SPICE ROADS
CYCLING

ROAD

ROAD CYCLING BANGKOK TO THE EAST COAST

Tour Code
THA-BEC

9 DAYS
8 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

8 Cycling days	**826** km Total cycling distance
103 km Avg distance / day	**505** m Avg climbing / day

PRICING

Price	US$ 2,450
Bike Hire (Carbon Road Bike)	US$ 405
Bike Hire (Road Bike)	US$ 270
Bike Hire (Carbon Road Bike Di2)	US$ 540
Single Supplement	US$ 425

DEPARTURES

25 Oct - 02 Nov 2026
08 Nov - 16 Nov 2026
13 Dec - 21 Dec 2026
10 Jan - 18 Jan 2027
07 Feb - 15 Feb 2027
28 Feb - 08 Mar 2027
16 May - 24 May 2027
06 Jun - 14 Jun 2027
11 Jul - 19 Jul 2027
15 Aug - 23 Aug 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

WHAT'S EXCLUDED

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

TRIP PROFILE

We ride a total of 826 km over 8 cycling days. The journey takes us along well-paved roads, ensuring a smooth ride as we explore a remarkable landscape of river plains, untamed wilderness, rolling hills, wetlands, estuaries, and the Gulf of Thailand coastline. The first 3 riding days are focused around the countryside surrounding the west side of Khao Yai National Park with predominantly flat routes. Day 4 is dedicated to climbing up and over Khao Yai, an iconic ascent that earns you a badge of honor amongst the Thai cycling community. Day 5-7 take us southeast to the Gulf of Thailand with a predominantly flat rural hinterland, including an endurance testing day of 150 km. The cycling concludes with a loop around the coast and backwaters of Rayong Province. All of our rides are point-to-point with the exception of a transfer out of Bangkok on day 1 and day 4's ride up and over Khao Yai where we conclude at a vineyard and drive 1.5 hours back to the hotel. There is no rest day but there is usually time in the afternoons for R&R in our well-appointed tour hotels and resorts. We spend two nights in most of the areas visited (with the exception of Days 5 and 6), enabling a relaxed pace, a deeper sense of place, and less frequent packing/unpacking! This journey is not just about testing your endurance on a road bike, but also experiencing the beauty of eastern Thailand and capping it off with two nights at a seaside resort in Rayong. 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 tour's main challenges are day 3's ascent over Khao Yai (40 km / 3-5% average gradient) and day 5's epic, 150 km stage to Si Racha. The other 5 cycling days feature distances of 70 - 115 km on flat and rolling terrain. Less experienced riders are welcome but should prepare themselves in advance to keep up stamina over back-to-back riding days and cycling in the tropical heat. 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.

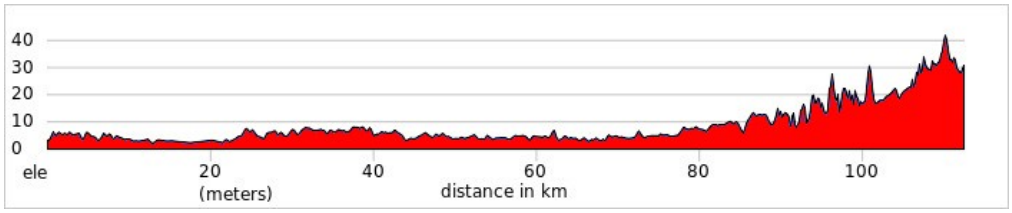
Biking Conditions: The majority of the route is along excellently paved roads well suited for road biking. We ride on some of Thailand's most desired road cycling routes, well-known by local riding enthusiasts but almost unheard of in the international bike touring scene. We stick to quiet secondary 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, towns, attractions, and industrial zones, 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. 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 five nights are spent at Thai-style rural retreats in the countryside. Day 6 is at a golf resort in the district of Si Racha and the final two nights are at a lovely seaside resort on the Gulf of Thailand coast in Rayong Province. 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'll pick you up from your pre-tour hotel in Bangkok and transfer just a little over one hour east into Nakhon Nayok Province, where we will stop at one of our favorite cafes to get our bikes ready and start pedaling. Within just a few kilometers, we'll leave the urban sprawl behind and enter the tranquil rice paddies of Central Thailand, riding along smoothly paved, flat roads that cut through a seemingly endless sea of rice fields which, depending on the season, take on different hues of green when bathed in sunlight. We'll settle into a steady rhythm with refreshment breaks every 20-25 km at local Buddhist temples or quiet spots in the countryside. As we progress, the densely forested, rolling hills of Khao Yai National Park will appear in the distance as one green mass rising majestically out of the plains — hence the name, which translates to "Big Mountain." Our day concludes as we arrive at a charming resort nestled on the edge of the national park, where we will spend the first of two nights and reconvene for a welcome dinner in the evening.

