

EXPLORE!

Cycle Bangkok to Rangoon

BURMA (MYANMAR), THAILAND - TRIP CODE CTB

CYCLING

DAYS

14

PRICE FROM

Call us

FLIGHTS
NOT
INCLUDED

Why book this trip?

On this cycle adventure we journey through the heart of Thailand and the sleepy backwaters of southern Burma (Myanmar). From vibrant Bangkok we visit floating markets and cycle north through the ancient Siamese temple cities of Ayutthaya and Sukhothai. Once in Burma we discover the golden temples, palpable colonial past, impressive limestone scenery, traditional way of life and charming villages of the friendly and little-visited Mon State. We make our own pilgrimage to the Golden Rock Buddhist shrine and end our journey in Rangoon.



INCLUDED MEALS
Breakfast: 13
Lunch: 7
Dinner: 1



TRIP STAFF
Explore Tour Leader / Cycle guide
Assistant Cycle Guide
Driver(s)
Local Guide(s)



TRANSPORT
Bus
Bicycle



ACCOMMODATION
2 nights premium hotel
11 nights standard hotel



CYCLING GRADE:
Moderate



GROUP SIZE:
10 - 16

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Join trip in Bangkok; optional longtail canal trip

Arrive Bangkok and check-in to the hotel. The rest of the day is free. You may choose to take an optional cruise along the city's Klongs (canals) in a traditional longtail boat - an ideal way to explore Bangkok's network of backwaters that branch off from the Chao Phraya River. The excursion will also include visits to Wat Arun, the Royal Barge Museum and the Temple of the Dawn, built to represent the towering slopes of Mount Meru - the Khmer's mythical home of the Gods. Alternatively if time permits you may choose to visit the remarkable Royal Palace.

No cycling today.



ACCOMMODATION:
Royal Princess Larn Luang Hotel (or similar)

Grade: Premium Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: NONE

DAY 2 - Cycle between floating markets; Bangkok night bike ride

This morning we set off by bus (1hr) for the famous floating markets of Damoen Saduak. After a quick exploration on foot we have our bike fitting session, making any minor adjustments to ensure all are comfortable. We then mount up and ride through verdant tropical gardens, past coconut palms and banana trees. Our route snakes its way through shaded farmland, over small rivers and canals before finally ending at Amphawa, one of the most scenic and popular floating markets in the country. We return to Bangkok by bus and later this evening see a different side to the capital on a night cycle ride to vibrant Chinatown. Here we get to sample some of the many traditional street foods that make the area so lively at night.

Our total cycling distance today is approximately 50 kilometres (flat).



ACCOMMODATION:

Royal Princess Larn Luang Hotel (or similar)

Grade: Premium Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & DINNER

DAY 3 - Cycle through Ayutthaya old capital. Drive to Kamphaeng Phet

We drive north (1.5hrs) to Ayutthaya, the former capital of the Kingdom of Siam. Ayutthaya is situated on an island at the confluence of three rivers, the Chao Phraya, Pa Sak and Lopburi Rivers. This strong defensive position helped the city retain power for over 400 years, during which time it became extremely wealthy. Now a UNESCO World Heritage site, the city is still a stunning complex of palaces, shrines, stupas and monasteries. Our cycle route today starts amongst the ruined temples and we pause to take in the best views as we wind our way through the complex. Moving on north we cycle past rice paddies alongside sleepy rivers. We pass through little towns on a mixture of dirt tracks and paved roads,

picking a local restaurant for our lunch break (not included). Re-joining our support vehicles we then have a longer drive upcountry (3-4hrs) to reach Kampaeng Phet and our hotel for tonight.

Our total cycling distance today is approximately 60 kilometres (mostly flat).



ACCOMMODATION:
Navarat Heritage Hotel (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 4 - Visit UNESCO site of Kamphaeng Phet. Cycle upcountry to Sukhothai

This morning we visit a local supermarket to stock up on picnic supplies before exploring the ruins of Kampaeng Phet on foot. Dating back to the 14th century and contemporary with the better-known kingdom of Sukhothai, Kampaeng Phet's prominence continued until the Ayutthaya period took over, some two hundred years later. We start cycling from here exploring sleepy towns and rural landscapes, stopping to enjoy our picnic and relax in the shade of a local temple near Khlong Khang Nai dam. Ending our ride just outside of Sukhothai, we transfer the final short distance by vehicle to our hotel.

Our total cycling distance today is approximately 70 kilometres (total accumulated ascent 300 metres and 340 metres descent).



