

# Table of Contents

## Into Culture

- Bicycle Tour
- Batik Painting
- Rubber Tree Plantation Visit
- Mangrove Walk
- Local Fish Farm Visit
- Tour Yao Noi by Tuk Tuk
- Tour Yao Noi by Vespa

## Adventure and Exploration

- Tour Mangrove Forest by Kayak
- Nature's Bike Trail of Pure Serenity
- Discover the Phi Phi Islands
- Local Island Hopping Tour
- Full Moon Kayaking
- Discover the Krabi Four-Island Region
- Discover Phang Nga and James Bond Island
- Design Your Own Cruise
- Sunrise Breakfast Cruise
- Sunset Castaway Experience
- Island Sunset Barbecue
- Private Lunch and Dinner Cruise

## Favorite Sports

- Water-ski, Wakeboard and Doughnut
- Muay Thai Lesson
- Windsurfing
- Kayak and SUP at Water-sports Beach
- Tennis

## Splish Splash

- Dive Trips for Certified and Non-Certified Divers
- PADI Courses

## Global Sensibility/Local Sensitivity

- Organic Chicken Farm
- Island Clean Up
- Mushroom Hut
- Volunteer at Local School

# Experience Six Senses Yao Noi

Set with a delightfully tranquil and sunny disposition, our resort offers exciting opportunities for land and sea-based adventures. The soothing waters of Phang Nga Bay are an idyllic setting for discoveries via your private long-tail boat, aboard a luxurious yacht or for diving and snorkeling excursions to local islands. If you prefer to keep your feet dry, explore the natural beauty and unspoiled charm of the Koh Yao Noi countryside through one of our cultural experiences.

Regardless of your choice of experience, whether it is a speedboat ride to the Phi Phi Islands or a Muay Thai lesson at our very own boxing ring, we strive to make your vacation memorable. The professionalism of our guides and instructors is a point of true resort pride; their capacity to create meaningful experiences is exemplary.

It is always possible to add additional food and beverage items to your trip. Please speak with your GEM or the Experiences Team to make arrangements.

All experiences detailed in this booklet are covered through comprehensive international liability insurance. We advise caution when booking with private island operators, many of whom may be uninsured and unlicensed. As well please note that all beaches in Thailand are public and hence a complete private beach or island cannot be always guaranteed.

All prices are in THB and include Tax and service charge. If you require any further information or simply wish to chat, please do not hesitate to contact our Experiences Team at Extension 1231 or stop in and see us at our office, located at the watersports beach.

We wish you wonderful adventures!

## Booking

It is our pleasure to confirm bookings between 9:00 am and 8:00 pm. For out-of-office-hours enquiries, please contact your GEM who can be of assistance.

## Cancellation Policy

If you wish to cancel your excursion, please inform the Experiences Team or your GEM at least three hours prior to the scheduled departure time. If notification is given within this three-hour window, fifty percent of the total amount will be charged as a cancellation fee. If no cancellation notice is given, the full cost of the tour will be applied to your account.

If your scheduled tour is subject to cancellation based on inclement weather conditions, no fees are charged and we will work with you to reschedule your adventure for a sunnier day.

## Environment

At Six Senses Yao Noi we follow sustainable practices both inside and outside the resort and we constantly strive towards raising awareness among our guests and hosts. All our activities and excursions are delivered with respect to our surrounding environment.

## Into Culture

### **BICYCLE TOUR**

Curious about what life on our little island is like? Hop on a mountain bike for a first-hand discovery of the wonders of Yao Noi. Observe how the locals spend their days tending livestock and gardens, pay a visit to the local market, pedal past a rubber tree plantation and smile and wave to the craft persons at the village batik center. The trip can be enjoyed independently (we will provide a map) or you may enlist the services of one of our knowledgeable island guides, who will lead you on an engaging journey through Yao Noi's rice paddies, coconut farms, fishing villages, beaches, and other assorted points of interest.

### **Essentials:**

Sun protection, insect repellent, light comfortable clothing, Thai currency and helmet. Bicycle locks are not required as the island is very safe.

### **Duration:**

Flexible, bikes may be rented for the day while guided tours typically last between three to four hours.

### **Includes:**

Bicycle, map and drinking water

### **Rental Price:**

Bicycle rental - THB 150

Tandem rental - THB 500 (advance booking required)

### **Tour Price: (with guide)**

One guest - THB 1,500

Additional guest - THB 600

Complimentary for children under 10 years

### **Environment:**

Please help us keep the environment around Six Senses Yao Noi clean by returning any rubbish to the resort.

