

SPICE ROADS

CYCLING



CHIANG MAI TRAIL EXPERIENCE

Tour Code
THA-TMB

8 DAYS
7 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



6 Cycling days	253 _{km} Total cycling distance
36 _{km} Avg distance / day	905 _m Avg climbing / day

PRICING



Price
Bike Hire (29" Mountain Bike)
Single Supplement

US\$ 1,700
US\$ 160
US\$ 280

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Accommodation
- ✓ Snacks and drinks
- ✓ Lunch
- ✓ Entrance fees
- ✓ Accident insurance

WHAT'S EXCLUDED

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

DEPARTURES



14 December - 21 December 2025
04 January - 11 January 2026
01 February - 08 February 2026
13 December - 20 December 2026

TRIP PROFILE

This route combines a variety of road surfaces, with 60% of the riding on rough jeep roads and singletrack. On road sections are small, concrete paths through forests and tribal villages, with a few sections of tarmac on mountain roads. Expect to climb- over 1,000 meters per day- as you wind in and around (and up and down) hill country. Steep climbs are rewarded with fun descents, exciting trails, and hidden mountain villages and views seldom seen by outsiders.

Accommodation for this trip is a mixture of mountain resort, tribal homestay, and safari-style tented camps. The cool mountain climate of Northern Thailand means that although you'll have air conditioning in your room, you may not need it at night!

Due to the remoteness of many of the trails, vehicle support is not always available, and on some days bringing additional water and snacks in your camelback will be necessary to stay hydrated and fueled during extended off-road sections. However, your guides knowledge of the local area and terrain means you'll always know what's coming up in terms of distance and difficulty.

Suitability: This trip is suitable for adventurous cyclists with off-road and single track experience. There will be challenging days over hilly terrain, sustained climbs, technical off-road tracks, and plenty of downhill. Riders should be physically fit- able to tackle hills, or quickly push the bike up them if need be- with good handling skills and confidence on a variety of natural surfaces.



Day 1 Arrive in Chiang Mai

Your mountain bike guide for the trip will pick you up at your hotel in the afternoon, then it's time to get settled in! The crew will help you make adjustments to fit your bike, or finish assembling your own, before heading out to a park on the edge of Chiang Mai for a test ride. It's a few fun hours of easy trails- nothing major- to warm up and get comfortable. After that, you'll return to the hotel in time to get cleaned up for trip briefing over a classic Thai feast- the first of many!



Aruntara Riverside Boutique Hotel



Dinner

Day 2 Day 2 - Chiangmai - Wat Thong sri

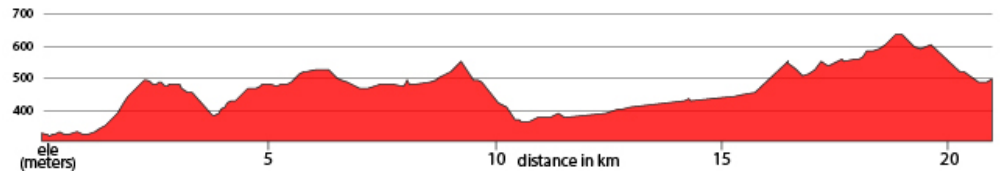
After breakfast at our Chiang Mai Hotel, we'll transfer less than 30 minutes out of the city to the start of the trip's riding. Today's track is a fun dirt path along the river. Surfaces are varied, with a few surprises to keep things interesting, and enough short climbs to get the legs working! We'll crisscross the river many times on this route, so vehicle support will be limited- and be prepared to get wet! Following a solid 23 kilometers, we'll transfer about an hour to our hotel in the quaint town of Mae Rim. You're free to relax or enjoy the pool in the afternoon, rejoining the group for a traditional Thai dinner at the hotel.



Cool Down Resort



Breakfast, Lunch, Dinner



Ride 23km



+779m



-616m

Day 3 Mueang Kai - Baan Pa Khaolam

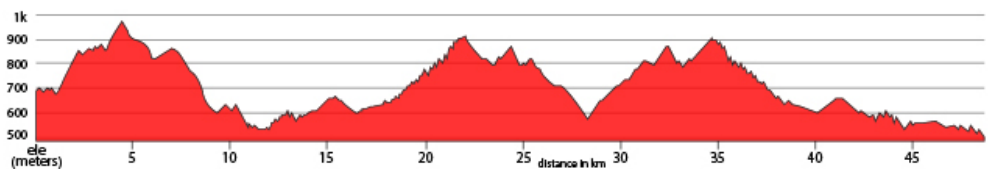
Rise early for breakfast and a transfer to the small Northern village of Wat Ban Aob. The second day of riding is the start of several challenging days, as the terrain rises into steep hill country. Our ride is on mostly double track today, but there will be lots of hills and some sections might require getting off the bike to push! All this effort is rewarded with a look into real hill tribe village life, as it is seldom seen by outsiders. After riding into the village of Baan Pa Khaolam, you have the choice of transferring to the hotel via our 4WD support truck, or tackling the hills in reverse!



