SPICE ROADS
CYCLING

TOURING

REMOTE VIETNAM AND LAOS BY BIKE

Tour Code
MCT-MVL

14 DAYS
13 NIGHTS

Destinations	Vietnam, Laos
Tour Meets	Hanoi
Tour Ends	Luang Prabang
Fly in to	Noi Bai International Airport (HAN)
Fly out of	Luang Prabang International Airport (LPQ)
Group Size	2-10 riders
Minimum Age	18 (on scheduled departures)

ACTIVITY PROFILE

11 Cycling days	**611** km Total cycling distance
56 km Avg distance / day	**765** m Avg climbing / day

PRICING

Price	US$ 4,200 to US$ 4,300
Bike Hire (Mountain Bike)	US$ 280
Bike Hire (E-Bike)	US$ 720
Single Supplement	US$ 510 to US$ 535

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

DEPARTURES

11 Oct - 24 Oct 2026
06 Dec - 19 Dec 2026
03 Jan - 16 Jan 2027
21 Feb - 06 Mar 2027
10 Oct - 23 Oct 2027
05 Dec - 18 Dec 2027

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Accommodation
- ✓ Snacks and drinks
- ✓ Entrance fees

WHAT'S EXCLUDED

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

TRIP PROFILE

We cycle a total of 611 km on paved roads along rivers, through lush paddy fields, karst landscapes, and peaceful villages before taking on some climbs to truly appreciate the natural splendour of the mountains. The trip begins with our meeting in Hanoi on Day 1, followed by four cycling days of modest climbing, making for a moderate warm-up phase. On Day 6, we start from the Laos border and are introduced to the mountainous country with some challenging climbing. This is followed by a slightly easier Day 7, a rest day on Day 8, then a return to big climbs on Days 9 and 10. Reaching the plateau of the Plain of Jars, the climbing again subsides somewhat for days 11 to 14. Where the climbs are tough, we have lowered the distances to make them manageable. Remember, the support van is never far away! The journey takes us on a route less frequented; therefore, some overnight stays will be basic at guesthouses, and there will be one night with shared facilities.

Suitability: This is a Hard level trip that will provide some challenging climbing sections and some significant distances. The climbs are always interspersed with downhills and flat sections, and the toughest days are distributed throughout the trip, allowing for recovery in between. While less experienced cyclists are welcome to join the trip, it is best suited for cyclists with the stamina to cycle those distances and elevations on successive days. Vietnam and Laos can be quite hot and humid even in the morning hours, so it is helpful to acclimatise to these types of conditions before the trip, if possible. To fully enjoy the trip, riders should also have the confidence to navigate a bike through occasional crowded streets and rough sections of broken pavement. Of course, it is always an option to proceed through tricky sections on foot, or skip ahead, as a support vehicle is available at all times to provide refuge for weary riders.

Biking Conditions: The roads are predominantly tarmac and in relatively good condition, but occasionally you will experience sections of deteriorated road surfaces and small sections of dirt roads, which makes it all the more exciting and adventurous! While we have chosen the quietest roads possible, we will regularly share the roads with motorbikes, cars, and buses and have a few short sections along busier main roads. Roads in Southeast Asia are used for everything from drying crops to village marketplaces, so you certainly may encounter unpredictable situations or busy sections along the way. We generally ride rain or shine, but based on the guide's discretion or your level of comfort, modifications to the planned route can be made. It's all part of the adventure!

Accommodations: As the name suggests, this tour is a deep dive into the remote regions of Southeast Asia. To balance the adventure, we start with four nights of comfort in Hanoi, Tam Coc, Cuc Phuong, and Mai Chau, staying in deluxe 3-4* hotels featuring AC, hot water, and swimming pools. As we move deeper into the mountains, the conditions become more authentic. In Vieng Xai (Day 6), we stay in a simple, local guesthouse. Xam Neua (Day 7) offers a step up in comfort before we head to the Nam Nern Night Safari. This ecolodge experience is truly "off-grid" — expect to be stripped to the basics with no internet, phone signal, AC, fans, or hot water. The following three nights return to a higher standard before a final rustic night in Phou Khoun. We conclude the journey in Luang Prabang, home to exceptional boutique hotels with all the modern comforts you've earned. In general, please be aware that some older properties, while charming, may show signs of wear and tear, and the service pace in Vietnam and Laos can generally be more relaxed than you might be accustomed to. For larger groups, we may need to use more than one accommodation and, in case of limited availability, switch to an alternative property from the one listed in the itinerary.

