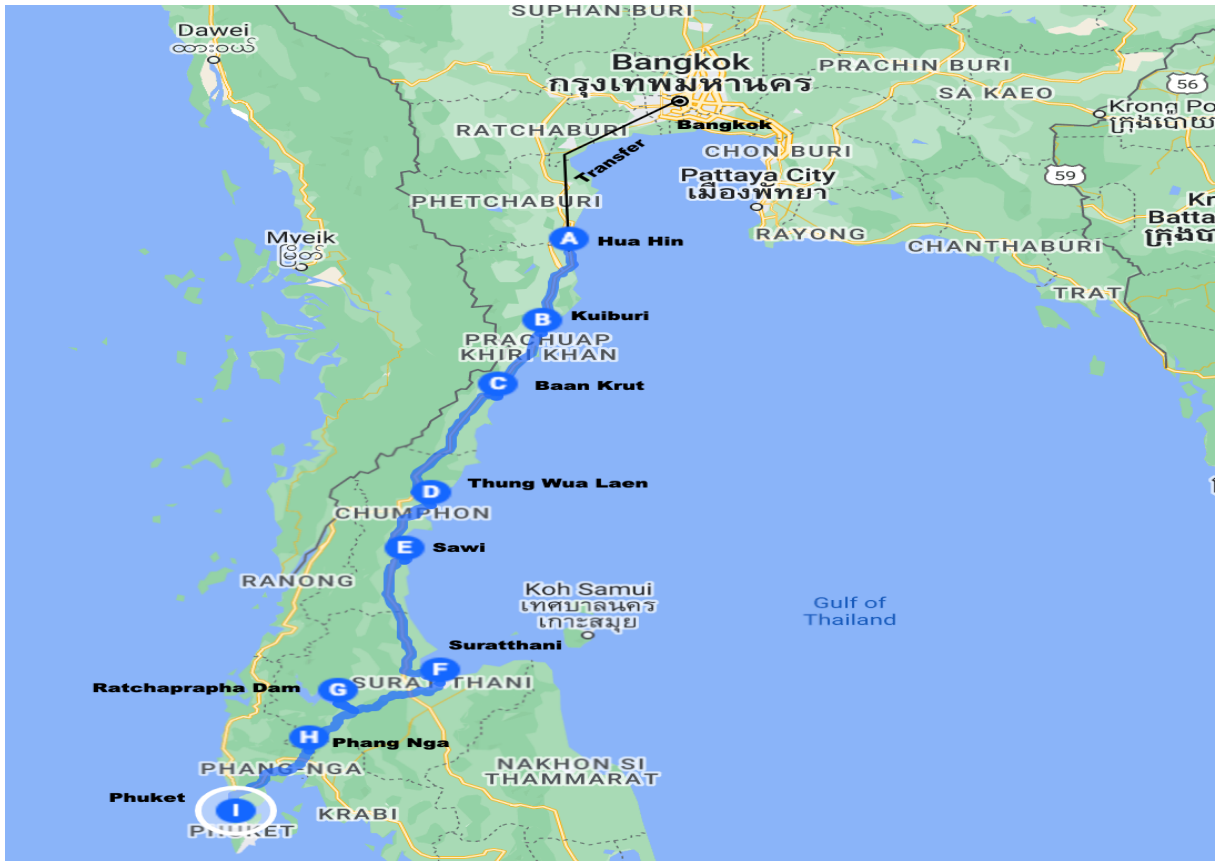


# Thailand CYCLE TOURS

## Tour Bangkok – Phuket East Coast.



### Highlights:

- Good and attractive routes
- Buddhist temples
- Luxurious hotels
- Thai food and culture
- Thai cooking class on the rest day
- Thai Sea + Sarasin bridge to Phuket

The tour lasts 11 days / 10 nights and leads 6 stages

Starts in Bangkok => fly in Suvarnabhumi Airport (BKK)

Ends in Phuket => fly out Phuket International Airport (HKT)

## **Itinerary:**

You will head south from the bright lights and skyscrapers of Bangkok to the southern tropical island of Phuket.

The roads you will take are hand picked for their safety and beautiful forever changing scenery.

The road surfaces are good and many new cycle paths are being created at present by the Thai government since the explosion of the road bike scene in the country within the last couple of years.

The terrain is mainly flat, which means it's easy for most people to enjoy.

Although the terrain isn't tough, the scenery and culture you will observe will constantly change, a breath taking experience with sights that most tourists simply will never see, memories and views that will last a lifetime.

As you head south you will pass from the hustle and bustle of the metropolis which is Bangkok and once you leave the city limits you will start to see and experience the real Thailand, passing coconut, rubber and pineapple plantations, go through small provincial towns to picturesque fishing villages and to the Cheow Lan Lake. You will experience many sacred Buddhist shrines and temples with lots of photo opportunities. Then as you hit the beach roads, you will follow the Gulf of Thailand and all the beautiful bays with their crystal clear waters, and palm lined beaches, truly magical views.

2 Group speed 23-26 km/h and 27 – 30 km/h can be decided during the tour, if needed.

### **Day 1: Bangkok (Hotel Mode Sathorn)**

Free day.

Arrival in to the bright lights and mega skyscrapers of Bangkok, one of Asia's biggest and most exciting cities, we think you will be surprised by how developed and advanced this city is. Covering almost 600square Kilometers and home to 20million people, it really is a metropolis if ever there was one. You will instantly see the modern state of the art mixed with the old, add a touch of the famous Thai culture and friendliness and you have a truly vibrant 24hr city, arguably one of the most interesting on the planet.

