

THAILAND CYCLE TOURS

# Bangkok to Chiang Rai



11 days · 850 km · 9 cycling stages ·

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*One epic adventure through the heart of Thailand*

# Your Journey at a Glance

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11 Days on Tour

10 nights of adventure

931 Total Kilometers

Across 8 cycling stages

Cycling Stages

Varied terrain, all skill levels

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## Speed Groups

23–26 km/h or 27–30 km/h

*(Speeds can be adjusted during the tour to suit group preferences)*

Cycle from bustling Bangkok to the mountains of Chiang Rai, following safe roads through Thailand's diverse landscapes. Ride through national parks, orchards, rice fields, plantations, rural villages, and scenic mountain passes while discovering authentic Thai culture far from the usual tourist routes. Along the way, visit sacred Buddhist temples and shrines before reaching the iconic White Temple of Chiang Rai.

# Tour Route

9 Stages... 




- <b>Bangkok</b> (Hotel Mode Sathorn)	01 <b>Chai Badan</b> Baan Tham Thong Lamnarai Resort)	02 <b>Petchabun</b> Hotel Aday
03 <b>Petchabun - Dan Sai</b> Hotel Phu Na Come	04 <b>Ban Haeo</b> Homestay Hotel	05 <b>Nam Pat</b> Homestay Takayai Resort
06 <b>Na Man</b> Sai Nan Resort or Hearn Phooriphatchai	07 <b>Nan</b> Naknakara	08 <b>Phayao</b> M2 Waterside Hotel
09 <b>Chiang Rai</b> Nak Nakara Hotel	- <b>Chiang Rai</b> Trip Completed	


# Tour *Highlights*




1

 **Spectacular Mountain Scenery** – Three challenging mountain stages through some of Thailand's most beautiful and least-visited landscapes.

2

 **Buddhist Temples & Culture** – Visit sacred temples, shrines, and the iconic Wat Rong Khun (White Temple).


3

 **Authentic Thailand** – Experience rural villages, orchards, rice fields, and local life far from the usual tourist routes.

4

 **Quiet, Traffic-Free Roads** – Ride on safe backroads with little traffic and stunning scenery.

5

 **National Parks** – Cycle through Phu Suan Sai National Park and Phu Soi Dao National Park.

6

 **Sirikit Lake & Scenic Reservoirs** – Beautiful lakeside roads, mountain views, and river crossings.

7

 **Thai Food & Hospitality** – Enjoy authentic regional cuisine and warm local hospitality throughout the journey.

DAY 1-2

# Day 1-2: Arrival



## Day 1: Arrival in Bangkok

### • Arrival Day | Optional Activities Available

Welcome to Bangkok, Thailand's vibrant capital, where modern city life blends with rich culture, history, and hospitality.

### Highlights:

- Explore Bangkok's famous landmarks
- Optional city sightseeing tour
- Optional cycling at the Skylane track near Suvarnabhumi Airport
- Experience one of Asia's most dynamic cities

### Optional Tours:

- Full-Day Bangkok City Tour & Skylane Bike Tour
- Half-Day Bangkok City Tour
- Half-Day Skylane Bike Tour

**Overnight:** Mode Sathorn Hotel Bangkok

**Meals:** Not included (unless specified)



## Day 2: Bangkok → Chai Badan

70 km | 101 m elevation gain

**Start:** 8:00 AM

Meet your guides and support team before a short transfer to Pasak Chonlasit Reservoir, where the cycling adventure begins. After a bike briefing, enjoy a relaxed introductory ride along the reservoir, passing tobacco fields, orchards, and scenic countryside with views of the surrounding mountains and national park.

### Highlights:

- Pasak Chonlasit Reservoir
- Scenic countryside and mountain views
- Tobacco fields and orchards
- Easy, flat warm-up ride

**Overnight:** Baan Tham Thong Lamnarai Resort

**Meals:** Breakfast, Lunch & Dinner

DAY 3-5

# Day 3-5 Coastal Thailand & National Parks

## Day 3: Chai Badan → Phetchabun

122 km cycling | 599 m elevation gain

Start: 8:00 AM



Today's ride features quiet, low-traffic roads and one of the tour's most scenic sections—a stunning 20 km lakeside road with sweeping views. After lunch, enjoy a one-hour transfer by support vehicle to Phetchabun.

### Highlights:

- Scenic 20 km lakeside route
- Quiet, traffic-free roads
- Beautiful countryside views
- Short gravel-road section
- Transfer to Phetchabun after lunch

**Overnight:** Hotel Aday, Phetchabun

**Meals:** Breakfast, Lunch & Dinner

## Day 4: Phetchabun → Dan Sai

119 km | 885 m elevation gain

Start: 8:00 AM



Ride north toward Loei Province through a changing landscape of rice fields, sugarcane plantations, orchards, and vegetable farms. After 80 km of mostly flat riding, the route climbs into beautiful mountain scenery before a final downhill section to Dan Sai.

### Highlights:

- Rural farmland and plantations
- Rice, sugarcane, fruit and vegetable fields
- Scenic mountain landscapes
- Long downhill finish into Dan Sai

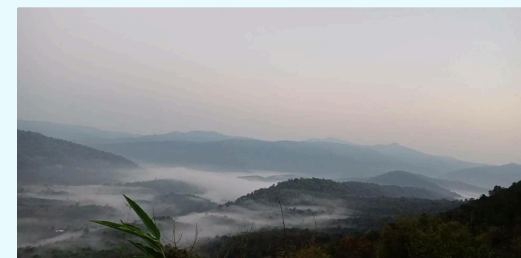
**Overnight:** Hotel Phu Na Come

**Meals:** Breakfast, Lunch & Dinner

## Day 5: Dan Sai → Ban Haeo

51 km | 850 m elevation gain

Start: 8:00 AM



A shorter and more relaxed stage designed to prepare for the upcoming mountain rides. The route begins on gentle terrain before climbing through beautiful mountain scenery, ending in a small town near the Laos border and the foothills of Phu Suan Sai National Park.

