

SCHEDULE OF ACTIVITIES (2010)

NOTE: Some activities may be subject to weather

CHECK to see which activities are included in your package.

ACTIVITY	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ORIENTATION							
EXERCISE PROGRAM							
Ruesri-dat-ton and Meditation	See separate schedule sheet - several activities every day Choice of R-d-t 7:00AM, Morning Walk 7:00AM						
Integrated fitness activities							
HIKING/WALKING							
Climb Mnt. Bowman					Guided		
Descend Canyon Wall				Guided			
Marsh walk		Guided					
Reinhardt point	Guided						
Nature trails and ranch walks	Unguided walks -- any time (ask for general directions and/or map)						
HORSEBACK RIDING							
Morning	Guided horseback riding every day - depart 10:00AM return 12PM						
Afternoon	Guided horseback riding every day - depart 2:00PM return 4:00PM						
Day ride			Guided			Guided	
Safety lessons							
4 x 4 EXCURSION							
Canyon/High Bar /Cougar Pt.			Morning				
Wild life view/Photo/phy							
Gold Panning						Guided	
PRESENTATIONS							
Falcon Training	Brian "trains the falcons" every day - check with Brian for best time to view - usually 1:30PM						
Roping Lesson							
Feed the critters							
Fly casting lessons							
Western & Thai cooking lessons	By arrangement with Kim (Western) or Nanthawon (Thai)						
MEALS							
Breakfast	Buffet style - served at 8:30am						
Lunch	Buffet style - served at 12:30pm						
Dinner	Served at table - Served at 6:30pm						
Coffee/Tea	Available all day - serve yourself at coffee/tea station						
CAMP FIRE DINNER			BBQ			BBQ	
THAI NIGHT with THAI DINNER					Special		
RANCH FACILITIES							
Swimming Pool	Available every day from 7:00 am to 10:00pm, unless advised otherwise.						
Exercise room	Available every day from 7:00 am to 10:00pm, unless advised otherwise.						
Games room	Available every day from 8:30 am to 11:00pm, unless advised otherwise.						
Hot tub	Available every day from 7:30 am to 10:00pm, unless advised otherwise.						
Sauna	Available every day from 7:30 am to 10:00pm, unless advised otherwise.						
Outdoor games	Every day						
SPA AND BEAUTY TREATMENTS	See Thai and Western Spa menu - it is recommended that you book one day in advance with our Spa Director, Jaranya - Spa available 10am to 8:00pm						