



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

14 Days · Southern Thailand Circle · Family Sample

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

PHUKET · KHANOM · AO NANG · KHAO LAK · PHUKET

A NOTE FROM THE HOST

For a family of four

Fourteen nights, four bases, five stays — Jinda for the soft arrival and again for the quiet day-use last day, Bamboo for the heart of the trip, Ao Nang Buri for the karst coast, Palm Galleria for the Andaman north. Four transfer days, four arrival evenings, four travel-out mornings, and inside those edges, room to read a book on a balcony.

The plan is dense where the day is the point (water park, dolphin boat, river raft, elephants) and quiet where the day isn't. Days don't have to be stacked full — and across these fourteen, most of them aren't. 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	Jane & John S. + two kids, ages 8 and 11. Family from [open] doing the full southern circle.
ANCHOR STAYS	Jinda Resort (Phuket × 2) · Bamboo Resort (Khanom) · Ao Nang Buri Hotel (Krabi) · Palm Galleria Resort (Khao Lak)

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 family, one for Gabe)
TIER	Mid-range comfort — Jinda at [bespoke], Bamboo at ฿1000 / night / room (no meals), Ao Nang Buri at [bespoke], Palm Galleria at ฿1000 / night-ish

A NOTE ON SHAPE

Fourteen nights, four bases, five stays. Four transfer days, four arrival evenings, four travel-out mornings, and inside those edges, room to read a book on a balcony. The plan is dense where the day is the point and quiet where the day isn't.

A NOTE ON THE PARTY

The Ss. are a family of four — not retreat-seekers, not luxury chasers. At fourteen nights they get the full circle: Phuket beaches + water park up front, the Khanom slow-half (pink dolphins, two waterfalls, two caves, fish spa), Ao Nang for the longtail run to Phra Nang and Railay, Khao Lak for bamboo rafting + the inland waterfall + the Elephant Care Home at Memories Beach. Three sessions of each kind from Gabe woven through.

A NOTE ON MOBILITY

Motorbikes are the standard daily transport in each town — rented at hotel check-in at every base (Jinda for the arrival, Bamboo, Ao Nang Buri, Palm Galleria, and Jinda again on the return), [bespoke] per bike per day. Used for in-town runs, beach hops, and short rides — by the adults, with the kids on foot or in the car. Cars only for the four inter-town transfers, the airport drive, the longer Elephant Care Home run (45 km from Palm Galleria), the Phuket Elephant Sanctuary morning, and any longer evening run.



SEGMENT 1 · PHUKET HIDEOUTS PRESENTS

Phuket arrival

Three Phuket nights at the front — water park, Sirinat, Old Town, the elephant morning before the drive south.

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 evening is built soft. Day 2 takes the water park while the family has fresh energy. Day 3 is Sirinat + Old Phuket Town evening. Day 4 is the elephant morning + transfer south.

Nai Yang Beach — first walk, first dinner

A slow first night.

The flight lands in Phuket and Gabe meets the family at HKT. Fifteen minutes to Jinda — two rooms ready, a quick rinse to clear the flight, 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. A walk along the surf line, dinner picked spontaneously from whichever beach restaurant catches the family on the stroll — no booking, no plan, just walk and choose. Motorbikes are at Jinda and ready from morning one. After a long door-to-door day, a slow first night.

Aqua Kingdom Phuket + lecture evening

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 on the day. Plan on the whole day. Dinner back near the resort, low-key.



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

EVENING — LIFESTYLE-DESIGN TALK ON THE JINDA DECK

An hour or so after dinner. First of three lecture evenings on the trip. The lecture is Gabe's — a working talk on how he built his own 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.

DAY 3 · MON

Sirinat reef snorkel + Old Phuket Town evening

Reef close to shore in the morning. Shophouses and lanterns at night.

