SPICE ROADS
CYCLING



TOURING

CYCLING BORNEO FROM SEA TO JUNGLE

Tour Code
MYS-STJ

11 DAYS
10 NIGHTS

Destinations	Malaysia
Tour Meets Tour Ends	Kota Kinabalu Sandakan
Fly in to Fly out of	Kota Kinabalu International Airport (BKI) Sandakan Airport (SDK)
Group Size Minimum Age	2-12 riders 18 (on scheduled departures)

ACTIVITY PROFILE

8 Cycling days	**303** km Total cycling distance
38 km Avg distance / day	**525** m Avg climbing / day

PRICING

Price	US$ 3,490
Bike Hire (Mountain Bike)	US$ 270
Single Supplement	US$ 650

DEPARTURES

28 Mar - 07 Apr 2027
13 Jun - 23 Jun 2027
27 Jun - 07 Jul 2027
19 Sep - 29 Sep 2027

WHAT'S INCLUDED

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

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

TRIP PROFILE

We ride 303 km over 8 cycling days. The journey takes us across a large swathe of northern Sabah, from the shores of the South China Sea to the foothills of Mount Kinabalu and from the jungle-rich banks of the Kinabatangan River to the edge of Sepilok Forest Reserve. All days except for day 6 include a vehicle transfer before and/or after the ride to avoid busy highways, inaccessible plantation roads, and to keep the distances manageable. The roads are mostly paved but with enough jaunts onto gravel and dirt that Mountain Bikes are the preferred companion for the ride! We have one day off-saddle when we visit the Sepilok Orangutan Rehabilitation Centre.

The cycling is complemented with a wide variety of opportunities to be immersed in nature and we have designed this route to give you a good chance at wildlife sightings — including, of course, the famous orangutans. It is important to be aware, however, that encounters are not guaranteed. We encourage you to come with an open mind and let the whims of nature surprise us. Besides exploring the wilds of Borneo we also discover rural Sabah, from the ever-present palm plantations to indigenous villages, tea fields, fruit farms and the highlands of Mount Kinabalu. Ocean views and opportunities for a swim in the Pacific are highlights of the first three days as well.

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 an active-level tour where riders can expect to be challenged by both the route and the terrain. The first six riding days include plenty of ascents and descents, while the final two days (Days 7 and 8) are relatively flat. Daily distances average a manageable 38 km, allowing us to take our time on the climbs and rougher surfaces while enjoying the scenery without overexerting ourselves. While we have sprinkled in some fun bits of trail riding, this tour is not suitable for riders seeking predominantly off-road experiences. Anyone with a reasonable level of fitness, comfortable on a mountain bike, and prepared to ride in the heat and humidity of equatorial Sabah will enjoy this adventure to the fullest. A support vehicle follows the group at all times. However, there are some sections where it cannot access the narrow roads and trails we ride, and pre-determined rendezvous points will be set.

Biking Conditions: On this tour, riders can expect approximately 85% of the route to be on paved surfaces, ranging from good-quality tarmac to broken, bumpy, and cratered sections. The remaining 15% consists of gravel and dirt roads, including vehicle-width tracks and occasional single-track or off-road sections. We also bike across some shallow river and stream beds. 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 handful of unavoidable sections along main provincial roads but these are few and far between. Rainfall is not uncommon in Borneo throughout the year and can affect cycling conditions - 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!

Accommodations: Hotels on this tour come in a range of different styles. The first night is spent at an elegant beach resort, after which things become more rustic but still cosy in the Kudat Peninsula (Days 2 & 3). We again enjoy elevated comforts in Kundasang (Day 4), Poring (Day 5) and Sabah Tea Garden (Day 6), before a more basic night in Telupid (Day 7). The final three nights are spent at nature lodges in Kinabatangan (Day 8) and Sepilok (Days 9 & 10) at the 3-star level, well adept at catering to those who want to experience Borneo's wildlife without sacrificing basic comforts and a bit of pampering. Please be aware that some older properties, while charming, may show signs of wear and tear, and the service pace in Malaysia 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: Arrive in Kota Kinabalu - Pantai Dalit Beach

