

SPICE ROADS

CYCLING



CYCLING CHIANG MAI TO BANGKOK

Tour Code
THA-TCB

11 DAYS
10 NIGHTS

	Destinations	Thailand
	Tour Meets Tour Ends	Chiang Mai Bangkok
	Fly in to Fly out of	Chiang Mai International Airport (CNX) Suvarnabhumi Airport (BKK)
	Group Size Minimum Age	2-16 riders 18 (on scheduled departures)

ACTIVITY PROFILE



10
Cycling days

925_{km}
Total cycling distance

93_{km}
Avg distance / day

524_m
Avg climbing / day

PRICING



Price	US\$ 2,600
Bike Hire (Standard Road Bike)	US\$ 300
Bike Hire (Carbon Road Bike)	US\$ 450
Bike Hire (E-Bike*)	US\$ 550
Single Supplement	US\$ 425
<i>*E-bikes are in limited supply, please enquire to reserve one.</i>	

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Accommodation
- ✓ Snacks and drinks

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Airport pick up
- ✗ Airport drop off
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

DEPARTURES



06 October - 16 October 2024
03 November - 13 November 2024
15 December - 25 December 2024
12 January - 22 January 2025
09 February - 19 February 2025
05 October - 15 October 2025
02 November - 12 November 2025
14 December - 24 December 2025

TRIP PROFILE

The total distance is 925 km in 10 riding days. This tour is 100% on roads, and we designed the route for cyclists to see the best of Thailand. If you are looking for a more leisurely ride with more stops at sites, then please consider our River of Kings Ride tour that is along the same route. We start in the north, so there are a few climbs on the first two days as we go over the foothills surrounding Chiang Mai. The central part of Thailand is flat, and after the third day, we do not see any more hills.

We travel south and east as we ride from Chiang Mai down to Sukhothai, Nakorn Sawan, and Ayutthaya before ending in Bangkok. All our rides are point to point, and there is only one transfer to avoid the worst of Bangkok traffic. The riding days are not overly long, and we don't drag you out of bed at dawn. But we do ride every day, and some of the rides are definitely tough.

The trip is fully supported, and your guide's expert knowledge of the area and terrain means that you always know what is coming up in terms of distance and difficulty. This makes a tremendous difference, as does the constant supply of cold drinks and fresh fruit.

Suitability: Fitness, of course, will be a huge asset, but as the tour is fully supported, the bus is always close at hand.

Biking Conditions: You can expect a few tough rides due to the daily distances, but they will all be on tarmac. There are some climbs in the first few days, after that the route is predominantly flat all the way to Bangkok.



Day 1 Meet in Chiang Mai

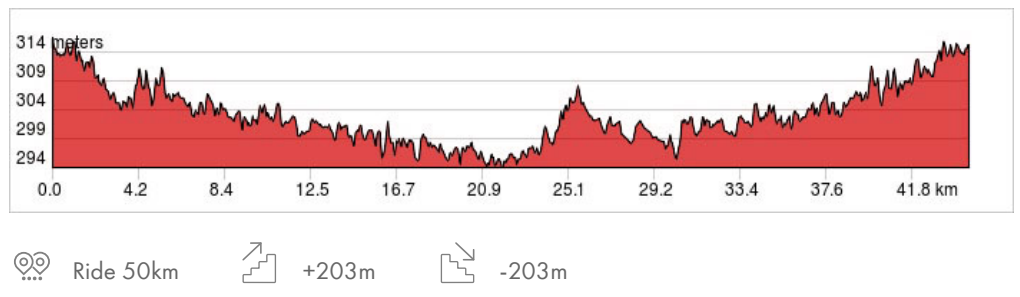
We meet at 13:00 at the hotel where the guide will brief everyone thoroughly and make sure the bikes fit. Then enjoy Chiang Mai or go for a warm-up ride in the area.



The Rim Resort



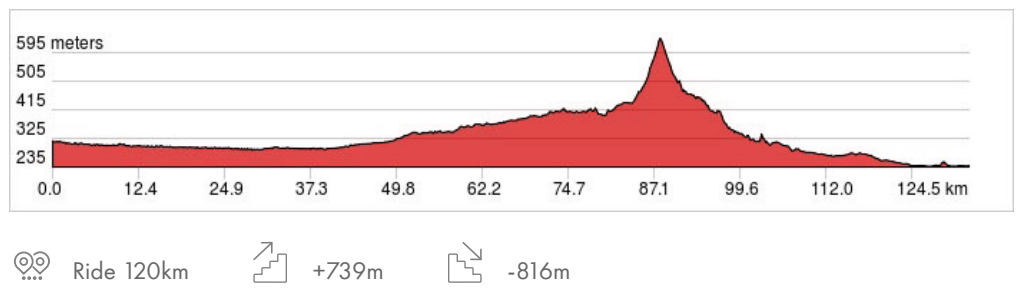
Dinner



Day 2 Chiang Mai - Lampang

After we leave Chiang Mai's traffic, we head towards Lampang on the old highway, a tree-lined boulevard that is a real pleasure to ride along. The terrain is rolling on this section of the ride, and at just past the halfway point, there is a longish climb that gets quite steep at the end. Lampang is called the cowboy town – you can still see horse-drawn carriages as a means of transport. On the way, we stop and visit one of the oldest and most religious chedis in Thailand, Wat Phra That Hariphunchai, built around 1044, and the well-preserved fortified Wat Phra That Lampang Luang.

