

THAILAND CYCLE TOURS

Bangkok to Hanoi



15 days · 995 km · 10 cycling stages ·

One epic adventure through the heart of Thailand, Laos, and Vietnam

Your Journey at a Glance

12 Days on Tour

14 nights of adventure

995 Total Kilometers

Across 10 cycling stages

Cycling Stages

Varied terrain, all skill levels

Speed Groups

23–26 km/h or 27–30 km/h

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

This cycling tour takes you from **Bangkok to Hanoi** through **Thailand, Laos, and Vietnam**, combining adventure, culture, and beautiful scenery. You'll visit the ancient ruins of **Phimai Historical Park**, cycle alongside the **Mekong River**, and ride through peaceful rice fields, lakes, and dramatic karst mountains.

The journey includes a relaxing night by **Nakay Neua Lake**, time at the beach in **Vinh, Vietnam**, and a boat tour through the famous **Tam Coc caves** in **Ninh Binh**. The tour ends in the vibrant city of **Hanoi**, offering a memorable mix of history, local life, nature, and cycling across three countries.

Tour Route

12 Destinations

10 Stages...



-
Bangkok
(Hotel Mode Sathorn)

01
Phimai

02
Ban Phai

03
Roi Et

04
Kuchinarai

05
Sakhon Nakhon

06
Nakhon Phanom

07
Nakay Neua

08
Kim An

09
Vinh Beach

10
Muong Thanh

11
Thanh Hao

12
Ninh Bihn

Tour Highlights



- 1 — 🌐 Cycle through 3 countries – Thailand, Laos & Vietnam
- 2 — 🏛️ Explore Phimai Historical Park and its ancient ruins
- 3 — 🌊 Ride along the Mekong River and experience local life
- 4 — 🌾 Cycle through stunning terraced rice fields and scenic landscapes
- 5 — 🛶 Enjoy a Tam Coc rowing boat tour through the famous “three caves”
- 6 — 🏙️ Finish in Hanoi, the charming “City of Lakes” with rich culture and history
- 7 — 🍜 Thai, Laos, and Vietnamese Food & Hospitality – Enjoy authentic regional cuisine and warm local hospitality throughout the journey.

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 → Phimai

40 km | 174 m elevation gain

Start: 7:00 AM

Meet your guides and support team before departing Bangkok by minivan for Phimai (approx. 3 hours). After lunch and a bike fitting session, visit Phimai Historical Park before beginning a scenic 40 km ride through the surrounding countryside and farmlands. The day concludes with dinner and an overnight stay in the historic town of Phimai.

Highlights:

- Phimai Historical Park
- Scenic countryside cycling
- Rural farmlands and local life
- Bike fitting and tour briefing
- Historic town of Phimai

Overnight: Paradise Hotel, Phimai

Meals: Breakfast, Lunch & Dinner

Day 3-5 Exploring the Rural Heart of Isaan

Day 3: Phimai → Ban Phai

89-130 km | 330 m elevation gain

Start: 8:00 AM



Depart Phimai and cycle along quiet rural roads through the heart of Thailand's countryside. Ride past expansive rice paddies and traditional farming communities as you make your way to Ban Phai. After lunch, riders who prefer a shorter day have the option to transfer by support van instead of completing the full distance.

Highlights:

- Scenic rural cycling routes
- Vast rice paddies and farmland landscapes
- Traditional Thai countryside
- Flexible ride distance with support van option
- Arrival in the town of Ban Phai

Overnight: Inpawa Hotel, Ban Phai

Meals: Breakfast, Lunch & Dinner

Day 4: Ban Phai → Roi Et

130 km | 570 m elevation gain

Start: 8:00 AM



Cycle through rural villages and agricultural landscapes, gaining insight into the daily lives of local farmers. The route passes through extensive plantations before reaching Kam Dam Bridge, a wooden bridge spanning a peaceful lake, where lunch will be served by the water. Continue riding to Roi Et, one of the major cities in Thailand's Isaan region.

