

SPICE ROADS

CYCLING



BIKING HANOI TO LUANG PRABANG

Tour Code
MCT-MHL

13 DAYS
12 NIGHTS

	Destinations	Vietnam, Laos
	Tour Meets Tour Ends	Hanoi Luang Prabang
	Fly in to Fly out of	Noi Bai International Airport (HAN) Luang Prabang International Airport (LPQ)
	Group Size Minimum Age	2-16 riders 18 (on scheduled departures)

ACTIVITY PROFILE



9
Cycling days

645 km
Total cycling distance

72 km
Avg distance / day

1057 m
Avg climbing / day

PRICING



Price	US\$ 4,200
Bike Hire (Mountain Bike)	US\$ 275
Bike Hire (E-Bike)	US\$ 715
Single Supplement	US\$ 570

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

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

DEPARTURES



12 Jul - 24 Jul 2026
01 Nov - 13 Nov 2026
29 Nov - 11 Dec 2026
10 Jan - 22 Jan 2027
21 Feb - 05 Mar 2027
28 Feb - 12 Mar 2027
11 Jul - 23 Jul 2027
31 Oct - 12 Nov 2027
28 Nov - 10 Dec 2027

TRIP PROFILE

This tour offers a broad range of activities and experiences that befit this diverse region. After a day exploring Hanoi's many sights, followed by an overnight train ride from Hanoi, we ride up to 645 km through Indochina's most spectacular mountain scenery. The cycling ramps up slowly in distance and intensity, with shorter rides on Days 3 and 4 (albeit with climbing involved) followed by more challenging rides on Days 5 to 7. Days 8 and 9 once again reduce the distance and elevation somewhat, with time spent in the Dien Bien Phu historic area. On Day 10, we have a relaxed day off the bike, cruising on longtail boats and taking in the remote riverside landscapes. Day 11 is a day of riverside trail riding on the bike, with Day 12 providing some serious distance and elevation as we reach Luang Prabang. This makes for a well-paced tour, balanced between sightseeing and riding.

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 should only be attempted by fit and experienced cyclists who are used to these types of distances and elevations. It is a very mountainous region, often with hot and humid weather, and we must cross many valleys and mountains to get to Dien Bien Phu and then onwards to Luang Prabang. A support vehicle follows the group at all times, though there are some sections where it cannot access the narrow roads and trails that we ride and rendezvous points will be set. Cyclists should be prepared to handle their bikes in busy sections, including on some main roads which we must occasionally take.

Biking Conditions: The roads are a mixture of good asphalt, broken or potholed roads, and some off-road cycling tracks. Navigating gravelly and cratered country roads requires some handling skills, but does not require advanced technical manoeuvring. Likewise, while the off-road riding is not that technical, some experience will help. While much of the route is on quiet, countryside roads with minimal traffic, we will also be sharing the roads with other vehicles, including cars, motorbikes, and buses. 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 Hanoi

Welcome to northern Vietnam and the capital city of Hanoi: a vibrant metropolis infused with ancient heritage, a French colonial legacy, a revolutionary spirit, and modern cosmopolitanism. This afternoon, we meet at our tour hotel in the city centre for a trip briefing and a delicious Vietnamese welcome dinner.



Le Jardin Hotel Haute Couture



Dinner

Day 2: Hanoi - Overnight Train to Lao Cai

This morning, embark on a captivating journey through 1,000 years of Hanoi's rich history! Discover the Temple of Literature, a sprawling Confucian temple dating back to the 11th century and recognized as Vietnam's first university. Explore iconic Hoan Kiem Lake and the 18th-century Ngoc Son Temple, which seemingly floats on its shimmering waters. Turning to Hanoi's modern history, visit historic Ba Dinh Square for a glimpse of the monumental facade of the Ho Chi Minh Mausoleum, the resting place of Vietnam's revered revolutionary leader. After lunch, the early afternoon is free to wander through the Old Quarter, a maze of bustling, narrow alleyways lined with shophouses in old French colonial buildings. In the evening, we reconvene for dinner and transfer to the train station, where we board our overnight train into the mountains of Lao Cai Province where our biking adventure begins the following morning! The total travel time is 8-9 hours, and we'll be in comfortable, nicely-appointed private cabins on this deluxe train. An overnight train journey is a hallmark experience for any traveller to Vietnam.



