

SPICE ROADS

CYCLING



THAILAND HERITAGE BY BICYCLE

Tour Code
THA-THB

7 DAYS
6 NIGHTS

	Destinations	Thailand
	Tour Meets Tour Ends	Bangkok Chiang Mai
	Fly in to Fly out of	Suvarnabhumi Airport (BKK) Chiang Mai International Airport (CNX)
	Group Size Minimum Age	2-16 riders 0 (on scheduled departures)

ACTIVITY PROFILE



6 Cycling days	263 _{km} Total cycling distance
44 _{km} Avg distance / day	183 _m Avg climbing / day

PRICING



Price	US\$ 1,995
Bike Hire (Hybrid)	Included
Bike Hire (E-Bike*)	US\$ 180
Single Supplement	US\$ 275
Child Pricing	Under 5: free; Age 5-11: 15% discount
*E-bikes are in limited supply, please enquire to reserve one.	

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Hotel pick up
- ✓ Hotel drop off
- ✓ Accommodation
- ✓ Bike and helmet
- ✓ Snacks and drinks

WHAT'S EXCLUDED

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

DEPARTURES



08 July - 14 July 2024
09 September - 15 September 2024
21 October - 27 October 2024
11 November - 17 November 2024
16 December - 22 December 2024
30 December - 05 January 2025
10 February - 16 February 2025
07 April - 13 April 2025
07 July - 13 July 2025
08 September - 14 September 2025

See website for later departures

TRIP PROFILE

This tour is for those who wish to see Thailand's rural countryside and explore the rich history of Siam, all while enjoying an active holiday. The scenery is ever changing as we start our ride through the emerald paddy fields of central Thailand where the roads are mainly flat, then continue with some undulating terrain and a few gentle climbs in the northern hills, before arriving in the cultural city of Chiang Mai.

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: You can expect a fairly gentle ride each day with none of the distances being overly long. There are a few small hills and some dirt trails, but these can be tackled by anyone with even a moderate amount of fitness. The emphasis on this tour is Thailand's history, culture, and scenery, all off the beaten track.

Biking Conditions: This trip is mainly on tarmac roads with a few days where we will have hard packed dirt trails – no off road experience is required. An air-conditioned support 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.

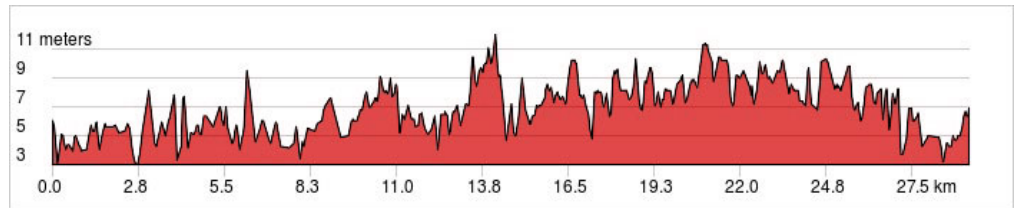


Day 1 Bangkok - Ayutthaya

We pick you up from your Bangkok hotel in the morning for a short transfer to the former royal summer residence of Bang Pa-In Palace. Originally built during the reign of King Prasat Thong of the Kingdom of Ayutthaya in 1632, the palace is now sometimes used by the royal family for banquets and ceremonies. After a walk through the gardens and the various styles of buildings we cross the River of Kings, the Chao Phraya, for lunch at a riverside restaurant. In the afternoon we have a flat cycle on backroads to Ayutthaya Historical Park to explore the ruins of the formerly wealthy kingdom that ruled for four centuries, and is now a designated UNESCO World Heritage Site. Once a major trading post for merchants and sailors between the Far East and India, Ayutthaya was once home to traders from Japan, China, Portugal, Holland, France and

Spain. We will stop often to visit temples and learn of their significance then and now. We finish the day at a Thai-style boutique resort set amidst rice paddies.

 Pludhaya Resort  Lunch, Dinner

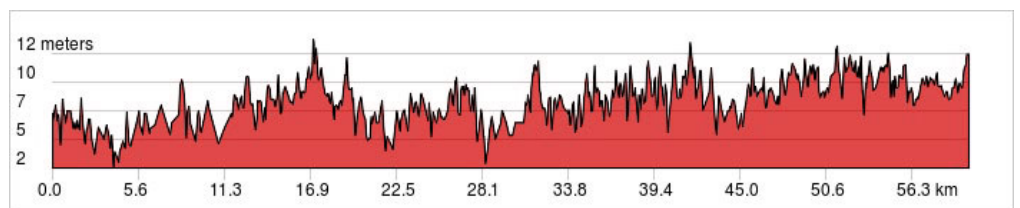


 Ride 30km  +102m  -101m

Day 2 Ayutthaya - Uthai Thani

Our riding day starts with a leisurely cycle to Wat Chaiyo Worawihan. This originally small temple was enlarged during the reign of King Rama V to accommodate a large seated Buddha image (16 metres from knee to knee and 22 metres high). For lunch we stop by a local restaurant before a short transfer to our country resort, where we have the option of a ride through tranquil rice fields, a sunset kayak, throwing a fishing line or a relaxing Thai massage.

