# SPICEROADS

CYCLING





# SAIGON TO BANGKOK BY BICYCLE

Tour Code MCT-MSB 13 NIGHTS

**Destinations** 

Tour Meets Tour Ends

Fly in to Fly out of

Group Size Minimum Age Vietnam, Cambodia, Thailand

Bangkok

Tan Son Nhat International Airport (SGN)

Suvarnnabhumi Airport (BKK)

2-16 riders

18 (on scheduled departures)

# **ACTIVITY PROFILE**



10 Cycling days

61<sub>km</sub> Avg distance / day

607km Total cycling distance

**292**<sub>m</sub> Avg climbing / day

# **PRICING**



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

SpiceRoads jersey Water bottle Support vehicle Guide(s)

WHAT'S INCLUDED

Meals (as indicated) Accommodation Snacks and drinks

International flights X

WHAT'S EXCLUDED

Domestic flights

Airport pick up ×

Airport drop off

Visa fees X

Alcohol X

Tips

# **DEPARTURES**



See website for later departures



#### TRIP PROFILE

The road surfaces on this tour are mixed. We ride a combination of good quality tarmac, wide dirt tracks, and broken roads that are sometimes badly potholed but easily navigable by bike. The terrain is predominantly flat. Only on a few days do we cover longer distances (90-95 km), so experienced riders will find the distances long enough to challenge them, while less experienced riders are easily able to travel at a more relaxed pace.

On this trip, there is a lot to see as we ride alongside rivers, villages, orchards, and rice fields. We have three days when we travel by boat, adding variety and a chance for weary legs to recover.

**Suitability:** This trip is suitable for anyone with a reasonable level of fitness. This trip is not too arduous, and so riders with less experience are more than welcome, although the fitter you are, the more you will enjoy it.

**Biking Conditions:** This tour follows a mixture of good condition tarmac road to pot-holed or broken ones and vehicle-width dirt paths. No off-road riding experience required. A support truck is almost always available to help when required, except on some parts of the very narrow paths of the Vietnam Delta. But you will always have your guides with you at all times.



# Day 1 Meet in Ho Chi Minh City

We start our adventure through southeast Asia meeting at our hotel in Ho Chi Minh City (please contact us if you need rooms or flights from Bangkok). You are free to explore the city on your own today, discovering the sites, smells, and sounds of Vietnam's former capital. In the evening, we dine at one of Ho Chi Minh City's finest restaurants!



Northern Hotel

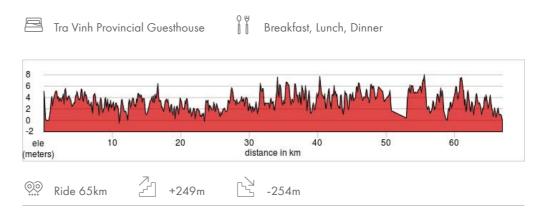


Dinner

# Day 2 Ho Chi Minh - Tra Vinh

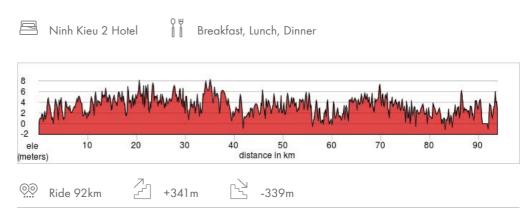
After breakfast, we transfer a couple of hours out of Ho Chi Minh to Ben Tre - the gateway to the Mekong Delta. We start our bike tour in Vietnam cycling into the heart of rural Mekong, pedaling

down narrow roads and lanes, past banana plantations and fields of sugarcane. A section of biking takes us off road onto gravel and dirt lanes, weaving through hamlets, across rivers, and through quite thick vegetation; this makes for superb biking. A final ferry crossing takes to Tra Vinh, a pretty tree-lined town home to many ethnic Khmers.



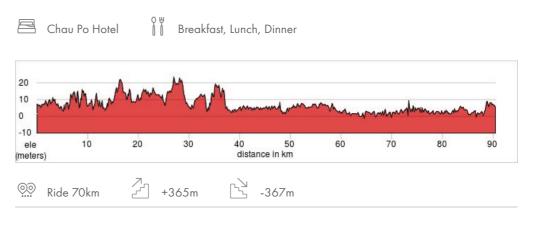
# Day 3 Tra Vinh - Can Tho

The route today is peaceful, and the road is scenic all the way to our destination of Can Tho. There is plenty to see along the way from contrasting architectural styles of Khmer homes and temples to the rich and colourful river scenes when crossing many small bridges.



