SPICE ROADS
CYCLING

ROAD

ROAD CYCLING BANGKOK TO HUA HIN

Tour Code
THA-TKH

8 DAYS
7 NIGHTS

Destinations	Thailand
Tour Meets	Bangkok
Tour Ends	Bangkok
Fly in to	Suvarnnabhumi Airport (BKK)
Fly out of	Suvarnnabhumi Airport (BKK)
Group Size	2-16 riders
Minimum Age	18 (on scheduled departures)

ACTIVITY PROFILE

7 Cycling days	**643** km Total cycling distance
92 km Avg distance / day	**711** m Avg climbing / day

PRICING

Price	US$ 2,690
Bike Hire (Road Bike)	US$ 240
Bike Hire (Carbon Road Bike)	US$ 360
Bike Hire (Carbon Road Bike Di2)	US$ 480
Single Supplement	US$ 590

DEPARTURES

25 Oct - 01 Nov 2026
22 Nov - 29 Nov 2026
17 Jan - 24 Jan 2027
14 Feb - 21 Feb 2027
21 Nov - 28 Nov 2027

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Hotel pick up
- ✓ Hotel drop off
- ✓ Accommodation
- ✓ Snacks and drinks
- ✓ Entrance fees
- ✓ Ferry/boat fares

WHAT'S EXCLUDED

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

TRIP PROFILE

We ride a total of around 640 - 670 km over 7 cycling days. The journey takes us along well-paved roads, ensuring a smooth ride as we explore western Thailand's diverse landscapes, from lush farmlands and national parks to serene riversides, rolling hills, and the palm-fringed Gulf of Thailand coastline. With the exception of a transfer out of Bangkok on day 1, all of our rides are hotel-to-hotel. Days 1 and 2 are predominantly flat and under 70 km, giving us a chance to warm-up while visiting WW2 memorial sites and enjoying Kanchanaburi's lovely riverside resorts. Days 3 to 5 feature longer distances between 100 - 130 km on undulating terrain. The climbs are predominantly gradual and low-gradient with occasional short, steep bursts. Descents are equally prominent, offering a refreshing breeze! Day 6 is a special treat as we spend the morning visiting the The Wildlife Friends Foundation Thailand (WFFT), a memorable out-of-saddle experience with rescued animals. And on Day 7 we have a cool-down loop around the coastal region of Hua Hin. There is no rest day but there is usually time in the afternoons for R&R in our well-appointed tour hotels and resorts. This journey is not just about testing your endurance on a road bike, but also experiencing the beauty of remote, western Thailand before capping it off with two nights in Hua Hin. What better way to finish a road cycling adventure than by the beach?

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 water and refreshments along the way.

Suitability: This tour is ideal for experienced road cyclists comfortable with long, back-to-back riding days. The average daily distance is around 90 km, with the longest day being 128 km and the shortest being 66 km. The sequence of the 7 riding days is designed to offer a gentle warm-up across two days, followed by 3 days of challenging and hilly long distance rides and two days of milder cool-downs at the end. While there are hills to conquer each day (especially during stage 2), the ascents generally don't go on for more than 3-5 km, with gradients in the 3-5% range (though there are exceptions!), making it an accessible journey for those less inclined towards, well, too many inclines! For most, the main challenge of the tour is keeping up stamina over back-to-back riding days and cycling in the tropical heat. Less experienced riders are welcome but should prepare themselves in advance to manage the long distances at a reasonable pace. While a support vehicle follows the group at all times to transport luggage, supplies, and refreshments, please note that passenger seats are limited and you should come prepared to ride the full daily distances.

