

Bangkok to Phuket Road Cycling Tour

Trip Code: BPMB

Version: BPMB Bangkok to Phuket Road Cycling Tour



CYCLE



GUIDED GROUP



MODERATE



HIGHLIGHTS

- Eight days of riding 100 kilometres per day on quiet roads
- Overnight at a succession of pleasant beach resorts
- Cycle amongst the limestone peaks of Sam Roi Yot National Park
- Spend a free day mid-route in the coastal fishing village of Ban Krut
- Cycling beside the Andaman Sea to Nai Yang Beach on Phuket

AT A GLANCE

- 8 days biking
- 810 kilometres
- 100% road - 100% vehicle supported
- Join at Bangkok / Phuket

ACCOMMODATIONS & MEALS

- 10 Breakfasts
- 8 Lunches
- 7 Dinners
- 8 nights Hotel with swimming pool
- 2 nights Hotel

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

South of the capital, Bangkok, Thailand extends for hundreds of kilometres along the Thai-Malay Peninsula, with the Gulf of Thailand to the east and the Andaman Sea to the west. Entirely within the tropics, this is a fantastically scenic part of the world, with a mix of coastal and limestone mountain landscapes. Covering a total distance of around 810 kilometres and crossing from the east side to the west side of the peninsula, this classic road tour traverses traditional rural areas, with many quaint little villages, colourful Buddhist temples and several attractive national park areas.

Each night, we stop off in laid back coastal resorts, where we can walk on the endless beaches and try the delicious local seafood. Well away from the main tourist areas, the road is quiet and well maintained and is generally flat and fast with some undulating hills thrown into the mix. This is your chance to get to know the locals, wiggle your toes in Thailand's warm sand and absorb a slower pace of life. With our final stop off at the paradise island of Phuket, there is nothing to prevent you extending your holiday to spend a few extra days in the sun.

Is this holiday for you?

ROAD CYCLING. Starting out in Petchaburi, after a short transfer from Bangkok, the total distance of this tour is 810 kilometres which we complete in 8 days of cycling. There are some quite long days, but the roads are smooth and the terrain is not generally hilly. These distances will be readily achievable by any regular weekend road cyclist. Furthermore, the trip is fully vehicle supported and your guide's expert knowledge of the area 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. **BIKE HIRE AVAILABLE LOCALLY.**

Itinerary

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DAY 1

Meet at the group hotel in Bangkok.

Your holiday starts at the hotel in Bangkok. Airport transfers are not provided - there is a safe and reliable taxi service from Bangkok Airport. The remainder of the day is free to explore at your choice. Bangkok is city of contradictions as a modern world sits on the shoulders of ancient culture. In Bangkok you are never too far from an eatery and the fresh spice of Thai food is something to be sampled. If you take your own bike, please assemble it today, ready to be loaded onto the transport in the morning. Check at reception for an updated meeting time with you guide, which will usually be between 7 and 8 am in the morning. If you have hired a bike, your guide will have it.



Accommodation
Hotel

DAY 2

Transfer to Petchaburi. Ride through rural Thailand to the beach resort of Cha-am.

In the morning the guide will come to the hotel (usually between 7 and 8 am) for a first group meet and briefing. Rather than try to bike out through the busy metropolis, we start our journey with a 2-hour transfer to Petchaburi on the east coast of the Thai-Malay Peninsular. Then, after a final bike check, we set off on a gentle start to the trip, heading 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 and the king currently resides at the summer palace located just outside town. The last 20 kilometres is on a main road, but there is a wide shoulder to ride on and if the traffic proves to be too heavy this section can be transferred. We'll top off our day with a seafood dinner on a pier in the center of town.

Meals: **B L D**



Accommodation
Hotel



Ascent
150M



Descent
150M



Time
3 - 4 hrs cycling








Distance
68KM

DAY 3

Cycle under the limestone peaks of Sam Roi Yot National Park to Prachuap Khiri Khan.

We head out of Hua Hin, 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 back roads alongside beaches with an array of striking limestone peaks as our backdrop. Beyond the park, we ride a short section on the main road, before heading back to the coast, passing many small villages on the way. The final section is along the beach to Prachuap Khiri Khan. We check in at a hotel that has some great views and find a great place for dinner. This town is well known for having some the finest seafood in Thailand.

Meals: **B L D**






	Accommodation Hotel with swimming pool		Ascent 300M		Descent 300M		Time 5 - 6 hrs cycling
	Distance 113KM						

DAY 4

Coastal ride to the serene beach Ban Krut. Afternoon to chill out and watch the surf.

