



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

# 10 Days · Phuket + Khanom · Family Sample

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

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PHUKET · KHANOM · TWO-BASE STRETCH

## A NOTE FROM THE HOST

# For a family of four

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Ten nights, two bases, one four-hour drive between them. Four Phuket nights on the front foot for the water park, the beach, the elephants, and a real Sirinat day with the picnic. Six Khanom nights at the back — pink dolphins, the friendlier waterfall, both Khanom caves, the fish spa, two beach afternoons that don't ask anything of anyone.

This sample is built around an eleven-year-old who can carry most hikes and an eight-year-old who gets the friendlier pools and the easier caves. Two sessions of each kind from Gabe woven through — two yin evenings, two lecture evenings, spaced.

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.*

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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	<b>Jane &amp; John S.</b> + two kids, ages 8 and 11. Family from [open] looking for a deeper southern-Thailand stretch.
ANCHOR STAYS	Jinda Resort (Phuket) · Bamboo 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 family, one for Gabe)
TIER	Mid-range comfort — Jinda at [bespoke], Bamboo at \$1000 / night / room (no meals)

#### A NOTE ON SHAPE

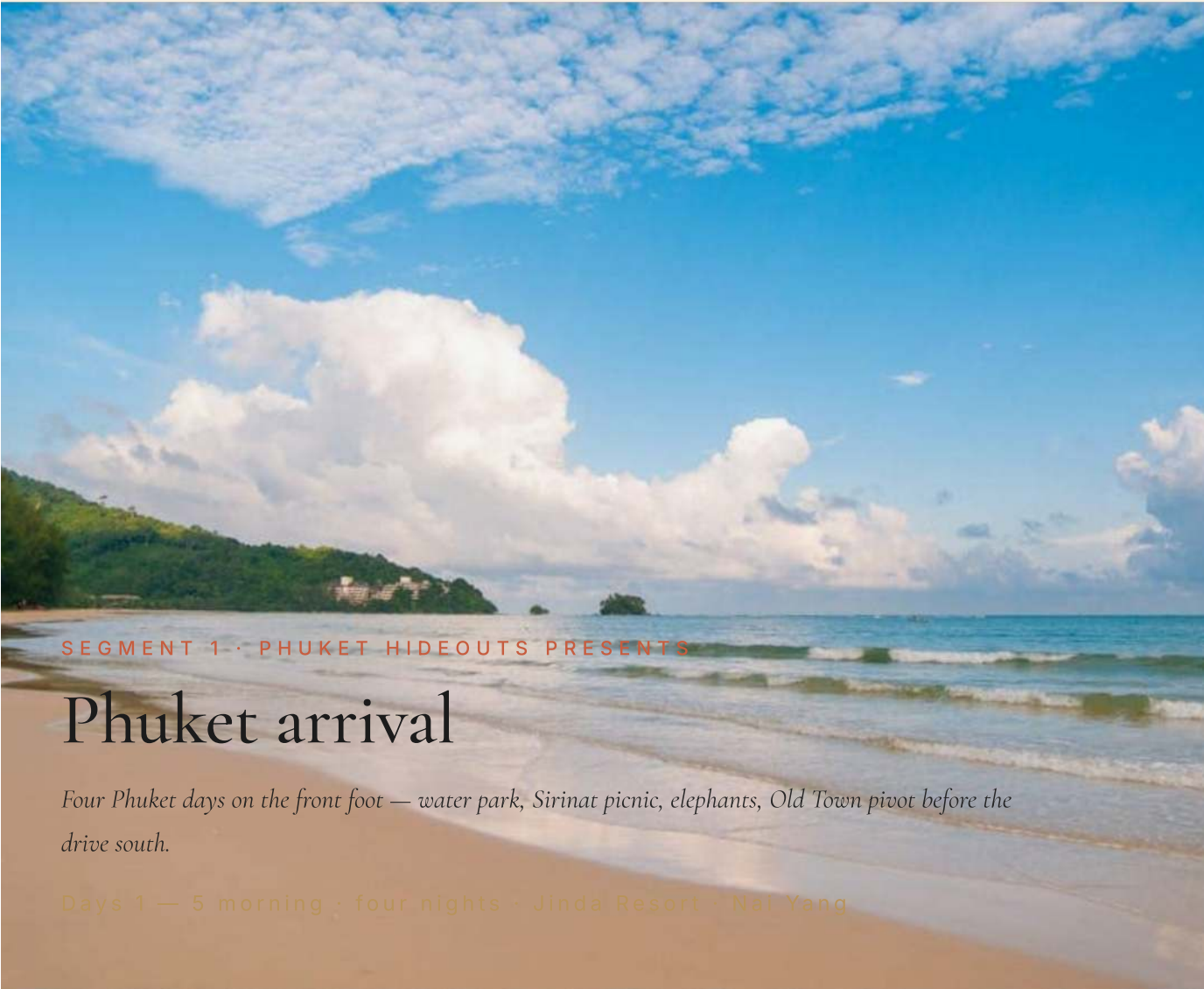
Ten nights, two bases. Four Phuket nights on the front foot. Six Khanom nights at the back — pink dolphins, the friendlier waterfall, both Khanom caves (Mother of Buddha and Khao Krot), the fish spa, two beach afternoons that don't ask anything of anyone. Two sessions of each kind from Gabe woven through — two yin evenings, two lecture evenings, spaced.

