SPICE ROADS
CYCLING

TRAILS

HIDDEN TRIBES AND TRAILS OF LAOS

Tour Code
LAO-LMB

9 DAYS
8 NIGHTS

Destinations	Laos
Tour Meets	Luang Phrabang
Tour Ends	Luang Phrabang
Fly in to	Luang Phrabang Airport (LPQ)
Fly out of	Luang Phrabang Airport (LPQ)
Group Size	2-16 riders
Minimum Age	18 (on scheduled departures)

ACTIVITY PROFILE

6 Cycling days	**303** km Total cycling distance
50 km Avg distance / day	**916** m Avg climbing / day

PRICING

Price	US$ 2,350
Bike Hire (Mountain Bike)	US$ 175
Bike Hire (E-Bike)	US$ 250
Single Supplement	US$ 285

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

DEPARTURES

25 Oct - 02 Nov 2026
29 Nov - 07 Dec 2026
10 Jan - 18 Jan 2027
21 Feb - 01 Mar 2027
24 Oct - 01 Nov 2027
28 Nov - 06 Dec 2027

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Airport pick up
- ✓ Accommodation
- ✓ Snacks and drinks
- ✓ Entrance fees
- ✓ Ferry/boat fares

WHAT'S EXCLUDED

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

TRIP PROFILE

We mountain bike 332 kilometers of some of Southeast Asia's most remote and wild mountain scenery on 6 riding days (including a rest day mid-trip). To access remote hill tribe hamlets and escape the beaten track, the route utilizes a network of singletrack trails and dirt village roads in rough condition, making for exciting riding. After a charming warm-up ride on Day 2, the challenges begin in earnest on Days 3 and 4, with significant distances and climbing on offer. We take a breather on Day 5 for a longtail boat cruise to remote cultural and natural sites. Day 6 again pushes us with a sustained climb and good distance. Day 7 is more relaxed with a shorter riverside trail ride, followed by the Day 8's steep grades and rolling descents that eventually take us to the trip end in scenic Luang Prabang.

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: For the intrepid mountain biker in search of real adventure, you've found it.

This tour is a physically challenging and technically demanding mountain bike trip. Due to the remote nature of many of the trails and singletrack we'll be riding, the support vehicle will not be 100% available, and this trip should only be attempted by fit, experienced riders who are able to handle demanding terrain for long stretches.

While we will utilize the best of what's available, understand that the communities along the route are remote, and have had minimal exposure to the outside world. Western standards may not always be available, but warm welcomes and eye-opening cultural experiences will be. Expect adventure both on road and off.

Biking Conditions: Riding surfaces are a mixture of singletrack, jeep tracks, dirt roads, and some asphalt sections in between trails. Village roads in Northern Laos are generally dirt in rough condition- great for experiencing by mountain bike!

There is a great deal of variation in single track on this trip, and experience riding off-road and advanced singletrack is strongly recommended. Trails traverse thick jungle, steep mountainsides, and rocky river valleys that make up the amazing natural playground that is Northern Laos. Due to the remoteness and condition of these trails, vehicle support will not always be 100% available, and riders should bring a hydration backpack to carry additional water and fuel on long singletrack sections.

Day 1: Arrive Luang Prabang

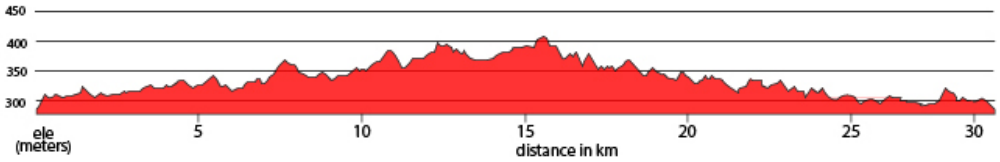
We'll meet you at the airport in Luang Prabang and transfer you to your accommodation for the next two nights. Take a stroll through this lovely riverside town, maybe visiting a temple or two, before gathering at a local restaurant for a trip briefing over welcome dinner.

