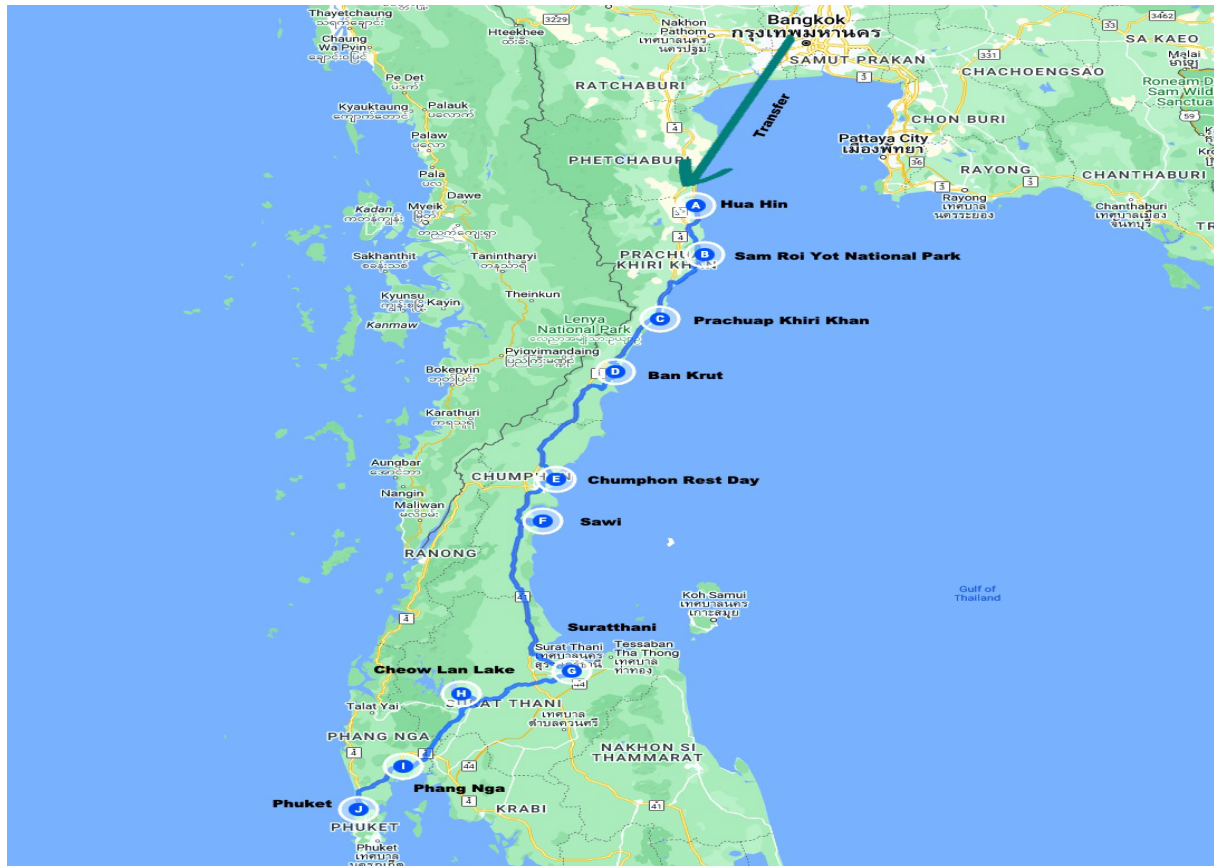




## Tour Bangkok – Phuket East Coast



### Tour Highlights:

- Scenic and captivating cycling routes through diverse landscapes
- An unforgettable hike and boat tour to the breathtaking **Phraya Nakhon Cave**
- Exploration of **Sam Roi Yot** and **Khao Sok National Parks**, rich in natural beauty
- Visits to iconic **Buddhist temples**, showcasing Thailand's spiritual heritage
- Stays in luxurious 3–4-star hotels for maximum comfort
- Authentic **Thai cuisine** and immersive cultural experiences
- Hands-on **Thai cooking class** during the rest day
- Stunning views of the **Thai Sea** and crossing the iconic **Sarasin Bridge** to Phuket
- A unique **boat tour on Cheow Lan Lake**, surrounded by dramatic limestone cliffs

### Tour Details:

- Duration: 11 days / 10 nights
- Cycling Stages: 9 stages covering a total distance of 920 kilometers

### Tour Route:

- **Starting Point:** Bangkok (Fly into Suvarnabhumi Airport - BKK)
- **Ending Point:** Phuket (Fly out from Phuket International Airport - HKT)

## Itinerary:

Experience an unforgettable **11-day cycling adventure** from the vibrant streets of **Bangkok** to the tropical paradise of **Phuket**. Enjoy hand-picked routes designed for **safety**, offering **stunning scenery** and authentic cultural experiences.

