

THAILAND CYCLE TOURS

Bangkok to Phuket



10 days · 810 km · 8 cycling stages ·

One epic adventure through the heart of Thailand

Your Journey at a Glance

10 Days on Tour

9 nights of adventure

810 Total Kilometers

Across 8 cycling stages

Cycling Stages

Varied terrain, all skill levels

Speed Groups

23–26 km/h or 27–30 km/h

(Speeds can be adjusted during the tour to suit group preferences)

Ride from the vibrant streets of **Bangkok** to the tropical paradise of **Phuket** — through coconut plantations, fishing villages, sacred temples, and dramatic national parks. Mostly flat terrain with excellent road conditions and newly developed cycle paths.

Tour Route

8 Stops Along The Way...



01

Bangkok

Start — *Mode Sathorn Hotel*

02

Hua Hin

Beach town & night market

03

Sam Roi Yot

National Park & limestone peaks

04

Prachuap Khiri Khan

Coastal Bay & Temples

05

Ban Krut

Beachfront resort & Wat Tang Sai

06

Chumphon

Rest day & cooking class

07

Sawi

Mangroves & fishing villages

08

Phuket

Finish — Nai Yang Beach

Tour Highlights



National Parks

Explore Sam Roi Yot and Khao Sok — limestone cliffs, lush jungle, and emerald waters

Buddhist Temples

Visit sacred shrines and hilltop monasteries showcasing Thailand's spiritual heritage

Thai Cuisine

Savor authentic local food and learn to cook it yourself in a hands-on class

Cheow Lan Lake

Longtail boat tour across emerald waters surrounded by dramatic limestone karsts

Day 1-2 Arrival & First Ride



Day 1: Arrival in Bangkok

- Arrival Day | Optional Activities Available

Welcome to Bangkok, Thailand's vibrant capital, where modern city life blends with rich culture, history, and hospitality.

Highlights:

- Explore Bangkok's famous landmarks
- Optional city sightseeing tour
- Optional cycling at the Skylane track near Suvarnabhumi Airport
- Experience one of Asia's most dynamic cities

Optional Tours:

- Full-Day Bangkok City Tour & Skylane Bike Tour
- Half-Day Bangkok City Tour
- Half-Day Skylane Bike Tour

Overnight: Mode Sathorn Hotel Bangkok

Meals: Not included (unless specified)



Day 2: Bangkok - Hua Hin

- 65 km | Easy introductory ride

Meet the team at 8:00 am (at reception) to transfer from Bangkok to Hua Hin by Van. Approximately 3-3 hours 30 minutes. When we arrive at the office, we will proceed with bike fitting before we enjoy lunch together. After that around 13:00PM, we will have our first ride as a group by visiting the famous Wat Huay Mongkol and cycle around a scenic lake before relaxing by the beach.

Highlights:

- Rural countryside cycling
- Wat Huay Mongkol temple visit
- Scenic lake ride
- Hua Hin Beach
- Night market and seafood dinner

Overnight: Loligo Resort Hua Hin + A Fresh Twist By Let's Sea

Meals: Breakfast, Lunch & Dinner

Day 3-5 Coastal Thailand & National Parks

Day 3 — Sam Roi Yot

115 km | 160 m elevation gain | Start:
8:00 AM



Cycle south from Hua Hin through the spectacular Khao Sam Roi Yot National Park, passing limestone mountains, wetlands, and quiet coastal countryside. Visit a hilltop temple, ride along scenic Prachuap Bay, and experience a unique cycling section through a military zone before arriving at your beachfront hotel.

Highlights:

- Khao Sam Roi Yot National Park
- Coastal and bay views
- Hilltop temple visit
- Military-zone cycling experience

Overnight: @T Boutique Hotel

Meals: Breakfast, Lunch & Dinner

Day 4 — Ban Krut

78 km | 500 m elevation gain



Ride through scenic countryside featuring mountain views, coconut plantations, and farmland. Enjoy a seaside lunch stop and visit the hilltop Wat Tang Sai for panoramic coastal views before arriving at the beachfront resort.

Highlights:

- Mountain and countryside scenery
- Coconut plantations and farmland
- Seaside lunch stop
- Wat Tang Sai hilltop temple

Overnight: Baan Grood Arcadia Resort & Spa

Meals: Breakfast, Lunch & Dinner

Day 5 — Chumphon

131 km | 740 m elevation gain



Ride through lush tropical landscapes and scenic coastline, passing a hilltop Buddha statue with panoramic views. Enjoy lunch at a traditional Thai wooden house overlooking the sea before finishing at beautiful Thung Wua Laen Beach, with time for a refreshing swim.

