

# SPICE ROADS

## CYCLING



### NORTH THAILAND BY BIKE

Tour Code  
**THA-TNT**

**10** DAYS  
**9** NIGHTS

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

### ACTIVITY PROFILE



<b>10</b> Cycling days	<b>553</b> <sup>km</sup> Total cycling distance
<b>55</b> <sup>km</sup> Avg distance / day	<b>872</b> <sup>m</sup> Avg climbing / day

### PRICING



Price  
Bike Hire (Mountain Bike)  
Single Supplement

US\$ 2,200  
US\$ 175  
US\$ 460

### 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



23 February - 03 March 2020  
03 May - 12 May 2020  
07 June - 16 June 2020  
04 October - 13 October 2020  
15 November - 24 November 2020  
20 December - 29 December 2020  
17 January - 26 January 2021  
13 June - 22 June 2021  
10 October - 19 October 2021  
28 November - 07 December 2021

## TRIP PROFILE

We ride 553 km, about 30% off road, in 10 cycling days. We designed the route to give a wide variety of riding. There are some first-class single-track trails to gentle back roads. Northern Thailand is a mountainous region, and there are very few flat rides, however, most of the big climbs are optional and on tarmac. Many roads and trails traverse the mountains, and our route winds up and down hillsides. We guarantee you will never be bored by the riding. There are some outstanding descents and stunning views across rolling hillsides and valleys at almost every turn!

Although our escort vehicle is always close by and our guides have powerful two-way radios, some rides are not supported due to the remoteness of the trails. 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.

We use a nice variety of accommodation including a village homestay as well as some deluxe resorts. Every day you will get a comfortable room (except with the homestay) and often a swimming pool to jump into at the end of the ride.

**Suitability:** You should be confident of your physical condition and bike-handling skills. Some climbs are challenging, and some rides are off road, but overall, the trail isn't too technical. It can be managed by most riders, but it is advisable to have at least some off-road and preferably downhill experience. Fitness, of course, will be a huge asset but it is not crucial. It is possible to dodge the big climbs. If you are in doubt, please contact us for advice or a list of references.

**Biking Conditions:** We have a mixture of tarmac, vehicle width dirt roads, and single track. Some off-road riding experience is an advantage.



### Day 1 Chiang Mai

We meet in the afternoon to brief everyone thoroughly and make sure the bikes fit. Then, we take a short transfer out of town and start a nice, easy ride along the Ping River to get accustomed to riding in Thailand. Our stopping point of Ban Tawai is an arts and crafts area, and we have time to browse the stalls for souvenirs before heading back to Chiang Mai.



Ride 40km



+155m



-155m

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## Day 2 Teak Forest Ride

After breakfast, we transfer to a nearby reservoir where we take a boat to our trail head. We ride an outstanding trail through a scenic teak forest, enjoying some great single track. We eventually spill out of the forest at a waterfall where our support truck is waiting to replenish water supplies and provide a snack. We then ride on a road to our lunch stop, a great little restaurant overlooking a reservoir. After lunch, we ride along country backroads before cutting off road and riding an elephant trail through the forest to our resort near Chiang Dao. Time to enjoy the swimming pool before dinner.



Royal Ping Resort



Breakfast, Lunch, Dinner



Ride 60km



+731m



-755m

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## Day 3 Chiang Dao Tribal Trails

We make a short transfer from the resort to Chiang Dao Caves and the start of our ride. Today's ride is a real treat for mountain bikers. We ride through rice fields and among soaring limestone cliffs before hitting the dirt. We ride dirt roads cut by local hilltribes, and we will meet Akha, Lisu, Lau, and Palaung peoples. The colourful Palaung are recent migrants, and you will see their women adorned with heavy brass waist-bands working the fields. We stop for lunch at a Forestry Camp before a memorable afternoon riding some quite outstanding mountain trails. Our support vehicle will be waiting at the trail end to transport us to our comfortable Thai-style inn.



Saimoonburi Resort



Breakfast, Lunch, Dinner



Ride 75km



+855m



-819m

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## Day 4 Backroads - Thaton

After an early breakfast, we ride to the Tub Tao Caves and temple retreat. We ride backroads through many small villages before arriving in Fang and our stop for lunch. In contrast to the previous day, much of the ride is flat, and we will make the distance quite quickly. The ride is scenic as we pass farmlands and orchards. We end at Thaton along the banks of the Mae Kok River where your resort with a swimming pool awaits.



Maekok River Village Resort



Breakfast, Lunch, Dinner



Ride 82km



+374m



-522m

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## Day 5 Bike and Boat - Chiang Rai

After a short transfer, we arrive at a Lahu village, where we hitch a ride on a long-tail boat (with our bikes) to a scenic riverside area. We have a brief stop at a forestry reserve before heading off for another 20-km off-road ride and take a break at a local coffee shop. It's just about 20 km more to the provincial capital of Chiang Rai. Here we can relax at the hotel, or go out in the city to see the famous night market or to just chill in the lively downtown area.



