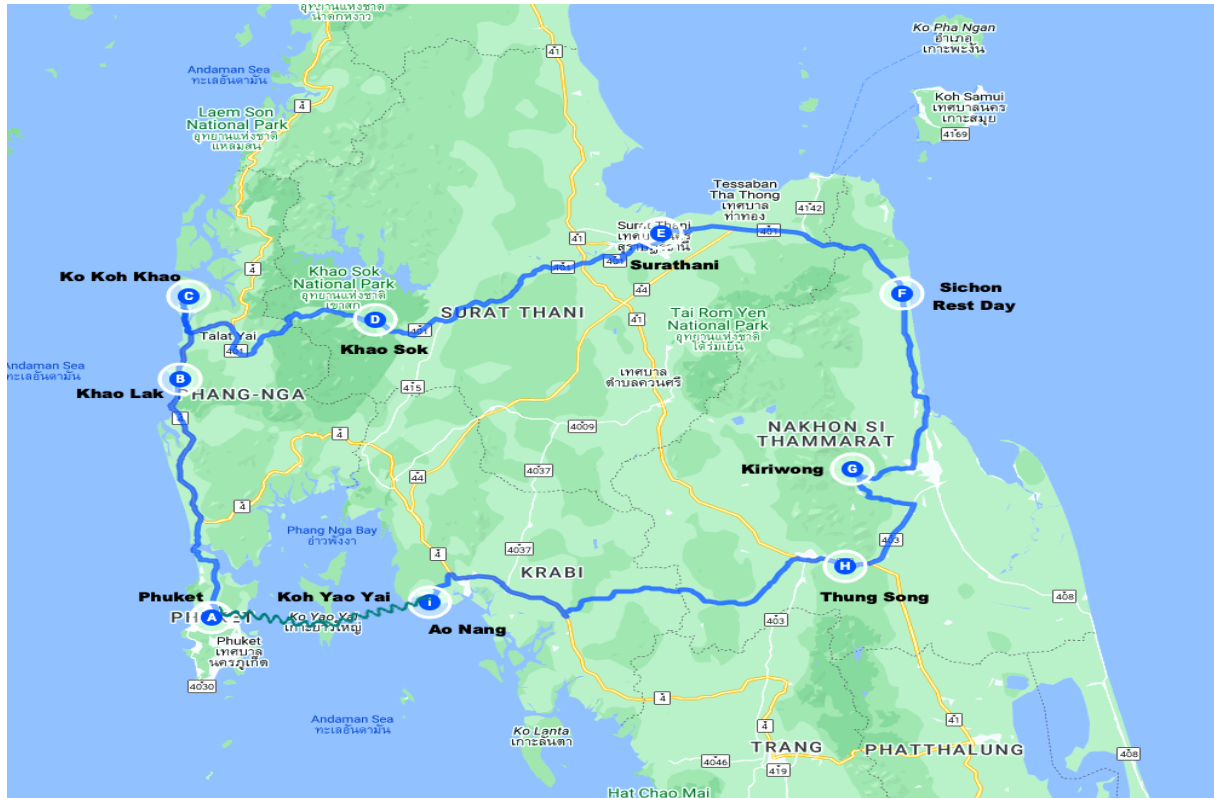


The tour lasts 11 days / 10 nights and cover a distance of 732 kilometers.

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



Highlights

- Diverse bike tours through the cone karst landscape of southern Thailand
- Beautiful beaches on the Andaman Sea and Thai Sea (Gulf of Thailand)
- Flora and fauna in the rainforests of Khao Sok National Park
- 8 km through Namtok Si Khit National Park (5 river crossings by bike)
- Two beach days on Koh Yao Yai at the end of the trip
- Rest day at Sichon Beach

Itinerary:

Embark on a thrilling cycling tour of southern Thailand, beginning at the stunning Nai Yang Beach in Phuket. Pedal through the scenic landscapes of Khao Lak and the tranquil island of Koh Kho Khao. Explore the awe-inspiring Khao Sok National Park, with its lush rainforests and captivating natural beauty.

Enjoy a well-deserved rest day in the coastal town of Sichon, where you can relax and immerse yourself in the local ambiance. Continue your adventure through the enchanting Kiriwong rainforest, surrounded by breathtaking flora and fauna.

Arrive at the picturesque Ao Nang Beach, where you can unwind on the sandy shores and soak up the coastal atmosphere. Then, continue your journey to the serene Koh Yao Yai Island, where you can enjoy its pristine beaches and tranquility.