Morning on **Nai Yang Beach** — the reef sits close to shore and shallow enough that you swim out from the sand, not from a boat. Fins and masks rent at the beach or come from Jinda. The 8-year-old can stay on the sand if the swim's too far; the 11-year-old will likely push out further with a parent. Lunch on Nai Yang.



Shallow reef, swim out from the sand.

Afternoon: a slow walk through **Sirinat National Park** — casuarina forest, shade for the parents, sand to dig in for the smaller hands. Park entry fee at the gate.

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, 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.

Phuket Elephant Sanctuary, then transfer to Khanom

Ethical care, no riding. Then four hours south.

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.



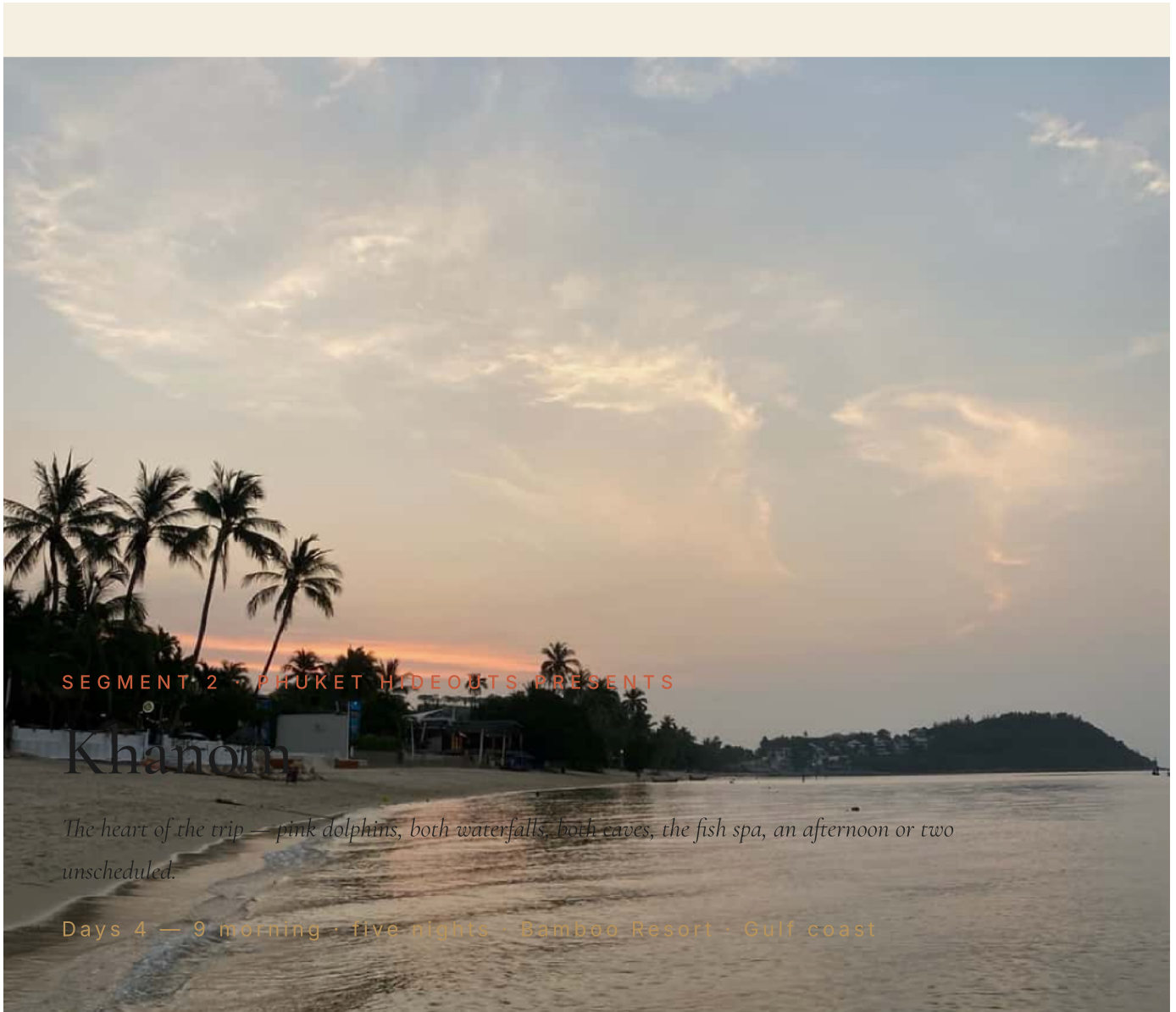
Ethical care — the elephant morning.

