

Cycling the Southern Highlights of Thailand 11 Days / 10 Nights

| Day | Destination | Activity | Difficulty | Transfer | Meals | Hotels |
|-----|------------------------------|----------------------|------------|----------|-------|---------------------------------------|
| 1 | Bangkok Arrival | - | - | 1 hour | -/-/- | Ibis Bangkok Riverside |
| 2 | Bangkok – HuaHin | Cycling up to 68 km | Easy | 2 hours | B/L/D | Ibis Hua Hin |
| 3 | HuaHin - Prachuapkhirikhan | Cycling up to 113 km | Difficult | - | B/L/D | Dolphin Bay Resort |
| 4 | Prachuapkhirikhan – Ban Krut | Cycling up to 71 km | Medium | - | B/L/D | Baan Grood Arcadia Resort |
| 5 | Ban Krut | Rest | - | - | B/-/- | Baan Grood Arcadia Resort |
| 6 | Ban Krut - Chumpon | Cycling up to 112 km | Difficult | - | B/L/D | Novotel Chumpon Beach Resort and Golf |
| 7 | Chumpon – Ranong | Cycling up to 140 km | Difficult | - | B/L/D | The Galla Hotel |
| 8 | Ranong - Khuraburi | Cycling up to 128 km | Difficult | - | B/L/D | Kuraburi Greenview |
| 9 | Khuraburi – Khao Lak | Cycling up to 72 km | Medium | - | B/L/D | Baan Krating |
| 10 | Khao Lak – Phuket | Cycling up to 106 km | Difficult | - | B/L/D | The Old Phuket |
| 11 | Phuket Departure | - | - | 30 mins | B/-/- | |

Day 1: Bangkok Arrival

(-/-/-)

Welcome to Thailand! Upon arrival at the Bangkok airport, meet our representatives and transfer to the hotel. Spend the rest of the day to relax from the long journey.

Overnight in Bangkok.

Distance and journey time:

Transfer: Bangkok airport – Bangkok hotel: 50 mins.

Difficulty: Easy

Day 2: Bangkok – Hua Hin

(B/L/D)

This morning, after breakfast be picked up at the hotel for an approximately 2-hour transfer to the start of the ride in Petchaburi. This ride is a gentle start to the trip. Head out of Petchaburi and into rural Thailand, along roads flanked by paddy fields and palm trees. Then, ride along the beach into Cha-am and on to the beach resort town of Hua Hin. The town is closely tied to Thai royalty. The last 20 km is on a main road, but there is a wide shoulder to ride on. If the traffic proves to be too heavy, this section can be done by vehicle transfer. Top off the day with a seafood dinner in the center of town.

Overnight in Hua Hin

Distance and journey time:

Cycling distance up to: 68 km

Difficulty: Easy

Day 3: HuaHin - Prachuapkhirikhan

(B/L/D)

Today, head out of Hua Hin towards Sam Roi Yot (300 peaks) National Park. Part of the way, take advantage of a new cycling lane. This park has spectacular limestone formations and freshwater marshes in between the peaks.

Ride along quiet backroads along beaches with striking limestone peaks in the background. After the park, take a short ride on the main road (about 20 km) before heading back to the coast, passing many small villages. The final section is along the beach to Prachuap Khiri Khan. The selected hotel has some great views and the town is well known for having some of the finest seafood in Thailand. This evening, feast on local specialties at dinner.

Overnight in Prachuapkhirikhan.

Distance and journey time:

Cycling distance up to: 113km

Difficulty: Hard



Day 4: Prachuapkhirikhan – Ban Krut

(B/L/D)

Today, leave the hotel and ride along the beachfront road for about 12 km before hitting the main road. This section is 9 km. Now well away from the main tourist areas the riding conditions are quiet and good. Head towards a serene beach and disembark the bicycle and spend some time to relax in a hammock and listen to the peaceful sound of waves.

Overnight in Ban Krut.

Distance and journey time:

Cycling distance up to: 71 km

Difficulty: Medium

Day 5: Ban Krut

(B/-/-)

Free day at leisure and overnight in Ban Krut.

Day 6: Ban Krut - Chumpon

(B/L/D)

With a day of rest, it's time to clock in some serious kilometres. Today's ride is 112 km on quiet side roads with very little traffic. The coastal route offers spectacular views of the sea to the left and rugged mountains on the right.

Ride pass Thailand's narrowest part of the border with Myanmar less than 20 km away at some point. End the ride just north of Chumpon at another secluded and quiet beach.

Overnight in Chumpon.

Distance and journey time:

Cycling distance up to: 112km

Difficulty: Hard

Day 7: Chumpon – Ranong

(B/L/D)

Today, cross the Isthmus of Kra, which separates the Gulf of Thailand from the Andaman Sea and is just 44 km wide at its narrowest point.

Head west for about 60 km on an undulating road that cuts through the lush jungle-clad mountains that surround this area. The hills and the twists and turns in the road make for some varied riding. As there are few roads through the mountains, spend most of today's ride along the main road where there is a wide shoulder to ride on.

Expect a climb of about 3 km starting at the Pun Ya Ban Waterfall before a downhill and flat roads all the way to the town of Ranong.

Ranong is known for its spas, fishing and border town which makes for an interesting vibe.

Overnight in Ranong.

