SPICE ROADS
CYCLING

TOURING

NORTH THAILAND BY BIKE

Tour Code
THA-TNT

10 DAYS
9 NIGHTS

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

ACTIVITY PROFILE

8 Cycling days	**531** km Total cycling distance
66 km Avg distance / day	**580** m Avg climbing / day

PRICING

Price	US$ 2,850
Bike Hire (E-Bike)	US$ 500
Bike Hire (Hybrid Bike)	US$ 200
Single Supplement	US$ 640

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

DEPARTURES

04 Oct - 13 Oct 2026
22 Nov - 01 Dec 2026
13 Dec - 22 Dec 2026
10 Jan - 19 Jan 2027
24 Jan - 02 Feb 2027
06 Jun - 15 Jun 2027
03 Oct - 12 Oct 2027
21 Nov - 30 Nov 2027

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Airport drop off
- ✓ 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 a total of 531 km over 8 cycling days. Our route is mixed surface riding at its best, leading us through northern Thailand's landscapes of valley floors, rolling hills, highlands and rice field plains as we travel from Chiang Mai to the Golden Triangle. Some days we cycle hotel-to-hotel, while on others, we include a transfer at the start or end, allowing us to avoid busy main roads, keep the distances manageable, and focus on the most enjoyable routes. None of the transfers are more than 30 - 45 minutes. The tour's end point is Chiang Khong which, located just 30 minutes from an international border crossing with Laos, is the perfect transition point if you plan on travelling further to Luang Prabang via a Mekong River cruise.

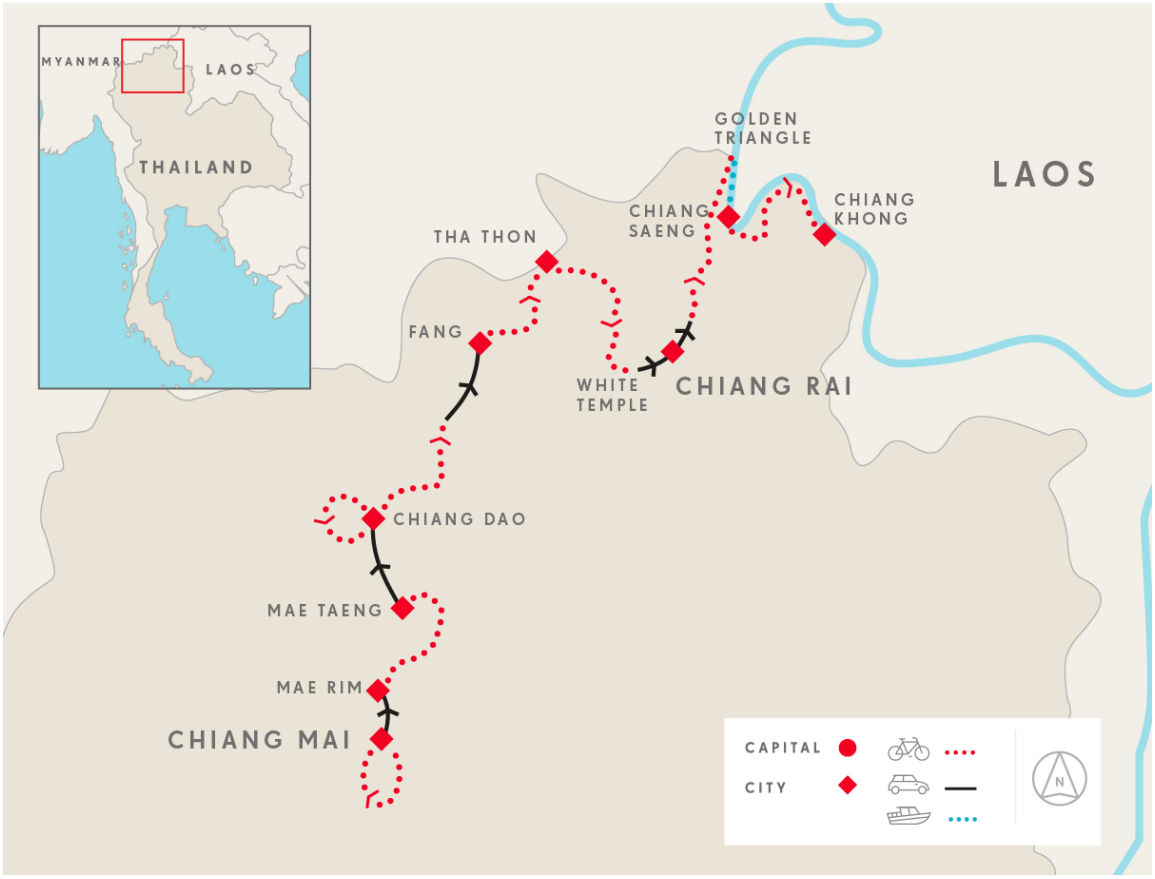
Beyond fabulous cycling, tour highlights include iconic sites like the White Temple and Golden Triangle, as well as lesser visited locales such as the Chiang Dao Caves and a Lahu hilltribe village. For many, the most memorable moments are encounters with Thailand's incredibly welcoming locals, always eager to wave hello and cheer us on!