### **Why NOT...**

Ask your GEM to schedule a Sports Massage after your cycling adventure?

## *Experience Six Senses Yao Noi*

### **BATIK PAINTING**

Batik Painting is a cherished craft throughout Southeast Asia. Here on Koh Yao Noi, islanders use batik creations to brighten sarongs, shirts, and blouses as well as to adorn their homes with unique but simple decor. Local batik works illustrate the beauty and allure of our lovely island. Designs showcase limestone karsts, coconut shells, pristine beaches, fruitful palm trees, vibrant flora and fauna, storied fishing boats, and the island's abundant marine ecosystems.

Try your hand at batik painting and create something unique and beautiful with your brush. Finished products can be easily packed for transporting back home. What a great way to remember your remarkable and inspiring travels!

#### **Essentials:**

Just your sense of creativity

#### **Duration:**

Two hours, artwork requires 24 hours of drying time to set before packing

#### **Includes:**

Painting supplies

#### **Price:**

Batik - THB 600 (per piece)

T Shirt - THB 1,200 (per piece)

#### **Environment:**

Allow your land or seascape art creation to serve as inspiration in keeping the environment beautiful once you are home.

#### **Why not...**

Pair your morning batik session with an afternoon village Tuk Tuk tour for a further glimpse into island culture?

## *Experience Six Senses Yao Noi*

### **RUBBER TREE PLANTATION VISIT**

The south of Thailand is renowned for its rubber production. Plantations can be found throughout the greater Phuket area, including our beautiful island of Yao Noi. In fact, Six Senses Yao Noi was actually built on an abandoned rubber tree plantation. Island locals use the tried and true method of cultivating and harvesting rubber; each tree is hand-cut in the early morning and the rubber runoff is collected in coconut shells tied to the tree trunks.

Yao Noi is dotted with remarkable rubber plantations and our guides know just where to find the best. Observe how the rubber tree is cut and tapped as well as how the rubber is collected and rolled into sheets, then left to naturally air dry along bamboo poles.

#### **Essentials:**

Camera, insect repellent, comfortable attire

#### **Duration:**

1-2 hours, recommended start time is in the morning, plantation work typically ends around 3:00 pm.

#### **Includes:**

Transportation and guide

#### **Price:**

THB 600 per person  
(minimum two guests)

#### **Environment:**

Help the island by collecting some rubbish along the way during your trip.

#### **Why not...**

Schedule an island-hopping excursion to see a different aspect of island life?

## *Experience Six Senses Yao Noi*

### **MANGROVE WALK**

Directly below the Living Room restaurant lies a unique feature of Six Senses Yao Noi – the mangrove walk. Take a stroll after breakfast or on your way to the yoga platform and enjoy the purity of this untouched area. Spot red mangrove trees, cork trees and Nipa palm trees. Observe the mudskipper fish, affectionately nicknamed the world’s weirdest fish for its preference of spending time on land, thousands of small crabs that also call this area home and keep an eye out for our resident giant monitor lizards. Some grow as long as 8 feet (2.5 meters) and are seen relaxing in the trees, but fear not, in spite of their formidable appearance, these shy creatures are harmless and will scurry into hiding at the slightest disturbance.

Maps and sketches detailing the flora and fauna unique to the area are identified along the 1,640-foot (500-meter) walkway.

### **Essentials:**

Camera, walking shoes, insect repellent

### **Duration:**

20 to 30 minutes, depending on your walking pace

### **Includes:**

Full access along the mangrove forest walking path

### **Price:**

Complimentary

### **Why not...**

Try our Kayak Thalane kayak experience to see even more of the mangroves?

## *Experience Six Senses Yao Noi*

### **LOCAL FISH FARM VISIT**

Visit a local floating fish farm by long-tail boat and select your own fresh catch for our chefs to prepare back at the resort. You may enjoy your fresh catch cooked just the way you like it in the Living Room, Dining Room, or even as a barbecue dinner in the comfort of your own villa.

#### **Essentials:**

Sunblock, comfortable clothing, camera

#### **Duration:**

Three hours, recommended start time is in the morning

#### **Includes:**

Boat transportation, boat captain, guide, drinking water

#### **Price:**

THB 4,000 per couple  
Additional THB 1,200 per person  
A nominal charge will be applied by the resort for the preparation of your catch.

#### **Environment:**

Avoid throwing anything into the water so we keep the ocean clean.

