



PHUKET HIDEOUTS PRESENTS — A SAMPLE TWO-WEEK CIRCLE FOR TWO

14 Days · Southern Thailand Circle · Couple Sample

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

PHUKET · KHANOM · AO NANG · KHAO LAK · PHUKET

A NOTE FROM THE HOST

For two travelers

Fourteen nights for two, four bases, five stays. Three Phuket nights for the cultural side of the island. Five Khanom nights as the slow heart of the trip — pink dolphins, Samet Chun, Mother of Buddha + the fish spa, Khao Krot, the motorbike afternoon, sunset dinners on the strip.

Two Ao Nang nights for the Phra Nang and Railay run. Three Khao Lak nights for the inland waterfall + hot springs + Elephant Care Home. A day-use last day back at Jinda to close. Slow mornings get protected throughout. Three sessions of each kind from Gabe woven through.

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

PHUKET HIDEOUTS PRESENTS

The two weeks at a glance

The shape of the full circle, before the day-by-day.

SAMPLE	True — marketing example, not a real booking
DATES	Any 14-night stretch (example shape; real dates set per inquiry)
DURATION	14 nights
ROUTE	Phuket (3 nights) → Suwankuha stop → Khanom (5 nights) → Ao Nang (2 nights) → Khao Lak (3 nights) → Phuket return (1 night) → airport
TRAVELERS	Mary & Mark — a couple in their 30s or 40s, no kids on this trip.
ANCHOR STAYS	Jinda Resort (Phuket × 2) · Aava Resort (Khanom) · Ao Nang Buri Hotel (Krabi, couple-tier upgrade flagged) · Palm Galleria Resort (Khao Lak, couple-tier upgrade flagged)
HOST	Gabe (PH co-founder); separate room at each anchor, drives the four inter-town transfers, 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), Ao Nang and Khao Lak at operator-picked couple-tier (upgrade flagged in the note below)

A NOTE ON SHAPE

Fourteen nights for two, four bases, five stays. Three Phuket nights for the cultural side of the island. Five Khanom nights as the slow heart. Two Ao Nang nights for the karst. Three Khao Lak nights for the inland waterfall + hot springs + Elephant Care Home. A day-use last day back at Jinda to close.

A NOTE ON THE PARTY

Mary and Mark are travelers first. They're up for the cave, the waterfall, the longtail at dawn, the elephants. They're also up for an afternoon where they do nothing, where the trip's job is to stay out of the way. The Ao Nang and Khao Lak segments lean slower than the family version — fewer activities per day, more sunset-dinner anchors, more deck time.

A NOTE ON MOBILITY

Motorbikes are the standard daily transport in each town — rented at hotel check-in at every base, [bespoke] per bike per day. The couple can ride one or two — Gabe runs through the controls at check-in and picks the routes. Cars only for the four inter-town transfers, the longer Elephant Care Home run, and any longer evening run.



SEGMENT 1 · PHUKET HIDEOUTS PRESENTS

Phuket arrival

Three Phuket nights at the front — longtail morning, Promthep sunset, Old Town.

Days 1 — 4 morning · three nights · Jinda Resort · Nai Yang

ANCHOR STAY

Jinda Resort

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

Three Phuket nights at the front. Arrival soft. Day 2 is the longtail morning. Day 3 is Promthep sunset + Rawai seafood. Day 4 is the transfer south.

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 two on the stroll — no booking, no plan, just walk and choose. After a long door-to-door day, a slow first night.

DAY 2 · SUN

Phang Nga Bay longtail morning + Old Phuket Town evening + lecture

The karst islands in the morning, shophouses at night, a working talk before dinner.

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.

LATE AFTERNOON — LIFESTYLE-DESIGN TALK ON THE JINDA DECK

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

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 district work just as well. Drive back to Jinda when the night winds down.



Thalang Road on a quiet night.

DAY 3 · MON

Slow morning + Promthep Cape sunset + Rawai seafood

A cliff at dusk. A pier for dinner.

A slow morning by design. Coffee on the deck, a Nai Yang swim if the surf's right, a late breakfast. Lunch at Jinda or a nearby beach place.

Mid-to-late 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.

