

### Activities and things to do in Udon Thani

#### Running & Walking

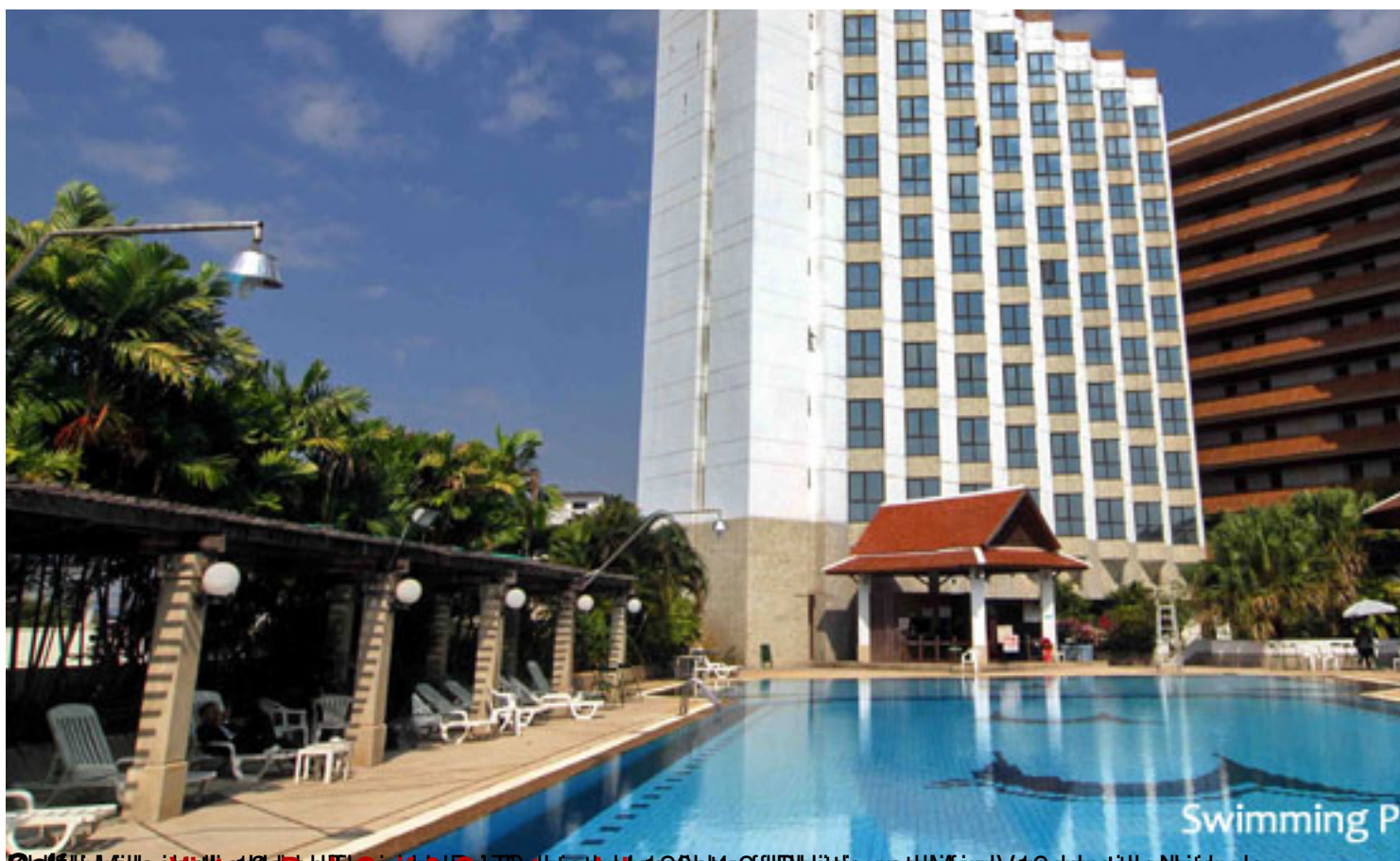
There are plenty of places to run or walk around Udon Thani, the most popular being Nong Prjak Park Map ref P6. There is also an Olympic style running ground at the Physical Education College Map ref C12. Nong Bua Lake Map ref R13 is also another area used for running and walking and is much quieter than the other parks. Most locals exercise a few hours before sunset when it's cooler and more comfortable.