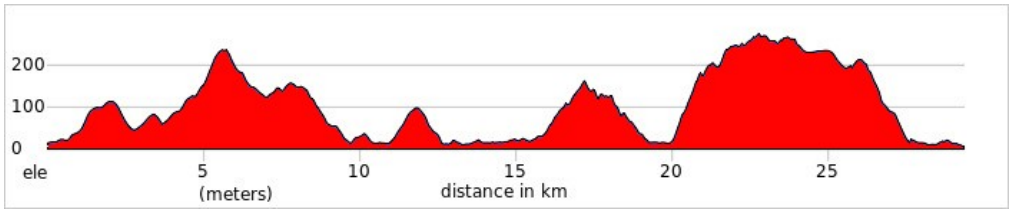
Welcome to Kota Kinabalu, or "KK" as the locals call it, the capital city of the Malaysian state of Sabah and gateway to northern Borneo. We will pick you up from the airport and transfer around one-hour north to Pantai Dalit Beach where we stay at a resort overlooking the azure waters of the South China Sea. We suggest you arrive as early as possible - what better way to get yourself ready for a biking adventure than dipping your toes in the ocean, indulging in a relaxing massage, or hanging out by the pool. In the evening we meet for a trip briefing and welcome dinner.

Shangri-La Rasa Ria Resort Dinner

Day 2: Pantai Dalit Beach - Teringai Beach - Kota Marudu

We start the day with a roughly one-hour transfer north into the district of Kota Belud, where we saddle up near a junction and dart off onto quiet country roads through the foothills of the Crocker Range, Sabah's mountainous spine. We are welcomed to cycling in Borneo with a fair bit of climbing, working our way through a handful of sustained uphill efforts and steep gradients, though always complemented by refreshing descents. The scenery alternates between thick rainforest vegetation, mountain views, stilted house villages, swaying coconut trees, and oil palm plantations before meeting the South China Sea at peaceful Teringai Beach. Post-lunch near the ocean we transfer one-hour to Kota Marudu, the heartland of the Tobilung people, one of dozens of ethnic groups making up Borneo's rich cultural fabric. In the evening we visit the Walai Tobilung Cultural Village to learn all about their unique heritage and sample some authentic indigenous cuisine. We spend the night at a simple but modern hotel in a small town nearby.

Rajawali Homes Breakfast, Lunch, Dinner

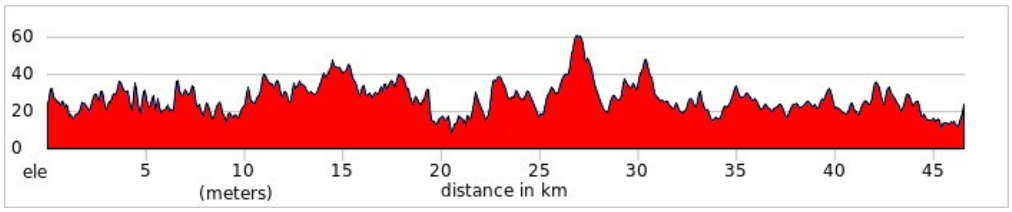


Ride 29km +866m -874m

Day 3: Kota Marudu - The Tip of Borneo

This morning we transfer around one-hour further north on the Kudat Peninsula. After setting up our bikes near a junction, we begin today's pleasant journey to the northernmost point of Borneo, the so-called 'Tip of Borneo.' The terrain is gently rolling, with a mix of asphalt, concrete, and gravel roads weaving through an agrarian world of oil palm plantations interspersed with coconut and banana trees. We also cruise past the villages and churches of the Rungus people who inhabit the area. By around 20 km we're back in view of the ocean as we skirt along Marudu Bay before veering back inland for the final section to today's seaside chalet located just a stone's throw away from the iconic Tip of Borneo. In the afternoon you can stroll to the rocky outcrop where the South China Sea meets the Sulu Sea and plant your feet in the soft sands of Kalampunian Beach. On a clear day the sunsets here are breathtaking.

