



CYCLE THE ROAD LESS TRAVELLED

10 DAYS DEPARTING 3RD MARCH 2012 (CHIANG MAI)

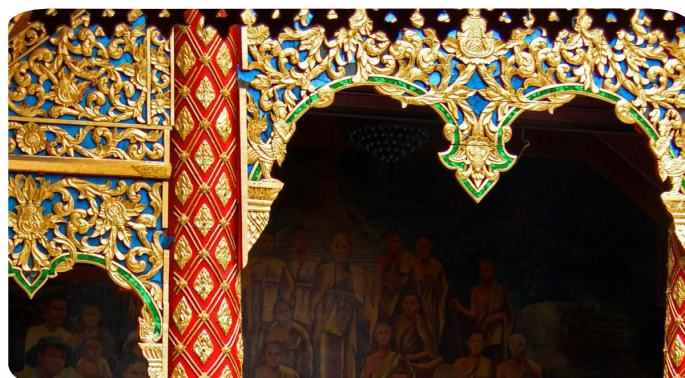
DETAILED ITINERARY

CHIANG MAI TO BANGKOK

Northern Thailand is where landscape meets culture, for those who want to discover old Thailand. With mountains, rivers and forests Chiang Mai and the surrounding province provide some of the best biking, and scenic routes, in all of Thailand. The north of Thailand also boasts a distinct culture, as can be seen by visiting local hill tribes, tasting Khao Soi or visiting the province's glorious ancient temples.

There'll be plenty of opportunities for taking photos and just taking in the wonderful scenery. With a vehicle accompanying the group, you choose how much riding you wish to do, it can be as long or as short as you like.

From the city walls of Chiang Mai, the former capital of the Lanna Kingdom which ruled northern Thailand from the 13th to 18th century, we travel south to Lampang, another stronghold from the Lanna era and stop to see the oldest and holiest stupa in Thailand, Wat Phra That Haripunchai. Taking quiet back roads, where you will be amazed at how little traffic is encountered, we follow the Chao Phraya river valley south to Sukhothai. Here the King had absolute power and reigned over his subjects in the 13th and 14th centuries and we'll spend the day exploring the ruins and learning about this era. We then get truly off the beaten path and head to Kampheng Phet, the Diamond Wall City, a former defensive fort built to protect Sukhothai. Our last stops will be Ayutthaya, which reigned from 1350 until being sacked by Burma in 1767. The ruins are worth visiting before we head towards the more modern period of the Rattanakosin Kingdom and the summer palace at Bang Pa In and Bangkok.



DAY 1 - 3RD MARCH

ARRIVAL TO CHIANG MAI

Arrival to Chiang Mai and transfer to the hotel. Check-in and leisure time. In the evening, we enjoy a delicious welcome dinner at a restaurant overlooking the Ping River.

Meals: Dinner

Accommodation: Manathai Village

DAY 2 -4TH MARCH

CHIANG MAI

Breakfast

After breakfast, we explore the ancient and modern city of Chiang Mai, including its old city walls, gates and moat, markets, residential areas and Tapae, Chiang Mai's main street. We continue our tour with a drive up Doi Suthep to Wat Phra Thad Doi Suthep (AD 1384), the most sacred temple in North Thailand. Inside the cloister of the temple you will see one of the most sacred stupas in all of Thailand. A panoramic view of the city can be seen from here at 3,500 ft. above sea level. Then visit Wat Jed Yord (AD 1455) featuring a seven spired stupa and Wat Suan Dok, where the ashes of Chiang Mai's royal family are interred. We drive out to the countryside for a special cooking class where we learn how to make many traditional Thai dishes. In the evening we'll take a stroll through Chiang Mai's famous night market.

Meals: Breakfast, Lunch, Dinner

Accommodation: Manathai Village

DAY 3 - 5TH MARCH

CHIANG MAI - LAMPANG

Breakfast

We transfer to Wiang Khum Kam and start our riding amongst the 11th Century temples. We then follow a scenic route alongside the Ping River. Eventually arriving at the ancient town of Lamphun in time for lunch. Afterward we visit Chiang Wat Phra That Hariphunchai, built around 1044 AD, and one of the finest examples of ancient Lanna temple architecture before transferring to Lampang. Dinner is at a delightful riverside restaurant.