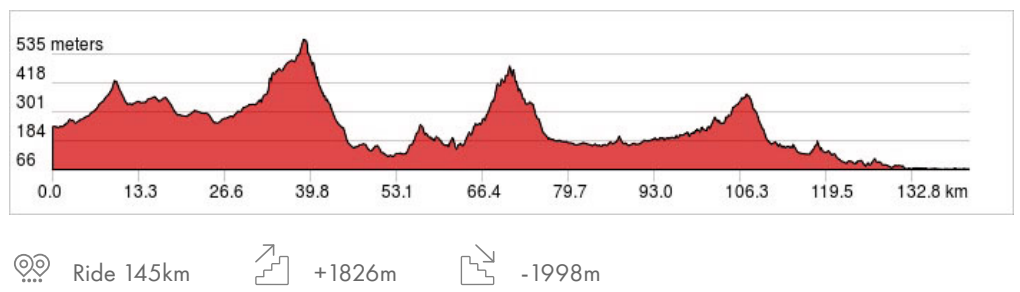
Wianglakor Hotel Breakfast, Lunch, Dinner



Day 3 Lampang - Uttaradit

Today is tough, as we have a long distance to cover and some hills to go over. We have three sets of hills and lots of undulating countryside. Some of the hills get steep towards the end, so take it easy, but the support vehicle is not far away and ready to give you a lift if needed. We pass through teak forests, past reclining Buddhas and some beautiful temples. We are now truly into provincial Thailand, and we won't see many other tourists here – giving you a real Thailand experience!

Seeharaj Hotel Breakfast, Lunch, Dinner



Day 4 Uttaradit - Sukhothai

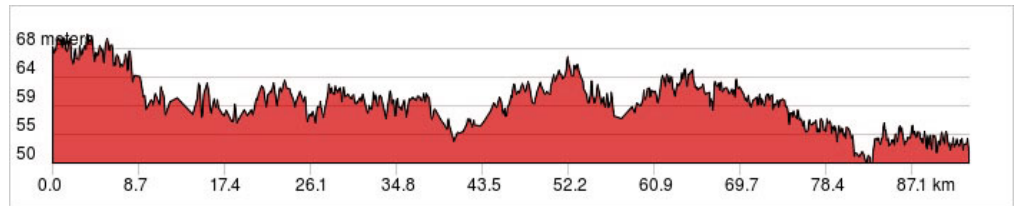
We really head off the beaten track today as we ride on some of the most secluded and beautiful roads in Thailand, as a canopy of palm trees provides some natural protection from the hot Thai sun. We pass lush green paddy fields and many villages as we wind towards the first capital of Thailand, Sukhothai. The 13th-century reign is generally viewed as the "Golden Age" of Siam due to the fact that its influence spread as far west as Burma and east as far as Cambodia and south down into Malaysia.



Ruanthai Hotel



Breakfast, Lunch, Dinner



Ride 90km



+262m



-279m

Day 5 Sukhothai

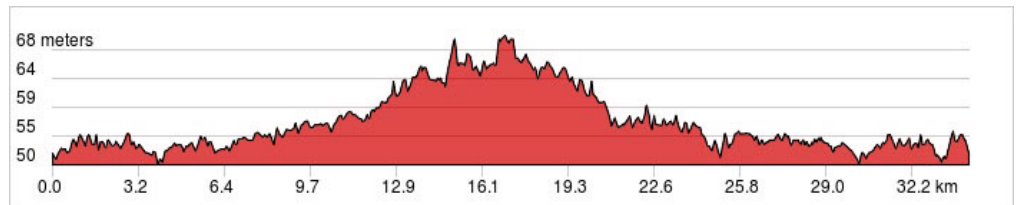
A day to enjoy the original capital of Thailand by taking a ride round the historic park. A UNESCO World Heritage Site, there are more than 193 ruins surrounded by three moats and bridged by four gateways. Bikes are the best way to enjoy this ancient city, and you won't want to forget your camera to capture some of the stunning Buddha statues. Or simply have a day off the bike and enjoy the town of Sukhothai.



