

SPICE ROADS

CYCLING



ROAD CYCLING BANGKOK TO PHUKET

Tour Code
THA-TBP

10 DAYS
9 NIGHTS

	Destinations	Thailand
	Tour Meets Tour Ends	Bangkok Phuket
	Fly in to Fly out of	Suvarnabhumi Airport (BKK) Phuket International Airport (HKT)
	Group Size Minimum Age	2-16 riders 18 (on scheduled departures)

ACTIVITY PROFILE



8 Cycling days	810 km Total cycling distance
101 km Avg distance / day	635 m Avg climbing / day

PRICING



Price	US\$ 2,750
Bike Hire (Standard Road Bike)	US\$ 300
Bike Hire (Carbon Road Bike)	US\$ 400
Bike Hire (E-Bike*)	US\$ 500
Single Supplement	US\$ 550

**E-bikes are in limited supply, please enquire to reserve one.*

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Accommodation
- ✓ Snacks and drinks

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Airport pick up
- ✗ Airport drop off
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

DEPARTURES



09 June - 18 June 2024
16 June - 25 June 2024
07 July - 16 July 2024
11 August - 20 August 2024
20 October - 29 October 2024
17 November - 26 November 2024
24 December - 02 January 2025
05 January - 14 January 2025
19 January - 28 January 2025
16 February - 25 February 2025

See website for later departures

TRIP PROFILE

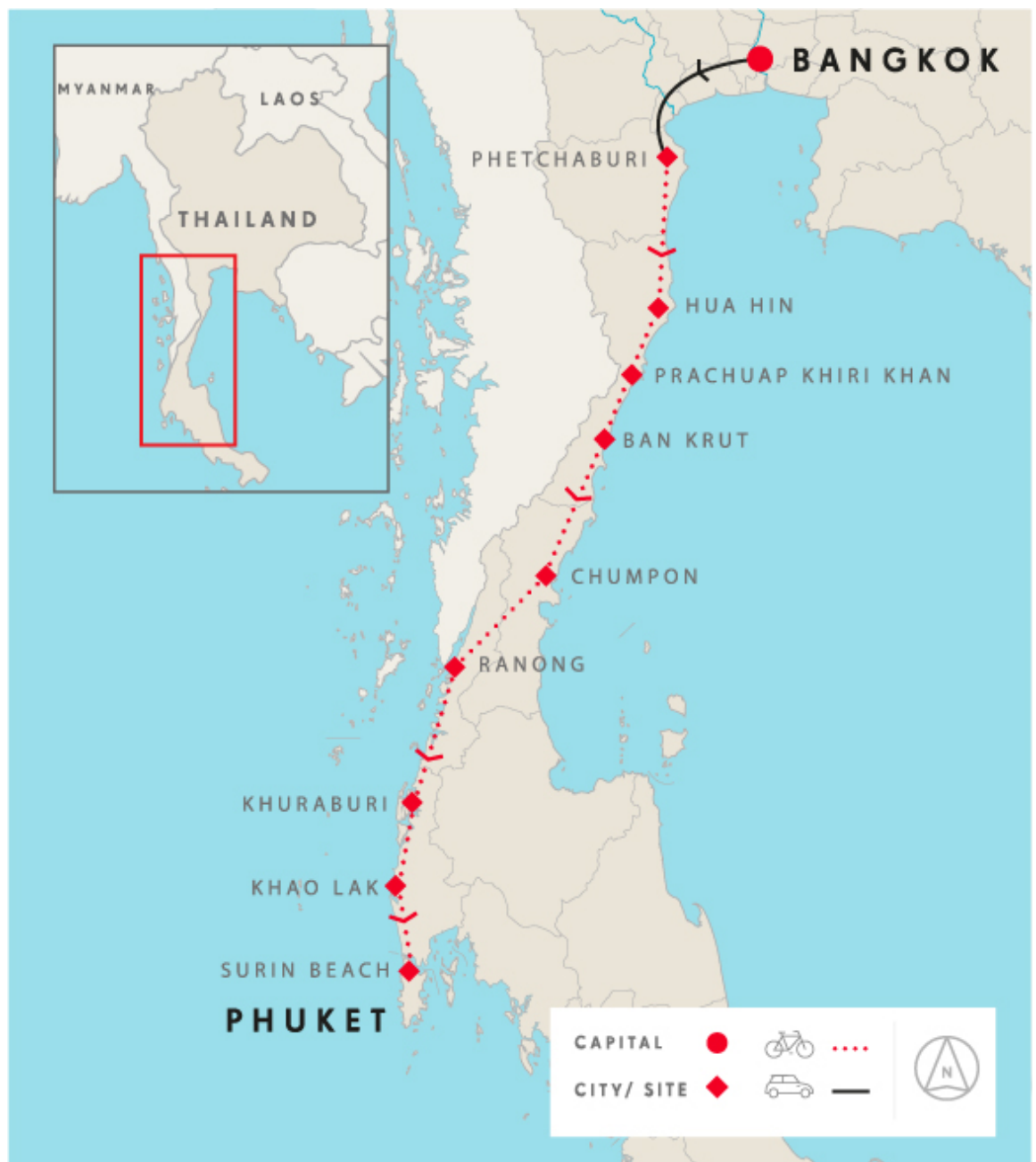
This tour is 100% on road, and we designed the route with road bikers in mind. If you are looking for a more leisurely ride with more stops at sites, then please consider our **Cycling Coastal Thailand** tour that is along the same route.

