

At Rainbow Lodge, we offer a wide variety of activities for your enjoyment.

Feeling energetic?

We have a number of activities suited to the eager and adventurous.

Keep it local?

We understand travelling can take its toll so we have a number of less strenuous local activities and excursions to help you appreciate all that Tatai village and surrounds has to offer.

Relax and unwind?

Rainbow Lodge has a number of areas for a little well-earned rest and recuperation.

## Tatai Waterfall



Tatai Waterfall is the destination for both treks and can also be your chosen destination for boat trips or a kayaking excursion. It is a beautiful cascading waterfall with large boulders and rocks forming a series of steps and pools which either house tinkling trickles of fresh water from the mountains in dry season to a roaring spectacular in rainy season.

The level and amount of water coming over the waterfall can vary dramatically even from day to day and therefore so can the activities that you can do once there. For much of the year there is at least one pool you can get (or jump) into to cool off, and you can also get under some cascading water for a natural power shower. You might even find a spot for a natural rock jacuzzi. There are also areas suitable for swimming above the waterfall.

You can also explore the serenity of the river and water's edge above the waterfall. Whether it be raging torrents, wildlife or beautiful scenery, Tatai Waterfall offers a host of opportunities for the keen photographer or for that happy holiday snap to send to your friends at home.

**Caution: The rocks at the waterfall can be very slippery when wet.** We advise that as soon as you arrive at the waterfall, you take off your shoes and wear socks. Sounds and looks daft but it can provide much more effective grip than bare feet or shoes.

## Trekking

We have two guided trekking options, both of which start with a fairly steep uphill climb, but not all the way to the top of the mountain. Both treks finish at the famous Tatai Waterfall.

Your guide will help point out some of the flora and fauna along the way, while you enjoy the unique wildlife and surroundings of Tatai Wildlife Sanctuary.

Please note all treks are guided and, for your safety, we do not allow anyone to undertake trekking from Rainbow Lodge unaccompanied.

To return to Rainbow Lodge, after enjoying the waterfall, our boat will come to pick you up. This scenic journey takes about 25 minutes. You can enjoy the views and spot birds (and sometime macaques) along the way. If you prefer, the boat can bring kayaks for you to paddle your way back, which takes 1 - 1.5 hours. If you would like to kayak back, you need to tell us before you depart Rainbow Lodge on your trek.

## Short Trek

After the initial steep ascent, the rest of this trek is relatively flat, following a ridge around the mountain, with a much less steep descent to the waterfall at the other end.

Amongst the bamboo, creepers and trees, you may experience seasonal freshwater streams, butterflies, beautiful bugs, frogs, lizards, birds and their distinctive calls.

Normally, the boat will bring your lunch, so you can enjoy it at the waterfall before returning to Rainbow Lodge.

Fitness required = moderate

Walking time = 2 - 2.5 hours

Mobility = not suitable for those with pronounced mobility or health issues.

Price = \$22 per person; \$11 for children from 5 - 12; under 5 go free.

Included = Guide, return boat trip, dry bag, drinking water.

Excluded = Additional drinks at waterfall.

## Longer Trek



After the initial steep ascent, we take the longer route around the mountain. This includes a further two ascents as we cross over to the other side of the mountain, and a steep descent down to the ridge on that side. The top of the trek marks a significant change in habitat, with almost no bamboo and a lot more open forest emerges. We usually stop there for a rest at the top and a little snack. The downhill section is a favourite haunt for gliding lizards, so keeping an eye out for them, as well as watching your footing, of course.

Ferns, epiphytes, orchids and funky fungi may be seen along the way, the sounds of the jungle with you on your journey.

After approximately 2 - 2.5 hours you emerge from the jungle to a serene, unique and rarely visited riverside location, nicknamed "The Lake". We stop for lunch, photos and a refreshing swim (depending on the level of the river) at this tranquil beauty spot. The lake can be a great place for seeing butterflies. The photos show the two extremes of "The Lake", from the lowest level, where it actually looks like a lake, to the highest level, where it is more of a torrent. It is usually possible to at least take a dip, very often possible to swim, and only rarely so strong that it is unsafe to get in. After enjoying "The Lake" you set off on the second leg of the trek (2 - 2.5 hours) to Tatai Waterfall.

The boat that comes to pick you up from Tatai Waterfall will bring some welcome drinks and snacks.

Fitness required = Good level of fitness and stamina required

Total walking time = 4 - 5 hours

Mobility = not suitable for those with mobility or health issues.

Price = \$30 per person; \$15 for children from 5 - 12; under 5 go free.

Included = Guide, picnic lunch (carried), snacks, return boat trip, dry bag, drinking water.

Excluded = Additional drinks at waterfall.

