

ITINERARY Chiang Rai - Bangkok Nov 8-22 2008 The Tour Of Hope

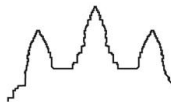
Itinerary (15 days / 14 nights) Arrive Chiang Mai – Depart Bangkok

Sector 1

Day	Location	Description	Km	Meals
1 8/11	Chiang Rai	Arrive Chiang Rai - meet up with group, trip briefing and welcome dinner.	0	D
2 9/11	Phrao	Ride To Phrao	120	B L D
3 10/11	Chiang Mai	Ride to Chiang Mai	100	B L D
4 11/11	Phayao	Ride to Chaeson national park	100	B L D
5 12/11	Lampang	Ride to Lampang	103	B L D
6 13/11	Phrae	Ride to Phrae	107	B L D
7 14/11	Uttaradit	Ride to Uttaradit	75	B L D
8 15/11	Sukothai	Ride to Sukothai	91	B L D
9 16/11	Sukothai	Rest day – or easy ride through around Sukothai area.	45	B
Total Kms			741	

Sector 2

Day	Location	Description	Km	Meals
1 16/11	Sukothai	Rest day / arrive in Sukothai. Easy ride through around Sukothai area or free day.	45	B
2 17/11	Kampeng Phet	Ride to Kampeng Phet	83	B L D
3 18/11	Nakorn Sawan	Ride to Nakorn Sawan	124	B L D
4 19/11	Singburi	Ride to Singburi	102	B L D
5 20/11	Ayutthaya	Ride to Ayutthaya	92	B L D
6 21/11	Bangkok	Ride around ancient city ride to Bangkok – transfer MIPH.	70	B L D
7 22/11	Bangkok	Free day in Bangkok / Pack bikes, before transfer to the airport for onward flights.	0	B
Total Kms			516	



Hotels Used

Sector 1

Day	Location	Hotel Name
1	Chiang Rai	Laluna
2	Phrao	Aomdai Resort
3	Chiang Mai	Novotel
4	Chaeson	Raiya Chaeson Resort
5	Lampang	Vienglakor
6	Phrae	Maeyom Palace
7	Uttaradit	Seeharaj Hotel
8	Sukothai	Ruen Thai

Sector 2

Day	Location	Hotel Name
1	Sukothai	Ruen Thai
2	Kampeng Phet	Chakangrao Hotel
3	Nakorn Sawan	Garden Suite Resort
4	Singburi	Grand Leo Hotel
5	Ayutthaya	Krungsri Hotel
6	Bangkok	Rose Hotel



Tour Details

This tour is done all on tarmac and so is suitable for a road / touring or hybrid bike. There are some steep climbs early on in the tour but are not long in length (for the techie minded of us, standard road ratios will be suitable (53/39 11-25), triple chain rings or compact group sets.

Day 1 Chiang Rai

Arrive in Chiang Rai meet group assemble bikes. In the evening trip briefing and welcome dinner.

Wieng Inn D

Day 2 Chiang Mai

Ride to Phrao

Hotel to be decided Ride 120 km (approx B L D)

Day 3 Chiang Mai

Ride to Chiang Mai

Novotel. Ride 100km (approx) B L D

Day 4 Chiang Mai – Chaesom National Park

We head east of Chiang Mai to Sankampeng hot springs passing by teak forest and glimpses of the foot hills surrounding Chiang Mai. After the hot springs at about 40km the road gets quieter and we start a section of uphill / downhill sections for around 45 km, the longest climb being around 4km, but many of these being around 1-2km. This very scenic section passes many plantations and in winter the sunflowers come into bloom. At around 85 km we head downhill for about 12km and then only a short distance to our beautiful resort that has the mountains of Chaeson national park as a backdrop. Option to visit hot springs after ride.

Raiya Chaeson Resort - Ride 100 Km B L D

Day 5 Chaeson National Park – Lampang

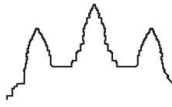
Today ride is great as we really head out into the countryside. We pass many small villages and cycle on many small local roads to really give you a feel for being in Thailand. On the way we will see many cottage industries as we go through places famous for their cotton and paper products. The ride has a few small climbs but only are 0.5-1 km long. Our destination today is Lampang and dates back to the 7th century and is know as the horse cart city, the only place in Thailand that still uses horse drawn carts as a manes of transport.

Vienglakor Hotel - Ride 103 Km B L D

Day 6 Lampang - Phrae

Our tour of the birth place of modern Thailand continues as we head to Phrae, another old city still partially surrounded by a wall and moat. The ride today again continues on quiet 'B' roads and again we have a few climbing sections. The first being at 35km for about 13km, but again nothing too long or steep, we continue to Phrae passing many teak and bamboo forests and until at 80km we have another 15km of climbing and descending with the longest climb in this section being 3 km, The last 12 km into town is flat.

