



THAILAND - £1,460

20th January 2019 - 2nd February 2019 (14 days)

This tour is a mixture of moving on and fixed centres with several non-cycling days and transfers by train, boat and taxi. The cycling that is done will be at a moderate pace, allowing plenty of time for sightseeing along the route. The terrain varies from flat to mountainous, but the route avoids serious climbs. Highlights include the scenic beauty of tropical islands and a visit to the world heritage site of Ayutthaya.

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| HOLIDAY TYPE: | Guided |
| TOUR MANAGER: | Chris Ellison |
| GRADE: | Moderate |
| BOOKING STATUS: | Places Available |
| ACCOMMODATION: | Hotel & Guesthouse |
| BOARD BASIS: | B&B |
| TRAVEL ARRANGEMENTS: | Land Only |
| ROAD / OFF ROAD: | Road |
| HOLIDAY STYLE: | Multi-centre |
| VEHICLE SUPPORT: | Full Vehicle Support |
| HOLIDAY REF NO: | 01868 |



Holiday Itinerary

Sunday 20th January

The tour starts in Bangkok with an evening meal at the hotel. Stay 1 night.

Monday 21st January

Organised sightseeing to temples by river taxi in the morning. Transfer to Don Mueang airport for Nok Air flight DD7410 to Trang, departing at 1705 and arriving at 1830. Stay 2 nights.

Tuesday 22nd January

Cycle out to Elephant Cave, Weavers Co-op and waterfalls.

Wednesday 23rd January

Cycle to Ban Pak Meng, then transfer by boat to Ko Hai beach villas. Stay 2 nights.

Thursday 24th January

Visit emerald cave and other islands by boat, swimming & snorkeling trip.

Friday 25th January

Transfer by boat, then cycle via Chao Mai National Park to Trang. Stay 2 nights.

Saturday 26th January

Long (Lam Plok Waterfall) or short circular cycle rides, sightseeing south of Trang.

Sunday 27th January

Cycle to Tasae Cape, then transfer by boat to Ko Sukorn, Andaman Beach Resort. Stay 2 nights.

Monday 28th January

Cycle around Ko Sukorn on roads and tracks; swimming and sunbathing opportunities.

Tuesday 29th January

Transfer to mainland by boat, then cycle via Yantakhao and back roads to Trang. Stay 2 nights.

Wednesday 30th January

Long (Khaokob Caves) or short circular cycle rides, sightseeing north of Trang.

Thursday 31st January

Fly to Bangkok on Nok Air flight DD7401 departing at 1145 and arriving at 1305. Transfer to hotel, then afternoon free. Meal in the highest restaurant in Bangkok. Stay 2 nights.

Friday 1st February

Visit the World Heritage site of Ayutthaya by coach, return by river boat with buffet lunch.

Saturday 2nd February

Tour ends after breakfast.

Daily Cycling Distances: 40 to 90 km, average 50km.



Holiday Summary

Accommodation & Meals

This tour uses hotels and island villas ranging from 2-star to 4-star ratings. Rooms are based on two people sharing. All breakfasts but one are included, plus evening meals on two nights. Vegetarian meals are possible if requested on the Booking Form.

Vehicle Support

Local vehicles will be used for back-up where necessary, but there will not be a support vehicle every day.

Passports, Visa & Health

All nationalities require a full passport that must be valid for 6 months **beyond** the intended length of stay. UK nationals do not require a visa for this tour. Holders of other passports are advised to check whether they require a visa.

There are no compulsory health-related requirements for UK residents, but you are strongly advised to check that your tetanus protection has not expired. Vaccination against hepatitis A and typhoid is recommended. Malaria prophylaxis should also be considered. Please consult your doctor or vaccination centre for up to date information.

Travel Insurance

Our Booking Conditions stipulate that, for holidays outside the UK, travel insurance is mandatory. Details of the level of cover needed and other conditions you should check are stated in the [Booking Conditions](#). CTC Cycling Holidays & Tours Ltd cannot accept responsibility for any costs that may be incurred due to insufficient insurance cover.

Price

The price of £1,460 is based on a minimum number of 7 people taking part in the holiday and is calculated at a rate of 43.34 baht to £1 sterling (based on exchange rates published on www.xe.com on 2 March 2018; please note Booking Conditions, clause 3). If there are insufficient bookings by 11th November 2018, we will contact you and return all monies paid.

Price Includes

- Internal flights between Bangkok and Trang
- Transfers between airports and hotels as described in the itinerary
- 13 nights hotels/guesthouses, B&B basis, sharing rooms
- Evening meals on two nights
- Backup vehicle to vary luggage and participants where necessary
- CTC Cycling Holidays & Tours costs

Price Does Not Include

- Travel to and from Bangkok
- Meals in transit
- Drinks with evening meals
- Lunches or refreshments at morning and afternoon stops
- Entry fees at any attractions visited
- Any other personal expenses
- Travel Insurance

Payment Schedule

A deposit of £500 per person is payable upon booking, with an Interim Payment of £500 per person due by 26th August 2018. The final balance of £460 per person is to be paid ten weeks prior to departure, by 11th November 2018.

