

SPICE ROADS

CYCLING



BIKING FROM BANGKOK TO YANGON

Tour Code
MCT-MBY

14 DAYS
13 NIGHTS

	Destinations	Thailand, Myanmar
	Tour Meets Tour Ends	Bangkok, Thailand Yangon, Myanmar
	Fly in to Fly out of	Suvarnabhumi Airport (BKK) Yangon International Airport (RGN)
	Group Size Minimum Age	2-16 riders

ACTIVITY PROFILE



13 Cycling days	736 _{km} Total cycling distance
57 _{km} Avg distance / day	389 _m Avg climbing / day

PRICING



Price	On request
Bike Hire	N/A
Single Supplement	N/A

WHAT'S INCLUDED

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

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

DEPARTURES



There are no scheduled departures for this trip at the moment. Please contact us to arrange a private departure.

TRIP PROFILE

You will need an adventurous spirit to join this tour as there are climbs, some dirt track routes, and roads that are not in the best condition. We ride 736 km, mostly on back lanes and quiet roads through scenic countryside, and pass many villages where you will find the locals curious, friendly, and polite. Sharing the road with ox carts, horse carriages, local cyclists, and waving children will indicate how out there we are. There is one tough uphill and some long days on the flats, so being prepared physically will make this a more enjoyable trip for you. A vehicle follows us for the entire journey, so exhausted riders can skip the tougher sections if they wish. We stop frequently to visit temples, rural scenes, and historical sites and national parks.

We stay in a variety of accommodation along the way, including two nights in more basic accommodation, but all will be clean and have adequate facilities, adding to the adventure!

Suitability: This trip is an adventurous bike journey and suitable for anyone who is willing to cycle up hills, have long riding days, and stay in basic guesthouses when necessary. Participants who cycle the whole distance should expect a fairly challenging ride.

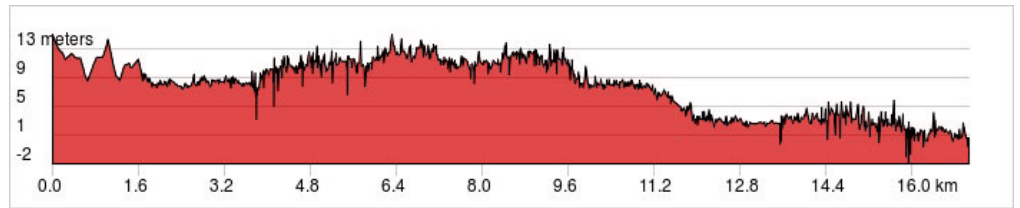
Biking Conditions: This tour covers 736 km in 13 cycling days, so it will be quite challenging. This trip has a variety of roads, some in quite good condition to broken tarmac roads, to cobble stones to vehicle-wide and narrow dirt trails. There is no technical riding on this trip, but there are some days with long distances.



Day 1 Arrive Bangkok

We meet at our hotel in Bangkok for a trip briefing and then head to the heart of Bangkok, Rattanakosin Island, for a short cycle through many of Bangkok's main historic attractions, stopping to visit a few and seeing others in a whole new light as the sun sets. We finish off the evening with a sumptuous Thai dinner.

 Theatre Residence  Dinner

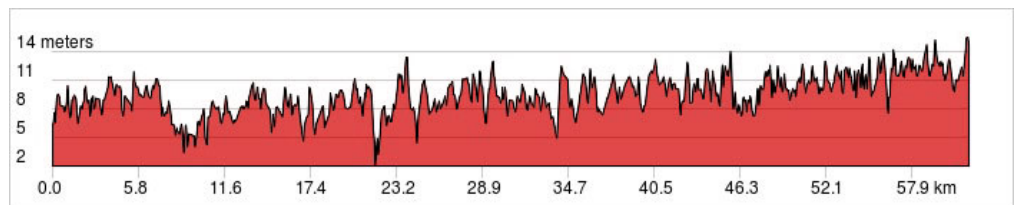


 Ride 15km  +53m  -66m

Day 2 Bangkok - Ayutthaya - Uthai Thani

This morning, we drive just over an hour to the historic park of Ayutthaya, Thailand's former capital, but that governance ended abruptly in 1767 when the city was sacked by Burmese invaders. Despite the destruction, the ruins still emanate the city's prior dominance, beauty, and rich history. We explore the stately stupas and chedis that guard these grounds. We then cycle north on paved but quiet, flat roads towards Uthai Thani, famous for its natural beauty. We pass spectacular temples, follow the Chao Phraya River, and get a taste of the local life on our journey to our lakeside accommodation.