#### A NOTE ON THE PARTY

The Ss. are a family of four — not retreat-seekers, not luxury chasers. At this length, the trip has room for the second Khanom cave, the longer Sirinat afternoon, and an unscheduled day or two that the kids will remember more than the planned ones. Pace matters. Pool time matters.

#### A NOTE ON MOBILITY

Motorbikes are the standard daily transport at each base (Jinda for the Phuket front half, Bamboo for the Khanom back half), [bespoke] per bike per day. Used for in-town runs and short beach hops — for the adults, with the kids on foot or in the car. Cars only for the inter-town transfer south, the early elephant morning, the longer Phuket evening runs, and any in-Khanom drives that exceed motorbike range.



SEGMENT 1 · PHUKET HIDEOUTS PRESENTS

# Phuket arrival

*Four Phuket days on the front foot — water park, Sirinat picnic, elephants, Old Town pivot before the drive south.*

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 water park while the family still has fresh energy. Day 3 is the real Sirinat beach-anchor day — a full day at the reef and the casuarina forest with a picnic. Day 4 is the elephant morning + Old Town evening pivot before the drive south on Day 5.

## DAY 1 · SAT ARRIVAL

### Nai Yang Beach — first walk, first dinner

*A slow first night. Walk along the surf line as the light goes soft, then dinner picked spontaneously from whichever beach restaurant catches the family on the stroll.*

The flight lands in Phuket and Gabe meets the family at HKT. Fifteen minutes to Jinda — two rooms ready, a quick rinse, then straight out into the evening. Nai Yang Beach is right out front, and the light is going soft by the time everyone's downstairs.

No booking, no plan, just walk and choose. Motorbikes are at Jinda and ready from morning one. After a long door-to-door day, the plan is simple: walk, eat, sleep.

## DAY 2 · SUN · WATER PARK DAY

### Aqua Kingdom Phuket

*On the front foot, while the family still has the day-one energy of a fresh trip.*

Full day at **Aqua Kingdom Phuket** — our default for an 8-and-11 mix. Splash Jungle Water Park is the alternate if the operator flags a better fit for the day or party. Plan on the whole day.

Sunscreen, water shoes, a pair of dry clothes in the car. Dinner back near the resort, low-key.



*Aqua Kingdom — default for the 8-and-11 mix.*

DAY 3 · MON

## Sirinat full-day with picnic

*The Phuket beach-anchor day, properly long. The slowest meal of the trip so far.*

Morning at the **Nai Yang reef** — fins and masks from Jinda, swim out from the sand, no boat. The 8-year-old stays in the shallows; the 11-year-old pushes further out with a parent.



