



Bangkok – Luang Prabang Tour:

Highlights:

- About small streets without traffic
- Buddhist Temple
- Through the true Thailand / Laos and not through typical tourist places
- Mountains
- Nam Ngum-Reservoir
- Thai and Lao cuisine and culture



The tour lasts 11 days / 10 nights and goes over a distance of 840 kilometers.

Tour Schedule:

From the bustling metropolis of Bangkok, we head north along the Mekong River across the border to Luang Prabang on safe roads and through ever-changing, beautiful mountain scenery. You cycle along the Mekong River to Vientiane, the capital of Laos, past the largest lake in Laos, the Nam Ngum, pass the backpacker village of Vang Vieng and pass through small mountain villages to Luang Prabang.

Two mountain stages, three intermediate sections and four flat sections can be conquered.

Constantly changing landscape scene and many cultural sights on the way become a breathtaking experience, which is denied to most Thailand tourists, because they hardly come here.

On the way to the north you will gradually get away from the hustle and bustle of the metropolis of Bangkok to the true Thailand, past the Mekong River, orchards, vegetable, rice and tobacco fields, sugar cane, strawberry and cashew nut plantations, small provincial towns and peasant villages, as well as a huge reservoir, until you come to Luang Prabang after crossing the mountains, a city that has been classified by UNESCO as a World Heritage Site.

Day 1: Bangkok (Hotel Mode Sathorn)

Arrived in Bangkok, one of the largest and most moving cities in Asia, you will be surprised how advanced this city, which covers 20 million people in an area of 600 square kilometers, is. The bustling metropolis, which is awake 24 hours a day, can undoubtedly be described as one of the most interesting in the world.

The day is at leisure. *For customers who have arrived the day before, Thailand Cycle Tours offers an optional sky-lane bike tour at the airport or a city tour.* Bangkok is one of the safest and friendliest capitals in the world. She is definitely worth getting acquainted.

Day 2: Bangkok - Petchabun (50 kilometers, 146 meters altitude difference) (Hotel A Day in Petchabun) (B, L, D) Start at 7 am in the reception!

In the morning at 7 o'clock, you will meet your guide and the support staff who will accompany you on your cycling experience to Luang Prabang. We drive about 280 kilometers by mini-van to Petchabun. After lunch, we start our bike tour with a small prologue of 50 kilometers. The track is lined on the left and right with many rice, sugarcane, vegetable and fruit fields. First evening dinner together in Petchabun.

Day 3: Petchabun - Dan Sai (119 kilometers, 885 meters altitude difference) (Phu Na Come) (F, M, A)

At 8 o'clock, you will start in the direction of Loei Province for the next part of your cycle tour. The first 80 kilometers are flat and go along rice, sugarcane, vegetable and fruit fields. Then the road rises, and it goes through a beautiful mountain landscape. The last 10 kilometers, however, it goes downhill again to our accommodation.

Day 4: Dan Sai - Chiang Khan (132 kilometers, 1479 meters altitude difference) (Norn Nab Dao Rimkhong) (B, L)

The start is again at 8 o'clock. Today is a longer stage. It leads us along the Mekong River over hilly mountains to a temple with a gigantic view, where the mouth of a larger river in the Mekong can be seen. We enjoy our lunch at a local eatery, right on the Mekong River. After arriving at Chiang Khan, the largely uncharted, unpolished jewel of Chiang Khan, the evening is free. But you should visit the shopping street, where almost every house is built entirely of wood.

Day 5: Chiang Khan - Sang Khom (105 kilometers, 432 meters altitude difference) (Hotel Guest House Riverview) (F, M, A)

After the departure at 8 am, the winding Mekong River winds its way along flat roads to the small town of Sang Khom, which is located on a scenic section of the Mekong River in

western Nong Khai Province.

Day 6: Sang Khom - Vientiane rest day (25 kilometers, 56 meters altitude difference) (F)
Azalea Parkview **For Laos you need a Visa. Please bring a passport picture with and +/- 30 \$ Visa fees at the border!**

Today is day of rest. After a one-hour car transfer, we cycle 25 kilometers over the border to Vientiane, the capital of Laos. Lunch is at leisure. Enjoy the city or relax in the hotel.

