



HANDS
ACROSS THE WATER

Business Blueprint RIDE • 2024 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 **SUNDAY, 14TH APRIL**.

TRANSFERS INTO BANGKOK

It is also the responsibility of the riders to organise their own airport transfer from Bangkok Airport to your hotel. 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.

ACCOMMODATION PRE AND POST RIDES

Your registration does not include accommodation in Bangkok on the night of the 14th April. The recommended hotel for your stay in Bangkok is Novotel Bangkok Sukhumvit 20. This is the hotel where the bus will pick you up on the morning of 15th April. During the ride, you will be sharing a room with another rider unless you have purchased a single supplement room.

NOVOTEL BANGKOK SUKHUMVIT 20

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

We will be staying at the Pullman Khao Lak Resort post the ride. If you are staying on at Khao Lak and wish to extend your hotel booking at Pullman or have family and friends staying and you would like their accommodation secured, please contact our ride coordinator, Airene 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.



ON YOUR WAY TO RIDE

MONDAY, 15TH APRIL will be your travel day to Hua Hin. We will organise your 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 at 10:00 AM. Once we arrive in Hua Hin we will check into the hotel and do your bike fittings in the afternoon.



RIDE DAYS

- 16 APR** Ride Day 1 Hua Hin to Kuiburi (~80km)
- 17 APR** Ride Day 2 Kuiburi to Baan Grood (~107km)
- 18 APR** Ride Day 3 Baan Grood to Chumphon (~129km)
- 19 APR** REST DAY Travel to Surat Thani
- 20 APR** Ride Day 4 Surat Thani to Khao Sok (~106km)
- 21 APR** Ride Day 5 Khao Sok to Khao Lak - BTN (~57km)
- 22 APR** Travel Home

- 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

It is the responsibility of the rider to organise their transfer to the airport from Pullman Khao Lak Resort. Phuket International Airport is approximately 1.5-2 hours away from the hotel. Transfers can be arranged with the hotel and the average transfer cost is 2,000THB.

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