*Shallow reef, swim out from the sand.*

Mid-day: a picnic on the beach. Bring food from the Jinda kitchen or the Nai Yang shops — the casuarina forest in **Sirinat National Park** has shade and tables. Park entry fee at the gate.

Afternoon: a slow forest walk through Sirinat, sand to dig in for the smaller hands, swimming back at the surf line. Dinner back near the resort.

### EVENING — LIFESTYLE-DESIGN TALK ON THE JINDA DECK

An hour or so after dinner — Gabe's working talk on building a life around teaching, traveling, and Thailand. Concrete, story-driven, kid-tolerable (the 11-year-old will likely listen; the 8-year-old will likely draw). Parents are the actual audience. First of two lecture evenings on the trip.

DAY 4 · MON

## Phuket Elephant Sanctuary morning + Old Phuket Town evening

*Ethical care, no riding. Shophouses and lanterns at night.*

Early start. **Phuket Elephant Sanctuary** is ethical-care-only — no riding, no shows. Feeding, washing, observing. The 8-year-old is right at the age where this kind of morning sticks. Book first thing to beat the heat. Out by mid-morning.



*Ethical care — the elephant morning.*

Back to Jinda. Afternoon: open. Pool, the surf line, a long lunch, a nap before the evening drive.

### EVENING — OLD PHUKET TOWN

A thirty-to-forty minute drive east into **Old Phuket Town** for the Sino-Portuguese shophouses and the Thalang Road street food. If the trip's calendar lands a Sunday on this day, the Walking Street Market runs along Thalang and dinner is from the stalls; if not, the same district has standing restaurants worth the drive. Drive back to Jinda by 9 or 10.



*Thalang Road texture — the cultural pivot.*

## Transfer to Khanom (Suwankuha stop)

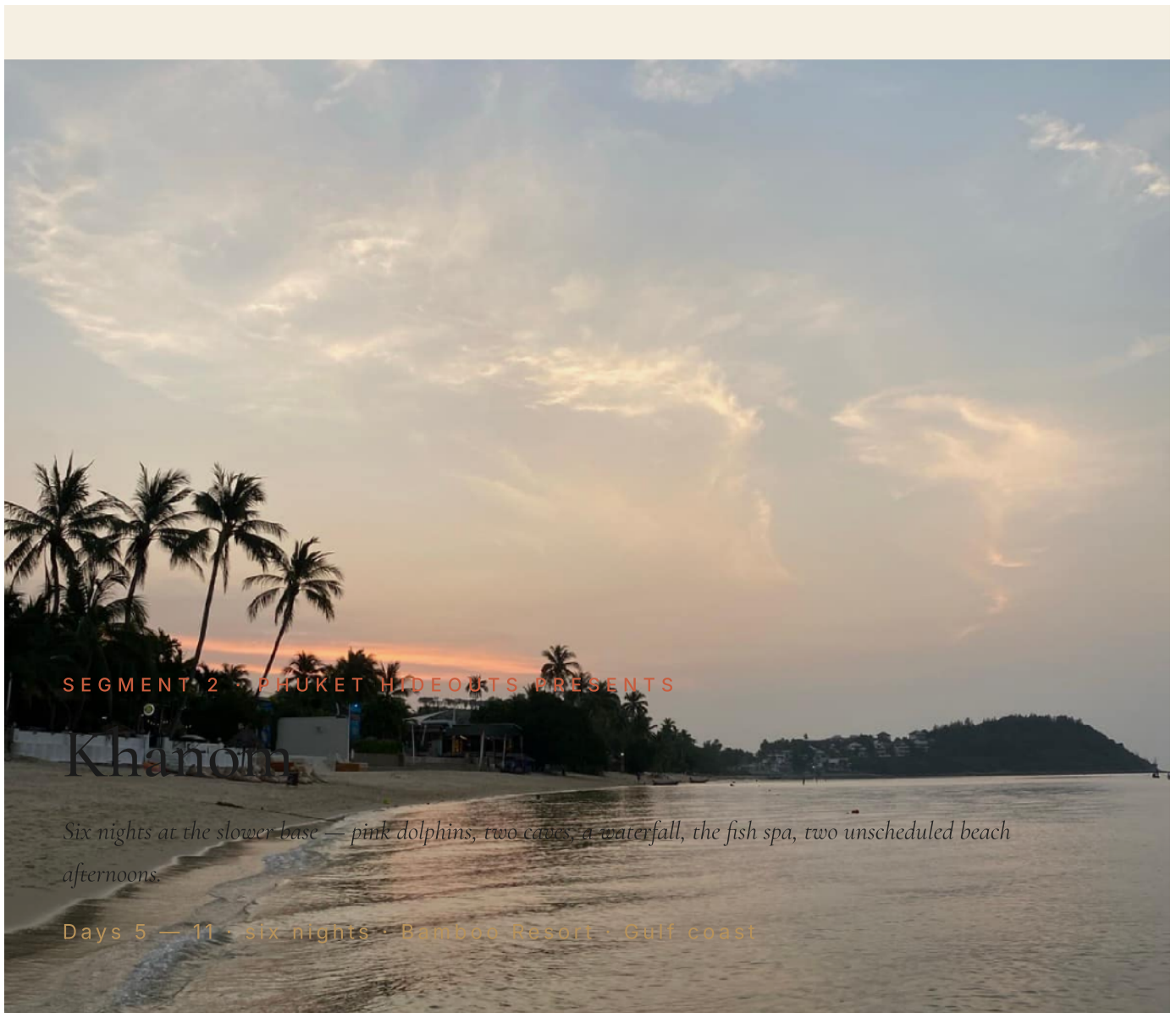
*Four hours south. One planned stop along the route.*

