

THAILAND CYCLE TOURS

E-Bike Explore South Thailand



13 days · 398 km · 7 cycling stages ·

*One epic e-bike journey through
Southern Thailand's coastal paradise*

Your Journey at a Glance

13 Days on Tour

12 nights of adventure

398 Total Kilometers

Across 7 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)

Experience the best of southern Thailand on this 13-day Hybrid or E-Bike adventure. Cycle through lush jungles, scenic coastal roads, and charming villages while discovering iconic highlights such as the Sarasin Bridge, Phang Nga Skywalk, Khao Sok National Park, and Khao Luang National Park. Relax on the beautiful beaches of Sichon and Ko Yao Yai, enjoy authentic Thai cuisine, and stay in carefully selected accommodations. Combining stunning landscapes, local culture, and comfortable riding, this tour offers the perfect balance of adventure and relaxation away from the usual tourist routes.

Tour Route


7 Cycling Stages - 10 Distinct Destinations




- Phuket	01 Skywalk	02 Phang Nga
03 Cheowlan Lake	04 Surat Thani	05 Sichon
06 Kiriwong	07 Thung Song	08 Tiger Cave Temple
09 Ao Nang	10 Koh Yao Yai	- Phuket

Tour Highlights





 Phang Nga Skywalk & Sarasin Bridge – Spectacular views and iconic landmarks.




 Khao Sok, Khao Luang & Tropical Islands – Explore rainforests, mountains, Ko Yao Yai, and Sichon Beach.



 Scenic Cycling Adventures – Ride through jungles, coastal roads, plantations, and local villages.

 Nature, Culture & Cuisine – Waterfall hikes, local traditions, and authentic Thai cuisine.

 Boutique & Beachfront Hotels – Relax in carefully selected resorts and comfortable accommodations throughout the journey.

Day 1-2 Arrival & First Ride



Day 1: Arrival in Phuket

- **Arrival Day in Phuket | Relax by the Beach**

Welcome to Phuket, Thailand's largest island and gateway to the stunning Andaman Coast, renowned for its tropical beaches, crystal-clear waters, and laid-back atmosphere.

Highlights:

- Arrival and airport transfer to your beach resort
- Relax on the tranquil shores of Nai Yang Beach
- Explore the local area at your own pace
- Enjoy the tropical surroundings and beautiful sunset

Optional Activities:

- Beach relaxation and swimming
- Visit local markets and restaurants
- Massage and spa treatments
- Explore nearby attractions and cafés

Overnight: Nai Yang Beach Resort, Phuket

Meals: Not included



Day 2: Phuket to Phang Nga | Sarasin Bridge & Skywalk Adventure

- **70 km | 690 m climbing**

The adventure begins at **8:00 AM** from Nai Yang Beach. After a bike fitting, we start cycling by crossing the iconic Sarasin Bridge, which connects Phuket Island to the mainland. From here, we ride through scenic rubber plantations and quiet rural roads towards the spectacular Phang Nga Bay Skywalk. After taking in the breathtaking views, we enjoy coffee and lunch at a hidden local gem before a short transfer to our hotel in Phang Nga.

Highlights:

- Cross the iconic Sarasin Bridge
- Scenic cycling through rubber plantations
- Phang Nga Bay Skywalk
- Stunning panoramic bay views
- Local coffee stop and lunch experience

Overnight: Erawan Phang Nga Hotel

Meals: Breakfast, Lunch & Dinner

Day 3-5 Journey from the Jungle to the Sea

Day 3: Phang Nga – Ratchaprapha Dam

35 km | 440 m climbing



Today's journey takes us through lush jungle landscapes with a rewarding 5 km climb to the impressive Bang Rieng Temple, offering beautiful views of the surrounding countryside. After the ride, we transfer to Cheow Lan Lake and enjoy lunch before boarding a traditional longtail boat to explore the breathtaking scenery of Khao Sok National Park, one of Thailand's most spectacular natural treasures.

