SPICE ROADS
CYCLING

TOURING

# CHIANG MAI TO CHIANG RAI BY BIKE

Tour Code
**THA-TCM**

**4** DAYS
**3** NIGHTS

| | |
|---|---|
| Destinations | Thailand |
| Tour Meets<br>Tour Ends | Chiang Mai<br>Chiang Rai |
| Fly in to<br>Fly out of | Chiang Mai International Airport (CNX)<br>Mae Fah Luang International Airport (CEI) |
| Group Size<br>Minimum Age | 2-16 riders<br>12 (on scheduled departures) |

## ACTIVITY PROFILE

| | |
|---|---|
| **4**<br>Cycling days | **153** km<br>Total cycling distance |
| **38** km<br>Avg distance / day | **276** m<br>Avg climbing / day |

## PRICING

| | |
|---|---|
| Price | US$ 1,450 |
| Bike Hire (Mountain Bike) | Included |
| Bike Hire (E-Bike) | US$ 200 |
| Single Supplement | US$ 215 |

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

## DEPARTURES

12 Oct - 15 Oct 2026
09 Nov - 12 Nov 2026
07 Dec - 10 Dec 2026
11 Jan - 14 Jan 2027
08 Feb - 11 Feb 2027
09 Aug - 12 Aug 2027
06 Sep - 09 Sep 2027
11 Oct - 14 Oct 2027
08 Nov - 11 Nov 2027
06 Dec - 09 Dec 2027

## WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Airport drop off
- ✓ Hotel pick up
- ✓ Hotel drop off
- ✓ Accommodation
- ✓ Bike and helmet
- ✓ Snacks and drinks
- ✓ Entrance fees
- ✓ Ferry/boat fares
- ✓ Accident insurance

## WHAT'S EXCLUDED

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

## TRIP PROFILE

We ride a total of 153 km over 4 cycling days. The journey takes us across valley floors, rolling hills, and rice field plains as we travel from Chiang Mai to Chiang Rai. This tour has been designed for the leisure cyclist, offering a blend of culture, nature, and venturing off the tourist track by bike. Our rides take place on rolling terrain, cycling on a mix of paved and gravel/dirt roads in the northern Thai countryside. Days 1-3 we transfer to the cycling start point by van and on day 4 we take a boat before riding to the White Temple near Chiang Rai. This allows us to avoid busy main roads, keep the distances manageable, and focus on the most enjoyable routes

Besides fabulous cycling routes, touring highlights of the trip include visits to beautiful Buddhist temples, caves, local markets, hill tribe villages, and bountiful farmlands. For many, the most memorable moments are encounters with Thailand's incredibly welcoming locals, always eager to wave hello and cheer us on! Food is another highlight of the tour and we'll enjoy both Thai classics as well some northern specialties you may not have heard of.

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.

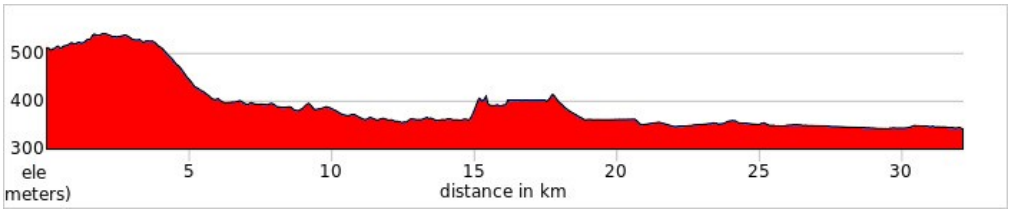
**Suitability:** This trip is suitable for anyone with a reasonable level of fitness. You can expect a fairly gentle ride each day with none of the distances being overly long. Being in the mountainous north means that a hill is never far out of sight, but we have designed the route to avoid any prolonged or overly steep ascents. Navigating narrow village lanes, bumpy country roads, and the odd stretch of hard-packed dirt or gravel requires some handling skills but does not involve technical manoeuvring. The main challenge of the tour is keeping up stamina over back-to-back riding days and cycling in the tropical heat. The pace is leisurely and with plenty of refreshment stops so riders with less experience are more than welcome to join. A support vehicle follows the group throughout the journey but be aware that it cannot always follow directly, instead meeting the group at intervals.

