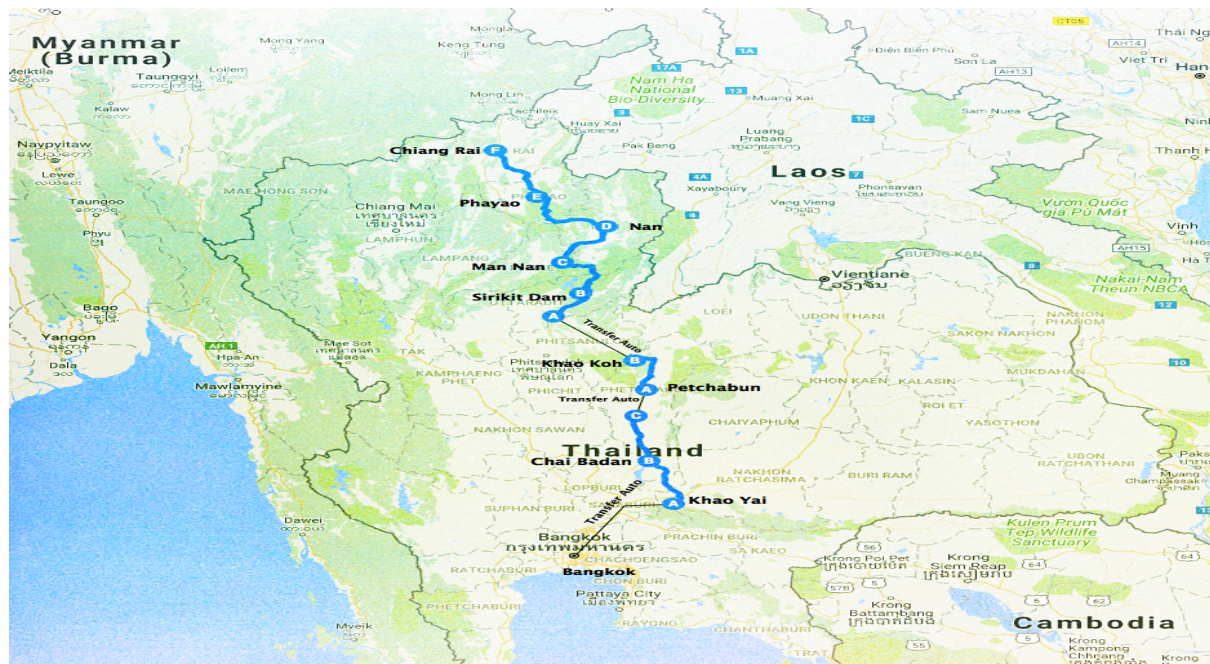


Thailand

CYCLE TOURS

BANGKOK - CHIANG RAI:



Highlights:

- **Buddhist tempels**
- **Thai food and culture**
- **Mountain scenery**
- **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: 6 694
Total: 850 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 flat 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, vineyards, 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 Khai Yai 200 meters altitude difference / 60 km: (<http://www.tonsilphome.com>) (B, L, D)

In the morning, 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 provincial town of Saburi Muak Lek, 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 around the Khao Yai National Park at around 3pm, which will give you a first glimpse of Thailand's beauty and peacefulness. You will pass vineyards, tobacco fields and orchards and enjoy the view of the National Park and the mountains all around. The hotel in which you are staying is situated on a hill, which allows a magnificent view.

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



Day 3 Chai Badan 637 meters altitude difference / 125 km: (<http://www.pasakhillside.com>) (B, L, D)

Only the first 30 kilometers are a bit hilly, the last part is consistently flat. The track is lined on the left and right

with many rice, sugarcane, vegetable and fruit fields. On a section of no less than 60 kilometers, the second part passes by the Pasak-Chonlasit Reservoir, where the break for lunch is also taken. Another highlight awaits you when you arrive at the hotel, which is located on a small lake: a huge, visible from afar Buddha statue on the mountain.

After some hills at the beginning the track is flat on the second part



Day 4 Petchabun 310 meters altitude difference / 112 km: Hotel Aday in Phetchabun (B, L, D)

Of the total of 170 kilometers, only the first 112 km are covered by bicycle. The rest is done by minibus. A highlight on this stage is a visit to a very old farming village, where the houses are built entirely of wood. 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 5 Khao Kho 1,400 meters altitude difference / 70 km: (<http://www.breezehillkhaokho.com>) (B, L, D)

On the first mountain stage, it goes after 20 km on a section of also 20 km up to 17 percent steeply uphill. The hardships are rewarded with the view of a magnificent mountain landscape. Another highlight is a stopover in one of the famous coffee shops. The huge strawberry fields next to the vegetable, rice and tobacco fields, which can be found almost everywhere, are also very impressive. Immediately after arriving at the hotel, a visit to the Great Temple of Khao Kho is on the program.

The route profile is relatively demanding.



Day 6 Sirikit Dam 245 meters altitude difference / 51 km: Bungalow Hotel on the Nan River (B, L, D)

In the morning, the first stop of the stage takes about two hours by minibus. After lunch, a visit to a small steel museum is scheduled after ten kilometers. The path leads on a flat course through a mountain landscape, past the Queen Sirikit Reservoir and cornfields to the hotel on the Nan River, about four kilometers from the reservoir.

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



Day 7 Na Man 2,050 meters altitude difference / 108 km: Homestay 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 demanding 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 45 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 416 meters altitude difference / 88 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.

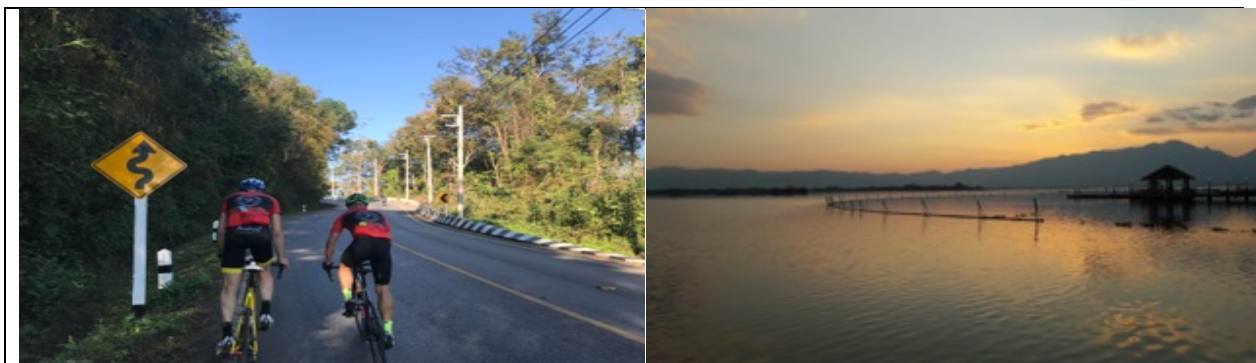
The Stages profile is consistently flat.



Day 9 Phayao 2,250 meters altitude difference / 142 km: (M2 Hotel) (B, L, D)

The third mountain stage is the longest and toughest. 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.

Of the three mountain stages this is the most demanding.



Day 10 Chiang Rai 210 meters altitude difference / 101 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, the transfer to the hotel takes place and an exciting bike ride comes to an end.

Like the second stage, the last section is particularly flat.



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 bike guide
- Minibus and radio assistance / spare wheels
- Excursions according to the program
- Travel insurance

Extras:

- Bicycle rental between
- Transfer Airport – Hotel Bangkok (Privat Taxi)
- Tipps for team

Optional excursion:

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

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