SPICE ROADS
CYCLING

TOURING

CYCLING COASTAL THAILAND

Tour Code
THA-TCC

11 DAYS
10 NIGHTS

Destinations	Thailand
Tour Meets	Bangkok
Tour Ends	Khao Lak
Fly in to	Suvarnnabhumi Airport (BKK)
Fly out of	Phuket International Airport (HKT)
Group Size	2-16 riders
Minimum Age	18 (on scheduled departures)

ACTIVITY PROFILE

10 Cycling days	**325** km Total cycling distance
34 km Avg distance / day	**241** m Avg climbing / day

PRICING

Price	US$ 3,765
Bike Hire (Hybrid Bike)	US$ 220
Bike Hire (E-Bike)	US$ 550
Single Supplement	US$ 750

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

DEPARTURES

11 Oct - 21 Oct 2026
01 Nov - 11 Nov 2026
23 Dec - 02 Jan 2027
29 Dec - 08 Jan 2027
03 Jan - 13 Jan 2027
31 Jan - 10 Feb 2027
28 Feb - 10 Mar 2027
16 May - 26 May 2027
27 Jun - 07 Jul 2027
10 Oct - 20 Oct 2027

See website for later departures

WHAT'S INCLUDED

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

WHAT'S EXCLUDED

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

TRIP PROFILE

We cycle 325 kilometres in 10 cycling days exploring beaches, waterfalls, jungles, and fishing villages, overnighting on beautiful islands. We enjoy some time off the bike, so we can take in boat rides, wildlife, and islands. The cycling is on a mixture of tarmac and dirt roads, mostly on flat terrain.

We designed the route for those who wish to see the rural Thai countryside and the rich history of Thailand, all while enjoying an active holiday. We ride off the main roads as much as possible, so we can explore long stretches of beaches, the beautiful island of Ko Talu, and scenic areas around Koh Kho Khao and Khao Lak. We have a true Thai experience when we spend an afternoon with a traditional fishing community.

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 cold drinks and fresh fruit.

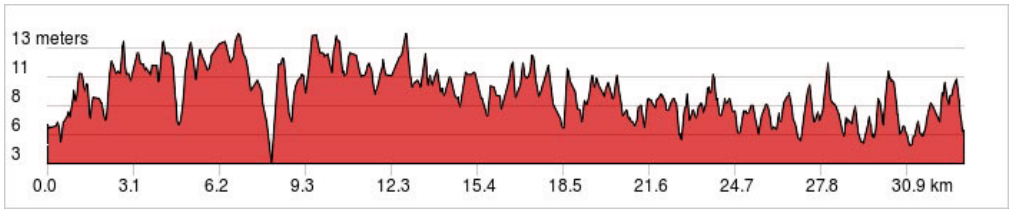
Suitability: You can expect a fairly gentle ride each day with none of the distances being overly long. There are a few small hills and some dirt trails, but these can be tackled by anyone with even a moderate amount of fitness. The emphasis on this tour is Thailand's history, culture, and scenery, all off the beaten track.

Biking Conditions: This trip is mainly on tarmac roads with a few sections where we will have hard packed dirt trails – no off-road experience required. An air-conditioned support bus travels behind the group to support us, and participants can cycle as much or as little as they like and still enjoy the same views as the rest of the group.

Day 1: Bangkok - Amphawa

Starting from Bangkok, we drive south to the Mae Klong Delta area to start our bike tour at Damnoen Saduak Floating Market, the biggest and most colourful in Thailand and a must-see for any visitor. From there, we embark on a long-tail boat cruise through a maze of canals cutting through local villages and various plantations. This eye-opening boat ride offers a glimpse into Thailand of old, where local people are going about their daily life with the canal as the focal point. Then, we start riding into coconut plantations and fruit orchards along quiet backroads. We visit interesting temples, such as the quirky Wat Bang Kung, held up by a huge banyan tree, and the exceptional carved panels of Wat Bang Kae Noi. At night, we unwind at our cozy riverside hotel. Feel free to explore Amphawa's lively weekend market, where rows of food stalls and charming shops fill the vintage canalside community.

