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**Tour code**  
**THA-RKL**



**Krabi to Lanta Island – Pearls of Southern Thailand**



*Krabi province provides countless beautiful dream beaches*

Tour meets	Krabi Ao Nang Beach	Duration	<b>11</b> days   <b>10</b> nights
Tour ends	Koh Lanta Island	Cycling days	<b>8</b>
Fly into	Krabi KBV or Phuket HKT	Total cycling distance	<b>760</b> km   <b>472</b> miles
Fly out of	Krabi KBV or Phuket HKT	Stage distance	<b>73</b> to <b>118</b> km <b>45</b> to <b>73</b> miles
		Route profile	mainly flat, undulating

Pacific & Indian Ocean	Trang Beach	Koh Lanta Island	Khanom Beach (Koh Samui)
Khao Sok National Park	Phang Nga Bay	Royal Service <sup>👑</sup>	Krabi Ao Nang Beach

(\*Excursion to Samui Island on rest day possible)

**Rest day on the beach in Khanom | Overnight stay after last stage included**  
**All meals B | L | Farewell Dinner** are included. Holiday extension on **Lanta Island** or **Krabi** can be booked.

Krabi is the most relaxing part to be in all of Thailand, it is a province that has the most stunning scenery imaginable, beautiful white beaches that stretch on for miles, a jungle and over 200 islands just off the coast. On perfect roads, we crossover the **Malay Peninsula** to the Gulf of Thailand. Discover Southern Thailand’s natural beauty as we coast along through tropical forests and jungle-covered karst peaks, past beautiful ornate temple complexes and traditional villages. For the most part, we ride on **almost traffic-free roads**. An **unparalleled road bike experience** for enthusiastic cyclists **of all ages!** We spend the night in **selected, quality hotels**, most of them with a pool. Let yourself be pampered by our **Royal Service<sup>👑</sup>**. You cycle, leave the rest to us!



**Day 1 Arrival in Ao Nang Beach Krabi**

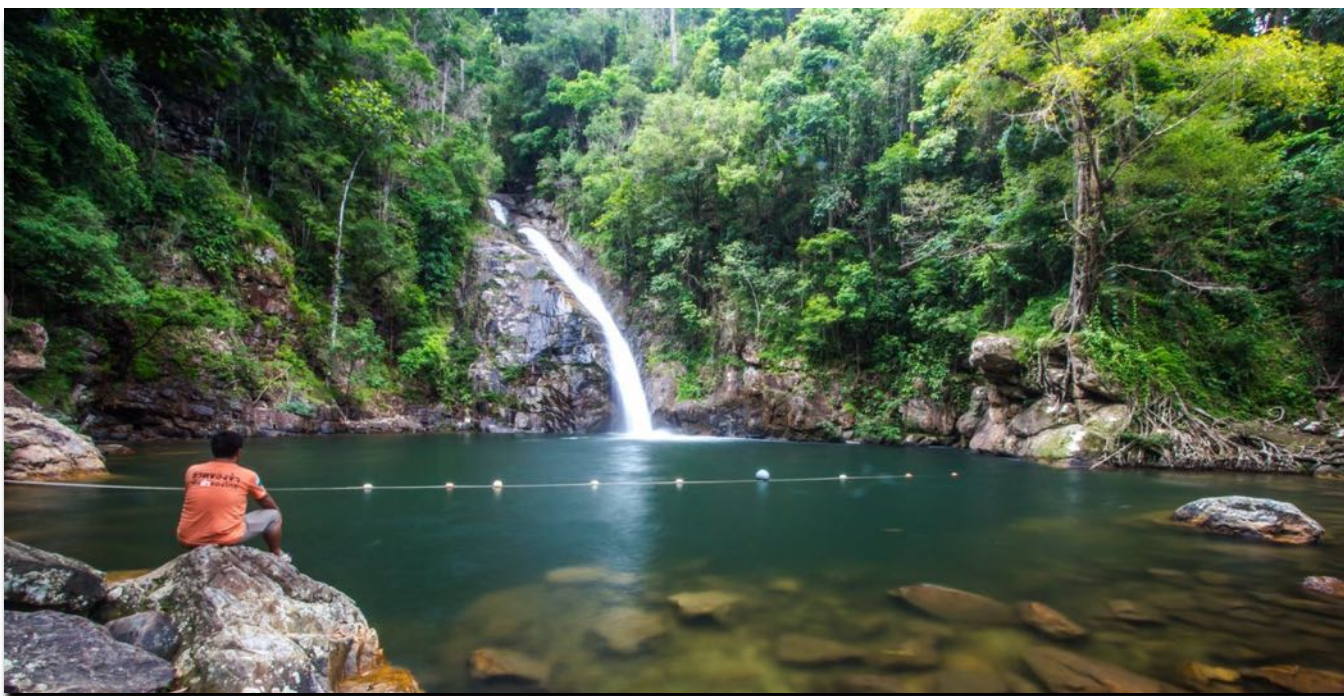
Upon arriving at the **Hotel**, centrally located in Ao Nang, you will enjoy all of the amenities of our **hotel**. For those interested in a dose of genuine Thai culture and hospitality, sticking around **Krabi** is a rewarding experience. In the evening we will greet and welcome you in the meeting room of the hotel. Here we will inform you about the tour and provide a bit of interesting information about our host country. At the end, every participant will receive a **high-quality team jersey**.