# Day 4 Can Tho - Chau Doc

A morning visit to Cai Rang Floating market sets the mood for our cycle through the Mekong Delta. We ride through quaint countryside, under useful Thot Not, or toddy palms. All parts of the Thot Not can be used, from the stem to leaves and the fruit. Once reaching Thoi Lai, we transfer to lunch. We can relax after lunch as we have a one-hour transfer to Ba Chuc, where we will have a sombre visit to the Killing Fields of Vietnam, where Pol Pot's regime massacred over 3,000 Vietnamese in 1978. We then loop around Ba Chuc along the Cambodian border and ride the rest of the way to Chau Doc, along incredible country roads. We cycle directly to Sam Mountain, which is more of a hill, where we arrive in time for sundowners and take in the setting sun over the rice fields. A very short transfer takes us to our hotel



Day 5 Chau Doc - Phnom Penh

Early in the morning, we cruise up the mighty Mekong River by speedboat. Not long after our departure from Chau Doc we'll reach the border with Cambodia and pass through immigration formalities. And then it is a comfortable and scenic journey upstream, affording us the opportunity to observe the ebb and flow of daily life unfolding on the Mekong River and its banks. The cruise takes around 5-6 hours and we'll arrive in Phnom Penh, Cambodia's bustling capital city, in time for lunch. We then make the most of our afternoon in the city! We'll show our respects at the Tuol Sleng Genocide Museum, the interrogation center where supposed enemies of the Khmer Rouge regime were held captive, tortured, and prepared for execution. Tuol Sleng is now a considerately curated museum and a place of reflection for Cambodians and international visitors alike. We also tour the Royal Palace, the official residence of the King of Cambodia, and a treasure trove of splendid architecture and art.

Frangipani Royal Palace Hotel

Breakfast, Lunch, Dinner

# Day 6 Phnom Penh - Oudong - Kampong Thom

We transfer out of Phnom Penh to our cycling start point in the suburbs. Our inaugural ride in Cambodia will be short but sweet, giving us our first taste of the rustic Cambodian countryside, cycling through many villages filled with stilt-houses, farms and, of course, curious and friendly locals! We finish the ride at Oudong where a sprawling complex of Buddhist stupas sits atop a ridge jutting out of the plains. This was once the site of Cambodia's capital before it was moved further down river to Phnom Penh. The 400-plus steps to the top will get the legs working overtime, but the views are well worth it! After our visit we have lunch nearby and then transfer 3-4 hours to the sleepy backwater town of Kampong Thom where we spend the night.



Sambor Village

Brea

Breakfast, Lunch, Dinner



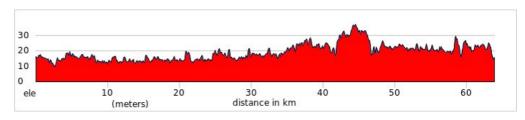
# Day 7 Kampong Thom - Siem Reap

Starting directly from our hotel, we begin by riding along the meandering Stueng Saen River. After 8 km we cross the river either by a small wooden ferry or a makeshift bridge (depending on the water levels) and then continue north along quiet country roads dissecting the fertile floodplain of the river. This is rural Cambodia at its finest, riding through quaint villages, expansive rice fields, and other farmlands. After covering 40 km, we arrive at the ancient site of Sambor Prei Kuk, a UNESCO World Heritage Site which dates back to one of Cambodia's earliest civilisations preceding the foundation of Angkor. Here, brick temples in various stages of restoration - many still entwined by tree roots – are scattered throughout a forested area and are connected by sandy paths. This makes for some fun mountain biking! After checking out a collection of the many temples we'll break for lunch at a local restaurant and then complete a final 15 km until we intersect with the main road. We jump in the support vehicle and transfer around 2 hours to Siem Reap, the "gateway to Angkor", where we'll spend the next two nights.

Steung Siem Reap

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Breakfast, Lunch, Dinner



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Ride 64km

2

+341m

P4

-342m

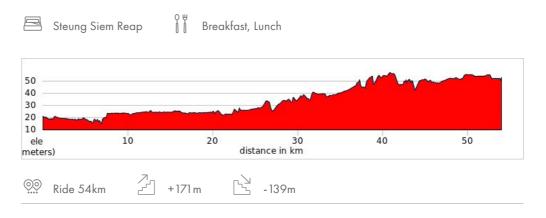
# Day 8 Ancient Angkor's Iconic Sites by Bike

The UNESCO World Heritage Site of Angkor is home to the once-glorious capital cities of the Khmer Empire, whose powerful god-kings built lavish stone temples between the 9th and 15th centuries CE. Today, we discover Angkor's most iconic sites by cycling along the manifold paths that pass by, lead to, and twist around the temples and ruins scattered across the plain. At Ta Prohm - brought to fame by the film "Tomb Raider" - we stumble across a tumbling façade of laterite and sandstone blocks draped by the massive roots of fig trees. At the Bayon - a temple built as a microcosm of the heavens - we marvel at the rows of godly faces carved into the temple towers and peering sublimely in all cardinal directions. And at Angkor Wat - the national symbol of Cambodia and the largest religious structure in the world - we stroll through the inner and outer courtyards decorated with excellently conserved carvings and bas-reliefs depicting Hindu myths, wars, life and death. We return to Siem Reap in the afternoon - with plenty of options to choose from, dinner is on your own tonight.