Meals: Breakfast, Lunch, Dinner

Accommodation: Wienglakor Hotel

Ride: 30 km



DAY 4 - 6TH MARCH

LAMPANG - UTTARADIT

Breakfast

After our short transfer into the hills of Maerang, we ride on small country roads over small quaint bridges and through small local villages. You'll also be able to get off your bike and stroll through the many colorful markets found on today's tour. Stopping at one of the many temples we pass is also encouraged and you might be intrigued by the town of Ban Nasan, noted for its bamboo products. We have a few hills to climb before we reach the Mysterious Rock Garden and then it's downhill all the way into the historic town of Phrae. Transfer to Uttaradit where an optional Thai massage might be in order.

Meals: Breakfast, Lunch, Dinner

Accommodation: Seeharaj Hotel

Ride: 47 km (options will be provided for those wanting to ride a shorter distance)

DAY 5 - 7TH MARCH

UTTARADIT - SUKHOTHAI

Breakfast

We really head off the beaten track today as we ride on some of the most secluded and beautiful roads in Thailand as a canopy of palm trees provides some natural protection from the hot Thai sun. We pass lush green paddy fields and many villages as we head towards the first capital of Thailand, Sukhothai. The 13th Century reign is generally viewed as the "golden age" of Siam due to the fact that its influence spread as far west as Burma, east as far as Cambodia and south down into Malaysia. Ride to Sri Satchanali Historical Park.

Transfer to hotel.

Meals: Breakfast, Lunch, Dinner

Accommodation: Ruean Thai Hotel

Ride: 62 km (options will be provided for those wanting to ride a shorter distance)

DAY 6 - 8TH MARCH

SUKHOTHAI

Breakfast.

A day to enjoy the original capital of Thailand by taking a ride round the historic park. A UNESCO World Heritage site, there are more than 193 ruins surrounded by three moats and bridged by four gateways. Bikes are the best way to enjoy this ancient city and you won't want to forget your camera to capture some of the stunning Buddha statues. Or simply have a day off the bike and enjoy the town of Sukhothai.

Meals: Breakfast, Lunch, Dinner

Accommodation: Ruean Thai Hotel

Ride: 15km



DAY 7 - 9TH MARCH

SUKHOTHAI - KHAMPENG PHET

Breakfast.

Khampeng Phet, also known as the "Diamond Wall City," was a military fortress used to help defend Sukhothai from invading armies. The moss and flower covered ruins give it a quality that is not seen in its more popular and restored neighbor of Sukhothai. We have plenty of time to visit the sites by foot or by bicycle. The ride to Khampeng Phet is on pleasant country roads with plenty of activity going on to keep your attention.

After dinner we'll go for a stroll through the night bazaar and see a typical Thai market.

Meals: Breakfast, Lunch, Dinner

Accommodation: Chakungrao Riverview.

Ride: 49 km (options will be provided for those wanting to ride a shorter distance)

DAY 8 - 10TH MARCH

KHAMPENG PHET - UTHAI THANI

Breakfast.

Transfer in the morning before enjoying a leisurely ride along very scenic roads to Uthai Thani. You'll quickly understand why Thailand is the top exporter of rice when you see the many paddies on your route today. Look out for water buffaloes wallowing in a puddle and for ducks taking a dip in a rice field. Arrive in Uthai Thani in time for lunch on board a charming restored rice barge while you cruise on the Sakaekrang River. Relax as banks of the river offers up glimpses into traditional Thai-style of living – from men fishing to women doing the laundry to children playing.

Meals: Breakfast, Lunch, Dinner

Accommodation: Uthai River Lake Resort.

Ride: 49 km (options will be provided for those wanting to ride a shorter distance)

DAY 9 - 11TH MARCH

UTHAI THANI - PA MOK - AYUTTHAYA

Breakfast.

