

# SPICE ROADS

## CYCLING



## MAE HONG SON HILLS

Tour Code  
**THA-TSH**

**9** DAYS  
**8** NIGHTS

	Destinations	Thailand
	Tour Meets Tour Ends	Chiang Mai Chiang Mai
	Fly in to Fly out of	Chiang Mai International Airport (CNX) Chiang Mai International Airport (CNX)
	Group Size Minimum Age	2-16 riders 18 (on scheduled departures)

## ACTIVITY PROFILE



<b>7</b> Cycling days	<b>678</b> <sub>km</sub> Total cycling distance
<b>97</b> <sub>km</sub> Avg distance / day	<b>2017</b> <sub>m</sub> Avg climbing / day

## PRICING



Price	US\$ 2,000
Bike Hire (Standard Road Bike)	US\$ 225
Bike Hire (Carbon Road Bike)	US\$ 360
Single Supplement	US\$ 395

## WHAT'S INCLUDED

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

## WHAT'S EXCLUDED

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

## DEPARTURES



14 November - 22 November 2024  
12 December - 20 December 2024  
09 January - 17 January 2025  
13 February - 21 February 2025  
13 November - 21 November 2025  
11 December - 19 December 2025

## TRIP PROFILE

On this hilly, and in places steep, ride, you will be challenged as you head up and over many beautiful passes and reach the summit of Thailand at 2,595 m (8,511 ft). You will ride just over 678 km in 7 days on smooth tarmac roads. 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 cold drinks, ice, and fresh fruit.

**Suitability:** This is a tour for cyclists possessing a high level of physical fitness. Fitness will be a huge asset on those long days and on the undulating hills. The tour is fully supported, and the bus is always close at hand for those who find the riding too difficult.

**Biking Conditions:** We ride between 66 and 128 km a day for a total of 678 km in 7 riding days. Though the distances may not be that long, the climbs will be tough and challenging. The ascents range up to 2,890 m (9,481 ft) for a total of 14,121 m of climbing! The roads are 100% tarmac and in good condition.



### Day 1 Arrive in Chang Mai

We will meet you in the late afternoon for a tour briefing and a bike fitting.

 Aruntara Hotel

### Day 2 Chiang Mai - Samoeng - Mae Rim

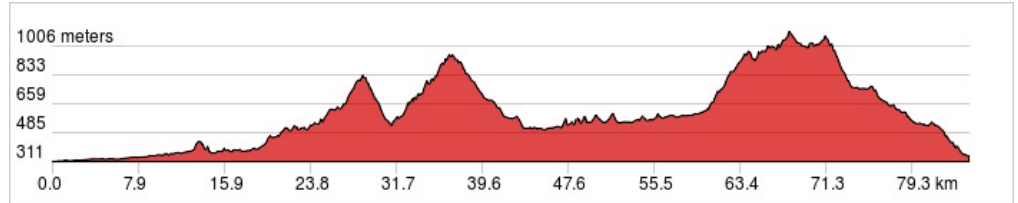
We circumvent imposing Doi Suthep to the peaceful Samoeng. Our ride out of Chiang Mai is flat, but soon we start climbing. We have two gentle but steady climbs before taking a break in Samoeng. This area was the first Lanna settlement, who were escaping from a Burmese conqueror in the 18th century. The climbs continue in the afternoon as we ride up to 1,140 m with a viewpoint before starting down to the Mae Sa River valley. We pass orchid farms and other flower fields that are grown for the Chiang Mai market, as well as fields of vegetables cultivated by the Hmong.



