





### **The Adventure in North Thailand**

“2023 brings a new dawn for us in North Thailand, a different country for us to adventure in and explore. Not only is it a new country to run in tandem with our work in South India, but the trip takes us into the world of on-road biking in this breath-taking country renowned for its Moto-GP smooth and twisty roads. This trip is a must for any motorcycle enthusiast and looks set to be both challenging and deeply satisfying.” – Udesch Naidoo, Adventure Ashram.

We will be using TBB Tours based in Chiang Mai to coordinate and run this exciting adventure. They are a Thailand based adventure company and experts in motorcycling in this part of the world.

In 2018 five of our supporters undertook an off-road adventure organised by TBB and Adventure Ashram. It was well organised and a fabulous experience. In between the off-road sections our supporters rode on smooth tarmac that was well maintained with lots and lots of curves, twists and bends. The scenery, people, food and culture were truly magical and highly recommended to experience first-hand. This prompted Adventure Ashram to organise a second motorcycle adventure to share this exciting and wonderful experience with you. If you think the riding in South India was a blast, this adventure will blow you away!

“We understand the concept of customer satisfaction and are prepared to go that extra bit to ensure your guided motorcycle tour experience with us is exciting, interesting and trouble-free. We pride ourselves on delivering an adventure that will provide the memories to keep you smiling for a long time to come. Combined with over fifteen years riding experience in South East Asia, the TBB Tours team offers its customers unparalleled local knowledge in all aspects of enjoyable and safe motorcycling.” – Duncan Green, TBB Tours.



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Tourism Authority of Thailand License 21/00681

### **Dates**

7<sup>th</sup> – 20<sup>th</sup> October 2023

Riding dates to/from Chiang Mai will be 10<sup>th</sup> – 19<sup>th</sup> October 2023 (10 days riding) inclusive itinerary attached.

**14-day tour excluding flights to & from UK. Delivered in partnership with TBB Tours:**

[www.tbbtours.com](http://www.tbbtours.com)

### **Area**

**The riding begins and ends in Chiang Mai in North Thailand.**

### **Arrival & departure**

Arrival in Bangkok should be on or before Saturday 7<sup>th</sup> October 2023.

Internal departure flights from Bangkok should be on Monday 9<sup>th</sup> October 2023. We plan to depart Chiang Mai on a morning flight back to Bangkok on Friday October 20<sup>th</sup> 2023.

It may also be possible to arrange international flights out of Chiang Mai.

Please note there are two airports in Bangkok – Don Mueang and Suvarnabhumi (main international airport).

### **Bangkok airport transfers**

We can coordinate this once flight details are confirmed. The best way from the airport to the hotel is by the metered taxi on the ground floor of arrivals.

- come out of arrivals hall (baggage reclaim/customs etc.)
- go down to ground floor
- walk outside the gate numbered 7 & 8
- go to the small stand outside where they will ask you where you are going, they will give you a piece of paper and allocate you a taxi
- will cost you about 500bht (£15) more or less, you will pay the amount on the meter + 50Bht + you may need to pay for a couple of tolls on the road, about £1 each maybe.

We can provide you with a note of the hotel name and address written in Thai to just hand to the officials.

Warning - traffic in BKK will be quite bad and it should take you an hour at least. They will not take US \$ or foreign currency for the taxi.

### **Bangkok Hotel –7<sup>th</sup> & 8<sup>th</sup> October 2023**

We will let you have the details of the Bangkok hotel in good time prior to the tour. Depending on individual arrival/departure days it may be possible to reserve rooms for additional nights, at additional cost. Please check with the hotel.

### **Currency**

You should change a small amount in the UK into Thai Baht. The best rates at the moment anyway will be available in BKK after you arrive, you can exchange US \$ or UK £.

The Baht is the official currency of Thailand. It is subdivided into 100 satang.  
£1 GBP = 43 Thai Baht (approximate exchange rate at time of writing).

### **Group size**

Minimum 7 riders + logistics leader/guide + support team

### **Driving licence**

You must be in possession of a Full Motorcycle Licence.

**Riding On road, riders must be 25 years old or over and have held a full motorcycle licence for 3 years. International Driving Permits should be obtained by each rider prior to the tour.**

### **Cost**

£2,250 GBP (a £562.50 GBP deposit is required at time of booking. The remaining balance is due by 8th September 2023).

£500 GBP suggested charitable donation to Adventure Ashram.

This is a minimum suggested donation, you, your colleagues, your friends and your family are of course welcome to donate more to directly help the fantastic work that Adventure Ashram undertakes. All of your donation will make a lasting difference to so many lives. A sincere thank you for all of your support.