Ruanthai Hotel



Breakfast, Lunch, Dinner



Ride 30km



+111m



-111m

Day 6 Sukhothai - Khampeng Phet

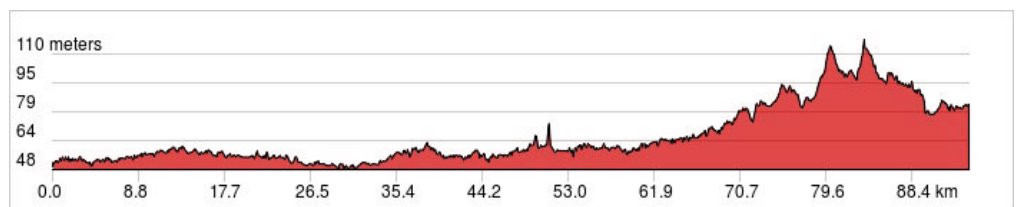
Khampeng Phet, also known as the "Diamond Walled City", was a military fortress used to help defend Sukhothai from invading armies. The moss and flower covered ruins give it a quality not seen in its more popular and restored neighbour of Sukhothai. We have plenty of time to visit the sites by foot or bicycle. The ride to Khampeng Phet is on pleasant country roads with plenty of activity going on all around to keep your attention.



Chakungrao Riverview Hotel



Breakfast, Lunch, Dinner



Ride 85km



+320m



-288m

Day 7 Khampeng Phet - Nakorn Sawan

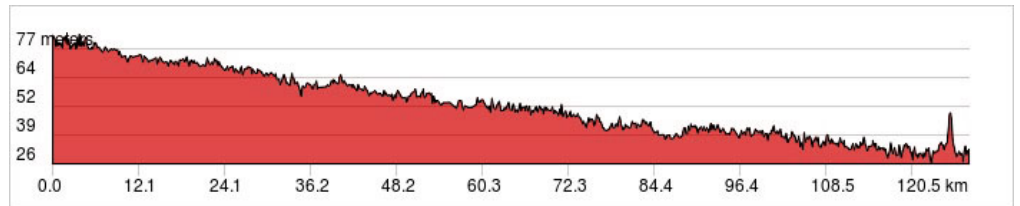
We head into the heartland of Thailand today with our journey to Nakorn Sawan. You'll quickly understand why Thailand is the top exporter of rice when you see the many paddies on your route today. Look out for water buffaloes wallowing in a puddle and for ducks taking a dip in a rice field. This is an area of Thailand not visited by many tourists, so you will pique the interest of locals (especially if you tell them you have ridden from Chiang Mai!), and it is a good opportunity to stop and say Sawadee!



Bonito Chinos Resort



Breakfast, Lunch, Dinner



Ride 130km



+474m



-525m

Day 8 Nakorn Sawan - Singburi

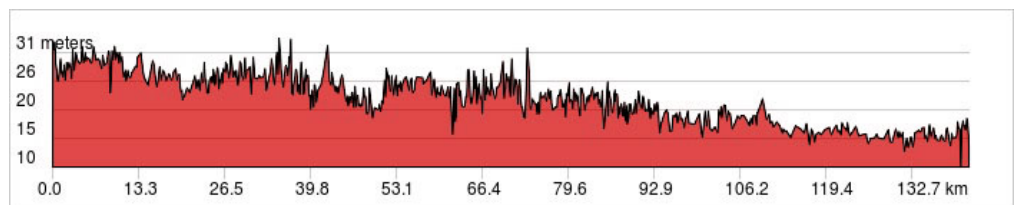
We really start to feel we are approaching Bangkok as we see signs of industrialisation, but there are still plenty of open spaces with fields, as well as small towns and villages along the way. The ride is again on backroads that pass through many small towns.



Chaisaeng Palace



Breakfast, Lunch, Dinner



Ride 145km



+619m



-636m

Day 9 Singburi - Ayutthaya

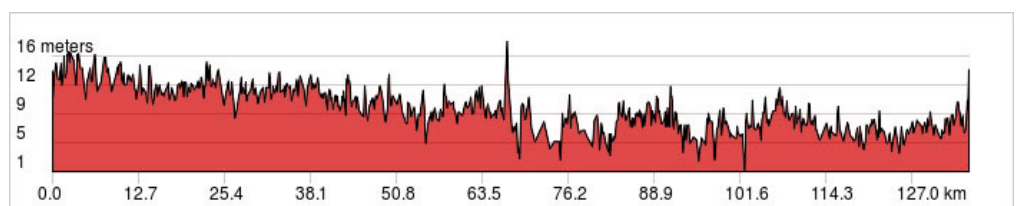
As we leave Singburi, don't forget to look up and wonder at the magnificent reclining Buddha in Ang Thong before continuing the ride to the old Siamese capital of Ayutthaya – the centre of old Siam for over 400 years until it was sacked by the Burmese in 1767. Also, a UNESCO World Heritage Site, this historic park boasts some spectacular temples that are best visited by bicycle. The town lies along the Chao Phraya River, and our hotel for the night is located on its banks.



