SPICE ROADS
CYCLING



TOURING

SOUTHERN LAOS BY BICYCLE

Tour Code
LAO-LSL

8 DAYS
7 NIGHTS

Destinations	Thailand, Laos
Tour Meets Tour Ends	Ubon Ratchatani Ubon Ratchatani
Fly in to Fly out of	Ubon Ratchathani International Airport (UBP) Ubon Ratchathani International Airport (UBP)
Group Size Minimum Age	2-16 riders 18 (on scheduled departures)

ACTIVITY PROFILE

6 Cycling days	**337** km Total cycling distance
53 km Avg distance / day	**337** m Avg climbing / day

PRICING

Price	US$ 2,350
Bike Hire (Mountain Bike)	US$ 200
Single Supplement	US$ 400

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Airport pick up
- ✓ Airport drop off
- ✓ Accommodation
- ✓ Snacks and drinks

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

DEPARTURES

06 Dec - 13 Dec 2026
24 Jan - 31 Jan 2027
14 Feb - 21 Feb 2027
07 Mar - 14 Mar 2027
31 Oct - 07 Nov 2027
05 Dec - 12 Dec 2027

TRIP PROFILE

Our biking sojourn takes us through the Southern Lowlands from Pakse down to the Cambodian border before heading north and then east to the fertile lands of the coffee rich Bolaven Plateau. We cover up to 337 km in 6 cycling days, and much of the terrain is quite flat except for the days up on the plateau. Along the way, the scenery is constantly changing: we go from arid scrubland to jungle to lush green valleys. The views at some of the places we stay are absolutely amazing, and this, combined with the changing scenery, make this tour a feast for the eyes. Apart from cycling, we take time out to see 5th century temples of Wat Phu, some wonderful waterfalls, visit one of the best coffee growing areas in the world, and hopefully are lucky enough to sight the elusive Irrawaddy dolphins from one of the Mekong's 4,000 islands.

Suitability: This ride is a great one for novices and experts alike. Most of this ride is flat apart from the end of Day 5 and the start of Day 6, and it undulates on Day 8. The road surfaces are generally very good and so make for easier riding. Anyone who has moderate fitness will enjoy this tour. Of course, the fitter you are, the easier it will be! If you are in doubt, please contact us for advice or a list of references.

Biking Conditions: The road surfaces are mixed: most days we ride on reasonably good quality asphalt roads, but there are enough rides on very badly broken or dirt tracks to mean you will need a mountain bike, preferably one with front shocks. However, there is nothing technical involved on this tour, and anyone, assuming they are fit enough, will be able to join no matter how little cycling experience they have. A support truck is always available to help when required, except on Day 4 when we ride on the islands.



Day 1: Ubon Ratchatani – Khong Jiam

The start point of the tour is Ubon Ratchatani, and you can travel there by plane or train from Bangkok. We have one group transfer to our hotel on the banks of the Mekong River. Please

inform us of your arrival time. We have our trip briefing and dinner in the early evening at our hotel overlooking the Mekong River.

Tohsang Khong Jiam | Dinner

Day 2: Khong Jiam – Wat Phu – Don Daeng

It's a short transfer to the Lao border at Chongmek, and once visa formalities have been completed, we drive about 1 hour to the start of our ride. We start cycling on a flat tarmac road, passing through the former colonial town of Champasak, which stretches along the Mekong River. We ride 8 km to Wat Phu, a Khmer Hindu temple complex dating back to the 5th century. Here, we have a picnic lunch and explore this fascinating place before we head back to Champasak and overnight at our riverside resort.

The River Resort Champasak | Breakfast, Lunch, Dinner

Ride 55km | +92m | -211m

Day 3: Champasak – Don Khong

On today's journey we cycle south along the west bank of the Mekong. It's a 55 km ride along rural roads passing small villages and local communities of different ethnic groups speaking a variety of languages. Pause to refresh with local fruit and snacks, and watch see locals fishing and plying the great river in longtail boats. Cross over a number of bamboo and small suspension bridges until we arrive at Don Say Island, then cross back over to the mainland for the transfer to Don Khong.

Pon Arena Hotel | Breakfast, Lunch, Dinner

Ride 68km | +361m | -371m

Day 4: Don Khong – Don Khone

Today, we island hop! We have an early start and ride around Don Khong and along the river bank to the ferry, stopping to see locals making palm sugar. When we reach the ferry, it's only 200 m to the island of Don Som, one of the longest islands in the Mekong, stretching about 12 km to where it meets the tip of Don Det. It's another quick ferry ride to Don Det, and we cycle along a dirt path to an old French Railway bridge and cross over to Don Khone. After lunch, cycle to the old Ferry port at Han Khone, the southernmost tip of Laos. Visit Leepi Falls and see the Mekong River channel on our way to the hotel. A varied ride over four islands on narrow dirt tracks means there'll be no vehicle support, but we will still stop for water and snack breaks. Tonight, you are welcomed to this region of Laos with a traditional Baci ceremony.