#### **Why not...**

Take an island tour to get an in-depth look at other aspects of island life?

## *Experience Six Senses Yao Noi*

### **TOUR YAO NOI BY TUK TUK**

Ever wonder where rubber is made, how fish are caught, and where the sacred places are, the locals hide? Join us on a tour of the island as we reveal Thailand's traditions in a non-intrusive manner. Embrace local culture by touring Koh Yao Noi via Tuk Tuk. Observe fish traps, visit coconut farms and rubber tree plantations, and witness a way of life that may be unique to any that you have ever experienced. You never know what you will discover while exploring the island?

#### **Essentials:**

Camera, Thai currency, sunblock

#### **Duration:**

Two to three hours

#### **Includes:**

Tuk Tuk, driver-guide, drinking water

#### **Price:**

THB 1,800 net per two-seat Tuk Tuk  
(Maximum capacity: two persons)

THB 2,500 net per four-seat Tuk Tuk  
(Maximum capacity: four persons)

#### **Environment:**

You may wish to collect some rubbish while on your tour to keep the island clean. We include a disposal bin in the Tuk Tuk.

#### **Why not...**

Deepen your connection with the local community by helping island children speak English at the local elementary school? Ask your GEM for details.

## *Experience Six Senses Yao Noi*

### **TOUR YAO NOI BY VESPA**

Get acquainted with our friendly neighborhood. Explore authentic Thai village life, featuring community markets, family farms and roadside shops plus little cafes for some traditional food while traveling around on your Vespa. Enjoy a tour of the island in a non-intrusive manner. Observe fish traps, visit coconut farms and rubber tree plantations, and witness a way of life that may be unique to any that you have ever experienced. You never know what you will discover while exploring the island?

#### **Essentials:**

Camera, Thai currency, sunblock

#### **Duration:**

One day (Start from 10 am - 9 am)

#### **Includes:**

Gasoline, Island map

#### **Requirement:**

Guest must present a certified motorbike driving license and give Excursion team a copy.

#### **Price:**

Vespa - THB 600

Vespa Sidecar - THB 1,400

#### **Environment:**

You may wish to collect some rubbish while on your tour to keep the island clean.

#### **Why not...**

Deepen your connection with the local community by helping island children speak English at the local elementary school? Ask your GEM for details.

## Adventure and Exploration

### **TOUR THE MANGROVES BY KAYAK**

The narrow and calm channels of Tha Lane and Lam Tang are considered by many to be among the best locations in the world for kayaking. Invigorate your mind and body while learning the mysteries of the mangrove through this authentic and engaging cultural experience. These forest treks are truly remarkable and inspiring voyages.

Embark on a traditional long-tail boat and enjoy the 40-minute journey to one of the acclaimed mangrove forests of Thailand's beautiful Krabi province. Upon arrival, switch vessels and gear up for an adventurous kayak tour through a dense forest of mangroves and lagoons. Led by an experienced guide, you will learn all about the local flora and fauna while admiring the breath

taking surroundings. You may even spot a monkey or two! On the way back to the resort, you will have the chance to enjoy a local lunch while relaxing on a secluded beach. This is a definite must-do experience in Thailand.

#### **Essentials:**

Comfortable attire, swimsuit, sunblock, cap, sunglasses, camera

#### **Duration:**

Three to four hours, optimal times are tidal dependent

#### **Includes:**

Kayak, guide, long-tail boat transportation, drinking water

#### **Price:**

THB 4,000 per guest (Tha Lane or Lam Tang) (If only one guest will be THB 6,000)

THB 5,000 per guest (Panak Island) (If only one guest will be THB 8,000)

## *Experience Six Senses Yao Noi*

### **Environment:**

Use your paddle to scoop up any rubbish that you may come across on your journey through the channels.

We will dispose of it later at the resort.

### **Why not...**

Cool off when you return to the resort with a fresh fruit smoothie at the Den?

## *Experience Six Senses Yao Noi*

### **NATURE'S BIKE TRAIL OF PURE SERENITY**

This guided bike voyage takes you off the main roads to paths less travelled on the island. You will enjoy a scenic and tranquil tour of an assortment of the island's well-kept secrets.

Mounted on trekking bikes, you'll cruise along secluded side roads adorned with arching rubber trees, grazing water buffalo and stunning vistas of the sea. On the journeys, you will observe local plantation workers harvesting rubber by hand, the original method for such production.

Closer to the beach, observe Islanders tinkering with what is the pride and joy for many, the long-tail boat.