Krungrsri River Hotel



Breakfast, Lunch, Dinner



Ride 90km



+493m



-492m

Day 10 Ayutthaya - Bang Pa-In - Bangkok

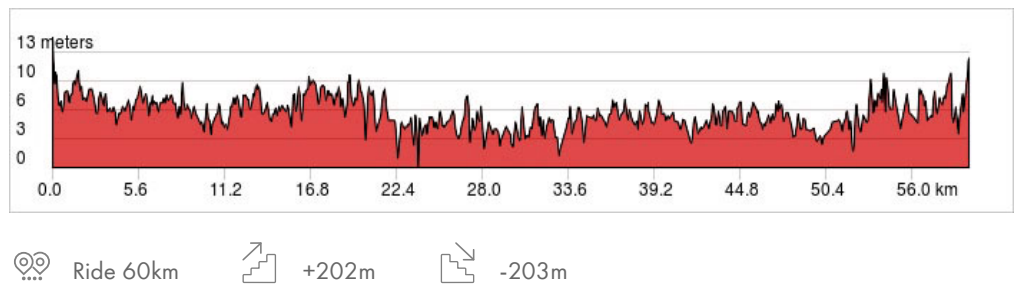
We have the last leg of our sojourn through Thailand. We ride down to Bangkok along country roads that will take us past Bang Pa-In Palace, the former summer palace of King Chulalongkorn. We end our journey in north Bangkok, and we transfer the last few kilometres to our hotel in the city centre. We then meet in the evening for a celebratory dinner and bask in the glory of a job well done!



Theatre Residence



Breakfast, Lunch, Dinner



Day 11 Bangkok and Onward Travels

Free day to enjoy Bangkok and pack your bikes.

 Breakfast

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire bikes locally for the price listed in the tour pricing section.

If you bring your own bike, please make sure it is a road bike in good mechanical order.

We also have E-Bikes available for hire, but they are limited in number & size - please send an email to us to check on availability.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

If staying less than 30 days then a visa in advance is not required by European, North American, Australian and many other nationalities. Please check this [page](#) to see if you qualify. You will need to show proof of an onward flight out of Thailand to be eligible for the visa on arrival. This is strictly enforced. Please ensure your passport is valid for at least 6 months beyond the duration of your stay in the country.

Health

We recommend that you visit a travel medical doctor and ask about the following vaccinations: typhoid, polio, tetanus and hepatitis A. A certificate for Yellow Fever is required when arriving from an infected area within six days.

Weather

Thailand generally has a tropical climate with fairly high humidity. The North and Central region have a tropical climate with fairly high humidity. Northeast Thailand has a humid hot and dry weather alternatively with medium rain while the coastal areas of the east is humid and hot with intermittent rain. The South of Thailand has a tropical climate with fairly high humidity.

There are three seasons: from March to June it is hot and dry, with temperatures between 27°C/80 F and 40°C/104 F, with night temperatures in the 20s. The rainy season is from July to October, but temperatures are slightly lower, because of the effect of the rain. During this time it will not rain continuously, but in sharp bursts, and the sun can come out quickly. The cooler season is from October to February, with average temperatures between 20°C/68 F and 30°C/86 F.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Most meals are local and feature noodles, rice, curries, and soups. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Drink

Keeping you completely hydrated is a job we take very seriously. Cold water, some energy-restoring local fruit, and soft drinks are included in the tour price while riding. Soft drinks and other beverages during meals are not included. Beer is freely available everywhere but is NOT included in the price.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for traveling alone. We will arrange for you to share accommodation with another traveler of the same gender and if we cannot match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Extra Expenses

We recommend that you tuck away a few extra dollars, perhaps US\$20 per day, for incidentals.

Money

The Thai currency is the baht. ATMs, which are abundant, are the easiest ways to get Thai baht. Have a supply of US dollars in cash on hand, just in case your card doesn't work. Banks or the rarer private moneychangers offer the best foreign-exchange rates. Credit cards are accepted in big cities and resort hotels but you'll need baht for family-run guesthouses or restaurants.

GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads

tour.

You are advised to read our [Booking Conditions](#) in full before you make your payment and should you require further clarifications of any of the conditions below, please [email us](#) or call our office.

TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please [email us](#) or call our office.

BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into [Manage My Trip](#) (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems [please send us an email](#), or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our [cancellation policy](#).

Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your [travel insurance](#) that you acquired when you booked your holiday.

Newsletter

Our adventure travel [e-newsletter](#) is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Please note that the itinerary is subject to change due to unforeseen circumstances, however, we will always do our best to adhere to this original itinerary

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