Conclude your cycling tour by returning to Nai Yang Beach in Phuket, completing an unforgettable exploration of southern Thailand. With expert guides leading the way, this fully-guided tour guarantees a remarkable experience, showcasing the natural wonders and cultural charm of the region.

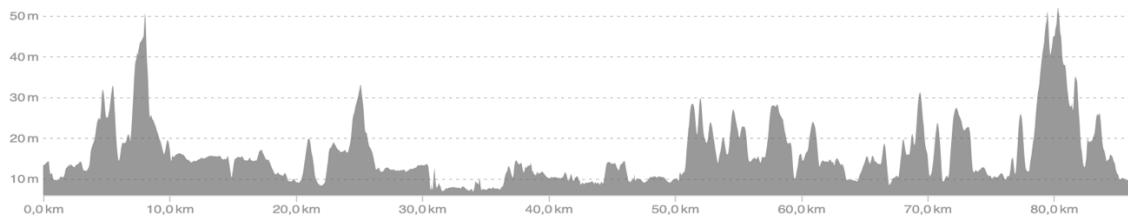
Day 1: Phuket Nai Yang Beach - Khao Lak, Baan Khao Lak Beach Resort (L, D) (86 km, 389 m ascent)

You are welcome to request pre-night accommodations for the trip through us or book them yourself. We recommend the following hotels at Nai Yang Beach: Nai Yang Beach Resort, The Proud Phuket, Nai Yang Park Hotel, and T-Villa. We offer a shuttle service to these hotels that will take you to the meeting point.

In the morning, we will **meet at 8 a.m. at Nai Yang Beach next to the Nai Yang Beach Resort** for the start of the tour. We will take care of your luggage and load it into the van. After the bike fitting, we will begin our first ride to Khao Lak.

Today's cycling stage starts with a ride across the Sarasin Bridge, which connects the island of Phuket to the mainland. We will then travel north along the Andaman coast to the Khao Lak Lam Ru National Park, which stretches all the way to the rugged coastline.

You will stay for one night at Baan Khao Lak Beach Resort. (<https://baankhaolakbeachresort.com/>)

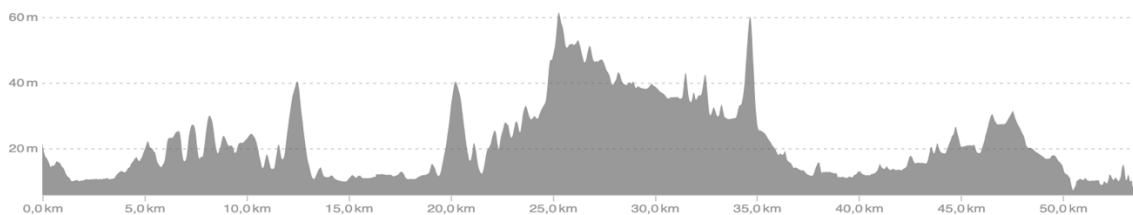


Day 2: Ko Kho Khao, C&N Kho Khao Beach Resort (B) (54 km, 333 m ascent)

Our bike tour continues to the island of Ko Kho Khao. A varied landscape accompanies us.

A highlight of the day is the beautiful ferry crossing over to the island, whose east side is covered by mangrove forests. On the way there is a coffee stop in the village of Takua Pa, where there are a number of old houses with remarkable architecture that are worth seeing. Both Chinese and Portuguese elements can be found in the architectural style.

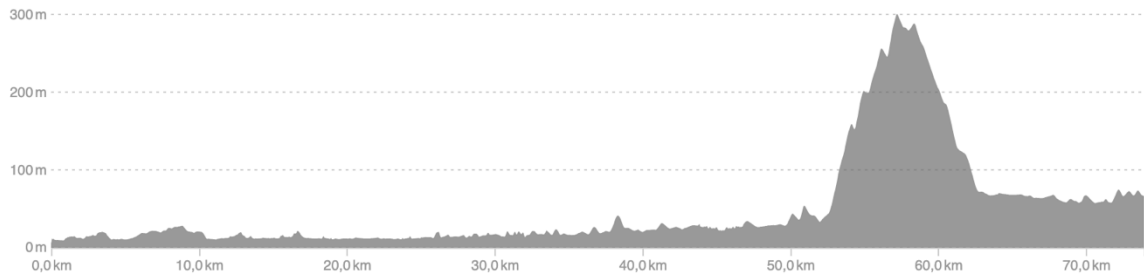
1 night at C&N Ko Kho Khao Beach Resort. (<http://www.cnkhokhaobeachresort.com/>)



Day 3: Khao Sok National Park, The Cliff and River Jungle House (B, L, D) (74 km, 594 m ascent)

Back on the mainland, we leave the coastal region today and head into the hilly, original hinterland covered by rainforests. At noon we reach the Khao Sok National Park, which is known for its extremely diverse flora and fauna. But the scenery is also impressive: you can see white limestone cliffs and rugged valleys again and again. Before it gets dark, there is still enough time for a hike in the national park or a few hours of relaxation by the pool.