Free day or for the guests that arrive one day earlier, we offer a **(optional)** full day bike tour around the famous Skylane track around the airport included a city tour in the afternoon. Every Sunday there are around 8000 cyclists that cycle in the morning on this famous Skylane.

Bangkok is one of the safest and friendliest capitals in the world. She is definitely worth getting acquainted.

### **Day 2: Bangkok (Hotel Mode Sathorn)**

Full day city tour and bike tour around the famous Skylane track around the airport. Every Sunday there are around 8000 cyclists that cycle in the morning on this famous Skylane.

Bangkok is one of the safest and friendliest capitals in the world. She is definitely worth getting acquainted.

### **Day 3: Bangkok – Kuiburi (50 - 89 km, 150 climbing meters) (Hotel Kuiburi Resort) (B, L, D)**

At 8 am transfer to Hua Hin and start cycling.

During this day of cycling you will ride along through national parks. The leg of the journey will see you leaving the large tourist area of Hua Hin and head into areas not often explored by most tourists, you really will start to see the real Thailand.

### **Day 4: Kuiburi – Haad Baan Krut (108 km, 292 climbing meters) (Hotel Acardia Resort & Spa) (B, L, D)**

On this leg of the journey we will ride through an army base.

As we pass the expansive pineapple plantations your Thai guide will explain how they operate, its mostly likely you may have already eaten or seen them in your local supermarket back home, as a huge amount is exported all over the globe.

After lunch we will continue towards Haad Baan Krut, passing small rural villages and the Wat Tang Sai Tempel.

Your accommodation for the night will be the Acardia Resort.

### **Day 5: Haad Baan Krut – Chumphon (131 km, 569 climbing meters) (Hotel Armonia Village) (B, L, D)**

During this leg of the journey you will start to really see the tropical environment come to fruition, this is really where the waters become abundant with tropical fish that you would often see in aquariums the forests and vegetation start to change and become truly tropical.

On this leg of the journey, you will pass a large Buddha sitting on the top of a steep hill, with great panoramic views. We will stop for lunch at a Thai Wooden House, where you will be able to enjoy your food whilst gazing at the fantastic view of the sea.

You will arrive at your hotel by the sea, if you haven't already gone for a swim, here is a good place to try, putting your feet into these waters is like getting into a warm bath, very relaxing and a good place to put on a snorkel and see what's under the water.

### **Day 6: Rest Day and Thai Cooking Class (B)**

As with even the best riders on the Tour De France, we all need a rest day sometimes, enough to let the legs recover and the heart and head take in this beautiful environment. For those that want to take back some tastes of Asia for themselves, family and friends, our Thai guides will offer you the opportunity to join a Thai cooking class, they will take you through step by step how to create some traditional Thai meals and you will be able pick up the pans and try for yourselves. Thailand's culture is heavily based on food and socialization around it, this is your opportunity to learn how to make and enjoy this world famous cuisine.

You will also have a many other opportunities to relax and unwind, you can either relax by the pool, swim in the fabulous warm sea waters or take one of the world famous Thai massages.

**Day 7: Chumphon – Paktako (Velaytalay) (B, L, D) (80 km, 313 climbing meters)**

Today's flat stage leads past shrimp farms, coconut plantations and mangrove forests. In the numerous fishing villages that we will pass you will see the typical colored fishing boats with the Thai sea in the background. Due to the short stage, you have plenty of time in the afternoon to relax by the hotel pool or on the beach.

**Day 8: PakTako – Cheow lake (Belong Jin Resort) (B, L, D) (40 km, 257 climbing meters)**

In the morning transfer to the for 2 hours than start cycling to the Ratchaprapha dam.

A new day, a new experience during your bike tour through Thailand.

We cycle to the Ratchaprabha dam and will enjoy the lake views.

**Day 9: Ratchaprabha – Phuket (Nai Yang Beach Resort) (B, L) (56 km, 643 HM)**

On small, scenic roads we cycle south along the Klong Phanom National Park to the temple named Wat Bang Rieng, which is considered one of the most beautiful in southern Thailand. Then transfer to Phuket and end of the guided tour.

We will have done our job well and feel equally happy when we see you dismount from your bike with a smile on your face, knowing what an epic achievement you have accomplished.

For us at Thailand Cycle Tours, we take great pride and enjoyment from seeing you reach your goal.

We think you will go home with memories that will last a lifetime.

**End of the tour in Nai Yang Beach at +/- 2 pm.**

**Day 10: Phuket (Nai Yang Beach Resort) (B)**

**Free day.**

**Day 11: Return**

**(B, L, D) = Breakfast, Lunches, Dinners**

**Included:**

- 10 nights, including breakfast hotels 3 – 4 Stars,
- 8 dinner and 9 lunch
- Fruits, snacks, isotonic drinks
- Thailand Cycle Tours jersey and drinking bottle
- Thailand Cycle Tours Team
- Thai bike guide
- Minibus and radio assistance / spare wheels

- Excursions according to the program
- Thai cooking class
- Travel insurance during the tour

### **Optional Extras:**

- Bike rental
- Transfer Airport Bangkok - Hotel Bangkok
- Tips for guides

### **Optional Excursions:**

- Full day Bangkok Skyline bike and city tour
- Half day Elephant Safari in Kuiburi National Park

### **Group Price January 2025:**

- 6 – 9 persons: \$2150 per person /in a share room
- 9 – 12 persons: \$2070 per person / in a share room
- 13 – 20 persons: \$2010 per person / in a share room

If single room the supplement will be \$530

### **Bike rental:**

- Carbon Road Bike \$340
- Aluminum Road Bike \$275
- E-Bike \$340

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