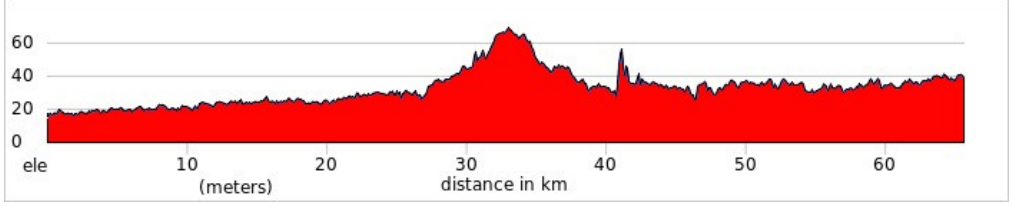
Biking Conditions: The majority of the route is along excellently paved roads well suited for road biking. We ride on some of Thailand's most desired road cycling routes, well-known by local riding enthusiasts but almost unheard of in the international bike touring scene. We stick to quiet secondary roads as much as possible but there are some stretches on busier main roads as well. Occasionally, we also veer onto narrow country lanes where potholes, road debris, and patches of gravel can be common. We have chosen the least busy roads possible but please be aware that traffic can be unpredictable and, especially near the cities and towns, unavoidable. While we have scheduled our departures to avoid the wettest months of year, showers can occur at any time. We generally ride rain or shine though, based on the guide's discretion or your level of comfort, modifications to the planned route can be made. Additionally, during the dry season agricultural field burnings can cause haze, impacting air quality and visibility on parts of the route. This generally applies to the months of March and April (which we avoid), though it varies year to year and can begin earlier.

Hotels: Accommodations on this tour are character-filled, well-regarded hotels at the 3 to 4 star level. Expect clean, spacious rooms with air-conditioning, professional service, and swimming pools. The first two nights are spent at elegant riverside hotels in Kanchanaburi, while on days 3-4 the accommodations feel a little more rustic as we venture into more remote territory. On day 5 we either spend the night at a cosy ecolodge located on the premises of the The Wildlife Friends Foundation Thailand (WFFT) or a rural retreat near Kaeng Krachan National Park. The final two nights are at a beautiful seaside resort in Hua Hin, ending our tour in style! Our chosen hotels also feature hygienic restaurants offering Thai and, occasionally, Western options. Please be aware that some older properties, while charming, may show signs of wear and tear, and the service pace in Thailand can generally be more relaxed than you might be accustomed to. Don't expect all hotel staff to speak English. For larger groups, we may need to use more than one accommodation and, in case of limited availability, switch to an alternative property from the one listed in the itinerary.

Day 1: Bangkok - Kanchanaburi

We pick you up from Bangkok and transfer around 2.5 hours to our cycling start point in the district of Tha Maka, Kanchanaburi Province. Our ride begins near the banks of the Mae Klong River, one of Central Thailand's most important waterways, and we weave our way north on well-paved roads through the expansive countryside dotted with rice paddies. We stop for a break at a giant raintree with its sprawling canopy creating a pretty image. We then meet the Khwae Noi River and cycle north through the city of Kanchanaburi, where we find the iconic Bridge over the River Kwai. This steel railway bridge remains Thailand's most powerful symbol of the WW2 era, when the occupying Japanese army forced Allied prisoners of war to construct the Thai-Burma railway, infamously known as the "Death Railway". The bridge is still operational today. Nearby, we also visit the War Cemetery, the final resting place of thousands of Allied prisoners of war who perished during the railway's brutal construction. Following lunch, it is only a short distance to our delightful riverside hotel for the night.

