

DISCOVERY GUIDE

A VERY WARM WELCOME TO ANANTARA PHUKET VILLAS

While you may wish to simply relax and indulge at our island hideaway, travellers with a sense of curiosity and adventure will find that Phuket offers a treasure trove of exotic nature and distinctive culture.

It is our pleasure to introduce our resort's culinary highlights and signature activities, as well as a range of land and sea excursions. From these inspirational possibilities, we look forward to helping you curate journeys that nurture your interests and passions, to make the very most of your time with us. In the meantime, may we recommend that reservations for Anantara Spa treatments and activities you wish to experience are booked in advance to ensure availability.

Hospitably yours,

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Discovery Team

ABOUT PHUKET

Surrounded by the Andaman Sea and situated 862 kilometres south of Bangkok, Phuket is Thailand's largest island, as well as the most populous and frequently visited.

A rich diversity of attractions beckon exploration. Snorkel or dive in crystal clear water where reefs are teeming with colourful marine life. Explore magnificent coves and bays, or set sail to nearby tropical islands to bask on palm fringed powdery white beaches.

Step back in time and admire delightful turn of the century Sino-Portuguese architecture. Experience the warm hospitality of the locals. Taste your way into the island's distinctive culture – renowned for its fiery spices, fresh Andaman seafood and specialties hailing from a Chinese merchant heritage.

Warm year round, with temperatures ranging between 22 and 33 degrees Celsius, rainy season lasts from May to October, followed by dry season from November through to April.





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RESORT ACTIVITIES

Immerse in local culture through Thai cooking, Muay Thai boxing and language lessons. Personal training, yoga and pilates sessions inspire you to feel good with stunning sea views. The Andaman Sea can be explored at your own pace with a wide range of water sports. While a bespoke romantic dinner offers an indulgent ending to a day of discovery.

DINING BY DESIGN*

Curate your ultimate private dining journey. Choose from a collection of gournet menus, including our signature seafood platter, or create a bespoke menu with your personal chef. Let us know your dream location - be it the intimacy of your pool villa or a candlelit table on the beach at sunset, and we'll set up a beautiful table just for two. Then relax and savour the occasion, with attentive butler service.

For reservations, please contact our Food & Beverage Team at least 24 hours in advance.

For more information, dial 0 for the Guest Service Centre.

THE TASTING ROOM

LE NEZ DU VIN WINE TASTING*

Deepen your appreciation for the subtle complexities of wines with a range of tasting and food pairing journeys - each presented by our resident Wine Guru.

CHEESE & WINE TASTING*

Experience how the tastes and textures of exceptional artisan cheeses are complemented by carefully selected fine wines.

WINE TASTING & TAPAS*

Enjoy a well-loved culinary duo of celebrated wines and tantalising tapas creations.

SALT & WINE PAIRING*

For connoisseurs seeking a new experience, this unique pairing elevates the subtleties and complexities of fine wines.

PRIVATE WINE DINNER*

The Tasting Room offers an exclusive haven for a convivial private dinner, Savour a four course menu of chef's signature dishes, enhanced by impeccable wine pairings.

*Some charges apply - please refer to the price list. For more information and reservations, dial 0 for the Guest Service Centre.





WELLBEING

HATHA YOGA*

Learn about the origin and principles of the most popular branch of yoga. Feel good as you journey through a series of asanas that help to develop strength, flexibility, good posture and balance, as well as clarity and peace of mind.

STRETCHING

Re-energise and loosen up your body with a comprehensive stretching class of gentle movements, guided by a personal trainer. Choose your ideal setting - enjoying the air conditioned comfort of our fitness studio or a refreshing session on the beach.

ASHTANGA YOGA*

Experience how synchronising the breath with a progressive series of postures generates intense internal heat to detoxify muscles and organs, in turn improving circulation, creating a light and strong body, and calming the mind.

PILATES MAT WORK*

Take up the challenge of complex exercises that improve breathing capacity, core strength, stamina and flexibility.

BASIC MEDITATION

If you need to quiet your mind and reconnect with yourself, this guided meditation offers a wealth of benefits - increasing concentration, decreasing anxiety and clearing space for peace and happiness.

TAI CHI

A gentle way to de-stress and calm busy thoughts, tai chi is also a wonderful practice to increase flexibility and balance, with graceful fluid movements that are like a meditation in motion.