 Uthai River Lake  Breakfast, Lunch, Dinner

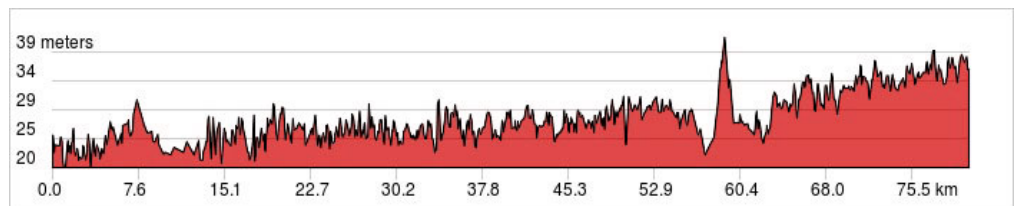


 Ride 60km  +266m  -257m

Day 3 Uthai Thani - Khampaeng Phet

We follow the river north and ride through local villages to Kok Mai Duen Ancient City. A short walk through the digs reveals evidence of structures from 2,000 years ago. Unearthed were tools and stoneware, including Roman-style lanterns, evidence of the flourishing trade between the East and the West centuries ago. As we continue riding, look out for water buffaloes wallowing in puddles and for ducks taking a dip in rice fields. After lunch, we take a drive to explore more of Thailand's cultural treasures at Kamphaeng Phet, commonly known as the Diamond-Walled City, which served as a military fortress defending the former capital Sukhothai during the 14th century from attacks by Burma. We take a ride within the city walls and the old fortification of Kamphaeng Phet Historical Park, absorbing the history of this UNESCO World Heritage Site.

 Chakungrao Riverview Hotel  Breakfast, Lunch, Dinner



 Ride 80km  +356m  -344m

Day 4 Khampaeng Phet - Lan Sang National Park - Tak

Our day begins early as we have a long ride ahead of us, making our way through mountainous and rural landscapes to Lan Sang National Park. Our route is on a mixture of dirt and tarmac, mainly flat roads through tapioca, corn, and rice fields and small villages where smiling kids greet us. After a picnic lunch, we continue to Lan Sang National Park, a rugged, granite-peaked area with several beautiful waterfalls. We take a refreshing swim in Lan Lieng Ma Waterfall before continuing by vehicle to our rustic, charming hotel located in an idyllic mountain setting.



Mok Fha Sai Resort



Breakfast, Lunch, Dinner



Ride 92km



+649m



-477m

Day 5 Tak - Mae Sot

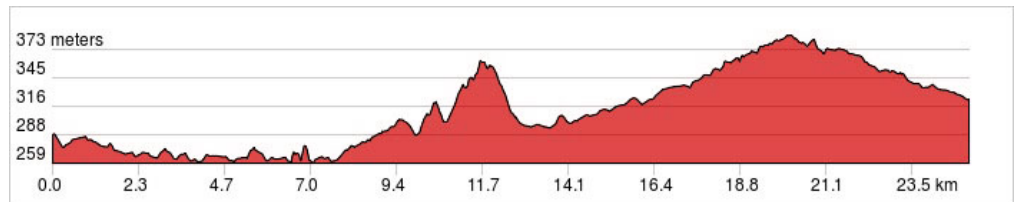
We wake to the sounds of the forest before we begin a varied day of cycling. We start along rural and dirt roads where we take in the fresh air and enjoy the rural countryside. Our support van can't follow us for 13 km, but we meet it for a refill of snacks and water at the village of Baan Pang San. After a rest and a wander around the village, we continue on a graded gravel road for another 12 km before we meet the main highway. We load up the bikes here and transfer to Mae Sot for lunch. After checking into our hotel, your guides can take you on an optional 20-km ride on paved roads to the outskirts of Mae Sot. Or take the afternoon off to indulge in a massage or go for a wander and explore this culturally diverse border town. There aren't many sights to see, but there is a vibrant market. Dinner is on your own tonight, and there are plenty of good Thai and western restaurants to choose from.



