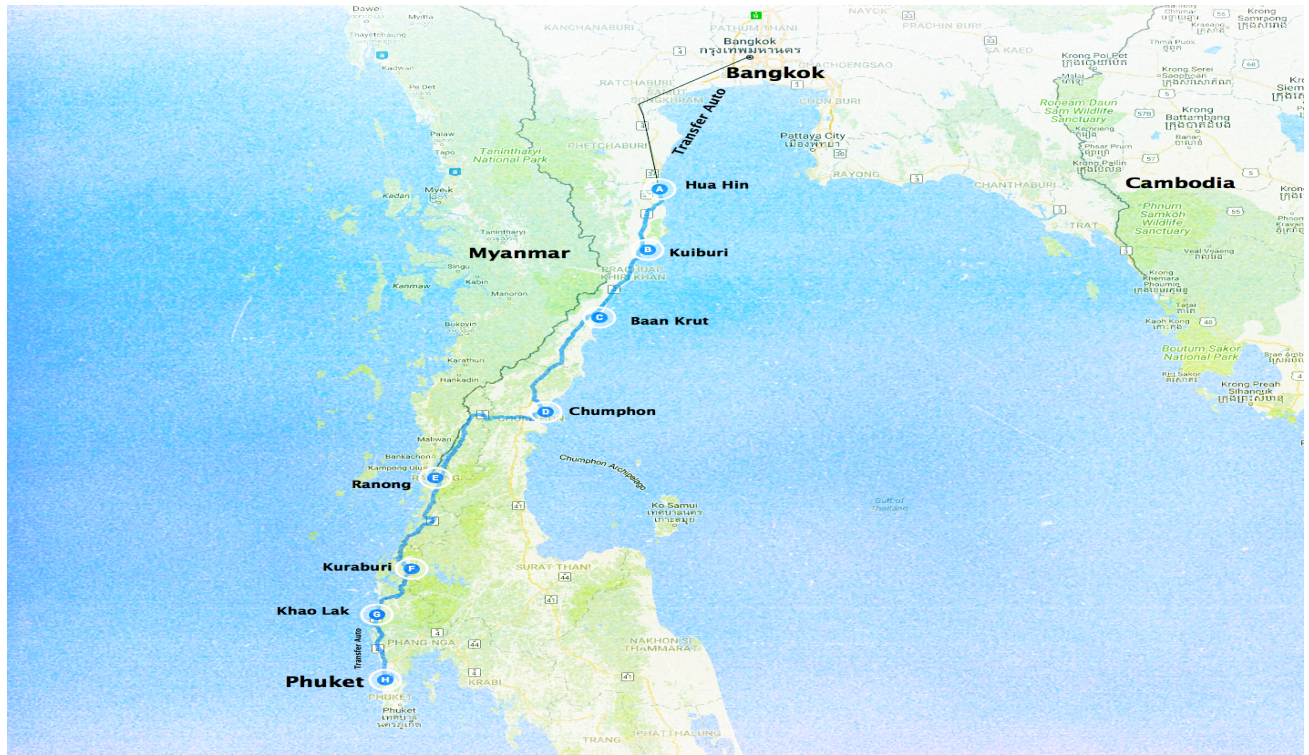




## Bangkok – Phuket Tour:



## Highlights:

- Good and attractive routes
- Buddhist temples
- Luxurious hotels
- Thai food and culture
- Thai cooking class on the rest day
- Adaman and the Thai Sea

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 there 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.