Royal River Kwai Resort Lunch, Dinner

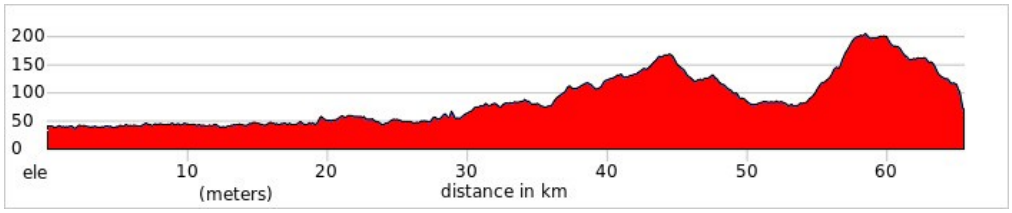


Ride 66km +303m -281m

Day 2: Kanchanaburi - Khwae Noi River

Today's ride begins on the agrarian plains of the Khwae Yai River, showcasing the region's major cash crops like rice, sugarcane, and cassava. As we push on, the jungle-clad Tenasserim Hills, which have so far loomed in the distance, draw ever closer. Around the 40 km mark, we reach the edge of the wilderness, with the densely forested hills of Sai Yok National Park sprawling out beside us. We then have a 10 km stretch along the shoulder of a main provincial road before branching off for a short downhill to the banks of the Khwae Noi River where we complete our ride at a pier. Trading our bikes for a longtail boat, we cruise upstream to a secluded yet elegant resort surrounded by lush jungle, misty hills, and cliffs hanging over the river. The afternoon is yours to relax by the pool, treat yourself to a Thai massage, hike to a nearby cave, or float on a bamboo raft in the river. While lunch and dinner are included at the resort, any additional activities are at your own expense.

River Kwai Resotel Breakfast, Lunch, Dinner

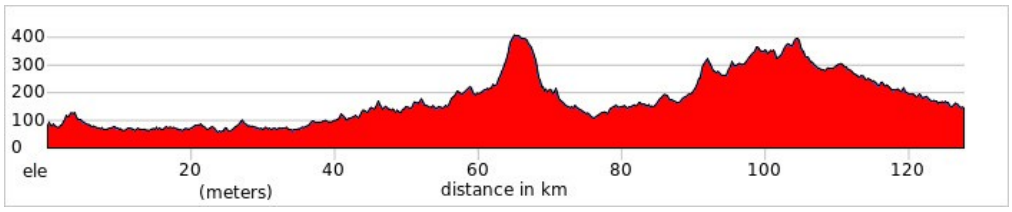


Ride 66km +463m -433m

Day 3: Khwae Noi River – Suan Phueng

With our legs warmed up, it's time to dial up the challenge! Riding out of the hotel on a narrow forestry road, we soon find ourselves surrounded by the farmlands, villages, and Buddhist temples of the Khwae Noi River plains. After about 35 km, we begin to veer west, heading onto bumpier roads as we approach the remote, mountainous frontier between Thailand and Myanmar. For the next 70 km, wild forests, fruit orchards, sugarcane fields, and oil palm plantations line our path while a steady succession of 3-5% gradient climbs test our stamina in the rolling hills. The final stretch trends gradually downhill — a refreshing finish as we roll into Suan Phueng, a quiet corner of western Thailand that rarely sees foreign tourists. We spend the night at a simple yet comfortable Thai-style rural retreat where we can enjoy crisp highland air and beautiful views of the area.

PhuPhaPhung Resort Breakfast, Lunch, Dinner



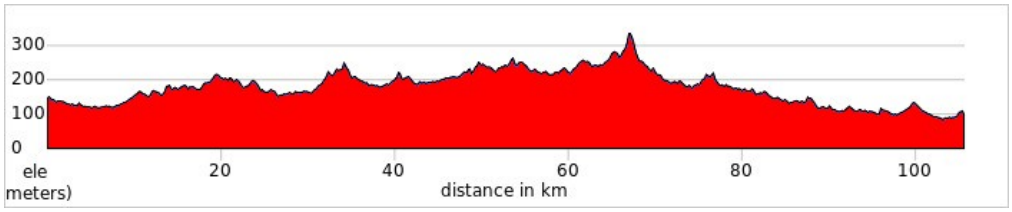
Ride 128km +1476m -1414m

Day 4: Suan Phueng – Phetchaburi

Today presents a simply delightful day in the saddle, with smoothly paved rural roads with little traffic, a respectable distance of just over 100 km, gentle climbs, and full immersion in the Thai countryside. From Suan Phueng, we continue south along the edge of the Tenasserim Hills, the rocky spine that stretches almost 2,000 km from northern Myanmar into the southern Thai peninsula. The terrain is mildly undulating throughout with nothing too long or steep, though the occasional punchy climb is sure to have us shifting into lower gears! We take breaks every 20-25 km at local Buddhist temples or a quiet spot in the countryside, including a scenic viewpoint

