



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

Thailand-Southern Coastal Cycle Tour (2025)

7 Days/ 6 Nights

Individual Self-Guided



A Scenic Bike Ride Along the Coast to the Islands The term 'Southern Thailand' evokes different images and ideas for different people, but for cyclists, it means enjoyable riding on well-made traffic-free roads along beautiful coastline. All fueled by some delicious Thai food. Enjoy all this and more on this self-guided cycling ride along the coast and finish by either kicking back on the beach in Koh Samui, Phangan or Tao, or if you are in a hurry, zip back to Bangkok on a short flight.

This is what cycling holidays were meant to be! This ride will take you along both the Gulf of Thailand to the islands on quiet back roads through the photogenic countryside and along sleepy shorelines. Along the way, using the audio guides and recommendations on our self-guided app as well as the language basics in order to connect with locals, you'll have an immersive, independent experience. Sun, sand, sea and cycling - what better way to enjoy 7 days of bike touring?

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848



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Day By Day

DAY 1: TRAVEL BANGKOK TO HUA HIN

Your adventure begins fresh and early in Bangkok where you'll board a train to Hua Hin, a charming seaside resort town about 3.5 hours away. A Grasshopper Self-Guided representative will meet with you on your arrival. The representative will deliver your equipment, conduct a briefing on the road and travel conditions in Thailand and explain how to use the technology provided. From there you can take a warm-up ride inland along secondary roads to get comfortable with your bike. Tonight, you can go to the night market in Hua Hin and enjoy some delicious Thai food!



DAY 2: CYCLE HUA HIN TO PRANBURI Riding: 58km

This morning, try to check-out not too late as the activity at the end of the day closes at 3 pm. It's time to saddle up for the first leg and set off from Hua Hin on a short, coastal ride to Pranburi. There is a small section to ride along the main road before you turn off to pedal pleasant backroads with small and picturesque hills through the countryside and along the waterfront. Pranburi is a small beach town with some holiday homes and coconut farms. Our ride this morning will continue after Pranburi to reach Sam Roi Yot National Park, home to the unique Phraya Nakhon Cave. If you arrive on time for lunch, you can

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have it on the beach not far from the start of the short trek that takes you to the cave. Cycle back to the hotel after the visit, which is a lovely place to spend the night.

Special Information:

Get ready for a smooth start with a 46.1 km (29 mi) ride featuring a gentle 189m elevation gain throughout the day—ideal for warming up on mostly paved paths.

For those up for an adventure, there's an optional ride extending 14 km (8.7 mi) to the stunning Phraya Nakhon Cave. From there, enjoy a short 3 km (1.9 mi) hike to explore the cave's beauty.

DAY 3: CYCLE PRANBURI TO PRACHUAP KHIRI KHAN Riding: 77 km

After being woken up by the cool sea breeze, you'll begin your second day of cycling in paradise. The riding today is on flat terrain, and by mid-morning you will pass through a particularly beautiful stretch where you will have towering limestone karsts off to your right and the sea to your left. The riding concludes in Prachuap Khiri Khan, home to a Royal Thai Air Force base that was invaded by the Japanese in WWII. You will get to see a colony of Langur monkeys and hike the mountain nearby! Your Self-guided App will hold all the recommendations for this day's picturesque ride. It's up to you to choose which tickles your fancy.

Special Information:

Today's route takes you from Dolphin Bay to your hotel, covering 77.5 km (48.2 mi) with a 332m elevation gain throughout the day on paved paths. Enjoy plenty of opportunities to stop, take in the views, and savor local treats like coffee, exotic fruits, and refreshing Thai milk tea. Explore as much or as little as you like—our app will highlight the must-see spots, giving you the freedom to ride and explore at your own pace.

DAY 4: CYCLE PRACHUAP KHIRI KHAN TO BAN KRUT Riding: 63km

From Prachuap Khiri Khan, it is just a short ride to another point of interest, the Waghor Aquarium, which showcases the local aquatic life of this area. The cycling today features many turns and a variety of roads, making for an interesting day on the bike. There's plenty of riding along the coastline, with just a short section on the highway to help you really appreciate those back-roads! Ban Krut is a serene little beachside town with just a handful of guesthouses and hotels.

Special Information:

You'll ride from hotel to hotel today, covering 64.3 km (39.9 mi) with a 378 m elevation gain throughout the day. Expect mostly paved paths with occasional unpaved sections.



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DAY 5: CYCLE BAN KRUT TO BANG SAPHAN NOI Riding: 62km

From Ban Krut, you will ride along more beautiful coastlines and along some low hills through fruit and rubber plantations. You'll park your bikes for the day in Bang Saphan Noi, a transit town where the south of Thailand begins. You will check in at a delightfully secluded resort for the evening - the perfect place for a rest with an ocean view.

Special Information:

Cycle to a beach resort in Saphan Noi, covering 57.7 km (35.8 mi) with a 265 m (869 ft) elevation gain throughout the day. It's the perfect day to rest, relax, and recharge before the longer rides ahead. Enjoy the coastal scenery and ease into your evening at the beachside resort.

