



Promthep Cape

WELCOME TO PHUKET, THAILAND

COMPLEMENTARY EXPERIENCES FOR


BeFitreat
MEMBERS




As a member of BeFitreat you are entitled to 1 complementary experience during your stay in Phuket, Thailand.

Should you wish to book an additional adventure, special discounts are offered.
(Price information provided)

Contact Joey, our experience and social events provider via

 +66993193922

to book your chosen venture. 





THAI COOKING CLASS WITH CHEF TONY

Tony is a pro chef. Benefit from his personalized attention during this hands-on Thai cooking experience with a small group. Enjoy the process of cooking from market selection to preparation and all the required cooking steps to create authentic Thai meals.

Included Local Fresh Market tour

Morning Class 9:00 AM - 1:00 PM
Afternoon Class 4:30 PM - 8:30 PM

Private Class is available!

Maximum 8 people in a class!

Cooking 3 dishes and
Spring roll or Mango sticky rice

1 Soup, 1 Curry, 1 Stir fry



SOUP (Choose 1)

- ◇ Tom Yum Soup
Hot and Sour Shrimp soup
- ◇ Tom Kha Soup
Coconut soup



CURRY (Choose 1)

- ◇ Green Curry
- ◇ Red Curry
- ◇ Yellow Curry
- ◇ Massaman



STIR FRY (Choose 1)

- ◇ Pad Thai
- ◇ Thai Fried Rice
- ◇ Pineapple Fried Rice
- ◇ Pad Kra Pow

9:00 AM / 4:30 PM

Meet at hotel lobby or at the cooking class then visit a local fresh market exploring the fresh ingredients used in class

9:45 AM / 5:15 PM

Try some Thai fruit, dessert, snack and it's on me!

10:45 AM / 6:15 PM

Settle into the comfort of the kitchen and get a welcome drink, snack

11:00 AM / 6:30 PM

Enjoy cooking at your own station and taste splendid hand-cooked dishes
You will have a fun and friendly experience with our provided program

- Booking Subject to Availability
- Upon Booking, Choose 3 dishes / 1 Soup, 1 Curry, 1 Stir Fry
- Contact Joey for availability



- NOTE : Transportation is not included in price
- Transportation can be arranged by Joey
- Meeting Point :
[GOOGLE MAPS : Thai Cooking Class Phuket By Tony.](#)

2200 BAHT

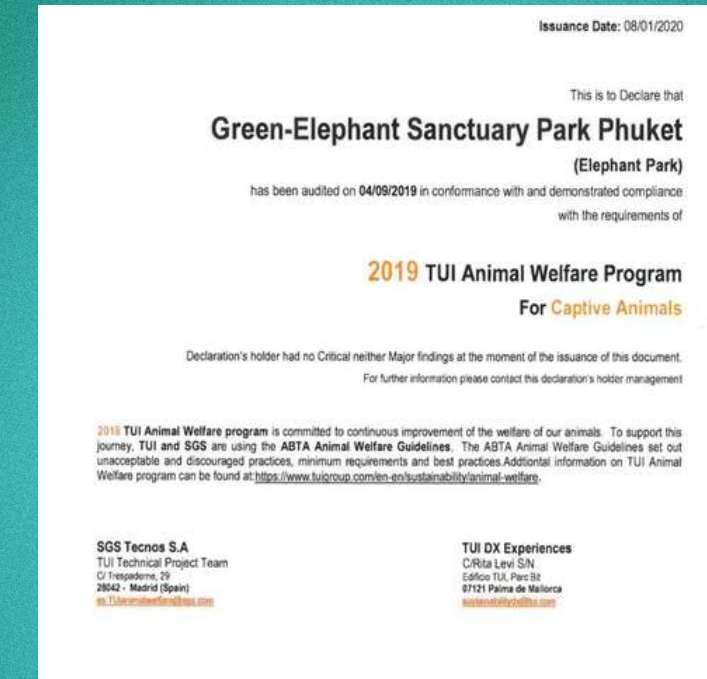


ELEPHANT SANCTUARY

Many Thai elephants live in terrible conditions. As a consequence, opening the elephant sanctuary became an affair of the heart. Green Elephant Sanctuary is created in accordance with European animal protection laws and is a home for rescued elephants in Thailand. Visitors can get in close contact with the impressive pachyderms by touching and feeding them. Thanks to our “Green Elephant Sanctuary Park Phuket”, abused elephants get a second chance at life – without chains and beatings