BASIC YOGA

If you are a newcomer to the yoga scene or just a beginner, this basic level class offers an easy introduction to gentle stretching, toning and balancing exercises.



THE STUDIO CIRCUIT

30 MINUTE ABS

Designed to strengthen and tone the tummy, these exercises focus on both the upper and lower abdominal muscles. Concentrated and intense, you'll be glad this session is only half an hour.

PERSONAL TRAINER*

Whether you want to lose weight, tone up, get in shape or recover after a period of inactivity, our personal trainer offers tailored exercise plans - plus all the motivation and guidance you need to achieve your goals.

MUAY THAI GURU*

Get fighting fit as you train in Thailand's unique martial art form. Learn about the sport's history with a personal Thai boxing instructor. Master the 'science of eight limbs' with pad and mitt work to increase cardiovascular conditioning, hip mobility, leg and core strength.

Private and group lessons available. Muay Thai shorts, a certificate, cold towel and drinking water are provided.

3 DAY FAT BURNING PROGRAMME*

Experience an intensive, well-rounded programme to help you lose weight, get fit and firm up the natural, healthy way.

- Day 1 Personal trainer (90 minutes) Full body stretching / Abs exercise (60 minutes)
- Day 2 Personal trainer (90 minutes) Abs exercise (30 minutes) Ashtanga yoga (60 minutes)
- Day 3 Personal trainer (90 minutes) Thai boxing (60 minutes) Sport massage (90 minutes)

This programme can be customised to individual needs and includes a certified personal trainer, Thai boxing shorts, cold towels and drinking water.

At least one day advanced reservation is required.

ADVANCED PERSONAL TRAINING PROGRAMME*

Combining private fitness sessions with a professional trainer and advice on health, wellness and nutrition, this one-to-one programme offers personalised attention and optimum results. Enjoy a tailored approach to suit your specific needs and goals, as well as the flexibility of booking sessions by the hour or the challenge of a five day package.

This programme includes a certified personal trainer, a certificate, drinking water and cold towel.

At least one day advanced reservation is required.

*Some charges apply - please refer to the price list. For more information and reservations, dial 0 for the Guest Service Centre.

THREE DAY MUAY THAI CHALLENGE*

Experience a unique martial art that is gaining popularity all around the world. Sign up for an extended package that immerses you in Thai boxing culture and the country's much loved national sport.

- Day 1 Beginner Muay Thai training lesson at resort (90 minutes)
- Day 2 Beginner Muay Thai training lesson at resort (90 minutes)
- **Day 3** Private Muay Thai training lesson with a professional Thai boxer at Sumalee Boxing Gym or similar professional boxing gym (90 minutes)

This special Muay Thai package includes Thai boxing shorts, drinking water and cold towels, as well as roundtrip transportation to Sumalee Boxing Gym.

At least one day advanced reservation is required.

ACTIVE LIFE PACKAGES*

Enhance your health and wellbeing with a choice of two energising and relaxing packages. Enjoy a revitalising Ashtanga Yoga class of guided asana postures and breathing techniques to develop strength, balance, posture and calmness. Or challenge yourself to a Muay Thai boxing class of pad and mitt work to increase cardiovascular conditioning, hip mobility, leg and core strength. Then soothe your muscles and sink into deep relaxation, as we pamper you with an Aroma Massage in the tranquil sanctuary of Anantara Spa.

• Ashtanga Yoga Class (60 minutes) and Aroma Massage (90 minutes)



DIVERSIONS

SAILING LESSON*

Explore the Andaman Sea aboard a Hobie catamaran with a private instructor.

WINDSURFING LESSON*

Revel in the freedom of being propelled across the waves by the wind, with an expert instructor fine tuning your technique.

STAND UP PADDLE BOARDS LESSON*

Take out a stand up paddle board free of charge, or learn the basics with a lesson. You can also set out on a one hour guided journey with our Long Board Team, cruising along Mai Khao's coastline.

LOCAL BIKE TOUR*

Discover Mai Khao's natural beauty and local life, cycling around Jae Son Lake and along the breathtaking Andaman coast.

MOUNTAIN BIKE RENTAL

Guests are welcome to borrow bikes free of charge from the Diversion Centre.