A signature aspect of marine life in Thailand and a most romantic option for touring the myriad islands adjacent to our resort, the long-tail boat is inextricably linked to island locals and their humble, non-commercial way of life.

At low tide our journey continues to a small island only 1,640 feet (500 meters) from the Yao Noi coast. That means if the tide is right we will cycle to a different island. Trek through the sand and observe wild oysters on the rocks - this unique paradise is only 1.5 miles (2.4 kilometers) from the resort.

Following an invigorating 2.5-mile (4-kilometer) ride, continue to the renowned Haad Yao Beach. Shaded and secluded, this Yao Noi must-do is only accessible by bicycle or on foot. We highly recommend sharing this journey with a guide as it is the surest way to see the untouched side of Thai island life.

#### **Essentials:**

Comfortable clothes, sunglasses, hat, sunblock

#### **Duration:**

Three to four hours

#### **Includes:**

Guide, bicycle, drinking water

## *Experience Six Senses Yao Noi*

### **Price:**

One guest - THB 1500

Additional guest - THB 600

### **Environment:**

If you need another reason for this truly memorable experience, be advised that it is 100 percent carbon free.

### **Why not...**

Rehydrate upon your return to the resort with fresh young coconut water courtesy of our in-villa dining service?

## *Experience Six Senses Yao Noi*

### **DISCOVER THE PHI PHI ISLANDS**

The true darlings of southern Thailand, the Phi Phi Islands were immortalized in the 2000 cult favorite “The Beach” starring Leonardo DiCaprio. Maya Bay has since graced many a bucket list in large part to its crystal-clear waters and towering cliffs. Maya Bay may be Phi Phi’s superstar attraction but the island chain’s supporting cast is equally charming. Marvel at Viking Cave, feed the curious inhabitants of Monkey Beach, stroll the bustling streets of Phi Phi Don, and snorkel at Bamboo Island - there are so many exciting experiences to enjoy.

Enjoy lunch at a local Phi Phi Don restaurant or choose from our extensive resort picnic menu and savor your meal amidst a lovely beach setting. Your very capable guide will lead you on a final snorkeling adventure at a natural coral garden on your way back to the resort.

#### **Essentials:**

Sun protection, swimsuit and camera

#### **Duration:**

Full day trip (Six to Seven hours), early morning departures will beat the crowds

#### **Includes:**

Boat transportation, guide, boat captain, life jacket, drinking water

#### **Price:**

Private speedboat trip - THB 26,000 per couple

(Additional guest-THB 2,000)

Share speedboat trip - THB 6,000 per person (minimum of four guests)

#### **Environment:**

Please refrain from touching the corals when snorkeling. Let us do our best to ensure the corals are not damaged.

#### **Why not...**

Continue your maritime adventures with a north zone tour and witness a more secluded chain of islands

## *Experience Six Senses Yao Noi*

### **LOCAL ISLAND HOPPING TOUR**

Gaze beyond Six Senses Yao Noi towards the sea and your eyes will invariably fall on Pa Koh (the Forest of Islands) on the horizon. As its translation indicates, this sparsely traveled region features multiple uninhabited islands and true natural beauty. Channel your inner explorer and set sail for Pa Koh's unspoiled lagoons and beaches via one of our authentic long-tail boats.

Circumnavigate Yao Noi and hug the legendary Big Tree located at the northern tip of the island. Thrill to the underwater paradise of the Andaman with a mask and snorkel as our guides lead you on a legitimate Robinson Crusoe-style adventure. Jump into a kayak and brave the caves of Koh Roi (some say they are haunted). With such a wide menu of exciting experiences available, our caring hosts will be delighted to help you plan your once in a lifetime aquatic adventure.

#### **Essentials:**

Camera, swimsuit, sun protection

#### **Duration:**

Three to four hours or six to seven hours, recommended departure is early morning for the best experience.

#### **Includes:**

Boat transportation, boat captain, life jacket, drinking water, Nation Park entry

#### **Price:**

To Local Island or North Island

#### **By Longtail Boat**

THB 5,500 per couple

Additional guest THB 1,200

Guide Fee - THB 1,200

#### **By Speed Boat**

THB 16,500 per couple

Additional guest THB 2,000

#### **Environment:**

Preserve the beauty of the islands that we visit by picking up some rubbish along the way.

## *Experience Six Senses Yao Noi*

### **Why not...**

Schedule a Replenishing Aloe Vera  
Skin Rejuvenation massage at Six  
Senses Spa following your adventures  
under the sun?

