SPICEROADS

CYCLING





RIVER OF KINGS RIDE

Tour Code **THA-TRK**

14 DAYS 13 NIGHTS

Destinations

Tour Meets
Tour Ends

Fly in to Fly out of

Group Size
Minimum Age

Thailand

Chiang Mai Bangkok

Chiang Mai International Airport (CNX) Suvarnnabhumi Airport (BKK)

2-16 riders

18 (on scheduled departures)

ACTIVITY PROFILE



12 Cycling days

 $\begin{array}{c} 48_{\text{km}} \\ \text{Avg distance / day} \end{array}$

577 km Total cycling distance

168_m Avg climbing / day

PRICING

Price US\$ 4,100
Bike Hire (Hybrid Bike) US\$ 280
Bike Hire (E-Bike) US\$ 700
Single Supplement US\$ 780

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

DEPARTURES

01 March - 14 March 2026 05 July - 18 July 2026

WHAT'S INCLUDED

- SpiceRoads jersey
- Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- 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



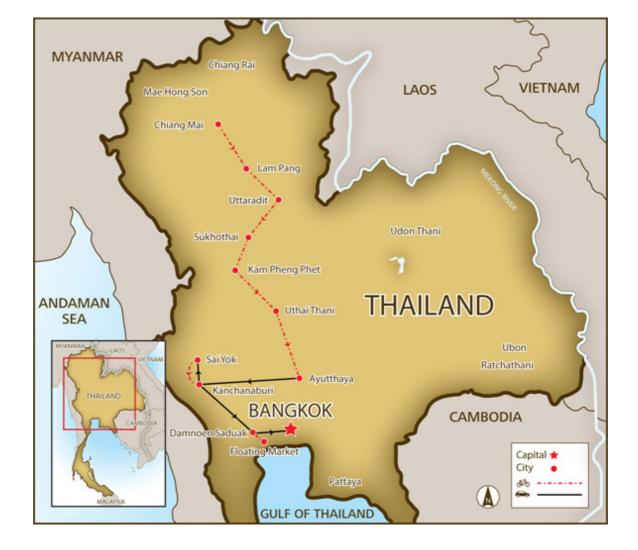
TRIP PROFILE

We ride a total of 577 km over 12 cycling days. This tour has been designed for the recreational cyclist, offering a blend of Thailand's must see sites and venturing off the tourist track. Our rides are predominantly flat with undulations few and far between. With several vehicle transfers before and/or after our rides, we avoid busy main roads and focus on the most enjoyable routes. The UNESCO World Heritage sites of Ayutthaya and Sukhothai are highlights, and we aim to offer you a nuanced perspective of the ancient temples both on and off the bike. But the experience goes beyond historical landmarks, offering insight into Thailand's living heritage with visits to local markets, villages, and traditional cottage industries. We also spend some time on boats, including a lunch cruise in Uthai Thani, a longtail boat ride in the Mae Klong Delta, and an elegant dinner cruise on the Chao Phraya River in Bangkok. For many, the most memorable moments are encounters with Thailand's incredibly welcoming locals, always eager to wave hello and cheer us on! Accommodations on this tour are a selection of character-rich and cosy hotels, many of them along riversides, befitting of the trip's theme.

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 trip is suitable for anyone with a reasonable level of fitness. Besides a few inclines here and there, there are no sustained climbs and the rides are predominantly flat throughout. Daily distances average around 50 km, allowing ample time for immersion, sightseeing, and relaxation. We have two days of almost 100 km, though, so be prepared to put your stamina to the test. While there are no full rest days, we have some shorter distances of less than 20 km with afternoons free to relax. Navigating narrow village lanes, bumpy country roads, and the odd stretch of hard-packed dirt or gravel requires some handling skills but does not involve technical manoeuvring. The main challenge of the tour is keeping up stamina over back-to-back riding days and cycling in the tropical heat. The pace is leisurely and with plenty of refreshment stops so riders with less experience are more than welcome to join. The support vehicle is always nearby to offer refuge to any weary cyclists.

Biking Conditions: Our rides include a mix of paved roads in varying conditions. You can expect mostly smooth tarmac interspersed with narrow village roads and country lanes which can contain potholes, road debris, and gravel. Our last ride near Bangkok includes some narrow, elevated pathways which can be slippery and caution is required. 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 few unavoidable sections along the main roads, especially coming in and out of cities and near popular attractions. 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. It's all part of the adventure!



