

SPICE ROADS

CYCLING



ROAD CYCLING BANGKOK TO PHUKET

Tour Code
THA-TBP

10 DAYS
9 NIGHTS

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

ACTIVITY PROFILE



8 Cycling days	805 km Total cycling distance
101 km Avg distance / day	545 m Avg climbing / day

PRICING



Price	US\$ 3,000
Bike Hire (Domane AL5 Gen 4)	US\$ 300
Bike Hire (Trek Domane SL5 Gen 4)	US\$ 450
Bike Hire (E-Bike*)	US\$ 500
Bike Hire (Trek Domane SL6 Di2)	US\$ 600
Single Supplement	US\$ 650

**E-bikes are in limited supply, please enquire to reserve one.*

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Hotel pick up
- ✓ Accommodation
- ✓ Snacks and drinks
- ✓ Cooking class

WHAT'S EXCLUDED

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

DEPARTURES



08 June - 17 June 2025
15 June - 24 June 2025
06 July - 15 July 2025
10 August - 19 August 2025
19 October - 28 October 2025
16 November - 25 November 2025
26 December - 04 January 2026
04 January - 13 January 2026
18 January - 27 January 2026
15 February - 24 February 2026

See website for later departures

TRIP PROFILE

We ride a total of 805 km over 8 cycling days. The first stage of the tour (Days 1-5) takes us along the east coast, where views over the Gulf of Thailand are never far out of reach. The riding is predominantly flat, with undulations few and far between. On Day 4, we enjoy a rest day – and while some riders may feel it's a bit early, the caliber and location of our resort on Baan Grood Beach are simply too inviting to resist for a day off-saddle. On Day 6, we transition to the west coast via a long and hilly ride across the Isthmus of Kra. The second stage of the tour (Days 7-10) takes us inland through the provinces of Ranong and Phang Nga, where we ride through a terrain of gently rolling hills towards Phuket. Besides long and fulfilling days on the road, you can also look forward to delicious Thai cuisine, friendly locals, and visits to temples and other noteworthy landmarks. Accommodations range from deluxe, character-rich hotels to more basic accommodations, but they are always comfortable and often amongst the best available. We stay at a few seaside resorts which are always a highlight!

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 water and refreshments along the way.

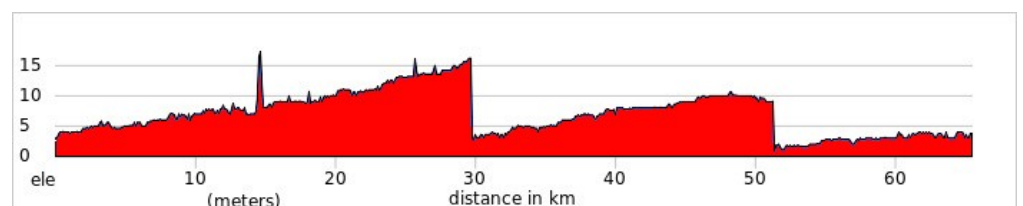
Suitability: This tour is ideal for experienced road cyclists comfortable with long, back-to-back riding days. The first stage is predominantly flat with a few undulations, though you'll encounter some false flats. Day 6 is the toughest as we cross to the west coast, navigating some hills, and the rest of the tour features steady undulations. Most of the climbing is low-gradient with just a few short, steeper sections. We have a full rest day on Day 4 in Baan Grood. Less experienced riders are welcome but should prepare for the long distances and tropical heat, aiming to maintain a steady pace. The support vehicle is always nearby to offer refuge to any weary cyclists.

Biking Conditions: Stage 1 on the east coast takes us along mostly well-paved secondary roads that hug the coast or pass through agricultural areas, including coconut groves and rubber and oil palm plantations. Occasionally, we also veer onto narrow country lanes where potholes, road debris, and patches of gravel can be common. There are a few sections on busier main roads, especially near towns and popular attractions. On day 6 and for the majority of stage 2 on the west coast we ride on the shoulder of excellently paved main provincial roads, which can be busier in more populated areas but become noticeably quieter as we enter more rural regions. While we have scheduled our departures to avoid the wettest months of year, showers can occur at any time. We generally ride rain or shine though, based on the guide's discretion or your level of comfort, modifications to the planned route can be made. It's all part of the adventure!