THE PROGRAM & Inclusions

- Pick up from hotel and transportation back
- Feeding the elephants
- Information about the vision of the park and the past of the elephants
- Mud Spa Pool
- Wash the Elephant in the Fresh Water Pool
- XXL Elephant shower
- Thai Buffet



- The Sanctuary is open daily
- Shower rooms are provided/ Wear comfortable outdoor clothes that you do not mind getting dirty / bring change of clothes

2200 BAHT



ELEPHANT SANCTUARY CANOPY WALK

This 90-minute program is a first-of-its kind experience in Thailand and takes ethical tourism to new heights. You get to observe rescued elephants as they roam, forage, bathe and socialize freely in the jungle below from a 600 meter long Canopy Walk.

There will be a tour guide who will be happy share the story of each elephant, and to provide you with interesting facts about the largest land mammal on earth.

The program also includes an opportunity to feed some of the elephants, as well as a complimentary T-Shirt. At the end of the tour we serve refreshing iced sodas and unlimited snacks from our snack bar while you can rest and enjoy the serenity of the sanctuary.

ITINERARY :

- Arrive 30 minutes before program start at our meeting point in Paklok
- Transfer in our vehicles to the sanctuary
- Short introduction about our project and Asian elephants
- Feeding the elephants
- 1-hour guided tour of Canopy Walkway to observe rescued elephants from above
- Time to rest, relax and enjoy the tranquility of our sanctuary with signature iced soda and unlimited snacks
- Receive your complimentary T-Shirt
- Return to our office in Paklok

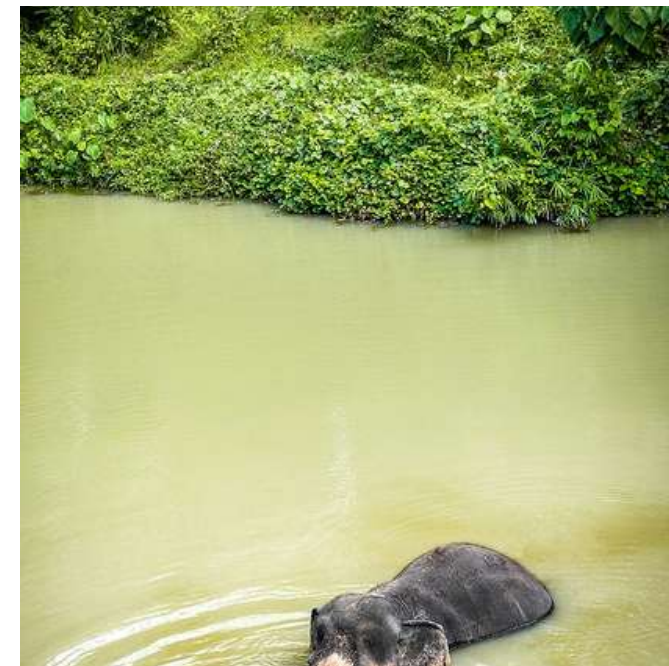
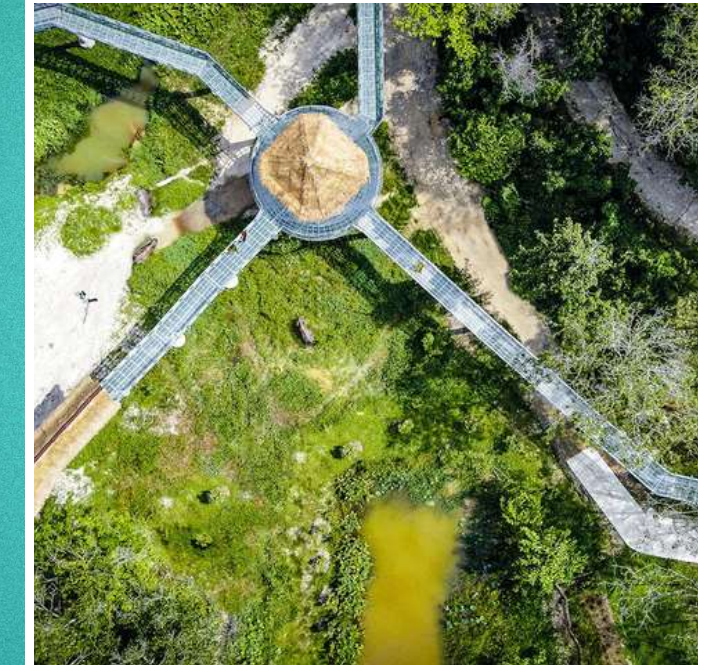
THE PROGRAM & Inclusions