ADVENTURE BIKE TOUR*

Satisfy your sense of adventure and explore behind the scenes. Comprising on and off road riding, wide trails and hilly terrain, this route passes a rubber plantation and local village for a real taste of island life.

Trail routes are 20 to 30 kilometres and are suitable for all levels of biking experience. Minimum 2 persons per bike tour. All bike tours include a Bike Tour Guru, drinking water and towel.



TENNIS*

Our resort's two tennis courts are suitable for both day and night time play, complete with complimentary equipment and an introduction. If you wish to practice and brush up your skills, tennis partners are available upon request and professional lessons can be booked for adults and children.

BEACH VOLLEYBALL

Head down to the beach for a friendly volleyball match - enjoying the extra Get creative with colourful designs and patterns as an expert shows you how to transform a simple beach sarong into a wearable work of art. benefit of a great full-body workout.

ANIMAL TOWEL FOLDING

Thai people are renowned for their artistic talents and can turn almost any Master the intricate art of carving fruits and vegetables into decorate shapes, material into a creative masterpiece. Discover how easy it is to fold towels and enjoy putting your presentation talents to good use at your next dinner into a variety of animal shapes and leave with a new decorative skill to use party. back home.

> All activities are available from 8.00 am to 6.00 pm. Activities may be cancelled or changed without prior notice due to insufficient participants or adverse weather conditions.

*Some charges apply - please refer to the price list. Seasonal weather conditions affect all water activities. For more information and reservations, dial 0 for the Guest Service Centre.



FLOWER GARLAND MAKING

Thailand's traditional flower garlands, known as 'phuang malai', are offered to symbolise a warm welcome. Learn how to make these by using a large needle to thread fragrant flowers onto a cord to create beautiful floral wreaths.

SARONG PAINTING*

FRUIT CARVING



THE TURTLE CLUB

Let us safely entertain your little ones with fun filled hours of arts, crafts and friendly games, leaving you free to relax with complete peace of mind.

BATIK PAINTING* Learn the technique of batik painting and design your own t-shirt.

SAND CANDLE MAKING* Decorate a candle with coloured sand and jelly.

FACE PAINTING Transform yourself into your favourite animal. UMBRELLA PAINTING* Paint an umbrella and take it home as a souvenir.

WIND CHIME MAKING* Design your own wind chime and bring it home as a gift.

PETANQUE Learn how to play a fun game of boules.

All activities are available from 10.00 am to 6.00 pm. Activities may be cancelled or changed without prior notice due to insufficient participants or adverse weather conditions. To stay safe in the sun, please remember to wear a hat and sunscreen, and drink plenty of water.



PIZZA COOKING CLASS* Enjoy a creative pizza master class with one of our friendly chefs. Have fun as you learn tasty cooking skills and develop a healthy interest in food.

Available on request every Thursday from 2.00 pm to 3.00 pm. (To arrange, please contact Turtle Club Associates.)

BASIC THAI BOXING

Our child friendly coach turns boxing fitness training into a playful activity to keep youngsters happily engaged and motivated. A great exercise to develop co-ordination, strength, flexibility and endurance, Thai boxing is also a fun way to boost self confidence.

Available every Monday and Thursday from 5.00 pm to 6.00 pm.

*Some charges apply - please refer to the price list. For more information and reservations, dial 0 for the Guest Service Centre.



ROCK CLIMBING

Energetic youngsters can test their strength and agility on our five metre high rock climbing wall, under watchful supervision.

Available every Thursday from 3.00 pm to 4.00 pm.

KIDS' SPA TIME

MANICURE FOR PRINCE OR PRINCESS* (30 MINUTES) This spa manicure soaks and pampers hands with a strawberry vanilla gentle scrub, cleanser and mask. Following a neat nail trim, a strawberry vanilla oil massage is applied with a relaxing hand massage. Little ones can then pick their perfect colour if they want to add a nail polish.

PEDICURE FOR PRINCE OR PRINCESS* (30 MINUTES)

This strawberry spa pedicure is a fun way to neaten little feet. After being soaked and cleaned with a fruity strawberry cleanser, feet are gently massaged and a yummy strawberry mask is applied. Following a neat nail trim, youngsters have the option of choosing their favourite paint colour.

MINI ME MASSAGE* (60 MINUTES)

After an action packed day this soothing massage is a great way to calm the body and mind, using long strokes and soft pressure with chocolate orange oil for delicious relaxation.

