

CYCLING IN AMAZING THAILAND

cycle and see Thailand at your own pace





Cycling in Amazing Thailand gives you the opportunity to experience a different place and pace, to listen to a different story, and to write a different page in your life. You'll see a unique country full of enthralling destinations, an incredible heritage, and a captivating culture. Cycle through the clouds in the mountains, pick out the patches of green and the tiny houses below, fall in love with the country's natural beauty, listen to a quiet symphony played by magical waves, share a smile with new friends, and drink fresh coconut juice straight from the tree. These are some of the attractions that the amazing kingdom of Thailand has to offer to those who take up the challenge of exploring on two wheels its hidden treasures. Your memories may last you a lifetime.

CYCLING IN AMAZING THAILAND

Diversity of Cycle Routes

One way to discover the amazing wonders of Thailand is by cycling. You can enjoy the full range of attractions that the country offers - a distinctive culture, idyllic coastlines, rolling hills, colorful hill-tribes, and stunning views - by a variety of routes. These include rural forest tracks, urban sois, and lanes alongside canals, some easy, others more challenging.

The different regions of Thailand have their own distinctive features - people, food, music, dress, and stories. Let's get in the saddle and enjoy the peace, tranquility, stunning scenery, and the slower pace of life of some of these beautiful regions.

This may be the start of one of your most enjoyable and rewarding travel experiences.

North

This is a region of remote forests and mountains, rivers and waterfalls, limestone cliffs, scenic backdrops of swirling mist, and expanses of rice fields - some of the best sights in the kingdom. In addition to this stunning scenery, there are many villages of the hill-tribe communities, such as Akha, Karen, Hmong, Lisu, and Musur. These groups have distinctive lifestyles and heritages that differ from mainstream Thai culture.

Central

This region forms the heart of the kingdom, being a fertile agricultural basin regarded as the rice bowl of the country. It is a region that combines land and water in its many different forms - rivers, canals, and sea. It boasts the UNESCO World Heritage Site of Ayutthaya Historical Park. In the south-west of this region, traditional local lifestyle is well-preserved, illustrated by typical Thai-style pavilions, teakwood houses, riverside temples, paddleboats, and floating markets.

South

This region is endowed with a wealth of natural beauty in the forms of beautiful, white, sandy beaches, dramatic coastlines, crystal-clear waters, limestone islands, wild jungles, waterfalls, and marine national parks, and a fascinating mix of people with rich, historical cultural backgrounds. Located on the peninsula between the Andaman Sea and the South China Sea, this region is a true feast of amazing gems of Thailand.

Get Under the Skin of Thailand

Cycling in amazing Thailand lets you to get off the well-worn tourist track and appreciate rare insights into the country's unique culture. You will feel the glow of Thai smiles, the openness of Thai hearts, and the warmth of Thai hospitality - the "real Thailand." Cycling respects the natural environment and, at the same time, allows the cyclist to respect the social environment by meeting local people on their terms, in their markets, and at their workplaces. You will gain an understanding of the Thai way of life that lets you "get under the skin" of the country and its people.

Cycling in Amazing Thailand Notes

Cycle Travel Services in Thailand

Cycle services and professional cycle tour agents are available in Thailand for advice, route information, maps, hire of a wide selection of bicycles of different sizes and types, cycle accessories, travel and cycle insurance products, accommodation, and travel and holiday discounts. Using reputable travel agents for bicycle touring is strongly advised. Not only have they created a mix of interesting, unusual and/or off-the-beaten track itineraries, and a degree of flexibility and choice, these agents also ensure your enjoyment and security throughout your holiday.

Accommodation includes luxurious seclusion, bed and breakfast arrangements, home-stay facilities, and/or camping, depending on your personal preference.

Safe cycling is an important matter. Using travel agents is a reliable way of guaranteeing your comfort and safety. These agents provide the expertise of professional guides and support vehicles to carry supplies, luggage, spares, tools, and appropriate clothing such as rain gear. The guides and back-up personnel are familiar with emergency services such as police and hospitals en route.

So enjoy the cycling, be safe, and have fun.

Country's Climate

Thailand has a tropical climate. The coolest (and most people believe the best) months for cycling are November to February. It is necessary to take along a warm jumper and/or top during this cool season as nights can be very cold, especially in the mountainous areas of Chiang Mai, Chiang Rai, and Mae Hong Son. March to June are usually the hottest months and temperatures may reach 40 degrees C, with occasional refreshing rainstorms. Light cotton clothing, rain gear, and hats are strongly recommended. The wet season extends from around June to October. Despite the often heavy rain during these months, cycling at this time is fantastic as all the water courses are full and the land is a magnificent green color.

Journey Expectations

Cycling in amazing Thailand requires varying degrees of physical ability. Each trip has specific details on types of terrain, cycling conditions, distances covered each day, and altitude profiles. The very nature of cycling involves an element of the unexpected and, in remote, undeveloped, and/or unfamiliar areas, you may not be able to meet expectations that you may satisfy at home. Remotes areas are sometimes unpredictable and itineraries may require alterations. If you want to discover the "real Thailand" by genuinely experiencing the lifestyle, familiarizing yourself with local sites and culture, and meeting the people, it is estimated that you need to spend a minimum of one week in the saddle.

Environment

The environment in which cycling occurs is fragile. Please be kind and respectful of every tree, plant, flower, animal, and/or bird, young or old.

Some Friendly Advice

Please:

- respect local traditions and behavioral expectations - always ask before photographing people and do not enter private homes or holy sites without permission.
- support local businesses and buy local produce to ensure direct economic benefit to the communities.
- learn a few words of Thai and speak to the locals - in this way, you make a personal contact that will be readily reciprocated.
- open your eyes and heart to the rich diversity of life.



GET INTO GEAR - CYCLE YOUR HEART OUT
Cycling routes that shouldn't be missed!

