

SPICE ROADS

CYCLING



CYCLING CHIANG MAI TO LUANG PRABANG

Tour Code
MCT-MCL

11 DAYS
10 NIGHTS

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

ACTIVITY PROFILE



9 Cycling days	713 _{km} Total cycling distance
86 _{km} Avg distance / day	830 _m Avg climbing / day

PRICING



Price
Bike Hire (Mountain Bike)
Single Supplement

US\$ 3,550
US\$ 250
US\$ 475

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
- ✗ Airport pick up
- ✗ Airport drop off
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

DEPARTURES



14 July - 24 July 2024
10 November - 20 November 2024
21 December - 31 December 2024
05 January - 15 January 2025
16 February - 26 February 2025
13 July - 23 July 2025
09 November - 19 November 2025
20 December - 30 December 2025

TRIP PROFILE

Our biking adventure takes us from the bustling and energetic city of Chiang Mai to one of the prettiest and most magical cities in Southeast Asia, Luang Prabang, and a great place to hang out and soak up the atmosphere.

The road surfaces are mixed: most days, we ride on reasonably good quality asphalt roads, but there are enough rides on broken roads or dirt tracks to mean you will need a mountain bike, not a road bike, preferably one with front shocks. Having said that, there is nothing technical involved on this tour, and anyone, assuming they are fit enough, will be able to join. We cover up to 713 km in 9 cycling days, and much, if not most, of the terrain is mountainous with very few flat sections. As we have some shorter days, we will get to our destination in the mid-afternoon which allows you time to explore the area. Day 7 is the toughest with several long climbs and a long distance – but the support van is never far behind. Traffic will be very light, and some days we will see virtually no cars at all. Along the way, the scenery is constantly changing: we go from narrow roads shaded by jungle vines to shimmering rice paddies. The mountain views are second to none and on several mornings, you will look down into cloud-filled valleys as you ride.

Apart from cycling, we take boat journeys on the Mae Kok and Nam Ou Rivers (Days 6 & 10), a chance to take in the jungle scenery straight out of *Apocalypse Now*. We end our odyssey in Luang Prabang, which is arguably the most beautiful city in Southeast Asia.

Suitability: This trip has three days in excess of 100 km; however, most days are around 70-80 km and not too hilly except for Days 2 and 7, which have several climbs. Anyone who is reasonably fit will find the tour to be a good cycling holiday, with some challenging days. Fitness, of course, will be helpful, but the tour is fully supported, and the bus is always close at hand. If you are in doubt, please contact us for advice or a list of references.

Biking Conditions: A mixture of good quality tarmac roads and pot-holed, broken roads, and also some off-road sections in Thailand. There are some hills on Day 2 in Thailand and Day 7 in Laos as we cross the mountains towards Luang Prabang, but a support truck is always available to help when required.



Day 1 Meet in Chiang Mai

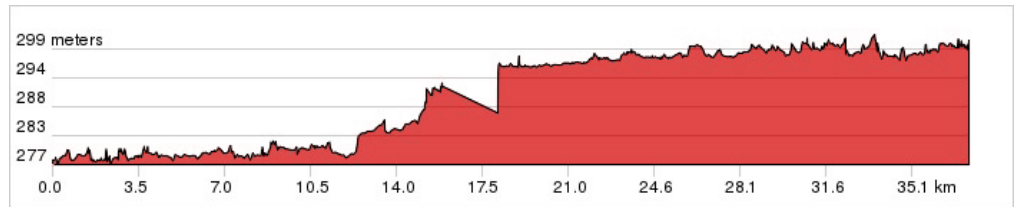
We meet in the afternoon at the hotel where the guide will brief everyone thoroughly and make sure the bikes fit. We then head out for a nice and easy ride along the Ping River to get accustomed to riding in Thailand. The ride takes us to the handicraft centre at Ban Tawai, where you will have time to enjoy some shopping before riding back to Chiang Mai.