TSM Merrimas Villa Breakfast, Lunch, Dinner

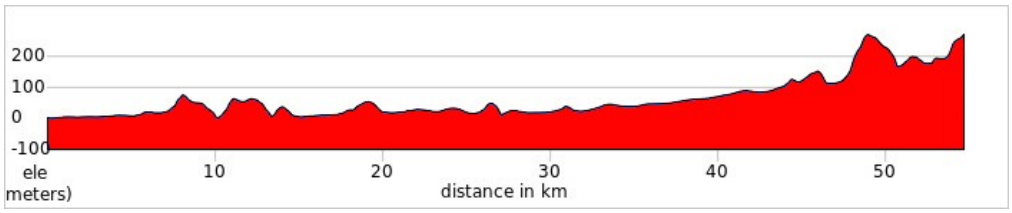


Ride 47km +445m -448m

Day 4: The Tip of Borneo - Kota Belud - Kundasang

Get ready for a major shift in scenery and climate as we transition from the tropical coast to the temperate highlands of Sabah! We get an early start as we have a lot of ground to cover today, beginning with a two-hour transfer south to Kota Belud where we saddle-up at a junction. For 30 km, the terrain is generally flat with a few uphill bursts, weaving through farmlands, small market towns, and the plains of the Wariu River. Once we join the main provincial road to Ranau, the gradients start to pick up and Southeast Asia's largest mountain, Mount Kinabalu, standing tall at 4,095 metres ASL, draws ever nearer. A series of leg-testing climbs lead us to our cycling end point at the 55 km point and we transfer around one-hour to the hill station of Kundasang, Malaysia's highest settlement sitting at nearly 1,900 metres ASL. Based at a favorite highland resort, you can unwind and enjoy the cool and crisp mountain air while gazing upon Mount Kinabalu's towering peak, often adorned by wisps of clouds.

Perkasa Hotel Mt Kinabalu Breakfast, Lunch, Dinner

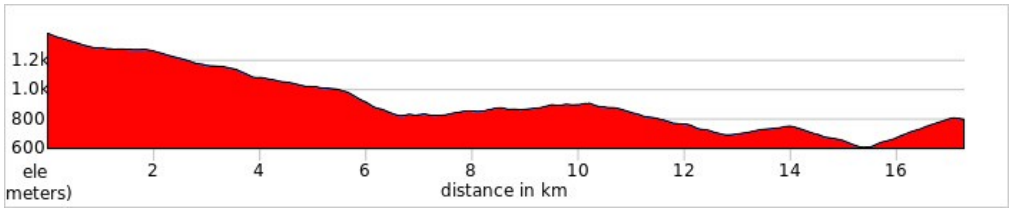


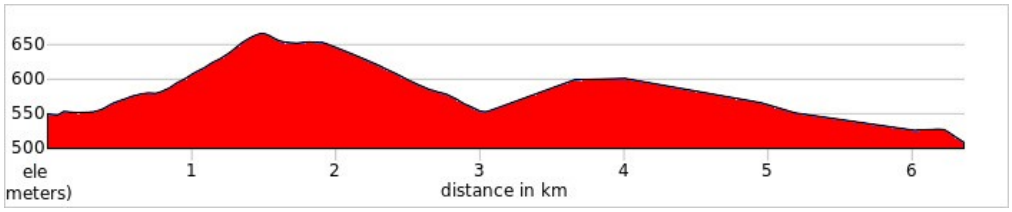
Ride 55km +753m -485m

Day 5: Kundasang - Poring Hot Spring

We begin the day with one of Borneo's most fun downhills, descending from Kundasang through villages, vegetable farms, and forests set against the backdrop of Mount Kinabalu's lower slopes. While the ride trends downhill overall, there are a number of short 1-2 km climbs sprinkled throughout, including a steep finish to the Kibbas Junction where we end the first stage of today's ride. We then hop in the van for a quick 30-minute transfer to bypass a highway, and saddle-up again for a short but sweet ride on an undulating rural road to Poring, a natural area renowned for its thermal hot springs. Before taking a dip in the soothing waters, we'll head to Poring's canopy walkway, providing an elevated stroll through the treetops of the rainforest. If we are extremely lucky, we may catch sight of a blooming Rafflesia, the world's largest flower, native to this area of Borneo. We spend the night at a cosy lodge surrounded by lowland tropical rainforest.