### **Cancellation Policy**

50% of deposit is refunded upon receipt of a cancellation request via email to [info@tbbtours.com](mailto:info@tbbtours.com) 45 days or more before the start of the tour.

No refund for cancellation at 44 days or less before the start of the tour.

**Please note, all refunds will be net of any charges incurred during the refund process.**

### **Included**

The £2,250 cost includes all hotel accommodation on the itinerary, Bangkok tours, breakfast and welcome dinner at the hotel.

Fuel for motorbikes is included.

### **Not included**

**Cost do *not* include:**

**Flights to Bangkok; usually in the region of £450 - 650 GBP**

**Return internal flight to Chiang Mai. Usually in the region of £200 GBP**

**Airport transfers, usually in the region of £15 to £20 GBP**

**Any visas required**

**Your travel insurance**

**Dinners during the tour (lunches are included)**

Tourist days, accommodation and any expenses outside that of the dates of this adventure.

Any activities outside of the itinerary, your dinner, snacks and alcoholic beverages are not included.

Each adventurer is responsible for booking and paying for their own international and internal flights, travel/medical insurance, any visas if applicable, and all incidentals (incl. drinks, snacks and alcoholic beverages).

### **Food**

One thing that Thailand is famous for is its food, from the street traders to the restaurants and hotels. Expect a cacophony of taste with rice, noodles and everything in between and beyond. The hotels we stay at should cater for every requirement; please let us know in advance if you have any specific dietary needs or allergies.

### **Accommodation**

Some of the hotel accommodation outlined in the itinerary may vary and be subject to change. The accommodation will be midrange, 3-star plus hotels with most including a pool, so that you can relax and recoup after a day's riding in comfort!

### **Climate**

October & November are the best times for motorcycle riding in Northern Thailand. The temperature will be hot and hopefully dry. Malaria is not expected to be much of a problem but dengue is quite prevalent, so insect repellent is recommended.

### **The bikes**

**Suzuki Vstrom 650's.**

**4 lowered models can be provided if necessary (less than 5'9" tall)**

**or**

**Honda CB500X**

**or**

**A few Honda CRF1000 Africa Twins can also be obtained.**

**NB: Africa Twin will incur a 20,000 baht surcharge to the rider's tour price. Approx £500 GBP.**

### **Bike & body insurance**

All adventurers must have their own Medical and Repatriation Insurance before arriving in Thailand. It is important that you check with your insurers that your policy covers this type of adventure, you must inform your insurer exactly where and what you will be doing and the cubic capacity of the bike. In the past there have been instances where due mainly to insufficient research and diligence on the participant's part, policies have been bought that have been invalid for the type of trip that it is supposed to cover.

### **Grade**

Thailand is a road rider's dream with generally great quality tarmac. It is important to remember that there will be challenging parts for all levels of riders, this adventure is not a race. Everyone should pick their own pace and should not ride beyond their comfort limits. It is essential that all riders follow the instructions of the local team, ride within the speed limits and bounds imposed by the group guide and the support team.

## Risks

Whilst this is a road tour, motorcycle road riding by its very nature will encounter a variety of conditions, you may come across packed dirt, gravel, stream and river crossings, dust, loose sand, pot holes, the odd pig and farm animal, extraordinary scenery that could distract your attention, road and track sharing with other vehicles.

As with all adventure activities, all participants must be aware of the risks involved and accept a degree of responsibility for the same. You must ride safely and under control, be aware, leave plenty of space between yourself and the next rider, expect the unexpected.

Motorcycling and the use of other motor vehicles, both on and off road, include a degree of risk of serious personal injury and even death. Suitable protective equipment and clothing should be worn at all times to reduce the level of risk involved. No single piece of clothing or equipment will give absolute protection if the rider loses control of his/her vehicle, falls or collides with other immobile objects or other vehicles and animals. It is essential and also the responsibility of the rider to be thoroughly familiar with the motorbike and any other motor vehicle, to know its limitations and characteristics, and to ride/drive at all times within his/her own limitations and experience, and according to the conditions encountered.

**Please note that the organisers of this adventure i.e. Adventure Ashram are not tour operators, we are not ABTA or ATOL registered. All participants are independent travellers and adventurers. It just so happens that we are all going to the same place at the same time.**

TBB Motorcycle Adventures are bonded with TAT (Tourist Authority of Thailand) and all of their tours are run within the legal guidelines. Our guide will also be a licenced TAT guide.

