



**Central Thailand internationaal gezelschap  
+ individueel begeleid**

## Central Thailand Explorer

Our Central Thailand tour takes in the Floating Market, the Bridge over the River Kwai and the temples of Ayutthaya in one great adventure.

### Departures

**4 Days/ 3 Nights**

Vertrek elke dinsdag,  
minimum aantal  
deelnemers 4

### Price

**THB 13,500 Tour**

**THB 3,100 Single  
Supplement**

**Bike Hire is included**

**De prijzen in Euro vindt u  
op de website  
[www.flyandbike.be](http://www.flyandbike.be)**

**individuele reizigers  
dagelijks vertrek  
prijzen zie website**

Combining gentle cycling with the splendid culture of Thailand, this tour is a must for anyone that wants to get out into the countryside and really experience Thailand's culture and history. We ride along side the Chao Phraya and Mae Klong, the major rivers of central Thailand, and many of the canals that caused old Siam to be dubbed "Venice of the East".

We see all the main sites and learn about the unique heritage of Siam and its people. But perhaps more importantly, we will get to experience the unique spirit of Thailand out in the central plains. Traveling by bicycle we slow down to see the pace of life in the villages and rice fields and experience the real Thailand.

This tour is perfect for those that want to see the sites but also want an authentic experience.

## Trip Profile

This tour is a combination of sightseeing and cycling. We ride a manageable 30 km a day, but because we cover quite a lot of ground and take in all the major sites, the days are quite full and action packed. The riding is fairly easy, and we follow a wide range of trails ranging from canal paths, minor roads to dirt paths.

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 and fresh fruit.

**Suitability:** This tour is suitable for all level of riders and is a popular choice for families.



**Biking Conditions:** This trip is a mixture of hard-packed jeep trails and smooth tarmac. An air-conditioned bus travels behind the group to support us and participants can cycle as much or as little as they like and still enjoy the same views as the rest of the group.



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## Day to Day

**B=Breakfast L=Lunch D=Dinner**

### Day 1 – Bangkok - Samut Songkran - Kanchanaburi

Starting in Bangkok we drive south to start our bicycle exploration of the Mae Klong Delta area at Damnoen Nam Saduak floating market, the biggest and most colourful in Thailand and a must for any visitor. Purchase just about anything from the vast array of “shops” on the river. We then embark on a long-tail boat and cruise through a maze of canals cutting through local villages and various plantations. Arriving at a riverside temple, you can visit the temple before we start riding through coconut and aloe vera plantations as well as fruit orchards. Riding quiet back roads we stop to visit temples, including a few quirky ones, and appreciate the countryside. Depending on the season, you will see lychee, pomelo, guava and coconuts ripe for picking. We lunch at a riverside restaurant and continue cycling for 13 km on picturesque trails through lush vegetation. We then transfer 1.5 hours to Kanchanaburi for our first overnight stop.

**Royal River Kwai Resort. Ride 32 km. L D**

### Biking Difficulty



(out of five)

**Good quality tarmac roads or dirt tracks over primarily flat terrain with a few small hills.**

### Day 2 – Kanchanaburi

After a leisurely breakfast we visit the local sites – the war museum and cemetery and the famous Bridge Over the River Kwai. We then board the local train for a stunning ride on the Death Railway. After lunch at Kraset caves we start biking along some great trails, passing by some teak plantations and small Thai villages, on our way to Wat Prasat Muang Sing. This historical site covering some 74 hectares is believed to have been used by the Khmer empire as a trading point along the Kwai Noi River. We ride around the park and visit the museum before packing up the bikes and driving the short way to our riverside hotel.

**Pung Waan Resort. Ride 30 km. B L D**

### Day 3 – Kanchanaburi - Ayutthaya

After breakfast at the hotel we have a chance to further explore this very scenic province. We will ride from the hotel and head off on quiet country trails. We pass small communities and finish our ride by crossing over a wooden suspension bridge, on our way to Sai Yok Noi Waterfall. We have time for a swim in the waterfall before having lunch. In the afternoon we drive via Suphanburi to the former capital city of Siam, Ayutthaya, which is located approximately 80 kilometers to the north of Bangkok. The ancient city of Ayutthaya is known as the "Venice of the East" and is situated on the banks of the Chao Phraya River. Dinner is on your own tonight but the guide will be happy to give you some recommendations.

**Krungsri River Hotel. Ride 30 km. B L**



### Cycling Distance

120 kilometers

### Cycling Days

4 days

### Day 4 - Ayutthaya - Bang Pa In - Bangkok

Today we offer an optional early-morning (6 am!) tour to visit the local temple and make merit by donating food to the monks, a traditional practice for Thai Buddhists which can also be a meaningful experience for non Buddhists. We then return to the hotel for breakfast. Our tour today gives us a glimpse into the glory of the Ayutthaya Empire (1350-1767A.D.) by visiting the many remains of temples. The first visit of the day is by van to Wat Yai Chai Mongkol. This well-tended temple was founded by King U-Thong in 1357 as a center for monks returning from study in Sri Lanka.

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We then transfer a short way to Wat Phra Mahathat to photograph the famous Buddha head entwined in tree roots before we ride our bikes to Wat Phra Sri Sanphet, the old palace, and Wat Chai Wattanaram. We leave the temples behind and head into the countryside on small back roads that follow the Chao Phraya river to Bang-Pa In, the former summer palace of King Chulalongkorn. Here we have lunch and visit the palace before heading back to Bangkok.

**Ride 28 km. B L**

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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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## Nuts & Bolts

**Bikes:** Bike hire is included in the tour. The bikes are well-known makes of hybrid or mountain bikes (depending on the tour) with lightweight alloy frames, 24- to 27-speed gearing, v-brakes and Shimano components and front suspension.

**Bike Repairs:** Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

**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 tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding.

**Support:** We will be supported by an air-conditioned vehicle that has been specially modified for cycle tours. The vehicle 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 tour guide. All our tour leaders 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 tour leader 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 and ends in Bangkok, Thailand. International and domestic flights to and from there 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.

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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.

**Weather:** 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 27 and 40C, with night temperatures in the 20s. 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 and 30C.

**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. 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.*