

Self Guide Hua Hin 7 Day.



7 days · 358 km · 6 cycling stages ·

One adventure connecting waterfalls, wildlife, mountains, and sea.

Your Journey at a Glance

7 Days on Tour

6 nights of adventure

358 Total Kilometers

Across 6 cycling stages

Cycling Stages

Varied terrain, all skill levels

Embark on an unforgettable 6-day self-guided cycling adventure through some of Thailand's most spectacular natural landscapes. Covering 359 km on quiet roads, the route takes you through Kaeng Krachan and Sam Roi Yot National Parks, past tranquil lakes, tropical forests, mountain scenery, and beautiful coastlines. Highlights include Pala-U Waterfall, Phraya Nakhon Cave, mangrove forests, Dolphin Bay Beach, and optional jungle kayaking.

Available on Hybrid, E-Bike, or Gravel Bike, this tour combines stunning scenery, authentic Thai culture, and delicious local cuisine for the perfect cycling escape.

Tour Route

6 Cycling Stages...🚲



Hua Hin

01
Kaeng Krachan

02
Pala U

03
Jungle Resort

04
Sam Roi Yot

05
Huahin

Tour Highlights



1

🚲 **Discover the Real Thailand** – Cycle through authentic countryside, villages, and hidden landscapes away from the tourist crowds.

2

🌿 **National Parks & Waterfalls** – Explore Kaeng Krachan and Sam Roi Yot National Parks, including the beautiful Pala-U Waterfall.

3

🛶 **Jungle & Nature Adventures** – Enjoy kayaking through the jungle and hike to the spectacular Phraya Nakhon Cave.

4

🌊 **Lakes, Mangroves & Coastlines** – Ride past Kaeng Krachan Lake, Pranburi Mangrove Forest, Dolphin Bay, and the Gulf of Thailand.

5

🍜 **Thai Culture & Cuisine** – Experience local markets, warm hospitality, and delicious authentic Thai food throughout the journey.

Day 1-2: Arrival



Day 1: Hua Hin – Kaeng Krachan

78 km | 500 m climbing

Your self-guided cycling adventure begins with bike collection, fitting, and a route briefing at the Thailand Cycle Tours office. From Hua Hin, cycle along quiet countryside roads beside the scenic Huai Mai Tai Lake, passing farmland and rural villages on your way to Kaeng Krachan Dam. After a relaxing lakeside lunch, continue to your peaceful riverside resort, surrounded by nature and tranquil scenery.

Highlights:

- Bike fitting and route briefing
- Huai Mai Tai Lake
- Scenic countryside cycling
- Kaeng Krachan Dam
- Lakeside lunch
- Riverside resort stay

Overnight: Le La Lake Resort

Meals: Breakfast

Day 2: Kaeng Krachan – Pala U

74 km | 677 m climbing

Today's ride takes you along scenic back roads and gentle climbs through the stunning landscapes of Kaeng Krachan National Park. Surrounded by lush forests and mountain scenery, keep an eye out for wildlife, including the possibility of spotting wild elephants. The day concludes at a charming resort near Pala-U, where you can relax by the pool and enjoy the peaceful natural surroundings.

Highlights:

- Kaeng Krachan National Park
- Scenic countryside and forest roads
- Rolling hills and short climbs
- Opportunity to spot wild elephants
- Beautiful mountain scenery
- Relaxing resort with swimming pool

Overnight: Orchid Garden Resort

Meals: Breakfast



Day 3-5 From Jungle Trails to Coastal Wonders

Day 3: Pala U – Jungle Resort

52 km | 545 m climbing



After breakfast, cycle to the beautiful Pala-U Waterfall, one of the highlights of the region. Following your visit, continue along scenic countryside roads to a local riverside restaurant for lunch. The journey then takes you deeper into the jungle to your unique riverside resort, where you can relax in nature, enjoy optional kayaking, or simply unwind by the tranquil river.