Back to Jinda for 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

The heart of the trip — pink dolphins, both waterfalls, both caves, the fish spa, an afternoon or two unscheduled.

Days 4 — 9 morning · five nights · Bamboo Resort · Gulf coast

ANCHOR STAY

Bamboo Resort

Five 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.

Khanom is the heart of this trip. It is not Phuket and not Krabi. It's a Thai working town with a 14-kilometer coast, three waterfalls in the hills behind it, two named caves, a pink dolphin population that lives here year-round, and a fish spa that runs in a river instead of a tank. Five nights gives the family room to do all of it — both waterfalls (Hin Lat for the easy day, Samet Chun for the legs), both caves (Mother of Buddha + Khao Krot), the dolphin boat, the fish spa, and an afternoon or two unscheduled.

It is not Phuket and not Krabi. It's a Thai working town with a coast most travelers never reach.

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 4 · 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 5 · WED

Hin Lat Waterfall + slow afternoon

The friendlier pools, before the harder days.

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. Out by mid-morning. Lunch in town.



Hin Lat — the friendlier pools.

Afternoon: quiet. Pool at Bamboo, beach across the path. Day one of Khanom proper — keep the legs fresh for the days ahead. Beach dinner.

Pink dolphin morning + Mother of Buddha + Fish Spa + yin evening

A full Khanom day, both halves.

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 by mid-morning.



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

Late morning: rest, lunch in town.

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.

EVENING — YIN YOGA ON THE BAMBOO 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. The kids can take it or skip it. Beach dinner after.

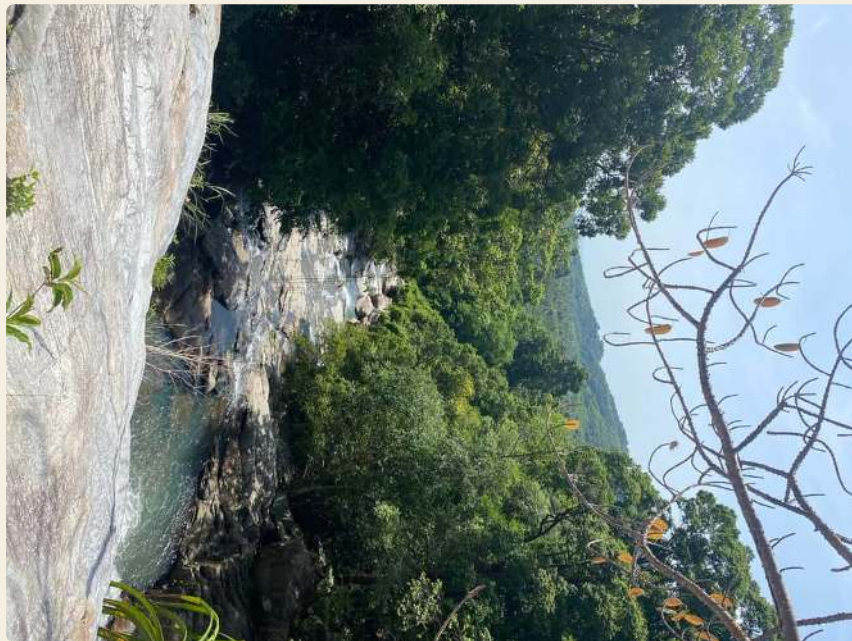


The deck at dusk.