Private Cabin on Deluxe Sleeper Train "Chapa



Breakfast, Lunch,

Express"

Dinner

Day 3: Lao Cai – Sapa

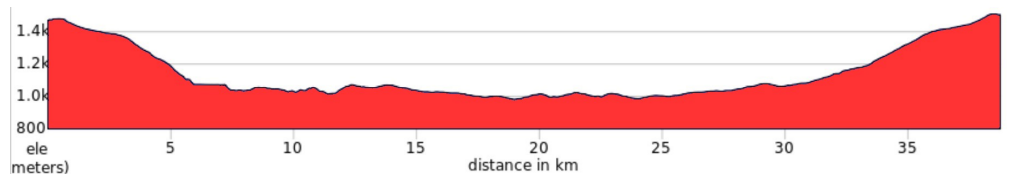
Early in the morning, our train will roll into Lao Cai station, where the cool mountain air will welcome us to the far northern reaches of Vietnam! From Lao Cai, we transfer around one hour to the hill station town of Sapa, our base for the next two days. Sapa is the gateway to one of Vietnam's most stunning landscapes, renowned for steep mountain valleys draped by a sea of terraced rice paddies. Etched into the slopes are the villages of various hill tribe groups, such as the Hmong, Dao, and Giay, each with their own distinct cultures and traditions. Connecting these villages are a vast network of rural roads that can only be described as a cyclist's dream, offering fun riding, sweeping panoramas, and authentic local encounters. Today, after arriving in Sapa and having breakfast, we'll get our first taste of this scenic mountain countryside with a 38 km warmup ride through a picturesque valley south of town. Tonight, we'll gather for dinner in these exhilarating surroundings.



Chau Long Sapa Hotel



Breakfast, Lunch, Dinner



Ride 38km



+797m



-766m

Day 4: Sapa Loop

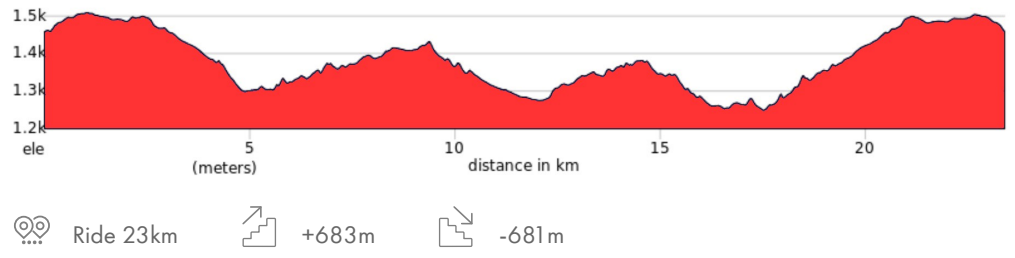
Today we head north of Sapa, riding a thrilling loop in the Tha Phin Valley, a beautiful area filled with dramatic mountain scenery. We cycle on undulating, winding, narrow roads hugging the rice-field covered hillsides, along the way enjoying views over the picturesque landscape and stopping in hill tribe villages. At Ma Tra, we'll meet the Black Hmong, known for their vibrant traditional attire and intricate handicrafts. And at Tha Phin, we'll meet the Red Dzao, who are recognized for their distinctive red headdresses and impressive embroidery skills. In the afternoon, we cycle back to Sapa where you can enjoy the rest of the day at leisure before we reconvene for dinner.



