SPICE ROADS
CYCLING



TOURING

SAIGON TO BANGKOK BY BICYCLE

Tour Code
MCT-MSB

14 DAYS
13 NIGHTS

Destinations	Vietnam, Cambodia, Thailand
Tour Meets Tour Ends	Ho Chi Minh City (Saigon) Bangkok
Fly in to Fly out of	Tan Son Nhat International Airport (SGN) Suvarnabhumi Airport (BKK)
Group Size Minimum Age	2-16 riders 18 (on scheduled departures)

ACTIVITY PROFILE

10 Cycling days	**643** km Total cycling distance
64 km Avg distance / day	**312** m Avg climbing / day

PRICING

Price	US$ 4,195 to US$ 4,245
Bike Hire (Mountain Bike)	US$ 280
Bike Hire (E-Bike)	US$ 775
Single Supplement	US$ 660

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

DEPARTURES

08 Nov - 21 Nov 2026
22 Nov - 05 Dec 2026
06 Dec - 19 Dec 2026
20 Dec - 02 Jan 2027
03 Jan - 16 Jan 2027
10 Jan - 23 Jan 2027
17 Jan - 30 Jan 2027
14 Feb - 27 Feb 2027
28 Feb - 13 Mar 2027
02 May - 15 May 2027

See website for later departures

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

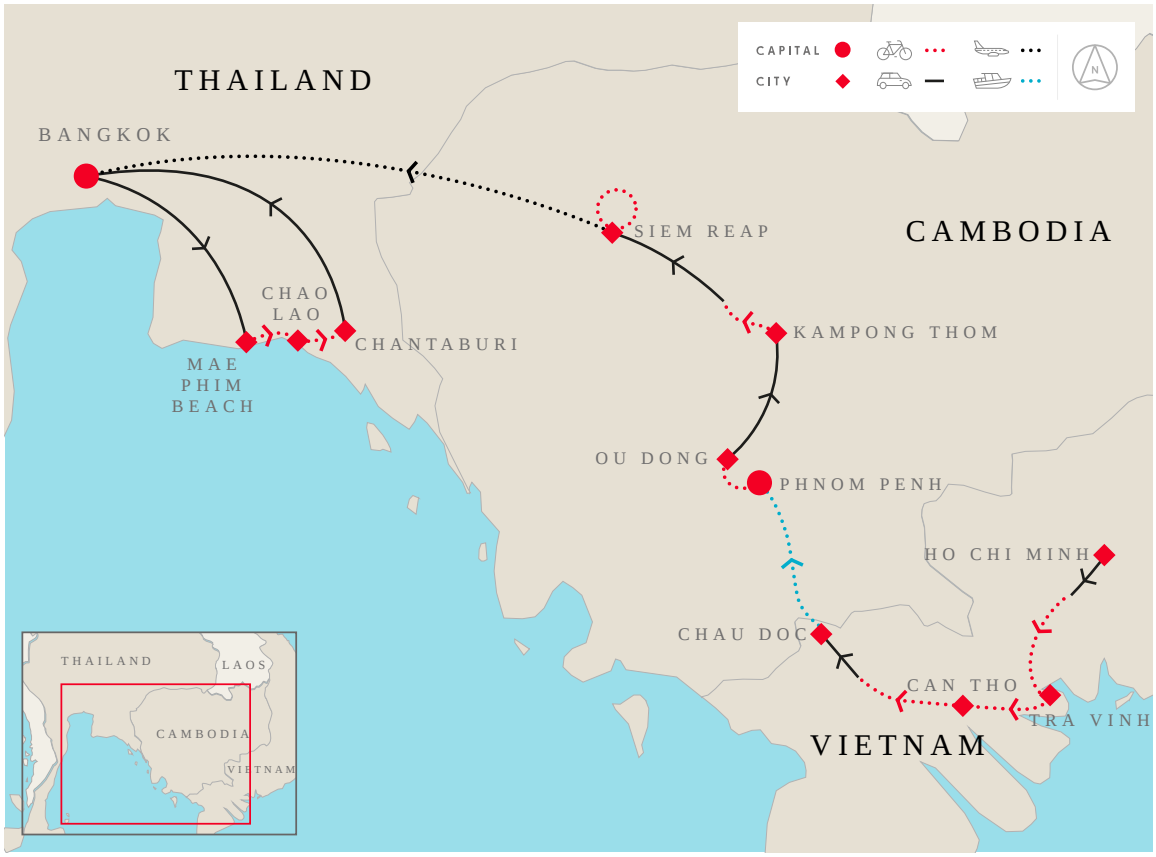
We ride a total of 643 km over 10 cycling days. The first three days take us through the Mekong Delta, following narrow country lanes amidst coconut farms, rice fields, and quaint villages. After a rest day to reach Phnom Penh by speedboat, we tackle 4 back-to-back rides on Cambodia's rugged dirt roads, including a memorable day exploring the ancient Angkor temples by bike. We then transition to Thailand by plane where we drive to the Gulf of Thailand Coast. Here we ride a 60 km loop around the rural hinterland of Rayong Province (day 11) before cycling 75 km further east to Chao Lao Beach (day 12). Our final ride on day 13 covers 75 km as we head to Chanthaburi City where the adventure concludes.