## *Experience Six Senses Yao Noi*

### **FULL MOON KAYAKING**

Thrill to the mystery of a full moon. Once a month, the night skies above Koh Yao Noi bathe the limestone karsts of the Andaman in a haunting lunar glow. What an enchanting setting for a kayak outing.

Share a memorable and epic experience with someone close to you as bioluminescent plankton guide you through the waters of the night. This awesome experience commences from the water-sports beach as soon as the full moon rises.

Kindly consult with the Experiences Team or your GEM for scheduling and availability of this amazing adventure.

#### **Essentials:**

Insect repellent, comfortable clothing,

#### **Duration:**

One to two hours

#### **Includes:**

Kayak, guide

#### **Price:**

One guest - THB 1,500

Additional guest - THB 600

#### **Environment:**

It's 100 percent carbon free, so paddle to your heart's desire.

#### **Why not...**

Unwind from your twilight adventures with a glass of wine at the Den upon your return to land?

## *Experience Six Senses Yao Noi*

### **DISCOVER THE KRABI FOUR-ISLAND REGION**

Discover the popular four islands of Thailand's celebrated Krabi Province and take a stroll down the famous sand bar that connects them.

Discover a startling world of marine beauty. Observe fish and coral in the crystal clear waters just off the beach.

Frolic in the warm waters and let the gentle sea relax you.

#### **Essentials:**

Swimsuit, sun protection, camera

#### **Duration:**

Six to seven hours

#### **Includes:**

Guide, snorkel, mask, fins,  
drinking water

#### **Price:**

##### **By Speed Boat**

THB 24,000 per couple

Additional guest THB 2,000

##### **By Longtail Boat**

THB 10,000 per couple

Additional guest THB 1,200

#### **Environment:**

Avoid throwing anything into the water so we keep the ocean clean.

#### **Why not...**

Schedule a massage at Six Senses Spa to work out any kinks that the choppy seas may have brought about?

## *Experience Six Senses Yao Noi*

### **DISCOVER PHANG NGA AND JAMES BOND ISLAND**

Since a certain British spy battled a devious golden-gun-wielding villain on the silver screen in 1974, the rock formations of Khao Phing Kan and Khao Tapoo have adopted an alternative, flashier name - James Bond Island. Set sail for the site immortalized by the peerless Roger Moore in "The Man with the Golden Gun" and channel your inner secret agent. But do not fret, 007 has already done the hard work for you; Scaramanga has been vanquished so you may relax and sightsee without fear of retribution.

Not a film buff? Let us show you prehistoric cave paintings, the floating fishing village of Koh Panyi (complete with a floating football pitch) and a sampling of the many interesting grottos and lagoons comprising Panak Island.

#### **Essentials:**

Swimsuit, sun protection, camera

#### **Duration:**

Six to seven hours

#### **Includes:**

Boat transportation, boat captain, guide, lifejacket, drinking water

#### **Price:**

##### **By Speed Boat**

THB 25,000 per couple

Additional guest THB 2,000

##### **By Longtail Boat**

THB 10,000 per couple

Additional guest THB 1,200

#### **Why not...**

Enjoy "The Man with the Golden Gun" at Cinema Paradiso one evening during your stay?

## *Experience Six Senses Yao Noi*

### **DESIGN YOUR OWN CRUISE**

Have you ever dreamed of being Christopher Columbus for a day? In this trip, you can personalize your own route to visit different islands and beaches in Phang-Nga Bay on our luxurious speed boat or just cruising around Yao Noi Island in the morning to enjoy sunrise and observe local fishermen go out to start their day. Even if you are looking for a secluded spot where you can enjoy your swim or indulge in the serenity of the surroundings, your personal guide is there to bring you to those hidden spots.

Anchor anywhere you like and just jump in the water and get soaked in the sea. Wherever you would like to go, just point your finger and your guide and boat captain will take you there.

### **Essentials:**

Swimsuit, sun protection, camera

### **Duration:**

Minimum 2 hours

### **Includes:**

Guide, snorkel, mask, fins, drinking water

### **Price:**

Luxury Speedboat (30 ft.)

- THB 10,000 per hour (up to 6 guests)

Luxury Speedboat (36 ft.)

- THB 12,000 per trip (up to 10 guests)

Subject to availability and starting period.

National Park fees are not included.

### **Environment:**

Avoid collecting any seashells from the beach.

### **Why not...**

Order a picnic box to enjoy on a beach after a long swim in the sea. Nothing can beat a delectable lunch with the breeze in your face.

