

EPIC TRIPS ITINERARY: THAILAND

Trip Cost: \$1,800 + Airfare*

Trip Dates: October 27-November 5, 2016

*Sports Friends will assist participants in booking airfare to ensure appropriate arrival and departure times

OCTOBER 27

Travel day from destination to Chiang Mai.

OCTOBER 28

Arrive in Chiang Mai, likely in the afternoon or early evening. Sports Friends staff will pick you up from the airport and take you to the hotel to unpack and relax. That evening, Sports Friends staff will take those who are interested out to a group dinner at a local restaurant.



OCTOBER 29

Following breakfast at the hotel, Sports Friends staff will pick up the group and take them to the SF Asia office for a morning of greetings and orientation. Following lunch at a local restaurant, the team will spend the afternoon exploring Doi Suthep, one of Chiang Mai's most famous Buddhist "wats," or temples. Located on the top of a mountain just outside of Chiang Mai, Doi Suthep will not only introduce the group to the grandeur of Buddhist wats, but will also offer an impressive, sweeping view of the city below.

After returning from Doi Suthep, the group will have dinner together at a local restaurant. In the evening, group members can choose to relax at the hotel or visit the night market for shopping and/or massages.



OCTOBER 30

Following breakfast at the hotel, Sports Friends staff will pick up the group to attend church together. After church and lunch at a local restaurant, group members will have an option to relax at the hotel or explore a few of Chiang Mai's most well-known temples, some dating back to the 1400's!

During the evening, you won't want to miss a visit to one of Chiang Mai's main attractions - the Sunday night 'walking street'! In true market fashion, hundreds of vendors set up shop along some of the main streets of Chiang Mai. Once the streets close to traffic, locals and tourists alike stroll through the maze of pop-up shops, bargaining and enjoying a variety of street performers. Dinner will be at your leisure from one of the many market food vendors.



OCTOBER 31

Cycle Distance: 50 km. / 31 mi.

Cycle Tour Day 1: Following breakfast at the hotel, your cycle tour of Northern Thailand will officially begin! SpiceRoads Cycle Tours will pick the group up from the hotel in the morning and transfer you by bus to start the tour at Bua Thong Waterfall. After fitting each member of the group to an appropriate bike, the group will begin the day's ride along country roads before cutting off-road to an elephant trail. This elephant trail winds through the forest, past local villages, fruit orchards, and temples, and then across numerous rice paddy fields - all with a stunning backdrop of the Northern Thai mountains!

The group will continue to pedal into the sixth largest park in Thailand, Sri Lanna, and will eventually finish the day's ride by crossing the dam at Mae Ngat Reservoir. After lunch at a floating restaurant, you'll take off your bike helmet and put on a life vest instead! Get ready to launch a kayak for the next phase of the day's adventure!

The group will paddle along the jungle edge of the lake, keeping an eye out for monkeys and perhaps a colorful kingfisher bird. After 2-3 hours of kayaking, the group will arrive at Ekachai Boat House, the rustic resort where you'll be spending the night. The rest of the afternoon will be spent playing and swimming in the lake! Following dinner at the boathouse restaurant, the group will have a collective time of fellowship, reflection, and worship.



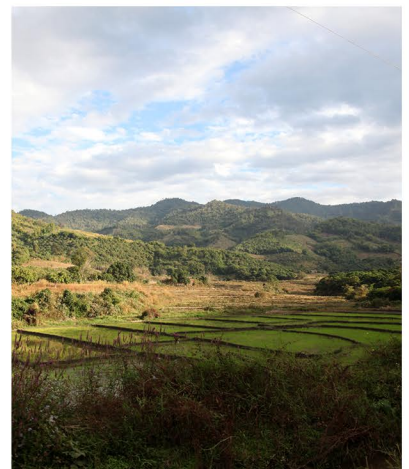
NOVEMBER 1

Cycle Distance: 50 km. / 31 mi.

Cycle Tour Day 2: After breakfast at the boathouse, there will be a long-tail boat ride to the shore, followed by a short bus transfer to Chiang Dao caves to start the day's ride. Day 2 is a real treat for mountain bikers! You'll ride through rice paddy fields and among soaring limestone cliffs before hitting the dirt roads cut by local Hill Tribes. Along the way you'll meet Akha, Lisu, Lahu and Palaung Hill Tribe people. The Palaung are recent migrants – you'll see their women adorned with heavy brass waistbands working in the fields.