Highlights:

- Visit Pala-U Waterfall
- Scenic countryside cycling
- Riverside lunch stop
- Jungle resort experience
- Optional kayaking adventure
- Peaceful river setting

Overnight: Taweekarn Farm

Meals: Breakfast

Day 4: Jungle Resort – Sam Roi Yot Beach

77 km | 590 m climbing



Today's route follows the scenic foothills of the Myanmar mountains, featuring rolling hills, peaceful countryside roads, and spectacular natural scenery. Enjoy a coffee break overlooking beautiful Pranburi Lake before continuing to a local restaurant for lunch. In the afternoon, cycle through the stunning landscapes of Sam Roi Yot National Park before arriving at the beautiful Dolphin Bay, where your beachfront resort awaits.

Highlights:

- Cycling along the Myanmar mountain range
- Rolling hills and scenic countryside
- Views over Pranburi Lake
- Sam Roi Yot National Park
- Dolphin Bay Beach
- Beachfront resort stay

Overnight: Dolphin Bay Resort

Meals: Breakfast

Day 5: Sam Roi Yot – Phraya Nakhon Cave – Sam Roi Yot

22 km | 25 m climbing



Today features a relaxed ride along the beautiful Gulf of Thailand coastline to the famous Phraya Nakhon Cave, one of Thailand's most iconic natural landmarks. Choose between two hiking options to reach the cave temple, either by combining a boat ride with a short hike or taking the more challenging route over two hills. After enjoying the spectacular scenery and ocean views, relax with a beachside lunch before cycling back to Dolphin Bay Resort.

Highlights:

- Scenic Gulf of Thailand cycling
- Phraya Nakhon Cave
- Optional coastal hike
- Spectacular ocean views
- Beachside lunch
- Relaxing afternoon at Dolphin Bay

Overnight: Dolphin Bay Resort

Meals: Breakfast

Day 6-7: The Grand Finale

Day 6: Sam Roi Yot Beach – Hua Hin

55 km | 160 m climbing



Today marks the final cycling stage of your adventure. Ride along the scenic "Unseen" coastal road, passing beautiful bays and enjoying spectacular views of the Gulf of Thailand. After a relaxing coffee stop by the sea, continue across an iconic iron bridge to the peaceful Pranburi Mangrove Forest. The final kilometers follow dedicated cycle paths into the vibrant beach town of Hua Hin, where you can celebrate the end of your journey at the famous night market.

Highlights:

- Scenic Unseen coastal road
- Beautiful bays and ocean views
- Seaside coffee stop
- Pranburi Mangrove Forest
- Hua Hin Beach Town
- Hua Hin Night Market

Overnight: G Resort, Hua Hin

Meals: Breakfast

Day 7: Hua Hin | Departure Day

End of Tour



After breakfast, your self-guided cycling adventure comes to an end. Depending on your travel plans, you may spend additional time exploring Hua Hin or continue to Bangkok for your onward flight. Transfer services to Bangkok Airport can be arranged upon request.

Highlights:

- Relaxing morning in Hua Hin
- Time for onward travel
- Optional transfer to Bangkok Airport
- End of your cycling adventure

Meals: Breakfast

What's Included & Need to Know

✓ Included

- 6 nights in 3-4★ hotels + breakfast
- Excellent hand-picked Hotels & Resorts
- Bike rental Trek Hybrid FX 2
- Front bag and pannier bag
- Bike Phone Holder for Smartphone
- GPX files/ Strava Roads for Smartphone navigations
- Roadbook
- Thailand Cycle Tours Jersey
- Thailand Cycle Tours drink bottle
- Spare innertube, pump, mini-tool and look

Optional Extras:

- E-Bike Trek FX
- Gravel Nich Bike Alu Shimano
- Garmin GPS
- Supplement night in Hua Hin G Resort
- Transfers Bangkok - Hua Hin / Hua Hin - Bangkok
- Luggage transport to the hotel available upon request
- Guided tour available upon request

📋 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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