

# SPICEROADS

## CYCLING



## KANCHANABURI HILLS

Tour Code  
**THA-TKH**

**8** DAYS  
**7** NIGHTS

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

## ACTIVITY PROFILE



<b>7</b> Cycling days	<b>655</b> km Total cycling distance
<b>100</b> km Avg distance / day	<b>890</b> m Avg climbing / day

## PRICING



Price	US\$ 1,600
Bike Hire (Standard Road Bike)	US\$ 200
Bike Hire (Carbon Road Bike)	US\$ 320
Single Supplement	US\$ 200

## 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



03 February - 10 February 2019  
24 March - 31 March 2019  
25 August - 01 September 2019  
29 September - 06 October 2019  
22 December - 29 December 2019  
05 January - 12 January 2020  
02 February - 09 February 2020  
22 March - 29 March 2020  
23 August - 30 August 2020  
27 September - 04 October 2020

See website for later departures

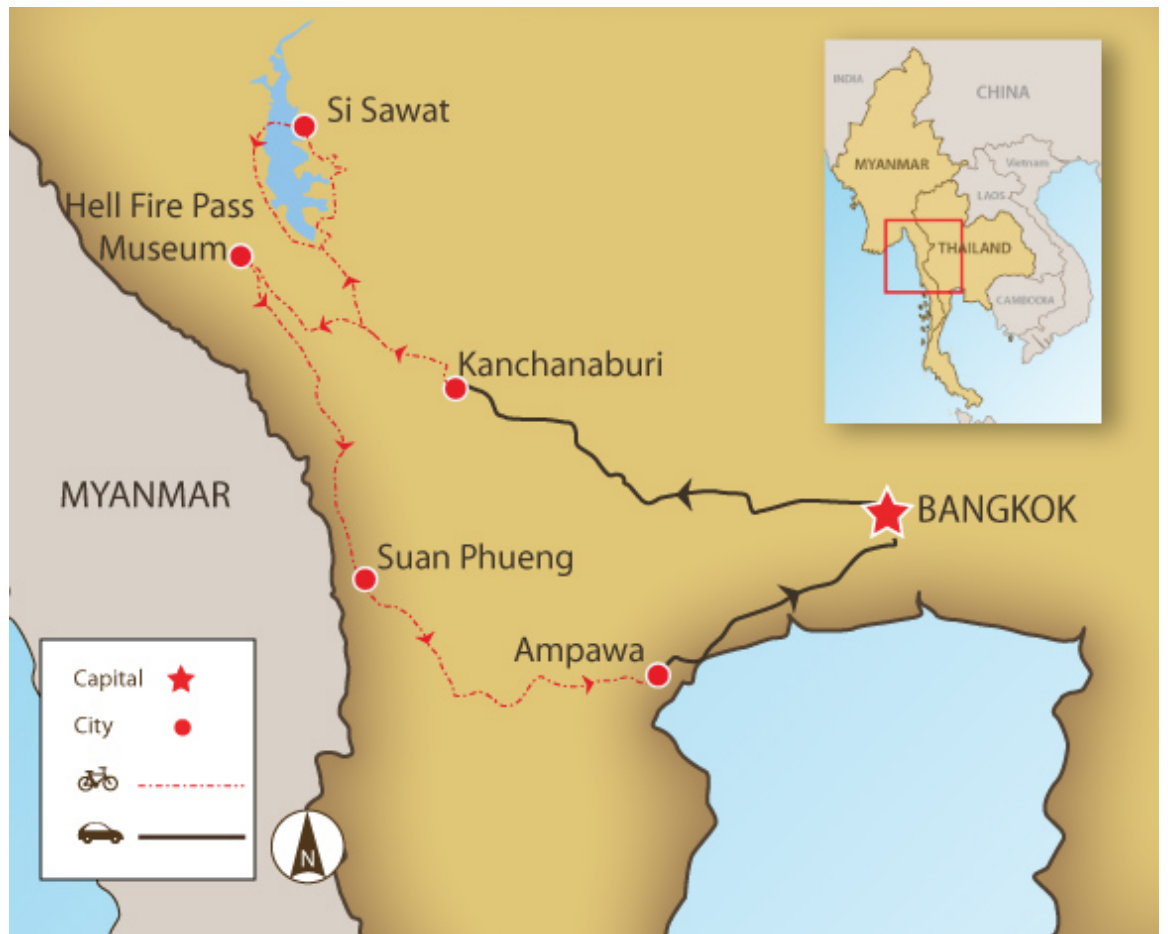
## TRIP PROFILE

We ride 655 km in seven cycling days. There are long 120-km days, and some hills to take on in the middle of this 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 ride is for those who have some biking experience and a reasonable level of fitness. The first two days are relatively easy, but there will be hills, and there are some long distances to cover. Never underestimate the heat and humidity of Thailand, as it will likely ensure things feel hot.

**Biking Conditions:** The road surfaces are good-quality asphalt roads. There is nothing technical involved on this tour, but there are lots of gradual climbs. Fitness will be an asset on this tour, and we suggest some training before joining. A support truck is always available to help.

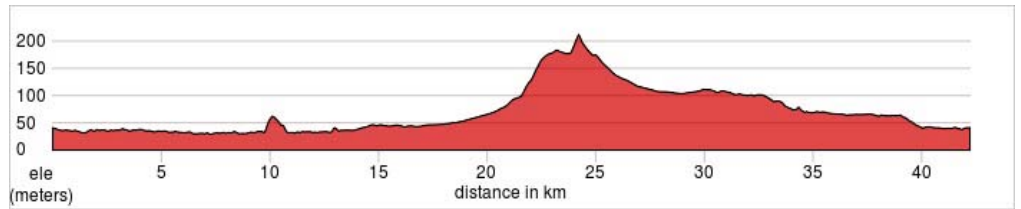


