SPICE ROADS
CYCLING

ROAD

HAINAN ISLAND BY ROAD BIKE

Tour Code
CHN-HAI

10 DAYS
9 NIGHTS

Destinations	China
Tour Meets	Haikou
Tour Ends	Haikou
Fly in to	Haikou Meilan International Airport (HAK)
Fly out of	Haikou Meilan International Airport (HAK)
Group Size	2-16 riders
Minimum Age	18 (on scheduled departures)

ACTIVITY PROFILE

8 Cycling days	**836** km Total cycling distance
105 km Avg distance / day	**586** m Avg climbing / day

PRICING

Price	US$ 3,290
Bike Hire (Road Bike)	US$ 240
Single Supplement	US$ 450

WHAT'S INCLUDED

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

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Airport drop off
- ✗ Visa fees
- ✗ Alcohol

DEPARTURES

10 Oct - 19 Oct 2026
14 Nov - 23 Nov 2026
19 Dec - 28 Dec 2026
16 Jan - 25 Jan 2027
27 Feb - 08 Mar 2027
10 Apr - 19 Apr 2027
15 May - 24 May 2027
09 Oct - 18 Oct 2027
13 Nov - 22 Nov 2027
18 Dec - 27 Dec 2027

TRIP PROFILE

After meeting in Haikou for a bike fitting and dinner on our first night, we cycle directly out of our hotel on Day 2. From here, we will ride a total of 836 km counter-clockwise around the circumference of Haikou over 8 cycling days, with an average of +586 m of climbing per day. Distances and elevations are quite consistent from day to day, with a maximum 1-day distance of 114 km, and a maximum 1-day climbing total of +712 m. There are few sustained climbs on the tour: the elevations come from consistently rolling terrain. Along the way, we will stay in a variety of settings, from up-and-coming cities to idyllic beaches and historic farming communities. Much of the tour is hotel-to-hotel, but on days 4, 5, 6 and 8, we will use transfer vehicles for 30-60 minutes to avoid busier urban roads.

Suitability

Experience handling a road bike and good level of physical fitness will allow you to get the most out of this tour. Hainan is a tropical region, so hydration and cooling off will be important. If possible, acclimate to riding/exercising in hot temperatures before the tour. Taking electrolytes regularly before and during the tour will help your endurance and energy levels during the tour. A support vehicle is available at all times to provide refuge for weary riders.

Biking Conditions

We will cycle the circumference of Hainan Island on well-paved roads and bike paths, with brief sections of rougher asphalt or gravel. While we will avoid the busiest sections with well-placed van transfers, we will often share the road with various motor vehicles. Passing through villages and towns, expect to navigate through some intersections with traffic. Guides will assist by briefing you on rules of the road and riding safely on Hainan. The weather will heat up at midday, but may be broken by periods of rain. We generally ride rain or shine, but 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: Arrival in Haikou

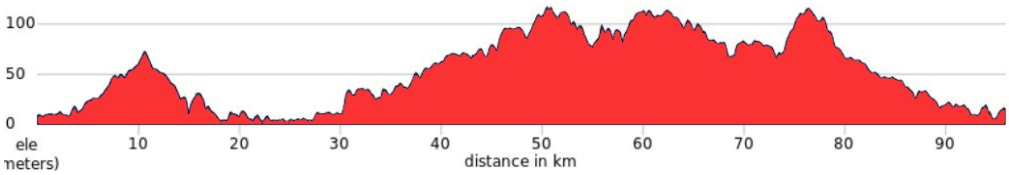
After landing at Haikou Meilan International Airport, we'll pick you up and bring you to the hotel. Unwind from your flight at this oceanfront property. Tonight, we'll gather for a welcome dinner.

Jing Ting Seaview Hotel Dinner

Day 2: Haikou - Lin'gao

Cycle out of the hotel and set out along the island's northwest coastline. Along the way, take a break at a 300-year-old farming village with distinctive volcanic stone houses surrounded by banyan trees, coffee plantations, and fruit orchards. As we continue pedaling on our seaside route, stopping by the beautiful Guyin Waterfall, which gushes out of the dense jungle, then head onward to our resort for the night. Take a soak in the hot springs and enjoy dinner with views over the Beibu Gulf between Hainan and mainland China.