Amphawa Riverfront Hotel Lunch, Dinner

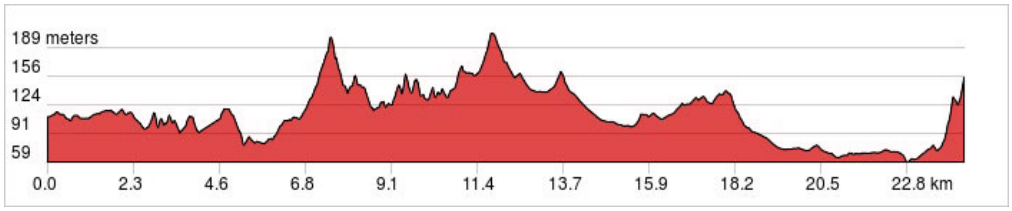


Ride 35km +140m -141m

Day 2: Amphawa- Kaeng Krachan

Wake up early to participate in the Thai tradition of making an offering to Buddhist monks. As we are on the river, the monks will come by in their boats. After a leisurely breakfast, we transfer for approx 1.5 hours to Kaeng Krachan National Park. Thailand's largest national park, Kaeng Krachan is an excellent place for an adventurous day. We visit the park's headquarters on the edge of a large reservoir and enjoy the views and cool breezes. We ride along the lake's shoreline and across an impressive dam before heading inland along trails and quiet country roads. We stop often in this tranquil area to take in the wonderful views and give you time to take photos. There are some small hills but nothing too strenuous or taxing. The ride will end at our very comfortable, secluded, and beautiful resort beside the river, set in wonderfully landscaped grounds. We have time for a swim or massage before we enjoy a great dinner at the hotel.

Boathouse Paradise Breakfast, Lunch, Dinner

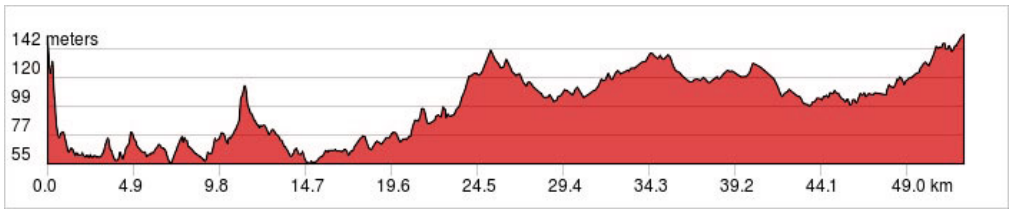


Ride 25km +434m -397m

Day 3: Kaeng Krachan - Hua Hin

We ride directly from our resort on country roads through mango orchards, sugar cane fields, and palm plantations. We cross the Petchaburi River and ride 23 km to a reservoir. We take our first break and hop in the van to visit a temple with a small cave. We take the stairs for a short walk up to the Dao (star) Cave, named for some unique formations inside. We ride only 10 km more to our lunch stop at the Hua Hin Vineyard. From our table, we'll have a perfect view over the vineyard where the New Latitude grapes are grown - Colombard, Chenin Blanc, Muscat, Shiraz, Sangiovese, and Tempranillo. Wine is not included in our lunch, but there are tasting sets for those who want to try Thai wine. After lunch, we get back on the bikes and take a back road that alternates between dirt, gravel, and tarmac to Wat Huay Mongkol, where a famous monk is revered. Then we'll pack up the bikes to avoid traffic and drive 30 minutes to our centrally located hotel in the resort town of Hua Hin. Enjoy a stroll through the night market after dinner.

Putahracsa Hua Hin Breakfast, Lunch, Dinner

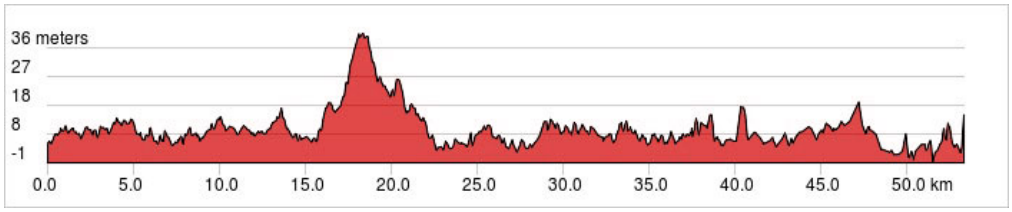


Ride 50km +395m -382m

Day 4: Hua Hin - Sam Roi Yot - Baan Grood

We start the day with a short transfer to our start point just outside Hua Hin. Today's ride will be along the coast with picturesque fishing boats making excellent photo opportunities. We start our ride at a temple where we ready our bikes for a very flat ride past fishing villages, schools, temples, and many coconut plantations. Following a windy road that offers some shade, we soon find ourselves among shrimp farms. We weave through the town of Praknam Pran and see squid drying on racks at the fish market. We ride past Khao Kalok, a large rock that separates one bay from another, numerous resorts, and, if the wind is right, a kite surfer or two. After entering Sam Roi Yot (300 hundred peaks) National Park, known for numerous caves, beaches, and limestone cliffs. We ride to the base of Phraya Nakhon Cave, where we have lunch. For those enthusiastic enough, there's a climb up to the two caverns which are unique in that they are naturally illuminated due to a collapsed roof. In 1890, King Rama V visited the cave and built a royal pavilion that became the symbol of Prachuap Khiri Khan province. We then hop in the van to miss a busy section of highway to our next seaside resort.