Chau Long Sapa Hotel



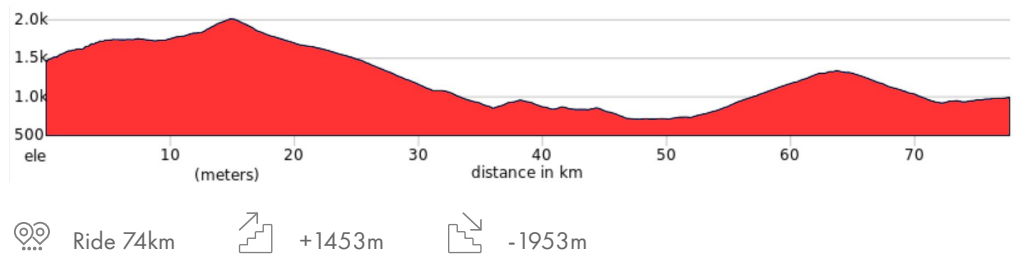
Breakfast, Lunch, Dinner



Day 5: Sapa – Lai Chau

We begin our traverse west, starting with a climb out of Sapa to Tram Ton, or “Heaven’s Gate”, Vietnam’s highest mountain pass at 2,000 m above sea level. Our legs will get a good workout, thereafter rewarded with 25 km descent down to the valley floor via many exciting twists and turns! We are now in Lai Chau province, riding on country lanes through valleys filled with tea fields, small coffee plantations, and rice paddies. If we look back, we may be able to catch a glimpse of Fansipan, mainland Southeast Asia’s largest mountain, looming in the distance. We complete our ride in the provincial capital of Lai Chau where we spend the night.

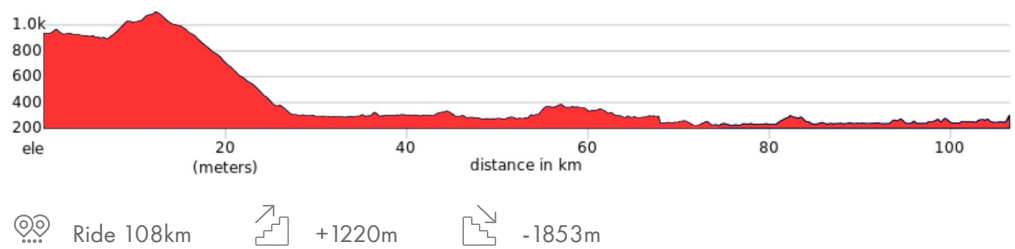
Muong Thanh Lai Chau Hotel Breakfast, Lunch, Dinner



Day 6: Lai Chau – Muong Lay

Heading out of Lai Chau we make our way north, at first gaining elevation, but soon after we once again enjoy a long, sweeping descent to the valley floor. For the remainder of the ride, we trace the southward course of the meandering Nam Na River. Flanked by the river’s gently flowing waters and surrounded by forested mountains, this is blissful, leisurely cycling in remote northern Vietnam at its finest! Upon clocking in at 100 km, we’ll have reached the confluence with the Da River, where we pass over several bridges to reach our hotel in the small town of Muong Lay.

Lan Anh 1 Hotel Breakfast, Lunch, Dinner



Day 7: Muong Lay – Dien Bien Phu

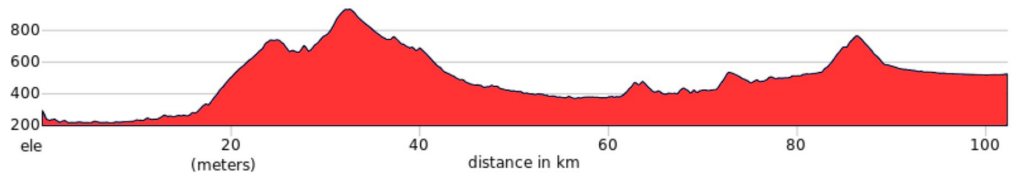
This is another long and fulfilling day of riding as we head for the historic city of Dien Bien Phu. The first 15 km are a gentle warm up along the river plains surrounding Muong Lay, preparing us to then conquer a winding, continuous ascent to the top of a mountain pass located at 860 m ASL. We take a breather and come down the other side of the pass, whizzing past highland villages before again reaching more level terrain. The remainder of the ride takes us on undulating roads across a large swath of forests and farms, including one more climb up and down a mountain pass, until we reach Dien Bien Phu. History buffs will quickly recognise this as the site of the all-important battle where, in 1954, a victory by the Viet Minh put an end to the French colonial rule in Vietnam.