Irawadee Resort



Breakfast, Lunch



Ride 45km



+418m



-382m

Day 6 Mae Sot - Myawaddy - Kawkaireik - Hpa An

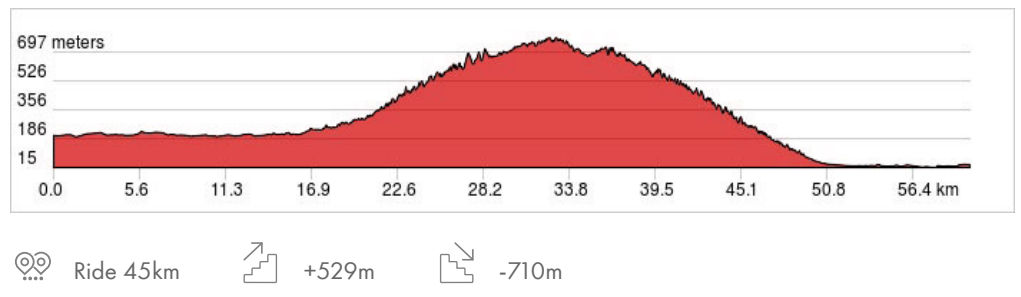
This morning we cross into Burma! We drive to the border where our Burmese guides meet us at immigration and we say goodbye to our Thai guides. Today will be a tough ride as we climb a total of 529 m! We start off with a flat 17-km warm-up before the ascent begins! We start descending after 6 km of climbing, with a few more small ups thrown in before we coast downhill to the town of Kawkaireik. After lunch we transfer in the van for the just over two hours to Hpa An. Nestled in the centre of some spectacular limestone ranges, it is the capital of the Karen State with a country town feel and a bustling, vibrant atmosphere full of friendly locals.



Hotel Gabbana



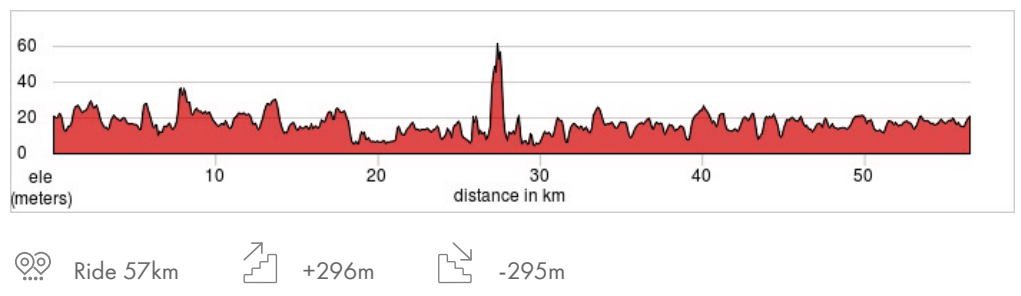
Breakfast, Lunch, Dinner



Day 7 Hpa An Loop

An amazing day awaits us as we explore the caves and temples of Hpa An. We cycle from our hotel to visit the local market and witness thriving local commerce and culture. We'll ride on to Shwe Yin Myaw Pagoda, located on the banks of the Thanlwin River. The scenery is nothing short of fantastic, with karst peaks jutting out of bright green rice fields, including the impressive 722-m high Mt. Zwegabin. Arriving at Saddar Cave, we hike and boat through this enormous cavern that houses a reclining Buddha, and its natural formations are equally impressive. Exiting at a sublime lake, we boat through another cave to reach our bikes. We break for lunch at a local restaurant and continue to a natural spring where we can join the locals for a refreshing dip before cycling back to Hpa An. Our final stop for the day, is Kaw Gun Cave, also known as the Cave of 10,000 Buddhas. The cave is covered in Buddha images of various sizes, with the oldest dating back to the 7th century.

