

Bangkok to Phuket with Khao Sok Park an 14 day Thailand Bicycle Tour



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Day by Day Itinerary

Day 1: Welcome to Bangkok – A Taste of Thailand Awaits!

Touch down in Thailand's electrifying capital! From the moment you arrive at Suvarnabhumi Airport, the hum of Bangkok will draw you in. After a quick transfer to your hotel, unwind and refresh from your journey. By late afternoon, it's time to gear up! We'll get your bikes fitted and provide a tour orientation, followed by your first bite of tantalizing Thai cuisine.

Highlights:

- Bike fitting & orientation – Gear up for the adventure ahead!
- First Thai dinner – Dive into authentic flavors that will set the tone for the trip.

Eat: Dinner

Sleep: X2 Vibe Hotel

Day 2: Explore Petchaburi & Cycle to Cha Am Beach – Salt Flats, Sea Breezes & Crabs!

Escape Bangkok's hustle and venture into the tranquil town of Petchaburi. After a visit to the historic Wat Yai Suwannaram, hop on your bike and head for the coast! Pedal past shimmering salt flats, aquaculture farms, and seaweed fields. After a leisurely ride, you'll roll into Cha Am, where fresh seafood awaits you by the beachfront.

Highlights:

- Wat Yai Suwannaram – A serene, cultural start to the day.
- Cycling through salt flats – Discover Thailand's largest sea salt region.
- Cha Am's crab market – Savor the freshest catch by the sea.

Ride: 63km | Land: Flat

Eat: Breakfast, Lunch, Dinner

Sleep: Baan Duangkaew Resort

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Day 3: Yod Sam Roi National Park – Caves, Karsts & Calm Vibes

Cycle through Yod Sam Roi National Park, famed for its 300 karst peaks and serene landscapes. Don't let the dramatic cliffs fool you – today's ride is comfortably flat. Along the way, explore ancient limestone caves before settling poolside at your resort in Kui Buri for a relaxing evening.

Highlights:

- Yod Sam Roi National Park – Pedal through majestic karst peaks.
- Limestone cave exploration – Take a break to discover hidden wonders.
- Poolside relaxation – Reward yourself with a dip after a day of adventure.

Ride: 63km | Land: Flat

Eat: Breakfast, Lunch, Dinner

Sleep: Vartika Khiburi

Day 4: Coastal Ride to Baan Krut – Sea Vistas & Bird's Nest Delicacies

Today, you'll be riding along a coastline framed by the sparkling sea on one side and rugged mountains on the other. Watch out for the unique "bird condominiums," designed for harvesting swiftlet nests for the famous bird's nest soup. Your journey ends with a relaxing evening at your beachfront hotel in Baan Krut.

Highlights:

- Sea views & mountain backdrop – Picture-perfect cycling all day long.
- Bird's nest soup farm – See where this delicacy is produced.
- Beachfront retreat – Kick back with a drink as the sun sets on the Gulf.

Ride: 75km | Land: Flat

Eat: Breakfast, Lunch, Dinner

Sleep: Thammachard29 Resort

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Day 5: Royal Roads to Bang Saphan – Shrimp Farms & Scenic Seaside

Start your day cycling along the serene Baan Krut Beach before weaving through shrimp farms and tidal basins in Ao Sayam National Park. Today's journey will lead you to a quiet beach resort in Bang Saphan, the perfect place to unwind by the water.

Highlights:

- Shrimp farms & tidal basins – A peek into local aquaculture.
- Quiet coastal paths – Enjoy the peaceful rhythm of the Gulf's shore.
- Seaside resort – Relax in a tranquil setting after a day on the road.

Ride: 53km | Land: Flat

Eat: Breakfast, Lunch, Dinner

Sleep: Bansaihong Beach Resort

Day 6: Cycling the Royal Road – Red Cliffs & Sand Dunes

Follow the Royal Road along the Kra Isthmus, taking in scenic views along the dedicated bike path. Explore the Red Cliffs and the impressive Grand Sand Dune Park before arriving in Saphli for a laid-back evening.

Highlights:

- Royal Road bike path – Smooth cycling on a scenic stretch.
- Red Cliffs – A dramatic natural landmark.
- Grand Sand Dune Park – An expansive sandy landscape unlike any other.

Ride: 75km | Land: Flat

Eat: Breakfast, Lunch, Dinner

Sleep: Chumphon Cabana

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Day 7: Last Coastal Ride & Shuttle to Surat Thani – Tropical Bliss

Your final coastal ride along the Royal Road leads to a lush riverside resort in Surat Thani. After lunch, trade your bike for a shuttle ride to your idyllic retreat, tucked away in the heart of the province.

