## CBT itineraries 1

visit a fish farm, visit a rubber farm,

have (breakfast, lunch, dinner),

go hiking, go swimming, go fishing, go biking,

relax, make tie die, take a boat ride through the mangroves,

## CBT activites 2

See Sunset on the beach

Have Free time Have Lunch on krachang

Go Snorkeling Go Kayaking Go Rowing in mangroves Go on Trip to island

Visit Wildlife sanctuary Visit fruit farm

Roasting and shelling cashews