#### Swimming

Most major hotels such as Napali (Map E11), Charoen (Map O13) and Charoensri Grand (Map O11) have decent size swimming pools but make sure you get there early to beat the crowds. Most of these pools have daily, monthly and annual rates.

For decent lap swimming head to the Physical Education College on the western ring-road (Map C12) they have a nice size 50m swimming pool. Costs to use this pool are 30bt per swim. There is also a 50m pool at the Satreeratchunatit Girls School on Sri Chomchun Road Map H11

Bar Berry club and restaurant has a good decent size pool, Thomas resort (Map Y18) is home to a smaller attractive pool and the Bamboo garden (Province Map G8) has a nice and quite pool amongst beautiful gardens. There is also a nice pool at Sonmangorn restaurant on the eastern ring road (Map V10).



Golden Hills, Victory Park Golf & Country Club, Ban Tat, Udon Thani, Thailand

Local Name	Victory Park
Telephone:	042-407296-9 Fax: 042-407299
Address:	191 Moo 1, Khaibogvan, Muang, Nong Khai 43100
Green Fee:	530 baht for 18 holes, including caddie fee
Number of holes	18 Par : 72 Yards : 6526 (Blue Tees)
Driving range	Yes
Bookings required?	Weekends only, course is sometime closed for tournaments
Club House	Yes
Showers	Yes
Restaurant	Yes
Lockers	Yes
Webpage:	N/A
Caddies:	included in green fee
Karts:	2 seater Carts 600bt
Map Ref:	Province Map G7
Distance from Udon	45 km
Comments:	A beautiful course with first-class facilities, including overnight accommo

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**Sir Thani Golf Forest**

Local Name	Ban Tat
Telephone:	01-9543188

Address:	79 Moo 10, Tambon Banchan, Udon Thani, 41000
Green Fee:	200 baht for 18 holes, 100bt after 12 noon and at weekends
Number of holes	9 Par : 36 Yards : 3217 (Blue Tees)
Driving range	Yes, 20 baht for 30 balls
Bookings required?	No, can get busy on wednesday and at the weekends
Club House	Yes
Showers	Yes
Restaurant	Yes
Lockers	Yes
Webpage:	N/A
Caddies:	160bt for 18 holes
Karts:	No
Map Ref:	Province Map G7
Distance from Udon	10km
Comments:	A popular course amongst the resident farangs. The course is usually in

### **Udon Golf club & Resort**

Local Name	Sip peart' 18km
Telephone:	01- 2201088
Address:	18 Udon-Loei Road, Ban Huaysamran, Muang, Udon Thani, 41000
Green Fee:	200bt for 18 holes
Number of holes	9 Par : 36 Yards : 2909 (White Tees)
Driving range	No
Bookings required?	No
Club House	Yes
Showers	No
Restaurant	Yes
Lockers	Yes
Webpage:	N/A
Caddies	160bt for 18 holes
Karts	No
Map Ref:	Province Map G8
Distance from Udon	18 km
Comments:	An attractive little course, greens can be a little patchy but overall pretty

### **Nong Samrong Golf course**

Local Name	Army course
Telephone:	042-222927
Address:	Nongsamrong Road, Banbonam, Udon Thani, 41000
Green Fee:	120bt for 18 holes
Number of holes	9 Par : 33 Yards : 2345 (White Tees)
Driving range	Yes, 20bt for 30 balls
Bookings required?	No, but course may be busy on weekends
Club House	Yes
Showers	Yes
Restaurant	Yes

Lockers	No
Webpage:	N/A
Caddies	120bt for 18 holes
Karts	No
Map Ref:	Province Map F8
Distance from Udon	2 km
Comments:	Lot's of shaded areas, good for practicing your short irons

### **Lion Military**

Local Name	Lion Military
Telephone:	-
Address:	Within the grounds of Wing 23 Army base, Tahan Road
Green Fee:	?
Number of holes	9
Driving range	No
Bookings required?	No
Club House	Yes
Showers	No
Restaurant	Yes
Lockers	No
Webpage:	N/A
Caddies	?
Karts	No
Map Ref:	Province Map E4
Distance from Udon	0 km
Comments:	-

### **Udon Thani Golf Society**

Udon Thani has its own ex-pat golf society which was founded by 16 ex-pats during 2002 and now has over 70 members. Society days are held each Monday, Wednesday and Friday at the golf clubs listed above, visiting golfers are welcome to join in for a round of social golf, and Tee off time is around 8.30am. Society times and dates can be seen on the notice boards of the golf clubs mentioned above.

