THAILAND CYCLE TOURS

Self-Guided Cycling Adventure Laos



8 days · 313 km · 6 cycling stages ·

An epic 6-stage cycling adventure through the heart of Laos, covering remote mountain villages, and the iconic Kuang Si Waterfall.

Your Journey at a Glance

8 Days on Tour

7 nights of adventure

313 Total Kilometers

Across 6 cycling stages

Cycling Stages

Varied terrain, all skill levels

Experience the wild beauty of Laos on this unforgettable self-guided cycling adventure from Vientiane to Luang Prabang. Ride through dramatic limestone mountains, remote villages, jungle valleys, and along the scenic Nam Ngum Lake while discovering one of Southeast Asia's most authentic destinations.

With hand-picked accommodations, luggage transfers, GPX navigation, and full support included, this tour offers the perfect combination of freedom, adventure, and breathtaking scenery.

Tour Route

6 Cycling Stages 🚲...8 Destinations



- Vientiane	01 Thangon	02 Thinkeo
03 Tha Heua Sanctuary Resort	04 Vang Vieng	05 Kasi
06 Muang Nan	07 Kuang Si Waterfall	08 Luang Prabang

Tour *Highlights*







1. ⛰️ **Spectacular Mountain Cycling** – Ride through Laos' breathtaking mountain landscapes with epic climbs, descents, and panoramic views.
2. 🚴 **Quiet Scenic Roads** – Enjoy peaceful cycling on remote roads with very little traffic and incredible scenery.
3. 🛶 **Jungle & Nature Adventures** – Enjoy kayaking through the jungle and hike to the spectacular Caves.
4. 🌊 **Nam Ngum Lake & the Mekong River** – Discover beautiful lakeside routes and ride alongside the legendary Mekong River.
5. 🏞️ **Vang Vieng & Kuang Si Waterfall** – Explore the famous limestone mountains of Vang Vieng and the stunning turquoise pools of Kuang Si Waterfall.
6. 🏛️ **Authentic Culture & Luang Prabang** – Experience traditional Lao villages before finishing in the UNESCO-listed town of Luang Prabang.

DAY 1-2

Day 1-2: Into the Lao Countryside



Day 1: Vientiane – Nam Ngum Lake

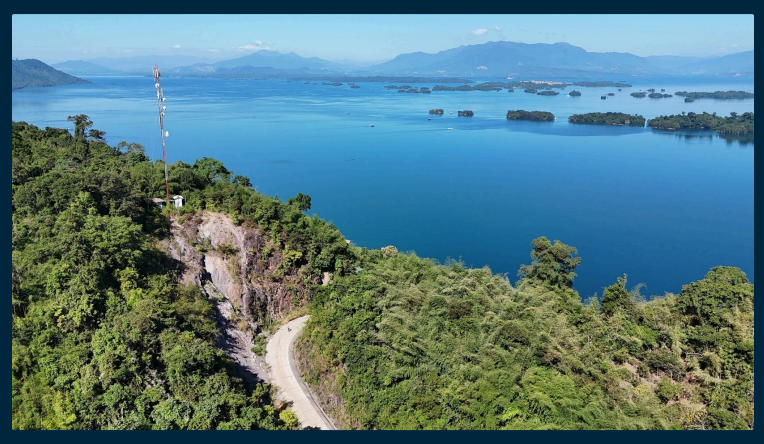
70 km | 623 m elevation gain

After breakfast, meet the team at 8:00 AM before a short transfer takes you out of Vientiane and into the peaceful Lao countryside. Your cycling adventure begins near a local bridge area, where you can sample traditional bamboo sticky rice before setting off. Ride through rolling hills, small villages, and beautiful rural landscapes on your way to the stunning Nam Ngum Lake. A rewarding climb offers spectacular views across the lake before continuing to the dam and your guesthouse in a charming local village.

Highlights:

- Scenic countryside cycling
- Traditional Lao villages
- Bamboo sticky rice tasting
- Rolling hills and mountain views
- Nam Ngum Lake panorama
- Authentic local guesthouse experience

Overnight: VongThong Guest House



Day 2: Nam Ngum Lake Adventure Ride

78 km | 824 m elevation gain

Begin the day with a visit to a traditional local village market before setting off on a scenic ride through the beautiful Nam Ngum Lake region. The route follows quiet country roads and the old national highway, now largely traffic-free since the construction of the new motorway between Vientiane and Vang Vieng. Cycle through remote villages, rolling hills, and peaceful rural landscapes while experiencing authentic Lao daily life. The day concludes at a tranquil lakeside resort overlooking Nam Ngum Lake.

