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Phuket – South Thailand Tour

Tour ID: C

The Southern Thailand cycling tour leads from the Indian Ocean to the Pacific and back. It is an engaging tour that begins on the island of Phuket and then travels through the inspiring coastal regions of Phang Nga Bay until we reach the famous beaches in Ao Nang/Krabi on the Andaman Sea and the island of Koh Lanta. From there, we cross the Malay Peninsula to Khanom Beach on the Gulf of Thailand and continue through Khao Sok National Park, with its bizarre, jungle-covered limestone peaks and the Chiew Larn Lake. We conclude the tour with a ride back to Phuket via Khao Lak.

**12 Days | 11 Nights | 10 Stages | 62 – 125 km | Total 1,010 km | Total 6.080 m ascent
2 Rest days at the Island Koh Lanta and at Khanom Beach**





Day 1

Stage 1: Phuket - Phang Nga = 108 km | 820 m ascent | wavy
Afternoon boat trip to Phang Nga Bay

We set off in the morning from the Siam Bike Tours shop in Choeng Thale / Laguna. After about 30 kilometers, we pass the Sarasin Bridge and reach the mainland, from where we take picturesque side roads through tropical landscapes. In Samet Nangshe, we stop at a beautiful viewpoint with a popular café where we enjoy lunch. In the afternoon, we glide in longboats through a world of rocky islands covered in lush green vegetation. The Phang Nga Bay National Marine Park is known for its pristine mangrove landscape. **L incl.**

Day 2

Stage 2: Phang Nga – Ao Nang Beach / Krabi = 108 km | 820 m ascent | wavy

A short pass road meanders through across the dense jungle. On the exhilarating descent through the jungle, we reach Thap Put where we take a coffee break. We continue through plantations past many limestone mountains to Ao Nang Beach in Krabi. **B | L incl.**

Day 3

Stage 3: Ao Nang Beach/Krabi – Koh Lanta Island = 102 km | 680 m ascent | flat to wavy

We cycle south through rubber plantations and palm forests to the island of Koh Lanta, which is known for its beautiful sandy beaches and beach resorts. We take the ferry across in 20 minutes, and Koh Lanta Yai and Koh Lanta Noi are connected by a bridge. **B | L incl.**



Day 4

Rest Day at Koh Lanta Beach

The day of rest offers an opportunity to sleep in, relax, and enjoy the hotel pool or the white sandy beach. We appreciate the beautiful hotel complex and treat ourselves to a massage. **B incl.**

Day 5

Stage 4: Koh Lanta Island – Thung Song = 125 km | 930 m ascent | wavy

We leave the island of Koh Lanta and head east inland. We cross the Malay Peninsula on beautiful flat country roads to Thung Song. **B | L incl.**

Day 6

Stage 5: Thung Song – Nakhon Si Thammarat = 79 km | 370 m ascent | flat to wavy

On today's short stage we ride to Nakhon Si Thammarat. This is a large province on the Malay Peninsula in southern Thailand, stretching from a mountainous interior to the coast of the Gulf of Thailand. The sprawling Buddhist Wat Phra Mahathat temple with its huge bell-shaped stupa is one of the many ancient and religious sites in the capital, Nakhon Si Thammarat. **B | L incl.**

Day 7

Stage 6: Nakhon Si Thammarat – Khanom = 103 km | 360 m ascent | flat to wavy

Today we are cycling along many deserted side roads by the coast through rubber and oil palm forests. For the final part, we ride on the fascinating Coastal Road, which has many great viewpoints. Khanom is known for its long white sand beach on the Gulf of Thailand – the perfect place to relax and swim **B | L incl.**



Day 7

Stage 6: Nakhon Si Thammarat – Khanom = 103 km | 360 m ascent | flat to wavy

Today we cycle on many deserted back roads along the coast through rubber and oil palm forests. Khanom is known for its long white sandy beach on the Gulf of Thailand. The perfect place to relax and swim. **B | L incl.**

Day 8

Rest Day at Khanom Beach

The rest day offers the opportunity to sleep in, relax and bathe on the white sandy beach. The beautiful and remote back roads tempt you to take another voluntary cycle tour. **B incl.**

Day 9

Stage 7: Khanom – Surat Thani = 89 km | 240 m ascent | flat

Today our ride will take us to idyllic back roads past small places and varied landscapes to the provincial capital Surat Thani. The rural port capital Surat Thani is a gateway to the islands of Koh Samui, Ko Phangan and Koh Tao. The San Chao night market is home to a variety of street stalls. **B | L incl.**



Day 10

Stage 8: Surat Thani – Takun = 83 km | 290 m ascent | flat to wavy

Shortly after Surat Thani we turn towards Khao Sok National Park. The rubber and oil palm forest are characteristic of this fertile area. The construction of the Ratchaprapha Dam in 1987 created a huge, rugged lake. After a refreshing swim in the hotel's large pool, there is the opportunity to marvel at the unique limestone peaks of the Khao Sok National Park on the reservoir during a boat trip. **B | L incl.**

Day 11: Swimming in the Indian Ocean

Stage 9: Takun – Khao Lak Beach = 119 km | 1.050 m ascent | wavy

We travel through Khao Sok National Park and let ourselves be enchanted once again by its fairytale mountain scenery. A short incline of 5% leads us to a perfect viewpoint. After a brief descent, we visit an elephant camp and then continue on to a golf course, where we enjoy lunch. In Khao Lak, the coast of the Indian Ocean is already awaiting us. Our resort is located directly on the beautiful Nangthong Beach. The free afternoon offers the opportunity to swim and relax by the pool or on the beach. **B | L incl.**

Day 12: Epilogue

Stage 10: Khao Lak – Phuket = 94 km | 490 m ascent | flat to slightly wavy

We follow the main road and after 33 km we turn onto an idyllic side road. We treat ourselves to our coffee break in Thai Muang. Then all senses are rewarded again with a view of a picture book landscape. After crossing the Sarasin Bridge, we reach Thailand's largest island - Phuket – and finish with an easy spin to the Siam Bike Tours Shop. There we enjoy lunch together and toast our eventful tour. **B | L incl.**

Extension or individual onward travel, no overnight stay in Phuket included.

Included services

- All overnight accommodations with breakfast
- All meals mentioned: 11 x B = Breakfast | 10 x L = Lunch
- All coffee breaks: Iced coffee, delicious hot blended coffee beverages or tea
- Isotonic drinks, cola, water and fresh fruit on all stages
- German or English-speaking tour guide
- Team jersey | Team backpack | Team phone bag
- Drinking bottle 0.75 l
- Accompanying van with possibility to ride along
- Boat trip Chiew Larn lake and including national park fees
- Repair service
- Additional insurance during the tour
- Photos for downloading
- **Full Service** (Bottle refills, refreshing towelettes, storage of helmets and shoes and much more)

Services NOT included

- Bike rental - we have a large selection of racing road bikes and e-bikes
- International and local flights
- Taxi transfer to Siam Bike Tours Shop Choeng Thale / Laguna
- Airport / Hotel pick up and drop off
- Voluntary tips
- Alcoholic beverages
- Possible overnight accommodation in Phuket is not included