At Rice Resort Lunch, Dinner



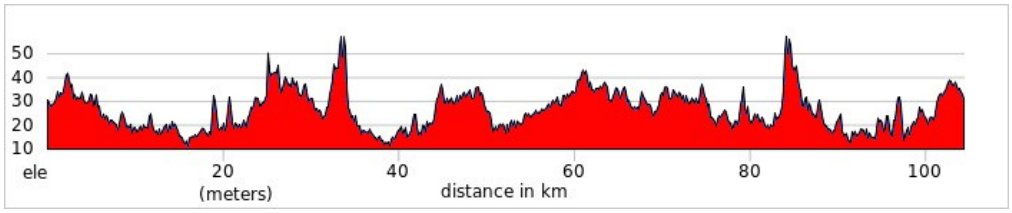
Ride 113km +241m -213m

Day 2: Nakhon Nayok Loop

Today, we embark on one of our most beloved road cycling loops, a route continuously refined on countless weekend getaways from Bangkok over two decades. Starting from the hotel, we ride past the towering walls of one of Thailand's largest dams and immerse ourselves in an agrarian world of rice paddies, fruit orchards, villages, and Buddhist temples. Highlights of the route include crossing the embankment of a scenic reservoir, cycling through the manicured grounds of a Thai Royal Army academy, and lovely views of Khao Yai National Park's rugged hills pressed against a sprawling patchwork of agricultural fields. Along the way, we'll stop at some quirky cafes, refuel with local fruit, and experience the rhythm of rural life in the Thai

countryside. Today's loop is predominantly flat with some mild undulations and a few short, steep bursts. We'll arrive back at our resort in the early afternoon for some R&R before we meet for dinner.

At Rice Resort Breakfast, Lunch, Dinner

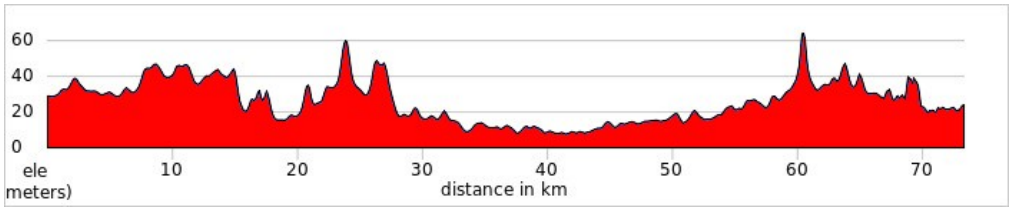


Ride 104km +584m -583m

Day 3: Nakhon Nayok – Khao Yai National Park

We bid farewell to the valley of the Nakhon Nayok River and begin our journey southeast. For the first 30 km, we stick close to the edge of Khao Yai National Park, riding along a winding canal and stopping for a break at a picturesque reservoir in the hills. We then veer into the rice-covered plains before working our way back toward the rainforest, taking the opportunity to visit another gorgeous little lake at the edge of the wilderness. The final 20 km deliver us to our Thai-style rural resort, located just a short distance from the entrance of Khao Yai. This will be our base for the following day's ascent up the mountain! But for today, the cycling is done and the afternoon is at your leisure. We have a big day of climbing ahead, so make sure those muscles are well rested and ready for the challenge.