TBB insurance covers third party. A 'self-insure' policy is also available, whereby the rider is limited to the first 50,000 THB of any accidental damage. Additional insurance covering motorcycle touring is strongly encouraged to be taken out independently by each rider.

## Visas

Please make the necessary enquiries and obtain any required visas before arriving in the country. Visas are the sole responsibility of each participant if applicable.

At the time of compiling this information sheet British passport holders arriving by air or land can enter Thailand for 30 days without a visa - this is known as a visa exemption. There must be at least 6 months unexpired on your passport and you must possess a return ticket. The address to use on any immigration forms at arrival in Bangkok can be the address of our first hotel in Bangkok.

## Vaccinations

When travelling in developing countries and in remote areas it is best to have a grand cocktail of vaccinations. Each participant is responsible for checking with their own health authority and GP for an up-to-date list, but recommendations include - Tetanus and Diphtheria, Measles, Mumps and Rubella as well as cover against the food borne diseases of Typhoid and Hepatitis A.

## **Covid-19**

At the time of writing, from 1 May 2022, if you're fully vaccinated, you can apply to enter Thailand via [Thailand Pass](#) and do not need to quarantine. RT-PCR tests before and upon arrival are not required. You must have been fully vaccinated for at least 14 days before your date of travel and the vaccines must be approved by [Ministry of Public Health](#).

We strongly advise that you continue to monitor Covid-19 related entry requirements and restrictions as found on the government website. <https://www.gov.uk/>

## **Flexibility**

At times we shall be in beautiful and remote areas with poor communications outside of the main towns. Weather, natural disasters, political disturbances, mechanical breakdown, poor acclimatisation, participant fitness, accidents either on your own or other people can impede progress. Whereas every effort will be made to ensure the smooth running of this adventure each participant must be aware of the above and accept both the risks and possible delays and take all appropriate precautions themselves.

## **Pre-trip preparation**

If you are new to road riding or a bit rusty, it is possible (and recommended) to book on a road training/refresher day to brush up on your skills. Google will advise what is available near to you. Please also have a dress rehearsal, try on all your kit, go to work in it, check that all the kit you will be relying on this adventure fits and is fit for purpose. Remember it will be hot.

## **Kit List**

There are some essential items of kit listed below, in addition there are suggestions to further kit to help comfort but ultimately this of course will be down to personal choice to be decided by each individual. It is important that you are comfortable in your clothing. Consideration should be given to internal flight baggage weight limits – to be confirmed once flights are booked as it varies between airlines.

Do not bring excess clothing as you will be wearing your riding gear most of the time and will not need a great deal other than a change of clothes for the evenings, the tourist days and riding t-shirts and wash kit. Luggage will be transported in a truck and will be squashed, battered about and bounced around the North of Thailand so if it is fragile and/or precious then it may be best left at home, packed carefully or carried with you.

NB – it is possible that a t-shirt, body armour and a riding shirt should be enough for your top layer, but down to weather and personal preference.

-TBB can provide full-face road style helmets if you do not wish to bring your own. Alternatively, there is a well-equipped and reasonably priced motorcycle outfitters close to the TBB base where riding gear can be purchased. However, to ensure you are comfortable and your gear is a good fit for you, you may wish to bring your own.



## **ESSENTIAL KIT**

**Helmet** – Trail/Motocross/Enduro helmets are better than road helmets. All helmets should be approved to EU or US safety standards. An Enduro type helmet has a peak as a sunshade, and a wide face area gives good ventilation and allows easy use of goggles or sunglasses. The chin guard gives good face and jaw protection. Retractable visors can be useful. A recognised road helmet is also suitable for comfort but this is a personal choice for road riding. NB -TBB tours can provide full face road style helmet if you do not wish to bring your own.

**Goggles** or sunglasses for keeping out the dust, flying insects, other debris and sunlight.

**Face Mask** – either specific for motorcycle, buff, ski or shemagh to keep the dust out.

**Jacket** – if a jacket is brought then the textile jacket is better than leather for ventilation and movement, removable liners are preferred. The weather will be warm and you will be active.

**Trousers** – hard wearing and breathable. Motocross or enduro pants are best. Ventilation will be important. Kevlar and Denim jeans are also recommended.

**Body armour** – personal choice, but you should have protection for elbows, back, shoulders and chest, knees and depending on your boots, shins. Knee guards are always recommended. There are various types of body armour available from the hard plastic “armadillo” type to the Pro-Force built in/material types. From our experience of this route, we found that the Pro-Force material protection was very warm and did not provide ideal ventilation, but this is personal choice.

