

## 2019 Cycle Thailand

### Chiang Mai to Bangkok to Phuket

Sunday 20 October, 2019 to Saturday 09 November, 2019

A unique opportunity to tour Thailand with like-minded Australian and international cyclists.

Location	Distance	Date	B	L	D	A
CHIANG MAI meeting day	50km	Sun 20 Oct 2019	--	--	Y	Y
CHIANG MAI to LAMPANG	120/64km	Mon 21 Oct 2019	Y	Y	Y	Y
LAMPANG to UTTARADIT	145/84km	Tue 22 Oct 2019	Y	Y	--	Y
UTTARADIT to SUKHOTHAI	90km	Wed 23 Oct 2019	Y	Y	Y	Y
SUKHOTHAI rest day	35km	Thu 24 Oct 2019	Y	Y	Y	Y
SUKHOTHAI to KAMPAENG PHET	85km	Fri 25 Oct 2019	Y	Y	--	Y
KAMPAENG PHET to NAKORN SAWAN	130/93km	Sat 26 Oct 2019	Y	Y	--	Y
NAKORN SAWAN to SING BURI	145/83km	Sun 27 Oct 2019	Y	Y	Y	Y
SING BURI to AYUTTHAYA	90km	Mon 28 Oct 2019	Y	Y	Y	Y
AYUTTHAYA to BANG PA IN to BANGKOK	60km	Tue 29 Oct 2019	Y	Y	Y	Y
BANGKOK rest day	NA	Wed 30 Oct 2019	Y	--	--	Y
BANGKOK to PETCHABURI to HUA HIN	68km	Thu 31 Oct 2019	Y	Y	Y	Y
HUA HIN to PRACHUAP KHIRI KHAN	113/86km	Fri 1 Nov 2019	Y	Y	Y	Y
PRACHUAP KHIRI KHAN to BAN KRUT	71km	Sat 2 Nov 2019	Y	Y	Y	Y
BAN KRUT rest day	NA	Sun 3 Nov 2019	Y	--	--	Y
BAN KRUT to CHUMPHON	112/90km	Mon 4 Nov 2019	Y	Y	Y	Y
CHUMPHON to RANONG	140/80km	Tue 5 Nov 2019	Y	Y	--	Y
RANONG to KHURA BURI	128/90km	Wed 6 Nov 2019	Y	Y	--	Y
KHURA BURI to KHOA LAK	72km	Thu 7 Nov 2019	Y	Y	Y	Y
KHAO LAK to PHUKET	106/87km	Fri 8 Nov 2019	Y	Y	Y	Y
PHUKET	NA	Sat 9 Nov 2019	Y	--	--	--
Total distance cycled	1760km		20	17	13	20
Average daily distance	98km					

Meal and accom inclusions noted as B, L, D, A (Breakfast, Lunch, Dinner, Accom)

### **CHIANG MAI meeting day — 50km — Sun 20 Oct 2019 — - - D A**

Day 1. Welcome to Thailand. Chiang Mai is a land of ancient misty mountains and colourful hill tribes, but also a bustling and thriving city. There are delights for shoppers, both in the high street fashion shops and the craft markets and antique stores. Travellers will be intrigued with the way that the city has kept its relaxed vibe despite the constant activity from famous Thai massages to cooking courses to amazing architecture walks, nightlife, markets and festivals. Despite its relatively small size, Chiang Mai has it all and is a wonderful place to begin your journey. Our hotel is an oasis from the action where you can settle in and relax in preparation for the adventure ahead or to use as a base to explore everything that sits just outside the front door. This afternoon we will gather at the hotel at 1:00pm where the guide will brief everyone thoroughly and make sure the bikes fit. Take this last opportunity to enjoy Chiang Mai or join the group for a 50km warm-up ride around the area. Tonight we will share a group dinner - a great opportunity to meet your fellow cyclists and tour leaders, pick up a few tips and advice on the local culture, and get prepared for your day on the bike tomorrow.

### **CHIANG MAI to LAMPANG — 120/64km — Mon 21 Oct 2019 — B L D A**

Day 2. After we leave Chiang Mai's traffic, we head towards Lampang on the old highway, a tree-lined boulevard that is a real pleasure to ride along. The terrain is rolling on this section of the ride, and at just past the halfway point, there is a longish climb that gets quite steep at the end. Lampang is called the cowboy town – you can still see horsedrawn carriages as a means of transport. On the way, we stop and visit one of the oldest and most religious chedis in Thailand, built around 1044, and the well-preserved fortified Wat Phra That Lampang Luang. Today is a long day so we have a couple of shorter ride options if you'd prefer to ease into the tour.

