDE TERRACE

Pull up a chair as the sun sets, and the Chao Phraya comes alive with vibrant flavours from around the world, complemented by spellbinding shows providing a slice of culture. Indulge in a bountiful buffet banquet starring Japanese bites, tandoori-smoked delights, BBQ seafood and choice cuts prepared to perfection in the smoke pit. Peerless river views provide the perfect backdrop for a delectable evening of captivating cuisine and cultural arts.



Mouthwatering meats

These authentic and traditional Thai performances circle around three different themes and include traditional Thai dance, traditional music and puppetry, a form of entertainment which is still popular today, despite significant advances in technology and digital entertainment.

Some performances include ancient traditional dances, which are typically only performed once a year during a particular festival, while others tell stories from ancient mythology and folklore, with roots intertwined in animism, Hinduism and Buddhism. Stories from the Ramakien, the Thai version of Valmiki's epic, Ramayana, are popular, and feature mythological creatures including Hanuman the monkey god and the serpent-like Naga.

These performances originated from all corners of the kingdom, and highlight the cultural nuances between Thailand's kaleidoscope of cultures.

Complementing these shows and chef's creations, our premium wine list boasts hundreds of labels, all of them handpicked by our Chief Sommelier to ensure the best possible complement to your meal.

The International BBQ and Seafood Night is held every evening at Riverside Terrace, and welcomes guests, from 6pm.



Succulent seafood

INDIGENOUS EATS

Ayutthaya River Prawns, renowned for their succulent flesh and unparalleled taste, are a culinary treasure deeply embedded in Thai gastronomy. These crustaceans, harvested from the fertile waters surrounding the ancient city of Ayutthaya, boast a unique flavor profile cherished by locals and revered by food enthusiasts worldwide.



Ayutthaya freshwater prawns

Characterized by their impressive size and distinctive reddish hue, Ayutthaya River Prawns captivate diners with their firm texture and sweet, delicate taste. Unlike their oceanic counterparts, these prawns thrive in the freshwater rivers and canals, absorbing the essence of their natural habitat, resulting in a nuanced flavor unmatched by any other species.

Prepared in myriad ways, from grilled to stir-fried, Ayutthaya River Prawns are celebrated in traditional Thai cuisine for their versatility and ability to complement a wide range of dishes. Whether infused with aromatic Thai herbs and spices or simply grilled and served with a tangy dipping sauce, each bite of these prawns offers a harmonious blend of flavors that tantalize the palate.



An enviable size

AND CULTURAL TREATS

Rooted in Theravada Buddhism, the tradition of offering alms to monks is not merely a religious ritual but a fundamental expression of Thai identity and communal harmony.

Known as "dtuk bat," the almsgiving ceremony is a daily ritual observed across Thailand, where devout Buddhists wake up early to prepare offerings of food, flowers, and other essentials. As the sun begins to rise, they line the streets, kneeling respectfully as monks walk barefoot along their path, carrying alms bowls.

This ritual fosters a sense of connection between the monks at the temples and the local community. For the monks, receiving alms is a practice in humility, detachment, and gratitude, while for the laypeople, offering alms is an act of generosity, reverence, and merit-making. This cultural practice ensures that even the most marginalized members of society have their basic needs met. In rural areas, where poverty may be more prevalent, the almsgiving tradition serves as a lifeline for both monks and laypeople, fostering a sense of mutual dependence and support.



Monks collecting alms

Moreover, the act of giving alms is deeply ingrained in Thai cultural etiquette and values, with children being taught from a young age the importance of generosity, respect for elders, and compassion for others. Families often come together to prepare offerings for the monks, turning the almsgiving ceremony into a cherished communal activity that strengthens familial bonds and reinforces cultural heritage.

In addition to the daily dtuk bat ceremony, special occasions such as religious festivals, merit-making ceremonies, and important milestones in life (such as weddings and funerals) provide opportunities for elaborate almsgiving rituals. These events not only serve as occasions for spiritual reflection and collective celebration but also as opportunities for individuals and communities to accumulate merit and cultivate positive karma.

In contemporary Thailand, the tradition of giving alms continues to thrive. While urbanization and changing social dynamics may have altered the form and frequency of almsgiving practices, the core values of generosity, compassion, and community remain deeply entrenched in Thai culture.

Should you wish to make Buddhist merit with us, you can participate in the alms giving ritual by the river, every Friday morning at The Market (our breakfast venue) at 08.30hrs. If you have any questions, or require more information, please contact the concierge or dial '0' for the Guest Service Centre.



