

SPICE ROADS

CYCLING



REMOTE VIETNAM AND LAOS BY BIKE

Tour Code
MCT-MVL

14 DAYS
13 NIGHTS

	Destinations	Vietnam, Laos
	Tour Meets Tour Ends	Hanoi Luang Prabang
	Fly in to Fly out of	Noi Bai International Airport (HAN) Luang Phrabang Airport (LPQ)
	Group Size Minimum Age	2-16 riders 18 (on scheduled departures)

ACTIVITY PROFILE



12
Cycling days

704^{km}
Total cycling distance

59^{km}
Avg distance / day

704^m
Avg climbing / day

PRICING



Price
Bike Hire (Mountain Bike)
Single Supplement

US\$ 3,750
US\$ 280
US\$ 455

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



08 December - 21 December 2024
05 January - 18 January 2025
16 February - 01 March 2025
13 July - 26 July 2025
12 October - 25 October 2025
07 December - 20 December 2025

TRIP PROFILE

We cycle a total of 654 km on paved roads along rivers, through lush paddy fields, karst landscapes, and peaceful villages before taking on some climbs to truly appreciate the natural splendour of the mountains. The trip begins with our meeting in Hanoi on Day 1, followed by four cycling days of modest climbing, making for a moderate warm-up phase. On Day 6, we start from the Laos border and have our biggest climbing day of 2170 m. This is followed by a slightly easier Day 7, a rest day on Day 8, then a return to big climbs on Days 9 and 10. Reaching the plateau of the Plain of Jars, the climbing again subsides somewhat for days 11 to 14. Where the climbs are tough, we have lowered the distances to make them manageable. Remember, the support van is never far away! The journey takes us on a route less frequented; therefore, some overnight stays will be basic at guesthouses, and there will be one night with shared facilities.

Suitability: This is a Hard level trip that will provide some challenging climbing sections (averaging 940 m per day, with a maximum day of 2170 m) and significant distances (anywhere from 31 km to 80 km per day). The climbs are always interspersed with downhills and flat sections, and the toughest days are distributed throughout the trip, allowing for recovery in between. While less experienced cyclists are welcome to join the trip, it is best suited for cyclists with the stamina to cycle those distances and elevations on successive days. Vietnam and Laos can be quite hot and humid even in the morning hours, so it is helpful to acclimatise to these types of conditions before the trip, if possible. To fully enjoy the trip, riders should also have the confidence to navigate a bike through occasional crowded streets and rough sections of broken pavement. Of course, it is always an option to proceed through tricky sections on foot, or skip ahead, as a support vehicle is available at all times to provide refuge for weary riders.

Biking Conditions: The roads are predominantly tarmac and in relatively good condition, but occasionally you will experience sections of deteriorated road surfaces and small sections of dirt roads, which makes it all the more exciting and adventurous! While we have chosen the quietest roads possible, we will regularly share the roads with motorbikes, cars, and buses and have a few short sections along busier main roads. Roads in Southeast Asia are used for everything from drying crops to village marketplaces, so you certainly may encounter unpredictable situations or busy sections along the way. We generally ride rain or shine, but based on the guide's discretion or your level of comfort, modifications to the planned route can be made. It's all part of the adventure!



Day 1 Meet in Hanoi

We meet in Vietnam's elegant capital of Hanoi. You have time to explore the many interesting districts of the city on your own before we gather for dinner and a trip briefing.

 Le Jardin Hotel Haute Couture

 Dinner

Day 2 Hanoi - Tam Coc

With our first day on the bike, we explore the countryside and local artisans. We have a short transfer out of the city to avoid traffic and start with a lovely ride on a dyke along the Red River, a perfect quiet place to get used to cycling in Vietnam. Our first stop will be Bat Trang, known for its handmade ceramics, with its varied and interesting pottery. We then cycle south into the heart of the delta, passing through many traditional villages and rice fields. We have a two-hour transfer to lunch in Tam Coc. In the afternoon, we board a boat for a leisurely cruise on the Ngo Dong River and float through three natural caves, the largest of which is 125 m long. Sit back, relax, and see rural Vietnam from a different perspective, taking in the dramatic limestone karsts jutting out from the green rice fields. After our scenic boat ride, we disembark and transfer back to our hotel.