**Day 2 Included afternoon boat trip into Phang Nga Bay**

**Stage 1 Ao Nang Beach – Phang Nga → 90 km | 56 miles ▲ flat, undulating**

We cruise through a landscape characterised by craggy, sheer limestone cliffs and dense mangrove forests. Arriving to Phang Nga town, an excursion into a dream world awaits us. The **Phang Nga Bay National Marine Park** is renowned for its unspoiled mangrove landscape. You may recognise the rock formations from the **James Bond** film **"The Man With The Golden Gun"**, giving the trip its name as the "James Bond Island Tour". ✕ **B | L**



*Yong Waterfall near Thung Song – Let's have a swim*

**Day 3 Optional boat excursion on Chiew Larn Lake (can be booked on site)**

**Stage 2 Phang Nga – Takun → 95 km | 59 miles ▲ flat and undulating**

We ride into **Khao Sok National Park** direction and are enchanted once again by the magical mountain scenery. A short climb (4% gradient), which of course **can also be done in our van**, leads to a pristine scenic outlook. Through construction of the Ratchaprapha Dam in 1987, a unique, gigantic lake was created. After a refreshing swim in the hotel pool, you could admire the unique **limestone peaks of the Khao Sok National Park** surrounding the lake and enjoy an evening drink on a floating restaurant. ✂ B | L



**Day 4 Stroll through the famous charming night market**

**Stage 3 Takun – Surat Thani → 84 km | 52 miles ▲ flat**

Rubber tree and oil palm forests are characteristic for this fertile area. We follow the Phum Duang river and move towards the Gulf of Thailand. Surat Thani is considered the gateway to the islands of Koh Tao, Koh Samui and Koh Phangan. Our hotel is located near the harbor, where the overnight boats leave to **Samui Island**. ✂ B | L



**Day 5 Take a swim in the Gulf of Thailand**

**Stage 4 Surat Thani – Khanom Beach → 91 km | 56 miles ▲ flat and undulating**

**Virtually traffic-free**, we pedal through rubber tree and palm forests along the coastline. Khanom is the ultimate destination for relaxation. This quiet, beach-side town is located in the Nakhon Si Thammarat province on the Gulf of Thailand. Its enticing neighbours, Koh Phangan and Koh Samui, lure the crowds and tourists away from this sleepy coastal area, making it the perfect place to unwind. ✂ B | L





*Railey Beach Krabi*

**Day 6    Excursion to Koh Samui island possible | Ride the scenic Riviera Coastal road  
Rest day on the beach in Khanom**

