



## 3 ISLANDS!!

KOH MOOK TUNNEL CAVE DISCOVERY FOLLOWED BY KOH KRADAN & KOH NGAI

(Monday only)

**Time:** 08.00 am – 1.30/2.00 pm (back at the resort)

**Minimum 6 persons** – Maximum 12 persons

**Booking.....** 24 hrs ahead and latest booking @8.00 pm – the day before excursion

**Includes:** a TB.400 National Park visitor's fee that is returned to the local Marine Rangers so to cover their running cost in preserving the snorkeling & scuba dive sites as pristine and clean as possible.

**Includes:** BBQ luncheon, soft drinks, Local beer, snorkeling equipment, life-jacket (if requested) and beach towels.

### **Itinerary:**

08.00 am depart from the resort Jetty. Please be on standby at the lower level resort lobby at 07.45 am. Thank you.

It takes about 1 hour from the jetty to Koh Mook and another 20/30mins to Koh Kradan/Koh Ngai small islands where one can enjoy some good swimming, relaxing also do some snorkeling in nice warm water.....The BBQ Luncheon is served on board.

### **Remark:**

In the case of bad weather conditions, a cancellation letter or call will be made to your room in advance. For safety reason, we do not recommend for children aged 0-3 years old to join the boat trip.

## Island Excursion - Private Boat Trips

1) Prices are based on up to 12 people (Adults/ Kids) on board (PIM 5 capacity is 12 up to 14 persons / PIM 8 is capacity 12 (Adults/ Kids) up to 28 persons)

2) Additional person (on both boat) above 12 persons (Adults/ Kids) is subject to a THB.2,900 charge per person. (Kids 50% off)

3) Day Trip includes BBQ food, soft drinks and local Singha beer, TB.400p.p national park fee, snorkeling equipment, beach towels.

4) Sunset Trip includes TB.400p.p national park fee, snorkeling equipment, beach towels - Canapes/ Soft drinks/ local Singha beer/ house wine

• Koh Haa day trip (9am-4pm)	37200
• Koh Haa Sunset trip (2pm-7pm)	37200
• Koh Rok day trip (9am-4pm)	38400
• 4 Islands (Maa/Chuak/Mook/Kradan)	45000
• Koh Gnai (May-Oct only)	31200
• Day Trip Rok & Haa combined	47200

**REMARK: Private resort boat rentals are not available from Dec 20<sup>th</sup> to Jan 5<sup>th</sup> inclusive**

**All above prices are net (inclusive of Tax & Service)**



## STUNNING KOH HAA SUNSET CRUISE (Nov – Apr only)

**Time:** 2.00pm – 6.30/7.00 pm *every Wednesday, Friday and Sunday*

**Minimum 10 persons** – Maximum 24 persons

**Booking:** 24 hrs ahead and latest booking @9.00 pm – the day before excursion

**Includes:** a TB.400 National Park visitor's fee that is returned to the local Marine Rangers so to cover their running cost in preserving the snorkeling & scuba dive sites as pristine and clean as possible.

**Includes:** canapés, beers, wine, soft drinks, snorkeling equipment, life-jacket (if requested) and beach towels.

### **Itinerary:**

2.00 pm depart from the resort jetty. Please be on standby at the beach sala at 1.45 pm. It takes about 1 hour to get to Haa islands. Koh Haa means five islands in Thai. They are the group of five islands that lie directly west off the coast of Koh Lanta, offering fabulous visibility and colorful corals. Enjoy swimming and snorkeling in warm crystal clear water also watching the sunset while sipping wine or beer during the way back. Return to the resort by 6.30/7.00 pm.

### **Remark:**

In the case of bad weather conditions, a cancellation letter or call will be made to your room in advance. For safety reason, we do not recommend for children aged 0-3 years old to join the boat trip.