Transfer to Khanom (Suwankuha stop)

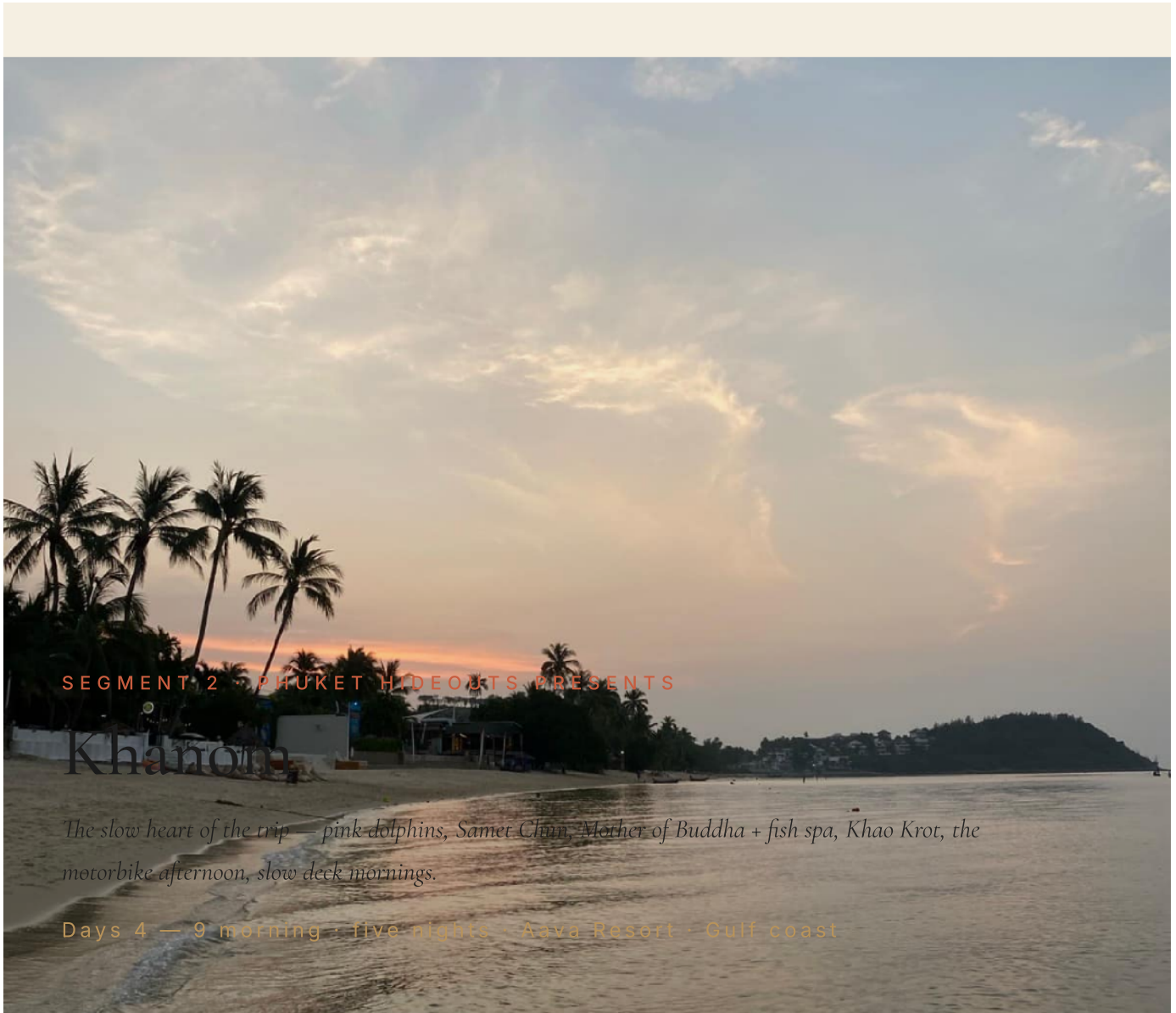
A slow morning. Coffee on the deck. Then four hours south.

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

The slow heart of the trip — pink dolphins, Samet Chinn, Mother of Buddha + fish spa, Khao Krot, the motorbike afternoon, slow deck mornings.

Days 4 — 9 morning - five nights - Aava Resort - Gulf coast

ANCHOR STAY

Aava Resort

Five 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.

Five Khanom nights gives the couple the deep cut — the dolphins, Samet Chun for the legs, Mother of Buddha + the fish spa, the second cave (Khao Krot), the motorbike afternoon, a sunset dinner on the strip, and slow mornings on the deck throughout.