Day 1: Meet in Hanoi

Welcome to Hanoi, Vietnam's capital and the cultural heart of the North! We suggest arriving at least a day or two before the tour begins to explore this vibrant city infused with ancient heritage, a French colonial legacy, a revolutionary spirit and modern cosmopolitanism. Be sure to visit the Temple of Literature, Hoan Kiem Lake, and the Ho Chi Minh Mausoleum and stroll through the lively Old Quarter. On arrival day, we meet at our tour hotel in the late afternoon and head out for a trip briefing and welcome dinner. Please let us know if you require assistance with airport transfers and pre-tour hotel bookings.

Le Jardin Hotel Haute Couture Dinner

Day 2: Hanoi → Tam Coc

With our first day on the bike, we explore the countryside and local artisans. We have a short transfer out of the city to avoid traffic and start with a lovely ride on a dyke along the Red River, a perfect quiet place to get used to cycling in Vietnam. Our first stop will be Bat Trang, known for its handmade ceramics, with its varied and interesting pottery. We then cycle south into the heart of the delta, passing through many traditional villages and rice fields. We have a two-hour transfer to lunch in Tam Coc. In the afternoon, we board a boat for a leisurely cruise on the Ngo Dong River and float through three natural caves, the largest of which is 125 m long. Sit back, relax, and see rural Vietnam from a different perspective, taking in the dramatic limestone karsts jutting out from the green rice fields. After our scenic boat ride, we disembark and transfer back to our hotel.

Tam Coc Rice Fields Resort Breakfast, Lunch, Dinner

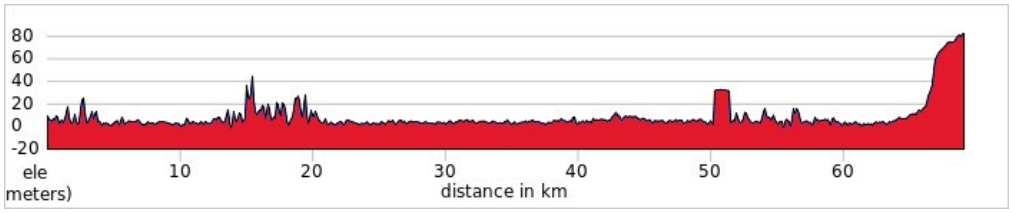
Ride 57km +205m -212m

Day 3: Tam Coc → Cuc Phuong

We start cycling from our hotel in Tam Coc for a flat ride to Hoa Lu, the ancient capital of the Dinh and Ly dynasties 1,000 years ago. The route is stunning as you pass green rice fields amongst surreal karst mountains. After a stop to visit Dinh Le Temple, built in the shape of a

Chinese character in the 17th century, we continue pedalling along the Hoang Long River through some impressive landscape. The first 35 km are flat and then we'll have some small climbs up to the park, but they are all short. Upon arrival at Cuc Phuong, Vietnam's largest national park, we visit the Endangered Primate Rescue Centre, where a wide variety of native monkeys and gibbons, including critically endangered langurs, were saved from wildlife smugglers and are being rehabilitated to return to the wild.