THE KLONG GURU TOUR

In the latter part of the 18th century, Thonburi became Siam's capital, following the sacking of Ayutthaya. As the city flourished under its new king, Taksin the Great, so did its intricate canal network, which served as vital transport routes and vibrant hubs of commerce. These waterways, or 'klongs' as they're known locally, were the lifeblood of Thonburi, and until 1864, when Thailand's first road, was constructed, boats were the only means of getting around.

Over the years, as Bangkok evolved into a modern metropolis, Thonburi retained its cultural heritage, preserving a glimpse of the past, with its traditional stilt houses and ornate temples, juxtaposed against a skyline of soaring skyscrapers.

Anantara Riverside's Klong Guru provides a captivating experience that promises to immerse you in the charm and mystique of Thailand's former capital. As you navigate the serpentine klongs aboard a traditional longtail boat, you'll uncover the hidden



Artisanal puppetry and pastimes

gems and cultural treasures that make this area of Bangkok truly unique and earned it the epithet 'Venice of the East'. Step back in time and witness the authentic side of the city - a side that more often than not, eludes the casual tourist.

Your guru, Diamond, was born in the area and will happily share tales of its rich history, while offering opportunities to engage with the locals, who call these canals home. Indulge in artisanal pastimes. Try your hand at handicrafts and take in a traditional puppet show. Seek out souvenirs and keepsakes and sample authentic street food from bustling markets and street-side stalls that dot the canal banks.

For reservations or more information please contact the concierge or dial '0' for the Guest Service Centre.



Authentic souvenirs and keepsakes

SPICE SPOONS

Have you ever wondered what goes into creating Thailand's most famous soup, Tom Yum..? Have you ever considered trying your hand at balancing the five tastes of Thai cuisine, yourself..?

Discover the complexities of your favourite dishes with an immersive Thai cooking class. Choose to take your class either aboard a restored rice barge or in our custom Spice Spoons kitchen. Pick up your ingredients at a local market as our chef showcases seasonal produce. Back at the resort, prepare up to four of your



Spice Spoons Cooking Class

preferred dishes, be it starters, soups stir-fries or curries. Our chef will guide you through various steps to create your culinary masterpieces. After the class, dine on the fruits of your labour, complemented by a glass of local wine to perfectly complement your dishes.

Spice Spoons offers an immersion into the secrets of Thai cuisine. Join us for a master class - as a couple or with the whole family. Take recipes home with you, along with new skills to impress your family and friends at your own Thai-style dinner party.



Authentic Thai cuisine

KHIM

The 'khim' is a traditional Thai musical instrument, renowned for its delicate yet resonant sound. It is made from wood and is played by striking the strings with thin bamboo rods. Originating from ancient Chinese instruments, the Khim has evolved into a quintessential element of Thai classical music, adding ethereal melodies to cultural performances and traditional ceremonies. Its evocative tones evoke a sense of tranquility and stir the spirit of Thai musical heritage. Observe a live khim performance every evening at the upper lobby, at 17.30hrs.



The traditional 'khim'

THE ART OF EIGHT LIMBS

Muay Thai, often referred to as "The Art of Eight Limbs," holds a profound significance within modern Thai culture, transcending mere sport to become a deeply ingrained aspect of the nation's identity. Originating centuries ago as a form of close combat, Muay Thai has evolved into a national treasure and global phenomenon, shaping cultural, social, and economic landscapes in Thailand.

Muay Thai symbolizes the resilience and spirit of the Thai people. Embedded within its rigorous training and fierce competition is a reflection of Thailand's historical struggles and triumphs. Muay Thai embodies the nation's ethos of perseverance, serving as a source of national pride and unity.

Moreover, Muay Thai is not merely a sport but a repository of tradition and heritage. Rituals such as the Wai Kru dance which

is performed before fights are deeply rooted in Thai culture, connecting practitioners to their spiritual beliefs and ancestral roots. Through the preservation of these customs, Muay Thai acts as a custodian of Thailand's cultural legacy.

Economically, Muay Thai is a significant driver of tourism and revenue. International interest in the sport has led to the proliferation of training camps, stadiums, and events across Thailand, attracting visitors from around the globe, contributing to the country's economy.

Beyond its cultural and economic contributions, Muay Thai cultivates valuable personal qualities among its practitioners. Discipline, respect, and camaraderie are instilled through rigorous training and adherence to tradition, shaping individuals both inside and outside the ring.

In essence, Muay Thai isn't just a sport—it's a living embodiment of Thailand's past, present, and future, weaving together history, tradition, and national identity in a dynamic tapestry of physical prowess and cultural significance.

