



**GLOBAL CYCLING
ADVENTURES**

Cycling Coastal Thailand

Bangkok to Khao Lak

OVERVIEW

This Thailand bicycle tour will provide a unique insight into the life and traditions of Thais and the beautiful southern coast. We cycle off the main roads as much as possible, so we can explore long stretches of beaches, the beautiful island of Koh Talu, and scenic areas around Koh Kho Khao and Khao Lak. We have a true Thai experience when we venture off the beaten track, staying overnight at a traditional fishing community with a family.

We meet in Bangkok and transfer to quiet roads to begin our tour with a glimpse at a traditional way of life along canals. From the floating market, we take our first boat trip and see wooden houses from water level. From here, we head south to explore the beautiful coastal provinces on the Gulf of Thailand and the Andaman Sea, visiting friendly fishing villages on our leisurely cycle. We ride through the stunning mountain scenery of Khao Sam Roi Yot National Park, take a speed boat to the tranquil island of Koh Talu where snorkeling in the crystal clear water is possible right from the beach, spend the evening with a fisherman to catch squid, and boat through a mangrove.

We end our cycling on the coast of the Andaman Sea in Khao Lak, where the beaches are seemingly endless.

- DURATION - 11 DAYS
- AVERAGE DISTANCE PER DAY - 34 KM
- ARRIVAL DESTINATION - BANGKOK
- DEPARTURE DESTINATION - KHAO LAK

ITINERARY

DAY 1 BANGKOK TO AMPHAWA

Starting from Bangkok, we drive south to the Mae Klong Delta area to start our bike tour at Damnoen Saduak Floating Market, the biggest and most colourful in Thailand and a must-see for any visitor. From there, we embark on a long-tail boat cruise through a maze of canals cutting through local villages and various plantations. This eye-opening

boat ride offers a glimpse into Thailand of old, where local people are going about their daily life with the canal as the focal point. Then, we start riding into coconut plantations and fruit orchards along quiet backroads. We visit interesting temples, such as the quirky Wat Bang Kung, held up by a huge banyan tree, and the exceptional carved panels of Wat Bang Kae Noi. At night, we unwind at our cozy riverside hotel. Feel free to explore Amphawa's lively weekend market, where rows of food stalls and charming shops fill the vintage canalside community.

Cycling Distance: 35 km Meals: Lunch, Dinner

DAY 2 AMPHAWA TO KAENG KRACHAN

Wake up early to participate in the Thai tradition of making an offering to Buddhist monks. As we are on the river, the monks will come by in their boats. After a leisurely breakfast, we transfer for approx 1.5 hours to Kaeng Krachan National Park. Thailand's largest national park, Kaeng Krachan is an excellent place for an adventurous day. We visit the park's headquarters on the edge of a large reservoir then ride along the lake's shoreline and across an impressive dam before heading inland along trails and quiet country roads. We stop often in this tranquil area to take in the wonderful views and give you time to take photos. There are some small hills but nothing too strenuous or taxing. The ride will end at our secluded riverside resort, set in wonderfully landscaped grounds. There will be time for a swim or massage before we meet for dinner at the hotel.

Cycling Distance: 25 km Meals: Breakfast, Lunch, Dinner

DAY 3 KAENG KRACHAN TO HUA HIN

We ride directly from our resort on country roads through mango orchards, sugar cane fields, and palm plantations. We cross the Petchaburi River and ride 23 km to a reservoir where we hop in the van to visit a temple with a small cave. We take the stairs for a short walk up to the Dao (star) Cave, named for some unique formations inside. Then it's a short (10 km) ride to our lunch stop at the Hua Hin Vineyard. From our table, we'll have a fantastic view over the vineyard where the New Latitude grapes are grown - Colombard, Chenin Blanc, Muscat, Shiraz, Sangiovese, and Tempranillo. Wine is not included in our lunch, but there are tasting sets for those who want to try Thai wine. After lunch, we get back on the bikes and take a back road that alternates between dirt, gravel, and tarmac to Wat Huay Mongkol, where a famous monk is revered. Here we'll pack up the bikes and drive 30 minutes to avoid the busy road to our centrally located hotel in the resort town of Hua Hin. Enjoy a stroll through the night market after dinner.

Cycling Distance: 50 km Meals: Breakfast, Lunch, Dinner

DAY 4 HUA HIN TO SAMROI YOT AND BAAN GROOD

We start the day with a short transfer to our start point just outside Hua Hin. Today's ride will be

along the coast with picturesque fishing boats making excellent photo opportunities. We start our ride at a temple where we ready our bikes for a very flat ride past fishing villages, schools, temples, and many coconut plantations. Following a windy road that offers some shade, we will pass through local shrimp farms and see squid drying on racks at the fish market in Praknam Pran. We ride past Khao Kalok, a large rock that separates one bay from another and numerous resorts, on our way towards Sam Roi Yot (300 hundred peaks) National Park, known for numerous caves, beaches, and limestone cliffs. We'll stop at the base of Phraya Nakhon Cave for lunch. You may want to climb to the two caverns uniquely illuminated with natural light due to a collapsed roof. In 1890, King Rama V visited the cave and built a royal pavilion that became the symbol of Prachuap Khiri Khan province. We then hop in the van to miss a busy section of highway to our next seaside resort.