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 active level tour and riders can expect to be challenged by the route and terrain in a variety of ways. We climb an average of 580 m per day, with most days featuring mild undulations with a few steeper sections here and there, but there are no sustained climbs over mountain passes. There's no highly technical terrain, but good bike handling skills will help you navigate some of the rougher surfaces. Riding distances range between 65 - 80 km on most days and we aim for a comfortable pace with frequent cultural and scenic stops. We have two shorter days (1 & 5) and one rest day in Chiang Rai (Day 8).The main challenge of the tour is keeping up stamina over back-to-back riding days and cycling in the tropical heat. Riders with less experience are welcome, and this is a fantastic intermediate-level tour to help push your boundaries — just be sure to prepare by building stamina for the distances and strength for the climbs. A support vehicle follows the group throughout the journey but be aware that it cannot always follow directly, instead meeting the group at intervals.

Biking Conditions: The overall split of paved and unpaved roads on this tour is roughly 75% / 25%. Paved surfaces are either asphalt or concrete with conditions ranging from very smooth to bumpy and cratered. Unpaved surfaces are predominantly farmer trails which range from hard-packed soil to loose but still grippy gravel. There are a few short sections of singletrack and rocky forest paths. Although much of the route is on quiet countryside roads with minimal traffic, we will regularly share the roads with cars, motorbikes, and buses. There are a handful of unavoidable sections along main provincial roads but these are few and far between. 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 route.

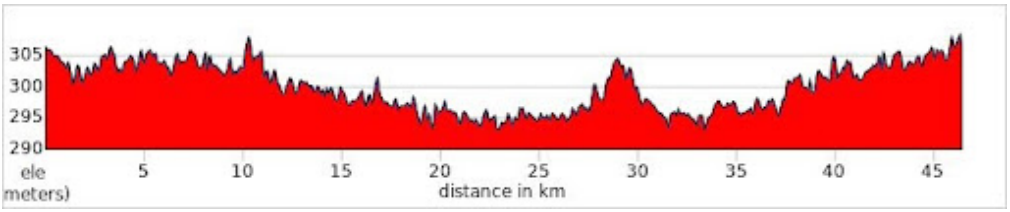
Hotels: Accommodations on this tour are predominantly character-filled, well-regarded hotels at the 3 to 4 star level. Expect clean, spacious rooms with air-conditioning, professional service, and swimming pools (available at all properties with the exception of our stay in Fang on day 4). Many of the tour hotels are located in scenic areas with beautiful views of mountains, countryside and rivers. Our chosen hotels also feature hygienic restaurants offering Thai and, occasionally, Western options. Please be aware that some older properties, while charming, may show signs of wear and tear, and the service pace in Thailand can generally be more relaxed than you might be accustomed to. Don't expect all hotel staff to speak English. For larger groups, we may need to use more than one accommodation and, in case of limited availability, switch to an alternative property from the one listed in the itinerary.