This diverse journey is complemented by a range of touring highlights and cultural experiences, capturing the essence of everything we love about Southeast Asia. A standout feature of the tour is the incredibly welcoming locals we encounter, always eager to wave hello and cheer us on!

The trip is fully supported, and your guide's expert knowledge of the area and terrain means that you always know what is coming up in terms of distance and difficulty. This makes a tremendous difference, as does the constant supply of water and refreshments along the way.

Suitability: This is a moderately difficult trip that anyone with a reasonable level of fitness will enjoy. Besides a few inclines here and there, there are no sustained climbs and the rides are predominantly flat throughout. Daily distances average around 65 km, allowing ample time for immersion, sightseeing, and relaxation. In Vietnam and Cambodia, navigating gravel, sand, and cratered country roads requires some handling skills but does not involve technical maneuvering. The main challenge of the tour is keeping up stamina over back-to-back riding days and cycling in the tropical heat. Riders with less experience are more than welcome, although the fitter you are the more you will enjoy it. 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, gravel and sand country roads, and vehicle-width dirt roads. While cycling in Angkor, we'll also enjoy some fun single tracks in the forests. 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. In the dry season, the roads in Vietnam and Cambodia are notoriously dusty, and when it rains, they can become muddy. 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 Ho Chi Minh City (a.k.a Saigon)

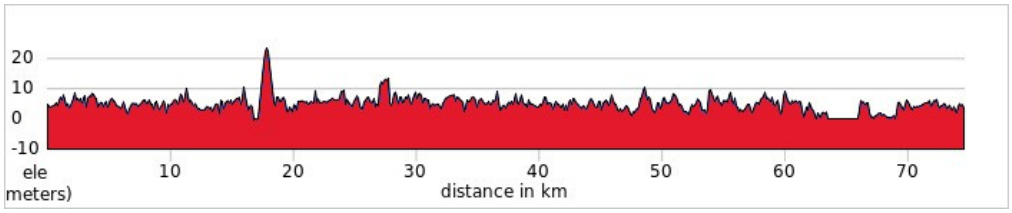
Welcome to Ho Chi Minh City, or Saigon as most locals prefer to call it! Vietnam's largest city and the southern capital, Saigon moves at a pace that may initially be a shock to the system, but you'll quickly adapt. We recommend arriving at least a day or two before the tour begins to get acclimated and explore sites such as the War Remnants Museum, Reunification Palace, Giac Lam Pagoda, Notre Dame Cathedral, the Cu Chi Tunnels, and Ben Thanh Market. On arrival day, we gather at our tour hotel in the late afternoon for a trip briefing and welcome dinner. Please let us know if you need assistance with airport transfers or pre-tour hotel bookings.

Northern Charm Hotel Dinner

Day 2: Saigon → Ben Tre → Tra Vinh

We leave the concrete jungle of Saigon behind and travel 2.5 hours into the Mekong Delta, a vast expanse of lush greenery and braided waterways sprawling towards the East Vietnam Sea. Starting in the city of Ben Tre, we acquaint ourselves with Vietnamese road dynamics (i.e., motorbikes zipping about!), then cross the Ham Luong River into a serene world of coconut farms, banana plantations, sugarcane fields, small hamlets, and criss-crossing canals and rivers. Our route primarily follows narrow farm roads and lanes, featuring several small bridge crossings and two local ferry rides. The second ferry takes us across the broad Co Chien River to reach the city of Tra Vinh, where we settle for the night. Tra Vinh showcases a cultural blend shaped by Vietnamese and Cambodian (a.k.a. Khmer) influences that predate modern borders.