ACCOMMODATION:
Le Charme Sukhothai Resort (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 5 - Explore ancient city ruins of Sukhothai by bike. Cycle Taksin Maharat National Park

Our hotel is just a short ride from Sukhothai Historical Park, and first thing this morning we explore the ancient ruins by bicycle. Sukhothai was the first capital of Siam and at the pinnacle of Thai civilisation for over 200 years up to the end of the 1400s. It then went into decline as Ayutthaya took over as the most important city in the area, and was deserted until the 19th Century when it was discovered as a lost city in the jungle. The city has now been fully excavated and it comprises 21 historical sites within the city walls and a further 70 outside. Perfect for exploring on two wheels our route is about 11km on the flat and should take us around 2.5 hours, stopping along the way to see more detail of the principal temples on foot. We then return to our hotel, check out and start our drive (1.5hrs) into the mountains to the scenic Taksin Maharat National Park. Back on the bikes and now in hillier terrain we cycle up to a view point where we continue on foot into the jungle to view a 700-year-old mighty Krabak tree measuring 50m high and 16m in circumference. We continue to cycle through a nearby hilltribe village, along dirt tracks and winding village lanes. This marks the end of our cycling adventure today and in Thailand and the bikes will be shipped back to Bangkok. From here we drive (1hr) down to Mae Sot and check into our hotel for the evening.

Our total cycling distance today is approximately 30 kilometres (total accumulated ascent 580 metres and 640 metres descent).



ACCOMMODATION:
Centara Mae Sot Hill Resort (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 6 - Cross border into Burma (Myanmar). Drive to Hpa An. Ride to cave of 10,000 Buddhas

This morning we depart early to cross into Burma! It is a short drive to the border where the Burmese Explore Leader meets us at immigration and we say goodbye to our Thai Leader and crew. There will be time to use the money exchange facilities and ATMs. Now in another land, surprisingly different and significantly less developed than Thailand, we drive away from the hustle and bustle of the busy border town of Myawaddy and down through the forested hills to eventually reach our hotel in Hpa An after about 5 hours, stopping at a local restaurant for a typical Burmese lunch on the way. Road conditions make for slow going on this section. Nestled in the centre of some spectacular limestone ranges, Hpa An

is the capital of Karen State with a small town feel and a bustling atmosphere full of friendly locals. There will be a short and flat ride later this afternoon via Kaw Gun Cave. Also known as the Cave of 10,000 Buddhas, the cave is filled with Buddha images of various sizes, the oldest dating back to the 7th Century. We continue to Shwe Yin Myaw Pagoda to watch the sunset, with some time to get familiar and comfortable with our 'Burmese' bikes making any minor adjustments before we start our ride. We return to the hotel by bus.

Our total cycling distance today is approximately 30 kilometres (flat).



ACCOMMODATION:
Hotel Glory (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

DAY 7 - Loop ride amid beautiful karst scenery

An amazing day awaits us as we explore more of the caves and temples in the area surrounding Hpa An. We cycle from our hotel to Bayin Nyi Naung cave. After a short visit we cycle alongside the Thanlyin River, taking in river life, fishing boats and the cries of 'mingalabar' (hello) from friendly local villagers. The scenery is nothing short of fantastic, with karst peaks jutting out of rice paddies, including the impressive 722 metre high Mount Zwegabin. We stop for a simple and typical Burmese lunch before continuing to a natural spring where we can join the locals for a refreshing dip. Finally in the early afternoon we cycle back to Hpa An and the remainder of the day is free to relax. In the late afternoon we plan an excursion to visit Kyaukalat Pagoda for sunset by vehicle. The cycle ride today is 95% on paved roads.

Our total cycling distance today is approximately 40 kilometres (flat).



ACCOMMODATION:
Hotel Glory (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

DAY 8 - Hpa An to Mawlamyine by bike

We bid farewell to Hpa An this morning and commence our ride to Mawlamyine on a route that takes us along flat roads with little traffic amid magnificent karst formations. Our first stop is at Saddar Cave - an enormous cavern that houses a reclining Buddha. We leave the cave on simple sampans crossing a lake and passing through another cave to reach our bikes. Along our route we will pause for another Burmese lunch. Later we stop to visit a beautiful monastery on the way to Mawlamyine. The cycle ride ends at Zar Tar Pyin from where we drive the final section into Mawlamyine itself and our hotel where we spend the next two nights. The former British capital of lower Burma, Mawlamyine was visited and written about by Rudyard Kipling in 1889. The charming atmosphere remains and the waterfront is a lively place to visit. In the mornings fishing boats and passenger ferries keep the piers and the nearby market busy. In the evening people gather for a great view of sunset over the river. There is much to explore! The Tour Leader will lead a short orientation tour and sunset stroll along the strand waterfront. The cycle ride today is 85% on paved roads and the tour bus cannot access much of the route, but the support truck will be able to accompany.