 Tam Coc Rice Fields Resort  Breakfast, Lunch, Dinner

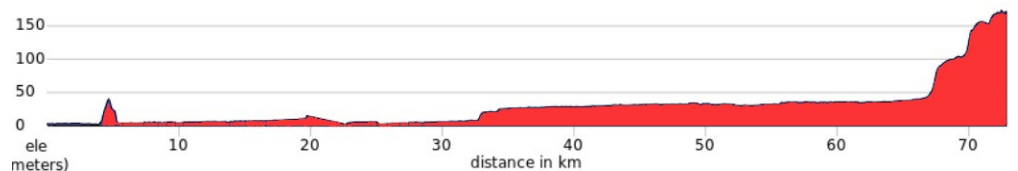


 Ride 59km  +143m  -148m

Day 3 Tam Coc - Cuc Phuong

We start cycling from our hotel in Tam Coc for a flat ride to Hoa Lu, the ancient capital of the Dinh and Ly dynasties 1,000 years ago. The route is stunning as you pass green rice fields amongst surreal karst mountains. After a stop to visit Dinh Le Temple, built in the shape of a Chinese character in the 17th century, we continue pedalling along the Hoang Long River through some impressive landscape. The first 35 km are flat and then we'll have some small climbs up to the park, but they are all short. Upon arrival at Cuc Phuong, Vietnam's largest national park, we visit the Endangered Primate Rescue Centre, where a wide variety of native monkeys and gibbons, including critically endangered langurs, were saved from wildlife smugglers and are being rehabilitated to return to the wild.

 Vedana Ninh Binh Resort  Breakfast, Lunch, Dinner

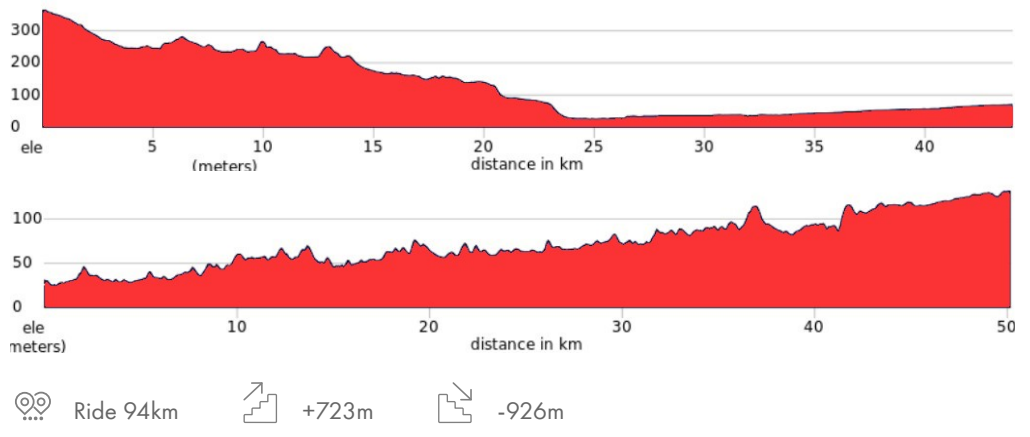


 Ride 69km  +218m  -139m

Day 4 Cuc Phuong National Park - Mai Chau

After breakfast, we transfer into Cuc Phuong Park for a look at the awe-inspiring natural beauty preserved here. We then cycle out of the park under a cathedral of great trees, emerging into the local farm country. After lunch, we transfer to Lanh An, where we continue cycling on a small tarmac road with dramatic mountain scenery along the Buoï River. We cycle past local villages of Muong people and their fields of rice, corn, cassava, and sugarcane. Arrive in the hushed valley town of Mai Chau with plenty of time to enjoy a dip in the pool or the sunset view from your balcony at our elegant lodge. In addition to the majority Viet ethnic group, this region is also home to Hmong, Thai, Tay, Muong, Dao and Hoa people, and you will see their distinctive architecture, costumes, and handicrafts throughout.

