



**Internationaal gezelschap +
Individueel begeleid**

**10 Days/9 Nights
Departure Dates:**

2011

6 March - 15 March

10 July - 19 July

30 Oct - 8 Nov

18 Dec - 27 Dec

Prices

US\$1,600 Tour

US\$450 Single Supplement

US\$250 Bike Hire

**De prijzen in Euro vindt u
op de website
www.flyandbike.be**

**individuele reizigers
dagelijks vertrek
prijzen zie website**

Bicycling Bangkok to Phuket

This is a scenic and awe-inspiring adventure with seemingly endless beach views. Riding down the narrowest part of Thailand this tour snakes along the east and west coast of Thailand, giving you the opportunity to compare the beauty of the beaches on the Gulf of Thailand to those on the Andaman Sea.

On this 850 kilometer road ride you'll cycle on smooth tarmac through quaint little villages, pass Buddhist temples and waving children as you absorb the slower pace of life of the relaxed and friendly locals.

Our cycling starts just outside Bangkok and ends on the beach in Phuket. In between we ride along some spectacular coastline scenery and are awed by the spectacular limestone cliffs jutting vertically out of the landscape. Crossing the Isthmus of Kra will prove to be hilly but offer up great scenery as a reward. We overnight at a hot spring resort and continue down Thailand's west coast to the rugged beauty of Khao Lak before crossing the bridge to the island of Phuket.



We overnight at beautiful resorts where you can take a refreshing dip in the pool before indulging in some fresh off-the-boat seafood.

Varied riding, spectacular coastline scenery, statuesque peaks and the warm and hospitable Thai culture will be among the many highlights of this adventure.

Trip Profile

This tour is 100% on road and we have designed the route with road bikers in mind. We start with a transfer out of Bangkok to avoid the dangers of riding through a very busy metropolis. The first half of the ride is on flat roads mainly following the beach.

The total distance is 850 kilometres in eight riding days. Some of the distances are quite long, but the roads are smooth making it an achievable distance on a road bike. The trip is fully supported and your guide's expert knowledge of the area and terrain means that you always know what is coming up in terms of distance and difficulty. This makes a tremendous difference, as does the constant supply of cold drinks, ice and fresh fruit.

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Suitability: Fitness, of course, will be a huge asset on those long days and on the undulating hills. The tour is fully supported and the bus is always close at hand for those that find the riding too difficult.

Biking Conditions: The roads are 100% tarmac and in good condition. There are some hills, mostly rolling with the exception of the steep but short hills on Phuket.

Biking Difficulty



Ride on good quality tarmac roads with undulating hills.



Cycling Distance

850 kilometres

Cycling Days

8 full

Day to Day

B = Breakfast, L = Lunch, D = Dinner

Day 1 - Petchaburi - Hua Hin

We meet at a Bangkok hotel before we transfer to the start of our ride in Petchaburi (approximately 2 hours). This ride is a gentle start to the trip as we head out of Petchaburi and into rural Thailand, along roads flanked by paddy fields and palm trees. We 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 and the king currently resides at the summer palace located just outside town. The last 20 km is on a main road but there is a wide shoulder to ride on and if the traffic proves to be too heavy this section can be transferred. We'll top off our day with a seafood dinner on a pier in the center of town.

Putahracsca. Ride 67 km. L D

Day 2 - Hua Hin - Prachuap Khiri Khan

We head out of Hua Hin, towards Sam Roi Yot (300 hundred peaks) national park. This park has spectacular limestone formations and freshwater marshes in between the peaks. We ride on quiet back roads alongside beaches with many the peaks as our background. After the park we have a short ride on the main road, about 20 km, before heading back to the coast, passing many small villages on the way. The final section is along the beach to Prachuap Khiri Khan. The selected hotel has some great views and as the town is well known for having some the finest seafood in Thailand we'll feast on the local specialties at dinner.

Hadthong Hotel. Ride 116 km. B L D

Day 3 - Prachuap Khiri Khan – Ban Krut

We leave the hotel and ride along the beach front road for about 12 km before hitting the main road. This section is 45 km with the option to transfer if preferred. We are now well away from the main tourist areas and the roads are quiet and in good condition. We head towards a serene beach and our nature-friendly boutique resort. Time to relax in a hammock and listen to the surf.

KeeRee Waree Resort. Ride 78 km. B L D

Day 4 - Ban Krut – Rest Day

This is a rest day – you've earned it. Spend it relaxing at the beach, wandering around the fishing village of Ban Krut or take a dip in one of the two salt water pools at the resort.

KeeRee Waree Resort. B

Day 5 - Ban Krut - Chumpon

With rested legs it's time to do some serious kilometers. Today we ride 118 kilometers on quiet side roads with very little traffic. Our route sticks to the coast today giving us views of the sea to the left and rugged mountains on our right.

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We are passing through Thailand's narrowest part as the border with Burma is less than 20 km away at some points. We end the ride just north of Chumpon, at another secluded and quiet beach.

Chumpon Cabana. Ride 118 km. B L D

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We have carefully chosen accommodation that is the best available for the location and offer a good mix, from home stays to luxurious lodges, on our tours.
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We love Asian cuisine, well-known for being hot and spicy and for its use of fresh ingredients, and will make sure you get to sample lots of it.

