

# SPICE ROADS

## CYCLING



## ROAD CYCLING THAILAND TO MALAYSIA

Tour Code  
**MCT-KKL**

**12** DAYS  
**11** NIGHTS

	Destinations	Thailand, Malaysia
	Tour Meets Tour Ends	Krabi, Thailand Kuala Lumpur, Malaysia
	Fly in to Fly out of	Krabi International Airport Kuala Lumpur International Airport
	Group Size Minimum Age	4-16 riders 18 (on scheduled departures)

## ACTIVITY PROFILE



<b>9</b> Cycling days	<b>1036</b> km Total cycling distance
<b>115</b> km Avg distance / day	<b>855</b> m Avg climbing / day

## PRICING



Price	US\$ 3,900
Bike Hire (Standard Road Bike)	US\$ 455
Single Supplement	US\$ 580

## 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



07 July - 18 July 2024  
03 November - 14 November 2024  
01 December - 12 December 2024  
02 February - 13 February 2025  
06 July - 17 July 2025  
02 November - 13 November 2025  
30 November - 11 December 2025

## TRIP PROFILE

This tour takes on over 1,000 kilometres in 9 cycling days, with variety in terrain and ride profiles. In Coastal South Thailand, the riding is primarily flat to gently undulating, while there are a couple of substantial climbs at the end of the tour in Central Malaysia. But don't worry, our route will prepare you for the big days, and the support vehicle is always close by should you need it!

**Suitability:** You can expect a full day of cycling each day, with most daily distances over 100 kilometres. The ride into Cameron Highlands involves substantial elevation gain on a single climb, so experience climbing is recommended. This tour is perfect for recreational cyclists who are comfortable riding over 100 kilometres on back to back days, but are looking for something interesting, and possibly more of a challenge!

**Biking Conditions:** As this is a road biking tour, the roads are all tarmac and in good condition. Some descents will be steep, requiring good handling skills. Though most roads are quiet and scenic, there will be some sections with light traffic outside urban areas. Your local cycling guide and support vehicle will be with you every inch of the way to let you know what's ahead and to offer you a rest and a lift should you need it.



**Day 1 Meet in Krabi**

We meet at the hotel in Krabi for a trip briefing about the epic riding ahead of us! Get a first taste of the fresh local specialties with a seafood dinner.



Dee Andaman Hotel



Dinner

## Day 2 Krabi to Pak Meng

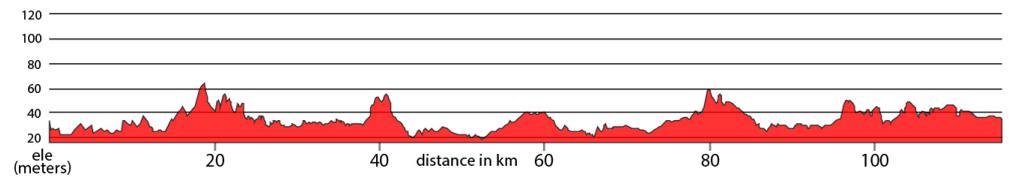
The first 35 km will be on a bicycle lane and back road to avoid the busy traffic of Krabi. We ride together at steady paces through mangroves, rubber trees, and palm plantations. At the 50-km point, we take our first break after our warm-up ride. As we continue south, we have a few rolling hills for the next 10 km before our route flattens out. We end by riding along the Andaman coast directly to our hotel.



Pak Meng Resort



Breakfast, Lunch, Dinner



Ride 115km



+459m



-459m

## Day 3 Pak Meng to Koh Sukorn

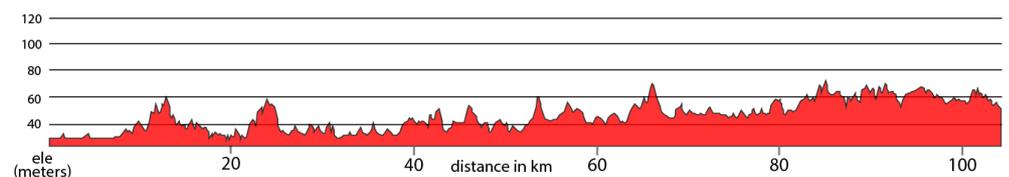
After breakfast, we start by riding on a scenic road alongside the sea before heading to Koh Sukorn, otherwise known as Pig Island. For those in the mood for hot springs, we can take a slight detour and have time for a dip. Back in the saddle, we'll be cycling through thick mangrove forests and then rubber and palm plantations, taking in the fresh air and peaceful natural surroundings along the way to the ferry. We leave our bikes on the mainland and take a 20-minute boat ride to our island resort. Spend the afternoon relaxing on the beach or take a kayak out to explore the island.