Today's rest day offers you the opportunity to sleep in, relax and swim in the hotel's pool. Nature lovers may prefer the white sand beach and treating themselves to a massage afterward? The hilly **coastal road** entices cyclists to go out for another voluntary ride on the bike. The road is challenging but offers breathtaking views. This trip could also be done by car. There is the option to do a day trip by Seatran Ferry to beautiful **Samui Island**. ✂ **B**



**Day 7**

**Stage 5 Khanom Beach — Nakhon Si Thammarat → 118 km | 73 miles ▲ mainly flat**

Nakhon Si Thammarat is a perfect option for those looking for a peaceful old town. Ruins of ancient city walls have been revived. Century-old houses are well-preserved. It's a beautiful history and culture walk. But the highlight of the old town has to be **food and drink**. There are loads of specialties and you can spend the whole afternoon tasting your way through the city and let's have a drink in one of the many fancy locations with live music. ✂ **B | L**



**Day 8**

**Stage 6 Nakhon Si Thammarat — Thung Song → 73 km | 45 miles ▲ flat, undulating**

We are heading back to the mainland and leave the coastal region. After pedaling on flat roads, we enjoy a breathtaking view of majestic karst peaks. Yong Waterfall is the pride of Thung Song district located in Nakhon Si Thammarat Province. After lunch, we refresh ourselves in the crystal-clear water. ✂ **B | L**



<Riviera of the South> Coastal road from Khanom to Sichon. Take a look on the rest day!

## Day 9 Back to the Indian Ocean

**Stage 7 Thung Song – Pak Meng Beach → 104 km | 65 miles ▲ mostly flat, undulating**

On idyllic side roads we ride into Indian Ocean direction. Countless palm forests and rubber trees caress our senses. We finally arrive to **Pak Meng Beach in Trang Province**. This beautiful and peaceful, 5-kilometer beach, in the shape of a crescent moon, is fringed by a shady pine forest. Assorted large and small islands dot the sea, looking like a person lying face up in the ocean.

✕ B | L



## Day 10 The final stage | Swimming in the Indian Ocean and farewell dinner

**Stage 8 Pak Meng Beach – Lanta Island → 105 km | 65 miles ▲ mostly flat, undulating**

As Koh Lanta lies just south of the Andaman coasts prime attractions, namely Krabi, Koh Phi Phi and Phuket, it has maintained its laid-back atmosphere, even as Koh Lanta has slowly developed to include some of Thailand's finest Beach resorts. Still, Koh Lanta remains an amazing beach destination. The main islands are **Koh Lanta Yai** and **Koh Lanta Noi** which are connected to each other by a bridge. To get from the mainland to the island, we will have to get a 15-minute car ferry.

✕ B | L | **Farewell Dinner**



## Day 11 Departure

**Individual extension of your stay on Lanta Island or bus transfer to Krabi Airport.**

**Ask us for holiday extensions in:**

✕ B

Phi Phi Island

Ao Nang Beach Krabi

Phuket Island

Natai Beach Khok Klo

All these dream destinations are close by.

## What's included

👑 **Royal Service** Bottle refills, refreshing towelettes, storage of helmets and shoes and much more...

👑 **All meals mentioned: 10x B = Breakfast | 8x L = Lunch | 1x D = Farewell Dinner**

👑 All coffee breaks: Iced coffee, delicious hot blended coffee beverages or tea

👑 Isotonic drinks, coke, water and fresh fruit on all stages

👑 English speaking tour guide

👑 High quality Team Jersey | Team backpack | Drinking bottle

👑 Accompanying VIP van with possibility to ride along

👑 Boat trip into Phang Nga Bay

👑 Ferry to Koh Lanta

👑 Repair service (replacement material is not included)

👑 Additional insurance during the tour

👑 Photos for downloading

👑 **Farewell Dinner**

## Services NOT included (taxi prices in Thai Baht per car)

👑 Flights

👑 Bike rental (**We offer a large selection of rental bikes**)

👑 Alcoholic beverages

👑 All airport transfers

👑 Voluntary tips

👑 Optional Excursions and stages (can also be booked on location)

## Notes

👑 Due to limited space, transport of bike cases can result in additional charges

**(Subject to change at any time)**