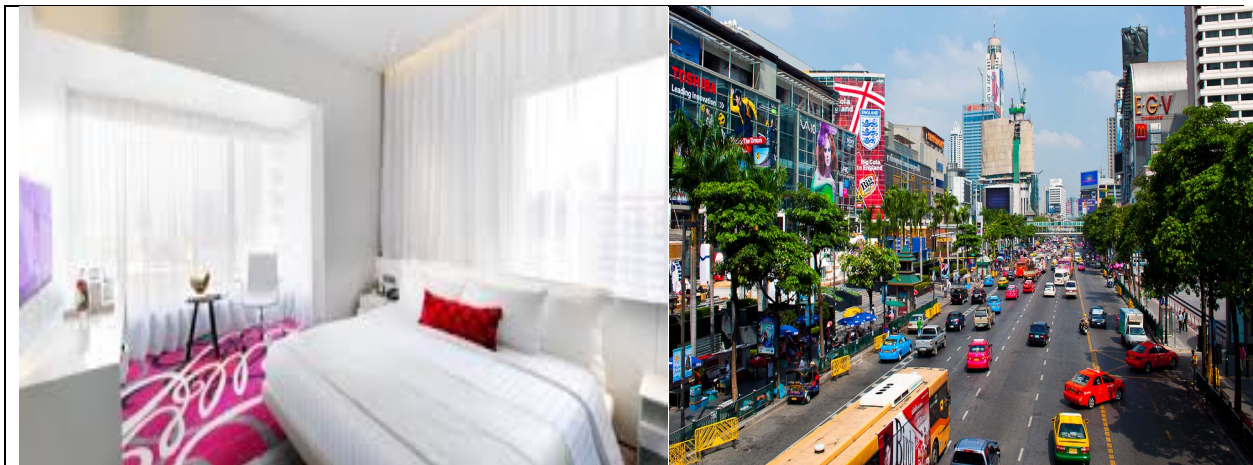
The terrain is mainly flat, which means its easy for most people to enjoy. Although the terrain isn't tough, the scenery and culture you will observe will constantly change, a breath taking experience with sights that most tourist simply will never see, memories and views that will last a lifetime. As 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 though small provincial towns to picturesque fishing villages. 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 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: Bangkok – Hua Hin (55 km 250 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 Pranburi Dam 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 at 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 (80 km, 110 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. We will pass the new 7 Kings monument park – 7 huge bronze statues built in honor of the Kings of Thailand over the centuries.

During this day of cycling you will ride along beautiful tropical bays, through national parks and sections of magical tropical forests. 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 starting to unfold in front of eyes.

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



**Day 4: Kuburi – Haad Baan Krut (110 km, 330 climbing meters) (Hotel Sunshine**

## **Paradise) (B, L, D)**

On this leg of the journey we will ride through an army base. We will also pass through some very beautiful national park areas, we shall head to some very scenic waterfalls where we shall break for a picnic lunch, you will have plenty of time to soak up the relaxing and picturesque surroundings and take a dip under the waterfalls if you so desire.

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. We will arrive at our beach houses for the night, where you will be able to chill and relax and watch the sun go down on quiet palm and coconut lined bay.

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 (140 km, 600 climbing meters) (Hotel Armonia Village) (F, M, A)**

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. You will also see the different style of Thai people, their relaxed attitude and even their accent and tone of voice will seem much different. You are now in the south of Thailand, getting ever closer to the equator.

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 do a little bit of climbing during this section of the tour, but fairly easy and nothing with any aggressive % elevation.

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 – Ranong (110 km, 320 climbing meters) or (168 km, 1500 climbing meters) (B, L, D) City Hotel Galla**

After a good breakfast, we head further south toward Ranong, on this section of the journey will be the longest but one of the most rewarding. First we will follow the coast for a while, before moving inland and following a meandering canal with a few small climbs. Then we start to head East to West across the country. We will continue until we have covered approximately 110km and then break for lunch at a coffee place, (The last 50 km can be done on the bike or in the minibus).

The terrain after lunch will have some steep climbs, but don't worry nothing that you won't be able to manage, on our tours nobody gets left behind, if you drop back from the group, no one will mind and one of the guides will drop back with you.

Ranong has many bars and restaurants, with lots of venues with live music and entertainment, we will stay in a nice hotel in the centre, so you can explore this vibrant place without having

to go too far.



**Day 8, Ranong – Kuraburi (128 km, 820 climbing meters) (Hotel Greenview Resort) (B, L, D)**

After a nice breakfast, we will head into the mountains and tropical forests heading deeper south towards Kuraburi. There will be some climbing and elevation. You can stop and rest anytime, a guide will constantly remain with you and the support vehicle will always be on hand with drinks and snacks if you need them.

