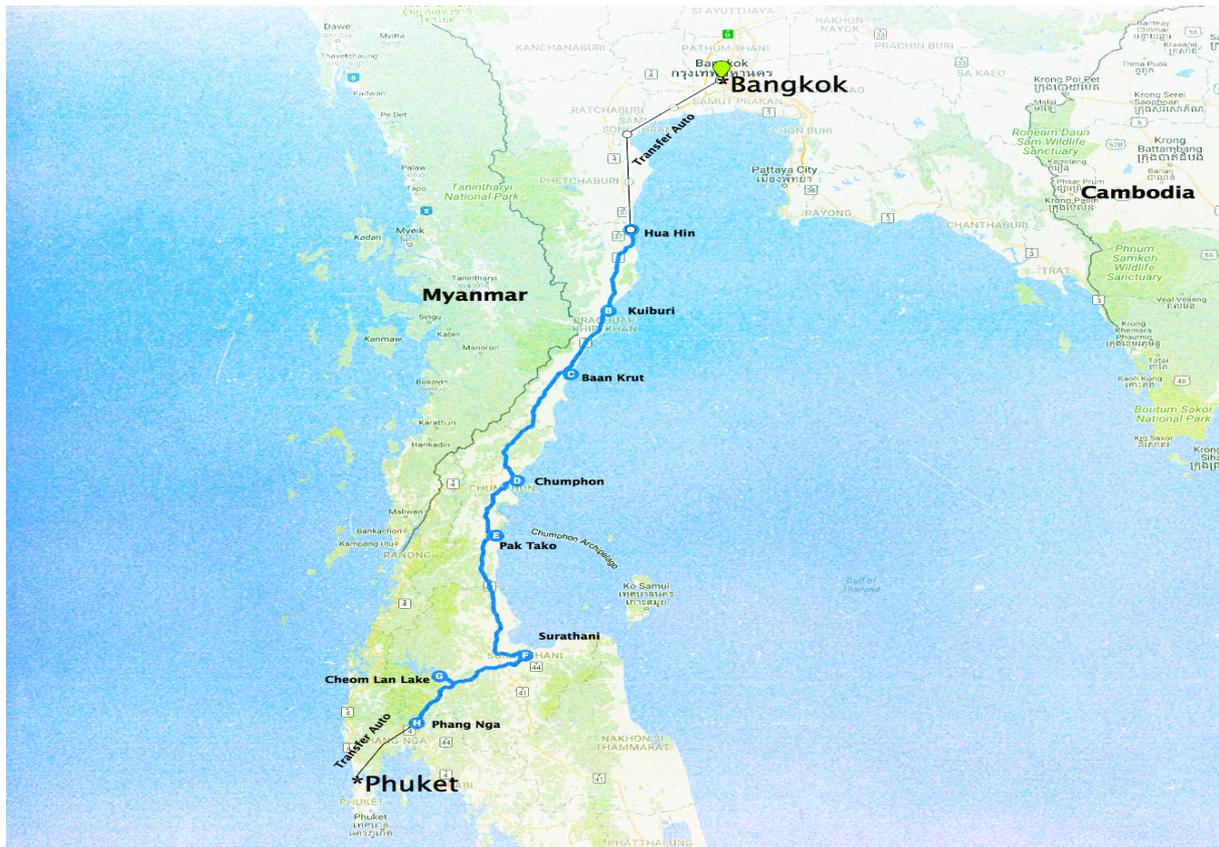


Thailand

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
- Raffhouse on the Cheow Lan Lake

The tour lasts 10 days / 9 nights and leads over a distance of 840 kilometers.

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.