Highlights:

- Scenic jungle cycling
- 5 km climb to Bang Rieng Temple
- Cheow Lan Lake
- Longtail boat excursion
- Khao Sok National Park

Overnight: Belong Jin The Dam Resort

Meals: Breakfast, Lunch & Dinner

Day 4: Ratchaprapha Dam – Surat Thani

65 km | 189 m climbing



After breakfast, we continue our journey south, cycling along quiet country roads through vibrant fruit orchards, rubber plantations, and rural communities. Enjoy the peaceful scenery and authentic local atmosphere as we make our way toward Surat Thani. The day concludes at a charming riverside hotel just outside the city, providing the perfect setting to relax and unwind.

Highlights:

- Scenic countryside cycling
- Fruit orchards and rubber plantations
- Quiet rural roads
- Local village life
- Riverside hotel setting

Overnight: The Neenlawat Riverside Resort & Spa

Meals: Breakfast, Lunch & Dinner

Day 5: Surat Thani – Sichon

70 km | 531 m climbing



Today's adventure takes us through the beautiful Namtok Si Khit National Park, where we enjoy an exciting 8 km section featuring five river crossings. Following a short transfer, we continue cycling along quiet country roads through picturesque mountain scenery and traditional villages. Our day ends at the beachfront Cabana Beach Resort in Sichon, where we will relax and enjoy the next two nights by the sea.

Highlights:

- Namtok Si Khit National Park
- Five river crossings
- Scenic mountain landscapes
- Quiet rural roads and villages
- Beachfront stay in Sichon

Overnight: Sichon Cabana Resort

Meals: Breakfast, Lunch & Dinner

Day 6-8 Coastal Roads and Hidden Highlands

Day 6: Sichon

26 km | Easy coastal ride



Today we enjoy a relaxed ride along one of Southern Thailand's most beautiful coastal roads overlooking the Gulf of Thailand. Cycling through peaceful seaside scenery, we make our way to Khanom for lunch and local activities. Afterward, a short transfer returns us to our beachfront resort, leaving the afternoon free to relax by the pool or enjoy the beach.

Highlights:

- Scenic Gulf of Thailand coastline
- Relaxed seaside cycling
- Visit to Khanom
- Local cultural activities
- Free afternoon at the beach

Overnight: Cabana Beach Resort on Sichon

Meals: Breakfast & Lunch

Day 7: Sichon – Kiriwong

70 km | 106 m climbing



Leaving the coast behind, we cycle through a landscape of coconut, rambutan, mangosteen, and durian plantations on our way to Kiriwong. Nestled at the foot of Khao Luang National Park, this charming mountain village is renowned for its clean air, lush scenery, and relaxed atmosphere. Upon arrival, there is time to explore the village and its picturesque riverside paths.

Highlights:

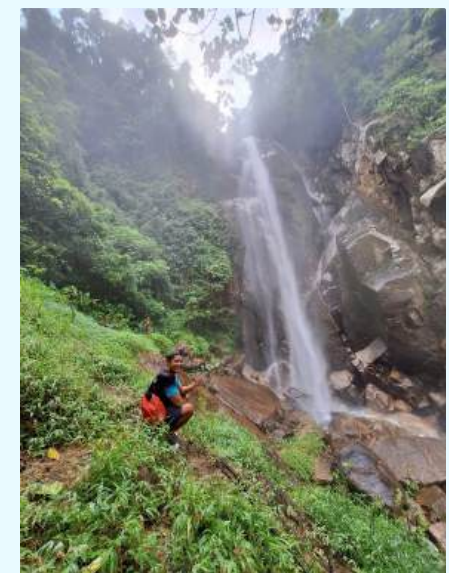
- Scenic plantation cycling
- Coconut, rambutan, mangosteen, and durian orchards
- Khao Luang National Park region
- Fresh mountain air and lush landscapes
- Explore the charming village of Kiriwong

Overnight: Passion Resort Kiriwong

Meals: Breakfast, Lunch & Dinner

Day 8: Kiriwong National Park

Hiking & Leisure Day



Today we explore the natural beauty of Khao Luang National Park with a hike to the picturesque So Dao Waterfall, one of the region's hidden gems. After enjoying the lush surroundings and refreshing waterfall, the remainder of the day is free to relax or explore the peaceful mountain village of Kiriwong at your own pace.

