

SPICE ROADS

CYCLING



NORTH THAILAND BY BIKE

Tour Code
THA-TNT

10 DAYS
9 NIGHTS

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

ACTIVITY PROFILE



10 Cycling days	518 km Total cycling distance
52 km Avg distance / day	632 m Avg climbing / day

PRICING



Price
Bike Hire (Mountain Bike)
Single Supplement

US\$ 2,450
US\$ 200
US\$ 525

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Hotel drop off
- ✓ Accommodation
- ✓ Snacks and drinks
- ✓ Entrance fees
- ✓ Ferry/boat fares

WHAT'S EXCLUDED

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

DEPARTURES



12 January - 21 January 2025
08 June - 17 June 2025
05 October - 14 October 2025
23 November - 02 December 2025
11 January - 20 January 2026
07 June - 16 June 2026
04 October - 13 October 2026
22 November - 01 December 2026

TRIP PROFILE

We ride a total of 518 km over 10 cycling days. The journey takes us across valley floors, rolling hills, mountain passes, and rice field plains as we travel from Chiang Mai to the Golden Triangle. The cycling takes place on a variety of road surfaces, with approximately 80% paved and 20% unpaved. Days 2, 5, 7, 9, and 10 have the highest proportion of gravel/off-road sections, while the other days are mostly on paved roads. There are some leg-testing climbs on this tour, particularly the ascents to Doi Mae Salong and Doi Tung, but the mountain scenery is among the best in Thailand, and the downhill sections are as thrilling as the uphill sections are challenging. Besides fabulous cycling routes, touring highlights of the trip include visits to beautiful Buddhist temples, stunning viewpoints, 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 on this tour are a selection of character-rich and cosy hotels. One exception is in the town of Fang, where we stay in a simpler, but still very adequate, stopover hotel.

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: The tour is ideal for cyclists with a good level of physical fitness, comfortable with daily distances of approximately 50 km on mixed surfaces and steady climbs of around 650 m per day. While most days feature mild undulations with a few steeper sections here and there, the real climbing feats of this tour are on day 6 and 8 when we ascend over 1,000 metres to Doi Mae Salong and Doi Tung respectively. These climbs are on smooth tarmac roads. While the route includes enough unpaved or unevenly paved sections to make a mountain or gravel bike the best option, this tour is not designed for those seeking a predominantly off-road experience. There's no highly technical terrain, but good bike handling skills will help you navigate some of the rougher surfaces. The support vehicle is available throughout the journey, offering a break to any weary riders. At some points, the vehicle may not be able to follow directly but will meet the group at intervals.

Biking Conditions: We ride on a mix of well-paved secondary roads, village lanes in varying conditions, and gravelly farmer paths. On Day 2 we ride off-road on forest trails. As a rough estimate, you can expect about 20% of the total riding distance to be on unpaved surfaces. 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

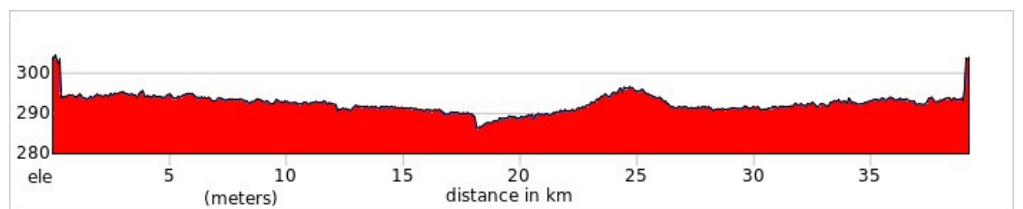
Although we've scheduled our departures to avoid the wettest times of the year, rainfall can occur at any time. We generally ride rain or shine, but based on the guide's discretion or your comfort level, modifications to the planned route can be made. Additionally, from March through April, northern 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 Meet in Chiang Mai

Welcome to Chiang Mai, the "Rose of the North"! We'll meet at our tour hotel in the early afternoon before transferring to Wiang Kum Kam, an archaeological site featuring the ruins of a 13th-century city. Surrounded by peaceful countryside, it's the ideal place to get comfortable on our bikes. From here, we follow the course of the Ping River south for about 15 km, cross a bridge, and loop back north along quiet roads through lush longan orchards. To avoid the busy traffic, we'll jump in the support van for a quick transfer back to the hotel. In the evening, we'll gather for a welcome dinner. If you need help with airport transfers or pre-tour hotel bookings, just let us know.