Baan Grood Arcadia Resort Breakfast, Lunch, Dinner

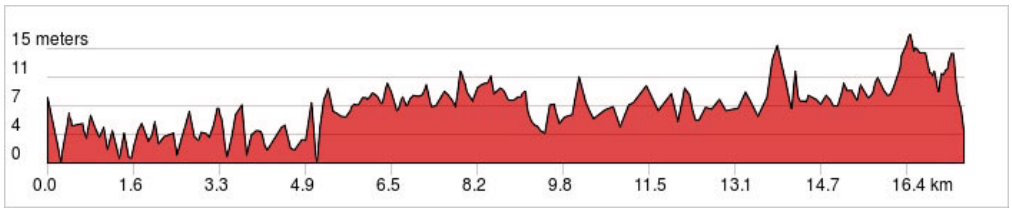


Ride 50km +223m -216m

Day 5: Baan Grood – Koh Talu

This morning, we have the option for a short 20-km ride along the coast before a brief drive to the pier where we board a speed boat that will whisk us away to our own private island, Koh Talu. The afternoon is free to snorkel with the colourful coral and fish, to kayak around the island, or to clamber up to the view point. Dinner tonight is at our resort on the island.

Koh Talu Island Resort Breakfast, Lunch, Dinner

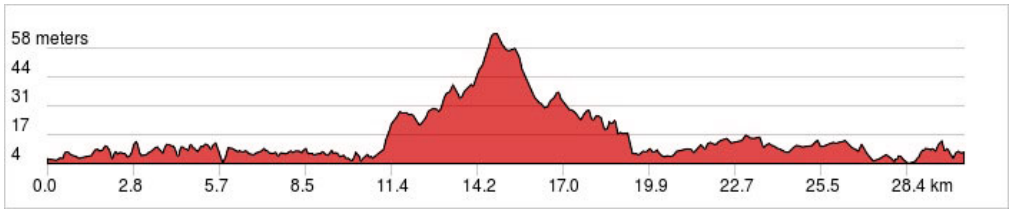


Ride 20km +92m -95m

Day 6: Koh Talu - Chumphon

There is time to go for one more snorkel before we take leave of our is-land oasis and boat back to the mainland. Our bikes will be waiting and ready for us to ride. Our palm tree-lined route takes us past white sand beaches on one side and a backdrop of green lush hills on the other. Depending on the boat's arrival time, we'll ride for 30 km on a scenic road and then transfer to our next beach resort.

Nana Beach Resort Breakfast, Lunch, Dinner

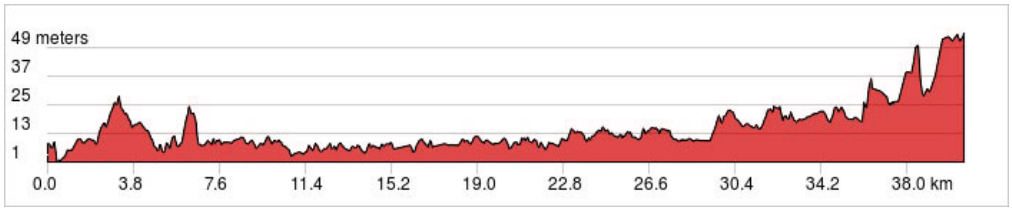


Ride 30km +143m -139m

Day 7: Chumphon - Ranong

We start today on the bikes with another coastal ride. However, the terrain will start to undulate, making it a bit different from our earlier rides. Once we have completed our distance, we'll take a lift in our support vehicle up to see a coffee plantation where the region's best Arabica coffee is grown, as well as orchards that produce longan, a small, sweet, and sour fruit grown widely in the south of Thailand. We then stop at Poonyaban Waterfall, where there's time for a dip before we continue on to our overnight at the port city of Ranong, a Thai province that shares the border with Myanmar.