Highlights:

- More stunning coastal views – Your last day on the Gulf's shores.
- Riverside resort – A peaceful, off-the-beaten-path getaway.

Ride: 75km | Land: Flat

Eat: Breakfast, Lunch, Dinner

Sleep: Janthara Resort

Day 8: Riverside Cycling to Chiew Larn Lake – Rubber Plantations & Floating Hotels

Cycle through the lush greenery of rubber and oil palm plantations. Along the way, visit local hot springs and the centuries-old Wat Tham Singh cave temple. End the day with a long-tail boat ride to your floating hotel on Chiew Larn Lake.

Highlights:

- Rubber plantations – Experience a key part of Thailand's agriculture.
- Wat Tham Singh temple – A 700-year-old cave shrine.
- Floating hotel – A night suspended on tranquil waters.

Ride: 59km | Land: Small hills

Eat: Breakfast, Lunch, Dinner

Sleep: Laguna Chiew Larn

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Day 9: Free Day on Chiew Larn Lake – Kayaks, Caves & Crystal Waters

Today is all about soaking up the natural beauty of Chiew Larn Lake. Start your morning with a short boat ride and a hike to explore the stunning crystal caves. In the afternoon, glide across the lake in kayaks, taking in the towering limestone cliffs and snapping photos of the breathtaking views. Relax at your floating hotel, where the clear floors reveal the underwater world beneath.

Highlights:

- Crystal caves exploration – Wander through magical underground formations.
- Kayaking adventures – Paddle along the lake's tranquil shores.
- Spectacular cliff views – A photographer's dream backdrop.

Eat: Breakfast, Lunch, Dinner

Sleep: Laguna Chiew Larn

Day 10: Cycle Through Khao Sok's Karst Landscapes – Limestone Peaks & Fish Cave

Begin your day with a scenic boat ride back to the dam, then hop on your bikes and cycle through the jaw-dropping landscapes of Khao Sok National Park. The karst peaks will keep your head turning as you make your way to the Fish Cave, where you'll feed colorful schools of fish. Wind down the day at a resort nestled beneath the dramatic cliffs.

Highlights:

- Karst landscapes – Cycle through some of Thailand's most dramatic scenery.
- Fish Cave – A unique stop to feed lively schools of fish.
- Cliffside resort – Relax in the shadow of towering limestone formations.

Ride: 50km | Land: Small hills

Eat: Breakfast, Lunch, Dinner

Sleep: Rock and Treehouse Resort

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Day 11: Ride to Khao Lak Beach – Quiet Roads to the Andaman Sea

Pedal your way to the Andaman coast, cycling along peaceful backroads toward Khao Lak Beach. This up-and-coming beach area offers plenty of charm and stunning coastal scenery. After a day of riding, enjoy the village's laid-back vibes and easy access to shops and restaurants, all just a short walk from your lodge.

Highlights:

- Quiet, scenic backroads – A relaxing ride through tropical landscapes.
- Khao Lak Beach – Dip your toes into the Andaman Sea.
- Village exploration – Stroll around the heart of Khao Lak at your leisure.

Ride: 74km | Land: Moderate climb, small hills

Eat: Breakfast, Lunch, Dinner

Sleep: Baan Khaolak Beach Resort

Day 12: Coastal Cycling to Natai Beach – Final Ride & Beach Bliss

Your last day of cycling leads you through lush oil palm plantations, small local villages, and eventually, along the Andaman Coast. Arrive at Natai Beach with plenty of time to take a swim, relax, and soak up the sun. Celebrate your journey with a delicious seaside dinner as the waves lap the shore.

Highlights:

- Backroads through plantations – A peaceful ride through tropical farmland.
- Relaxation on Natai Beach – Unwind with a swim or stroll along the sand.
- Dinner with a sea view – Enjoy your last evening with an oceanfront meal.

Ride: 68km | Land: Flat, small hills

Eat: Breakfast, Lunch, Dinner

Sleep: Natai Beach Resort

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Day 13: Transfer to Phuket Old Town – Culture & Colorful Streets

Bid farewell to your trusty bike and head to the island of Phuket! Today, you'll explore the vibrant streets of Phuket's Old Town, lined with 19th-century shophouses and Sino-Portuguese architecture. Take a guided walking tour to get your bearings, then spend the afternoon discovering the hidden gems of this historic neighborhood at your own pace. Wrap up the day with an authentic farewell dinner at one of the town's top eateries.