overlooking the Huai Tha Khoi Reservoir at the 50 km point. Part of today's route also follows the course of an annual amateur road cycling race in Thailand, earning ourselves a local badge of honor while we're at it! After around 100 km, we transition into our third province of the journey, Phetchaburi. Here, we'll cruise past a wetland area before completing the distance along flat country roads to tonight's tranquil upcountry retreat.

Leaves Valley Breakfast, Lunch, Dinner

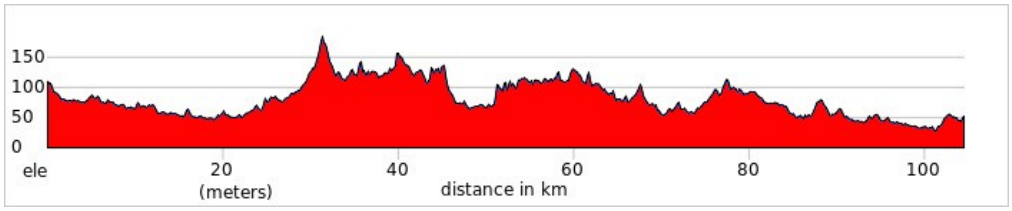


Ride 106km +970m -1017m

Day 5: Phetchaburi - Kaeng Krachan

The day begins with a fast-paced 20 km zip down a main provincial road equipped with a bicycle path (a rare sight in Thailand!). We then turn onto a side road leading to Kaeng Krachan, Thailand's largest national park, which looms in the background as an expanse of rugged, jungle-clad hills. Here, quiet rural roads take us up and down a mildly undulating landscape of untamed forests and lush farmlands at the edge of wilderness. After around 50 km we reach the massive Kaeng Krachan Reservoir, cycling along its embankments with views over the shimmering waters and small islands that are, in fact, the tops of hills that were submerged when the dam was built. After another 50 km of blissful road cycling in this verdant region, we call it a day. For smaller groups, we may spend the night at cosy ecolodge located on the premises of the The Wildlife Friends Foundation Thailand (WFFT), where hundreds of rescued animals live under the care of experts and volunteers. For larger groups, or in case of limited availability we will stay at a favorite rural resort. The riding distance would be around the same in either case.

ILovePhants Lodge or Nana Kaeng Krachan Breakfast, Lunch, Dinner

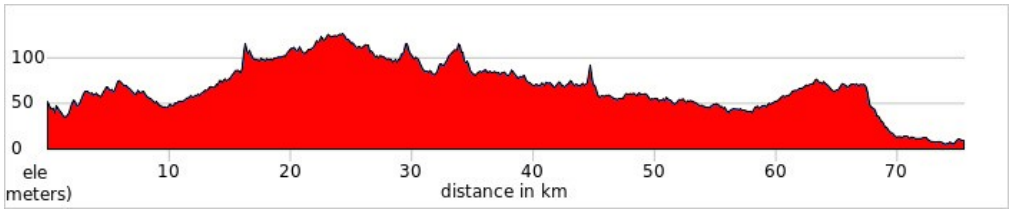


Ride 105km +845m -902m

Day 6: Kaeng Krachan - Hua Hin

If we start the day at a resort in Kaeng Krachan, we have a gentle 20 km ride to the Wildlife Friends Foundation Thailand (WFFT). If we spent the night at the WFFT's ecolodge, there's no initial ride. In either case, at 9:00 AM, we join a morning tour of Thailand's biggest wildlife rescue centre. Hosted by knowledgeable staff, we're shown around the various enclosures which are home to elephants, bears, gibbons, and many more animals given a second chance at life after being freed from poaching or harmful tourism practices. The experience ends with a buffet lunch, after which we're back in the saddle for an afternoon ride to the bustling beach town of Hua Hin. Highlights of the route include small, scenic lakes and vast pineapple plantations, the region's signature fruit. Traffic gets busy as we head into Hua Hin, but that's soon behind us as we're greeted by views of the azure Gulf of Thailand from our elegant seaside resort. With plenty of options to choose from in Hua Hin, dinner is on your own tonight.