### Highlights:

- Relaxed recovery stage
- Scenic mountain landscapes
- Phu Suan Sai National Park region
- Views near the Laos border

**Overnight:** Na Haeo Resort

**Meals:** Breakfast, Lunch & Dinner

DAY 6-8

# Day 6-8: Through Thailand's Mountain Heartland

Day 6: Ban Haeo → Nam Pat

123 km | 2,445 m elevation gain

Start: 8:00 AM



The first major mountain stage of the tour. Climb through the stunning Phu Suan Sai National Park, ascending from 500 m to 1,100 m on gradients averaging 5–7%. After lunch by a waterfall, continue through the lush jungle roads of Phu Soi Dao National Park before descending to Nam Pat.

### Highlights:

- First mountain stage
- Phu Suan Sai National Park
- Waterfall lunch stop
- Phu Soi Dao National Park
- Scenic jungle roads and mountain views

**Overnight:** Homestay Takayai Resort

**Meals:** Breakfast, Lunch & Dinner

Day 7: Nam Pat → Na Man

95 km | 1,950 m elevation gain

Start: 8:00 AM



A challenging but rewarding mountain stage featuring a series of short climbs and ridgeline roads with spectacular views on both sides. A highlight of the day is a ferry crossing at the fishing village of Paknai, where lunch is served, before continuing to a family-run guesthouse in Na Man.

### Highlights:

- Scenic ridgeline riding
- Multiple mountain climbs
- Paknai ferry crossing
- Traditional fishing village
- Family-hosted dinner experience

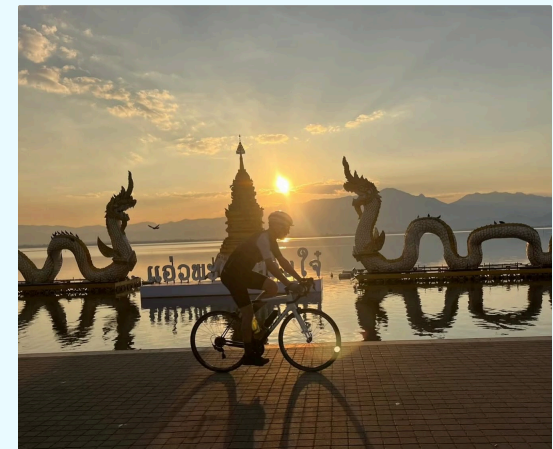
**Overnight:** Hearn Phoriphatchai

**Meals:** Breakfast, Lunch & Dinner

Day 8: Na Man → Nan

80 km | 516 m elevation gain

Start: 8:00 AM



A scenic and mostly flat ride on quiet local roads through rice fields, cornfields, and orchards as you make your way to the charming provincial capital of Nan. Visit the historic Wat Phumin Temple, renowned for its beautiful murals and cultural significance.

### Highlights:

- Quiet rural roads
- Rice fields, orchards, and farmland
- Visit to Wat Phumin Temple
- Cultural heritage of Nan
- Easy, mostly flat riding

**Overnight:** NanLamoon

**Meals:** Breakfast & Lunch

DAY 9-11

# Days 9–11: The Grand Finale

## Day 9: Nan → Phayao

146 km | 2,198 m elevation gain

Start: 8:00 AM



The longest and one of the most challenging stages of the tour, taking you through spectacular mountain scenery with climbs reaching gradients of up to 15%. Pass traditional farming villages and historic Thai houses before arriving at the beautiful Phayao Lake, where a lively waterfront promenade, restaurants, and cafés await.

### Highlights:

- Longest mountain stage of the tour
- Spectacular mountain landscapes
- Traditional farming villages
- Historic Thai countryside
- Phayao Lake and waterfront promenade

**Overnight:** M2 Hotel Waterside

**Meals:** Breakfast, Lunch & Dinner

## Day 10: Phayao → Chiang Rai

125 km | 500 m elevation gain

Start: 8:00 AM



The final cycling stage is a mostly flat ride through northern Thailand's rural landscapes, passing rice fields and peaceful countryside. Before reaching Chiang Rai, visit the iconic White Temple, one of Thailand's most famous landmarks, and celebrate the completion of an unforgettable cycling adventure.

### Highlights:

- Final ride to Chiang Rai
- Scenic rice field landscapes
- Visit to the White Temple (Wat Rong Khun)
- Celebrate the completion of the tour
- Authentic northern Thai countryside

**Overnight:** Nak Nakara Hotel, Chiang Rai

**Meals:** Breakfast & Lunch

## Day 11: Departure from Chiang Rai

Tour Ends -

After breakfast, it is time to say goodbye and begin your onward journey. The Bangkok to Chiang Rai cycling adventure concludes in Chiang Rai.

**Meals:** Breakfast

# What's Included & Need to Know

## ✓ Included

- 10 nights in 3-4★ hotels + breakfast
- 7 dinners, 9 lunches, food & drinks on rides
- Jersey, rucksack & water bottle
- Professional guide + support minibus

## Optional Extras:

- Carbon or aluminum road bike rental
- Carbon E-road bike
- Airport transfer from Bangkok Airport to the hotel
- Tips for guides (at your discretion)

## 📋 Essentials

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

## ☎ 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](mailto:info@thailandcycletours.com).

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