## FABULOUS KOH ROK (Nov – Apr only)

**Time:** 10.00 am – 4.30/5.00 pm *every Tuesday, Thursday and Saturday*

**Minimum 6 persons** – Maximum 12 persons

**Booking:** 24 hrs ahead and latest booking @9.00 pm – the day before excursion

**Includes:** a TB.400 National Park visitor's fee that is returned to the local Marine Rangers so to cover their running cost in preserving the snorkeling & scuba dive sites as pristine and clean as possible.

**Includes:** BBQ luncheon, soft drinks, local beer, snorkeling equipment, life-jacket (if requested), beach towels.

### **Itinerary:**

10.00 am depart from the resort jetty. Please be on standby at the beach sala at 9.45 am. It takes about 1 hour 20mins to Rok island. Koh Rok Nai has a white fine sand beach, clear water, colorful corals and beautiful scenery around the island. Stop for swimming, snorkeling and fish feeding around the shallow water. After BBQ luncheon on board, sightseeing and snorkeling at other sites around Koh Rok Nok. Return to the boat. Time to relax on the white sandy beach, explore the island or check for the local wildlife. Return to the resort by 4.00/4.30 pm.

### **Remark:**

In the case of bad weather conditions, a cancellation letter or call will be made to your room in advance. For safety reason, we do not recommend for children aged 0-3 years old to join the boat trip.



## THINGS TO DO ON THE BEACH

A variety of non-motorized water equipments with our compliments;

- **Kayaks**
- **Windsurf**
- **Paddle Boards**
- **Sailing Boats**
- **Body Boards**
- **Beach Football**
- **Beach Volleyball**
- **Beach Petanque**

**Note :**

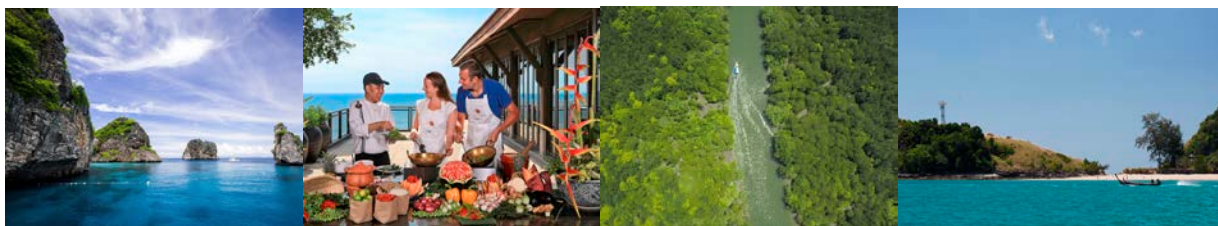
- Motorized water sports are not allowed in this area.
- Please contact our beach staff for further assistance.
- For safety reason, these activities are subject to weather and sea conditions.

# ACTIVITIES – PRICE LIST

(November – April)

<u>Activities</u>	<u>Price</u>
Koh Rok (kids)	3200 1600
Koh Haa (kids)	3100 1550
Koh Mook /Kradan (Kids)	3000 1500
Koh Lanta Marine Nature Trail (Taxi RoundTrip) (Entrance fee not include)	1100
Mangrove sunrise tour by Gondola	1300
Mangrove discovery tour by Long tail boat	1400
Thai Cooking Class	2650
Car Rental – Full day	2390
Car Rental – 6hrs	1990

**Please note; the above prices are net, inclusive all tax & service.**







## SPORTS CENTER

**Time:** 7.00 am – 8.30 pm

**What to bring .....** Shorts, light T-shirt, sun block/ polo shirt, sun hat, sunglasses, sport shoes.

At the sport center, you will find currently;

- a) A running track along the large water reservoir
- b) A petanque/ bocci ground
- c) A half basket ball court with basket ball hoop
- d) 2 tennis courts (Tennis shoes are compulsory.)
- e) Bicycles
- f) A badminton court
- g) An English croquet game
- h) A table tennis

