

SALA PHUKET

ISLAND ADVENTURES

SALA TOURS & ACTIVITIES



INSTA-WORTHY POPULAR SITE SEEING

Here are some of our favourite Phuket Instagram locations for you to discover.

#sametnangshe

Samet Nangshe Viewpoint is one of the most photographed locations in Phang Nga, located only 30 minutes drive from Phuket.

#phuketplanespotter

Take a bicycle ride down to the where Mai Khao Beach meets the airport for some dramatic close ups!

#sarasinbridge

The gateway to the mainland features not only the beautiful ornamental bridge, but also some great local seafood restaurants right on the beachfront.



VILLAGE LIFE FORGOTTEN PHUKET

Experience a more traditional way of life as you step away from the typical tourist trails on our Forgotten Phuket tour. Our resident SALA Seeker will guide you on this half day adventure to a simpler life.

Enjoy cruising through the turquoise waters of Phang Nga Bay and see the towering limestone cliffs up close onboard your very own long tail boat before kayaking through the labyrinth of mangroves forests and trying your luck at traditional hand line fishing.

Then visit a fishing village to meet with the local community and learn more about local crafts such as rubber tapping, tie dying and the making of fish paste.

We recommend you stop by our favourite local seafood restaurant just over the bridge on the way home for a delicious lunch before returning to SALA in plenty of time for happy hour!



PHANG NGA CAVE CULTURE MEETS NATURE

Phang Nga is not just about the stunning waters and hidden beaches, there are many treasures to discover over land as well.

Let our team take you on a guided tour of natural highlights, such as Khao Chang (Elephant Mountain) and Phung Chang cave where you can take a guided canoe ride through the cave depths. Then visit Wat Thum Suwankuha and the awe inspiring reclining Buddha. Just beware of the monkeys!

Spend some time relaxing at Raman Waterfall before returning to SALA Phuket.



LIMESTONE BAY PHANG NGA BY BOAT

Located between Phuket and southern Thailand's mainland, Phang Nga Bay is instantly recognisable with its iconic limestone karsts and emerald green waters.

Made famous by countless cinema appearances from James Bond, to Bridget Jones and of course The Beach.

Spend the day exploring the many private golden sand beaches and haunting caves and crevices by local long tail or luxury speed boat. Phang Nga Bay is one of the most popular Phuket adventures.



SIMPLY DELICIOUS PHUKET FLAVOURS

More than just stunning beaches and tourist villages, Phuket is also home to some amazing cuisine. Taking influence from the islands rich history of Chinese and Malay immigrants, Phuket town is scattered with delicious local restaurants and signature dishes. Take a trip to town and taste your way through some of our favourites such as 'Moo Hong', 'Kanom Jeen Kang Poo', 'Mee Sapam' and fresh dim sum. Ask our team for personal recommendations.

SALA PHUKET MAI KHAO BEACH RESORT
333 Moo 3, Mai Khao Beach, Thalang.
076 33 8888 - info@salaphuket.com - www.salaphuket.com

SALA ACTIVE GUIDED ACTIVITIES



SUNDAY SESSION WEEKEND WORK OUT

Get the blood pumping every Sunday morning as you join members of our management team for the Sunday Session!

Every week our team will guide you through a range of activities, from a fun run around the lake, to interval running on the beach or H.I.I.T. workouts on the lawn. The weekend workout can be easily modified to all levels of fitness so everyone can join.

SUNDAY From 7am



YOGA & STRETCHING MIND, BODY, BALANCE

Yoga improves the overall wellbeing of body and mind through gentle postures and poses. By stretching you body, you will also be relaxing and rejuvenating your senses and achieving an enhanced sense of peace and serenity.

Balance your mind, body and spirit as our specialist yoga trainers guide you through a beginners yoga class, at the beachfront, under the shade of the towering pines.

FRIDAY, SUNDAY & TUESDAY
From 5pm



TWO WHEEL TOURING TAKE A RIDE WITH US

Take a ride with members of our management team and discover some of Mai Khao's hidden gems. Visit the Sarasin Bridge, the beautiful ornamental walkway connecting Phuket to the mainland. Or head south through the village and on to the beachfront airport for some spectacular selfies.

Bicycle tours are approximately 16km in total. Advance reservations are required.

SATURDAY From 5pm



TEST YOURSELF WORK OUT OF THE DAY

Test yourself in the SALA Gym with our 'work out of the day'.

Every day we will display a recommended workout in the SALA Gym for you to try. Sometimes to time, sometimes to repetitions. Always challenging and always interesting.

Utilizing a wide range of exercises and available equipment, add some variety to your work out.

Displayed daily in the SALA Gym.

PLEASE CONTACT THE SALA SPA TO RESERVE YOUR SALA ACTIVE EXPERIENCE.
ALL SALA ACTIVE ACTIVITIES ARE COMPLIMENTARY.

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