



PHUKET HIDEOUTS PRESENTS — A SAMPLE WEEK FOR TWO

7 Days · Phuket + Khanom · Couple Sample

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

PHUKET · KHANOM · TWO-BASE WEEK

A NOTE FROM THE HOST

For two travelers

Seven nights for two — a week that earns its slow mornings. Three Phuket days for the cultural side of the island (Old Town on a quiet evening, sunset at Promthep Cape, the longtail run), then the four-hour drive south to Khanom for the slower half — pink dolphins at dawn, a waterfall with a view, a cave, a fish spa, and two evenings that aren't about doing anything.

This sample is built around a curious party — up for the cave, the waterfall hike, the longtail at dawn, the dolphins, and also up for a quiet dinner where the only thing on the schedule is the sunset. Yours will be built around your party.

I'll be with you across the seven 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 week at a glance

The shape of the seven nights, before the day-by-day.

SAMPLE	True — marketing example, not a real booking
DATES	Any 7-night week (example shape; real dates set per inquiry)
DURATION	7 nights
ROUTE	Phuket (3 nights) → Suwankuha Cave Temple stop → Khanom (4 nights, with departure morning)
TRAVELERS	Mary & Mark — a couple in their 30s or 40s, no kids on this trip.
ANCHOR STAYS	Jinda Resort (Phuket) · Aava 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 couple, one for Gabe)

TIER

Curated comfort — Jinda at [bespoke], Aava at ฿3000 / night (breakfast and dinner included)

A NOTE ON SHAPE

Seven nights for two — a week that earns its slow mornings. Three Phuket days for the cultural side of the island (Old Town on a quiet evening, sunset at Promthep Cape, the longtail run), then the four-hour drive south to Khanom for the slower half — pink dolphins at dawn, a waterfall with a view, a cave, a fish spa, and two evenings that aren't about doing anything. The trip is curious, not frantic. Coffee on the deck before anything starts.

A NOTE ON THE PARTY

Mary and Mark are travelers first. They're up for the cave, the waterfall hike, the longtail at dawn, the dolphins. They're also up for a quiet dinner where the only thing on the schedule is the sunset. The week leans into both.

A NOTE ON MOBILITY

Motorbikes are the standard daily transport at each base (Jinda for the Phuket front half, Aava for the Khanom back half), [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 transfer south and any longer evening run.



SEGMENT 1 · PHUKET HIDEOUTS PRESENTS

Phuket arrival

Three Phuket days for the cultural side of the island — longtail morning, Promthep sunset, Old Town evening.

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 days gives the couple the longtail morning, the Promthep sunset, and an Old Town evening for the cultural pivot before the drive south. No water park, no kid-paced afternoons — the days lean longer and quieter.

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 couple on the stroll.

The flight lands in Phuket and Gabe meets the couple at HKT. Fifteen minutes to Jinda — room ready, a rinse to clear the flight, then straight out into the evening. Nai Yang Beach is right out front.

No booking, no plan, just walk and choose. After a long door-to-door day, the plan is simple: walk, eat, sleep.

DAY 2 · SUN

Phang Nga Bay longtail + slow afternoon + Old Phuket Town

The karst islands, the still water, the light before the day boats arrive.

A morning longtail through Phang Nga Bay — three to four hours on the water, back to Jinda for lunch. Built deliberately as the first real day so the rest of the trip has room.

Afternoon: open. Pool at Jinda, the Nai Yang surf line, a book on the deck. Coffee held over from breakfast.

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 your 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. The town is one of the cultural anchors of the island and works for two travelers without children far better than the daytime tourist run.



Thalang Road on a quiet night.

Sirinat morning + Promthep Cape sunset + Rawai seafood

A north-coast-to-south-coast day — reef in the morning, cliff at dusk, pier for dinner.

Morning at Nai Yang Beach — the reef sits close to shore, fins from Jinda, a swim that's actually a swim. Or a slow morning on the deck, depending on which the couple needs. Lunch back near the resort.

Mid-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

A slow morning. Coffee on the deck. Pack and check out by 11.

