SPICE ROADS
CYCLING



TOURING

THAILAND HERITAGE BY BICYCLE

Tour Code
THA-THB

7 DAYS
6 NIGHTS

Destinations	Thailand
Tour Meets	Bangkok
Tour Ends	Chiang Mai
Fly in to	Suvarnnabhumi Airport (BKK)
Fly out of	Chiang Mai International Airport (CNX)
Group Size	2-16 riders
Minimum Age	12 (on scheduled departures)

ACTIVITY PROFILE

6 Cycling days	**278** km Total cycling distance
46 km Avg distance / day	**191** m Avg climbing / day

PRICING

Price	US$ 2,285
Bike Hire (E-Bike)	US$ 210
Bike Hire (Hybrid Bike)	Included
Single Supplement	US$ 360

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

DEPARTURES

14 Dec - 20 Dec 2026
04 Jan - 10 Jan 2027
08 Feb - 14 Feb 2027
21 Mar - 27 Mar 2027
05 Apr - 11 Apr 2027
05 Jul - 11 Jul 2027
06 Sep - 12 Sep 2027
18 Oct - 24 Oct 2027
08 Nov - 14 Nov 2027
13 Dec - 19 Dec 2027

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Hotel pick up
- ✓ Hotel drop off
- ✓ Accommodation
- ✓ Bike and helmet
- ✓ Snacks and drinks
- ✓ Entrance fees

WHAT'S EXCLUDED

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

TRIP PROFILE

We ride a total of 278 km over 6 cycling days. This tour has been designed for the leisure cyclist, offering a blend of Thailand's must see sites and venturing off the tourist track. Our rides are predominantly flat though there are some undulations once we reach the north. 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. 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.

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 46 km, allowing ample time for immersion, sightseeing, and relaxation. 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 maneuvering. 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.

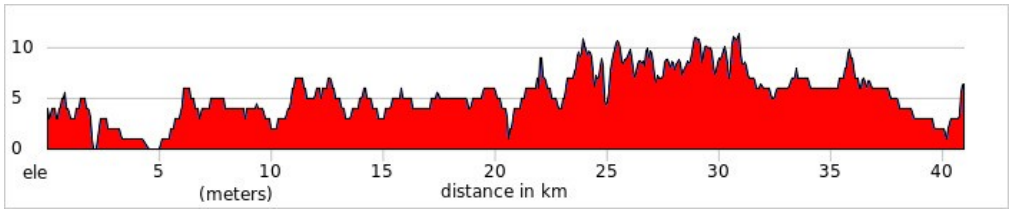
Biking Conditions: Our rides include a mix of paved roads in varying conditions. You can expect mostly smooth tarmac interspersed with narrow village roads and country lanes which can contain potholes, road debris, and gravel. Although much of the route is on quiet countryside roads with minimal traffic, 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: Bangkok - Ayutthaya

We pick you up from your Bangkok hotel in the morning and transfer about 1.5 hours north to Bang Pa-In Palace. This royal compound, once a summer retreat for Siam's globalising monarchs, blends traditional Thai architecture with Chinese and European influences – a fitting start to our heritage tour! After exploring the palace grounds, we hop on our bikes and take a short ferry across the Chao Phraya River, followed by a gentle ride on backroads through diverse riverside villages where Buddhist and Muslim communities live side-by-side. By the 20 km point we reach the UNESCO World Heritage Site of Ayutthaya and discover the ruins of Siam's former capital city. All but destroyed during a war with the Burmese in the late 18th-century, Ayyuthaya captivates with its faded reminders of former glory. We weave through the city by bike and visit a selection of standout monuments, such as Wat Mahathat, famous for its Buddha head entwined in tree roots, the trio of majestic stupas at Wat Si Sanphet, and the grand Hindu-Khmer style Wat Chaiwatthanaram. We end the day at a boutique Thai-style resort nestled among rice paddies.

