



Finding calmness within Bangkok

Sebastien Pisano, General Manager of Waldorf Astoria Bangkok, shares his perspective on the city's unique balance of energy and serenity. From hidden cultural moments to iconic local experiences, he reveals how he would spend 48 hours discovering Bangkok through its most authentic contrasts.



The calm at the heart of Bangkok

Bangkok is a city of extraordinary energy, and Waldorf Astoria Bangkok offers a rare sense of calm at its very center. We are surrounded by culture, shopping and many of the city's most compelling experiences, yet the hotel feels composed, discreet and deeply residential. I particularly enjoy the view from Peacock Alley across the green expanse of the Royal Bangkok Sports Club. It is a rare pause in the city, while the still water and open sky at our infinity pool offer another moment of quiet above its rhythm. These perspectives remind me that Bangkok is not only dynamic and fast moving, but also capable of real grace and serenity.

Guests often say that Bangkok seems to have been built around the hotel. It is a lovely way of putting it, but it reflects a real advantage: much of what they want to experience is close at hand. They can move easily between the city's landmarks, shopping districts and cultural moments, then return to a place that restores a sense of space and calm. Waldorf Astoria Bangkok is an elegant counterpoint to Bangkok itself, a peaceful base from which to experience its excitement on one's own terms.

What makes this especially meaningful is the way our Personal Concierges help guests discover a Bangkok that feels entirely their own. They take the time to understand what excites each guest, then reveal the city through experiences that feel personal rather than prescribed: a quiet early morning in Lumpini Park, a neighborhood shrine, a little-known gallery or a walk through a part of the city that might otherwise be missed. This is where Waldorf Astoria Bangkok becomes more than a peaceful place to return to. It becomes a gateway to the hidden, personal side of Bangkok.

My 48 hours in Bangkok

If I had 48 hours in Bangkok, I would experience the city through its contrasts rather than rush from one landmark to another. I would begin in our own neighborhood with a walk to the Erawan Shrine, home to Phra Phrom, the four faced Brahma revered by many Thais and visitors from around the world, as well as the other shrines of Ratchaprasong. Watching people pause with flowers and offerings is a beautiful reminder that spirituality remains part of Bangkok's everyday rhythm, even amid its most modern streets. Later, I would leave time for a traditional Thai massage, one of the most authentic expressions of Thai wellbeing, before ending the evening over a shared Thai dinner of tom yum goong and slow cooked beef Massaman curry with fragrant jasmine rice.

The following morning, I would begin early in Lumpini Park, an easy walk from Waldorf Astoria Bangkok. In the freshness and quiet of the morning, it becomes a wonderful expression of daily life: runners circling the lake, friends practicing tai chi, yoga groups stretching on the grass, and water monitor lizards moving quietly through the water. Later, I would head toward the river and explore Talat Noi and Charoenkrung at an unhurried pace. Their old shophouses, shrines, workshops and riverside lanes now sit alongside galleries and studios. This is what I find so compelling about Bangkok: heritage and modernity do not compete with one another. They coexist naturally, often only minutes apart.

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