Our total cycling distance today is approximately 60 kilometres (flat).



ACCOMMODATION:
Attran Hotel (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

DAY 9 - Free day in Mawlamyine. Optional cycle to giant reclining Buddha

A relaxing pace sets the tone today and for those interested there is an optional ride to Win Sein Tawya to see the world's largest reclining Buddha. At 180 metres in length and 30 metres high, there is room for an eight-storey building inside! We travel by bus back to Mawlamyine where you have some free time to explore on your own. Other options for today include a Thanlyin river boat ride or a visit to Bilu Island. We meet up in the late afternoon to visit the 9th century Kyaikthanlan Phayar (Pagoda), the highest structure in the city, to enjoy the sunset and views across the Thanlywin River to Bilu Island. This evening there is the option to experience a traditional Mon-style dinner.

Our total cycling distance today is approximately 35 kilometres (total accumulated ascent 280 metres)

and descent) (optional).



ACCOMMODATION:
Attran Hotel (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 10 - Off-the-beaten-track cycle through villages and rubber plantations

We start the day with a drive (3hrs) to Billin town where today's cycle ride commences. On a mixture of paved and unpaved quiet roads our cycle route takes us off the beaten track through 'real' rural Burma. We ride through rubber plantations, past paddy fields, over wooden bridges and through small villages where virtually no tourists go. If time permits we will stop at a local house for a tea break or to play a local ball game (chin lone). The ride ends near Kyaikhtiyo township and we continue the short remaining distance (15km) by vehicle to our hotel in Kinpun where we spend the next two nights. The cycle ride today is 95% on paved roads.

Our total cycling distance today is approximately 55 kilometres (flat).



ACCOMMODATION:
The Eternity Resort (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

DAY 11 - Cycle around Kyaiktiyo; visit Golden Rock

After breakfast we start a loop ride on the unpaved back roads of Kyaiktyo through rubber and teak plantations. The route crosses narrow bamboo bridges that cars cannot pass so much of the route will not be accompanied by our support truck or bus. Around half of today's route is on unpaved roads and tracks. The final 16 km is on paved road as we return to our hotel. In the late afternoon we drive the short distance to the foot of Mount Kyaikhtiyo, or Kin Pun 'base camp'. From here we take an open air truck 11 km up the steep slopes to Yathetaung. From here we walk for approximately 45 minutes to the mystical and highly revered Mount Kyaikhtiyo Pagoda in time for sunset. Also known as Golden Rock, this pagoda is centred around a large boulder balancing precariously on the edge of a cliff near the top of the mountain, supposedly held in place by a hair of the Buddha. If interested in walking the whole distance up the mountain please speak with the Tour Leader beforehand and you would have to miss the cycle ride earlier today. Soak up the atmosphere and take in the panoramic views before returning to our hotel.

Our total cycling distance today is approximately 35 kilometres (total accumulated ascent 210 metres and 160 metres descent) (no vehicle support).



ACCOMMODATION:

The Eternity Resort (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

DAY 12 - Cycle through traditional villages and farmlands to Bago

After breakfast, our day continues on the bike, cycling through small plantations, traditional villages and hamlets on our way to Bago. Our cycle route today follows undulating and unpaved roads and tracks and the first 4 km of today's route involves retracing the end of yesterday's ride. As with yesterday vehicles cannot access the route so there is no vehicle support today. After lunch at a local restaurant we ride to the main road from where we'll drive 1.5hrs to the town of Bago. Founded in 573AD, it is home to a number of sacred shrines and pagodas, including the Shwemawdaw Paya (the Golden God Temple) the tallest pagoda in the country. We drive to visit the pagoda in the late afternoon, as well as the 55-metre long Shwethalyaung Reclining Buddha (the second largest in the world) and the four-seated Buddha at Kyaik Pun Pagoda.

Our total cycling distance today is approximately 60 kilometres (total accumulated ascent 200 metres and descent) (no vehicle support).