After breakfast time to get on the bike for a ride on Thepho Island. This forested island is noted for its attractive lush greenery and is where the Chao Phraya River and Sakaekrang rivers meet. Today we cross the river several times by ferry, passing by orchards and rice fields, and riding along the shady banks of the Chao Phraya River. We transfer to Wat Pa Mok where we visit a reclining Buddha before arriving in Ayutthaya and our boutique hotel set amidst rice paddies. Afternoon is free to indulge in a facial or body scrub at the spa.

Meals: Breakfast, Lunch, Dinner

Accommodation: Pludhaya Resort & Spa

Ride: 30 km



DAY 10 - 12TH MARCH

AYUTTHAYA - BANG PA IN - BANGKOK

Breakfast.

Today we rise early to give an traditional offering to the monks. We then have breakfast before we go for a ride through Ayutthaya Historical Park, a UNESCO World Heritage site since 1991. Its distinct reputation is well earned -- weathered layers of burnt bricks compose the stately stupas and chedis that guard these grounds. We return to the hotel to change and then take a leisurely lunch cruise down to Bang Pa In to visit the Summer Palace of King Rama V who regularly spent his summers there. The structures represent a variety of architectural styles, from very old Chinese handicraft to European 19th Century ornaments and furniture. All of them set in a large park around ponds and waterways. After our visit we transfer by van to Bangkok.

Meals: Breakfast, Lunch, Dinner

Accommodation: Majestic Grande Hotel

Ride: 15 km

DAY 11 - 13TH MARCH

BANGKOK

Breakfast.

Today provides the opportunity to explore Bangkok. Your guide will be available in the morning for those who want to visit some of the key sites in Bangkok including the Grand Palace, Wat Pho and Wat Arun. You will have the option to do siteseeing by either bicycle or minibus. The afternoon will be at your leisure to spend time relaxing, siteseeing, shopping or at the spa. Finally, our farewell dinner will be a river cruise on a converted rice barge on the Chao Praya River.

Meals: Breakfast, Lunch, Dinner

Accommodation: Majestic Grande Hotel

Optional cycling

DAY 12 - 14TH MARCH

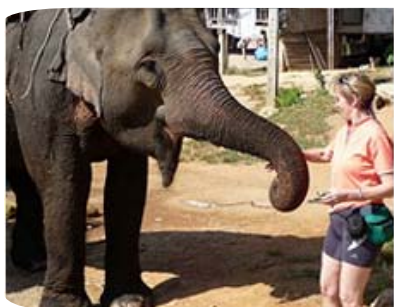
DEPARTURE DAY

Breakfast.

You will be departing for your own destinations with memories of an unforgettable experience through the heartland of Thailand.

Free time until your direct transfer to the airport in Bangkok.

TOTAL RIDING: 297 KM



IMPORTANT NOTES

Food & drinks

Meals and restaurants are carefully selected and are of a high quality. All meals are included starting from Dinner on Day 1 to Dinner on Day 11.

All water and snacks are included whilst riding.