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RT01

Discover real local
Thai life at **Amphawa**

Route Overview

Destination(s)	Amphawa, Samut Songkhram
Tour Duration	Day Trip
Bike Distance	30 Kms.
Level of Difficulty	New Rider / Family
Type of Bike	MTB / Hybrid / Road Bike
Terrain	Flat
Season	All Seasons



Tour Briefing:

This route lets you experience real Thai life by cycling and sightseeing along a rural canal via small backstreets passing schools, typical Thai houses, coconut plantations and tropical fruit orchards in Amphawa District and Bang Khonthi District. There are also numerous temples and outstanding historical remains that can be seen along the way.

Route Details:

Transfer from Bangkok to Samut Songkhram province in the early morning. Begin the trip along the scenic village roads of **Amphawa** District and **Bang Khonthi** District. You pass tropical fruit orchards, coconut plantations, villages, schools and temples along the way to **Damnoen Saduak Floating Market**. You experience the chaos of the traditional floating market - small khlongs or canals are filled with flat boats piled high with fresh produce. Then, continue cycling to a canal - side restaurant at Amphawa District for lunch. Try the taste of Amphawa food recipes made from coconuts, local vegetables, herbs, and fresh water fish from the river. Relax after lunch by taking a boat tour along Amphawa canal and the Mae Klong River. Along the cruise, you can see children swimming in the canals, elders chatting with friends on a waterfront pavilion, or even kingfishers swooping across the bows of the boat. The boat trip stops at **Amphawa Floating Market**. At the market, there are many local shops all opening onto the canals with boardwalk access for cyclists and pedestrians. Old-style convenience stores full of basic necessities are situated right alongside coffee and khanom (dessert) shops selling cakes and sweets for which Amphawa is famous. Then, travel back to Bangkok by van or bus.

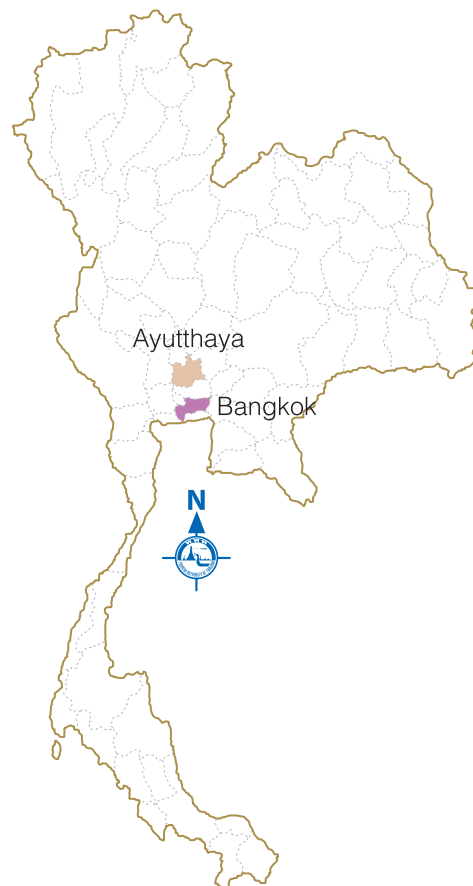


RT02

Journey back in history in the ancient city of **Ayutthaya**

Route Overview

Destination(s)	Ayutthaya
Tour Duration	Day Trip
Bike Distance	25 Kms.
Level of Difficulty	New Rider / Family
Type of Bike	MTB / Hybrid
Terrain	Flat
Season	All Seasons



Tour Briefing:

Not far from Bangkok, this route is perfect to discover the historic treasures of Thailand. You can enjoy the ride through a UNESCO World Heritage site and see the ancient city's walls and pagodas. Feel the atmosphere of the place that was once the capital city of Thailand and absorb its history through direct experience.

Route Details:

Leave from Bangkok to Ayutthaya province in the early morning. Discover the past by cycling along the historic roads, experiencing the lovely river views, and inspecting the remains of ancient structures. The starting point is **Ayutthaya Historical Park** - a remarkable ancient location that has been recognized as a UNESCO World Heritage site. Then ride on to visit the **Ancient Palace** and **Wat Phra Si Sanphet** - places that present stunning images of the old Ayutthaya kingdom. During the trip you have a chance to learn about the way of life of the people in the past by inspecting **Khun Phaen's Residence**, a traditional Thai teak house constructed and artistically decorated by Thai craftspeople using local wisdom. Continuing the tour, you arrive at **Wat Phra Men**, one of the city's most beautiful and celebrated temples. At the **Khlong Sa Bua Community** you ride on a small road alongside the peaceful Sa Bua Canal, see how the farmers live their lives, and interact with the local villagers. You can also visit **Wat Choeng Tha** on the Lop Buri River, another scenic temple at which to rest and take in some of the atmosphere. It is a popular spot for taking photos of friends and family crossing the wooden bridge in front of the temple. After lunch, travel by boat to **Bang Pa-In Summer Palace**. The palace has a long history dating back to King Prasatthong in the 17th century. It is set amidst magnificent surroundings that you can enjoy in a shady setting. The harmonious mixture of diverse architectural styles derived from Thailand, China, and European countries is astonishing and don't miss the art on show in the buildings around the palace.



RT03

Experience charming rural canal life and the pottery village at **Ko Kret**

Route Overview

Destination(s)	Ko Kret, Nonthaburi
Tour Duration	Day Trip
Bike Distance	20 Kms.
Level of Difficulty	New Rider
Type of Bike	MTB / Hybrid / Road Bike
Terrain	Flat / Off-road
Season	All Seasons



Tour Briefing:

Find yourself in a dreamland that takes you back 250 years to an ancient Mon community, full of unique customs and a traditional way of life. You cycle along the banks of the Chao Phraya River, passing fruit orchards, rice fields, temples, and local villages that allow you to grasp and feel the genuine Thai lifestyle.