**Boots** – Motorcycle boots are brilliant, offering good protection. All boots should be hard wearing and give good ankle protection as a minimum.

**Gloves** – summer weight gloves should be adequate, full fingers with protection to knuckles and joints but allow full free hand movements.

**Waterproofs** – always useful, expected not to be needed but also useful for cold morning starts. If it does rain, then drying time will be quite quick.

**Base layers** – t-shirts and light tops are useful for either over or under body armour.

**Personal first aid kit** – this should include a broad-spectrum antibiotic as well as any personal medication, nurofen, ibuprofen, paracetamol, lmodium, plasters, scissors, rehydration salts, antiseptic cream and a disinfectant wash for cuts and grazes. Antiseptic / bacterial handwash is recommended. NB -there will be a support vehicle with basic medical supplies and water.

**Hydration system / water bottles** – there will be fluid breaks on route so your own hydration system is not essential unless you prefer to bring your own.



Sun cream/lip salve/after sun  
Fleece for evenings  
T-shirts  
Socks/underwear  
Wash kit  
Swimming trunks / swimsuit / bikini  
Bike trousers and shorts for evenings and days off  
Sandals / flip flops / trainers  
Sunglasses  
Sunhat  
Camera  
Book  
Earplugs / eye masks  
Snacks  
Mosquito / Insect Repellent – bring some just to be safe, may be required in evenings.  
Head Torch – is very useful.  
Camera / charging adapter / USB cards / all cables required to recharge electrical equipment etc.

## **Itinerary - Adventure Ashram/TBB North Thailand Tour October 2023**

Day 1: Saturday 7<sup>th</sup> October 2023: Arrive Bangkok, welcome dinner, familiarisation etc.

Day 2: Sunday 8<sup>th</sup> October 2023: Organised tour of some of the many highlights of Bangkok.

Day 3: Monday 9<sup>th</sup> October 2023: Internal flight BKK to Chiang Mai  
Pick up from the airport and transfer to your hotel. Free time to explore Chiang Mai.

Day 4: Tuesday 10<sup>th</sup> October 2023: Chiang Mai to Mae Hong Son

09:00. Depart Duang Tawan Hotel. Head north on route 107 to Mae Malai. Left onto route 1095. This is the start of the famous Mae Hong Son Loop. Be prepared to experience 1864 curves between here and our overnight stop! Endless “flick/flack” twisties does not begin to describe this. After approx 100km we’ll stop for a rest and take lunch on the outskirts of Pai where there are photo opportunities at the Japanese War Memorial Bridge. After lunch, yes, you’ve guessed it - more twisties! Another 110km to be precise before we arrive at our guest house in the quaint and ethnic town of Mae Hong Son. In the evening you are free to wander the town and eat where you want but if you’re smart, you’ll follow the guides to one of their favourite restaurants of the whole trip.

Hotel: Piya G.H. Tel: 053 611 260

Day 5: Wednesday 11<sup>th</sup> October 2023: Mae Hong Son to Mae Sarieng

09:00 departure. Just one road today but oh, what a road! Route 108 snakes and twists south for 160km with bend after bend - some high speed and some that almost turn back on themselves 180 degrees. Along the way we'll visit a Long Neck Karen hill tribe village, take lunch, visit the Japanese War Museum at Khun Yuam before riding south again on route 108 to Mae Sarieng where a beautiful hotel with a great pool and a mouth-watering restaurant awaits us.

Hotel: Riverhouse Resort. Tel: 053 683 066

**Day 6: Thursday 12<sup>th</sup> October 2023: Mae Sarieng to Mae Sot**

09:00 departure. Again, pretty much a single road today - route 105 which winds its way south often giving glimpses of bordering Myanmar across the Moei river. Once again, if you like bends, you'll love the riding for today! Lunch will be on a "best efforts" basis as this area is pretty remote with eateries being few and far between. On the way south, we'll have the opportunity to stop at the largest refugee camp in Thailand. The "village" of Ban Mae La hosts 50,000+ displaced souls, mainly from the Karen state of neighbouring Myanmar.

Hotel: Centra by Centara. Tel: 055 532 601

**Day 7: Friday 13<sup>th</sup> October 2023: Rest Day and Mae Sot charity visit day**

Departure time TBA by the local charity we will visit. Today is the day that provides the reason for the whole tour. A day off the bikes so casual dress and we'll arrange transport to the charity site where you can meet with staff and children and experience at grassroots level where your generous contributions are going.