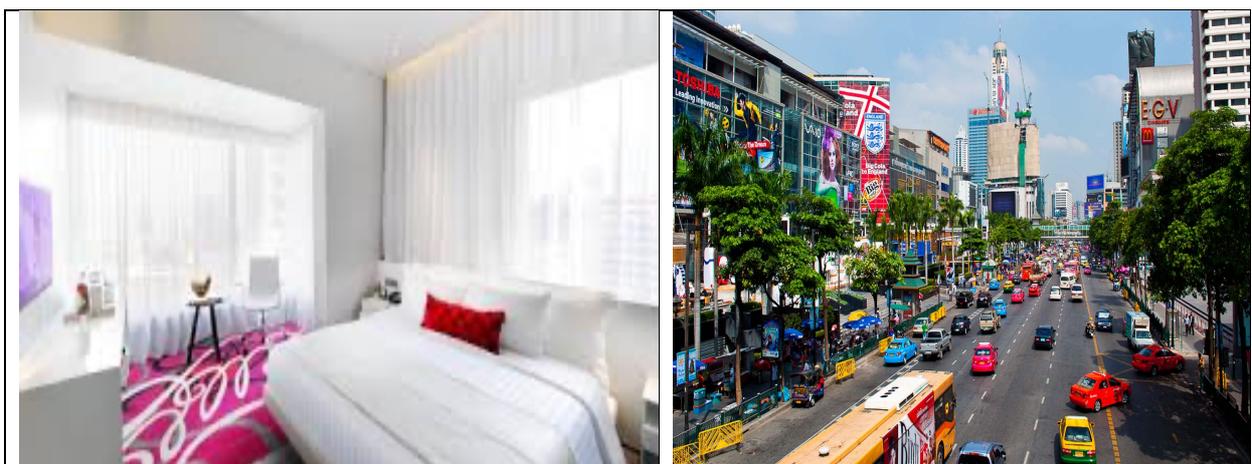
As you head south you will pass from the hustle and bustle of the metropolis which is Bangkok and once you leave the city limits you will start to see and experience the real Thailand, passing coconut, rubber and pineapple plantations, go through small provincial towns to picturesque fishing villages 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.

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 600 square Kilometers and home to 20 million 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 Skyline 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 Skyline.

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



Day 2: Bangkok – Hua Hin (56 km 159 climbing meters) (Hotel Vana Varin) (B, L, D)

Meet your guides and support staff for your cycle experience south to Phuket at 8 am at the reception.

In Petchaburi a provincial town just a short way down the coast. We shall stop have a break and visit a cave. Then we will continue for about an hour till we reach your first resort in Hua Hin.

From the resort at around 3pm we will take a relaxing ride to a lake with its awesome views, quiet back roads with good surfaces, your first real glimpse of the beauty and peacefulness of riding in Thailand. You will pass farms and plantations and make a short stop a Wat Mongkol, a very popular Buddhist shrine with a huge image of the famous monk.

After you have had time to clean up, take a dip in the pool or generally just relax in this very special resort, we will take you into the centre of town to see what a lovely place Hua Hin is, you will have the opportunity to sample the famous sea food and Thai restaurants and also visit the famous night market.



Day 3: Hua Hin – Kuiburi (86 km, 67 climbing meters) (Hotel Kuiburi Resort) (B, L, D)

At 8 am, we shall depart for the next leg of our cycling adventure, heading south along some of the new specially built cycle paths to wards Prachuap Kiri Khan.

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.

In the afternoon **(optional)** Elefant Safari to the Kuiburi National Park.



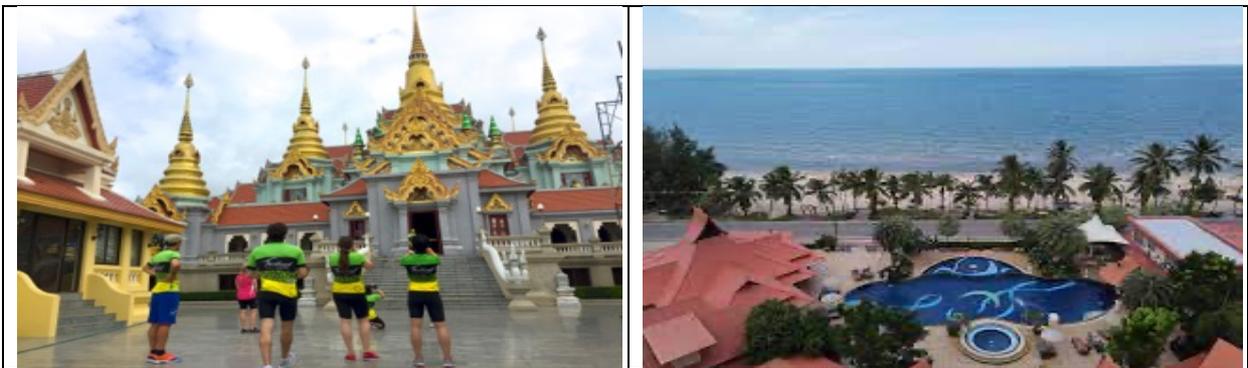
Day 4: Kuburi – Haad Baan Krut (108 km, 292 climbing meters) (Hotel Acardia Resort & Spa) (B, L, D)