### **Terms & Conditions :**

- The sport center is a non-supervised area; children under 12 years old who wishes to play there should be accompanied by **a supervising parent.**
- We do not recommend to play tennis when the courts are wet; the courts are slippery and you may injure yourself.
- Lights for tennis courts will be turned on upon request; a charge of 300 per hour will be added to your room account. (B.300 for 2 spot lights/ court)
- Tennis Hitting Partners; there are a few people working at the resort with a reasonable level of tennis that can make themselves available should you were looking for a hitting tennis partner; (usually these people would be available around 4.30/5.00pm). Please contact one of our GSO who will check if one of these persons can make him/herself available. (please note that should lights be required when playing, the lights charge will be at your own expenses.)
- **For a tennis game after 5.00pm; we highly recommend you to book the court in advance.**

## “ DELIGHT EXERCISES STUDIO – FITNESS CENTRE ”

(Located nearby the large infinity pool, at the hillside facilities)

Enhancing guest experience...with “Delight Exercises Studio”...To get you fit while on vacation with us!

*At Pimalai we believe in the motto of getting fit as it improves one's wellbeing while having fun!*

Additionally to the Yoga studio, we have equipped the fitness center with the latest range of equipment including TRX, FunBall, ABS, Studio Strengths, Paddle board exercises and workouts... just to name a few. And we also have MOTR & Handle fly to add up some spices to your fitness program!

And of course if that is still not enough, you can then spar on the ring, with one of our Muay Thai experts for a few rounds at the Muay Thai (thai boxing ) academy ...This should guarantee to keep you fit!

### Daily Classes - Schedule Monday to Sunday

Pimalai Innovation Fitness Class Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
08.15am	Gentle Yoga	Aerial Yoga	Gentle Yoga	Aerial Yoga	Gentle Yoga	Aerial Yoga	GentleYoga
04.30pm	Aerial Yoga	Gentle Yoga	Aerial Yoga	Gentle Yoga	Aerial Yoga	Gentle Yoga	Aerial Yoga

**ANY OF THE ABOVE CLASSES =(Group class) TB.700++/Pax**  
**KIDS below 12 y.o = 50% off**

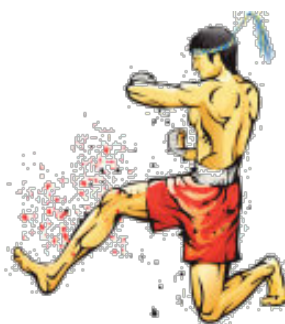
**Private Classes as Weight,Core abs,TRX,PaddleBoard,Motr+**  
**/TB.1200++ / Pax**

**Remark: Morning time : Banyan tree terrace (If no rain) or In front of Conference room (if rain)**

**Afternoon time : Yoga Studio**







## MUAY THAI ACADEMY

<b>08.30am</b>	<b>Muay Thai Class – Beginner to Advance</b>	<b>From 1 to max. 3 persons</b>
<b>1.00pm</b>	<b>Muay Thai Class – Beginner to Advance</b>	<b>From 1 to max. 3 persons</b>
<b>4.00pm</b>	<b>Muay Thai Class – Beginner to Advance</b>	<b>From 1 to max. 3 persons</b>

*ANY OF MUAY THAI CLASSES = TB.700++ PER PERSON.*

KIDS below 12 years = 50% off

Personal trainer (For Yoga/Thai Boxing/Weight training): TB.1000 net/hour  
(Buy 10 sessions get 2 hours extra free/Buy 20 sessions get 5 hours extra free)  
Booking must be made in advance 24 hours at the reception or dial ext. no.1  
for further assistance.



## THAI COOKING CLASS

Learn a few famous recipes that you can take back home. You will cook for yourself under the guidance of one of our Thai Chefs. What you cook is what you will eat; so you had better concentrate on what you are doing!

In addition, you will also receive a recipe guide booklet, a souvenir Pimalai cooking apron to take home and, if you do really well, the Chef will hand you an official framed “**Arroy Dee**” cooking certificate!

