SPICE ROADS

CYCLING

ROAD

ROAD CYCLING BANGKOK TO PHUKET

Tour Code
THA-TBP

10 DAYS
9 NIGHTS

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

ACTIVITY PROFILE

9 Cycling days	**853** km Total cycling distance
95 km Avg distance / day	**598** m Avg climbing / day

PRICING

Price	US$ 3,050
Bike Hire (Road Bike)	US$ 300
Bike Hire (Carbon Road Bike)	US$ 450
Bike Hire (Carbon Road Bike Di2)	US$ 600
Single Supplement	US$ 675

DEPARTURES

18 Oct - 27 Oct 2026
15 Nov - 24 Nov 2026
13 Dec - 22 Dec 2026
26 Dec - 04 Jan 2027
03 Jan - 12 Jan 2027
17 Jan - 26 Jan 2027
14 Feb - 23 Feb 2027
21 Feb - 02 Mar 2027
28 Feb - 09 Mar 2027
06 Jun - 15 Jun 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

WHAT'S EXCLUDED

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

TRIP PROFILE

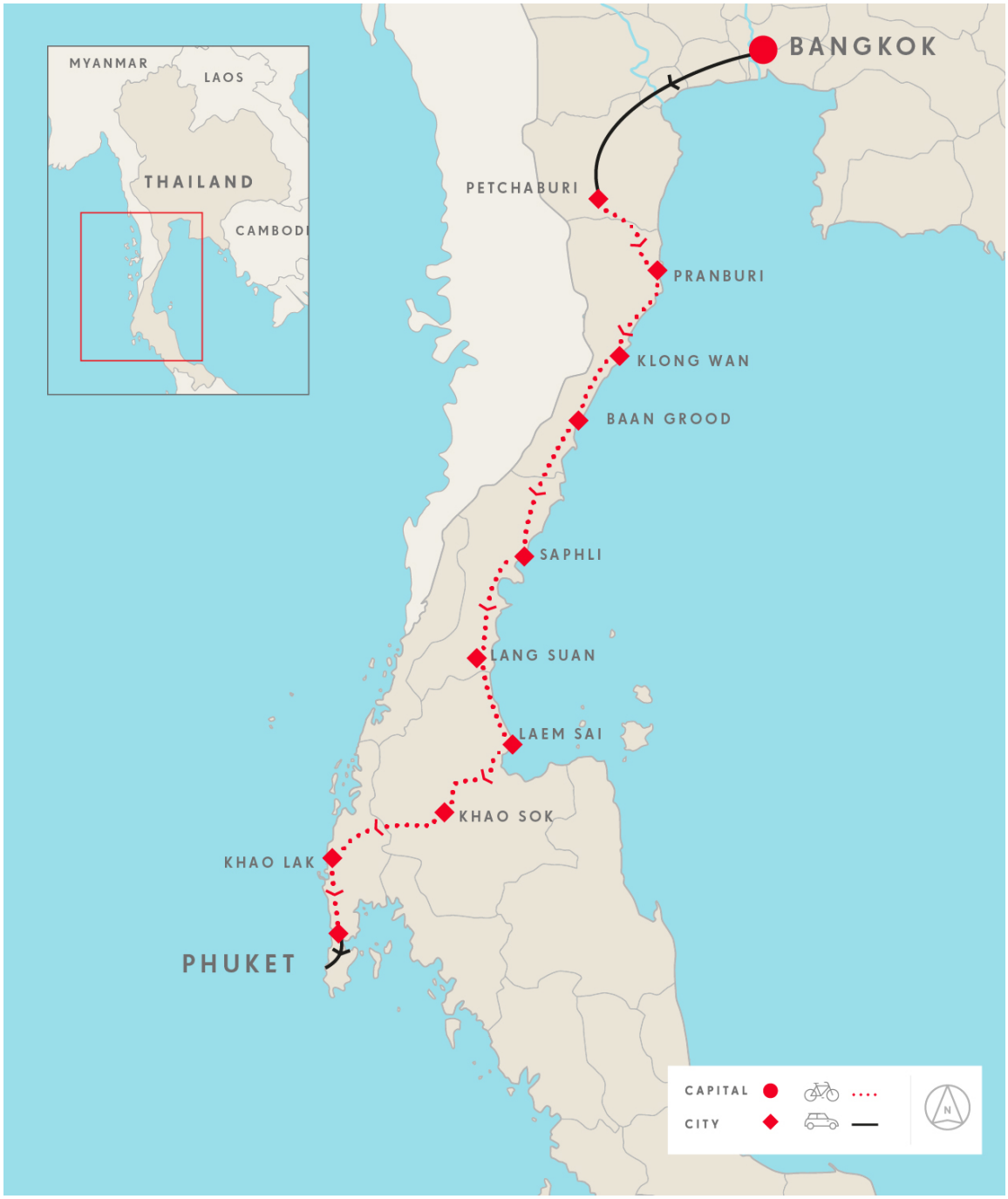
We ride a total of 853 km over 9 cycling days. With the exception of a transfer out of Bangkok on Day 1 and from Sarasin Bridge to your Phuket resort on Day 10, all of our rides are point-to-point. After an inland warm-up ride in the countryside of Phetchaburi Province, the first stage of the tour (days 2-6) takes us down the east coast where views over the Gulf of Thailand and towering coconut palms are never far out of sight. This stage also includes a rest day on Day 5. The riding is predominantly flat until we hit the second stage (days 7-8) where the terrain gets progressively more hilly, crowned by a climb and descent along the edge of Khao Sok National Park. Stage 3 (Day 9) takes us along the Andaman Coast to Phuket which, compared to the east coast, is more rugged and undulating. This journey is not just about testing your endurance on a road bike, but also experiencing the beauty of peninsular Thailand, from sandy beaches, serene Buddhist temples and lush agrarian hinterlands to towering karst formations, dense rainforests, and vibrant local markets. In the afternoons, there is usually plenty of time for R&R in our well-appointed tour hotels and resorts, all but one having pools.

