



MYEIK ARCHIPELAGO, MYANMAR

ISLAND ACTIVITIES

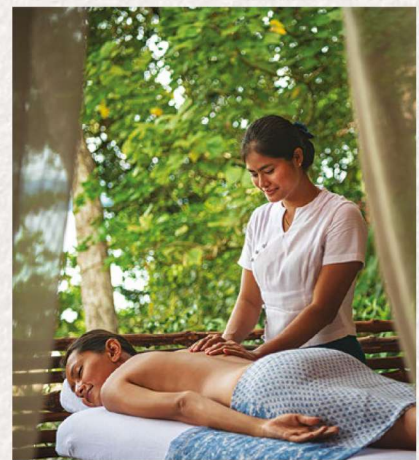
Wa Ale

ISLAND MAP



Activities

*Every activity at Wa Ale is exclusive to you...your own personal adventure awaits.
Let us share a few unique experiences you are invited to try during your stay with us*



DIVE UNEXPLORED SITES IN THE MYEIK ARCHIPELAGO

Our certified Dive Team are here to explain all our dive programs from Discover Scuba to Advanced Diving options surrounding Wa Ale

SNORKEL UNTOUCHED AREAS AROUND LAMPI MARINE NATIONAL PARK

There are a variety of locations our dive team will recommend and guide you for snorkeling around Wa Ale and within Lampi Marine National Park to view amazing marine life

JUNGLE TREKKING ON WA ALE

Explore Wa Ale's jungle terrain with our Wildlife Guide and learn about the flora and fauna of the island. Treks can be personalized according to the desired length of time and degree to which you would like to learn. We suggest early morning or late afternoon hikes to view more wildlife

BIRD WATCHING & NATURE DISCUSSIONS AT THE CONSERVATION CENTER

Meet at our Conservation Center to view and learn about the island's bird species and wildlife indigenous to the island. Our Wildlife Guide can also share with you information about Wa Ale's Turtle Conservation effort

PADDLE BOARD OR KAYAK WA ALE'S PRIVATE MANGROVE FOREST OR SALET GALET RIVER *

Take a closer look with one of our guides to see what makes Wa Ale so wild and beautiful. Explore Wa Ale's private mangrove forest and the pristine coastline to view breathtaking rock faces and tunnels and incredible marine and wild life

**These 2 activities are best experienced during high tide
Our staff will provide you the best time to explore these areas*

VISIT OUR LOCAL FISHING VILLAGE

Take a boat ride to the fishing village of the Karen people to respectfully learn about local village life and decide on ways to give back through the Lampi Foundation. The Foundation helps fund social welfare and conservation projects to support the village community

YOGA AT THE JUNGLE GYM

We invite you to practice a diverse array of yoga styles and meditation with our certified yoga instructor in the mornings and afternoons. Private classes may also be arranged to suit your needs

RIVER SPA TREATMENTS

Explore our unique open-air spa amidst a lush jungle with sweeping views of the Andaman Sea. Enjoy every luxurious moment at Wa Ale's special retreat

Aquatic Excursions at Wa Ale

Discover Wa Ale's aquatic wonderland during your stay...



Be sure to apply plenty of sunscreen for all of our water activities. Drinking water will be provided by your guide, as well as life jackets when required or desired

Kayak Salet Galet River

Glide along the turquoise waters of the mangrove forest on a kayak or paddleboard, surrounded by the sounds of the jungle. This broad channel at the east end of Wa Ale is sheltered and ideal for those looking for a quiet paddle through dense vegetation. Experience where the forest meets the sea, keeping an eye out for collard and ruddy kingfishers hunting in the still waters. Explore the winding labyrinth of channels with the help of our resident guides, who will accompany you on your journey. For those seeking a longer trip, we'll paddle up a salt water channel winding through the jungle. At the end of your row, discover a small stream with a rocky pool, perfect for a quick dip. Be sure to bring a hat and sunglasses, as many portions of this trip will be exposed

Kayak Pavilion Beach

Embark from Pavilion Beach on your kayak, heading to the southwest tip of Wa Ale. View the rocky, inaccessible beaches that line our island paradise. Paddle past the pinnacle of the island and look up to the final viewpoint of our Paradise Trail. Spot tall trees perched on steep cliffs jutting from the water around you as you paddle north to Mangrove Bay, viewing corals and marine life in the shallow waters