Our fitness centre offers 60-minute Muay Thai sessions with a private instructor. For reservations, please dial '0'.



Muay Thai's 'Wai Kru' ritual



BENEFITS OF IV DRIP THERAPY

IV drip therapy is a wellness sensation which has captivated the globe with its promise of instant rejuvenation and vitality. At the forefront of this trend, Anantara Riverside, offers guests an opportunity to partake in personalized IV drips.

Intravenous (IV) drip therapy, also known as intravenous infusion therapy, is a medical technique that delivers fluids, vitamins, minerals, and other nutrients directly into the bloodstream. This method bypasses the digestive system, allowing for more rapid absorption by the body. IV drip therapy has gained popularity in recent years for its potential to address health concerns and promote well-being.

One of the primary benefits of IV drip therapy is its ability to hydrate the body quickly and effectively. Dehydration can occur due to factors such as illness, strenuous exercise, excessive alcohol consumption, or simply inadequate fluid intake. IV hydration therapy helps to restore balance and alleviate symptoms like fatigue, dizziness, and headaches.

Moreover, IV drip therapy can be customized to address specific health needs or goals. For instance, vitamin IV drips are formulated to deliver high doses of vitamins directly into the bloodstream, which may be beneficial for individuals seeking to boost their immune system, energy levels, or skin health. Common vitamins and minerals administered through IV therapy include vitamin C, B vitamins, magnesium, and calcium.

Athletes and fitness enthusiasts often turn to IV drip therapy for recovery and performance enhancement. IV infusions can help rehydrate the body after intense workouts, reduce muscle soreness, and support faster recovery by delivering essential nutrients directly to muscle tissues.

Frequent flyers who transcend time zones or those who have just stepped off a red-eye flight may wish to avail of the IV Drip therapy's myriad benefits, including alleviating headaches, fatigue, dizziness and brain-fog.

Other IV cocktails are specifically designed to boost your immune, your metabolism and your overall health, while others focus on alleviating stress, improving sleep, and increasing sexual appetite and sensation.



IV Drip therapy

ANANTARA SPA



Indulge your senses and rejuvenate your body at Anantara Spa, nestled within the tranquil oasis of our riverside resort. Discover three exquisite signature massage treatments designed to transport you to a state of pure bliss.

The Anantara Signature Massage is a fusion of ancient techniques and modern luxury, expertly crafted to stimulate circulation, induce deep relaxation, and restore the body's natural energy flow. Let skilled therapists melt away tension and revitalize your senses with this unparalleled experience.

The Oriental Rice Massage draws inspiration from the region's background

of rice cultivation and combines the healing power of traditional Thai massage with the soothing warmth of a rice herbal compress. Experience a harmonious blend of ancient wisdom and contemporary comfort.

The Himalayan Thermal Therapy is a unique treatment which harnesses the healing properties of ethically-sourced salt stones to replenish minerals and trace elements, while an invigorating facial massage using a rose quartz gua sha tool will leave you with a luminous glow.

For more information, please contact Anantara Spa or dial '0' from your room.

TIBETAN HEALING

Tibetan healing therapy dates back 4000 years. It combines traditional massage and herbal compress with the atavistic art of sound therapy, delivered through the rich and resonating sounds and vibrations of what have become known across the world as 'Tibetan Singing Bowls'.

Guests will be transported to the foothills of the Tibetan plateau, as a herbal compress worked strategically along the meridian lines, while the bronze bowls are struck or 'played', allowing the sonorous sounds and vibrations to penetrate deep into the body, further easing tension and relaxing the mind.



A Tibetan singing bowl

MEN'S GROOMING

Anantara Spa is thrilled to announce the launch of a new series of curated treatments for the modern man. With an extensive range of massages and facials and everything in between, there is no better time to treat yourself to a bit of pampering – after all, why should the girls get to have all the fun?

What works for women, doesn't necessarily work for men. Male skin is 25% thicker than female skin. It's oilier, and has more collagen than female skin due to different hormone levels.



Men's treatments

Gentlemen's Tonic is an international and award-winning luxury spa, grooming and hair concept, founded in Mayfair, London, in 2004. Their philosophy is simple; to provide the cure for the strains and stresses of modern day living, with a range of bespoke products that rejuvenate, invigorate and promote overall wellbeing. Men typically have larger oil glands, producing more sebum than ladies. Collagen and elastin also degrade slower in males, thanks to their testosterone levels. Hence, it's important for the modern man to use grooming products that are designed specifically for men.

After your treatment, while we can't (of course) guarantee you will look ten years younger, we are confident you will, at least, feel it.




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