

TREKKING & ICE BATH KHAO NGON NAK

Greet the dawn with the first rays of sunlight and immerse yourself in a magical morning sea of mist. Round out your perfect itinerary with a health-restoring Ice Bath experience designed to revitalize your body and mind.

PACKAGE RATE THB PER PERSON.

4,500

MINIMUM 4 PARTICIPANTS REQUIRED.

CONTACT US:

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TAT License No.: 32/01660 SAWASDEE ANDAMAN GROUP SERVICE

TREKKING

Conquer the Dragon's Crest: Sunrise Trek, Healthy Feast & Ice Bath Recovery

Embark on an unforgettable morning adventure to conquer Krabi's iconic Dragon Crest Mountain (Khao Ngon Nak). Witness a breathtaking sunrise, refuel with a delicious healthy meal, and rejuvenate with a unique ice bath and sauna session.

KHAO NGON NAK TREKKING ITINERARY

- 05:00 AM Exclusive Hotel Pickup: Your adventure begins with a convenient, private transfer from your hotel. Enjoy a short, scenic 15-minute drive to the starting point of the Khao Ngon Nak trail.
- 05:15 AM Gear Up & Warm Up: Receive your essential trekking package: refreshing drinking water, nourishing snacks, and professional gear (trekking poles, flashlight, and trail running hydration pack). Prepare your body with a supervised 10-minute warm-up.
- 05:35 AM The Ascent Begins: Set off on the 3.7-kilometer trail, winding through pristine jungle. This approximately 2-hour trek is your private challenge, guided by our experts.
- 07:30 AM Sunrise at the Dragon's Crest: Arrive at the peak just in time to witness the spectacular sunrise over the Andaman Sea and the breathtaking Krabi karst landscape. Enjoy 1.5 hours of free time. Your guide will be on hand to ensure your safety and capture professional photos for you to cherish.
- 09:45 AM Journey Downward: Begin the descent, giving you a chance to truly absorb the natural beauty and stunning vistas of Krabi at your own pace.
- 11:45 AM Transition to Recovery: Reach the base and depart for Growth Club – your haven for recovery, featuring ice bath and sauna facilities in Ao Nang.
- 12:00 PM Nourishing Recovery Lunch: Refuel with a specially curated, healthy set lunch designed to replenish your body after the trek.
- 13:00 PM Ultimate Relaxation & Rejuvenation: Immerse yourself in total recovery. Enjoy free time to experience the invigorating Ice Bath and traditional Sauna – the perfect way to reduce muscle fatigue and boost your energy.
- 14:30 PM Relaxing Return: Your complete wellness journey concludes with a comfortable private transfer back to your accommodation.

ICE BATH



WHAT'S INCLUDED AND EXCLUDED IN YOUR PACKAGE

1. Khao Ngon Nak Trekking Activity

- Trekking poles
- Hydration backpack
- Refreshing drinking water
- Energy snacks along the trail
- National Park entrance fee (400 THB included)

2. Ice Bath & Wellness Session

- Cold-water immersion (Ice Bath) session for muscle recovery
- 1 set of healthy snacks & drinking water per person
- Towel, Lockers & Shower Rooms

3. Additional Inclusions

- Round-trip transfers throughout the trip
- Tourist accident insurance
- Professional trekking & tour guide

What's Excluded (Not Included)

1. Tour Guide Tips: Optional and strictly at your own discretion.
2. Personal Expenses: Meals and beverages other than those specified in the program.
3. Extra Activities: Any optional activities or experiences not mentioned in the itinerary.

WHAT TO BRING / WHAT TO PACK

Footwear:

- Hiking shoes or sturdy trail running shoes
- Sandals or flip-flops (for relaxing after the hike)

Clothing:

- Comfortable, breathable trekking outfit (for the Khao Ngon Nak hike)
- Swimwear (for the Ice Bath activity)

Personal Belongings:

- Personal medications
- Camera or smartphone (to capture the stunning views)

recovery

reduces muscle tension
supports faster
recovery