Muong Thanh Luxury Dien Bien Hotel



Breakfast, Lunch, Dinner



Ride 102km



+1720m



-1487m

Day 8: Dien Bien Phu Loop

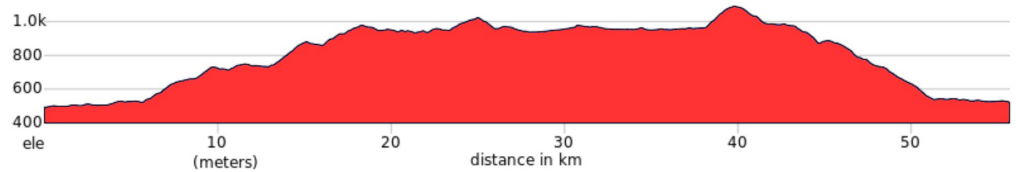
Today we explore Dien Bien Phu and its surrounding countryside. First we visit the War Museum, which provides a comprehensive overview of the Battle of Dien Bien Phu, displaying artefacts, photographs, and exhibits that detail the events leading up to the battle and its aftermath. Scattered throughout the town are further status and memorial sites commemorating the important historical event, and we'll pass by on our bikes before heading further afield into the countryside. Shortly into our ride the climbing begins, which lasts for about 15 km, and then our route takes us among forests and a large, scenic reservoir before cycling back down to Dien Bien Phu. Dinner is on your own tonight, giving you a chance to venture out and enjoy the evening ambiance of the city according to your own pace and appetite!



Muong Thanh Luxury Dien Bien Hotel



Breakfast, Lunch



Ride 56km



+958m



-927m

Day 9: Dien Bien Phu – Border – Muang Khoua

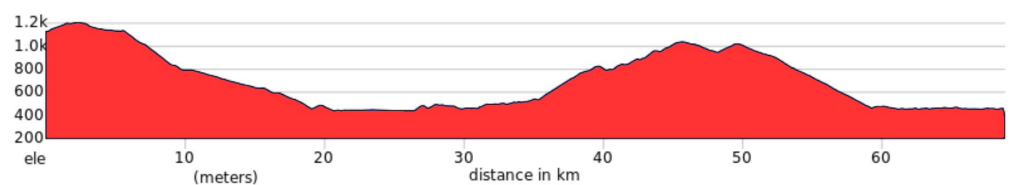
We say goodbye to Vietnam and sabai dee (hello!) to Laos. We start the day with a 20-km transfer to a quiet border crossing where it takes between 1-2 hrs to complete immigration formalities. We swap crews, pick up new hire bikes, and begin the journey to the riverside town of Muang Khoua. As we start riding in Laos, we'll notice a more untamed character to the surrounding wilderness. We cycle on lovely, quiet country roads, passing through jungles and villages. We end the ride in the small, sleepy town of Muang Khoua, located at the confluence of two rivers, and gather for a peaceful local dinner.



Chalernsok Guesthouse



Breakfast, Lunch, Dinner



Ride 69km



+941m



-1663m

Day 10: Muang Khoua – Muang Ngoy

No journey through the emerald lands of Laos is complete without a traditional long boat journey. Today, we take a leisurely day off the bikes and cruise to one of Laos prettiest riverside villages, Muang Ngoy. Our 4-hour boat trip provides a unique experience to watch the daily life on the river as we greet fisherman, traders, and cheeky children along the way. We break up the cruise

with a lunch stop at a local village renowned for its textile production and then continue in the boat onwards to Muang Ngoy. Surrounded by jungle, sheer limestone cliffs carpeted in vegetation, with a view onto the river, this is an excellent spot to chill out the rest of the afternoon.



Ning Ning Guesthouse



Breakfast, Lunch, Dinner

Day 11: Muang Ngoy – Nong Kiau

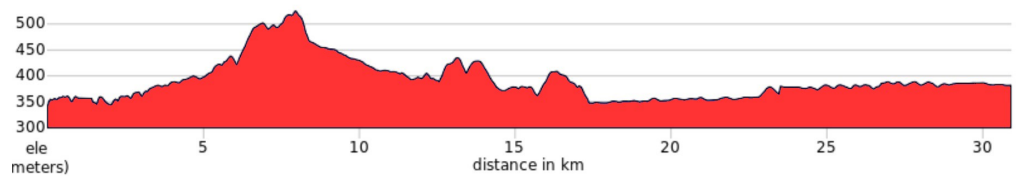
After a short 15 min boat transfer to the western side of the river, we rejoin our bikes and ride down to Nong Kiau, primarily on dirt tracks. We cycle through some ethnic Hmong and Khmu villages, giving you plenty to see along the way. This undulating route will be jeep-width initially, but narrows to single track in sections. The last 6 km are on tarmac into the town of Nong Kiau. In the afternoon, there is an option to cycle to the fascinating limestone caves where villages sheltered from the US carpet bombings in the “secret war”



