



# FITPHORIA EXPEDITION

16-23 MAY 2026

## TRAVEL GUIDE

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



# ARRIVAL INTO THAILAND

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## RECOMMENDED FLIGHT TIME INTO BANGKOK

It is the responsibility of the riders and runners to arrange their own international flights into Bangkok and airport transfers. We recommend you fly into Bangkok by **SATURDAY, 16TH MAY**. Welcome dinner and jersey presentation will be done in the evening.

## TRANSFERS INTO BANGKOK

It is also the responsibility of the riders and runners 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 – 700 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.

You can also book a [Grab](#) car via the Grab app (similar to Uber). This can be arranged once you land using airport Wi-Fi or a local SIM card.

## PRE - ACCOMMODATION

On arrival into Bangkok you will make your way to Novotel Sukhumvit 20 where your pre-accommodation for 1 night from **16TH – 17TH MAY** will be sorted for you. You will be room sharing with another rider/runner 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 event coordinator can make the booking for you at the Novotel for any additional nights and you will make payment direct with the hotel. Please be aware that fees may apply to you for any cancellations of your additional nights.

- 3,300-net single
- 3,650-net double

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



**BAAN  
THARN  
NAMCHAI  
Khao Lak**



**Khao  
Sok**

**Surat  
Thani**

Chumphon

Baan Groot

Kuiburi

Hua Hin

## ITINERARY

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- 16 MAY** Arrive in BKK and welcome dinner
- 17 MAY** Travel to Hua Hin by bus
- 18 MAY** Day 1 Hua Hin to Kuiburi
- 19 MAY** Day 2 Kuiburi to Baan Groot
- 20 MAY** Day 3 Baan Groot to Chumphon
- 21 MAY** Rest Day
- 22 MAY** Day 4 Surat Thani to Khao Sok
- 23 MAY** Day 5 Khao Sok to Baan Tharn Namchai
- 24 MAY** Fly home from Phuket airport

## ON YOUR WAY TO RIDE/RUN

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**SUNDAY, 17th MAY** 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/run. We will meet in the hotel lobby and depart Novotel Sukhumvit 20 in the morning. Once we arrive in Hua Hin we will check into the hotel and do your bike fittings and runners briefing in the afternoon.

## RIDERS

- Breakfast starts from 6:00am.
- Please bring your large black bag to reception by 6:30am.
- We are on our bikes and ready to roll at 7:00am sharp. There is no negotiation around start times – if you're not ready, there may be some hefty fines!
- Each stage averages 25km per day. Some stages will be slightly shorter or longer, but all achievable together as a team.
- Daily maps will be provided outlining the route and stage breakdown.

## RUNNERS

- Breakfast starts from 6:00am and bags at the reception by 6:30am.
- Runners will depart the hotel at 6:30am and drive to the start point of the day's run.
- We aim to have runners on the road by 8:00am.
- Estimated distance is 42km per day, with water stops approximately every 7km.
- Start times are firm – please be ready to depart on time.

## DURING THE DAY

- Your black travel 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.
- All you need on your person for the day 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. Lunch 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 tropical heat.
- Sunscreen will be provided and there will be opportunity to purchase arm sleeves for protection from the sun. We advise applying at every stop.

## END OF EACH DAY

- At the conclusion of each day you will be allocated a room and the group will have free time. Use this time to wash your kit and then hit the pool or bar for some well deserved beers.
- Dinner is at 7pm every night. 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 tour. We do have riders that pick up really 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 up a Thai SIM as above.



# SUPPORTERS COMING TO THAILAND

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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.

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## DEPARTING

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**SUNDAY, 24TH MAY**, It is the responsibility of the rider to organise their transfer to the airport from Avani + Khao Lak. 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.

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## TRAVEL INSURANCE

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You will need to organise your own travel insurance and provide this to our ride coordinator Airene Bongon [team@handsgroup.org.au](mailto: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.

[Click here](#) to view the guide to help choose the right policy for the ride.

Don't forget to apply for your [Thailand Digital Arrival Card](#) - apply only within 72 hours (3 days) prior to your scheduled arrival in Thailand.

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