



HANDS
ACROSS THE WATER

red23 **DOING
GOOD**
BIKE RIDE

TRAVEL GUIDE

You are about to embark on an incredible journey and we want to help you on your way to Thailand.



ARRIVAL INTO BANGKOK

RECOMMENDED FLIGHT TIME INTO BANGKOK

It is the responsibility of the riders to arrange their own international flights into Bangkok and airport transfers. We recommend you fly into Bangkok by **SATURDAY, 29TH JUNE**.

TRANSFERS INTO BANGKOK

It is also the responsibility of the riders to organise their own airport transfer from Bangkok Airport to Novotel Sukhumvit 20. We suggest you head to the ground floor of the airport and take a metered taxi to the hotel. You will need to head to the taxi ticket line to grab a number. Look out for your taxi bay number and wait for your taxi to arrive at your assigned bay. You will need to pay the toll, which is 75 baht, and it will be expected you will have that in cash for the driver. Cost of the cab ride should be no more than 500 baht. Just a reminder you are not able to use your credit card in taxis. You can get Thai currency from the airport when you arrive into the airport both sides of customs. One thing to note it is expensive to withdraw money from the ATM due to the fees, so whatever you anticipate spending withdraw that at the first opportunity.

PRE - ACCOMMODATION

On arrival into Bangkok you will make your way to Novotel Sukhumvit 20 where your pre-accommodation for 1 night from **SATURDAY 29TH JUNE** to **SUNDAY 30TH JUNE** will be sorted for you. You will be room sharing with another rider unless you have purchased a single supplement room. You may wish to come in earlier in which case we would be more than happy to arrange additional nights at Novotel at the below rates. Airene our Events Manager can make the booking for you at the Novotel for any additional nights and you will make payment direct with the hotel.

- 3,000-net single
- 3,350-net double

NOVOTEL BANGKOK SUKHUMVIT 20

19/9 Soi Sukhumvit 20, Sukhumvit Road, Klongtoey , 10110 Bangkok , Thailand

Please contact Airene Bongon at team@handsgroup.org.au to organise your additional nights. Payment for your additional nights can be settled with the hotel directly upon check in. Please be aware that fees may apply to you for any cancellations of your additional nights. If you wish to consider alternate accommodation we will leave that with you to source and secure.

ON YOUR WAY TO RIDE

SUNDAY, 30TH JUNE will be your travel day to Bueng Kan. We will fly into Udon Thani in the morning and a bus transfer to get you on your way to the starting line of your ride. We will meet in the hotel lobby and depart Novotel Sukhumvit 20 early morning on Sunday. Once we arrive in Bueng Kan we will check into the hotel, have lunch and do your bike fittings in the afternoon.

ITINERARY

29 JUN Arrival into BKK

30 JUN Domestic flight to Udon Thani (**VZ200 - 08:30 - 09:40**)

01 JUL Ride Day 1 Bueng Kan to Ban Phaeng ~ 110km

02 JUL Ride Day 2 Ban Phaeng to Nakhon Phanom ~ 102km

03 JUL REST DAY

04 JUL Ride Day 3 Nakhon Phanom to Mukdahan ~114km

05 JUL Ride Day 4 Mukdahan to Amnat Chareon ~124km

06 JUL Ride Day 5 Amnat Chareon to Yasothon ~ 82km

07 JUL Flight from Ubon Ratchathani to Bangkok
(**TG021 - 8:45 - 10:00**)



- Breakfast is served from 6.00am in the hotels. You will need to ensure your rider bag and day bag is dropped at reception by 6.30am to ensure we are on our bikes and ready to roll out at 7.00am
- There is no negotiation around start times, we roll out at 7am on the dot so make sure you are ready otherwise there could be some hefty fines!
- Each stage is about 25kms on average. There will be some shorter stages and a few slightly longer legs but nothing that can't be achieved together. There will be maps available each day that provide you with a breakdown of the day.
- Your provided black rider bag will be placed in a truck and you will not have access to it during the day. Anything you need to keep with you should go into your day bag. Please make sure your passport and credit cards are packed in your day bag. Your black rider bag will be sent to you before you depart for Thailand.
- All you need on your person for the day of riding is some cash, phone, camera and any medication that you require.
- We will provide electrolytes and food throughout the day. There will be a mix of watermelon, pineapple and local treats along the way to top you up during the breaks. Lunchtime will be a feast of delicious Thai food so you certainly will not go hungry on tour.
- We will provide water bottles and there will be ice at the water stops to keep water cool. Although in the Thailand heat this is a luxury for about 5 minutes. Feel free to bring your own insulated water bottle if you prefer as these do hold the cold a lot better in the Thailand heat.
- Sunscreen will be provided and there will be an opportunity to purchase arm sleeves for protection from the sun. We advise applying at every stop.

- At the conclusion of each day you will be allocated a room and the group will have free time until dinner is served at 7pm. Use this time to wash your kit and then hit the pool or bar for some well deserved beers.
- At dinner, it is tradition on tour to nominate a fine committee and the day's stories will take place after dinner.
- Phone reception is pretty reliable and consistent throughout the entire ride. We do have riders that pick up cheap Thai SIM's so if that is of interest we recommend scoping this out when you are still in Bangkok.
- Wifi at the hotels can be pretty ordinary so if you need to rely on data for work or personal reasons, then we recommend picking a Thai SIM as above.



SUPPORTERS COMING TO THAILAND

We can take care of accommodation bookings for any friends and family you have coming in to meet you at the end of the ride. Please provide the following information to Airene if you would like us to make a reservation on their behalf.

NAME:

CHECK IN DATE:

CHECK OUT DATE:

ROOM TYPE REQUESTED (single/double/twin share):

SHARING WITH:

Additional costs will incur for supporter's transfers and attendance at welcome dinner. Airene will provide you with a quote.

DEPARTING

On **SUNDAY, JULY 7TH**, You will be responsible for booking your international flights home or other destinations post ride. We'll leave the hotel bright and early to ensure you catch your morning flight back to BKK. This schedule provides ample time for everyone to make their connections for their international flights home. All domestic flights and bus transfers have been arranged for you.

Flight from Ubon Ratchathani to Bangkok:

Flight: TG021
Departure: 8:45
Arrival: 10:00

TRAVEL INSURANCE

You will need to organise your own travel insurance and provide this to our ride coordinator Airene Bongon team@handsgroup.org.au before your departure. We know that travel insurance can be a personal thing but below are some recommended travel insurance providers. Be sure to check your Health Insurance provider as many offer travel insurance.

- [Cover-More](#)
- [One Cover](#)

If you have any questions about your experience, please contact our ride coordinator, Airene Bongon team@handsgroup.org.au.