Cool Down Resort



Breakfast, Lunch, Dinner



Ride 76km



+1959m

### Day 3 Mae Rim - Pai Ride

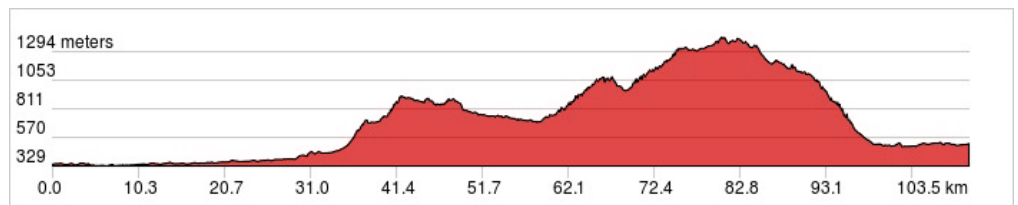
We climb up and over a mountain to get to the next valley. We ascend over 2,000 m and descend about the same amount, so an equalising day lies ahead. Our ride starts nice and flat through rice fields before we start our ascent on a scenic winding road. The views of the mountains are superb as we ride to an altitude of 1,440 m. Then it's a thrilling 20 km overall downhill, with a few ascents thrown in to make the riding interesting, down to Pai. Our overnight is in a boutique hotel in the centre of town. Our resort is located near the Night Market, ideal for an evening stroll and a fantastic opportunity to sample exotic fruits and local foods.



The Quarter



Breakfast, Lunch, Dinner



Ride 115km



+2136m

### Day 4 Pai - Mae Hong Son

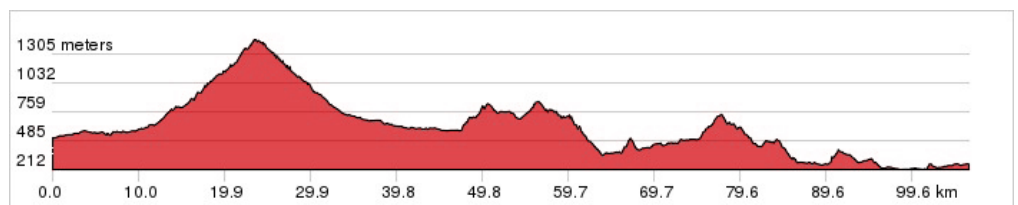
We leave the tranquil Pai valley behind, and after 10 km, our first climb begins. When we reach 1,443 m, it's time to take a break and enjoy the view, before we descend through mountain villages. There are, of course, a few more climbs to come, but they will seem like undulating hills. We end our ride at Mae Hong Son, a town nestled in between mountains populated by Shan, whose ancestors came from Shan region in Burma. The hilltribes of the region consist of Karen, Lisu, Mhong, Lahu, and Lua, and each have their own distinct culture. Enjoy the natural surroundings and the pool to give your legs a rest from pedalling.



Rimtarn Resort



Breakfast, Lunch, Dinner



Ride 110km



+2400m

## Day 5 Mae Hong Son - Khun Yuam

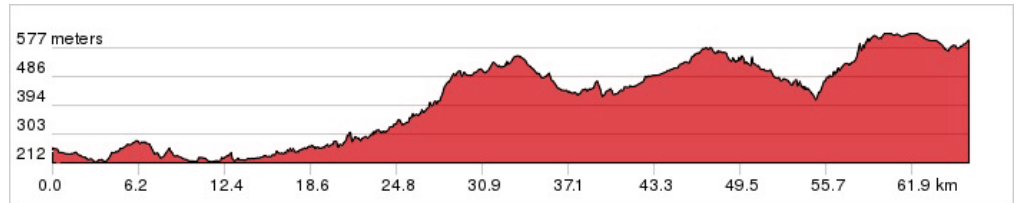
Today is an easier day in terms of kilometres ridden, but there are still some hills to get over. We are now in hilltribe country, and being so close to the border with Burma, you will no doubt notice a Burmese influence on the architecture. The day will end with an uphill ride to the small traditional village of Khun Yuam.



Mit Khoon Yuam Hotel



Breakfast, Lunch, Dinner



Ride 66km



+1100m

## Day 6 Khun Yuam - Mae Sariang

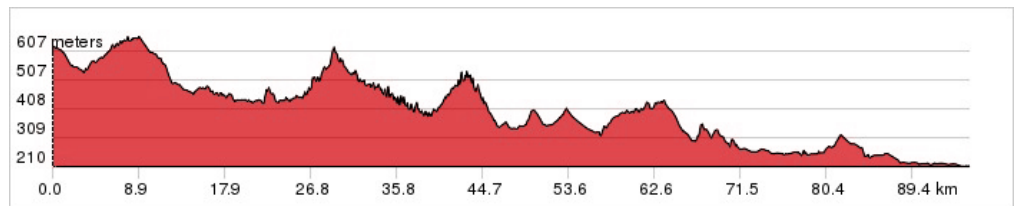
We descend more than we ascend, but there is still enough climbing to test those legs. We ride past farms, orchards, forests and will always have mountains as our backdrop. This scenic road will take us directly to quaint Mae Sariang and our riverside hotel.