**Biking Conditions:** The overall split of paved and unpaved roads on this tour is roughly 75% / 25%. Paved surfaces are either asphalt or concrete with conditions ranging from very smooth to bumpy and cratered. Unpaved surfaces are predominantly farmer trails which range from hard-packed soil to loose but still grippy gravel. There are a few short sections of singletrack and rocky forest paths. Although much of the route is on quiet countryside roads with minimal traffic, we will regularly share the roads with cars, motorbikes, and buses. There are a handful of unavoidable sections along main provincial roads but these are few and far between. Although we've scheduled our departures to avoid the wettest times of the year, rainfall 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. Additionally, from March through April, northern Thailand experiences its annual burning season, when smoke from agricultural field clearings causes smog. While we avoid this period entirely, the exact start date varies each year, and some early burnings may occur in February, impacting air quality on parts of the route.

## Day 1: Chiang Mai - Sticky Waterfall - Wat Ban Den

In the morning, we pick you up from your pre-tour hotel in Chiang Mai City and transfer around 1.5 hours to Bua Tong Waterfall. Known as the "sticky waterfall" due to its unique grippy limestone surface, this natural wonder invites you to climb its cascades and take in the lush surroundings while we prepare the bikes. From here, we begin our ride on smooth roads winding through the serene forests bordering Sri Lanna National Park. A swift descent leads us into a landscape of vast farmlands framed by mountain backdrops. At the 15 km mark, a short, spicy climb lifts us to the sturdy dam walls of the Mae Ngat Reservoir with stunning views over the calm waters of the lake. The second half of today's ride takes us on a mix of gravel, dirt, and concrete roads through longan orchards and rice fields in the district of Mae Taeng. Before arriving at the day's hotel, we swing by Wat Ban Den, a sprawling temple complex renowned for its large sculptures of creatures from northern Thai mythology.

Phusanfah Resort  Lunch, Dinner



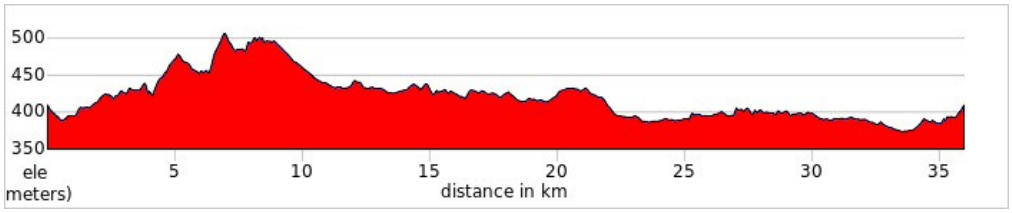

Ride 32km  +153m  -321m

## Day 2: Mae Taeng - Chiang Dao Loop

A quick 30-minute transfer takes us north into the Chiang Dao Valley, home to Thailand's third largest mountain. Here we hop on our bikes and explore this beautiful rural area, cycling through bountiful farmlands framed by the silhouettes of towering ridges and peaks. The first 15 km take us on mixed surface roads to reach the sacred Chiang Dao Caves. By foot, we enter narrow chambers housing an eclectic mix of stalagmites, stalactites, Buddha images, and other religious relics. We then weave along the valley floor on predominantly paved roads for another 20 km, surrounded by rice paddies and fruit orchards with the majestic Chiang Dao Mountain looming in

the background. The rest of the day is free to lounge by the pool and enjoy the views at our resort nestled amidst the rural idyll of the valley.