Pludhaya Resort Lunch, Dinner

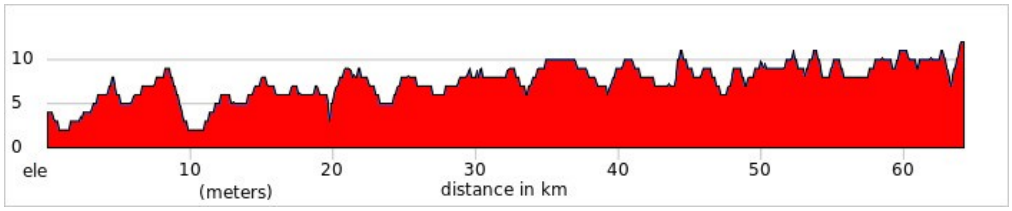


Ride 41km +92m -89m

Day 2: Ayutthaya - Wat Chaiyo - Uthai Thani

Departing from the hotel, we start with a 10 km ride out of Ayutthaya, situated on an artificial island between two rivers. One of these rivers, the Chao Phraya, accompanies us for much of today's journey as we head north. We continue for about 20 km on quiet secondary roads, passing through rice paddies, canals, villages, and local temples, followed by a 10 km stretch along the main road into the city of Ang Thong. Here, we switch to a narrow lane hugging the Chao Phraya River for around 20 km, offering a glimpse into waterborne life in the Central Plains of Thailand. Our ride concludes at Wat Chaiyo, a temple complex housing a colossal gilded Buddha statue. After our visit, we transfer approximately 1.5 hours to a charming lakeside resort in Uthai Thani Province — perfect for a relaxing afternoon before gathering for dinner in the evening.

Uthai River Lake Resort Breakfast, Lunch, Dinner

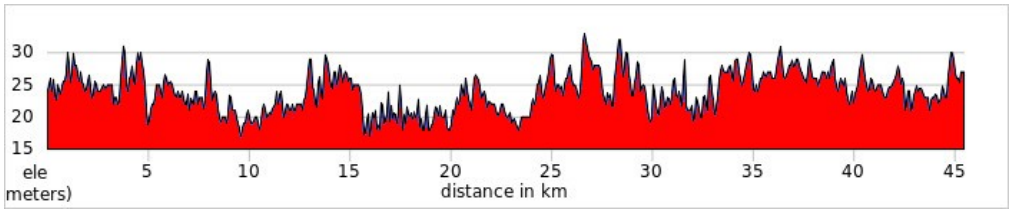


Ride 64km +80m -72m

Day 3: Uthai Thani - Kamphaeng Phet - Sukhothai

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 for a scenic 10 km stretch along the waterfront. This area boasts a rich local heritage of knife manufacturing, and we stop at a workshop for a closer look. The final 20 km offers a leisurely ride through the rustic countryside, passing rice paddies, quaint villages, temples, and more of the Chao Phraya River. After 45 km, we'll pack up our bikes and hop in the van to fast-track ourselves to the ancient landscape of Thailand's first Kingdom: Sukhothai. The drive takes about 3.5 hours, but we'll break up the journey with a stop at the historical site of Kamphaeng Phet, where we explore the tree-entwined ruins of a once-mighty military outpost that protected Sukhothai from invasion. We arrive at our hotel in Sukhothai in the late afternoon.

Legendha Sukhothai Breakfast, Lunch, Dinner



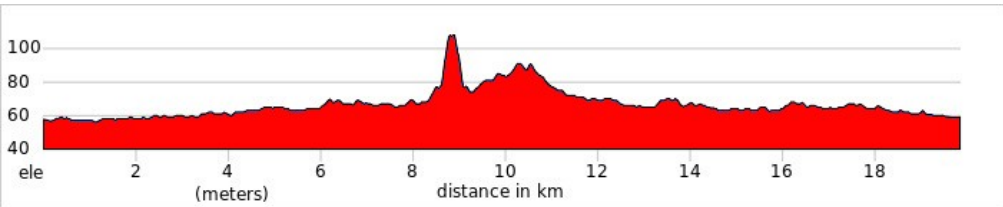
Ride 45km +293m -291m

Day 4: Sukhothai - Phrae

This morning, we immerse ourselves in the illustrious capital of the Sukhothai Kingdom, today one of Thailand's premier UNESCO World Heritage Sites. Its legacy has profoundly shaped Thai culture, language, and religion, with 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 hop in the van and transfer around 2.5 hours to the northern town of Phrae. Time permitting, we will visit a beautifully restored 19th-century mansion, built at a time when Phrae was the centre of the lucrative teak trade. Dinner is not included tonight, giving you a chance to go local and choose what you like at Phrae's night market!