Route Details:

Early morning leave Bangkok to Pak Kret District and then take a ferry across the Chao Phraya River to the farming community of **Khlong Phra U-dom**. Start the ride here and enjoy the beautiful scenery on car-free roads. You discover the villagers' daily routines in the rice fields and fruit orchards. As you continue on to **Ko Kret**, you can visit the Mon community that settled here in 1776, establishing their own way of life and their pottery handcraft industry. At the **Mon Pottery Centre** you are able to observe the Mon people's skill in throwing pots on the wheel. After this exhibition of their skills, take the opportunity to shop for fine pieces of pottery, such as plant pots, water containers, and decorative items as souvenirs. Also, try the food and Thai desserts at the stalls scattered near the walkway. On the trip, don't miss **Wat Poramaiyikawat**, an example of Mon architecture dating back 200 years to the early Ayutthaya period. This structure is the island's most significant temple and you will be stunned by the murals, fine stuccowork, and the display of many ancient Mon artifacts. The trip ends with lunch at a riverside restaurant and a relaxing rest overlooking the Chao Phraya River. There are plenty of local appetizing dishes waiting for you to taste before traveling back to Bangkok.

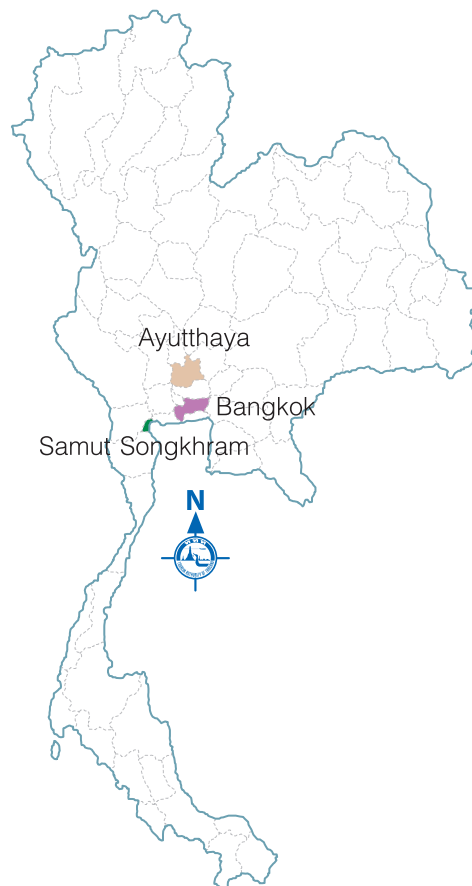


RT04

From the ancient kingdom of **Ayutthaya** to the hidden paradise of **Amphawa**

Route Overview

Destination(s)	Ayutthaya - Amphawa
Tour Duration	2 Days 1 Night
Bike Distance	55 Kms.
Level of Difficulty	New Rider / Family
Type of Bike	MTB / Hybrid
Terrain	Flat
Season	All Seasons



Tour Briefing:

The charm of this trip is to get the feel of two different provinces - from treasured historic sites to simple lifestyles dependent of the river. Explore the grandeur of a UNESCO World Heritage site full of palaces and monasteries indicating the prosperity of a kingdom of the past. En route you will see the simple lives of farmers in riverside communities leading an existence that has hardly changed as time passes quickly by.

Route Details:

Depart from Bangkok to Ayutthaya in the early morning to discover **Ayutthaya Historical Park**, designated a UNESCO World Heritage site in 1991. Cycle along the back tracks and imagine you are standing in the 14th century capital of Thailand, full of temples and palaces of different architectural styles, such as Khmer Phrang of Wat Phra Mahathat. Then cycle to pay homage at the **City Pillar Shrine** (Lak Muang) which houses the guardian spirits of the city. Go further to **Wat Phra Si Sanphet**, a 15th century temple, and the **Ancient Palace**, built in the reign of King U-Thong. At **Khun Phaen's Residence** you can see a typical Thai-style house popular in Thai literature. Also you are able get some impression of people's lives in the past and inspect examples of the traditional knowledge and skills of Thai craftspeople in the construction of teak houses harmoniously designed to blend with the environment. After that, visit **Wat Phra Men** and continue riding alongside the peaceful Sa Bua Canal. Here you can watch the villagers of the **Khlong Sa Bua Community** as they produce the earthen jars that they have manufactured since the times of the Ayutthaya kingdom. Then head to the large reclining Buddhas at **Wat Lokkayasuttha** and onto the riverside open market of **Wat Don Wai** in Nakhon Pathom province after lunch. You can purchase food from vendors in boats and enjoy the ambience of a market dating back to the period of King Rama VI. Riverside communities in this area have retained their old lifestyles, despite the changes around them. Next morning, travel to Samut Songkhram province and cycle past fruit orchards, temples and agricultural villages to **Damnoen Saduak Floating Market**. Here, you get a taste of a large, traditional canal market, crowded with people selling and buying a range of goods such as fresh food and fruit and vegetables, mostly grown locally in the vendors' own orchards. The next destination is to the **House of Siamese Cats** and **Wat Bang Kai Noi** in Amphawa District. Take a pleasure boat trip and cruise along Amphawa canal and Mae Klong River after lunch. Enjoy the serenity of the river, the light breezes, and the richness of the verdant banks full of tropical fruit orchards, typical Thai houses and temples, and catch glimpses of children playing in the water. Arrive at the local market and transfer back to Bangkok.