ME & MUM* (120 MINUTES)

- Me Relax into a Sweet Massage using chocolate orange oil or strawberry vanilla oil, before we pamper you with either a Princess Manicure & Pedicure or a relaxing Bubble Bath.
- Mum Let go of stress with either a Traditional Thai Massage or a Stress Release Massage, after which hands and feet are groomed with a natural Manicure & Pedicure.

ME & DAD* (90 MINUTES)

- Me Enjoy a Sweet Massage with a choice of chocolate orange oil or strawberry vanilla oil, followed by a Bubble Bath.
- Dad Feel transformed by a relaxing Aromatic Massage and a grooming Mini Facial treatment.

COCONUT HAIR TREATMENT & BUBBLE BATH* (45 MINUTES)

Enjoy a soothing Scalp Massage using warm coconut oil, followed by a nourishing Coconut Oil Hair Mask to leave locks moisturised, soft and glowing with health. Then step into a fun and foamy strawberry vanilla Bubble Bath with toys to play with.

*Some charges apply - please refer to the price list. For more information and reservations, dial 0 for the Guest Service Centre.



TRADITIONAL THAI EXPERIENCES

SPICE SPOONS CULINARY JOURNEY*

Delve into Thailand's world famous gastronomy, renowned for its artistry and unique four flavour balance of salty, sweet, spicy and pungent.

For the more adventurous, the journey begins early in the morning with a chef guided market tour to pick up fresh ingredients and try popular local snacks. For the afternoon cooking class, held in the professional open kitchen of our Thai restaurant La Sala, learn about Thai cuisine's cultural significance and health benefits, indigenous ingredients and cooking equipment, plus convenient replacements to use at home. Then it's time to chop, slice, grind and stir in a step by step lesson, picking up secret tips from an expert chef instructor and savouring your creations for lunch.

Leave with great memories and new skills to entertain family and friends back home, as well as a Spice Spoons shopping bag containing a certificate, apron, chopping board and box of recipe cards.

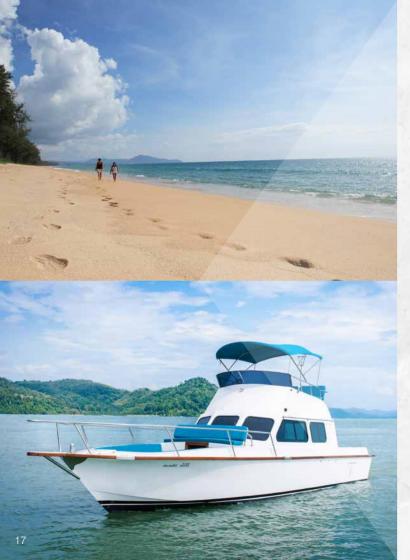
Cooking class only Cooking class and market tour

Cooking class menu available in the Spice Spoons booklet. For more information and reservations, dial 0 for the Guest Service Centre.

LEARN BASIC THAI

Learning some basic Thai phrases is a great way to make your stay in Thailand even more enjoyable. You'll also receive a compendium filled with useful words and helpful hints in pronunciation, making it even easier to get to know the locals.





AREA EXCURSIONS

Cruise the Andaman Sea aboard a luxury yacht, or view Phuket from a bird's eye perspective.

SIAM SEAS*

Set sail to the surrounding islands on Siam Seas, a luxurious 36-foot multi-purpose speedboat powered by twin engines, allowing it to cruise at an average speed of 30 knots. Discover brightly coloured coral reefs and idyllic beaches. Siam Seas is perfect for fishing, soaking up the sun or diving with space up to eight people. Take a scenic journey to Phang Nga Bay or snorkelling day trip to Khai Island or Coral Island.

*Some charges apply - please refer to the price list. For more information and reservations, dial 0 for the Guest Service Centre.

MAJOR AFFAIR*

Set out on a voyage in search of tropical islands, exotic beaches and turquoise water aboard a luxury chartered yacht. Packed with charm and sophistication, the Major Affair is a Sunseeker 90, offering intimate cruising options for up to eight guests. Bask in the sun as you meander through the archipelago of Phang Nga Bay, or head to the region's stunning snorkelling and diving destinations, such as the Similan Islands, Phi Phi and Krabi.