Pha Xang Resort



Breakfast, Lunch, Dinner



Ride 24km



+424m



-424m

Day 12: Nong Kiau – Luang Prabang

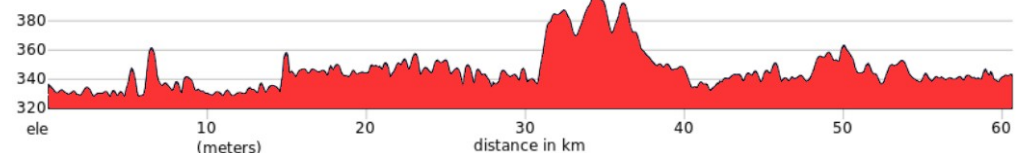
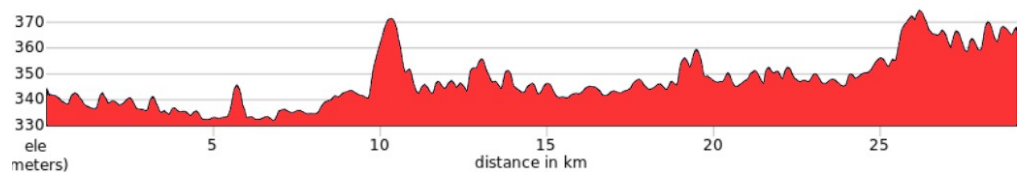
Time for the home stretch! This route features undulating roads with a couple of short climbs of 1 to 2 km each. Starting from Nong Kiau, we first ride along national road 1C for 30 km. We will then transfer up the road by van, and have lunch overlooking the Nam Ou River. We then resume riding and meet our old friend, the Mekong River once again. We roll along the shoreline through farming villages and eventually enter the tree-lined streets of charming Luang Prabang. This small city, situated on a peninsula between the Nam Khan and Mekong Rivers, is filled with glittering Buddhist temples, French colonial architecture, and an all-around captivating Old World charm. It is the crown jewel of Laotian heritage sites. In the evening, we head for a farewell dinner at one of the city’s many charming restaurants.



My Dream Boutique Resort



Breakfast, Lunch, Dinner



Ride 92km



+821m



-792m

Day 13: Luang Prabang Departure

We end our tour in Laos with a free day to explore Luang Prabang or, depending on your onward travel arrangements, head to the airport to catch your flight. In the morning you can partake in the quintessential Luang Prabang experience of alms giving. At the break of dawn, hundreds of orange robed Buddhist monks from the various monasteries around town walk through the streets to receive their daily alms from the pious locals. Visitors to the city are

welcome to participate in this ritual (please discuss with your guide prior to the last day if you are interested - additional charges will apply to be paid locally). There's plenty more to see and do in and around the city, so if it's your first time here, we suggest extending your stay by at least another night.

 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 mountain bike or gravel bike, preferably with front suspension, 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

VIETNAM

Passports and Visas

The visa requirements for Vietnam can be divided into three sections, dependent on your nationality and the point of entry/exit. Please review the details below to determine which applies to you. Visa policies are subject to change, and it is the traveler's responsibility to confirm their visa requirements for Vietnam before departure.

E-Visa

The Vietnam e-visa is now available to almost all nationalities. You can apply for a single or multiple-entry visa valid for up to 90 days. Application is through the Vietnam [visa portal](#). Please note that e-visas cannot be used if you are joining [Road Biking from Saigon to Angkor](#) (more information in the **Visa on Arrival** section below).

Please carefully fill out the form and check the information you have entered. Even minor spelling errors will render the visa invalid and your entry to Vietnam will be denied.

For peace of mind, we suggest applying for your e-visa as early as possible, and no later than 2 weeks before your expected arrival in Vietnam. While processing time is generally no more than 1-3 working days (not including weekends and Vietnamese holidays), it is wise to give yourself some buffer time in case there are any issues.

If you are joining a multi-country trip beginning in Vietnam, please be sure to select the correct exit point from the list below:

- [Saigon to Bangkok by Bicycle](#) and [Biking Saigon to Angkor Wat](#): Vinh Xuong Landport
- [Remote Vietnam and Laos by Bike](#): Na Meo Landport
- [Biking Hanoi to Luang Prabang](#): Tay Trang Landport
- [Cultural Road from Hoi An to Angkor Wat](#): Le Thanh International Border Gate

If your SpiceRoads trip will end in Vietnam, please choose your point of exit as the airport, port or land border through which you have arranged to leave Vietnam.