Yataa Resort



Breakfast, Lunch, Dinner



Ride 94km



+598m



-620m

## Day 4 Koh Sukorn to Satun

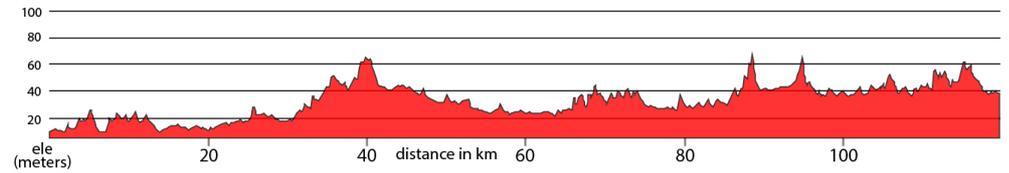
Today, we'll cross back to the mainland and stick to back roads to see rural Thailand at its best as we cycle past colourful mosques and remote villages. We'll see some interesting landscapes, lots of friendly smiles, and plenty of unspoiled nature. Once we reach Satun, depending on the time, we can explore the monkey mountain or the night market in this border city before we return to our hotel.



The One Boutique Hotel



Breakfast, Lunch, Dinner

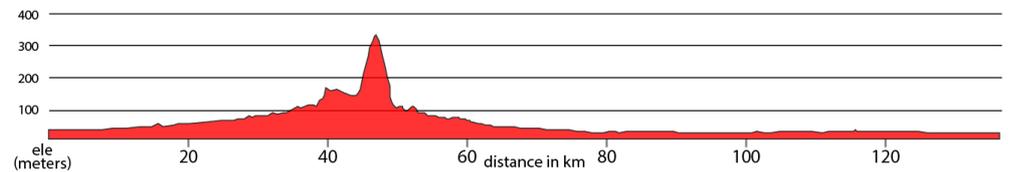


📍 Ride 120km    ⬆️ +539m    ⬇️ -510m

### Day 5 Satun to Alor Setar

This morning starts with a 40-km ride to the border. Once we have cycled our first 6 km in Malaysia, we hit our only hill of the day, but the ride up will be tough and is sure to get your heart rate up! After a moderately challenging uphill ride, we, of course, have a great downhill to follow before enjoying flat and smooth riding all the way to our hotel in Alor Setar, home to the Central State Administration Centre and the birthplace of two of Malaysia's prime ministers.

🏠 Grand Alora    🍴 Breakfast, Lunch, Dinner

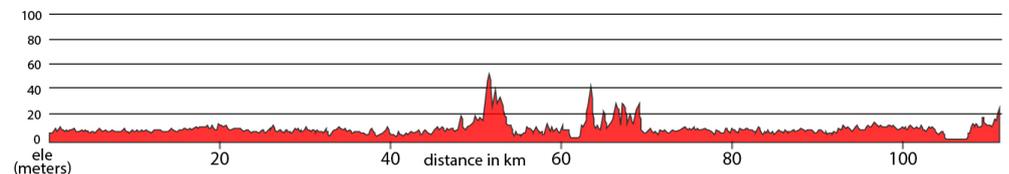


📍 Ride 126km    ⬆️ +566m    ⬇️ -599m

### Day 6 Alor Setar to Georgetown

Today is another flat and scenic ride as we hug the coast. There will be a few rolling hills when we skirt Hutan Lipur Rekreasi Tupah, or Tupah Recreational Forest, a protected area in Kuala Muda District, which also provides some welcome shade, and those in need of a cool-down can go for a refreshing dip in the river. The highlight of our day will be crossing to the island of Penang where we overnight at the colonial town of Georgetown, famed for its eclectic mix of colonial-style architecture. Tonight, we hit the town to discover some of town's famous delicacies and learn the tasty truth behind Georgetown's nickname -- Malaysia's food capital.

🏠 Hotel Neo+    🍴 Breakfast, Lunch, Dinner



📍 Ride 108km    ⬆️ +247m    ⬇️ -245m

### Day 7 Georgetown Rest Day

Time off the saddle, you are free to discover Georgetown, Penang's cultural centre and a UNESCO World Heritage Site. Explore the streets, the heritage buildings and find the many treasures of whimsical paintings and sculptures as well as interactive murals inspired by daily life. Discover the array of colourful mosques in Chinatown and take a stroll through rustic Chinese shophouses, visit Chinese temples, and shop for spices in Little India. Or, you might be drawn to the town's many Western-style skyscrapers and massive shopping complexes set amidst British Raj-era architecture. Be sure to take advantage of Georgetown's world-renown as a food capital!