Wyndham Grand Vedana Ninh Binh Resort Breakfast, Lunch, Dinner

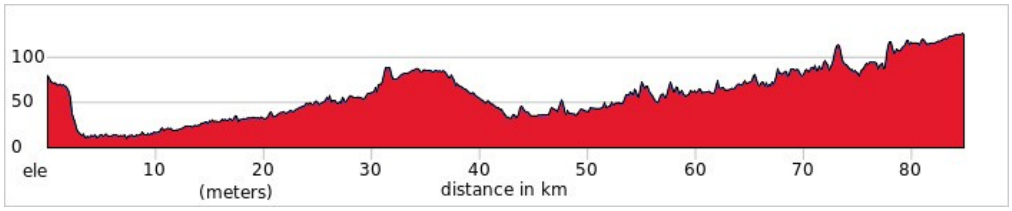


Ride 69km +417m -343m

Day 4: Cuc Phuong National Park → Mai Chau

Starting from the hotel we make our way north along the eastern edge of Cuc Phuong National Park. After around 45 km we reach the Buoi River and follow its path, cycling on a tarmac road wedged between a mountain ridge and the waterway. The terrain is mildly rolling and filled with a bountiful mix of fields of rice, corn, cassava, sugarcane and many other types of produce grown by the villagers of the area. We call it a day when we approach the junction to the main road leading into the Mai Chau Valley and jump in the support vehicle for a one-hour drive to tonight's rural resort nestled amidst a patchwork of lush rice paddies surrounded by forested, rolling hills.

Mai Chau Ecolodge Breakfast, Lunch, Dinner

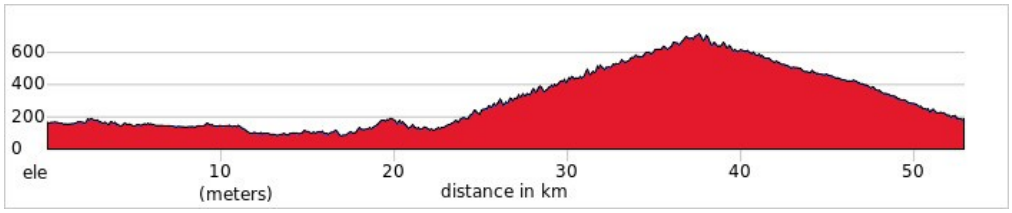


Ride 85km +558m -511m

Day 5: Mai Chau → Pu Luong

This morning we ride through quintessential scenes of rural life in the Mai Chau Valley. Depending on the season, early mornings are busy with farmers and their buffaloes working the rice paddies. At 15 km, we reach the banks of the gently flowing Song Ma River, but we don't follow its course for long, instead rising into the highlands of the Pu Luong Nature Reserve. The day's main highlight is a roughly 15 km climb at 3–5%, taking a steady pace as we coil along a peaceful mountain road lined by dense tropical forests and the occasional stilt house village. After reaching the top of the pass (around 700 metres ASL), we enjoy a rewarding descent into the rural heart of Pu Luong where we spend the night at a stylish highland retreat.

Asia Tropical Resort & Spa Breakfast, Lunch, Dinner

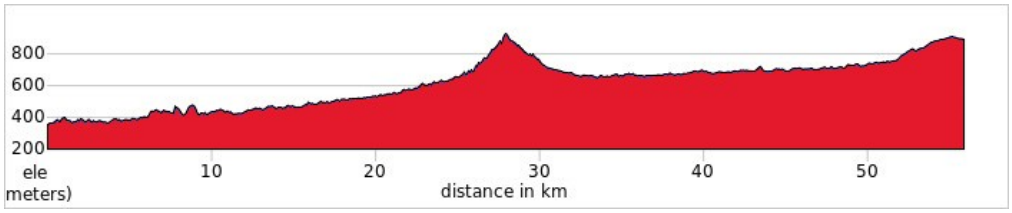


Ride 53km +1064m -1040m

Day 6: Pu Luong → Na Meo Border → Vieng Xai

Early this morning, we transfer around 3 hours to the remote border of Na Meo and say farewell to Vietnam. After completing immigration formalities we'll be met by our Lao guides and start the next chapter of our journey. We are welcomed to Laos – mainland Southeast Asia's most mountainous country – with a fair bit of climbing reaching an elevation of nearly 1,000 m ASL over one sustained and several shorter ascents. The scenery along National Route 6 is fabulous, passing streams and through karst landscapes interspersed with rice paddies. Our destination today is historic Vieng Xai, once the war-time headquarters of Laos' communists, famous for its remarkable landscape of karst limestones honeycombed with caves that were used as shelter during the relentless bombing raids. We will save our exploration for the following morning and retire to a local guesthouse for the evening. Accommodation options here are limited so be prepared for basic room and board.

