



HANDS
ACROSS THE WATER

Business Blueprint

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, transfers and accommodation into Bangkok. We recommend you fly into Bangkok by **SATURDAY, 10TH SEPTEMBER 2022**, at the latest so you arrive in time for the night's event. We recommend staying at [Novotel Sukhumvit 20](#) as this will be the place for pick up on Sunday morning. You are welcome to stay at the Four Points or any hotel for that matter, but note the bus to the airport will depart at 7.30am from Novotel Sukhumvit 20.

NOVOTEL BANGKOK SUKHUMVIT 20

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

ON YOUR WAY TO RIDE

SUNDAY, 11TH September 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 **SUNDAY, 11TH SEPTEMBER 2022** we will depart [Novotel Sukhumvit 20](#) around 7:30am to get you on a 10:20pm 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.

For those who are return riders it is important to note that the pick-up point for the transfer to the airport is [Novotel Sukhumvit 20](#) which is in Soi 20 off Sukhumvit road. It is approximately 15min walk from the old hotel of Four Points. Access for the larger coaches is problematic at Four Points and we have been requested to move to a more accessible hotel which is the Novotel.

Bangkok (DMK) - Udon Thani

11TH September 2022 NOK Air Flight DD 302

Depart 10:20am Arrive 11:20am

RIDE DAYS

- 12 SEPTEMBER** Ride Day 1 Bueng Kan to Ban Phaeng (110km)
- 13 SEPTEMBER** Ride Day 2 Ban Phaeng to Nakhon Phanom (102km)
- 14 SEPTEMBER** REST DAY Nakhon Phanom – Enjoy!
- 15 SEPTEMBER** Ride Day 3 Nakhon Phanom to Mukdahan (114km)
- 16 SEPTEMBER** Ride Day 4 Ride Day 4 Mukdahan to Amnat Chareon (124km)
- 17 SEPTEMBER** Ride Day 5 Amnat Chareon to Yasothon (82km)
- 18 SEPTEMBER** Flight from Ubon Ratchathani to Bangkok Suvarnabhumi (BKK)

- 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

17 SEPTEMBER 2022

Bangkok (Don Mueang) To Ubon Ratchathani

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



DEPARTING

On **SUNDAY, 18TH SEPTEMBER 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.

UBON RATCHATHANI (UBP) TO BANGKOK SUVARNABHUMI (BKK)

18th September 2022 THAI AIRWAYS TG2021 G

Depart 8:45am Arrive 9:50am

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.