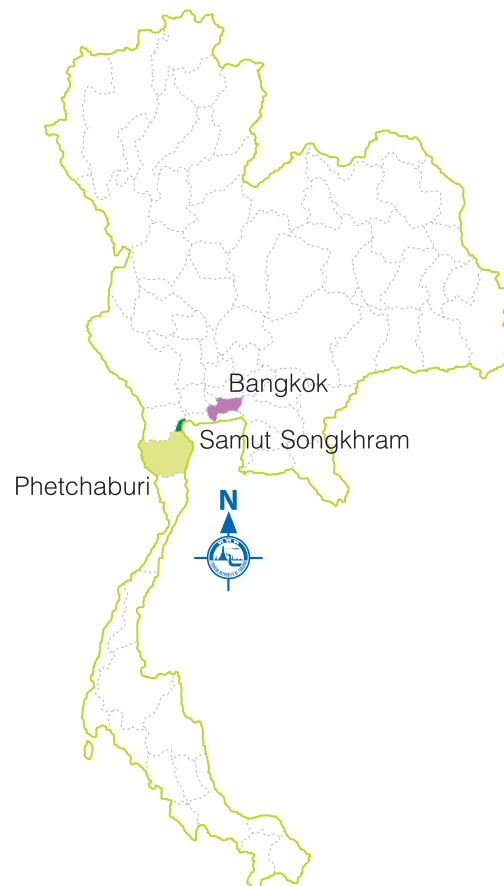


RT05

Explore the beauty of Thai life in the rich agricultural areas of **the Central Plains**

Route Overview

Destination(s)	Bangkok - Samut Songkhram - Phetchaburi
Tour Duration	2 Days 1 Night
Bike Distance	100 Kms.
Level of Difficulty	New Rider / Family
Type of Bike	MTB / Hybrid
Terrain	Flat
Season	All Seasons



Tour Briefing:

This tour takes you through the rich agricultural areas of the Central Plains, west and southwest of Bangkok. The region is traversed by two major rivers flowing into the Gulf of Thailand and there is an extensive network of canals. Cyclists can follow the trail along the Mae Klong River to Samut Songkhram. In Phetchaburi, ride along village roads through the rice fields, farming villages, and fishing communities, and enjoy the scenic Phetchaburi River Mount as it winds its way to the Gulf of Thailand.

Route Details:

Travel from Bangkok in the early morning to Ratchaburi, an ancient town of the Dvaravati Period about 80 kilometers west of Bangkok. Start your tour here along the banks of the Mae Klong River, traveling past numerous natural attractions and historical sites amidst clusters of typical Thai houses and lush fruit orchards. You enter Samut Songkhram as the Mae Klong River flows on to wards the Gulf of Thailand and the lush greenery continues uninterrupted. Samut Songkhram is the site of **Amphawa**, the outer garden or the **Green Ring** of Bangkok. Mixed fruit orchards can be visited with the chance to pick your favorite fruit from the trees. The orchards are located along the river and canal waterways that form an extensive aquatic network. Enjoy a lunch of Amphawa recipes comprised of coconuts and freshwater fish cooked with Thai herbs. Relax after lunch by taking a boat trip along the canals and the Mae Klong River to **Amphawa Floating Market** and experience the authentic atmosphere of a river-based community by shopping and then staying overnight at a resort on the river. Next morning, transfer by van to Phetchaburi and ride between 40 and 60 kilometers along village roads through golden rice fields, farm villages, and fishing villages of the famous **Hat Chao Samran**. All along the route, typical Thai lifestyle can be observed and shared.

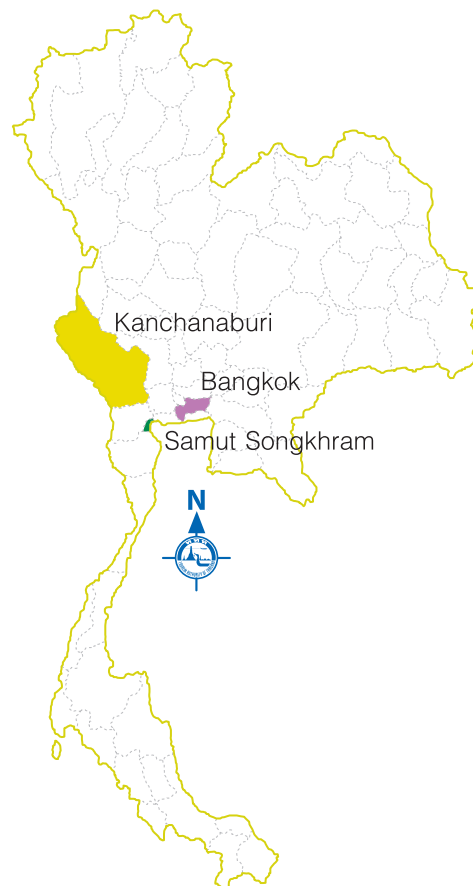


RT06

The symphony of Thai life at **Amphawa - historic River Kwai Bridge**

Route Overview

Destination(s)	Bangkok - Samut Songkhram - Kanchanaburi
Tour Duration	3 Days 2 Nights
Bike Distance	170 Kms.
Level of Difficulty	Moderate - Challenging
Type of Bike	MTB / Hybrid / Road Bike
Terrain	60% Flat, 40% Ascending - Descending, Off-road
Season	All Seasons



Tour Briefing:

The tour combines two of the best natural trails southwest and west of Bangkok, Samut Songkhram and Kanchanaburi. You cycle along the fruit orchards, canals, temples, schools, and the historic River Kwai Bridge, and observe the Death Railway from World War II. This route abounds in scenic beauty characterized by several waterfalls, wondrous caves, national parks, and tranquil riverside and reservoir settings, making a challenging route for cyclists.

Route Details:

Transfer by van to Samut Songkhram in the early morning. The tour takes you through Amphawa District of Samut Sakhon, the smallest province in Central Thailand, known since the Ayutthaya Period as the outer garden of the capital. Fruit orchards line the canals and the main river. There are elevated walkways, about one and a half meters wide, ideal for cycling, with the fruit trees and waterways on a lower level. The pleasant and shady trail takes cyclists past typical Thai houses, temples, and agricultural villages to **Damnoen Saduak Floating Market** to observe and participate in the delightful water-borne bazaar. Ride further to a cozy riverside restaurant to enjoy a wholesome Amphawa lunch. Having seen the Mae Klong River, you can trace the origin of the river by traveling on a van westwards to Kanchanaburi, the largest of the central provinces and the third largest of the country, to visit the world famous **Bridge over the River Kwai** and the war museums before taking a deserved rest on the riverbank. Next morning, after breakfast, travel by boat for 20 minutes before transferring to a van to Thong Pha Phum District, close to the origin of the River Kwai. Here you can cycle on scenic back roads along the River Kwai to Sai Yok District, the site of the **Hell Fire Pass Museum**, before taking a boat across the river and continue cycling through the teak forest back to the accommodation. Early next morning continue riding through the agricultural villages and the teak forest along the Death Railway to **Krasae Cave**. After lunch, travel by van back to Bangkok, stopping in Nakhon Pathom to see the **Phra Pathom Chedi**, the tallest pagoda in the world.