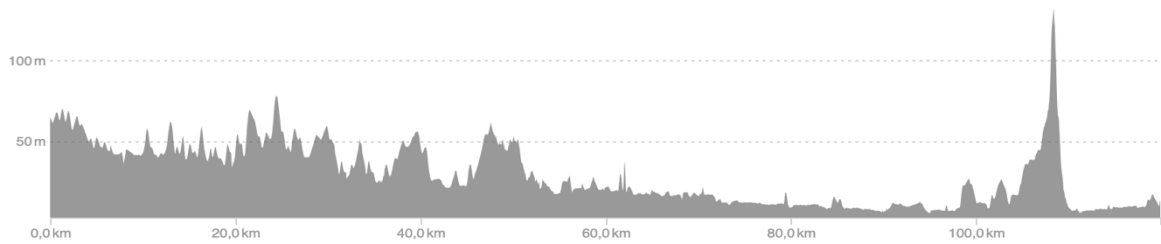
We stay overnight in a simple lodge on the edge of the national park. (<https://the-cliff-river-jungle-resort.allsuratthanihotels.com/en/>)



Day 4: Suratthani, S22 (B, L, D) (119 km, 754 m ascent)

From the jungle of the previous day, today's route is along small roads past rubber, coconut, durian, and palm oil plantations and follows a small road along a river to the city of Surrathani.

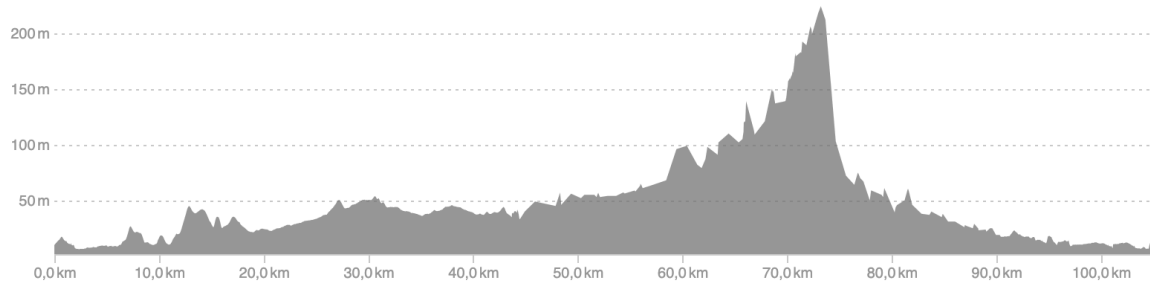
The last 20 kilometers to Surat Thani are on larger roads. (<https://s-22-hotel-suratthani-suratthani.hotelmix.co.th/>)



Day 5: Sichon, Cabana Beach Resort (B, L, D) (105 km, 573 m ascent)

Today is the adventure stage in the program. It goes over 8 kilometers through the Namtok Si Khit National Park, with 5 river crossings to be mastered by bike. We drive on small roads through a grandiose mountain landscape with quaint mountain villages until we reach the beautiful beach of Sichon.

We then spend two nights at the Cabana Beach Resort. (<https://sichoncabana.com/>)

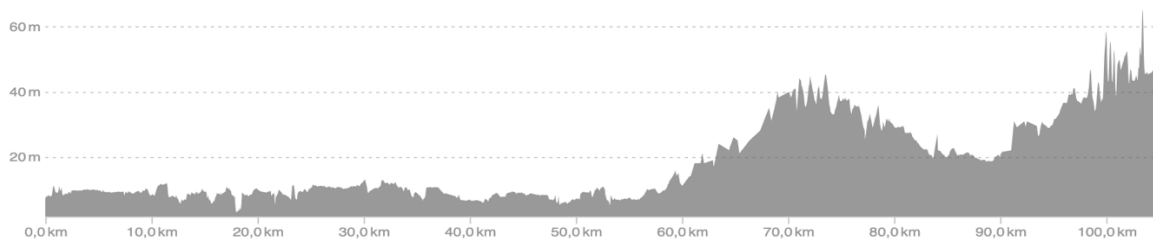


Day 6: Sichon, Cabana Beach Resort (B)

Free day to relax.