DAY 6: CYCLE BANG SAPHAN NOI TO CHUMPHON Riding: 105km

Today is the longest day of cycling for this tour. Starting from the hotel, we spend the first part of the day riding along the shoreline with lovely ocean views. The scenery changes quite a bit throughout the day, as we pass through the deep green shade of rubber plantations, where we will stop and see the process of harvesting and drying the rubber. The ride concludes in Chumphon where you have reached your beach resort for the night.

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Special Information:

Get ready for the longest and most challenging day on the tour, as you tackle 116.3 km (72.2 mi) with an elevation gain of 896m throughout the day. The route is mostly on paved paths, with a few unpaved sections. It's the last cycling day, so you can comfortably push your limits and finish strong!

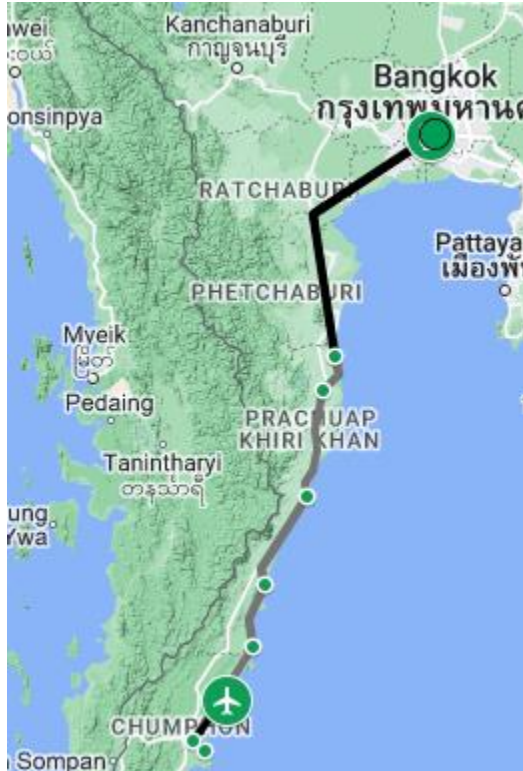
**DAY 7: TRANSFER TO THE PIER OR TO THE AIRPORT**

This morning, after enjoying the last breakfast on the mainland, we will transfer you to the Pier in Chumphon where the boat for the islands awaits. Once you arrive at your destination, we can recommend an elegant resort or assist with further transport bookings if required. If you would prefer to fly back to Bangkok, there are flights from Chumphon and we can assist with the booking and further arrangements. Tour concludes.



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Route



358 Km/222 mi riding. This bike tour is predominately on rural back roads with the occasional dirt road and a brief unavoidable stretch on the highway. The route varies from flat terrain to gently undulating hills and is suitable for all cyclists who can cover the distances involved.

Prices

All prices are per person in US dollars.

Basic Tour price double occupancy \$1369 USD

Single room option: \$285 USD

Solo rider option: \$990 USD

Pedal-assist e-bikes are an available option on this tour for \$175

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**Included**

- 6 nights in premium hotel accommodation.
- 6 x breakfasts
- Quality well maintained bike and helmets
- Luggage transfers though out the tour
- A Jersey and a water bottle as mementos
- Boat transfer to the island

Optional Extension Tours contact us for details

Bangkok explorer 3days/2 nights

Koh Yao Noi explorer 3nights/ 4 days

Accommodation

Hotels are chosen not just based on star ratings, but for their character, comfort, charm and their ability to work with us to make your journey as seamless and enjoyable as possible. Self Guided gives us booking flexibility that we don't usually have with large group tours, so this offer is expanded with some really unique venues. In prominent locations or cities, we generally use hotels in the 3-4 star range. In the minor towns, we use the best available accommodation. At the bare minimum, you can expect air conditioning, a private bathroom and a comfortable bed.

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Bikes



The Cannondale Quick 1 Disc is a flat bar hybrid, with mid-width fast rolling tires and hydraulic discs for braking confidence whenever it's needed. The Quick provides a smooth and comfortable ride, that is still quite nimble and fun when you want to lift the pace a notch. The lightweight frame and a reliable performance-gear Shimano 105 drivetrain will have you touring efficiently and happily across the country.

Hybrid bikes are ideal for the riding conditions encountered in these destinations, where you can expect to ride well-maintained roads for the most part, with the occasional rougher surface.

E-bikes

E-bikes are available as an optional extra on this tour for a surcharge. You can choose between a regular or step-through frame depending on availability.

Our newest e-bikes. The Lynx and Falcon both feature front suspension and generous sized tires to ensure you will be cruising comfortably across any terrain. Hydraulic disc brakes provide confident stopping power on demand, and a sleek integrated battery adds to both form and function, with ride-all-day capacity (and power to spare!) The Falcon comes in both step-through and standard crossbar options, and the Lynx is available to accommodate taller riders.

This is a partner tour

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