



PHUKET HIDEOUTS PRESENTS — A SAMPLE TEN-NIGHT CUT FOR TWO

10 Days · Phuket + Khanom · Couple Sample

A sample shape, not a real booking. Yours is drawn around your dates and your pace.

PHUKET · KHANOM · TWO-BASE STRETCH

A NOTE FROM THE HOST

For two travelers

Ten nights for two, two bases. Four Phuket nights at the front for the cultural side of the island (longtail through Phang Nga, Promthep at sunset, Old Town on a quiet evening, a slow morning with a second sunset on the south coast). Six Khanom nights at the back for the deeper half — pink dolphins at dawn, Samet Chun for the legs, Mother of Buddha + the fish spa, the second cave (Khao Krot), the motorbike afternoon, an unscheduled day where nothing is planned.

Two sessions of each kind from Gabe woven through. The Khanom segment has the room for one unplanned day; the schedule earns its slow afternoons at this length.

I'll be with you across the ten days — host, driver, ground-ops, separate room at each anchor. Anything you want to skip, change, or stretch: I'm the call.

PHUKET HIDEOUTS PRESENTS

The ten nights at a glance

The shape of the stretch, before the day-by-day.

SAMPLE	True — marketing example, not a real booking
DATES	Any 10-night stretch (example shape; real dates set per inquiry)
DURATION	10 nights
ROUTE	Phuket (4 nights) → Suwankuha Cave Temple stop → Khanom (6 nights, with departure morning)
TRAVELERS	Mary & Mark — a couple in their 30s or 40s, no kids on this trip.
ANCHOR STAYS	Jinda Resort (Phuket) · Aava Resort (Khanom)
HOST	Gabe (PH co-founder); separate room at each anchor, drives the long transfer, runs ground logistics
ROOMS PER ANCHOR	2 (one for the couple, one for Gabe)

TIER

Curated comfort — Jinda at [bespoke], Aava at ฿3000 / night (breakfast and dinner included)

A NOTE ON SHAPE

Ten nights, two bases. Four Phuket nights at the front for the cultural side of the island. Six Khanom nights at the back for the deeper half — pink dolphins, Samet Chun, Mother of Buddha, the fish spa, Khao Krot, the motorbike afternoon, an unscheduled day, two sunset dinners (one Phuket, one Khanom strip). Two sessions of each kind from Gabe woven through.

A NOTE ON THE PARTY

Mary and Mark are travelers first. They're up for the cave, the harder waterfall, the longtail at dawn. They're also up for an afternoon where they do nothing scheduled, where the trip's job is to stay out of the way. At ten nights, the schedule earns its slow days; the Khanom segment has the room for one.

A NOTE ON MOBILITY

Motorbikes are the standard daily transport at each base (Jinda for the Phuket front half, Aava for the Khanom back half), [bespoke] per bike per day. The couple can ride one or two — Gabe runs through the controls at check-in, picks the routes, and leads the first ride if either of them wants a refresher. Cars only for the inter-town transfer south and any longer evening run.



SEGMENT 1 · PHUKET HIDEOUTS PRESENTS

Phuket arrival

Four Phuket days for the cultural side of the island — longtail morning, Promthep sunset, Old Town evening.

Days 1 — 5 morning · four nights · Jinda Resort · Nai Yang

ANCHOR STAY

Jinda Resort

Four nights. Family-run, walkable to the north-coast beaches, a softer landing than the Patong-side hotels.

Four Phuket nights at the front. The arrival evening is built soft. Day 2 takes the longtail morning while the couple is still fresh. Day 3 is the Promthep sunset + Rawai seafood evening — the southern-tip headline. Day 4 is the Old Town evening + a slow morning. Day 5 is the transfer south.

DAY 1 · SAT ARRIVAL

Nai Yang Beach — first walk, first dinner

A slow first night.

The flight lands in Phuket and Gabe meets the couple at HKT. Fifteen minutes to Jinda — room ready, a rinse, then straight out into the evening. Nai Yang Beach is right out front. A walk along the surf line as the light goes soft, then dinner picked spontaneously from whichever beach restaurant catches the couple on the stroll — no booking, no plan, just walk and choose. After a long door-to-door day, a slow first night: walk, eat, sleep.

DAY 2 · SUN

Phang Nga Bay longtail morning + slow afternoon

The karst islands, the still water, the light before the day boats arrive.

A morning longtail through **Phang Nga Bay** — the karst islands, the still water, the light before the day boats arrive. Three to four hours on the water, back to Jinda for lunch.

Afternoon: open. Pool at Jinda, the Nai Yang surf line, a book on the deck. Coffee held over from breakfast. The first real travel day finishes early on purpose — the trip has eight more nights.

Beach dinner near the resort.

Sirinat morning + Promthep Cape sunset + Rawai seafood

A north-coast-to-south-coast day.

Morning at **Nai Yang Beach** — the reef sits close to shore, fins from Jinda, a swim that's actually a swim. Or a slow morning on the deck, depending on which the couple needs. Lunch back near the resort.