### **LAMPANG to UTTARADIT — 145/84km — Tue 22 Oct 2019 — B L - A**

Day 3. Today's full distance route is tough, as we have a long distance to cover and some hills to go over. We have three sets of hills and lots of undulating countryside. Some of the hills get steep towards the end, so take it easy, but the support vehicle is not far away and ready to give you a lift if needed and we have two short ride options of 102km and 84km. We pass through teak forests, past reclining Buddhas and some beautiful temples. We are now truly into provincial Thailand, and we won't see many other tourists here – giving you a real Thailand experience!

### **UTTARADIT to SUKHOTHAI — 90km — Wed 23 Oct 2019 — B L D A**

Day 4. We really head off the beaten track today as we ride on some of the most secluded and beautiful roads in Thailand, as a canopy of palm trees provides some natural protection from the regular sunny days. We pass lush green paddy fields and many villages as we wind towards the first capital of Thailand, Sukhothai. The 13th-century reign is generally viewed as the "Golden Age" of Siam due to the fact that its influence spread as far west as Burma and east as far as Cambodia and south down into Malaysia.

### **SUKHOTHAI rest day — 35km — Thu 24 Oct 2019 — B L D A**

Day 5. A day to enjoy the original capital of Thailand by taking a ride round the historic park. A UNESCO World Heritage Site, there are more than 193 ruins surrounded by three moats and bridged by four gateways. Bikes are the best way to enjoy this ancient city, and you won't want to forget your camera to capture some of the stunning Buddha statues. Or simply have a day off the bike and enjoy the town of Sukhothai.

### **SUKHOTHAI to KAMPAENG PHET — 85km — Fri 25 Oct 2019 — B L - A**

Day 6. The ride to Khampeng Phet is on pleasant country roads with plenty of activity going on all around to keep your attention. Khampeng Phet, also known as the "Diamond Walled City", was a military fortress used to help defend Sukhothai from invading armies. The moss and flower covered ruins give it a quality not seen in its more popular and restored neighbour of Sukhothai. We have plenty of time to visit the sites by foot or bicycle.

### **KAMPAENG PHET to NAKORN SAWAN — 130/93km — Sat 26 Oct 2019 — B L - A**

Day 7. We head into the heartland of Thailand today with our journey to Nakorn Sawan. You'll quickly understand why Thailand is the top exporter of rice when you see the many paddies on your route today. Look out for water buffaloes wallowing in a puddle and for ducks taking a dip in a rice field. This is an area of Thailand not visited by many tourists, so you will pique the interest of locals (especially if you tell them you have ridden from Chiang Mai!), and it is a good opportunity to stop and say Sawadee!

### **NAKORN SAWAN to SING BURI — 145/83km — Sun 27 Oct 2019 — B L D A**

Day 8. We really start to feel the approach of Bangkok as signs of industrialisation begin to increase, but there is still plenty of open spaces and fields along the way. The ride is again on backroads that pass through many small towns and villages that move with interesting activity and the life of the people.

### **SING BURI to AYUTTHAYA — 90km — Mon 28 Oct 2019 — B L D A**

Day 9. As we leave Sing Buri, don't forget to look up and wonder at the magnificent reclining Buddha in Ang Thong before continuing the ride to the old Siamese capital of Ayutthaya – the centre of old Siam for over 400 years until it was sacked by the Burmese in 1767. Also, a UNESCO World Heritage Site, this historic park boasts some spectacular temples that are best visited by bicycle. The town lies along the Chao Phraya River, and our hotel for the night is located on its banks.

## **AYUTTHAYA to BANG PA IN to BANGKOK — 60km — Tue 29 Oct 2019 — B L D A**

Day 10. We have the last leg of the first stage on our sojourn through Thailand. We ride down to Bangkok along country roads that will take us past Bang Pa-In Palace, the former summer palace of King Chulalongkorn. We end our journey in north Bangkok, and we transfer the last few kilometres to our hotel in the city centre. We then meet in the evening for a celebratory dinner and bask in the glory of a job well done!