Ven Song Bungalow Breakfast, Lunch, Dinner

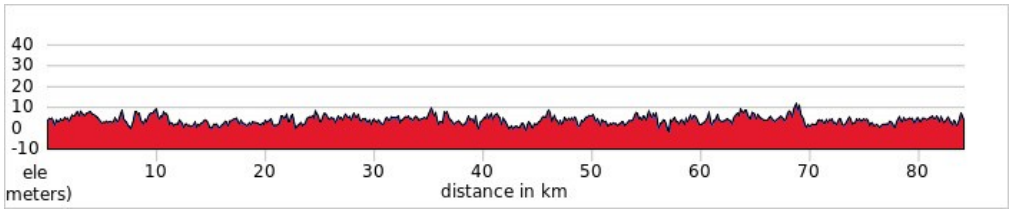


Ride 75km +230m -231m

Day 3: Tra Vinh → Can Tho

Departing from Tra Vinh, we head westward along a fertile floodplain nestled between the Cho Chien and Hau Rivers, two tributaries of the Mekong. The route winds through an extensive patchwork of rice paddies, highlighting why the Mekong Delta is known as Vietnam's "rice bowl"! Taking our time, we soak in scenes of daily life amidst the fields, waterways, fruit orchards, villages, and towns. Along the way, we'll also encounter numerous Khmer-style Buddhist temples, a testament to centuries of Cambodian presence in the heart of the Mekong Delta. After nearly 85 km, we arrive at the outskirts of Can Tho, where we dismount and transfer a short distance to avoid riding in the heavy city traffic. As the largest city in the Mekong Delta, Can Tho serves as a bastion of the region's waterborne lifeways and thrives as a bustling commercial hub.

IRIS Hotel Can Tho Breakfast, Lunch, Dinner



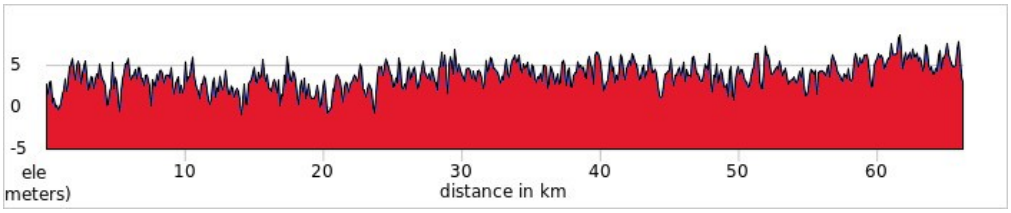
Ride 84km +227m -226m

Day 4: Can Tho → Chau Doc

We have an early start as we board a boat to visit bustling Cai Rang, the Mekong Delta's largest floating wholesale market. Here we discover a lively aquatic scene as vendors navigate their

brightly adorned boats, displaying goods for sale on tall poles. From the comfort of our chartered boat, you can join the locals for a morning coffee, a bowl of rice noodles, and some fresh fruit. Back on dry land we then hop on our bikes to begin our final green and meandering Mekong Delta ride. We bike on a narrow lane to the main road, where we stop and have lunch. In the afternoon, continue riding along a tiny road leading upstream towards Long Xuyen. At the end of the ride, we jump in the support vehicle to transfer to Chau Doc. Along the way, we'll stop to pay our respects at the genocide memorial site of Ba Chuc where, in 1978, the Khmer Rouge committed atrocities against Vietnamese civilians. We spend the night in Chau Doc, a border town located right along the banks of the mighty Mekong.