 Aruntara Riverside Boutique Hotel  Dinner



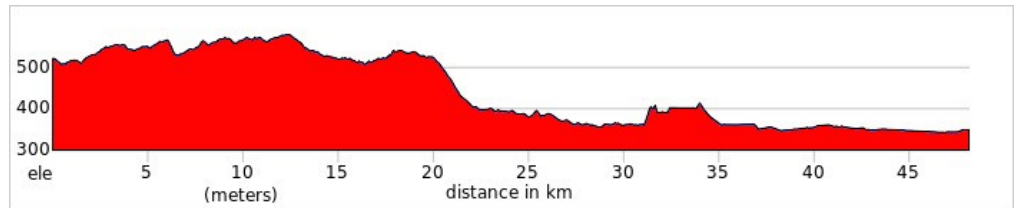
 Ride 38km  +50m  -51m

Day 2 Chiang Mai - Wat Ban Den - Chiang Dao

We begin the day with a 1.5-hour transfer to a small temple near Mae Kuang Dam, where we set up our bikes and hit the trails. The first part of the ride covers 15 km of single-track, gravel, and sandy paths leading through a dense forest, part of which is home to teak trees, one of the world's most prized timbers and protected from logging in Thailand. Emerging from the forest, we reach the Bua Tong Waterfall, known as the "sticky waterfall" due to its unique grippy limestone surface. From here we continue another 15 km along well-paved roads to Mae Ngat Reservoir, where we'll have lunch overlooking the calm waters of this man-made lake. The final section then takes us on a mix of paved and dirt 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 1 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  Breakfast, Lunch, Dinner

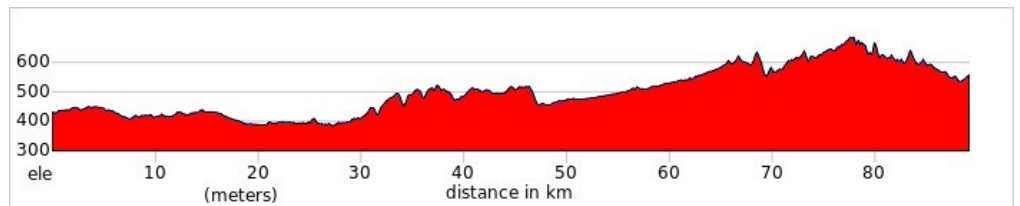


 Ride 48km  +313m  -484m

Day 3 Chiang Dao - 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. Afterward, we weave across the valley floor, filled with farms and framed by rugged limestone massifs. To the east lie the mountains of Sri Lanna National Park, and we'll tackle some climbing as we rise along the hillside contours. The roads vary between paved countryside routes and hard-packed dirt paths through farms and forests, offering a stunning ride in northern Thailand's rural hinterland. At around 70 km, we join a quiet provincial road leading us down into the Fang valley. By around 90 km, we'll call it a day and skip the busy highway by transferring 30 minutes to our hotel in the town of Fang.

 Sleeping Tree Hotel  Breakfast, Lunch, Dinner

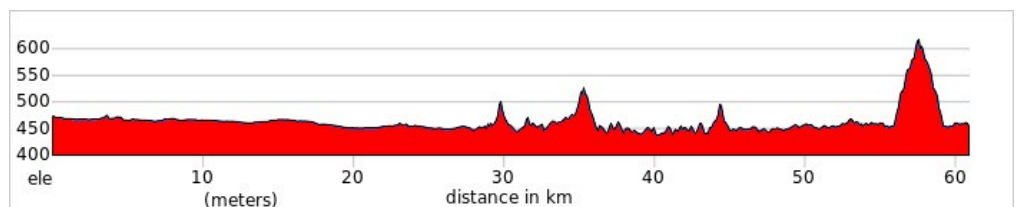


 Ride 89km  +1070m  -945m

Day 4 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 40 km mark, we reach the Kok River, the lifeblood of the area, and follow its eastern banks to the market town of Tha Thon. By around 55 km, we'll arrive at our riverside hotel. For those seeking a challenge, there's the option to tackle a steep, winding mountain road 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

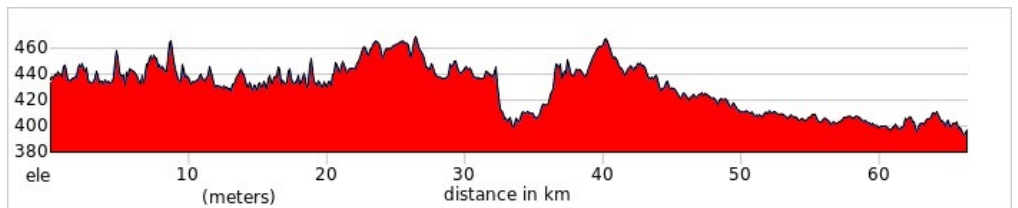


Day 5 Tha Ton - Chiang Rai

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 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, we ride to our hotel in Chiang Rai City. In the evening, we'll head out for a stroll through the lively Night Bazaar, full of local products, trinkets, and snacks.

