



PHUKET HIDEOUTS PRESENTS — A SAMPLE WEEK FOR A FAMILY

7 Days · Phuket + Khanom · Family Sample

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

PHUKET · KHANOM · TWO-BASE WEEK

A NOTE FROM THE HOST

For a family of four

Seven nights, two bases, one four-hour drive between them. Three Phuket days on the front foot for the water park and the beach, four Khanom nights at the back for the slower pace — pink dolphins, a waterfall, a cave, river fish nibbling the kids' feet, and an afternoon or two where nothing is planned.

This sample is built around an eleven-year-old who can carry most hikes and an eight-year-old who wants the friendlier waterfall and the easier pools. The plan is shaped around that mix — yours will be shaped around your party, your pace, your dates.

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	Jane & John S. + two kids, ages 8 and 11. Family from [open] looking for a real southern-Thailand week.
ANCHOR STAYS	Jinda Resort (Phuket) · Bamboo 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 family, one for Gabe)

A NOTE ON SHAPE

Seven nights, two bases, one four-hour drive between them. Three Phuket days on the front foot for the water park and the beach, four Khanom nights at the back for the slower pace — pink dolphins, a waterfall, a cave, river fish nibbling the kids' feet, and an afternoon or two where nothing is planned. The 11-year-old can carry most hikes. The 8-year-old needs the friendlier waterfall and the easier pools. The plan is built around that.

A NOTE ON THE PARTY

The Ss. are a family of four — not retreat-seekers, not luxury chasers. The kind of family that wants the kids to remember the trip without dragging them through one more temple. Pace matters. Pool time matters. So does the dolphin boat, the water park, and the elephants the morning before the drive south.

A NOTE ON MOBILITY

Motorbikes are the standard daily transport at each base (Jinda for the Phuket front half, Bamboo for the Khanom back half), [bespoke] per bike per day. Used for in-town runs and short beach hops — for the adults, with the kids on foot or in the car. Cars only for the inter-town transfer south, the early elephant morning, and any longer drive. The kids see Gabe on the bike; they don't ride.



SEGMENT 1 · PHUKET HIDEOUTS PRESENTS

Phuket arrival

Three Phuket days, north-coast base, water park to Old Town — the cultural pivot 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 days gives the family a water park day, a beach day, and an Old Town evening — the cultural pivot before the drive south. The arrival evening is built soft so jet lag doesn't bleed into the first real day.

DAY 1 · SAT ARRIVAL

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 family on the stroll.

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.

No booking, no plan, just walk and choose. Motorbikes are at Jinda and ready from morning one. After a long door-to-door day, the plan is simple: walk, eat, sleep.

DAY 2 · SUN · WATER PARK DAY

Aqua Kingdom Phuket or Splash Jungle

On the front foot, while the family still has the day-one energy of a fresh trip.

Full day at the water park — Aqua Kingdom Phuket or Splash Jungle Water Park depending on age fit on the day. Both work for an 8-and-11 mix; the operator picks the better fit on inquiry.

Plan on the whole day. Sunscreen, water shoes, a pair of dry clothes in the car. Dinner back near the resort, low-key.

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.

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.



Shallow reef, swim out from the sand.

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. Whether the Sunday Night Walking Street Market is running depends on the day of the week your trip lands on — if it is, dinner is from the stalls. If not, the same shophouse district has sit-down places open every night. The kids will remember the food stalls and the lanterns. Drive back to Jinda by 9 or 10.



Thalang Road texture — the cultural pivot before the drive south.

Phuket Elephant Sanctuary, then transfer

Ethical-care-only — no riding, no shows. The 8-year-old is right at the age where this kind of morning sticks.

Early start. Phuket Elephant Sanctuary is ethical-care-only — feeding, washing, observing. Book first thing to beat the heat. Out by mid-morning.



Ethical care — the elephant morning before the drive south.