 Uthai River Lake Resort  Breakfast, Lunch, Dinner

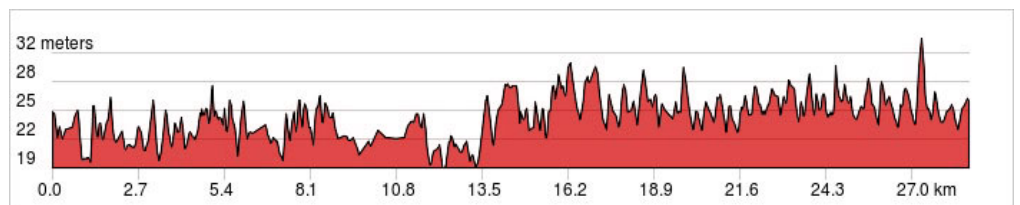


 Ride 60km  +230m  -224m

Day 3 Uthai Thani - Kamphaeng Phet - Sukhothai

We ride up north out of Koh The Po along the Sakae Krang River and visit Hat Thanong village, renowned for their custom knife making. The villagers once were expert makers of illegal guns but were encouraged to put their skills to a different use and they now export their knives. We then drive to explore more of Thailand's cultural treasures at Kamphaeng Phet – the Diamond-Walled city – which served as a military fortress defending the former capital of Sukhothai during the 14th century. We have a casual cruise with our bikes inside the city walls and the old fortification of Kamphaeng Phet Historical Park, absorbing the history of this UNESCO World Heritage site. In the afternoon our pleasant ride on country roads will take us to a local's hangout, Phra Ruang hot springs. Join young and old in soaking in the natural hot springs where the average temperatures range from 50-65°C. We then transfer to our charming Thai-style hotel in Sukhothai. Tonight we have dinner at the excellent Dream Cafe surrounded by artifacts and antiques.

 Ruen Thai  Breakfast, Lunch, Dinner



 Ride 30km  +172m  -170m

Day 4 Sukhothai - Phrae

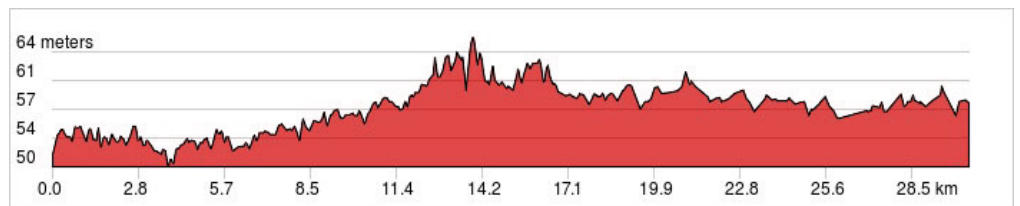
This morning we cycle through the remains of the first kingdom of the Thai people. Pre-dating Ayutthaya, though there is some overlap between the kingdoms, Sukhothai was established in 1238 and reigned until 1438. The story of Sukhothai was found in a stone inscription which describes the relationship between the king and his people as a father and son, the strong belief in Buddhism and the land as rich with natural resources, "in water, there are fish; in fields, there is rice." From this inscription also developed the Thai alphabet into the one currently used. Our riding through the sites will be leisurely as we explore the many temples and ruins and learn about life in Siam during the Sukhothai era and how it influenced current Thai culture. In the afternoon we beat the heat of the day with a transfer to the quaint town of Phrae, where we enter a different period of Thai history, the Kingdom of Lanna. We'll visit Khum Chao Luang, the residence of the last ruler of Phrae, built in a mixed Thai-European style of architecture known as "Gingerbread," popular during the reign of King Rama V, then in the evening we delve into a very important aspect of being Thai, food! Our guide will take you to explore the famous Phratu Chai Market known for local delicacies such as the Kanom Jeen Nam Ngiew (a northern style noodle soup) and Kanom Tom (a dessert made from coconut and palm sugar).



