



Guest Information Pack: “Boat & Bike Adventure”
5 days and 5 nights.

Dear Guest, thank you for booking our “Boat & Bike” cycling holiday provided by Amazing Bike Tours Co., Ltd.

The following pages contain important information about the tour program you are joining, please take a few minutes to read the information inside this pack.

We wish you a safe, but exciting tour and hope to cycle with you again some time in the future.

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Introduction:

Amazing Bike Tours Thailand is proud to announce a new trip for 2011, a unique form of traveling that combines our two passions, biking in beautiful Thai countryside, and traveling by boat, enjoying the Andaman Sea and the spectacular ocean views. Spend the evenings cruising from one island to the next enjoying a drink as the sun sets, onboard a traditional wooden Chinese sailing ship. Spend the days biking on Islands and the mainland, seeing sights most tourists never see. Enjoy a relaxed pace of travel, by boat and by bike, experience the landscape, the people and the cuisine of Thailand.

No need to pack bags every day and move from hotel to hotel, we will cruise in comfort from each biking destination onboard a boat specially chartered for our unique Thailand Boat and Bike Adventure Cruise.

Trip profile:

The biking will combine on and off road biking. The on road riding will be on small back roads with hardly any traffic. The off road biking will be on dirt trails leading through shaded rubber and palm oil tree plantations. You don't need to be an expert cyclist or mountain biker to join this trip, the biking will be at a relaxed pace with



plenty of time to stop and take photos. We usually arrange the biking with a lead guide and a follow guide at the back of the group. However, it is possible to have an experienced group of riders tackling more adventurous off road trails with one guide, and a second group with another bike guide taking a more relaxed approach to the cycling. Join all of the planned rides, or only the ones you chose, skip a ride and relax onboard, reading a book under the warm tropical sun with the sound of the ocean beneath the boats hull.

Itinerary:

The entry in bold at end of each day indicates meals provided.

B = Breakfast, L = Lunch, D = Dinner.

Day 1: After collecting our guests from their Phuket hotels, we drive to the north east of Phuket Island where our boat and bikes will be waiting. A two-hour cruise with views of the breath taking Phang Nga Bay will bring us to today's destination, Koh Yao Noi (Long Small Island).

Explore the Island, biking on and off road. Lunch on the Island, in a local restaurant by the ocean. Spend the evening onboard, enjoy a good meal, and get to know all your fellow travelers.

Biking Distance: 30km

Meals: L, D

Day 2: The sister Island of Yao Noi is Yao Yai (Long Big Island); we will go ashore at the north of the Island and bike our way south passing the friendly locals and their rice paddies and buffalos. The boat will be cruising south as we pedal in the same direction. We will join the boat again for lunch. For those with lots of power in their legs we go back on land for an afternoon ride in the south of the Island. Sunset cruise to Ao Nang, Krabi.

Biking Distance: 35KM (morning ride)

Afternoon ride: Distance and difficulty can be adjusted to suit our guests.

Meals: B/L/D

Day 3: Krabi Provence is a land of dramatic landscapes, with towering limestone Karsts rising in every direction one looks. We will bike from Ao Nang, a small coastal town to Tiger Temple. Here we can climb 1276 steps to a Buddhist monument with spectacular views. Lunch in one of Krabi's famous restaurants serving authentic Thai cuisine. Late afternoon cruise from Krabi to Koh Lanta.

Biking Distance: 45KM

Meals: B/L/D



Day 4: Koh Lanta is a magical Island with long sand beaches and a lazy tropical island feeling, explore the Island by bike, both on and off road.

Late afternoon and sunset cruise from Koh Lanta to Koh Phi Phi.

Biking Distance: 40KM

Meals: B/L/D

Day 5: Discover Phi Phi Island as featured in the movie “The Beach” with Leonardo DiCaprio. Visit Maya Bay, Viking Cave, and Monkey Beach. Enjoy snorkeling and swimming above the colourful coral reefs watching sea turtles and reef fish darting about. Lounge on the beach, get a tan, and relax those legs after the previous days biking.

No Biking on this day.

Meals: B/L/D

Day 6: Say goodbye to your new friends and plan your next adventure with Amazing Bike Tours Thailand. Disembark after breakfast in Chalong Bay, Phuket. Return transfer to your Phuket hotel.

No Biking on this day.

Meals: B.

Safe Riding – Important Information – Please read.

Your safety is our first priority, please read the following and please ride responsibly.

