SPICE ROADS
CYCLING

ROAD

ROAD ESCAPE: KHAO YAI

Tour Code
THA-TEK

4 DAYS
3 NIGHTS

Destinations	Thailand
Tour Meets	Bangkok
Tour Ends	Khao Yai
Fly in to	Bangkok Suvarnabhumi Airport (BKK)
Fly out of	Bangkok Suvarnabhumi Airport (BKK)
Group Size	2-16 riders
Minimum Age	18 (on scheduled departures)

ACTIVITY PROFILE

4 Cycling days	**383** km Total cycling distance
95 km Avg distance / day	**655** m Avg climbing / day

PRICING

Price	US$ 1,450
Bike Hire (Road Bike)	US$ 140
Bike Hire (Carbon Road Bike)	US$ 180
Bike Hire (Carbon Road Bike Di2)	US$ 240
Single Supplement	US$ 285

WHAT'S INCLUDED

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

WHAT'S EXCLUDED

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

DEPARTURES

20 Sep - 23 Sep 2026
18 Oct - 21 Oct 2026
15 Nov - 18 Nov 2026
13 Dec - 16 Dec 2026
16 May - 19 May 2027
13 Jun - 16 Jun 2027
18 Jul - 21 Jul 2027
15 Aug - 18 Aug 2027
19 Sep - 22 Sep 2027
17 Oct - 20 Oct 2027