Sutera Sanctuary Lodges Breakfast, Lunch, Dinner



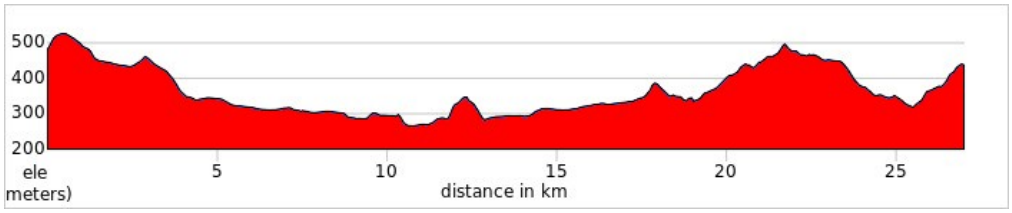


Ride 24km +505m -1118m

Day 6: Poring Hot Spring - Sabah Tea Garden

Today is a real treat for intrepid cyclists, riding hotel-to-hotel from Poring to the Ranau region with a generous dash of off-road trails. The first 8 km take us on a paved rural road into the countryside just beyond the wilds of Kinabalu National Park, with some fun downhill zips to get the adrenaline pumping. Then we transition to a network of narrow gravel, dirt, and concrete trails that radiate through a dense landscape of oil palm plantations, fruit orchards, and patches of rainforest. A handful of river crossings, some by bridge and others by wet wheels, add to the excitement! By around 18 km we join the main road for a brief section before branching off and up towards Sabah Tea Garden, an extensive estate of terraced tea fields etched into the hills. Here we enjoy a fun off-road ride on paths used by tea pickers to get to the fields. In the afternoon, you have the option of touring the Sabah organic tea factory, learning about the entire production process from leaf to cup. We spend the night at the tea estate's resort.

Sabah Tea Resort Breakfast, Lunch, Dinner

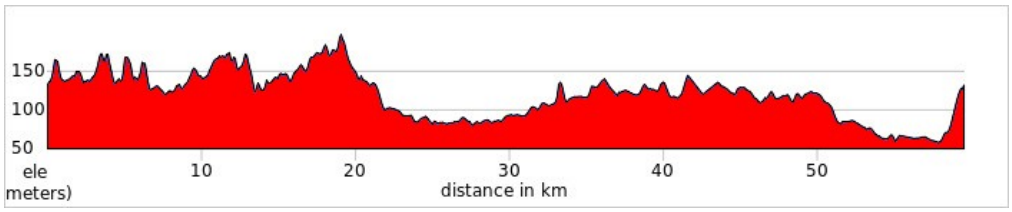


Ride 27km +547m -600m

Day 7: Sabah Tea Garden - Heart of Sabah - Telupid

We begin the day with a 1.5-hour transfer east and hop on our bikes in the district of Telupid. The first section of today's ride is steeped in history, as this part of Sabah was the scene of the infamous Sandakan Death March, where Allied prisoners of war were forced to tread through the jungle under grueling conditions during the Second World War. Today much of the jungle has been replaced by palm plantations, but a mix of roads and trails radiating across the hallowed terrain makes it accessible to cyclists. After around 20 km we rendezvous with our support van for a much-deserved refreshment break before tackling the second part of today's ride, taking us on a well-paved road through the district of Tongod, characterized by rolling hills with a mix of forest reserves, plantations, and fruit farms. At the 60 km point we reach the "Heart of Sabah" sign, signalling that we have reached the geographic center of the state - a fitting milestone to end today's ride! From here we transfer around one hour to the small town of Telupid where we spend the night at a simple rest house managed by the Sabah Forestry Department

