SPICE ROADS
CYCLING



ROAD

ROAD CYCLING CHIANG MAI TO BANGKOK

Tour Code
THA-TCB

11 DAYS
10 NIGHTS

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

ACTIVITY PROFILE

10 Cycling days	**915** km Total cycling distance
92 km Avg distance / day	**457** m Avg climbing / day

PRICING

Price	US$ 2,950
Bike Hire (Road Bike)	US$ 330
Bike Hire (Carbon Road Bike)	US$ 495
Bike Hire (Carbon Road Bike Di2)	US$ 660
Single Supplement	US$ 515

DEPARTURES

13 Dec - 23 Dec 2026
07 Feb - 17 Feb 2027
03 Oct - 13 Oct 2027
31 Oct - 10 Nov 2027
12 Dec - 22 Dec 2027

WHAT'S INCLUDED

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

WHAT'S EXCLUDED

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

TRIP PROFILE

We ride a total of 915 km over 10 cycling days. Beginning in the mountainous north of Thailand means that the first three days include plenty of climbs. Make sure to arrive well-rested and trained. Once we reach the Central Plains by day 4, however, the terrain remains predominantly flat all the way to Bangkok. We ride on a combination of secondary roads, on the shoulders of main roads and, occasionally, on narrow rural lanes in varying conditions. A highlight of the tour are long stretches of riding through Thailand's scenic countryside. While this is not a touring-focused trip, we do stop at plenty of temples and other sites along the way, giving particular attention to the incredible ruins at the UNESCO World Heritage Site of Sukhothai. Most of our rides are point to point with just a few transfers here and there (please see descriptions in the itinerary on days 1, 2, 4, 6 and 10). Accommodations range from deluxe, character-rich properties to more basic hotels, but they are always comfortable and often amongst the best available.

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 best suited for experienced road cyclists capable of handling long, back-to-back, riding days. Days 2 & 3 feature challenging passes with steep gradients, but the remainder of the route is almost entirely flat. While there is no full rest day, on day 5 we have an easy morning on the bikes to discover Sukhothai Historical Park and the afternoon is at leisure. Less experienced riders are welcome but should prepare themselves in advance to manage the long distances at a reasonable pace. The support vehicle is always nearby to offer refuge to any weary cyclists.

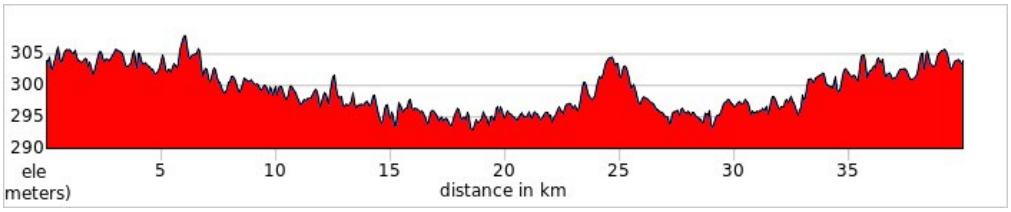
Biking Conditions: The majority of the route is along excellently paved roads well suited for road biking. We ride on quiet secondary roads as much as possible but there are regular stretches on busier main roads as well. Occasionally, we also veer onto narrow country lanes where potholes, road debris, and patches of gravel can be common. We have chosen the least busy roads possible but please be aware that traffic can be unpredictable and, especially near the cities and towns, unavoidable. While we have scheduled our departures to avoid the wettest months of year, showers can occur at any time. We generally ride rain or shine though, based on the guide's discretion or your level of comfort, modifications to the planned route can be made. It's all part of the adventure!



Day 1: Meet in Chiang Mai

Welcome to Chiang Mai, the "Rose of the North"! We meet at our tour hotel in the early afternoon and have a short transfer to the large archaeological site of Wiang Khum Kam (around 25 minutes) which contains many beautiful ruins in various stages of restoration. This is a great place to get used to our bikes and start the ride. From here, we follow the course of the Ping River south for about 15 km, cross a bridge, and loop back north along quiet roads lined by longan trees with their distinctive wide canopies. Upon returning back to the start point we transfer back to the city, reconvening in the evening for a welcome dinner. If you need help with airport transfers or pre-tour hotel bookings, just let us know.