Samet Chun Waterfall + lecture evening

The legs day. The view from the upper pool.

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. The hike up is for those with the legs; the swimmable lower pool is where everyone meets — one adult and Gabe can settle in at the lower pool with the 8-year-old while the others push for the top. Pack water, snacks, shoes with grip. Out by 8, back by early afternoon.



Samet Chun — the view from the upper pool.

Afternoon: open. Pool, beach, a long lunch.

EVENING — LIFESTYLE-DESIGN TALK ON THE BAMBOO DECK

Second of three lecture evenings. An hour or so on the deck after dinner — a different angle from the Phuket one, with the same fireside texture. Beach dinner before or after.

DAY 8 · SAT

Khao Krot Cave + Beach afternoon + motorbike spectator

The second Khanom cave, then the slow afternoon.

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 at the Bamboo beach. A short motorbike spectator moment — Gabe rides a short loop along the Khanom backroads while the family waves him off from the beach. Kids see what a Thai backroad ride looks like, no kids on bikes. Beach dinner.

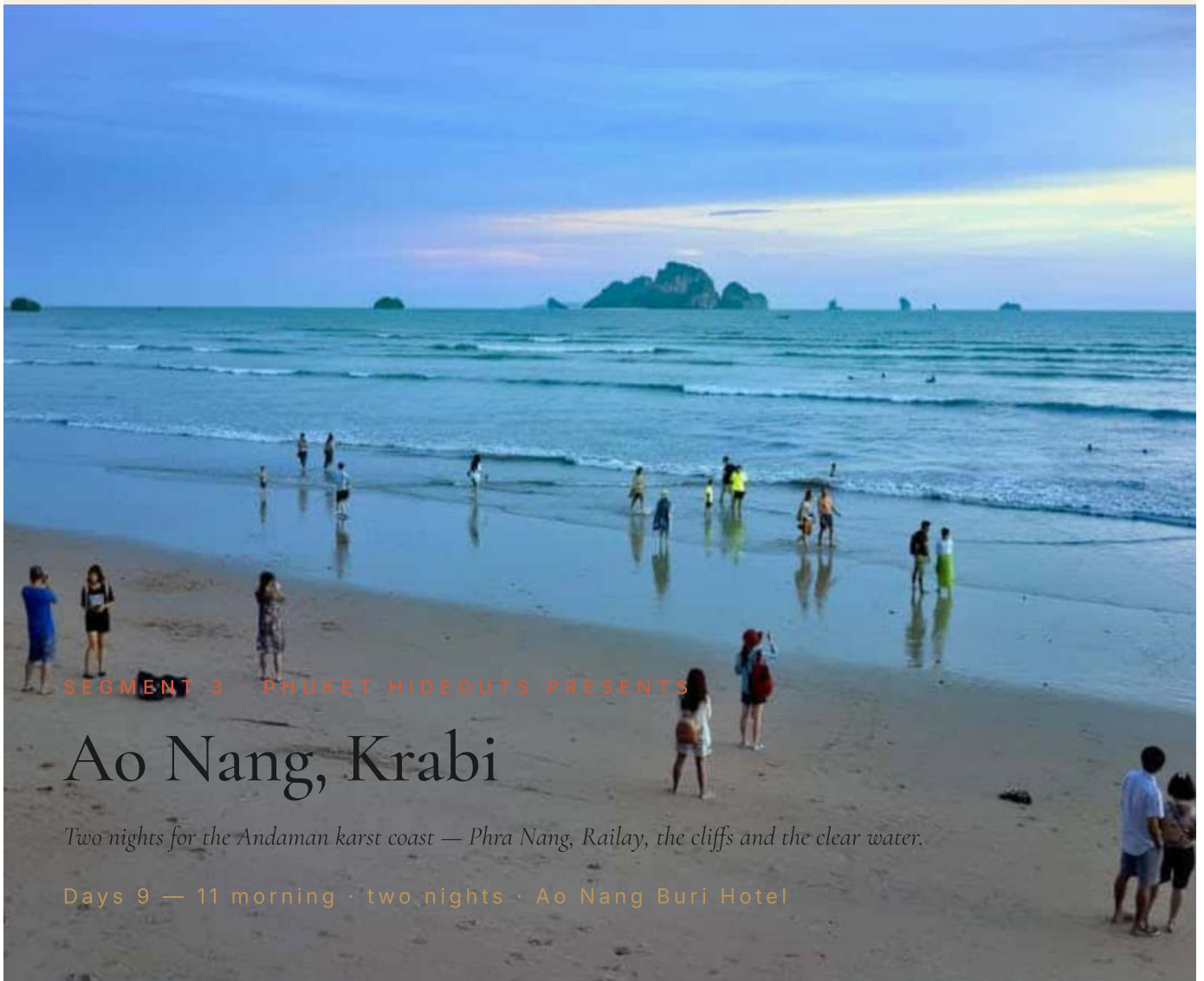
Slow morning + yin evening, transfer to Ao Nang