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 first stage is predominantly flat with a few undulations, though you'll encounter some false flats. Day 8 is the toughest as we cross to the west coast, navigating some hills, and the final day features steady undulations towards Phuket. We have a rest day on Day 5 for mid-trip recovery and relaxation. The main challenge of the tour is keeping up stamina and cycling in the tropical heat. Less experienced riders are welcome but should prepare for the long distances, aiming to maintain a steady pace. The support vehicle is always nearby to offer refuge to any weary cyclists.

Biking Conditions: On this tour we ride mostly along well-paved secondary roads that hug the coast or pass through agricultural areas, including coconut groves and rubber and oil palm plantations. Occasionally, we also veer onto narrow country lanes where potholes, road debris, and patches of gravel can be common. There are a few sections on busier streets near towns and cities as well as time spent on main provincial roads, which can be either unavoidable or used tactfully to cover distances more quickly. There is usually a wide shoulder to ride on and, while they can be busier in more populated areas, become noticeably quieter in rural regions. While we have scheduled our departures to avoid the wettest months of the year, showers can occur at any time. 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!

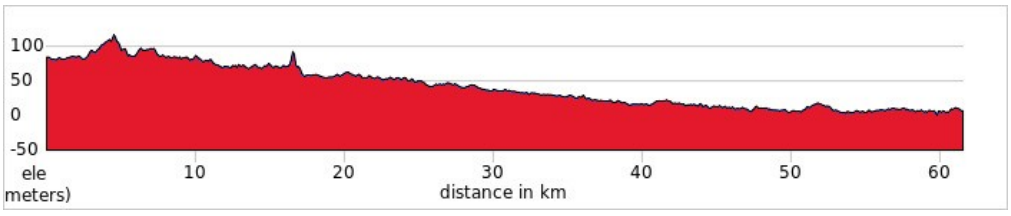
Accommodation: In areas with a well developed tourism infrastructure such as Pranburi, Khao Lak, and Phuket, we stay in deluxe, character-rich hotels at the 4 star level. You can expect elevated comfort, professional staff, swimming pools, bars, spas (either at the hotel or nearby), and breakfast spreads worth waking up early for. Other hotels, while still more than adequate for hard-working cyclists, are geared more towards domestic Thai rather than international tourists, meaning that English-speaking staff or Western breakfast options won't always be available. Coffee often comes in the instant variety, though usually there is an option to pay for a fresh brew. Your guide will always be reachable should there be any lost-in-translation moments, we can complement the more basic breakfasts with our own refreshment provisions, and good quality coffee is never too far out of reach. Many of the hotels on this tour are directly on or nearby a beach, which is always a highlight! 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. 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 → Phetchaburi → Pranburi

After picking you up from your Bangkok hotel, we'll drive approximately 3.5 hours to our cycling start point in Phetchaburi Province. There, in a picturesque rural area framed by the low-lying mountains that form the border with Myanmar to the west, we'll get our bikes ready and saddle up. The tour's warm-up ride takes us on minor roads through a landscape of gently rolling hills, fields of rice, sugarcane and pineapples, as well as a few scenic reservoirs. By around 58 km we reach Pranburi Beach and complete our ride with views over the Gulf of Thailand as we roll into our elegant seaside resort for the first night of the tour. In the evening we gather for a welcome dinner.

Wyndham Hua Hin Pranburi Resort Lunch, Dinner

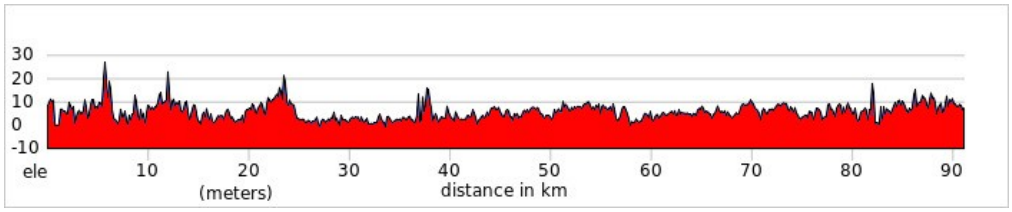


Ride 62km +233m -311m

Day 2: Pranburi → Klong Wan

Our day begins with a 20 km ride along the Pranburi coast, warming up our legs amidst scenes of Pacific waves, palm-fringed shores, and fishing boats bobbing in the bay. We then turn inland towards the area of Sam Roi Yot, or in English "Three Hundred Peaks" — a fitting name for this picturesque landscape of craggy, limestone massifs jutting out of the coastal plains. The views are lovely as we ride on quiet roads with the peaks surrounding an expansive patchwork of shrimp farms, with their distinct rectangular pools lining our path. By the 45 km point we are back on the coast for the remainder of the ride. Part of the way takes us along a secondary road that runs parallel to the historic railroad connecting Bangkok to the southern provinces. Finally, we are greeted by the stunningly blue waters of the twin bays of Prachuap Khiri Khan, which we skirt along to reach today's hotel in the small, seaside town of Klong Wan.

