



“ This is a hotel with a difference, leading a new trend that is becoming increasingly preferred around the world. ”

Mr. Guy Hopkins, He Can Convert Your Life!

In the midst of lazy cool breeze swirling around morning sun rays, it's a good day for Longstay Guide Magazine to have the great opportunity to interview Mr. Guy Hopkins. So who is this Guy? What was his inspiration? The next paragraph has the answer on the road of inspiration and confidence from the man, who not only is very happy in Chiang Mai, but also loves this wonderful city!

After studying at the Redwood College of Holistic Health in California in 1980, Mr. Guy Hopkins firmly decided to create the destination spa combining the best of Asian massage, Buddhist philosophy and newly learned health regulations. The Spa Resorts is the first health resort in Thailand, opened on May 15th, 1992 on Koh Samui. Mr. Hopkins shares his ambition with us about his naturalistic dream. "I sought after how to best live a healthy life. What would it take to make us all feel healthy and happy? Is there a way to great health and longevity? Chiang Mai is the lovely 'Rose of the North' and one of the many beautiful parts of Thailand. In 2009, the exciting new The Spa Resort Residences Chiang Mai was created as an idyllic wellness retreats and retirement community nestled in the gently rolling hills of Mae Ann village." Mr. Hopkins reflected, "I think Chiang Mai is the best place for retirement; the weather is good, lots of fresh air, nice people, delicious foods and with cheap cost of living too. These are the reasons why I had chosen to invest in Chiang Mai. I present to you the unique villas designed with northern Thai architecture while offering all the modern conveniences with ancient temple, rice paddy fields, and great weather. It takes you 15 minutes to get to Championship Golf Course, 20 minutes to Chiang Mai down town, and a few minutes to local market and hospital. Basically, it's easy access to everywhere. Moreover, my health resort is also known for the very best vegetarian, vegan, raw food, organic farm, the yoga retreats and exotic Thai massage. All of the above mentioned, you can choose to invest and live in one of the world's most affordable and well know Health Resort Communities. It's the most worthy investment of a lifetime."

Last but not least, Mr. Guy Hopkins also leaves behind a message of his impression about Longstay in Chiang Mai, "Of all the wonderful 30 years in Thailand, I have fulfilled my life with stunning temples and sincere smiles that has made my life so awesome! Chiang Mai offers an eclectic and rewarding cultural experience but its way of life revolves around the tranquil Buddhist way of life. I'm not good at Thai language, but I understand the way of Thai people respecting each other. What more can I say except "I love this wonderful town, Chiang Mai, Thailand"

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アンパワ-水上マーケットの飾らない魅力

青い地球を彷徨い続ける眠らない旅人たち。新しいものに出会い、インスピレーションを受け、まだ見ぬ土地へち旅立つ。何にも代えがたいものを与えてくれる旅。今月号のロングステイガイドマガジンではサムットソクラーム県アンパワ-郡にある昔ながらのタイの暮らしをそのままに残す水上マーケットと車窓から素晴らしい景色を眺める鉄道の旅へご案内します。日はまた昇り、人生もまた始まる。

午前7時30分。三等車の電車は私たちを乗せてウォンウィエンヤイ駅を出発。電車の騒音をかき消すように笑い、真夏日に少し冷たい風を受けながら街の喧騒を抜けていきます。メークローン駅を目指し、まずは線路に市場が立てられる珍しいタラー・ロムハップ(まだ見ぬタイ)を通過。カラフルな日よけの下に立てられた市場は、電車が通過する時はあっという間にお店がたたまれます。メークローン駅で下車し、ワット・ペットサムットの裏にある棧橋からボートに乗り込みます。メークローン川岸の暮らしぶりを見ながら進み、美しい寺院、ワット・チュラマニで一休み。ここではアンパワ-で有名な仏教の高僧、ルアンポー・ムアンの安置された遺体

