SPICE ROADS
CYCLING



TOURING

BIKING BANGKOK TO ANGKOR WAT

Tour Code
MCT-MBA

7 DAYS
6 NIGHTS

Destinations	Thailand, Cambodia
Tour Meets	Bangkok
Tour Ends	Siem Reap
Fly in to	Suvarnabhumi Airport (BKK)
Fly out of	Siem Reap–Angkor International Airport (SAI)
Group Size	2-16 riders
Minimum Age	18 (on scheduled departures)

ACTIVITY PROFILE

5 Cycling days	**277** km Total cycling distance
55 km Avg distance / day	**289** m Avg climbing / day

PRICING

Price	US$ 2,195 to US$ 2,245
Bike Hire (Mountain Bike)	US$ 160
Bike Hire (E-Bike)	US$ 400
Single Supplement	US$ 310

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

DEPARTURES

20 Dec - 26 Dec 2026
03 Jan - 09 Jan 2027
07 Feb - 13 Feb 2027
07 Mar - 13 Mar 2027
16 May - 22 May 2027
11 Jul - 17 Jul 2027
17 Oct - 23 Oct 2027
07 Nov - 13 Nov 2027
19 Dec - 25 Dec 2027

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Hotel pick up
- ✓ 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 277 km over 5 cycling days. This tour is designed to strike an ideal balance between scenic, mildly-challenging cycling and cultural and historical exploration, providing an immersive experience in Thailand and Cambodia. Angkor, one of the world's most extraordinary heritage sites, is a highlight, and we aim to offer you a nuanced perspective of the ancient temples both on and off the bike.

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.

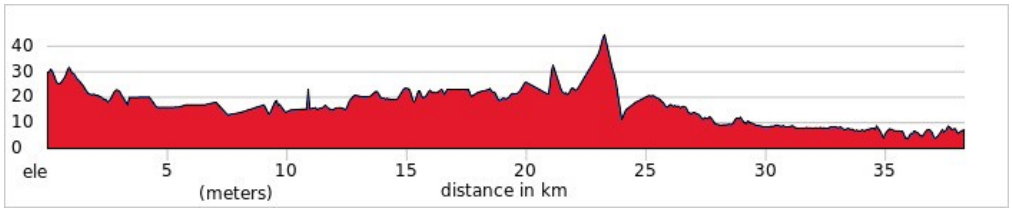
Suitability: This is a moderately difficult trip that anyone with a reasonable level of fitness will enjoy. Aside from some undulations on the Thai side, the rides are predominantly flat. Daily distances average around 55 km, allowing ample time for immersion, sightseeing, and relaxation. In Cambodia, navigating gravel, sand, and cratered country roads requires some handling skills but does not involve technical maneuvering. The support vehicle is always nearby to offer refuge to any weary cyclists. We also have one day off the bikes when we travel from Mae Phim Beach via Bangkok to Siem Reap.

Biking Conditions: Our rides include a mix of paved roads in varying conditions, gravel and sand country roads, and vehicle-width dirt roads. While cycling in Angkor, we'll also enjoy some fun single tracks in the forests. Although much of the route is on quiet countryside roads with minimal traffic, we will regularly share the roads with cars, motorbikes, and buses. There are a few unavoidable sections along the main roads, especially coming in and out of cities and near popular attractions. In the dry season, the roads in Vietnam and Cambodia are notoriously dusty, and when it rains, they can become muddy. 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!

Day 1: Bangkok → Chanthaburi

We begin with a morning pick-up from your accommodation in Bangkok and transfer 3.5 hours to the eastern province of Chanthaburi. After lunch at the base of the holy mountain of Khitchakut, we'll set up the bikes and enjoy our first ride in rural Thailand. The scenery is dominated by tropical fruit orchards, growing durian, mangosteen, and longan, as well as rubber plantations and woodlands. In the background loom the jungle-clad hills of the Cardamom Range, stretching from eastern Thailand into neighboring Cambodia. After around 25 km, the final section takes us along a busier provincial road straight into the heart of Chanthaburi City. Here, we ride through the narrow streets of its historic, riverside community and visit Thailand's largest Catholic Cathedral before reaching today's hotel on the edge of town. In the evening we reconvene for a welcome dinner.