### Day 1 Bangkok - Kanchanaburi

Starting in Bangkok, we drive three hours to Kanchanaburi. We visit the local sites, including the war museum and cemetery and the famous Bridge Over the River Kwai, before checking into our hotel located on the banks of the River Khwae Yai. After a bike fitting and a warm-up ride, we meet up for dinner where we'll go over the itinerary for the upcoming days of riding.

 Royal River Kwai Resort

 Lunch, Dinner



Ride 40km



+279m



-279m

## Day 2 Kanchanaburi Loop

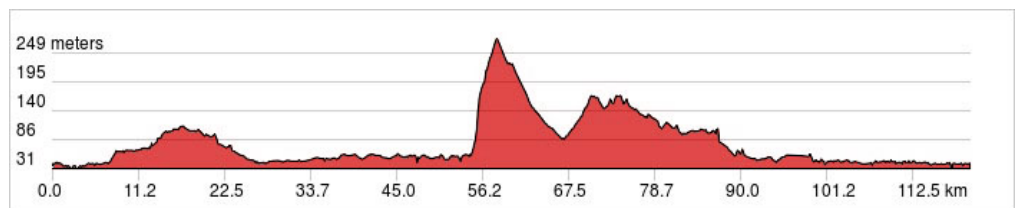
After enjoying breakfast and the tranquil view of the Khwae Yai River, we head off to discover Kanchanaburi's countryside. The distance we cover today may be long, but we ride on mostly flat terrain with some hills. Following the Khwae Yai River, we pass farms, local schools, and temples. Kanchanaburi is known for its sugar cane, rice, and tapioca. We will see some of these plantations along the way. We pedal along Khwae Noi River as it undulates and arrive back at the resort. Your afternoon is free to rest your legs and enjoy the riverside.



Royal River Kwai Resort



Breakfast, Lunch, Dinner



Ride 120km



+669m



-668m

## Day 3 Kanchanaburi - Si Sawat

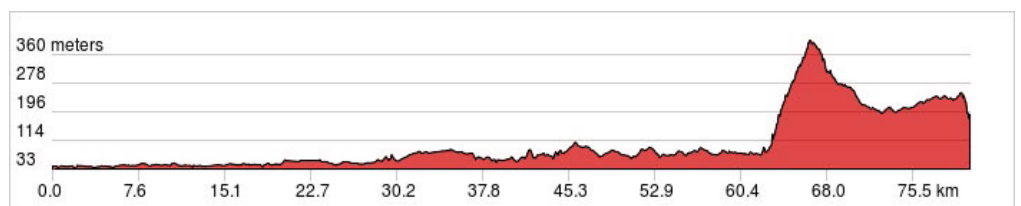
We spend most of the day riding our bike as we cycle leisurely along the Khwae River for 65 km before we climb from the foot of Sri Nakarin Dam to the top. This is a steep climb to above the dam, and we soon have the lake in our sights as we begin to descend. We will be staying at a lakeside resort, so bring along your swimming suit and enjoy dipping in the lake or kayaking for your day's reward.



