SPICE ROADS
CYCLING

TOURING

BORNEO HERITAGE BY BICYCLE

Tour Code
MYS-BOH

8 DAYS
7 NIGHTS

Destinations	Malaysia
Tour Meets	Kuching
Tour Ends	Kuching
Fly in to	Kuching International Airport (KCH)
Fly out of	Kuching International Airport (KCH)
Group Size	2-16 riders
Minimum Age	18 (on scheduled departures)

ACTIVITY PROFILE

6 Cycling days	**221** km Total cycling distance
37 km Avg distance / day	**276** m Avg climbing / day

PRICING

Price	US$ 2,690
Bike Hire (Hybrid Bike)	US$ 210
Bike Hire (E-Bike)	US$ 420
Single Supplement	US$ 395

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

DEPARTURES

20 Sep - 27 Sep 2026
25 Oct - 01 Nov 2026
21 Feb - 28 Feb 2027
28 Mar - 04 Apr 2027
18 Jul - 25 Jul 2027
05 Sep - 12 Sep 2027
24 Oct - 31 Oct 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
- ✓ Kayaking

WHAT'S EXCLUDED

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

TRIP PROFILE

We ride 221 km over 6 cycling days. We designed the route to experience a wide variety of Sarawak's terrain and scenery including rural areas, jungles, wetlands and coasts. With manageable daily distances and a predominantly flat terrain, we keep a leisurely pace to soak in our surroundings and leave time for other activities. On days 2, 3 and 4 we have a vehicle transfer to the cycling start point but ride directly to the hotel, while on day 5 we ride to the cycling end point and transfer to the hotel. On days 1 & 7 no transfers are required.

The cycling is complemented with a wide variety of opportunities to be immersed in Sarawak's natural and cultural heritage, including spending a night in the indigenous village of Annah Rais and exploring the legacies of Chinese settlers in Siniawan. We also include a kayaking trip and a visit to Fairy Cave! The highlight for many people coming on this tour is, of course, the opportunity to see the famous orangutans - but it is important to be aware that encounters cannot be guaranteed. If we do not see orangutans the first time on day 4 we will try again a second time on day 7, so rest-assured we'll do our best.

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. This tour is fully supported with a vehicle following us at all times, except on Day 1 when we ride in Kuching.

Suitability: This tour is suitable for anyone with a reasonable level of fitness. Although the distances are not that long (min 12 km, max 63 km), the heat and humidity of equatorial Borneo ensure things feel hot. Most days include undulations but gradients are gentle so the climbing is not too strenuous (max +561 m, min +49 m). There is no technical riding required on this tour. A support vehicle is always nearby to offer refuge to any weary cyclists. All of the riding takes place on paved roads, so this tour is not suitable for any riders seeking off-road experiences.

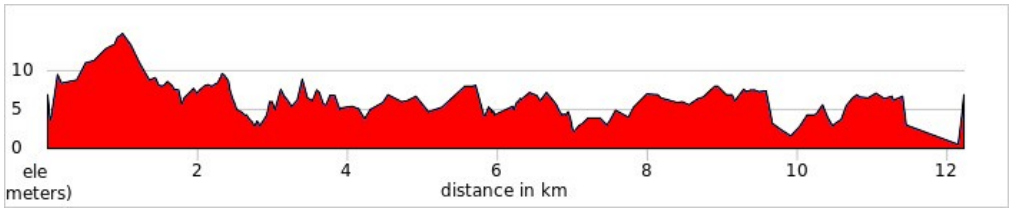
Biking Conditions: The roads surfaces are all paved and mostly in good condition, though potholes and loose gravel can present themselves. We have designed this route to feature quiet roads with little traffic, though at times - especially near towns or popular attractions - you should expect to share the road with cars, motorbikes, and buses. Rainfall is not uncommon in Borneo 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: In Kuching (Days 1 & 7) we stay at a well-regarded and ideally located city hotel replete with modern amenities, a swimming pool, and professional service. In Annah Rais (Day 2) we stay in a homestay, spending the night in a traditional Bidayuh longhouse so expect things to be more simple and rustic though clean and providing essential comforts. Days 3 & 4 we stay near the historic town of Siniawan, first at a small, high-comfort/low-frills modern hotel and then within the compounds of Kuching Buddhist Village. This is not a hotel but spacious rooms with AC, peaceful gardens, and a vegetarian restaurant are more than adequate for hard-working cyclists! On Days 5 & 6 we stay at a popular seaside eco-resort on the Santubong Peninsula. This is not a fancy beach hotel, but rather a back-to-nature retreat with professional service, all essential modern amenities, and clean, unique accommodations set between the rainforest and the sea. 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: Meet in Kuching – City Tour by Bike