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 Bamboo Resort late afternoon. Beach dinner next door.



*Suwankuha — the working cave temple along the route.*



SEGMENT 2 · PHUKET HIDEOUTS PRESENTS

## Khanom

*Six nights at the slower base — pink dolphins, two caves, a waterfall, the fish spa, two unscheduled beach afternoons.*

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

### ANCHOR STAY

## Bamboo Resort

Six nights. Sits next to CC Beach Resort on a long, quiet, mostly-Thai-tourist stretch of coast. Bamboo is small, family-run, and the beach is straight off the property.

Six Khanom nights gives the family the headline three (dolphins, waterfall, cave + fish spa) plus the second cave (Khao Krot), a second beach day, a slow afternoon between the bigger days, and two evening sessions with Gabe spaced through the segment. The trip earns its slow afternoons at this length.

*Khanom dinners are spontaneous picks. The strip in front of Bamboo Resort has many beachfront places, all roughly within walking or a five-minute motorbike — Gabe picks per*

*night based on the day, the family's tempo, and what's open.*

DAY 5 · TUE EVENING · ARRIVAL

## Bamboo settle-in, first Khanom swim

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

Settle into Bamboo. Beach dinner at one of the strip places.

DAY 6 · WED

## Pink dolphin morning + slow afternoon + yin evening

*Pink dolphins live in the Khanom-Don Sak channel year-round. Boats go out around 6:30–7:00 AM.*

Early start. **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. Hats, water, and the understanding that wildlife doesn't keep a schedule — most mornings you see them, occasional mornings you don't. Back to the resort by mid-morning.



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

Afternoon: quiet. Pool at Bamboo, beach across the path, books and shade.

### EVENING — YIN YOGA ON THE BAMBOO DECK

Forty-five minutes on the deck before dinner cools off. Long held floor poses, the kind of session that does the work after a day on the water. The kids can take it or skip it. Gabe's been teaching yin for years; the session is concrete, not retreat-flavored. First of two yin evenings.