RESERVEREN

Stuur ons een mailtje met uw reisdata of maak even een afspraak op kantoor om de verschillende zaken te bespreken. Wij hechten veel belang aan een persoonlijk contact om samen uw reisdroom in te vullen.

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Day 6 - Chumpon - Ranong

Today we 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. We 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. There is a climb of about 3 km starting at the Pun Ya Ban waterfall and then it is downhill and flat all the way to Ranong. This is a spa town and the hotel has a hot mineral spring pool to soothe those aching muscles.

Tinidee Hotel. Ride 139 km. B L D

Day 7 - Ranong – Khuraburi

We ride through valleys today so the road will be rolling, but there are no extreme climbs, just enough ascents and descents to make the ride interesting. We'll pass many villages and children waving and yelling out farang, farang (foreigner). After some great views the ride ends in a lovely little resort nestled in a valley and surrounded by lush tropical rainforest.

Kuraburi Greenview Resort. Ride 125 km. B L D

Day 8 - Khuraburi - Khao Lak

We continue our journey south, riding from valley to valley towards picturesque Khao Lak. The road flattens out a bit as we reach Takua Pa, which is a former Portuguese settlement. The region was an important tin-dredging center in the first half of the 20th century, but there remains little evidence of the mining as rubber plantations have covered the dredged land. We next ride through one of the worst areas devastated by the 2004 Tsunami. You'll be amazed to see how quickly this area has bounced back and rebuilt. There is a small climb to our hotel which is right on the beach and set next to a small national park.

Baan Khao Lak. Ride 79 km. B L D

Day 9 - Khao Lak - Phuket

The last leg of the tour is to the tropical paradise of Phuket island, Thailand's largest island. There are a couple of small hills to conquer before we leave Khao Lak, but then it's flat all the way down to Phang Nga and Phuket. This road is in excellent condition and you'll make good time towards our resort on Surin beach. Phuket is connected by a bridge to the mainland and we'll stop for a celebratory picture before riding on to our hotel. If we are feeling energetic we can take a very scenic coastal road where there are a few small but steep hills on the way. The views are well worth the extra effort though.

Manathai Resort. Ride 128 km. B L D

Day 10 - Free Day

Today is yours to relax and rest after eight days of great riding. We can help with arrangements if you'd like to extend your stay at Phuket or organize transfers to the airport for onward flights.

B

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Nuts & Bolts

Bikes: The bikes are Trek 2.1 C road bikes with Shimano components and carbon forks and seat posts. If you have your own saddle that you are comfortable with you are welcome to bring it and we'll fit it. We can provide strap-style toe cages if requested, but you might like to consider bringing SPD clip pedals if you use them, and please make sure to bring your shoes and cleats.

Safety: Wearing a helmet is strongly recommended on all our biking adventures and if you choose not to wear one you will be asked to sign a liability waiver. Your guide is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Support: We will be supported by an air-conditioned vehicle that has been specially modified for cycle tours. The vehicles follow us the whole time and it is very easy to get bikes on and off, so you can rest when you are tired and cycle whenever you feel like it.

Guides: You will be led by a local English-speaking guide and if the group is 8 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

The Nitty Gritty

Arriving and Departing: This tour starts in Bangkok and ends in Phuket, Thailand. International and domestic flights to and from these places are not included in the tour price. Please contact us for advice before arranging flights for the best arrival and departure times.

Passports and Visas: All nationalities require a passport for entry into Thailand. Please ensure your passport is valid for at least 6 months from date of entry. If staying less than 30 days then a visa in advance is not required by European, North American, Australian and many other nationalities. You will need to show proof of an onward flight out of Thailand to be eligible for the visa on arrival. This is strictly enforced.

Health: We recommend that you visit a travel medical doctor and ask about the following vaccinations: typhoid, polio, tetanus and hepatitis A. A certificate for Yellow Fever is required when arriving from an infected area within six days.

Weather: Southern Thailand has a tropical climate with fairly high humidity. There are three seasons: from March to June it is hot and dry, with temperatures between 27C (80 F) and 35 C (95 F) , with night temperatures in the 20s (68 F). The rainy season is from July to October, but temperatures are slightly lower, because of the effect of the rain. During this time it will not rain continuously, but in sharp bursts, and the sun can come out quickly. The cooler season is from October to February, with average temperatures between 20 (68 F) and 30 (86 F).

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Subject to Change

In remote destinations abnormal conditions can prevail at any time, and all adventurous holidays can therefore be subject to unexpected change and we will do our best to adhere to the original itinerary and cannot be held responsible for any last minute changes; in order to enjoy them you should be prepared to be flexible when necessary.

Food: Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Most meals are local and feature noodles, rice, curries and soups. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Drink: Keeping you completely hydrated is a job we take very seriously. Cold water, some energy-restoring local fruit and soft drinks are included in the tour price while riding. Soft drinks and other beverages during meals are not included. Beer is freely available everywhere, but is NOT included in the price.

Extra Expenses: We recommend that you tuck away a few extra dollars, perhaps US\$20, for incidentals.

Money: The Thai currency is the baht. ATMs, which are abundant, are the easiest ways to get Thai baht. Have a supply of US dollars in cash on hand, just in case your card doesn't work. Banks or the more rare private moneychangers offer the best foreign-exchange rates. Credit cards are accepted in big cities and resort hotels but you'll need baht for family-run guesthouses or restaurants.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Where differences exist in the information between this and previous information, this document is the correct version and supersedes the brochure or website.