

SPICE ROADS

CYCLING



KANCHANABURI HILLS

Tour Code
THA-TKH

8 DAYS
7 NIGHTS

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

ACTIVITY PROFILE



7 Cycling days	619 km Total cycling distance
88 km Avg distance / day	673 m Avg climbing / day

PRICING



Price	US\$ 2,400
Bike Hire (Domane AL5 Gen 4)	US\$ 240
Bike Hire (Trek Domane SL5 Gen 4)	US\$ 360
Bike Hire (E-Bike*)	US\$ 400
Bike Hire (Trek Domane SL6 Di2)	US\$ 480
Single Supplement	US\$ 395

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

DEPARTURES



23 November - 30 November 2025
18 January - 25 January 2026
15 February - 22 February 2026
22 November - 29 November 2026

WHAT'S INCLUDED

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

WHAT'S EXCLUDED

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

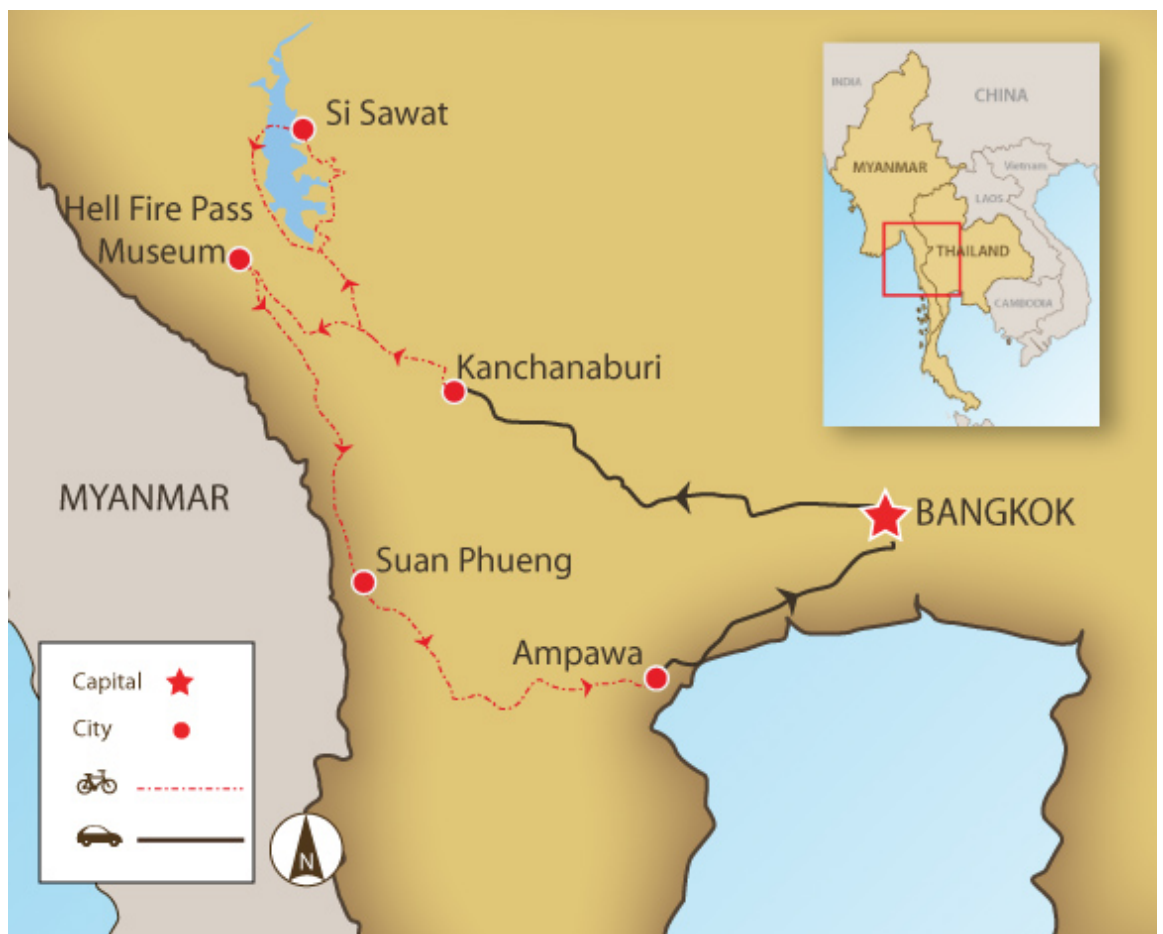
TRIP PROFILE

We ride 619 km in seven cycling days. There are long 100-km days, and some hills to take on throughout the tour. We not only cover quite a lot of ground and take in some of Thailand's major sites, but we also visit some lesser known caves and waterfalls. Our days will be quite full and action-packed.

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: This tour is ideal for experienced road cyclists comfortable with long, back-to-back riding days. The average daily distance is around 90 km, with the longest day being 130 km, but you always have the option to complete the distance in the support van. While there are hills to conquer each day, the ascents generally don't go on for more than 3-5 km, with gradients in the 3-5% range (though there are exceptions!), making it an accessible journey for those less inclined towards, well, too many inclines! For most, 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, with plenty of refreshment stops, so riders with less experience are more than welcome to join. The support vehicle is always nearby to offer refuge to any weary cyclists.

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



Day 1 Bangkok - Kanchanaburi

