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### **Bangkok to Khao Lak (Optional stage to Phuket)**

**Tour ID: A**

A stunning, flat coastal ride from the "City of Angels" to southern Thailand on the Andaman Sea. Discover gorgeous beaches on both the Pacific and Indian oceans and the Khao Sok National Park. 11 days | 10 nights | 8 stages from 66 to 122 km (41 to 76 mi) | Total 784 km (487 mi) | Rest day on Chumphon Beach.

Our exotic bike journey takes us along the Gulf of Thailand and the Andaman Sea to **Khao Lak** on **perfect, smooth** roads. Discover Thailand's natural beauty as we coast along through tropical forests and jungle-covered karst peaks, past beautiful ornate temple complexes and traditional villages. For the most part, we ride on **almost traffic-free roads** along the ocean. An **unparalleled road bike experience** for enthusiastic cyclists **of all ages!** We spend the night in **selected, quality hotels** with a pool, most of them located directly on **sandy beaches**.





## **Bangkok – The City of Angels**

Bangkok, Thailand's vibrant metropolis, offers a multitude of possibilities for day trips. Visit the **Royal Palace**. Marvel at countless, **ornate temple complexes** or discover historic Bangkok on a **river cruise**. Enjoy the many **culinary delights** and limitless **shopping** at unbelievably low prices. The huge **Chatuchak Weekend Market** on Saturday before the start of our tour offers an excellent opportunity for a visit. We highly recommend spending a few days before the beginning of the tour in this fascinating, exotic city. **Additional nights can be booked through us.**

### **1<sup>st</sup> day**

#### **Arrival in Bangkok**

Upon arriving at the **JW Marriott Hotel**, centrally located in the heart of Bangkok, you will enjoy all of the amenities of this noble **5-star hotel**. In the evening we will greet and welcome you in the meeting room of the hotel. Here we will inform you about the tour and provide a bit of interesting information about our host country. At the end, every participant will receive a **high-quality team jersey**.

### **2<sup>nd</sup> day: Warm-up stage**

#### **1<sup>st</sup> stage: Phetchaburi – Hua Hin = 66 km (41 miles), flat**

In our comfortable van, we depart Bangkok toward **Phetchaburi**. The drive to our starting location will take 2 hours. After lunch at a seaside resort Cha-Am, we will ride through a palm-fringed agricultural landscape. Hua Hin, the oldest seaside resort in Thailand, welcomes us with many good restaurants, shops and a **5 km (3 miles) long, white sand beach**. In the afternoon, we will move into our accommodations at the **5-star Hilton Hua Hin Hotel** and refresh ourselves afterwards in the large pool. **B | L**

### **3<sup>rd</sup> day**

#### **2<sup>nd</sup> stage: Hua Hin – Kuiburi Beach = 78 km (48 miles), flat**

After enjoying a **world-class breakfast buffet**, we will cycle the first 14 km (8 miles) on a bike path and then along beautiful, varied coastal roads with an ocean view. Numerous **pineapple plantations and shrimp farms** dot the landscape. We pass through **Khao Sam Roi Yot National Park** and ride further to Kuiburi Beach. Our hotel lies directly on the seaside. In the evening we will enjoy delicious, local delicacies in a romantic setting. **B | L**



#### **4<sup>th</sup> day**

**3<sup>rd</sup> stage, Kuiburi Beach – Baan Krut Beach = 105 km (65 miles), slightly undulating**

Through a scenic landscape characterized by coconut palms, we ride to the beach of Baan Krut. This tiny, sleepy village is a true insider tip. At the end of the picturesque beach there is a castle-like temple complex. From there we enjoy a breathtaking view of the bay and the palm forests in the distance. Our resort is only a stone's throw from Baan Krut's beautiful, enticing sand beach—perfect for relaxing and daydreaming. **B | L**

#### **5<sup>th</sup> day: Royal Coast Road – THE dream road for cyclists**

**4<sup>th</sup> stage: Baan Krut Beach – Chumphon Beach = 122 km (76 miles), slightly undulating**

On this stage we will ride along the **Royal Coast Road**. This stretch was built **extra for cycle touring**. **Virtually traffic-free**, we pedal through rubber tree and palm forests. From the **Keo Prasert Temple** we enjoy a breathtaking view of the karst peaks of the **Thung Maha Bay**. The snow-white sand beach of **Ao Thung Wua Laen**, today's destination, is located 15 km (9 miles) outside of Chumphon City. **B | L**