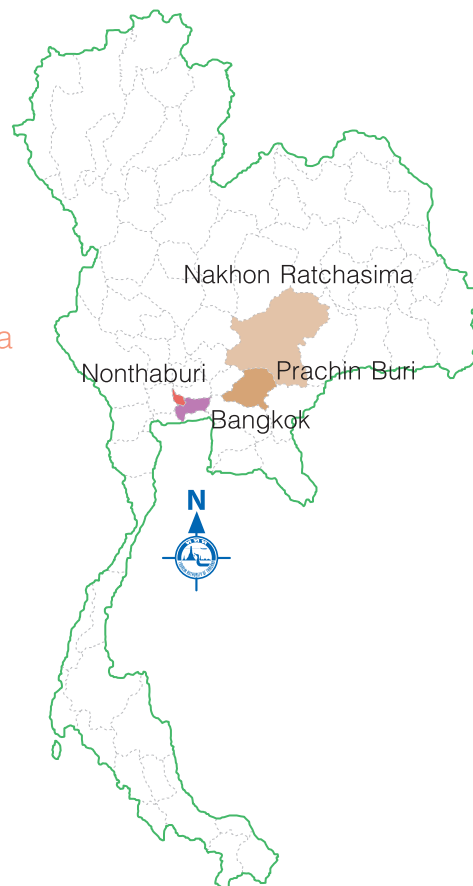


RT07

Ride along the local canal -
enjoy the natural beauty of **Khao Yai**

Route Overview

Destination(s)	Bangkok - Nonthaburi - Prachin Buri - Nakhon Ratchasima
Tour Duration	3 Days 2 Nights
Bike Distance	160 Kms.
Level of Difficulty	Challenging
Type of Bike	MTB / Hybrid
Terrain	70% Flat, 30% Ascending - Descending, Off-road
Season	May - January



Tour Briefing:

The tour follows the Chao Phraya River to explore the lush agricultural areas of Pak Kret and across to Ko Kret, a tiny island on which a community of ethnic Mon people live and practice the fine pottery crafts of their ancestors. Follow the challenging route to Khao Yai National Park, the first national park of the country. Dong Phraya Yen - Khao Yai Forest Complex was listed as a natural World Heritage site by UNESCO in 2005.

Route Details:

The route is for nature-lovers and adventure-seeking cyclists. It starts in the fertile Chao Phraya River area and cyclists then visit **Ko Kret**, a tiny island with a unique Mon community renowned for its fine, red-black pottery with glazed surface and intricate designs. The tour then moves on to the rich agricultural areas to the east in **Prachin Buri** province. The terrain is a combination of plains and highlands, with the hills Dong Phraya Yen ranges to the north. The province borders Cambodia with its numerous ruins from the Dvaravati and Khmer Periods. A ride through the agricultural villages in the late afternoon is a pleasant and relaxing experience. Spend the next morning cycling in **Khao Yai National Park**, the first national park of the country established in 1962 and listed with Dong Phraya Yen as a natural World Heritage site in 2005. The park is Thailand's second largest covering an area of 2,168 square kilometers, encompassing parts of four provinces, Saraburi, Nakhon Nayok, Nakhon Ratchasima, and Prachin Buri. It is rich in flora and fauna with numerous large and small waterfalls, including Haeo Suwat, the large cascade leaping into a deep gorge made famous in the Hollywood film, The Beach. Relax in **Wang Nam Khiao**, a rich agricultural district of Nakhon Ratchasima, and ride through the diverse terrains of the foothills past vineyards and cowboy ranches to **Pak Chong**, a lush green area. Here, enjoy a wholesome lunch before returning to Bangkok fully satisfied.



RT08

A journey through the cultural and historical lands of the Central Plains

Route Overview

Destination(s)

Bangkok - Samut Songkhram - Nakhon Pathom - Kanchanaburi - Ayutthaya

Tour Duration

4 Days 3 Nights

Bike Distance

155 Kms.

Level of Difficulty

Moderate - Challenging

Type of Bike

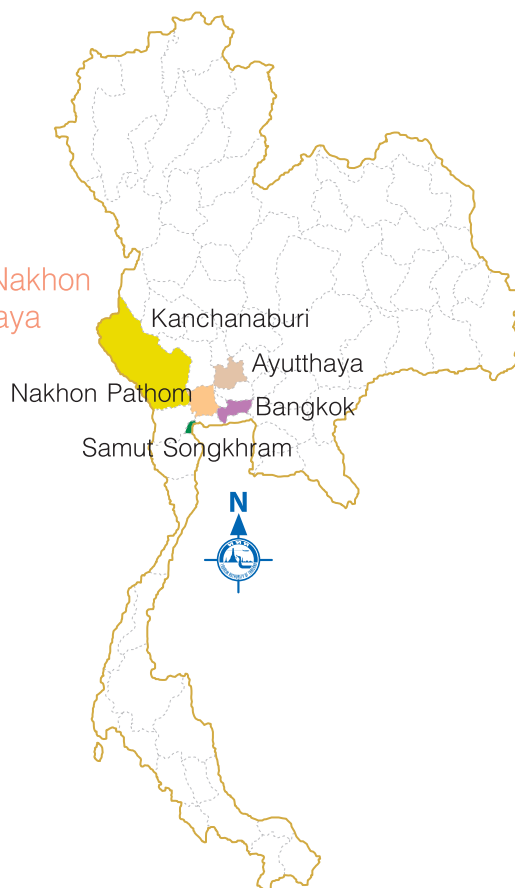
MTB / Hybrid

Terrain

60% Flat, 40% Ascending - Descending, Off-road

Season

All Seasons



Tour Briefing:

This extended tour allows you to explore Thai life in depth, cycling along waterways through local communities in which cultural heritage has been well preserved. Visit Damnoen Saduak Floating Market in Samut Songkhram. Relax and freshen up at Kanchanaburi, the site of the Bridge over the River Kwai. Visit Ayutthaya and be fascinated by the Ayutthaya Historical Park and absorb the glorious past of the World Heritage site.