We pick you up from your Bangkok hotel in the morning and transfer approximately three hours west to the province of Kanchanaburi. Upon arrival in the provincial capital, we visit a fascinating museum that explores the history of Allied POWs in Thailand during the Second World War, when the country was under Japanese control. We then pay our respects at the nearby War

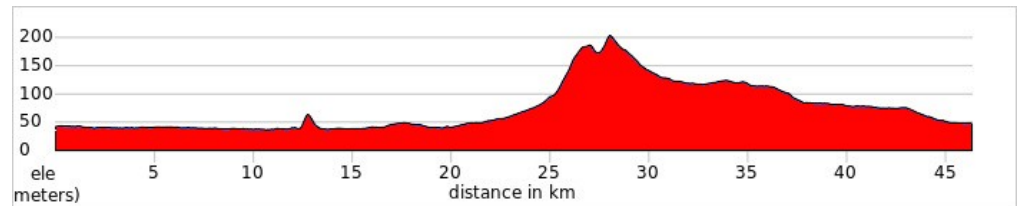
Cemetery, followed by a visit to the world-famous Bridge on the River Kwai, whose steely construction was immortalized in the classic 1950s film and remains in use by trains today. After checking into our riverside hotel, we fit our bikes and head out on a warm-up ride, giving us our first taste of the region's excellent roads, scenic farmlands, and jungle-clad mountains. In the evening, we gather for a welcome dinner.



Royal River Kwai Resort



Lunch, Dinner



Ride 46km



+262m



-257m

Day 2 Kanchanaburi Loop

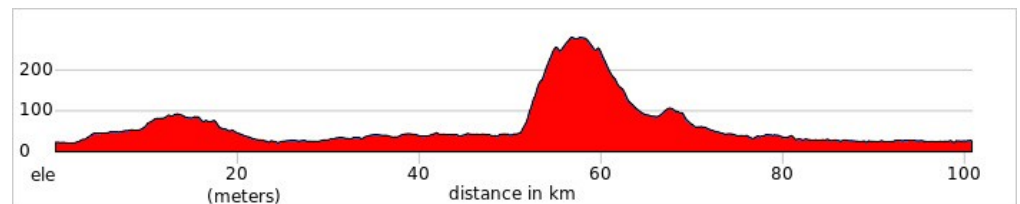
We begin our cycling adventure in earnest with a century ride through the lush countryside of Kanchanaburi. The route takes us across fertile plains nestled between the Khwae Yai and Khwae Noi rivers. The initial stretch leads us through a patchwork of agricultural fields, showcasing the region's major cash crops such as rice, sugarcane, and cassava. At around the 33 km mark, we reach the 13th-century temple ruins of Prasat Muang Singh, once the westernmost outpost of the mighty Khmer Empire that ruled from Cambodia. The serene grounds offer a perfect spot to pause and soak in the history before we continue northward. Crossing the Khwae Noi River, we encounter a 5 km ascent up a forested ridge — a challenging yet rewarding climb. The refreshing descent that follows gives way to a final 40 km of flat terrain, where we pass by local Buddhist temples, schools, and an expanse of fields, weaving closer to and further from the gently flowing Khwae Yai River. The afternoon is yours to unwind — whether by relaxing at the pool or indulging in a rejuvenating Thai massage.