Phoomthai Garden Hotel Breakfast, Lunch

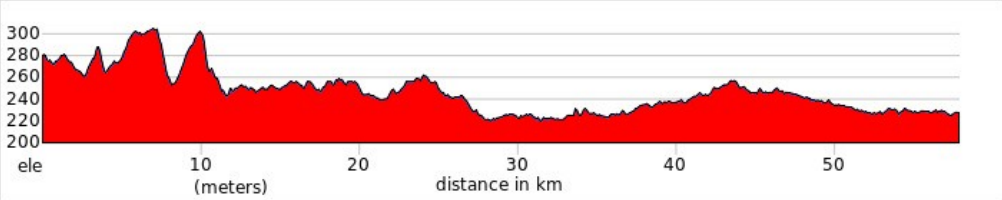


Ride 20km +121 m -120m

Day 5: Phrae - Lampang

In the morning, we transfer about 1.5 hours from Phrae to our cycling start point in the neighbouring province of Lampang. We are now firmly in the north (or Lanna, as the locals call the region) and you'll notice the scenery differs significantly from what we have experienced in the Central Plains, with jungle-clad mountains sprawling in the background. As we ride the first 30 km you may also notice the styles of houses and temples have changed, along with the varieties of fruits and vegetables grown – but there's still lots and lots of rice! We take a break at Wat Phra That Lampang Luang, an impressive fortified temple complex dating back to the 13th century. After lunch nearby, we continue for another 25 km along farmer lanes and village roads, eventually arriving at the Wang River. We follow the gently flowing waterway for the final few kilometres, leading us directly to a traditional northern Thai-style rural resort where we spend the night.

Lampang River Lodge Breakfast, Lunch, Dinner

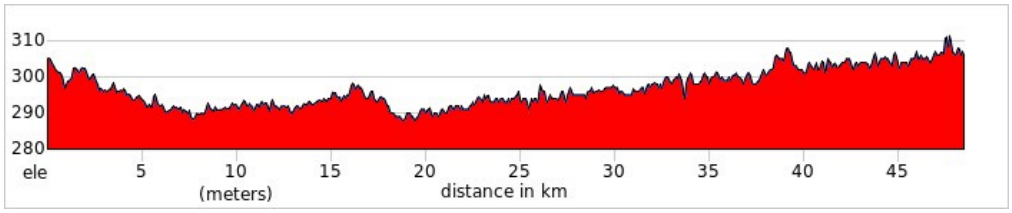


Ride 58km +352m -404m

Day 6: Lampang - Lamphun - Chiang Mai

We start the day with a 1.5-hour transfer into Lamphun Province, Thailand's top producer of longan fruit. Throughout our ride today we pass rows of longan trees with their distinctive wide canopies. Our first stop, after around 15 km, is the moated town of Lamphun where we visit the glittering Wat Phra That Hariphunchai, one of the oldest continuously worshipped Buddhist temples in northern Thailand. Continuing towards the Ping River, we ride through its lush floodplain to the archaeological site of Wiang Kum Kam, which predates Chiang Mai and boasts beautiful ruins. A short, final burst brings us to our hotel on the Ping River, just south of Chiang Mai City. In the evening, we hop into one of Chiang Mai's iconic red trucks and head out for dinner, making a few stops along the way to soak in the city's vibrant atmosphere at dusk.

Aruntara Riverside Boutique Hotel Breakfast, Lunch, Dinner



Ride 49km +193m -192m

Day 7: Chiang Mai Exploration and Departure

On our final morning, we drive up to Wat Doi Suthep, the most sacred temple in northern Thailand. Perched on a mountaintop overlooking Chiang Mai, it offers stunning panoramic views on clear days. At the heart of the temple complex is a large, stepped, gilded stupa — a must-see and celebrated symbol of Chiang Mai's deep-rooted spirituality. We then descend the mountain to visit Wat Umong, a 700-year-old temple nestled in tranquil shaded woods, famous for the tunnels beneath its large chedi, originally built to keep a particularly eccentric monk from wandering off into the forest! We wrap up our heritage-infused bike tour of Thailand with a farewell lunch before transferring you to your post-tour hotel. Please let us know if you need assistance with hotel bookings or airport transfers after the trip.

Breakfast, Lunch

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

Included in the cost of this tour are well-known makes of hybrid bikes with lightweight alloy frames, 24- to 27-speed gearing, v-brakes, and Shimano components and front suspension.

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 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.

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

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