*The deck at dusk — where the yin lands.*

## Hin Lat Waterfall + Mother of Buddha Cave + Fish Spa

*Two halves of a real Khanom day, both inside the family's pace.*

**Morning: Hin Lat Waterfall.** The friendliest of Khanom's three — shallow at the swim-in, deeper pools above for the stronger swimmer. The 8-year-old can stay in the lower pools the whole time; the 11-year-old can push for the ridge hike above with a parent if the legs feel like it. Out by mid-morning.



*Hin Lat — the friendlier pools.*

### CURATOR NOTE

Samet Chun is the harder Khanom waterfall — if your 8-year-old hikes well, we can swap it in.

Lunch in town or at a roadside place on the way back.

**Afternoon: Mother of Buddha Cave + Natural Fish Spa**, both in the hills behind Khanom. Mother of Buddha is a wide chamber with a natural stone formation the local Buddhists revere; the path in is well-lit and stair-built, no scrambling. The Fish Spa is a clear river spot where small fish nibble dead skin off your feet — free, public, the kids will be torn between hysterical laughter and not wanting to put their feet back in.



*Mother of Buddha — a wide chamber, no scrambling.*

Beach dinner.

DAY 8 · FRI

## Slow beach + motorbike spectator + lecture evening

*The slow day on purpose.*

Morning at the Bamboo beach — surf line, sand, the kids in and out of the water. Late morning: a short motorbike spectator moment — Gabe rides a short loop along the Khanom backroads while the family waves him off from the beach.

Afternoon: open. Pool, books, a late lunch in town, maybe a return run to the fish spa.

### EVENING — LIFESTYLE-DESIGN TALK ON THE BAMBOO DECK

An hour or so on the deck after dinner. Second lecture evening on the trip — a different angle from the Phuket one, with the same fireside texture. The 11-year-old will likely listen; the 8-year-old will likely draw.

Beach dinner.

DAY 9 · SAT

## Khao Krot Cave + slow afternoon

*The second Khanom cave on its own day — multiple chambers, stalactites, a longer walk inside.*

**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. The slow day after a cave morning — pool, beach, a late ice cream run. Beach dinner.

DAY 10 · SUN

## Beach day + yin evening

*The last full day. Nothing on the schedule.*

Morning and afternoon both at the Bamboo beach — the kids in and out of the water, the parents in the shade, a long lunch on the strip. 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. Beach dinner after.

DAY 11 · MON · DEPARTURE MORNING

## Pack out, drive north, wheels up

*The ten nights cover Days 1 through 10 — the family 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 family decides on, not Gabe. If you want any of these committed to the schedule before you arrive, send a note and we update:*

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**Day 4 elephant morning** — the Phuket Elephant Sanctuary morning before the transfer south is in the sample because the 8-year-old will likely remember it. If your kids would rather have a pool morning, we move it.

**Day 4 evening** — if Old Town's Sunday market doesn't fall on your trip's calendar, we still go for the shophouses and the food. Tell us if you want it pre-shaped versus walk-and-pick.

**Day 7 waterfall** — Hin Lat is in the sample for the friendlier pools. If your 8-year-old hikes, we can swap Samet Chun in for the bigger view.

**Day 8 motorbike** — the kids see Gabe ride, the kids don't ride. If a parent wants to take a backroads loop solo with Gabe, that's the same afternoon.

**Yin + lecture spacing** — at this length you get two of each. Sample spacing: lecture on Day 3 (Phuket), yin on Day 6 (Khanom), lecture on Day 8 (Khanom), yin on Day 10 (Khanom). If you'd rather front-load both lectures or back-load both yins, we re-space.

**Day 9 Khao Krot Cave** — the second Khanom cave is in the sample because the segment has room. If the family would rather skip a second cave and use the morning for an Ai Kai Temple half-day (Sichon) or another waterfall return, we swap.

*Pricing is bespoke — every family's mix is different, and the per-day cost depends on your party size, the rooms you want, and the activities you keep or swap. Send a note with the dates and the party, 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.*