Cancellations

Should you be forced to cancel your booking for any reason you must notify us in writing. Cancellation charges are as follows:

Written notice received:

Before 26th August 2018
26th August 2018 to 10th November 2018
11th November 2018 through to departure

Cancellation charge:

Deposit (£500)
68.493150684932% (£1,000)
100% (£1,460)

+ Additional Information

Areas Covered By The Holiday

Southern Thailand is on the great peninsula that is tipped by Singapore and bordered by the Gulf of Thailand, the Andaman Sea, Burma and Malaysia. The peninsula has a width varying from about 100 to 160km in the area we are visiting. Trang province was little affected by the Tsunami of 2004 and is regarded as a peaceful country district by the locals.

The terrain has mountains, but the roads will be mostly flat to gently undulating with a few short climbs. Most of the route will follow good quality surfaced roads, but some will be in a poor state of repair, and there will be some short sections where we take to forest tracks and cycle paths.

This will be the Tour Manager's eighth trip to this area, and they have used their experience to plan a tour suitable for riders with a moderate level of fitness and a sense of adventure. The itinerary allows you to see tropical forests, rubber and coconut plantations, some very exotic flora and fauna, mountains and golden beaches, ancient cities, Buddhist temples and meet the friendly Thai people. There will be opportunities for swimming, sunbathing and possibly even scuba diving on coral reefs.

Rides & Rest Days

Most of each cycling day will be spent riding, but there will be plenty of time allowed for sightseeing. It is anticipated that participants will ride in a loose group, around 12 mph on the flat, slower up hills, usually meeting up at road junctions and cafes for lunch and refreshment breaks.

Please note: it may not always be possible to follow the itinerary exactly. Thailand is perhaps the most developed and civilised of the south-east Asian countries with a good transport infrastructure, but things do not always go as planned. In these circumstances the Tour Manager will make alternative arrangements. It must be said that the Thais have a very good attitude: 'We will make it happen,' rather than, 'We cannot do that,' and this has been the experience on previous trips.

Accommodation & Meals

Accommodation will range from simple huts in small beach resorts to '4-star' hotels. Breakfasts can range from ham, eggs and (instant) coffee to delicious portions of fresh fruit. Fresh milk is unusual, as is the traditional British cup of tea. European style bread is now fairly common but variable in quality. Rice or noodle dishes with chicken or seafood are common everywhere; potatoes are rarely used. Possibly because the food is very fresh and usually cooked quickly and at high temperature, upset stomachs seem rare in Thailand. The Night Markets (really open-air kitchens) which specialise in low cost meals are an experience not to be missed. Imported beer and wine is moderately expensive, but the local beer is quite good, and there is a good range of soft drinks including freshly squeezed fruit juice.

Travel

As this is a land-only tour, you must make your own way to Bangkok where the tour begins. Should you fail to rendezvous at the agreed time and place, we will not be responsible for any additional expenses you incur in joining the tour. Before finalising travel arrangements to meet the tour, you should ensure that you have read and understood our booking conditions. Should this tour not attract sufficient bookings to reach the minimum operating size, we may cancel the tour at any time up to 10 weeks before departure. It is therefore recommended that you book fully flexible and refundable transport and accommodation or wait until you know the tour is going ahead.

Group Information

The maximum group size will be 13 excluding the Tour Manager(s).

Weather & Clothing

The weather can be hot and humid, though it should be reasonable at this time of year on the peninsula and islands compared to Bangkok. The sea has been pleasantly warm on previous trips. Skies are usually blue, and we are visiting in the dry season, but there is always a chance of rain in the rainforest. Lightweight clothing, suitable for a tropical climate, is needed and possibly smarter clothing for the more upmarket hotels (though they seem to be very relaxed about what people wear). A very lightweight waterproof might be useful. High factor sun cream is strongly recommended.

Cycles & Equipment

A hybrid, touring or road bike is recommended. It must be in good working order, especially the brakes. A bottom gear of 27 inches or less is recommended. Lights might be useful as it gets dark around 1830 local time. Mudguards are optional. Each participant will be expected to carry sufficient spares (including two new inner tubes) and tools to deal with punctures and minor repairs. There are small local bike workshops, but they might not be available when you want them. You should have ridden your cycle before the tour to ensure you are happy with its handling. It might be possible to hire a suitable bicycle from a local bike shop.

Maps & Guides

Maps of Bangkok and the province of Trang will be supplied. Unfortunately, the best paper maps currently available are missing some major new roads and Google internet maps don't do a good job of differentiating between major and minor roads or showing topo detail, but both do give some indication

of the area covered by the tour.

A good guidebook to Thailand such as the latest edition of the 'Rough Guide' can be very useful.

Travel Insurance & Advice

Before booking you should check the latest travel advice from the Foreign & Commonwealth Office including security and local laws, plus passport and visa information, at www.gov.uk/foreign-travel-advice or on 0845 850 2829.

Tour Manager's Contact Details

If you require any assistance, or have any queries, please don't hesitate to contact the Tour Manager using the information provided below.

Chris Ellison

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Telephone:

01246 250647