Siamdasada Khaoyai Resort Breakfast, Lunch, Dinner

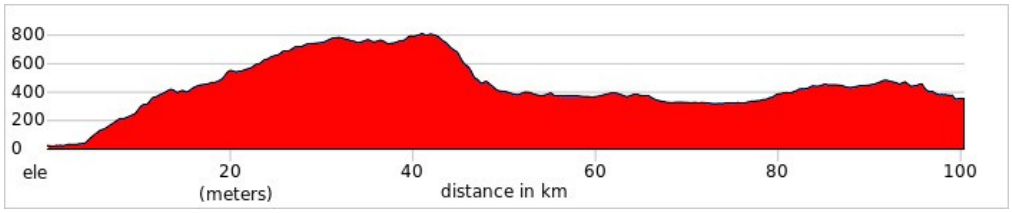


Ride 73km +305m -310m

Day 4: Khao Yai Up and Down

This morning will be an early start as we gear up to tackle Khao Yai, "The Big Mountain," where from the entry gate to the top, we will gain over 1,000 m while covering 40 km. The climb begins with a succession of long uphill drags before a few roller-coaster-like dips, and as we approach the final few kilometres to the top, we'll encounter double-digit gradients, beautiful hairpins, and open sections. While the climb is certainly a test of endurance, the road is in a tight embrace of fresh tropical foliage, making for a distinctive and enjoyable cycling challenge. Upon reaching the highest point, we'll take a breather while soaking in the expansive views over the jungle, valleys, and plains below, before enjoying a gradual descent out of the National Park and into the agricultural district of Pak Chong. We'll end our ride in true style at a beautiful vineyard producing award-winning Thai wines, and following lunch here — where you can feel free to reward your efforts with a glass or two of wine — we'll return to our resort on the west side of Khao Yai via a 1.5-hour drive.

Siamdasada Khaoyai Resort Breakfast, Lunch, Dinner

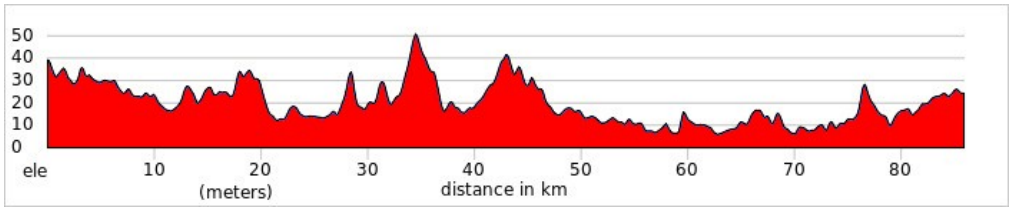


Ride 100km +1233m -901m

Day 5: Khao Yai - Prachinburi

We cycle away from the untamed jungles of Khao Yai and weave across the river plains of Prachinburi Province. Planting our wheels on fabulous minor roads, we embark on a shorter but still respectable 86 km route, giving our legs a welcome reprise after yesterday's tough climb and before tomorrow's epic 150 km stage. The flat landscape is dissected by gently flowing rivers that nourish a productive agricultural hinterland where, besides rice paddies, tropical fruit orchards and towering palm trees, we also ride through patches of bamboo groves. Prachinburi is well known for its commercial bamboo cultivation, which is ultimately used in cuisine, furniture, and handicrafts throughout Thailand and beyond. We'll enjoy these rural scenes, occasionally zipping through lively market towns, before crossing the Bang Pakong River at around the 75 km mark. From there, it's a short ride to tonight's hotel, a lovely Thai-style rural resort with all the desired creature comforts for hard-working cyclists.

Tawaravadee Resort Breakfast, Lunch, Dinner

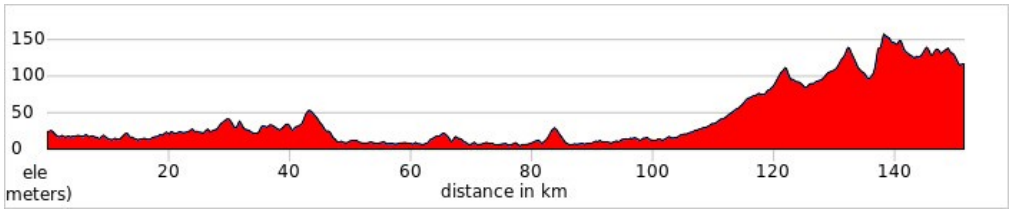


Ride 86km +246m -261m

Day 6: Prachinburi - Si Racha

Starting early in the morning, we settle in for an endurance testing day in the saddle, taking us across three Thai provinces. The ride takes us through the "Eastern Seaboard," Thailand's primary industrial zone, with a region dotted with factories in the automotive, electronics, and petrochemical industries. While we catch glimpses of these more industrial enclaves, our route predominantly snakes through the rustic agricultural lands that thrive alongside them. Besides the usual crops we have come to see, we also notice an increase in sugarcane, corn, and cassava plantations sprawling along quiet, country roads. We take a methodical pace, with the support vehicle never out of reach for water refills and refreshments. At around 120 km, we cycle past a huge Chinese cemetery with row upon row of ornate mounds, a true testament to the legacy of Chinese heritage in Thailand. Around this point, we'll again begin to see some forested rolling hills, and we cap off our ride with some mild-gradient climbing into the district of Si Racha, where we end our ride at a golf resort. And yes, this district is the birthplace of the famous hot sauce you may have in your kitchen back home!