Hotel: Centra by Centara. Tel: 055 532 601

**Day 8: Saturday 14<sup>th</sup> October 2023: Mae Sot to Sukhothai**

09:00 departure. Route 12 all the way today! This recently completed road is an absolute rollercoaster of a multi-lane highway which will eventually form an east-west corridor from India all the way to the Vietnamese coast. This is an easy day designed to get us into Sukhothai early so as we can swap motorbikes for bicycles and tour the UNESCO world heritage site of Sukhothai Historical Park. For those who may be a little "rusty" on bicycles, electric buggies are available!

Hotel: Scent of Sukhothai. Tel: 083 211 8898

**Day 9: Sunday 15<sup>th</sup> October 2023: Sukhothai to DanSai**

09:00 departure. Back out on Route 12 again today but now it's time to hit up a couple of spectacles. The first is Khao Kho, known by the locals as "Little Switzerland" due to the topology of the terrain. After Khao Kho, we will lunch at a temple complex which is guaranteed to drop your jaw to the floor with its scale and beauty. Recovering from that, we'll leave route 12 behind and take route 21 to our beautiful and absolutely unique wooden resort at DanSai.

Hotel: Phu Pha Nam. Tel: 042 810 527

**Day 10: Monday 16<sup>th</sup> October 2023: DanSai to Nan**

09:00 departure. After a hearty breakfast we take route 2013 to Nakhon Thai then routes 1143 and 117 through beautiful rice fields to Nam Pat where we lunch. After eating, it's the super-remote route 1339 to the Sirikit Dam ferry crossing where we roll the bikes onto an um, "basic" ferry for a 15-minute chug across a small portion of this huge reservoir which is crucial to Thailand's hydration network. Back on dry land we take the fantastic routes 1349 for 17km of absolute rider's heaven. We guarantee that you'll want to roll this road up and take it home! Letting the adrenaline subside we take routes 1026 to Wiang Sa followed to route 101 to Nan where a beautiful new hotel awaits us. Hotel: Namthong Nan. Tel: 054 775 777

Day 11: Tuesday 17<sup>th</sup> October 2023: Nan to Chiang Khong

09:00 departure. "Warm up" on route 101 north to Tha Wang Pha then turn left onto the legendary route 1148 for 100kms of superlative riding to Chiang Kham (use YouTube and search "1148 Nan" to get a taster of what's in store). Route 1093 through to Phu Sang waterfall for lunch in the afternoon in the beautifully spectacular Phu Chi Fah area where we'll ride the "Big dipper" before exiting onto the fast route 1020 and our hotel on the banks of the Mekong river for the night. Hotel: Nam Khong Riverside. Tel: 053 791 801

Day 12: Wednesday 18<sup>th</sup> October 2023: Chiang Khong to Chiang Rai

09:00 departure. Route 1290 is known locally as "Paradise Road" and is a new, wide carriageway that follows the Mekong for several kilometres before turning inland and then popping out by the river near to Chiang Saen and the (in)famous Golden Triangle. We'll take time here to visit the Opium Museum where we can learn a little of the history of the area then take a quick blast up and down the river on a "longtail" boat. On to the border town of Mae Sai for lunch and the possibility of crossing into Myanmar for those interested. We then follow route 1149 which literally hugs the Thai/Myanmar border and enables us to visit a Thai Army base with spectacular views. We then come out of the mountains and have a quick 40km blast down highway 1 to Chiang Rai and our beautiful overnight resort hotel. Hotel: La Luna Resort. Tel: 053 756 442

Day 13: Thursday 19<sup>th</sup> October 2023: Chiang Rai to Chiang Mai

10:00 departure. After taking full advantage of the superb buffet breakfast, we use routes 1211 & 1208 to get to Wat Rong Khun, A.K.A "The White Temple". This is North Thailand's most visited tourist attraction and when you see it in reality, you'll understand why. After taking time to appreciate the work that went into its construction. We leave Wat Rong Khun and head to the coffee growing area of Doi Chang via routes 1211 and 5047. Lunch will be taken in a lovely restaurant on route 118 close to Wiang Pa Pao. Then it's route 1150 to Phrao and route 1001 back to Chiang Mai. We aim to have you in Chiang Mai by 5pm or slightly earlier.

Day 14: Friday 20<sup>th</sup> October 2023: Flight back to BKK and onward  
(May require an additional overnight stay in Bangkok)

For more information and to book: email us at [chloe@adventureashram.org](mailto:chloe@adventureashram.org) for more details and to book your place on this unique adventure.

**NB:**

*Due to nature of adventure travel the itinerary can be subject to change at short notice, but this is why we call it adventure.*