- Guided Walk on Thailand's
- Longest Canopy Walkway
- Feeding the Elephants
- Signature Iced Soda & Unlimited Snacks
- Umbrellas & Rain Coat
- Complimentary **PES** Souvenir
- Drinking Water
- Mosquito Spray

- Please book at least 2 days before chosen day
- Upon Booking, Choose a time slot :
This program is available at the following times:

MORNING : 09:30 – 11:00AM OR 10:00AM-11:30AM

AFTERNOON : 2:00PM –3:30PM OR 2:30PM-4:00PM



2200 BAHT

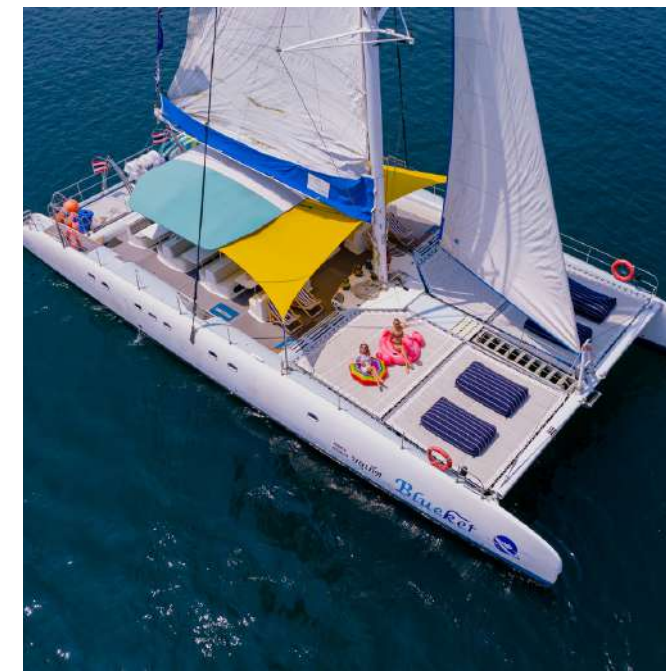


CORAL-RACHA-PROMTHER ISLAND CRUISE

EVERY MON-WED-FRI-SAT

- 9:50 AM : PICK UP TIME
- 10 AM : CHECK-IN AT CHALONG PIER
- 11:30AM : CORAL ISLAND : Arrival at Coral Island for snorkeling and island activities
- 1PM : Sail to Racha Island and enjoy Lunch on board our 75ft Catamaran.
- 3PM : RACHA ISLAND : Snorkeling point 2 and fishing on board.
- 4:30PM : Cruise to Promthep Cape for Sunset and Chill
- 7PM : Back to Chalong Pier and transfer back to Hotel

- Book at least 2 days before.
- Contact Joey for availability



PACKAGE

- Captain & crew
- Guide
- Beverage - Drinking water - Soft drink
- Lunch Buffet
- Fruits set
- Paddle board
- Towel
- Snorkeling Mask
- Life jacket
- Insurance
- Transportation

- NOTE : You can bring pocket money should you wish to purchase alcoholic beverages available on-board

- Cancellation Policy : Cancellation on the day is non-refundable
- The trip is 8hrs (approx)

2200 BAHT



CORAL ISLAND - PROMTHER SUNSET DINNER CRUISE

OFFERED DAILY

- 12:40PM : PICK UP TIME
- 1:30PM : CHECK-IN AT NONTHASAK PIER RAWAI / COFFEE AND TEA IS OFFERED
- 2:00PM : DEPARTURE TO CORAL ISLAND
- 2:30PM : ARRIVE AT CORAL BEACH CLUB : RELAX AND ENJOY ISLAND ACTIVITIES
- 4:30PM : ARRIVE AT HIN DAM BAY FOR SNORKELING
- 5:30PM : PROMTHER CAPE SUNSET ON THE BOAT WITH DINNER AND DRINKS
- 7PM : BACK TO NONTHASAK PIER AND DEPART FOR HOTEL DROP OFF.

