

# SPICE ROADS

## CYCLING



### CHIANG MAI TO CHIANG RAI BY BIKE

Tour Code  
**THA-TCM**

**4** DAYS  
**3** NIGHTS

	Destinations	Thailand
	Tour Meets	At your hotel in Chiang Mai around 08:00
	Tour Ends	At your hotel in Chiang Rai around 17:30
	Fly in to	Chiang Mai International Airport (CNX)
	Fly out of	Mae Fah Luang International Airport (CEI)
	Group Size	2-16 riders
	Minimum Age	12 (on scheduled departures)

### ACTIVITY PROFILE



<b>4</b> Cycling days	<b>145</b> km Total cycling distance
<b>36</b> km Avg distance / day	<b>m</b> 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)
- ✓ Hotel pick up
- ✓ Hotel drop off
- ✓ Accommodation
- ✓ Bike and helmet
- ✓ Snacks and drinks
- ✓ Entrance fees
- ✓ Accident insurance

### WHAT'S EXCLUDED

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

### DEPARTURES



13 January - 16 January 2025  
10 February - 13 February 2025  
10 March - 13 March 2025  
14 April - 17 April 2025  
12 May - 15 May 2025  
16 June - 19 June 2025  
14 July - 17 July 2025  
11 August - 14 August 2025  
15 September - 18 September 2025  
13 October - 16 October 2025

See website for later departures

## TRIP PROFILE

We ride on small local roads with little traffic and some short off-road sections. The terrain is undulating with no major climbs, but just in case, our support vehicle is always close by. This tour is suitable for anyone with biking experience. 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 cold drinks and fresh fruit.

**Suitability:** This tour is suitable for riders with biking experience. You can expect a fairly gentle ride each day with none of the distances being overly long. There are a few small hills, but these can be tackled by anyone with even a moderate amount of fitness. The emphasis on this tour is Thailand's scenery off the beaten track.

**Biking Conditions:** This trip is a mixture of wide, hard-packed dirt trails, single tracks and smooth tarmac. An air-conditioned bus travels behind the group to support us, and participants can cycle as much or as little as they like and still enjoy the same views as the rest of the group.



### Day 1 Mae Ngad Reservoir

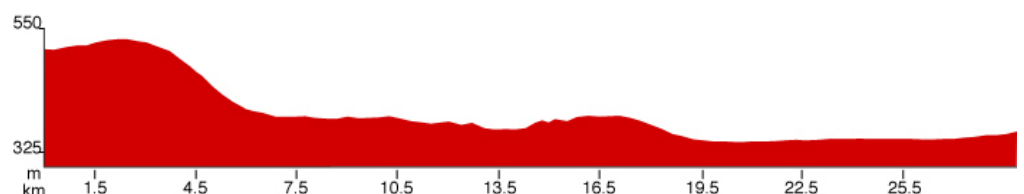
After the pickup from hotel in the morning, we transfer to start off at Buathong waterfall. A walk up the waterfalls will get your legs warmed up and ready to ride. We start by cycling through a teak tree farm with the various ages of the trees listed. From there we ride along country roads, along a canal and through rice paddies. We'll stop for a break at Mae Ngad reservoir and enjoy the lake side view from the dam. The hotel has a great pool and a swim is a fine way to finish off a great riding day.



Ban Phraya Lanna Rimnam



Lunch, Dinner



## Day 2 Chiang Dao Tribal Trails

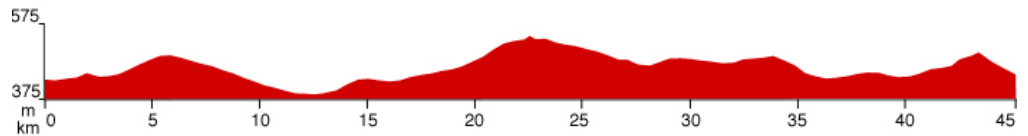
We take a transfer from our resort to the Chiang Dao Caves and the start of our ride. After a visit to the cave we'll ride through rice fields set among soaring limestone cliffs. We may meet some local tribe peoples - Akha, Lisu, and Palaung – from the area. The colourful Palaungs are recent migrants and you will see their women adorned with heavy brass waist-bands working the fields.



Saimoonburi Resort



Breakfast, Lunch, Dinner



Ride 35km

## Day 3 Roads to Mae Salak

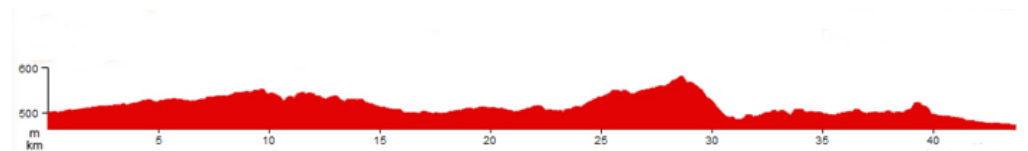
After breakfast we begin cycling from the hotel, riding through small villages and rice paddies. The ride to Mae Salak follows the Mae Kok river and is one of the most scenic on the trip. The lush green hills in the distant is Thailand's natural border with neighbouring Myanmar. We cycle into the village of Fang, where we'll stop for a tasty Thai lunch, then transfer to our hotel on the banks of the Maekok River.



Maekok River Village Resort



Breakfast, Lunch, Dinner



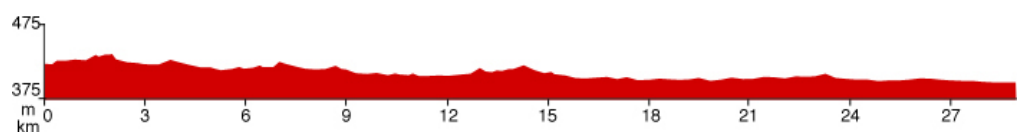
Ride 40km

## Day 4 Mae Salak to Chiang Rai

This morning we take a quick transfer to a Lahu village where we then hitch a ride on a long-tail boat (with our bikes) on the Mae Kok River. Once back on solid ground we cycle along some natural hot springs and then back track a short bit to head to Chiang Rai. We visit one of the most important temples of Chiang Rai, Wat Phrakaew, which once housed the Emerald Buddha before its present day location at the Grand Palace in Bangkok. After our break we ride on to Wat Rong Khun, also known as the White Temple. Here we'll end our tour and transfer you to your Chiang Rai city hotel or to the airport.



Breakfast, Lunch



Ride 40km

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

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

## CONTACT US

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