The Rim Resort



Dinner



Ride 40km



+354m



-346m

Day 2 Chiang Dao Tribal Trails

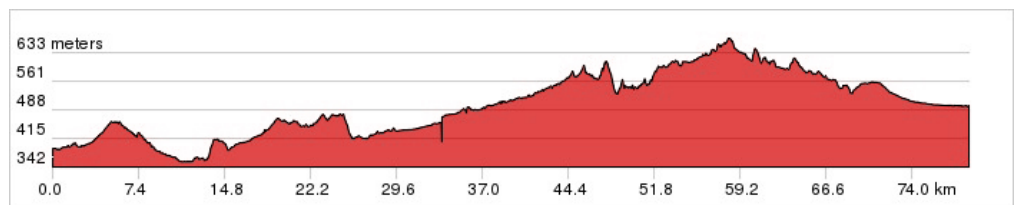
We transfer from Chiang Mai to the Chiang Dao caves to the start of our ride. This ride is a real treat for mountain bikers. We ride through rice fields and among soaring limestone cliffs before hitting the dirt. We ride truck paths cut by local hill tribes, and we meet Akha, Lisu, Lau, and Palaung people. The colourful Palaung are recent migrants, and you will see their women adorned with heavy brass waist-bands working the fields. We stop for lunch before a memorable afternoon riding some quite outstanding mountain trails. Our support vehicle will be waiting at the trailhead to transport us to our comfortable Thai-style inn.



Saimoonburi Hotel



Breakfast, Lunch, Dinner



Ride 77km



+1034m



-953m

Day 3 Back Roads to Thaton

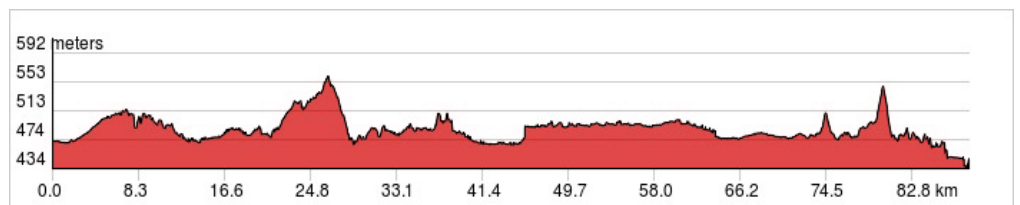
After an early breakfast, we ride backroads through many small villages before arriving in Fang and our stop for lunch. In contrast to the previous day, much of the ride is flat, and we make the distance quite quickly. The ride is scenic as we pass orchards and farmlands. We arrive at Thaton along the banks of the Mae Kok River and our resort nestled in the valley. The hills of Thaton afar is Thailand's natural border with neighbouring Myanmar. A dip in the swimming pool is a great way to relax after today's journey.



Maekok River Village Resort



Breakfast, Lunch, Dinner



Ride 78km



+518m



-562m

Day 4 Thaton to Chiang Rai

A short transfer to a Lahu village this morning, where we hitch a ride on a long-tail boat (with our bikes) to a scenic riverside area. We have a brief stop at the forestry reserve before heading off for another 20-km off-road ride. We have lunch at a local restaurant by the river before continuing biking on tarmac all the way into Chiang Rai. We stop to visit Wat Rong Khun, the White Temple, on the outskirts of the city. Created by a local artist, this modern temple stands out

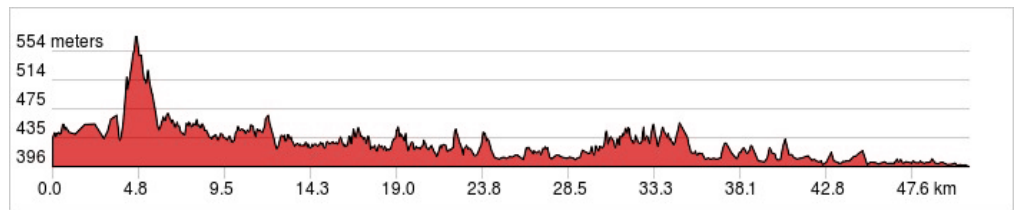
for its distinctive style. Overnight is at a resort with a nice swimming pool centrally located in the town.