Distance and journey time:

Cycling distance up to: 140km

Difficulty: Hard



Day 8: Ranong – Khuraburi

(B/L/D)

Today, ride through valleys where the smooth rolling roads offers no extreme climbs and just the right amount of ascents and descents to make for an entertaining ride. Pass many villages where foreigners are not commonly seen and be greeted by the smiles and waves of friendly locals.

Enjoy the lovely views of the countryside before the end of the ride at the resort.

Overnight in Khuraburi.

Distance and journey time:

Cycling distance up to: 128km

Difficulty: Hard

Day 9: Khuraburi – Khao Lak

(B/L/D)

Today, continue the journey south by riding from valley to valley towards the picturesque Khao Lak. Take the main road for half of today's cycle. The roads flatten out on arrival to Takua Pa, a former Portuguese settlement where it was famous for being a tin-dredging centre in the first half of the 20th century. Get to see the little remains of the mining industry that is now taken over by rubber plantations.

Ride through one of the areas that was devastated by the 2004 tsunami and be amazed to see how quickly this area has been rebuilt over the years.

Arrive at the hotel for check-in in the afternoon. Spend the rest of the day at leisure.

Overnight in Khao Lak.

Distance and journey time:

Cycling distance up to: 72km

Difficulty: Medium



Day 10: Khao Lak – Phuket

(B/L/D)

The last leg of the tour is to the tropical paradise of Phuket, the largest island that is also a province of Thailand. There are a couple of small hills to conquer when leaving Khao Lak but the road flattens out all the way down to Phang Nga and Phuket. This is an excellent road for riding.

Phuket is connected by a bridge to the mainland. Here, stop for a celebratory picture before riding on to the hotel.

Overnight in Phuket.

Distance and journey time:

Cycling distance up to: 106 km

Difficulty: Hard

Day 11: Phuket Departure

(B/-/-)

The ride has come to an end. After breakfast, be picked up and transferred to Phuket Airport for the onward flight back home.

*******END OF SERVICES*******

“An itinerary may at times be altered by our guides due to local conditions, the skill of participants and other unexpected circumstances. Our priority is always the experience and safety of our clients.”

RATES & CONDITIONS

| City | Hotel | Hotel Category | Room Type |
|--------------------------|--|----------------|-----------------|
| Bangkok | Ibis Bangkok Riverside | First Class | Standard |
| Hua Hin | Ibis Hua Hin | First Class | Standard |
| Prachuapkhirikhan | Dolphin Bay Resort | First Class | Garden View |
| Ban Grot | Baan Grood Arcadia Resort | First Class | Standard |
| ChumPon | Novotel Chumphon Beach Resort and Golf | First Class | Superior Garden |
| Ranong | The Galla Hotel | First Class | Happy Room |
| Kuraburi | Kuraburi Greenview | First Class | Superior |
| Khao Lak | Baan Krating | First Class | Deluxe Sea View |
| Phuket | The Old Phuket | First Class | Deluxe Pool |

Check in time is from 14.00pm/ Check out time is at 12.00pm

PRICING: in USD per person for shared twin/double

Rates are valid until 31 OCT 2020

| Number of persons | 1 | 2 | 3-4 | 5-6 | 7-10 | SGL Supp |
|-------------------------|-------|-------|-------|-------|-------|----------|
| Price per Person | 5,235 | 3,445 | 2,799 | 2,425 | 2,355 | 405 |

Note: Reservations during peak times (Christmas, New Year, National Holidays) may be subject to supplementary charges and compulsory meals

Our services include:

- English Speaking certified Adventure Guide
- Road Bike rental, helmet, 1 biking water bottle
- Drinking water including 3 litres per person per cycling day

- Bountiful snacks and local fruits
- Vehicles: (varies based on local conditions and vehicle sizes available). Private air-conditioned vehicle for transfer and back up as itinerary.
- Spare parts
- Sightseeing tickets and zone entrance fees where mentioned in the itinerary
- Flight reconfirmations
- Luggage transfer
- Meals as mentioned in the itinerary (B – Breakfast, L – Lunch, D – Dinner)

Our services don't include:

- Visa arrangement
- International and domestic flights
- Soft drinks, or beverages beyond water
- Beverage and alcoholic drinks at mealtimes
- Meals other than mentioned above
- Supplement for other language guides
- Tips
- Energy drinks or powders, performance bars, or performance gels
- Personal Travel Insurance
- Personal expenditure (laundry, telephone etc.)
- Credit card/bank transfer fees
- Any other services not clearly mentioned in the itinerary and in the inclusive portion
- Supplement for other language speaking guides

Important Notes:

- We strongly recommend the purchase of travel insurance (covering emergency medical evacuation)
- Valid 30 days from date of offer. Past this date price and conditions may be readjusted
- This trip can be done by Road Bike as well, but clients need provide their own bikes.
- Reservations during peak times (Christmas, New Year, National Holidays) may be subject to supplementary charges
- Rooms at hotels are available only from 1400 on arrival day till 1200 on departure date. A supplement will be added if early check-in or late check-out is desired
- Please note that all the above services & tours have yet to be booked, they are proposed for your information only and we will not make any reservations before we receive your confirmation to do so
- If one or some proposed service(s) is (are) not available at the moment of booking, we will try to find other possibilities/options or other similar service(s) in order to avoid changes to the program.
- **Payment/ cancellation:** 30% non-refundable deposit at the time of booking, balance due 60 days prior to departure. All payments to be made in NZ\$ using latest exchange rates at the time of booking/ balance due date. Cancellation conditions/ charges per our [T&Cs](#).