



HANDS
ACROSS THE WATER



**DIGITAL
LIVE**

MEKONG RIDE 2022 **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. We recommend you fly into Bangkok by **SUNDAY, 14TH AUGUST 2022** at the latest so you arrive in time for the night's event. This will give you enough time to check in and join the welcome drink ceremony at [Carlton Hotel Bangkok Sukhumvit](#). For those that are riding with us as return riders, please note the change in Hotel. The Carlton is a newly opened hotel and on the corner of Sukhumvit Road and Soi 20 so an ideal location.

TRANSFERS INTO BANGKOK

It is also the responsibility of the riders to organise their own airport transfer from Bangkok Airport to Carlton Hotel Bangkok Sukhumvit. 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 400 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; however we recommend you sort out Thai currency before you leave.

PRE - ACCOMMODATION

On arrival into Bangkok you will make your way to Carlton Hotel Bangkok Sukhumvit where your pre-accommodation for 1 night on **SUNDAY, 14TH AUGUST 2022** 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 help you out finding a suitable accommodation for your time. We recommend booking with Carlton Hotel Bangkok Sukhumvit as they offer the below group rates:

- 2,800-net single
- 3,100-net double

ON YOUR WAY TO RIDE

MONDAY, 15TH AUGUST 2022 will be your travel day from Bangkok to Udon Thani. We will organise your domestic travel and transfers to get you on your way to the starting line of your ride. On **MONDAY, 15TH AUGUST 2022** we will depart Carlton Hotel Bangkok Sukhumvit around 10:00am to get you on a 1:20pm flight into Udon Thani. Once we arrive in Udon Thani, a bus transfer will be waiting to take you to your accommodation. In the afternoon there is an optional temple tour that we highly recommend. Once returned, all riders will need to complete their bike fittings.

DON MUEANG (DMK) - UDON THANI (UTH)

15th August 2022 NOK Air Flight DD304

Depart 1:20pm Arrive 2:25pm

RIDE DAYS

16 AUGUST	Ride Day 1 Bueng Kan to Ban Phaeng (110km)
17 AUGUST	Ride Day 2 Ban Phaeng to Nakhon Phanom (102km)
18 AUGUST	REST DAY Nakhon Phanom – Enjoy!
19 AUGUST	Ride Day 3 Nakhon Phanom to Mukdahan (114km)
20 AUGUST	Ride Day 4 Ride Day 4 Mukdahan to Amnat Chareon (124km)
21 AUGUST	Ride Day 5 Amnat Chareon to Yasothon (82km)
22 AUGUST	Flight from Ubon Ratchathani to Bangkok (DMK)

- 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 green 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.

RECOMMENDED DOMESTIC FLIGHT FOR SUPPORTERS MEETING YOU AT THE FINISH LINE

21 AUGUST 2022

Bangkok (Don Mueang) To Ubon Ratchathani

(meeting flight Nok Air DD322, arriving 10:40am)



DEPARTING

On **MONDAY 22ND AUGUST 2022** the group will depart Ubon Ratchathani to Bangkok International Airport where you will be returning to Bangkok for your international flights. Your domestic flight back to Bangkok, transfer to Ubon Ratchathani will be arranged by Hands. You will need to arrange your own International flight or other domestic flights for your trip.

UBON RATCHATHANI (UBP) TO BANGKOK (DMK)

22ND August 2022 NOK Air Flight DD 323

Depart 11:10am | Arrive 12:10pm

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.