Leaving the hotel, we follow the beach road for half an hour, then meet the main road again for just the next 9 kilometres. We are now well away from the tourist areas, however, and the roads are quiet and well maintained, running between palm trees and with the Gulf of Thailand on our left-hand side. This is a shortish day and we enjoy more coastal riding to our laid-back resort accommodation (with pool) at Ban Krut. Our hotel is on a serene beach and we will have lots of time to stroll on the beach or chill out in a hammock and listen to the surf.

Meals: **B L D**

	Accommodation Hotel with swimming pool		Ascent 300M		Descent 300M		Time 3 - 4 hrs cycling
	Distance 71KM						

DAY 5

Free day in Ban Krut to kick back and enjoy Thai beach life.

Ban Krut is marked by a green coastal hill with a temple and a golden statue of Buddha that looks out across the Gulf of Thailand. The walk up to the temple is recommended for the views. Ban Krut is authentic Thailand with nearby markets and villages and a very low key tourist infrastructure. The clean

and quiet beaches stretch unending in each direction flanked by groves of coconut trees. Ban Krut is the perfect place to spend a rest day. You can relax at the beach, swim in the hotel pool, or wander around the fishing village of Ban Krut itself.

Meals: **B**



Accommodation

Hotel with swimming pool

DAY 6

Cycle on quiet coastal roads to the Chumpon.

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

Meals: **B L D**



Accommodation

Hotel with swimming pool



Ascent

500M



Descent

500M



Time

6 hrs cycling



Distance

112KM

DAY 7

Cross the Isthmus of Kra and ride jungle clad mountains to the spa town of Ranon.

The Isthmus of Kra, which separates the Gulf of Thailand from the Andaman Sea, is just 44 kilometres wide at its narrowest point and today we cross it at the start of a long day in the saddle. Our diagonal route takes us westwards for around 60 kilometres, however, on an undulating road through jungle-clad mountains. The hills and twists and turns make for some varied riding, including a 3-kilometre climb that starts at the Pun Ya Ban waterfall. Beyond this point, it's downhill then flat all the way to Ranong. This is a spa town and our hotel has a hot mineral pool to help sooth those aching muscles.

Meals: **B L D**



Accommodation

Hotel with swimming pool



Ascent

800M



Descent

800M



Time

6 - 7 hrs cycling



Distance

140KM

DAY 8**A superb day of undulating rural riding to the tropical resort of Khuraburi.**

Our route today takes us through pleasant valleys with many villages and no doubt lots of children calling out 'farang' (foreigner). Another day of undulating biking with no big climbs, but just enough ascent and descent to make it interesting. After some very scenic riding, we stop for the night at a pleasant resort at Khuraburi, surrounded by lush tropical rainforest.

Meals: **B L D**

**Accommodation**

Hotel with swimming pool

**Ascent**

800M

**Descent**

750M

**Time**

6 - 7 hrs cycling

**Distance**

128KM

DAY 9**Cycle through rubber plantations to the beautiful beach town of Khao Lak.**

We continue our journey south, riding from valley to valley towards picturesque Khao Lak. The road flattens out a bit as we reach Takua Pa, which is a former Portuguese settlement. This region was an important tin-dredging center 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 an area badly affected by the 2004 Tsunami, but it is amazing to see how quickly this area has bounced back and rebuilt. There is no alternative to riding on the main road for half of today's ride. Our hotel is right on the beach and beside a small national park.

Meals: **B L D**

**Accommodation**

Hotel with swimming pool

**Ascent**

500M

**Descent**

550M

**Time**

4 hrs cycling






**Distance**

72KM

DAY 10**Ride on to Phuket Island via Phnag Nga, finishing at Nai Yang Beach.**

The last leg of the tour is to the tropical paradise of Phuket, Thailand's largest island. 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 we can make good time towards our resort on beautiful 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. If we are feeling energetic we can take a very scenic coastal road where there are a few small but steep hills on the way. The views are well worth the extra effort though.

Meals: **B L**

	Accommodation Hotel with swimming pool		Ascent 600M		Descent 600M		Time 4 - 5 hrs cycling
	Distance 106KM						

DAY 11

Your holiday ends after breakfast. Take a taxi to Phuket Airport for departure.