Mid-afternoon: drive down to Phuket's southern tip for **Promthep Cape**. The cape is the classic Phuket sunset viewpoint — high cliff, longtails coming home in the channel below. The drive south takes around forty minutes; arrive with time before the light.



Promthep at sunset — high cliff, longtails coming home.

After sunset, the run down to **Rawai pier** for the seafood. The pier has open-air places where you pick the fish from a tray and they cook it at the back. The kind of dinner that doesn't need a reservation but earns the night. Drive back to Jinda once the night has wound down.

DAY 4 · TUE

Slow morning + Old Phuket Town evening + lecture

Coffee on the deck. Shophouses after dark. A working talk before dinner.

A slow morning by design. Coffee on the deck, a Nai Yang walk, a late breakfast. Lunch at Jinda or a nearby beach place.

Afternoon: open. Pool, a swim, a long quiet stretch.

LATE AFTERNOON — LIFESTYLE-DESIGN TALK ON THE JINDA DECK

An hour or so before dinner — Gabe's working talk on building a life around teaching, traveling, and Thailand. Closer to a long fireside conversation than a motivational session. First of two lecture evenings on the trip.

EVENING — OLD PHUKET TOWN

A thirty-to-forty minute drive east into **Old Phuket Town** — Sino-Portuguese shophouses, Thalang Road on a quiet night, a sit-down dinner somewhere in the old district. If the trip's calendar lands a Sunday, the Walking Street Market runs along Thalang; if not, the standing restaurants in the same district work just as well. Drive back to Jinda when the night winds down.



Thalang Road on a quiet night.

Transfer to Khanom (Suwankuha stop)

A slow morning. Coffee on the deck. Then four hours south.

Pack and check out by 11. The Phuket → Khanom drive is about **four hours**. Gabe drives.

Mid-route, a planned stop: **Suwankuha Cave Temple (Wat Tham Suwankuha)** in Phang Nga — a working temple set inside a limestone cave, with a large reclining Buddha along the back wall and monkeys at the gate. About thirty to forty-five minutes there. Lunch separately on the route. Arrive Aava late afternoon. Dinner at the resort — first night's, included.



Suwankuha — the working cave temple along the route.



SEGMENT 2 · PHUKET HIDEOUTS PRESENTS

Khanom

Six nights at the slower base — the deck does the work most evenings.

Days 5 — 11 · six nights · Aava Resort · Gulf coast

ANCHOR STAY

Aava Resort

Six nights at ฿3000/night, breakfast and dinner included. Aava is a small Khanom resort built around a deck that does the work most evenings — candles, the gulf in front, a quiet course rhythm. Beach access straight from the property.

Six Khanom nights gives the couple the headline three (dolphins, Samet Chun, Mother of Buddha + fish spa) plus the second cave (Khao Krot), the motorbike afternoon, a sunset dinner on the strip, an unplanned day, and two evening sessions with Gabe spaced through the segment.

A working town with a coast most travelers never reach — and a deck that does the work most evenings.

DINNER RHYTHM

Five of the six Khanom nights land at Aava — the included dinner, the deck, the slow course rhythm. One evening swaps out: the operator-picked sunset dinner on the Khanom strip, a low table on the sand, candles in the wind, the longtails coming home in the dark. That night the couple skips Aava's dinner service.

DAY 5 · WED EVENING · ARRIVAL

Aava settle-in, first Khanom swim

The beach is straight off the property — first swim of the Khanom stretch the moment the couple's ready.

Settle into Aava. Dinner at the resort: the deck, the candles, the included first-night meal.

Pink dolphin morning + Samet Chun afternoon + yin evening

A real Khanom day. Early start, harder afternoon, the deck at the end.

Early start — the boats go out around 6:30–7:00 AM, which is when the dolphins are feeding closest to shore. **Pink dolphins** — Indo-Pacific humpback dolphins, pink because of blood vessels close to the skin — live in the Khanom-Don Sak channel year-round. Two to three hours on the water. A 14-minute longtail past the fish farm gets you to where they feed. Back to the resort by mid-morning.



Pink dolphin — Khanom-Don Sak channel, year-round.

Late morning: rest, lunch in town or on the beach.

Afternoon: **Samet Chun Waterfall**. The harder hike of Khanom's three — about 45 minutes up through forest, some scrambling on rocks near the top, a real payoff view over the Gulf of Thailand from the upper pool. Pack water, snacks, shoes with grip. Out by mid-afternoon.



Samet Chun — the view from the upper pool.

Back to Aava. Pool, a swim, a slow rinse.

EVENING — YIN YOGA ON THE AAVA DECK

Forty-five minutes before dinner cools off. Long held floor poses, the kind of session that does the work after a day on the water and the legs. First of two yin evenings. Dinner at the resort after — included.



The Aava deck at dusk.