Royal River Kwai Resort



Breakfast, Lunch, Dinner



Ride 101km



+526m



-522m

Day 3 Kanchanaburi - Srinakarin Dam

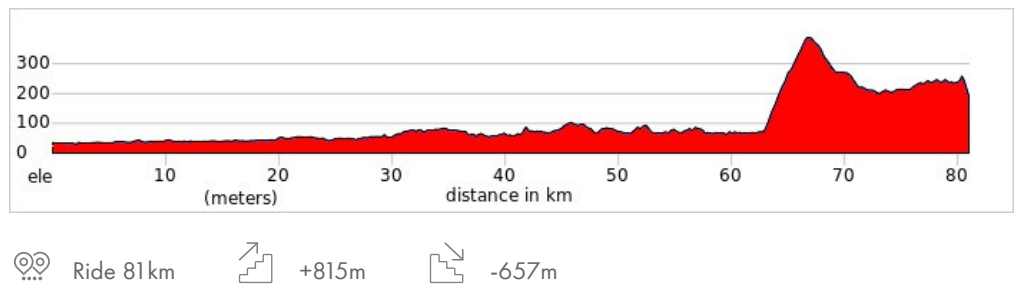
Today, we follow the Khwae Yai River upstream to where it meets the massive Srinakarin Dam. We begin with a ride through familiar scenes of Kanchanaburi's agrarian landscape, but as we push forward, the jungle-clad Tenasserim Hills, which have so far loomed in the distance, draw ever closer. By the 35 km mark, we reach the southern edge of Erawan National Park, a vast tropical rainforest teeming with wildlife and greenery. We skirt the edge of the park on a quiet, mildly undulating road that continues along the river. The day's main challenge comes at around 63 km, where a 4 km climb with an 8% average gradient tests our strength and may tempt some to push out of the saddle! After a quick breather at the top, we descend toward the shores of the beautiful Srinakarin Dam, one of Thailand's largest manmade reservoirs, named after the revered former Queen Mother. We end the day at a lakeside resort, where you can take a dip in the lake, enjoy an afternoon paddle in a kayak, or simply relax and take in the views across the calm waters.