Pattana Sports Resort Breakfast, Lunch, Dinner

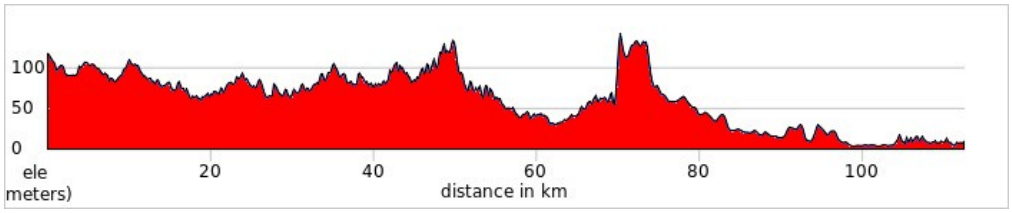


Ride 152km +476m -384m

Day 7: Si Racha - Mae Phim Beach

Manoeuvring our way out of Si Racha's industrial zone, we quickly find ourselves back on quiet, country roads. We ride past vast plantations of oil palm, with their distinctively short, crown-like canopies and an ever-increasing proportion of rubber trees which from here on become a more common sight than rice paddies. As we put the kilometres behind us, we quickly discover why Thailand is renowned as a global leader in natural rubber production. The very tyres we are cycling on might be made with rubber tapped from the trees lining the majority of today's route! Let that sink in as we ride past row upon row of slender rubber trees. As we approach the 100 km point, the scenery shifts into an expansive wetland area filled with lotus lakes and marshes. After cruising on concrete roads through this peaceful area, a final stretch on asphalt brings us to the Gulf of Thailand coast where we finish our ride near the powdery sands of Mae Phim Beach. Feel free to relish the moment with a well-deserved beer or coconut at our seaside resort where we are based for the final two nights.

GrandBlue Resort Breakfast, Lunch, Dinner

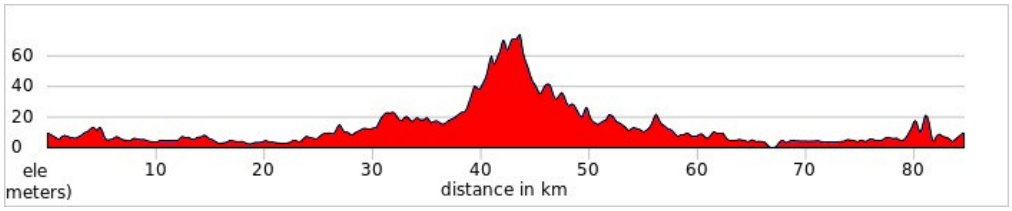


Ride 113km +733m -841m

Day 8: Rayong Loop

Based at Mae Phim Beach, we complete our cycling tour with a lovely farewell loop in the lush countryside of Rayong Province. Starting from the coast, the first 40 km take us inland across backwaters filled with shrimp farms, easily identified by their distinctive rectangular ponds, and fruit orchards growing beloved Thai favorites like durian and mangosteen. And, of course, there are more rubber trees. After skirting the edges of a reservoir framed by green hills, we loop back towards the coast, along the way weaving through the narrow market lanes of a vintage, riverside community and climbing over a bridge arching majestically over a wide estuary. The final 20 km take us past more shrimp farms and back along the beach road of Mae Phim. We aim to arrive back at the resort in the early afternoon, with plenty of time to relax before our celebratory dinner tonight.

GrandBlue Resort Breakfast, Lunch, Dinner



Ride 85km +221m -221m

Day 9: Rayong Departure

It's time to say goodbye! After breakfast we transfer back to Bangkok with a driving time of around three hours. 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. For those of you with more time, we recommend extending your trip with some beach bliss in the Gulf of Thailand. Just 30-minutes from our resort at Mae Phim Beach is a pier where you can board a ferry to the island of Koh Samet, a favorite beach getaway for Thais. We can drop you off at the pier as part of the shared group transfer back to Bangkok. If you wish to go further afield to the islands of Koh Chang, Koh Mak, or Koh Kood (around 2.5 hours to the pier) transportation can be arranged locally at additional cost.

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 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

145 Soi Pridi Banomyong 14 (Mee Suwan 3)
Sukhumvit 71 Road, Phra Khanong Nuea, Watthana
Bangkok, Thailand 10110
Tel: +66 (0) 2 026 3295
Email: info@spiceroads.com
Website: www.spiceroads.com

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