Wa Ale House Reef

Our closest snorkeling spot is set just minutes from the jetty, right off the south coast of Wa Ale. Surrounding a rocky islet, a coral reef teeming with sea life offers a morning or afternoon's worth of snorkeling adventures. Swim to a small, untouched beach nearby and get yourself sandy before heading back into the water to wash off

Snorkel Canyon Cove

One of our most popular dive sites, Canyon Cove is a reef that also has something special for snorkelers. Ranging in depth from 2 - 18 meters, this is a perfect excursion for groups that have both divers and snorkelers. Witness plenty of soft corals along with colourful fish and other sea life while swimming alongside one of Wa Ale's neighbouring islands

Snorkel Mushroom Reef

Mushroom Reef is situated near Canyon Cove, around ten minutes by boat from Wa Ale. A beautiful, fringing reef covered in mushroom corals awaits, along with porites and lettuce coral. Sea life such as clownfish, damsels and parrotfish call this reef home, and can be viewed in abundance at this Wa Ale exclusive snorkeling destination

Kayak Mangrove Bay

Best done at high tide, kayak or paddleboard through the serene waters of our very own Mangrove Bay. The warm, still waters are complemented with a sandy bottom, perfect for frequent dips. Further out, watch as the reef life begins to emerge in the deeper blue, complete with darting schools of fish. This activity can be enjoyed on your own or with one of our friendly guides

Kayak Crocodile River

Running through the only national marine park in Myanmar, Crocodile River takes you into the lush mangroves of Lampi Island. 30 minutes from Wa Ale by speedboat, find kayaks and paddleboards waiting for your serene paddle through the lush marine forest. Explore a large labyrinth of saltwater channels created by the island, with huge stilted mangroves that host rich in bird life. During your hour and a half paddle, keep your eyes peeled for white-bellied sea eagles, brahmyny kites and other seabirds riding the skies above

Boat Tour to Hornbill Island

Take a speedboat tour to a secluded channel in one of Wa Ale's sister islands. An on-boat activity, you can expect snacks, drinks and calm waters while you search the skies for several species of birds feeding on the shoreline. Best done at sunset, we have the chance to see hundreds of plain-pouched hornbills returning to the canopy to roost for the night. Witness the flock flying overhead and settling in the trees with this superb opportunity for photography. Plain-pouched hornbills are a threatened species, and the Lampi Island National Marine Park is one of the rare sites where they can still be seen in large numbers

Ultimate Private Dining Experience

We offer a 15-minute boat ride to a secluded island where guests can enjoy a delicious lunch prepared by our staff. The island has white sand beaches, beautiful views, and clear waters for our guests to relax and explore. Kayaks and paddle boards are available for guests. There is access for our guests to showers and toilets.



Diving at Wa Ale



ALL PRICES INCLUDE EQUIPMENT RENTAL

If requesting a Night Dive after the dive center closes for the day, there is an additional US\$50 charge

VALID : 01 OCTOBER 2024 - 01 JUNE 2025

DIVE EXCURSIONS

Canyon Cove & Coral Garden	2 DIVES	PER PERSON (2 DIVERS+)	US\$ 100 -
		PER PERSON (1 DIVER)	US\$ 150 -

Enjoy two spectacular dive sites on one excursion...

CANYON COVE - 1 Dive

10 minutes by boat. A rocky sloping reef that goes down to 16-18 metres, big boulders covered in soft corals and teeming with fish. Yellow and blueline fusiliers, big eye barracuda and parrot fish

CORAL GARDEN - 1 Dive

A further 5 minutes by boat from Canyon Cove. A fringing reef where you can spot big and small things. A rocky patch covered with anemones and coral fans, schools of yellow tail and chevron barracuda, porcelain crab and ghostpipe fish. When currents are right, an underwater swimthrough takes you straight to the dive site

Shark Cave	2 DIVES	PER PERSON (2 DIVERS+)	US\$ 200 -
		PER PERSON (1 DIVER)	US\$ 250 -

35 minutes by boat, one of Myanmar's premium dive sites. Massive granite rock covered with gorgonian fan coral, schools of fusiliers, yellowtail and chevron barracuda. Featuring 20m swimthroughs where you can sometimes find giant moray eels and tawny nurse shark





North Twin Island REQUIRED CERTIFICATION: ADVANCED OPEN WATER	2 DIVES	PER PERSON (2 DIVERS+)	US\$ 250 -
		PER PERSON (1 DIVER)	US\$ 400 -

NORTH TWIN PINNACLE – 1 Dive

North Twin Pinnacle is a series of granite rock spires that touch the sea floor at 40 meters/130 feet. The dive site usually has medium to strong current and is often visited by manta rays and whale sharks