Route Details:

The 4-day/3-night trip is through the historical and cultural areas in the neighborhood of Bangkok, letting cyclists feel the heart of past and present Thai life. Starting in Samut Songkhram, cyclists can pedal their way through rich agricultural areas full of typical Thai rural communities, temples, coconut groves, and fruit orchards to **Damnoen Saduak Floating Market**, a traditional water-borne bazaar on the Mae Klong River. This site is a meeting point for agriculturists in Ratchaburi, Samut Sakhon, and Samut Songkhram. Enjoy Amphawa delicacies and a cruise along the **Amphawa Canal** and the Mae Klong River with an overnight stay in Samut Songkhram. Next morning, take a ride on back roads along **Damnoen Saduak Canal** past rural villages, temples, elephant camps, and fruit orchards to Nakhon Pathom, the site of the great pagoda, **Phra Pathom Chedi**, a major landmark of the country. Nakhon Pathom is also famous for distinctive delectable dishes. From here travel by van to Kanchanaburi with a stopover at the **Tiger Temple**, a forest monastery where wild animals roam freely. After a pleasant stay on the River Kwai, take a ride along the River Kwai, past elephant camps, teak forests and agricultural villages to Sai Yok District. Travel by van to visit the world famous **Bridge over the River Kwai**, and then travel further to Ayutthaya, the former royal capital of 417 years and a World Heritage site. The ruins of **Ayutthaya Historical Park** are a sight not to be missed. Following a deserved rest at a riverside resort, take a ride through the Historical Park, visiting the **Ancient Palace**, **Wat Phra Si Sanphet**, an example of a typical Thai house at **Khun Phaen's Residence**, and **Wat Phra Men**. Then explore by back roads and alleys some of the countryside around Ayutthaya, such as the **Khlong Sa Bua Community**, formerly a pottery producing site. Don't forget **Wat Choeng Tha** on the Lop Buri River where King Taksin the Great once studied. Then you're ready to catch the van back to Bangkok.

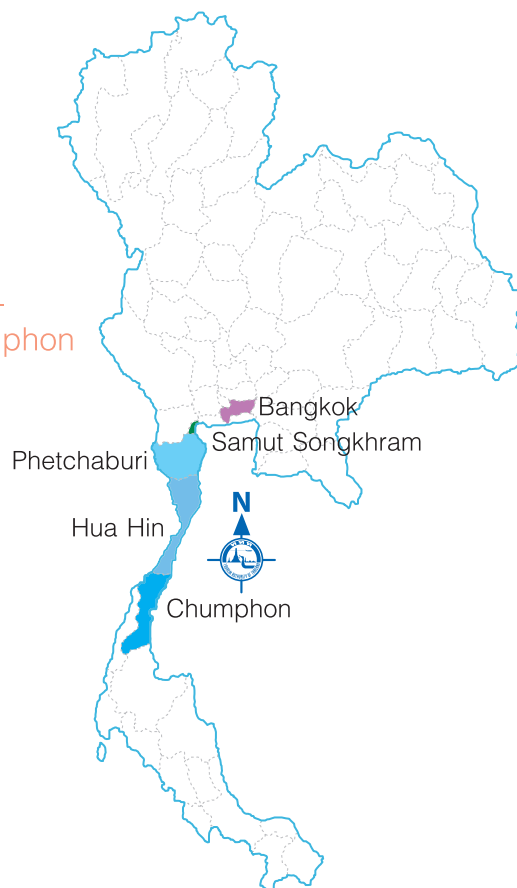


RT09

From the vibrant Floating Market
to the serene beach of **Hua Hin**

Route Overview

Destination(s)	Bangkok - Samut Songkhram - Phetchaburi - Hua Hin - Chumphon
Tour Duration	7 Days 6 Nights
Bike Distance	400 Kms.
Level of Difficulty	Moderate - Challenging
Type of Bike	MTB / Hybrid
Terrain	60% Flat, 40% Ascending - Descending, Off-road
Season	June - February



Tour Briefing:

This weeklong cycle tour lets you witness the beautiful variety of the coastal provinces on the western side of the Gulf of Thailand. Visit the vibrant Damnoen Saduak Floating market before enjoying the stunning mountain scenery and the bird sanctuary at Khao Sam Roi Yot National Park. Absorb the slow-moving lifestyles of the friendly fishing villages along the route and relax at the tranquil beach of Chumphon, a sanctuary for the true sea-lover.