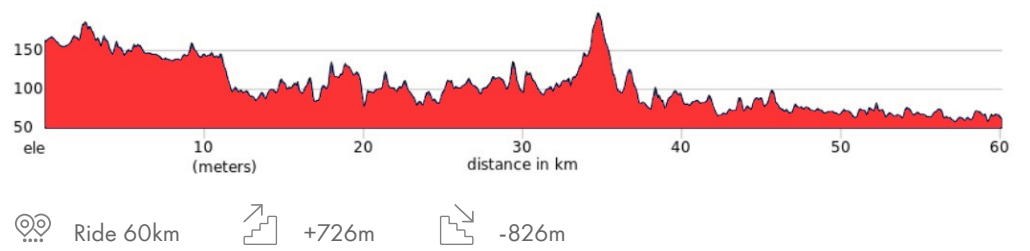
 Mai Chau Eco Lodge  Breakfast, Lunch, Dinner



Day 5 Mai Chau - Quan Son

After breakfast, take a guided stroll around Mai Chau Valley, where we can admire the superb panorama surrounded by a green valley and rustic villages, and perhaps mingle with some of the local farmers. Back at the hotel, we check out, hop on the bikes, and cycle along the valley floor beside the fast-flowing waters of a tributary of Song Ma (Horse River). Reaching the main river, we continue on rolling terrain until Dong Tam. We have a picnic lunch en route at a stilt house of ethnic Thai people. Once we reach Dong Tam, we will load up the bikes and transfer 35 km to our hotel in Quan Son.

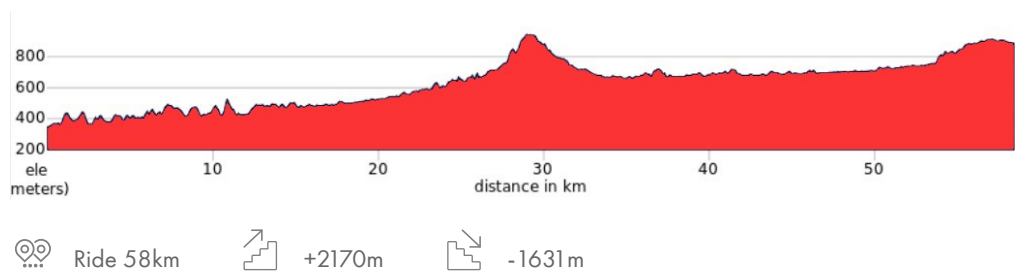
Mien Tay Hotel Breakfast, Lunch, Dinner



Day 6 Quan Son- Na Meo Border - Vieng Xai

This morning, we will transfer 53 km to the border, where we'll be met by our Laos guides to prepare for the portion of our bicycle tour in Laos. We acquaint ourselves with our new bikes and start our ride to Vieng Xay. This is our biggest day of climbing, as we will reach an elevation of 1,000 m over several sustained climbs. The scenery is fabulous on these roads that pass along streams and through karst landscapes interspersed with rice paddies. Our destination today is historic Vieng Xai, once the war-time headquarters of Laos' communists, famous for its remarkable landscape of karst limestones honeycombed with caves that were used as shelter during the relentless bombing raids. Along the way, we'll see a number of historic caves, including the Lao-Cuban Hospital Cave.

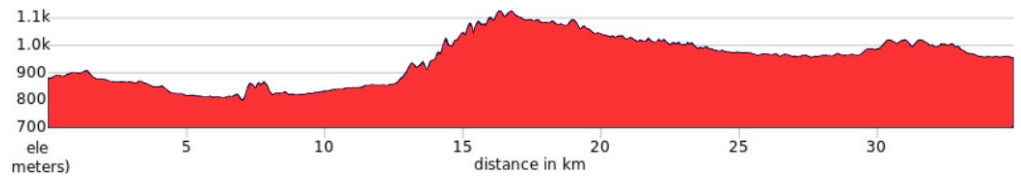
Local Guesthouse Breakfast, Lunch, Dinner



Day 7 Vieng Xai - Xam Neua

After breakfast, we head to the Vieng Xai Caves Visitor Centre to learn about the geology of the region and embark on an audio tour. The Vieng Xai Caves are an extensive network of caves in limestone mountains. Four hundred and eighty of these caves were used by the Communist Party army to shelter from American air raids during the Second Indochina War, also known as the Vietnam War or the American War, depending on who is recounting the history. We use our bikes to get from cave to cave and then walk through caves while listening to the commentary and audio effects. After lunch, we get back on the saddle and cycle to Xam Neua, Houaphanh's provincial capital, through a number of traditional ethnic villages.