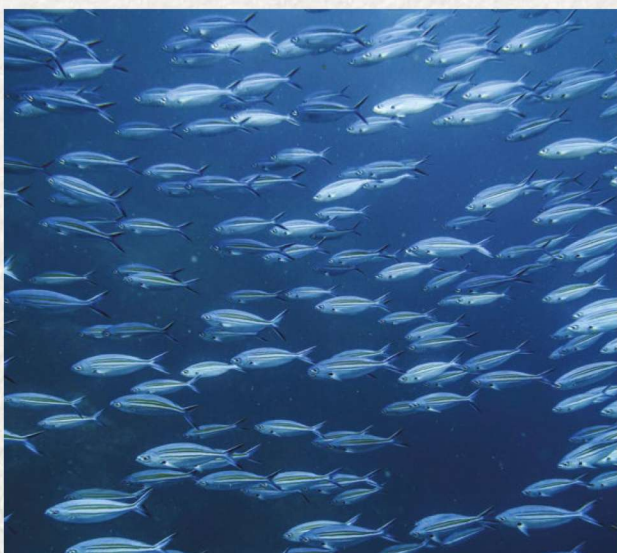
NORTH TWIN PLATEAU – 1 Dive

North Twin Plateau is comprised of dozens of granite boulders, resting on a rocky plateau. Sea life is abundant, with chances of spotting a leopard or white tip reef shark

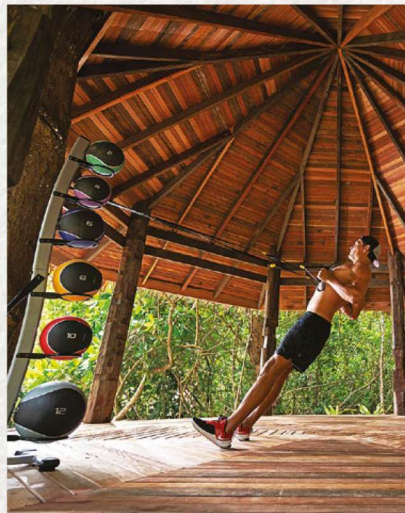
Black Rock REQUIRED CERTIFICATION: ADVANCED OPEN WATER	2 DIVES	PER PERSON (2 DIVERS +)	US\$ 250 -
		PER PERSON (1 DIVER)	US\$ 500 -

BLACK ROCK – 2 Dives

Price Includes two dives at World Famous Black Rock. The dive site is teeming with marine life and often visited by whale sharks and manta rays. This dive site is great for photography with various small invertebrates as well as larger animals



Land Activities at Wa Ale



Be sure to drink plenty of water, wear sunscreen, and let us know your plan for safety and tide advice.

Swim in the Tidal Pools

For those hoping to experience the magic of low tide without a cave walk, you're in luck. Just beyond the Tidal Caves, navigate the rocks to discover a sandy-bottomed swimming pool. Large enough for a family, this private salt-water pool is hidden from view by a large rock. Explore interconnected caverns and smaller pools, eroded over time by the powerful sea. Acting as nurseries for small fish, expect to share your pool with several curious species. Avoid the odd sea urchin while keeping your eyes peeled for tiny nudibranchs

Visit the Conservation Center

Located conveniently next to our River Café, our beautiful viewing platform was constructed for optimal wildlife sightings in a serene and relaxing setting. Peruse our bird board and scan the jungle canopy for hornbills, racket-tailed drongos and pond herons, amongst many other bird species that call Wa Ale home. The surrounding wilderness might also afford a glimpse of reticulated pythons, clouded monitor lizards, several species of primate or even the elusive palm civet. Grab a drink from the River Café, settle in with your binoculars and soak in your surroundings

Exercise in the Jungle Gym

If you'd rather exercise without a guide, our jungle gym is open to you whenever a class isn't in session. Make full use of free weights, kettle bells, medicine balls and multiple TRX suspension trainers. At the far end of Turtle Beach, the jungle gym offers lovely views of the ocean in between rocky cliffs and sheltering trees. Set back into the lush vegetation, the jungle gym is designed to be shady at any time of day, with a soft breeze to cool you off as you work out. Find fresh towels and water waiting there for your convenience, and feel free to explore the cupboard for yoga mats, skipping ropes and balance trainers. Private or group personal training is available for all our guests at no extra charge