Highlights:

- Traditional village market visit
- Quiet roads with minimal traffic
- Nam Ngum Lake scenery
- Remote Lao villages
- Rolling hills and countryside landscapes
- Lakeside resort stay

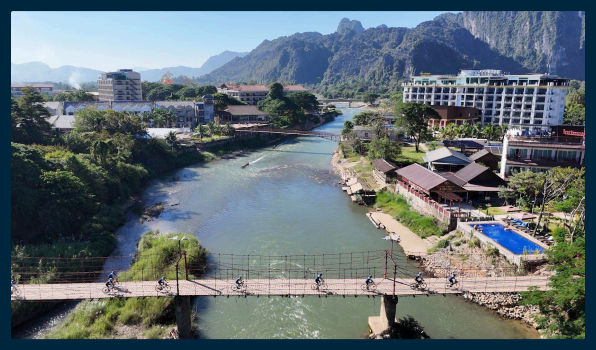
Overnight: Sanctuary Nam Ngum Resort
Meals: Breakfast

DAY 3–5

Day 3-5 From Riverside Relaxation to Mountain Adventure

Day 3: Nam Ngum Lake – Vang Vieng

51 km | 300 m elevation gain



Today's ride takes you deeper into the heart of Laos as you cycle towards the famous mountain town of Vang Vieng. Along the way, enjoy increasingly dramatic scenery with towering limestone cliffs, jungle-covered mountains, and lush rice fields lining the route. Upon arrival, discover the relaxed atmosphere of Vang Vieng, renowned for its spectacular landscapes, riverside cafés, and stunning natural surroundings.

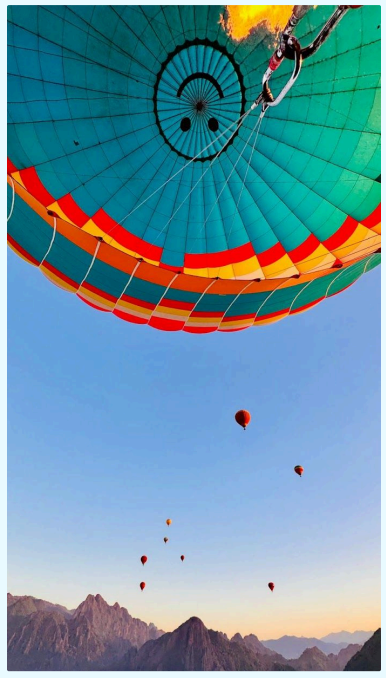
Highlights:

- Scenic ride to Vang Vieng
- Towering limestone mountains
- Jungle-covered valleys
- Traditional rice field landscapes
- Riverside cafés and local culture
- Relaxed mountain town atmosphere

Overnight: Eden Vang Vieng Hotel
Meals: Breakfast

Day 4: Vang Vieng – Free Day

Rest Day | Optional Activities



Enjoy a relaxing free day in Vang Vieng at your own pace. Unwind by the river, explore the area's famous caves and turquoise lagoons, or simply take in the spectacular mountain scenery from one of the town's many cafés. For those seeking adventure, a range of optional activities is available, including kayaking, hiking, hot air balloon rides, and visits to traditional local villages.

Highlights:

- Free day to relax or explore
- Stunning mountain scenery
- Caves and turquoise lagoons
- Riverside cafés and local atmosphere
- Optional kayaking and hiking
- Hot air balloon rides and village visits

Overnight: Eden Vang Vieng Hotel
Meals: Breakfast

Day 5: Vang Vieng – Kasi

59 km | 632 m elevation gain



Today's ride ventures deeper into the mountains of northern Laos, following quiet roads through lush jungle landscapes and authentic local villages. Enjoy a rewarding day of cycling with scenic climbs and exhilarating descents as you pass through remote countryside rarely visited by tourists. The journey to Kasi showcases some of the region's most untouched natural beauty and offers a true taste of adventure cycling in Laos.

Highlights:

- Scenic mountain ride through northern Laos
- Lush jungle landscapes
- Traditional local villages
- Rewarding climbs and descents
- Remote, untouched countryside
- Authentic adventure cycling experience

Overnight: Kasi Guest House
Meals: Breakfast

DAY 6-8

Day 6-8: The Grand Finale

Day 6 - Kasi – Muang Nan

47 km | 636 m elevation gain



Following a short morning transfer to the top of a mountain pass at 1,876 metres, today's ride begins amidst breathtaking panoramic views. From a mountain coffee stop, enjoy one of the most spectacular cycling stages in Laos as you descend through beautiful valleys, rolling countryside, and remote rural landscapes on the way to Muang Nan.