Sengahloun Hotel | Breakfast, Lunch, Dinner

Ride 68km | +61m | -63m

Day 5: Don Khone – Bolaven Plateau

After breakfast, we ride a short distance to the ferry to cross the Mekong again. It's a short 12-km ride to Khan Phapeng Waterfalls. This natural phenomenon splits the Mekong. After you've taken your photos, we transfer back to Pakse for lunch before heading out to the Bolaven Plateau, we will transfer the first part to avoid the traffic. Cycle to Tad Fane Waterfall and then savour the region's famous coffee, learning its history and gaining an insight into the coffee processing. Continue past Paksong where you will spend the night at a scenic resort in the green hills.

Sabadee Valley Resort | Breakfast, Lunch, Dinner

Ride 57km | +378m | -336m

Day 6: Bolaven Plateau - Tad Lo - Semi Rest Day

We ride to Tha Teng on a quiet tarmac road through small villages and scenic farmland, watching for cheering children and free-range farm animals before we ride downhill to Tad Lo Waterfalls and our riverside overnight. The afternoon is free to cool down with a dip in the waterfalls or explore nearby walking paths. Tonight, we have an al fresco dining experience at our lodge overlooking the falls to round off a great day.

Tad Lo Lodge | Breakfast, Lunch, Dinner

Ride 32km | +61m | -675m

Day 7: Tad Lo – Pakse

As we leave the Bolaven Plateau behind, we ride on an undulating road that has a few surprises, including some lengthy but gradual climbs, one of 5 km, and another of 14 km. We ride to Huay Houn village (Katu village) to see the weaving of traditional handicrafts from cotton, jute, and banana fibre. Learn about this process amid various elegant styles of traditional Laotian homes. We then transfer an hour to Pakse to refresh and explore this colonial river town. This evening, we have our farewell dinner on the roof of the Pakse Hotel.

Athena Hotel | Breakfast, Lunch, Dinner

Ride 70km | +361m | -514m

Day 8: Pakse – Ubon Ratchathani

Drive back to the border and cross into Thailand for a 11:00 am arrival in Ubon Ratchatani, in time to catch afternoon flights.

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

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

Please see the visa options for our Laos tours below:

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

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

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

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

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

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

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

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

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

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

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

Further visa information:

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

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

Digital Immigration Registration:

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

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

Arrival:

1. Please submit Arrival registration within 3 days prior to arrival (you cannot submit before this time period). This will provide you with a QR code which should be saved on your phone or printed.
2. Show the QR code at immigration. Paper cards are not required at these pilot checkpoints.

Departure:

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

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

Health

We recommend that you visit a travel medical doctor and ask about the following vaccinations: typhoid, polio, tetanus and hepatitis A. A certificate for Yellow Fever is required when arriving from an infected area within six days.

Weather

Laos has a tropical climate with fairly high humidity. There are three seasons: from March to June it is hot and dry, with temperatures between 27C and 40C (80-104F), with night temperatures in the 20C/75F). The rainy season is from June to October. The cooler season, is from November to February, with average temperatures between 20C and 30C (70- 86F). It can get a little cold at night at higher elevations year round so bring a light fleece for the evenings.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D =dinner. Most meals are local Laos food and feature noodles, curries and soups. Lao cuisine is very similar to Thai food and we make sure you sample as much variety as possible. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Drink

Keeping you completely hydrated is a job we take very seriously. Cold water, some energy-restoring local fruit and soft drinks are included in the tour price while riding. Soft drinks and other beverages during meals are not included. Beer is freely available everywhere, but is NOT included in the price.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Extra Expenses

We recommend that you tuck away a few extra dollars, perhaps US$10, for incidentals. It is customary to tip local tour guides and drivers, however, the amount you give should be dependent on the level of service you receive. As a general guide we suggest US$3-4 per person per day is appropriate.

Money

The official national currency in Laos is the kip, however, Thai baht and US dollars are also used, especially in larger cities and towns. In smaller towns and villages, kip is usually preferred. There are now a few ATMs in Laos, but they are not widespread and are operational only sporadically. The best overall exchange rates are those offered at the BCEL (Banque pour le Commerce

Extérieur Lao). Licensed moneychangers rates are similar to banks Spend all your kip before you leave as no one will exchange it for you once you leave the country!

GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our Booking Conditions in full before you make your payment and should you require further clarifications of any of the conditions below, please email us or call our office.

TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please email us or call our office.

BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into Manage My Trip (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems please send us an email, or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our cancellation policy.

Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your travel insurance that you acquired when you booked your holiday.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

CONTACT US

145 Soi Pridi Banomyong 14 (Mee Suwan 3)
Sukhumvit 71 Road, Phra Khanong Nuea, Watthana
Bangkok, Thailand 10110
Tel: +66 (0) 2 026 3295
Email: info@spiceroads.com
Website: www.spiceroads.com

FOLLOW US

twitter.com/spiceroads
youtube.com/user/spiceroads
instagram.com/spiceroads
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