SPICE ROADS
CYCLING

TOURING

BANGKOK TO THE EAST COAST EXPLORER

Tour Code
THA-CEC

7 DAYS
6 NIGHTS

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

ACTIVITY PROFILE

6 Cycling days	**378** km Total cycling distance
63 km Avg distance / day	**382** m Avg climbing / day

PRICING

Price	US$ 2,100
Bike Hire (Hybrid Bike)	US$ 140
Bike Hire (E-Bike)	US$ 350
Single Supplement	US$ 325

**E-bikes are in limited supply, please enquire to reserve one.*

DEPARTURES

01 Nov - 07 Nov 2026
29 Nov - 05 Dec 2026
24 Jan - 30 Jan 2027
21 Feb - 27 Feb 2027
07 Mar - 13 Mar 2027
09 May - 15 May 2027
20 Jun - 26 Jun 2027
04 Jul - 10 Jul 2027
01 Aug - 07 Aug 2027
31 Oct - 06 Nov 2027

See website for later departures

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
- ✓ Trekking

WHAT'S EXCLUDED

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

TRIP PROFILE

We ride a total of 378 km over 6 cycling days. The cycling is fairly mild with no major climbs or overly long distances. The route is divided into two distinct chapters. Chapter 1 is focused on the countryside surrounding Khao Yai National Park, where we have a 53 km afternoon ride on day 1, a 44 km morning ride on day 2, and a longer 70 km ride on Day 3 before transitioning to Chapter 2 on the Gulf of Thailand coast. Here we ride a 58 km loop around the rural hinterland of Rayong Province (day 4) before cycling 73 km further east to Chao Lao Beach (day 5). Our final ride on day 6 covers 78 km as we head to Chanthaburi City where the adventure concludes. Four of the six cycling days are point-to-point, with the remaining two requiring post-ride transfers to the hotel.

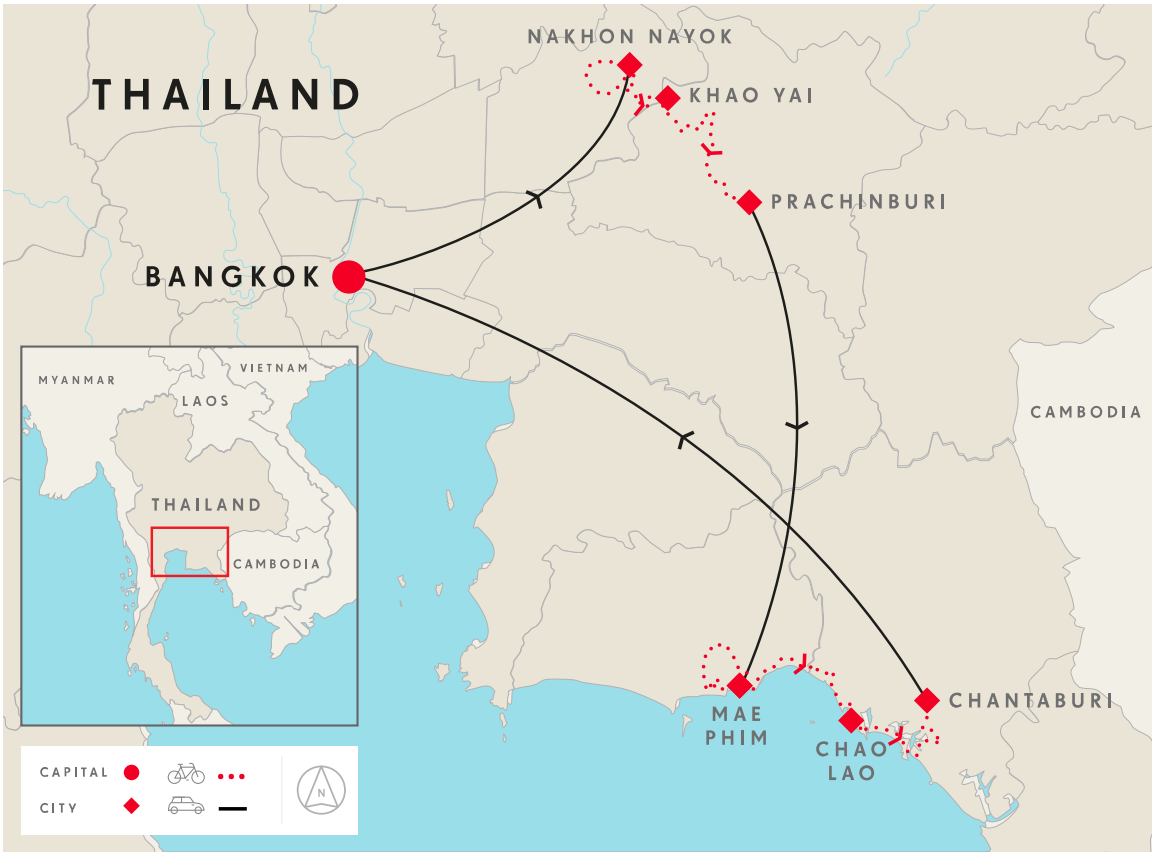
Beyond fabulous cycling, a standout highlight of the tour is a visit to Khao Yai National Park, a UNESCO World Heritage Site renowned for its wildlife-rich jungles. Hosted by a team of local experts, we hike into the rainforest and drive around the park in a vehicle for a hopeful chance to see elephants, gibbons, hornbills and many other animals. Wildlife sightings cannot be guaranteed - we encourage you to come with an open mind and let the whims of nature surprise us! Another off-saddle highlight is on day 4 when we enjoy an electric boat cruise through an expansive area of wetlands and mangroves on the Rayong coast. Throughout the tour we visit Buddhist temples, vintage riverside communities, and learn about local agricultural practices at fruit orchards, rubber tree plantations, and shrimp farms. For many, the most memorable moments are encounters with Thailand's incredibly welcoming locals, always eager to wave hello and cheer us on!

