

# Thailand

## BYCLE TOURS

### BANGKOK - CHIANG RAI:



### Highlights:

- **Buddhist tempels**
- **Thai food and culture**
- **Mountain scenery**
- **Phu Suan Sai and Phua Soi Dao National Park**
- **Sirikit lake**
- **Through authentic Thailand and not through typical tourist locations**
- **Over small roads without traffic**

The tour lasts 11 days / 10 nights and covers a distance of 850 kilometers.  
Climbing meters: 10.044  
Total: 891 km

### Itinerary:

From the bustling city of Bangkok, head north towards the mountains to Chiang Rai, on safe roads and through ever-changing, beautiful mountain scenery.

*Three mountain stages and six easy sections are to be conquered.*

Ever-changing landscape pictures and many cultural sights on the way become a breathtaking experience, which remains withheld from most Thailand tourists, because they hardly come here. On the way to the north, you will gradually get away from the hustle and bustle of the metropolis of Bangkok to the authentic Thailand, passing by orchards, national parks, vegetable, rice and tobacco fields, sugar cane, strawberry and cashew nut plantations, small provincial towns and rural villages and a huge reservoir until you see the white temple of Chiang Rai after crossing the mountains. You will experience many sacred Buddhist shrines and temples that offer plenty of photographic motifs.

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

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 Chai Badan 101 meters altitude difference / 50 km: (Baan Tham Thong Lamnarai Resort) (B, L, D)**

In the morning, **at 8 am meet your guides and the support staff** who will accompany you on your cycling experience to Chiang Rai. Since your safety is very important to us, we do not try to get out on the bike from Bangkok. Instead, we will take you by minibus to the Pasak Chonlasit reservoir, which is two hours away. Here then begins the real bike ride. After lunch, we will prepare you for your first trip, giving you safety instructions and important advice to keep in mind in the coming days.

We will have a leisurely trip along the Pasak Chonlasit reservoir, which will give you a first glimpse of Thailand's beauty and peacefulness. You will pass tobacco fields and orchards and enjoy the view of the National Park and the mountains all around.

The short distance is flat and meant to warm up, so to speak.

### **Day 3 Petchabun 599 meters altitude difference / 122 km: Hotel Aday in Phetchabun (B, L, D)**

Of the total of 170 kilometers, only the first 122 km are covered by bicycle. The rest is done by minibus. A highlight on this stage are the 20 km curving road along a lake with beautiful scenery. The streets are almost completely free of traffic. A short section of four kilometers leads over a gravel road. Lunch is taken before the final transfer to the hotel (one hour).

The track is consistently flat.

### **Day 4: Petchabun - Dan Sai 885 meters altitude difference / 119 km Hotel Phu Na Come (F, M, A)**

At 8 o'clock, you will start in the direction of Loei Province for the next part of your cycle tour. The first 80 kilometers are flat and go along rice, sugarcane, vegetable and fruit fields. Then the road rises, and it goes through a beautiful mountain landscape. The last 10 kilometers, however, it goes downhill again to our accommodation.

### **Day 5 Ban Haeo 850 meters altitude difference / 51 km Homestay Hotel (B, L, D)**

Today will be a short stage, flat at the beginning and then short climbs through beautiful mountain scenery. Our hotel will be in a small town on the foot of the Phu Suan Sai National Park and close to the Laos border.

The short stage is very shallow and rather intended for relaxing before the next day.

### **Day 6 Nam Pat 2,445 meters altitude difference / 123 km Homestay Takayai Resort (B, L, D)**

On the first mountain stage, the 20 first km we will climb from 500 m to 1100 meters trough the Phu Suan Sai National Park, the average off the climbs will be 5 – 7 % steep. Lunch will be by a waterfall.

From lunch we will cycle through the Phu Soi Dao National Park on curvy jungle roads.

Our hotel will be in Nam Pat.

The route profile is relatively demanding.

### **Day 7 Na Man 1,950 meters altitude difference / 75 km: Sinn Lodge Hotel (B, L, D)**

The start to this difficult, but also very nice stage takes place directly at the hotel. To deal with are many short

climbs. For the most part these lead over a ridge, which is why left and right beautiful views open up. Another highlight is a river crossing by ferry at the fishing village of Paknai, where lunch is also served. Then it is still 20 kilometers to stop in a small guesthouse, where the dinner is taken in the circle of the family.

On the second stage of the mountain, many challenging but short climbs are to be conquered.

#### **Day 8 Nan 516 meters altitude difference / 80 km: (Naknakara) (B, L, D)**

On the way to the provincial capital of Nan, you will pass numerous small rice fields, cornfields and orchards on small local roads. The program also includes a visit to the temple of Wat Phumin in Nan, where magnificent murals can be admired.

The Stages profile is consistently flat.

#### **Day 9 Phayao 2,198 meters altitude difference / 146 km: (M2 Waterside Hotel) (B, L, D)**

The third mountain stage is the longest one. It leads through a beautiful mountain landscape, with gradients of up to 15 percent to complete. On the way, small farming villages with very old Thai houses are passed by. At the end of the virtually traffic-free route lies the semi-natural lake Phayao with its water in drinking quality. The small town of Phayao is very lively, especially in the evening. A beautiful promenade and many restaurants and bars await visitors.

#### **Day 10 Chiang Rai 500 meters altitude difference / 125 km: (<http://www.naknakara.com>) (B, L)**

At the end of the ten-day tour, it will once again be very flat at around one hundred kilometers. On the way again, especially many rice fields are to be seen. After visiting the White Temple in Chiang Rai, we cycle to the hotel and an exciting bike ride comes to an end.

#### **Day 11 Chiang Rai, return (B)**

**B = Breakfast, L = Lunch, D = Dinner**

#### **Included:**

- 10 nights, including breakfast
- 7 Dinner, 9 lunch
- Fruits, snacks, isotonic drinks
- 1 Thailand Cycle Tours Jersey
- 1 Thailand Cycle Tours Drinking Bottle
- Thailand Cycle Tours travel guide
- Thai English bike guide
- Minibus and radio assistance / spare wheels
- Excursions according to the program
- Travel insurance

#### **Extras:**

- Bicycle rental, Carbon or Aluminium
- Transfer Airport – Hotel Bangkok (Privat Taxi)
- Tipps for team

#### **Optional excursion:**

- Discover Bangkok, full-day city tour and bike tour at the Skylane (minimum two persons)





Thailand Cycle Tours  
Ls Sport Thailand Co. LTD  
551 Moo 1 Hin lek fai, Hua Hin , Prachuap Khiri Khan 77110  
Email : [info@thailandcycletours.com](mailto:info@thailandcycletours.com)  
Tel : +66(0) 632 5678 01  
Tel : +66(0) 632 5678 02