Day 7: Kiriwong, Passion Hotel (B, L, D) (105 km, 329 m ascent)

Today we drive partly along the sea and past countless coconut, rambutan, mangosteen and durian plantations to Kiriwong. This mountain village sits at the foot of Khao Luang, at 1835 meters the highest mountain in southern Thailand. In the afternoon there is still the possibility of a hike along the river. (<https://m.facebook.com/kiriwongPassion/>)



Day 8: Thung Song, The Gold Living Life (B, L, D) (62 km, 515 m ascent)

Today it follows a very small road through some mountain villages.

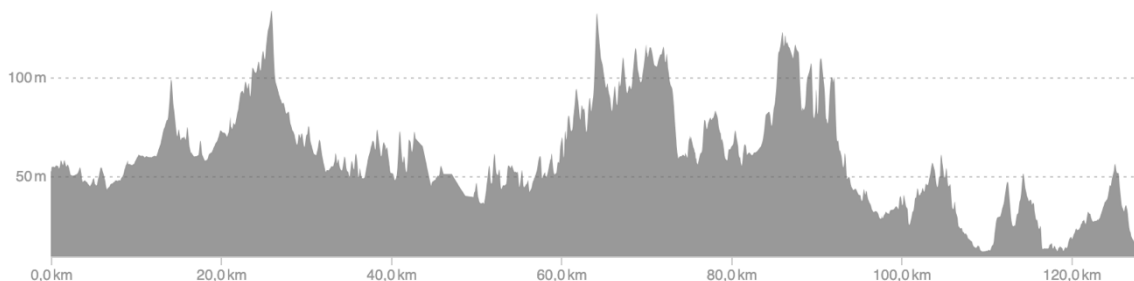
There are many curves to master through mountainous terrain all the way to the small town of Thung Song. (https://www.makemytrip.com/hotels-international/en-th/thailand/thung_song-hotels/the_gold_living_life-details.html)



Day 9: Ao Nang, Hula Hula Resort (B, L) (128 km, 1178 m ascent)

Today's stage features striking cone-shaped karst terrain, palm and rubber plantations. A hillside tour leading to the famous Phang Nga Bay. In the afternoon we continue cycling to the beach of Ao Nang, our starting point for the next few days.

This is the last bike day. This is where the guided bike tour ends. (<http://www.hulahulaaonang.com/>)



Day 10: Ko Yao Yai, Baantaranya Ko Yao Yai Resort (B)

We spend the last day of the cycling holiday on the island of Ko Yao Yai in the middle of Phang Nga Bay. We catch the morning ferry to the island and are picked up at the ferry station and driven to the family run beach hotel. If you don't just want to relax on the beach, you can optionally go on a snorkeling trip or visit the neighboring mountainous twin island of Ko Yao Noi by ferry. The diversity of the underwater world is impressive! (<https://www.taranyaresort.com/>)

Day 11: Transfer to the airport (B)

Today, the group transfer will take place at around 11 a.m. by ferry back to the starting point in Phuket, from where individual return flights will depart. You can book your international return flight after 6 p.m. on the same day or arrange an additional night at Nai Yang Beach.

(B = Breakfast, L = Lunch, D = Dinner)

Included:

- 10 nights: 10 x in 3 & 4 Stars Hotel
- 10 breakfasts, 6 dinner, 7 lunch
- 4 dinner and 5 lunch
- Fruits, snacks, isotonic drinks
- Thailand Cycle Tours jersey and drinking bottle
- Thailand Cycle Tours Team
- Thai English speaking bike guide
- Extra team leader from 6 persons
- Minibus and radio assistance
- Excursions according to the program
- Transfer Ao Nang to Ko Yao Yai
- Transfer Ko Yao Yai to Phuket Airport or Nai Yang Beach Resort

Optional Extras:

- Supplement night in Phuket Nai Yang Beach on demand (Nai Yang Beach Resort, The Proud, Nai Yang Park Hotel and T-Villa)
- Supplement Night in Koh Yao Yai
- Tips for guides
- Bike Rental Alu Shimano 105

- Bike Rental Carbon Shimano 105



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