## Kayaking

We have a number of kayaks that you are welcome to use for free.

Kayaking is a super way to see river and village life, wildlife and stunning views at your own pace.

The river is especially beautiful early morning or late afternoon. You also have a higher chance of seeing birds at these times,

We recommend you go upriver where soon you come to pristine forest, peace and where you can explore the riverbanks at leisure. There are several small streams that join the main river, and you are free to explore those, too. If you are keen on kayaking, you can even spend the whole day exploring (we can provide packed lunch for you).

Alternatively, you can kayak to Tatai Waterfall and back (boat collection at waterfall is available but will incur a Price unless it coincides with another trip). Duration to the waterfall depends on ability and fitness but approximately 1 - 1.5 hrs one way. If you want, we can give you a packed lunch, so you can have lunch at the waterfall.

Please ask for help with the kayaks, paddles, dry bags and life jackets, if required.

**NB.** The use of kayaks is free of charge but the equipment is expensive. **Any loss or damage to any piece of equipment, howsoever caused will be charged at full replacement or repair Price** (e.g., one paddle Prices \$85 to replace). However, we do offer a voluntary **damage waiver** (see the Damage/Breakage Policy under General Information).

## Boat Trips

### Tatai Waterfall

Not up for trekking or kayaking? You can still get to enjoy Tatai Waterfall but by boat.

This scenic journey takes about 25 minutes, each way. You can enjoy the views and spot birds (and sometime macaques) along the way.

In the dry season, the boat can take you right up to the rocks at the waterfall. You can then walk over the rocks to get to the falls and its pools. In the rainy season, the waterfall is very strong and the boat cannot get very close due to the current but it is perfect for photos of a very dramatic and powerful waterfall. There is a fairly flat path through the riverside jungle, so you can still get right up to the waterfall, even when the boat cannot. If you fancy a swim, there is a place near where the boat stops where (except in extreme conditions) the river is calm enough for you to take a dip.

Fitness = Easy but can be hot due to limited shade available. More fitness required to clamber up rocks. Rocks can be very slippery.

# Activities



Mobility = minimum ability to get of boat onto rocks if wished. Not suitable to go up the rocks if you have mobility or health issues.

Price = \$25 total.

## Upriver

Upriver from Rainbow Lodge is beautiful, and the jungle comes right down to the meandering river. On this late afternoon trip, you go upriver as far as the road that was used during the construction of the nearby hydroelectric plant. Here we can stop the boat and you can disembark for a stroll up the now largely overgrown road. This is a beautiful spot, with different habitat to anywhere else we visit. We have had some great sightings of birds (including eagles) from here.

When we have finished exploring, we will head slowly back to Rainbow Lodge, aiming to get back just before dark. The return trip offers an opportunity to see crepuscular (active at dawn and dusk) birds, such as Great-eared nightjars, with their distinctive calls and often spectacular flight, as they swoop to catch insect.

Fitness = Easy

Price = \$32 total.

## Mangrove Tour



This is a full day tour, starting at 9:00 and returning late afternoon. We start by heading downriver out to the mangrove forest and actually into the heart of a mangrove island. We take kayaks with us, and here is a great place to swap to the kayaks to get a much more tranquil and up-close-and-personal view of the wonderful, tangled roots of the mangrove trees. After exploring by kayak, we return to the boat to have some lunch, and then head off to Koh Sralau village. This is primarily a fishing community built up on the sheltered side of the island. Here we disembark and walk through the village and up the hill to visit the school and Buddhist temple. From here, we travel back to Rainbow Lodge and (tide permitting) stop at a sandy area on the way back, from which you can enjoy a refreshing swim.

# Activities



Fitness required = Easy.

Mobility = Ability to get on and off boat, and in and out of kayaks.

Price = \$40 per person; \$20 for children from 5 - 12; under 5 go free. This trip has a minimum of 2 adults (or the equivalent Price).

## Koh Kong Island



This is a full day tour, starting at 7:00 and returning late afternoon. An early start allows for bird spotting as we head out from RL. Common sightings are serpent eagles, egrets, swifts and kingfishers. As the river widens, the vegetation changes with more varieties of mangrove trees visible along the riverbanks, watch out for herons and jumping fish.

Weather permitting, we will travel around the northern end of the island and down the open coast to the imaginatively-named beach 7 at the southern end. Otherwise, we will head around the southern end to the beach.

Here you can swim, snorkel, view the colourful marine life or simply relax on the fine white sand. Take time for a stroll along the deserted beach, listen to the birds and the waves gently lapping the shore.

A picnic lunch is provided with cold drinks available for your enjoyment.

# Activities



To return to Rainbow Lodge, we always take the more protected landward route. On the way back, we stop at a mussel farm and there is a chance to go snorkeling there.