Hotel Neo+



Breakfast

## Day 8 Georgetown to Ipoh

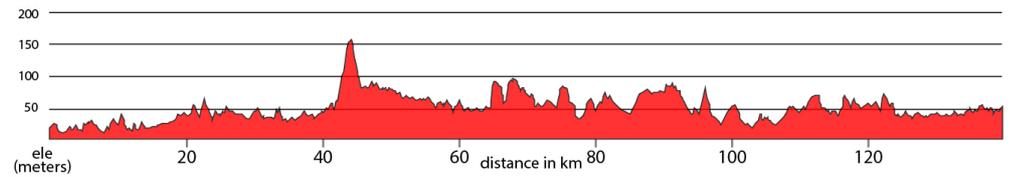
After a day off the bikes, it's time for another great ride. We'll transfer by car from the island of Penang for about an hour and a half, and set up our bikes near a local water park. Our ride takes us along country roads, with a mix of local farms, forest, and palm plantations. We'll skirt the edges of Taiping, avoiding the busiest sections of the city before taking a break for a refreshing local snack, cendol, at a quiet riverside cafe. Then it's a fantastic, undulating ride through lush forests, all the way to our destination for the day, the town of Ipoh. Once we're checked into our hotel, we can have a swim in the rooftop pool, or simply admire the view of the mountains that frame the city.



M Roof Hotel



Breakfast, Lunch, Dinner



Ride 139km



+967m



-919m

## Day 9 Ipoh to Cameron Highlands

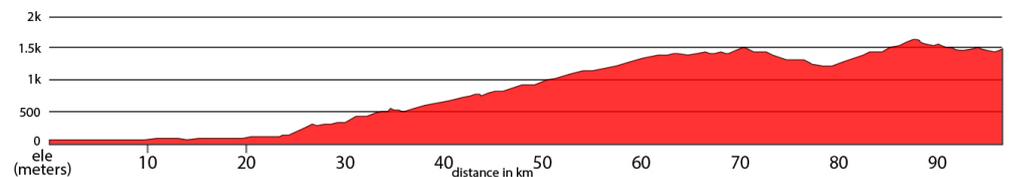
Rise early for a hearty breakfast and a head start on the biggest ride of the tour. We'll ride directly out of Ipoh and into the surrounding mountains towards Malaysia's central, jungled highlands. The ride is mostly flat as we leave Ipoh, but at roughly 25 kilometers we start to climb. The climb is consistent, and not too steep, but it's a slow and steady journey on and up into the jungle. The support vehicle will be close by to grab fuel, a water refill, or to take a rest should you need it. After nearly 50 kilometers of climbing, we'll take a lunch break at the top and to admire the view. Then it's a fast and winding downhill through the town of Kampung Raja, followed by a final 8-kilometer ascent into Cameron Highlands town. We'll check into our hotel and rest our legs. Feel free to go for a swim, enjoy a hot bath, or admire the scenery from the balcony before dinner.