The Rim Resort Dinner

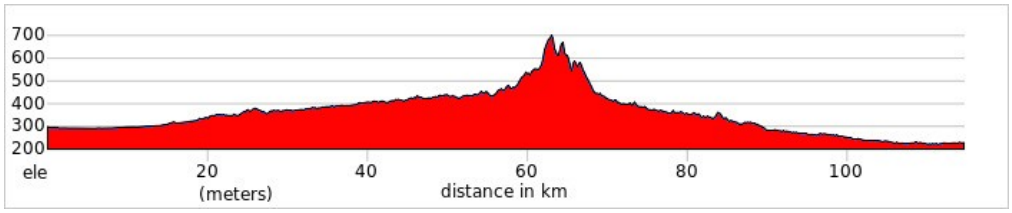


Ride 40km +149m -149m

Day 2: Chiang Mai - Lamphun - Lampang

We transfer around one hour south to the moated town of Lamphun. From here, we begin our long journey to Bangkok, starting with 50 km across the northern Thai countryside, dotted with rice paddies, longan farms, and jungle-clad mountains in the distance. After lunch near a historic railway bridge, we prepare for the day's main challenge: a 10 km ascent through Khun Tan National Park. This climb features narrow, winding roads that cut through a dense forest, with steep gradients that may require us to push our bikes at times. By the 90 km mark, we'll have mostly completed the ascent, leading into a long, rolling downhill into the Wang River Valley. Back in the plains, we have a final 20 km on winding back roads that take us to the stunning Wat Phrathat Lampang Luang, an impressive fortified and highly revered temple complex dating back to the 13th-century. Finally, it's just a short ride to our secluded riverside hotel south of Lampang.

Lampang River Lodge Hotel Breakfast, Lunch, Dinner

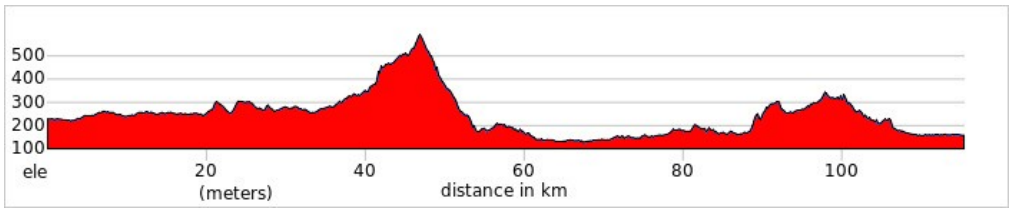


Ride 115km +886m -956m

Day 3: Lampang - Phrae

Departing from our hotel, the first 30 km take us on quiet roads in the countryside of Lampang Province. We then merge onto a main throughway where the smooth tarmac allows for a more fast-paced journey. The road leads over the Baan Mai Pass, a 20 km ascent and descent surrounded by lush jungle foliage. Once we have come down, we turn north on a secondary road straddling the foothills of Phrae Province. At 70 km we'll take a short detour to check out Thailand's only Bavarian-style train station, built over a century ago by German engineers. As we continue, you may also be intrigued by roadside stalls selling bamboo products, a specialty of the area. We have a final – short but steep – climb into Doi Pha Klong National Park, known for its intriguing rock formations. Finally, we arrive in Phrae, the provincial capital, where we can see a beautifully restored 19th-century mansion, built at a time when Phrae was the center of the lucrative teak trade. For dinner, we head to the local night market.

