

**Calling from Overseas:**

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Skype ID: amazingbiketoursthailand**Email:** info@amazingbiketoursthailand.asia

Khao Sok & Cheow Lan Lake Adventure: 3 days and 2 nights.

Introduction:

This bike tour will have our guests traveling through three of Thailand's Southern provinces, Phuket, Phang Nga and Surathani. Except our biking guests that join and depart this tour in Khao Lak, who will visit two provinces, Phang Nga and Surathani; which is the area this cycling adventure tour focuses on.

As we head away from the Andaman Sea and the ocean views you will experience the spectacular beauty of the mountainous areas with dense green rain forest. The areas we visit and bike in are home to many wildlife and birds including Hawks, Hornbills and monkeys to name a few. Wild tigers and Elephants also pass through these National Parks that form a corridor for the larger mammals of South East Asia.

Our bike tours in these provinces will have us cycling through rubber tree plantations, old Thai towns and National parks along side rivers and waterfalls.

Amazing Bike Tours Khao Sok & Cheow Lan Lake Adventure Tour is much more than just biking, on the second afternoon we will arrive at spectacular Lake that covers 165 square Kilometers, while at the Lake you will have plenty of time to swim, kayak, hike, and take sightseeing trips via local long tail boats on the lake to appreciate the scenery and spot the local wildlife, a visit to some impressive caves with stalagmite and stalactite formations is also part of the our extensive bike and adventure tour program.

Trip profile:

This Biking tour combines on and off road riding, the on road riding is on well surfaced roads, the off road trails on the first morning through rubber tree plantations are easy for all people regardless of the biking experience. In the afternoon we will tackle some more off road sections within the Khao Sok National Park, these trails are wide with some hilly sections, however a cool refreshing river awaits us to cool down our bikers.

The second day consists of on road biking with some hilly sections but none are too steep.

This bike tour is followed by a support vehicle with the exception of the off road sections, during the off road sections our support vehicle full of refreshments and spare parts is always in radio contact with Amazing Bike Tours tour leader.

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The entry in bold at end of each day indicates the accommodation usually used.

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

Day 1: Amazing Bike Tours driver and guide will pick you up from your hotel in Phuket or Khao Lak, in Khao Lak area we will stop at Police patrol boat washed 1 and a half kilometers in shore in the December 2004 Tsunami. We will drive another 15 Km before unloading the bikes, after a safety briefing we will cycle for a few Km's along well paved roads so every one has a chance to become familiar with our Trek Mountain Bikes, then we shall leave the main road and cycle through rubber tree plantations. After joining the main road again we will cycle in to the historic town of Takuapa for a delicious Thai lunch. While you enjoy lunch the bikes will be loaded on to our mini bus and then we will transfer by road to a mountain overlooking Khao Sok National Park. During the afternoon we will cycle both on and off road in the Khao Sok Area along side rivers and water falls.

Ride: 40 KM. Meals: L/D. Jungle Cliff & River Resort.

Day 2: We continue further north cycling on road, stopping at a Thai Buddhist temple on route. Making merit and good luck for our trip by feeding the temple fish. After a 40KM ride in the morning on well surfaced roads we will arrive in the small Thai town of Baan Takhun where a delicious Thai meal awaits our hungry bikers. Following lunch some may chose to join the mini bus or jump back on the bikes for the final 12 KM to reach Rajjaphapa Dam and Cheow Lan Lake. Here a local Thai long tail boat awaits to take us to our accommodation on floating raft houses. Jump in the lake for a refreshing swim, take a kayak and explore the lake. A late afternoon or sunset boat trip is available for those that want to join.

Ride 40-52 KM. Meals: B/L/D. Raft House on Cheow Lan Lake.

Day 3: Getting up for sunrise at the Lake is highly recommended, watching the mist in the mountain tops and listening to the Gibbons calling. After breakfast a boat journey exploring the Lake will bring us to the start of our hike through the dense forest, our hike brings us to another smaller lake; a short raft journey will allow us to reach a cave with impressive stalagmite and stalactite formations.

The return hike and boat trip will bring us back to our Raft house for a refreshing swim and some lunch.

Transfer back to the dam where our mini bus awaits to take you back to your accommodation in Khao Lak or Phuket.

No Cycling. Meals: B/L

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

Helpful Information.

Passport and Visa's: You must have a valid passport with at least 6 months still valid in it to enter Thailand. Most nationalities receive a 30 day entry stamp when arriving in Thailand. Please check with your nearest Thailand embassy or consulate to see if your nationality applies. If you intend to stay longer than 30 days you will be required to gain a tourist visa before arriving in Thailand.

Weather: Southern Thailand has a tropical climate with high humidity. There are two seasons, hot and dry from November to April. During this period temperatures range from 27 degrees Celsius to 35 degrees Celsius. Nighetimes are cooler. May to October is the monsoon season; the temperatures are quite pleasant between 20 and 30C. During the monsoon season the rain showers are usually heavy but brief. At least the rain is warm and make some interesting off road biking.

Vaccinations: Recommended vaccinations are Typhoid, Polio, Tetanus and Hepatitis A. A certificate for Yellow Fever is required if you are traveling from an infected area within 6 days of arriving in Thailand. Southern Thailand is not a malaria region. Please contact your Doctor for the most up to date information.

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 in the evening time at your own expense.

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Accommodations, all meals, water are included. Additional tours that are part of the program are also included. If you chose to enter museums, parks etc not listed in the program please do so at your own expense. Always a good idea to have some petty cash available to buy souvenirs etc.

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 2 people in order to confirm the trip; the maximum group size is 16. Larger groups will have 2 guides.

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.

Essential Equipment: Cycling helmet is an absolute must on all of our tours. If you are bringing your own bike please also bring your own helmet. If using our bikes a helmet will be provided. Padded cycling shorts are highly recommended, running/exercise shoes or stiffed soled cycling shoes and biking gloves. Sunglasses, sun cream, mosquito spray, basic first aid (you guide will have full first aid kit). If you are bringing your own bike you must have spares for your own bike. A torch/flashlight and writing materials are often useful. Please keep clothes to an absolute minimal. Extra luggage and bags should be left at your hotel or our office in Phuket Island.

A small backpack/bum bag/fanny pack to carry essential items you wish to keep on your person while cycling such as purse/wallet, camera and sunscreen.

Bike Repairs: The guide carries some bike repair tools, we also have spares in our support vehicle but we do not have spares for every possibility. If bringing your own bike please make sure it is in good working condition and has been serviced prior to joining our trip.

Transporting your bike: While our staff take care of all bikes, please be aware some minor scratching is possible when loading and unloading bikes from our vehicles.



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Bike Rental: Bike Hire is included in our tour prices. A deduction can be made for those bringing their own bikes.

Safety and Travel Insurance: All people joining our tours must wear a helmet; our tour leaders have first aid training. But everyone is essentially responsible for their own safety while bike riding. It is compulsory you have an Insurance Policy that covers you for mountain bike tours. A copy of this insurance will be requested at start of tour.

Booking: Places on all our tours are limited; to secure a place we require a deposit payment. Balance must be paid on time. For more details on booking and payment please visit the following link: [online booking](#)

Flights: Flights are not included as part of our tour price, nor are we a flight agent. However all other arrangements such as airport transfers and hotel booking are part of the service we provide.

Cost: 14,900 Thai Baht.

Single Supplement: 2000 Thai baht.

All information in this fact sheet and on our website 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.