When we break for lunch we will stop and eat barbeque chicken, a truly lovely place, sitting on bamboo banks.

The pay off for the elevation will be the magnificent views and photo opportunities.

The day will see you arrive in a fantastic tropical resort, where you can relax and unwind.

The jungle resort is designed with unique clay and bamboo bungalows, there is a nice pool to relax in and at night, the sound of the jungle and all of its insects and animals can be heard, a very natural and peaceful place to really give you that tropical experience.



**Tag 9, Kuraburi – Khao Lak (78 km, 420 climbing meters) (Baan Khao Lak Beach Resort) (B, L)**

This day will return to more flat terrain giving your legs a well earned relaxing day of sightseeing, through picturesque villages and rubber plantations. We will break for lunch in an old Portuguese Village, with some interesting colonial style buildings, very unusual, as Thailand has never been colonized or conquered by any other nation completely in modern written history, so to find architecture of this kind in Thailand is quite an oddity and very interesting. We will reach the seaside resort of Khoa Lak, which is a very popular tourist



destination with a fantastic beach, we would recommend that you explore and find some interesting place to have dinner in the town.



### **Day 10, Khao Lak – Phuket (85 km, 400 climbing meters) (B, L)**

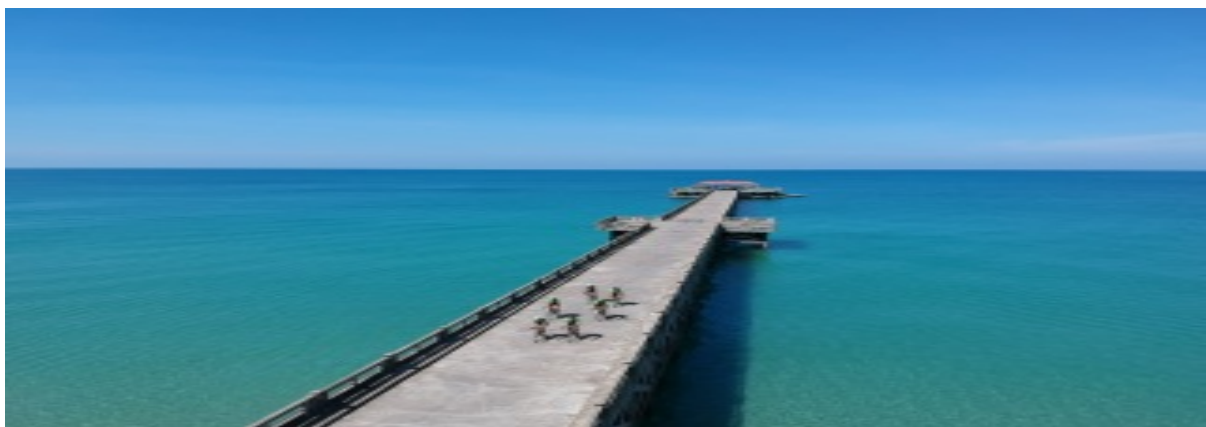
The last leg of the journey will take us on to the beautiful, world famous tropical Phuket Island, via the relatively new Sarasin Bridge, which connects the mainland to the island. We will stop at the police boat that washed inland by the infamous Tsunami and pass the monument dedicated to those who lost their lives in that tragic event.

We continue to our journeys end at the very aptly named Heavenly 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. We will have done our job well and feel equally happy when we see you dismount from your bike with a smile on your face, knowing what an epic achievement you have accomplished.

For us at Thailand Cycle Tours, we take great pride and enjoyment from seeing you reach your goal, as we said before we are cyclists, we love riding here and we are sure by the time you reach Heavenly Beach on Phuket, you will feel the same about the place and cycling here as we do!!!

We think you will go home with memories that will last a lifetime.

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



**Included:**

- 9 nights, including breakfast
- 6 dinner and 9 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 Hotel Bangkok
- Tips for guides

**Optional Excursions:**

- Full day Bangkok Skylane bike and city tour
- Half day Elephant Safari in Kuiburi National Park

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