

# Eco-Family Retreat in Phuket: Nature Trails, Kayaking & Kids Activities

Prepared by TourGrids

Destination  
**Thailand**

Duration  
**7 Nights 8 Days**

Starting from  
**Rs. 49,500 / person**

ITINERARY ROUTE

Phuket · 6N

Phang Nga · 1N

<https://tourgrids.com/packages/thailand/thailand-7-nights-8-days-package-931>

## Overview

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Discover an immersive 7-night / 8-day Thailand Family package designed for families who love nature, gentle adventure, and cultural discovery. This eco-conscious Thailand tour package blends beachfront relaxation in Phuket, a night at an eco-lodge in Phang Nga, family-friendly kayaking, snorkeling, easy nature trails, interactive kids' activities and hands-on Thai cooking. Perfect for multi-generational travel, this 7 and 8 Thailand Family tour package emphasizes sustainability, local experiences, and safe, educational fun for children.

### Highlights:

- Phuket Old Town & cultural walking tour
- Phang Nga Bay sea canoeing & James Bond Island
- Family-friendly kayaking & snorkeling at Coral Island
- Visit to an ethical elephant sanctuary and sea turtle conservation center
- Kids' Thai cooking class and eco-farm visit
- Overnight stay in an eco-lodge for nature immersion

This package is ideal for families seeking a balanced Thailand Family tour package—mixing gentle adventure, wildlife encounters, cultural learning, and beach time.

### ✓ What's Included

- ✓ 7 nights accommodation (6 nights in Phuket beachfront resort, 1 night in a Phang Nga eco-lodge)
- ✓ Daily breakfast; 2 family dinners and 2 picnic/lunch experiences
- ✓ Private airport transfers (arrival & departure)
- ✓ All listed excursions with English-speaking guides: Phang Nga Bay sea canoeing, Coral Island snorkeling & kayaking, eco-farm visit, elephant sanctuary entry (ethical), sea turtle center visit
- ✓ Kids' Thai cooking class and cooking ingredients
- ✓ All activity equipment (life jackets, snorkeling gear, kayaks, safety gear)
- ✓ Entrance fees to parks and conservation centers
- ✓ Local taxes and service charges
- ✓ Note: Group sizes are family-oriented; private guide options available for an additional fee.

### ✗ Not Included

- ✗ International flights to Thailand
- ✗ Travel insurance (recommended)
- ✗ Optional meals, drinks beyond inclusions, personal expenses
- ✗ Gratuities for guides and drivers
- ✗ Visa fees, vaccinations, and personal medical costs
- ✗ Optional extras (spa treatments, zipline experiences, souvenir purchases)
- ✗ Important: This package can be customized—contact us for wheelchair-accessible transfers or dietary accommodations.

## Day-by-Day Itinerary

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Day

1

### **Arrival, Settle-In & Welcome Orientation**

Arrive at Phuket International Airport, private transfer to your beachfront family resort. Settle into family-friendly accommodations with kid amenities, splash pool, and eco-conscious practices. Evening welcome orientation with a short briefing on the week's activities, safety notes for water days, and a relaxed beachside welcome dinner featuring Thai flavors.

Tip: Check-in times and flight schedules; early arrivals can arrange optional half-day beachfront activities.

Day

2

### **Phuket Old Town Walking Tour & Family Bike Ride**

Explore colorful Phuket Old Town with its Sino-Portuguese architecture, street art, and local cafés. Enjoy a guided family walking tour, followed by an easy family bike ride through shaded lanes and a stop at a local market to sample tropical fruits and snacks. Afternoon free for resort activities: kids' club, pool time, or beach play.

Special note: The walking route is stroller-friendly and has frequent stops for children.

Day

3

### **Phang Nga Bay: Sea Canoeing & James Bond Island**

Transfer to Phang Nga Bay for a day of spectacular limestone karsts and sea caves. Enjoy guided sea canoeing (with life vests for children), explore hidden lagoons, and visit James Bond Island for photos. Late afternoon transfer to an eco-lodge on the mainland for an overnight stay—nature walks, family storytelling, and a simple sustainable dinner.

Important: Kayaks and canoes are guided; children are paired with adults. Cameras and waterproof bags recommended.

Day

4

### **Ethical Elephant Sanctuary & Return to Phuket**

After breakfast at the eco-lodge, visit an ethical elephant sanctuary focusing on rescue and rehabilitation (no riding). Families can observe feeding, learn about elephant care, and participate in supervised, gentle interactions. Return to Phuket mid-afternoon for beach time and an evening at a lively market for dinner.