Country Garden Golden Spring Hotel Breakfast, Lunch, Dinner

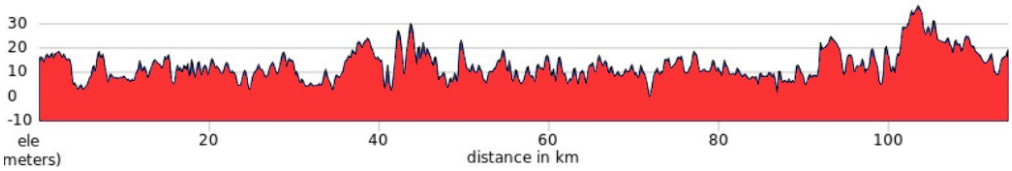


Ride 96km +656m -650m

Day 3: Lin'gao - Yangpu

Pedal out of the resort and into a day rich in history and natural splendour, following a beach of white sands to the Lin'gao Cape, overlooked by a 19th century French lighthouse that has helped sailors navigate into the Qiongzhou Strait for more than a hundred years. This is where hastily-assembled Communist forces landed in 1950 to wrest control of Hainan from Chiang Kai-Shek's Kuomintang. Later, we stop for refreshment at the unique volcanic rock formations and grottoes of Longmen Jilang, a dramatic vantage point exposed to the sea and eroded over millennia by the crashing surf. Tonight, we will stay in a modern hotel in a more urban setting just steps away from the Yangpu port, allowing for some exploration of the surrounding town. Later, try some local specialties for dinner!

Hilton Garden Inn Breakfast, Lunch, Dinner

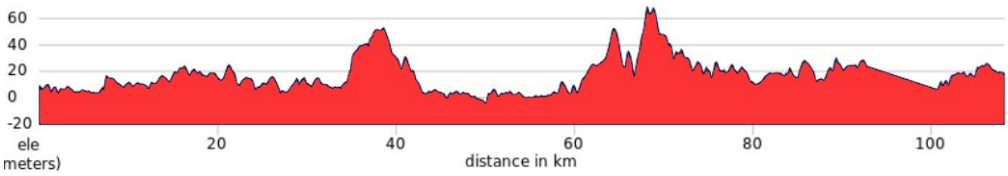


Ride 114km +712m -709m

Day 4: Yangpu - Qizi Bay - Dongfang

This morning, we will first transfer around 30 minutes out of Yangpu to reach our scenic cycling route. On the bikes once more, we reach the Yangpu salt fields, which have been a source of this vital mineral for over 1,200 years. On this tranquil coastline dotted with fishing villages, salt pans have been carved into the volcanic rocks by generations of workers. We will continue along our slightly undulating path to Qizi Bay, which translates to "Chess Piece Bay", so named for the countless small smoothed stones that can be found near the sandy beach. This is a good place for a swim before pedaling to our sleek hotel in the city of Dongfang, on the Gulf of Tonkin (Vietnam is about 300 km away across the Gulf). En route, we will visit the nearby Yulinzhou scenic area, the westernmost tip of Hainan, which is also a memorial to forced labourers under the Japanese occupation of Hainan during the Second World War. As evening falls, take a walk and meet some locals in the neighbourhoods near the hotel, and enjoy seeking out a local dinner with suggestions from your guide!

Mehood Lestie Hotel Breakfast, Lunch

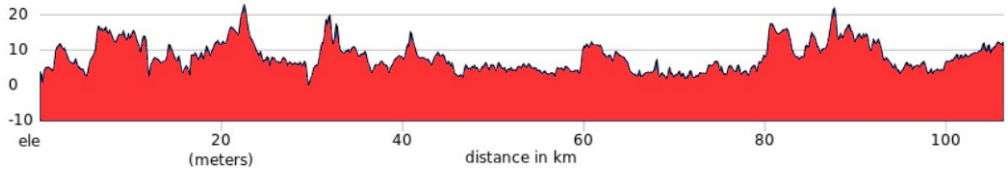


Ride 108km +538m -529m

Day 5: Dongfang - Sanya

This morning, we will take a one-hour transfer to bypass the urban centre of Dongfang, then pedal straight into the idyllic landscapes of Hainan's southern coast,. Cruise along an endless strip of white and golden beaches, with a backdrop of salt fields, green hills, rice paddies and coconut palms swaying in the breeze. Gigantic white statues of the Guanyin, the "Lady Buddha" who is the protector of travelers, stand watch over us as we make our way through this striking whirl of colours and sensations towards the modern city of Sanya, famed as a model ecological city that respects the island's natural heritage. Our hotel for this evening features vast infinity pools overlooking the turquoise waters of the South China Sea, the perfect place to embrace this relaxed pace of life that moves with the rhythm of the surf. Enjoy sundown on the terrace. Tonight, dinner is once again yours to choose from the options near the hotel.

