



## Statistics Route Bangkok-Kuala Lumpur

[www.veloausflug.ch](http://www.veloausflug.ch) / 19.06.2010, [info@veloausflug.ch](mailto:info@veloausflug.ch)

Literature: Several Local Maps of Thailand (1: 750'000), Map of Malaysia (1: 1'000'000), Lonely Planet Guidebooks

Details: Distances are actually cycled kilometers, meters of altitude were measured and documented every day.

Date	Start	Destination	km	hm	Time	Country	Accomodation	Weather	TI <sup>1</sup>	Comment
01.04.10	Bangkok	Ayuttaya	87.78	94	04:06	Thailand	Guesthouse	good	0	
02.04.10	Ayuttaya	Uttaradit	0	0	00:00	Thailand	Hotel	good	0	Train to Uttaradit
03.04.10	Uttaradit	Phrae	78.07	448	03:58	Thailand	Homestay	good	0	
04.04.10	Phrae	Ngao	95.66	567	04:58	Thailand	Guesthouse	good	0	
05.04.10	Ngao	Phayao	57.2	281	02:50	Thailand	Guesthouse	good	0	
06.04.10	Phayao	Chiang Kham	84.48	205	04:09	Thailand	Hotel	good	0	
07.04.10	Chiang Kham	Phu Chi Fa	67	1156	04:57	Thailand	Guesthouse	good	0	
08.04.10	Phu Chi Fa	Chiang Khong	92.09	844	05:22	Thailand	Guesthouse	good	0	
09.04.10	Chiang Khong	Chiang Khong	0	0	00:00	Thailand	Guesthouse	good	0	
10.04.10	Chiang Khong	Chiang Saen	72.41	510	03:58	Thailand	Guesthouse	good	0	
11.04.10	Chiang Saen	Chiang Rai	67.39	108	03:21	Thailand	Guesthouse	good	0	
12.04.10	Chiang Rai	Ban Mae	110.28	530	05:44	Thailand	Guesthouse	good	0	

1 Technical issues with our bikes

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Date	Start	Destination	km	hm	Time	Country	Accomodation	Weather	TI	Comment
		Khachan								
13.04.10	Ban Mae Khachan	Chiang Mai	83.77	737	04:35	Thailand	Guesthouse	good	0	
14.04.10	Chiang Mai	Chom Thong	78.45	86	03:49	Thailand	Guesthouse	good	0	
15.04.10	Chom Thong	Doi Tao	72.85	506	04:00	Thailand	Resort	good	0	
16.04.10	Doi Tao	Doi Tao	0	0	00:00	Thailand	Resort	good	0	
17.04.10	Doi Tao	Thoen	114.4	826	06:18	Thailand	Hotel	good	0	
18.04.10	Thoen	Tak	99.66	333	04:34	Thailand	Hotel	good	1	The small part holding the chain guard at the Seiran brakes, we fix it with tüteldraht.
19.04.10	Tak	Kamphaeng Phet	77.04	229	03:39	Thailand	Guesthouse	good	0	
20.04.10	Kamphaeng Phet	Kamphaeng Phet	0	0	00:00	Thailand	Guesthouse	good	0	
21.04.10	Kamphaeng Phet	Khlong Lan	68.28	254	03:35	Thailand	Resort	good	0	
22.04.10	Khlong Lan	Lan Sak	102.75	336	05:11	Thailand	Resort	good	0	
23.04.10	Lan Sak	Ban Rai	60.2	386	03:26	Thailand	Guesthouse	good	0	



Date	Start	Destination	km	hm	Time	Country	Accomodation	Weather	TI	Comment
24.04.10	Ban Rai	U Thong	108.96	238	05:32	Thailand	Hotel	some rain	0	
25.04.10	U Thong	Kantchanaburi	65.27	91	03:10	Thailand	Guesthouse	good	1	Flat tire at the Trek front.
26.04.10	Kantchanaburi	Kantchanaburi	0	0	00:00	Thailand	Guesthouse	good	0	
27.04.10	Kantchanaburi	Ratchaburi	105.92	232	05:20	Thailand	Hotel	good	0	
28.04.10	Ratchaburi	Hat Chao Samran	95.14	76	05:04	Thailand	Guesthouse	good	0	
29.04.10	Hat Chao Samran	Hua Hin	57.18	27	03:07	Thailand	Guesthouse	good	0	
30.04.10	Hua Hin	Ban Ao Noi	100.02	154	05:26	Thailand	Resort	good	0	
01.05.10	Ban Ao Noi	Ban Ao Noi	0	0	00:00	Thailand	Resort	good	0	
02.05.10	Ban Ao Noi	Bang Saphan	123.47	363	06:50	Thailand	Resort	good	0	
03.05.10	Bang Saphan	Hat Thung Wua Laen	99.96	453	05:15	Thailand	Resort	good	0	
04.05.10	Hat Thung Wua Laen	Hat Thung Wua Laen	0	0	00:00	Thailand	Resort	good	0	
05.05.10	Hat Thung Wua Laen	Hat Thung Wua Laen	0	0	00:00	Thailand	Resort	good	0	