Buraphat Resort  Breakfast, Lunch, Dinner

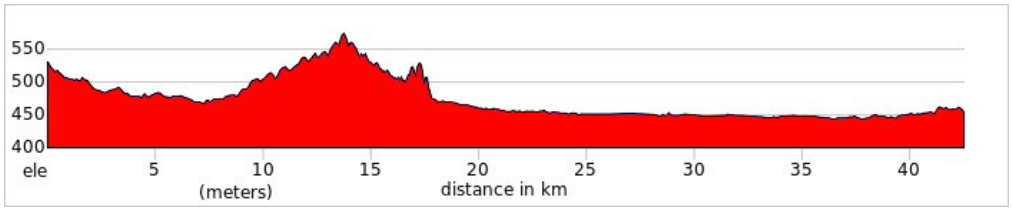



Ride 36km  +359m  -358m

## Day 3: Chiang Dao - Fang - Tha Ton

We begin the day with a 1.5 hour transfer to the far north of Thailand, where the mountains form a natural border with Myanmar. The first half of the route is predominantly paved, cycling on minor roads through a region dominated by orange groves. After some low-gradient climbing we stop at a Lahu hilltribe village where we may be invited for some local tea and learn about traditional Lahu lifeways and spirituality. We then cruise downhill back into the plains where seemingly every inch available is covered by rice paddies. This is the arena for the second half of today's ride, navigating small dirt and gravel trails that follow irrigation canals and embankments. Paved surfaces are few and far between all the way to the market town of Tha Ton which sits on the banks of the Mae Kok River. We aim to arrive in time for lunch at a local restaurant and then ride a very short distance to our riverside hotel replete with peaceful gardens and a refreshing pool. The afternoon is yours to relax. We can also arrange an optional drive up to a nearby hilltop temple with panoramic views.

Maekok River Village Resort  Breakfast, Lunch, Dinner

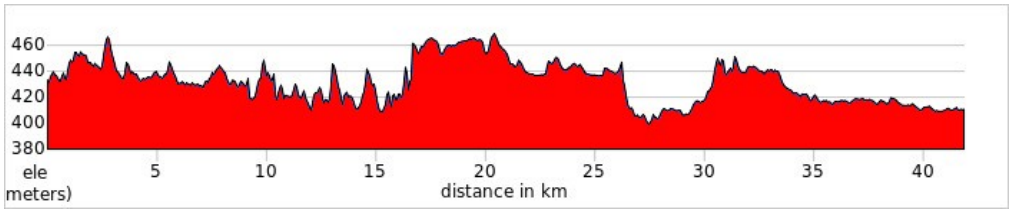



Ride 43km  +231m  -304m

## Day 4: Tha Ton - White Temple - Chiang Rai

We start things a little differently today. After a short transfer to a pier, we'll hitch a ride on a long-tail boat that takes us downstream on the Mae Kok River. After about an hour, we'll disembark and saddle up to follow the river as it cuts through a narrow valley dotted with hill tribe villages and surrounded by forested slopes and terraced agricultural fields. Eventually, we spill out onto the plains surrounding Chiang Rai, concluding our ride at the eccentric White Temple, Chiang Rai's top attraction, where traditional Thai temple architecture meets modern art and pop culture. After our visit and lunch, we end our adventure with a transfer to your post-tour hotel (30 - 45 minutes). Please let us know if you need assistance with hotel bookings or airport transfers after the trip.

Breakfast, Lunch



Ride 42km +361m -383m

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

Included in the cost of this tour are well-known makes of hybrid bikes with lightweight alloy frames, 24- to 27-speed gearing, v-brakes, and Shimano components and front suspension. We also have E-Bikes available for hire, but they are limited in number & size - please send an email to us to check on availability.

### Bike Repairs

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

### Safety

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

### Guides

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

## THE NITTY GRITTY

### Passports and Visas

Visitors from 93 countries can enter Thailand for 60 days without applying for a visa. See here if your country is on the list. If you do not hold a passport from one of these countries please contact the Thai embassy or consulate nearest to you about applying for a visa. If you intend to say for more than 60 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. You will need to show proof of an onward flight out of Thailand to be eligible for the visa on arrival. If you do not possess a ticket proving your exit from Thailand within 60 days of arrival, you may be denied boarding.

**Important Update**: As of **May 01, 2025** 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 at a hotel 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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