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 is a moderately difficult trip that anyone with a reasonable level of fitness will enjoy. The terrain is consistently flat or mildly undulating, with no ride exceeding 500 meters of elevation gain, though there are enough hills that some experience with climbing is an asset. Daily distances range between 50 - 78 km, with one shorter morning ride (day 2) to allow time for our exploration of Khao Yai National Park. Navigating narrow village lanes, bumpy country roads, and stretches of hard-packed dirt or gravel requires some handling skills but does not involve technical manoeuvring. The main challenge of the tour is keeping up stamina over back-to-back riding days and cycling in the tropical heat. The pace is leisurely and with plenty of refreshment stops so riders with less experience are more than welcome to join. The support vehicle is always nearby to offer refuge to any weary cyclists.

Biking Conditions: On this tour, riders can expect around 80% of the route to be on paved surfaces, consisting of good-quality asphalt or concrete as well as broken, bumpy, and cratered roads. The remaining 20% is made up of vehicle-width gravel and dirt roads. While much of the route is on quiet countryside roads with minimal traffic, we will regularly share the road with cars, motorbikes, and buses. There are a few unavoidable sections along busier main roads, though there is almost always a wide shoulder to ride on. While we don't schedule our tours during the wettest time of the year, rainfall is not uncommon in Thailand. We generally ride rain or shine, but based on the guide's discretion or your comfort level, modifications to the planned route can be made. It's all part of the adventure!

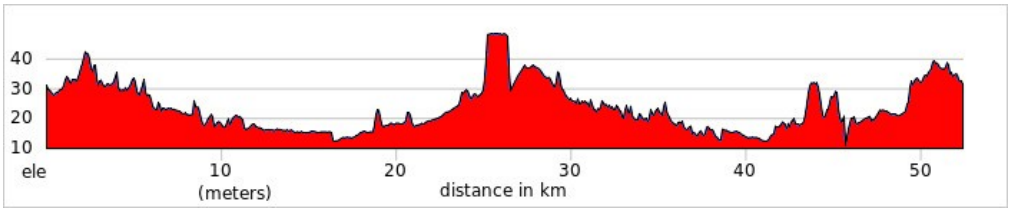
Hotels: Accommodations on this tour are character-filled, well-regarded hotels at the 3 to 4 star level. Expect clean, spacious rooms with air-conditioning, professional service, and swimming pools. The first two nights are spent at Thai-style rural retreats in the countryside. Days 3-5 are at lovely seaside resorts on the Gulf of Thailand, while on our final night we sleep at an elegant hotel on the outskirts of Chanthaburi. 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 – Nakhon Nayok