Ocean Activities at Wa Ale



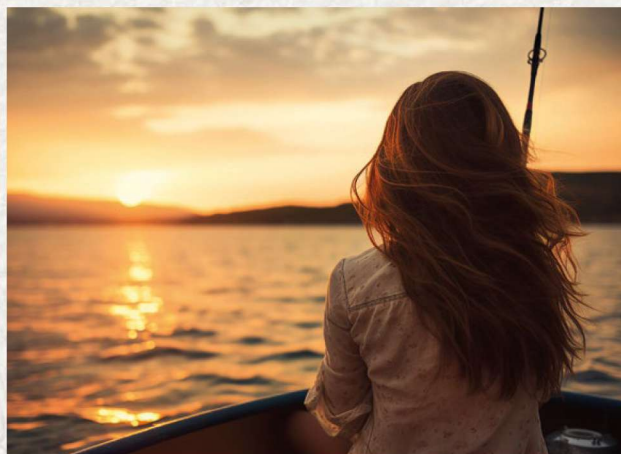
Body Surfing

Wa Ale has large, beautiful waves perfect for body surfers and boogie boarders to surf in front of our guest villas. The waves break in a safe area with plenty of depth for a thrilling experience

Deep Sea Fishing

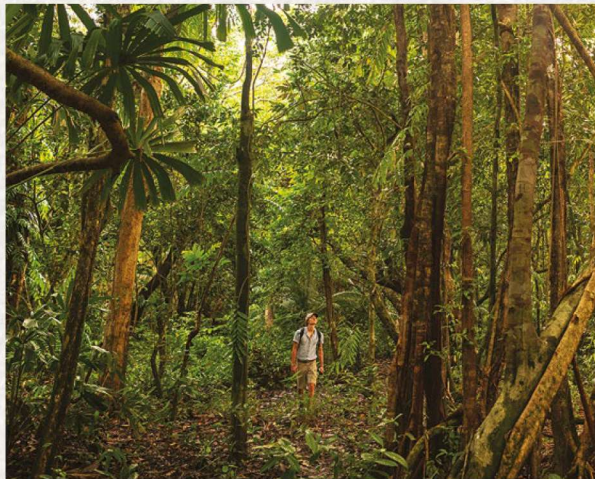
Wa Ale now offers deep sea and bottom fishing from our custom designed covered and very comfortable fishing boat. Our waters are teeming with Wahoo, Trivially, Snapper and other delicious eating fish. Our experienced crew members are extremely knowledgeable about the best fishing spots and techniques, ensuring our guests have a memorable experience

Whether you are a seasoned angler or new to fishing, fishing at Wa Ale is a fun and rewarding experience for everyone. Line fishing is an environmentally sound way of catching fish for eating. We only keep the seafood that is guests wish to eat that evening. Our talented chefs can prepare the specific catch specific to our guests' request, which can vary from grilled whole or filleted Asian or Mediterranean in style sliced thin for carpaccio or ceviche



Hiking Trails of Wa Ale

Trek Wa Ale's jungle trails and view the unique flora and fauna indigenous to the island



Comfortable hiking footwear is required for all hiking excursions at Wa Ale. We also recommend wearing dark or neutral colors for a maximum nature viewing experience. You may want to apply insect repellent to deter mosquitos and other biting insects. Water will be provided and carried by your trail guide

Discovery Trail

DIFFICULTY LEVEL

2

Experience the rich flora and fauna of Wa Ale on the Discovery Trail, an hour and a half trek that winds amongst colossal trees and jungle streams. This trail is an ideal way to encounter the variety of birds, mammals and reptiles that make their home on the island. Mouse deer, giant black squirrels and pig tailed macaques are among the species that you may encounter high in the canopy and on the forest floor. Early mornings are a prime time for wildlife viewing, as the animals awake and begin foraging for food. Venture on an evening hike to see the golden hour light saturate the canopy. Expect a low impact walk with two notable inclines

Honeymoon Trail

DIFFICULTY LEVEL

4

Venture to the picturesque Honeymoon Beach along an hour long trail stretching along the coast of Wa Ale. Walk upon high ridges, keeping an eye out for long tailed macaques, often seen foraging along the coastline and in the canopy. At the end of this challenging hike, cool off in the sparkling waters of Honeymoon beach. Look out for white bellied sea eagles and Brahminy kites, who can often be seen soaring over the white sands. Mornings and evenings are ideal for this cooler hike. Be sure to bring a swimsuit and sunscreen along if you'd like to go for a swim. Water and towels will be provided and carried by your trail guide