Cycling Distance: 50 km Meals: Breakfast, Lunch, Dinner

DAY 5 BAAN GROOD TO KOH TALU

This morning, we have the option for a short 20-km ride along the coast before a brief drive to the pier where we board a speed boat that will whisk us away to our own private island, Koh Talu. The afternoon is free to snorkel with the colourful coral and fish, to kayak around the island, or to clamber up to the view point. Dinner tonight is at our resort on the island.

Cycling Distance: 20 km Meals: Breakfast, Lunch, Dinner

DAY 6 KOH TALU TO CHUMPHON

There is time to go for one more snorkel before we leave our island oasis and boat back to the mainland. Our bikes will be waiting and ready for us to ride. Our palm tree-lined route takes us past white sand beaches on one side and a backdrop of green lush hills on the other. Depending on the boat's arrival time, we'll ride for 30 km on a scenic road and then transfer to our next beach resort.

Cycling Distance: 30 km Meals: Breakfast, Lunch, Dinner

DAY 7 CHUMPHON TO RANONG

We start today with another coastal ride. However, the terrain will start to undulate, making it a bit different from our earlier rides. We'll then take a lift in our support vehicle up to see a coffee plantation where the region's best Arabica coffee is grown. we will also see longan orchards that produce a small, sweet, and sour fruit grown widely in the south of Thailand. We then stop at Poonyaban Waterfall, where there's time for a dip before we continue on to the port city of Ranong, a Thai province that shares the border with Myanmar, where we will spend the night.

Cycling Distance: 40 km Meals: Breakfast, Lunch, Dinner

DAY 8 RANONG TO SUK SAMRAN

After breakfast we hop on the bikes and head inland on a short ride to a local hot spring. There

are three natural spring pools, and the water temperature remains constant at about 65 C. Once we have relaxed our muscles, we transfer about 2 hours to our next Thai experience at a village where Muslims and Buddhists live side by side. We'll immerse ourselves in learning local customs and traditions. Our local host family will teach us how to make authentic Thai snacks and, of course, enjoy the results. After lunch, we bid our hosts goodbye and transfer to our resort..

Cycling Distance: 20 km Meals: Breakfast, Lunch, Dinner

DAY 9 SUK SAMRAN TO TAKUA PA

In the morning, we transfer about one hour to the old city of Takua Pa - once a flourishing trade port known by Indians and Arabs back in the 17th century. Tin used to be the major export that brought wealth to the city, and what remains are the merchant houses built in Chino-Portuguese style. We have a leisurely cycle through the town and then ride on to visit the beachside Tsunami Memorial at Ban Nam Khem and the big fishing boat that was carried an amazing 2 km inland by the surging waters. We'll also pass a pond where smaller boats were deposited nearby. We will arrive early at our resort - built in the typical Thai architectural style - so you will have plenty of time to enjoy the beach, pool and spa.

Cycling Distance: 25 km Meals: Breakfast, Lunch, Dinner

DAY 10 TAKUA PA TO KHAO LAK

We cycle from the resort and head inland to take a quiet backroad through small villages and shady rubber plantations. We will cross some rivers as we cycle to the small waterfall of Sai Rung. There's a dipping pool at the base, perfect for cooling off before we have lunch. Then it's a short cycle to the sandy shores of Khao Lak Beach where we end our ride. We meet up for our farewell dinner and reminisce about all the Thai experiences we have had along the way.

Cycling Distance: 40 km Meals: Breakfast, Lunch, Dinner

DAY 11 DEPARTURE DAY

It's time to say goodbye. Following breakfast, the tour ends in Khao Lak. Please make your own arrangements for your onward travel.

Alternatively, we can assist you in extending your holiday in Khao Lak, known for its amazing beaches and weekend street food market. Or we can arrange transport to Phuket to explore more of Southern Thailand.

Please let us know if we can help with transfers or accommodation.

Cycling Distance: 0 km Meals: Breakfast

INCLUDED IN THE TOUR

- Accommodation: 10 nights (mostly in 3 to 4 to 5 star hotels)
- Meals as listed in the itinerary
- Experienced English speaking tour guide(s)
- Support vehicle
- Bottled drinking water & snacks while cycling

NOT INCLUDED IN THE TOUR

- International and domestic flights
- Airport transfers
- Visa fees
- Bike Hire
- Single room surcharge
- Personal expenses & alcoholic drinks
- Tips for crew

TOUR GRADE 3: MODERATE

There are some long days in the saddle on this trip and some challenging hill climbs so you will need a good level of fitness and cycling experience. The riding surfaces are mostly tarmac roads and some vehicle width dirt roads. There are a limited number of E-Bikes available so please enquire about availability.

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