Chau Po Hotel Breakfast, Lunch, Dinner



Ride 66km +281m -280m

Day 5: Chau Doc → Phnom Penh

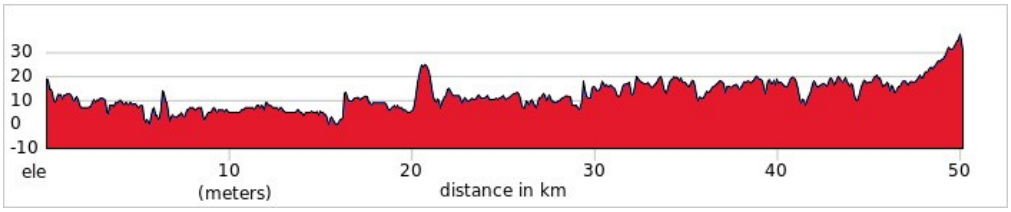
Early in the morning, we cruise up the Mekong River by speedboat. Not long after our departure from Chau Doc we'll reach the border with Cambodia and pass through immigration formalities. And then it is a comfortable journey upstream, affording us the opportunity to observe the ebb and flow of daily life unfolding on the Mekong River and its banks. The cruise takes around 5-6 hours and we'll arrive in Phnom Penh, Cambodia's bustling capital city, in time for lunch. We then make the most of our afternoon in the city! While Phnom Penh is best known to travelers for it's sobering genocide memorial sites we want to show you the city's bright side. As such, we'll take a rickshaw ride from the riverside to the Royal Palace, the official residence of the King of Cambodia and a treasure trove of splendid architecture and art. Time permitting we can also swing by Wat Phnom, the city's most revered temple perched on a small hill next to the Tonle Sap River. We have the rest of the afternoon at leisure before reconvening for dinner.

Frangipani Royal Palace Hotel Breakfast, Lunch, Dinner

Day 6: Phnom Penh → Oudong → Kampong Thom

We maneuver our way out of Phnom Penh by bike, not an easy feat considering the city's notoriously unruly traffic but we've found a way! First we ferry across the river to a peninsula wedged between the Tonle Sap and Mekong Rivers. Then we follow a series of riverside neighborhoods leading to Phnom Penh's northern suburbs which, after around 30 km, give way to the countryside. We'll enjoy our first taste of Cambodian rural riding, cycling through many villages filled with stilt-houses, farms and, of course, curious and friendly locals eager to cheer us on! We finish the ride at Oudong where a sprawling complex of Buddhist stupas sits atop a ridge jutting out of the plains. This was once the site of Cambodia's capital before it was moved further down river to Phnom Penh. The 400-plus steps to the top will get the legs working over-time, but the views are well worth it. After our visit we have lunch nearby and then transfer 3-4 hours to the sleepy backwater town of Kampong Thom where we spend the night.

Sambor Village OR Glorious Hotel & Spa Breakfast, Lunch, Dinner



Ride 50km +257m -244m

Day 7: Kampong Thom → Siem Reap

Starting directly from our hotel, we begin by riding along the meandering Stueng Saen River. After 8 km we cross the river either by a small wooden ferry or a makeshift bridge (depending on the water levels) and then continue north along quiet country roads dissecting the fertile floodplain of the river. This is rural Cambodia at its finest, riding through quaint villages, expansive rice fields, and other farmlands. After covering 40 km, we arrive at the ancient site of Sambor Prei Kuk, a UNESCO World Heritage Site which dates back to one of Cambodia's earliest civilisations preceding the foundation of Angkor. Here. brick temples in various stages of restoration - many still entwined by tree roots – are scattered throughout a forested area and are connected by sandy paths. This makes for some fun mountain biking! After checking out a collection of the many temples we'll break for lunch at a local restaurant and then complete a final 15 km until we intersect with the main road. We jump in the support vehicle and transfer around 2 hours to Siem Reap, the "gateway to Angkor", where we'll spend the next two nights. With plenty of options to choose from, dinner is on your own tonight.