Riverhouse Hotel



Breakfast, Lunch, Dinner



Ride 100km



+1200m

## Day 7 Mae Sariang - Mae Cham

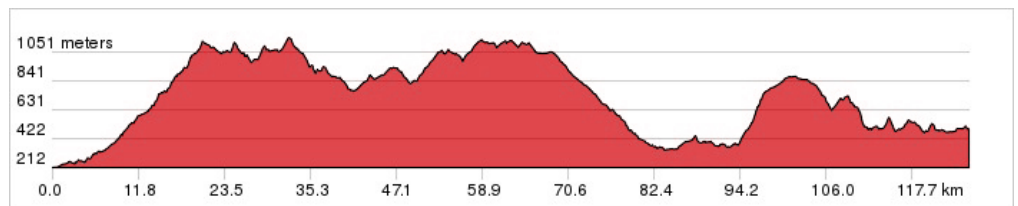
Our toughest day awaits, though tomorrow will rival it in steepness. A brutal start with a 20 km climb of 860 m up to the top of the pass at 1,210 m (4,030 ft). The climbing continues as we cross through beautiful mountains and the jungle landscapes. Then we finally have a 10-km descent to enjoy. We'll pass the refugee camps where members of ethnic minorities of Burmese origin have come to escape their homeland. The sheer scale of the camps will astound you. But back to the climbing, as it hasn't ended yet, and a steep 500-m climb will have to be tackled at kilometre 95 before we finish at the town of Mae Chaem.



Duan Raem Chaem Muang House



Breakfast, Lunch, Dinner



Ride 128km



+2890m

## Day 8 Mae Cham - Doi Inthanon - Chiang Mai

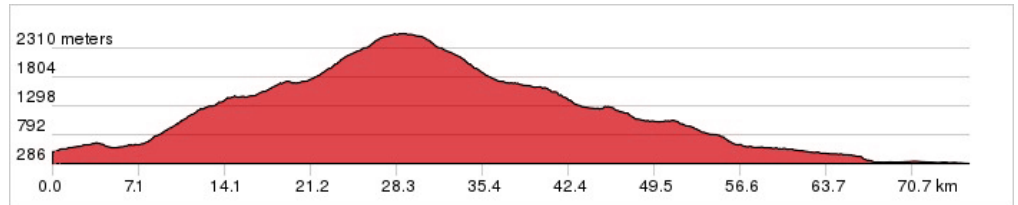
The kilometres don't look long, but the gradients will be tough today as we climb to the top of Thailand. From Mae Cham, the ascent starts immediately, and for the first 15 km, we climb 870 m. The ride is shady and quite windy, providing some distraction from the burn in your legs. The final 10 km will be the true test, taking us to the "Summit of Thai-land" at 2,565 m. A photograph at the sign marking your accomplishment is a must. Then it's downhill, with a few more ups, to Chom Thon. Here, we'll have a choice of getting in the van and transferring the flat section to Chiang Mai or riding for 65 km more to up today's total to 141 km. Tonight, it's time to celebrate your accomplishment!



Arunlara Hotel



Breakfast, Lunch, Dinner



Ride 76km



+2365m



-1847m

## Day 9 Departure

Today enjoy a free morning taking in Chiang Mai or attempt the nearby Doi Suthep, before we transfer you from the hotel to the airport for your onward flight.

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

If staying less than 30 days then a visa in advance is not required by European, North American, Australian and many other nationalities. Please check this [page](#) to see if you qualify. You will need to show proof of an onward flight out of Thailand to be eligible for the visa on arrival. This is strictly enforced. Please ensure your passport is valid for at least 6 months beyond the duration of your stay in 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

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.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Please note that the itinerary is subject to change due to unforeseen circumstances, however, we will always do our best to adhere to this original itinerary

## CONTACT US

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