Your holiday ends after breakfast. Depending on your flight time, you should have some free time to chill out or to explore. Nai Yang Beach is one of the finest on Phuket and the resort itself is not large, although there are some up-market hotels and resorts dotted along this section of the coast. There are lots of good bars and restaurants as well as the usual beach hawkers and trinket sellers. Airport transfers are not provided - there is a safe and reliable taxi service to Phuket Airport. The hotel reception will call a taxi for you. The journey time is around 25 minutes.

Meals: **B**

Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



Highlights of Angkor Extension

Angkor, in northern Cambodia, is one of the most important archaeological sites in South-east Asia. Stretching over some 400 square km, the park contains the magnificent remains of several capitals of the Khmer Empire from the 9th to the 15th centuries, including the largest pre-industrial city in the world. The most famous are the Temple of Angkor Wat and, at Angkor Thom, the Bayon Temple with its countless sculptural decorations.

4 days from
US\$535 per person

Holiday Information

What's Included

- An experienced local English-speaking cycling guide
- Support vehicle and driver
- All accommodation as described
- Meals as per the Meal Plan
- All activities as described

What's not Included

- Travel insurance
- Visa (if applicable)
- Bangkok and Phuket airport transfers
- Tips for local crew and drivers
- Some meals as per the Meal Plan
- Miscellaneous expenses - drinks and souvenirs etc
- Bike Carriage on the flights - please check with your carrier for charges

Joining Arrangements & Transfers

The group will meet at the hotel in Bangkok. Airport transfers on arrival and departure are not provided, because there are reliable taxi services both in Bangkok and in Phuket which provide the most cost-effective way of getting from the airport to the group hotel and vice versa.

Clients booking a Land Only Package MUST provide the KE office with full details of their flights.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals are included in the trip cost, with the exception of lunches and dinners on the days of arrival and departure and lunch and dinner on the free day in Ban Krut.

Food & Water

It is not recommended to drink untreated water from the taps. You should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water. We do not encourage the purchasing of single use plastic bottles.

In Thailand eating is an essential part of the experience. Fragrant and spicy, Thai food is justifiably famous and some would say the best cuisine in the world. Though some dishes are very spicy (such as the fiery and quintessentially Thai, Tom Yam soup) it is a mistake to think that all Thai food is hot, and there is a tremendous subtlety of flavours. Your guide will give you hints and tips on how to discover what suits you best from a typical Thai menu. As we travel south from Bangkok to Phuket we will try lots of restaurants and cafes and some of them will serve international dishes as well as typically Thai meals. Of course, we are never far from the sea on this trip and we will have the chance to sample some of the best seafood in the world.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

During this holiday the group will spend the first night at a tourist class hotel in Bangkok. There are many more expensive hotels in Bangkok and we try to strike the right balance of reasonable comfort and convenient location, whilst maintaining a really good value holiday. Throughout the remainder of the trip, there are a further 9 nights in various hotels and resorts of a very good standard. All accommodation is allocated on a twin-sharing basis. If you are travelling by yourself you will be paired up with another single client of the same sex. Single room occupancy can be arranged at additional cost.

Group Leader & Support Staff

The group will be accompanied throughout by a professional English-speaking local biking leader. Groups of 9 persons or more will have a second biking leader.

Spending Money

A total of about \$250 (or equivalent in sterling or euros) should be allowed for miscellaneous expenses which should also cover non-included meals. This amount should also cover the \$45 - 50 you can be expected to pay for tips to local staff. If you are intending to buy expensive souvenirs, you should budget accordingly (credit cards can be useful in this respect). Also, if you expect to buy considerable quantities of soft drinks or beer, you should make an allowance for this. The Thai unit of currency is the Baht. It is not necessary to obtain Thai Baht prior to departure, as changing money is easy. Sterling, US dollars and euros can readily be changed in Thailand. We recommend that you carry your travel money in the form of cash rather than travellers cheques, since you will exchange the majority of this on the day of your arrival in Bangkok. There will be opportunities to withdraw cash from ATM's using credit or debit cards at Bangkok Airport, in Bangkok and at one or two of the larger towns that we visit on the journey south.

Guidance on Tipping

Tipping is not commonly practiced in Thailand, except perhaps to leave loose change from a restaurant bill or round up a taxi fare. In some restaurants a 10% service charge will be added to your bill, and in this case a tip is not necessary. We do recommend you tip your driver(s) and local guides, depending on the service they provide. One way to do this is to co-ordinate this tip as a group, with each member contributing around \$45 - \$50 (in Thai Baht) to a group pool.

Your Bike

Your bike should be fitted with a compact or triple chainset and we suggest that 25mm tyres will provide a bit more comfort on the variable road surfaces typically found on our **Road Cycling** holidays.