Day 1 Bangkok - Khlong Khon - Hua Hin

After picking you up from your Bangkok hotel, we transfer about 2 hours to our cycling start point in Khlong Khong, a coastal area along the Gulf of Thailand dominated by salt pans, aquaculture farms, and mangrove forests. As we ride south along quiet secondary roads, we pass through a vast, well-manicured landscape where sea salt is harvested en masse and a variety of seafood, especially shrimp, is farmed. We glide through fishing towns, cross bridges over estuaries, and zip by glittering Buddhist temples. After about 57 km, we take a break for lunch at Chaosamran Beach. Just ahead, the road merges with the busy highway, so we switch to the van for the final stretch to Hua Hin (about 1 hour). This town is a favorite beach getaway from Bangkok for Thais and tourists alike, and we'll spend the night at an elegant resort.


 Putahraca Hua Hin  Lunch, Dinner

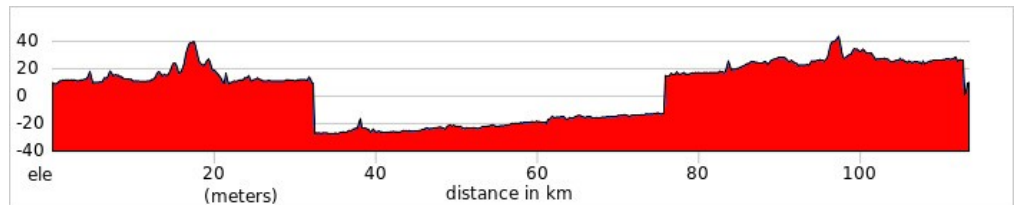


 Ride 57km  +121m  -102m

Day 2 Hua Hin - Prachuap Khiri Khan

We maneuver our way out of Hua Hin along the main road and cycling paths before riding through farmlands to reach Pranburi Beach, around 25 km into the day. Sticking close to the coast for another 20 km, we then turn inland toward Sam Roi Yot National Park. Sam Roi Yot translates to 'Three Hundred Peaks,' a fitting name for this picturesque landscape of limestone cliffs surrounded by freshwater marshes. We ride on smoothly paved roads winding through valley floors, flanked by shrimp farms and overseen by the majestic peaks. At around 70 km, we return to the coastal plains and stop for lunch. Afterward, we have a long stretch along a secondary road that runs parallel to the historic railroad connecting Bangkok to the southern provinces. Finally, we are greeted by the stunningly blue waters of the Bay of Prachuap Khiri Khan, where we end today's ride.

 Prachuap Grand Hotel  Breakfast, Lunch, Dinner

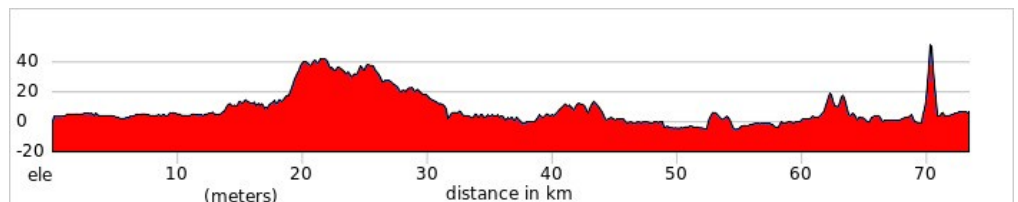


 Ride 104km  +472m  -468m

Day 3 Prachuap Khiri Khan - Baan Grood

Departing from the hotel, we arc around the scenic twin bays that embrace Prachuap Khiri Khan. After a short 9 km ride along the shoulder of the main road, we return to peaceful backcountry roads. As we ride, you'll notice more coconut and rubber plantations lining our path, a clear sign that we're nearing the south of Thailand! By around 50 km we reach Thap Sakae Beach, enjoying a very beautiful stretch along the seashore before again veering inland, cycling under the canopies of endless waves of palm trees. We then complete the distance to our lovely seaside resort on Baan Grood Beach, a quiet stretch of golden sands where we'll spend the next two nights.

 Baan Grood Arcadia  Breakfast, Lunch, Dinner



 Ride 76km  +299m  -293m

Day 4 Baan Grood Rest Day

Today is a rest day. Feel free to lounge by the beach, take a dip in the resort's pool, or indulge in a soothing Thai massage to loosen up those muscles. Lunch and dinner are not included today, but your guide will be happy to share recommendations for good eats in the area.

