

Crouching Tiger Cycling Tours



Tour Itinerary

Thai Highland Tour (Custom Itinerary)

Duration: 7 days (6 nights)

Cycling: 5 full days of cycling

Tour Grading: Advanced 🏍️🏍️🏍️🏍️

Itinerary:

- **Day 1 Chiang Mai (Arrivals)**

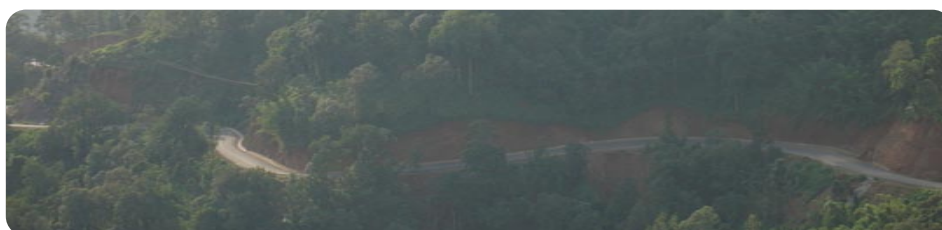
Guests welcomed at the airport, transfers to your hotel. This evening you can reflect upon the trip ahead, and we guarantee that this top quality training will get you in the best shape for the toughest of European cyclosporives this summer. The famed Mae Hong Son loop which leads from Chiang Mai to Pai, to Mae Hong Son and back around to Chiang Mai is renowned for its multitude of curves. Between Chiang Mai and Mae Hong Son there are a staggering 1864 curves to negotiate!

- **Day 2 Chiang Mai to Pai (127 km)**

This morning we head off cycling north toward Mae Taeng, initially along some busier main roads then along quiet local roads. We'll enjoy scenes of local Thai lifestyle along the way. Turning west we head for the hills! It's here the tough stuff begins. We'll have about 45km of mainly flat road before we attack the first of two climbs. Arriving at 920m, 66km into the ride we'll take a break to replenish our energy with a refreshment / lunch stop. Carrying on another 12km we lose a couple of hundred metres to start the climbing over again attaining an altitude of 1425m. At the top we'll get our first glimpse of the Thai highlands; amazing panoramic views of mountains as far as the eye can see. Enjoy the rush as we fly down into Pai along a technical 25km downhill run. Hang on tight as we'll be descending roads of 15-20% gradient, through numerous tight hair pins, and along exhilarating straight sections to arrive in the mountain side township. After a well earned dinner at the resort, take a walk around town, pick up some souvenirs or enjoy a re-energising massage after a hard first day.

- **Day 3 Pai to Mae Hong Son (108 km)**

Yesterday was just a taste of what's to come on your tour of the Thai Highlands! Today will prove to be another long tough day. Leaving Pai behind us we'll begin riding along a tranquil, lush valley to face the day's first and longest climb up to an altitude of 1440m. The roads through this isolated region are of exceptionally good quality; smooth surfaces in great condition, and really wide, particularly on the descent from this mountain pass, allowing amazing top speeds. The day's not over yet though! Cruising through the valley for a time we begin a procession of arduous steep ascents and exciting descents before finally rolling into the Mae Hong Son valley to arrive at our hotel for a well earned rest. If you still have any energy left you can take a walk round town, enjoy a re-energising massage, or sit and have a cold beer by the lake.



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Tour Itinerary

- **Day 4 Mae Hong Son to Mae Sariang (163 km)**

Today will be the longest day of our tour, during which we will encounter three or four major difficulties along the route, each no more than 8km in length. Apart from these climbs the road will mostly present undulating cycling, with numerous short rises. We will pause to refuel our bodies with food and drink along the road in a sleepy rural town. We'll pass by some amazing scenery; rivers, secluded valleys, towering mountains; this stage will prove to be an amazing roller coaster ride finishing up with a flying run into Mae Sariang; a 15km exhilarating downhill stretch into town. Here we can relax and enjoy the afternoon in peaceful surroundings overlooking the river.

- **Day 5 Mae Sariang to Chom Thong (140 km)**

Just 5km out of town we start climbing and won't stop for the next 20km! On a very scenic ride up to the top of the Thoong Chai mountain range we'll cross to the other side descending rapidly into the valley and our next destination. This will be a difficult day consisting of two major difficulties but it will be a rewarding one. Take the chance to spin out your legs on the way down to Hot township as we fly down into the valley over 35km. Enjoy some high speed curves with spectacular backdrops. From Hot we'll have a flat run into Chom Thong and through to our hotel for the night.