Klongwan Resort Breakfast, Lunch, Dinner

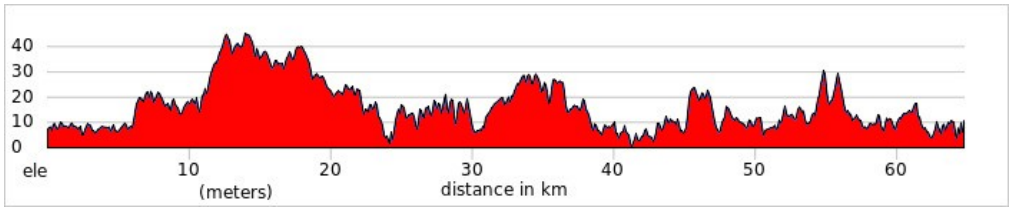


Ride 91km +352m -355m

Day 3: Klong Wan → Baan Grood

A shorter stage today with the aim of arriving at the tour's next beach resort in time for lunch and a relaxing afternoon. We begin by making our way out of Klong Wan via the coast and inland side roads through coconut plantations which, from here on, become noticeably more prominent! We then have an unavoidable 10 km along the main road with a wide shoulder before again dipping onto quiet back roads that press up against the coastline. At the 45 km point we stop at an organic coconut farm to learn about the process of growing and harvesting this energy-rich fruit so central to the lifeways of coastal Thailand. And, of course, trying some! We then complete the distance to our lovely seaside resort on Baan Grood Beach, a quiet stretch of golden sands where we spend the rest of the afternoon.

Baan Grood Arcadia Breakfast, Lunch, Dinner



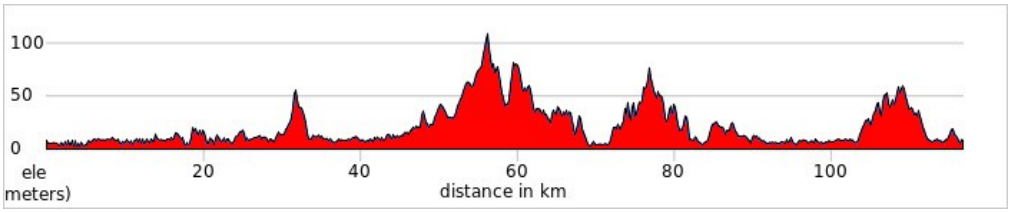
Ride 65km +413m -411m

Day 4: Baan Grood → Saphli

Today's route traverses Thailand's narrowest geographic area, with the Myanmar border lying close by to our west. We start by riding along Baan Grood's quiet, palm-fringed beach road and through some countryside lanes before switching to a wider road that takes us through the lush estuaries of coastal Thailand. By around 70 km, the road begins to narrow, leading us into a seemingly endless world of coconut and palm oil plantations. We then pick up the pace as we ride on a bike lane alongside the main road. After about 95 km, we reach Ao Bo Mao Bay, where we'll break for lunch at a beachside restaurant. We'll then cross a bridge with scenic views of fishing boats before completing the final stretch to the beaches of Saphli in Chumphon

Province, where we'll spend the next two nights. How about treating yourself to a fresh coconut or an ice-cold beer (or both!) to celebrate cracking the tour's first century ride?

Nana Beach Resort Breakfast, Lunch, Dinner



Ride 117km +835m -835m

Day 5: Rest Day

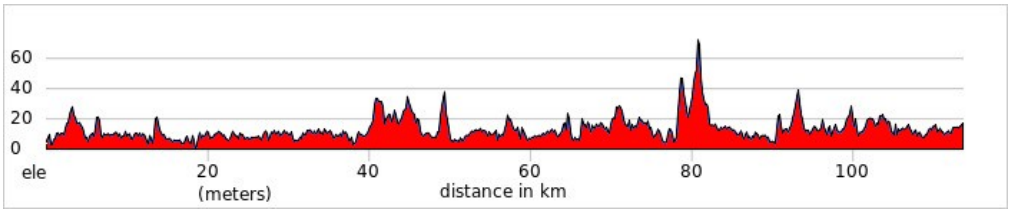
Today is a rest day. Feel free to lounge by the beach, take a dip in the resort's pool, or indulge in a soothing Thai massage to loosen up those muscles. Lunch and dinner are not included today, but your guide will be happy to share recommendations for good eats in the area.

