

SPICE ROADS

CYCLING



CHIANG MAI TO CHIANG RAI BY BIKE

Tour Code
THA-TCM

4 DAYS
3 NIGHTS

	Destinations	Thailand
	Tour Meets Tour Ends	Chiang Mai Chiang Rai
	Fly in to Fly out of	Chiang Mai International Airport (CNX) Mae Fah Luang International Airport (CEI)
	Group Size Minimum Age	2-16 riders 12 (on scheduled departures)

ACTIVITY PROFILE



4 Cycling days	156 _{km} Total cycling distance
39 _{km} Avg distance / day	297 _m Avg climbing / day

PRICING



Price	US\$ 1,150
Bike Hire	Included
Single Supplement	US\$ 160
Child Pricing	Under 5: free; Age 5-11: 15% discount

WHAT'S INCLUDED

- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Airport drop off
- ✓ Hotel pick up
- ✓ Hotel drop off
- ✓ Accommodation
- ✓ Bike and helmet
- ✓ Snacks and drinks
- ✓ Entrance fees
- ✓ Ferry/boat fares
- ✓ Accident insurance

WHAT'S EXCLUDED

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

DEPARTURES



11 August - 14 August 2025
08 September - 11 September 2025
13 October - 16 October 2025
10 November - 13 November 2025
08 December - 11 December 2025
12 January - 15 January 2026
09 February - 12 February 2026
10 August - 13 August 2026
07 September - 10 September 2026
12 October - 15 October 2026

See website for later departures

TRIP PROFILE

We ride a total of 156 km over 4 cycling days. The journey takes us across valley floors, rolling hills, and rice field plains as we travel from Chiang Mai to Chiang Rai. The cycling takes place on a variety of road surfaces, with approximately 80% paved and 20% unpaved. We ride between 30 - 40 km during the first three days, with the option of an additional afternoon ride on Day 2. On day 3 we ride just over 50 km. There are some hills to tackle throughout, but overall the gains are mild. With several vehicle transfers before and/or after our rides, we avoid busy main roads and focus on the most enjoyable routes.

Besides fabulous cycling routes, touring highlights of the trip include visits to beautiful Buddhist temples, caves, local markets, hill tribe villages, and traditional cottage industries. For many, the most memorable moments are encounters with Thailand's incredibly welcoming locals, always eager to wave hello and cheer us on! Accommodations in Chiang Dao (Day 1) and Tha Thon (Day 3) are character-rich and cosy hotels equipped with a pool. In Fang (Day 2), we stay in a simpler, but still more than adequate stopover hotel - there is no pool. Food is another highlight of the tour and we'll enjoy both Thai classics as well some northern specialties you may not have heard of.

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 trip is suitable for anyone with a reasonable level of fitness. You can expect a fairly gentle ride each day with none of the distances being overly long. Being in the mountainous north means that a hill is never far out of sight, but we have designed the route to avoid any prolonged or overly steep ascents. Anyone looking to challenge themselves, can opt for an optional afternoon ride to Fang on Day 2 and a short but steep climb to a hilltop temple on Day 3. Navigating narrow village lanes, bumpy country roads, and the odd stretch of hard-packed dirt or gravel requires some handling skills but does not involve technical manoeuvring. The main challenge of the tour is keeping up stamina over back-to-back riding days and cycling in the tropical heat. The pace is leisurely and with plenty of refreshment stops so riders with less experience are more than welcome to join. The support vehicle is always nearby to offer refuge to any weary cyclists.

Biking Conditions: We ride on a mix of well-paved secondary roads, village lanes in varying conditions, and gravelly farmer paths. Paved surfaces are mostly smooth tarmac but you should also expect country lanes which can contain potholes, road debris, and gravel. Although much of the route is on quiet countryside roads with minimal traffic, we will regularly share the roads with cars, motorbikes, and buses. There are a few unavoidable sections along the main roads, especially coming in and out of cities and near popular attractions

Although we've scheduled our departures to avoid the wettest times of the year, rainfall can occur at any time. We generally ride rain or shine, but based on the guide's discretion or your comfort level, modifications to the planned route can be made. Additionally, from March through April, northern Thailand experiences its annual burning season, when smoke from agricultural field clearings causes smog. While we avoid this period entirely, the exact start date varies each year, and some early burnings may occur in February, impacting air quality on parts of the route.