Day 1: Meet in Chiang Mai

Welcome to Chiang Mai, the "Rose of the North"! In the early afternoon, we meet at our tour hotel south of the city. Following a trip briefing, we fit the bikes and saddle-up for a gentle warm-up ride in the plains of the Ping River. Maneuvering our way out of Chiang Mai's outskirts, we first reach Wiang Kum Kam, an archaeological site showcasing the remains of an ancient city predating the foundation of Chiang Mai. From here, we follow the course of the Ping River south for about 15 km, cross a bridge, and loop back north along quiet roads lined by longan trees with their distinctive wide canopies. In the evening we reconvene for a welcome dinner at a lovely riverside restaurant with a good cause. If you need help with airport transfers or pre-tour hotel bookings, just let us know.

Amata Lanna Village Dinner



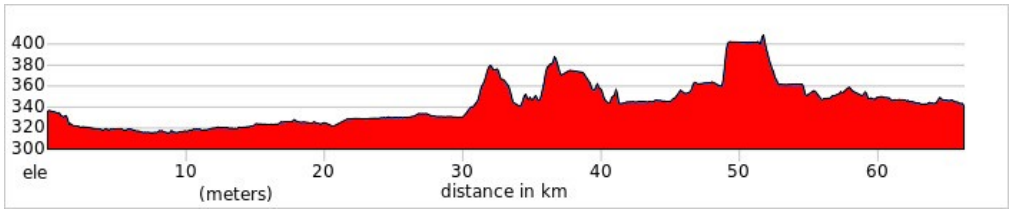
Ride 46km +174m -174m

Day 2: Chiang Mai - Mae Rim - Mae Taeng

A 30-minute transfer fast tracks us from Chiang Mai to the agricultural district of Mae Rim where we saddle up at an ornate Buddhist temple. We quickly find ourselves on village lanes and farmer paths crisscrossing a vast patchwork of rice paddies, making it clear why locally this region is known as "Lanna" — "The Land of a Million Rice Fields." After the 20 km point we pick up the pace on a smoothly paved secondary road, tackle a series of mild climbs, and take a cheeky detour along a forest trail to reach the farmlands at the edge of mountainous Sri Lanna National Park. Here we follow rural roads and after stopping for lunch at around 50 km, we rise up to the sturdy dam walls of the Mae Ngat Reservoir with stunning views over the calm waters of the lake. The final 15 km of today's ride take us on a mix of gravel, dirt, and concrete roads through longan orchards and rice fields in the district of Mae Taeng. Before arriving at the day's

hotel, we swing by Wat Ban Den, a sprawling temple complex renowned for its large sculptures of creatures from northern Thai mythology.