Phoom Thai Garden Hotel



Breakfast, Lunch



Ride 30km



+75m



-69m

Day 5 Phrae - Lamphang

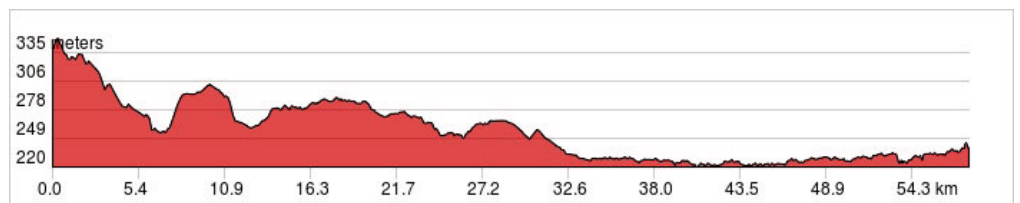
After breakfast we have a two hour transfer to Lamphang, the fortress city of the Kingdom of Lanna, the most prosperous kingdom in northern Thailand during the 13th-18th century. Though of the same Tai family as the Siamese in the central plain, the Tai Yuan people, who established the Lanna Kingdom, developed their own language and alphabet, which can still be seen and heard today. Here, we explore Wat Phra That Lampang Luang, which still has the fortress walls that protected the people as well as the temple that contains a Buddha relic that is worshiped by Thais all over the country. We ride our bikes through the undulating countryside, seeing farmers in the fields, to our riverside hotel.



Wianglakor Hotel



Breakfast, Lunch, Dinner



Ride 63km



+232m



-333m

Day 6 Lamphang - Lamphun - Chiang Mai

We start the day with a 90 minute transfer and then begin our day of cycling to admire Lanna architecture. After just over 20 kms we'll take a break with a visit to the Lamphun Museum and learn about the ancient kingdoms of Haripunchal and Lanna. We then cycle around Wat Phra That Haripunchai, built around 1044 AD. From here we ride north along the Ping River on quiet country roads through farmland and abundant orchards with a plethora of seasonal fruit including longans, lychee, mangoes, jackfruit, durian, and dragon fruit, among many others. We'll ride through the historic ruins of Wiang Khum Kham, a Mon settlement dating back to the 11th century. Constructed as part of the Haripunchai kingdom this satellite town was ruined by floods and abandoned, but the ruins have recently been excavated. Our ride continues along the Ping River as we get to our final destination, the former capital of the Lanna Kingdom, Chiang

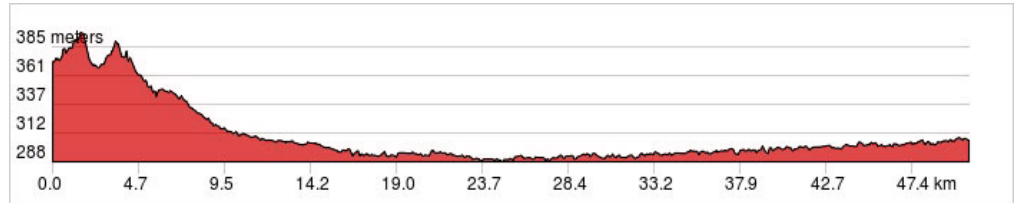
Mai. After we check into our hotel and have a rest we'll get back on our bikes for night tour of this walled city. We'll have some snacks at the market and then have a late dinner featuring the signature dish of Chiang Mai, Khao Soi – flat, yellow egg noodles and chicken, beef or pork in a coconut milk-based red curry soup.



Arunlara Riverside Boutique Hotel



Breakfast, Lunch, Dinner



Ride 50km



+190m



-256m

Day 7 Chiang Mai

This morning we'll leave our bikes behind as we drive up to Wat Phra That Doi Suthep (1384 A.D.), the most sacred temple in northern Thailand, whose temple ground has been extravagantly expanded with many more holy shrines over the years. Once there, a panoramic view of the city of Chiang Mai (15 km away) can be seen on a clear day. Then, we visit Wat Suan Dok (1370 A.D.), where the ashes of Chiang Mai's royal family are interred. The temple is also the site of Mahachulalongkorn Rajavidyalaya Buddhist University, where monks from nationwide come to pursue their Buddhist studies. We'll stop for a farewell lunch at a spot above Chiang Mai so you can take in the landscape of the Lanna Kingdom before we return you to your hotel.



Breakfast, Lunch

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

Included in the cost of this tour are well-known makes of hybrid bikes with lightweight alloy frames, 24- to 27-speed gearing, v-brakes, and Shimano components and front suspension.

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

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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