Steung Siem Reap Hotel Breakfast, Lunch

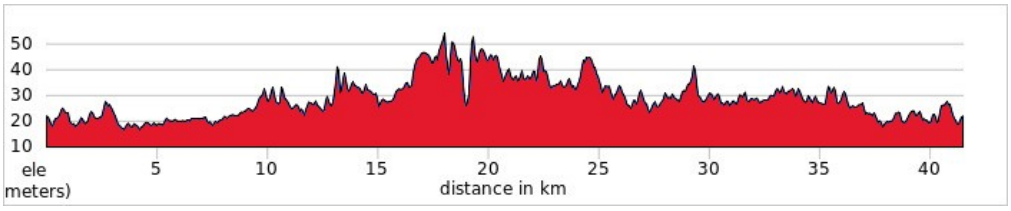


Ride 62km +259m -260m

Day 8: Ancient Angkor's Iconic Sites by Bike

The UNESCO World Heritage Site of Angkor is home to the once-glorious capital cities of the Khmer Empire, whose powerful god-kings built lavish stone temples between the 9th and 15th centuries CE. Today, we discover Angkor's most iconic sites by cycling along the manifold paths that pass by, lead to, and twist around the temples and ruins scattered across the plain. At Ta Prohm - brought to fame by the film "Tomb Raider" - we stumble across a tumbling façade of laterite and sandstone blocks draped by the massive roots of fig trees. At the Bayon - a temple built as a microcosm of the heavens - we marvel at the rows of godly faces carved into the temple towers and peering sublimely in all cardinal directions. And at Angkor Wat - the national symbol of Cambodia and the largest religious structure in the world - we stroll through the inner and outer courtyards decorated with excellently conserved carvings and bas-reliefs depicting Hindu myths, wars, life and death. We return to Siem Reap in the afternoon for some time to relax before our farewell dinner at Spoons, a social enterprise restaurant serving up authentic Khmer food and supporting the professional training of marginalized youth.

Steung Siem Reap Hotel Breakfast, Lunch, Dinner



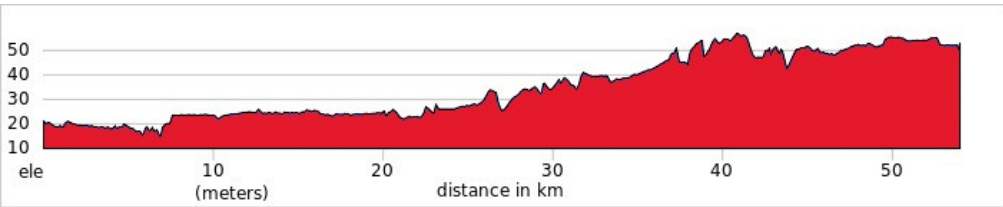
Ride 42km +334m -334m

Day 9: Siem Reap Countryside & Tonle Sap Sunset Cruise

As the ideal sequel to the previous day, today's focus will be getting further afield from the main sites at Angkor and leaving the touring masses behind. Departing Siem Reap by bike, we head north, initially on paved roads but soon transitioning to quiet dirt roads cutting through an expanse of rice fields and small villages. Along the way, we'll pop into local houses for a close up look at some rural cottage industries, such as basket weaving and sugar palm production. Our ride ends at the 10th-century temple of Banteay Srey. Considered a jewel of Khmer artistry, Banteay Srey is renowned for its exquisite bas-reliefs carved into delicate, pink sandstone. We'll

have lunch at a local restaurant near the temple and then transfer back to Siem Reap. In the afternoon we will embark on a sunset cruise on the Tonle Sap, Southeast Asia's largest freshwater lake and one of Cambodia's most vital natural resources. We get comfortable on an open-air boat and watch the world go by in the floating villages and the open expanse of the shimmering lake at golden hour. After returning to Siem Reap we have a final Cambodian dinner together.

Steung Siem Reap Breakfast, Lunch



Ride 54km +171m -139m

Day 10: Siem Reap → Bangkok → Mae Phim Beach

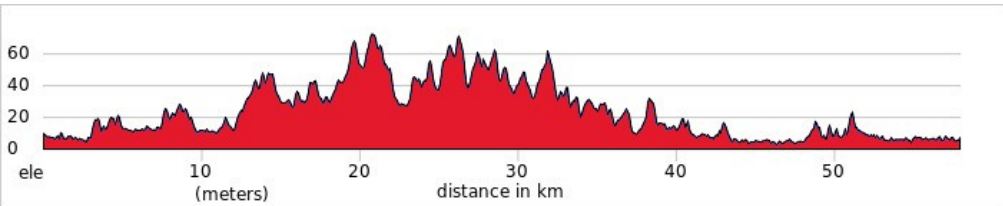
It is time to say goodbye to Cambodia and transition to the next Kingdom on our journey: Thailand. We transfer around one-hour to Siem Reap airport for a late morning flight to Bangkok (1h15m). Upon arrival we are met by the Thai team who will whisk us away from the concrete jungle to the peaceful Mae Phim Beach on the east coast, overlooking the Gulf of Thailand. The total driving time is around 3.5 hours. We stay at a seaside resort, where we will be based for two nights.