Phusanfah Resort Breakfast, Lunch, Dinner

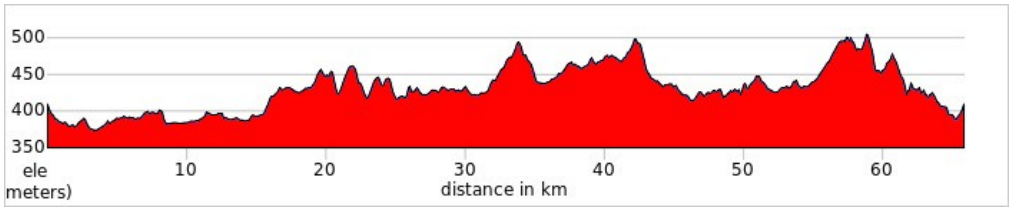


Ride 66km +309m -303m

Day 3: Mae Taeng - Chiang Dao Loop

A quick 30-minute transfer takes us north into the Chiang Dao Valley, home to Thailand's third largest mountain. Here we hop on our bikes and explore this beautiful rural area, cycling through bountiful farmlands framed by the silhouettes of towering ridges and peaks. In the morning we draw a wide 50 km arc around the valley floor, riding on undulating paved minor roads to reach the sacred Chiang Dao Caves. By foot, we enter narrow chambers housing an eclectic mix of stalagmites, stalactites, Buddha images, and other religious relics. We have lunch nearby and then get back on our bikes for 15 km of mixed surface riding through the forests and farms lying at the base of the majestic Chiang Dao Mountain. The rest of the day is free to lounge by the pool and enjoy the views at our resort nestled amidst the rural idyll of the valley.

Buraphat Resort Breakfast, Lunch, Dinner

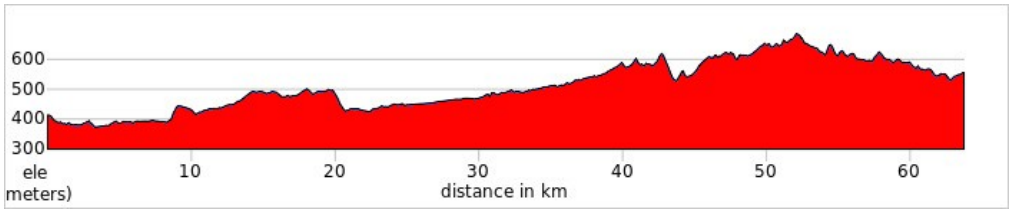


Ride 66km +675m -673m

Day 4: Chiang Dao - Chai Prakan - Fang

Starting from the resort, we ride across the Chiang Dao Valley, ascending a low ridge on a paved minor road cutting through extensive corn fields. After the 30 km mark, the road surfaces get rougher: we first skirt past teak forest plantations on concrete paths before a fantastic stretch of gravel tracks and hard-packed dirt trails leading through mango farms and Lisu hilltribe villages. The final section involves some steep and rocky singletrack that requires pushing the bike. By around 46 km, we are back on asphalt for a fast-paced 20 km rollercoaster ride of steady ups and downs into the Fang Valley. We stop for lunch in the district of Chao Prakan. You then have the option of a gentle afternoon ride along paved backroads into the town of Fang, where we spend the night at a simple but modern-style hotel. This optional ride covers around 50 km with 300 metres of elevation gain — feel free to opt for a lift in the van if you've had enough for the day!

Sleeping Tree Hotel Breakfast, Lunch, Dinner

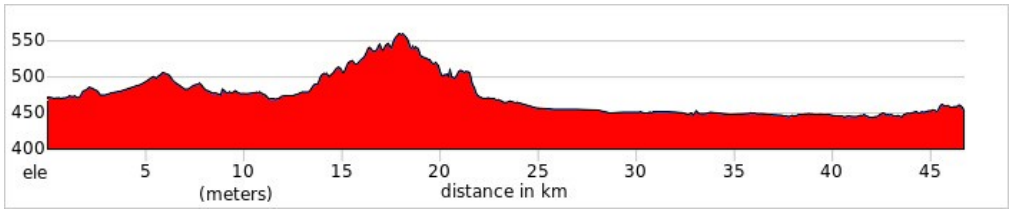


Ride 64-115km +985m -842m

Day 5: Fang - Tha Ton

Today is a milder day, covering just under 50 km on relatively flat terrain. The first half of the route is predominantly paved, cycling on minor roads through a region dominated by orange groves. At the 20 km point, after some low-gradient climbs, we stop in a Lahu hilltribe village pressed up against the highlands which separate Thailand from Myanmar. Should the occasion present itself we may be invited for some local tea and learn about traditional Lahu lifeways and spirituality. We then cruise downhill back into the plains where seemingly every inch available is covered by rice paddies. This is the arena for the second half of today's ride, navigating small dirt and gravel trails that follow irrigation canals and embankments. Paved surfaces are few and far between all the way to the market town of Tha Ton which sits on the banks of the Mae Kok River. We arrive in time for lunch at a local restaurant and then ride a very short distance to our riverside hotel replete with peaceful gardens and a refreshing pool. The afternoon is yours to relax. We can also arrange an optional drive up to a nearby hilltop temple with panoramic views.