Sala Prabang Dinner

Day 2: Luang Prabang - Chomphet District

After breakfast at the hotel, you'll meet your guides, who will conduct a bike fitting before our first ride of two-wheeled adventure. This ride is a warm-up for the legs, exploring Chompet district across the river from Luang Prabang. City life fades away rapidly on this side of the Mekong, and you'll get a taste of what's to come on some gentle hills and dirt tracks that run through the local Hmong tribal villages. In the afternoon, we will pack up and transfer by car to the small town of Pakxeng, the jumping off point for tomorrow's adventure.

Local Guesthouse Breakfast, Lunch, Dinner

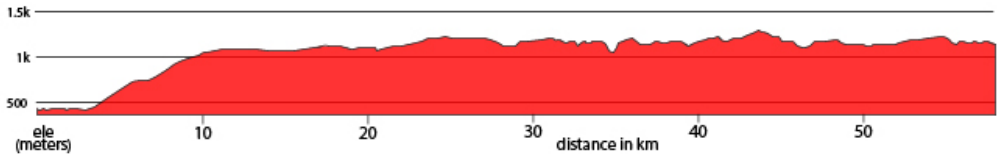


Ride 35km +338m -338m

Day 3: Pakxeng - Vieng Kham

Rise early to get a head start on the day, our first ride into hil ltribe country! We'll head out from Pakxeng on a dirt road along the Nam Xang river, an important tributary that gives life to local tribal communities. The ride takes us through banana plantations and the villages of a new tribe, the Khmu of Northern Laos, one of the country's largest tribal groups. Our first big climb, about 600 meters, is a long one, but after that we'll mostly encounter short but steep hills, as we meander through the countryside in the foothills, followed by a long descent into the village of Vieng Kham, where we'll enjoy local hospitality for the evening.

Local Guesthouse Breakfast, Lunch, Dinner

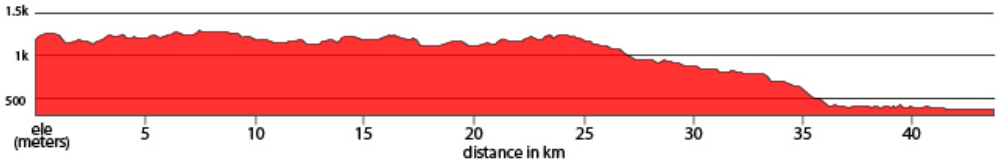


Ride 77km +2000m -1950m

Day 4: Vieng Kham - Muang Ngoi

After breakfast, our day begins with a 15 kilometer transfer to the trail head. We'll ride this route, a mixture of rough dirt road and singletrack, all the way to the chilled out Muang Ngoi, home to Hmong, Khmu, and Leu tribes. The route is technical, but with only short climbs, before a long and gradual descent into the village, and absolutely fantastic scenery. Tonight, we'll stay in a simple but cozy guesthouse, surrounded by the karst scenery.

Lattanavongsa Guesthouse Breakfast, Lunch, Dinner



Ride 46km +680m -1430m

Day 5: Muang Ngoi - Muang Khua

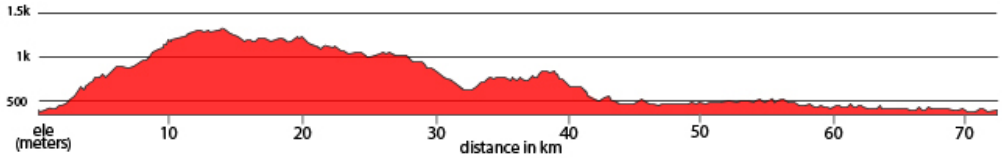
A short transfer in the morning brings us to the riverside, where we'll board a longtail boat that will take us up the river to the northern district of Phongsaly. Relax, enjoy the ride, and take in the absolutely stunning view of magnificent karst mountains and hidden tribal villages along the river. This is the real Laos, untouched by tourism. On the way, we'll visit a local temple and cave complex that was used as shelter for villagers and resistance fighters during the second Indochina War. Our accommodation for the night is a simple but evocative guesthouse in the town of Muang Khua.

