

THAILAND CYCLE TOURS

Hua Hin Family Self-Guided Cycling Tour



4 Days / 3 Nights - 120km Cycling Distance

This self-guided tour is designed for families who want the freedom to travel at their own pace.

Your Journey at a Glance

Hua Hin – Pak Nam Pran – Sam Roi Yot – Hua Hin

4 Days / 3 Nights

120km Cycling Distance

Cycling Stages

Varied terrain, all skill levels

Discover the beautiful coastline south of Hua Hin on a relaxed **family-friendly self-guided cycling adventure**. Ride on quiet roads and cycle paths, explore mangrove forests and fishing villages, enjoy beautiful beaches, and discover the spectacular nature of **Sam Roi Yot National Park**.

The daily rides are kept manageable for families, with plenty of opportunities to stop for swimming, coffee, sightseeing, and local food.

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

Tour Route



Hua Hin

01
Pak Nam Pran

02
Sam Roi Yot

03
Sam Roi Yot National Park

04
Hua Hin

Tour *Highlights*



1

🚲 Family-friendly cycling on quiet roads and coastal cycle paths

2

🌿 Explore Pran Buri Forest Park & mangrove forest

3

🛶 Discover Khao Kalok & Dolphin Bay

4

🌊 Explore Sam Roi Yot National Park, Bueng Bua Wood Boardwalk

5

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

Day 1-2:



Day 1:Hua Hin to Pak Nam Pran

Distance: 28 km | Climbing: 128 m

Start your adventure in Hua Hin and cycle south toward Pak Nam Pran. Follow the cycle path past **Khao Tao Lake** before reaching **Pran Buri Forest Park**, where you can stop and explore the beautiful mangrove forest and its wooden walkways.

Continue across the Iron Bridge and tackle the main little climb of the day. At the top, take a break and enjoy the beautiful viewpoint and temple before descending toward the coast.

The final section follows the seaside to **Pak Nam Pran Fishing Village**, where you can relax by the beach and enjoy your first evening by the sea.

Overnight: Pak Nam Pran Palm Beach Resort

Meals: Breakfast



Day 2: Pak Nam Pran to Sam Roi Yot

Distance: 29 km | Climbing: 140 m

After breakfast, continue south along the coast toward **Khao Kalok**. Families looking for a little extra adventure can visit the hidden beach or walk up to the Khao Kalok viewpoint for beautiful views over the coastline.

Continue riding along the coast toward **Sam Roi Yot National Park**. Here, you have the option to take a local boat trip and visit the beautiful **Bueng Bua Wood Boardwalk**, surrounded by wetlands and the spectacular limestone mountains of the national park.

After exploring the park, cycle toward **Dolphin Bay Beach** and check in at **Dolphin Bay Resort**, your home for the next two nights.

Enjoy the rest of the afternoon relaxing, swimming at the beach, or enjoying the hotel pool.

Overnight: Dolphin Bay Resort

Stay: 2 nights

Meals: Breakfast

Day 3-4

Day 3: Sam Roi Yot National Park & Phraya Nakhon Cave

Distance: 23 km | Climbing: 26 m



Today is an easy and flexible exploration day. Cycle from your hotel to **Sam Roi Yot National Park** and visit the spectacular **Phraya Nakhon Cave**, located approximately 12 km from the hotel.

You can take a boat for the first section and then hike up to the famous cave and its beautiful **Royal Pavilion**, one of the most iconic sights in Sam Roi Yot National Park.

After your visit, cycle back to **Dolphin Bay Resort**.

Spend the afternoon relaxing on the beach or enjoying some time by the hotel swimming pool.

Overnight: Dolphin Bay Resort

Meals: Breakfast

Day 4: Sam Roi Yot to Hua Hin

Distance: Approximately 40 km



Enjoy one final ride along the beautiful coastline as you cycle from Sam Roi Yot back to Hua Hin.

The approximately 40 km ride is a rewarding way to finish your family cycling adventure, passing beaches, small villages, and beautiful coastal scenery along the way.

Families who prefer an easier final day can choose to **relax in the morning and transfer back to Hua Hin after lunch** instead of cycling.

What's Included & Need to Know

✓ Included

- 3 nights in hand-picked hotels and resorts, including breakfast
- Giant touring bike rental
- Bike accessories: front bag, pannier bag, smartphone holder, spare inner tube, mini-pump, multitool, and lock
- Navigation: GPX files and PDF roadbook
- Thailand Cycle Tours rucksack and water bottle
- Local support via WhatsApp during your tour

Optional Extras:

- E-Bike Trek FX
- Gravel Nich Bike Alu Shimano
- Garmin GPS
- Supplement night in Hua Hin Loligo and Dolphin Bay Resot
- 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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