## **BANGKOK rest day — NA — Wed 30 Oct 2019 — B - - A**

Day 11. Today is the end of Stage One and the start of Stage Two so we may have a few people coming and going as they end or begin their tour with us. For those leaving, we can help with arrangements if you'd like to extend your stay in Bangkok. For those arriving to begin their tour, your accommodation is included tonight and we will meet you this afternoon for a bike fitting and welcome registration. For those cycling both stages, today you can explore the thriving city of Bangkok or take it easy and do some washing, catch up on emails and things from home, rest, recuperate and recharge. With so much of its daily life conducted on the street, Bangkok rewards the curious traveller in spades. Take a boat trip on the river, visit a market, stroll off Banglamphu's beaten track for a chance to meet a buddhist monk or find a Chinese opera performance in the small lanes of Chinatown. Revel in the colour and contradictions of an ultra-modern city steeped in ancient traditions and historic architecture.

## **BANGKOK to PETCHABURI to HUA HIN — 68km — Thu 31 Oct 2019 — B L D A**

Day 12. 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. We top off our day with a seafood dinner on a pier in the centre of town.

## **HUA HIN to PRACHUAP KHIRI KHAN — 113/86km — Fri 1 Nov 2019 — B L D A**

Day 13. We head out of Hua Hin, part of the way taking advantage of a new cycle lane, 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 backroads along beaches with striking limestone 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. 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 which we'll feast on at dinner.

## **PRACHUAP KHIRI KHAN to BAN KRUT — 71km — Sat 2 Nov 2019 — B L D A**

Day 14. We leave the hotel and ride along the beachfront road for about 12 km before hitting the main road. This section is 9km. 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.

### **BAN KRUT rest day — NA — Sun 3 Nov 2019 — B - - A**

Day 15. This is a rest day – you've earned it. Spend it relaxing at the beach, wandering around the fishing village of Ban Krut, or taking a dip in one of the two salt water pools at the resort.

### **BAN KRUT to CHUMPHON — 112/90km — Mon 4 Nov 2019 — B L D A**

Day 16. With legs rested, it's time to do some serious kilometres. We ride 112 km on quiet side roads with very little traffic. Our route sticks to the coast, giving us views of the sea to the left and rugged mountains on our right. We are passing through Thailand's narrowest part as the border with Burma is less than 20 km away at some points. the short ride option ends at Ruan Chamoia Restaurant, while the full distance continues just north of Chumphon, at another secluded and quiet beach.

### **CHUMPHON to RANONG — 140/80km — Tue 5 Nov 2019 — B L - A**

Day 17. We cross the Isthmus of Kra, which separates the Gulf of Thailand from the Adaman 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. As there are few roads through the mountains we spend most of the day on the main road, however there is a wide shoulder. 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 the town of Ranong. This is a spa, fishing and border town, which makes for an interesting vibe.

### **RANONG to KHURA BURI — 128/90km — Wed 6 Nov 2019 — B L - A**

Day 18. 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 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 rain forest.

### **KHURA BURI to KHOA LAK — 72km — Thu 7 Nov 2019 — B L D A**

Day 19. We continue our journey south, riding from valley to valley towards picturesque Khao Lak. We have little choice but to take the main road for half of today's cycle. The road flattens out a bit as we reach Takua Pa, a former Portuguese settlement. The region was an important tin-dredging centre 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 areas devastated by the 2004 Tsunami. You'll be amazed to see how quickly this area has bounced back and been rebuilt. We arrive early to the hotel, so you can spend time in the amazing pool this afternoon.

**KHAO LAK to PHUKET — 106/87km — Fri 8 Nov 2019 — B L D A**

Day 20. The last leg of the tour is to the tropical paradise of Phuket, the largest island, as well as a province of Thailand. 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 Nai Yang Beach. Phuket is connected by a bridge to the mainland, and we'll stop for a celebratory picture before riding on to our hotel.

**PHUKET — NA — Sat 9 Nov 2019 — B - - -**

Day 21. Today the tour officially disbands after breakfast. Needless to say, we encourage you to stick around for a day or two to explore Phuket - a great place to relax and rest after eight days of superb cycling. We can help with arrangements if you'd like to extend your stay in Phuket. Congratulations!