Keohounheuang Guesthouse Breakfast, Lunch, Dinner

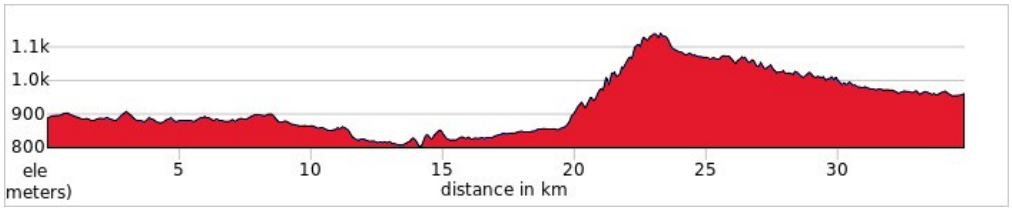


Ride 56km +1253m -719m

Day 7: Vieng Xai → Xam Neua

After breakfast, we cycle to the Vieng Xai Caves Visitor Centre to learn about the geology of the region and embark on an audio tour. The Vieng Xai Caves are an extensive network of caves in limestone mountains. Four hundred and eighty of these caves were used by the Communist Party army to shelter from American air raids during the Second Indochina War, also known as the Vietnam War or the American War, depending on who is recounting the history. We use our bikes to get from cave to cave and then walk through caves while listening to the commentary and audio effects. After lunch, we cycle around 25 km on the provincial road to the town of Xam Nuea, passing past a number of traditional ethnic villages and conquering a steep, 4 km climb.

Horkeo Boutique Hotel Breakfast, Lunch, Dinner



Ride 35km +563m -494m

Day 8: Nam Et-Phou Louey National Park & Nam Nern Night Safari

We take a break from the bicycles today as we venture deep into the wilds of Laos. In the morning we drive around 3 hours to the banks of the Nam Nern River, stretching our legs halfway to see Saleuy Waterfall, a tiered cascade that spills over limestone shelves in a spectacular 100-metre-long descent. Once we reach the village of Ban Sonkhoua, we take boats up the river to a remote, community-managed ecolodge (around 1.5–2 hours) and relax until dusk, when we enjoy a traditional dinner around a campfire before drifting downstream in total silence to spot the park's elusive nocturnal wildlife. This is about as remote as it gets, so at tonight's lodge we will be stripped to basics with no internet, phone signal, AC, fans, or hot water. But it is well worth it for the unrivalled opportunity to immerse ourselves in the sounds of

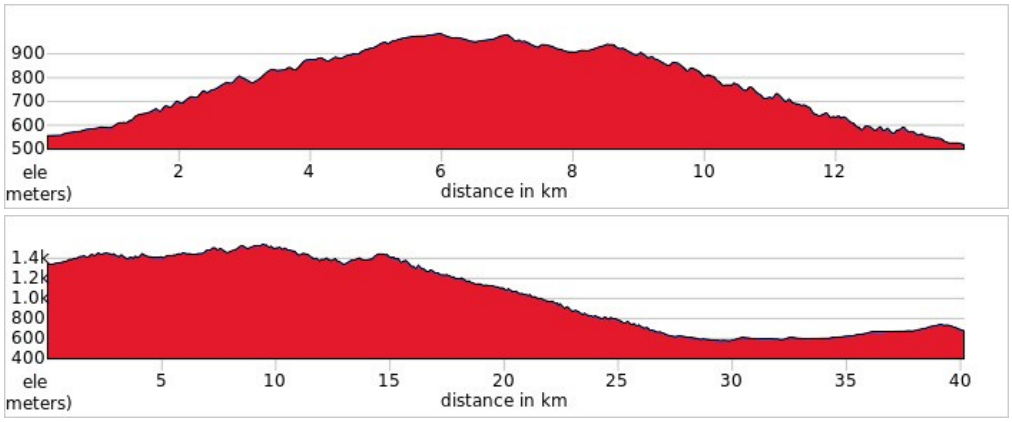
the primary rainforest and contribute directly to the conservation of one of Southeast Asia's last great wildernesses