Since you are depending on your bike to transport you throughout your holiday, it's important to ensure it is in good working order. If you are not mechanically minded, get your local bicycle dealer to service it for you.

Please contact us if you are unsure about the suitability of your bike.

Bike Hire

Bike hire is available locally on this holiday. Our local agent has Trek Domane 2.0 road bikes for hire in a range of sizes from 47cm to 62cm. They are good quality and well maintained bikes with Shimano 105 compact (50/34) cranksets, 10-speed cassettes (11/28), alloy frames and carbon forks and seatposts. Also available is the Trek 300 Edmonda Carbon in a range of sizes from 50cm to 60cm. these bikes have carbon frames, Shimano 105 compact (50/34) cranksets, 10-speed cassettes (11/28). Hire costs are US\$280 for the Trek Domane 2.0 (or similar) or \$400 for the Trek Carbon Edmonda S5 (or similar). Prices updated March 2023 and subject to change. Spare parts (tubes, tyre, chains etc.) are included in the price of the bike rental and will be available in the support vehicle along with a tool kit and track pump. Each bike comes with a single bottle cage and a Spice Roads water bottle that is yours to keep. If you want to bring a second bottle cage, we can fit it. The bikes are equipped with flat pedals and strap-style toe cages can be supplied if requested. If you prefer to use spd or clip-in pedals, you will need to bring these with you, along with your regular cycling shoes and cleats. Another item which you might choose to take with you on the holiday is your saddle. The hire bikes have standard saddles and anyone requiring more comfort, or a women-specific saddle, should consider taking their own. You should take your own EN1078 compliant cycling helmet, as the locally available helmets do not necessarily meet this standard - which we require. If you want to hire a bike, please contact the KE office and we will pass on your request to the local agent. Payment must be made before travel and should be made directly with the local agent via the following payment link www.spiceroads.com/pay. You must first notify KE of your preferred bike option along with your height and we will make the reservation on your behalf. Once the reservation is confirmed, we will email to you a unique reference code which you need to use when making your payment. Your payment for bike hire does not cover you if you lose the bike or damage it beyond 'fair wear and tear'. We must stress that your hire contract will be with the local hire company and that KE cannot be held responsible for any issues arising from bike hire.

E-bikes. If you would like to ride an e-bike, this can be arranged at a hire cost of US\$500.

Travelling With Your Bike

Airlines require that you pack your bike properly for travel and for this holiday we recommend that you use a purpose-made soft bike bag. These can be relatively inexpensive. They are also light in weight, easy to handle and, most importantly, can be packed into a small space to allow easy transportation in the support vehicle. You will need to partially dismantle your bike to pack it in your bag.

PLEASE DO NOT USE a purpose-made rigid bike box for this holiday. We do not have the space in the support vehicle to transport these bulky items.

Please contact us if you have any questions regarding travelling with your bike.

Vehicle Support

Throughout this trip we have the back up of one or more support vehicles. Each morning our main baggage will be loaded onto the support vehicle which will follow the group on the day's ride. The local biking leader and the support vehicle driver will watch over the group and will carry mobile phones, allowing you to contact them in the case of a breakdown or other incident. We want everyone to enjoy their cycling experience on this trip and we recognise the importance of group members being allowed to cycle at their own pace. On most of our road biking trips it is usual that there can be a fair distance between the front and rear cyclists in the group and there may be times when other group members, vehicle support and biking leader are out of sight. However, our regular stops mean that it's never long before we regroup. The support vehicle will pick up any group members who wish to take a break from cycling at any time.

Baggage Allowance

Apart from your bike in its bag (if you are taking your own bike), you should travel with one main item of luggage, such as a KE Trek Bag or similar holdall, and a small day pack. The day pack can be used to carry valuable items such as cameras and GPS devices whilst travelling, but will also be useful to separate out items you might want to pick up from the support vehicle during the rides, like additional clothing.

Your baggage allowance on the flights will depend on your airline. When choosing your flights, whether booking them directly or through KE, you will need to consider the cost of carrying your bike. These costs are your responsibility.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Visa Thailand

UK and USA passport holders do not require a visa for short stays.

Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

VACCINATIONS

You should contact your doctor or travel clinic to check whether you specific require any vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella), along with hepatitis A and typhoid. A certificate of yellow fever vaccination is required if travelling from countries with risk of yellow fever transmission and for travellers having transitted for more than 12 hrs through an airport of a country with risk of yellow fever transmission. On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](#).