Phoomthai Garden Hotel Breakfast, Lunch, Dinner

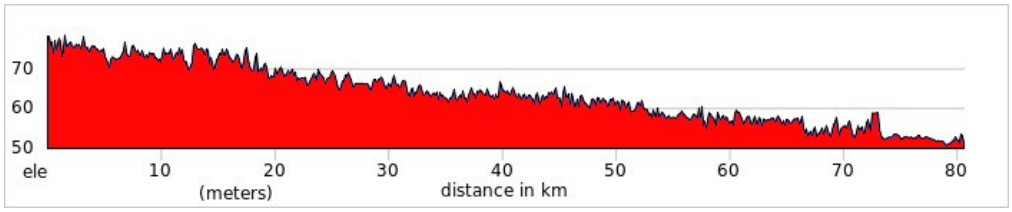


Ride 115km +1212m -1282m

Day 4: Phrae - Sri Satchanalai - Sukhothai

We fast-track ourselves with a 1.5-hour transfer south into the heartland of Thailand's first kingdom, Sukhothai, which thrived from the mid-13th to late 14th century. Despite this relatively short era, some of the most exquisite examples of early Thai art and architecture originate from this period. Over the next three days, we'll delve into these historic landscapes, now recognized as a UNESCO World Heritage Site for their cultural significance. Today's ride begins with a pavement cruise through Sri Satchanalai, a satellite city of the Sukhothai Kingdom known for its ancient pottery kilns and well-preserved temple ruins. We then follow the course of the gently-flowing Yom River, passing a patchwork of villages and fertile farmland that hug its banks. Our destination is the modern town of Sukhothai where we are based for two nights. Today's ride is entirely flat and on a mix of narrow, country lanes in varying conditions and well-paved secondary roads. We keep a relaxed pace, taking in our surroundings and stopping at a few standout temple ruins along the way.

Ruan Thai Hotel Breakfast, Lunch, Dinner

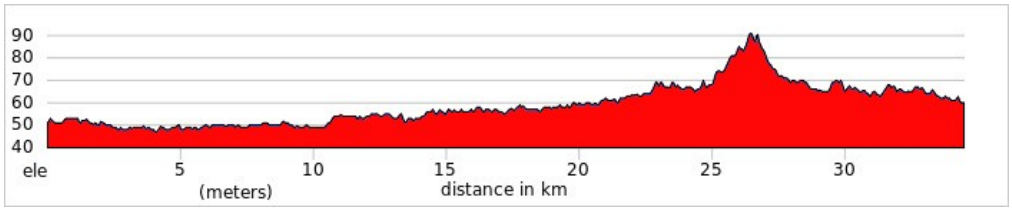


Ride 81km +282m -309m

Day 5: Sukhothai Exploration

Today, we immerse ourselves in the illustrious capital of the Sukhothai Kingdom. Its legacy has profoundly shaped Thai culture, language, and religion, with influences still visible in modern society. Starting from our hotel, we briefly navigate city streets before transitioning to rural roads that lead us to Sukhothai Historical Park. This expansive area showcases an impressive array of temple ruins, fortifications, moats, and ponds connected by well-paved, lightly trafficked roads, perfect for cycling. While many sites can be appreciated from the saddle, we'll make several stops for a closer look. Highlights include Wat Si Chum, home to an elegant seated Buddha statue, and Wat Mahathat, Sukhothai's royal temple, featuring towering brick stupas and colonnades. Although the total cycling distance is just 35 km, we'll spend the entire morning appreciating Sukhothai's historical splendor. After lunch, you can choose to return to our hotel by van or cycle back along the main road (approximately 12 km). The afternoon is yours to relax by the pool, and we'll reconvene later for dinner.