Day 1 Meet in Chiang Mai

Welcome to Chiang Mai, "The Rose of the North"! We meet at our tour hotel in the late afternoon for a trip briefing and welcome dinner. Please let us know if you require assistance with airport transfers and pre-tour hotel bookings.



Aruntara Riverside Boutique Hotel



Dinner

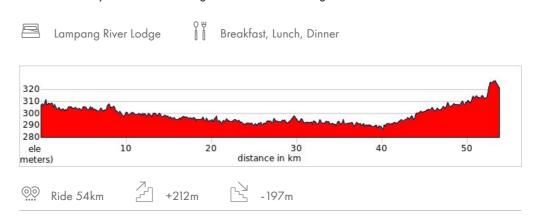
Day 2 Chiang Mai Exploration

This morning, we drive up to Wat Doi Suthep, northern Thailand's most sacred temple, perched on a mountaintop overlooking Chiang Mai. At the heart of the temple complex is a large, stepped, gilded stupa — a must-see and an iconic symbol of Chiang Mai's deep-rooted spirituality. After driving back down the mountain we visit Wat Umong, a 700-year-old temple nestled in tranquil woods, famous for its underground tunnels that once kept an eccentric monk from wandering off into the forest! We then head to our cycling start point just 30 minutes outside of Chiang Mai. The first half of our leisurely afternoon ride takes us 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." The ride's second half takes us on minor roads connecting the many villages that thrive along the banks of the Ping River, the lifeblood of the Chiang Mai Valley. We'll call it a day after around 32 km and transfer back to our hotel. With plenty of restaurants to choose from in the city, dinner is on your own tonight.



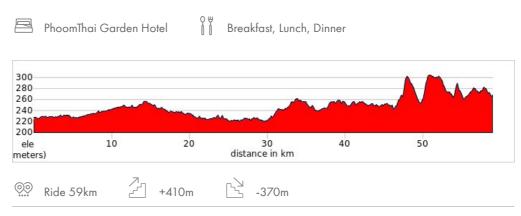
Day 3 Chiang Mai - Lamphun - Lampang

We manoeuvre our way out of Chiang Mai, and after just a few kilometres, we find ourselves on tranquil roads surrounding Wiang Kum Kam, an archaeological site showcasing the remains of an ancient city predating the foundation of Chiang Mai. Continuing through the lush floodplain of the Ping River, we enter Lamphun Province, Thailand's top producer of longan fruit. Throughout our ride, we pass rows of longan trees with their distinctive wide canopies. After about 30 km, we reach the moated town of Lamphun and visit the glittering Wat Phra That Hariphunchai, one of northern Thailand's oldest continuously worshipped Buddhist temples. From here, we ride further south, enjoying scenes of rustic countryside until we finish at a small temple, where we load up the bikes and transfer around 1.5 hours to Lampang. We'll spend the night at a charming northern Thai-style rural resort along the banks of the Wang River



Day 4 Lampang - Phrae

Starting from the hotel, we weave through the countryside, passing scenes of daily life in the rice paddies and farming villages of "Lanna," the local name for northern Thailand. After about 25 km, we take a break at Wat Phra That Lampang Luang, an impressive fortified temple complex dating back to the 13th century. We cross the Wang River and continue for another 30 km, including a few hills to conquer, until we reach the junction with the main provincial throughway. That's our cue to hop in the van for a 1-hour transfer to Phrae. Time permitting, we'll visit a beautifully restored 19th-century mansion, once the heart of Phrae's lucrative teak trade. For dinner, we head to the local night market.



Day 5 Phrae - Sri Satchanalai - Sukhothai

We fast-track ourselves with a 1.5-hour transfer south into the heartland of Thailand's first kingdom, Sukhothai, which thrived from the mid-13th to late 14th century. Despite this relatively short era, some of the most exquisite examples of early Thai art and architecture originate from

this period. Over the next three days, we'll delve into these historic landscapes, now recognized as a UNESCO World Heritage Site for their cultural significance. Today's ride begins with a pavement cruise through Sri Satchanalai, a satellite city of the Sukhothai Kingdom known for its ancient pottery kilns and well-preserved temple ruins. We then follow the course of the gently-flowing Yom River, passing a patchwork of villages and fertile farmland that hug its banks. Our destination is the grand, historical site of Sukhothai where we are based for two nights. Today's ride of nearly 100 km is entirely flat and on a mix of narrow, country lanes in varying conditions and well-paved secondary roads. We keep a relaxed pace, taking in our surroundings and stopping at a few standout temple ruins along the way.