New Chaleunsouk Guesthouse Breakfast, Lunch, Dinner

Day 6: Muang Khua - Nayang - Nong Khiaw

Today's challenge wastes no time- we'll have a steep climb on a rough dirt road right away as we head south from Muang Khua! We'll climb nearly 1,000 meters in around 12 kilometers, but our reward will be fantastic views of the province for several miles, and a mostly downhill ride for the next 20 kilometers or so. Our route is on a combination of single track and dirt road, and we'll break at a nice stop for lunch. Local families will perform a traditional "Baci" ceremony to welcome us and wish us luck on our onward journey. We will then transfer to the scenic village of Nong Khiaw for the night, and kick back under the sunset glow on the rocky peaks that surround this hushed valley.

Nong Khiaw Riverside Breakfast, Lunch, Dinner

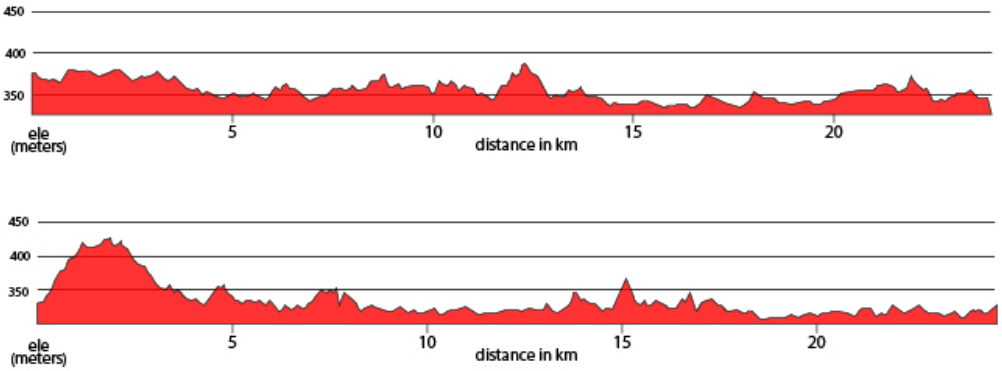


Ride 73km +1670m -1670m

Day 7: Nong Khiaw - Harpang

This morning, we have the option of exploring Nong Khiaw along the riverside, or hiking to one of the viewpoints overlooking the valley. This is a challenging climb on foot that will take about 2.5 hours in full, but the vantage point is spectacular. After descending, we will take a boat to the start of our bike ride. The trail is a smooth 20 kilometers along the water's edge, and an absolute treat to ride. At the end of the trail, our van will meet us at the main road to transfer to our accommodation for the night in the rustic village of Harpang.

Local Guesthouse Breakfast, Lunch, Dinner

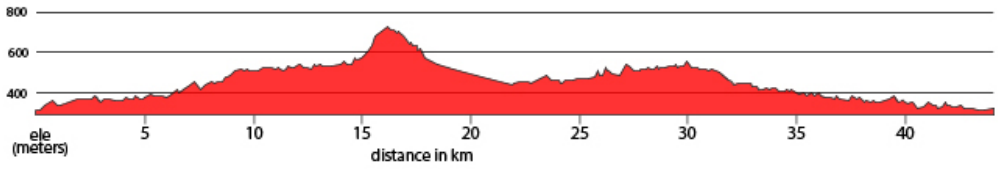


Ride 20km +208m -225m

Day 8: Harpang - Lathan - Luang Prabang

Our final day of riding is a challenging one. We'll start off with a transfer to the trailhead outside the village of Houaylae. The track is challenging and technical, and leads up to a steep peak at 17 kilometers, before opening up to to expansive farmland. We'll cruise through undulating terrain for the final 45 kilometers, seeing local farmers making their livelihood as they have for generations. At the rides in the village of Lathan, we'll hop on another longtail boat for our final boat ride down the Mekong to where we began in Luang Prabang. At tonight's dinner, we'll share stories of our trip and bid each other farewell.