Telupid Forestry Resthouse (IPS Telupid) Breakfast, Lunch, Dinner

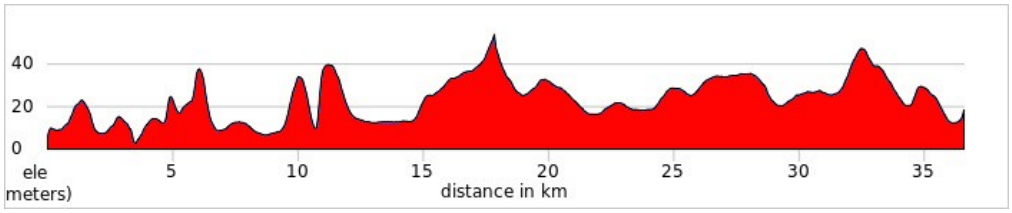


Ride 60km +651m -655m

Day 8: Telupid - Kinabatangan

Early this morning we transfer around 2.5 hours, entering Sabah's eastern half. We set up our bikes near a junction and enjoy a gentle ride on paved roads through the well-groomed Borneon countryside filled with palm oil plantations. Our destination is a jetty on the banks of the winding Kinabatangan River, Sabah's longest river. The rainforest-covered basin of this river is home to one of the densest concentrations of wildlife in all of Borneo. A short ferry ride across the river brings us to a delightful ecolodge where we spend the rest of the day. In the afternoon, we'll embark on a motorboat for an enjoyable cruise down the Kinabatangan River, aiming to catch glimpses of the diverse cast of animals that inhabit the riverbanks. The proboscis monkeys often steal the spotlight with their distinctive, pendulous noses but keep an eye out for other fascinating creatures such as orangutans, pygmy elephants, saltwater crocodiles, monitor lizards, hornbills, and more. Regardless of how many animals you may see (sighting guarantees cannot be made), this is an enchanting experience in one of Borneo's most untamed ecosystems. A night walk to spot nocturnal wildlife surrounding the lodge is also included.

Tanini Kinabatangan Breakfast, Lunch, Dinner



Ride 37km +250m -239m

Day 9: Kinabatangan - Sepilok Orangutan Rehabilitation Centre

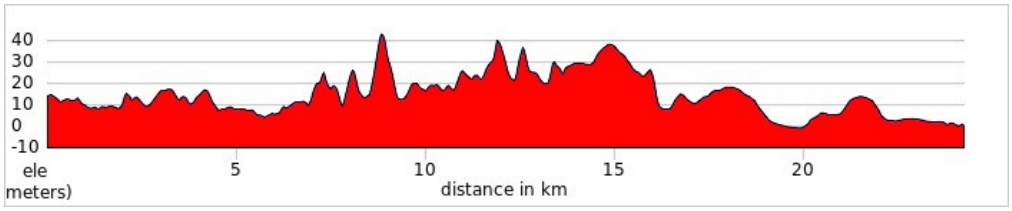
Today is off the bikes as we turn our attention to Borneo's most iconic primates: the orangutans. From Kinabatangan, it is a 2-hour drive to the world-renowned Sepilok Orangutan Rehabilitation Centre whose primary mission is to rehabilitate and provide a safe haven for orphaned and injured orangutans. Having witnessed orangutan habitat destruction first hand on our rides through rural Borneo – i.e. deforestation to make room for palm oil plantations – the urgency of this mission will be all the more clear to us. Arriving at the centre in time for the morning feeding, this is one of the best chances to see orangutans up close but please be aware that sightings cannot be guaranteed (the apes may choose to stay in the forest when it rains, during the fruiting season, or when macaques get there first). Either way, it is a heartwarming experience to learn about the efforts to conserve orangutans. We also swing by the Bornean Sun Bear Conservation Center to observe the world's smallest species of bear and learn about their plight in the wild. We then settle in at an ecolodge on the edge of the Kabili-Sepilok Forest Reserve, leaving the afternoon free for you to relax.