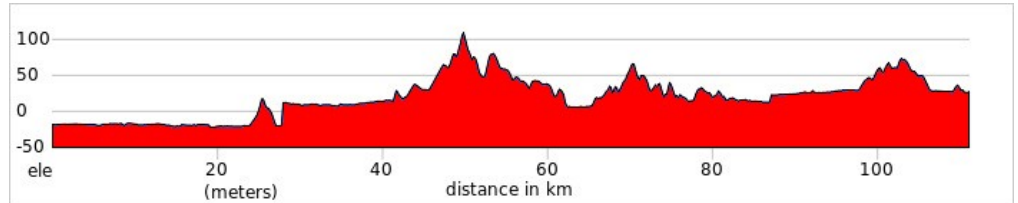
 Baan Grood Arcadia  Breakfast

Day 5 Baan Grood - Chumphon

With our legs rested from yesterday's leisure day, we're set to cover some serious ground! Today's route traverses Thailand's narrowest geographic area, with the Myanmar border just 20 km away at some moments. We start by riding along Baan Grood's quiet, palm-fringed beach road and through some countryside lanes before switching to a wider road that takes us through the lush estuaries of coastal Thailand. By around 60 km, the road begins to narrow, leading us into a seemingly endless world of coconut and palm oil plantations! We then pick up the pace as we ride on a bike lane alongside the main road. After about 90 km, we reach Ao Bo Mao Bay,

where we'll break for lunch at a beachside restaurant. We'll then cross a bridge with scenic views of fishing boats before completing the final stretch to Saphli Beach in Chumphon Province, where we'll spend the night. How about treating yourself to a fresh coconut or an ice-cold beer (or both!) to celebrate today's epic ride?

 Nana Beach Resort  Breakfast, Lunch, Dinner

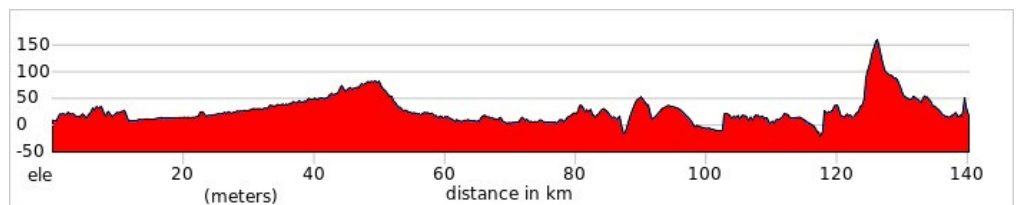


 Ride 115km  +629m  -620m

Day 6 Chumphon - Ranong

Today marks a milestone in our tour as we cross the Isthmus of Kra, separating the Gulf of Thailand to the east from the Andaman Sea to the west. Although this distance is the longest of the trip, we maintain a steady pace with regular stops to recharge. As there are few roads through the mountains we spend most of the day on the main road, however there is a wide shoulder. Starting from the coast of Chumphon, we head west for about 60 km along an undulating road that weaves through the lush, jungle-clad mountains of the area. The hills, twists, and turns create a dynamic riding experience. We then arrive at the valley of the Kra Buri River, which serves as a natural border between Thailand and Myanmar. The river gradually widens into an estuary that spills into the Andaman Sea. Continuing along the valley floor, we reach the Pun Ya Ban Waterfall, where a steep 3 km climb presents a final challenge before we roll into the city of Ranong. Known for its spa culture, fishing industry, and proximity to the border, Ranong offers a unique vibe!

 Sook Hotel  Breakfast, Lunch, Dinner

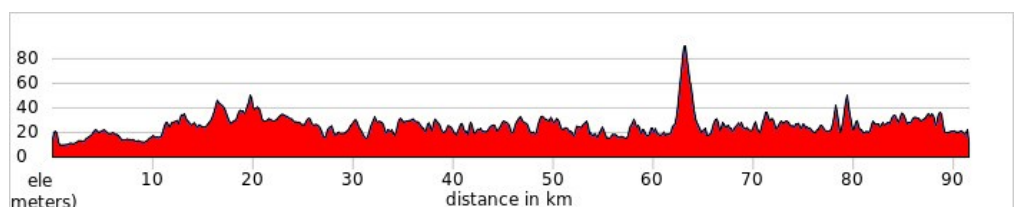


 Ride 138km  +883m  -869m

Day 7 Ranong - Suk Samran

We dart off from Ranong and make our way south along the main provincial thoroughway that runs inland. It's an undulating ride for the most part as we traverse the foothills of the Tenasserim Range. The road is lined with coconut, rubber, and palm oil plantations, along with many villages, towns, and mosques, showcasing an interesting cross-section of rural living on the Andaman Coast. At around 60 km, we face a short but steep hill to conquer before continuing alongside the forests of the Khlong Na Kha Wildlife Sanctuary to the east. We end our ride in the district of Suk Samran which lies in the very south of Ranong Province.