Day 6 Sukhothai Exploration

Today, we immerse ourselves in the illustrious capital of the Sukhothai Kingdom, whose legacy has profoundly shaped Thai culture, language, and religion — its influences still visible in modern society. Starting from our hotel, we cycle through Sukhothai Historical Park, an expansive area featuring an impressive array of temple ruins, fortifications, moats, and ponds, all connected by well-paved, lightly trafficked roads — perfect for cycling. While many sites can be admired from the saddle, we'll make several stops for a closer look. Highlights include Wat Si Chum, home to an elegant seated Buddha statue, and Wat Mahathat, Sukhothai's royal temple, with its towering brick stupas and colonnades. Though the total cycling distance is just 20 km, we'll spend the entire morning soaking in Sukhothai's historical splendour. After lunch, we return to the hotel where the afternoon is yours to relax by the pool.



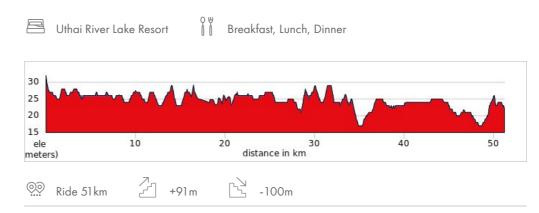
Day 7 Sukhothai - Khampeng Phet

Beginning at Sukhothai's ancient moat, we ride along a tree-lined boulevard towards Ramkhamhaeng National Park. The gently rising, forested hills provide a pleasant backdrop for the first 30 km as we skirt along the edges of the National Park. The remainder of our journey takes us along peaceful secondary roads through a vast expanse of rice paddies. At around 60 km, we pass through Phran Kratai, a charming community with vintage wooden houses. Finally, we arrive in Kamphaeng Phet, known as the 'Diamond City' for its fortification walls from the Sukhothai Kingdom era. Before reaching our hotel, we'll detour through this historical fortress, passing by walls and ruins embraced by tree roots.



Day 8 Khampeng Phet - Nakhon Sawan - Uthai Thani

We fast-track into the heart of Thailand's Central Plains with a 1.5-hour transfer to the outskirts of Nakhon Sawan, where the Nan and Ping Rivers meet to form the Chao Phraya, Thailand's "River of Kings." Today, we follow the river south, riding through a vibrant patchwork of rice paddies and fruit-and-vegetable gardens that thrive in the silt-rich soils. Taking a leisurely pace, we ride along village lanes, rural roads, and river-hugging paths, stopping for refreshments at Buddhist temples and visiting a workshop where knives are crafted using traditional methods. Our ride ends in Uthai Thani, where we enjoy lunch aboard a restored rice barge, cruising the Sakae Krang River and taking in the waterborne life of Central Thailand. After lunch, a quick transfer brings us to our charming lakeside resort for the night.

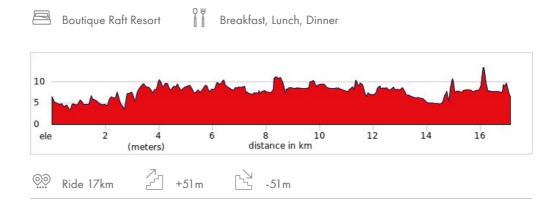


Day 9 Uthai Thani - Chai Nat - Ayutthaya

We kick off the day early, cycling 5 km to the morning market in the vintage town of Uthai Thani. Walking our bikes through rows of tightly packed stalls, we discover sellers of freshly caught river fish, vibrant fruits and veggies from surrounding farms, and other intriguing curiosities! Back in the saddle, we cycle toward the Chao Phraya River on a provincial throughway, and after around 20 km, we return to rural lanes through expansive rice paddy fields. A highlight of this section is encountering water buffaloes in the fields or barns, where we stop to meet these gentle creatures under the care of local farmers who treat them like family. We then cross into Chai Nat Province and cycle south along the river for another 25 km, culminating in crossing a dam that helps prevent flooding in Bangkok. Here we have lunch and then transfer 1.5 hours to the historical site of Ayutthaya, Siam's once-glorious capital north of Bangkok. We stay at a rural retreat just outside the city and have the afternoon to relax, saving our exploration of Ayutthaya for the next day.

