SPICE ROADS
CYCLING



ROAD

# MAE HONG SON HILLS

Tour Code
**THA-TSH**

**9** DAYS
**8** NIGHTS

| | |
|---|---|
| Destinations | Thailand |
| Tour Meets | Chiang Mai |
| Tour Ends | Chiang Mai |
| Fly in to | Chiang Mai International Airport (CNX) |
| Fly out of | Chiang Mai International Airport (CNX) |
| Group Size | 2-16 riders |
| Minimum Age | 18 (on scheduled departures) |

## ACTIVITY PROFILE

| | |
|---|---|
| **8** Cycling days | **618** km Total cycling distance |
| **77** km Avg distance / day | **1661** m Avg climbing / day |

## PRICING

| | |
|---|---|
| Price | US$ 2,350 |
| Bike Hire (Road Bike) | US$ 270 |
| Bike Hire (Carbon Road Bike) | US$ 405 |
| Single Supplement | US$ 450 |

## DEPARTURES

10 Dec - 18 Dec 2026
07 Jan - 15 Jan 2027
21 Jan - 29 Jan 2027
11 Feb - 19 Feb 2027
11 Nov - 19 Nov 2027
09 Dec - 17 Dec 2027

## WHAT'S INCLUDED

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

## WHAT'S EXCLUDED

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

## TRIP PROFILE

We ride a total of 618 km over 8 cycling days, with a total elevation gain of over 13,000 metres. The Mae Hong Son Loop is one of Thailand's most iconic road biking climbing challenges, and completing it is a true badge of honour that you'll cherish for years to come. After meeting in Chiang Mai, we warm up with a section of the classic Samoeng Loop before arriving in Thailand's most mountainous province, Mae Hong Son, where we cycle from one small highland town to the next. Be prepared for long days and consistent climbs with gradients that creep into the double digits. The roads are a dream – excellently paved and largely traffic-free – winding along jungle-clad mountains, across lush valley floors, and through dense forests. The views alone are worth the effort, and passing through these remote corners of northern Thailand, where hill tribe communities and cultures with roots in Myanmar and southern China form the majority of the population, offers fascinating insights into a side of the country that you typically won't find in the travel media. Accommodations include well-appointed and character-rich hotels that provide elevated comfort in areas with established tourism infrastructure, such as Chiang Mai and Pai, along with more basic, yet always cosy options that are often amongst the best available in the remote towns.

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 is an advanced-level road biking challenge, ideal for seasoned riders who crave the burn of steep ascents and relish the thrill of technical descents! Stamina is required for back-to-back riding days, including three days with over 100 km covered. Strength is required to handle a variety of climbing conditions, from gradual at 5-7 % gradients to shorter bursts that can get into double digits. On average, you should be comfortable with gaining 1,500 - 2,000 metres of elevation per day, and ready to push your limits on a few days beyond that. Good handling skills are key to safely navigating steep downhills with sharp turns. Less experienced riders are welcome but should prepare themselves in advance to manage the long distances and consistent climbs at a reasonable pace. The support vehicle is always nearby to offer refuge to any weary cyclists.

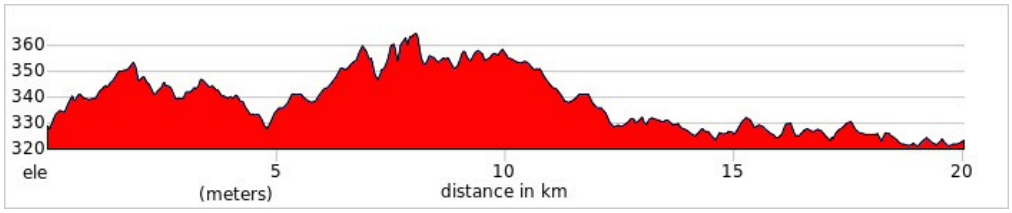
**Biking Conditions:** The majority of the Mae Hong Son Loop is paved with smooth asphalt, making it ideal for road biking. While there may be occasional rough patches with debris or potholes, these are few and far between. Traffic is typically light, especially in remote areas, but you should still expect to share the road with trucks, cars, and motorbikes. Near towns and cities, traffic tends to be heavier. Although we've scheduled our departures to avoid the wettest times of the year, rainfall can occur at any time. We generally ride rain or shine, but based on the guide's discretion or your comfort level, modifications to the planned route can be made. Additionally, from March through April, northern Thailand experiences its annual burning season, when smoke from agricultural field clearings causes smog. While we avoid this period entirely, the exact start date varies each year, and some early burnings may occur in February, impacting air quality on parts of the loop.




