



## Andaman Sea Yatra

### Ocean Soul - Alivelihood of Southern Thailand

17-23 February 2025  
Phang-Nga / Phuket / Krabi

updated: 3 Jan 2025

day	theme	daily activities	location
day 1 - Mon 17 Feb	Gratitude to the Ocean	Settle down on a remote island 7:00 Pick up at Kuraburi bus station to Sabina Tour, then Kuraburi Pier OR meet at Sabina Tour at 8:15am 8:15 Equipment rental (mask & snorkel & fins) 9:00 Speedboat to Mu Ko Surin National Park 10:30 Arrive Had Mai Ngam & check-in (tent - 2 persons) 12:00 Lunch 13:00 Introduction, getting to know each other, setting an intention 14:00 Welcoming ceremony 16:00 Nature walk to the Sunset Beach 16:45 Free time, Swim, Watching Sunset 18:35 Walk back to Mai Ngam Beach 19:00 Dinner 20:30 Night beach exploration (optional)	<b>Phang-Nga</b>  Meet up at Kuraburi bus station (7:00AM) <a href="https://q.co/kgs/9GDm1sX">https://q.co/kgs/9GDm1sX</a> OR Sabina Tour (8:15AM) <a href="https://q.co/kgs/BCcMvoA">https://q.co/kgs/BCcMvoA</a>  Mai Ngam Beach, Mu Ko Surin National Park <a href="https://q.co/kgs/HxiZaUX">https://q.co/kgs/HxiZaUX</a>  <b>Note:</b> - 1 tent for 2 persons next to the beach, shared toilet/bathroom - Electricity only from 6pm to 8am - No alcoholic drinks allowed - Drinking water available for free (hot and normal) at a canteen (open at certain hours)
day 2 - Tue 18 Feb	Gratitude to the Ocean	Seeing the Pristine Coral Reefs With Your Own Eyes 6:30 Sunrise bathing, meditation, or yoga by the beach (optional) 7:50 Breakfast 8:50-11:30 Snorkeling trip #1 12:00 Lunch 13:30-16:30 Snorkeling trip #2 or free time 17:30-18:30 Sharing circle 19:00 Dinner 20:00 Group process	<b>Phang-Nga</b>  Mu Ko Surin National Park
day 3 - Wed 19 Feb	Human and Ocean	The Oceans Connecting to Life On Land: Sea Gypsy Livelihood 6:30 Sunrise bathing, meditation, or yoga by the beach (optional) 7:50 Breakfast 8:50-11:00 Sea Gypsy Village at the National Park: Conservation Policy and Nomad Livelihood 11:30 Packing & Check Out 12:00-12:45 Lunch 13:00-15:30 Speedboat back to Kuraburi Pier 16:00 Travel to Koh Phrathong 17:30 Arrive at Koh Phrathong & Check-In (local resort) - Free time, Swim, Watching Sunset 19:00 Dinner 20:00 Group process	<b>Phang-Nga</b>  Mu Ko Surin National Park  Koh Phrathong <a href="https://q.co/kgs/mND3YpV">https://q.co/kgs/mND3YpV</a>  <b>Note:</b> - Local resort double sharing - Electricity 24h

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day 4 - Thu 20 Feb	Human and Ocean	Diversities by the Andaman Sea 6:00 Go to Savanna field for sunrise, watching birds (hornbills sighting) 8:30 Breakfast 9:30 Getting to know the island - Stories of the 2004 Tsunami - Visit Lion Village: life after the tsunami - Seagrass conservation 11:00 Packing & Check Out 11:30 Lunch 12:30 Leave for Phuket (5 hours) 17:30 Check-in (hotel, twin or double sharing) - Enjoy the sunset at Patong Beach 18:30 Dinner (freestyle) and shopping (free time) 20:30-late Bangla Road: Nightlife by the beach	Phang-Nga  Koh Phrathong  Phuket  Patong Beach <a href="https://q.co/kgs/mvqjD7a">https://q.co/kgs/mvqjD7a</a>
day 5 - Fri 21 Feb	Seeing With New Eyes	Ocean And Art of Living 8:00 Breakfast (freestyle) & Free time 11:00 Check out, travel to Ban Tha Chat Chai 12:00 Lunch at Ban Tha Chat Chai 13:00 Visit a local Batik Workshop, Painting a Handkerchief, Story of Lovers at the Sarasin Bridge 15:30 Travel to Koh Klang 18:00 Arrive Koh Klang, Check-in (homestay) - Meet the host, the story of the island 19:15 Dinner 20:00 Reflection	Phuket Patong Beach  Ban Tha Chat Chai - Tawan Art Batik Phuket <a href="https://maps.app.goo.gl/ZjBGQz8NZaZjECa68">https://maps.app.goo.gl/ZjBGQz8NZaZjECa68</a>  Krabi Koh Klang (Muslim community) <a href="https://q.co/kgs/QBW7vhQ">https://q.co/kgs/QBW7vhQ</a>
day 6 - Sat 22 Feb	Setting Forth	Integration & Setting Forth 8:00 Breakfast 9:00-11:00 Water excursion - Krabi Cave and History - Mangrove Forest Boat Ride 11:30 Lunch 12:30 Exploring Koh Klang by tricycle - Different OTOP groups - Sunset Beach 19:00 Dinner 20:00 Final Group process and closing circle	Krabi  Koh Klang
day 7 - Sun 23 Feb		Farewell 8:00-9:00 Breakfast 10:00 Packing 10:30 Departure to Krabi Downtown	Krabi