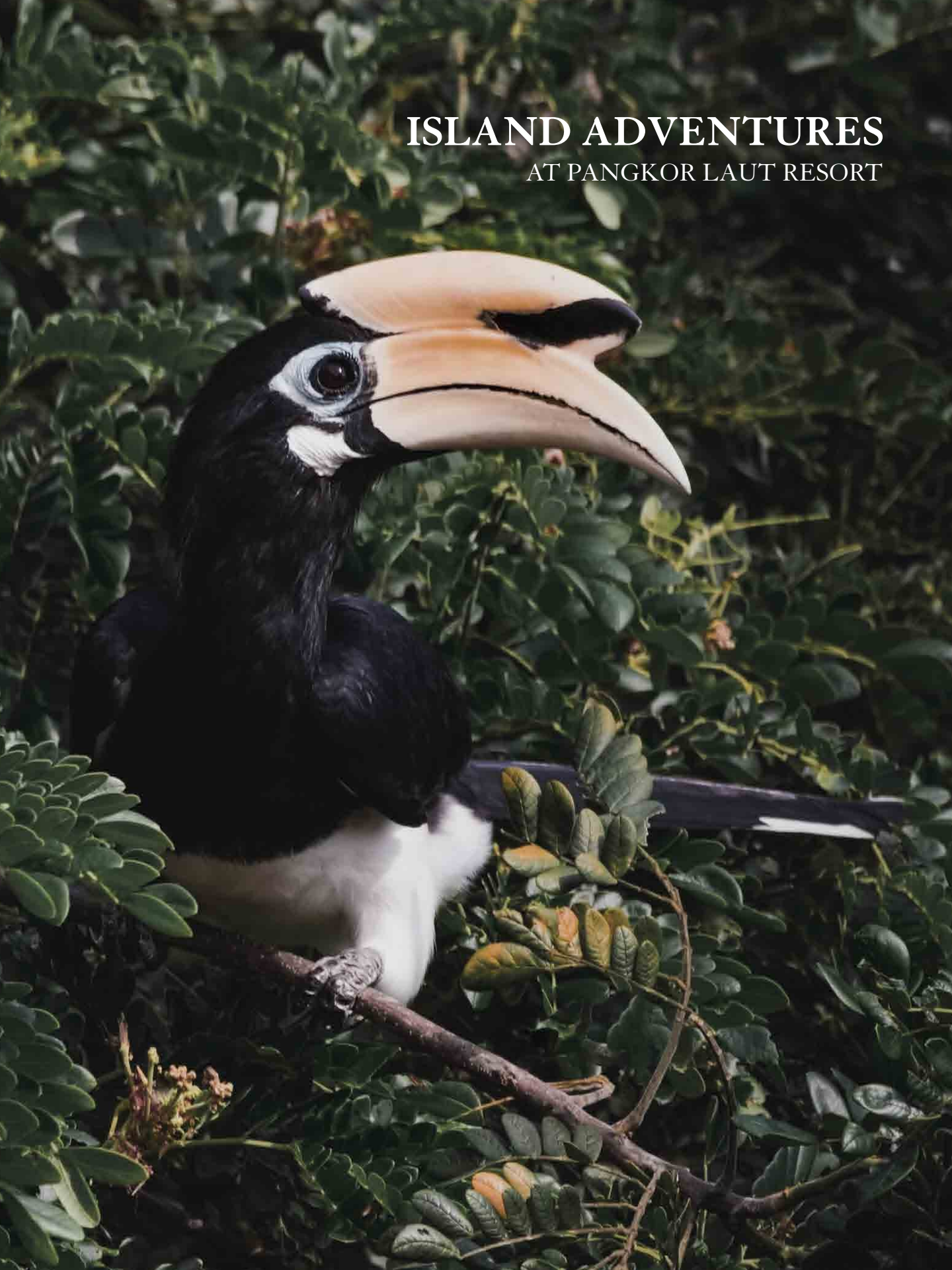


ISLAND ADVENTURES
AT PANGKOR LAUT RESORT



ISLAND ADVENTURES

Please contact Concierge for advance reservations

JUNGLE TREKKING

Uncover a fascinating insight into the spectacular virgin 2-million-year-old rainforest. Our resident naturalist conducts daily walks while imparting guests with informative knowledge on the rich plant and animal life that thrives within it. The jungle trek offers two levels of difficulty and distance that will be selected based on the group's fitness level and the daily condition of the trail.