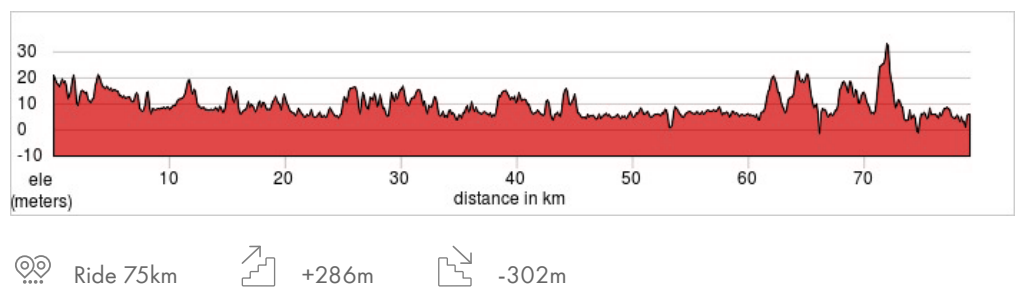
Hotel Gabbana Breakfast, Lunch, Dinner



Day 8 Hpa An - Mawlamyine

Our destination today is Mawlamyine, the former British capital of lower Burma, visited and written about by Rudyard Kipling in 1889. Our route takes us along very flat roads with very little traffic, passing the magnificent karst formations this area is renowned for. Along the way, we'll see the ornate monastery of Kawnhat. Here we take a break and explore the beautiful buildings. Cycling on, we arrive in Mawlamyine. You'll have time to rest up and get refreshed, and in the evening, we'll meet up to admire the sunset view from Kyaik Tan Lan Pagoda!

Ngwe Moe Hotel Breakfast, Lunch, Dinner



Day 9 Mawlamyine

A relaxing pace sets the tone today, as we cycle to Win Sein Tawya to see the world's largest reclining Buddha. It's 180-m long and 30-m high, with room for an eight-storey building inside! We head back to Mawlamyine where you have some free time to explore on your own. This evening we experience a traditional Mon-style dinner at a local restaurant. Mawlamyine retains

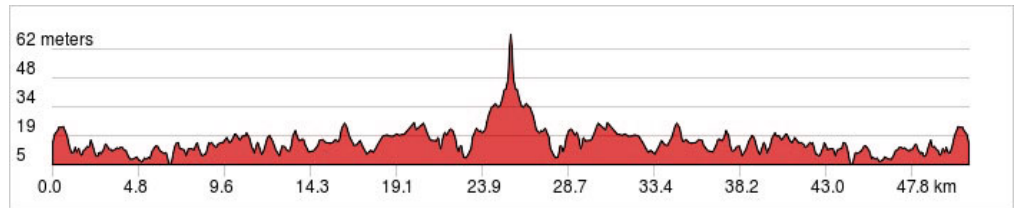
its colonial atmosphere, with the waterfront being a lively place to visit. In the mornings, fishing boats and passenger ferries keep the piers and the nearby market busy.



Ngwe Moe Hotel



Breakfast, Lunch, Dinner



Ride 53km



+300m



-286m

Day 10 Mawlamyine - Thaton

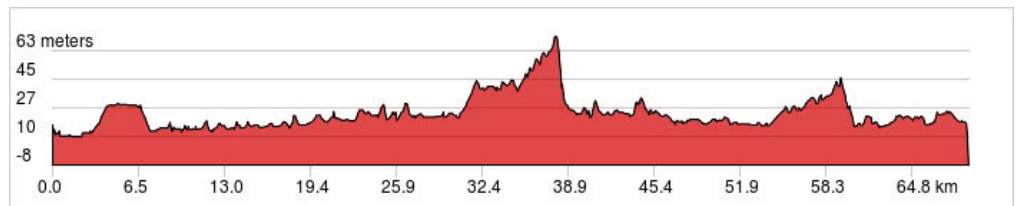
We return to the saddle for a longer ride with a few undulations. We are definitely going off the beaten track today, and some of the ride will be off-road. We ride through rubber plantations, over wooden bridges, and through small villages where very few tourists go. This is what rural Burma is all about. We overnight at the cross-roads town of Thaton. There is, of course, a beautiful pagoda in the centre of town, but not any other sights. This evening our accommodation will be basic, but there are few options in this untouristy town.



