

SPICE ROADS

CYCLING



ANDAMAN MANGROVE EXPLORER

Tour Code
THA-TPY

2 DAYS
1 NIGHTS

	Destinations	Thailand
	Tour Meets Tour Ends	Pick up at hotel in Phuket Drop off at hotel in Phuket
	Fly in to Fly out of	Phuket International Airport Phuket International Airport
	Group Size Minimum Age	2-16 riders 12 (on scheduled departures)

ACTIVITY PROFILE



2 Cycling days	52 km Total cycling distance
26 km Avg distance / day	0 m Avg climbing / day

PRICING



Price	THB 12,000
Bike Hire	Included
Single Supplement	THB 1,400

WHAT'S INCLUDED

- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Hotel pick up
- ✓ Hotel drop off
- ✓ Accommodation
- ✓ Bike and helmet
- ✓ Ferry/boat fares
- ✓ Accident insurance

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

DEPARTURES



21 January - 22 January 2019
23 January - 24 January 2019
28 January - 29 January 2019
30 January - 31 January 2019
04 February - 05 February 2019
06 February - 07 February 2019
11 February - 12 February 2019
13 February - 14 February 2019
18 February - 19 February 2019
20 February - 21 February 2019

See website for later departures

TRIP PROFILE

The pristine beaches and limestone karsts are what make southern Thailand such a popular tourist destination. However, this region has more to offer than beautiful turquoise waters. Here, friendly farmers and Muslim fisherfolk will welcome you with the warm hospitality of the south. Nature is bountiful and well preserved in the national parks and forests. Mangroves provide natural protection to the shoreline and is a habitat for marine creatures and migrating wildlife. On this tour, we will see the significance this type of vegetation has to the biodiversity of this region of Thailand.

Exploring the farms of the lesser known side of Phuket with our bikes provides an insight into life on the resort island. We venture across Phang Nga Bay by boat and use our bicycles to explore the paradise island of Yao Noi where peaceful and simple way of living is the charm of the rural side of southern Thailand. See fishermen repairing nets, water buffaloes in the rice fields, smiling and waving kids playing.

From peaceful Yao Noi island we boat through stunning karsts jutting out of the water back to the mainland. Cycling on backroads we reach a magical mangrove forest, a treat for nature lovers. On an elevated nature trail we walk through this preserved eco system to take a dip into the crystal clear waters fresh from the limestone mountains.

Day 1 Phuket - Yao Noi Island

Discover the countryside of Phuket on our bikes as we cycle along rubber plantations. Here, traditional way of tapping the trees and hand rolling the rubber into sheets are still common. Phuket is known for its pineapples and we will see fields of this fruit on this part of the island. We cycle through a mangrove forest and if we're lucky, spot tiny crabs crawling out on the roots of these trees. Then hop on a longtail boat with our bikes and join fellow travellers to Yao Noi. On shore, we explore this paradise island cycling through rice paddies and coconut farms and soak in the simplicity of life amidst serene natural setting. The island provides a great vantage point for breathtaking views of the Phang Nga bay. We visit the village where batik is made and get to know the chao lae, local fishermen. In the evening we'll head to the night market and try some local favourites, including roti.



Homestay Bungalow



Lunch, Dinner



Ride 34km

Day 2 Yao Noi - Krabi - Phuket

We say goodbye to Yao Noi and cross the Phang Nga Bay through karsts back to mainland. Once on land we'll ride through palm plantations and pineapple fields and we'll be towered by limestone cliffs as we cycle on back roads. Our destination today is a magical mangrove forest where the water from the limestone mountains meets the sea water. Here, the ecosystem is well preserved and a nature trail leads you through it to a point where you can take a refreshing dip into the crystal clear pool. After lunch we pack up and head back to Phuket, approximately a 2-hour drive.



Breakfast, Lunch



Ride 18km

NUTS & BOLTS

Bikes

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

THAILAND - PHUKET

Passports and Visas

All nationalities require a passport for entry into Thailand. Please ensure your passport is valid for at least 6 months from the date of entry. If staying less than 30 days then a visa in advance is not required by European, North American, Australian and many other nationalities. 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.

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

Southern 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/ 80F and 35°C/95F and, 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/68F and 30°C/86F.

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.

THAILAND

Passports and Visas

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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.

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GENERAL BOOKING INFO

Booking

If this is the tour for you here's what you need to do to confirm your place: Read our [Booking Conditions](#)

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. 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 you are unsure about the trip status, please [email us](#) or call our office. For the next steps you'll need to know the names of the people traveling and have either a Visa or a MasterCard. If you wish you can also provide extra details such as passport numbers, height, 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). However, if you wish to get a children's discount, please do fill out the date of birth of the riders. If you are having any problems, [please send us an email](#), or give us a call (+66 2 381 7490) and one of our travel specialists will assist you with your booking.

Deposit

For Long Tours (7 days or more) to guarantee your place we require a 30% or 500 USD deposit, whichever is the greater. For Short Tours (6 days or less) we require full payment to guarantee your place. We also require that you take out [travel insurance](#) when you book your holiday. Besides covering you during your holiday it will also enable you to claim for any money that you have paid to us, including your deposit, should you have to cancel your trip.

Balance

Full payment must be paid 45 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights. Our confirmation will include personal details you provided us (including your flight information), visa application advice, a packing suggestion list and a detailed tour itinerary. It will also include a checklist to ensure you get everything ready for your holiday.

Cancellation Policy

On the rare occasions when we, SpiceRoads, must cancel a trip, all payments received to date will be 100% refunded, which constitutes full settlement. There will be absolutely no deductions. If you, the client, must cancel your reservation, your cancellation fee will be determined according to when you cancel. For full details, please read 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 can not be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for 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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