

RECREATION BROCHURE



INTERCONTINENTAL[®]
SAMUI BAAN TALING NGAM RESORT



ENRICHING EXPERIENCES AWAIT DISCOVERY

At InterContinental Samui Baan Taling Ngam Resort we offer a wealth of recreational activities to enjoy, with something for every age and interest. Starting with our seven unique pools – each one coloured according to its position in relation to the sun – prepare to experience the peak of relaxation and laid-back luxury.

When the urge to explore takes hold, venture out into the sea and discover the underwater world of the Gulf of Thailand, learn more about the wonderful flavours of the local cuisine with a Thai cooking class, or experience the ‘Art of Eight Limbs’ with a lesson in traditional Thai boxing.

Natural beauty is in abundance outside our resort, with long stretches of stunning coastline, waterfalls, temples and coconut trees. Nearby, the stunning topography of Ang Thong National Marine Park and the incredible diving sites of Koh Tao ensure endless opportunities for day trips and excursions.

OUR TEAM

Our wide variety of land and water-based activities are led by experts in their field. Whatever your age or ability level, we're here to ensure you enjoy a truly memorable experience.



Khun Wanida, known as 'Ta', brings over twelve years of experience to her role as Beach and Resort Activity Manager. She manages our team of activity

leaders, ensuring they offer the best possible experiences to our guests.



As Senior Water Sports Supervisor and a certified instructor, Khun Pepsi is on hand to guide any guest – whether novice or experienced –

as they try their hand at the variety of activities on offer.



Khun Nutch, Senior Planet Trekkers Supervisor, has worked with children for the past eight years, and combines fun with education to create enjoyable

activities for children of all ages. Her prior experience includes working as an international pre-school teacher.



Our yoga specialist, Simona Granata, started practicing meditation twenty years ago in her hometown in Italy. A developing interest in yoga

brought her to Asia where she has certified in, and practiced, Hatha, Ashtanga and Flow yoga.



A medical doctor by background, Dr. Serge teaches yoga and Pilates at our resort. After living and working as a doctor in Belgium for many years, he moved to Koh Samui in 1999 and established himself as a freelance yoga instructor.



Resort Facilities

We take pride in offering the very highest standard of recreational facilities and services at InterContinental Samui Baan Taling Ngam Resort. Guests staying with us can make full use of the following:

- 2 Tennis Courts
- 7 Swimming Pools
- Fitness Centre
- Private Pier
- Yoga Platform
- Table Tennis
- Water Sports Centre
- Inspiration Space
- Kids' Club



POOL AND BEACH

Swimming Pools

At InterContinental Samui Baan Taling Ngam Resort guests can relax at not one, but seven unique swimming pools. Our main infinity pool, situated by the Air Bar, was actually the very first infinity pool on Koh Samui when it was first built in 1993. It offers spectacular 360-degree views across the island, the coconut plantations and the Gulf of Thailand below.

Our second infinity pool, located by the beach, offers the perfect space for those who enjoy proximity to the sea. It also includes a separate, shallower kids' pool for our younger guests. The remaining five pools are located in different areas around the resort, each one themed according to different colours of the sky during the course of the day and night.

Hours of Operation:

Infinity Pool and Beach Pool from 7:00am – 7:00pm.

Red, Orange, Blue and Yellow Pool from 8:00am – 6:00pm.

Purple Pool is reserved for guests staying at the Three Bedroom Napa Reserve Villa.

Use of the pools is complimentary for all guests.

Private swimming lessons are available at THB 1,000++ per person per hour.

Group swimming lessons are available at THB 500++ per person (minimum of 3 people).

Aqua Aerobics

A low-impact, highly effective way to keep fit or just loosen stiff muscles and joints. Aqua Aerobics is also beneficial for those suffering from arthritis or sports injuries, or those simply looking to get back into shape. Work at your own pace and enjoy an hour of fun in the pool.

Aqua Aerobics sessions are held at the Red Pool on a weekly basis. Please check the weekly activity schedule for more information. Classes arranged outside of the schedule will incur an additional charge.

Beach Activities

Amidst the seclusion of Taling Ngam Bay, our private stretch of pristine beachfront is an idyllic setting from which to enjoy a range of activities. Start your morning with a gentle jog along the beachfront, or join one of our beach aerobic classes for an invigorating workout.

For those who enjoy the challenge of team sports, we regularly organise beach volleyball, beach mini-soccer and even the traditional Thai-Malay sport of *Sepak Takraw* – a version of volleyball that makes use of a rattan ball, with players using their feet, knees, chest or head to pass the ball across the net.

All beach activities are complimentary. Please contact the Recreation Team for schedule details.