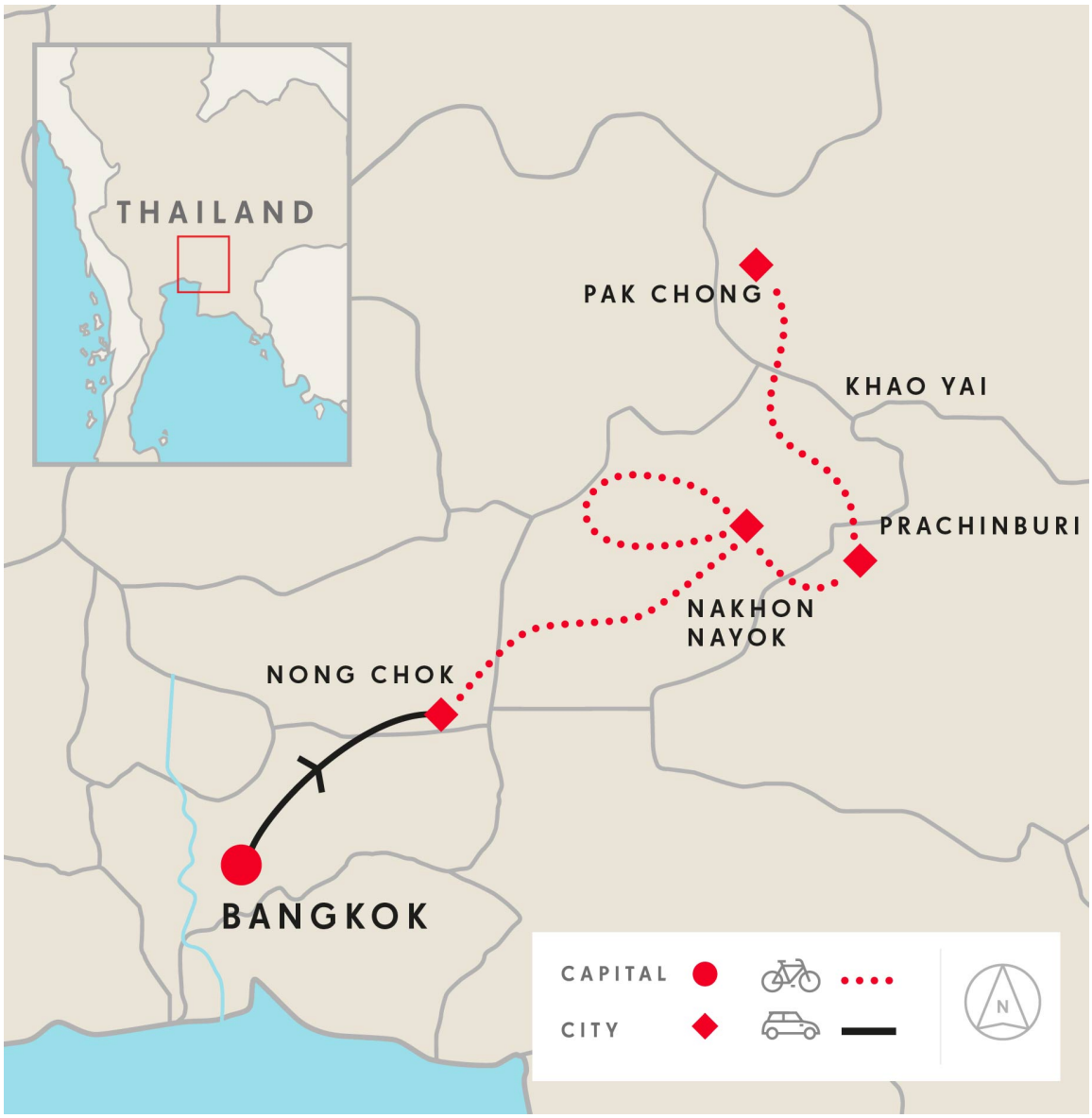
See website for later departures

TRIP PROFILE

In 4 cycling days and 383 kilometres of riding, this tour showcases the wilds of Khao Yai and the peaceful countryside of the surrounding plains. See the in-depth itinerary for daily distances, elevation profiles, and highlights. Accommodation for this trip is fixed-base - for the first 2 nights we stay in a cozy riverside resort in Nakhon Nayok and on the third night at an eco-hotel near the western entrance of Khao Yai National Park.

Suitability: For road cyclists craving a series of extended rural stretches culminating in challenging climb up a mountain, this is the Road Escape for you. The cycling days are long and the ascent up Khao Yai arduous. Those with strong fitness and climbing experience will enjoy this trip to its fullest.

Biking Conditions: Cycling takes place on tarmac roads in good condition through the countryside and National Park. The riding on the first three days is pre-dominantly flat with some sporadic gradients from time to time. Day 4 is an uphill battle as we will gain over 1,000 m while covering nearly 40 km to the top of Khao Yai. Throughout the trip plenty of scenic stops abound for a photo op and chances to to sip on coffee and energize with seasonal fruit. Your local cycling guide and support vehicle will be with you every inch of the way to let you know what's ahead and to offer you a rest and a lift should you need it.

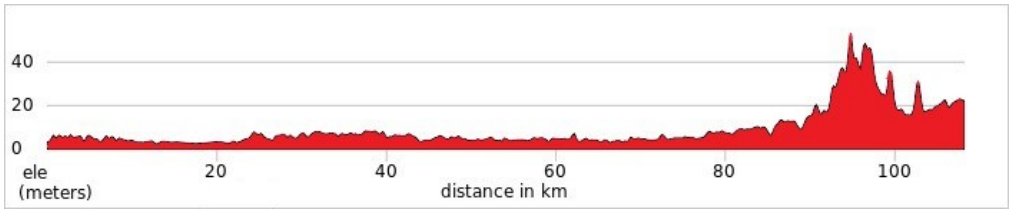


Day 1: Bangkok – Nakhon Nayok

We transfer from Bangkok to an eclectic café in the district of Nong Chok (around 2 hours) where we saddle up and begin the adventure. Our ride takes us along well-paved rural backroads cutting through expansive, emerald green rice fields until we approach the forested edge of Khao Yai National Park. The route is flat the majority of the way with some gentle gradients during the

final 20 km. The ride concludes at a cozy riverside resort where we'll enjoy dinner and spend the night.

Phumontra Resort Nakhon Nayok Lunch, Dinner



Ride 108km +250m -230m

Day 2: Nakhon Nayok Loop

Today's ride is an exciting loop starting from and ending at our resort in Nakhon Nayok. We traverse a large swathe of rural Thailand, passing villages, farms and temples as well as streams, canals and reservoirs. The ride is mostly along paved, flat roads, though we'll also experience some gradual climbs in the gently undulating farmlands and forests on the northwestern edge of Khao Yai. We'll have dinner back at our riverside resort and spend another night here.