Highlights:

- Cycling through traditional farming villages
- Rural plantations and countryside scenery
- Kam Dam Bridge and lakeside views
- Lunch by the lake
- Arrival in Roi Et, a key city in Isaan

Overnight: The Hi Place Hotel, Roi Et

Meals: Breakfast, Lunch & Dinner

Day 5: Roi Et → Kuchinarai

85 km | 389 m elevation gain

Start: 8:00 AM



Leave Roi Et behind and cycle through rolling hills and scenic farmland as the landscape gradually becomes more mountainous. Enjoy a rewarding day of riding through the countryside before arriving in Kuchinarai. After the ride, relax at the hotel's swimming pool and enjoy dinner at a local restaurant featuring regional cuisine.

Highlights:

- Rolling hills and mountain views
- Scenic farmland landscapes
- Quiet rural cycling routes
- Hotel with swimming pool
- Local restaurant dinner featuring regional flavours

Overnight: P2 Natural Boutique Hotel, Kuchinarai

Meals: Breakfast, Lunch & Dinner

Day 6-8: The Mekong Journey Begins

Day 6: Kuchinarai → Sakhon Nakhon

102 km | 833 m elevation gain

Start: 8:00 AM



Ride along one of the most scenic roads of the tour, passing traditional wooden Thai houses, rice paddies, and rolling hills. Enjoy a riverside lunch before continuing to Sakhon Nakhon, a lakeside town known for its peaceful setting and natural beauty.

Highlights:

- Scenic countryside roads
- Traditional wooden Thai houses
- Rice paddy landscapes
- Rolling hills and rewarding climbs
- Riverside lunch stop
- Arrival in the lakeside town of Sakhon Nakhon

Overnight: The Room Boutique Hotel, Sakhon Nakhon

Meals: Breakfast, Lunch & Dinner

Day 7: Sakhon Nakhon → Nakhon Phanom (Rest Day)

Transfer Day | Approx. 1.5-hour transfer



Enjoy a well-earned rest day with a morning excursion before transferring to Nakhon Phanom. Situated on the banks of the Mekong River, the town offers a relaxed atmosphere, scenic river views, and a vibrant night market to explore at your leisure.

Highlights:

- Rest day from cycling
- Morning sightseeing excursion
- Scenic transfer to Nakhon Phanom
- Mekong River waterfront
- Historic clock tower
- Evening visit to the local night market

Overnight: Rachakhong Hotel, Nakhon Phanom

Meals: Breakfast & Lunch

Day 8: Nakhon Phanom → Nakay Neua (Laos)

113 km | 918 m elevation gain

Start: 8:00 AM



Cross from Thailand into Laos and cycle along the Mekong River before riding through dramatic karst scenery and rolling terrain. Finish with a beautiful 30 km car-free ride beside a peaceful lake before arriving at your lakeside guesthouse.

Highlights:

- Thailand–Laos border crossing
- Mekong River cycling
- Karst mountain scenery
- Car-free lakeside ride
- Overnight by Nakay Neua Lake

Overnight: Phosy Thalang Guest House, Nakay Neua

Meals: Breakfast, Lunch & Dinner

Note: A Laos visa is required.

Day 9–11: Vietnam Bound: Borders, Beaches & Backroads

Day 9: Nakay Neua → Kim An (Vietnam)

114 km | 845 m elevation gain

Start: 8:00 AM



Cycle along the lakeside before climbing to the Laos–Vietnam border and entering the third country of the tour. Enjoy spectacular mountain views from the summit, followed by an exhilarating 20 km downhill descent on winding roads to Kim An.

Highlights:

- Cross from Laos into Vietnam
- Lakeside cycling
- Mountain climb to the border
- Panoramic views from the summit
- 20 km scenic downhill descent

Overnight: Khach San Ngoc Long Chau Hotel, Kim An

Meals: Breakfast, Lunch & Dinner

Note: A valid Vietnam visa is required for border crossing.

