

# contiki

TRAVEL WITH NO REGRETS

## THAI ISLAND WELLNESS HOPPER

9 DAYS | 23 - 31 JAN 2019 | FROM \$997 | FLY FROM \$570

Hosted by Health Coach Tegan Martin and Personal Trainer Blake Worrall-Thompson

### A TROPICAL BLEND OF HEAVENLY BEACHES, DIVINE FOOD, FUN & FITNESS

#### Day 1: Koh Samui

Tropical, buzzing and completely luxurious, Koh Samui will pull us in & wind us down without delay,

#### Days 2-3: Koh Samui

Slipping contently into island life, we'll have time to snorkel, swim & bathe in the sun without interruption. Those keen for more can sample local delicacies like coconut Penang curry & fresh mangosteen. (B)(B)

#### Days 4-5: Koh Tao

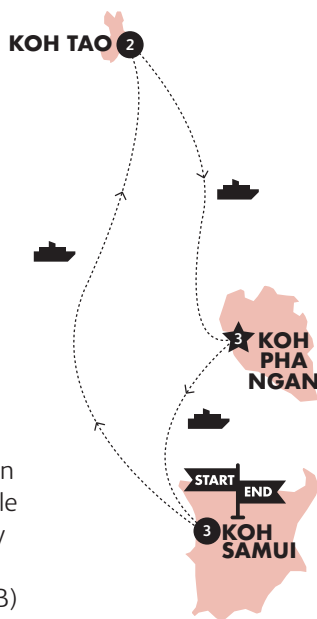
Begin with an orientation walk and an all included beach-side dinner to settle us into the vibes of Tao. The next day spot sea turtles, explore epic hiking trails and bubbling waterfalls. (B,D)(B)

#### Days 6-8: Koh Pha Ngan

Journey into the home of the untameable full moon parties. Make the most of island time with a few more traditional Thai massages. (B,D)(B)(B)

#### Day 9: Koh Samui

Wrap up the trip and cheers your final coconuts before going your separate ways, making sincere reunion plans of course. (B)



### WHAT YOU NEED TO KNOW

#### 🚪 Accommodation – 8 nights accommodation:

- 5 nights – 3/4 star hotels/resorts
- 3 nights – Unique Special Stay sleeping in Bungalows in Koh Pha Ngan

#### 🍴 Food – 10 meals included:

- 8 Breakfasts
- 2 Dinners

#### # #NOREGRETs Inclusions

- Explore Chaweng Beach's nightlife
- Spend time on the third largest island in Thailand, Koh Samui
- Orientation walk of Koh Tao
- Experience Koh Tao's laid back lifestyle

#### 📷 Exclusive Group Inclusions:

- 8 x beach training sessions
- 2 x wellness workshops
- Massage
- Muay Thai boxing



#### HOW TO BOOK:

Call 1300 266 845 or email [contikigroups@contiki.com.au](mailto:contikigroups@contiki.com.au)  
\$200 deposit required to secure your spot



\*Prices above are based on twin-share. If you're travelling solo we can share you with a same sex room-mate at no extra charge. Single room supplement of \$400 AU. Itinerary is indicative of likely schedule but is subject to change.