WATER SPORTS

Our Water Sports Centre offers everything from Hobie Catamarans to windsurfing, kayaking, sailing and snorkelling. Whether you're a beginner or have years of experience, our team is on hand to ensure you have an enjoyable and safe experience.

Hours of Operation: 8:00am – 5:00pm. Use of equipment is complimentary, however instructor-led lessons will incur an additional charge.

Snorkelling

The perfect way to explore the colourful underwater world of the Gulf of Thailand with minimal effort. Snorkelling is suitable for swimmers of all levels and is a fun and enjoyable way to get up close to the ocean's rich marine life and corals without the training and preparation required for scuba diving.

Use of snorkelling equipment is complimentary for all guests swimming within the area in front of the resort. Excursions to nearby islands and snorkelling sites can be arranged for an additional charge.

Scuba Diving

Discover the wonders of scuba diving with a one day introductory course, or perfect your skills with our four day certification. At InterContinental Samui Baan Taling Ngam Resort we work with a highly reputable diving school who are experts at training novices and experienced divers alike. You can then join our daily dive tours, travelling in style on our signature InterContinental speedboat to explore some of the best spots in the region.

Discovery Scuba (Pool)

PADI Discovery Scuba Diving course (1 day)

PADI Scuba Diver course (2 days)

PADI Open Water Diver course (4 days)

PADI Advanced Open Water Diver course (1 to 3 days)

PADI Scuba Review (Pool)

PADI Scuba Review (Boat)

PADI Rescue Diver course - 3 days & EFR (1 day)

Prices start from THB 4,450+-. Please contact ext. 5803 for further details.



Hobie Cat

A Hobie Cat is a small sailing catamaran. In almost all weather conditions, the Hobie Cats available at our resort can be safely sailed on the emerald sea in front of the hotel.

Hobie Cat lessons are available at THB 500++ per person per hour.

SUP (stand-up paddle boarding)

SUP flatwater cruising is a traditional Hawaiian sport promoting balance, strength and general fitness. It provides a workout that strengthens core muscle groups while giving you a fun and exciting way to view the natural surroundings.

SUP lessons are available at THB 500++ per person per hour.

Windsurfing

Windsurfing is a surface water sport that combines elements of surfing and sailing. Lessons are available for all levels.

Windsurfing lessons are available at THB 500++ per person per hour.

Kayaking

Kayaking is one of the most popular water sports on Koh Samui and is the perfect way to explore the sparkling waters around Taling Ngam Bay, as well as the nearby islands and cove.

Kayaking lessons are available at THB 500++ per person per hour.



ACTIVE

Keep up your fitness regime or try something new. At InterContinental Samui Baan Taling Ngam Resort we offer a state-of-the-art fitness centre, along with a range of one-on-one training, classes and more adventurous activities.

Fitness Centre

Our fully equipped Fitness Centre includes life fitness cardio machines, resistance and free weights. Guests can use the equipment at their leisure, or book the services of one of our personal trainers.

Use of the Fitness Centre is complimentary for all guests and is accessible 24 hours a day with a guestroom key card. Personal trainers are available at THB 1,500++ per person per hour.

Tennis

Want to improve your technique or take a match play challenge? Book a hitting partner for a match on our tennis courts. Two tennis courts are available for your enjoyment.

Tennis Courts are open from 7:00am – 8:00pm. Use of the courts is complimentary for guests during the day, while between 6:00pm – 8:00pm a small fee of THB 250++ per hour is charged for electricity usage. Private tennis lessons are available at THB 750++ per person per hour.

Adventure Activities

Explore the lush natural surrounds and picturesque views of Taling Ngam Bay by bike, or for a more relaxing adventure, take a kayak out to one of the nearby islands with a picnic and discover deserted beaches and island attractions.

Mountain bike trip for 2 hours: THB 1,500++ per person per trip, including refreshments.
Mountain bike trip for 6 hours: THB 2,900++ per person per trip, including refreshments, picnic lunch and waterfall discovery (half price for children under 12 years old).
Kayaking and picnic: THB 2,000++ per person per trip, including refreshments.

Fit Ball Lessons

Improve your balance and core stability with a fitness class that uses every muscle of your body.

Fit ball lessons are available at THB 1,500++ per person per hour.

Thai Boxing Lessons

Muay Thai – or Thai boxing – is a national sport in Thailand. Unlike other types of boxing, it makes use of eight ‘points of contact’ (and is often referred to as the ‘Art of Eight Limbs’), using punches, kicks, elbows and knee strikes. Take a lesson with our in-house instructor and learn some of the techniques of this ever-popular sport.