Watch out for sea eagles and, if you are lucky, dolphins.

Fitness required = Easy but the boat ride can be a bit bumpy if there are waves.

Mobility = Ability to get on and off boat only.

Price = \$50 per person; \$25 for children from 5 - 12; under 5 go free. This trip has a minimum of 4 people (or the equivalent Price).

## Sunset Cruise

**Seasonal and weather permitting**, though we did once do the trip in the pouring rain and it turned out to be a spectacular lightning display.

We head off down river late afternoon (variable time) and out to view a widening river and local riverside often buzzing with local people going about their evening business before dusk descends.

Drinks are available for purchase on board.

At Koh Andet Island, we pass the Canvases and Orchid resort. If you would like to stop there for a drink, please let your driver know. Any drinks bought there are not included in the price, and must be paid for directly with Canvass & Orchids. We head a little further down river before turning off the boat engine so we can sit in peace to enjoy the setting sun over the forest edge.

Cameras are advisable just in case we get a cracking sunset but of course nothing is guaranteed, but even without a colourful sky this is a lovely trip.

We head back after dark to arrive in time for a quick freshen up before dinner is served at Rainbow Lodge.

Fitness required = Easy

Mobility = Ability to get on and off boat only.

Price = \$20 per person. 4 people or above, \$15 per person. 12 and under go free but not suitable for very young children. This trip has a minimum of 2 paying people (or the equivalent Price).

## Village and School Guided Walk

This gentle stroll around the village is designed to be a respectful observation of village life.

We drop you and your guide across to the village in the village of Anlong vak. After walking through the rice fields, you will see the everyday homes, activities, animals and occupations of the villagers. You may encounter many smiles, waves and laughter along your way as well as some attempts so say hello in English.

Our trip includes a visit to the local Pagoda where respect and appropriate clothing are paramount. Here you may see monks going about their business or people praying to Buddha. The Pagoda is a bright hive of activity if you visit on a special holiday or religious festival.

We also go to Tatai school (opening hours and days are variable). Here we see the old original school buildings and the improvements made both by Rainbow Lodge guests and donations over the years up to the new impressive secondary school recently built by the government. Mr Sarrett the longstanding headmaster of the school and his team will welcome you as will a gaggle of children.

We then move towards the bridge area where you can see local businesses selling all sorts of goods including fresh fruits many of which come from the nearby district of Thmar Bang.

The boat picks you up at the bridge to bring you back to Rainbow Lodge.

We do suggest you take your camera with you as there may be super photo opportunities but please show respect, especially for adults and older people and ask permission before taking any photo of them or their property. Children especially love to be shown the image of themselves on the camera.

Fitness = Easy but can be very hot as little shade available.

Duration = 1 hour plus but dependent on availability of a suitable guide and the weather.

Mobility = Ability to get on and off a boat and scramble up a slippery uneven bank. Ability to walk along edges of paddy fields that may be muddy and slippery.

Includes = Guide, boat drop off and pick up, wellie boots if required.

Price = \$15 per person, \$10 per person for 2 or more people. 12 and under go free.

**NB. Rainbow lodge has been proud to support the local village** and in particular the school for many years. Donations of any kind are welcome at Rainbow Lodge but please **DO NOT** give any individual money for any reason other than a purchase of drinks/fruit etc.

## Swimming

The river is clean and safe to swim in most months of the year. It is a joy to swim here and refreshing too.

In dry season the water is warm and a little salty. In rainy season the river can have a very strong current and swimming at this time is not advised.

We are tidal here so the depth of the river varies all the time so care must be taken if jumping off the jetty or boat or bank.

Traditional kramas are provided for covering up and drying off, please do not use the bungalow towels for swimming or sunbathing at riverside. **We advise that children are supervised at all times when swimming or at the riverside.**



## Nature Trail

We have approximately 5 hectares here at Rainbow Lodge, edged each side by seasonal streams. Within that area, that we have allowed to rewild, there are many creatures, rocks and interesting plants. In particular the bat cave and the stream are worth exploring.

We have cut and maintained a rough path that you can explore unguided at your leisure. This circular path is not long but can give you a feel of the jungle without straying too far. The path is marked in places to assist you, if in doubt please retrace your steps rather than going further.

Wellies are provided if needed

## Petanque

A lovely way to spend some downtime by the riverside throwing balls about. We have a court, quite possibly not to the highest standard, where you can be as competitive or not as you like.

A decked area and seating provide a rest area from your exertions and the heat.

Please ask staff for the balls if you wish to play, and return them when you have finish playing. They are quite heavy to carry, so you can simply inform staff when you have finished and they will take them back up to the bar.