Heritage Hotel



Breakfast, Lunch, Dinner



Ride 97km



+2209m

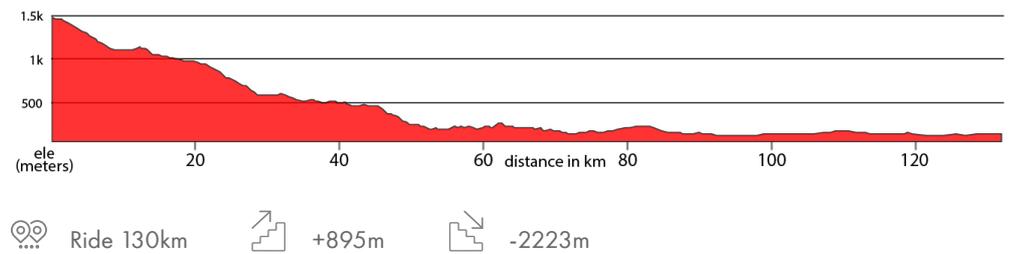


-783m

## Day 10 Cameron Highlands to Raub

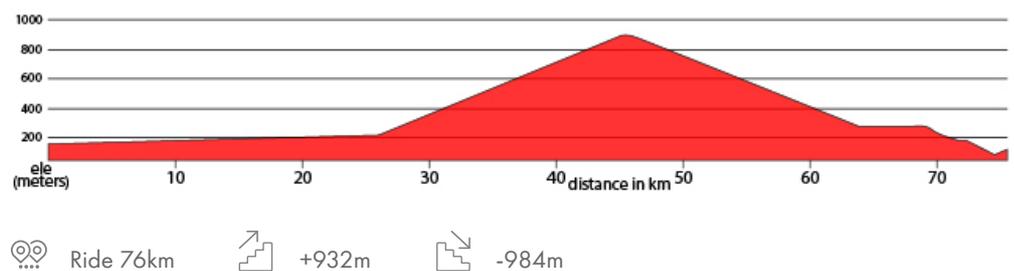
After yesterday's big climb, we start the day off right with a big downhill! It's a long, cruising descent out of Cameron Highlands and past its famous tea estates, through rural greenhouse farms, and along an expansive dam before the terrain evens out. The rest of our ride is along an expansive road with plenty of shoulder through the Malaysian rainforest. The forest road is undulating, and you can expect several short climbs along the way, but nothing compared to yesterday's achievement! The final 40 kilometers is a flat ride through forest and palm farms to our accommodation at a quiet, hillside resort outside the town of Raub.





## Day 11 Raub to Kuala Lumpur

After breakfast, we'll continue riding into the town of Raub for a flat 30 kilometers, before turning from the main road to the climb up Frazer Hill. It's a very gradual, 20-kilometer climb, but a shaded and quiet ride through a forested area. Once at the top, we'll take a snack break before tackling a fun descent that takes us out into an expansive road along a dam, surrounded by typical Malaysian rainforest. Our ride ends in the town of Kuala Kubu Bharu, a quiet and charming town with Chinese character and nice views of the surrounding scenery. We'll enjoy a tasty Malaysian lunch before packing up the bikes and transferring by car to the city of Kuala Lumpur. On the way, we'll have the opportunity to stop and visit the famous Batu Caves. Once in KL, we'll check into our hotel and regroup in the evening for a final, farewell and Malaysian feast!



## Day 12 Departure

After breakfast, we can arrange for a transfer to the airport for your return flight or to your hotel in Kuala Lumpur. We recommend extending your stay in Malaysia and exploring further in Singapore.

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 road bike, please make sure it is 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**

### **MALAYSIA**

#### **Passports and Visas**

Visa requirements for Malaysia vary based on your nationality. Many countries are visa-exempt for tourism visits up to 90 days. To check if your country is visa-exempt or to find specific visa requirements, durations, and application procedures, visit [this website](#). If you require a visa, please contact your nearest Malaysian embassy/consulate and make sure you give yourself enough time. Please also ensure your passport is valid for at least 6 months beyond the duration of your stay in the country.

**UPDATE:** Beginning 1 January 2024, all international travelers, whether arriving by land or by air, must pre-apply for a Digital Arrival Card at least three days prior to their planned date of entry. This can be done by completing an online registration form. Guests should then bring a printed copy of the completed form to present to immigration officers on arrival. Here is a link to the [registration form](#). Please make sure to fill it out at least three days before your planned arrival in Malaysia.

#### **Health**

There are no special vaccinations required for Malaysia; however you may want to take Malaria tablets as we will be traveling in Borneo's jungle area. Please check with your doctor prior to departure.

#### **Weather**

The whole of Malaysia has a classic tropical climate and remains hot and humid throughout the year and rain showers occur almost daily. Average temperature ranges from 15°C/ 59F to 25°C/ 77F at higher elevations and 21°C/ 70F to 32°C/ 90F around the coasts, such as Malacca and surrounding areas. The highlands have a distinctly different climate to the rest of Malaysia. Temperatures average a very pleasant 22°C/ 72F in the daytime and a relatively cool 15°C/ 60F at night – an excellent climate for growing tea, flowers and fruit, and for visitors it offers a pleasant contrast to the hotter lowland areas. A typical day consists of blue skies in the morning, showery afternoons and chilly nights, with rainfall at it's heaviest between September and early December.

Borneo has an equatorial climate, which is hot and humid year-round. Average daily temperatures are around 30 Celsius and the humidity can be high. Rain is also fairly common though we have scheduled these tours to avoid the monsoon season.

#### **Food**

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Most meals are local Malay food 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. We are riding in a Muslim country and though beer is available, it might not be served in some halal restaurants where we will eat. If you choose to purchase some beer please note it 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 currency is the Malaysian ringgit (RM). Foreign currencies are not generally accepted. The airport is the best places to exchange money. ATMs are widely available in cities and towns, but you'll need cash in villages and in the jungle. Credit cards can be used only in larger hotels.

## 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

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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

## CONTACT US

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