

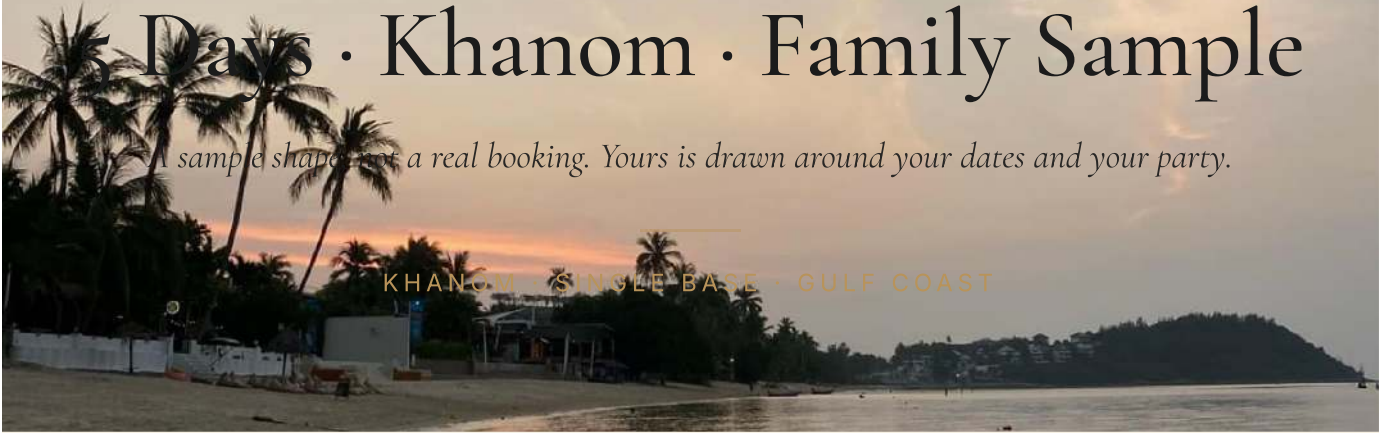


PHUKET HIDEOUTS PRESENTS — A SAMPLE KHANOM STRETCH FOR A FAMILY

# 5 Days · Khanom · Family Sample

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

KHANOM · SINGLE BASE · GULF COAST



## A NOTE FROM THE HOST

# For a family of four

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Five nights, single base. One four-hour drive in from Phuket airport and one back out. 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, a waterfall, a cave, the river fish spa, an afternoon at the beach. The 11-year-old can carry the hikes; the 8-year-old gets the friendlier pools and the dolphin boat. The plan is built around that — yours will be built around your party.

I'll be with you across the five days — host, driver, ground-ops, separate room at Bamboo. 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.*

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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	<b>Jane &amp; John S.</b> + two kids, ages 8 and 11. Family from [open] looking for a real southern-Thailand stretch.
ANCHOR STAY	Bamboo Resort (Khanom)
HOST	Gabe (PH co-founder); separate room at Bamboo, drives the long arrival transfer + airport return, runs ground logistics
ROOMS PER ANCHOR	2 (one for the family, one for Gabe)

## TIER

Mid-range comfort — anchor stay at ฿1000 / night / room (no meals)

### A NOTE ON SHAPE

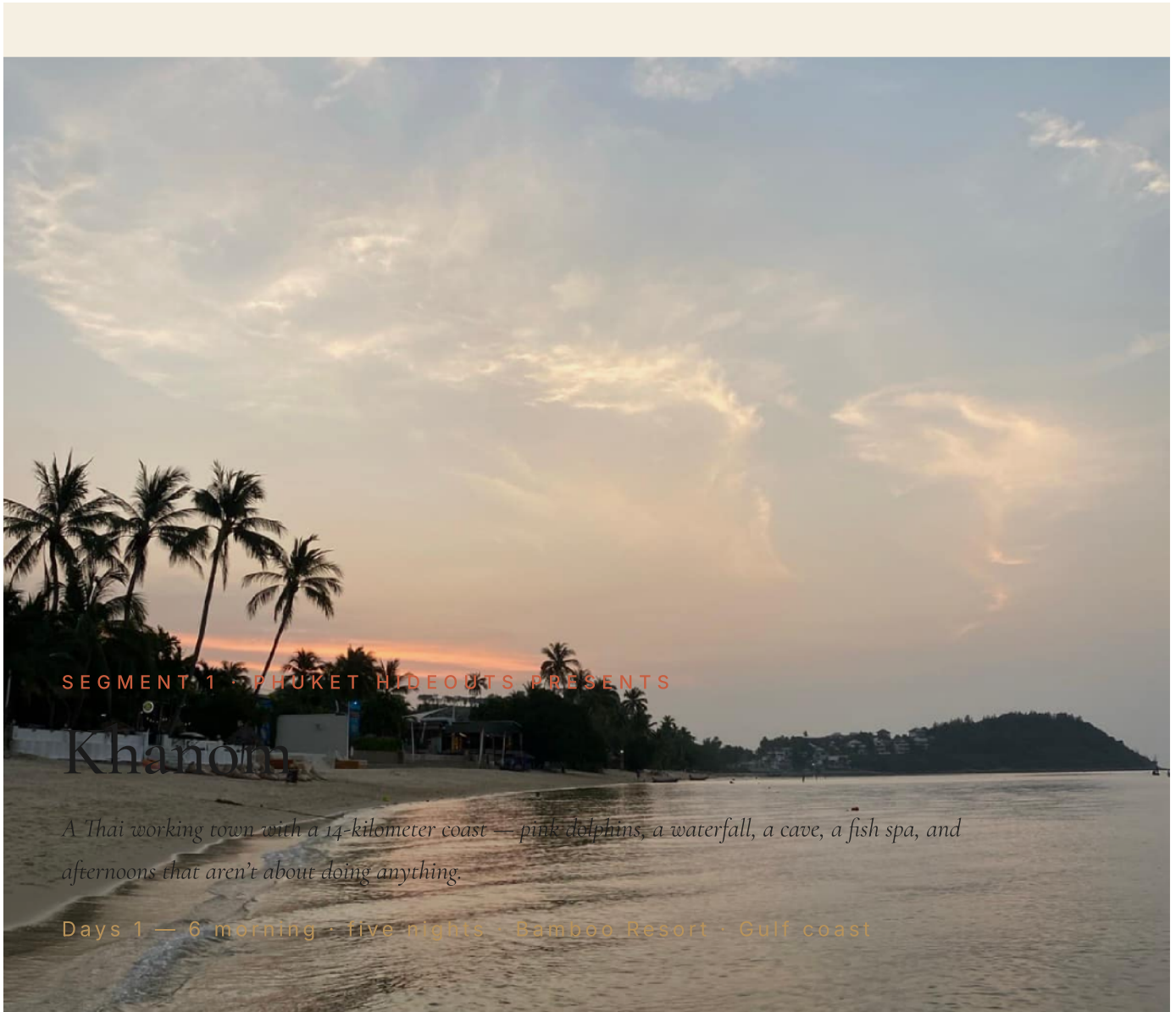
Five nights, single base, one four-hour drive in from Phuket airport and one back out. The trip skips a Phuket front to put all the days in Khanom — three real activity days framed by an arrival transfer day and a departure morning. Pink dolphins, a waterfall, a cave, the river fish spa, an afternoon at the beach.