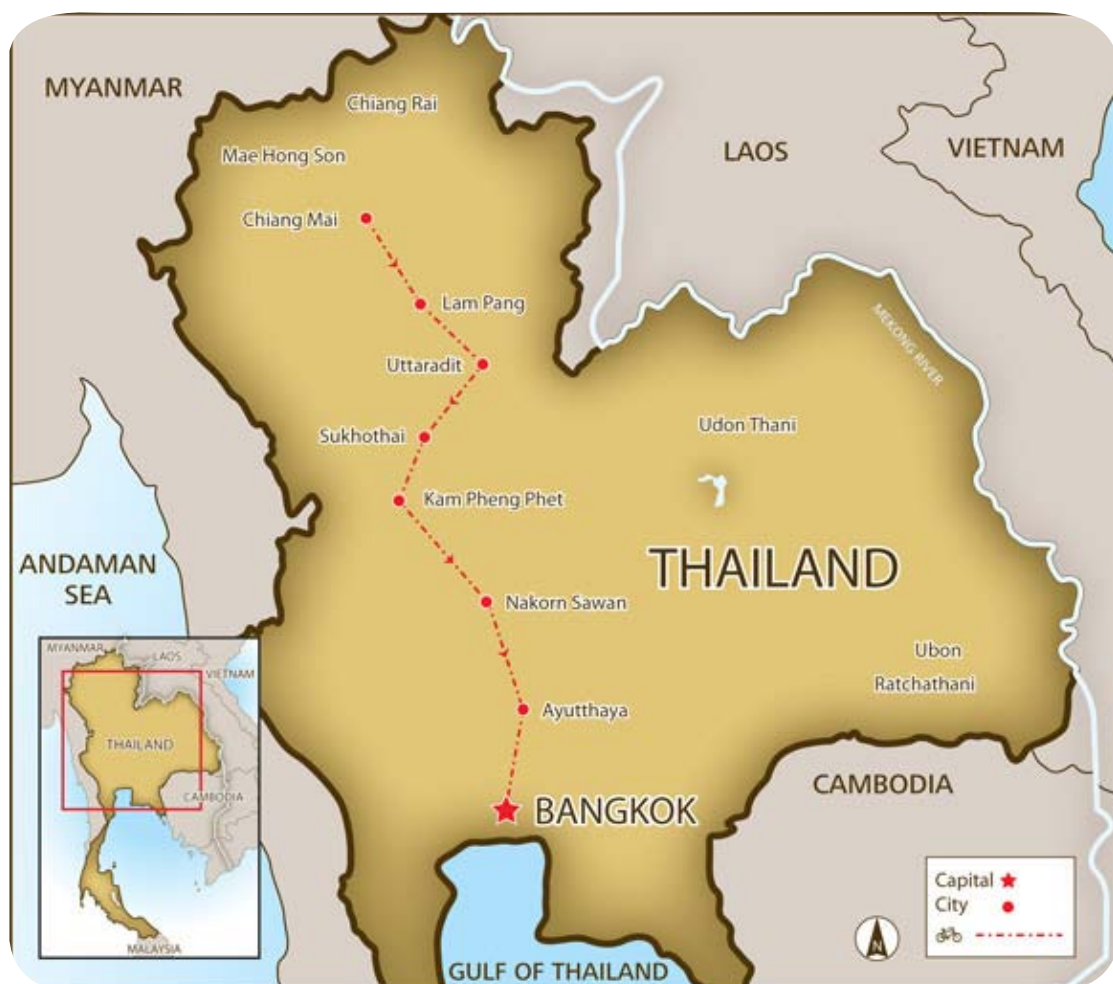
Local Guide

The group will be accompanied by a local English speaking guide. We provide 1 guide for every 6 people. Our guides are highly professional, very friendly with an extensive knowledge of the area. They know every hidden corner and will give you the opportunity to experience all the unspoiled places and the real culture of Thailand.

Transport

A private air conditioned vehicle will be available for the group for its everyday transfers, transportation of luggage and cycle support. We provide 1 vehicle for every 6 people.

If at any time you do not wish to ride, the vehicle is available for you and your bicycle.





INCLUDED WITH THIS TRIP

- 11 nights accommodation on twin share basis
- All meals as detailed in the itinerary
- Water and snacks whilst riding
- All transfers listed in the itinerary
- Cooking class in Chiang Mai
- All entrances to museums and sites mentioned
- Bike Hire
- Services of a fully experienced English speaking guide as detailed in the itinerary
- Farewell River Cruise Dinner
- Sightseeing tour in Bangkok



NOT INCLUDED WITH THIS TRIP

- International or Domestic Airfares
- Airfare from Bangkok to Chiang Mai
- Departure Tax
- Alcoholic and other beverages in the evenings
- Massages or spa treatments
- Visa fees - each member of the group must carry a valid passport (valid for at least 6 months beyond the duration of your trip) and have obtained the appropriate visas
- Tips, personal telephone charges
- Travel Insurance (compulsory) - You will need to give the policy number prior to departure
- Items of a personal nature; postage, drinks and souvenirs
- Entrance fees during free time
- Additional optional activities
- Medical Advice - Please refer to your GP or local travel clinic for up to date travel health advice for the area(s) you are visiting.



Women's Own Adventure
p 1300 883 475 m 0449 570 102
e info@womensownadventure.com.au
www.womensownadventure.com.au