 Xayphasouk Hotel  Breakfast, Lunch, Dinner



 Ride 35km  +927m  -852m

Day 8 Transfer to Bankhoua & Nam Nern Night Safari

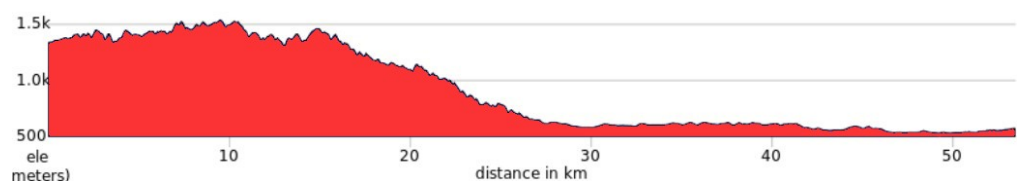
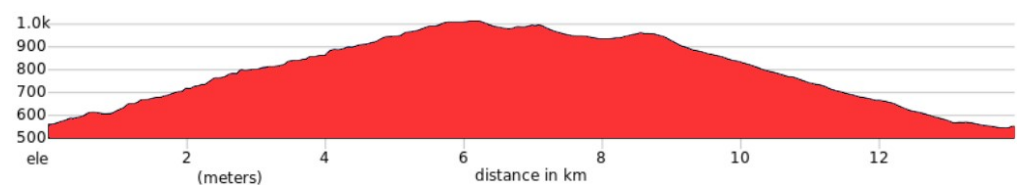
We take a break from the bicycles and go on a different type of adventure: a safari within the Nam Et-Phou Louey National Protected Area. The area is known for its forest, high level of biodiversity, and endangered species, including tiger, gaur, Sambar deer, and white-cheeked gibbon. We transfer from Xam Neua to the starting point of this adventure in Ban Sonkhoua. Along the way, we stop to see the 100-m long cascade over rock slabs of Saleuy Waterfall. When dusk comes, we head out for wildlife-spotlighting down the Nam Nern River on long-tail boats that drift downriver for the best chances of spotting wild animals. We overnight at simple but well-appointed bamboo huts with the sounds of the jungle surrounding us.

 Nam Nern Eco Lodge  Breakfast, Lunch, Dinner

Day 9 Ban Sonkhoua - Meuang Kham

After breakfast, boats will float us back to Ban Sonkhoua, where we get on our bikes to start riding again. Today is all about magnificent downhills (though of course there is some significant climbing included, as well)! Our first spectacular descent will bring us to lunch on the Nam Nern riverbank in Ban Sop Lao. After lunch, we transfer to Ban Souanmon, from which we'll cycle through the mountains towards our second outstanding descent onto the Xieng Khouang Plateau. The day ends at Ban Xang Hot Springs, where we'll be staying the night in a community lodge.

 Hot Spring Guesthouse  Breakfast, Lunch, Dinner

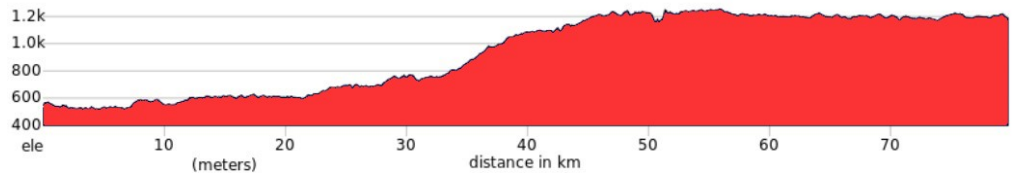


 Ride 68km  +2116m  -2893m

Day 10 Meuang Kham - Phonsavanh

After a hot spring bath and breakfast, we start our traverse of the plateau, which is home to the mysterious Plain of Jars, a World Heritage site. We ride through numerous villages and have an overall gradual climb for the first part of the day as we end up at 1200 m from our start point of 500 m. We stop along the way to cool off at the pretty Tad Ka Waterfall and its surrounding trails. Once we reach the plateau, the landscape changes from jungle to grassy plains. This area was one of the most heavily bombed in Laos and evidence of unexploded ordinances (UXO) is everywhere. Resourceful locals use bomb casings and other remnants, putting them to use as fences, tools, vegetable planters, decorations, and barbecues.

