



**HANDS**  
ACROSS THE WATER

# **RIDE TO PROVIDE GULF OF THAILAND 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

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## 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 3rd January 2023.

## 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 (they might charge you for extra pay on the luggage which is 20 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 on TUESDAY, 3RD JANUARY 2023 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 Novotel Sukhumvit 20 as they offer the below group rates:

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

\*Please note that there might be a festive supplement charge during new year (25-Dec to 2nd Jan) at THB 1,000.-net/room/night

NOVOTEL BANGKOK SUKHUMVIT 20

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

# RIDE DAYS

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|------------|---|
| 4 JANUARY  | Ride Day 1 Bangkok to Bang Saen (93 km)                   |
| 5 JANUARY  | Ride Day 2 Bang Saen to Pattaya - Countryside (115km)     |
| 6 JANUARY  | Ride Day 3 Pattaya to Koh Samet (110 km)                  |
| 7 JANUARY  | REST DAY  |
| 8 JANUARY  | Ride Day 4 Koh Samet to Had Chao Lao (68 km)              |
| 9 JANUARY  | Ride Day 5 Had Chao Lao to Laem Sing (110 km)             |
| 10 JANUARY | Ride Day 6 Laem Sing to Chanthaburi City (88 km)          |
| 11 JANUARY | Ride Day 7 Chanthaburi City to Trat City (117 km)         |
| 12 JANUARY | Ride Day 8 Trat City to PAMA House in Chanthaburi (89 km) |
| 13 JANUARY | Flight from BKK   |

# RIDE DAYS

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- 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

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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.

## DEPARTING

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On **FRIDAY, 13<sup>TH</sup> JANUARY 2022** we will arrange a bus transfer from Chanthaburi to Bangkok International Airport where you will be returning to Bangkok for your international flights. We will arrange for 2 stops, 1 at the airport and 1 at Novotel for those that are staying on.

## 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.

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

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