We start with a transfer out of Bangkok to avoid the dangers of riding through a very busy metropolis. The first half of the ride is on flat roads, mainly following the beach.

The total distance is 789 km in eight riding days. Some of the distances are quite long, but the roads are smooth, making it an achievable distance on a road bike. The trip is fully supported, and your guide's expert knowledge of the area and terrain means that you always know what is coming up in terms of distance and difficulty. This makes a tremendous difference, as does the constant supply of cold drinks, ice, and fresh fruit.

Suitability: Fitness, of course, will be a huge asset on those long days and on the undulating hills. The tour is fully supported, and the bus is always close at hand for those that find the riding too difficult.

Biking Conditions: The roads are 100% tarmac and in good condition. There are some hills, mostly rolling with the exception of the steep but short hills in Phuket.



Day 1 Petchaburi - Hua Hin

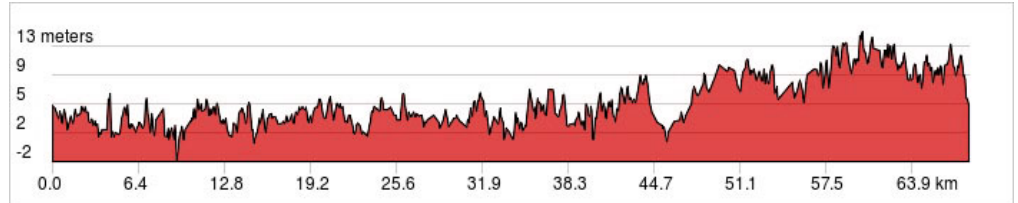
We meet at a Bangkok hotel before we transfer to the start of our ride in Petchaburi (approximately 2 hours). This ride is a gentle start to the trip as we head out of Petchaburi and into rural Thailand, along roads flanked by paddy fields and palm trees. We then ride along the beach into Cha-am and on to the beach resort town of Hua Hin. The town is closely tied to Thai royalty. The last 20 km is on a main road, but there is a wide shoulder to ride. If the traffic proves to be too heavy, this section can be transferred. We top off our day with a seafood dinner in the centre of town.



Putahracsa



Lunch, Dinner



Ride 68km



+194m



-194m

Day 2 Hua Hin - Prachuap Khiri Khan

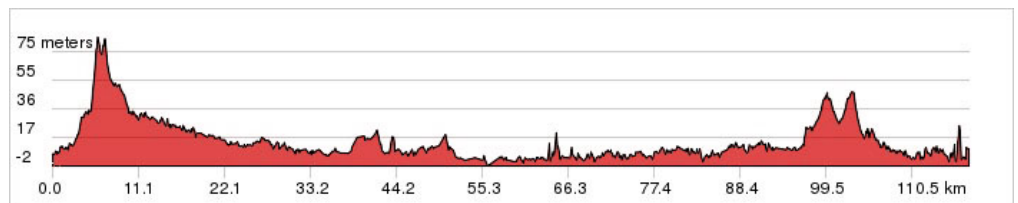
We head out of Hua Hin, part of the way taking advantage of a new cycle lane, towards Sam Roi Yot (300 hundred peaks) National Park. This park has spectacular limestone formations and freshwater marshes in between the peaks. We ride on quiet backroads along beaches with striking limestone peaks as our 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, we'll feast on the local specialties at dinner.



Hadthong Hotel



Breakfast, Lunch, Dinner



Ride 113km



+584m



-579m

Day 3 Prachuap Khiri Khan - Ban Krut

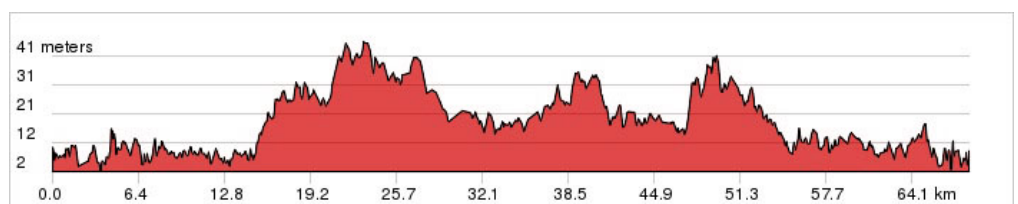
We leave the hotel and ride along the beachfront road for about 12 km before hitting the main road. This section is 9 km. We are now well away from the main tourist areas, and the roads are quiet and in good condition. We head towards a serene beach and our nature-friendly boutique resort. Time to relax in a hammock and listen to the surf.