Welcome to Kuching, the state capital of Sarawak! We pick you up from the airport and transfer you to our tour hotel in the city center (please arrive before noon or, if possible, the day before). The tour begins in the early afternoon when, after a bike briefing at our Kuching base, we'll explore this culturally rich city by bike. Our 12 km loop first takes us through Kuching's Heritage Zone, known for its fusion of Malay, Chinese, Islamic, British, and modern architecture. We then continue through riverside kampongs (local neighborhoods), visit a market to sample street food, and cross the Sarawak River on a traditional 'sampan' boat. In the evening, we reconvene for a welcome dinner at one of our favorite restaurants in town.

The Waterfront Hotel Dinner



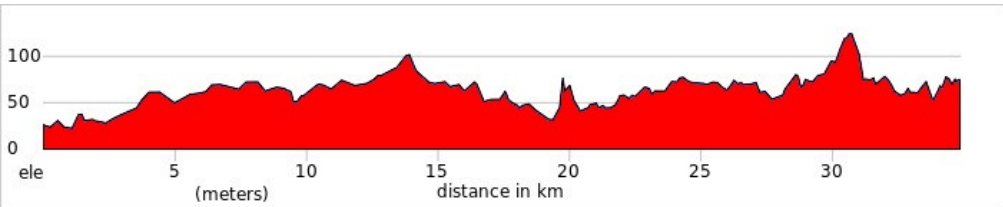
Ride 12km +49m -48m

Day 2: Kuching – Annah Rais

Today we transfer around one-hour from Kuching into the countryside for our first taste of rural Sarawak. We saddle-up and cycle along fabulous back roads that wind through banana plantations, betel nut tree forests, rice fields, and farming communities. As we head south, the surroundings grow more remote, culminating in our arrival at the indigenous village of Annah

Rais, home to the Bidayuh people. The Bidayuh, with a rich cultural heritage tied to the Borneo rainforests, traditionally reside in communal longhouses shared by multiple families. We arrive in time for lunch and then take a leisurely stroll through the village, delving into the unique lifeways of the Bidayuh, which in ancient times, included the intriguing practice of headhunting! In the afternoon, you can cool down with a swim at a nearby stream before we settle down for dinner. Our overnight stay at a village homestay in Annah Rais provides a rustic yet comfortable experience, offering a deeper connection to the local way of life.