This morning we pick you up from your pre-tour hotel in Bangkok and transfer around 2.5 hours east into the province of Nakhon Nayok. We will drive directly to the first day's accommodation nestled in the rustic countryside at the edge of Khao Yai National Park. Here we will have a tour briefing, fit the bikes, and get acquainted over lunch. In the early afternoon, we saddle-up for our inaugural cycling loop, taking us from the towering walls of one of Thailand's largest dams into an agrarian world of rice paddies, fruit orchards, villages, and Buddhist temples. After around 25 km we cross the embankment of a scenic reservoir and shortly after transition to small farmer paths guiding us more deeply into the surrounding fields and rural communities. By 40 km we are back on smoothly paved roads and loop back to the resort. The final 5 km are on a main provincial road, but we have a wide shoulder to ride on. In the evening we reconvene for our welcome dinner at an authentic Thai restaurant nearby.

At Rice Resort Lunch, Dinner



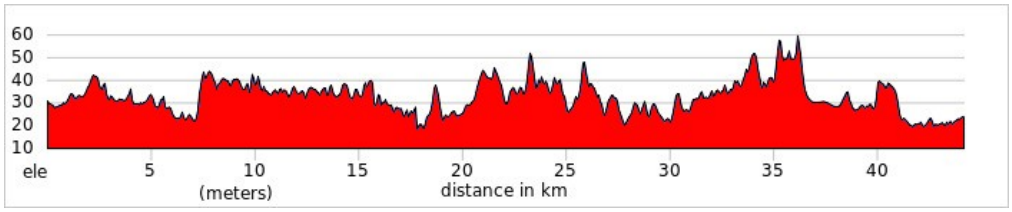
Ride 53km +254m -253m

Day 2: Nakhon Nayok - Khao Yai National Park

Departing from the valley of the Nakhon Nayok River, this morning we skirt along a winding canal, pass by farms and plantations, and break at a picturesque reservoir, all while relishing views of the dense rainforest covering the hills of Khao Yai National Park to the east. We aim to arrive at today's Thai-style rural resort in the late morning to get changed and ready for an exploration of the wilds of Khao Yai National Park! By vehicle, we enter the park's western entrance and drive up around one hour to the visitor's centre to have lunch and meet the team of local experts who will host us in the afternoon. Khao Yai is home to many waterfalls and other natural gems, though its richest possession is the diversity of wildlife and flora living within. Bears, gibbons, elephants, hornbills, endangered species of reptiles, and many more animals call this

vast landscape home. Guided by local hosts, we'll do some light trekking through the jungle for a hopeful chance at an encounter with wildlife and learn about the ecology of one of Thailand's most beloved national parks. In the later afternoon we return to our hotel near Khao Yai's western entrance.