Numsai Khaosuay Resort Breakfast, Lunch, Dinner

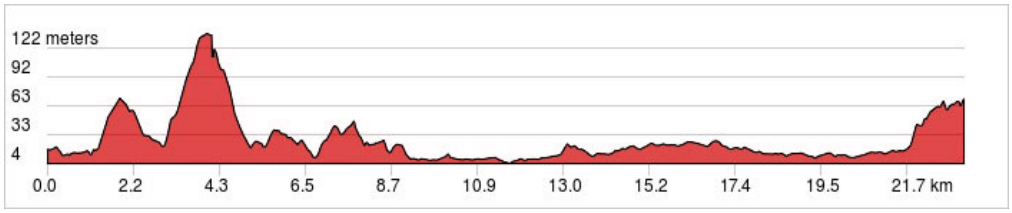


Ride 40km +224m -178m

Day 8: Ranong - Suk Samran

After breakfast we hop on the bikes and head inland. A short ride takes us to a local hot spring. There are three natural spring pools, and the water temperature remains constant at about 65 C. Once we have relaxed our muscles, we transfer about 2 hours to our next Thai experience at a village where Muslims and Buddhists live side by side. We'll immerse ourselves in learning local customs and traditions. We then meet our host family with whom we'll learn how to make authentic Thai snacks, and, of course, enjoy the results. After lunch, we bid our hosts goodbye and transfer to our resort.

I-In Resort Breakfast, Lunch, Dinner



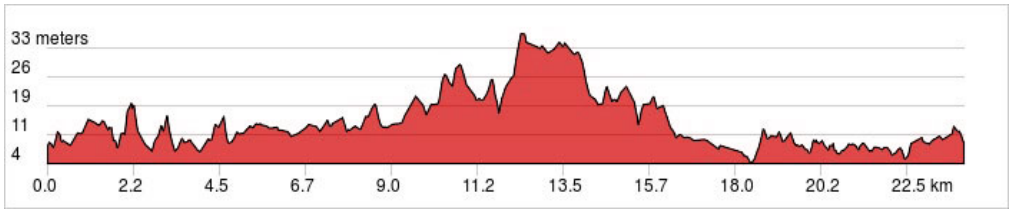
Ride 20km +317m -267m

Day 9: Suk Samran - Takua Pa

We transfer about one hour to the old city of Takua Pa, which once was a flourishing trade port known by Indians and Arabs back in the 17th century. Tin used to be the major export that brought wealth to the city, and what remains are the merchant houses built in Chino-Portuguese style. We have a leisurely cycle through the town and then ride on to visit the beachside Tsunami Memorial at Ban Nam Khem and the big fishing boat that was carried an amazing 2 km inland by the surging waters. Smaller boats were also deposited nearby, particularly in a pond we'll

pass. We have an early arrival, so you can enjoy the beach as well as the pool and spa at our resort, built in typical Thai architecture style.

Thai Life Resort Breakfast, Lunch, Dinner

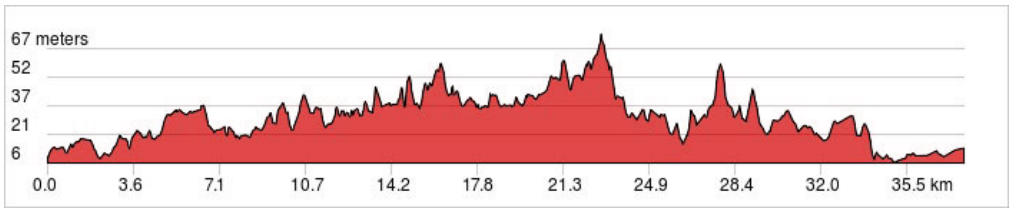


Ride 25km +133m -133m

Day 10: Takua Pa - Khao Lak

We cycle from the resort and head inland to take a quiet backroad through small villages and shady rubber plantations and cross rivers as we cycle to the small waterfall of Sai Rung. There's a dipping pool at the base, perfect for cooling off before we have lunch. Then it's a short cycle to the sandy shores of Khao Lak Beach where we end our ride. We meet up for our farewell dinner and reminisce about all the Thai experiences we have had along the way.

Apsara Beachfront Resort & Villa Breakfast, Lunch, Dinner



Ride 40km +313m -309m

Day 11: Departure

The tour ends in Khao Lak. However, we can assist you in extending your holiday in Khao Lak, known for its amazing beaches and weekend street food market. Or we can arrange transport to Phuket to explore more of Southern Thailand.

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, a hybrid is best and please make sure it is in good mechanical order.

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

145 Soi Pridi Banomyong 14 (Mee Suwan 3)
Sukhumvit 71 Road, Phra Khanong Nuea, Watthana
Bangkok, Thailand 10110
Tel: +66 (0) 2 026 3295
Email: info@spiceroads.com
Website: www.spiceroads.com

FOLLOW US

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