Maeyom Palace Hotel - Ride 107 Km B L D



Day 7 Phrae - Uttradit

Today is the last day with any inclines as we head out of the mountains surrounding Chiang Mai and head into the flat lands of central Thailand. At around 35km we make the longest climb of the tour at approx 6.5 km in length to a great view point at the top. We then head downhill and then it is flat all the way to Uttaradit.

Seeharaj Hotel Ride 75 Km B L D

Day 8 Uttaradit - Sukothai

We really head off the beaten track today as we ride on some of the most secluded and beautiful roads in Thailand as a canopy of palm trees provides with some natural protection from the hot Thai sun. We pass lush green paddy fields and many villages as we wend our way south to Bangkok. We arrive in time to ride or have a gentle walk around the first capital of Thailand and generally viewed as the "golden age" of this country due to the fact that it's influence spread as far west as Burma, east as far as Cambodia and south down into Malay.

Ruen Thai Hotel - Ride 91 Km B L D

Day 9 Suhothai

Rest day or easy round Sukothai and surroundings

Ruen Thai Hotel - Ride 45 Km B

Day 10 Sukothai - Khampeng Phet

This is the "Diamond Wall City" and was used to help defend Sukothai from invading armies. Khampeng Phet, A UNESCO world heritage site, is an interesting town not so well known and so makes it a pleasant place to visit due to the lack of tourists. The moss and flower covered ruins give it a quality that is not seen in its more popular neighbour and we have plenty of time to visit by foot on or by bicycle. The riding is on pleasant minor roads with plenty activity going on around you to make this an interesting ride.

Chakungrao Riverview Hotel Ride 83 Km B L D

Day 11 Khampeng Phet – Nakorn Sawan

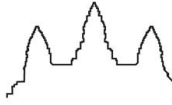
We head into the heartland of Thailand today with our journey to Nakorn Sawan. This area has a lot of agriculture so we pass ubiquitous rice paddies, fruit orchards and other regional fruits. This is an area of Thailand which is not visited by many tourists, so you will pique the interest of the local communities (especially if you tell them you have ridden from Chiang Mai) and it is a good chance to stop and interact with these gentle and friendly people.

Garden Suites Resort - Ride 124 Km B L D

Day 12 Nakorn Sawan – Singburi

Today we really start to feel we are approaching Bangkok as we start to see signs of industrialisation, but there re still plenty of open spaces with agriculture and, small towns and villages along the way. The ride is again on minor roads that pass through many small towns like Ang Thong with it's 60 foot long reclining Buddha.

Singburi Palace Hotel - Ride 102 Km B L D



Day 13 Singburi - Ayutthaya

Today we reach the old Siamese capitol of Ayutthaya – the centre of old Siam for over 400 years until it was sacked by the Burmese in 1767. Another UNESCO world heritage site it boasts some spectacular temples and with some of the ruins within the ancient city walls make this a great place to explore by bike.

Krungsri Hotel - Ride 92 Km B L D

Day 14 Visit Temples and Ride to North Bangkok

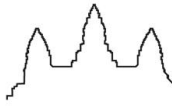
Today we have the last leg of our sojourn through Thailand. We will ride down to Bangkok – along minor roads that will take us past bang- Pain and the summer palace. We end our journey in North Bangkok and we transfer the last few kms to our hotel in Central Bangkok. We then meet in the evening for a celebratory dinner and bask in the glory of a job well done!

Rose Hotel – 70 Km B L

Day 15 Departure Day

Free day to Enjoy Bangkok / Pack bikes until we transfer to the airport for onward flights.

******* End of Services *******



Service Charges Per Person in USD – Valid to 31/12/2008

Description	4-5 Riders	6-9 Riders	10-15 Riders	16-20 Riders	21-25 Riders	SGL SUP	Bike Rental
Sector 1	860	790	750	720	670	185	80
Sector 2	550	495	465	430	400	135	50
Sector 1 & 2	1390	1285	1215	1150	1070	320	130
Per day price	102	94	89	84	78	25	12

Notes.

1. We can supply bike rental – but we only have Hybrid 7200 available at this time.
2. Riders only participating for the full sector (either 1 or 2) will count towards the rider count when determining the price per person.
3. Sector 1 does not include accommodation on day 9
4. Sector 2 will include accommodation on day 9.

Includes

- Air-Con, support vehicle(s) rigged for All water and snacks whilst riding
- (6-9 Riders 1 Guide 1 Minibus, 10-15 Riders 2 Guides 1 Minibus, 16+ Riders 2 Guides 2 Minibuses)
- Accommodation Driver and Guide.
- All meals where stated in itinerary
- All client accommodation for 14 nights on a twin share basis.
- Entrance fee where mentioned
- Thai English Speaking Guide(s)

Excludes

- Any domestic / international Flights.
- Bike Hire / Spares.
- Personal expenses (laundry, tel, alcoholic drinks, tip...).
- Personal insurance.
- Any visa fees or departure taxes.
- Any services non-mentioned in the itinerary.