Paradise Trail

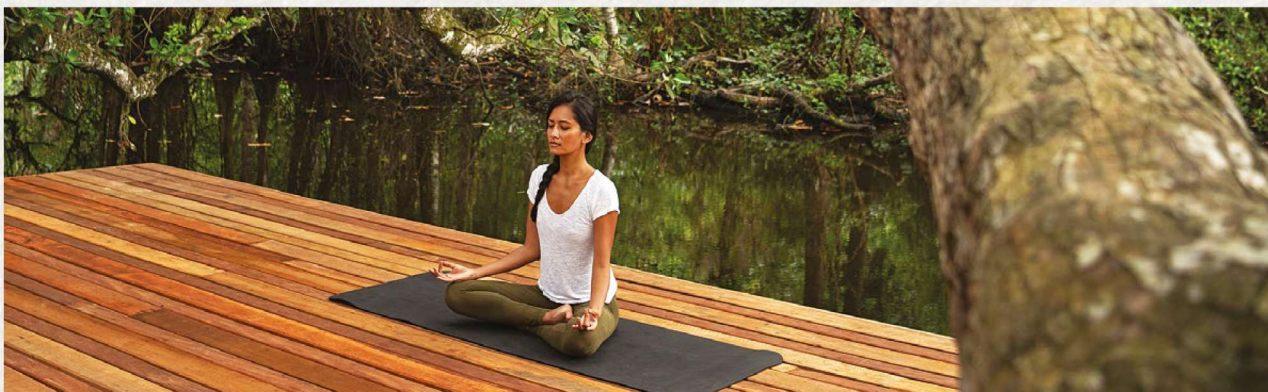
DIFFICULTY LEVEL

4.5

Scale the steep steps of the Paradise Trail to encounter stunning ocean views and abundant wildlife. This is our most challenging trail, and will take you to the heights of soaring eagles! On this two hour trek, you will encounter several panoramic views over the beautiful Andaman Sea. Quiet hikers may catch a glimpse of the elusive spectacled langur, the most shy of the three primates found on Wa Ale. Fit hikers will be rewarded with a stunning vista at the trail's end. Bring a camera along to capture the rugged coastline and islands surrounding Wa Ale

Yoga & Athletic Training

Experience a wide range of guided yoga classes in our open-air jungle gym with an incredible view and relaxing ocean breeze. Let our yoga instructor customize a class to your specific needs during your stay



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YOGA

Stretching

The perfect class after travel or start to your morning or end of the day. Our experienced instructor will guide you through mindful movements with a focus on flowing breath. This class is ideal for all levels

Beginner's Level

Targeted for all levels, this is a slow-paced flow class with a focus on the foundations of postures. Our instructor will guide you through a combination of mobility, strength, and alignment with an awareness of breath and movement

Power Yoga

A dynamic style of Vinyasa yoga that focuses on building strength and endurance. This class will provide a good cardio and strength-training workout. Our instructor will provide a wide range of variations to accommodate all levels of practitioners

Restorative Yoga

Suitable for practitioners of all levels, this class offers peace, harmony and deep relaxation while moving our bodies passively. Poses are held for longer periods of time to allow our bodies to engage in deep inner work

Guided Meditation

Allow our certified instructor to guide you in silencing the mind using various techniques, such as visualization and deep breathing practices. You will be helped to experience your true self by peeling away layers of your limitations and past conditioning. Feel energized and restored and help reduce your everyday stress and boost your feelings of serenity



ATHLETIC TRAINING

High Intensity Interval Training (HIIT)

Join our instructor in this HIIT class featuring varying intervals of cardio and strength exercises paired with active recovery. Increase your heart rate while improving your strength, boost your power and endurance, and work your entire body with challenging moves

Strength Training

This class is designed to increase physical strength and cardio health through weight-bearing and resistance exercise. With the use of free weights, TRX straps and body-weight, this class will give you an exciting range of strengthening, balance, and core exercises while improving cardio health

All the above classes may be offered for private instruction, dependent upon our instructor's availability.
Please contact any members of our staff to arrange a private session

Wa Ale River Spa

*Explore our unique open-air spa amidst a lush jungle
with sweeping views of the Andaman Sea.
Enjoy every luxurious moment at Wa Ale's special retreat*

We proudly use organic and sustainable products from Thailand's Lemongrass House who have a strong commitment to the environment and create quality small-batch oils, creams and serums that are derived from natural ingredients that are sulphate and paraben free.