## Day 1: Meet in Chiang Mai

Welcome to Chiang Mai, the "Rose of the North"! We meet at our tour hotel in the early afternoon and transfer a short distance to the Huay Tueng Thao Reservoir. This is a favourite recreation spot for Chiang Mai locals, featuring a large lake surrounded by forests and traffic-free roads. After setting up and fitting the bikes we'll go for a gentle spin around the area, riding on a cycling & running track before looping around the scenic lake. Keep your eyes out for some large and whimsical straw statues! We then ride along the canal road and some city streets back to our hotel. We reconvene in the evening for a welcome dinner.

Cross Vibe Chiang Mai Decem  Dinner

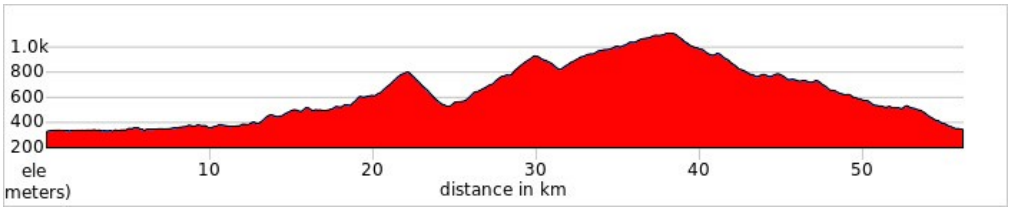



Ride 20km  +141m  -146m

## Day 2: Chiang Mai - Samoeng - Mae Rim

We kick off our adventure by cycling a section of the Samoeng Loop, one of Chiang Mai's most iconic road cycling routes, celebrated for its serene, winding roads flanked by lush jungle foliage. After a brief 30-minute transfer from the hotel to our starting point southwest of the city, we set out through the forested foothills of Doi Suthep-Pui National Park. Our ride begins with a gentle 15 km stretch, gradually warming us up before we tackle a series of twisty climbs that lead us to the Samoeng viewpoint, perched at around 1,100 metres above sea level. After a well-deserved break to soak in the stunning vistas, we descend into the Mae Sa River Valley, passing through vibrant forests and agricultural fields, with the possibility of spotting elephants at one of the camps lining the road! Our day concludes at a charming rural retreat in the district of Mae Rim, where we'll unwind and settle in for the night.

Cool Downs Resort  Breakfast, Lunch, Dinner

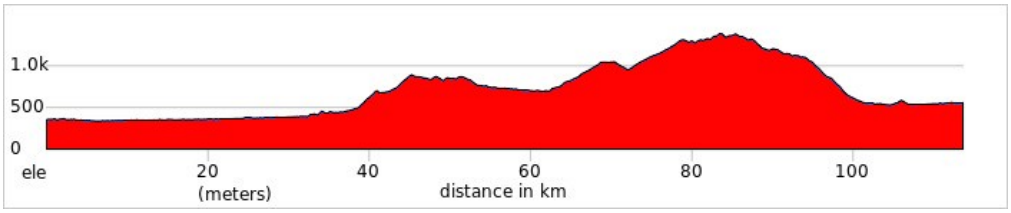



Ride 56km  +1358m  -1344m

## Day 3: Mae Rim - Pai

We begin today's journey with a flat 30 km ride along the valley floor, cycling past local villages, rice paddies, and a variety of produce thriving in this fertile region. Gradually, the gradients begin to rise, and around 40 km in, we tackle our first pass of the day. After this relatively short but steep ascent, we enjoy a flat stretch along a picturesque highland road before facing two back-to-back, twisty climbs that elevate us to over 1,400 metres above sea level. At 85 km, we are welcomed into Mae Hong Son Province with a long and technical descent into the Pai Valley. Be sure to take it slow and steady as you navigate each switchback, soaking in the epic views that emerge from the clearings in the surrounding forests. The final 15 km are flat as we ride to tonight's hotel in the heart of Pai town. While Pai is a popular tourist destination, it retains a laid-back vibe and is affectionately known as Thailand's hippy town. In the evening, you can enjoy a leisurely stroll through the vibrant night market just down the road.