Nam Nern Eco Lodge Breakfast, Lunch, Dinner

Day 9: Ban Sonkhoua → Ban Xang Hot Springs

After breakfast, boats will float us back to Ban Sonkhoua, where we get back on our bikes to start riding again. Today is all about magnificent downhills though, of course, with some significant climbing thrown in! Our first spectacular descent brings us to lunch on the Nam Nern riverbank in Ban Sop Lao. After lunch, we transfer to Ban Souanmon, from where we ride towards our second outstanding descent onto the Xieng Khouang Plateau. The day ends at Ban Xang Hot Springs where we stay the night in a hotel perfectly placed beside the springs to soothe tired muscles.

Asa Hot Spring Hotel Breakfast, Lunch, Dinner

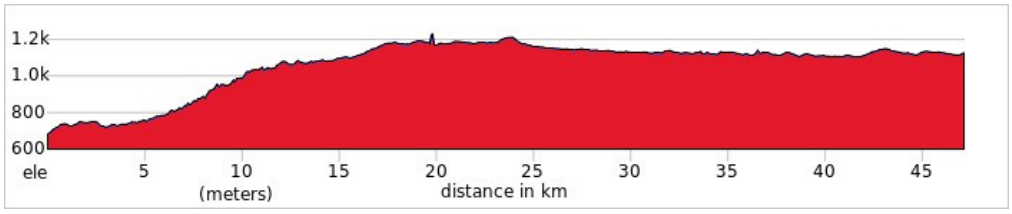


Ride 54km +1164m -1863m

Day 10: Muang Kham → Phonsavan

After a hot spring bath and breakfast, we start our traverse of the plateau, which is home to the mysterious Plain of Jars, a World Heritage site. We ride through numerous villages and have an overall gradual climb for the first part of the day as we end up at 1200 m from our start point of 500 m. We stop along the way to cool off at the pretty Tad Ka Waterfall and its surrounding trails. Once we reach the plateau, the landscape changes from jungle to grassy plains. This area was one of the most heavily bombed in Laos and evidence of unexploded ordinances (UXO) is everywhere. Resourceful locals use bomb casings and other remnants, putting them to use as fences, tools, vegetable planters, decorations, and barbecues. We spend the next two nights in the town of Phonsavan, the gateway to the Plain of Jars.

Vansana Plain of Jars Hotel Breakfast, Lunch, Dinner



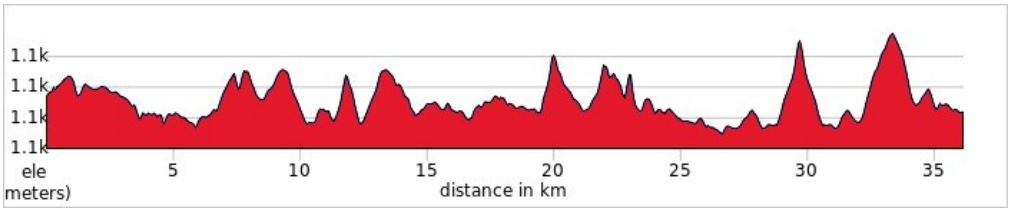
Ride 47km +831m -394m

Day 11: Plain of Jars

We cycle to visit the mysterious prehistoric Plain of Jars and learn the many theories as to their origins. We start with a visit to Site 1, where there are also many visible bomb craters, and

continue to Site 2, where the jars are set up on a hillside. We have lunch at Site 2, and then you have the option of cycling the 20 km back to town or taking the bus. You have the afternoon free to visit the MAG Office-UXO Visitor Information Centre to watch their movie for a fascinating insight into the legacy of the war that devastated this remote region. There are numerous restaurants in town, and you can choose which you prefer as dinner is on your own tonight.