Thuwunnabumi Hotel



Breakfast, Lunch, Dinner



Ride 70km



+417m



-398m

Day 11 Thaton - Golden Rock

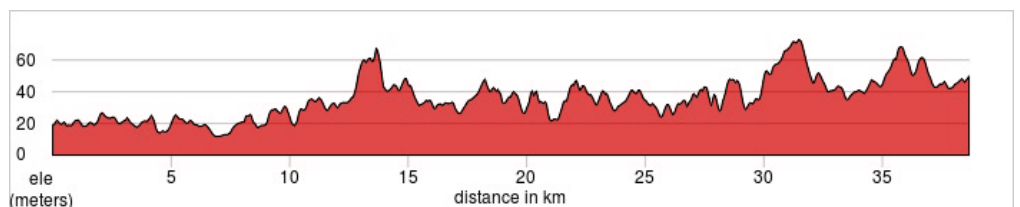
After breakfast, we transfer for 45 minutes to avoid the main road and start our cycling on a small country road. Riding through a series of quiet villages, we cross numerous bridges over water heading to the nearby sea. There will lots of small climbs throughout the day, but the only significant climb will be at the end of the day as we approach the town of Kinpun, 'basecamp' for visiting the Golden Rock. You'll quickly realize that this is an important religious site for locals and a pilgrimage must for devout Buddhists. Upon arrival in Kyaikhtiyo, we'll check in to our hotel and enjoy lunch, then begin our afternoon excursion with a 45-minute ride in a local, open-air truck along a winding road. Some steps lead up to the highly revered Golden Rock pagoda complex where worshipers chant, meditate, light candles, and rub gold-leaf squares onto the surface of the boulder to gain merit. The boulder is covered by over 60 tonnes of gold leaf and delicately balances on the edge of a cliff. Many believe that it is possible to pass a thread under the rock from one side to the other, proving that the boulder is actually hovering above the cliff on which it appears to sit. We have plenty of time for photos before we head back down.



Golden Sunrise Hotel



Breakfast, Lunch, Dinner



Ride 37km



+312m



-275m

Day 12 Golden Rock - Bago

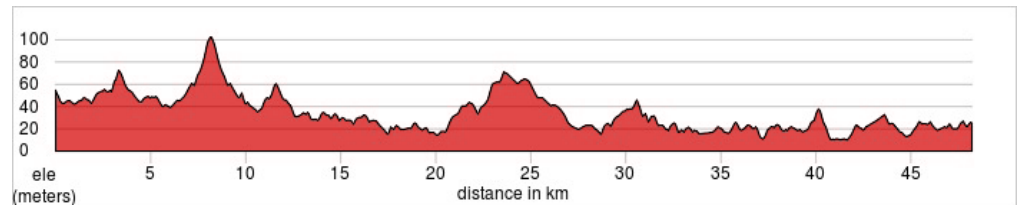
Today we continue cycling through the lovely Burmese countryside through small plantations and tiny traditional villages as we head towards Bago. We take a break at the small Saung Naing Gyi Waterfall and have plenty of opportunity to interact with the locals as we stop at roadside vendors eager to sell anything from watermelons to gasoline. We'll ride just up to the main road and then transfer to the town of Bago. In the afternoon we will visit the magnificent Mon-style Shwemawdaw Pagoda, with a 114-m spire, it is one of the most venerated pagodas in Burma, along with more impressive Buddhas at Shwethalyaung Temple and Kyaik Pun Pagoda.



Kanbawza Hin Thar



Breakfast, Lunch, Dinner



Ride 40km



+199m



-229m

Day 13 Bago - Yangon

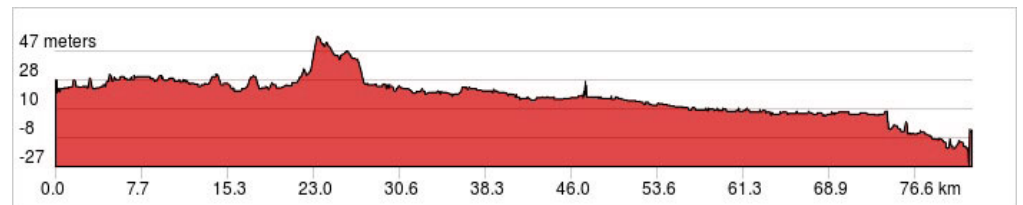
This morning we'll make our way to Yangon. The ride today will be bordered by paddy fields, so there's plenty of opportunity to see farmers at work. As we get closer to the city, the roads begin to get congested, so we'll transfer the last section to the hotel. In the late afternoon, we make time to visit the famous Shwedagon Pagoda before having our farewell dinner. The stupa glitters from the gold leaf, diamonds, and other gems adorning it and is believed to enshrine eight hairs of the Buddha. Being part of the evening scene here will be an experience in itself!