Highlights:

- Tropical coastal scenery
- Hilltop Buddha viewpoint
- Seaside Thai lunch
- Thung Wua Laen Beach swim stop

Overnight: Armonia Village Resort & Spa

Meals: Breakfast, Lunch & Dinner

Day 6: Rest Day & Thai Cooking Class

A well-deserved break to recharge before the next leg. Choose your own adventure:

Rest Day: Enjoy a relaxing day to recharge. Join an optional Thai cooking class with local guides to learn how to prepare authentic Thai dishes, or spend the day unwinding by the pool, swimming in the sea, or enjoying a traditional Thai massage.

Highlights:

- Optional Thai cooking class
- Relax by the pool or beach
- Swimming and leisure time
- Traditional Thai massage opportunities

Overnight: Armonia Village Resort & Spa

Meals: Breakfast only.

🔍 Thai Cooking Class

Learn to prepare authentic Thai dishes hands-on with our local guides — then savor your creations



🏖️ Beach & Pool

Swim in the warm sea, lounge by the hotel pool, or treat yourself to a traditional Thai massage



Day 7-9 Mangroves, Lakes & The Final Push

Day 7: Chumphon - Sawi (80 km)

80 km | 216 m elevation gain



A relaxed coastal ride through shrimp farms, coconut plantations, mangrove forests, and traditional fishing villages. Enjoy scenic views of colorful fishing boats along the Thai coastline before a leisurely afternoon by the pool or beach.

Highlights:

- Coastal fishing villages
- Shrimp farms and coconut plantations
- Mangrove forest scenery
- Relaxing beachside afternoon

Overnight: Velaytalay Resort

Meals: Breakfast, Lunch & Dinner.

Day 8: Sawi - Surat Thani (120–164 km)

120–164 km | 558 m elevation gain



Cycle south along quiet coastal roads, passing untouched beaches, coconut plantations, shrimp farms, and fishing villages on the way to the historic city of Chaiya. After lunch, choose to complete the final 45 km to Surat Thani or relax in the support vehicle.

Highlights:

- Coastal and ocean views
- Coconut plantations and fishing villages
- Historic Chaiya town
- Optional 164 km challenge ride
- Supportive team atmosphere

Overnight: S22 Surat Thani Hotel

Meals: Breakfast & Lunch.

Day 9: Surat Thani - Cheow Lan Lake (85 km)

85 km | 413 m elevation gain



Ride through scenic countryside to Ratchaprapha Dam and beautiful Cheow Lan Lake. After lunch by the lake, enjoy a longtail boat tour through emerald waters surrounded by dramatic limestone cliffs before relaxing at a nature resort.

Highlights:

- Cheow Lan Lake boat tour
- Emerald waters and limestone cliffs
- Ratchaprapha Dam
- Scenic lakeside landscapes

Overnight: Belong Jin The Dam Resort

Meals: Breakfast, Lunch & Dinner.

DAY 10

Day 10: The Grand Finale: Phuket

99 km · 643 m elevation



The final ride takes you through scenic countryside and tropical landscapes toward Phang Nga. Conquer the famous “Jungle Climb” before a rewarding descent and farewell lunch with the group. After lunch, transfer to Nai Yang Beach in Phuket, where the tour concludes.

Highlights:

- Final ride to Phuket
- The “Jungle Climb” challenge
- Tropical jungle scenery
- Farewell lunch in Phang Nga
- Short one-hour transfer to Nai Yang Beach, where our tour ends around 4:00 PM.

Meals: Breakfast & Lunch.

Tour Ends: Nai Yang Beach, Phuket (approximately 4:00 PM)

✔ An epic 810 km journey complete — unforgettable memories and proud moments you'll carry forever.

What's Included & Need to Know

✓ Included

- 9 nights in 3-4★ hotels + breakfast
- 6 dinners, 8 lunches, snacks & drinks on rides
- Jersey, rucksack & water bottle
- Professional guide + support minibus

Optional Extras:

- Carbon or aluminum road bike rental
- Carbon E-road bike
- Touring E-bike
- Extra night at Mode Sathorn Hotel in Bangkok
- Extra night at Proud Phuket Hotel or Howard Johnson by Wyndham Nai Yang Phuket
- Airport transfer from Bangkok Airport to the hotel
- Tips for guides (at your discretion)

📋 Essentials

- Bring: helmet, cycling shoes, pedals, 1-2 inner tubes
- Travel insurance required

☎ Contact Us

In case of any issues or emergencies during your trip, please contact:

- You can also reach us via email at info@thailandcycletours.com.

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