Maneechan Resort Lunch, Dinner



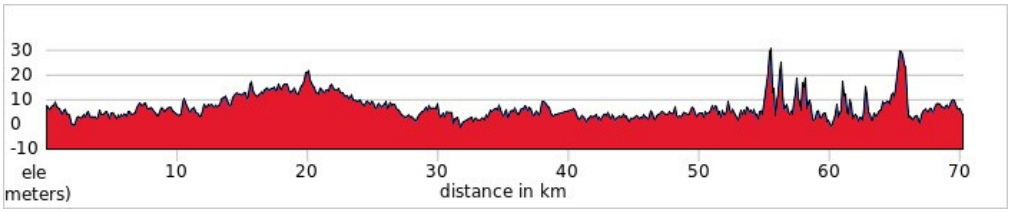
Ride 38km +136m -158m

Day 2: Chanthaburi → Chao Lao Beach

We make our way out of Chanthaburi by following a canal road leading to the retro riverside town of Nong Bua, with neatly conserved wooden buildings. From here we dart off into a calm world of fruit orchards and coconut groves, cycling on small country roads. After around 40 km we reach the Gulf of Thailand coast and have lunch on 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)! Our route then follows the coast west, with around 15 km along a flat, provincial road cutting across a bay before we cap off the ride with a lovely bit of riding along the edge of a scenic, inland lagoon dotted with fisheries. There's some mild climbs as we work

our way over some hills to get us back onto the coast, saddling off at a resort on 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 Breakfast, Lunch, Dinner

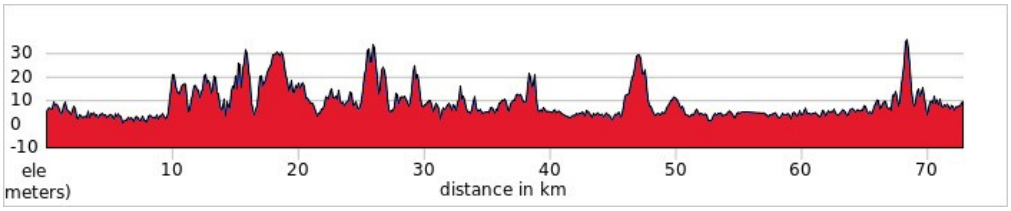


Ride 70km +338m -341m

Day 3: Chao Lao Beach → Mae Phim Beach

Today's ride takes us from one beach to another on a route that explores the rich bounty of eastern Thailand, from aquaculture to fertile farmlands. We start by making our way along Khung Kraben Bay, following a gravel road connecting an extensive string of shrimp farms with their distinctive rectangular ponds. After around 15 km we 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 treating ourselves to a fantastic bit of cycling along a tarmac road pressed right up against the ocean. From here we had back inland nestled amidst fruit orchards, rubber trees, and woodlands. We stop for lunch near a vintage, riverside community before crossing over a bridge arching majestically over a wide estuary. The last 20 km take us past shrimp farms and along the coast to reach Mae Phim Beach where we spend the night at a seaside resort.

GrandBlue Resort Breakfast, Lunch, Dinner



Ride 73km +466m -462m

Day 4: Mae Phim Beach → Bangkok → Siem Reap

We have a leisurely morning at Mae Phim Beach before transferring around 3.5 hours back to Bangkok to catch our afternoon flight to Siem Reap. Lunch today is not included; you can choose to pick something up at a rest stop enroute to Bangkok or dine at the airport before boarding the flight. After arrival in Siem Reap, you'll clear customs and be met by the SpiceRoads Cambodia team. We transfer to our hotel (around 1 hour) and reconvene for dinner in the evening.

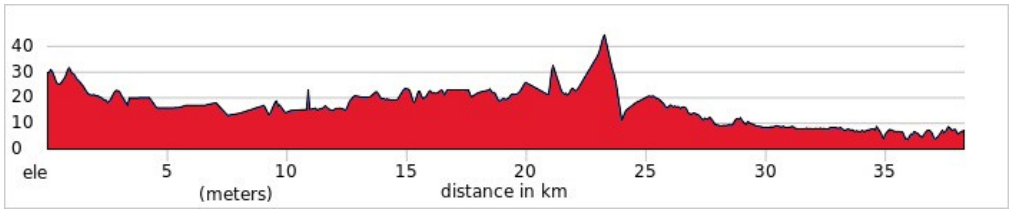
Steung Siem Reap Hotel Breakfast, Dinner

Day 5: Ancient Angkor's Iconic Sites by Bike

The UNESCO World Heritage Site of Angkor is home to the once-glorious capital cities of the Khmer Empire, whose powerful god-kings built lavish stone temples between the 9th and 15th centuries CE. Today, we discover Angkor's most iconic sites by cycling along the manifold paths that pass by, lead to, and twist around the temples and ruins scattered across the plain. At Ta Prohm - brought to fame by the film "Tomb Raider" - we stumble across a tumbling façade of laterite and sandstone blocks draped by the massive roots of fig trees. At the Bayon - a temple built as a microcosm of the heavens - we marvel at the rows of godly faces carved into the temple towers and peering sublimely in all cardinal directions. And at Angkor Wat - the national symbol of Cambodia and the largest religious structure in the world - we stroll through the inner and outer courtyards decorated with excellently conserved carvings and bas-reliefs depicting Hindu myths, wars, life and death. We have a short vehicle transfer to get to the entrance of Angkor Wat and

then return to Siem Reap by bike. With plenty of options to choose from, dinner is on your own tonight.