GrandBlue Resort Breakfast, Lunch, Dinner

Day 11: Rayong Loop

Based at Mae Phim Beach, today we enjoy a lovely ride into the agrarian, hilly hinterland of Rayong Province. After an initial stretch along the coast, we dip inland where we will quickly discover why Thailand is renowned as a global leader in natural rubber production. The very tires we are cycling on might be made with rubber tapped from trees grown in this area! Let that sink in as we ride past row upon row of slender rubber trees lining quiet country roads. After around 40 km, the scenery transforms into an expansive wetland area filled with lotus lakes and marshes where our route concludes at the Rayong Botanical Garden, an untamed nature reserve consisting of mangroves, floating grass islands, and rare tree species. We enter the area by bike, rattling over a wooden bridge and small forest paths before capping off today's adventure with an electric boat cruise of the wetlands. Sit back and relax as we glide across the calm waters. In the mid-afternoon, we have a short transfer back to the resort where you can enjoy the rest of the day at your leisure.

GrandBlue Resort Breakfast, Lunch, Dinner



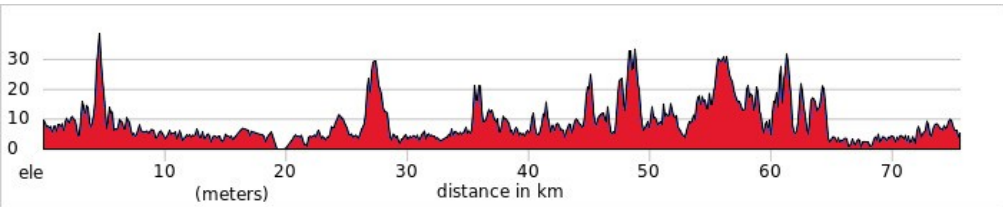
Ride 58km +496m -498m

Day 12: Mae Phim Beach → Chao Lao Beach

Today's ride takes us from one beach to another on a route that explores the rich bounty of eastern Thailand, from fertile farmlands to aquaculture. The first 20 km are along the coast, past shrimp farms, and over a bridge arching majestically over a wide estuary. After weaving through the narrow market lanes of a vintage, riverside community, we briefly join a busier provincial road before finding ourselves nestled amidst fruit orchards, rubber trees, and woodlands. By

around 55 km we're back in view of the Gulf of Thailand and wind our way around a rugged cape, stopping to visit a small, Buddhist shrine at the end of a walkway that juts into the bay. And, just before stopping for lunch, we treat ourselves to a fantastic bit of cycling along a tarmac road pressed right up against the ocean. Post-lunch, we make our way along Khung Kraben Bay, following a gravel road connecting an extensive string of shrimp farms with their distinctive rectangular ponds. And finally we arrive at Chao Lao Beach, a long stretch of palm-fringed sands that's popular with Thais but off the usual tourist trail.

Chao Lao Tosang Beach Hotel Breakfast, Lunch, Dinner

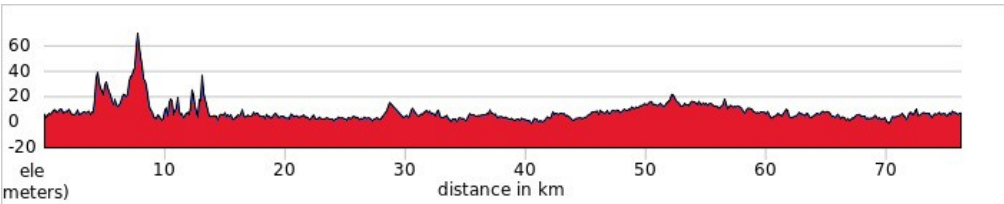


Ride 76km +394m -392m

Day 13: Chao Lao Beach - Chanthaburi

We begin our final ride by crossing over jungle-clad hills separating the Gulf of Thailand from a scenic, inland lagoon. Following the edge of this large body of water, which is dotted with fisheries, for around 5 km, we then return to the coast and settle in for a long, flat stretch to Laem Singh Beach. There's an interesting bit of history here with the remnants of buildings dating back from a brief period of French occupation in the 19th century, including the so-called chicken poop prison (we'll let the guide explain that one)! Turning north, the next section takes us through a vibrant mosaic of tropical fruit orchards, including durian and mangosteen, as well as coconut groves. At around 60 km we cruise through the retro town of Nong Bua before a final section along a canal brings us right into the heart of Chanthaburi City. This lively provincial capital is renowned for its historic riverside buildings and charming Old-World ambiance, and is also home to Thailand's largest Catholic Cathedral and a hub for international gem trading. Feel free to explore the town and, in the evening, we reconvene for a well-deserved farewell dinner of Thai delicacies.