- 1: Always wear a helmet make sure straps are adjusted for a good fit.
- 2: Ride on the correct side of the road...the left.
- 3: Ride single file: If you do ride along side some else to talk, as soon as you hear or see another vehicle please return to single file so the other road user can pass safely.
- 4: Use proper hand signals: When approaching road or track junctions make a clear signal which way you are turning so other road users and our fellow bikers know which way you are turning.
- 5: Ride Defensively. And expect the unexpected; you can encounter other cars, motor bikes, bicycles, buffaloes, chickens etc.
- 6: Be aware of changing road conditions: road surface can change from smooth and good condition to sandy, muddy, pot holed road when you least expect it.
- 7: Ride carefully in wet weather: remember it takes much longer to stop when the roads and your brakes are wet, consider your speed more carefully in wet conditions.
- 8: Keep safe stopping distance between you and other cyclists, cars, motorbikes, pedestrians and objects. Increase stopping distance between you and other bikes etc in wet conditions.



9: Use your brakes carefully: Apply both brakes at same time; overuse or sharp use of front brake (left hand) can cause accidents.

10: Good shifting techniques:

Never change gears when bike is stationary.

Only use one shifter at a time.

Do not change gear when going over bumps.

Changing gear is smoother if you hold the shifter for a moment while chain is changing.

11: Off Road Riding:

When on narrow trails and descending do not pass other bikers.

When descending keep your weight back and low.

When on steep descents use the rear brake more than the front.

Keep your eyes on the trail, not on the bike in front of you.

Keep your bicycle under control at all times.

12: Take Good Care of our Trek Bikes: treat the bike as if it belonged to you, do not drop the bikes, please use the kick stand. Use the gears carefully, try to avoid scratching the bikes. Damage that is not considered normal wear and tear will be charged to the rider.

13: Drink lots: keep well hydrated and use lots of sun protection.

14: Problem with your bike: Seat too high or low, brakes not effective, gears not changing smoothly, need more air in inner tubes, what ever it may be ask our tour leader who will be happy to help.

Remember it is not a race, take your time, enjoy the view and have fun.

Other Important Information – Please read.

Staff:

All of our tours are led by an experienced Amazing Bike Tours expedition leader. Larger groups will have extra cycling guides.

Please consider on our tour our Tour Leader is the equivalent of ships Captain or a planes Pilot, please pay attention to their briefings and tour rules and advice they provide.

Food:

Meals are included in our tours, see Itinerary section, note at end of each day.

B = Breakfast, L = Lunch and D = Dinner. All food provided is local Thai cuisine, lots of rice, noodles, soup and curries. While Thai food is generally spicy all dishes

can be made less spicy as per request. Please let us know at time of booking if you are a vegetarian or have any food allergies.



Drinks:

Keeping everyone on our bike tours well hydrated is a must; drinking water is always available, as are hydration powders to add to the water. Soft drinks are available at meal times. Alcoholic drinks are not included in the tour price; these can be purchased at the restaurants on land or onboard.

Extra Expenses:

Accommodations, all meals, drinking water, soft drinks, bike rental, helmets, national park fees, guides are included. The only extra expense would be alcoholic drinks and if you wish to leave a tip for the staff.

Tipping:

This is entirely voluntary, however most people leave a tip for the guide and other support staff at end of the trip. The amount you leave should be proportional to the service you receive. As a guideline 5-10% of the trip cost would be appropriate.

Group Sizes: We require 14 people in order to confirm the Boat and Bike trip; the maximum group size is 22.

Staff Support: All of our guides are intimate with the area they are working in; they will always do their best to make sure you get the most out of your tour. Our guides have first aid training so can assist you with needs of a medical nature. Our guides also are very adapt with the usual kind of bike repairs that are required on route and will be more than happy to assist you with changing an inner tube etc.

Some thing not too your liking: If some thing is not right, you find a problem with your cabin, the food is too spicy, a problem with your bike, then please inform Our Tour leader straight away. If you do not inform the tour leader they can not try to resolve the problem if they are not aware of it.

Complaints: If you did not inform the tour leader of any problem during the tour we will not consider your complaint after the tour. If you did inform the tour leader and our staffs attempts to resolve the problem were not satisfactory please contact Amazing Bike Tours or your booking agent in writing within 14 days of tour completion. We take all complaints seriously.



Tour Cost:

Budget Quad share cabin (shared bathroom on main deck) 22,500 Thai Baht per person.

Quad share cabin (ensuite bathroom) 25,000 Baht per person.

Triple share cabin (ensuite bathroom) 26,000 Baht per person.

Double bed cabin (ensuite bathroom) 27,500 Baht per person.

Tour Departs: Sunday 5th June 2011

Tour Returns: Friday 10th June 2011

Tour Duration: 5 days & 5 nights.

Bike Rental: Included

Trip Duration: 5 days & 5 nights

Days Cycling: 4 days (all rides are optional)

Terrain: On and off road.

Group Size: Minimum 14, Maximum 22.

Scenery: Breathtaking.

All information in this fact sheet, on our website and provided by our booking agents is provided in good faith. We always do our best to follow our advertised route and itinerary however you must accept it may be necessary for the tour leader to make changes because of weather conditions and other considerations that are beyond our control. If you prepared to be flexible you will get the most out of your tour.