 I-In Resort  Breakfast, Lunch, Dinner

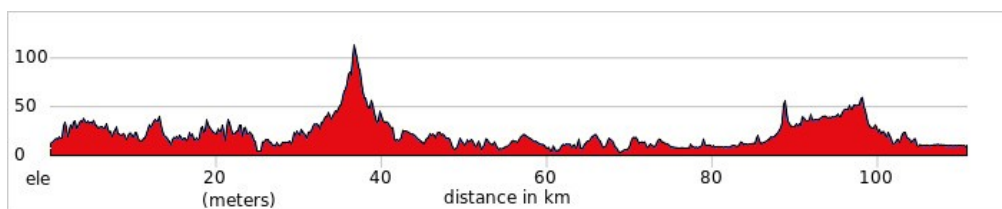


 Ride 92km  +647m  -645m

Day 8 Suk Samran - Khao Lak

We cross into Phang Nga Province, cycling along a beautiful road that leads us deeper into southern Thailand, surrounded by lush rolling hills and vibrant farmlands. After about 20 km, the road widens and becomes busier as we pass through Khura Buri, but it soon quiets down again as we venture further inland. Here, a winding climb takes us into a neighboring valley, offering scenic views. At around 80 km, we reach the historic town of Takua Pa, where we explore its rich past as a prosperous hub of the lucrative tin mining industry in the 19th and early 20th centuries — a legacy preserved in the Chino-Portuguese merchant houses that still stand today. We enjoy a leisurely cycle through town and have lunch before taking back roads that meander through small villages and shady rubber plantations. Our ride concludes at the sun-kissed sands of Khao Lak, where we'll saddle off for the afternoon and unwind at the resort.

 Apsara Beachfront Resort  Breakfast, Lunch, Dinner

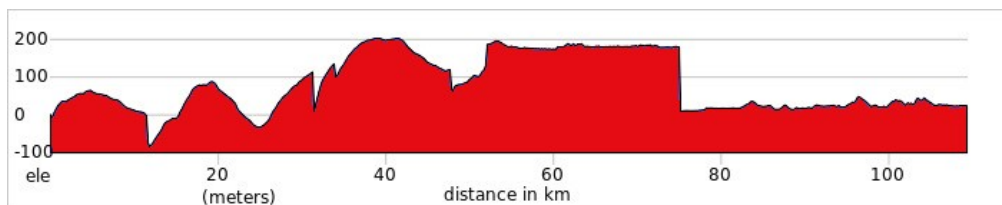


 Ride 111 km  +746m  -749m

Day 9 Khao Lak - Phuket

Time for the home stretch! From Khao Lak, we ride along the main road, stopping after about 11 km at the International Tsunami Museum to learn about the devastating impact of the tsunami that struck the region in 2004. Continuing on, we tackle a scenic climb over a headland and conquer a couple more hills as we make our way to Phuket. At around 60 km, we branch off onto side roads leading to the coast, passing through charming fishing communities and lagoons. After a lunch break, we ride along tree-lined Natai Beach before making the iconic crossing over the Sarasin Bridge, which connects the mainland to Phuket. The final 20 km takes us along the island's roads to our resort on lively Nai Yang Beach, the perfect spot for tonight's celebration of our epic road cycling journey from Bangkok to Phuket!

 Bella Nara Phuket / Nai Yang Beach Resort  Breakfast, Lunch, Dinner



 Ride 112km  +631m  -622m

Day 10 Phuket Departure

Our tour has come to an end, but feel free to extend your stay on Phuket! As Thailand's largest island and a premier tourist destination, Phuket is brimming with resorts, beaches, restaurants, nightlife, nature, and lots of activities. If you need assistance with post-tour hotel bookings or airport transfers, please let us know!

 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.

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.

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Passports and Visas

Visitors from 93 countries can enter Thailand for 60 days without applying for a visa. See [here](#) if your country is on the list. If you do not hold a passport from one of these countries please contact the Thai embassy or consulate nearest to you about applying for a visa. If you intend to stay for more than 60 days you will also need a visa. Please check this [page](#) for more details and the latest updates. Please ensure you hold a passport with at least 6 months of validity remaining. You will need to show proof of an onward flight out of Thailand to be eligible for the visa on arrival. If you do not possess a ticket proving your exit from Thailand within 60 days of arrival, you may be denied boarding.

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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