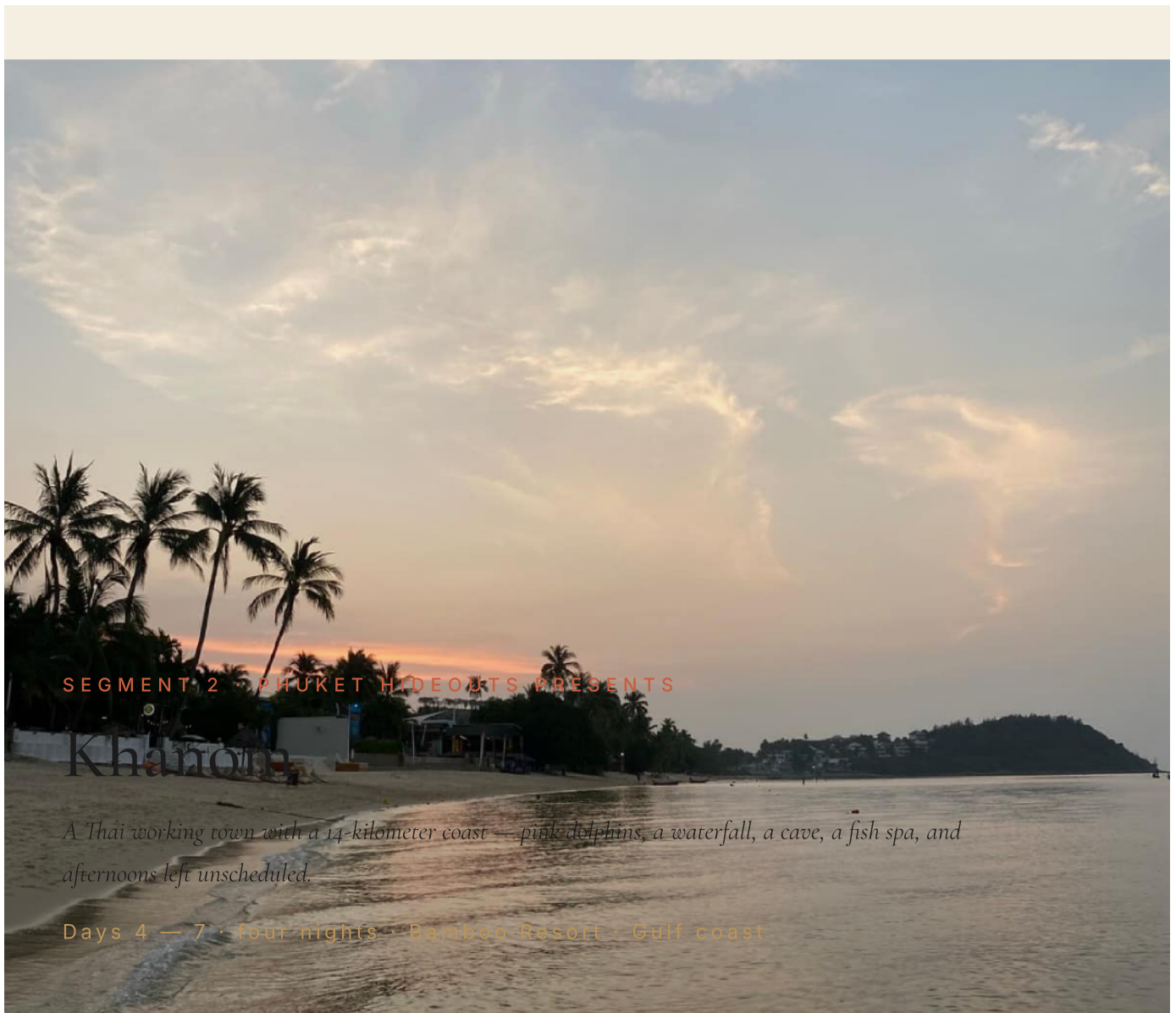
Back to Jinda for pack and check-out by 11. The Phuket → Khanom drive is about **four hours**. Gabe drives.

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



Suwankuha — the working cave temple along the route.

Lunch separately on the route. Arrive Bamboo Resort late afternoon. Beach dinner next door.



SEGMENT 2 · PHUKET HIDEOUTS PRESENTS

Khanom

A Thai working town with a 14-kilometer coast — pink dolphins, a waterfall, a cave, a fish spa, and afternoons left unscheduled.

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

ANCHOR STAY

Bamboo Resort

Four 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. Four nights gives the family room to do the headline three (dolphins, waterfall, cave + fish spa) and still leave 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.

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. 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.

EVENING — YIN YOGA ON THE DECK

Forty-five minutes on the deck before dinner cools off. 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 — most kids try the first ten minutes and then go climb something. Gabe's been teaching yin for years; the session is concrete, not retreat-flavored.



The deck at dusk — the yin session lands here.

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.

CURATOR NOTE

Samet Chun is the harder, more layered Khanom waterfall — the named pick on the public 7-day card. 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 7 · FRI

Beach morning + lecture evening

The last full day. Morning at the Bamboo beach — surf line, sand, the kids in and out of the water.

Mid-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, maybe a return run to the fish spa if the kids loved it. Pack the bags soft.

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, kid-tolerable (the 11-year-old will likely listen; the 8-year-old will likely draw). Parents are the actual audience. Not retreat-flavored, not motivational-speaker-flavored — closer to a long fireside conversation.

Last Khanom dinner on the beach.

DAY 8 · SAT · DEPARTURE MORNING

Pack out, drive north, wheels up

The seven nights cover Days 1 through 7 — the family 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 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 — if Old Town's Sunday market doesn't fall on your trip's calendar, we still go for the shophouses and the food. Tell us if you want it 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.

Day 6 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 7 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 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 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 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.