Maneechan Resort Breakfast, Lunch, Dinner



Ride 76km +397m -394m

Day 14: Chanthaburi - Bangkok

After breakfast and we transfer to Bangkok, Thailand's brimming capital city. The total driving time is around 4 hours and we aim to get you there in the early afternoon. Lunch is not included, but you can pick something up at a rest stop along the way or save your appetite for a late lunch in Bangkok – one of the world's greatest culinary cities. The tour ends with a drop-off at your post-tour hotel in Bangkok. If you need assistance with post-tour hotel bookings in Bangkok or airport transfers, please let us know.

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. Please note that we will have different bikes in each country. In Vietnam and Cambodia we use mountain bikes while in Thailand, where the roads are mostly well-paved, we use hybrids. If you bring your own bike, it can be a mountain, hybrid, or gravel bike. Please make sure it is 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

VIETNAM

Passports and Visas

The visa requirements for Vietnam can be divided into three sections, dependent on your nationality and the point of entry/exit. Please review the details below to determine which applies to you. Visa policies are subject to change, and it is the traveler's responsibility to confirm their visa requirements for Vietnam before departure.

E-Visa

The Vietnam e-visa is now available to almost all nationalities. You can apply for a single or multiple-entry visa valid for up to 90 days. Application is through the Vietnam **visa portal**. Please note that e-visas cannot be used if you are joining Road Biking from Saigon to Angkor (more information in the **Visa on Arrival** section below).

Please carefully fill out the form and check the information you have entered. Even minor spelling errors will render the visa invalid and your entry to Vietnam will be denied.

For peace of mind, we suggest applying for your e-visa as early as possible, and no later than 2 weeks before your expected arrival in Vietnam. While processing time is generally no more than

1-3 working days (not including weekends and Vietnamese holidays), it is wise to give yourself some buffer time in case there are any issues.

If you are joining a multi-country trip beginning in Vietnam, please be sure to select the correct exit point from the list below:

- Saigon to Bangkok by Bicycle and Biking Saigon to Angkor Wat: Vinh Xuong Landport
- Remote Vietnam and Laos by Bike: Na Meo Landport
- Biking Hanoi to Luang Prabang: Tay Trang Landport
- Cultural Road from Hoi An to Angkor Wat: Le Thanh International Border Gate

If your SpiceRoads trip will end in Vietnam, please choose your point of exit as the airport, port or land border through which you have arranged to leave Vietnam.

Please keep a printed copy of your e-visa with you at all times, as it may be requested at some exit points.

Visa Exemption

Citizens of certain countries (including many European and Asian nations) can enter Vietnam visa-free for up to 45 days. Please check if your nationality is exempt here before applying for an e-visa. If you are on the exemption list, you still need to make sure that your passport is valid for at least 6 months from your date of entry and has at least two blank pages. You do not need to apply for anything in advance; you will simply receive an entry stamp at immigration upon arrival.

Visa on Arrival

If you are joining "Road Biking from Saigon to Angkor", **e-visas are not permitted for the exit through the land borders we cross during the tour.** Before the tour, our sales team will collect your passport and flight information from you, and we will provide you with the Visa on Arrival letter within 10 business days.

When you arrive in Vietnam, you will need to present the following at the Visa on Arrival counter:

- a printed copy of the Visa on Arrival letter, which we will have sent to you by email. You will also likely need this printed letter to check in and board your flight to Vietnam.
- the visa stamping fee (USD $25 for a single-entry visa). Please prepare the visa fee amount in cash, using USD or the equivalent in Vietnam dong to avoid unfavourable airport exchange rates.
- two printed passport photos.

Your Visa on Arrival will be processed quickly, and you may then proceed to immigration to enter Vietnam.

Please ensure that you update our sales team if your passport or flight details change before the tour, as mismatched information will result in entry to Vietnam being denied. Changes to this information when a Visa on Arrival letter has already been issued will result in a charge for a new letter to be processed.

Important Update: Effective immediately, all non-Vietnamese nationals entering the country in Hanoi (Noi Bai International Airport - HAN), Danang (Danang International Airport - DAD), Ho Chi Minh City (Tan Son Nhat International Airport - SGN) and Phu Quoc (Phu Quoc International Airport - PQC), must complete the **Digital Pre-Arrival Declaration** form before arrival. Please fill out the details on the official website here **within three (3) days before your arrival in Vietnam**. 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 Vietnam, then we suggest completing the form while you are at a hotel with reliable Wi-Fi. It only takes a few minutes. After submission, you will receive a QR Code. Please save a screenshot of this code on your phone to present at immigration.