The slow heart of the trip — a working town with a coast most travelers never reach.

DINNER RHYTHM

Four of the five 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.

DAY 4 · TUE EVENING · ARRIVAL

Aava settle-in, first Khanom swim

The beach is straight off the property.

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 — 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. First of three yin evenings. Long held floor poses, the kind of session that does the work after a day on the water and the legs. Dinner at the resort after — included.



The Aava deck at dusk.

DAY 6 · THU

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 7 · FRI

Khao Krot Cave + open afternoon + lecture evening

The second Khanom cave, the unplanned afternoon, the second lecture.

Khao Krot Cave in the morning — the second of the two Khanom caves, 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.



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. A book on the deck, a nap.

EVENING — LIFESTYLE-DESIGN TALK ON THE AAVA DECK

Second of three lecture evenings. An hour or so after dinner. Dinner at Aava — included.

DAY 8 · SAT

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.

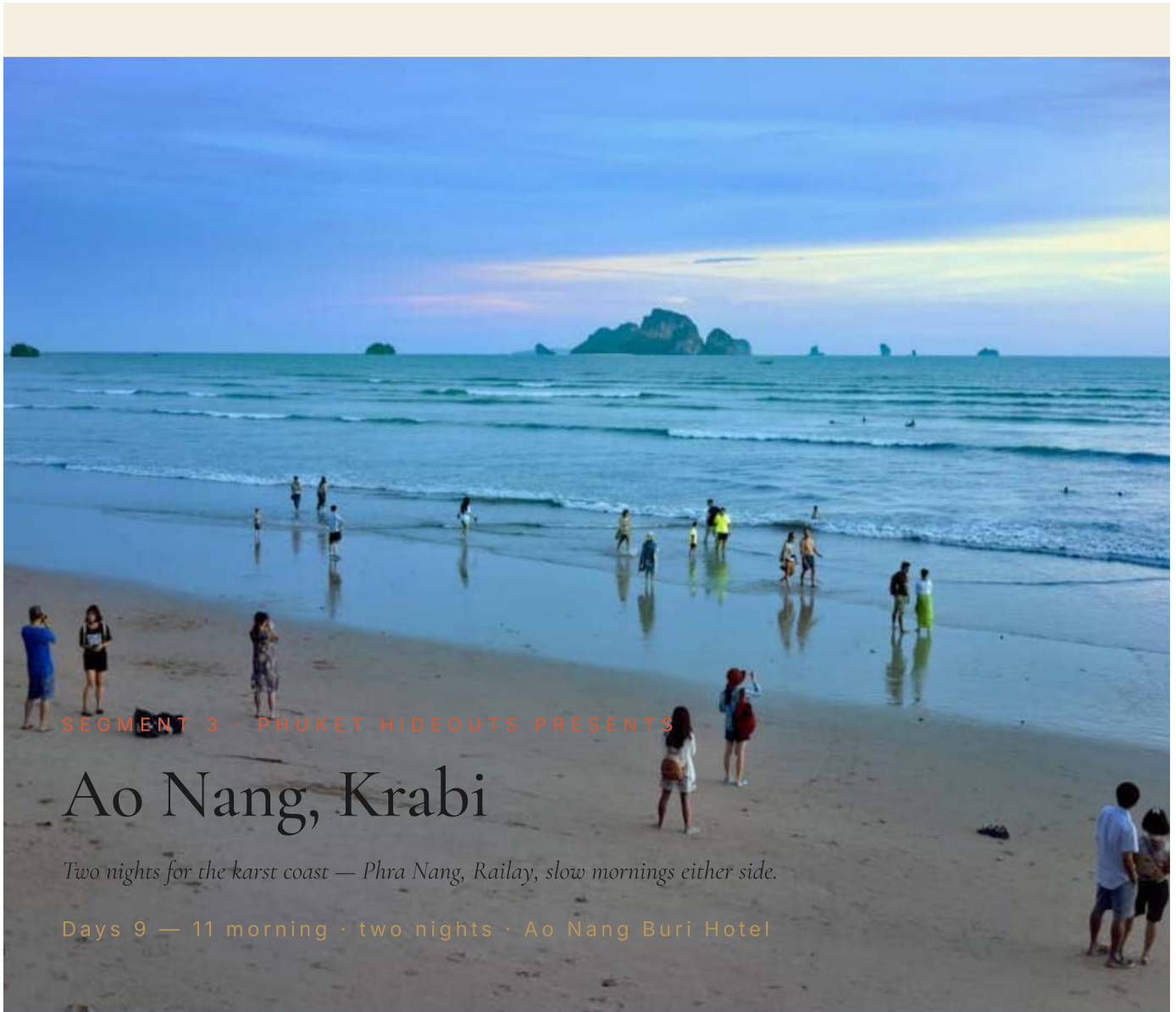
Late afternoon: pool, a swim, a quiet stretch before dinner. Dinner at the resort — included.