Vansana Plain of Jars Hotel Breakfast, Lunch

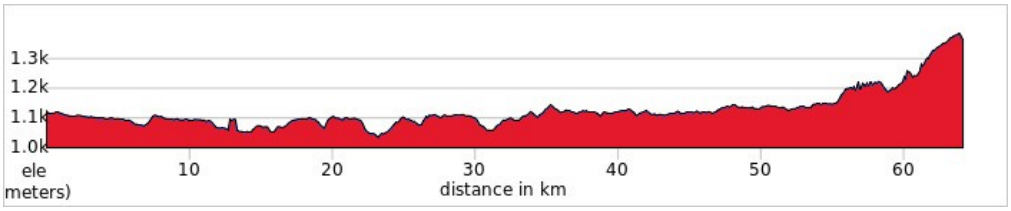


Ride 36km +420m -432m

Day 12: Phonsavan → Phou Khoun

Today is a satisfying ride east across rolling terrain to Nongtang, a natural lake surrounded by high limestone cliffs and rings of a temple, where we stop and walk around this body of water in its strange surroundings. Local legend has it that at the bottom of the lake, there is a village that was submerged by the gods as retribution for the killing of a forbidden deer. After lunch along the Nam Chat River, we have a gradual climb to finish off the ride. We then transfer the final 70 km to Phou Khoun, a high-altitude junction town perched on a ridge with stunning views over the mountains and valleys beyond. We spend the night at a local guesthouse. Nights here can get chilly so make sure to bundle up!

Amphaivanh Guesthouse Breakfast, Lunch, Dinner

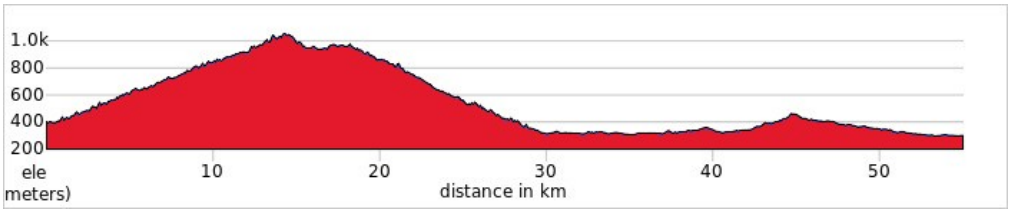


Ride 64km +872m -626m

Day 13: Phou Khoun → Luang Prabang

Time for the home stretch! To ensure we don't roll into Luang Prabang too late in the day, we spare ourselves the most mountainous section and transfer around 3 hours east to our start point. On the bikes we conquer a 15 km / 5% average gradient before a glorious descent into the valley of the Nam Khan River, a tributary of the mighty Mekong. The final 25 km are predominantly flat, with a short climb just before entering the tree-lined streets of charming Luang Prabang. This small city, situated on a peninsula between the Nam Khan and Mekong Rivers, is filled with glittering Buddhist temples, French colonial architecture, and an all-around captivating Old World charm. It is the crown jewel of Laotian heritage sites. In the evening, we head for a farewell dinner at one of the city's many cosy restaurants.

My Dream Boutique Resort Breakfast, Lunch, Dinner



Ride 55km +1063m -1158m

Day 14: Luang Prabang Departure

We end our tour in Laos with a free day to explore Luang Prabang or, depending on your onward travel arrangements, head to the airport to catch your flight. In the morning you can partake in the quintessential Luang Prabang experience of alms giving. At the break of dawn, hundreds of orange robed Buddhist monks from the various monasteries around town walk through the streets to receive their daily alms from the pious locals. Visitors to the city are welcome to participate in this ritual (please discuss with your guide prior to the last day if you are interested - additional charges will apply to be paid locally). There's plenty more to see and do in and around the city, so if it's your first time here, we suggest extending your stay by at least another night.

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 mountain 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. E-bikes are also available for hire at additional cost. If you rent a bike from us, please note that we do not cross the border with the bikes from Vietnam but switch to a new fleet on the Laos side.

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.

LAOS

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 Tribes and Trails of 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.

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