



Walk on the WILD SIDE

An extreme holiday adventure at The Sarojin

by **Anandhi Gopinath**

Luxury boutique resort The Sarojin has welcome news for guests seeking a romantic retreat that really gets their hearts racing. This Thai resort in Phuket is ideally located and fully equipped for adventure travellers. A recently announced package includes extreme trekking adventure through the jungles of one of Thailand's most spectacular national parks, inclusive of a gourmet lunch on a mountain summit and a post-adventure treatment at the resort's multi-award winning spa, Pathways. This is your chance to trek, climb and swim through the wilds of southern Thailand on a trip you'll never forget.

The adventure begins right after breakfast — a 40-minute drive puts you at the base of the Bang Yai National Park, which forms part of the Sri-Phang Nga National Park and occupies over 100 sq km of densely forested tropical rainforest. Before your extreme trekking experience commences, you'll get a full briefing from English-speaking guides who double up as trek leaders.

Not for the faint-hearted, the trek covers 5km to 8km of wild terrain. Adrenaline junkies hike past cascading waterfalls, swim through parts of the jungle that are impossible to cross by foot, beat their way through the untamed undergrowth using a bamboo cane, dodge painful black king ants nests, and climb the summit of a towering mountain where they'll be rewarded with breathtaking views and a special gourmet lunch amid the incredible surroundings of this natural playground.

Along the way, you can try your hand at fishing in the streams as the local guides share their expert tips on how to catch carp, barbell, perch and small catfish with a net for your evening meal. There will also be plenty of opportunities to learn about and view the local wildlife, including inquisitive gibbons, monkeys, hornbills, frogs and several species of beautiful butterflies.

At the end of the trek, you'll be transported back to The Sarojin where relaxa-

tion and rejuvenation awaits at the resort's outstanding holistic spa, Pathways. As part of your two-hour Adventure Revival remedy, weary trekkers will enjoy

a well-deserved Thai herbal compress massage to help relax stiff or sore muscles and increase joint mobility, as well as a luxurious foot massage to relieve tired feet, stress, tension and leave you feeling fighting fit and fully revitalised for the remainder of your stay.

In addition to offering complimentary use of mountain bikes, sailboats and sea kayaks, the five-star resort has its own excursions team and guides available to facilitate guests' exploration and enjoyment of the local area, including the surrounding five spectacular national parks, world-famous dive sites of the Similan and Surin Islands, and Khao Lak and Phang Nga which is an area of outstanding natural beauty in Thailand. Additional options for thrill seekers staying at the resort include rock climbing at Phang Nga Bay and mountain biking at the Khao Sok National Park.

For the rock climbing tour, The Sarojin's team of guides transfer guests to Phang Nga Bay with a traditional long-tail pleat boat, where you'll find many dramatic limestone islands and sheer rock formations that rise dramatically from the emerald green water.

Under the careful guidance of a team of highly trained specialists, rock climbers of all levels — from beginners to advanced climbers — will find exhilarating challenges to suit their individual needs, including the chance to scale a 20m rock overlooking the sea gypsy village of Koh Panyee. This rock climbing excursion also includes a tour of the village's rural lanes, charming temples and local schools before dining at a traditional Thai restaurant that hovers over the bay.

An adrenaline enthusiast's dream, Khao Sok National Park covers an area of 739 sq km and is famous for its magnificent limestone mountains and tall peaks — the highest of which rests at 960m high. The Sarojin can arrange for bikers to explore this mesmerising national park, following one of the many trails that winds its way through the wild jungle environment.