Baan Groom Arcadia



Breakfast, Lunch, Dinner



Ride 71km



+344m



-344m

Day 4 Ban Krut Rest Day

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.



Baan Grood Arcadia



Breakfast

Day 5 Ban Krut - Chumpon

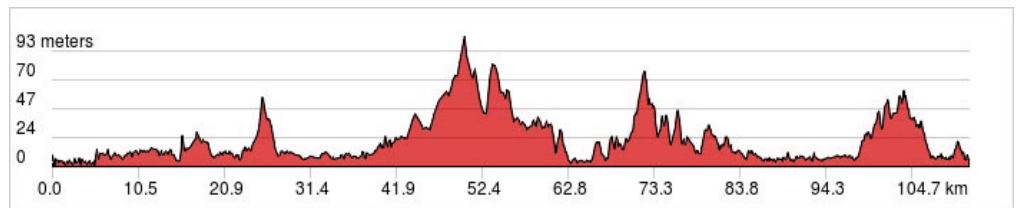
With legs rested, it's time to do some serious kilometres. We ride 112 km on quiet side roads with very little traffic. Our route sticks to the coast, giving us views of the sea to the left and rugged mountains on our right. We are passing through Thailand's narrowest part as the border with Burma is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



Nana Beach Resort



Breakfast, Lunch, Dinner



Ride 112km



+693m



-693m

Day 6 Chumpon - Ranong

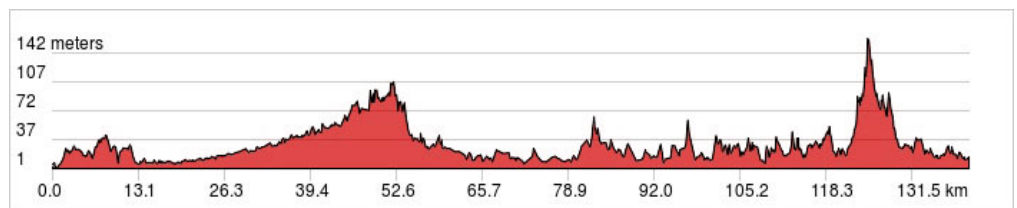
We cross the Isthmus of Kra, which separates the Gulf of Thailand from the Andaman Sea, and is just 44 km wide at its narrowest point. We head west for about 60 km on an undulating road that cuts through the lush jungle-clad mountains that surround this area. The hills and the twists and turns in the 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.



Sook Hotel



Breakfast, Lunch, Dinner



Ride 140km



+1142m



-1134m

Day 7 Ranong - Khuraburi

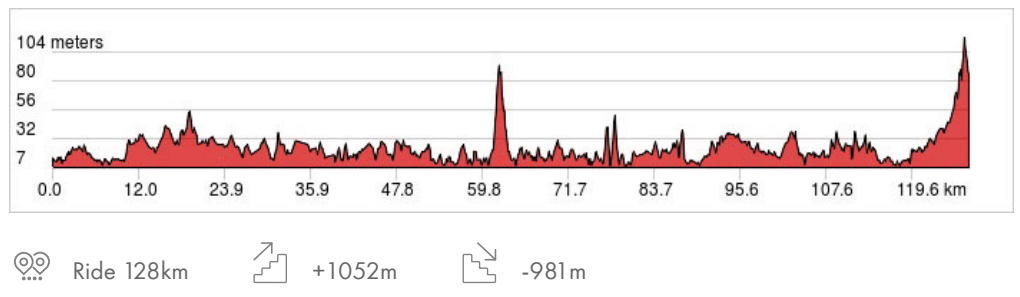
We ride through valleys today, so the road will be rolling, but there are no extreme climbs, just enough ascents and descents to make the ride interesting. We pass many villages and children waving and yelling out farang, farang (foreigner). After some great views, the ride ends in a lovely little resort nestled in a valley and surrounded by lush tropical rain forest.



Vannamei Resort



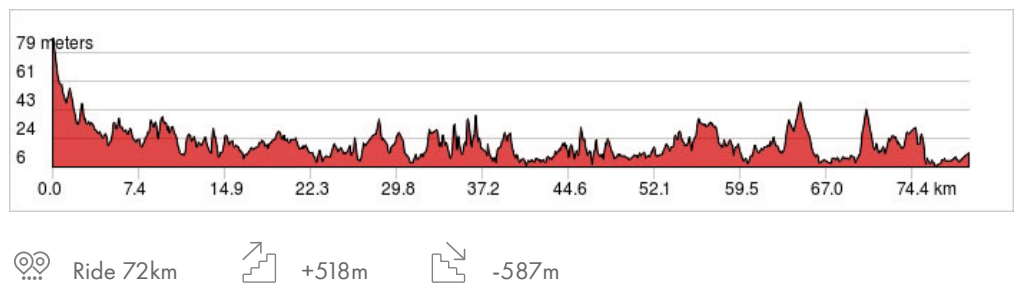
Breakfast, Lunch, Dinner



Day 8 Khuraburi - Khao Lak

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.