The Quarter Hotel  Breakfast, Lunch, Dinner



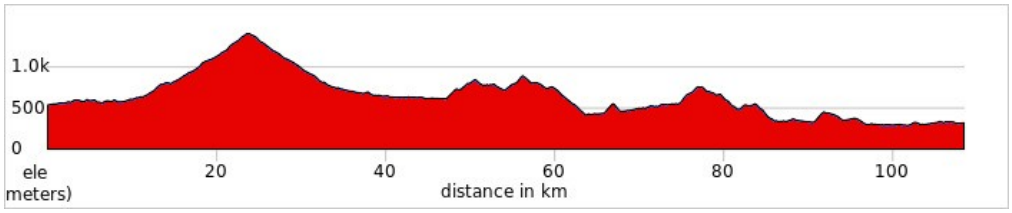

Ride 114km  +1885m  -1680m

## Day 4: Pai - Mae Hong Son

We depart the Pai Valley and, after 10 km, face one of our toughest ascents yet: the Doi Kiew Lom Climb, another classic of the Mae Hong Son Loop! Spanning roughly 15 km, the road winds steeply around lush hillsides, culminating in a panoramic viewpoint at the top. The 10 km descent that follows is as rewarding as the climb was challenging! The remainder of the ride takes us through a remote stretch of Mae Hong Son Province, rising and falling with the contours of the terrain. We are now cycling through the expansive Shan Hills, a mountain range that stretches across Thailand, Myanmar, and southern China, named after the Shan ethnic group that inhabits this region. Our ride concludes in Mae Hong Son, a quaint town largely populated by Shan

people. If you're up for some post-ride exploration, check out the beautiful historic temples built in their distinctive architectural style.

The Imperial Mae Hong Son Hotel  Breakfast, Lunch, Dinner

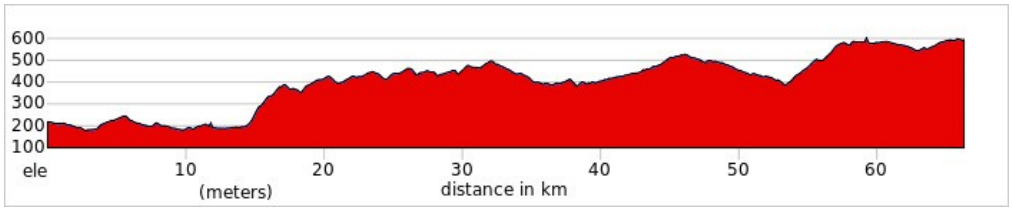



Ride 108km  +2367m  -2583m

## Day 5: Mae Hong Son - Khun Yuam

After a few long and challenging days behind us, today offers a bit of relief — though we're still in northern Thailand, so expect some climbing! Departing from Mae Hong Son town, we start with 15 km through farmlands before tackling a short but spicy ascent to the scenic Pha Bong Viewpoint, overlooking a narrow river valley flanked by craggy mountains. The remainder of the ride is fairly gentle, weaving through the forested hills of Namtok Mae Surin National Park. With villages few and far between, it's a nature-filled day of riding. After reaching the 55 km mark, a gradual, manageable uphill stretch brings us to the town of Khun Yuam, where we conclude today's journey. Enjoy the peaceful ambiance well off-the-beaten path and unwind.