Putahracsa Hua Hin Breakfast, Lunch

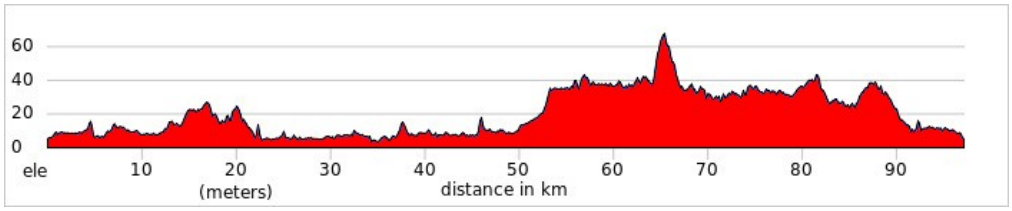


Ride 75-95km +500m -500m

Day 7: Hua Hin Loop

For our cool-down ride, we embark on one of our all-time favorite road biking loops around Hua Hin. We navigate our way out of the town along the main road and cycling paths before riding through farmlands to reach Pranburi Beach, about 25 km into the day. Here, we cycle along a quiet beach road, following the tropical shoreline and pausing for refreshments before veering inland. We follow peaceful secondary roads through the countryside, passing scenes of densely clustered oil palm trees, expansive farm fields in various stages — fallow, tilled, or planted — and the occasional cow casting a curious glance our way! There's a few undulating sections, but nothing in excess of a 4% incline. At around 80 km, we join a larger road and ride the shoulder back into Hua Hin. We aim to arrive in the early afternoon, giving you plenty of time to lounge by the pool, hit the beach, indulge in a Thai massage, or explore the shops in town. In the evening, we gather for a farewell dinner.

Putahracsa Hua Hin Breakfast, Lunch, Dinner



Ride 97km +420m -420m

Day 8: Hua Hin Departure

After checking out mid-morning, we transfer back to Bangkok, a 3-4 hour journey depending on traffic. If you need more beach time, feel free to extend your stay! For those heading back to Bangkok, we'll drop you off at your hotel in the city. If you need assistance with post-tour hotel bookings or airport transfers, please let us know. For those flying out, we recommend booking a late afternoon flight.

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 road bike 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

Passports and Visas

Visitors from 60 countries are eligible for visa exemption for a stay of up to 30 days. See here if your country is on the list. If your nationality is on this list you do not need to apply for a visa in advance or procure one on arrival but you will need to show proof of an onward flight out of Thailand within 30 days or else you may be denied boarding. In rare instances, immigration officials at the airport in Thailand may also ask for a proof of funds (at least 10,000 THB if you travel alone, or 20,000 THB per family if you travel with dependents) and a hotel booking confirmation.

If you do not hold a passport from one of the countries eligible for a visa exemption please contact the Thai embassy or consulate nearest to you about applying for a visa. If you intend to stay for more than 30 days you will also need a visa. Please check this page for more details and the latest updates.

Please ensure you hold a passport with at least 6 months of validity remaining from your date of entry in Thailand.

IMPORTANT: All non-Thai nationals entering Thailand by air, land, or sea must complete the **Thailand Digital Arrival Card (TDAC) online** before arrival. Please fill out the details on the official website here **within three (3) days before your arrival in Thailand**. This is a free process - beware of fake websites that charge a fee. If you are already travelling within the three days before your planned arrival in Thailand, then we suggest completing the form while you are somewhere with reliable Wi-Fi. It only takes a few minutes.

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.

CONTACT US

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