INCLUSIONS

- TRANSFER
 - DINNER ON BOAT
 - SNORKELING GEAR
 - INSURANCE
 - ISLAND FEE
 - SEASONAL FRUITS AND SOFT DRINKS
 - BEACH CHAIR
- NOTE : You can bring pocket money should you wish to purchase alcoholic beverages and do activities on the island such as banana boat, jet ski, parasailing

- Book at least 2 days before.
- Contact Joey for availability



- Cancellation Policy : Cancelation on the day is non-refundable
- The trip is 8hrs (approx)

2200 BAHT



JAMES BOND - 5 ISLANDS & CAVE CANOEING

- 09.30** Pick up from the hotel and transfer to the pier.
- Arrive at the pier, meet the guide and have some coffee break.
 - Departure to **Hong Island**. Enjoy Canoeing through the cave and among the mangrove forest.
 - Visit **Panyee Island** the sea gypsies village. Have lunch at the restaurant.
 - Visit **Khao Phing Kan** and **James Bond Island** (where the film James Bond 007 was filmed.)
 - Visit **Panak Island**, Sighseeing around the island, Explorer the Ice Cream Cave or the mangrove cave.
 - Arrive at **Naka Island**. Enjoy swimming, relaxing on the beach, clear kayak, paddle board and Enjoy champagne complimentary from the company.
- 18.30** Arrive at the pier, take the transfer back to the hotel. On the way back to hotel, stop at the **Monkey Point** to see monkey.

- Book at least 2 days before.
- Contact Joey for availability



- NOTE : Day Trip is available daily
- Cancellation Policy : Cancelation on the day is non-refundable
- The trip is 9 hrs (approx)

1900 BAHT



 Similaran Islands

OTHER PROGRAMS

FOR A LITTLE ADDITIONAL FEE, GET TO ACCESS THESE OTHER EXPERIENCES



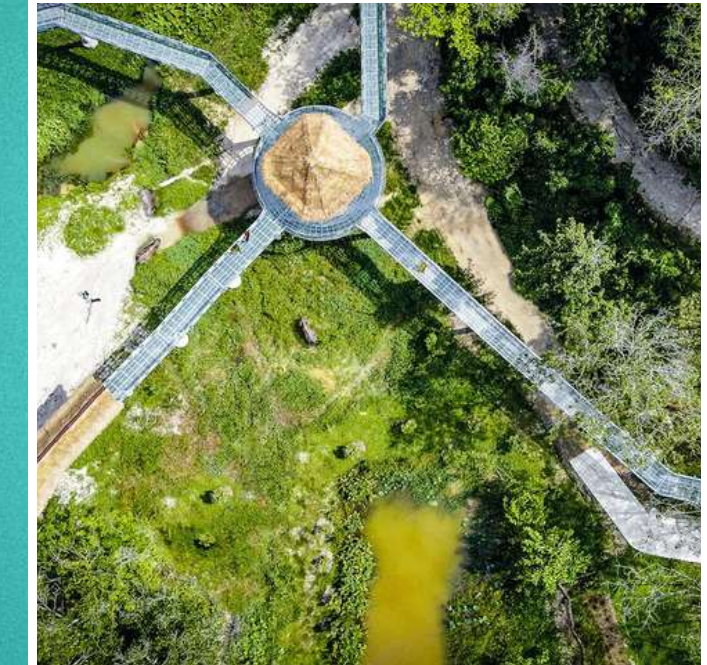
A MORNING WITH THE ELEPHANTS

- A morning with the elephants is an eye-opening and inspiring experience.
- Scenic drive along a local village , picturesque jungle dotted with ponds, wide open fields and hillsides for the elephants to roam around.
- Educational video documentary at the Tree Top Lounge to prepare you for your encounter with the elephants, and to help you understand why they need to be protected.
- Get to feed the elephants. While they enjoy their baskets of fruits, you have a chance to learn from our guides about the background of each elephant.
- Venture into the sanctuary and explore Thailand's longest canopy walkway as well as several natural trails to locate the elephants, and to observe them forage and bathe freely
- .At the end of the program, a delicious vegetarian Thai meal awaits.

