



HANDS
ACROSS THE WATER



**DIGITAL
LIVE**

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 BANGKOK

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 **SATURDAY 19TH AUGUST**.

ON YOUR WAY TO RIDE

THURSDAY, 20TH AUGUST 2023

Today we fly to Udon Thani where we will transfer to the start of the ride by coach. The Hands Team will take care of the domestic flight for this part of the trip.

There will be a 3 hour bus ride from the airport to our hotel where we will start riding from the following day. We will also host a ride briefing after setting up our bikes in the afternoon.

RIDE DAYS

- 21 AUG** Ride Day 1 Bueng Kan to Ban Phaeng (110km)
- 22 AUG** Ride Day 2 Ban Phaeng to Nakhon Phanom (102km)
- 23 AUG** REST DAY Nakhon Phanom – Enjoy!
- 24 AUG** Ride Day 3 Nakhon Phanom to Mukdahan (114km)
- 25 AUG** Ride Day 4 Mukdahan to Amnat Chareon (124km)
- 26 AUG** Ride Day 5 Amnat Chareon to Yasothon (82km)
- 27 AUG** 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.

DEPARTING

On **SUNDAY, 27TH AUGUST** 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.