## *Experience Six Senses Yao Noi*

### **SUNRISE BREAKFAST CRUISE**

Rise before dawn and cherish the views of the tangerine-glazed archipelago while enjoying your breakfast basket on a private beach. You will have the lagoons and islands to yourself at this early hour. Even the fishermen have not yet set sail.

Discover secret beaches and enjoy the morning on a pristine sandbank. Welcome daybreak as you wander the empty beach of Kudu with someone close to your heart.

Savour the remarkable beauty of an Andaman sunrise in the arms of your sweetheart.

#### **Essentials:**

Camera

#### **Duration:**

Four hours, departure time is 5:30 am.

#### **Includes:**

Light breakfast, guide, drinking water

#### **Price:**

##### **By Longtail Boat**

THB 8,000 per couple

Additional guest THB 2,000

##### **By Speed Boat**

THB 18,000 per couple

Additional guest THB 2,000

#### **Why not...**

Enjoy an after-lunch latte at the Den to replenish your possibly waning energy stores after the early morning?

## *Experience Six Senses Yao Noi*

### **SUNSET CASTAWAY EXPERIENCE**

Sunsets over the Phang Nga Bay are truly splendid, however, the places where they can be enjoyed are often crowded and far away from the resort. If you long for your own sunset-gazing secluded island experience, speak to your GEM. We can bring this idyllic daydream to life!

#### **Essentials:**

Camera

#### **Duration:**

Two to three hours, departure time is one hour prior to sunset.

#### **Includes:**

Choice of three snack options. Please refer to the Tasty Stuff for menus.

#### **Price:**

##### **By Longtail Boat**

Option # 1 THB 6,500 per couple

Option # 2 THB 7,500 per couple

Option # 3 THB 8,500 per couple

##### **By Speed Boat**

Start at THB 19,000 per couple

**Additional guest THB 3,000**

#### **Environment:**

Please help us to keep the environment on the islands clean by returning the rubbish to the resort.

#### **Why not...**

Enjoy a digestive at the Den afterwards to ensure a blissful night's sleep?

## *Experience Six Senses Yao Noi*

### **ISLAND SUNSET BBQ**

Longing for your little paradise does not have to be a dream anymore. Let us take you to a quiet island where your personal chef prepares a succulent dinner that you enjoy at sunset and under the stars. Only the finest, local ingredients are used to prepare a menu that starts off with a cold seafood platter. A second course of organic chicken, stuffed with corn, is pot roasted over a charcoal barbeque and served with sweet potatoes and two different kinds of rice. This perfect surf and turf dinner ends with a tropical fruit selection.

Book your romantic and epic dinner today!

#### **Essentials:**

Healthy appetite, insect repellent, camera

#### **Duration:**

Three hours, departure time is one hour prior to sunset.

#### **Includes:**

Transportation, complete dinner setup, Menu, dedicated service staff

#### **Price:**

##### **By Longtail Boat**

THB 18,000 per couple

##### **By Speed Boat**

THB 22,000 per couple

**Additional guest THB 4,000**

#### **Environment:**

All ingredients are sustainably and locally sourced, so enjoy your food with an unburdened mind.

#### **Why not...**

Work up an appetite with a brisk bike ride around the island prior to your island feast?

## Activities

### **WATERSKI, WAKEBOARD AND DOUGHNUT**

Looking for a boost of adrenaline after all the rest and relaxation? We have what you need and it does not matter if you are a veteran or a novice. With water skis, a wakeboard or a doughnut, fun is guaranteed. Our water-sports team can suit you up and aid you in mastering these engaging activities. We even have mono-skis on hand to challenge our most adept athletes.

The gentle waters surrounding our lovely island can be ideal for skiing, particularly in the late afternoon. Prior to booking, we highly recommend that you consult with our water-sports team.

#### **Essentials:**

Swimsuit, sun protection

#### **Duration:**

30 minutes, activity should be scheduled during the afternoon.

#### **Price:**

THB 5,000 for 30 minutes  
THB 9,000 for 60 minutes

#### **Environment:**

Be mindful of leaving any litter or debris in the ocean. The reefs and fish are sensitive to pollutants.

#### **Why not...**

Get psyched-up for your aquatic adventures with an espresso at the Living Room prior to your experience?

## *Experience Six Senses Yao Noi*

### **MUAY THAI LESSON**

With origins in the ancient battlefield tactics of the Siamese army, Muay Thai is both the national sport of Thailand and a revered martial art.