Day 7: Vientiane - Nam Ngum (92 kilometers, 490 meters altitude difference) (F, M, A)
Hotel with lake view

After a sumptuous breakfast, we cycle north at 8 am to the largest lake in Laos. The track is relatively flat. The first 15 kilometers, we are on major roads, until we are out of the capital. Then we continue on smaller roads, where the farmers sell their vegetables and fruits. At the end it goes uphill to a dam, where our hotel is located.

Day 8, Nam Ngum - Vang Vieng (106 kilometers, 879 meters altitude difference) () (B, L, D) Eden Vang Vieng

After breakfast, we will head for Vang Vieng at 8 am. During this section, we cycle through a hilly landscape. There are some climbs to tackle, but just like the day before, we're adjusting the pace to the skill of the group. Nobody is left behind. We take lunch at a really nice rest area next to a lake. There, the protein reserves that your body needs to strengthen the leg muscles are replenished. Then we continue to the backpacker village Vang Vieng, which is very well known.

Day 9, Vang Vieng - Phou Khoun (103 kilometers, 1917 meters altitude difference)
(Guest house, very simple put clean) (F, M, A)

The start takes place as usual at 8 am. Today is the first mountain stage. The first 30 kilometers are flat, but then it goes into the mountains. The slopes have an average of 5 percent. The maximum slope is 11 percent.

Lunch is served at Hotspring Springs, where there is the possibility to swim or relax. Then the longest mountain with a slope of 14 kilometers to the mountain village Phou Khoun, which is 1,500 meters above sea level, is on the program.

Day 10, Phou Khoun - Luang Prabang (70 Kilometers, 1,200 meters altitude difference or 129 Kilometers, 2,052 meters altitude difference) (B, L, D) Villa Oasis

From 8 am, the last part of the bike tour takes us to the beautiful, world-famous city of Luang Prabang, which is classified by Unesco as a World Heritage Site. It continues through a winding mountain landscape uphill and downhill to Kiukacham, where we enjoy the lunch break in a great mountain landscape.

The second mountain stage is also the longest stage of the tour and one of the most beautiful. There are two possibilities here:

1. After lunch, taking minibus to Luang Prabang
2. By bike over the last 15 kilometers climb for a total of 129 kilometers.

In the evening, have last dinner together and end of the guided tour.

Day 11, Luang Prabang (F)

Return Trip. **International flight from Luang Prabang back to Bangkok is not included!**
There are flights with Bangkok Airways or Air Asia.

B= Breakfasts, L= Lunches, D= dinners (dinners always at 7 pm)