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 Sunshine Paradise Resort, from feedback of previous tour clients, this is one they all seem to really enjoy, for its sense of calm and as its directly on the beach, we are pretty sure you love it too.

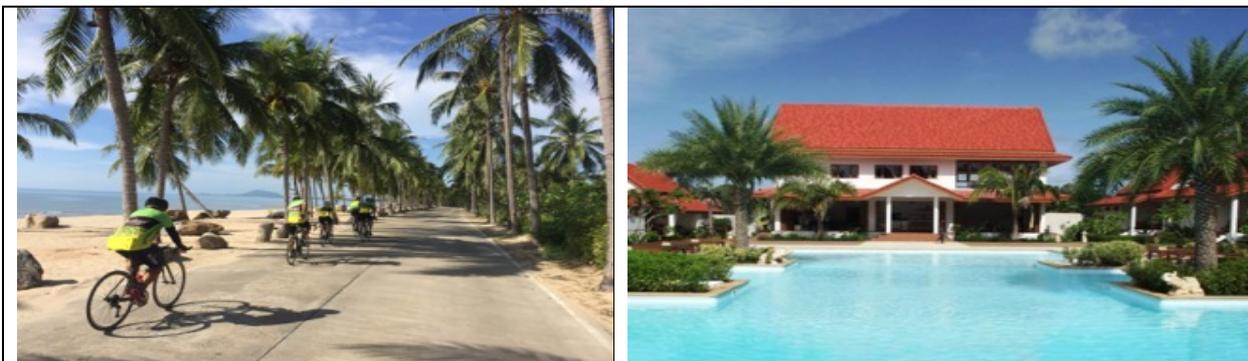


Day 5: Haad Baan Krut – Chumphon (131 km, 569 climbing meters) (Hotel Armonia Village) (B, L, D)

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 to 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 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 (Coco Sawi or 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 – Surat-Thani (S 22) (B, L, D) (110 - 169 km, 247 climbing meters)

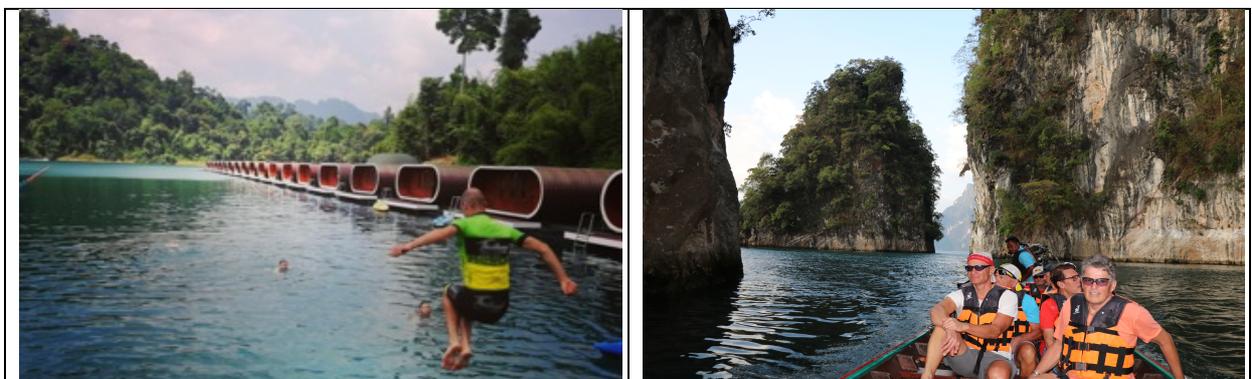
We continue cycling, south along the beach where tourism has not yet arrived. Our journey leads to Chaiya, one of the oldest cities in Thailand. Lunch will be on the beach and for the last 55km to Surat-Thani you can do it by bike or on the minibus..