Ruan Thai Hotel Breakfast, Lunch, Dinner

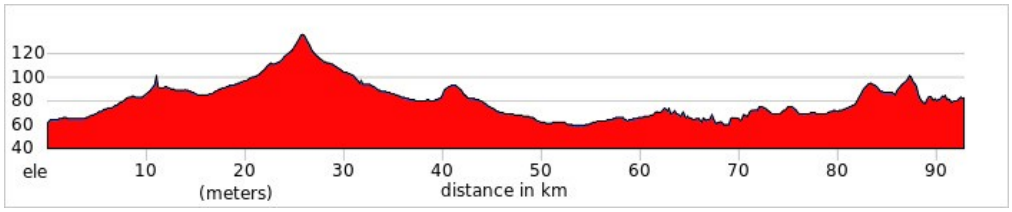


Ride 35km +136m -128m

Day 6: Sukhothai - Khampeng Phet

We start with a brief transfer to avoid retracing our steps from yesterday. Beginning at Sukhothai's ancient moat, we ride along a tree-lined boulevard towards Ramkhamhaeng National Park. The gently rising, forested hills provide a pleasant backdrop for the first 30 km as we skirt along the edges of the National Park. The remainder of our journey takes us along peaceful secondary roads through a vast expanse of rice paddies. At around 60 km, we pass through Phran Kratai, a charming community with vintage wooden houses. Finally, we arrive in Kamphaeng Phet, known as the 'Diamond City' for its fortification walls from the Sukhothai Kingdom era. Before reaching our hotel, we'll detour through this historical fortress, passing by walls and ruins embraced by tree roots.

Navarat Heritage Hotel Breakfast, Lunch, Dinner

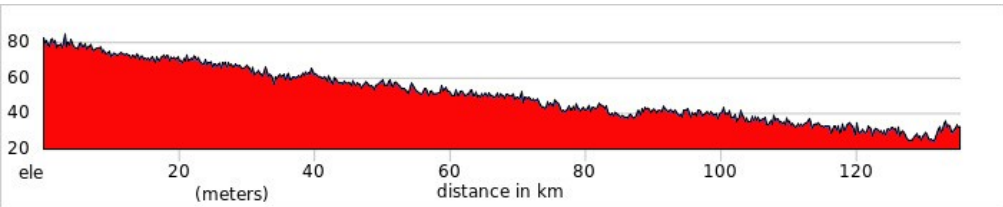


Ride 93km +238m -216m

Day 7: Kamphaeng Phet - Nakhon Sawan

Today's ride takes us along the plains of the Ping River, all the way to the city of Nakhon Sawan, where it merges with the Nan to form the much-revered 'River of Kings,' the Chao Phraya. Departing from our hotel in Kamphaeng Phet, we quickly find ourselves on a provincial throughway that we'll follow for most of today's journey. Alternating between busier and quieter sections, the road cuts through a broad swathe of rice-covered central plains, exposing an interesting cross-section of rural life in Thailand. The smooth tarmac allows for a fast-paced ride, challenging your endurance as we cover nearly 140 km. We stop regularly for refreshments and have lunch along the way. Before reaching our hotel in Nakhon Sawan, we make a short but worthwhile detour to an avant-garde art installation marking the meeting point of the Ping and Nan Rivers, forming the Chao Phraya, which will be our companion for the remainder of the tour!

Bonito Chinos Resort Breakfast, Lunch, Dinner

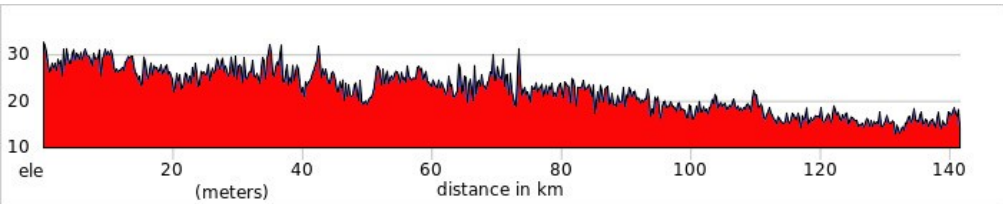


Ride 135km +501m -551m

Day 8: Nakorn Sawan - Singburi

Another long and rewarding ride in the Central Plains awaits. The first 20 km out of Nakhon Sawan can be a bit busy, but it quiets down as we venture deeper into the network of rural roads connecting the towns and villages of this fertile rice-growing region. At the 60 km mark, we cross a scenic bridge over the Chao Phraya, bringing us to the river's east side for the first time. Long stretches of beautiful roads hug the riverbank, offering glimpses into the slower-paced, waterborne lifeways of the people here. The final 50 km take us along a canal road to Singburi, the provincial capital, where we'll spend the night at a riverside hotel. Today, we've crossed through 4 of Thailand's 76 provinces – Nakhon Sawan, Uthai Thani, Chai Nat, and Singburi – no small feat!