Stay Wild Resort



Breakfast, Lunch, Dinner



Ride 48km



+1460m



-1646m

Day 4 Baan Kang Kued - Baan Mae Maee

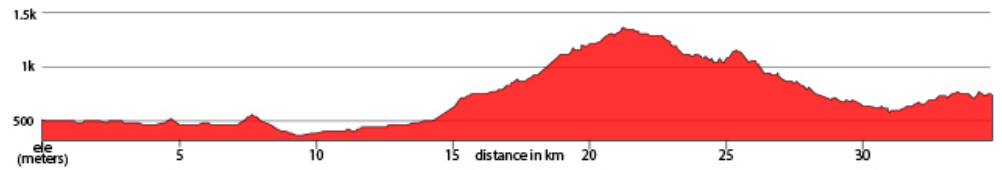
Today's ride begins with tarmac, but the cool mountain air helps to get our legs ready for the challenging day ahead. We'll leave the road for dirt tracks, heading into the hills and tribal territory again. To manage erosion during the region's rainy season, parts of the road have been paved with concrete, so it will be mixed terrain on some sections of the ride. However, there are a variety of road surfaces today, requiring good technical skill, and several steep sections to watch out for. A long technical climb brings us to a refreshing pine forest at over 1,400 meters, followed by a nice downhill into a charming village where we'll enjoy a local home stay experience for the night.



Baan Mae Mae Homestay



Breakfast, Lunch, Dinner



Ride 35km



+1517m



-1277m

Day 5 Baan Mae Mae - Chiang Dao

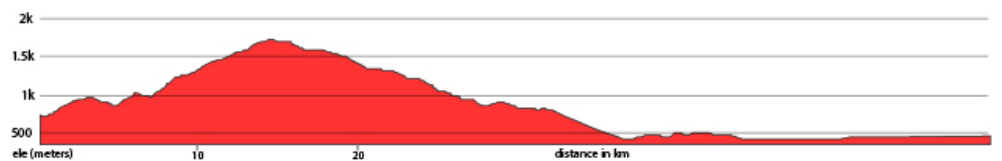
A big day ahead of us- we'll get a head start early, riding directly from the hotel up to a small coffee plantation. It's a big climb as we make our way to a remote research post, perched atop the highest peak for kilometers. As we pedal through the hill tribe village, the steeper the ascent becomes, the better the views, and we'll be able to see Doi Luang, Thailand's second tallest mountain, as we ride. Break for lunch at the hilltop research center at the highest elevation point of the trip- 1,700 m- followed by a long downhill into Chiang Dao valley. From there, ride on tarmac to our accommodation for the evening, or if that's not your thing, our van will transfer you all the way. Evening is free to enjoy the resort before a delicious meal.



Marrisa Resort



Breakfast, Lunch, Dinner



Ride 59km



+1602m



-1892m

Day 6 Chiang Dao - Mae Kung Dam

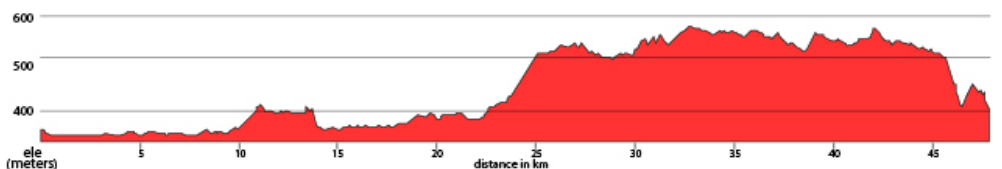
After 3 tough days, we'll have a gentler ride on some cross country trail south of Chiang Dao to give the legs a rest before our final riding day of the trip. A short morning transfer brings us to the start of the days ride among the communities of the Ping River. Dirt roads and jeep tracks through rice paddies with some forest trails in the mix offer a fast and fun ride with a different perspective on the scenery. We'll have a short transfer at the end of the ride to our accommodation in the village. You're free to enjoy the laid back surroundings and take a dip in the pool before dinner.



At Nata Hotel



Breakfast, Lunch, Dinner



Ride 47km



+557m



-511m

Day 7 Mae Rim - Chiang Mai

Get ready for the final riding day of our trip- a true singletrack experience on the steep and sweeping slopes of famous Doi Suthep. We'll have a short transfer after breakfast to the start of the ride. Fuel up on locally grown and roasted coffee before hitting the trail. It's time to earn your

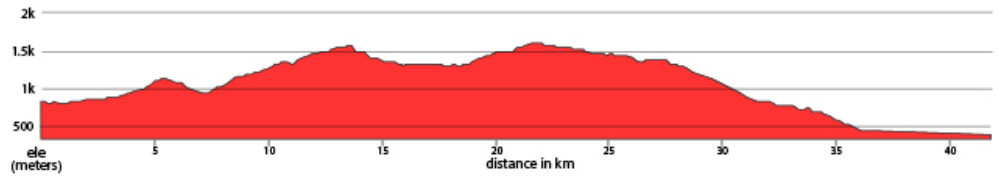
turns on the first 5 kilometers of uphill, a mix of concrete and tarmac, that will give way to technical single track for another 12 kilometers. After lunch in a Hmong Village, we'll make our way to the zenith of the ride, have a quick stop to take in the view, followed by an unforgettable, technical descent into the park where we warmed up on day one. Then it's a short transfer to check into our hotel and enjoy a well-earned farewell dinner.



Arunlara Riverside Boutique Hotel



Breakfast, Lunch, Dinner



Ride 41 km



+1459m



-1886m

Day 8 Departure

After breakfast, the day is yours to explore the city of Chiang Mai or to head out for onward travel or the return trip home. Our crew will help arrange transfers to the airport if needed, or if you'd like to extend your Northern Thailand ride, there are plenty of exciting rides and activities we're able to organize to prolong the adventure!



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.

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 stay 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.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Please note that the itinerary is subject to change due to unforeseen circumstances, however, we will always do our best to adhere to this original itinerary

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