Day 1 Chiang Mai - Wat Ban Den - Chiang Dao

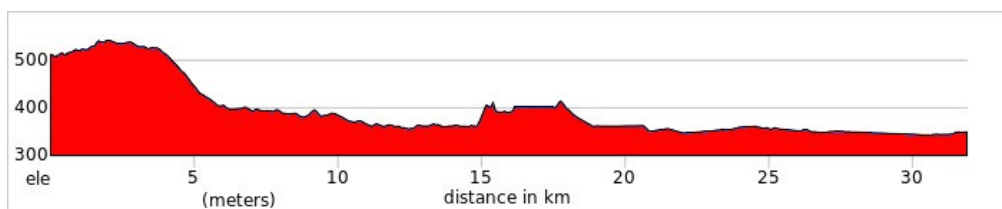
In the morning, we pick you up from your pre-tour hotel in Chiang Mai City and transfer around 1.5 hours to Bua Tong Waterfall. Known as the “sticky waterfall” due to its unique grippy limestone surface, this natural wonder invites you to climb its cascades and take in the lush surroundings while we prepare the bikes. From here, we begin our ride on smooth roads winding through the serene forests bordering Sri Lanna National Park. A swift descent leads us into a landscape of vast farmlands framed by mountain backdrops. At the 15 km mark, a short, spicy climb rewards us with views of the Mae Ngat Reservoir. We’ll cycle along its steadfast walls to reach our lunch spot overlooking the waters of this picturesque man-made lake. In the afternoon, we ride on a mix of paved and gravel roads through small villages, rice paddies, and fruit orchards. Our ride concludes at Wat Ban Den, a sprawling temple complex renowned for its colourful architecture and large sculptures of mythical creatures. We transfer around one-hour to our hotel further north in Chiang Dao district, where the towering Chiang Dao Mountain, Thailand’s third-highest peak, majestically overlooks the valley.



Marisa Resort & Spa



Lunch, Dinner



Ride 32km



+156m



-317m

Day 2 Chiang Dao - Sacred Caves - Fang

We begin with an easy 12 km ride to the sacred Chiang Dao Caves, where we’ll stroll through narrow chambers housing an eclectic mix of stalagmites, stalactites, Buddha images, and other religious relics. Afterwards, we weave across the valley floor, dotted with farms and framed by rugged limestone massifs. At the 35 km mark, we saddle off and fast-track further north via a one-hour vehicle transfer. We’ll stop for lunch and explore another fascinating cave temple: Wat Tham Tap Tao. Nestled at the foot of a mountain, the cave features gilded Buddha statues

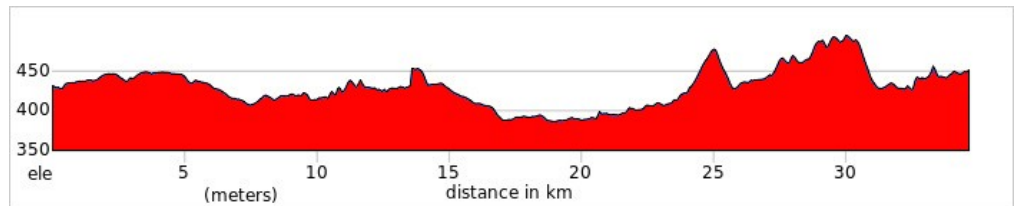
illuminated by sunlight creeping in. You then have the option of a gentle afternoon ride along paved backroads into the town of Fang, where we spend the night. The total distance of this optional ride is around 50 km with 300 metres of elevation gain — you can cycle as much as you like before jumping in the van.