# Day 9 Siem Reap Countryside

As the ideal sequel to the previous day, today's focus will be getting further afield from the main sites at Angkor and leaving the touring masses behind. Departing Siem Reap by bike, we head north, initially on paved roads but soon transitioning to quiet dirt roads cutting through an expanse of rice fields and small villages. Along the way, we'll pop into local houses for a close up look at some rural cottage industries, such as basket weaving and sugar palm production. Our ride ends at the 10th-century temple of Banteay Srey. Considered a jewel of Khmer artistry, Banteay Srey is renowned for its exquisite bas-reliefs carved into delicate, pink sandstone. We'll have lunch at a local restaurant near the temple and then transfer back to Siem Reap, giving you the afternoon at leisure to relax by the pool, enjoy a massage, or explore the town of Siem Reap. For anyone with extra energy, you are welcome to skip the transfer and cycle back to Siem Reap instead (it is around 40 km along the main road).



# Day 10 Siem Reap – Battambang

Today, we take a break from cycling but it will still be an action-packed day! In the morning we visit the Tonle Sap, Southeast Asia's largest freshwater lake and one of Cambodia's most treasured life-sustaining natural resources. We'll get comfortable on a boat and cruise towards a floating village to learn about this unique waterborne way of life. After returning to the shore we hop back in the support vehicle and transfer 2.5 - 3 hours to the city of Battambang. While this is Cambodia's second largest city, it retains a laid-back vibe and is renowned for a well-preserved façade of French colonial architecture. After lunch and some downtime we'll spend the afternoon partaking in two quintessential Battambang experiences. First, we take a fun ride on the bamboo train, clattering along the train tracks on bamboo platforms set upon a set of wheels. Then, as dusk begins to settle, we head over to Phnom Sampov where, every day, a spectacular natural

phenomenon takes place: the mesmerizing exodus of millions of bats swirling into the twilight sky from the depths of a cave. This afternoon we are going to be getting around in iconic Cambodian tuk-tuks! Note: When water levels on the lake are high enough we may transfer all the way to Battambang by boat (generally, this is the case from October - January).

# Breakfast, Lunch, Dinner

# Day 11 Battambang - Pailin

The longest ride of the tour, we cycle west to the border down of Pailin. Starting from our hotel, we pass an initially busy section of roads coming out of the city but then things begin to quiet down as our route takes us through the heart of Battambang Province, one of Cambodia's most fertile agricultural regions awash with farms, plantations, and rice paddies. The paved roads are lined with traditional stilt houses, modern homes, and buzzing market towns, exposing an interesting cross section of rural living in Cambodia. Most of the ride is flat but we'll have some undulations for the last 30 km as we climb into the foothills of the Cardamom Mountains, a long spine of jungle-clad ridges draped over the western fringes of Cambodia. After covering nearly 100 km we'll arrive at our hotel on the rural outskirts of Pailin town. While today this part of Cambodia is a peaceful agrarian district it was, until the 1990s, a stronghold for the Khmer Rouge. We'll learn about this legacy as well as Pailin's position as a hub for gemstone trading.



# Day 12 Pailin - Chantaburi

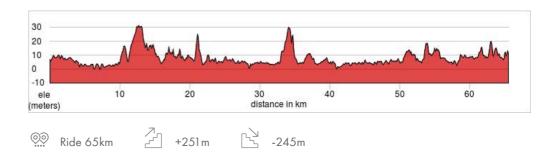
A short pleasant ride on the quiet scenic roads to the border crossing. This quiet rural crossing used mainly by local traders makes for a pleasant stop while we complete all the immigration formalities. Once completed, we start our bike tour in Thailand with a ride through the Thai countryside till we reach the main road and transfer with a change of guides, vehicle, and bikes to the beach, with lunch in Chantaburi.



# Day 13 Chantaburi - Laem Mae Phim

We have a flat and easy ride through mangroves, shrimp farms, and along the coast. We overnight at a very local Thai beach and have the afternoon free to go for a swim or a walk on the sand.





# Day 14 Laem Mae Phim - Bangkok

We have the morning to enjoy the beach before we head back to Bangkok. We arrive in the city around 3 pm. IF you'd like to extend your time in Thailand we can help you to plan extra days at the beach or a nearby island.