Sanctuary Luang Prabang Resort Breakfast, Lunch, Dinner



Ride 55km +1150m -1100m

Day 9: Departure

Now back in Luang Prabang, you're free to enjoy this charming riverside city, exploring its many temples, markets, and boutiques. If you'd like to extend your stay with more activities or riding, our crew will help make arrangements to prolong your Laos adventures!

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 mountain bike, preferably with front suspension, 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.

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Passports and Visas

The visa application process for Laos depends on the entry point where you will cross the Laos border.

Please see the visa options for our Laos tours below:

"Hidden Tribes and Trails of Laos": You can apply for an **e-visa in advance**, or obtain a visa on arrival at the Luang Prabang airport.

When applying for a visa on arrival, be sure to have cash in the amount of USD $50 per person or equivalent in THB, LAK, or EUR, in clean, pristine bills.

"Southern Laos by Bicycle" and "Remote Vietnam and Laos": Visas on arrival are obtained at the Laos border on Day 2 of the tour. E-visas are not available for this crossing.

When applying for a visa on arrival, be sure to have cash in the amount of USD $50 per person or equivalent in THB, LAK, or EUR, in clean, pristine bills.

"Cycling Chiang Mai to Luang Prabang": Visas on arrival are obtained at the Laos border on Day 6 of the tour. You can also apply for an **e-visa in advance**.

When applying for a visa on arrival, be sure to have cash in the amount of USD $50 per person or equivalent in THB, LAK, or EUR, in clean, pristine bills.

"Biking Hanoi to Luang Prabang" and "Remote Vietnam and Laos": Visas on arrival and e-visas are not accepted for these border crossings (Pang Hok-Sop Hun and Nam Soy).

We would like to summarize your options to obtain your visa in advance:

1 - The most straightforward way is to get the visa from a Laos embassy or consulate near you. Please contact them directly. Please do this as soon as possible, as processing time can vary.

2 - We know that Laos embassies/consulates may not be within a reasonable distance of where you live. If that is the case, you may consider using a reliable Travel Visa agency such as CIBT who will take care of the process for you. Please do this as soon as possible, as processing time can vary.

3 - We can help to obtain your visa at the Laos embassy in Hanoi. This would require you to be in Hanoi before the beginning of the tour, and it cannot fall on weekend or national holiday. You need to submit the visa before 09:00 AM and will receive it in your passport in the afternoon of the same day. You need to prepare a passport-sized photo and your passport. The cost for this service is 45 USD/per person including the visa fee and transportation to the embassy. This needs to be paid in cash and in USD.

Further visa information:

The full list of entry points indicating where e-visas and/or visas on arrival are and are not accepted. **https://immigration.gov.la/checkpoints/**

The list of countries with visa exemptions for Laos (please see the column on the right-hand side, "Ordinary Passport", for the visa exemption period): **https://immigration.gov.la/visa-exemption/**

Digital Immigration Registration:

The Laos government is piloting a Digital Immigration Registration arrival card system starting 1 September, 2025 at the following points of arrival:

Luang Prabang International Airport
Vientiane (Wattay) International Airport
Pakse International Airport
First Lao-Thai Friendship Bridge (Vientiane–Nong Khai)
Nationwide roll-out is expected 1 January 2026

Arrival:

1. Please submit **Arrival registration** within 3 days prior to arrival (you cannot submit before this time period). This will provide you with a QR code which should be saved on your phone or

printed.
2. Show the QR code at immigration. Paper cards are not required at these pilot checkpoints.

Departure:

1. Please submit Departure registration within 3 days before departure and save or print QR code.
2. Show the QR code at immigration

Please note that the digital arrival card system does NOT replace the Laos visa or e-visa process detailed above. If you do not qualify for visa-free entry to Laos, you must still have a visa to enter the country.

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

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.

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