



HANDS  
ACROSS THE WATER

# RIDE TO PROVIDE HOME HUG RIDE 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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It is the responsibility of the riders to arrange their own international flights into Thailand on or before **2<sup>ND</sup> JANUARY** to allow for time to get a domestic flight to Udon Thani. There are options to fly up in the evening, or you could stay one night in Bangkok and get a flight to Udon Thani on the morning of the **3<sup>RD</sup> JANUARY**.

Note: You will be responsible for booking your own International and Domestic flights to Thailand and Udon Thani.

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## TRANSFERS PRE AND POST RIDE

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The following flights are our recommended options, and we will arrange transfers to and from the hotel accordingly. If you've booked a different flight, please make sure to inform Airene and make your own transportation arrangements between the airport and the hotel.

### RECOMMENDED FLIGHTS

#### **BANGKOK TO UDON THANI**

3 January 2024

Nok Air Flight #DD304

Depart 10:15am

Arrive 11:25am

#### **UBON RATCHATHANI TO BANGKOK** (2 options - morning and afternoon)

13 January 2024

Thai Smile Flight #WE21

Depart 08:40am

Arrive 09:45am

VietJet Flight #VZ221

Depart 12:05pm

Arrive 1:15pm

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## PRE - ACCOMMODATION

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The group will be staying at the Centara Hotel in Udon Thani prior to the ride where your pre-accommodation for 1 night on WEDNESDAY, 3RD JANUARY 2024 will be arranged for you. You will be room sharing with another rider unless you have purchased a single supplement room. If you plan to arrive earlier, we can also request an extra night with the hotel.

#### **CENTARA HOTEL UDON THANI**

277/1 Prajaksilapakom Road Muang,Udon Thani 41000,Thailand

# RIDE DAYS

- 02 JAN** Arrival into Thailand – Domestic flight to Udon Thani
- 03 JAN** Welcome drinks and jersey presentation – Udon Thani
- 04 JAN** Ride Day 1 Nong Khai to Pak Khat (~92km)
- 05 JAN** Ride Day 2 Pak Khat to Bueng Kan (~65km)
- 06 JAN** Ride Day 3 Bueng Kan to Ban Phaeng (~110km)
- 07 JAN** Ride Day 4 Ban Phaeng to Nakhon Phanom (~102km)
- 08 JAN** REST DAY Nakhon Phanom – Enjoy!
- 09 JAN** Ride Day 5 Nakhon Phanom to Mukdahan (~114km)
- 10 JAN** Ride Day 6 Mukdahan to Khemarat (~94km)
- 11 JAN** Ride Day 7 Khemarat to Amnat Chareon (~133km)
- 12 JAN** Ride Day 8 Amnat Chareon to Yasothon (~82km)
- 13 JAN** 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

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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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**SATURDAY, 13<sup>TH</sup> JANUARY 2024** You will be responsible for booking your domestic and international flights home. We advise you to travel on the same domestic flight as the group so that we can arrange a group transfer for the 1.5hour bus ride to Ubon Ratchathani Airport. The flight will be in the morning and afternoon to allow plenty of time for people to connect to their International flights home.

## 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](#)

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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).