

THAILAND CYCLE TOURS

Self-Guided Phuket



7 days · 392 km · 5 cycling stages

Discover Southern Thailand by bike on a self-guided tour from Phuket, featuring Khao Lak, Khao Sok, Cheow Lan Lake, and Phang Nga, with quality hotels and GPS navigation included.

Your Journey at a Glance

7 Days on Tour

6 nights of adventure

393 km Total Kilometers

Across 5 cycling stages

Cycling Stages

Varied terrain, all skill levels

Escape the crowds and experience Southern Thailand by bike. This self-guided journey takes you from Phuket through spectacular coastal roads, rainforest, and limestone landscapes, with quality accommodation and GPS navigation provided.

Tour Route

5 Stages...



01
Arrival in Phuket

02
Phuket to Khao Lak

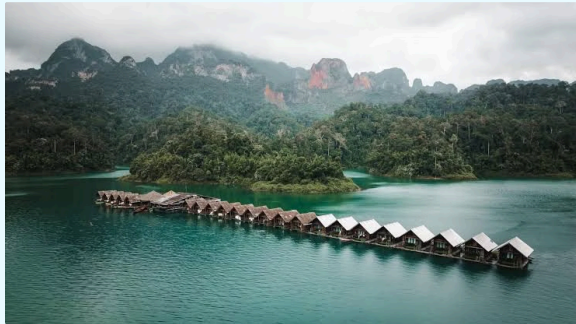
03
Khao Lak to Khao Sok
National Park

04
Khao Sok to Cheow Lan
Lake

05
Cheow Lan Lake to
Phang Nga

06
Phang Nga to Phuket

Tour *Highlights*




1

 Cycle across the iconic Sarasin Bridge connecting Phuket to mainland Thailand.


2

 Explore Khao Sok National Park, home to one of the world's oldest rainforests.

3

 Discover the emerald waters of Cheow Lan Lake surrounded by dramatic limestone cliffs.

4

 Ride scenic coastal roads, jungle climbs, and quiet countryside through Southern Thailand's most beautiful landscapes.

5

 Enjoy the freedom of a self-guided adventure with quality hotels, GPS navigation, and luggage transfers included.

DAY 1-2

Day 1-2: Welcome to Phuket & Ride to Khao Lak



Day 1: Arrival Day

Welcome to Phuket. Make your own way to Nai Yang Beach, located only a few minutes from Phuket International Airport. Spend the day relaxing on the beach, exploring the local area, or recovering from your flight.

In the evening, we will deliver bike to your hotel @ 5pm

Highlights

- Nai Yang Beach
- Bike fitting and tour briefing
- Phuket's relaxed beach atmosphere

Overnight: Proud Phuket Hotel or Howard Johnson by Wyndham Phuket Airport



Day 2: Phuket to Khao Lak

Distance: 83 km | **Elevation Gain:** 385 m

Your cycling adventure starts with crossing the iconic Sarasin Bridge from Phuket to the mainland. Follow scenic coastal roads with beautiful views of the Andaman Sea, passing fishing villages, beaches, and local cafés.

After several scenic stops, continue through rolling terrain before arriving in Khao Lak, one of Southern Thailand's most popular beach destinations.

Highlights

- Sarasin Bridge
- Coastal roads and ocean views
- Local coffee stops
- Khao Lak Beach

Overnight: The Waters Khao Lak by Katathani or similar

Meals: Breakfast

DAY 3-5

Day 3-5 Rainforests, Lakes & Limestone Peaks

Day 3: Khao Lak to Khao Sok National Park

Distance: 73 km |

Elevation Gain: 644 m



Today's ride takes you through the historic old town of Takua Pa, famous for its Sino-Portuguese architecture and rich cultural heritage. Continue towards the lush rainforest landscapes of Khao Sok National Park.

Along the way, you may stop at an elephant camp to feed elephants before tackling a scenic climb through tropical jungle. A rewarding descent leads into Khao Sok National Park, home to one of the world's oldest rainforests.