Laluna Hotel and Resort Breakfast, Lunch, Dinner

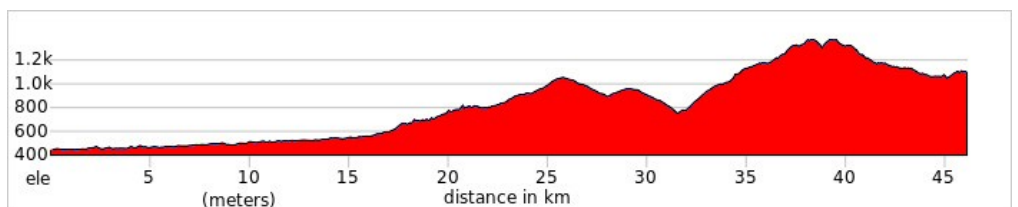


Ride 66km +533m -574m

Day 6 Doi Mae Salong Ascent

This morning, we'll transfer about an hour to our cycling start point, stopping en route to visit the eclectic Black House — another of Chiang Rai's unique colour-themed attractions, renowned for its dark, mysterious art collection. We then begin our ride at the base of Doi Mae Salong, a beautiful mountain offering one of the north's most iconic climbing challenges! The first 15 km offer a gradual warm-up, but soon the gradients pick up. A winding road takes us through tea plantations, coffee farms, cornfields, and remarkable views over the highlands of Chiang Rai Province. Around the 35 km mark, we reach the mountaintop village of Mae Salong, a community almost entirely populated by descendants of Chiang Kai Shek's Chinese Nationalist Kuomintang Army, giving it the look and feel of China's Yunnan province rather than Thailand. From the village, a particularly challenging 4 km climb up to a mountaintop temple awaits, with gradients reaching double digits! The views from the top make it worthwhile, and we then descend back down and complete the distance to our highland hotel in the tea fields.

Mae Salong Flower Hills Breakfast, Lunch, Dinner



Ride 46km +1506m -849m

Day 7 Doi Mae Salong Descent

Located at the summit of Doi Mae Salong, we have nowhere to go but down! The first half of today's ride features a stunning descent into the valleys. We follow a secondary road down the mountain, maintaining a steady pace to navigate some uneven surfaces while soaking in views of the forests, hill tribe villages, and terraced agricultural fields etched into the hillsides. Although the ride trends downhill, there are still undulations and short climbs to keep our legs moving! By the 18 km mark, we return to lower ground for a relatively flat ride to our next stop: the popular

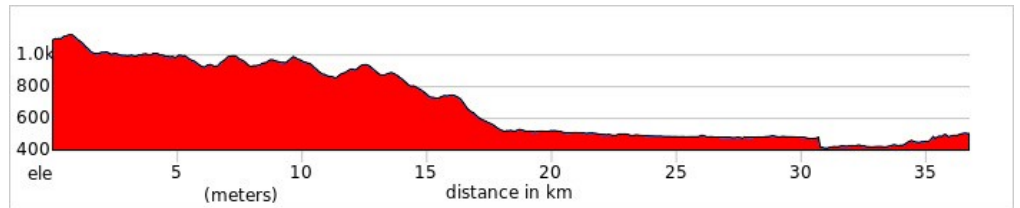
Choui Fong Tea plantation, renowned for its stunning rows of tea bushes and high-quality brews. A final 5 km, including an uphill burst towards the end, leads us to our nature-based mountain resort for the night.