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 bike, preferably with front suspension 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

#### **VIETNAM**

## Passports and Visas

Vietnam e-Visa is available to 80 nationalities. Please check this link to determine if your country is on the list. To apply for an e-visa please visit the official government website here and follow the required steps and make payment. You can apply for a single entry visa up to 30 days. Multiple entry e-visas are not currently available. For peace of mind, we suggest applying for your e-visa as early as possible, and no later than 2 weeks before your expected arrival in Vietnam. While processing time is generally no more than 1-3 working days (not including weekends and Vietnamese holidays), it is wise to give yourself some buffer time in case there are any issues.

If your nationality is not on the list for e-visa eligibility, or you need options for longer stays or multiple entries, then you may consider Visa on Arrival. The process for this is more complicated than e-visa and requires the acquisition of a visa letter prior to arrival. Please see <a href="here">here</a> for a detailed overview.

If you are joining our "Saigon to Bangkok" or "Saigon to Siem Reap" tour, when you are applying for your e-visa, please select Song Tien Landport as the exit point. This refers to the river crossing at Chao Doc.

#### Health

Recommended vaccinations are typhoid, polio, tetanus and hepatitis A. A certificate for Yellow Fever is required when arriving from an infected area within six days. Vietnam is a malarial area and you will need to take anti-malarial tablets. Please speak to your doctor for the most up to date information.

#### Weather

Weather in Vietnam is divided into 4 main regions - the far north, north, central and south.

The far north can get very cold in December and January while the dry season runs from October to late March and the wet season between April to September.

In Hanoi & the north, it is hot, wet and humid from May to October while November to April is cooler and dry.

Central Vietnam experiences hot, dry weather between January & August with temperatures ranging in the mid 30°C. High levels of rainfall are during September - November.

Southern Vietnam is dry and hot from November to April, and warm and wet between May & October, with the highest rainfall in June, July & August.

#### Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Most meals are Vietnamese food and features noodles, rice curries and soups. Vietnamese cuisine is world famous and we make sure you sample as much variety as possible. 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 in Vietnam 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 can not 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\$10, for incidentals. It is customary to tip local tour guides and drivers, however, the amount you give should be dependent on the level of service you receive. As a general guide, we suggest US\$ 3-4 per person per day is appropriate.

### Money

The official national currency is the Vietnam dong (d), but the US dollar is widely accepted in tourist centers. However, in smaller towns and villages the dong is preferred. ATMs are available in all major tourist destinations and big cities. Vietcombank has the best network with a single withdrawal limit of 2,000,000d (about US\$125). Most major currencies can be exchanged at leading banks in Vietnam, but the US dollar is preferred away from the tourist centers. Changing US\$100 will make you an instant millionaire! You cannot legally take the dong out of Vietnam but you can reconvert reasonable amounts of it into US dollars on departure.

#### **CAMBODIA**

### Passports and Visas

All nationalities require a visa and a passport valid for 6 months after their planned exit from Cambodia. A 30-day visa on arrival is available at Phnom Penh and Siem Reap Airports and at some land border crossings. You can also obtain a visa online through <u>e-Visa</u>. There is a 3-day processing time and you'll need a scanned copy of the passport. Not all border crossings accept the e-Visa, please check this <u>port of entry page</u> which provides a list of which checkpoints support the e-Visa service. If your chosen tour includes a border crossing where e-Visa is not available we'll tell you at the time of booking. For Visa-On-Arrival, the cost is 35 USD and it needs to be paid in cash. It is important that the USD are in good condition - i.e. no visible tearing, creasing, crumpling, or scribbling - so please only bring new and crisp USD bills to avoid any issues upon entry.

#### 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

Cambodia has two distinct seasons - wet and dry. The dry season usually lasts from October to April. The wet season starts in May until September. Within each season there are variations in temperature. The coolest being 24C around November/December and hottest hitting 35C around April/May.

#### 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. Cambodian cuisine is a mixture of Thai, French and Chinese dishes and we make sure you can sample a wide variety. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

### Drink

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#### **Extra Expenses**

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

#### Money

Thai baht and US dollars are widely used in Cambodia, especially in larger cities and towns. In smaller towns and villages, Cambodian riels are usually preferred. There are ATMs in most areas, however, machines dispense US dollars. The guides will be able to show you where the ATMs are. Spend riel before departing as no one will exchange them for you once you leave.

#### **THAILAND**

# 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 <u>page</u> 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

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### **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

You are advised to read our <u>Booking Conditions</u> in full before you make your payment and should you require further clarifications of any of the conditions below, please <u>email us</u> 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 <a href="mailto:em

### **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 <u>please send us an email</u>, 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 <u>e-newsletter</u> 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

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