



**Calling from Overseas:**  
Mobile: +66 87 263 2031  
Telephone/Fax: + 66 76 283 436  
**Calling from within Thailand:**  
Mobile: 087 263 2031  
Telephone/Fax: 076 283 436  
**Skype ID:** amazingbiketoursthailand  
**Email:** [info@amazingbiketoursthailand.asia](mailto:info@amazingbiketoursthailand.asia)

## **Koh Yao Expedition: 3 days and 2 nights.**

### **Koh Yao Expedition**

#### **Introduction:**

Koh Yao Noi (Little Long Island) and Koh Yao Yai (Big Long Island) are two sleepy islands still enjoying a slow pace of life located in Phang Nga Bay, only 1 hours boat ride away from the international resort island of Phuket.

The moment you step on to these islands the usual stress and worries of every day life melts away and the island pace of life gets a hold of you. While Thailand is a predominantly Buddhist country these islands are mainly populated by peaceful Muslim communities that make a living from fishing, rice farming and rubber tree plantations. The recent arrival of tourism to these islands hasn't affected the warm welcoming locals.

Our bike tour in these islands will have us cycling through a small market town, rice paddies, past mosques and fishing villages, through areas of natural jungle rich in plant life and fauna. The Koh Yao Escape by bike tour isn't all biking, we will also visit the artistic locals who create Batik Paintings and you will have the opportunity to create your own Batik Painting. On the final day of this Cycling tour a boat trip to local islands that rise magnificently from the sea is included.

#### **Trip profile:**

This Biking tour combines small paved island roads with very little traffic as well as some off road dirt tracks through jungle areas and rubber trees.

The distances covered are not excessive and anyone with a reasonable level of fitness will be able to enjoy this cycling tour.

Some of the off road sections are hilly and can be a bit challenging but these sections are optional.

Unlike Amazing Bike Tours other tours on the mainland, our support vehicle does not join us on The Yao Islands. Our mini buses will provide transport from your Phuket hotel to the pier, once we arrive in Koh Yao Noi after a 1 hour scenic boat journey our bags will be transferred to our accommodation by local transport.

#### **Itinerary:**

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

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



**Calling from Overseas:**  
Mobile: +66 87 263 2031  
Telephone/Fax: + 66 76 283 436  
**Calling from within Thailand:**  
Mobile: 087 263 2031  
Telephone/Fax: 076 283 436  
**Skype ID:** amazingbiketoursthailand  
**Email:** [info@amazingbiketoursthailand.asia](mailto:info@amazingbiketoursthailand.asia)

Day 1: Amazing Bike Tours staff will pick you up from your Phuket hotel, transfer to Bang Rong pier where we load our bikes and belongings on to the local boat. The support vehicle does not join us for this tour. After a 1 hour scenic journey we arrive in Koh Yao Noi. After a short ride we visit some Islanders who make Batik paintings, feel free to try yourself. We then continue onwards a short way and arrive at our accommodation. A breathtaking view awaits you from these bungalows perched on the hillside. After lunch and some time spent enjoying the view we will do a circular bike ride of the island. Circular route is only 18km with only a few hills. There is an optional off-road route for those with the fitness level and off-road ability. After making a circumference of the island we will arrive at a seafood restaurant by the ocean where we can enjoy spectacular sunset. After dinner local transport will transfer our group and our bikes back to our accommodation for a good nights sleep.

**Ride: 25KM. Meals: L/D. Tabaek Viewpoint Bungalows.**

Day 2: If you're not too tired from the previous day we recommend you rise early as the sunrises from our accommodation are most definitely worth getting up for. After some breakfast we ride 10km to the pier and cross over to the island of Koh Yao Yai using local "long tail" boats.

On the Island of Koh Yao Yai we will ride a circular route, past paddy fields and buffalo's and amazing ocean views. Part of the loop is some enjoyable off road trails. Our lunch stop is by beach side restaurant with views across water towards Krabi. We bike back to the pier and cross back to Koh Yao Noi and cycle back to our accommodation. Local transport will take us to the small village in the evening so we can enjoy dinner in a small welcoming restaurant.

**Ride: 45 KM. Meals: B/L/D. Tabaek Viewpoint Bungalows.**

Day 3: After breakfast a short ride to the pier where we will take a boat and cruise to the north of the island and visit the famous "Big Tree", and the picturesque "Three Islands" Don't forget your camera. After our scenic boat ride we return to the pier and enjoy some local cuisine. A short ride brings us back to our bungalows to collect our belongings, these will be transferred to the pier as we pedal our way there. After a 1 hour boat journey we are back on Phuket Island. Transfer to your hotel or Phuket airport.

**Ride: 15 KM. Meals: B/L.**

### **Staff:**

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



**Calling from Overseas:**  
Mobile: +66 87 263 2031  
Telephone/Fax: + 66 76 283 436  
**Calling from within Thailand:**  
Mobile: 087 263 2031  
Telephone/Fax: 076 283 436  
**Skype ID:** amazingbiketoursthailand  
**Email:** [info@amazingbiketoursthailand.asia](mailto:info@amazingbiketoursthailand.asia)

## **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. Nighttimes 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.

## **Extra Expenses:**

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.



**Calling from Overseas:**  
Mobile: +66 87 263 2031  
Telephone/Fax: + 66 76 283 436  
**Calling from within Thailand:**  
Mobile: 087 263 2031  
Telephone/Fax: 076 283 436  
**Skype ID:** amazingbiketoursthailand  
**Email:** [info@amazingbiketoursthailand.asia](mailto:info@amazingbiketoursthailand.asia)

### **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. Our Koh Yao tours are not followed by our support vehicles but the distances are always minimal so this does not pose any problems which can not be easily solved.

**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.

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



**Calling from Overseas:**  
Mobile: +66 87 263 2031  
Telephone/Fax: + 66 76 283 436  
**Calling from within Thailand:**  
Mobile: 087 263 2031  
Telephone/Fax: 076 283 436  
**Skype ID:** amazingbiketoursthailand  
**Email:** [info@amazingbiketoursthailand.asia](mailto:info@amazingbiketoursthailand.asia)

**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: 12,900 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.**