Highlights:

- Hike to So Dao Waterfall
- Khao Luang National Park
- Lush rainforest scenery
- Free time in Kiriwong village
- Relaxing mountain atmosphere

Overnight: Passion Resort Kiriwong

Meals: Breakfast & Lunch

Day 9-11 The Grand Finale: Coast & Islands

Day 9: Kiriwong – Thung Song

62 km | 515 m climbing



Today's ride takes us along tranquil, winding roads through lush tropical landscapes and charming mountain villages. Enjoy a mix of gentle climbs and rolling terrain as we cycle through some of Southern Thailand's most scenic countryside. By afternoon, we arrive in the welcoming town of Thung Song, where we can relax after another rewarding day on the bike.

Highlights:

- Scenic mountain roads
- Lush tropical countryside
- Traditional village life
- Rolling hills and gentle climbs
- Arrival in Thung Song

Overnight: The Gold Living Life

Meals: Breakfast, Lunch & Dinner

Day 10: Thung Song – Ao Nang

Transfer Day | Tiger Cave Temple



This morning, we transfer to the famous Tiger Cave Temple, one of Southern Thailand's most impressive landmarks. Those wishing to take on the challenge can climb the 1,237 steps to the hilltop shrine, where spectacular panoramic views await. After lunch, we continue to Ao Nang Beach, where there is time to relax and enjoy the beautiful coastal scenery. The guided portion of the tour concludes after lunch.

Highlights:

- Visit Tiger Cave Temple
- Optional climb of 1,237 steps
- Panoramic views over Krabi
- Ao Nang Beach
- End of the guided cycling tour

Overnight: Hula Hula Resort and Spa

Meals: Breakfast & Lunch

Day 11: Ko Yao Yai

Island Escape & Relaxation



After breakfast, we take the morning ferry to the peaceful island of Ko Yao Yai, located in the heart of Phang Nga Bay. Upon arrival, settle into your beachfront resort and enjoy the relaxed island atmosphere. The remainder of the day is free to unwind on the beach or take part in optional activities such as snorkeling, island exploration, or enjoying a spectacular sunset.

Highlights:

- Ferry journey through Phang Nga Bay
- Relax on Ko Yao Yai Island
- Beachfront resort stay
- Optional snorkeling and island exploration
- Beautiful island sunsets

Overnight: Baan Taranya Resort, Koh Yao Yai

Meals: Breakfast

Day 12-13: Island Relaxation & Farewell

Day 12: Ko Yao Yai

Free Day in Paradise



Today is yours to enjoy at your own pace. Relax on the beach, take a swim in the warm waters of Phang Nga Bay, or explore more of Ko Yao Yai's peaceful landscapes and local villages. This is the perfect opportunity to unwind and soak up the tranquil island atmosphere before the journey comes to an end.

Highlights:

- Free day to relax and unwind
- Beautiful beaches and coastal scenery
- Explore Ko Yao Yai Island
- Traditional island life
- Leisure time at the resort

Overnight: Baan Taranya Resort, Koh Yao Yai

Meals: Breakfast

Day 13: Ko Yao Yai – Phuket | Departure Day

Ferry Transfer to Phuket



After breakfast, we bid farewell to the islands and take the ferry back to Phuket. A group transfer is arranged, departing around 11:00 AM and arriving in Phuket with ample time for onward travel. We recommend scheduling international flights after 6:00 PM or extending your stay with an additional night at Nai Yang Beach for a relaxing conclusion to your Southern Thailand adventure.

Highlights:

- Scenic ferry journey across Phang Nga Bay
- Transfer back to Phuket
- Time for onward travel or tour extensions
- Final views of Southern Thailand's tropical coastline
- End of tour

Meals: Breakfast

What's Included & Need to Know

✓ Included

- 12 nights in 3-4★ hotels + breakfast
- 6 dinners, 9 lunches, snacks & drinks on rides
- Jersey, rucksack & water bottle
- Professional guide + support minibus
- Transfer Phuket airport – Nai Yang Beach Resort
- Group Transfer Ao Nang to Ko Yao Yai
- Group Transfer Ko Yao Yai to Phuket Airport
- E-Bike provided

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 (Baan Taranya)
- 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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