Tip: The elephant sanctuary visit is educational—recommended for kids 5+; younger children may enjoy watching and guided activities.

Day

5

### **Coral Island (Koh Hae) – Snorkeling & Family Kayaking**

Full-day boat trip to Coral Island (Koh Hae) for shallow-water snorkeling, guided family kayaking, and supervised beach games. Professional guides lead snorkeling for beginners; floatation aids provided for kids. Enjoy a beachside picnic or resort lunch before returning to Phuket.

Special note: Gentle snorkeling spots and reef-safe sunscreen are encouraged.

Day

6

### **Eco-Farm Visit & Kids Thai Cooking Class**

Visit a local Phuket eco-farm to learn about tropical agriculture, fruit orchards, and sustainable practices. Children can help harvest ingredients (seasonal), followed by a hands-on Kids' Thai cooking class where families prepare simple dishes like Pad Thai, mango sticky rice, and fresh summer rolls. Evening free to relax or enjoy resort family activities.

Tip: Inform us of dietary restrictions in advance; vegetarian and allergy-friendly options are available.

Day

7

### **Nature Trail & Sea Turtle Conservation Center**

Morning nature trail in a protected coastal park (easy grade) to spot birds, mangroves, and local flora. Visit the Sea Turtle Conservation Center to learn about rescue, rehabilitation, and release programs (seasonal releases if available). Afternoon free for last-minute beach time or resort activities. Farewell family dinner with a cultural performance option.

Important: The nature trail is stroller-accessible in parts; wear sun protection and insect repellent.

Day

8

### **Departure & Optional Extensions**

After breakfast, enjoy free time for packing, last-minute shopping, or a short beach walk. Private transfer to Phuket International Airport for departure. Guests may extend the stay, add spa treatments, or connect to other Thailand destinations (Chiang Mai, Bangkok) as part of a longer Thailand tour package.

Tip: Book airport transfer times at least 24 hours before departure; luggage storage available at the resort.

## **? Frequently Asked Questions**

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## ❓ **When is the best time to visit Thailand from India?**

The best time to visit Thailand is during the cool/dry season from November to February, when temperatures range from 24–30°C with clear skies and minimal rainfall. This is perfect for beach activities on the Andaman coast (Phuket, Krabi) and sightseeing in Bangkok and Chiang Mai. However, this is peak season with higher prices and crowds. The hot season (March–June) offers good deals but temperatures can reach 35°C. During monsoon (June–October), the Andaman side experiences rough seas, but the Gulf side (Koh Samui) is often better July–September. Northern Thailand (Chiang Mai) can get quite cool in winter mornings (15–20°C), so pack layers. Book early for November–February travel.

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## ❓ **How can I reach Thailand from India?**

Flying is the most convenient option with direct flights from major Indian cities including Delhi, Mumbai, Kolkata, Chennai, Bengaluru, and Hyderabad to Bangkok (BKK/DMK), Phuket (HKT), and seasonal flights to Chiang Mai and Krabi. Flight times are short: Kolkata (2.5 hours), Chennai/Bengaluru (3.5–4 hours), and Delhi/Mumbai (4–5 hours). Airlines like Thai Airways, IndiGo, Air India, and budget carriers operate these routes. There's no direct rail connection, and overland travel via Myanmar requires complex permits and is only recommended with specialist operators. Once in Thailand, domestic flights, trains, and buses connect major destinations efficiently.

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## ❓ **Do Indian citizens need a visa for Thailand?**

Visa requirements for Indian passport holders change frequently, so always check the latest policies before travel. Thailand has offered various schemes including visa exemption periods, visa on arrival, and e-visa options for Indians. Currently, you may be eligible for visa-free entry for short stays or visa on arrival, but policies can change based on diplomatic agreements. Keep multiple passport-sized photos handy and ensure your passport has at least 6 months validity with blank pages. Check with the Royal Thai Embassy or consulate in India, or visit the official Thai immigration website for the most current requirements. It's advisable to have proof of return tickets and accommodation bookings.