Thai boxing lessons are available on our outdoor platform at THB 500++ per person per hour, or for a private three hour lesson at THB 1,200++ per person.



HOLISTIC

Enjoy a greater sense of wellbeing, along with a stronger, suppler body through one of our holistic classes. Our instructors have years of experience in teaching both novices and advanced learners, and are experts in alternative health and meditation techniques.

Yoga Classes

Yoga is a system based on different techniques (postures, breathing, cleansing kriyas) by which the body is kept healthy and strong and helps to prevent various ailments. Yoga improves health, balance, energy and peace of mind, and its benefits have been proven physically in the respiratory system by slowing down the respiratory rate, in the circulatory system by stabilising the action of the heart and by reducing blood pressure. Join us on the outdoor yoga platform for a professionally instructed class led by our yoga expert **Simona Granata**. We provide your yoga mat, towel and drinking water, so all you need to do is show up.

Private classes are available at THB 3,500++ per person per hour (up to 4 people), THB 5,000++ for a couple per hour, THB 6,000++ for a family or group per hour (minimum of 6 people).

Our daily yoga class takes place every morning between 7:30am – 8:30am and every evening between 5:00pm – 6:00pm on the outdoor yoga platform for THB 500++ per hour. Please reserve your spot at least 24 hours in advance.

Pilates

Improve your overall flexibility, posture and abdominal strength with a Pilates class. Popular around the world, Pilates is based on a series of stretching exercises on the mat, using balls, bands, as well as specialised equipment. Private sessions can be arranged with our specialist instructor **Serge**.

Private Pilates classes are available at THB 3,500++ per person per hour (for 1-4 people), THB 5,000++ for a couple, THB 6,000++ for a family or group (minimum of 5 people). An additional THB 1,000++ is charged per extra person.

Aqua Gym

Private Aqua Gym classes are available at THB 3,500++ per person per hour (for 1-2 people).



PLANET TREKKERS

Planet Trekkers is the resort's signature kids' club, designed to entertain and inspire our younger guests, while you enjoy some much-needed time off. Catering specifically for two distinct age groups: 4-7 and 8-12, your children will have access to fun and positive learning experiences that will genuinely enrich their time in Thailand.

Under the watchful eye of our trained and caring team, they will be introduced to some of the many traditions, sights and sounds of beautiful Koh Samui through a range of activities throughout the day. A nanny service is also available for children under four years of age and for babysitting outside of Planet Trekkers' hours.

Planet Trekkers complimentary activities:

- Balloon Twisting
- Origami
- Bubble Painting
- Hula Hoop Dancing
- Windmill Making
- IC So Seeds Growing
- Thai Culture Class
- Create Toys from Recycling
- Experiment on Water and Oil
- Cartoon and Movie Show
- Game Master
- Party Mask
- Coconut and Palm Leaf Creation

Planet Trekkers chargeable activities:

- Face Painting: THB 500++ per child
- Plaster Model Painting: THB 500++ per child
- Be a Chef (pizza or cookies): THB 1,000++ per child
- Swimming Lesson: THB 1,000++ per child
- Nail Painting: THB 500++ per child
- Tie Dye: THB 500++ per child
- Glister Picture Colouring: THB 500++ per child
- Tote Bag Design: THB 500++ per child
- Be a Little Bartender (mocktail creations) THB 500++ per child
- Glass Painting: THB 500++ per child
- Tennis Lesson: THB 500++ per child



DINING & CULTURAL ACTIVITIES

Led by Stephane Duvacher, our Food and Beverage Director, our dining and entertainment team bring a wealth of experience and flavours to our resort. As well as sampling their culinary creations at our four bars and restaurants, guests can also learn some of their secrets through our truly authentic Thai cooking class and “Organic Market Pick”.

Thai Cooking Class @ Amber

With its unique aromas and delicate balance of flavours, Thai cuisine never ceases to be popular. From rice to noodles, fiery curries to milder soups, salads and incredible seafood, it offers an endless array of dishes and tastes. Learn more about the ingredients and methods of this wonderful cuisine through our Thai cooking classes, as well as a visit to a local market where you can select your own ingredients.

Adult: THB 2,900++ per person. Child (12-16 years): THB 1,500++ per person. Price includes transportation, ingredients, handouts (recipe cards with photos) and a glass of wine during the meal. Please note, pricing and scheduling is subject to change. Please check with our Concierge Department for details.

Chef Luke Tuk Tuk “Organic Market Pick”

A chance to handpick a selection of the freshest local produce before having it prepared to your liking by our expert Michelin star executive chef. Visit the local fishing village to take your pick from the morning catch, before heading to the local organic vegetable and fruit farm, and then on to the resort’s organic herb garden where you’ll be met by our resident gardener. Take your fresh produce to the chef’s kitchen and watch as he transforms your selection into mouthwatering dishes.