With **excellent road conditions** and newly developed **cycle paths**, the mostly **flat terrain** ensures an enjoyable ride for all skill levels. This journey takes you from bustling Bangkok through **coconut, rubber, and pineapple plantations**, charming **provincial towns**, and traditional **fishing villages**, all the way to the serene **Cheow Lan Lake**.

Tour highlights include a **boat tour and hike to the Phraya Nakhon Cave**, known for its hidden royal pavilion bathed in natural light. You'll enjoy breathtaking **coastal views** along the **Gulf of Thailand**, visit sacred **Buddhist temples**, and relax on **palm-lined beaches** with **crystal-clear waters**. Immerse yourself in authentic **Thai culture**, savor local cuisine, and create lifelong memories.

## Group Speed Options:

- **23-26 km/h**
- **27-30 km/h**

*Speeds can be adjusted during the tour to suit group preferences.*

## Day 1: Arrival in Bangkok

*Hotel: Mode Sathorn*

Welcome to the bright lights and towering skyscrapers of Bangkok, one of Asia's most dynamic and exciting cities. You'll be amazed by how modern and advanced this vibrant metropolis is, covering nearly 600 square kilometers and home to over 20 million people. Bangkok is a city of contrasts, blending state-of-the-art developments with rich historical sites, all infused with the warmth of Thai culture and hospitality. It's truly one of the most fascinating cities on the planet.

For guests arriving a day early, we offer an optional full-day tour, starting with a **morning city tour**, followed by an **afternoon bike ride** at the famous **Skylane track** near Suvarnabhumi Airport. On Sundays, around 8,000 cyclists gather to ride this renowned track, creating an energetic and vibrant atmosphere.

Bangkok is not only captivating but also one of the safest and friendliest capitals in the world—a city well worth exploring.

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## Day 2: Bangkok – Hua Hin – Sam Roi Yot

*Distance: 65 km | Elevation Gain: 180 m*

*Hotel: La Isla Pranburi*

*(Meals: B, L, D)*

Your cycling adventure begins at 8 AM when you meet your guides and support team at the hotel reception. We'll then drive south toward Phuket, with a 2.5-hour journey to the Thailand Cycle Tours Coffee Shop & Office in Hua Hin. Here, you'll be fitted for your bike and enjoy a delicious lunch.

Around 3 PM, we set off on a scenic coastal ride along a dedicated cycle path, passing through Khao Kalok and the picturesque Dolphin Bay before entering the stunning Sam Roi Yot National Park. Our evening destination is a hidden beachfront hotel nestled within the park—a perfect spot to relax and enjoy the natural beauty.

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**Day 3: Sam Roi Yot – Prachuap Khiri Khan**

*Distance: 75 km | Elevation Gain: 160 m*

*Hotel: T-Boutique*

*(Meals: B, L, D)*

The day starts at 8 AM with a boat ride followed by a scenic hike to the breathtaking Phraya Nakhon Cave, one of Thailand's most iconic hidden gems. After exploring the cave, we enjoy lunch by the sea.

In the afternoon, we cycle to a secluded temple set against a backdrop of lush mountains. Our ride continues along the beautiful Prachuap Khiri Khan Bay, passing through an army base before reaching our hotel for the night. This day offers a perfect mix of adventure, culture, and coastal scenery.

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**Day 4: Prachuap Khiri Khan – Haad Baan Krut**

*Distance: 106 km | Elevation Gain: 500 m*

*Hotel: Arcadia Resort & Spa*

*(Meals: B, L, D)*

Today's ride takes us along the scenic Myanmar mountain range, past a tranquil lake, coconut plantations, and vibrant farmland. We'll stop for lunch by the sea, enjoying spectacular ocean views.

A highlight of the day is a visit to Wat Tang Sai Temple, perched on a hilltop with panoramic vistas. We end the day at Arcadia Resort & Spa, a peaceful beachfront hotel where you can relax after a rewarding ride.

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**Day 5: Haad Baan Krut – Chumphon**

*Distance: 131 km | Elevation Gain: 740 m*

*Hotel: Armonia Village*

*(Meals: B, L, D)*

Today's journey takes you deeper into Thailand's tropical paradise, where lush vegetation and pristine coastlines await. Along the way, we'll pass a majestic Buddha statue atop a hill, offering breathtaking views.

Lunch will be at a traditional Thai wooden house with fantastic sea views. In the afternoon, we reach Thung Wua Laen Beach—perfect for a refreshing swim in the warm, inviting waters.

