

# HK GOLFER

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WOODLAND'S WIN / OPEN PREVIEW / THE CHINESE STORM  
GILCHRIST'S BIG PLAN / GOLF GURU / A SCOTTISH MASTERPIECE



# SIX OF THE BEST

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by Kate Farr

*HK Golfer* takes a look at six Asian escapes that offer the chance to unwind, relax and improve your wellbeing, all within easy striking distance of some of the region's best golf courses.





**BEST FOR HEALTHY DINING:  
COMO POINT YAMU, PHUKET**

COMO Point Yamu is the perfect place to ditch those bad habits and put healthy cuisine at the front and centre of your stay. Known as COMO Shambhala Cuisine, the resort's dining ethos is simple: seasonal, pure and sustainable food in delicious, nourishing combinations – no deprivation required. So famous is the nutritious food at COMO that the brand has published its own cookbook, enabling guests to whip up delicious dishes like cacao mousse with raspberries and pistachios in their own kitchens. Once you've sated your appetite, head to the picture-perfect infinity pool, enjoy a Thai massage, or simply unwind in your elegantly minimalist suite or villa.

Work up an appetite for your next meal at The Blue Canyon Country Club. This three-time host of the Johnnie Walker Classic offers two distinctly different 18-hole, par-72 courses. The distinguished Canyon Course is ranked as one of Asia's most prestigious, while the Lakes Course was designed by renowned architect Yoshikazu Kato to challenge even the most experienced of players.

[comohotels.com](http://comohotels.com)



**BEST FOR SPA: FUSION RESORTS  
CAM RANH, VIETNAM**

Offering guests the ultimate in indulgence, and less than two hours' from Hong Kong, Fusion Resorts have pioneered the "all-you-can-spa" holiday. Sitting atop a pristine natural sandbank overlooking the South China Sea, the resort encourages you to kick back and relax with unlimited spa treatments available for the duration of your stay. If you can bear to tear yourself from the spa, you'll also find complimentary fitness sessions, along with a vast pool, tennis courts and water sports activities on offer. Alternatively, simply settle back in your plush and spacious accommodation – many of the villas offer stunning sea views and private pools.

Voted Asia's Best New Golf Course in 2018, the nearby KN Golf Links Cam Ranh was designed by Greg Norman, and offers 27 holes over 800 hectares of stunning coastline – perfect for a looser-limbed swing after your massage.

[fusionresortcamranh.com](http://fusionresortcamranh.com)





**BEST FOR DETOX: THE FARM AT SAN BENITO, THE PHILIPPINES**

Renowned for its thorough approach to wellness, The Farm At San Benito is the Philippines' premier holistic health resort. One of The Farm's most recognised services is its Detox Cleanse programme. Comprising of juice cleanses, guided fasting and colon hydrotherapy, the stay is supported by tailored spa treatments, and bespoke services provided by the retreat's on-site medical team. Promising that guests will leave revitalised and restored, the cleanse takes place in the comfortable surrounds of the resort's private pool villas, set within lush tropical gardens.

Take your mind off your rumbling tummy at the nearby Mount Malarayat Golf and Country Club. With sweeping views of the Batangas mountain range, this club offers 27 holes and is open year-round. [thefarmsanbenito.com](http://thefarmsanbenito.com)



**BEST FOR UPPING YOUR GAME: CHIVA-SOM HUA HIN, THAILAND**

If you're looking for a retreat that will enhance your sporting ability, Chiva-Som Hua Hin's Total Golf Enhancement retreat may be just the ticket. You'll receive coordinated guidance from the resort's in-house fitness team, including a golf biomechanics session, targeted fitness training, and, naturally, golf lessons. The week-long retreat also includes two rounds, plus assessment by one of Chiva-Som's accredited golf pros, offering invaluable feedback that helps you develop your overall game. Each stay offers unlimited access to the resort's water therapy suites to ease any muscle aches, along with a nutritionally balanced diet plan to keep you at your peak. And with just 54 plush rooms, this is a luxurious and tranquil spot in which to focus on some uninterrupted coaching.

Put your theory into practice at the Sea Pine Golf Club. Owned by the Thai military, which uses it as a retreat for serving officers and veterans, this links course offers a scenic game with just the right amount of challenge presented by the sea breeze. [chivasom.com/hua-hin](http://chivasom.com/hua-hin)







**BEST ALL-ROUNDER: LAGUNA LĂNG CỎ, VIETNAM**

Laguna Lăng Cỏ is the ideal choice for those who like their relaxation with a generous dose of variety. Offering a huge variety of sports, including stand-up paddle boarding, fat biking, tennis, jet-skiing and slacklining, the resort features not one, but two full-service spas, along with a kids' club for those who wish to bring the family along. There is also an extensive choice of trips and day excursions on offer. A Vietnamese wooden boat safari allows guests to experience traditional fishing village life, while personalised cycling excursions showcase the rugged clifftop beauty and sea views of Chan May National Park. Lăng Cỏ is located close to several UNESCO World Heritage Sites, including the ancient capital city of Hue, the charmingly rustic city of Hoi An, and the relics of the intricately carved My Son temples.

Conveniently located within the resort, the Laguna Golf Lăng Cỏ is an 18-hole, par-71 championship course designed by Sir Nick Faldo. Ringed by mountains and cooled by ocean breezes, this is an unforgettable course that is suitable for players of all levels.

[lagunalangco.com](http://lagunalangco.com)



**BEST FOR SLEEP: AMATARA PHUKET, THAILAND**

In our fast-paced world, a good night's sleep can often be the first thing to fall by the wayside, leading to poor memory function, low immunity and an increased risk of high blood pressure and diabetes. Phuket's Amatara resort aims to tackle this with a targeted retreat that helps guests to reset, reconnecting with their natural sleep cycles for an optimal night's rest. Each retreat includes a polysomnography (overnight sleep test) session, along with a neurologist consultation to analyse the results and come up with a plan for improved sleep. The final piece of the puzzle is a range of complimentary therapies and spa treatments, helping to promote a refreshing natural slumber.

Phuket is a bone fide golf lover's island, meaning that you'll be spoiled for choice with no less than eight world-class courses to choose from. The Jack Nicklaus-designed Mission Hills course offers spectacular views across the Andaman Sea, and is the perfect way to burn off any excess energy before bedding down for the night.

[amataraphuket.com](http://amataraphuket.com)