The group will stop for a picnic lunch at a Forestry Camp in the afternoon and then will continue to ride on some fairly challenging mountain trails, eventually stopping at Chai Phra Khan around 3pm. Our support vehicle will be waiting at the trail head to transport us to the Saimoomburi Resort, a comfortable Thai-style inn.

After taking a quick rest at the inn, get ready for your first Sports Friends ministry experience! At 4pm we will transfer you to a local village where you'll enjoy a two-hour football clinic with Coach Senla and her team of boys. Expect lots of excitement and fun from this group! Following the clinic, you'll transfer back to the inn for dinner and a night of debriefing and relaxing together.



NOVEMBER 2

Cycle Distance: 60 km. / 37 mi.

Cycle Tour Day 3: After an early breakfast, the group will ride on back roads through many small villages before arriving in Fang for lunch at a local restaurant. In contrast to the previous day, much of the ride on day 3 is flat and the group should be able to travel the distance quite quickly.

After lunch, the group will continue to pedal to Mae Salak. This stretch is one of the most scenic of the entire trip - a real pleasure to ride! The day's journey will end around 2:30pm at Mae Salak, a small town where the group will be spending the night at the beautiful Huai Khum Resort.

After a quick round of showers and snacks, the group will head by bus to visit Coach Wasan and his team for a football clinic from 4:30-6:30pm. After the clinic, you'll enjoy some extra time for games and activities with the kids and their parents before heading back to the resort for dinner at 7:30pm. After dinner, the group will gather for a collective time of fellowship, reflection, and worship.



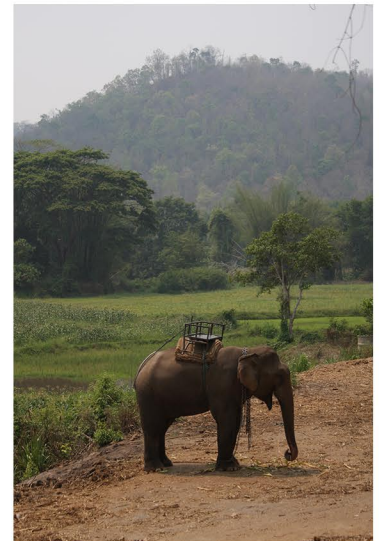
NOVEMBER 3

Cycle Distance: 50 km. / 31 mi.

Cycle Tour Day 4: On day 4, the group will begin by cycling an off-road 8 km to a nearby Lahu village. There the team will all hitch a ride on a long-tail boat (carrying bikes) to a scenic riverside area. You'll enjoy a brief stop at the forestry reserve before pedaling another off-road 20 km stretch to Ban Ruamitr.

At Ban Ruamitr, the group will swap bikes for elephants and ride up the mountain to a remote Lahu village! You'll have lunch at the elephant camp before hopping back on your bike. The final portion of the day's ride will follow the Mae Kok River towards Chiang Rai.

The group will spend the final evening of the cycle tour at the lovely La Luna Hotel in Chiang Rai. You'll have dinner at a restaurant in the city and will have time to explore Chiang Rai's night market before heading back to the hotel.



NOVEMBER 4

Cycle Distance: 30 km. / 19 mi.

Cycle Tour Day 5: After breakfast, the group will cycle through rice paddy fields, following the Mae Lao River to Wat Rong Khun, the White Temple. Created by a local artist, this well-known temple stands out for its distinctive style. After exploring the temple, the group will bike back to the La Luna Hotel and have lunch.

At 3pm we'll begin the bus transfer back to Chiang Mai, stopping for dinner along the way. The group will spend the night at the same hotel in Chiang Mai where the week began.



NOVEMBER 5

After a late breakfast, Sports Friends staff will pick up the group from the hotel and transport you to the SF Asia office for a final time of debrief, fellowship, and worship. The group will enjoy a final lunch together at a local restaurant before heading back to the hotel to pack up. Sports Friends staff will provide transport to the airport as needed.