Mit Khun Yuam Hotel  Breakfast, Lunch, Dinner

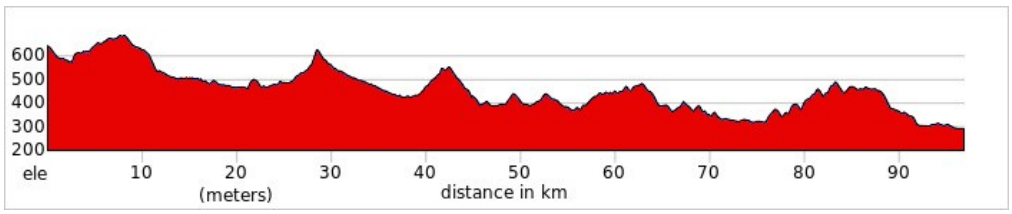



Ride 66km  +1045m  -671m

## Day 6: Khun Yuam - Mae Sariang

Today, we cycle from one small highland town to another. Departing Khun Yuam, we quickly enter another scenic stretch of backcountry roads, surrounded by jungles, agricultural fields, mountain views, and small villages that occasionally line our path. The route follows rolling hills, trending downhill overall, but with enough climbs to keep our legs working hard. By around 60 km, we enter the valley of the gently flowing Yuam River, riding through its fertile floodplain and navigating some slopes to reach Mae Sariang, a town nestled by the riverbanks. We'll stay overnight at a lovely riverside hotel, perfect for unwinding after another rewarding day of cycling the Mae Hong Son Loop.

Riverhouse Hotel (The Teak House)  Breakfast, Lunch, Dinner

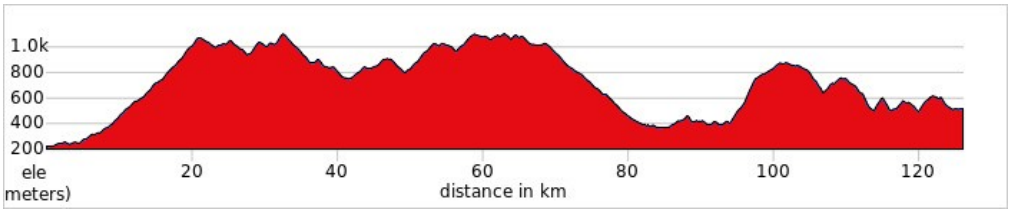



Ride 97km  +1294m  -1648m

## Day 7: Mae Sariang - Mae Chaem

Make sure you're well rested because today is the longest and toughest day of the tour! From Mae Sariang, we head east, beginning with a 15 km uphill challenge featuring consistent gradients of around 6%. Once we reach the top of the ridge at about 1,000 metres above sea level, we'll continue along a road that weaves through lush jungly hill crests, dotted with highland farms and hill tribe communities. It's a steady rhythm of ups and downs, with more steep sections along the way, until we hit the 70 km mark, where a fun 10 km downhill into the Mae Chaem River valley awaits. After enjoying the refreshing descent and some time cruising through the valley, we'll tackle one final steep 5 km climb to the top of a pass that leads into the vast landscape of rolling hills in Mae Chaem District. In the distance, we'll catch glimpses of Doi Inthanon, Thailand's tallest mountain, before arriving at our quiet rural retreat for the night. A cold brew or two may be in order to celebrate today's impressive cycling feat!

