

THAILAND CYCLE TOURS

Explore South Thailand



11 days · 732 km · 9 cycling stages ·

*One epic adventure through the
Southern Part of Thailand*

Your Journey at a Glance

11 Days on Tour

10 nights of adventure

732 Total Kilometers

Across 9 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)

Explore the highlights of southern Thailand on this fully guided cycling adventure. Ride from Phuket through the scenic landscapes of Khao Lak, Koh Kho Khao, and the lush rainforests of Khao Sok National Park. Enjoy a rest day in Sichon before continuing through the beautiful Kiriwong rainforest to Ao Nang Beach and the tranquil island of Koh Yao Yai.

The journey concludes back in Phuket, offering an unforgettable blend of stunning nature, coastal beauty, and authentic local culture.

Tour Route

9 Stages...



-
Phuket

01
Khao Lak

02
Ko Koh Khao

03
Surat Thani

04
Sichon Beach
(rest day)

05
Kiriwong

06
Thung Song

07
Ao Nang

08
Koh Yao Yai

09
Phuket

Tour *Highlights*



- 1 — 🚴 Diverse cycling routes through Southern Thailand's spectacular limestone karst landscapes
- 2 — 🏖️ Stunning beaches along both the Andaman Sea and the Gulf of Thailand
- 3 — 🌿 Discover the rich flora and fauna of Khao Sok National Park
- 4 — 🌊 Exciting 8 km ride through Namtok Si Khit National Park, including 5 river crossings by bike
- 5 — 🌴 Relax with two beach days on the tranquil island of Koh Yao Yai
- 6 — ☀️ Enjoy a rest day at the peaceful beaches of Sichon
- 7 — 🇹🇭 Experience authentic local culture, coastal villages, and Southern Thai hospitality along the route

Day 1-2: Arrival



Day 1: Phuket (Nai Yang Beach) to Khao Lak

86 km Cycling | 389 m Elevation Gain

Meet the group at Nai Yang Beach at 8:00 am and begin your cycling adventure along Thailand's beautiful Andaman Coast. Cross the iconic Sarasin Bridge from Phuket to the mainland and ride north through coastal scenery toward Khao Lak. The route passes through peaceful countryside and along the edge of Khao Lak–Lam Ru National Park before arriving at your beachfront resort.

Highlights:

- Start your cycling journey from Phuket's Nai Yang Beach
- Cross the famous Sarasin Bridge to the mainland
- Ride along the scenic Andaman coastline
- Pass through Khao Lak–Lam Ru National Park
- Enjoy beautiful coastal and countryside views
- Relax at a beachfront resort in Khao Lak

Overnight: Baan Khao Lak Beach Resort, Khao Lak

Meals: Lunch, Dinner



Day 2: Khao Lak to Koh Kho Khao

54 km Cycling | 333 m Elevation Gain

Today's ride takes you through a diverse coastal landscape as you cycle north toward the tranquil island of Koh Kho Khao. En route, stop in the historic town of Takua Pa for a coffee break and admire its charming Sino-Portuguese architecture. A short ferry crossing brings you to Koh Kho Khao, an unspoiled island known for its peaceful atmosphere, mangrove forests, and beautiful beaches.

Highlights:

- Cycle through scenic coastal and rural landscapes
- Visit the historic town of Takua Pa
- Admire traditional Sino-Portuguese architecture
- Enjoy a ferry crossing to Koh Kho Khao Island
- Discover mangrove forests and island scenery
- Relax on one of Southern Thailand's most peaceful islands

Overnight: C&N Koh Kho Khao Beach Resort

Meals: Breakfast

Day 3-5 From Jungle Trails to Seaside Shores

Day 3: Koh Kho Khao to Khao Sok National Park

74 km Cycling | 594 m Elevation Gain



Leave the coast behind and cycle inland through rolling hills and lush rainforest landscapes on your way to Khao Sok National Park. One of Thailand's most spectacular natural areas, Khao Sok is renowned for its rich biodiversity, dramatic limestone cliffs, and pristine jungle scenery. Upon arrival, there is time to explore the park on foot or relax at the lodge surrounded by nature.

Highlights:

- Cycle from the coast into Thailand's tropical rainforest interior
- Ride through scenic hills and rural countryside
- Discover the incredible landscapes of Khao Sok National Park
- Admire towering limestone cliffs and rugged valleys
- Experience one of Thailand's richest ecosystems
- Optional jungle walk or relaxation by the pool

Overnight: The Cliff & River Jungle House, Khao Sok National Park

Meals: Breakfast, Lunch, Dinner

Day 4: Khao Sok National Park to Surat Thani

119 km Cycling | 754 m Elevation Gain



Today's ride takes you from the rainforest-covered hills of Khao Sok into the agricultural heartland of Southern Thailand. Cycle along quiet country roads past vast rubber, coconut, durian, and palm oil plantations, following scenic riverside routes before reaching the bustling provincial capital of Surat Thani.

Highlights:

- Cycle through Southern Thailand's fertile countryside
- Pass extensive rubber, coconut, durian, and palm oil plantations
- Follow peaceful riverside roads and rural landscapes
- Experience authentic local life away from the tourist trail
- Enjoy a rewarding long-distance cycling day
- Arrive in the vibrant city of Surat Thani

Overnight: S22 Hotel, Surat Thani

Meals: Breakfast, Lunch, Dinner

Day 5: Surat Thani to Sichon

105 km Cycling | 573 m Elevation Gain



Today features one of the most adventurous stages of the tour. Ride through the stunning landscapes of Namtok Si Khit National Park, including an exciting 8 km section with five river crossings by bike. Continue along quiet roads through dramatic mountain scenery and traditional villages before reaching the beautiful coastal town of Sichon.

