



Krabi Explorer: 3 days and 2 nights.

Introduction:

This Bike trip takes place in Phang Nga and Krabi provinces; two of Thailand's most beautiful and geographically striking provinces. The area is famous for its lime stone karsts that rise dramatically from land and sea. The area boasts beautiful countryside and many small villages making it a perfect location for our cycling tours.

The cycling routes will have us biking along quiet back roads and through palm and rubber tree plantations, passing small villages and Buddhist temples.

Amazing Bike Tours **Krabi Explorer** is more than just biking; we will visit the famous Emerald Lake which makes for a perfect swim in the fresh water after the mornings bike ride. A later cycle break at a hot stream, nature's natural hot Jacuzzi is always appreciated by biker's tired legs.

On the final day our cycle route will bring us to a Thai temple, for those with energy you can walk up the 1272 steps to the Buddhist monument perched on top of the mountain, the view is definitely worth the climb. Watch out for all the monkeys.

Trip profile:

Amazing Bike Tours **Krabi Explorer** combines on and off road cycling. The on road riding is on well surfaced roads, we have chosen back roads which are quiet for your biking enjoyment. The off road is not demanding, wide dirt tracks passing through rubber and palm tree plantations; the cycling on this trip is suitable for people of all levels.

This bike tour is followed by a support vehicle on day two and three with spare parts and refreshments. This means at any time you are feeling tired you can jump in and still enjoy the same views as every one else. Please note on day one, while biking in Yao Noi Island our support vehicle can not join us. We use local transport to move luggage from pier to hotel.

Itinerary:

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. We then have a short drive to the north east of Phuket Island to join a local ferry to Yao Noi Island. We spend the day biking in the Island, cycling past rice paddies, buffaloes, fishing villages and rubber tree plantations. The Island has plenty of easy on road routes and more challenging off road trails, so we can tailor the route to suit the guests biking abilities.

Ride: 35 KM. Meals: L/D. Tabaek Viewpoint Bungalows, Koh Yao Noi.



Day 2: A short ride and then we join a local boat to take us from Koh Yao Noi to the mainland on Krabi province. Enjoy the views of the scenic coastline. The support vehicle will be waiting for us at the pier in Krabi. A one hour drive will bring us to the start point of today's ride. After a pleasant 18km biking we will arrive in the vicinity of Emerald Lake. A 3km trek through the jungle we bring us to Emerald Lake, a fresh water lake of outstanding clarity, jump in and enjoy a refreshing swim.

After lunch at a local restaurant, a 12km ride will bring us to a hot stream, nature's natural Jacuzzi. Enjoy the hot stream to loosen the muscles after the cycling.

Transfer back to Ao Nang.

Ride 35 KM. Meals: B/L/D. Green View Resort, Ao Nang.

Day 3: The cycling starts directly from the resort, our route will combine on and off road, cycling through rubber tree plantation and palm tree plantations with dramatic lime stone karsts all around us. The ride will pass a small road side temple with a reclining Golden Buddha. Our ride will bring us to Tiger Cave Temple. No longer home to Tigers but is now the residence of many monkeys. A Buddhist monument is perched on top of the mountain, if you have the energy walk up the 1272 steps to visit the monument; the view makes the climb worth while. We head in to Krabi town for lunch. Transfer to your hotel in Ao Nang Krabi or Phuket.

Ride 25KM. 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.

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 by air, 15 days is arriving by crossing land border. 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.

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.

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:

<http://www.amazingbiketoursthailand.asia/terms.htm>

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: 15,900 Thai Baht.

Single Supplement: 3500 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.