Route Details:

Transfer by van in the morning from Bangkok to Samut Songkhram. Begin exploring the lush fruit orchards and coconut plantations and the **Damnoen Saduak Floating Market** where you can see a traditional Thai water market. Pedal along lush plantations, calm canals, and the Mae Klong River, the source of water for thousands of farms in its basin, to explore Thai lifestyle on the land. Visit **Thai Cat House**, keepers of special breeds of Thai native cats, and admire the beauty of the architecture of the temples. Head south through the mangrove forests of Phetchaburi and take the chance to see the real picture of agrarian communities in Thailand, full of fun, fruit, and food. You pedal side by side with the calm sea to **Hua Hin**, a famous beach resort. Here, you can sample its easy atmosphere, vibrant markets, or boutique shops. Escape from the main road to the tranquil back streets and you can enjoy the seascape along the quiet beaches of Prachuap Khiri Khan before witnessing the marvelous mountain views of **Khao Sam Roi Yot National Park**. Transfer by van south to Chumphon, another well-kept gem of Thailand's coastline, where you can relax on the vast beach. Then ride along the quiet roads to find fishing villages, coconut plantations, and farms next to the picturesque beach of Ban Krut. Visit a hilltop Buddhist temple that offers breath-taking views of the Gulf of Thailand and then relax and enjoy the seafood. The last cycling day is completed by exploring agricultural villages and coconut plantations in Bang Saphan District before heading north to **Cha-am**. At this quiet beach resort you can plunge into the pool and celebrate the end of the journey before transferring back to Bangkok the next morning.



RT10

Challenge your heart around
the mountains of **Northern Thailand**

Route Overview

Destination(s)	Chiang Mai - Mae Hong Son
Tour Duration	12 Days 11 Nights
Bike Distance	880 Kms.
Level of Difficulty	Challenging
Type of Bike	MTB / Hybrid / Road Bike
Terrain	30% Flat, 70% Ascending - Descending
Season	May - February



Tour Briefing:

The tough 12-day cycling program challenges cyclists with winding rides over the steep, rugged, mountainous landscape of Mae Hong Son, the most northwestern province of Thailand. Cycling this wilderness route reveals numerous villages of ethnic people with cultures, customs, and costumes vastly different from each other and any other part of the country. At the same time on the way you witness some of the region's impressive attractions such as the gorge of Ob Luang National Park and Huai Nam Dang National Park.

Route Details:

Start with easy warm-up in **Wiang Kum Kam**, the ancient city that was buried under clay before the rise of **Chiang Mai**, and shop for wooden handicrafts in Ban Tawai. Then ride to Hot District and visit **Ban Rai Phai Ngam** or **Sang Da House Museum**, famous for high quality traditionally woven cotton by the national artist Pha Sang Da. You can explore a pre-historical archeological site and its gorge in **Ob Luang National Park**. The real uphill battle starts after leaving **Mae Sariang**. On the way, make the most of the scenic mountainous landscape to **Khun Yuam** and don't miss the attractions of the hill-tribe villages. The culturally rich town of **Mae Hong Son** refreshes all cyclists with its wealth of heritage of the Shan people. Visit **Wat Phrathat Doi Kong Mu**, a hilltop temple with wonderful views of the town and surrounding mountains and valleys. Also, spend some time at **Wat Chong Kham**, built by the Shan people and featuring a multi-roofed pavilion, and **Wat Chong Klang**, the oldest temple in town. After leaving the valley, the route heads north to Pang Mapha, well-known for its cave complex. Visit **Tham Pla**, the cave with a subterranean canal and the home of a number of distinctive fish. You can relax and recover in the hot springs in Pai before setting out again to explore the lovely small town or visiting hill-tribes nearby. The ride along the steep, winding road is via lush plantations, dense jungle, and scenic rice paddies to **Huai Nam Dang National Park**. Here, there's a viewing point over the vast valley that makes visitors fall in love with the mountains. Visit the charming town of **Mae Tang** and the surrounding countryside filled with hill-tribe villages. From here, it's downhill to the Mae Ping River back to **Chiang Mai** where you can enjoy its famous night bazaar.

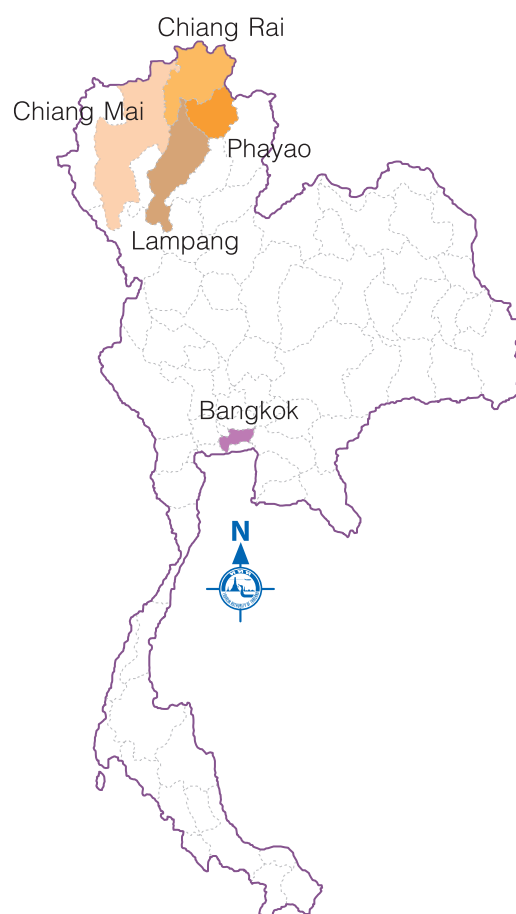


RT11

Embraced by the magic of Lanna - explore the purity of **the Northern Kingdom**

Route Overview

Destination(s)	Chiang Mai - Chiang Rai - Phayao - Lampang
Tour Duration	12 Days 11 Nights
Bike Distance	740 Kms.
Level of Difficulty	Moderate - Challenging
Type of Bike	MTB / Hybrid / Road Bike
Terrain	50% Flat, 50% Ascending - Descending
Season	May - February



Tour Briefing:

This 12-day cycling program takes cyclists through the scenic, rural countryside of northern Thailand. Along the route, you can enjoy views of calm rivers and expansive rice paddies in various mountain settings, savor the real agricultural lifestyle of the people, explore ancient towns and Buddhist temples full of history, and feel the pulse of the vibrant city of Chiang Mai.

