

Nakhon Nayok Multi-day Programme

Nakhon Nayok, to the north east of Bangkok, is the closest destination of our multiday training programmes.

Nakhon Nayok boasts some lovely resorts and is a popular weekend retreat for many Bangkokians. Just 2 hours drive from



the centre of Bangkok, Nakhon Nayok provides easy access to the mountain scenery and preserve of the Khao Yai National Park.



On the southern border of the Khao Yai national park, our Resort location nestles beneath the mountains and waterfalls. We base many of our unique activities around these features, while others are conducted within the resort itself.



Whatever your training requirements are, AMA can tailor its custom built programmes accordingly. This programme is great for group at any level of fitness, they only need a desire to have fun and work with others. This programme combines outdoor activities such as rafting, orienteering and paint-balling, as well as many others

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