### **Gyms**

One of the best gyms with modern facilities can be found at the Ban Chaing hotel (Map I11), there you will find a fully equipped gym with aerobics area exercise machines and weights, below is a spa with sauna. The Napali and Charoensri Grand hotels also have gyms. Private gyms can be found at the Englishman's Retreat (Map Ref G1) and BB Resort (Map Ref G1).

## **Tennis courts**

Tennis courts are available at the Physical Education centre Map C12, Rajaphat Institute Map M14, Soi Phompakhai leading away from the airport Map E16 and and BB Villa (Map Ref G1).

## **Badminton Courts**

Decent indoor and outdoor badminton courts can be found on Asawamit road Map J15

## **Ten Pin bowling**

Udon has 1 modern 10-pin bowling alley. It is located on the top floor of the Central Plaza and is called Majorplex bowling (Map O11)

## **Pool & Snooker**

Pool tables can be found at Lalita's Bar (Map P11), Mojo Bar (Map O12), Irish Clock (Map Ref P11) and many other bars around Udon Thani..

There is a large snooker hall next to the Udon Hotel (Map K9), next to the western bus terminal (Map C9), accross the road from Mojo's Bar (Map O12) and at Preecha Market (Map P12).

### Darts

Harry's bar (Map C11) has a decent good quality darts board.

### Race courses

There are 2 horse racing course in Udon Thani, the first is located on Soi Pompakai leading away from the airport on the left (Map E16) but is now used mainly as a training course, and the second course is located on the Udon-Sakon Nakon road, 2km's from Big C on the right (Map Y19 almost opposite Udon Thai House Resort)

### Cinemas

There is one cinema complex in Udon Thani called Majorplex cinema which houses 9 modern screens, it is on the top floor of the Charoensri shopping centre. Majorplex recently added a 3D cinema, also please note English language films are limited

### Shopping

Udon's main shopping area is Phosi road starting from the fountain round-about (Map M12) and then continues northwest. In this vicinity you'll find a wholesale clothes market, Gold shops, and various local handicraft shops.

There are three large night markets, two near the train station called Center point (Map Q12), Preecha Market (Map P12) and UD Bazaar (Map Q13)

For general shopping head to Central Plaza (Map O11) or UD Town (Map Q13). Udon has 3 Tesco Lotus stores, Big C, Makro, Tops, Carrefour and Tang Ngeesoon wholesale store. DIY enthusiasts should head to Global house which is a warehouse jammed packed with everything

you could possibly need for building, it is across the road from Homemart which is almost the same but maybe has a better range of tiles and bathroom suites but less building accessories. Both places can be found almost facing each other on the north eastern ring-road Map T4. A new clothing hypermarket is currently under construction next door to Index Living Mall on the ring-road and is due to be completed this year.

Furniture shops are located all over Udon Thani but probably the place with the largest range of furniture can be found at Koncept opposite Tesco Lotus on the ring road Map J2. Another place with a good range of furniture is called Index which is on Phosi road 1km from Big C Map V17

### **National Parks**

Phu Pra bat National Park is probably the most famous and interesting park in Udon Thani province, it contains an interesting collection of pre-historic caves and cave paintings and also some very nice walks. It is located 50km's north east of Udon (Province Map D6)

Phu phoilom is another popular park attracting visitors locally and nationally. It can be found 40km's south east of Udon (Province Map F9) A website is currently under construction called [www.phufoilom.com](http://www.phufoilom.com)

### **Waterfalls**

There is a nice waterfall called Thanngam waterfall located in Phoilom Park (Province Map F9). It is most spectacular during the rain season June to Oct.

### **Watersports**

Huai Luang Dam and resevoir (Province map E8) is a popular place for watersports of all kinds and is only a short drive from Udon Thani. A little further south is Ubonrat dam and lake (Province Map F12) which is also popular for water sports and has a pretty beach in the hot season.

## **Aerobics**

Health and fitness is becoming increasingly popular in Thailand today. Aerobics is probably one of the most popular fitness activities and has really taken off in a big way. You can join the locals at Nong Sim Park and Nong Prajak park for daily aerobics exercise, they usually kick off between 5-6pm.

## **Bridge**

Want to play Bridge In Udon Thani ?

There is currently a meeting twice per week, Sunday and Wednesdays - numbers permitting- in Harrys Bar. New players welcome, tuition available.

Please contact either David (086-219-6784) or Tom (086-0972-775) for more details.