Laluna Resort



Breakfast, Lunch, Dinner



Ride 55km



+536m



-555m

Day 5 Chiang Rai to Lanjia Lodge

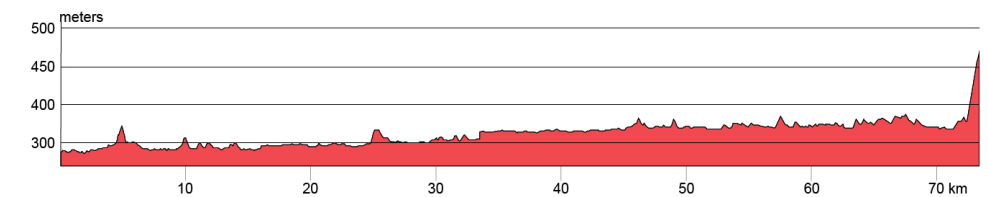
After breakfast we transfer up to the very tip of South East Asia's golden triangle, on the intersecting borders of Thailand, Myanmar, and Laos. The first 9 km are off-road, cycling away from the Mekong, until another 7km of easy tarmac. These first sections are mostly flat with minimal climbs, into the village of Chaeng Saen. From the village, we'll ride along the edge of the Mekong for the rest of the day's ride on a mixture of flat and rolling terrain, all the way to a final tough climb at Huay Sai Mam viewpoint. After taking in the view, we'll transfer to the hotel, or you can continue on for another 8km climb to the hotel.



Lanjia Lodge



Breakfast, Lunch, Dinner



Ride 73km



+350m



-390m

Day 6 Chiang Khong to Pakbeng By Boat

After breakfast, we take a short transport to Chiang Khong and cross the border into Laos. After immigration, we load the bikes into our private riverboat (please note we do not use the public boat for safety reasons) and spend a relaxing day cruising downstream into the interior of this enigmatic country. We stop to visit some riverside villages before reaching the charming town of Pakbeng before dusk.



Phetsoksai Hotel



Breakfast, Lunch, Dinner

Day 7 Pakbeng to Udom Xai


Today can be an epic day, if you are up for the challenge! Our best overnight choice is a 144-km away, but we'll see how the group does and transfer as necessary to cover the distance. Setting off on our bikes from Pakbeng, we cycle along the Beng River, riding through pretty Lao villages and unforgettable mountain and jungle scenery. We have a picnic lunch before we head into the north of Udom Xai province where the broken road and dirt tracks double as thoroughfares for the local people (the population here is made up of an astonishing 23 ethnic groups), sharing the trail with all manner of colourful vehicles and livestock – a glimpse of real rural life in Asia. Towards the end of the day, we have a long downhill into Udom Xai (also known as Muang Xai), which has a large market where the various languages of the area mingle along with the aromas of the produce.



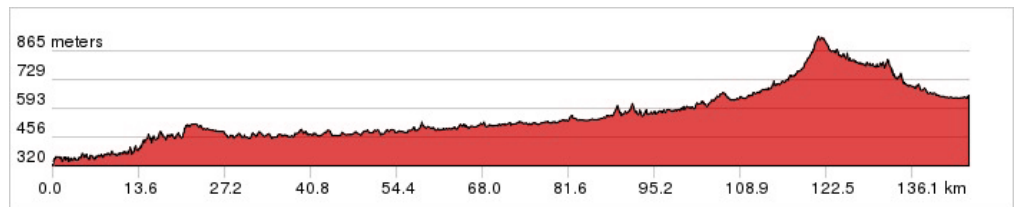
Phetsoksai Hotel



Breakfast, Lunch, Dinner

 Charming Lao Hotel

 Breakfast, Lunch, Dinner



Ride 120-140km



+1700m



-1379m

Day 8 Udom Xai to Muang Khoua

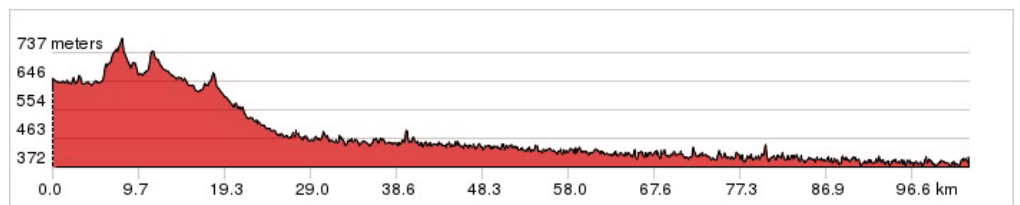
We are now in the central highlands, and there are some spectacular views across the rugged mountain landscape ahead in an area that suffered extraordinarily heavy bombing during the 'Secret War' against the Americans during the early 1970s. The morning sees us start with a climb, but then it's an overall gradual downhill, and the last 60 km is relatively flat. Although this is a long day, the support vehicle is always available to hop in, if the distance is too long. We stay in a basic guesthouse on the banks of the Nam Ou River.