#### **6<sup>th</sup> day: Chumphon – Gateway to Southern Thailand**

**Rest day on the beach in Chumphon**

Today's rest day offers you the opportunity to sleep in, relax and swim in the hotel's pool. Nature lovers may prefer the white sand beach and treating themselves to a massage afterward? The beautiful coastal road entices cyclists to go out for another voluntary ride on the bike. **B**

#### **7<sup>th</sup> day**

**5<sup>th</sup> stage: Chumphon Beach – Arunothai Beach = 95 km (59 miles), flat to slightly undulating**

The nearby ocean is our constant companion. Our eyes can't get enough of the tropical, green vegetation. We bypass the city of Chumphon toward the south and return to the coast. Here we have the road almost to ourselves. Arunothai Beach is still located within the province of Chumphon. As usual, our wellness resort lies directly on the ocean. **B | L**



### **8<sup>th</sup> day**

**6<sup>th</sup> stage: Arunothai Beach – Laemsai Beach = 103 km (64 miles), flat**

The flat coastal road leads us through a scenic landscape of small villages. Jungle-covered limestone peaks reach majestically toward the sky as we enjoy the practically traffic-free road. Once again, our hotel truly lives up to its title as a “beach resort.” We will enjoy a pleasant evening on the quiet beach.

**B | L**

**9<sup>th</sup> day: Optional afternoon boat excursion on Chiew Larn Lake (can be booked on location)**

**7<sup>th</sup> stage: Laemsai Beach – Takun = 95 km (59 miles), mainly flat**

Shortly before Suratthani, we turn off toward **Khao Sok National Park**. Rubber tree and oil palm forests are characteristic for this fertile area. Through construction of the Ratchaprapha Dam in 1987, a unique, gigantic lake was created. After a refreshing swim in the hotel pool, you could admire the unique **limestone peaks of the Khao Sok National Park** surrounding the lake and enjoy an evening drink on a floating restaurant. **B | L**

**10<sup>th</sup> day: The final stage – Swimming in the Indian Ocean**

**8<sup>th</sup> stage: Takun – Khao Lak Beach = 119 km (74 miles), undulating at first then flat**

We ride through Khao Sok National Park and are enchanted once again by the magical mountain scenery. A short climb (5% gradient), which of course can also be done in our van, leads to a pristine scenic outlook. In Khao Lak, the coast of the **Indian Ocean** awaits us. It almost goes without saying that our resort lies on **Nangthong Beach**. A refreshing drink and the ocean view provide a befitting conclusion to our fantastic trip. **Additional nights in Khao Lak can also be booked through us.**

**B | L**

**11<sup>th</sup> day: Departure**

**Individual extension of your stay in Khao Lak, or optional 9<sup>th</sup> stage to Phuket (can also be booked on location)**

**9<sup>th</sup> stage: Khao Lak – Bangtao Beach Phuket = 98 km (60 miles) Bike & Boat 15 min**

We enjoy a coffee break in Thai Muang. Along the idyllic coastal road, the view of this picture book landscape is sure to exhilarate one’s senses. After a **refreshing boat ride**, we reach **Thailand’s largest island – Phuket**. After lunch, we will ride at a leisurely pace to the **Siam Bike Tours Shop** in Choeng Thale (Bangtao Beach) and enjoy a final toast to our eventful tour. **F | M**



### Included services

- 🚲 All overnight accommodations with breakfast
- 🚲 **All meals mentioned: 10x B = Breakfast | 8x 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 wallet
- 🚲 Drinking bottle 0.75 l
- 🚲 Accompanying van with possibility to ride along
- 🚲 Van transfer Bangkok - Phetchaburi
- 🚲 Repair service
- 🚲 Additional insurance during the tour
- 🚲 Photos for downloading
- 🚲 **Royal Service** (Bottle refills, refreshing towelettes, storage of helmets and shoes and much more...)

### Services NOT included (taxi prices in Thai Baht per car)

- 🚲 Bike rental (**We offer a large selection of rental bikes**)
- 🚲 Transfer to hotel in Bangkok, approx. THB 300 to THB 500
- 🚲 Transfer Khao Lak – Phuket Airport 1.25 hours, approx. THB 1,600
- 🚲 Voluntary tips
- 🚲 Possible overnight accommodation in Phuket is not included (**can be arranged**)
- 🚲 Optional Excursions and stages (can also be booked on location)

### Notes

- 🚲 Due to limited space, transport of bike cases can result in additional charges
- 🚲 Personal bikes brought along will be assembled in Phetchaburi