Day 10: Kim An → Melia Vinpearl Cua Hoi Beach Resort, Vinh

73 km | 189 m elevation gain

Start: 8:00 AM



Ride along quiet local roads through rice fields and plantations as you make your way to the coast. Arrive at your beachfront resort in Vinh and enjoy a relaxing afternoon by the pool before an outdoor dinner by the sea.

Highlights:

- Scenic rural cycling
- Rice fields and plantations
- Vietnam coastline and beach views
- Relaxing beachfront resort
- Poolside leisure time

Overnight: Melia Vinpearl Cua Hoi Beach Resort, Vinh

Meals: Breakfast, Lunch & Dinner

Day 11: Vinh → Muong Thanh

81 km | 242 m elevation gain

Start: 8:00 AM



Cycle along smooth, mostly flat roads from the coast through peaceful countryside. Pass rice paddies, rural villages, and historic churches before arriving at a tranquil lakeside resort.

Highlights:

- Flat and scenic cycling routes
- Rice paddy landscapes
- Rural Vietnamese countryside
- Historic churches along the route
- Lakeside resort setting

Overnight: Kach San Muong Thanh Dien Lam Hotel

Meals: Breakfast, Lunch & Dinner

DAY 11-12

Days 12-13: *The Grand Finale*

Day 12: Muong Thanh → Thanh Hoa

127 km | 899 m elevation gain

Start: 8:00 AM



Complete the final cycling stage with a scenic ride through rolling mountains and rural villages before reaching Thanh Hoa. Celebrate the end of the tour with a final dinner and a relaxing evening at your 5-star hotel.

Highlights:

- Final cycling stage of the tour
- Mountain scenery and panoramic views
- Rural Vietnamese villages
- Luxury 5-star hotel stay
- Farewell dinner

Overnight: Melia Vinpearl Thanh Hoa

Meals: Breakfast, Lunch & Dinner

Day 13: Thanh Hoa → Hanoi

Transfer Day

Start: 8:00-9:00 AM



Transfer to Ninh Binh and enjoy a boat tour through the famous Tam Coc “Three Caves” surrounded by dramatic limestone karsts. After lunch, continue to Hanoi, arriving in the afternoon with free time to explore the city.

Highlights:

- Tam Coc “Three Caves” boat tour
- Spectacular limestone karst scenery
- Visit to Ninh Binh
- Arrival in Hanoi

Overnight: Silk Path Hotel

Meals: Breakfast & Lunch

DAY 14-15

Days 14-15: Exploring Hanoi & Journey Home

Day 14: Hanoi

City Tour Day



Enjoy a half-day guided tour of Hanoi, visiting key landmarks before spending the remainder of the day at leisure.

Highlights:

- Ho Chi Minh Museum
- One Pillar Pagoda
- Railway Train Street
- Free time to explore Hanoi

Overnight: Silk Path Hotel

Meals: Breakfast

Day 15: Hanoi → Bangkok

Departure Day



In the morning - Transfer to the airport and begin the journey back to Bangkok. The tour concludes upon arrival at Bangkok's Don Mueang Airport.

Highlights:

- Return journey to Bangkok
- Tour concludes at Don Mueang Airport
- Farewell to fellow riders and support team

Meals: Breakfast

End of the tour.

(For your return flight to Europe, we recommend booking a flight after 8:00 PM.)

What's Included & Need to Know

✓ Included

- 14 nights in 3-4★ hotels + breakfast
- 10 dinners, 12 lunches, food & drinks on rides
- Jersey, rucksack & water bottle
- Thai, Laos, and Vietnamese professional guide
- Minibus and radio assistance / spare parts
- Half day tour in Hanoi
- Flight Air Asia Hanoi – Bangkok
- Transfer Hanoi Hotel – Airport Hanoi

Optional Extras:

- Carbon or aluminum road bike rental (Packing & bike carton box for flight back to Bangkok is included)
- Airport transfer from Bangkok Airport to the hotel
- Tips for guides (at your discretion)
- E-Visa fees for Laos and Vietnam

📋 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.

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