

# Phuket Mountain Bike Hash

Friday-Sunday 16 to 18 August 2024

La Valle & Mountain View Resort – Phang Nga Province

**The August Bike Hash and AGPU will be an outstation ride at the La Valla & Mountain View Resort.**

Hash members can either stay Thursday, Friday, Saturday or Sunday night or drive up from Phuket on the Saturday.

## Location

**La Valla & Mountain View Resort** is 50 kms north of Sarasin Bridge in Khao Lak area. The traveling time from Sarasin Bridge is around 1 hours. The area is inland overlooking Phang Nga mountains towards dotted with high scenic limestone karsts. There will be HHH signs at the U-turn at the north end of Khao Lak.

## Accommodation

The venue is a 56 rooms/bungalows resort set in an idyllic natural setting near the mountains. The restaurant is both covered and open air and ideal for our purpose come rain or shine.

The accommodation is 3 zones 1. with rooms and the pool at the doorstep, 2. Bungalows in a open area, 3. Green house with 3 rooms in one house with separate entre. All rooms are with aircon, light, WI-FI, electric, bedding, towels, bath & toilet. The price also include breakfast. The price 1,200 baht.

La Valla & Mountain View Resort is “Jack Russell” dog friendly place.

***BOOKING SHALL BE DONE AT LEAST 2 WEEKS BEFORE, with 30% deposit.***

## Schedule Friday – Ad Hoc

On Friday afternoon starting about 4.00 pm there will be a scenic ride led by Hares. In the evening, we propose eating in the restaurant.

## Schedule Saturday – Bike Hash and AGPU

The ride will register at 2.00 pm and start at 2.30 pm. The long ride will be about 2 hours, and the short ride about an hour. For those who don't want tracks, fields and rubber there are plenty of quiet lanes.

When you arrive back a shower will be available and before the circle there will be finger snacks and riders goodies! **Beer and soft drinks are free after 2.00pm until they are finished.**

After there will be a sit down buffet in the restaurant with a choice of three Thai seafood and meat dishes along with fruit. After this the AGPU will start and finish late

## Schedule Sunday

On Sunday Hang-Over Morning Ride, starts at 10.00am there is a scenic ride led by the Hares.

## Cost

The registration fee for members is 300 baht per rider, non-members registration 500 baht. Wives and girlfriends are welcome as non-members.

**Please let us know asap if you will be attending**

Agenda for AGPU 2024

## Friday 16 August 2024

10.00 - !                    Check in  
12.00 – 13.00            Lunch on your own cost.  
16.00 – 17.00            Easy bike ride in local area  
18.30 – .....            Dinner, social talk in the restaurant on your own cost

## Saturday 17 August 2024

8.00 – 10.30            Breakfast  
10.00 - !                    Check in  
12.00 – 13.00            Lunch on our own cost  
13.30 – 14.30            Registration and prepare for Bike Ride  
14.30 – 14.45            Group photo and briefing  
14.45 – 17.00            Excellence Bike Ride starts  
16.00 – 18.00            Massage. Snack food is served.  
19.00 – .....            Dinner and circle

## Sunday 18 August 2024

8.00 – 10.30            Breakfast  
10.00 – 11.00            Hang-Over Morning Ride  
12.00 – 13.00            Lunch on your own cost  
13.00 – 14.00            Check-out, unless staying another night

Phuket Mountain Bike Hash will though the whole weekend sale beer for 60 baht.

Phuket Mountain Bike Hash will supply soft drinks as normal over the weekend for the bike riders.

If you want to stay overnight, please choose which nights and let us know a.s.a.p  
Its first come, first served system

General information: Bjorn to Run – Bjørn mobile 0822 356 559 [bjorn@odegaard.biz](mailto:bjorn@odegaard.biz)

Room booking: Wilma - Thomas mobile: 0878 939 464 [thomas@bt-flindt.dk](mailto:thomas@bt-flindt.dk)

**Deposit or full amount can be paid to Thomas Flindt**

**Kasikorn Bank 4942 130 142 let me know if you paid and how much**