ACCOMMODATION:

Shwe Pyi Resort (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

DAY 13 - Cycle and drive to Rangoon (Yangon). Visit magnificent Shwedagon Pagoda

Back on paved roads today our final cycle ride should offer plenty of opportunity to see farmers at work as we cycle alongside paddy fields, livestock farms and lakes. Our ride ends as we get closer to the city and the roads begin to get congested and busy. We drive for around 2 hours to Rangoon and along the way we plan to visit the moving Taukkyan Commonwealth War Cemetery. In the late afternoon we make time to visit the old downtown area and Bogyoke market (formerly known as Scott's Market, closed on Mondays, full moons and public holidays). Finally we visit the famous Shwedagon Pagoda for sunset. The stupa glitters from the gold leaf, diamonds and other gems it is adorned with and is believed to enshrine eight hairs of the Buddha. Being part of the evening scene here will be an experience in and of itself! Tonight we celebrate the end of our journey with a final group supper in Rangoon. For those wishing to spend more than one night and extra time in Rangoon, particularly if you have a morning flight home, we suggest booking an extra night post tour accommodation.

Our total cycling distance today is approximately 40 kilometres (total accumulated ascent 130 metres and descent).



ACCOMMODATION:
Panda Hotel (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

DAY 14 - Tour ends Rangoon

Tour ends after breakfast.



MEALS PROVIDED: BREAKFAST

Trip information

Country information

Burma (Myanmar)

Climate

Burma is a tropical country and has three seasons. Temperature and rainfall varies across the country; Rangoon, Bagan and coastal areas tend to have higher temperatures and rainfall. Cool season = October to February with average temperatures from 18-24C; at higher altitudes (Inle Lake, Kalaw) the temperature is slightly cooler and temperatures can drop down to about zero at night. Hot season = March to mid-May 25-38C; particularly hot in Bagan and Rangoon. Rainy (Southwest Monsoon) = mid-May to September 23-33C; practically all of the country's rain falls in this period.

Time difference to GMT	Plugs	Religion	Language
+6	3 Pin Flat	Theravada Buddhism, Hinduism	Burmese

Thailand

Climate

Generally hot with high humidity. There is some rainfall from April to September with most days being hot (around 33 Degrees) and a light breeze on the islands. If it does rain, it will be more of a heavy tropical downpour that lasts a few hours. Additional information and climate charts can be accessed at <http://www.explore.co.uk/weather>.

Time difference to GMT	Plugs	Religion	Language
+7	2 Pin Round	Buddhism	Thai

Budgeting and packing

Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Bangkok - Longtail boat excursion on the Klongs includes visit to Royal Barge museum and Wat Arun
USD22

Mawlayine - Boat trip to visit Bilu Island approx USD20-40 per person (depending on number of participants)

Clothing

When cycling: bring quick drying cycle tops, padded cycle shorts, plus a lightweight wind and water proof jacket. Days are hot and humid.

Footwear

If you are not bringing cycle shoes then try to bring stiff-soled shoes as these are better for cycling - transmitting your energy into the pedals more efficiently. This becomes more relevant and recommended the more demanding the grade and distances to cover. SPD cycle shoes are not well suited to tours that combine sightseeing with cycling.

Comfortable walking shoes or sandals, trainers or flip flops are useful when not on the bike.

Luggage

20kg

Luggage: On tour

We recommend you bring a daypack and one main piece of luggage (total allowance: 44lb/20kg) which will be transported between hotels while you cycle. Check the bike details section to see if a pannier or handlebar bag is provided on the bike.

Equipment

On all Explore cycle holidays we strongly recommend you bring along and wear your cycle helmet. In case of an accident resulting in personal injury, certain insurance policies are invalidated in cases where a helmet was not being worn. Cycle glasses to protect against dust, pollen and the sun, padded cycle gloves and a water bottle or water delivery system (e.g. camelback or platypus) are also useful. Off road sections can be dusty. Buffs are good to protect from dust. You may choose to bring your own gel seat cover for added comfort. If a handle bar bag or pannier is not provided (check bike details) then you may like to bring a small rucksack to wear while cycling. Other items to consider bringing are a sunhat and sun cream, torch, earplugs and insect repellent. Please carry some or all of your cycling equipment e.g. helmet as part of your hand luggage.

Tipping

Explore leader

At your discretion you might also consider tipping your Tour Leaders (Thai and Burmese) in appreciation of the efficiency and service you receive.

Local crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case,

they will account for it throughout the tour. Accordingly you should allow approximately USD 60 for gratuities for local staff.

Burma (Myanmar)

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price	Dinner price	Beer price	Water price
£3	£5	£1.8	£0.7

Foreign Exchange

Local currency

Kyat.