The morning is slow on purpose — the next four days move twice.

Breakfast on the strip, a Bamboo beach 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. Arrive Ao Nang Buri late afternoon.

EVENING — YIN YOGA ON THE AO NANG BURI TERRACE

Second of three yin evenings, scheduled for the transfer day on purpose: the legs need it after the long drive. Forty-five minutes, the same shape as the Bamboo evenings. Light dinner along the Ao Nang strip after.



SEGMENT 3 · PHUKET HIDEOUTS PRESENTS

Ao Nang, Krabi

Two nights for the Andaman karst coast — Phra Nang, Railay, the cliffs and the clear water.

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

ANCHOR STAY

Ao Nang Buri Hotel

Two nights. Operator's pick — quieter end of Ao Nang, walkable to the main beach and the longtail pier. (If availability or fit doesn't work, Booking.com alternate on the ground.)

Two nights gives the family one full beach-and-boat day on the Andaman karst coast (Phra Nang, Railay) before the drive to Khao Lak. Tight — the segment is built to deliver the karst-and-clear-water headline without a forced second day.

DAY 9 · SUN EVENING · ARRIVAL

Settle in at Ao Nang Buri

Dinner along the strip. Early night after the long drive.

Settle in at Ao Nang Buri. Dinner along the Ao Nang strip — plenty of family-friendly options within walking distance of the hotel. Early night after the long drive.

DAY 10 · MON

Longtail beach day (Phra Nang + Railay)

Taller karst, clearer water, more boat traffic.

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. The 8-year-old stays in the shallow swim-out at Phra Nang; the 11-year-old can swim further with a parent.



Phra Nang & Railay — the longtail run.