ITINERARY

- Approx. 9.30 AM meeting point at our office in Paklok
- Transfer in our vehicles to the Tree Top Reception
- Educational video documentary about our work and elephant wellbeing
- Meet and feed the elephants
- Explore Thailand's longest canopy walkway and natural trails
- Observe elephants as they roam, bathe, play and socialise
- Vegetarian/vegan Thai buffet with complimentary filtered water, coffee, tea, and soft drinks at our Tree Top Reception with time to rest, relax and enjoy the tranquility and beauty of our sanctuary
- Approx. 1PM - Return to our office in Paklok
- Back to your hotel around 2PM

- Please book at least 2 days before chosen day
- MORNING PROGRAM : Pick Up Time is around 8:30AM
Time: 09.30 - 13.00



+ 1000 BAHT



AN AFTERNOON WITH THE ELEPHANTS

- A afternoon with the elephants is an eye-opening and inspiring experience.
- Scenic drive along a local village , picturesque jungle dotted with ponds, wide open fields and hillsides for the elephants to roam around.
- Educational video documentary at the Tree Top Lounge to prepare you for your encounter with the elephants, and to help you understand why they need to be protected.
- Get to feed the elephants. While they enjoy their baskets of fruits, you have a chance to learn from our guides about the background of each elephant.
- Venture into the sanctuary and explore Thailand's longest canopy walkway as well as several natural trails to locate the elephants, and to observe them forage and bathe freely
- .At the end of the program, a delicious vegetarian Thai meal awaits.

ITINERARY

- Pick Up Time is 12:30PM
- Approx. 1.30PM meet at our office in Paklok
- Our vehicles take you down a village lane and up to our Tree Top Lounge
- Welcome and educational video documentary
- Set off to explore Thailand's longest canopy walkway and natural trails to locate the elephants
- Stroll around or sit quietly observing the elephants at a respectful distance
- Feed the elephants
- Vegetarian/vegan Thai buffet with complimentary filtered water, coffee, tea, and soft drinks at our Tree Top Reception with time to rest, relax and enjoy the tranquility and beauty of our sanctuary
- Approx. 5.00 - Return to our office in Paklok
- Back to your hotel around 6:00PM

- Please book at least 2 days before chosen day
- MORNING PROGRAM : Pick Up time is 12:30PM
Time: 1:30PM-5:00PM



+ 1000 BAHT



HYPE BOAT DAY CRUISE

- HYPE Boat Club is a stylish Catamaran featuring comfortable daybeds, a really friendly crew, and a melting pot of guests from around the World who can enjoy the crystal blue waters of Racha and Coral Islands.