HELICOPTER TRIP

BIRD'S EYE TOUR* Duration: Approximately 30 minutes Departure: Daily Note: Transfer included.

Fly over Phuket's tropical jungle and dramatic limestone cliffs that make up one of the world's most unique landscapes, including James Bond Island which was made world famous in the movie "The Man with the Golden Gun". ISLAND TOURS

SIMILAN ISLANDS* Duration: 7.40 am – 5.30 pm Departure: Daily Note: Transfer, park fee, snorkelling equipment and lunch included.

Ranked as one of the top 10 dive sites in the world, huge granite boul ders, caverns, swim-through channels and coral gardens form a fascinating underwater landscape that attracts an abundance of marine life. This archipelago of low lying islands is characterised by coral sand beaches, boulders and dense forest of towering ironwood and gum trees, as well as jackfruit, rattan and bamboo - home to crab eating monkeys, langurs, bats, lizards and a variety of birds. Snorkel amongst the Andaman's sea life in a valley full of corals at Koh Ba Ngu, before enjoying a buffet lunch on Koh Similan. Admire the striking formation of Sailing Rock and cruise on to Koh Miang for more snorkelling and relaxing beach time.

*Some charges apply - please refer to the price list. For more information and reservations, dial 0 for the Guest Service Centre.





KRABI ISLAND*Duration:7.40 am – 5.30 pmDeparture:DailyNote:Transfer, park fee, snorkelling
equipment and lunch included.

Visit Hong Island – renowned as the most beautiful beach in Krabi. Chicken Island and Ao Nang Beach are perfect for swimming and snorkelling. A buffet lunch is served at Railay Village, before an enjoyable afternoon spent exploring Poda Island.



JAMES BOND ISLAND & PHANG NGA BAY* Duration: 7.50 am – 5.30 pm Departure: Daily Note: Transfer, park fee and lunch included.

Less than 100 km from Phuket, this scenic area is defined by dramatic limestone cliffs, fascinating rock formation, and islands that rise out of the sea like inverted mountains. Stop off at Kho Tapu which featured in the James Bond Movie "The Man with the Golden Gun", as well as Chicken Island for relaxing and sunbathing on the beach.

*Some charges apply - please refer to the price list. For more information and reservations, dial 0 for the Guest Service Centre.

PHANG NGA BAY BY JUNK CRUISE*

Choose your ideal journey, with options for a day trip or dinner cruise. Experience the spectacular scenery of Phang Nga Bay aboard the June Bahtra; a traditional Chinese junk vessel of Thai, Malay and Dutch design influences. Recline on a deck of comfortable cushions below the schooner's striking red sails, passing scores of islands and towering limestone rocks.

DAY CRUISE

Time:8.10 am - 5.00 pmDeparture:Daily

Day Cruise: 8 hours High Season: November - April Low Season: May – October

DINNER CRUISE

Time:4.00 pm - 8.30 pmDeparture:Wednesdays and Saturdays

Dinner Cruise: 4 hours

High Season: November - April Low Season: May – October

Note: Transfer and meal included.

ISLAND TOUR WEATHER RESTRICTIONS

Island tour itineraries may change due to seasonality and weather patterns at certain times of the year.



WATER SPORTS

Investigate beneath the surface of the Andaman for close encounters with a myriad of sea creatures, or cast your rod into the deep for the best catches of the day.

SCUBA DIVING*

Based in Phuket for over 15 years, Sea Bees has earned an outstanding reputation for customer service and professionalism, winning the Golden Dolphin Award from the leading dive magazine "Tauchen" for the "Best Dive Centre" in South East Asia and the Pacific region multiple times. Sea Bees international dive guides and instructors are trained to the highest standards. Beyond the comfort of knowing you'll be in safe hands, their knowledge of local dive sites and aquatic life is second to none.

SURFING LESSON*

Discover the rush of catching a wave in the open sea without worrying about the size of the swells right by the beach. The Double FlowRider at Surf House Phuket maintains a perfectly consistent wave all day, every day. Book a lesson and master the surf board or a range of other board sports, including bodyboarding, skateboarding, wakeboarding and snowboarding. When you want a break from surfing there is internationally inspired food and beverages.



GAME FISHING*

The waters around Phuket are ideal for big game fishing, with an astounding variety of fish species ranging from marlin, sailfish and wahoo, to king mackerel and dorado. Take a trip over to the unspoiled Racha Islands aboard the Tail Walker; a traditional fishing boat fitted with modern equipment.