Sinaly Hotel



Breakfast, Lunch, Dinner



Ride 103km



+1153m



-1416m

Day 9 Muang Khoua – Nong Kiau Rest Day

After two challenging cycling days, it's time to take it easy as we boat down the Nam Ou River to the pleasant town of Nong Khiau. Watch life on the river, from the fishermen working to the children playing in the waters. We'll stop at a village for lunch and a quick stretch of the legs. We'll spend about four hours on the boat.



Nong Kiau Riverside



Breakfast, Lunch, Dinner

Day 10 Nong Kiau to Luang Prabang

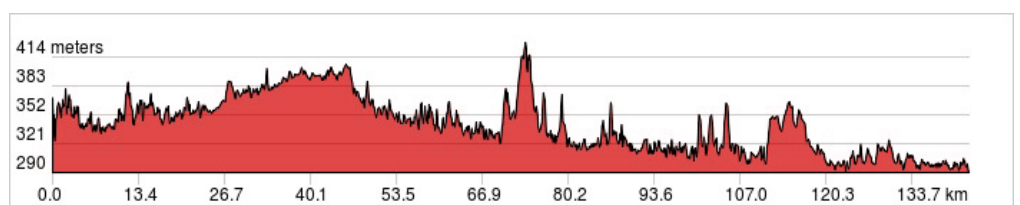
The last long ride of the bike tour! Cycling an undulating road, we head west along the Nam Ou River, which makes for a very scenic ride. The road undulates the whole way with a couple of short climbs of 1 to 2 km. We stop for a break at Pak Ou to visit the famous caves, filled with sacred Buddha images. Our countryside scenic ride continues to our destination, Luang Prabang. This is one of Asia's most picturesque towns and a UNESCO World Heritage Site, and our ride through the streets is an unforgettable experience. Once we reach this historic town, we head to our hotel and freshen up for our farewell dinner.



Sanakeo Boutique Hotel



Breakfast, Lunch, Dinner





Ride 143km



+1425m



-1492m

Day 11 Luang Prabang Free Day

We end our tour in Laos with a free day to explore Luang Prabang before we part ways. Ask us about our optional extension stay in Luang Prabang



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

LAOS

Passports and Visas

All nationalities require a visa for Laos. You have two options to get a single-entry tourist visa (max 30 days): 1) E-Visa or 2) Visa on Arrival. Both are very straightforward processes, though we suggest procuring an E-Visa in advance as it will save you time on arrival in Laos. **Apply via [this website](#)**. If you prefer to do a Visa On Arrival, make sure you have the required documents prepared (including 2

passport-sized photographs and the exact amount for the visa fee in USD). See [here](#) for more information.

Please Note: While E-Visa and Visa on Arrival are available for all international airports and major land borders, some border posts do not yet accept them. Therefore, if your tour crosses into Laos from Vietnam through a more remote border post, obtaining your visa through a Laotian Embassy or Consulate in advance may be required. If that is the case, we will let you know at the time of booking.

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

Laos has a tropical climate with fairly high humidity. There are three seasons: from March to June it is hot and dry, with temperatures between 27C and 40C (80-104F), with night temperatures in the 20C/75F). The rainy season is from June to October. The cooler season, is from November to February, with average temperatures between 20C and 30C (70- 86F). It can get a little cold at night at higher elevations year round so bring a light fleece for the evenings.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D =dinner. Most meals are local Laos food and feature noodles, curries and soups. Lao cuisine is very similar to Thai food 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, 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

The official national currency in Laos is the kip, however, Thai baht and US dollars are also used, especially in larger cities and towns. In smaller towns and villages, kip is usually preferred. There are now a few ATMs in Laos, but they are not widespread and are operational only sporadically. The best overall exchange rates are those offered at the BCEL (Banque pour le Commerce Extérieur Lao). Licensed moneychangers rates are similar to banks Spend all your kip before you leave as no one will exchange it for you once you leave the country!

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

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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 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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