Health

See here for recommendations and detailed information.

Weather

Weather in Vietnam is divided into 4 main regions - the far north, north, central and south.

The far north can get very cold in December and January while the dry season runs from October to late March and the wet season between April to September.

In Hanoi & the north, it is hot, wet and humid from May to October while November to April is cooler and dry.

Central Vietnam experiences hot, dry weather between January & August with temperatures ranging in the mid 30°C. High levels of rainfall are during September - November.

Southern Vietnam is dry and hot from November to April, and warm and wet between May & October, with the highest rainfall in June, July & August.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Most meals are Vietnamese food and features noodles, rice curries and soups. Vietnamese cuisine is world famous 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 in Vietnam 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 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. We will send you a tipping guideline before the tour begins.

Money

The official national currency is the Vietnam dong (d), but the US dollar is widely accepted in tourist centers. However, in smaller towns and villages the dong is preferred. ATMs are available in all major tourist destinations and big cities. Vietcombank has the best network with a single withdrawal limit of 2,000,000d (about US$125). Most major currencies can be exchanged at leading banks in Vietnam, but the US dollar is preferred away from the tourist centers. Changing US$100 will make you an instant millionaire! You cannot legally take the dong out of Vietnam but you can reconvert reasonable amounts of it into US dollars on departure.

THAILAND

Passports and Visas

Visitors from 60 countries are eligible for visa exemption for a stay of up to 30 days. See here if your country is on the list. If your nationality is on this list you do not need to apply for a visa in advance or procure one on arrival but you will need to show proof of an onward flight out of Thailand within 30 days or else you may be denied boarding. In rare instances, immigration officials at the airport in Thailand may also ask for a proof of funds (at least 10,000 THB if you travel alone, or 20,000 THB per family if you travel with dependents) and a hotel booking confirmation.

If you do not hold a passport from one of the countries eligible for a visa exemption please contact the Thai embassy or consulate nearest to you about applying for a visa. If you intend to stay for more than 30 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 from your date of entry in Thailand.

IMPORTANT: 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 somewhere 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.

CAMBODIA

Passports and Visas

All nationalities require a Cambodia visa and a passport valid for 6 months after their planned exit from Cambodia. A 30-day visa on arrival is available at all border crossings that are open to foreigners.

For certain border crossings (including airports), you can also obtain a visa online through **e-visa**. There is a 3-day processing time and you'll need a scanned copy of the passport. Not all border crossings accept the e-visa. Please check this **port of entry page** which provides a list of which checkpoints support the e-Visa service.

Currently, e-visa is not applicable for any land crossings on Spice Roads multi-country tours that enter Cambodia from either Vietnam or Thailand. A visa-on-arrival must be purchased when entering Cambodia during these tours. **Please ensure that your passport has at least three blank pages for the Cambodian entry stamps, and that the passport is valid for at least 6 months from the date of entry.** For visa-on-arrival, the cost is 35 USD and it needs to be paid in cash. It is important that the USD are in good condition - i.e. no visible tearing, creasing, crumpling, or scribbling - so please only bring new and crisp USD bills to avoid any issues upon entry. We recommend using only USD or KHR currencies to ensure acceptance and avoid unfavourable exchange rates.

Electronic arrival card: All passengers travelling to Cambodia by flights into Siem Reap, Phnom Penh, and Sihanoukville airports must now submit an electronic arrival card before entering the country. This 'Cambodia e-arrival card' can be completed prior to arrival (no more than 7 days before arrival) via the official website or through Apple's App Store and Google Play Store.

Those entering Cambodia by land crossing or boat will still use the traditional paper-based forms issued at the border.

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

Cambodia has two distinct seasons - wet and dry. The dry season usually lasts from October to April. The wet season starts in May until September. Within each season there are variations in temperature. The coolest being 24C around November/December and hottest hitting 35C around April/May.

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. Cambodian cuisine is a mixture of Thai, French and Chinese dishes and we make sure you can sample a wide variety. 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.

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Extra Expenses

We recommend that you tuck away a few extra dollars, perhaps US$20, for incidentals.

Money

Thai baht and US dollars are widely used in Cambodia, especially in larger cities and towns. In smaller towns and villages, Cambodian riels are usually preferred. There are ATMs in most areas, however, machines dispense US dollars. The guides will be able to show you where the ATMs are. Spend riel before departing as no one will exchange them for you once you leave.

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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