OPTIONAL ADD

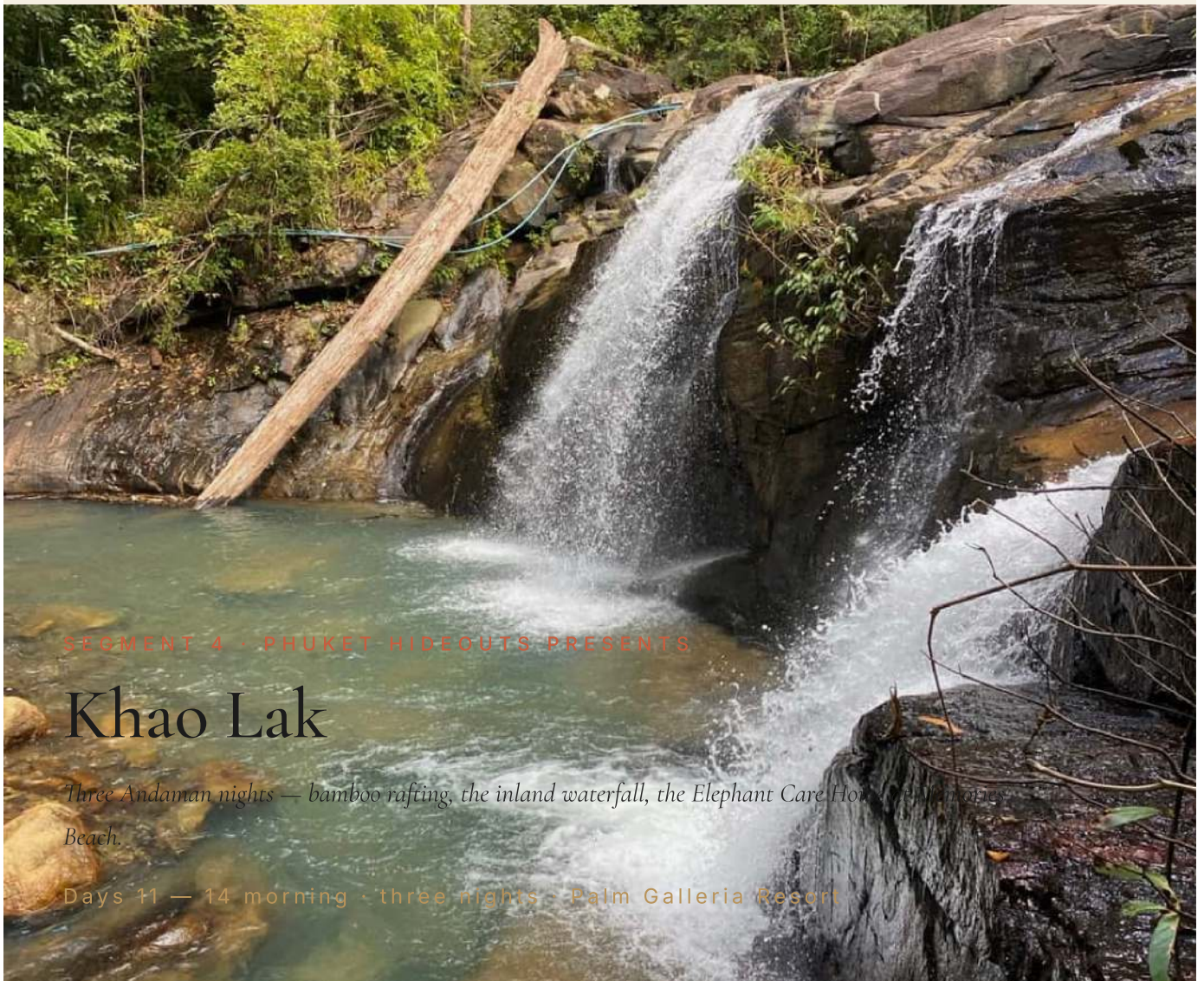
Railay is the rock-climbing capital of Thailand, and a half-day intro climb at Railay East takes ages 8+ with a parent — if interest is there, split the party: climbers up the wall, the rest on Phra Nang beach. Decision made when the itinerary is shared.

Back by late afternoon. Dinner on the Ao Nang strip. Pack the bags soft for the morning drive.

Transfer to Khao Lak

A slow morning. Pack and check out by 11.

A slow morning — breakfast on the strip, a quick 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 — bamboo rafting, the inland waterfall, the Elephant Care Home at Memories Beach.

Days 11 — 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.

Three Khao Lak nights gives the family the headline three (bamboo rafting, the inland waterfall, the Elephant Care Home at Memories Beach). The segment is built breathable — one big activity per day, with the resort's beach and pool as the soft afternoon.

DAY 11 · TUE AFTERNOON · ARRIVAL

Settle into Palm Galleria

The pool is the open invitation for everyone.