Grand United Ahlone



Breakfast, Lunch, Dinner



Ride 50km



+157m



-188m

Day 14 Departure

This morning, you have more time to explore Yangon before lunch and our transfer to the airport.



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 mountain bike, preferably with front suspension, 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

BURMA

Passports and Visas

A visa is required for all visitors to Burma. Please make sure your passport is valid for a minimum of 6 months beyond the duration of stay in Burma. Regulations are changing quickly, but at the moment the easiest method for those flying in is to obtain an e-visa for USD \$50. The e-visa will be for a single-entry to international airports only (no land borders) and is valid for 28 days after entering the country. Apply online for the visa [here](#) and it takes one week to process (have a scanned copy of the first page of your passport and a digital photo ready). The approval letter must be printed as it will be needed to board international flights and needs to be submitted to immigration upon arrival. For those crossing at a land border (Bangkok to Yangon and Burma Road tours) you must go to your nearest Myanmar embassy to obtain a visa in advance. A list of embassies abroad is available [here](#). Please [click here for more information on visa requirements](#).

Health

Recommended vaccinations include typhoid, polio, tetanus and Hepatitis A. A certificate for Yellow Fever is required if arriving from an infected area within the prior six days. Some areas of Burma may be considered malarial areas. Please check with your doctor prior to departure for the most recent information.

Weather

Myanmar 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 and 40 °C, and with night temperatures in the 20s. The rainy season is from July to September, but temperatures are slightly lower, because of the effect of the rain. The cooler season (particularly in the mountains) is from September to February, with average temperatures between 20 and 30 °C. ***It will be much cooler at night in the hills in Shan state, where we spend 2 nights, and adequate cold weather clothing – gloves, hats, jacket – is advised.***

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Most meals are local dishes 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. Beer is freely available everywhere, but is NOT included in the price.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller 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

Burma's everyday currency is the kyat. The kyat is used to cover buying small items, bottle of water or a snack, while dollars are used for everything else and the euro is also increasingly being accepted. The exchange rate in Yangon is generally better than upcountry and the larger the bill, the better the rate (ie- 100 USD notes receive 2% more kyat compared to 50 USD notes). Bring only newly issued USD currency (meaning the ones with the large off-centered portraits) without any tears or holes and avoid serial numbers beginning with CB. There have been widespread rumors that CB series notes are counterfeit. ATMs from CB Bank and KBZ Bank are available in Yangon and Mandalay. There is a 5000 kyat service fee and the maximum withdrawal is 300,000 kyats. Credit cards are only accepted in some upscale restaurants and some hotels do accept credit cards (surcharge of 3-8%) but it is not recommended to rely on this service as the Internet often shuts down during the day making payment by card impossible. Travelers Checks currently CANNOT be used or exchanged in Myanmar.

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 [page](#) to see if you qualify. You will need to show proof of an onward flight out of Thailand to be eligible for the visa on arrival. This is strictly enforced. Please ensure your passport is valid for at least 6 months beyond the duration of your stay in the country.

Health

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

Weather

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

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

Food

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

Drink

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

Solo Travelers

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

Extra Expenses

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

Money

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

GENERAL BOOKING INFO

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

FLEXIBLE BOOKING CONDITIONS

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

CONFIRMING YOUR BOOKING

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

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

TRIP STATUS

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

BOOKING ONLINE

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

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

BOOKING OFFLINE

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

DEPOSITS AND PAYMENTS

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

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

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

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

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

FULL FLEXIBILITY FOR TOUR CANCELATIONS

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

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

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

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

Loyalty Riders Club

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

International Flights

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

Newsletter

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

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

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