Nana Beach Resort Breakfast

Day 6: Saphli → Lang Suan

Today features a long and glorious ride in the lush backwaters of Chumphon Province. The first 20 km continues along the coast where we cross several scenic bridges arching over estuaries and cycle past Pak Hat Beach, infamous as the landing place of the Japanese army during World War Two. We then veer inland, entering an agrarian hinterland dominated by coconut, oil palm, and rubber plantations as well as orchards filled with exotic fruits like rambutan, durian, and mangosteen. We take a steady pace as we ride around 95 km, primarily on minor roads. This gives us a feel for local lifeways which in Chumphon — known as the "Gateway to the South" — starts to take on a distinctively southern Thai charm! In addition to Buddhist temples, you may also notice an increasing number of Muslim mosques and locals wearing hijabs or kufis, a reflection of the Thai peninsula's cultural and religious plurality. Today's destination is a Thai-style upcountry retreat nestled amidst gardens in the plains of the Lang Suan River.

Baan Klang Suan Resort Breakfast, Lunch, Dinner

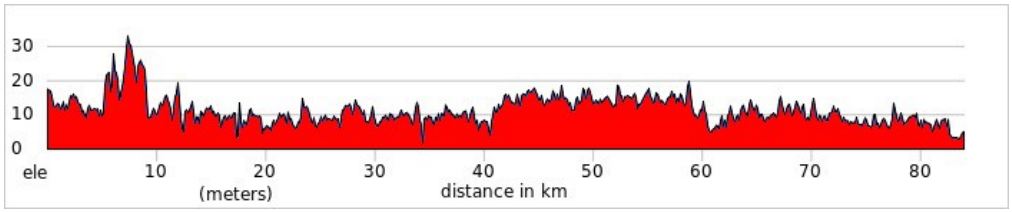


Ride 114km +686m -676m

Day 7: Lang Suan → Laem Sai

With two consecutive days of riding more than 100 km behind us, today's route is milder. From Lang Suan we manoeuvre our way back to the coast via some lovely back roads for around 13 km. We are then greeted once again by the Gulf of Thailand and whiz past maritime scenes of local boats and fishing contraptions dotted along the shore. A few kilometres of roads lined with palm trees and shrubs then bring us to Lamae Beach where, at around 30 km, we stop for a break. Heading back inland, we follow a straight and flat stretch of asphalt — settle into your preferred cadence and enjoy at your own pace! In the distance, towering karsts begin to appear above the plains and, by around 60 km, we are pressed right up against these jungle-clad massifs. After a dash through palm oil plantations we gradually return to the ocean, saddling off at Laem Sai Beach. Aiming to arrive in time for lunch, you have the afternoon free to relax in this peaceful part of coastal Thailand far off the tourist trail.

Laem Sai Resort Breakfast, Lunch, Dinner

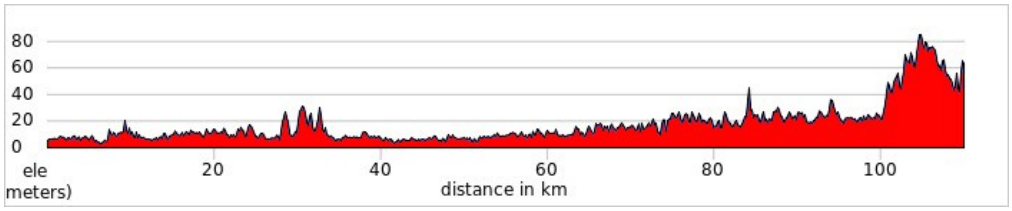


Ride 84km +360m -373m

Day 8: Laem Sai → Khao Sok

Our route today marks an important milestone, transitioning from powdery white sands to dense green jungle as we head west across the peninsula towards Khao Sok National Park. From Laem Sai, we cycle 20 km along quiet side roads to reach one of the south's oldest Buddhist temples, dating back more than a millennium to a time when the Srivijaya kingdom ruled this region. From here, we arc around the hinterland of Surat Thani city, the bustling provincial capital of southern Thailand's largest province, where traffic tends to get busier. By the 60 km we are back on minor roads for a long stretch through a rural landscape of rubber and palm oil plantations – the backbone of the region's agriculture. We stop for a break at an intriguing cave temple at around 80 km before settling in for the final stage towards the edge of Khao Sok National Park. As we roll into the day's hotel, rugged, rainforest-covered mountains loom in the background. We are just a short drive away from Cheow Lan Lake, a massive human-made reservoir with karsts rising out of the emerald green waters.