Recommended Currency For Exchange

Carry all your funds in U.S. Dollars cash, larger denominations tend to get better exchange rate. NB - PLEASE ONLY BRING NEW U.S. DOLLAR BILLS (BIG HEADS INSTEAD OF SMALL) AND THEY SHOULD BE NEW AND IN A PRISTINE STATE. ANY OLD, TORN OR MARKED NOTES WILL NOT BE ACCEPTED. U.S. Dollar bills with the series CB will not be accepted for exchange.

Where To Exchange

The official rate is far different from the market rate, we recommend you consult your tour leader for advice regarding the best place to exchange. The exchange booth at airport offers a very poor rate so we recommend you wait until getting into town (taxis accept dollars if agreed beforehand).

ATM Availability

ATMs are becoming more widely available and some hotels may have them, including the Panda Hotel in Yangon. You are more likely to find them in the larger cities, but they are now starting to appear in some of the smaller towns and villages. Please be aware that they are prone to occasional breakdowns so you would be wise to top up your cash before it runs out completely.

Credit Card Acceptance

Credit cards are becoming more widely accepted but you should not rely on them. The places where you are most likely to be able to use them are in the cities of Yangon and Mandalay and there may be a charge.

Travellers Cheques

Not accepted.

Thailand

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Dinner price	Beer price	Water price
£4.00 - 8.00	£1.5	£0.5

Foreign Exchange

Local currency	Recommended Currency For Exchange
Thai Baht	We recommend that you bring your money in GBP or US\$.

Where To Exchange

Most major towns and on the islands - your Tour Leader will advise you on arrival.

ATM Availability

ATMs are available in Bangkok but are limited on the islands.

Credit Card Acceptance

Major stores and restaurants.

Travellers Cheques

Can be exchanged at banks and exchange offices throughout the tour although rates may not be as favourable.

Transport, Accommodation & Meals

Transport Information

Bus, Bicycle

Accommodation notes

Standard - Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

Essential Information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa and Passport Information

Thailand: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens for a stay of less than 30 days. All passports must have at least 6 months validity remaining on entry to Thailand. Other nationalities should consult their local embassy or consular office.

Burma: An e-visa is required to enter Burma and must be arranged prior to travel through the following website: <http://evisa.moip.gov.mm/>. Visas are valid for 90 days from issue and allow a 28-day, single-entry visit.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and [Booking Conditions](#).

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them [here](#).

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport. On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Burma (Myanmar)

Vaccinations

Nothing compulsory, but we recommend protection against malaria, tetanus, typhoid, hepatitis A plus Polio and diphtheria. Consult your travel clinic for latest advice on different prophylaxis available against malaria. Following the advice given by the Government's Foreign and Commonwealth Office, we strongly recommend the wearing long sleeved shirts and the liberal application of insect repellent as a precautionary measure to avoid being bitten by mosquitoes. These precautions should be taken at all times as the mosquitoes are also active during daylight hours. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links

at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

Thailand

Vaccinations

Nothing compulsory, we recommend protection against malaria, typhoid, tetanus, diphtheria, polio and infectious hepatitis. Although not compulsory, travellers may also wish to immunise themselves against Japanese encephalitis. Consult your travel clinic for latest advice on Malaria and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

Cycling information



CTB Distance Chart

General cycling information

On this tour we cycle 530 km over eleven days (an average of 48 km per day). We mostly follow provincial roads with less car traffic (70% on tarmac roads and 30% on earth/gravel roads). The

terrain is generally flat except for the hillier sections on day 5 around Thaksin Maharat NP. Days 4, 11 and 12 have some undulations. A support vehicle accompanies the rides throughout the tour except on days 11 and 12. We have graded the route as moderate.

Bike included




18 gear Giant and 21 gear Cannondale Trail 8 mountain bikes with front suspension.

Bike information

Your included bike in Thailand and Burma is an 18 gear Giant and 21 gear Cannondale 8 mountain bike with front suspension and will be the correct frame size for your height. A handlebar bag or pannier is included in Thailand but not in Burma. A water bottle holder is included throughout as well as the facility to fit your own pedals or saddle if you wish to bring them. A support vehicle accompanies the rides throughout the tour wherever possible. We provide spare parts and take care of the day to day maintenance. All you need to bring is your own helmet.

Cycling grade

Moderate

 <p>AWARD WINNING EXPLORE LEADERS</p>	 <p>PRICE GUARANTEE PROMISE</p>	 <p>AIRPORT TRANSFERS</p>
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