Phu Chaisai Mountain Resort



Breakfast, Lunch, Dinner



Ride 37km



+447m



-1042m

Day 8 Phu Chaisai - Golden Triangle - Chiang Saen

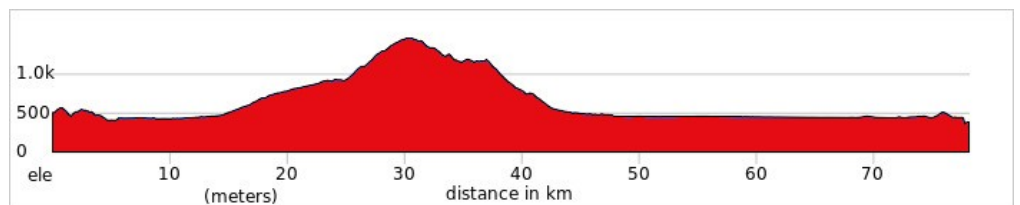
Departing from our hotel, we ride 4 km to a forest temple where local monks collect alms on horseback in the mornings. We then continue on rural roads flanked by rice paddies and fruit orchards. While this section is flat, the jungle-clad mountains ahead hint at the climbing that awaits us! At the 15 km mark, we begin our ascent of another of northern Thailand's iconic climbs: Doi Tung Mountain. The road gradually winds uphill, featuring occasional double-digit gradients. By the 30 km mark, we reach the top of the pass, which straddles the border with Myanmar. From there, we enjoy a thrilling descent with expansive views of the rugged mountains and deep jungles of Myanmar. By the 50 km mark, we return to lower ground, riding through the fertile rice-growing region of eastern Chiang Rai Province to reach the Golden Triangle, where the borders of Thailand, Myanmar, and Laos converge at the confluence of the mighty Mekong River. We end the ride here and transfer a short distance to our riverside hotel in the town of Chiang Saen. A sundowner overlooking the river to celebrate today's impressive cycling feat may be in order!



Siam Triangle Hotel



Breakfast, Lunch, Dinner



Ride 78km



+1463m



-1587m

Day 9 Chiang Saen Loop - Chiang Mai

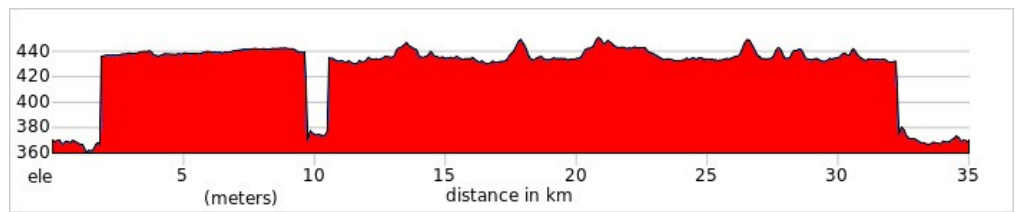
This morning, we embark on a scenic loop into the countryside of the Golden Triangle. Once notorious as a hub for the illicit opium trade, this region has shed its troubled legacy, transforming into a peaceful, agrarian landscape and a thriving cross-border commercial hub. Starting from our hotel, we begin with a 10 km stretch along the shoulder of the main road which runs parallel with the Mekong River. We then veer inland and ride on quiet, rural roads back to our hotel in Chiang Saen, the final few kilometres taking us along the remnants of fortification walls of the ancient town which once stood here. After lunch, we hop in the van for a transfer back to where it all began: Chiang Mai, with a total driving time of around 4.5 hours.



The Rim Resort



Breakfast, Lunch, Dinner

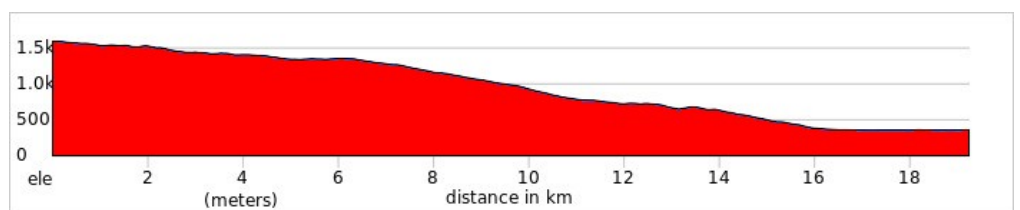


Ride 35km
 +243m
 -243m

Day 10 Doi Suthep Downhill - Chiang Mai Departure

We'll make the most of our final morning in the north with one of Thailand's most accessible and exhilarating downhill mountain biking trails. We begin with a drive up to Wat Doi Suthep, the most sacred temple in northern Thailand. Perched on a mountaintop overlooking Chiang Mai, it offers stunning panoramic views on clear days. At the heart of the temple complex is a large, stepped, gilded stupa—a celebrated symbol of Chiang Mai's deep-rooted spirituality. After exploring the temple, we continue further up the mountain to Doi Pui, where we saddle up and begin our descent. Winding our way down for nearly 20 km, the trail takes us through the thickly forested slopes of Doi Suthep-Pui National Park and highland farms cultivated by hill tribe villagers. Please note that due to safety reasons, e-bikes are not permitted on the downhill trail. If you have hired an e-bike then we will replace it with a regular mountain bike for this ride. The ride concludes at the Huay Tueng Thao Reservoir, a favourite local recreation spot with a large lake. We'll enjoy a celebratory farewell lunch before transferring to your post-tour hotel or the airport.

Breakfast, Lunch



Ride 19km
 +115m
 -1346m

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 mountain or gravel 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.

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

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