DAY 9 · SUN MORNING

Slow morning + transfer to Ao Nang

The longest drive of the trip. Slow morning first.

Morning slow — coffee on the deck, a last Aava swim, breakfast that runs long. Pack and check out by 9 or 10. The Khanom → Ao Nang drive is the longest of the trip — about five and a half hours, two breaks. Gabe drives. Arrive Ao Nang Buri late afternoon. Light dinner on the strip.



SEGMENT 3 · PHUKET HIDEOUTS PRESENTS

Ao Nang, Krabi

Two nights for the karst coast — Phra Nang, Railay, slow mornings either side.

Days 9 — 11 morning · two nights · Ao Nang Buri Hotel

ANCHOR STAY

Ao Nang Buri Hotel

Two nights. Quieter end of Ao Nang, walkable to the main beach and the longtail pier. (Or operator-picked couple-tier upgrade.)

Two nights gives the couple one full beach-and-boat day on the Andaman karst coast (Phra Nang, Railay) and a slow morning either side. The segment is built to deliver the karst-and-clear-water headline without forcing a second activity day — the room here is the unhurried mornings.

Settle in at Ao Nang Buri

Dinner on the strip. Early night.

Settle in at Ao Nang Buri (or the upgraded equivalent). Dinner along the Ao Nang strip — plenty of sit-down options within walking distance of the hotel. Early night after the long drive.

Phra Nang morning + Railay afternoon + yin evening

Taller karst, clearer water, the slow beach morning.

A real Ao Nang day. Charter a longtail from Ao Nang beach in the morning. Standard route: **Phra Nang cave beach → Railay West → lunch on Railay → swim and return.** The water on the Andaman side has a different character than Khanom's gulf coast — taller karst, clearer water, more boat traffic. Phra Nang is the slow beach morning the couple has been building toward — the swim out, the cliff right behind, the longtails on the sand.



Phra Nang & Railay — the longtail run.

OPTIONAL ADD

Railay is the rock-climbing capital of Thailand; a half-day intro climb at Railay East takes adults with no prior experience. If interest is there, one climbs and one stays on Phra Nang — operator books on the morning.

Back by late afternoon.

EVENING — YIN YOGA ON THE AO NANG BURI TERRACE

Second of three yin evenings. Forty-five minutes, the same shape as the Aava evenings. Dinner on the Ao Nang strip after — operator picks the place.

Transfer to Khao Lak

A slow morning. Pack and check out by 11.

A slow morning — breakfast on the strip, a walk to the pier and watch the longtails load. Pack and check out by 11. Drive Ao Nang → Khao Lak is about three hours via Phang Nga. Arrive Palm Galleria early afternoon.



SEGMENT 4 · PHUKET HIDEOUTS PRESENTS

Khao Lak

Three Andaman nights — the inland waterfall + hot springs, the Elephant Care Home, and a sunset dinner to close.

Days #1 — 14 morning · three nights · Palm Galleria Resort

ANCHOR STAY

Palm Galleria Resort

Three nights. North of Phuket, on the long flat Andaman beach that runs all the way up to Takua Pa. (Or operator-picked couple-tier upgrade.)

Three Khao Lak nights gives the couple the slower cut: the inland waterfall paired with hot springs, the Elephant Care Home afternoon at Memories Beach, and a beach day on the Andaman coast with a sunset dinner to close. Less rafting, more soaking — the couple version trades the family's bamboo-rafting day for a hot-springs afternoon.

DAY 11 · TUE AFTERNOON · ARRIVAL

Settle into Palm Galleria

The pool is the open invitation.

Settle into Palm Galleria (or the upgraded equivalent). Afternoon at the resort pool or the beach — the surf is bigger here than on the gulf coast, but the pool is the open invitation. Dinner at the resort or a short walk into town.