Travel tip: Long trousers, long/short-sleeved top, sun hat, comfortable covered walking shoes and mosquito repellent recommended.

Scheduled Session

TIME Depart from library at 9am & 2.30pm | FREQUENCY Daily | DURATION 1.5 hours | Maximum 20 persons | Children aged 12 years and below must be accompanied by a parent or guardian at all times | Subject to weather conditions | Advance reservation required

Private Session

DURATION 1.5 hours - short trek, 2 hours - long trek | Minimum 2 persons, maximum 6 adults per session | Children aged 12 years and below must be accompanied by a parent or guardian at all times | Subject to weather conditions | Advance reservation required

Inclusions: A full safety briefing.

MORNING BALANCE EXERCISE

Balance Exercise, known as Heng Gong, is a harmonious practice that combines breathing techniques with gentle stretching to enhance the flow of Qi, or vital energy, within the body. This ancient exercise promotes relaxation and mindfulness, helping practitioners connect deeply with their breath while improving flexibility and posture. By regulating Qi, Heng Gong supports physical health and cultivates mental clarity and emotional balance, making it an excellent addition to anyone's wellness routine.

VENUE Royal Bay Beach Club | TIME 8.30am daily except Wednesday | DURATION 30 minutes | Maximum 8 persons | Advance reservation required

For the latest activity times and availability, kindly contact Concierge.

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FISHING EXCURSIONS

Embark on a deep-sea or leisure excursion that showcases the joys of saltwater fishing.

Deep-Sea Fishing

Take a chartered trip to Pulau Sembilan after lunch with our professional fishing guide. Species that can be encountered include the bigeye tuna, barracuda, giant trevally and queenfish.

TIME Depart from resort jetty at 4pm | DURATION 3 hours | Minimum 2 persons, maximum 4 persons
| Subject to availability, weather and sea conditions | Advance reservation required

Leisure Fishing

Take in the beauty of the surrounding islands whilst soaking up the warm tropical sun. Fish in waters teeming with tropical marine life such as the blue line grouper and yellowtail.

TIME Depart from resort jetty at 10am or 2pm | DURATION 3 hours | Subject to availability, weather and sea conditions | Advance reservation required

Inclusions: Return boat transfer, fishing rods, lines, sinker, bait, packed lunch and refreshments.

ISLAND HOPPING AND PICNIC EXCURSION

Take in the beauty of the surrounding islands, soaking up the warm tropical sun before plunging into a secluded bay to cool off with a lazy swim. Enjoy a picnic lunch on board the boat before returning to the resort.

TIME Depart from resort jetty at 10am or 2pm | DURATION 3 hours | Subject to availability, weather and sea conditions | Advance reservation required

Inclusions: Return boat transfers, picnic basket lunch and refreshments.

For the latest activity times and availability, kindly contact Concierge.

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WATERSPORTS: KAYAKING & PADDLEBOARDING

For water lovers, a varied selection of non-motorised watercraft is available for hire at the Water Sports Centre. Choose to explore the island in a kayak or skim the waves on a paddleboard. Guests must wear personal buoyancy aids for safety reasons.

VENUE Water Sports Centre | TIME 8am to 6pm | FREQUENCY Daily | Children aged 12 years and below must be accompanied by a parent or guardian at all times | Young adults aged below 18 years are required to have written consent from a parent or guardian

Inclusions: A full safety briefing and equipment rental.

For the latest activity times and availability, kindly contact Concierge.