DAY 7 · FRI

Mother of Buddha Cave + Fish Spa + sunset dinner on the strip

A slower day on purpose, after the dolphin morning and the Samet Chun legs.

Morning: Mother of Buddha Cave, in the hills behind Khanom. A wide chamber with a natural stone formation the local Buddhists revere; the path in is well-lit and stair-built, no scrambling. Forty-five minutes to an hour, including the drive.



Mother of Buddha — a wide chamber, no scrambling.

Lunch in town.

Afternoon: Natural Fish Spa — a clear river spot where small fish nibble dead skin off your feet. Free, public, more atmospheric than the tank versions in tourist towns.

Late afternoon: open. Pool, the Aava beach, a slow swim before the evening.

EVENING — SUNSET BEACH DINNER ON THE KHANOM STRIP

The one night out of the resort's dinner service. Gabe picks the place on the day — low tables on the sand, candles in the wind, the longtails coming home in the dark.



The Khanom strip at dusk.

DAY 8 · SAT

Khao Krot Cave morning + open afternoon + lecture evening

The second Khanom cave on its own day, the unplanned afternoon the trip has been building toward.

Khao Krot Cave is separate from Mother of Buddha and a different character: multiple chambers, stalactites, a longer walk inside. Headlamps recommended; a local guide is worth the small fee. Two to three hours total including the drive. Out by lunch.



Khao Krot — the second Khanom cave.

Lunch in town or on the way back.

Afternoon: open by design. Pool at Aava, a swim, a long quiet stretch — the unplanned afternoon the trip has been building toward.

EVENING — LIFESTYLE-DESIGN TALK ON THE AAVA DECK

An hour or so after dinner. Second lecture evening — a different angle from the Phuket one, with the same fireside texture. Dinner at Aava — included.

DAY 9 · SUN

Slow morning + motorbike afternoon

The trip's slow morning.

Coffee on the deck, a swim, breakfast that runs long.

Mid-morning to early afternoon: a **motorbike afternoon** on the Khanom backroads. The couple shares a bike or rides two. Gabe picks the route on the day — a contained loop through the hills behind the coast, past the small village restaurants, with stops the operator already trusts. Two to three hours, back to Aava by late afternoon.

Late afternoon: pool, a swim, a quiet stretch before dinner. Dinner at the resort — included.

DAY 10 · MON

Beach + yin evening

The last full day. Nothing on the schedule.

Morning and afternoon both slow — the Aava beach, the gulf, a long lunch in town. Nothing on the schedule.

Late afternoon: pack the bags soft.

EVENING — YIN YOGA ON THE DECK

Forty-five minutes before dinner cools off — the second yin evening, the closing session. Long held floor poses, the kind of session that lands after ten days of southern Thailand. Dinner at Aava after — the deck, the candles, the included final-night meal.

DAY 11 · TUE · DEPARTURE MORNING

Pack out, drive north, wheels up

The ten nights cover Days 1 through 10 — the couple flies out on the morning of the eleventh day.

Pack and check out by 9. Gabe drives Phuket-bound for the airport — about four hours back, with a stop for lunch on the route. Wheels up later in the day.

BEFORE YOU ARRIVE

A note before you arrive

A few things in this sample are deliberately open — places the couple decides on, not Gabe. If you want any of these committed to the schedule before you arrive, send a note and we update:

Day 3 sunset — Promthep + Rawai is the locked Phuket-couple evening. If you'd rather swap it for a quieter beach restaurant on the north coast, we swap.

Day 4 evening — Old Town works year-round; the Sunday market is calendar-dependent. Tell us if you want the night pre-shaped versus walk-and-pick.

Day 6 hike — Samet Chun is the harder Khanom waterfall and the recommended pick for a couple. If you'd rather take Hin Lat (friendlier pools, no scramble) and have the afternoon free for the beach, we swap.

Day 7 evening — the Khanom sunset beach dinner is one of the operator's defining picks and the one night out of Aava's included dinner. If you'd rather stay at the resort that night and swap the sunset dinner for a different evening, say so.

Day 8 Khao Krot Cave — the second Khanom cave is in the sample because the segment has room. If you'd rather skip a second cave and use the morning for an Ai Kai Temple half-day in Sichon or a slow Aava morning, we swap.

Day 9 motorbike — the couple can take one bike or two. Tell us your comfort level before arrival; Gabe will scale the route to it.

Yin + lecture spacing — at this length you get two of each. Sample spacing: lecture on Day 4 (Phuket), yin on Day 6 (Khanom), lecture on Day 8 (Khanom), yin on Day 10 (Khanom). If you'd rather re-space, we re-space.

Pricing is bespoke — every couple's mix is different, and the per-day cost depends on your room, the bikes, and the activities you keep or swap. Send a note with the dates, and we send back a route.

This is one of many shapes a 10-day Phuket + Khanom stretch can take. Yours will be drawn around your party, your pace, your dates.

Everything else — bookings and ground-ops — is on Gabe. The day-by-day above is yours to read at your own pace.