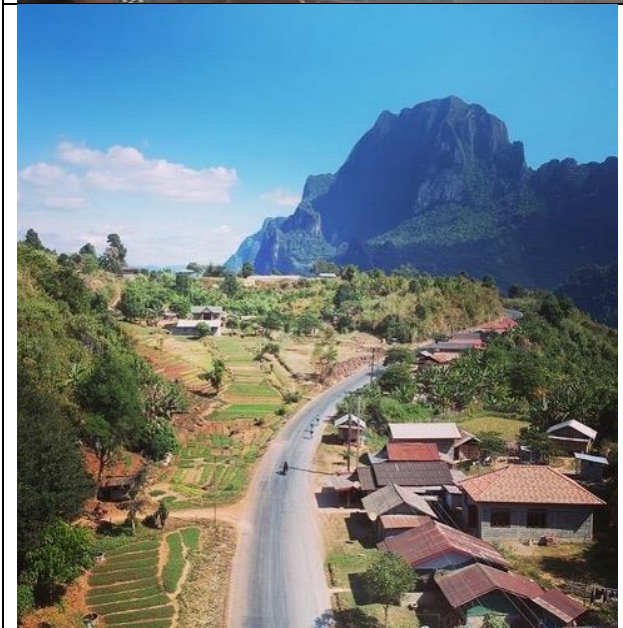
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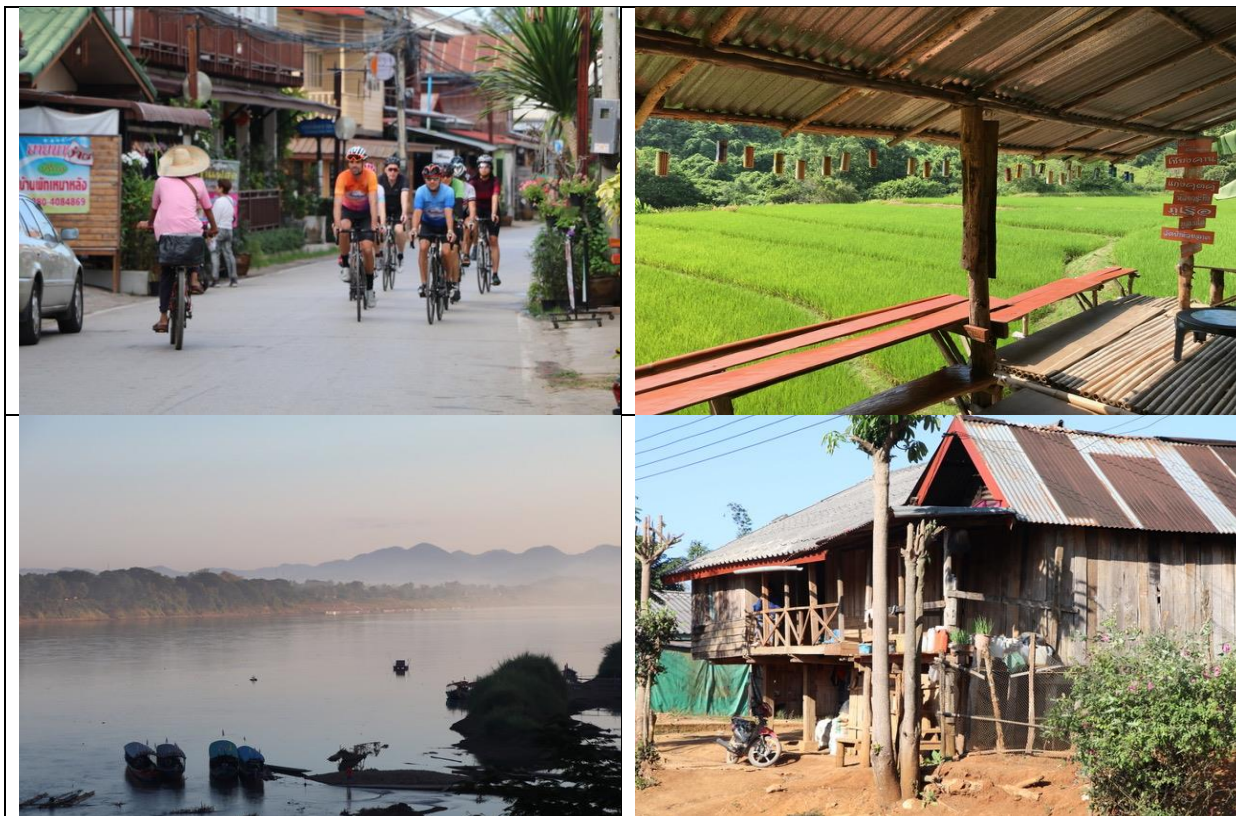
- 10 nights, including breakfast
- 7 dinner + 8 lunch
- Fruits, snacks, isotonic drinks
- Cycling jersey + drinking bottle Thailand Cycle Tours
- Thai and Lao Guide
- English speaking team leader
- Minibus and radio assistance / spare wheels
- Excursions according to the program

Optional Extras :

- Extra night in Bangkok
- Bike rental Aluminium 250 €
- Transfer from airport to hotel
- Bangkok Skyline Bike and City Tour (need extra night)
- Visa fees for Laos +/- 30 € fees + pass picture







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