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## ❓ **What are the local transportation options in Thailand?**

Thailand offers excellent transportation options. In Bangkok, use the BTS Skytrain, MRT subway, and Airport Rail Link for efficient city travel. Get a Rabbit Card for quick payments. Metered taxis, tuk-tuks, and Grab (ride-hailing) are widely available. For intercity travel, domestic flights are quick and affordable. The State Railway offers comfortable overnight sleepers to destinations like Chiang Mai and Surat Thani. VIP buses provide good connectivity between cities. For islands, ferries and speedboats are essential – book through reputable operators. In tourist areas, songthaews (shared pickup trucks) are common. Always insist taxi drivers use the meter, and compare Grab prices. Motorbike taxis are available but use caution and wear helmets.

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## ❓ **Where should I stay in Thailand and what accommodation options are available?**

Thailand offers accommodations for every budget. In Bangkok, stay near BTS stations in Sukhumvit (shopping/nightlife), Silom (business district), or riverside areas for convenience. Chiang Mai's old city puts you near temples and markets. For beaches, Phuket offers variety from Patong (nightlife) to quieter Kata/Karon. Krabi's Railay Beach provides stunning limestone scenery. Koh Samui has family-friendly resorts and boutique properties. Options range from budget hostels (₹500-1500/night) and mid-range hotels (₹2000-6000/night) to luxury resorts (₹10000+/night). Popular chains include Anantara, JW Marriott, and InterContinental. Book early for peak season (November-February). Consider location carefully - beach proximity, transport links, and nearby attractions matter more than just price.

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## ❓ **What are the must-visit attractions in Thailand?**

Thailand's top attractions span culture, nature, and adventure. In Bangkok, visit the Grand Palace and Wat Pho temple, then explore floating markets and take a Chao Phraya river cruise. Ayutthaya's UNESCO ruins make an excellent day trip. Chiang Mai offers the old city's temples, Doi Suthep mountain temple, and vibrant markets. For beaches, Phuket and Phang Nga Bay provide island-hopping to James Bond Island. Krabi's Railay Beach offers world-class rock climbing and stunning limestone karsts. Koh Samui features palm-fringed beaches and Ang Thong Marine Park. Don't miss Kanchanaburi's Bridge on River Kwai and Erawan Falls. Sukhothai's quieter ruins are perfect for cycling. Each region offers unique experiences - temples in the north, beaches in the south, and urban energy in Bangkok.

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## ❓ **What Thai food should I try and where can I find good restaurants?**

Thai cuisine offers incredible variety beyond the familiar Pad Thai. Must-try dishes include Tom Yum Goong (spicy-sour soup), Green/Red/Massaman curry (Massaman is milder), Som Tam (papaya salad), and Khao Soi (Chiang Mai's coconut curry noodles). Don't miss Mango Sticky Rice for dessert. For vegetarians, say 'gin jay' for vegan options without fish sauce. Top dining spots include Raan Jay Fai (Bangkok) for legendary crab omelette, Thipsamai for classic Pad Thai, and Gaggan Anand for progressive Indian-Thai fusion. In Chiang Mai, try Khao Soi Khun Yai for authentic northern flavors. Street food is generally safe at busy stalls with high turnover. Start with milder dishes and gradually increase spice levels. Always drink bottled water and eat at crowded local spots for the freshest food.

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## ★ **Traveller Reviews**

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**Suman Verma**

★★★★★ 5/5

### **A Perfect Mix of Relaxation and Fun**

This tour struck the right balance between relaxation on the beaches and adventure in the cities. I appreciated the variety in activities.



**Tarun Singh**

★★★★★ 5/5

### **A Foodie's Delight**

Food lovers will find Thailand irresistible! The variety of flavors and dishes we experienced on this tour was phenomenal.



**Jasmin Ali**

★★★★★ 5/5

### **Cultural Richness**

The depth of culture and tradition in Thailand is remarkable. The tour offered plenty of opportunities to immerse ourselves in local customs.



**Kavya Gupta**

★★★★★ 5/5

### **Thrilling Activities**

From scuba diving to zip-lining, every activity in this tour package was exhilarating. An adventure-seeker's dream come true!



**Ajay Kapoor**

★★★★★ 5/5

### **A Journey of a Lifetime**

Thailand was an incredible destination with amazing experiences. This tour truly made it a journey of a lifetime.

## **Why Choose TourGrids?**

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Personalized guidance from verified travel experts who understand your needs.

 **Customizable Packages**

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 **Hassle-Free Booking**

Smooth, secure, and simple booking process without any stress or confusion.

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Multiple free quotes and booking at the most competitive rates available.

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