Please keep a printed copy of your e-visa with you at all times, as it may be requested at some exit points.

Visa Exemption

Citizens of certain countries (including many European and Asian nations) can enter Vietnam visa-free for up to 45 days. Please check if your nationality is exempt [here](#) before applying for an e-visa. If you are on the exemption list, you still need to make sure that your passport is valid for at least 6 months from your date of entry and has at least two blank pages. You do not need to apply for anything in advance; you will simply receive an entry stamp at immigration upon arrival.

Visa on Arrival

If you are joining "Road Biking from Saigon to Angkor", **e-visas are not permitted for the exit through the land borders we cross during the tour.** Before the tour, our sales team will collect your passport and flight information from you, and we will provide you with the Visa on Arrival letter within 10 business days.

When you arrive in Vietnam, you will need to present the following at the Visa on Arrival counter:

- a printed copy of the Visa on Arrival letter, which we will have sent to you by email. You will also likely need this printed letter to check in and board your flight to Vietnam.
- the visa stamping fee (USD \$25 for a single-entry visa). Please prepare the visa fee amount in cash, using USD or the equivalent in Vietnam dong to avoid unfavourable airport exchange rates.
- two printed passport photos.

Your Visa on Arrival will be processed quickly, and you may then proceed to immigration to enter Vietnam.

Please ensure that you update our sales team if your passport or flight details change before the tour, as mismatched information will result in entry to Vietnam being denied. Changes to this information when a Visa on Arrival letter has already been issued will result in a charge for a new letter to be processed.

Important Update: Effective immediately, all non-Vietnamese nationals entering the country in Hanoi (Noi Bai International Airport - HAN), Danang (Danang International Airport - DAD), Ho Chi Minh City (Tan Son Nhat International Airport - SGN) and Phu Quoc (Phu Quoc International Airport - PQC), must complete the **Digital Pre-Arrival Declaration** form before arrival. Please fill out the details on the official website [here](#) **within three (3) days before your arrival in Vietnam.** 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 Vietnam, then we suggest completing the form while you are at a hotel with reliable Wi-Fi. It only takes a few minutes. After submission, you will receive a QR Code. Please save a screenshot of this code on your phone to present at immigration.

Health

See [here](#) for recommendations and detailed information.

Weather

Weather in Vietnam is divided into 4 main regions - the far north, north, central and south.

The far north can get very cold in December and January while the dry season runs from October to late March and the wet season between April to September.

In Hanoi & the north, it is hot, wet and humid from May to October while November to April is cooler and dry.

Central Vietnam experiences hot, dry weather between January & August with temperatures ranging in the mid 30°C. High levels of rainfall are during September - November.

Southern Vietnam is dry and hot from November to April, and warm and wet between May & October, with the highest rainfall in June, July & August.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Most meals are Vietnamese food and features noodles, rice curries and soups. Vietnamese cuisine is world famous and we make sure you sample as much variety as possible. 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 in Vietnam 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 can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Extra Expenses

We recommend that you tuck away a few extra dollars, perhaps US\$10, for incidentals. It is customary to tip local tour guides and drivers, however, the amount you give should be dependent on the level of service you receive. We will send you a tipping guideline before the tour begins.

Money

The official national currency is the Vietnam dong (d), but the US dollar is widely accepted in tourist centers. However, in smaller towns and villages the dong is preferred. ATMs are available in all major tourist destinations and big cities. Vietcombank has the best network with a single withdrawal limit of 2,000,000d (about US\$125). Most major currencies can be exchanged at leading banks in Vietnam, but the US dollar is preferred away from the tourist centers. Changing US\$100 will make you an instant millionaire! You cannot legally take the dong out of Vietnam but you can reconvert reasonable amounts of it into US dollars on departure.

LAOS

Passports and Visas

The visa application process for Laos depends on the entry point where you will cross the Laos border.

Please see the visa options for our Laos tours below:

"Hidden Tribes and Trails of Laos": You can apply for an [e-visa in advance](#), or obtain a visa on arrival at the Luang Prabang airport.

When applying for a visa on arrival, be sure to have cash in the amount of USD \$50 per person or equivalent in THB, LAK, or EUR, in clean, pristine bills.

