

SPICE ROADS

CYCLING



LUANG PRABANG COUNTRYSIDE

Tour Code
LAO-LPC

2 DAYS
1 NIGHTS

	Destinations	Laos
	Tour Meets Tour Ends	Luang Prabang Luang Prabang
	Fly in to Fly out of	Luang Phrabang Airport (LPQ) Luang Phrabang Airport (LPQ)
	Group Size Minimum Age	2-16 riders 12 (on scheduled departures)

ACTIVITY PROFILE



2 Cycling days	83 km Total cycling distance
42 km Avg distance / day	m Avg climbing / day

PRICING



Price	US\$ 290
Bike Hire	Included
Single Supplement	N/A

WHAT'S INCLUDED

- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Hotel pick up
- ✓ Hotel drop off
- ✓ Accommodation
- ✓ Bike and helmet
- ✓ Snacks and drinks

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

DEPARTURES



19 January - 20 January 2019
22 January - 23 January 2019
26 January - 27 January 2019
29 January - 30 January 2019
02 February - 03 February 2019
05 February - 06 February 2019
09 February - 10 February 2019
12 February - 13 February 2019
16 February - 17 February 2019
19 February - 20 February 2019

See website for later departures

TRIP PROFILE

We ride on jeep-width dirt tracks for the majority of the trip so some off road riding experience is suggested. The ride starts and ends in Luang Prabang, with an overnight stay in local accommodation in Ban Nongphou. We ride a total of 83 km and once we cross the Mekong the trail undulates, with lots of short climbs which can be tiring. Those with a moderate level of fitness will enjoy the riding. Traffic is exceptionally light and we will see few cars.

In the event of inclement weather making the track impassable an alternative route will be offered.

Day 1 Luang Prabang - Ban Nongphou

After departing at 8:30 am from your hotel, we cycle to the river bank and take a ferry to cross the mighty Mekong River to Ban Xeng Mean. We cycle off-road, exploring the area with several stops to take pictures before reaching the village of Ban Nakham. The village is popular for sugar cane and Kaolam (sticky rice and beans in bamboo), which are tasty local treats. We continue to cycle along green rice fields stopping in different villages and tribes to see how the locals live their daily lives. A local style lunch will be served in Ban Som. After lunch we continue cycling and pass the villages of Khmu and Lao Loum until we get to the beautiful waterfall, Tad Hoykoua (Hundred Families Waterfall). After taking a break we will cycle another 2 km to Ban Nongphou (Khmu and Hmong village), where the locals will host us for the night. Our accommodation is with a local family and is basic with a shared bathroom, but comfortable.



Homestay in Ban Nongphou



Lunch, Dinner



Ride 48km

Day 2 Ban Nongphou - Luang Prabang

On the second day of the tour you will enjoy a local breakfast prepared by your host family before it is time to say goodbye. In the morning we continue our cycling adventure on small trails that lead from village to village. Lunch will be at a bamboo hut in the middle of picturesque green rice fields where you can pause to take pictures. We continue on to a village where we can see villagers making local crafts such as pots, jars and vats. We next head towards the Mekong River, where we take the ferry to return to Luang Prabang in the late afternoon.



Breakfast, Lunch



Ride 35km

NUTS & BOLTS

Bikes

Well-known makes of mountain bikes with lightweight alloy frames, 24- to 27-speed gearing, v-brakes and Shimano components and front suspension and helmets are included in this tour.

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 visa for Laos. A 30-day visa on arrival can be obtained at all airports and all land border crossings. Fees vary depending on country – US\$42 for Canada, US\$35 for the USA, UK and most of Europe, and US\$30 for Australia and other countries. You'll need a passport photo, an application form and US dollars for the visa fee. A visa issued at a Laos consulate abroad is valid for 60 days. When entering Laos with a visa please be sure to obtain an immigration entry stamp. Entering the country on only a visa, and not the proper immigration entry stamp, could subject you to fines and/or penalties.

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.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Extra Expenses

We recommend that you tuck away a few extra dollars, perhaps US\$10, for incidentals. 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

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

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