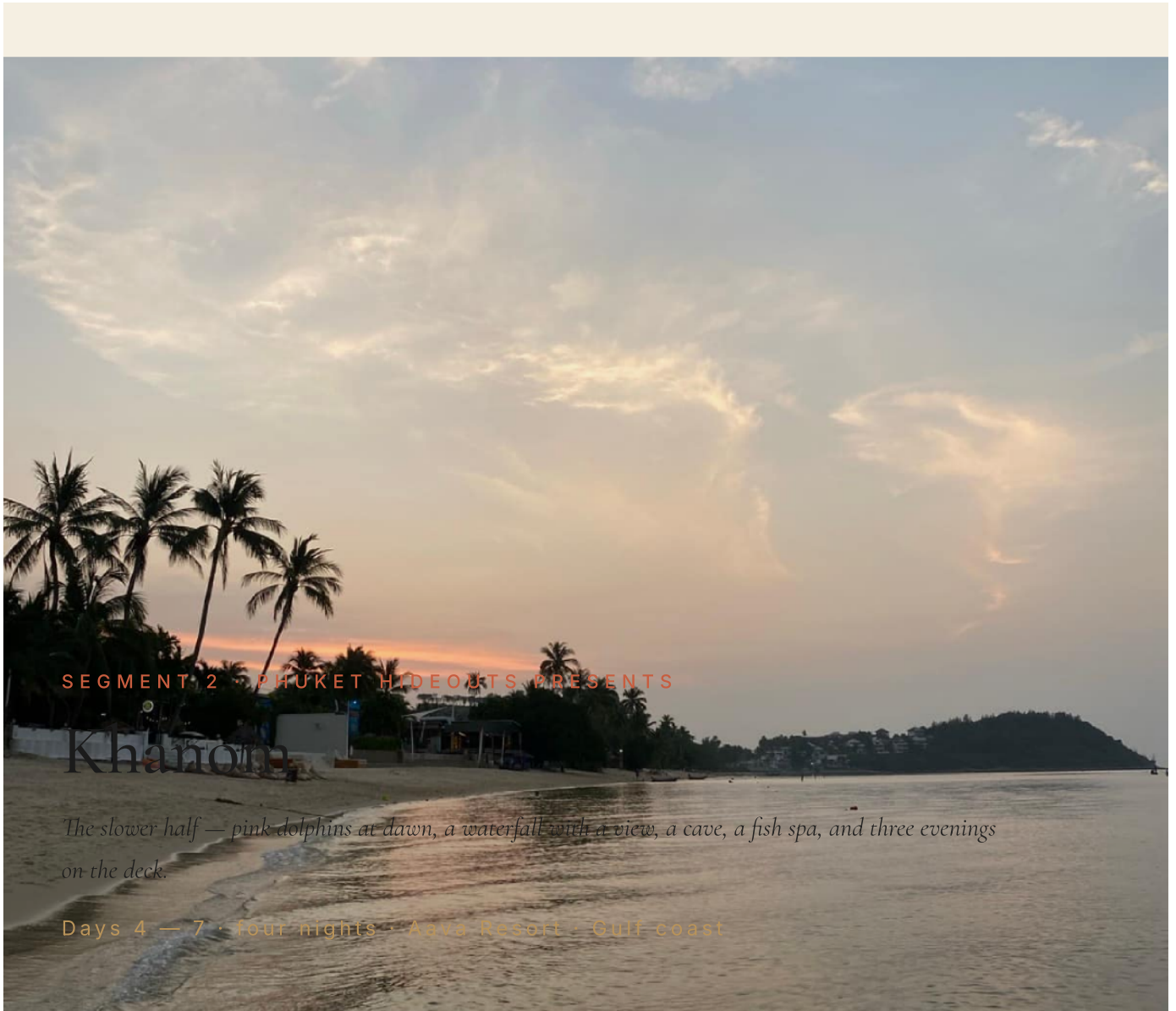
The Phuket → Khanom drive is about **four hours**. Gabe drives.

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. Not a tourist highlight Gabe oversells; just the right pause as the couple leaves Phuket province for the south.



Suwankuha — the working cave temple along the route.

Lunch separately on the route. Arrive Aava late afternoon. Dinner at the resort — first night's, included.



SEGMENT 2 · PHUKET HIDEOUTS PRESENTS

Khanom

The slower half — pink dolphins at dawn, a waterfall with a view, a cave, a fish spa, and three evenings on the deck.

Days 4 — 7 · four nights · Aava Resort · Gulf coast

ANCHOR STAY

Aava Resort

Four 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 second half of the trip and the slower half by design. 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. Four nights gives the couple the headline mornings (dolphins, waterfall, cave + fish spa) and three evenings at Aava with nothing planned.

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

DINNER RHYTHM

Three of the four 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.

DAY 4 · TUE EVENING · ARRIVAL

Aava settle-in, first Khanom swim

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

Settle into Aava. Dinner at the resort: the deck, the candles, the included first-night meal.

Pink dolphin morning + Samet Chun afternoon

A real Khanom day. Early start — boats go out around 6:30–7:00 AM, 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.

EVENING — YIN YOGA ON THE AAVA DECK

Forty-five minutes before dinner cools off. Long held floor poses, the kind of session that does the work after a day on the water and the legs. Gabe's been teaching yin for years; the session is concrete, not retreat-flavored. Dinner at the resort after — included.



The Aava deck at dusk.

DAY 6 · THU

Mother of Buddha Cave + Fish Spa + sunset dinner

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.

DAY 7 · FRI

Motorbike afternoon + lecture evening

The last full day. 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, pack the bags soft, a last beach swim.

EVENING — LIFESTYLE-DESIGN LECTURE

An hour or so on the deck after dinner. The lecture is Gabe's — a working talk on how he built his own life around teaching, traveling, and Thailand. Concrete, story-driven, closer to a long fireside conversation than a motivational session. Made for two travelers thinking about their own next chapter, or not — either way.

Last Khanom dinner at Aava — the deck, the candles, the included final-night meal.

DAY 8 · SAT · DEPARTURE MORNING

Pack out, drive north, wheels up

The seven nights cover Days 1 through 7 — the couple flies out on the morning of the eighth day.

Pack and check out. 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 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 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 6 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 7 motorbike — the couple can take one bike or two. Tell us your comfort level before arrival; Gabe will scale the route to it.

Yin session and lecture — locked at one of each per the 7-day shape. Yin on Day 5 evening, lecture on Day 7 evening. If you'd rather swap them, we swap.

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 7-day Phuket + Khanom week 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.