"Southern Laos by Bicycle" and "Remote Vietnam and Laos": Visas on arrival are obtained at the Laos border on Day 2 of the tour. E-visas are not available for this crossing.

When applying for a visa on arrival, be sure to have cash in the amount of USD \$50 per person or equivalent in THB, LAK, or EUR, in clean, pristine bills.

"Cycling Chiang Mai to Luang Prabang": Visas on arrival are obtained at the Laos border on Day 6 of the tour. You can also apply for an [e-visa in advance](#).

When applying for a visa on arrival, be sure to have cash in the amount of USD \$50 per person or equivalent in THB, LAK, or EUR, in clean, pristine bills.

"Biking Hanoi to Luang Prabang" and "Remote Vietnam and Laos": Visas on arrival and e-visas are not accepted for these border crossings (Pang Hok-Sop Hun and Nam Soy).

We would like to summarize your options to obtain your visa in advance:

- 1 - The most straightforward way is to get the visa from a Laos embassy or consulate near you. Please contact them directly. Please do this as soon as possible, as processing time can vary.
- 2 - We know that Laos embassies/consulates may not be within a reasonable distance of where you live. If that is the case, you may consider using a reliable Travel Visa agency such as CIBT who will take care of the process for you. Please do this as soon as possible, as processing time can vary.
- 3 - We can help to obtain your visa at the Laos embassy in Hanoi. This would require you to be in Hanoi before the beginning of the tour, and it cannot fall on weekend or national holiday. You need to submit the visa before 09:00 AM and will receive it in your passport in the afternoon of the same day. You need to prepare a passport-sized photo and your passport. The cost for this service is 45 USD/per person including the visa fee and transportation to the embassy. This needs to be paid in cash and in USD.

Further visa information:

The full list of entry points indicating where e-visas and/or visas on arrival are and are not accepted. <https://immigration.gov.la/checkpoints/>

The list of countries with visa exemptions for Laos (please see the column on the right-hand side, "Ordinary Passport", for the visa exemption period): <https://immigration.gov.la/visa-exemption/>

Digital Immigration Registration:

The Laos government is piloting a Digital Immigration Registration arrival card system starting 1 September, 2025 at the following points of arrival:

Luang Prabang International Airport
Vientiane (Wattay) International Airport
Pakse International Airport
First Lao-Thai Friendship Bridge (Vientiane–Nong Khai)
Nationwide roll-out is expected 1 January 2026

Arrival:

1. Please submit [Arrival registration](#) within 3 days prior to arrival (you cannot submit before this time period). This will provide you with a QR code which should be saved on your phone or printed.
2. Show the QR code at immigration. Paper cards are not required at these pilot checkpoints.

Departure:

1. Please submit [Departure registration](#) within 3 days before departure and save or print QR code.
2. Show the QR code at immigration

Please note that the digital arrival card system does NOT replace the Laos visa or e-visa process detailed above. If you do not qualify for visa-free entry to Laos, you must still have a visa to enter the country.

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

Laos has a tropical climate with fairly high humidity. There are three seasons: from March to June it is hot and dry, with temperatures between 27C and 40C (80-104F), with night temperatures in the 20C/75F). The rainy season is from June to October. The cooler season, is from November to February, with average temperatures between 20C and 30C (70- 86F). It can get a little cold at night at higher elevations year round so bring a light fleece for the evenings.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D =dinner. Most meals are local Laos food and feature noodles, curries and soups. Lao cuisine is very similar to Thai food and we make sure you sample as much variety as possible. 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.

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Extra Expenses

We recommend that you tuck away a few extra dollars, perhaps US\$10, for incidentals. It is customary to tip local tour guides and drivers, however, the amount you give should be dependent on the level of service you receive. As a general guide we suggest US\$3-4 per person per day is appropriate.

Money

The official national currency in Laos is the kip, however, Thai baht and US dollars are also used, especially in larger cities and towns. In smaller towns and villages, kip is usually preferred. There are now a few ATMs in Laos, but they are not widespread and are operational only sporadically. The best overall exchange rates are those offered at the BCEL (Banque pour le Commerce Extérieur Lao). Licensed moneychangers rates are similar to banks Spend all your kip before you leave as no one will exchange it for you once you leave the country!

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.

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