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## Phuket – South Thailand Tour

**Tour ID: C**

From the Indian Ocean to the Pacific and back, our Southern Thailand Cycling Tour is an enchanting journey. Starting on Phuket Island, we'll pedal through inspiring coastal regions, visit famous beaches in Ao Nang/Krabi, explore Koh Lanta, cross the Malay Peninsula, and venture into Khao Sok National Park with its bizarre, jungle-covered limestone peaks and the Chiew Larn reservoir. The tour concludes with a ride back to Phuket via Khao Lak.

**12 Days | 11 Nights | 10 Stages | 79 – 129 km | Total 1,033 km**  
**2 Rest days at the Island Koh Lanta and at Khanom Beach**





### **Day 1**

**Stage 1: Phuket - Phang Nga = 108 km**

**Afternoon boat trip to Phang Nga Bay**

In the morning our journey begins at Siam Bike Tours Shop in Choeng Thale / Laguna. We take care of your luggage and load it on the van. After the bike fitting and the tour information, we start the first stage. We cross Sarasin Bridge and reach the mainland after 30 km. We continue cycling on a beautiful back road and enjoy the great view of Phang Nga Bay at the Samet Nangshe viewpoint. The road to Phang Nga leads us through a varied, tropical landscape. Later in the afternoon we explore the nearby Phang Nga Bay on a boat tour. With its protected mangroves and countless limestone islands, the bay has become world-famous. Of course, the "James Bond Island" with its striking and much-photographed needle rock should not be missing on the excursion.

**L incl.**

### **Day 2**

**Stage 2: Phang Nga – Ao Nang Beach / Krabi = 108 km | rolling**

A short pass road meanders through across the dense jungle. On the exhilarating descent still through the forest, 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 = 119 km | slightly rolling**

We cycle south to Koh Lanta Island with its beautiful sandy beaches and beach resorts. We take the 20 minute ferry trip to the island. Koh Lanta Yai and Koh Lanta Noi are connected by a bridge.

**B | L incl.**



#### **Day 4**

##### **Rest Day at Koh Lanta Beach**

The rest day offers the opportunity to sleep in, relax, swim in the hotel pool or on the white sandy beach and then let yourself be pampered with a massage. The fantastic island world tempts you to take a full day speed boat snorkelling trip which we gladly help organizing for you.

**B incl.**

#### **Day 5**

##### **Stage 4: Koh Lanta Island – Thung Song = 129 km | undulating**

We leave the island of Koh Lanta and head east inland. We cross the Malay Peninsula on beautifully winding country roads with a few shorter climbs to Thung Song.

**B | L incl.**

#### **Day 6**

##### **Stage 5: Thung Song – Nakhon Si Tammarat = 79 km | rolling**

On today's short stage we ride to Nakhon Si Tammarat. 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 that bears the same name.

**B | L incl.**





### **Day 7**

#### **Stage 6: Nakhon Si Thammarat – Khanom = 104 km | flat plus undulating coastal road**

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**

Another fine day off to recover and refuel 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 | 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 | undulating**

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 | first undulating then flat**

We cross the Khao Sok National Park and let ourselves be enchanted again by its fairytale mountain scenery. A short climb (5%), which of course can also be mastered in the bus, leads to a perfect vantage point. The coast of the Indian Ocean awaits us in Khao Lak. Our resort is located directly on the beautiful Nangthong Beach.

**B | L incl.**

## **Day 12: Epilogue**

### **Stage 10: Khao Lak – Phuket = 95 km | flat**

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 wallet
- Drinking bottle 0.75 l
- Accompanying van with possibility to ride along
- Boat trip Chiew Larn lake 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 offer a large selection of [Canyon rental 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