Tanini Sepilok Breakfast, Lunch, Dinner

Day 10: Sepilok - Labuk Bay Proboscis Monkey Sanctuary - Sepilok

Another day and another chance to see more primates! In the morning we saddle-up for the tour's final ride, cycling across the Sandakan Peninsula to the Labuk Bay Proboscis Monkey Sanctuary. We'll get in an early start to try and avoid traffic as we have an unavoidable section along the main road, though the majority of the route is on quiet side roads through oil palm plantations, a parting foray into Borneo's hinterland by bike. We arrive at Labuk Bay in time for the morning feeding, when a parade of these cheeky, blobby-nosed monkeys come out of the forest to feed on snacks prepared for them while we are given the chance to watch from a viewing platform. This is a part of an oil palm plantation turned sanctuary, kept wild for the long-nosed monkeys only found on Borneo, to thrive. After hopefully seeing these monkeys (again, guarantees for sightings can't be made) we transfer back to the ecolodge in Sepilok where you have the afternoon free to participate in any additional activities or simply unwind and reflect on our incredible journey through Sabah. We reconvene for a farewell dinner in the evening.

Tanini Sepilok Breakfast, Lunch, Dinner



Ride 24km +185m -199m

Day 11: Sepilok Departure

Time to say goodbye! Today we will transfer you to Sandakan Airport (SDK) for your onward flight. There are several daily flight options to Kota Kinabalu or Kuala Lumpur from where you can continue your travels in Southeast Asia or head home. Driving time to the airport is around thirty minutes.

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 mountain bike or gravel bike in good mechanical order. E-bikes are not available on this tour.

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

Visa requirements for Malaysia vary based on your nationality. Many countries are visa-exempt for tourism visits up to 90 days. To check if your country is visa-exempt or to find specific visa requirements, durations, and application procedures, visit this website. If you require a visa, please contact your nearest Malaysian embassy/consulate and make sure you give yourself enough time. Please also ensure your passport is valid for at least 6 months beyond the duration of your stay in the country.

UPDATE: Beginning 1 January 2024, all international travelers, whether arriving by land or by air, must pre-apply for a Digital Arrival Card within three days prior to their planned date of entry. This can be done by completing an online registration form. Guests should then bring a printed copy of the completed form to present to immigration officers on arrival. Here is a link to the registration form. Please make sure to fill it out before your planned arrival in Malaysia.

Health

There are no special vaccinations required for Malaysia; however you may want to take Malaria tablets as we will be traveling in Borneo's jungle area. Please check with your doctor prior to departure.

Weather

The whole of Malaysia has a classic tropical climate and remains hot and humid throughout the year and rain showers occur almost daily. Average temperature ranges from 15°C/ 59F to 25°C/ 77F at higher elevations and 21°C/ 70F to 32°C/ 90F around the coasts, such as

Malacca and surrounding areas. The highlands have a distinctly different climate to the rest of Malaysia. Temperatures average a very pleasant 22°C/ 72F in the daytime and a relatively cool 15°C/ 60F at night – an excellent climate for growing tea, flowers and fruit, and for visitors it offers a pleasant contrast to the hotter lowland areas. A typical day consists of blue skies in the morning, showery afternoons and chilly nights, with rainfall at it's heaviest between September and early December.

Borneo has an equatorial climate, which is hot and humid year-round. Average daily temperatures are around 30 Celsius and the humidity can be high. Rain is also fairly common though we have scheduled these tours to avoid the monsoon season.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Most meals are local Malay food 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. We are riding in a Muslim country and though beer is available, it might not be served in some halal restaurants where we will eat. If you choose to purchase some beer please note it is NOT included in the price.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not 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$10, for incidentals. It is customary to tip local tour guides and drivers, however, the amount you give should be dependent on the level of service you receive. As a general guide we suggest US$ 3-4 per person per day is appropriate.

Money

The official currency is the Malaysian ringgit (RM). Foreign currencies are not generally accepted. The airport is the best places to exchange money. ATMs are widely available in cities and towns, but you'll need cash in villages and in the jungle. Credit cards can be used only in larger hotels.

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

FOLLOW US

twitter.com/spiceroads
youtube.com/user/spiceroads
instagram.com/spiceroads
facebook.com/SpiceRoad