Day 9: Surat-Thani – Cheow lake (Raft House) (B, L, D) 2 persons/room (82 km, 257 climbing meters)

A new day, a new experience during your bike tour through Thailand. Longtailboat to the floating huts of the Cheow Lan Lake.

We cycle to the Ratchapraba dam, where we take a long tail boat, which will bring us to floating huts in the lake. The day at the lake is at leisure. We swim in the lake or can use the small canoes to explore the lake. In the evening we take a boat tour to see the wildlife at the lake.



Day 10: Ratchapraba – Phuket (B, L) (59 km, 543 HM)

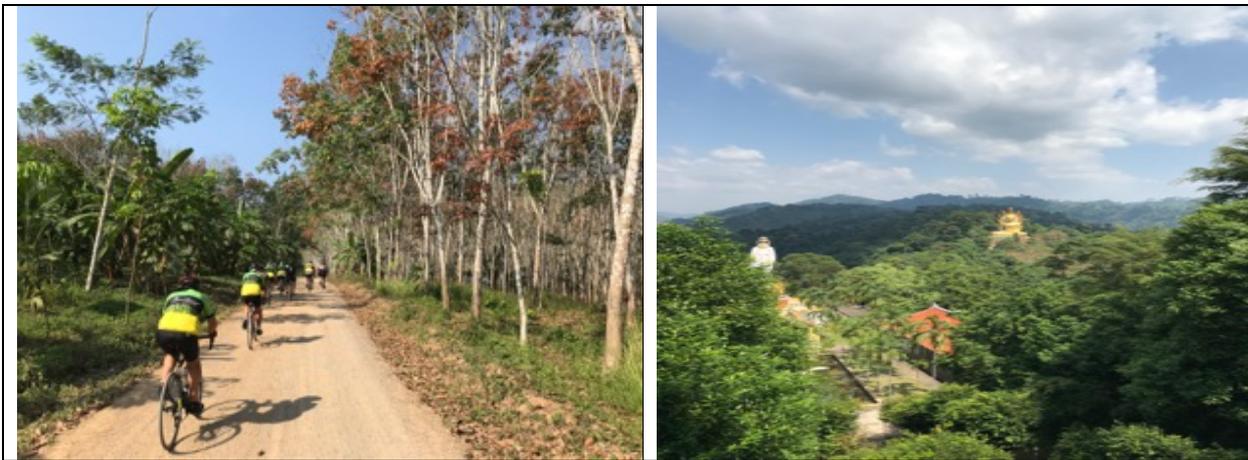
We leave the beautiful lake landscape by boat. On small, scenic roads we cycle south along the Klong Phanom National Park to the temple named Wat Bang Riang, which is considered one of the most beautiful in southern Thailand. A short bus drive takes us to Phuket Nai Yang Beach and we are no doubt you will have been moved, inspired and immeasurably surprised by all the wonderful things will have seen and experienced on your cycle odyssey.

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 off the tour in Nai Yang Beach at +/- 4 pm.

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



Included:

- 9 nights, including breakfast hotels 3 – 4 Stars, 1 x on the Cheowlan lake (2 persons per bungalow)
- 7 dinner and 8 lunch
- Fruits, snacks, isotonic drinks
- Thailand Cycle Tours jersey and drinking bottle
- Thailand Cycle Tours Team
- Thai bike guide
- Extra team leader from 5 persons
- 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 Skylane bike and city tour
- Half day Elephant Safari in Kuiburi National Park

Information:

Adress: Hotel Mode Sathorn in Bangkok : 144 North Sathorn Road, Silom Bangkok, 10500 Thailand

Phone number Hotel Mode Sathorn : +66 26234555

Dont forget to bring you helmet, shoes, pedals and 1 or 2 innertubes. Innertubes can also be bought for 200 thb/piece.

Copie from you travel insurance.

In case of a problem contact Lucien Kirch +66 (0)6 32567801

or Sirinan Kirch +66 (0) 6 32567801

Email : info@thailandcycletours.com

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