STARLIGHT*
12:00 pm – 9:00 pm
Daily
Transfer, canoe, light lunch and dinner included.

Get to know the pristine beauty of Phuket by day and night, exploring the limestone cliffs and turquoise waters of Phang Nga Bay by canoe. Managed by veteran canoe specialist John Gray, navigate the bay's nooks and crannies with a team of local guides. Venture into sea caves. Paddle secret caverns into hidden hong lagoons surrounded on all sides by towering cliffs. When night falls, experience the highlight of a hong illuminated by stars, fireflies and phosphorescence.

JUNGLE & SAFARI ADVENTURES

Let us introduce you to the most exciting ways to encounter Phuket's exotic jungles, scenic trails, enthralling rapids and idyllic coastline.



4 IN 1 SAFARI* Morning Time: 7:45 am – 12:00 pm Afternoon: 12:30 pm – 5:30 pm Note: Extra transfer charged ELEPHANT TREKKING* Time of your choice: 9.00 am, 11.00 am, 2.00 pm or 4.00 pm Note: Extra transfer charge

Travel to the elephant camp located in the Chalong highlands. Embark upon an enthralling elephant hill trek with superb views over the island and learn about these two tonne beauties as well as their conservation. Watch a demonstration on how to make Thai jungle curry and discover how to tap rubber. Visit the monkeys and see how they are trained to pick coconuts. Then take a ride in a traditional buffalo drawn cart before returning to the hotel. Travel to the safari camp in the Chalong highlands, where the elephant conservation project is situated. Meet the gentle giants and their mahouts, and learn how these majestic creatures are cared for and trained. Climb onto your mount's back for a 45 minute trek through the hills, admiring panoramic views of Phuket's bays and surrounding islands.

*Some charges apply - please refer to the price list. For more information and reservations, dial 0 for the Guest Service Centre.





ATV & WHITEWATER RAFTING* Duration: 9.00 am - 5.00 pm Departure: Daily

Explore the lush green jungle and winding nature trails of Phang Nga Province on the backs of ATVs at the Tone Pariwat Wildlife Sanctuary. Then hit the rapids for a thrilling, and wet, whitewater rafting session. Head back to Sealand Camp for lunch. To finish off your day of adventure enjoy a refreshing 4WD drive to a nearby waterfall before going back to the resort.

A variety of golf courses provide diverse landscapes and challenges for every level.

- Blue Canyon Country Club Canyon Course
 Blue Canyon Country Club Lake Course
 Mission Hills
 Laguna Golf Club
 Loch Palm Golf Club
 Phuket Country Club

Enjoy a choice of dazzling extravaganzas and world class performances.

clease refer to the price list. For more information and reservations, dial 0 for the Guest Service Centre. Some charge

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 PHUKET FANTASEA*

 Pick-up Time:
 4:45 pm

 Dinner:
 6:00 pm – 9:00 pm

 Show:
 9:00 pm onwards

Inspired by Thailand's rich and exotic heritage, Phuket FantaSea is a 140 acre theme complex which showcases Thailand's myths and mysteries in a breathtaking Las Vegas style theatrical show. The complex combines ancient Thai traditions with the wonder of cutting edge technology and special effects, and is packed with a multitude of activities and entertainment; a festival village which has games, carnivals, handicrafts and shopping, alongside a 4,000 seat restaurant offering a grand buffet of Thai and international cuisine.

SIMON CABARET* Time of your choice: 6.00 pm, 7.45 pm or 9.30 pm

This huge transgender theatrical show features a spectacular musical floor show performed by the world famous "lady boys" of Simon Cabaret.

 SIAM NIRAMIT PHUKET*

 Pick-up Time:
 5.15 pm

 Dinner:
 6.00 pm - 8.00 pm

 Show:
 8.30 pm onwards

Siam Niramit features an international and Thai restaurant, shopping and leisure facilities, as well as a 70 minute show. Enjoy a world class performance of Thailand's arts and cultural heritage, showcasing more than 100 performers, lavish costumes and stunning set designs.

*Some charges apply - please refer to the price list. For more information and reservations, dial 0 for the Guest Service Centre.









LIFE IS A JOURNEY. Visit anantara.com

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