Siamdasada Khao Yai Hotel Breakfast, Lunch, Dinner

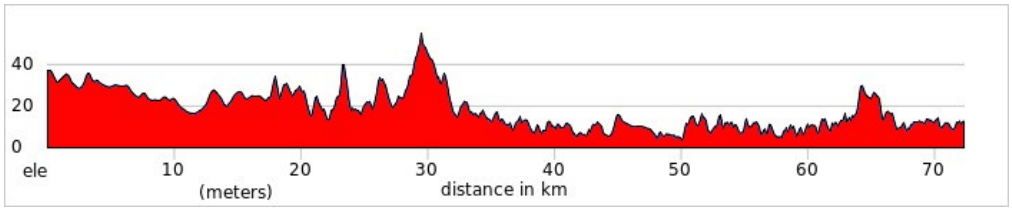


Ride 44km +334m -340m

Day 3: Khao Yai National Park – Prachinburi – Mae Phim Beach

This morning, we cycle away from the untamed jungles of Khao Yai and enter into a patchwork of endless rice paddies in the plains of Prachinburi Province. Planting our wheels on predominantly asphalt interspersed with some concrete and gravel, we weave across a flat landscape of gently-flowing rivers that nourish a productive agricultural area. Besides rice and tropical fruits, Prachinburi is also well known for its commercial bamboo cultivation, ultimately used in cuisine, furniture, and handicrafts. We take a leisurely pace to soak in our surroundings, stopping for breaks every 15-20 km at local Buddhist temples or quiet spots in the countryside. Our ride concludes after around 72 km with lunch at an organic farm near the Bang Pakong River. Here we jump in the van and settle in for a 3.5 hour drive to the coast of Rayong Province. Feel free to doze off - when you wake up you'll be welcomed by the waves of the Gulf of Thailand washing up on the soft sands of Mae Phim Beach! We are based here for two nights.

GrandBlue Resort & Beach Club Breakfast, Lunch, Dinner

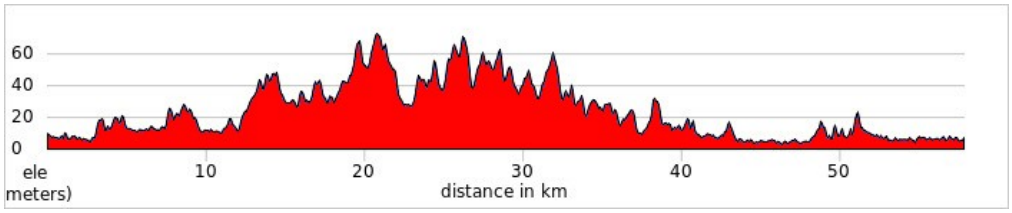


Ride 72km +346m -371m

Day 4: Rayong Loop

Based at Mae Phim Beach, today we enjoy a lovely ride into the agrarian, hilly hinterland of Rayong Province. After an initial stretch along the coast, we dip inland where we will quickly discover why Thailand is renowned as a global leader in natural rubber production. The very tires we are cycling on might be made with rubber tapped from trees grown in this area! Let that sink in as we ride past row upon row of slender rubber trees lining quiet country roads. After around 40 km, the scenery transforms into an expansive wetland area filled with lotus lakes and marshes where our route concludes at the Rayong Botanical Garden, an untamed nature reserve consisting of mangroves, floating grass islands, and rare tree species. We enter the area by bike, rattling over a wooden bridge and small forest paths before capping off today's adventure with an electric boat cruise of the wetlands. Sit back and relax as we glide across the calm waters. In the mid-afternoon, we have a short transfer back to the resort where you can enjoy the rest of the day at your leisure.