We are very proud to have our own championship-style Muay Thai boxing ring, located above the water-sports beach near the pier.

The highly aerobic training will boost agility, speed, cardiovascular health, and physical strength with regular practice. Whether your dream is to become a champion Muay Thai fighter or simply shed a pound or two, we will work with you to achieve your goals. Our well-versed hosts lead engaging sessions for all levels of guests, from young children to experienced martial artists.

### **Duration:**

One hour

### **Includes:**

Instruction, sparring partner, equipment, boxing shorts and tank top

### **Price:**

Lesson THB 1,500/guest/hour  
Additional guest - THB 600

### **Environment:**

100 percent carbon free

### **Why not...**

Follow your intense session with a restorative deep tissue massage at the spa?

## *Experience Six Senses Yao Noi*

### **WINDSURFING**

Koh Yao Noi provides a special opportunity for newcomers looking to give the exhilarating sport of windsurfing a try. The resort's location on the leeward side of the island results in winds that are rarely strong, lending a freedom to practice this exciting activity in relative safety.

Our water-sports instructors are available to assist with private lessons for those seeking direction. We have a variety of sail sizes available to cater to varying skill levels and wind speeds.

Considering the eight-foot (2.5-meter) range between low and high tides, Koh Yao Noi may be susceptible to strong currents. These tidal impacts could complicate the experience for a beginner. To ensure a pleasant session, we recommend that inexperienced windsurfers take a lesson or be accompanied by one of our instructors. We recommend that

you book your lesson in advance to ensure availability of the boards.

#### **Essentials:**

Swimsuit, sun protection

#### **Duration:**

One hour, optimal times are tidal dependent.

#### **Includes:**

Windsurfer craft

#### **Price:**

Complimentary

Lessons (60 minutes) - THB 1,500

#### **Environment:**

Try not to damage any corals and stay in deep waters.

#### **Why not...**

Have a Champagne breakfast in bed the next day and totally spoil yourself?

## *Experience Six Senses Yao Noi*

### **KAYAK AND SUP AT WATERSPORTS BEACH**

There is beauty in the south of Thailand that one simply cannot find elsewhere. Such grace is evident amidst the dramatic rock formations of Phang Nga Bay. Approach these wonders silently via kayak and bask in the elegance and allure of the gentle Andaman.

These sensational adventures may be your key to a magical holiday experience. Start paddling from the water-sports beach and visit neighboring bays along the coast of Koh Yao Noi. We have single kayaks available for our solo voyagers and doubles for those confident in their synchronicity.

#### **Essentials:**

Swimsuit, sun protection

#### **Duration:**

Flexible, based on your endurance level

#### **Includes:**

Instruction, kayak or SUP

#### **Price:**

Complimentary use at water sports beach.  
THB 600 for use during excursions.

#### **Environment:**

Carbon free, so exercise guilt-free.

#### **Why not..**

Schedule a Dream Catcher massage at Six Senses Spa to help your body unwind from the marine excitement.

## *Experience Six Senses Yao Noi*

### **TENNIS**

At Six Senses Yao Noi we boast a private floodlit tennis court, located just 100 yards (90 meters) from the resort's main gate. To beat the heat, tennis in Thailand is best played early in the morning or in the late afternoon to early evening.

Our resident tennis pro (he claims to be undefeated in Thailand - and we believe him) is available for private instruction. Resort hitting partners are also available upon request to offer a spirited competition.

### **Essentials:**

Tennis attire and shoes

### **Duration:**

Court bookings are made in hourly increments

### **Includes:**

Racquet, balls, floodlighting (if required), water, towels

### **Price:**

Complimentary

Tennis knocker (60 minutes) - THB 600

Tennis lesson (60 minutes) - THB 1,500

### **Environment:**

100 percent carbon free, so a guilt free exercise.

### **Why not...**

Help your body recover with hydrating young coconut water - nature's sport drink?

## Splish Splash

### **DIVE TRIPS FOR CERTIFIED AND NON-CERTIFIED DIVERS**

Marvel at the vibrant marine communities of the Andaman as you treasure the symmetry and grace of life underwater. Witness this captivating world first hand, it is maybe hard to believe such beauty exists. Our dive masters know the surrounding areas very well and will guide you to amazing depths. Whether you seek a recreational outing or a certified course, dive with us and witness some of the most spectacular reefs and rock formations of Southeast Asia. The colors will remain with you long after you come up for air.

