



MAY NEWSLETTER

Ten Weeks Lock Down On Phi Phi Island



AUTHOR: GABRIELLA – JUNE 05, 2020

Lockdown Update:

No surprise! but we are still locked down on Phi Phi Island, the island is still closed and there are still no ferry boats leaving the island. There has been no updates from the Thailand authorities regarding further extension to foreigners visas. It is also very difficult in finding out information regarding our visas, the British Embassy here in Bangkok has no answers at all. It is just a waiting game as we are still waiting for land borders to open but that is not going to happen any time soon. We have talked about and have a few ideas of where we will head to next for each different scenario that we may face on the 31st July, that's when our Amnestying Visa ends. We are hoping that Thailand will extend these visas till 31st August like their neighbouring country Malaysia which they have just announced.

Good news this month! We have finally made it across to Bamboo Island then across to Mosquito Island after a few failed attempts in our kayak that we often borrow from our neighbours the Sea Gypsies. It was a challenging 20km paddling. On the way back the wind picked up and started blowing us in the wrong direction so it made paddling more difficult and hard work. It was lovely to be back on Bamboo Island after four years, so we revisited the exact spot that Chris proposed to me. Here is a quote from Chris "We are still not married, but still together". We did however have to leave Bamboo sharpish as there was police on the island as it is a national park and is closed to tourists. The police couldn't understand

how we had got to the island with no tourist boats running, it's not something people normally do is kayak to the island. So we were told to get back in our kayak and leave. We then headed over to Mosquito Island but we got wildly attacked by thousands of mosquitoes, hence the name of the island. I ran straight into the sea to get them off me and away from me, I stayed there until Chris had finished his filming he wanted to do, which didn't take long as he was getting bitten a live. So we got back on the kayak and headed safely back to Phi Phi.

The Jungle.... We have done numerous walks across the jungle to the other side of the island in the ten weeks we have been here. On one occasion a family of monkeys just came from nowhere and continued to follow us through the trees all the way, it was lovely to see as the mothers were carrying their young, it was unusual for us to see so many monkeys come out of the jungle at one time. We think they thought we had food that's why they followed us, luckily they didn't try to take our backpacks. The backside of the beach where we are is a rather steep limestone cliff, covered with lush vegetation that offers monkeys a comfortable habitat, the most common monkey we see is I believe a **macaque** (pronounced "ma kak"), a small, grey or grey-brown monkey that usually hangs out in the trees or other foliage.

Our time on the island has taught us new life skills, Chris is good at fishing now and we have spent lots of time with the local lady's that find their foods in the forest, so we have learnt what foliage is edible. Thailand has literally thousands of useful and edible plants traditionally collected by rural people for their meals or to sell at markets. Below are a few plants we can recognise and pick that we now know are safe to eat.



Water Spinach (Pak Boong in Thai) is generally cooked with oyster sauce which we don't have or soy sauce and is also eaten raw.

Bitter Leaf (Chapoo in Thai) is eaten raw or used in soup or salads.

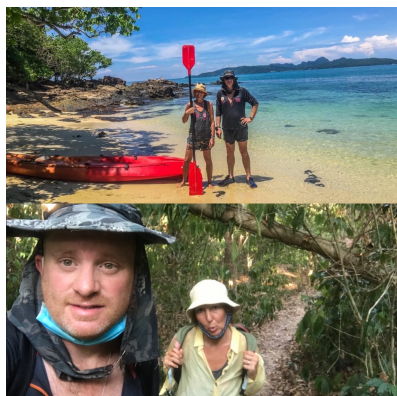
Chive Flowers (Dok Gui Chai) are the flowering tips of chives and are used in our stir-fries.

Thoughts and feelings: This month in my newsletter I have decided to do a quiz for you all, as there is not much in my newsletter this month, as we are not cycling or on the move going to different locations everyday, we don't have much to report. So I thought it would be fun to base the quiz on our time on Phi Phi Island and test your knowledge, if you get stuck you can find all the answers in our blogs and films on our website chrisandgabsworldcyclingtour.com



Chris And Gabs World Cycling Tour... Mays Big Quiz

ANSWERS WILL BE IN NEXT MONTH'S NEWSLETTERGOOD LUCK



QUIZ QUESTIONS

1. WE ARE CURRENTLY IN OUR TWENTY SEVENTH COUNTRY, NAME THE COUNTRY ?
2. WE ARE NOW LIVING ON WHICH ISLAND ?
3. WHO ARE OUR NEIGHBOURS ON OUR ISLAND TAKE US OUT ON THEIR BOATS FISHING?
4. WHAT ARE THE NAMES OF THE TWO ISLANDS WE KAYAK TO FROM OUR ISLAND ?
5. WHAT DID CHRIS DO FOUR YEARS AGO ON BAMBOO ISLAND?
6. WHAT ANIMALS DO WE COME INTO CONTACT WITH IN THE JUNGLE ?
7. GIVE ONE EXAMPLE OF HOW WE COLLECT OUR WATER?
8. WHAT TWO FOODS DO WE MOSTLY EAT ON THE ISLAND?
9. WE OFTEN CLEAN THE BEACH, WHAT ITEMS DO WE FIND THE MOST WASHED UP ON THE BEACH?
10. WHAT DO OUR NEIGHBOURS USE THE PLASTIC BOTTLES FOR THAT WE COLLECT AND GIVE THEM?
11. WHAT WAS THE NAME OF THE BIG 20KG FISH CHRIS CAUGHT AND WE SHARED WITH OUR NEIGHBOURS ?
12. DUE TO THE STORMS, WHAT ANIMALS GO BUMP IN THE NIGHT?