Route Details:

Leaving the hustle and bustle of **Chiang Mai** behind, the route lets you warm up by pedaling along the Mae Ping River through lush plantations to **Chiang Dao** to explore its old teak houses. From here, it's uphill to **Tha Ton**, a sleepy town where you can enjoy the scenery of the valley from the hilltop Buddhist temple. Then, ride along the mighty Mekong River to the **Golden Triangle** where the borders of Thailand, Laos, and Myanmar meet. Take the opportunity to visit the **Hall of Opium** and learn about the drug history of the area. You can ride by the river to **Chiang Saen** to discover the attractions of this ancient town that dates back centuries, and try Nang Lae Pineapple, the famous local fruit of **Chiang Rai**. From here, take the quiet back roads through golden rice paddies to the tranquil town of Phayao to see its traditional teak houses and enjoy the view of its vast lake **Kwan Phayao**. Along the route, while riding through rice paddies, stop by for a chat with the friendly rice farmers about their crops and their local farming methods. Enjoy the scenic route all the way to **Lampang** where the architectural beauty of the Lanna-style Buddhist temple in **Wat Phra That Lampang Luang** is stunning. Lampang, a famous timber town, is an interesting place. Elephants in the **Elephant Training Centre** illustrate their significance to the timber industry by displaying their remarkable talents and strength by moving logs and generally entertaining the public. After a long journey, it is a great idea to relax by dipping your tired body and legs in **Sankamphaeng Hot Springs**. After you've recovered, visit the kingdom of handicrafts in Bo Sang Village and the elegant temple of **Wat Phra That Doi Suthep**. After all this, the nightlife of **Chiang Mai** awaits you to help you unwind and celebrate.

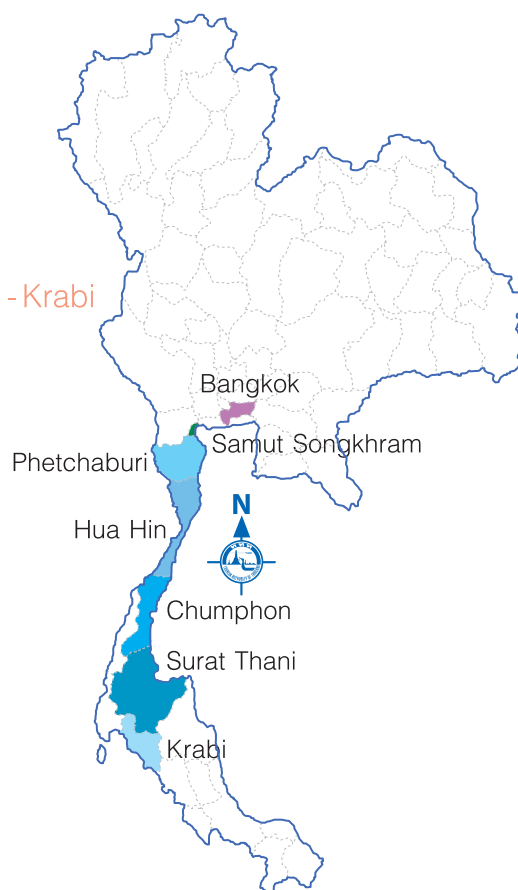


RT12

Exotic ride from **the Central Plains** to a **Southern Paradise**

Route Overview

Destination(s)	Bangkok - Samut Songkhram - Hua Hin - Chumphon - Surat Thani - Krabi
Tour Duration	12 Days 11 Nights
Bike Distance	670 Kms.
Level of Difficulty	Moderate
Type of Bike	MTB / Hybrid / Road Bike
Terrain	70% Flat, 30% Ascending - Descending
Season	All Seasons



Tour Briefing:

This challenging program offers you the chance to witness the natural beauty of Thailand's seas, the Andaman and the Gulf of Thailand, as well as the different lifestyles and traditions of local people in the various places dotted along the coastlines. The beautiful beaches and friendly fishing villages of Prachuap Khiri Khan and the crystal-clear sea of Chumphon and show cyclists the real beauty of the region on the west side of the Gulf of Thailand. Your trip finishes on the Andaman Sea coast in Krabi, where the turquoise water and limestone cliffs always fascinate the sea-lover.

Route Details:

A transfer by van from Bangkok to Samut Songkhram provides you with an easy warm-up through tropical fruit orchards and coconut plantations situated within a network of canals. Visit the famous **Floating Market of Damnoen Saduak** where merchants sell their wares from boats piled high with fresh fruit from the orchards or traditional dishes. Explore the old, culturally-rich city of Phetchaburi and ride through the rice paddies. From here, you can reach **Hua Hin**, a well-known beach town, where you can enjoy the sea or explore the produce of its evening markets. From Hua Hin, the back roads lead you through pineapple plantations, shrimp farms, and palm-fringed beaches to **Khao Sam Roi Yot National Park** where its stunning mountain view has a surprisingly soothing effect. Explore the tranquil beach of **Ban Krut** and see the monkeys at work in the country's biggest coconut plantation in **Bang Saphan**. On the way south to Chumphon, it is easy to ride alongside the sandy beach, pedal in the warm sea breeze, and every now and then, stop and refresh yourself in the waves. Just relax and visit friendly fishing villages, temples, schools, and plantations. Then, it's uphill on the challenging road to **Lang Suan**. This is the kingdom of the fruit orchards where farmers cultivate their crops in jungle-like conditions. You can sample a great variety of tropical fruit and relax in the purity of the natural surroundings. This is your easy introduction before entering the real wilderness areas of the tropical rainforest on the limestone mountain of **Khao Sok National Park** in Surat Thani. Stay overnight on a cozy raft floating in a remote corner of a huge reservoir. If you're lucky, you may come across some rare wildlife, such as gibbons and hornbills, during a two hour trek. Continue the journey to Krabi by riding through scenic rubber plantations and stunning limestone mountain ranges to enjoy an impressive dinner with a view of the sunset at **Phang-nga Bay**. The long journey is completed by exploring by kayaks the vast mangrove forest and lagoon in **Tha Lane** and enjoying the white sandy beaches and turquoise-colored seas of Krabi.



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