Raya Buri Resort



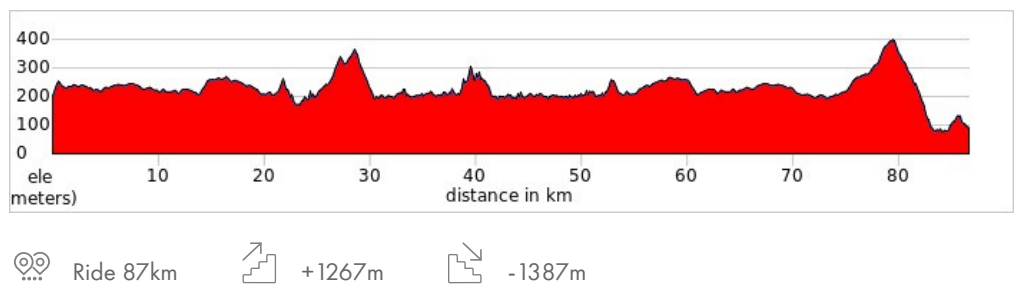
Breakfast, Lunch, Dinner



Day 4 Srinakarin Dam - Erawan Waterfall – Kanchanaburi

Our ride this morning takes us through the fields and forests bordering the southeastern edge of Srinakarin Dam. After approximately 20 km, we reach an arm of the expansive reservoir and board a ferry to cross to the other side. Once ashore, a 5 km climb — steep toward the end — leads us along a quiet road, cresting a hill before descending to follow the shoreline, offering stunning views of the water. Retracing our route through farmlands, we head south, tackling a challenging 6 km climb followed by a steep, exhilarating descent into Erawan National Park (you'll remember it as a climb from the day before!). Erawan is home to one of Thailand's most iconic waterfalls, the seven-tiered Erawan Waterfall, nestled in lush jungle. After parking our bikes, we take a break to explore the falls, where, time permitting, you can hike to the upper tiers and swim in emerald pools, where small fish work their magic, exfoliating your feet. In the mid-afternoon, we transfer about 45 minutes to our overnight resort, back on the plains of the Khwae Yai River, where we'll be based for two nights.

Mida Resort Breakfast, Lunch, Dinner



Day 5 Kanchanaburi Rest Day

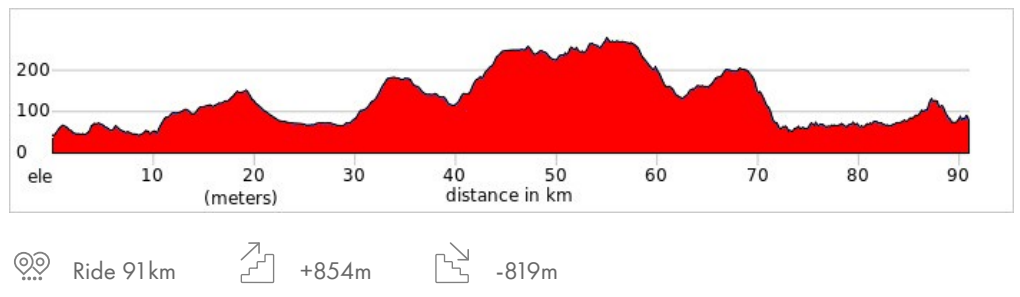
After four solid days in the saddle, a well-earned rest day is in order. Based at a lovely riverside resort with expansive gardens, the choice is yours on how to spend the day. Relax by the pool, indulge in a massage, or go bamboo rafting on the River Khwae. Lunch and dinner are not included today, so you can choose from the resort's offerings. If you'd like to explore the area, just speak with the guide, and arrangements can be made.

Mida Resort Breakfast

Day 6 Kanchanaburi – Khwae Noi River

Back in the saddle, we head north, riding into the valley of the Khwae Noi River, nestled between Erawan and Sai Yok National Parks. Once traversed by Thailand's infamous "Death Railway," the train line now ends at Nam Tok station, which we'll pass around the 30 km mark. Continuing along the valley's main road for another 20 km, we arrive at Hellfire Pass — a series of railway cuttings built by Allied POWs during World War II, now a powerful memorial and outdoor museum. Take your time exploring the exhibits before hiking a few hundred metres to the haunting Konyu Cutting. After this reflective stop, we backtrack 20 km, cross the Khwae Noi River, and follow quiet backroads to tonight's resort, surrounded by lush jungle, misty hills, and cliffs hanging over the river. Today's ride features undulating terrain, including three climbs under 3 km with average gradients of 3-4%.