Organic Market Pick is available at THB 3,900++ per person (minimum of 2 people; maximum of 4).



EXCURSIONS

Koh Samui and its surrounding islands offer a wealth of possibilities for exciting excursions to see the natural beauty and culture of the area. With InterContinental's 'In the Know' Concierge Programme, our teams can guide you on visits to local heritage and cultural sights, colourful festivals throughout the year, or arrange personalised trips around Ang Thong National Marine Park and its untouched islands.

Speedboat Adventures

InterContinental Samui Baan Taling Ngam Resort takes you on an exotic adventure into the vibrant marine destination of Koh Samui and beyond. Get ready for an exquisite voyage to iconic tropical islands, including the famed Five Islands, and around the delicate sailing waters of Ang Thong National Marine Park archipelago aboard the resort's signature speedboat.

Relish the breathtaking scenery of dramatic island formations and limestone cliffs, pristine beaches and smooth oceanic waters. Dive in, snorkel and swim with the tropical fish of the Gulf of Siam. Indulge in delicious meals aboard our speedboat or savour an exclusive picnic on one of the secluded islands.

Destinations include:

Ang Thong National Marine Park – A unique archipelago of 42 islands in the Gulf of Thailand with soaring limestone mountains, exotic jungles, white sandy beaches, waterfalls and hidden lakes.

Koh Tao – Often referred to as Thailand's best-kept secret, Koh Tao offers golden beaches, secluded bays and exotic underwater havens that are internationally revered as a scuba diver's paradise.

Koh Tan – Just two kilometres south of Koh Samui, it is a small, largely deserted island, renowned for its exquisite coral reefs and exotic marine life. Giant clams,

fan coral and a wide variety of underwater wildlife live in and around the protected reefs.

Koh Matsum – Located east of Koh Tan and a popular spot for a day trip. The long, white sandy beach is a favourite with the local community and an ideal destination to 'explore the unexplored'.

Koh Phangan – Half an hour north of Koh Samui, Koh Phangan is famous for its beaches and infamous for its full moon parties that attract thousands of travellers each month. If you're not looking for a party, there are stretches of secluded beaches with lush, green backdrops.



Rates

Join In Cruise

Cruise	Duration	Capacity	Adult/Child (under 10)
Koh Tan / Koh Matsum	9:00am – 2:00pm	12	THB 3,950++ / THB 1,975++
Ang Thong National Marine Park / Around Koh Samui	9:00am – 2:00pm	12	THB 5,000++ / THB 2,500++

Minimum 6 people, including entrance fee, tour guide, lunch and soft drink.

Charter Cruise

Charter - Speedboat	Duration	Capacity	Rates
Ang Thong National Marine Park / Around Koh Samui	9:00am – 5:00pm	12	THB 32,000++
Koh Phangan	9:00am – 5:00pm	12	THB 37,500++
Koh Tao / Koh Nang Yuan	9:00am – 5:30pm	12	THB 42,000++

Including tour guide and soft drink.

Hourly Rentals

Speedboat	Rates
Per 1 hour	THB 8,500++
Half Day Tour	THB 25,000++

Lunch Options

Speedboat	Rates
Packed Lunch	THB 1,200++
BBQ with Private Chef	THB 2,500 + chef and serving staff fees

Half day / Koh Tan & Koh Matsum (9:00am – 2:00pm).

All prices are subject to 10% service charge and applicable government tax.

All prices are subject to seasonal change and third party update.

Inland Excursions

While Koh Samui's beaches and marine life are a big draw, the island also has plenty to offer for those who prefer to stay on land. We can arrange trips to various parts of the island to visit waterfalls, go elephant trekking or – for the ultimate adrenaline rush – soar through the jungle on a zip-line. Other adventures include mini safari shows, go carting, temple visits and more.

Please contact our Concierge Team for pricing and schedule details.



Experience the peak of relaxation and laid-back luxury.



BOOKING INFORMATION

To book activities, please contact our Recreation Team on ext. 5803.

- Always check with our Recreation Team for current weather conditions and let them know if you are not familiar with any equipment you intend to use.
- Please alert our Recreation Team if you have any pre-existing medical conditions. If you are feeling ill, we advise you not to participate in any strenuous activities.
- For outdoor activities, please wear appropriate sun protection to prevent sunburn.
- Please bring appropriate clothing for your activity e.g. suitable shoes for tennis, or a T-shirt for snorkelling to protect your back during extended periods in the water. Please ask our Recreation Team if you have any questions on what to wear.