Baan Kub Doi Mae Chaem  Breakfast, Lunch, Dinner

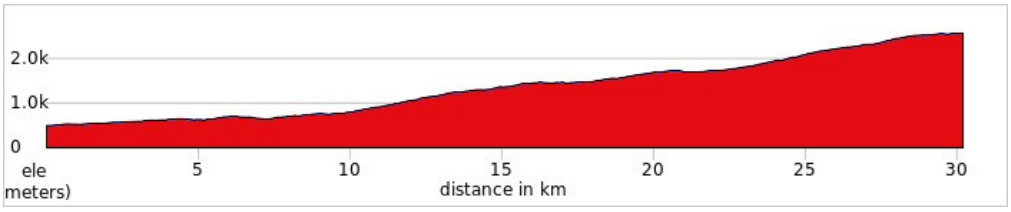



Ride 127km  +2988m  -2696m

## Day 8: Mae Chaem - Doi Inthanon - Chiang Mai

Our final ride takes us to the top of Doi Inthanon, Thailand's tallest mountain at 2,565 metres above sea level. The climb spans 30 km, with an impressive elevation gain of over 2,200 m and steep gradients that can reach up to 20%. Starting from Mae Chaem, the ascent begins almost immediately as we tackle the mountain, maintaining a steady pace while navigating a series of long uphill drags, steep ramps, zigzagging switchbacks, and tight hairpins—the full gambit of uphill road biking! The forested area carpeting Doi Inthanon's slopes is part of a national park with incredibly rich biodiversity, so don't forget to enjoy the views as we keep moving up. The final kilometres are particularly challenging, but reaching the summit rewards us with panoramic vistas and an unforgettable sense of pride in having reached the "Roof of Thailand" through our own pedal power. After relaxing at the summit we jump in the van and transfer around 2.5 hours back to where it all began: Chiang Mai. Due to safety reasons, a descent from Doi Inthanon by bike is strictly prohibited. In the evening we reconvene for a celebratory farewell dinner.

Aruntara Riverside Boutique Hotel  Breakfast, Lunch, Dinner




Ride 30km  +2212m  -145m

## Day 9: Chiang Mai Departure

Our tour has come to an end. Extend your stay in Chiang Mai, explore other parts of Thailand, or head to the airport for your flight home. Please let us know if you need assistance with hotel bookings or airport transfers after the trip.

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 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 60 countries are eligible for visa exemption for a stay of up to 30 days. See here if your country is on the list. If your nationality is on this list you do not need to apply for a visa in advance or procure one on arrival but you will need to show proof of an onward flight out of Thailand within 30 days or else you may be denied boarding. In rare instances, immigration officials at the airport in Thailand may also ask for a proof of funds (at least 10,000 THB if you travel alone, or 20,000 THB per family if you travel with dependents) and a hotel booking confirmation.

If you do not hold a passport from one of the countries eligible for a visa exemption please contact the Thai embassy or consulate nearest to you about applying for a visa. If you intend to stay for more than 30 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 from your date of entry in Thailand.

**IMPORTANT**: 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 somewhere with reliable Wi-Fi. It only takes a few minutes.

### Health

We recommend that you visit a travel medical doctor and ask about the following vaccinations: typhoid, polio, tetanus and hepatitis A. A certificate for Yellow Fever is required when arriving from an infected area within six days.

### Weather

Thailand generally has a tropical climate with fairly high humidity. The North and Central region have a tropical climate with fairly high humidity. Northeast Thailand has a humid hot and dry weather alternatively with medium rain while the coastal areas of the east is humid and hot with intermittent rain. The South of Thailand has a tropical climate with fairly high humidity.

There are three seasons: from March to June it is hot and dry, with temperatures between 27˚C/80 F and 40˚C/104 F, with night temperatures in the 20s. The rainy season is from July to October, but temperatures are slightly lower, because of the effect of the rain. During this time it will not rain continuously, but in sharp bursts, and the sun can come out quickly. The cooler season is from October to February, with average temperatures between 20˚C/68 F and 30˚C/86 F.

### Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Most meals are local and feature noodles, rice, curries, and soups. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

### Drink

Keeping you completely hydrated is a job we take very seriously. Cold water, some energy-restoring local fruit, and soft drinks are included in the tour price while riding. Soft drinks and other beverages during meals are not included. Beer is freely available everywhere but is NOT included in the price.

### Solo Travelers

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

### Extra Expenses

We recommend that you tuck away a few extra dollars, perhaps US$20 per day, for incidentals.

### Money

The Thai currency is the baht. ATMs, which are abundant, are the easiest ways to get Thai baht. Have a supply of US dollars in cash on hand, just in case your card doesn't work. Banks or the rarer private moneychangers offer the best foreign-exchange rates. Credit cards are accepted in big cities and resort hotels but you'll need baht for family-run guesthouses or restaurants.

## GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

### FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

### CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our Booking Conditions in full before you make your payment and should you require further clarifications of any of the conditions below, please email us or call our office.

### TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please email us or call our office.

## BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into Manage My Trip (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems please send us an email, or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

## BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

## DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

## FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our cancellation policy.

### Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

### International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your travel insurance that you acquired when you booked your holiday.

## Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

## CONTACT US

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