Bidayuh Annah Rais Homestay Breakfast, Lunch, Dinner

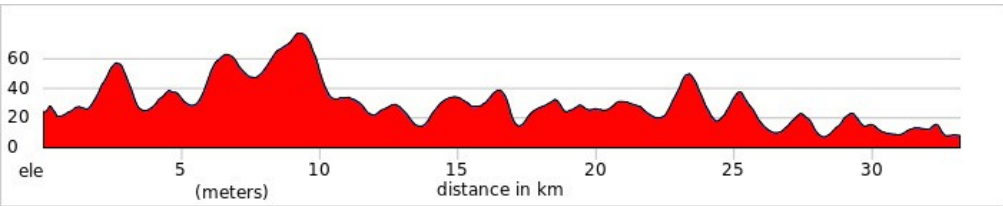


Ride 35km +327m -281m

Day 3: Annah Rais – Kayak & Bikes – Siniawan

Today we paddle and pedal our way north, enjoying more scenes of rural and wild Sarawak! In the morning, after a short transfer out of Annah Rais, we board kayaks for a relaxing drift down the Sarawak River. This is a great way to soak in the ambiance of the surrounding rainforest and, if we're lucky, spot some wildlife along the banks. We'll be kayaking around 10 km and no previous experience is required. After reaching the end-point, we'll have lunch and then it's back onto our bikes for a fun and scenic rural ride along the backroads of Sarawak. Our destination is Siniawan, a small historic town on the Sarawak River which, during the mid 19th-century, was established by Hakka Chinese settlers and miners drawn in by the Bau Gold Rush. Today, Siniawan retains a distinct old-world charm through its vintage shophouses and colonial-era architecture. This evening, dinner is on your own as we head to the main strip to take your pick of several options in this enchanting little town. Our hotel is just a short walk away so feel free to linger with a beer or two if you wish.

Roxy Siniawan Hotel Breakfast, Lunch

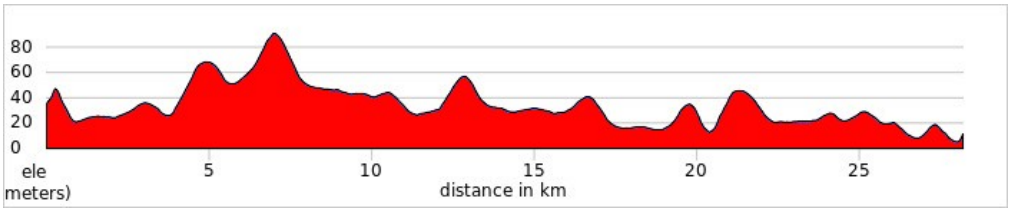


Ride 33km +274m -290m

Day 4: Orangutan Sanctuary – Fairy Cave – Kuching Buddhist Village

We begin the day with a 45 minute transfer to Semenggoh Nature Reserve, a rehabilitation center for orangutans that have been injured, orphaned, or rescued from captivity. The goal is to reintroduce them to the wild in the surrounding forests. We arrive in time for the 09:00 AM feeding time, when fruits and other snacks are laid out to supplement their diet. This is one of the best chances to see orangutans up close but please be aware that sightings cannot be guaranteed (the apes may not come out when it rains or during the fruiting season when their favorite snacks are readily available inside the jungle - should we get unlucky, we'll try again on Day 7!). After our visit we'll transfer an hour to the fabled Fairy Cave to check out the impressive limestone formations and learn about its religious significance. From here we enjoy an afternoon ride past corn fields, fruit orchards, and oil palm plantations to teach tonight's accommodation: a unique Chinese Buddhist temple complex replete with peaceful gardens. The philosophy here is Buddhist, including an adherence to vegetarianism and abstaining from alcohol, giving us an immersive experience focused on Borneo's Chinese and Buddhist cultural heritage.