In conjunction with a PADI five-star dive center, we offer diving excursions to the Phi Phi Islands, Shark Point, the King Cruiser Wreck and Krabi. Experiences can be designed according to your preference.

#### **Essentials:**

Swimsuit, sun protection

#### **Duration:**

Varies depending on the dive trip

#### **Includes:**

Dive vessel, dive master and equipment

#### **Price:**

Start from THB 5,400

Depend on destination and license certified

#### **Why not...**

Enjoy a seafood dinner at the Dining Room after your dive adventure?

## *Experience Six Senses Yao Noi*

### **PADI COURSES**

We offer a complete range of PADI diving courses for beginners and certified divers and work with the PADI Dive School to ensure you have a great experience. We hope you will enjoy your time learning how to dive in a comfortable and relaxed environment - just what's needed for stress-free learning.

#### **Essentials:**

Swimsuit, sun protection and lots of fun

#### **Duration:**

Depends on the PADI dive course that you pick

#### **Includes:**

Dive vessel, dive master and diving equipment

#### **Price:**

- Discover Scuba (For Beginners)
- Scuba Diver
- Open Water Diver course
- Scuba review
- Rescue course

And many more>>

Please see separate price list at Excursion office

#### **Why not...**

Enjoy a Spa treatment after a schooling session to unwind...

## Global Sensibility

### **ORGANIC CHICKEN FARM**

Our organic chicken farm is one of the many exciting and unique features of Six Senses Yao Noi. Because happy chickens lay the tastiest eggs, we give our feathered friends the five-star treatment including a soundtrack of soft jazz music for their relaxation. For a true organic treat, pay them a visit and pick a handful of eggs to enjoy at breakfast the following morning. Sustainability has never tasted so good!

If interested, have your GEM arrange a tour with Khun Pim, our sustainability manager. Affectionately nicknamed Chicken Mama, Khun Pim would love to give you a tour of the sustainable initiatives we have around the resort including her charming chicken farm and the mushroom hut. Long live these egg-laying chickens!

#### **Essentials:**

Camera, insect repellent, sun protection

#### **Duration:**

One hour, recommended start time is 4:00 pm for optimal chicken activity

#### **Includes:**

Walking tour through the resort and a made-to-order breakfast using the eggs you collect

#### **PRICE:**

Complimentary

#### **Environment:**

This is just about as environmentally friendly as it gets.

#### **Why not...**

Schedule a visit to a local fish farm for an interesting point of comparison?

## *Experience Six Senses Yao Noi*

### **ISLAND CLEANUP**

Do you feel inspired to serve our planet? Speak with your GEM to learn more about the opportunities to volunteer with our hosts to clean up local beaches and parks.

We are so fortunate to call a place as beautiful as Koh Yao Noi our home, but with this privilege comes the responsibility to keep it that way. Our hosts are closely connected with the local community and work hard to preserve its charm for future generations to come.

#### **Essentials:**

Sun protection

#### **Duration:**

Approximately one hour

#### **Includes:**

Transfer, disposal bags, Handshoes

#### **Price:**

Complimentary

### **Why not...**

Tour the Island by Traditional TukTuk

## *Experience Six Senses Yao Noi*

### **MUSHROOM HUT**

Our mushroom hut is a unique feature of our resort. Guests are welcome to visit it anytime and learn how we grow mushrooms.

#### **Essentials:**

Love of warm dark moist places

#### **Duration:**

Take your time, there's a lot to see

#### **Includes:**

All the mushrooms you can eat

#### **Price:**

Free, but if you like we can arrange to have a bottle of Champagne chilled inside the mushroom hut with extra virgin olive oil, Maldon sea salt and a pepper grinder. Eating mushrooms straight from the hut with Champagne is amazing!

#### **Why not...**

Arrange to surprise your partner with Champagne and freshly picked wild mushrooms before your chefs table in the hut? A truly unique experience.

## *Experience Six Senses Yao Noi*

### **VOLUNTEER AT LOCAL SCHOOL**

Speak with your GEM about opportunities to bond with local children at the Koh Yao Elementary School. Khun Pim, our sustainability manager, has established a close relationship with this tight knit community and visits them regularly. This can be a deeply rewarding and memorable experience for those looking to give something back.

#### **Essentials:**

Sun protection

#### **Duration:**

Flexible

#### **Includes:**

Lots of fun and the good feeling giving something back to the local community.

#### **Price:**

Complimentary

#### **Why not ...**

Help us to keep the environment clean and fresh! Sign up for a beach cleaning event with your GEM.