Sai Chol Grandview Resort Breakfast, Lunch, Dinner

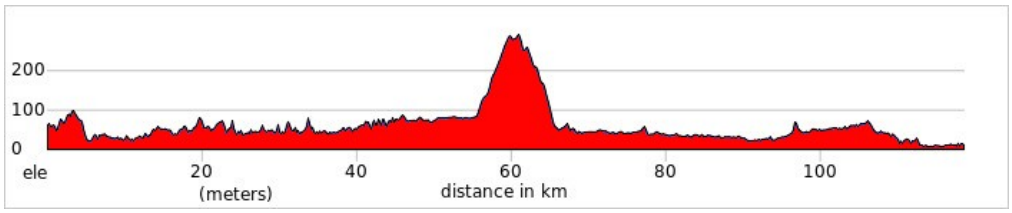


Ride 110km +687m -629m

Day 9: Khao Sok → Khao Lak

In the morning we ride the beautiful road straddling the south of Khao Sok National Park. Surrounded by lush foliage and epic karst formations, we get a good sense of what is considered among the oldest evergreen rainforests in the world and Southern Thailand's largest native forest. For the first 55 km the road undulates gently, with a few punchy climbs, crowned by a more challenging 5 km / 5 % ascent to the top of a hill. The subsequent thrilling downhill brings us into the coastal plains of peninsular Thailand's Andaman coast. At around 90 km, we reach the historic town of Takua Pa, where we explore its rich past as a prosperous hub of the lucrative tin mining industry in the 19th and early 20th centuries — a legacy preserved in the Chino-Portuguese merchant houses that still stand today. We enjoy a leisurely cycle through town and have lunch before taking back roads that meander through small villages and shady rubber plantations. Our ride concludes at the sun-kissed sands of Khao Lak facing the Andaman Sea. The afternoon is free to unwind at the beach and the day's elegant seaside resort.

Apsara Beachfront Resort Breakfast, Lunch, Dinner

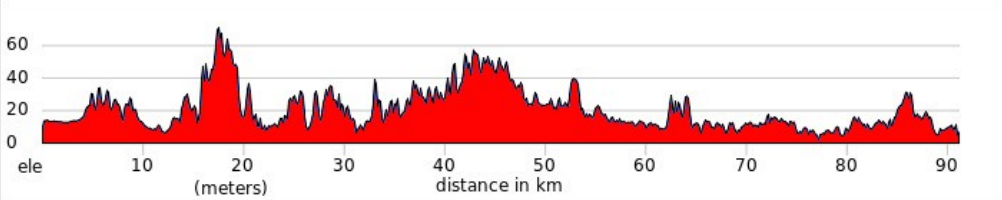


Ride 119km +1107m -1160m

Day 10: Khao Lak → Phuket

Time for the home stretch! From Khao Lak, we ride along the main road and tackle a scenic climb over a headland. By the 30 km point, we switch to a quiet secondary road through the hilly countryside of Phang Nga Province. At around 60 km, we branch off onto side roads leading to the coast, passing through charming fishing communities and lagoons. And finally, we ride along Natai Beach before making the iconic crossing over the Sarasin Bridge, which connects the mainland to Phuket. Having officially reached Phuket, this marks our cycling end point and we skip the island's notoriously busy traffic, instead treating ourselves to a celebratory lunch near the bridge. In the early afternoon we will drop you off at your post-tour hotel on the island. Let us know if you'd like recommendations for hotels or areas to stay. We do not suggest flying out today but if you must, make sure it is after 18:00 hrs. (06:00 PM) to give yourself enough time to freshen up and get to the airport in time.

Breakfast, Lunch



Ride 91km +712m -719m

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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