Highlights:

- Tackle an adventurous 8 km ride through Namtok Si Khit National Park
- Cross five rivers by bike along the route
- Cycle through spectacular mountain landscapes
- Pass traditional villages and rural communities
- Enjoy some of the tour's most scenic and rewarding riding
- Arrive at the beautiful beaches of Sichon

Overnight: Cabana Beach Resort, Sichon

Meals: Breakfast, Lunch, Dinner

Day 6-8: Coastal Retreats & Mountain Villages

Day 6: Rest Day in Sichon

Rest Day



Enjoy a well-deserved day at leisure in the peaceful seaside town of Sichon. Relax on the beach, unwind by the pool, explore the local area, or simply soak up the tranquil atmosphere after several days of cycling.

Highlights:

- Full day to relax and recharge
- Enjoy the beautiful beach at Sichon
- Swim in the sea or relax by the pool
- Explore the local town at your own pace
- Experience the laid-back atmosphere of Thailand's Gulf Coast

Overnight: Cabana Beach Resort, Sichon

Meals: Breakfast

Day 7: Sichon to Kiriwong

105 km Cycling | 329 m Elevation Gain



Today's ride follows the Gulf Coast before heading inland through fertile countryside filled with coconut, rambutan, mangosteen, and durian plantations. Arrive in the charming village of Kiriwong, nestled at the foot of Khao Luang, the highest mountain in Southern Thailand. In the afternoon, enjoy the opportunity to explore the village or take a relaxing walk along the nearby river.

Highlights:

- Cycle along scenic coastal and rural roads
- Pass extensive coconut and tropical fruit plantations
- Experience authentic village life in Southern Thailand
- Arrive in the picturesque mountain village of Kiriwong
- Enjoy views of Khao Luang, Southern Thailand's highest peak
- Optional riverside walk through lush natural surroundings

Overnight: Passion Hotel, Kiriwong

Meals: Breakfast, Lunch, Dinner

Day 8: Kiriwong to Thung Song

62 km Cycling | 515 m Elevation Gain



Today's route follows quiet backroads through the mountains of Southern Thailand. Ride through remote villages, tackle winding roads and rolling terrain, and enjoy beautiful views of the surrounding countryside as you make your way to the small town of Thung Song.

Highlights:

- Cycle along peaceful mountain backroads
- Ride through traditional rural villages
- Enjoy scenic curves and rolling terrain
- Experience the natural beauty of Southern Thailand's highlands
- Discover authentic local life away from the tourist trail
- Arrive in the welcoming town of Thung Song

Overnight: The Gold Living Life, Thung Song

Meals: Breakfast, Lunch, Dinner

Day 9–11: The Grand Finale: Phang Nga Bay & Koh Yao Yai

Day 9: Thung Song to Ao Nang

128 km Cycling | 1,178 m Elevation Gain



The final cycling stage of the tour takes you through Southern Thailand's spectacular cone-shaped limestone karst landscapes. Ride past palm and rubber plantations, tackle scenic hillside roads, and enjoy impressive views toward the famous Phang Nga Bay before reaching the beautiful beach town of Ao Nang. This marks the end of your guided cycling adventure.

Highlights:

- Complete the final and most challenging cycling stage of the tour
- Ride through dramatic limestone karst landscapes
- Pass palm and rubber plantations along scenic country roads
- Enjoy stunning views toward Phang Nga Bay
- Tackle rewarding hillside climbs and descents
- Celebrate the end of your cycling journey at Ao Nang Beach

Overnight: Hula Hula Resort, Ao Nang

Meals: Breakfast, Lunch

Day 10: Ao Nang to Koh Yao Yai

Ferry Transfer & Leisure Day



Spend the final day of your cycling holiday on the peaceful island of Koh Yao Yai, located in the heart of Phang Nga Bay. After a morning ferry crossing, transfer to your beachfront resort and enjoy a day at leisure. Relax on the beach, explore the island, or join an optional snorkeling excursion to discover the vibrant marine life of the Andaman Sea. You may also choose to visit the nearby island of Koh Yao Noi.

Highlights:

- Scenic ferry journey across Phang Nga Bay
- Relax on the tranquil island of Koh Yao Yai
- Stay at a charming family-run beachfront resort
- Optional snorkeling in crystal-clear waters
- Explore the neighboring island of Koh Yao Noi
- Discover the rich marine life of the Andaman Sea

Overnight: Baantaranya Koh Yao Yai Resort

Meals: Breakfast

Day 11: Departure from Phuket

Transfer Day



After breakfast, take the group transfer by ferry back to Phuket. Upon arrival, the tour concludes and you may continue to the airport for your onward journey or extend your stay with an additional night at Nai Yang Beach.

Highlights:

- Scenic ferry transfer back to Phuket
- Final views of Phang Nga Bay and the Andaman Sea
- Time to reflect on your cycling adventure through Southern Thailand
- Convenient transfer for onward travel arrangements

Meals: Breakfast

Tour Ends: Phuket, Thailand (approximately 11:00 am transfer departure)

What's Included & Need to Know

✓ Included

- 10 nights in 3-4★ hotels + breakfast
- 6 dinners, 7 lunches, food & drinks on rides
- Jersey, rucksack & water bottle
- Minibus and radio assistance / spare parts
- Transfer Ao Nang to Ko Yao Yai
- Transfer Ko Yao Yai to Phuket Airport or Nai Yang Beach Resort

Optional Extras:

- Carbon or aluminum road bike rental
- 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
- 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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