



PHUKET HIDEOUTS PRESENTS — A SAMPLE KHANOM STRETCH FOR TWO

5 Days · Khanom · Couple Sample

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

KHANOM · SINGLE BASE · GULF COAST



A NOTE FROM THE HOST

For two travelers

Five nights for two, single base. The trip skips a Phuket front to put all the days in Khanom — three real activity days framed by an arrival transfer day and a departure morning. Pink dolphins at dawn, the harder waterfall with the gulf view, a cave, a fish spa, a sunset dinner on the strip, a slow morning that doesn't ask anything of either of you.

The week leans into both the curious and the still. At this length, the trip skips the Phuket front so the couple gets the deeper Khanom stretch instead of two shallower halves.

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

PHUKET HIDEOUTS PRESENTS

The five nights at a glance

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

SAMPLE	True — marketing example, not a real booking
DATES	Any 5-night stretch (example shape; real dates set per inquiry)
DURATION	5 nights
ROUTE	Phuket arrival → Suwankuha Cave Temple stop → Khanom (5 nights, single base, with departure morning)
TRAVELERS	Mary & Mark — a couple in their 30s or 40s, no kids on this trip.
ANCHOR STAY	Aava Resort (Khanom)
HOST	Gabe (PH co-founder); separate room at Aava, drives the long arrival transfer + airport return, runs ground logistics
ROOMS PER ANCHOR	2 (one for the couple, one for Gabe)

TIER

Curated comfort — Aava at ฿3000 / night (breakfast and dinner included)

A NOTE ON SHAPE

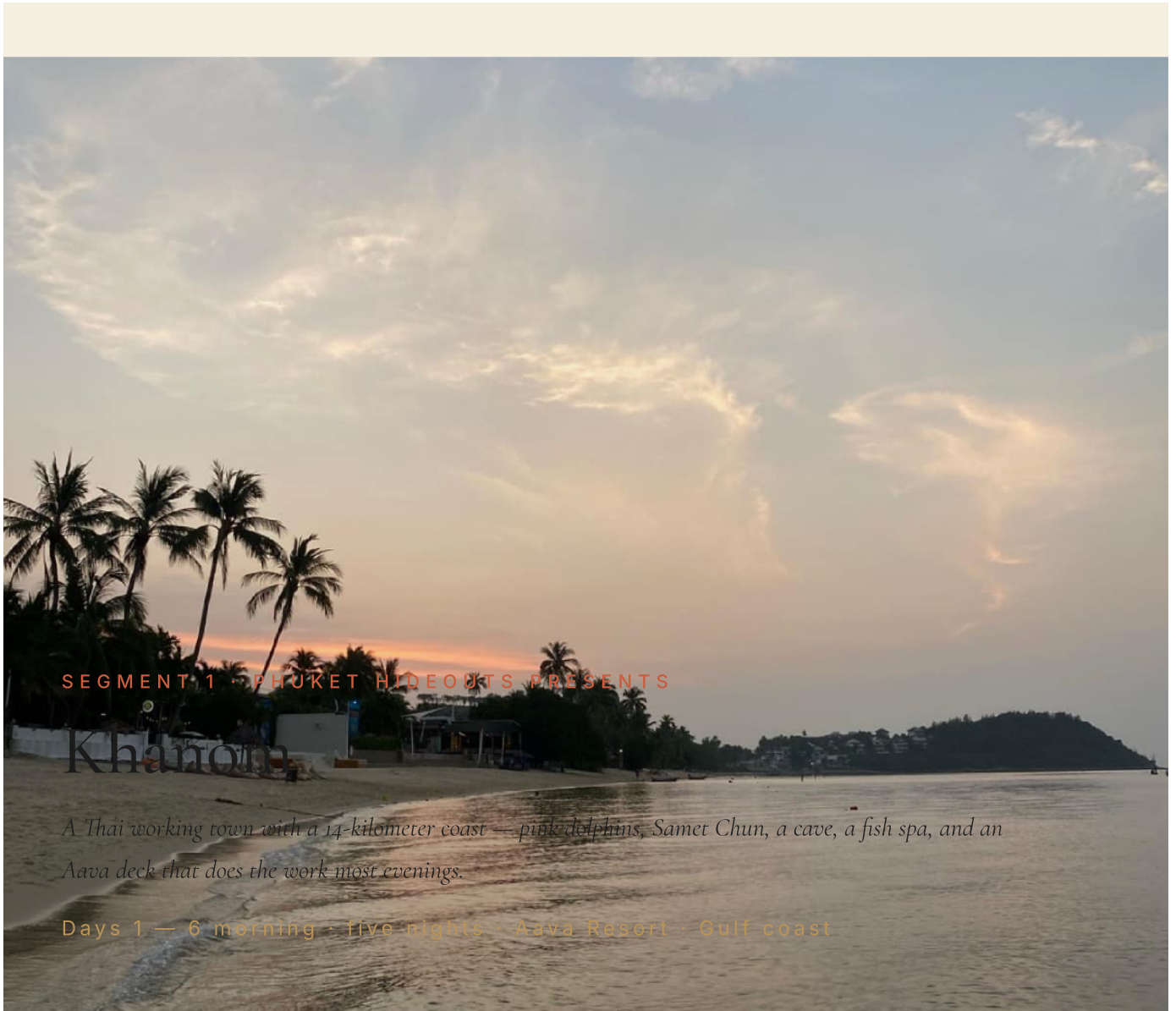
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A NOTE ON THE PARTY

Mary and Mark are travelers first. They're up for the cave, the Samet Chun scramble, the longtail at dawn. They're also up for a slow morning, coffee on the Aava deck, and a sunset dinner where the only thing on the schedule is the light. At this length, the trip skips the Phuket front so the couple gets the deeper Khanom stretch.