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

Zika virus has been confirmed as active in this country. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites. The mosquitoes that transmit ZIKV are unlikely to be found above 2,000m altitude. For more information, visit the website of the National Travel Network and Centre (NaTHNaC) at <https://travelhealthpro.org.uk>

Currency

The unit of currency in Thailand is the Thai Baht.

Preparing for your Holiday

The better conditioned you are the more you will enjoy your trip. We suggest that you adopt a sensible weekly exercise regime and fit in a number of long cycle rides in hilly country to ensure you are physically capable of taking part in this trip - this will also provide you with an opportunity to make sure all your riding kit is tried and tested before you travel. Cycling is obviously the best activity to prepare for this trip, however, running, squash and swimming are also good for developing aerobic fitness and stamina.

Climate

There are 3 main seasons in southern Thailand, which is a tropical region with relatively high humidity. From October to February it is relatively cool and dry, with temperatures between 20 and 30 degrees C. From March to June it is hot and dry with temperatures between 27 and 35 degrees C. The rainy season coincides with the monsoon and lasts from June to October. From November to March is the best time for cycling.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's 'Travel Aware' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Thailand. Lonely Planet. Joe Cummings
- Thailand. Rough Guide
- Thailand. Insight Guide

Maps

Thailand: Nelles Verlag Publishing. 1:1,500,000

A double-sided map and, as with most Nelles maps, the general relief is depicted by attractive hill shading, complemented with spot heights. Street plans are also included for central Bangkok.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

For this holiday you will need your usual cycling clothing, including shoes, cycling gloves and helmet (which must be worn at all times when cycling).

Whether you are hiring a bike or taking your own, we recommend that you take the usual day-ride essentials of: mobile phone, multi-tool, mini-pump, tyre levers, spare tubes and puncture repair kit.

Bike Wear

- Cycling helmet (the EN1078 safety standard is a requirement)
- Cycling shoes
- Padded cycling shorts
- Long leg cycling trousers or leg warmers
- Lycra arm warmers
- Short sleeve cycling tops
- Long sleeved cycling top

- Lightweight windproof gilet
- Lightweight waterproof jacket
- Regular biking gloves
- Long fingered biking gloves
- Buff
- Sunglasses
- Sun cream (inc. total bloc for lips/nose)
- Camera

Other Stuff

- Travel and off-the-bike clothing and footwear
- Loose-fitting trousers and shirt to cover up when visiting villages and temples en route
- Wash bag and toiletries
- Swimwear
- Basic First Aid kit and personal medication
- Insect repellent
- Chamois Cream (e.g. Assos or Ozone)
- Water purification tablets
- Reusable cloth bag for shopping (to avoid plastic bags)

Spares

If you are hiring a bike you do not need to bring any spares. The hire bikes are provided in good condition and a supply of spares is carried. You may be asked to pay directly for any spares used, especially in the case of crash damage or damage by mis-use.

If you are taking your own bike, you should consider taking a minimum of spares, including a couple of spare spokes (for each wheel if they are different), spare brake blocks (or brake disc pads), chain links/chain connector, rear derailleur hanger and any non-standard parts specific to your bike.

Repairs

Whilst not essential, it is a good idea that you familiarise yourself with how to carry out at least some basic repairs to your bike e.g. changing an inner tube and fixing a puncture. Your bike guide will be happy to help with repairs and general maintenance, but being able to carry out a simple repair yourself could save the inconvenience of having to wait for assistance.

HYDRATION AND ENERGY SNACKS

A water bottle is provided and you can consider taking a second (we encourage re-filling water bottles rather than single use plastic). You should also consider taking a small supply of the gels, power bars or sports drink mix that you would normally use on a ride at home.

Please contact us if you have any questions about your equipment.

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.
[>> Find out more](#)

Land Only Information

The LAND ONLY dates and prices are for the itinerary starting at the hotel in Bangkok and ending on the island of Phuket. Airport transfers both on arrival and departure are not provided. Taxis are readily available and low cost.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Bangkok and returning from Phuket. Outbound flights usually depart from the UK in the morning, arriving in the morning of the following day, (Day 1 of the Land Only itinerary). Return flights depart Phuket in the evening of the final day of the Land Only itinerary, arriving in the UK at midday on the following day.

Why Choose KE

Why KE

Looking for somewhere new? No other UK operator offers a road cycling holiday in Thailand, with its palm-fringed roads, superb cuisine, beach-side accommodation and refreshing end-of-day swimming potential.

Please Note This document was downloaded on 17/05/2024 and the trip is subject to change