 Vansana Plain of Jars Hotel  Breakfast, Lunch, Dinner

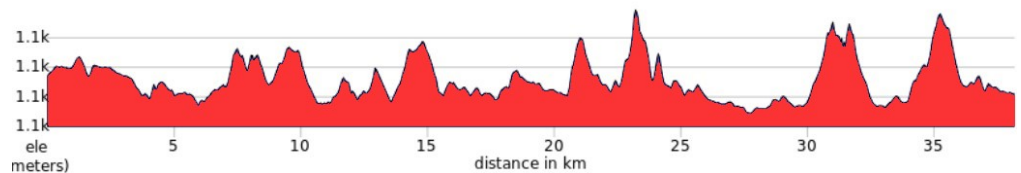


 Ride 80km  +1781m  -1151m

Day 11 Plain of Jars

We cycle to visit the mysterious prehistoric Plain of Jars and learn the many theories as to their origins. We start with a visit to Site 1, where there are also many visible bomb craters, and continue to Site 2, where the jars are set up on a hillside. We have lunch at Site 2, and then you have the option of cycling the 20 km back to town or taking the bus. You have the afternoon free to visit the MAG Office-UXO Visitor Information Centre to watch their movie for a fascinating insight into the legacy of the war that devastated this remote region. There are numerous restaurants in town, and you can choose which you prefer as dinner is on your own tonight.

 Vansana Plain of Jars Hotel  Breakfast, Lunch

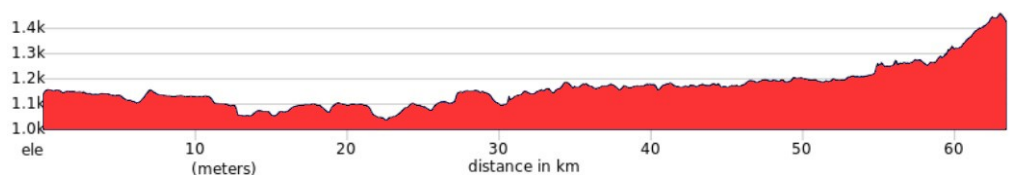


 Ride 38km  +423m  -436m

Day 12 Phonsavanh - Phou Khoun

Today is a satisfying but relatively flat ride east across rolling terrain to Nongtang, a large natural lake surrounded by high limestone cliffs and rings of a temple, where we stop and walk around this body of water in its strange surroundings. Local legend has it that at the bottom of the lake, there is a village that was submerged by the gods as retribution for the killing of a forbidden deer. After lunch along the Nam Chat River, we have a gradual climb to finish off the ride. We then transfer the final 70 km to Phou Khoun. We arrive in time for you to enjoy the sunset and the stunning view from your guesthouse.

 Sala Phou Khoun  Breakfast, Lunch, Dinner

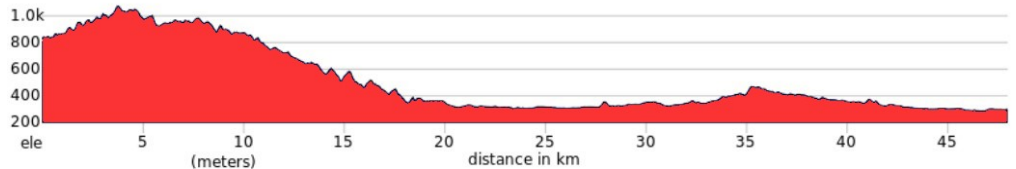


 Ride 63km  +928m  -642m

Day 13 Phou Khoun - Luang Prabang

We have an overall descent to Luang Prabang, a UNESCO World Heritage Site located on the banks of the Mekong River. For those that want to cycle more, they can leave early from the guesthouse and be picked up 32 km along the route. We then all transfer up 20 km to our starting point. Soon after, we have a glorious 18-km descent to Ban Khoua Nam Ming. Here we have lunch and prepare for a less intense 14-km gradual post-lunch ascent. We have one more swooping downhill before we are down on the rolling flats, gliding into charming Luang Prabang. After freshening up at our riverside guesthouse, we head out to this serene, temple-filled town to have our last dinner together.