Raya Buri Resort



Breakfast, Lunch, Dinner



Ride 80km



+834m

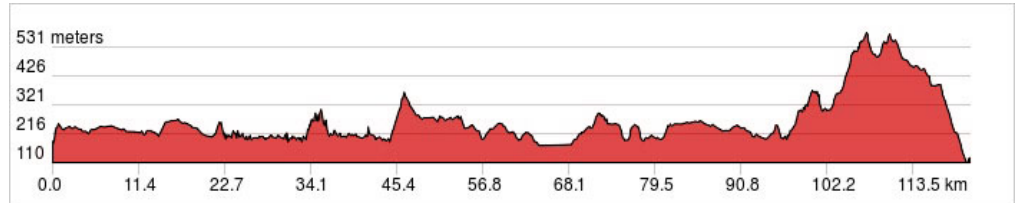


-690m

## Day 4 Si Sawat - Erawan National Park

This morning, we enjoy our peaceful breakfast on the lakeside before our ride. We head north on a smooth and shady road that twists left and right up a hill as we ride upstream to cross by ferry. Soon we reach the other side of the reservoir where we stop for lunch. Back on the pedal with re-strengthened legs, we head over to Erawan National Park and stop to enjoy the waterfall cooling us down before we transfer to our overnight resort.

 Mida Resort  Breakfast, Lunch, Dinner



 Ride 120km  +1819m  -1872m

## Day 5 Mida Resort Free Day

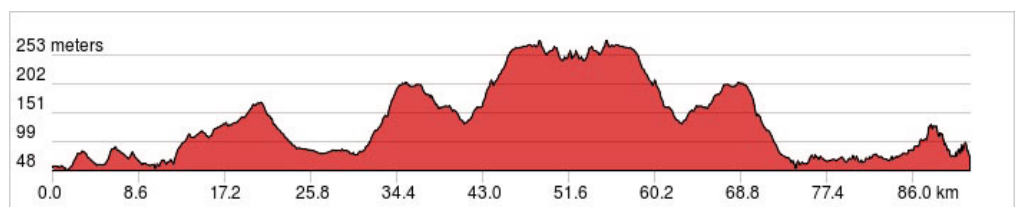
Today is free for you to discover surrounding sites on your own. Enjoy bamboo river rafting at the resort, relax in the pool, or go for a massage. (Bamboo rafting is available at 14.00 and 16.00 daily. Please book your preferred time upon check-in. This service is complementary for the first trip only).

 Mida Resort  Breakfast

## Day 6 Mida Resort - Resotel

After breakfast, we ride up to Hellfire Pass for a visit. The museum is located above the infamous Death Railway built by POWs (Prisoners of War) during WWII. They were forced to cut the rail track through the mountain, and the exhibits detail their many struggles to survive under terrible conditions. The name "Hellfire Pass" originates from the prisoners' shadows working at night with lanterns, resembling a scene from hell. We backtrack to cross the river, and then we continue our cycle along very quiet roads to our resort.

 River Kwai Resotel  Breakfast, Lunch, Dinner

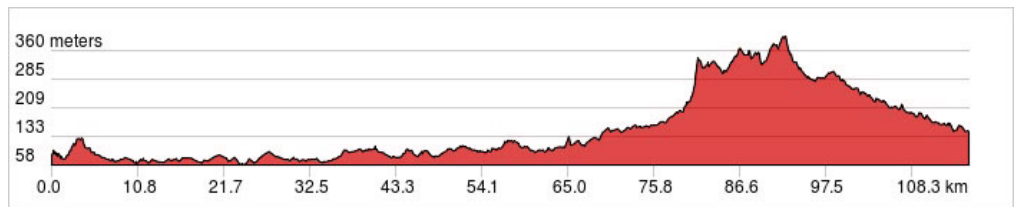


 Ride 90km  +831m  -813m

## Day 7 Resotel - Suan Phung

From Kanchanaburi, we cycle to Ratchaburi province. Our journey starts with taking backroads on mostly flat terrain, cutting through farmlands. We ride parallel to the Thai-Burmese border with views of rolling hills in the distance. In the last 30 km, the trail will be slightly uphill as we pedal our way into Ratchaburi.