Chaisaeng Palace Hotel Breakfast, Lunch, Dinner

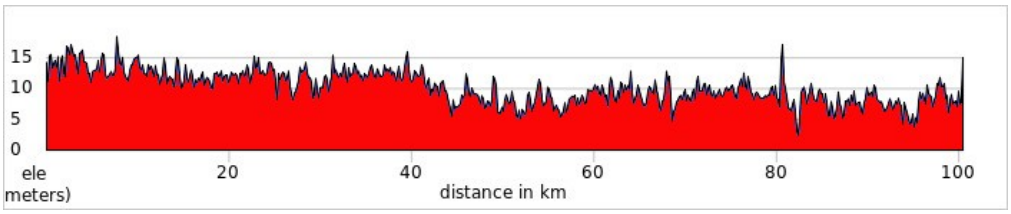


Ride 142km +596m -614m

Day 9: Singburi - Ayutthaya

Today's century ride takes us across hallowed ground, traversing a temple-dotted landscape steeped in centuries of Buddhist spirituality. First, at around 25 km, we visit Wat Chaiyo, a temple complex housing a colossal gilded Buddha statue, commissioned by one of Thailand's most revered monks. While the statue stands impressively at 20 metres tall, it pales in comparison to the much-larger-than-life seated Buddha at Wat Muang, which we encounter around the 50 km mark. The towering figure, nearly 100 metres tall, stands in the open and is visible from miles away. As we hop from temple to temple, we ride along secondary roads and occasionally zip down major roads through the agrarian hinterland, where hints of industrialization signal our growing proximity to Bangkok. Finally, at the end of our ride, we arrive in Ayutthaya, Siam's once-glorious capital just north of Bangkok, where further holy sites await discovery. We check in at a well-appointed city hotel and have the afternoon to relax, saving our exploration of Ayutthaya for the next morning.

Krungsri River Hotel Breakfast, Lunch, Dinner

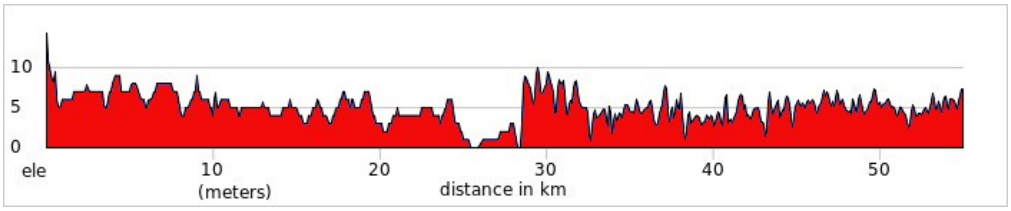


Ride 100km +374m -373m

Day 10: Ayutthaya - Bangkok

This morning, we uncover the UNESCO World Heritage Site of Ayutthaya, exploring the ruins of Siam's former capital. Nearly destroyed during a war with the Burmese in the late 18th century, Ayutthaya captivates with its faded remnants of former glory. We weave through the city by bike, visiting standout monuments like Wat Mahathat, famous for the Buddha head entwined in tree roots, the trio of stupas at Wat Si Sanphet, and the grand Hindu temple of Wat Chaiwatthanaram. We then head further south, making our way along backroads through diverse riverside villages where Buddhist and Muslim communities live side-by-side. Around 30 km in, we take a short ferry across the Chao Phraya River and pause near Bang Pa-In Palace, once a summer retreat for Siam's globalising monarchs, blending traditional Thai architecture with Chinese and European influences. For the home stretch, we follow a canal road for about 25 km to the northern outskirts of Bangkok. We saddle off and transfer for about 1.5 hours to our hotel in the city, reconvening in the evening for a celebratory farewell dinner!

Shama Lakeview Asoke Bangkok Breakfast, Lunch, Dinner



Ride 59km +199m -206m

Day 11: Bangkok Departure

Our tour has ended but feel free to extend your stay in the "Big Mango" and discover what this world-class city has to offer. Please let us know if you require assistance with post-tour hotel bookings or airport transfers.

Breakfast

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

NUTS & BOLTS

Bikes

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

Bike Repairs

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

Safety

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

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

Visitors from 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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