Date	Start	Destination	km	hm	Time	Country	Accomodation	Weather	TI	Comment
06.05.10	Hat Thung Wua Laen	Lang Suan	89.74	285	04:21	Thailand	Hotel	good, starts to rain	0	
07.05.10	Lang Suan	12 km before Chaiya, near Hat Niyom	85.28	77	04:10	Thailand	Resort	good	0	
08.05.10	12 km before Chaiya, near Hat Niyom	Kanchanadit	104.71	187	05:19	Thailand	Resort	good	0	
09.05.10	Kanchanadit	Khanom	64.58	176	03:22	Thailand	Resort	good	0	
10.05.10	Khanom	Khanom	0			Thailand	Resort	good	0	
11.05.10	Khanom	Nakhom Si Thammarat	107.94	144	05:28	Thailand	Private	good	0	
12.05.10	Nakhom Si Thammarat	Ban Tha Bon	93.61	85	04:58	Thailand	Hotel	good	0	
13.05.10	Ban Tha Bon	Songkhla	76.78	41	04:03	Thailand	Hotel	rain	0	
14.05.10	Songkhla	Songkhla	0	0	00:00	Thailand	Hotel	rain, evening	0	
15.05.10	Songkhla	Hat Yai	34.16	71	02:00	Thailand	Hotel	good	0	
16.05.10	Hat Yai	Kangar	94.67	262	04:54	Malaysia	Hotel	good	0	
17.05.10	Kangar	Langkawi	42.6	94	02:39	Malaysia	Guesthouse	good, rain in the evening	0	Ferry to Langkawi, we can take the bikes on the ferry.



Date	Start	Destination	km	hm	Time	Country	Accomodation	Weather	TI	Comment
18.05.10	Langkawi	Langkawi	0	0	00:00	Malaysia	Guesthouse	cloudy, rain in the evening	0	
19.05.10	Langkawi	Alor Setar	36.5	167	02:19	Malaysia	Motel	cloudy	0	
20.05.10	Alor Setar	Sungai Petani	61.32	99	03:21	Malaysia	Hotel	good	0	
21.05.10	Sungai Petani	Georgetown	44.69	96	02:33	Malaysia	Guesthouse	good	0	
22.05.10	Georgetown	Georgetown	24.15	52	01:20	Malaysia	Guesthouse	rain	0	
23.05.10	Georgetown	Georgetown	0	0	00:00	Malaysia	Guesthouse	good	0	
24.05.10	Georgetown	Georgetown	63.46	676	03:33	Malaysia	Guesthouse	good	0	
25.05.10	Georgetown	Taiping	103.21	218	04:59	Malaysia	Motel	good	0	
26.05.10	Taiping	Ipoh	90.44	392	05:01	Malaysia	Hotel	good	0	
27.05.10	Ipoh	Tanah Rata	42.2	560	03:04	Malaysia	Guesthouse	good	0	
28.05.10	Tanah Rata	Tanah Rata	0	0	00:00	Malayisa	Guesthouse	good	0	
29.05.10	Tanah Rata	Teluk Intan	105.37	166	04:39	Malaysia	Hotel	good	0	



Date	Start	Destination	km	hm	Time	Country	Accommodation	Weather	TI	Comment
30.05.10	Teluk Intan	Sekingchan	74.6	43	04:04	Malaysia	Hotel	good	0	
31.05.10	Sekingchan	Kuala Selangor	33.38	26	01:55	Malaysia	Hotel	good	0	
01.06.10	Kuala Selangor	Kuala Lumpur	75.73	267	03:38	Malaysia	Guesthouse	good	0	Not too hard to enter KL, a lot of traffic, but not in the centre.
02.06.10	Kuala Lumpur	Kuala Lumpur	0			Malaysia	Guesthouse		0	
03.06.10	Kuala Lumpur	Kuala Lumpur	0			Malaysia	Guesthouse		0	We get three boxes for the bikes and manage to finally remove the pedals, what a hassle.
04.06.10	Kuala Lumpur	Kuala Lumpur	0			Malaysia	Guesthouse		0	
05.06.10	Kuala Lumpur	Kuala Lumpur	0			Malaysia	Plane		0	
06.06.10	Kuala Lumpur	Zürich	0			Malaysia	At home		0	Early morning flight.
			<b>3875</b>	<b>14245</b>						