Highlights:

- Phuket Old Town walking tour – Step back in time with colorful architecture.
- Free exploration – Discover cafés, shops, and local spots on your own.
- Farewell dinner – Savor a final meal in one of Phuket's best local restaurants.

Eat: Breakfast, Lunch, Dinner

Sleep: Historic hotel in Phuket Town

Day 14: Depart Phuket – Khap Khun Kap, See You Again!

After breakfast, it's time to say goodbye to Thailand (for now!). We'll provide a transfer to Phuket International Airport for your flight home or your onward travels within Southeast Asia. Until next time – Sawasdee kap!

Eat: Breakfast



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Private Dates For Your Gang:

Any Pedalers tour can be made private at your request. If you don't see the date you want, we'll create one for you. A tip from our local experts, this tour is best enjoyed December thru May with warm temperatures and occasional rain.

Why Pedalers?

Experience the Heart and Soul of Each Country with Our Local Expert Team

Our passionate and diverse team of local experts will guide you through their homeland, sharing intimate knowledge and hidden wonders. They are not just guides but also skilled bike mechanics, ensuring a comfortable and enjoyable ride. Unlike other tour companies, Pedalers' local crew brings an insider's perspective to the table. You'll be pampered by a friendly team, equipped with the skills to fix anything. A sweep rider and sag wagon provide support, and your baggage travels comfortably with you. Pedalers treats you like family, making your journey unforgettable.

Indulge in Mouthwatering Local Delights on a Culinary Adventure

Unlock the essence of culture through food as we take you on a culinary extravaganza. Bond with fellow riders over scrumptious dishes at local restaurants specializing in regional cuisine. Family-style dining lets you sample outstanding dishes, carefully chosen by our expert guides. Lunch is satisfying but not overwhelming, and breakfast offers comforting Western delights. Pedalers knows the importance of good food for cyclists, creating a mouthwatering experience that combines riding and dining.

Immerse Yourself in Authentic Accommodations, Where Culture Meets Comfort

Discover the charm of our handpicked accommodations. Pedalers takes a unique approach to accommodations, ensuring an authentic and immersive experience. Choose between Classic and Première Classe tours, each offering carefully selected lodging options. Classic tours feature mid-priced boutique inns that blend comfort with local character, while Première Classe tours add a touch of luxury to your adventure with upscale lodges and inns. Regardless of your choice, Pedalers' accommodations reflect the local culture, providing a delightful and comfortable stay that complements your journey.

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Lodging:

Boutique Hotels, Inns & Resorts

What's Included:

- 13 nights Accommodation in the area's better hotels (double occupancy)
- Meals from Dinner on Day 1 until Breakfast on Day 14, except as noted in itinerary
- Water, sodas or beer included at dinner
- Rental bike
- Service of bilingual Team Pedalers Guide(s)
- Kayaking gear and support boat
- Full Van Support
- Daily route directions and maps
- Sightseeing and cultural activities
- Airport pick up & drop off

Meeting & Flights:

Meet at Suvarnabhumi Airport on Day 1.

Fly into Suvarnabhumi (BKK) before 4 pm on Day 1

Fly out of Phukey (HKT) after 10 am on Day 14

NOTE: Due to the late night arrival from and early morning departure of flights to North America, most guests will need to overnight in Bangkok going both directions.

For assistance with flights contact our friends at Exito Travel: [help.pedalers.travel/flights.htm](https://pedalers.travel/flights.htm)

Route Conditions:

The entire ride is on paved roads, most with nice pavement and wide shoulders. Traffic is moderate to light and very bike friendly. The route is suitable for performance road, sport road and touring bikes.

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Terrain is a mix flat, with some moderate hills midway through the route and at the finish point.

Passport, Visa and Travel Documents:

Passports are required for all guests unless you are a citizen of or currently residing in Thailand. US and Canadian citizens can enter Thailand without a visa for up to 60 days (longer stays require a visa). Travelers entering without a visa may be required to show proof of their flight leaving Thailand before the 60 days are expired and may be asked to show proof of financial ability in the form of 20,000 Thai Baht or equivalent in western currency. Citizens of more than 90 other countries also qualify for the same visa free entry, guests should check with the Royal Thai Embassy in their country for entry requirements applicable to your trip. We strongly recommend looking into this well in advance of your tour, so as to be prepared and not left standing at the gate. You can find the closest Royal Thai Embassy here: <https://www.thaiembassy.org/>

Pedalers does not provide any visa processing services for tour guests.