HANDS ACROSS THE WATER

DIGITAL LIVE

HOME HUG RIDE

22-29 OCTOBER 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

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 **THURSRDAY, 22ND OCTOBER.** Welcome dinner and jersey presentation will be done in the evening.

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 – 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.

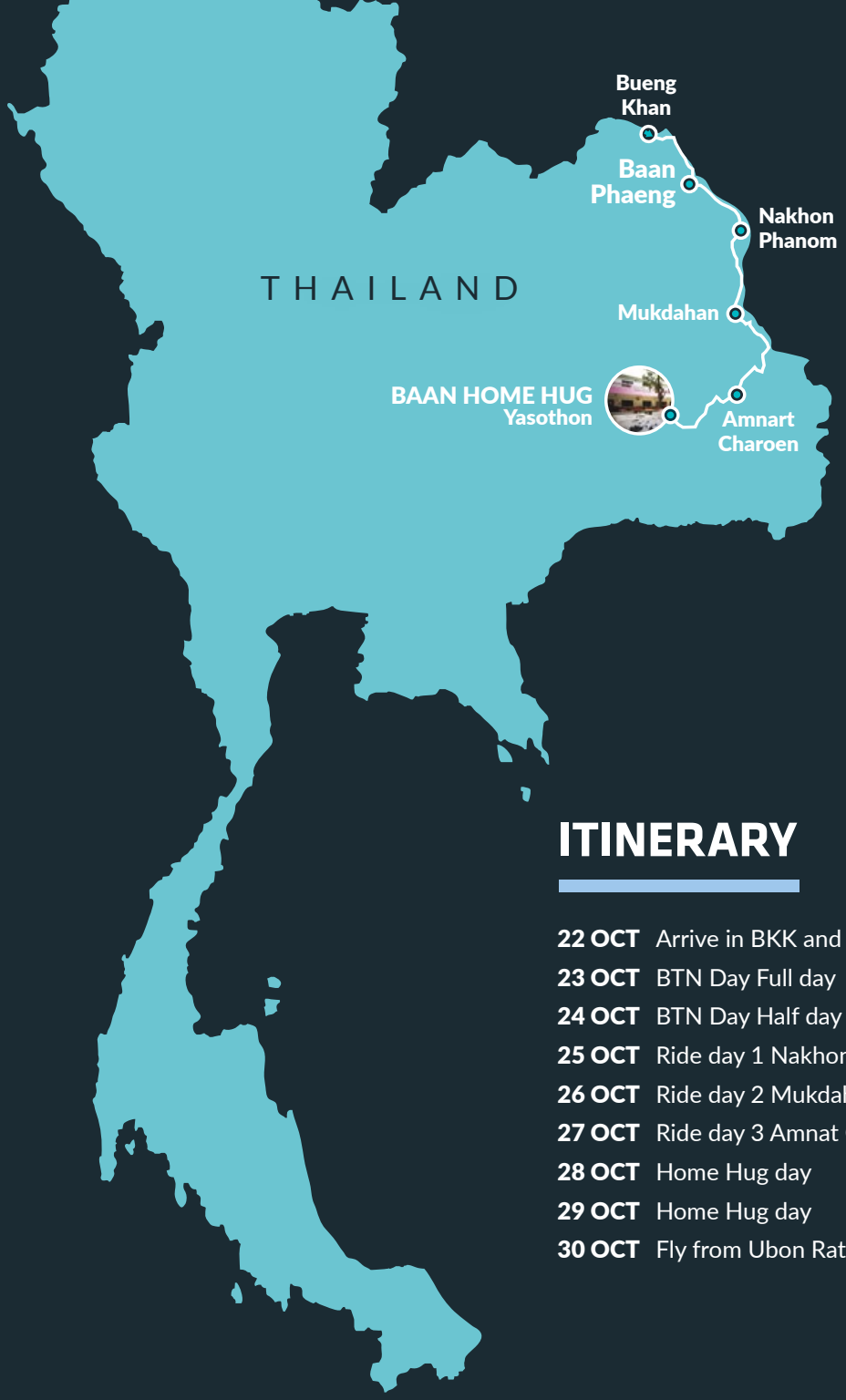
PRE - ACCOMMODATION

On arrival into Bangkok you will make your way to Novotel Sukhumvit 20 where your pre-accommodation for 2 nights from **22ND to 24TH OCTOBER** 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 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





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HOME HUG RIDE

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ITINERARY

22 OCT Arrive in BKK and welcome dinner
23 OCT BTN Day Full day
24 OCT BTN Day Half day / Fly to Nakhon Phanom
25 OCT Ride day 1 Nakhon Phanom to Mukdahan ~ 110.2km
26 OCT Ride day 2 Mukdahan to Amnat Chareon ~ 112.7km
27 OCT Ride day 3 Amnat Chareon to Yasothon ~ 87.7km
28 OCT Home Hug day
29 OCT Home Hug day
30 OCT Fly from Ubon Ratchathani to BKK

ON YOUR WAY TO RIDE

SATURDAY, 24TH OCTOBER

After our half-day Bangkok experience, we'll fly from Bangkok (BKK) to Nakhon Phanom in the afternoon, ready to begin the ride! The Hands Team will take care of the domestic flight arrangements for this part of the trip, so you can simply sit back, relax and get ready for the adventure ahead.

- 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

On **FRIDAY, 30TH OCTOBER**, 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 to BKK
Flight# VZ221 depart - 12:45 arrival - 14:00

For those doing the Double Ride, please arrange your own accommodation for the night of 30 October. Airene can assist with booking your accommodation back at Novotel Sukhumvit 20, where your accommodation for the next ride will begin on 31 October.

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.

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.

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