Maekok River Village Resort Breakfast, Lunch, Dinner

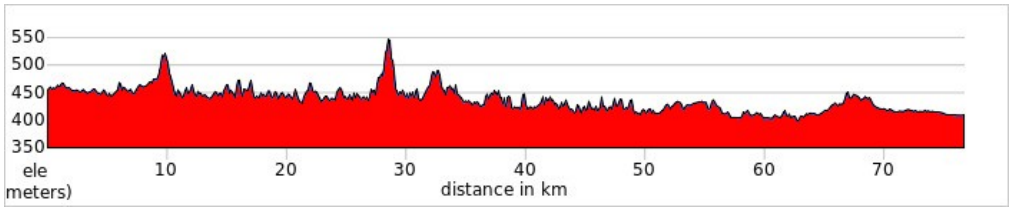


Ride 47km +271m -289m

Day 6: Tha Ton - Chiang Rai (White Temple)

Today's ride is all about the Mae Kok River, the bloodline of Chiang Rai Province. This waterway enters Thailand from the rugged hills of Myanmar's Shan State just a few kilometres from where we're staying in Tha Ton, and from there it flows southeast through a narrow valley towards the city of Chiang Rai. Our route follows the Mae Kok on this downstream path, riding on a river-hugging road used by hilltribe communities such as the Karen to reach their farms and villages carved into the forested hillslopes. Starting from our resort, the first 15 km are predominantly paved as we manoeuvre out of the plains. Once in the narrower valley, the surfaces become more inconsistent, with concrete, gravel, and dirt all making an appearance as we rise and fall with the contours of the hilly terrain for around 45 km. Eventually, we spill out onto the plains surrounding Chiang Rai, concluding our ride at the eccentric White Temple, Chiang Rai's top attraction, where traditional Thai temple architecture meets modern art and pop culture. We then transfer around thirty minutes to our hotel in the city.

Le Patta Hotel Breakfast, Lunch, Dinner



Ride 77km +889m -936m

Day 7: Chiang Rai Rest Day

With a solid week of cycling behind us - and with two more big days ahead - we give our legs a break today. And there's no better place for it than Chiang Rai City with its laid-back vibe and plenty on offer to fill a relaxed day. Within walking distance of our hotel you'll find no shortage

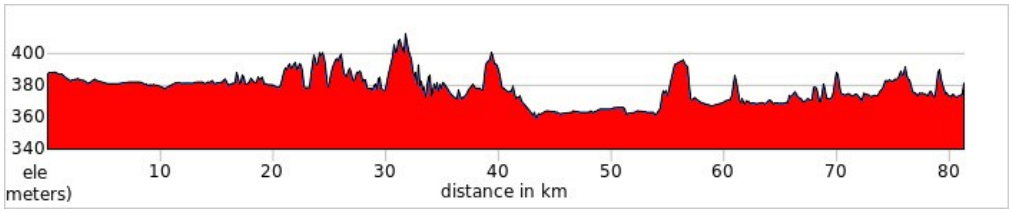
of spas to soothe your muscles with a Thai massage, cafes & pubs to unwind, and eateries to indulge in local or international fare. We are here on a Saturday which means you can also visit the popular, once-a-week only, "Walking Street"; a pedestrian zone chock full of street food and northern Thai products. Lunch and dinner are on your own today. For those keen on ticking off some more of Chiang Rai's sights, we can organise a morning visit to the eclectic Black House, renowned for its dark, mysterious art collection, and the Blue Temple, with its striking azure architecture. Entrance fees are not included in the tour cost.