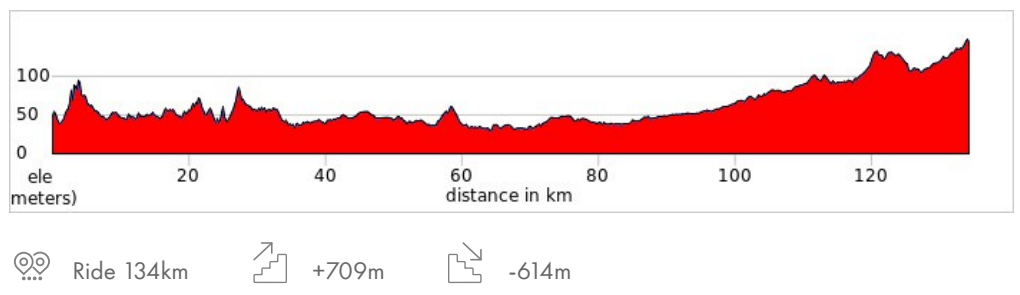
River Kwai Resotel Breakfast, Lunch, Dinner



Day 7 Khwae Noi River - Suan Phueng

At just over 130 km, today marks the longest ride of the tour, but don't worry — you can cycle as much as you like, with the support vehicle ready to assist. The first 70 km involve a steady effort south along the plains of the Khwae Noi River, with some mild undulations along the way. After another 20 km, we enter Ratchaburi Province, cycling through its remote western region near the low-lying mountains that form the border with Myanmar. We won't venture too deep into the hills, instead sticking to rural roads in the lowlands and making good time as we pass vast agricultural lands — growing everything from rubber to mangoes — Buddhist temples, small towns, and villages. The final stretch trends gradually uphill, testing our endurance before we arrive in Suan Phueng, a quiet corner of western Thailand that rarely sees foreign tourists, where we'll spend the night at a simple yet comfortable Thai-style rural retreat.

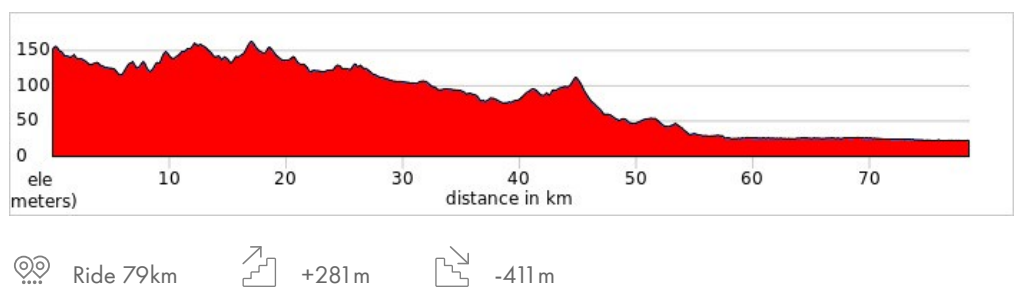
 Phu Pha Phung Resort  Breakfast, Lunch, Dinner



Day 8 Suan Phueng - Mae Klong - Bangkok

Our final ride takes us from the rugged western mountains into the lush lowlands of the Mae Klong Delta. We descend gently toward sea level, bidding farewell to the rolling hills that have defined much of our journey. At 60 km, we enter Ratchaburi's provincial capital, navigating busier streets before following a peaceful road along the Mae Klong River. This vital waterway branches out into a network of canals that nourish coconut and banana plantations, as well as orchards filled with a variety of fruits and vegetables. We finish the ride at a riverside restaurant, where we enjoy a celebratory lunch before transferring back to Bangkok. On the way, we'll stop at the bustling Damnoen Saduak Floating Market — Thailand's largest and most colorful. It's crowded, noisy, and definitely touristy, but great fun! The drive to Bangkok takes 2-3 hours, depending on traffic, and we drop you off at your post-tour hotel. Please let us know if you require assistance with post-tour hotel bookings or airport transfers.

 Breakfast, Lunch



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

NUTS & BOLTS

Bikes

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

Bike Repairs

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

Safety

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

Guides

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

THE NITTY GRITTY

Passports and Visas

Visitors from 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 stay 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.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Please note that the itinerary is subject to change due to unforeseen circumstances, however, we will always do our best to adhere to this original itinerary

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