Jinsha Seaview Hotel Breakfast, Lunch

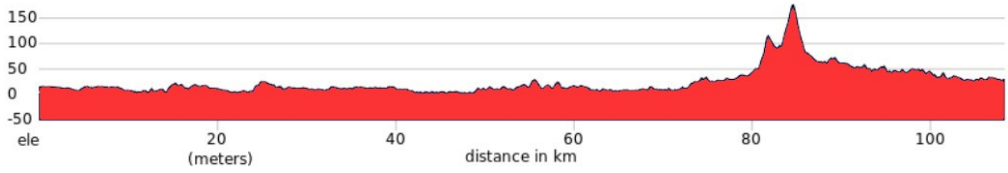


Ride 105km +382m -374m

Day 6: Sanya - Lingshui - Xinglong

After breakfast with the ocean view, we cycle out of our resort and along the waterfront of Sanya. With its once-remote location, referred to as "The End of Sea and Sky," Sanya has always held an exotic place within Chinese empires: in some periods, it even once became a place of exile for rulers who were in disfavour. Modern Sanya thrives as a destination for international forums and for those eager to explore its natural beauty. Wildlife preserves of rainforests and coral reefs have allowed for the resurgence of numerous species, including rare Chinese white dolphins. We will pedal on past several of these wilderness reserves to arrive at the prosperous town of Xinglong, home to a diverse community, including descendants of overseas Chinese returnees. This unique blend of cultures is reflected in its architecture, cuisine, and traditions. Xinglong is also a key agricultural area, specializing in tropical crops such as coffee, cocoa, fruit, and spices. Tonight, explore the town and its many culinary delights!

Ji Hotel Xinglong Breakfast, Lunch

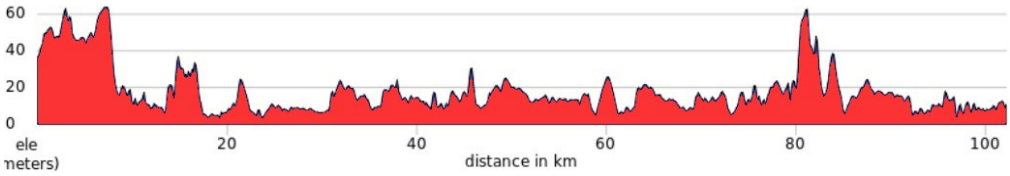


Ride 105km +662m -647m

Day 7: Xinglong - Bo'ao

We start our day with a visit to the famous Xinglong Tropical Botanical Garden, where we can explore the region's natural incredible diversity. Trading petals for pedals, we then embark on a seaside ride where you will want to have your swimsuit handy; these are some of the most spectacular beaches on the island! Along the way, we reach the town of Hele, which has a tradition of aquaculture going back 1,000 years: the systematic farming of Hele crab, Gangbei shrimp, and fish such as red snapper developed very early here. In the present, measures have been taken to rehabilitate the region's ecology, ensuring that it continues to flourish from both an environmental and economic perspective. After sampling the marine bounty concocted into delicious, distinctive dishes, we ride on to Bo'ao, where our resort boasts plentiful swimming pools, as well as access to more of those wonderful beaches we passed along the way here. Cool off and rest your legs in this idyllic haven!

Island Forest Seaview Hotel Breakfast, Lunch, Dinner

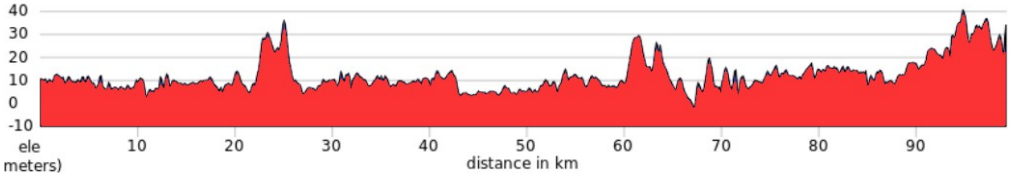


Ride 102km +633m -659m

Day 8: Bo'ao - Coconut Forest - Longlou

If you wake up early, watch the spectacular sunrise here on the eastern coast of the island. After breakfast, we set out on a ride to the Cai Family Mansion, built in the 1930s by the Indonesian-Chinese entrepreneur Cai Jiasen. The sprawling edifice incorporates traditional Chinese design along with elements of Art Deco and Mission Revival styles popular at the time. We ride on to the vast Dongjiao Coconut Forest to learn more about the cultivation of this important fruit in the region, which dates back to the Ming Dynasty and boasts over 50 varieties. The coconut groves also make for a pleasant, shaded cycling experience. Later, we reach Longlou, known as one of China's key space launch sites. If our timing is right, we may even see a rocket take off! Your hotel is a 10-minute walk from the beach in this dynamic locale where high-tech aerospace meets natural and cultural beauty.