Sleeping Tree Hotel



Breakfast, Lunch, Dinner



Ride 35-83km



+358m



-338m

Day 3 Fang - Tha Ton

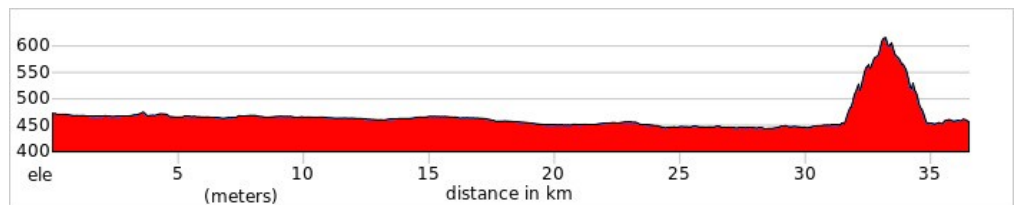
Today's route takes us to the far north of Thailand, where the mountains form a natural border with Myanmar. We begin by leaving Fang and heading onto paved country lanes, passing expansive rice paddies and village temples dotted along the way. This region is also famous for its vast orange orchards. By the 30 km mark, we reach the Mae Kok River, the lifeblood of the area, and the market town of Tha Thon which sits on its banks. From here it is only a quick zip to our riverside hotel but for those seeking a challenge, there's the option to tackle a steep and winding 2 km climb up to the hilltop Tha Thon Temple, which offers sweeping views over the valley and into Myanmar. After soaking in the vistas, we'll descend back to our tranquil hotel, where peaceful gardens and a refreshing pool await. The afternoon is yours to relax and enjoy at leisure.



Maekok River Village Resort



Breakfast, Lunch, Dinner



Ride 37km



+219m



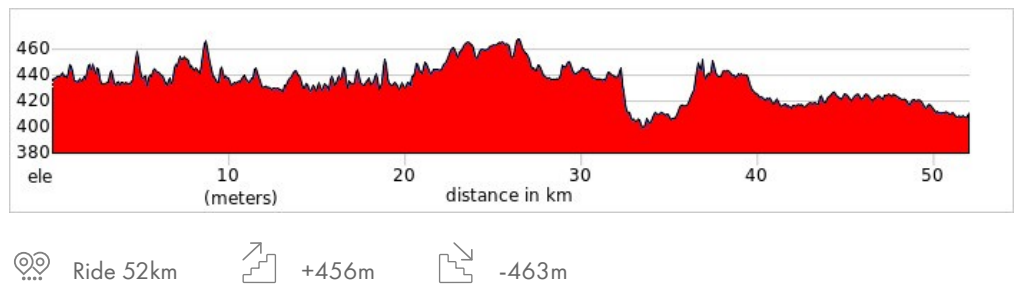
-234m

Day 4 Tha Ton - Chiang Rai

We start things a little differently today. After a short transfer to a pier, we'll hitch a ride on a long-tail boat that takes us downstream on the Kok River. After about an hour, we'll disembark and saddle up to follow the river as it cuts through a narrow valley dotted with hill tribe villages and surrounded by forested slopes and terraced agricultural fields. The first 20 km will be along a mix of dirt roads and unevenly paved, occasionally cratered, rural lanes. We'll even cross a suspension bridge! Gradually, the roads become smoother, and after around 30 km, we spill out onto the rice field-covered plains surrounding the city of Chiang Rai. Rather than heading straight into town, we take a detour to visit the eccentric White Temple, Chiang Rai's top attraction, where traditional Thai temple architecture meets modern art and pop culture. After our visit and lunch, we end our adventure with a transfer to your post-tour hotel or the airport in the city of Chiang Rai. Please let us know if you need assistance with hotel bookings or airport transfers after the trip.



Breakfast, Lunch



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

Bike hire is included in the tour. The bikes are well-known makes of hybrid or mountain bikes (depending on the tour) with lightweight alloy frames, 24- to 27-speed gearing, v-brakes and Shimano components and front suspension.

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

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

CONTACT US

45 (Sub Soi Pannee) Soi Pridi Banomyong 26
Sukhumvit Soi 71 Klongtan Nua, Wattana
Bangkok, Thailand 10110
Tel: +66 (0) 2 026 3295
Email: info@spiceroads.com
Website: www.spiceroads.com

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