- **Day 6 Chom Thong to Doi Inthanon to Chiang Mai (146 km)**

Today leads us to the pinnacle of our tour through the Thai Highlands to the tallest peak in the country; Doi Inthanon (2565m). From our departure point at Chom Thong (278m above sea level) we will attain the summit of Thailand's highest mountain in 48km distance. That's almost 2300m of climbing in 48km! This will be our toughest day on the tour even if it is not the longest. The road is wide and in top condition. We will ride into the Doi Inthanon National Park, renowned for its magnificent waterfalls & diverse flora. We will be greeted with spectacular panoramic views as far as the eye can see and at high altitude we will pass by the majestic Royal Chedis presiding over the kingdom from Thailand's highest vantage point. At the summit of the mountain we'll take a well earned rest and have some refreshments before making a U-turn and heading straight back down hill at high speed to the valley below. So, see you at the bottom in less than an hour? After a short lunch break to recharge the batteries we'll hit the highway for an optional 50km spin back to Chiang Mai, the place where this whole adventure began.

- **Day 7 Transfers to airport.**

With bikes and bags packed we say farewell to our cycling friends. Any guests wishing to continue their stay in Chiang Mai or elsewhere in Thailand can also benefit from the Crouching Tiger Cycling Tours special client rates with our hotels. Don't hesitate to Contact Us for further details.



Crouching Tiger Cycling Tours



Tour Itinerary

Price includes:

- 5 days fully supported road cycling tour*
- 6 nights accommodation (double/twin share)*
- All meals (5 days) day 2 to day 6*
- Full time support vehicle*
- Qualified Tour Guide*
- Experienced Cycle Guide*
- On road refreshments*
- Crouching Tiger cycling jersey*
- Airport transfers*

Price does not include:

- International and domestic airfares*
- Visas & airport taxes*
- Personal travel insurance*
- Optional tourism activities*
- Bicycle or bicycle spares*
- Optional gratuities for drivers & guides*
- Optional massage/spa packages*
- Sodas and alcoholic beverages (other than already supplied for cycling)*



To reserve your place on this tour:

Visit: www.crouchingtigertours.com click on "Booking Your Trip" and complete the fast-track tour check form.

Or

Contact Us via email at info@crouchingtigertours.com

Or

Call Us on +66 (0)53 202 501

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Tour Itinerary

Thai Highland Tour (5 days) – Cycling Profile

- Day 1 Chiang Mai (Arrivals)
- Day 2 Chiang Mai to Pai (127 km)

Altitude Profile

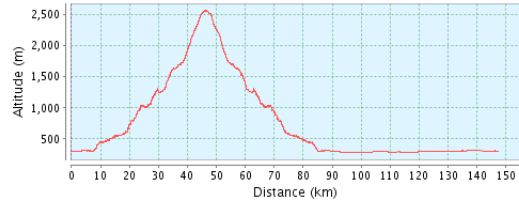


Max. Alt.: 1,424 Metres Total climb: 2,325 Metres



- Day 6 Chom Thong to Doi Inthanon to Chiang Mai (146 km)

Altitude Profile



Max. Alt.: 2,566 Metres Total climb: 2,738 Metres



- Day 3 Pai to Mae Hong Son (108 km)

Altitude Profile

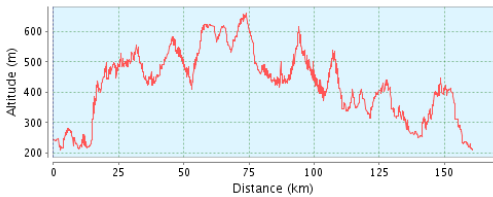


Max. Alt.: 1,462 Metres Total climb: 2,665 Metres



- Day 4 Mae Hong Son to Mae Sariang (163 km)

Altitude Profile

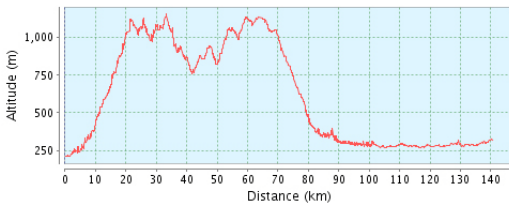


Max. Alt.: 660 Metres Total climb: 2,731 Metres



- Day 5 Mae Sariang to Chom Thong (140 km)

Altitude Profile



Max. Alt.: 1,157 Metres Total climb: 2,142 Metres



Ride Difficulty Scale

Warm Up

Short Spin

Moderate Distance & Terrain

Climbing &/or Endurance

Tough Day at the Office!