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BODY SCRUB

Relax your body and mind with a restorative treatment of exfoliation and moisturizing to give your skin a healthy glow

River Spa Body Scrub with Massage	90 MINUTES	US\$ 180 -
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Great for sensitive skin, this mineral-rich salt scrub incorporates a light full-body scrub followed by our classic massage

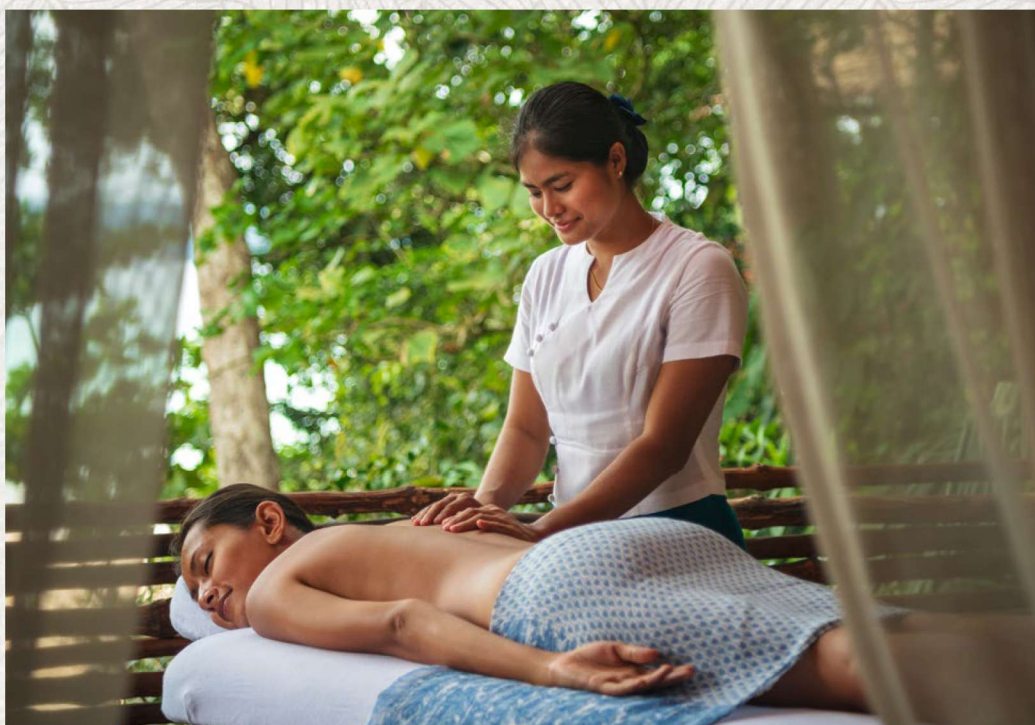
FACIAL

Our innovative signature facials and expert therapists will help make your skin look and feel its best

Glow Facial	45 MINUTES	US\$ 75 -
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Awaken your skin's natural glow with this enzyme-rich facial. Organic botanical products are used to aid lymphatic stimulation and promote radiance





MASSAGE

Knead out knots, revive tired muscles, ease chronic pain, and elongate your frame with targeted bodywork sessions

Classic Oil Massage	60 MINUTES	US\$ 120 -
	90 MINUTES	US\$ 180 -

A customized massage balances your musculoskeletal system and addresses chronic tightness and bound-up connective tissue. Your therapist conducts a detailed assessment to guide your treatment with specialized techniques to relax restrictions and restore balance

Aromatherapy Relaxation Massage	60 MINUTES	US\$ 120 -
	90 MINUTES	US\$ 180 -

With the use of essential botanical oils, this Swedish-style massage surrounds you in calming, fragrant aromas. The soothing power of long fluid relaxing massage techniques eases fatigue and soothes the senses

Foot Massage	30 MINUTES	US\$ 60 -
	60 MINUTES	US\$ 120 -

The foot massage begins with a warm herbal foot soak. The therapist uses high-quality oils and lotions, often infused with aromatic blends such as lavender or eucalyptus. The massage itself involves a combination of techniques like acupressure, reflexology, and deep tissue to relieve tension, improve circulation, and rejuvenate tired feet

Head & Neck Massage	45 MINUTES	US\$ 75 -
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Walk away from this 30-minute scalp, neck, and shoulder massage feeling soothed and revitalized

Traditional Thai Massage	90 MINUTES	US\$ 150 -
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Nuad Bo Rarn (Northern style) it's a gentle and holistic approach to Thai massage, which includes rhythmical series of movements, gentle acupressure, soothing massage, yoga-like stretches and contains elements of reflexology. For this massage you wear loose-fitting clothes which you keep on during all session.