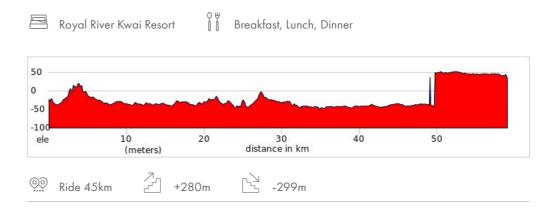


This morning, we uncover the UNESCO World Heritage Site of Ayutthaya, exploring the ruins of Siam's former capital. Nearly destroyed during a war with the Burmese in the late 18th century, Ayutthaya captivates with its faded remnants of former glory. We weave through the city by bike, visiting standout monuments like Wat Mahathat, famous for the Buddha head entwined in tree roots, the trio of stupas at Wat Si Sanphet, and the grand Hindu temple of Wat Chaiwatthanaram. While the cycling distance is short, we spend most of the morning visiting these sites. After lunch, we transfer 3.5 hours into Western Thailand to a hotel on the banks of the River Kwai. En route, we'll stop at the historic bridge built by prisoners of war during the Japanese occupation in WWII.



Day 11 River Kwai - Kanchanaburi

We ride in farmlands surrounding the River Kwai with a background of rugged mountains, offering a change from the Central Plains scenery of previous days. Riding along well-paved roads in Kanchanaburi Province, we reach the 13th-century temple ruins of Prasat Muang Singh at around 35 km, once the westernmost outpost of the mighty Khmer Empire which ruled from Cambodia. After exploring this ancient site, we continue for 10 km to a small museum showcasing prehistoric artefacts from the region, giving us an even deeper look into Thailand's rich past. Our day ends with a transfer to a serene riverside resort, where we unwind and relax.



Day 12 Kanchanaburi - Floating Market - Amphawa

We have an early start and transfer for about 2 hours into the Mae Klong Delta, a fitting venue for the final leg of our river-inspired bike tour, where the Kingdom's rivers fan out and spill into the Gulf of Thailand. This fertile delta is home to a sprawling network of canals, floating markets, vintage communities, fruit orchards, and lots and lots of coconuts! First up is Damnoen Saduak Floating Market, Thailand's biggest and most colourful. Yes, it's touristy, but it's great fun! From there, we embark on a long-tail boat cruise through a maze of canals cutting through local villages and plantations, offering a glimpse into Thailand of old, where locals go about their daily lives with the canal as the focal point. We then ride into coconut plantations and fruit orchards along quiet backroads, stopping to explore interesting temples, including the quirky Wat Bang Kung, propped up by a huge banyan tree, and the intricately carved panels of Wat Bang Kae Noi. Our day ends with a relaxing stay at a cosy hotel on the banks of the Mae Klong River.



Day 13 Amphawa - Bang Krachao - Bangkok

It's time for the home stretch! This morning we transfer to Bangkok, Thailand's electrifying capital city located at the terminus of the Chao Phraya River. Driving time is around 2 hours but before we enter Bangkok's concrete jungle we head into the urban oasis of Bang Krachao for a final ride. Also known as Bangkok's "Green Lung", Bang Krachao is a peaceful area filled with lush vegetation, a maze of waterways, small villages, and mangrove forests. We ride along minor roads, pathways, through alleys, temples, gardens and tropical jungle. Some of the canal paths are elevated and quite narrow and we advise caution on these sections. After our short but sweet final ride we transfer to our downtown Bangkok hotel in time for lunch (not included). In the evening we reconvene for our farewell dinner which we will enjoy in the most fitting way possible - a cruise on a converted rice barge on the Chao Phraya, our dear "River of Kings".



Day 14 Bangkok Departure

Our tour has ended but feel free to extend your stay in the "Big Mango" and discover what this world-class city has to offer. Please let us know if you require assistance with post-tour hotel bookings or airport transfers.



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 or hybrid 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 <u>Booking Conditions</u> in full before you make your payment and should you require further clarifications of any of the conditions below, please <u>email us</u> 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 <a href="mailto:em

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 <u>please send us an email</u>, 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 <u>travel insurance</u> that you acquired when you booked your holiday.

Newsletter

Our adventure travel <u>e-newsletter</u> 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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