DAY 12 · WED

Chong Fa Waterfall + Hot springs + lecture evening

A paired day, both inland, both half-days that fit together cleanly.

Morning: **Chong Fa Waterfall** — five tiers, a 30-minute walk in to the main pool, swimmable, inside Khao Lak-Lam Ru National Park. Out by lunch.

Lunch on the route.

Afternoon: **hot springs** — a mineral-pool soak somewhere in the Phang Nga inland (operator picks the specific spot on the day based on water level and what's running well). The slow afternoon the trip's been building toward — water, mineral heat, no schedule. Back to Palm Galleria by early evening.

EVENING — LIFESTYLE-DESIGN TALK ON THE PALM GALLERIA DECK

Third and final lecture evening. An hour or so after dinner. The closing fireside.

DAY 13 · THU

Memories Beach: Elephant Care Home + couple-paced beach + sunset dinner

A single Memories Beach day. The drive is paid once.

The drive is about **45 km from Palm Galleria, roughly an hour each way**. Morning: a slow start. Drive up mid-morning. Beach time at Memories before the afternoon — quiet, a swim, lunch on the sand.

Afternoon: **Elephant Care Home at Memories Beach (Khao Lak)** — ethical care, not riding: feeding, washing, observing. Operator knows the sanctuary and books direct on the day. Likely a favorite afternoon of the trip.



Memories Beach Elephant Care Home.

EVENING — SUNSET DINNER ON THE KHAO LAK COAST

Operator picks the place on the day — a low table on the sand or a deck above the surf line, the second sunset dinner of the trip after the Khanom strip on Day 6. Back to Palm Galleria when the night winds down.

DAY 14 · FRI

Slow morning + yin evening, transfer to Phuket return

Back at Jinda by lunch — the same north-coast quiet.

Morning slow — breakfast, a beach walk, a last Khao Lak swim. Pack and check out by 10. The Khao Lak → Phuket drive is about an hour and a half. Gabe drives. Arrive Jinda by lunch — the same Jinda where the trip began.

Afternoon: open. Nai Yang Beach is right out front, the pool is the pool, a light motorbike run along the north coast if either wants.

LATE AFTERNOON — YIN YOGA ON THE JINDA DECK

Third and final yin evening. Forty-five minutes before dinner — the closing session, the kind that lands after fourteen days of southern Thailand.

EVENING — NAI YANG SIT-DOWN DINNER

A sit-down dinner on Nai Yang — the operator picks the place, **Nai Yang Beach Good Times Restaurant** is the default. The quiet pivot home. Pack the bags soft after.



The quiet pivot home.

Pack out, wheels up

The fourteen nights cover Days 1 through 14 — the couple flies out on the morning of the fifteenth day.

Depending on flight time: a last Nai Yang walk, breakfast at Jinda, pack and check out. Gabe drives to HKT — fifteen minutes. Wheels up.

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 2 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 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 5 hike — Samet Chun is the recommended pick for a couple. If you'd rather take Hin Lat (friendlier pools) or Ta Noi (Gabe's favorite — more remote, less-trafficked), we swap.

Day 6 evening — the Khanom strip sunset 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, the swap is easy.

Day 7 Khao Krot Cave — 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 8 motorbike — the couple can take one bike or two. Tell us your comfort level; Gabe will scale the route.

Day 10 Railay rock climbing — optional intro climb for one or both adults. Yes or no, before the trip or on the day.

Day 12 hot springs — the couple version replaces the family's bamboo rafting with a hot-springs afternoon. If you'd rather have the rafting morning instead (the river is slow and stable, fine for two), we swap.

Yin + lecture spacing — at this length you get three of each. Sample spacing: lecture Day 2 (Phuket), yin Day 5 (Khanom), lecture Day 7 (Khanom), yin Day 10 (Ao Nang), lecture Day 12 (Khao Lak), yin Day 14 (Phuket return). If you'd rather re-space, we re-space.

Ao Nang + Khao Lak anchor tier — at couple-tier, the operator may upgrade Ao Nang Buri and Palm Galleria to a higher-tier sister property in the same town. Both decisions are made by the operator on inquiry; the upgraded picks come back with the route. No equivalent Aava-tier property currently exists in either town in the operator's trusted list — the upgrades are tier-adjacent, not Aava clones.

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 14-day southern Thailand circle 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.