GrandBlue Resort & Beach Club Breakfast, Lunch, Dinner

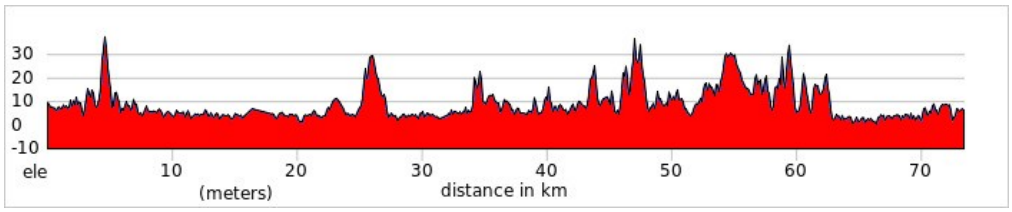


Ride 58km +495m -498m

Day 5: Mae Phim Beach - Chao Lao Beach

Today's ride takes us from one beach to another on a route that explores the rich bounty of eastern Thailand, from fertile farmlands to rich aquaculture. The first 20 km are along the coast, past shrimp farms, and over a bridge arching majestically over a wide estuary. After weaving through the narrow market lanes of a vintage, riverside community, we briefly join a busier provincial road before finding ourselves nestled amidst fruit orchards, rubber trees, and woodlands. By around 55 km we're back in view of the Gulf of Thailand and wind our way around a rugged cape, stopping to visit a small, Buddhist shrine at the end of a walkway that juts into the bay. And, just before stopping for lunch, we treat ourselves to a fantastic bit of cycling along a tarmac road pressed right up against the ocean. Post-lunch, we make our way along Khung Kraben Bay, following a gravel road connecting an extensive string of shrimp farms with their distinctive rectangular ponds. And finally we arrive at Chao Lao Beach, a long stretch of palm-fringed sands that's popular with Thais but off the usual tourist trail.

Chao Lao Tosang Beach Hotel

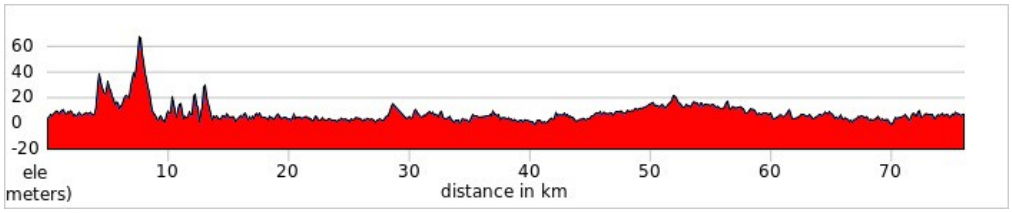


Ride 73km +463m -466m

Day 6: Chao Lao Beach – Chanthaburi

We begin our final ride by crossing over jungle-clad hills separating the Gulf of Thailand from a scenic, inland lagoon. Following the edge of this large body of water, which is dotted with fisheries, for around 5 km, we then return to the coast and settle in for a long, flat stretch to Laem Singh Beach. There's an interesting bit of history here with the remnants of buildings dating back from a brief period of French occupation in the 19th century, including the so-called chicken poop prison (we'll let the guide explain that one)! Turning north, the next section takes us through a vibrant mosaic of tropical fruit orchards, including durian and mangosteen, as well as coconut groves. At around 60 km we cruise through the retro town of Nong Bua before a final section along a canal brings us right into the heart of Chanthaburi City. This lively provincial capital is renowned for its historic riverside buildings and charming Old-World ambiance, and is also home to Thailand's largest Catholic Cathedral and a hub for international gem trading. Feel free to explore the town and, in the evening, we reconvene for a well-deserved farewell dinner of Thai delicacies.

Maneechan Resort Breakfast, Lunch, Dinner



Ride 76km +397m -394m

Day 7: Chanthaburi Departure

It's time to say goodbye! For those of you with more time, we highly recommend extending your trip with some beach bliss in the Gulf of Thailand. Just an hour's drive from Chanthaburi is a pier where you can board a ferry to the stunning islands of Koh Chang, Koh Mak, or Koh Kood. Transfers to the pier can be arranged locally at an additional cost. For those heading back to Bangkok, we offer a shared transfer after breakfast. The drive to the 'Big Mango' takes about four hours, and we aim to have you there in the early afternoon. Lunch is not included, but you can grab something at a rest stop or save your appetite for a late lunch in Bangkok — one of the world's best culinary cities. We'll drop you off at your post-tour hotel in Bangkok. If you need assistance with post-tour hotel bookings in Bangkok or airport transfers, please let us know.

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. We provide high-quality hybrid bikes from well-known brands. If you bring your own bike, please make sure it is a mountain, gravel, or hybrid bike in good mechanical order. 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

Visitors from 93 countries can enter Thailand for 60 days without applying for a visa. See here if your country is on the list. If you do not hold a passport from one of these countries please contact the Thai embassy or consulate nearest to you about applying for a visa. If you intend to say for more than 60 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. You will need to show proof of an onward flight out of Thailand to be eligible for the visa on arrival. If you do not possess a ticket proving your exit from Thailand within 60 days of arrival, you may be denied boarding.

Important Update: As of **May 01, 2025** 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 at a hotel 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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