Phumontra Resort Nakhon Nayok Breakfast, Lunch, Dinner

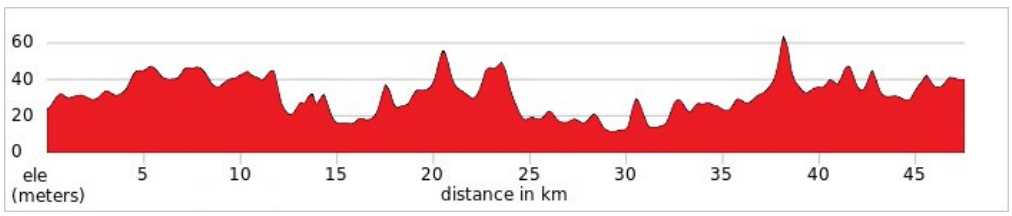
Ride 135km +730m -730m

Day 3: Nakhon Nayok – Prachinburi

Departing from our resort in Nakhon Nayok in the morning, we have another fantastic day of blissful rural riding as we head south into the province of Prachinburi. We begin by cycling past the massive walls of an important dam before embarking on a route that mostly hugs the edge of Khao Yai National Park. We'll skirt along a winding canal, pass by farms and plantations, and visit scenic lakes, all while relishing views of the dense rainforest covering the hills to the east. Our end point is a fabulous resort, located less than a kilometer from the entrance of the National Park, where we'll relax and have dinner.

The route today is shorter than previous days and the roads almost entirely flat with just a handful of short uphill bursts. This is intentional as we'll need our energy the following morning to conquer Khao Yai!

PRY1 Breakfast, Lunch, Dinner

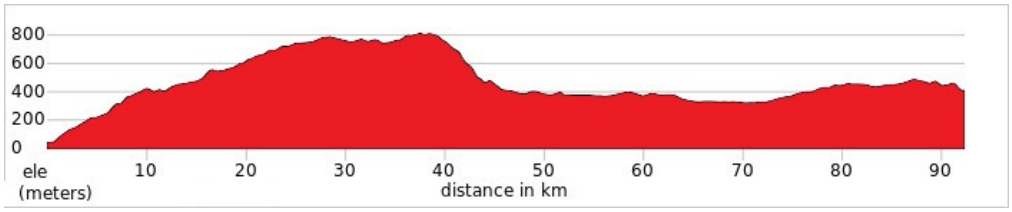


Ride 48km +330m -320m

Day 4: Up and Down Khao Yai

This morning will be an early start as we gear up to tackle Khao Yai, "The Big Mountain". From the entry gate to the top, we will gain over 1,000 m while covering nearly 40 km. The climb starts with a succession of long uphill drags, followed by some roller-coaster-like dips, and, as we approach the final few kilometers to the top, we encounter double-digit gradients, beautiful hairpins and open sections. While the climb is certainly a test of endurance, the road is in a tight embrace of fresh tropical foliage, making for a distinctive and enjoyable cycling challenge. Once we have reached the highest point we will take a breather while soaking in the expansive views over the jungle, valleys and plains below. From there it is a gradual descent down and out of the National Park and into the district of Pak Chong. We'll end the tour with a well-deserved lunch and then head back to Bangkok and drop you off at your post-tour hotel. Alternatively, you may also stay longer in Pak Chong and explore the area for a day or two. You can go for a hike to spot wildlife in Khao Yai National Park and visit a vineyard to try some locally produced wine - Khao Yai has Thailand's most premier selection of New World wines. We're happy to make recommendations for an extended stay!

Breakfast, Lunch



Ride 92km +1310m -940m

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 road bike in good mechanical order.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

Visitors from 93 countries can enter Thailand for 60 days without applying for a visa. See here if your country is on the list. If you do not hold a passport from one of these countries please contact the Thai embassy or consulate nearest to you about applying for a visa. If you intend to 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 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

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