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**Day 6: Rest Day & Thai Cooking Class**

*(Meals: B)*

Take a well-deserved rest day to relax and recharge. For those interested, our Thai guides will host a traditional Thai cooking class, offering a hands-on experience to learn and savor authentic Thai dishes.

Alternatively, enjoy a leisurely day by the pool, swim in the warm sea, or indulge in a Thai massage—the perfect way to prepare for the next leg of your journey.

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**Day 7: Chumphon – Sawi**

*Distance: 80 km | Elevation Gain: 216 m*

*Hotel: Velaytalay*

*(Meals: B, L, D)*

Today's relatively flat stage takes us past shrimp farms, coconut plantations, and mangrove forests. We'll cycle through charming fishing villages, where colorful boats dot the coastline against the backdrop of the Thai Sea.

The shorter distance allows for a relaxed afternoon, perfect for unwinding by the hotel pool or on the beach.

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### **Day 8: Sawi – Surat Thani**

*Distance: 110–164 km | Elevation Gain: 558 m*

*Hotel: S 22*

*(Meals: B, L, D)*

We continue cycling south along untouched beaches, heading toward Chaiya, one of Thailand's oldest cities. After lunch in Chaiya, you can choose to either continue cycling the final 55 km to Surat Thani or ride in the support vehicle.

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### **Day 9: Surat Thani – Cheow Lan Lake**

*Distance: 85 km | Elevation Gain: 413 m*

*Hotel: Belong Jin Dam Resort*

*(Meals: B, L)*

Today's adventure leads us toward the scenic Ratchaprapha Dam. After lunch by the lake, we embark on a longtail boat tour across the stunning Cheow Lan Lake, renowned for its emerald waters and dramatic limestone cliffs.

We'll spend the night at a beautiful resort, surrounded by nature's tranquility.

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### **Day 10: Cheow Lan Lake – Phang Nga**

*Distance: 99 km | Elevation Gain: 643 m*

*Hotel: Le Erawan*

*(Meals: B, L, D)*

After the boat ride, we begin cycling along the dam, offering **brehtaking views of Cheow Lan Lake**—a perfect spot to capture some memorable photos. We continue our ride on **quiet local roads** heading towards Phang Nga.

Along the way, we face an **exciting jungle climb**, surrounded by lush tropical scenery. This challenging ascent is followed by a **beautiful, downhill** section with plenty of curves, making for an exhilarating ride as we approach Phang Nga.

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### **Day 11: Phang Nga – Phuket**

*Distance: 73 km | Elevation Gain: 343 m*

*(Meals: B, L)*

The final leg of our journey takes us to the iconic island of Phuket. We'll cross the famous Sarasin Bridge, connecting the mainland to Phuket, and finish our tour at Nai Yang Beach.

The tour concludes around 2 PM, marking the end of an unforgettable adventure filled with incredible landscapes, cultural experiences, and lasting memories. At Thailand Cycle Tours, we're proud to see you cross the finish line with a smile—a true testament to this epic journey.

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### Included in the Tour Package:

- 10 nights' accommodation in 3–4-star hotels, including breakfast
  - 7 dinners and 9 lunches
  - Fresh fruits, snacks, and isotonic drinks during rides
  - Thailand Cycle Tours jersey, rucksack, and water bottle
  - Professional Thailand Cycle Tours support team
  - Experienced Thai bike guide
  - Additional team leader for groups of 6 or more
  - Support minibus with radio communication and spare wheels
  - All excursions as per the itinerary
  - Thai cooking class
  - Travel insurance coverage during the tour
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### Optional Extras:

- Carbon or aluminum bike rental
  - Extra night at Mode Sathorn Hotel in Bangkok
  - Airport transfer from Bangkok Airport to the hotel
  - Tips for guides (at your discretion)
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### Optional Excursions:

- Full-Day Bangkok City Tour & Skylane Bike Tour
  - Half-Day Bangkok City Tour
  - Half-Day Skylane Bike Tour
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### Important Information

Your accommodation in Bangkok will be at **Mode Sathorn Hotel**, located at 144 North Sathorn Road, Silom, Bangkok 10500, Thailand. For any hotel-related inquiries, you can contact them directly at **+66 2623 4555**.

Please remember to bring your **helmet, cycling shoes, pedals, and 1 or 2 inner tubes**. If needed, inner tubes can also be purchased for **160 THB per piece**. Additionally, don't forget to bring a **copy of your travel insurance** for the duration of the tour.

In case of any issues or emergencies during your trip, please contact:

- **Lucien Kirch:** +66 (0)6 3256 7801
  - **Sirinan Kirch:** +66 (0)6 3256 7802
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