Highlights:

- Transfer to a 1,876 m mountain pass
- Spectacular panoramic mountain views
- Scenic mountain coffee stop
- Long, rewarding descents
- Beautiful valleys and remote countryside
- One of Laos' most memorable cycling stages

Overnight: Muang Nan Guest House
Meals: Breakfast

Day 7 - Muang Nan – Kuang Si Waterfall – Luang Prabang

55 km | 845 m elevation gain



Today's final cycling stage is one of the true highlights of the tour. Ride along remote gravel roads through dense jungle, rolling hills, and scenic stretches beside the Mekong River as you make your way towards the stunning Kuang Si Waterfall. Upon arrival, enjoy time to explore the falls, swim in the turquoise pools, hike to panoramic viewpoints, or experience the zipline adventure. In the late afternoon, a transfer brings you to the charming UNESCO World Heritage town of Luang Prabang.

Highlights:

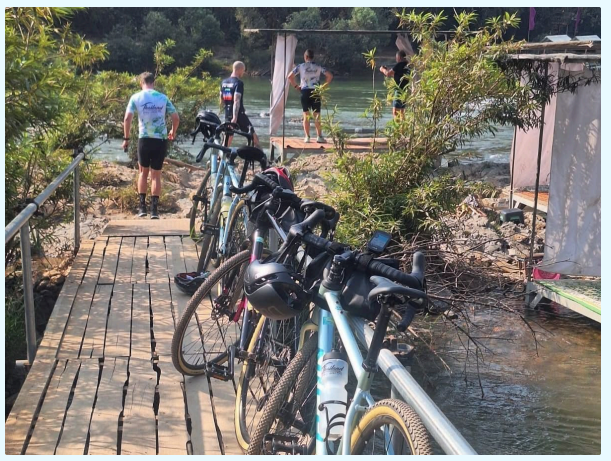
- Epic gravel cycling stage
- Jungle and rolling hill landscapes
- Scenic Mekong River views
- Spectacular Kuang Si Waterfall
- Swimming in turquoise pools
- Optional zipline and hiking trails
- Arrival in historic Luang Prabang

Overnight: Villa Oasis

Meals: Breakfast is not provided. We recommend the local restaurant across the road.

Day 8- Luang Prabang – Departure Day

Tour Conclusion



After breakfast, your unforgettable Laos cycling adventure comes to an end. Depending on your flight schedule, you may wish to spend some final time exploring the charming streets of Luang Prabang, visiting local cafés, markets, and temples, or simply soaking up the atmosphere of this historic riverside town before your onward journey.

Highlights:

- Final morning in Luang Prabang
- Time for last-minute sightseeing
- Explore local cafés and markets
- Discover historic temples and culture
- End of your Laos cycling adventure

Meals: Breakfast
Tour Ends: Luang Prabang

What's Included & Need to Know

✅ Included

- 7 nights accommodation with 5 x breakfast
- Luggage transfers from hotel to hotel
- GPX routes & navigation support
- Detailed roadbook
- Local support assistance
- Emergency van support with spare parts
- All transfers mentioned in the itinerary (van transfers on Days 1, 6, and 7)
- Gravel Bike or E-Touring Bike provided
- Front bag / smartphone holder
- Spare inner tube, pump, and mini tool
- Thailand Cycle Tours jersey and drinking bottle

Optional Extras:

- Entrance fees for Kuang Si Waterfall, zipline, hot air balloon rides in Vang Vieng, and other optional activities
- Visas
- Breakfast on Day 7 (local restaurants available in the villages)
- Travel insurance
- Tips and personal expenses
- Additional nights in Vientiane Lao Poet or Luang Prabang on request
- Airport transfer from Luang Prabang hotel to Luang Prabang Airport

📋 Essentials

- Bring: helmet, cycling shoes, pedals, 1–2 inner tubes
- Travel insurance required

Tour Difficulty -

This self-guided Laos cycling adventure is suited to riders with a good fitness level and an adventurous spirit. Daily distances range from 47–78 km, with a mix of mountain climbs, long descents, rolling terrain, and remote countryside roads.

Road conditions can vary and may include rough asphalt, potholes, gravel sections, and uneven surfaces, particularly in mountain areas. Confident bike handling skills are recommended.

To ensure comfort and control, we offer both E-Touring Bikes and Gravel Bikes, equipped with 40 mm tires that provide excellent grip, stability, and comfort on Laos' diverse terrain.

📞 Contact Us

In case of any issues or emergencies during your trip, please contact:

- You can also reach us via email at info@thailandcycletours.com.

Thailand Cycle Tours
Ls Sport Thailand Co. LTD
551 Moo 1 Hin lek fai, Hua Hin, Prachuap Khiri Khan 77110
Email : info@thailandcycletours.com
Tel : +66(0) 93 134 4655 (**Office**)
Tel : +66(0) 63 256 7802 (**Sirinan Kirch**)