Kuching Buddhist New Village Breakfast, Lunch, Dinner

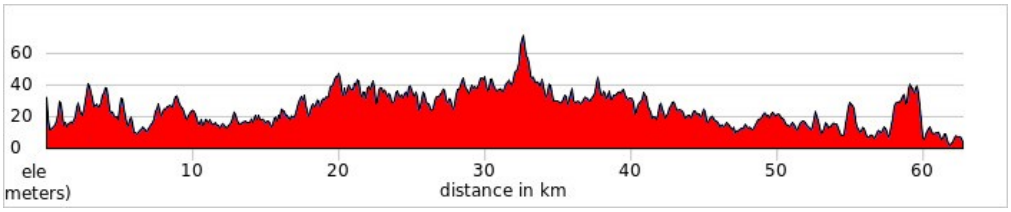


Ride 28km +246m -271m

Day 5: Kuching Buddhist Village - Telaga Air – Santubong

Today's ride is the longest of the tour but also one of the most picturesque. Starting directly from the Buddhist Village, we begin riding accompanied by familiar scenes of the quiet Borneon countryside and then, at around 25 km we will have reached the eastern edge of Kubah National Park. The landscape here, characterized by jungle-draped hillsides and prominent peaks like Mount Serapi, paints a lovely backdrop for the rest of our ride. Once we reach the northern point of Kubah National Park, it won't be long before we reach the estuaries of the Sibu Laut and Salak Rivers where mangrove forests and wetlands sprawl into the distance. We end our ride in the small fishing village of Telaga Air, a favorite hangout for Kuchingites who come here to relax by the waterfront, eat seafood, and enjoy delicious coconut shakes! We'll do just the same and then transfer one hour further east to the Santubong Peninsula. Jutting into the South China Sea just north of Kuching, Santubong is home to the iconic Santubong Mountain which is surrounded by lush forests and pristine beaches. What better place to base ourselves at an eco-resort for the next two nights!

Permai Rainforest Resort Breakfast, Lunch, Dinner



Ride 63km +561m -584m

Day 6: Santubong Free Day

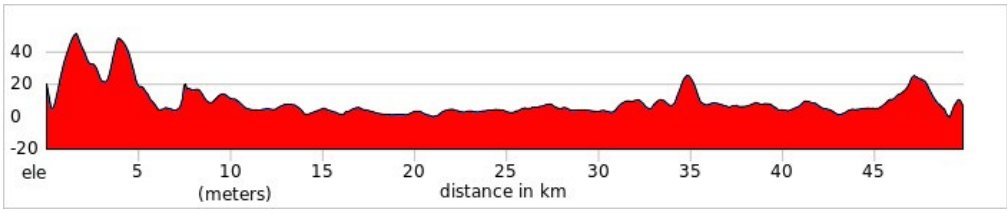
The Santubong Peninsula is the ideal place for a free day, offering opportunities for both relaxation and adventure. If you want to take it easy, then you can get cozy in the golden sands of one of the nearby beaches overlooking the South China Sea. If you're feeling adventurous, then rise early for a trek up the steep cliffs of Mount Santubong. Shorter, more leisurely hikes are also available. One of the most recommended activities in the area is a wetland cruise. Available in both the mornings and evenings, this is a fun outing into the rivers and mangroves of Santubong for a chance to see Irrawaddy dolphins, proboscis monkeys, crocodiles and other wildlife. Any activities today are at your own expense to be paid locally.

Permai Rainforest Resort Breakfast, Lunch, Dinner

Day 7: Santubong – Kuching

Beginning from our resort, we first cycle down the Santubong Peninsula to get back onto the mainland. Along the way we will visit a Malay fishing village and an archaeological site at Bongkissam, which was once a major 8th-century trading hub between India and China and led to the proliferation of Hindu-Buddhist belief in Borneo. We then weave our way back to Kuching, entering the city through the backdoor as we transition from the quiet roads of the wetlands and hinterlands to the busy urban streets! We'll arrive in Kuching in time for lunch with the rest of the afternoon at leisure. If we didn't see any orangutans on the morning of Day 4 then today, after lunch in Kuching, we will drive out to Semenggoh Nature Reserve for a second chance, this time during the afternoon feeding time (fingers crossed!). Whichever way the afternoon takes shape, in the evening we celebrate our Bornean adventure with a goodbye dinner in Kuching.

The Waterfront Hotel Breakfast, Lunch, Dinner



Ride 50km +199m -210m

Day 8: Kuching Departure

Time to head home, extend your stay in Kuching, or travel to your next destination in Southeast Asia. There are plenty more places to explore! If you have a flight out today, we'll bring you to the airport.

Breakfast

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire bikes locally for the price listed in the tour pricing section. We provide high-quality hybrid bikes by Giant or similar. If you bring your own bike, please make sure it is a mountain, gravel, or hybrid bike in good mechanical order.

We also have E-Bikes available for hire, but they are limited in number & size - please contact us to check on availability.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions

of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

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

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