Steung Siem Reap Hotel Breakfast, Lunch

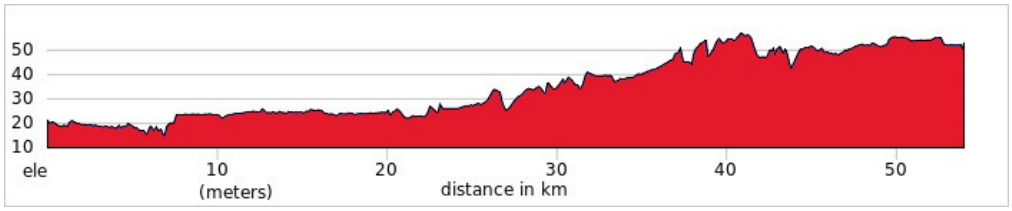


Ride 42km +334m -334m

Day 6: Siem Reap Countryside

As the ideal sequel to the previous day, today's focus will be getting further afield from the main sites at Angkor and leaving the touring masses behind. Departing Siem Reap by bike, we head north, initially on paved roads but soon transitioning to quiet dirt roads cutting through an expanse of rice fields and small villages. Along the way, we'll pop into local houses for a close up look at some rural cottage industries, such as basket weaving and sugar palm production. Our ride ends at the 10th-century temple of Banteay Srey. Considered a jewel of Khmer artistry, Banteay Srey is renowned for its exquisite bas-reliefs carved into delicate, pink sandstone. We'll have lunch at a local restaurant near the temple and then transfer back to Siem Reap, giving you the afternoon at leisure to relax by the pool, enjoy a massage, or explore the town of Siem Reap. For anyone with extra energy, you are welcome to skip the transfer and cycle back to Siem Reap instead (it is around 40 km along the main road). Tonight we dine at SPOONS, a social enterprise restaurant serving up authentic Khmer food and supporting the professional training of marginalized youth.

Steung Siem Reap Hotel Breakfast, Lunch, Dinner



Ride 54km +171m -139m

Day 7: Tonle Sap Cruise & Farewell

Early this morning, we embark on a boat cruise on the Tonle Sap, Southeast Asia's largest freshwater lake and one of Cambodia's most vital natural resources. We'll get comfortable on an open-air boat and watch the world go by in the floating villages and on the open expanse of the shimmering lake. Back in Siem Reap by lunchtime, we'll enjoy a final meal together and say our goodbyes. If you need assistance with post-tour hotel bookings in Siem Reap or airport transfers, please let us know.

Breakfast, Lunch

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. In Thailand we use a hybrid bike and in Cambodia a mountain bike. If you bring your own bike, please make sure it is a mountain, hybrid, or gravel 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

THAILAND

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.

CAMBODIA

Passports and Visas

All nationalities require a Cambodia visa and a passport valid for 6 months after their planned exit from Cambodia. A 30-day visa on arrival is available at all border crossings that are open to foreigners.

For certain border crossings (including airports), you can also obtain a visa online through **e-visa**. There is a 3-day processing time and you'll need a scanned copy of the passport. Not all border crossings accept the e-visa. Please check this **port of entry page** which provides a list of which checkpoints support the e-Visa service.

Currently, e-visa is not applicable for any land crossings on Spice Roads multi-country tours that enter Cambodia from either Vietnam or Thailand. A visa-on-arrival must be purchased when entering Cambodia during these tours. **Please ensure that your passport has at least three blank pages for the Cambodian entry stamps, and that the passport is valid for at least 6 months from**

the date of entry. For visa-on-arrival, the cost is 35 USD and it needs to be paid in cash. It is important that the USD are in good condition - i.e. no visible tearing, creasing, crumpling, or scribbling - so please only bring new and crisp USD bills to avoid any issues upon entry. We recommend using only USD or KHR currencies to ensure acceptance and avoid unfavourable exchange rates.

Electronic arrival card: All passengers travelling to Cambodia by flights into Siem Reap, Phnom Penh, and Sihanoukville airports must now submit an electronic arrival card before entering the country. This 'Cambodia e-arrival card' can be completed prior to arrival (no more than 7 days before arrival) via the official website or through Apple's App Store and Google Play Store.

Those entering Cambodia by land crossing or boat will still use the traditional paper-based forms issued at the border.

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

Cambodia has two distinct seasons - wet and dry. The dry season usually lasts from October to April. The wet season starts in May until September. Within each season there are variations in temperature. The coolest being 24C around November/December and hottest hitting 35C around April/May.

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. Cambodian cuisine is a mixture of Thai, French and Chinese dishes and we make sure you can sample a wide variety. 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.

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Extra Expenses

We recommend that you tuck away a few extra dollars, perhaps US$20, for incidentals.

Money

Thai baht and US dollars are widely used in Cambodia, especially in larger cities and towns. In smaller towns and villages, Cambodian riels are usually preferred. There are ATMs in most areas, however, machines dispense US dollars. The guides will be able to show you where the ATMs are. Spend riel before departing as no one will exchange them for you once you leave.

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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