 Sala Prabang  Breakfast, Lunch, Dinner

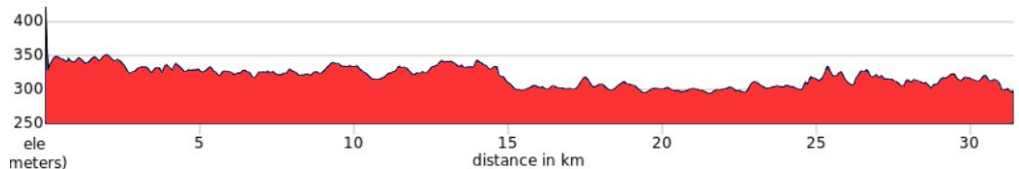


 Ride 48km  +1311m  -1850m

Day 14 Luang Prabang - Pak Ou Loop

The final day of the tour in Laos consists of a leisurely bike ride to Pak Ou for a visit to the striking limestone Tham Ting and Tham Teung Caves, set in a cliff at the confluence of the Ou and Mekong rivers. The sacred caves are packed with thousands of Buddha images. On the cycle there, we stop at Ban Xang Hai, where you get to watch Lao rice wine production and do some sampling too! After lunch at Ban Pak Ou, we'll be returning to Luang Prabang by boat. We return to town around 3 pm so you can prepare for your onward journey. Those looking to extend their trip can explore northern Laos, or head back to Vietnam to spend some time beachside at Nha Trang or riverside at Vang Vieng!

 Breakfast, Lunch



 Ride 30km  +293m  -368m

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

VIETNAM

Passports and Visas

Vietnam e-visa application is available to all nationalities. You can apply for a single-entry visa up to 30 days, or a multi-entry visa up to 90 days. Application is through the Vietnam [visa portal](#).

Please carefully fill out the form and check the information you have entered. Even minor spelling errors will render the visa invalid and your entry to Vietnam will be denied.

For peace of mind, we suggest applying for your e-visa as early as possible, and no later than 2 weeks before your expected arrival in Vietnam. While processing time is generally no more than 1-3 working days (not including weekends and Vietnamese holidays), it is wise to give yourself some buffer time in case there are any issues.

If you are joining a multi-country trip beginning in Vietnam, please be sure to select the correct exit point from the list below:

"Saigon to Bangkok" and "Saigon to Siem Reap": Song Tien Landport

"Road Biking from Saigon to Angkor": Moc Bai Landport

"Remote Vietnam and Laos": Na Meo Landport

"Hanoi to Luang Prabang": Tay Trang Landport

If your SpiceRoads trip will end in Vietnam, please choose your point of exit as the airport, port or land border through which you have arranged to leave Vietnam.

Health

See [here](#) for recommendations and detailed information.

Weather

Weather in Vietnam is divided into 4 main regions - the far north, north, central and south.

The far north can get very cold in December and January while the dry season runs from October to late March and the wet season between April to September.

In Hanoi & the north, it is hot, wet and humid from May to October while November to April is cooler and dry.

Central Vietnam experiences hot, dry weather between January & August with temperatures ranging in the mid 30°C. High levels of rainfall are during September - November.

Southern Vietnam is dry and hot from November to April, and warm and wet between May & October, with the highest rainfall in June, July & August.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Most meals are Vietnamese food and features noodles, rice curries and soups. Vietnamese cuisine is world famous 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 in Vietnam 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 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. We will send you a tipping guideline before the tour begins.

Money

The official national currency is the Vietnam dong (d), but the US dollar is widely accepted in tourist centers. However, in smaller towns and villages the dong is preferred. ATMs are available in all major tourist destinations and big cities. Vietcombank has the best network with a single withdrawal limit of 2,000,000d (about US\$125). Most major currencies can be exchanged at leading banks in Vietnam, but the US dollar is preferred away from the tourist centers. Changing US\$100 will make you an instant millionaire! You cannot legally take the dong out of Vietnam but you can reconvert reasonable amounts of it into US dollars on departure.

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.

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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!

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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