### A NOTE ON THE PARTY

The Ss. are a family of four — at this length, the trip skips the Phuket front and goes straight south. Khanom is the whole point: pace, beach, the kind of week the kids remember without one more temple day in a city. The arrival day is mostly travel; nobody pretends it isn't.

### A NOTE ON MOBILITY

Motorbikes are the standard daily transport at Bamboo — [bespoke] per bike per day. Used by the adults for in-town runs and short beach hops. The kids see Gabe on the bike; they don't ride. 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, a waterfall, a cave, a fish spa, and afternoons that aren't about doing anything.*

Days 1 — 6 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 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 family the headline three (dolphins, waterfall, cave + fish spa) and an unscheduled beach afternoon between them.

*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 1 · SAT ARRIVAL

### Arrival via Phuket + Suwankuha Cave Temple stop

*Mostly the road. The settle-in matters — the rest of the trip needs the legs.*

The flight lands in Phuket and Gabe meets the family 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 — a stretch-the-legs pause for the kids more than a destination. Lunch separately, on the route.



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

Arrive Bamboo Resort late afternoon. Two rooms ready, a swim straight off the property to clear the drive, an early beach dinner at one of the strip places. After a long door-to-door day, an early night.

## Pink dolphin morning + slow afternoon

*Pink dolphins live in the Khanom-Don Sak channel year-round. Boats go out around 6:30–7:00 AM, when they feed closest to shore.*

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. Day two of a trip with a long drive behind it and a waterfall hike ahead — the afternoon stays off the clock on purpose. Beach dinner.

## 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 — the main pools just in from the parking area are shallow at the swim-in and deeper 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, more layered Khanom waterfall. For an 8-year-old, Hin Lat is the safer call. If your family says the 8-year-old hikes well, we can swap Samet Chun in — flag it before arrival.

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, both half-days that fit together cleanly. 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, walkable for the whole family. The Natural 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 back at Bamboo.

DAY 4 · TUE

## Beach + motorbike spectator + session evening

*The slow day on purpose, between two harder ones.*

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. Kids see what a Thai backroad ride looks like, no kids on bikes.

Afternoon: open. Pool, books, a late lunch in town, a return run to the fish spa if the kids loved it.

### EVENING SESSION WITH GABE — GUEST PICKS

One session at this length, your choice. The yin runs forty-five minutes on the Bamboo deck before dinner cools off — long held floor poses, the kind of session that does the work after a day on the water. Most kids try the first ten minutes and then go climb something. The lecture is an hour of working talk from Gabe on building a life around teaching and travel in 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 for either. Tell us before arrival which one fits.



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

Beach dinner after.

## Open day or operator add

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

Morning slow — breakfast, beach, pool. The afternoon is open by design — at this length, with three full activity days behind the family, 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 the kids loved (the fish spa, the Hin Lat pool, the dolphin boat for a second try)
- 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; worth writing a wish if anyone in the family wants to
- A full beach day — nothing scheduled, the family at the surf line all afternoon



*Ai Kai — the open-day option in Sichon.*

Operator decides on the day with the family. Pack the bags soft in the evening. Last Khanom dinner on the beach.

## Pack out, drive north, wheels up

*The five nights cover Days 1 through 5 — the family 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 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 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 4 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 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 Temple, a return waterfall run, a long beach day), say so.

**Arrival day fatigue** — Day 1 is mostly the four-hour drive south. The first dinner is early and the first night is short on purpose. If your flight lands earlier in the morning and the family has energy, we can fold a brief Phuket pause in before the drive — flag on inquiry.

*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 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.*