Settle into Palm Galleria. Afternoon at the resort pool or the beach — the surf is bigger here than on the gulf coast, so swimming in the sea is for the adults and stronger swimmers with attention paid; the pool is the open invitation for everyone. Dinner at the resort or a short walk into town.

DAY 12 · WED

Chong Fa Waterfall + Bamboo River Rafting + lecture evening

A paired day — the inland waterfall and the bamboo raft.

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

Lunch at a river camp or roadside.

Afternoon: **Bamboo River Rafting**. Gabe knows the operator personally and sets the booking direct. The bamboo raft trip runs on one of the Phang Nga rivers — slow current, the rafts are wide and stable, the rafter poles you along like a Venetian gondolier. About 45 minutes on the water. Built for families with mixed ages — the 8-year-old sits between her parents on the raft.

Back to Palm Galleria by late afternoon.

EVENING — LIFESTYLE-DESIGN TALK ON THE PALM GALLERIA DECK

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

Memories Beach: Elephant Care Home + beach + yin evening

A single Memories Beach day — the drive is paid once, the family is in one place for the active stretch.

The Memories Beach drive is about **45 km from Palm Galleria, roughly an hour each way.**

Morning + early afternoon: beach time at Memories — the kind of place a beach morning is enough by itself. Lunch on the beach.

Afternoon: the whole family at **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 — especially for the 8-year-old. Back at Palm Galleria by early evening.



Memories Beach Elephant Care Home — the Khao Lak afternoon.

EVENING — YIN YOGA ON THE DECK

Third and final yin evening. Forty-five minutes before dinner cools off — the closing session, the kind that lands after thirteen days of southern Thailand. Dinner at the resort or a short walk into town.

DAY 14 · FRI

Transfer to Phuket return + Good Times dinner

The same Jinda where the trip began, the same north-coast quiet.

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, the same family rooms.

The afternoon is open. Nai Yang Beach is right out front. The pool is the pool. Light motorbike runs along the north coast if anyone wants.

EVENING — NAI YANG BEACH GOOD TIMES

Nai Yang Beach Good Times Restaurant (or operator-picked equivalent) — a sit-down dinner on the last night, the quiet pivot home. Pack the bags soft after.



The quiet pivot home.

DAY 15 · SAT · DEPARTURE MORNING

Pack out, wheels up

The fourteen nights cover Days 1 through 14 — the family 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 family 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 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 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. (Note: the Khao Lak Elephant Care Home on Day 13 is a separate ethical sanctuary — both can be in a 14-day trip without redundancy, but if your family wants only one, the Khao Lak afternoon is the operator-recommended keeper.)

Day 5 / Day 7 waterfalls — Hin Lat is the family-friendly pool day, Samet Chun is the legs day. If your 8-year-old hikes well, we can swap the order or substitute Ta Noi (Gabe's favorite — more remote, less-trafficked) for one of them.

Day 8 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 beach day, we swap.

Day 10 Railay rock climbing — the 11-year-old + interested adults can take a half-day intro climb; the rest stays on Phra Nang beach. Yes or no, before the trip or on the day.

Day 13 surf school (optional add) — Memories Beach has a surf school the 11-year-old qualifies for (age 8+). The sample doesn't include it; Day 13 is built around the Elephant Care Home and a soft beach evening. If you want a surf-school morning slotted in, ask early — Gabe pairs it with the elephant afternoon, with the 8-year-old kept on the beach with a parent. Surf operator confirmed on inquiry.

Yin + lecture spacing — at this length you get three of each. Sample spacing: lecture Day 2 (Phuket), yin Day 6 (Khanom), lecture Day 7 (Khanom), yin Day 9 (Ao Nang arrival), lecture Day 12 (Khao Lak), yin Day 13 (Khao Lak). If you'd rather re-space, we re-space.

Day 14 last evening — Good Times is the sample pick; the operator may swap to whichever north-coast sit-down is running well that week.

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 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.