PROGRAM

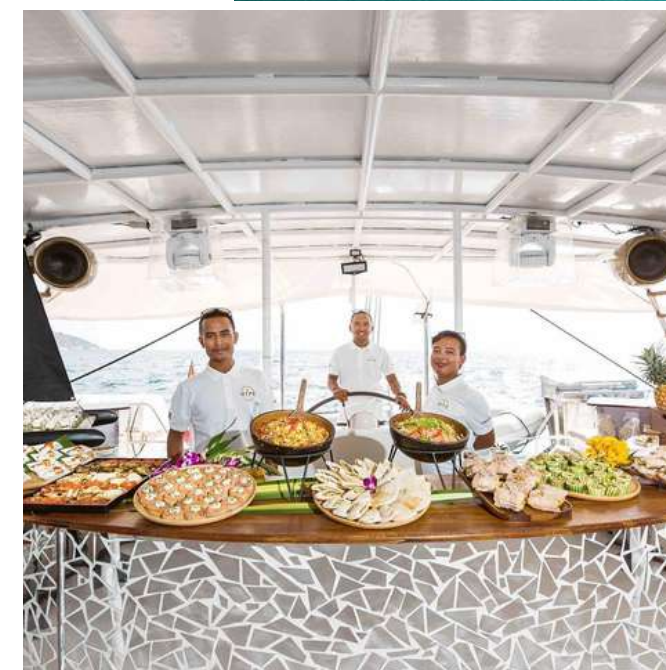
- 10:30 AM : Pick Up from Hotel
- 11:00 AM : BOARDING : Welcome Drinks
- 11:30 AM : DEPART CHALONG PIER : Buffet Time
- 12:45 PM : CORAL ISLAND : Swimming, Snorkeling and Island Chill
- 2:00 PM : CORAL TO RACHA ISLAND cruise
- 3:15 PM : RACHA ISLAND : Snorkeling and Water Activities
- 4:30PM : Sailing for Sunset
- 6:30 PM : BACK TO CHALONG PIER
- 7:00PM : Back to Hotel

INCLUSIONS

WELCOME COCKTAIL
SOFT DRINK / FOOD / FRESH FRUIT
PADDLE & SNORKELING EQUIPMENT
TOWEL
SHARED DAY BED
SHUTTLE SERVICE INCLUDED

PLEASE NOTE THAT ALCOHOLIC BEVERAGE ON BOARD ARE NOT INCLUDED IN THE PACKAGE :Please bring pocket money should you wish to purchase additional features.

- Should you wish to use your complementary experience, you only need to pay 1300 Baht
- Booking subject to availability. Please contact Joey at least 2 days prior to date.



- NOTE : Day Trip is available daily
- Cancellation Policy : Cancellation on the day is non-refundable
- The trip is 7 hrs (approx)

3500 BAHT



SIMILAN ISLANDS

Itinerary

- 06:00 ● Pick up from your hotel in service area to Fantastic Similan Travel private pier
- 08:00 ○ Arrive Fantastic Similan Travel pier. Check in insurance registration get equipment for snorkelling have breakfast and get information by professionals local tour guide
- 09:00 ○ Departure from Fantastic pier by Speed boat to Similan Island (Approximately 1 hr 20 min)
- 10:20 ○ Arrive Similan island no.8 Visit to view point "Sailing Rock" walking sightseeing swimming or relax on the beach (1hrs)
- 11:20 ○ Visit to Similan island No.9 first point snorkelling (45min)
- 12:30 ○ Visit to Similan island No.7 second point snorkelling (45min)
- 13:20 ○ Arrive to Similan Island No.4 enjoy Thai Lunch Box Set after relax island no.4 there are wonderful 2 beaches that you can walk around sightseeing swimming or snorkelling.
- 15:00 ○ Departure from Similan Island to Fantastic Similan travel pier
- 16:30 ● Arrive back to the pier relax enjoy with snack drinks coffee tea and then transfer back to your hotel.

Tour included

- Breakfast, Lunch box, and coffee break
- Snorkeling equipment
- Towel, mat and beach bag
- National Park Fee
- Local guide
- Travel insurance (one day trip)

NOT SERVICE

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- SIMILAN IS ONLY OPEN FROM NOVEMBER -APRIL
- Similan Island is accessed through a pier off the island of Phuket.
- Should you wish to use your complementary experience, you only need to pay 500 Baht
- Booking subject to availability. Please contact Joey at least 2 days prior to date.



- NOTE : Day Trip is available daily
- Cancellation Policy : Cancellation on the day is non-refundable
- The trip is 9 hrs (approx)

2700 BAHT



THE ISLAND SOCIAL HUB

Joey is also the co-founder of Island Social hub. Should you wish to know about Phuket's current social events, book a table at Phuket's both local and top restaurants or go for activities like archery, zip lining, surfing... feel free to ask Joey and she can help book your chosen fun!

Phuket is also home to many sporting events such as Ironman, Spartan race, etc. Joey will keep you updated on these events as well as hiking trips and other wellness activities!

- Follow @theislandsocialhub for events and fun activities