Holiday Inn Express Wenchang Breakfast, Lunch, Dinner

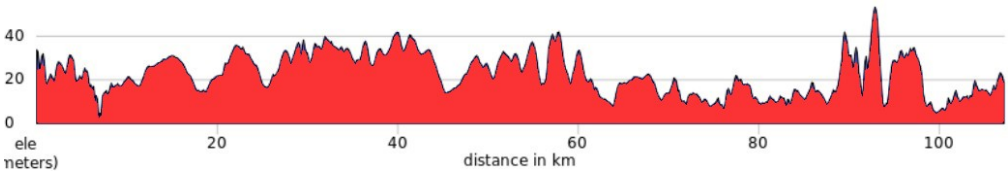


Ride 99km +507m -485m

Day 9: Longlou - Mulan Bay - Haikou

Leaving Longlou, we ride into a striking natural preserve on the slopes of Tongguling Peak, which juts up over 300 metres. Boasting lush tropical forests that are home to rare plant species and wildlife, the area features breathtaking coastal scenery including the 25-kilometer-long unspoiled white sands of Yueliang Bay (Moon Bay) and the unique volcanic rock formations of the Stone Park. As a National Nature Reserve, it protects fragile coastal ecosystems like coral reefs and mangroves, serving as a habitat for endangered species such as the Hainan gibbon. Riding on, we reach Mulan Bay, sheltered by a dramatic, windswept cape jutting up towards China's mainland. Surrounded by lush vegetation and rugged cliffs, Mulan Bay retains a wild, unspoiled charm, making it a popular spot for nature lovers and photographers seeking serene landscapes in one of Hainan's lesser-explored coastal treasures. This is a spectacular ending point for our cycling circumnavigation of Hainan! From here, we take a one-hour transfer to our hotel, where we will relax by the sea once more and toast our journey over a grand farewell dinner!

Royal Madrid Yachts Holiday Hotel Breakfast, Lunch, Dinner



Ride 107km +595m -612m

Day 10: Departure from Haikou

This morning, take a taxi from your hotel to the airport, head into Haikou City to explore further, or stay by the sea for another night or two of relaxation!

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 in good mechanical order, and bring any spare parts you may need.

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

All nationalities are required to possess a valid passport.

Citizens of some countries are now eligible for 15- or 30-day visa-exempt periods when visiting China. Please see this article for more details. If in doubt about your requirements, we strongly advise checking with your local Chinese embassy or consulate before your departure.

For other countries, an entry visa is required to enter the PRC. Most travelers will seek a type L visa, stemming from the Chinese word: luxing (travel). This letter is stamped directly onto the visa. Visas are easily obtainable from most Chinese embassies or consulates abroad and issued within 3 to 5 days from application. Express visas are available for an additional fee. If you are applying for a visa by mail, it can take 3 to 4 weeks for approval. Most nationalities qualify for a 30 day visa which is activated on your first day in China, and must be used within 3 months of its issuance. There are also 60 and 90 day visas available. The 90 day visas where once difficult to get but are now more easily obtainable. A Chinese visa covers virtually the entire country with the exception of some restricted areas and Tibet.

Health

Recommended vaccinations include: Adult diphtheria and tetanus, Hepatitis A and B, Measles, mumps and rubella, Typhoid, Varicella, Influenza, Japanese B encephalitis, Pneumonia, Rabies, and Tuberculosis. If you are arriving from a country infected with Yellow Fever, a certificate is required within six days. Please speak to your doctor for the most up to date information.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Most meals are some variety of traditional Chinese dishes. The staple of any meal in China is either rice or noodles, and most meals will include these. Chinese cuisine is world famous and we make sure our meals allow you to sample as much variety as possible including local specialties. 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. Beer is freely available everywhere in China, but is NOT included in the price.

Weather

Chengdu, Sichuan

This area has a subtropical monsoon climate. It is fairly warm in the winter, dry in the spring, hot in the summer, and rainy in the autumn. The average temperature in January is 5-8 degrees Celsius (41-46 degree Fahrenheit). The average temperature in July is 25-29 degrees Celsius (77-84 degrees Fahrenheit). There are 250 to 300 cloudy and rainy days a year in the plain. The rainy season extends from May through September, and the dry season extends from October through April.

Hainan Island

Weather in Hainan Island is tropical and warm throughout the year, making it one of China's most pleasant regions for outdoor travel. The average daily high temperature is around 26°C, and temperatures rarely drop below 18°C even in winter. The hot season extends from May to October, with highs between 28°C and 33°C, while the cooler months from November to April see temperatures ranging from 20°C to 26°C. Humidity is generally high year-round. The rainy season runs from May to October, with the heaviest rainfall occurring in June, July, and August, while the rest of the year remains relatively dry and sunny.

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.

Money

Renminbi can be exchanged for foreign currency or travelers checks at border crossings, international airports, branches of the Bank of China, tourist hotels and some large department stores. The official rate is given almost everywhere and the exchange charge is standardized, so there is little need to shop around for the best deal. ATMs are common in all sizable towns and cities and you can use Visa, Master Card, Cirrus, Maestro, Plus and American Express (AmEx) to withdraw cash but there is a maximum daily withdrawal amount.

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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