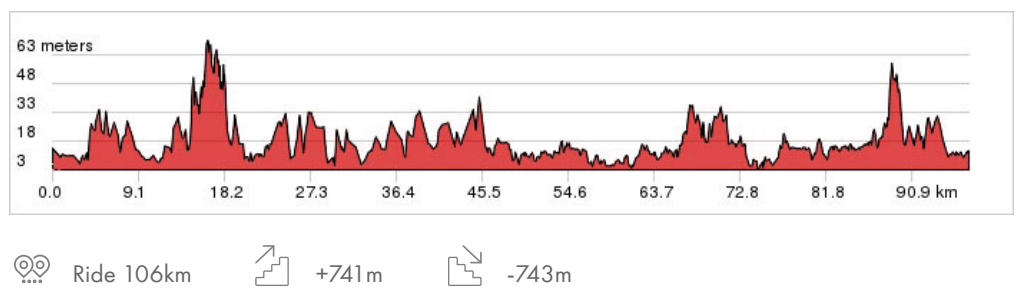
 Apsara Beachfront Resort & Villa  Breakfast, Lunch, Dinner



Day 9 Khao Lak - Phuket

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.

 Nai Yang Beach Resort  Breakfast, Lunch, Dinner



Day 10 Departure

Today is yours to relax and rest after eight days of great riding. We can help with arrangements if you'd like to extend your stay at Phuket or organise transfers to the airport for onward flights.

 Breakfast

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire bikes locally for the price listed in the tour pricing section.

If you bring your own bike, please make sure it is a road bike in good mechanical order.

We also have E-Bikes available for hire, but they are limited in number & size - please send an email to us to check on availability.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

If staying less than 30 days then a visa in advance is not required by European, North American, Australian and many other nationalities. Please check this [page](#) to see if you qualify. You will need to show proof of an onward flight out of Thailand to be eligible for the visa on arrival. This is strictly enforced. Please ensure your passport is valid for at least 6 months beyond the duration of your stay in the country.

Health

We recommend that you visit a travel medical doctor and ask about the following vaccinations: typhoid, polio, tetanus and hepatitis A. A certificate for Yellow Fever is required when arriving from an infected area within six days.

Weather

Thailand generally has a tropical climate with fairly high humidity. The North and Central region have a tropical climate with fairly high humidity. Northeast Thailand has a humid hot and dry weather alternatively with medium rain while the coastal areas of the east is humid and hot with intermittent rain. The South of Thailand has a tropical climate with fairly high humidity.

There are three seasons: from March to June it is hot and dry, with temperatures between 27°C/80 F and 40°C/104 F, with night temperatures in the 20s. The rainy season is from July to October, but temperatures are slightly lower, because of the effect of the rain. During this time it will not rain continuously, but in sharp bursts, and the sun can come out quickly. The cooler season is from October to February, with average temperatures between 20°C/68 F and 30°C/86 F.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Most meals are local and feature noodles, rice, curries, and soups. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Drink

Keeping you completely hydrated is a job we take very seriously. Cold water, some energy-restoring local fruit, and soft drinks are included in the tour price while riding. Soft drinks and other beverages during meals are not included. Beer is freely available everywhere but is NOT included in the price.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for traveling alone. We will arrange for you to share accommodation with another traveler of the same gender and if we cannot match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Extra Expenses

We recommend that you tuck away a few extra dollars, perhaps US\$20 per day, for incidentals.

Money

The Thai currency is the baht. ATMs, which are abundant, are the easiest ways to get Thai baht. Have a supply of US dollars in cash on hand, just in case your card doesn't work. Banks or the rarer private moneychangers offer the best foreign-exchange rates. Credit cards are accepted in big cities and resort hotels but you'll need baht for family-run guesthouses or restaurants.

GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our [Booking Conditions](#) in full before you make your payment and should you require further clarifications of any of the conditions below, please [email us](#) or call our office.

TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please [email us](#) or call our office.

BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people

travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into [Manage My Trip](#) (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems [please send us an email](#), or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our [cancellation policy](#).

Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your [travel insurance](#) that you acquired when you booked your holiday.

Newsletter

Our adventure travel [e-newsletter](#) is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Please note that the itinerary is subject to change due to unforeseen circumstances, however, we will always do our best to adhere to this original itinerary

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