After arrival, relax at the resort, explore the national park, or join an optional kayaking excursion.

Highlights

- Takua Pa Old Town
- Tropical rainforest scenery
- Elephant feeding experience
- Khao Sok National Park

Overnight: Khao Sok River & Jungle Resort or similar

Meals: Breakfast

Day 4: Khao Sok to Cheow Lan Lake

Distance: 66 km |

Elevation Gain: 653 m



Ride through spectacular jungle scenery and quiet countryside roads toward Cheow Lan Lake. Along the route, stop at the famous Ratchaprapha Dam viewpoint, offering breathtaking panoramic views over emerald waters and dramatic limestone mountains.

In the afternoon, an optional long-tail boat excursion on Cheow Lan Lake can be arranged.

Highlights

- Jungle roads
- Ratchaprapha Dam Viewpoint
- Cheow Lan Lake
- Limestone mountain landscapes

Overnight: Belong Jin The Dam Resort or similar

Meals: Breakfast

Day 5: – Cheow Lan Lake to Phang Nga

Distance: 96 km |

Elevation Gain: 860 m



Today's route follows scenic mountain roads through the heart of Phang Nga Province. Enjoy rolling terrain, winding roads, tropical forests, and spectacular limestone cliffs that make this region one of Thailand's most beautiful cycling destinations.

Arrive in Phang Nga town and enjoy the relaxed atmosphere of Southern Thailand.

Highlights

- Karst mountain scenery
- Quiet countryside roads
- Traditional villages
- Phang Nga Province

Overnight: Le Erawan Phang Nga Hotel or similar

Meals: Breakfast

DAY 6-7

Day 6-7 Return to Phuket & Departure

Day 6: Phang Nga to Phuket

Distance: 74km (optional 99km) | Elevation Gain: 650 m



The final cycling stage returns you to Phuket through rubber plantations, local villages, and scenic countryside roads.

For those looking for an additional challenge, the extended route includes a visit to the spectacular Samet Nangshe Skywalk, offering one of Thailand's most impressive panoramic views over Phang Nga Bay and its limestone islands.

After lunch, continue back across the Sarasin Bridge to Phuket Island and finish your cycling adventure at Nai Yang Beach.

Our team will collect the bikes at **5:00 PM**.

Highlights

- Rubber plantations
- Samet Nangshe Skywalk (optional 99km)
- Phang Nga Bay viewpoints

Overnight: Proud Phuket Hotel or Howard Johnson by Wyndham Phuket Airport

Meals: Breakfast

Day 7 – Departure from Phuket

Departure Day



After breakfast, your South Thailand cycling adventure comes to an end. Phuket International Airport is located only a few minutes from Nai Yang Beach, making onward travel easy and convenient.

You may also choose to extend your stay with additional beach nights in Phuket.

What's Included & Need to Know

✓ Included

- 6 nights accommodation in excellent hand-picked hotels and resorts, including breakfast
- Bike rental: Touring Bike Giant
- Bike accessories: front bag, pannier bag, bike phone holder for smartphone, spare inner tube, mini-pump, multitool, lock
- Navigation: GPX files for smartphone, PDF Roadbook
- Thailand Cycle Tours jersey, Rucksack and water bottle
- Local support via WhatsApp for assistance

Optional Extras:

- Supplement night in Phuket The Proud or Howard & Johnson by Wyndham
- Supplement night in Khao Lak or Khao Sok
- Luggage transport between hotels available upon request

Bike Upgrade Options:

- E-Gravel/Road Bike Carbon Nich
- E-Touring Bike Trek

📋 Essentials

- Your own helmet (or rent one)
- Cycling shoes and pedals if preferred over flat pedals
- Comfortable cycling attire
- Sunscreen and sunglasses

Difficulty: Moderate

Best Travel Season: November to April

☎ 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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