Ride 115km

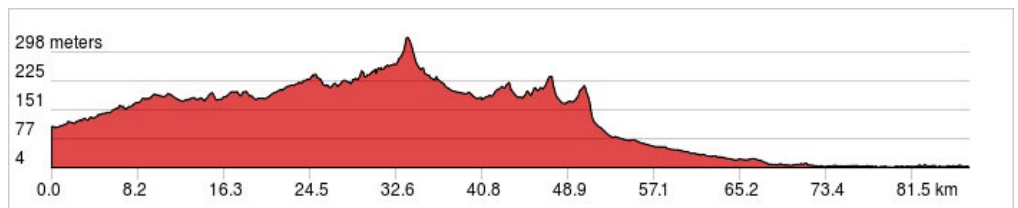
+1062m

-1000m

## Day 8 Suan Phung - Amphawa - Bangkok

After breakfast, we cycle southeast to where the Mae Klong River runs through Ratchaburi and enters the Gulf of Thailand, creating a sprawling delta. Here, the land is rich, and the Thais created a network of canals to aid irrigation and navigation. We visit a floating market to see how the locals go about their shopping from paddle boats selling local delicacies. On our saddles, we can appreciate the countryside and see the local pace of life. Depending on the season, feast your eyes on various tropical fruits as they ripen. We get cleaned up and energised with lunch at a riverside restaurant and get ready to transfer back to Bangkok.

Breakfast, Lunch



Ride 90km

+587m

-689m

## 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. The bikes are Trek 2.1 C, Domane 2.0 and carbon Émonda S5 road bikes, with Shimano components and seat posts. If you have your own saddle that you are comfortable with, you are welcome to bring it, and we'll fit it. We can provide strap-style toe cages if requested, but you might like to consider bringing SPD clip pedals if you use them, and please make sure to bring your shoes and cleats. 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

All nationalities require a passport for entry into Thailand. Please ensure your passport is valid for at least 6 months beyond the duration of your stay in the country. If staying less than 30 days then a visa in advance is not required by European, North American, Australian and many other nationalities. Please check this [page](#) to see if you qualify. You will need to show proof of an onward flight out of Thailand to be eligible for the visa on arrival. This is strictly enforced.

### 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

### Booking

If this is the tour for you here's what you need to do to confirm your place: Read our [Booking Conditions](#)

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. 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 you are unsure about the trip status, please [email us](#) or call our office. For the next steps you'll need to know the names of the people traveling and have either a Visa or a MasterCard. If you wish you can also provide extra details such as passport numbers, height, 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). However, if you wish to get a children's discount, please do fill out the date of birth of the riders. If you are having any problems, [please send us an email](#), or give us a call (+66 2 381 7490) and one of our travel specialists will assist you with your booking.

### Deposit

For Long Tours (7 days or more) to guarantee your place we require a 30% or 500 USD deposit, whichever is the greater. For Short Tours (6 days or less) we require full payment to guarantee your place. We also require that you take out [travel insurance](#) when you book your holiday. Besides covering you during your holiday it will also enable you to claim for any money that you have paid to us, including your deposit, should you have to cancel your trip.

### Balance

Full payment must be paid 45 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights. Our confirmation will include personal details you provided us (including your flight information), visa application advice, a packing suggestion list and a detailed tour itinerary. It will also include a checklist to ensure you get everything ready for your holiday.

### Cancellation Policy

On the rare occasions when we, SpiceRoads, must cancel a trip, all payments received to date will be 100% refunded, which constitutes full settlement. There will be absolutely no deductions. If you, the client, must cancel your reservation, your cancellation fee will be determined according to when you cancel. For full details, please read 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 can not be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for 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

## CONTACT US

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