La Luna Hotel



Breakfast, Lunch, Dinner



Ride 48km



+609m



-645m

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## Day 6 Doi Mae Salong Ascent

After breakfast, we cycle 14 km along dirt roads flanked by rice paddies to Chiang Rai's spectacular white temple, Wat Rong Khun. Make sure you have your sunglasses on as we take in

the splendour of one of Thailand's most famous edifices. After lunch, we transfer to the foot of Doi Mae Salong where we make our first big mountain climb in the late afternoon. It is 18 km up and down through magnificent scenery to Mae Salong. Almost entirely populated by descendants of Chiang Kai Chek's Chinese Nationalist Kuomintang Army, the village has the look and feel of China's Yunnan province rather than Thailand. We stay the night at a simple resort with a swimming pool that has out-standing views across the tea plantations and enjoy a wonderful dinner.

 Mae Salong Flower Hills  Breakfast, Lunch, Dinner

 Ride 32km  +915m  -703m

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## Day 7 Doi Mae Salong Descent

After breakfast, we visit the temple at the very top of the hill and then hit the trail. A 30-km (14 km off road) descent through the forest along some glorious trails. Eventually, we spill out onto the road and make the short ride to our resort. We stay at one of north Thailand's best kept secrets. Built by a well-known architect, this charming resort fuses western comforts with Lanna design to provide a delightful refuge for weary cyclists. The afternoon is free to enjoy the resort's facilities, laze by the pool, or explore the surrounding countryside.

 Phu Chaisai Resort  Breakfast, Lunch, Dinner

 Ride 48km  +1240m  -1903m

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## Day 8 Mae Salong - Golden Triangle

The longest ride of the tour is also one of the most spectacular. We start the day with an off-road ride through lychee orchards and have a chance to visit the only horse temple in Thailand. We then tackle Doi Tung, where the Thai royal family has a palace. Again, the climb is on good tarmac, and the rewards are some amazing views. We take lunch on top of the mountain and visit a temple that is said to contain the Buddha's clavicle. In the afternoon, we ride along an amazing ridgeback road. There is a fast, downhill ride into Mae Sai and then a nice flat ride alongside the Sai River to our hotel in Sop Ruak, the site of the Golden Triangle.

 Imperial Golden Triangle  Breakfast, Lunch, Dinner

 Ride 98km  +1914m  -1969m

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## Day 9 Mekong River Ride

After breakfast, we take you on a very scenic loop deep into the heart of the countryside surrounding the Golden Triangle. We then return to the hotel, where you can shower before we head to Chiang Saen and have lunch. We have a chance to do some sightseeing in this ancient town, one of the first Thai kingdoms. After sightseeing, we begin the transfer back to Chiang Mai (approx. 3 hours). Once checked into the hotel, we then enjoy a farewell dinner at a great riverside restaurant.

 The Rim Resort  Breakfast, Lunch, Dinner

 Ride 28km  +228m  -230m

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## Day 10 Doi Suthep Downhill

Saving the best for last, we have an outstanding off-road treat scheduled. We start with a climb (or transfer) to Chiang Mai's most impressive temple, Wat Doi Suthep, which is perched on a hilltop overlooking the city. We then embark on Thailand's most exciting mountain bike trail. Winding for 30 km through spectacular mountain scenery, this ride is a fitting finale to an amazing cycling adventure. Our support vehicle picks us up at picturesque reservoir to transfer us back to the hotel or to the airport for your onward travels.

 Breakfast, Lunch

 Ride 42km

 +1699m

 -1652m

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**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. The bikes are well-known makes of mountain bikes with lightweight alloy frames, 24- to 27-speed gearing, v-brakes, and Shimano components and front suspension. If you bring your own bike, please make sure it is a mountain bike, preferably with front suspension, 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

When booking your tour, you'll be required to pay a deposit to guarantee your place. For tours priced US\$ 2,000 and lower, the deposit amount is US\$ 200 per tour, per rider. For tours priced US\$ 2,001 and above, the deposit amount is US\$ 500 per tour, per rider. For tours priced US\$ 500 and below, full payment is required upon booking.

Read more about booking and paying for your trip [here](#).

All SpiceRoads trips require proof of travel insurance when booking your holiday. Besides covering you during your trip, travel insurance will also enable you to claim any fees that you



have paid to us, including your deposit, if you have to cancel your trip

## Balance

Tours priced below US\$ 500 require full payment at the time of booking. For tours priced US\$ 500 and above, 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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