**One Cession per day only & up to 4 pax maximum**  
**Time : 11:30 am (about 2.30 hours)**

**THAI COOKING CLASS – 11.30am to 1.30pm/ 2.00pm**

**One Session per day only – from 1 person up to 4 persons Maximum**

Learn a few famous recipes that you can take back home. You will cook for yourself under the guidance of one of our Thai Chefs. What you cook is what you will eat; so you better concentrate on what you are doing! In addition, you will also receive a recipe guide booklet & a souvenir Pimalai cooking apron to use while cooking and that you can take home.

**11.30am** - Meet your Thai Chef trainer at the Activity Centre & head to the Resort's organic garden: for an introduction and a better understanding of the herbs, spices, vegetables that you will be using during the practical part of the Thai cooking lesson. (lemon grass, ginger, galangal, kaffir lime , Thai sweet basil, turmeric, coriander, chilli..etc..)

**12.00noon** - Move towards the Seven Seas restaurant overlooking Kantiang bay and where is conducted the cooking part.

From then on and with the assistance of the Thai Chef, you will need to peel, cut, chop, trim, slice, boil, stir, season and prepare the recipes you had previously selected. (we recommend you to select one of the 2 famous Thai soup – “*Tom Kha Gai*” or “*Tom Yam Goong*”). Should one of these selected recipes be a Thai soup, this soup will be prepared first for you to enjoy. The remaining recipes will be then prepared after you have completed to eat your soup.

These remaining recipes, upon preparation finished, will be then served accompanied with steamed rice.

With Your Thai meal you may select a choice of a soft drink or a juice. Pimalai bottled water is also available. Coffee / tea is offered at the end of your meal.

Good Luck! Please don't burn down the place.... & if you do really well, the Thai Chef will reward you with an official framed “**Arroy Dee**” cooking certificate! This should set you up to open a Thai restaurant in your hometown!





**YAM NUEA YANG  
(GRILLED SPICY BEEF SALAD)**



**PAD THAI GOONG  
(STIR FRIED RICE NOODLE WITH  
BEAN SPROUT & PRAWNS)**



**PAD PAK RUAM MIT  
(STIR FRIED MIXED  
VEGETABLES WITH OYSTER SAUCE)**



**TOM YAM GOONG  
(SPICY PRAWN SOUP)**



**GAENG KHIEW WAAN GAI  
(GREEN CURRY WITH CHICKEN)**



**CHOO CHEE PLA KRAPONG  
(RED RICH CURRY WITH FILET OF  
SEA BASS)**



**SOM TAM  
(SPICY GREEN PAPAYA SALAD)**



**TOM KHA GAI  
(CHICKEN BROTH FLAVOURED WITH  
GALANGAL, KAFFIR LIME LEAF,  
COCONUT MILK & CHICKEN)**



**PA NANG NUEA  
(RED CURRY WITH BEEF)**

## “ DELIGHT EXERCISES STUDIO ”

### A FEW TIPS / EXPLANATION ON THE EQUIPMENT.

**FUNCTIONAL** fitness **exercises** train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports. While using various muscles in the upper and lower body at the same

### CORE ABS

strengthen your core, improve your posture and power, and let your six pack shine.

### STUDIO STRENGTHS

Resistance training with weights is a great calorie burner and excellent way to build muscle. As muscles repair from the **workouts** your **body's** metabolism is increased. This means that calories are burned by **Studio strength** at an increased rate long after you finish the **Studio Strength** class

**TRX;** TRX turns every exercise into a challenge for the core by using two very accessible resources: gravity and your bodyweight.

**MOTR** combines the comfort of a foam roller with the challenge of three weight level resistances, giving you a challenging and incredibly diverse workout tool. Motr also Improve your strength, balance, agility, sports conditioning, cardio – even Pilates! ... Strength training, balance and agility work, functional training, cardio and core: the workouts you need to gain a strong, agile body and balanced musculature.

### HANDLE FLY (coming in November)

Handle Fly is a dance inspired approach to handle Fly yoga. It is combining the benefits of the world's finest methods such as traditional Yoga, Pilates, Dance, Aerial/hammock.