A NOTE ON MOBILITY

Motorbikes are the standard daily transport at Aava — [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 transfers in and out, and any longer evening run.



SEGMENT 1 · PHUKET HIDEOUTS PRESENTS

Khanom

A Thai working town with a 14-kilometer coast — pink dolphins, Samet Chun, a cave, a fish spa, and an Aava deck that does the work most evenings.

Days 1 — 6 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. Beach access straight from the property. The elevated tier on the Khanom side is intentional for the couple shape: the in-house dinner means most evenings of the week land at the resort without a drive.

Khanom is the whole trip at this length. 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 couple the headline three (dolphins, waterfall, cave + fish spa) plus a sunset dinner out and a slow motorbike afternoon.

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

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. That night the couple skips Aava's dinner service; the rest of the week is at the resort.

Arrival via Phuket + Suwankuha Cave Temple stop

Mostly the road. The deck and the included dinner at Aava close the day.

The flight lands in Phuket and Gabe meets the couple at HKT. The Phuket → Khanom drive is about **four hours**. Gabe drives. This day is mostly the road; nobody pretends otherwise.

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. Not a tourist highlight Gabe oversells; just the right pause as the couple leaves Phuket province for the south. Lunch separately, on the route.



Suwankuha — the working cave temple along the route.

Arrive Aava late afternoon. Room ready, a swim straight off the property to clear the drive, dinner at the resort: the deck, the candles, the included first-night meal. After a long door-to-door day, an early night.



The Aava deck at dusk — first-night close.

Pink dolphin morning + Samet Chun afternoon

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. Hats, water, and the understanding that wildlife doesn't keep a schedule. 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. The lower pool is swimmable, the upper pool is the view. For a couple with the legs for it, this is the Khanom hike worth choosing over the friendlier ones. 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. Dinner at the resort — included.

DAY 3 · MON

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. The kind of afternoon that becomes a small inside joke between two people who agreed to put their feet in.

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. One of the operator's defining picks for couples on this trip; the spot rotates depending on which place is running well that week.



The Khanom strip at dusk — the one night out of Aava.

DAY 4 · TUE

Slow morning + motorbike afternoon + session evening

The trip's slow day on purpose.

Morning is slow — 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 before the evening.

EVENING SESSION WITH GABE — GUEST PICKS

One session at this length, your choice. The yin runs forty-five minutes on the Aava deck before dinner cools off — long held floor poses, the kind of session that does the work after a day on a bike. The lecture is an hour of working talk from Gabe on building a life around teaching and travel in Thailand — closer to a long fireside conversation than a motivational session. Tell us before arrival which one fits.



The Aava deck at dusk — where the session lands.

Dinner at Aava after — included.

Open day or operator add

The last full day. The afternoon is open by design.

Morning slow — breakfast on the deck, the beach, a swim. The afternoon is open by design — at this length, with three full activity days behind the couple, the operator holds the day for what the trip needs. A few shapes that work:

- A return to whichever Day 2 or Day 3 anchor pulled — a second slow run to the fish spa, a Hin Lat pool afternoon (the easier Khanom waterfall, swimmable, no scramble), or a quiet beach hour back at Samet Chun's lower pool
- An **Ai Kai Temple** half-day — the most-visited shrine in southern Thailand right now, about 35 minutes north in Sichon, a fast cultural pass with statuary and pilgrims
- A do-nothing day — Aava's deck, the gulf, a book, a long lunch



Ai Kai — the open-day cultural option.

Operator decides on the day with the couple. Pack the bags soft in the evening. Last Khanom dinner at Aava — the deck, the candles, the included final-night meal.

Pack out, drive north, wheels up

The five nights cover Days 1 through 5 — the couple flies out on the morning of the sixth 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 2 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 3 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 — the swap is easy.

Day 4 motorbike — the couple can take one bike or two. Tell us your comfort level before arrival; Gabe will scale the route to it.

Yin or lecture — at this length you get one evening session with Gabe: yin yoga or a lifestyle-design talk, your pick. Day 4 evening is the slot. Tell us which one before arrival.

Day 5 open day — held for what the trip needs on the ground. If you'd rather have it pre-shaped (Ai Kai, a return Hin Lat or fish spa run, a do-nothing day), say so.

Arrival day fatigue — Day 1 is mostly the four-hour drive south. The first night is at Aava with the included dinner on the deck — short, soft, early.

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 5-day Khanom cut 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.