Le Patta Hotel Breakfast

Day 8: Chiang Rai - Golden Triangle - Chiang Saen

Today's ride leads us to the Golden Triangle where the borders of Thailand, Myanmar, and Laos converge at the confluence of the Mekong River. We begin with a quick transfer out of Chiang Rai and ride deep into rice and corn fields along the Mae Kok River for around 10 km. We then join a well-paved provincial road for a fast-paced boost further north. At 30 km we veer towards the river on concrete, then switch to asphalt into hillier terrain where pineapple plantations reign supreme with neat rows of spiky green crowns draped across the slopes. We then up the dosage of dirt and gravel as we weave through an area of wetlands, rubber tree plantations and rice fields. Keep your eyes peeled for herds of water buffaloes. By 55 km we're back on paved roads, riding past more pineapple plantations, skirting around a large lake, and, by around 81 km, reaching the famed Golden Triangle. We end our ride and hop into a boat for a 20-minute zip down the mighty Mekong River to the town of Chiang Saen where we spend the night at a riverside hotel.

Siam Triangle Hotel Breakfast, Lunch, Dinner

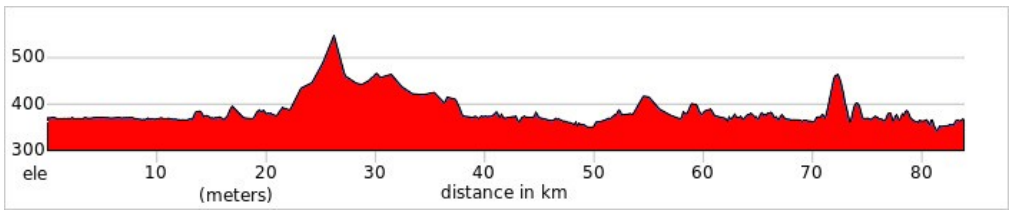


Ride 81km +491m -497m

Day 9: Chiang Saen - Chiang Khong

We begin with a 7 km loop through the ancient town of Chiang Saen, with tree-entwined fortification walls and moss-covered brick temple ruins creating an atmospheric backdrop. Then, after a 10 km stretch along the shoulder of a wide provincial road, we enter an area of rugged hills clad with rubber tree plantations. Here, a few kilometres of dirt trails lead to a paved minor road coiling its way uphill for around 5 km through shady forests and bamboo stands. A rewarding downhill then transitions into rolling terrain with crunchy gravel and bumpy concrete roads leading us back to the banks of the Mekong River where we stop for lunch at around 50 km. In the afternoon, we diverge from the river for about 10 km to head back into farmlands dominated by rubber trees before rejoining the main Mekong road to carry us to the small border town of Chiang Khong. These final 20 km feature smooth asphalt, a short but spicy double digit climb, and a dash to the finish line along a designated bicycle lane on the riverside promenade leading into Chiang Khong. Tonight we toast our achievement at a Mekong-style farewell dinner.

Chiang Khong Teak Garden Riverfront Hotel Breakfast, Lunch, Dinner



Ride 84km +847m -851m

Day 10: Chiang Khong Departure

Our cycling tour has ended but you can extend your adventure from Chiang Khong with a Mekong River boat cruise in Laos, a scenic journey to the UNESCO World Heritage city of Luang Prabang. We're happy to recommend cruise operators and provide a drop-off at the border crossing. For those flying out or continuing their stay in northern Thailand, we offer a shared transfer to Chiang Rai Airport or any Chiang Rai City hotel (approx. 1.5-hour drive).

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 hybrid, mountain or gravel bike in good mechanical order.

We also have E-Bikes available for hire, but they are limited in number & size - please send an email to us to check on availability.

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 say 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.

CONTACT US

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