THAILAND CYCLE TOURS

BKK-Luang Prabang



12 days · 643 km · 7 cycling stages ·

One epic adventure through the heart of Thailand

Your Journey at a Glance

12 Days on Tour

11 nights of adventure

643 Total Kilometers

Across 7 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 adventure starts in **Bangkok** and follows quiet rural roads through northern Thailand to the Mekong River, then crosses into Laos. Along the way, you'll cycle through rice fields, orchards, mountain villages, and stunning limestone landscapes, passing through **Vientiane** and **Nam Ngum Lake** before reaching **Vang Vieng**.

The tour includes a scenic countryside loop around Vang Vieng and **Luang Prabang**, connected by a high-speed train ride, leaving extra time for optional activities such as ziplining, kayaking, and hot-air ballooning.

A perfect blend of cycling, culture, and adventure, ending in the UNESCO-listed city of **Luang Prabang**.

Tour Route

7 Stages...🚲



- **Bangkok** (Hotel Mode Sathorn)	01 **Petchabun**	02 **Dan Sai**
03 **Chiang Khan**	04 **Sang Khom**	05 **Vientiane**
06 **Nam Ngum Lake**	07 **Vang Vieng**	08 **Luang Prabang**

Tour *Highlights*



1. 🚴 **Cycle through the real Thailand & Laos** on quiet roads far from the tourist crowds.
2. 🌊 **Ride along the Mekong River** and enjoy spectacular Skywalk viewpoints.
3. ⛰️ **Experience stunning mountain and limestone landscapes** with beautiful countryside scenery.
4. 🚄 **Travel by high-speed train** through the mountains from **Vang Vieng** to **Luang Prabang**.
5. 🏯 **Explore the UNESCO city of Luang Prabang** with its temples, culture, and charm.
6. 💦 **Visit the famous Kuang Si Falls** and swim in its crystal-clear turquoise pools.
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

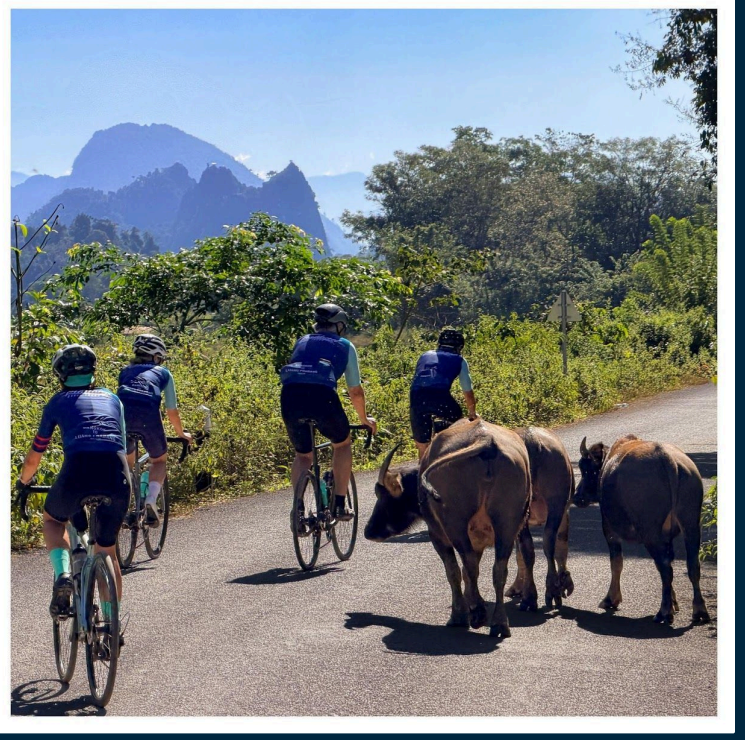
- **Arrival Day | Optional Activities Available**

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 → Petchabun

50 km | 146 m elevation gain

Start: 7:00 AM

Meet your guides and support team before departing Bangkok by minivan for Petchabun (approx. 280 km). After lunch, begin your cycling adventure with a relaxed 50 km ride through the heart of rural Thailand, passing rice fields, sugarcane plantations, vegetable farms, and fruit orchards.

Highlights:
- Rural Thai countryside
- Rice fields and sugarcane plantations
- Vegetable farms and fruit orchards
- First ride of the tour

Overnight: A Day in Petchabun
Meals: Breakfast, Lunch & Dinner

DAY 3–5

Day 3-5 Mountains and Mekong Views

Day 3: Petchabun → Dan Sai

119 km | 885 m elevation gain

Start: 8:00 AM



Today's ride heads north toward Loei Province. The first 80 km follows mostly flat roads through rural landscapes of rice fields, sugarcane plantations, vegetable farms, and fruit orchards. The route then gradually climbs into beautiful mountain scenery before a final downhill section leads to your accommodation in Dan Sai.

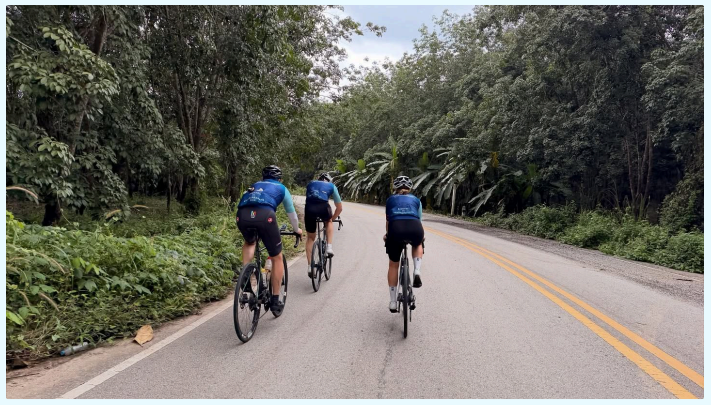
Highlights:
- Scenic ride through rural Thailand
- Rice fields, sugarcane plantations, and orchards
- Beautiful mountain landscapes
- Rewarding climb followed by a downhill finish

Overnight: Dan Sai Phu Na Come Resort
Meals: Breakfast, Lunch & Dinner

Day 4: Dan Sai → Chiang Khan

124 km | 1,096 m elevation gain

Start: 8:00 AM



Today's longer stage follows the Mekong River through rolling hills toward Chiang Khan. Along the way, visit the Chiang Khan Skywalk, offering panoramic views over the Mekong and the confluence of two rivers. Lunch is served at a local restaurant on the banks of the Mekong before continuing to the charming riverside town of Chiang Khan.

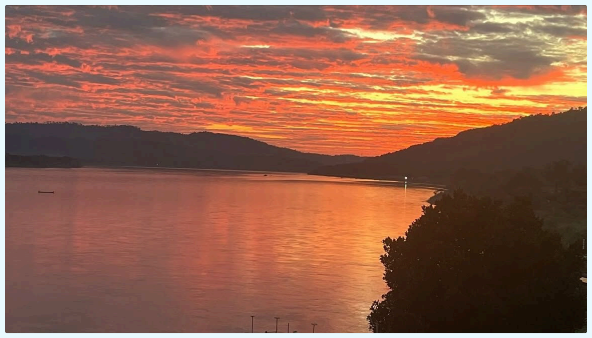
Highlights:
- Cycling along the Mekong River
- Rolling hills and scenic river views
- Chiang Khan Skywalk
- Lunch by the Mekong River
- Explore the historic wooden streets of Chiang Khan

Overnight: Chiang Khan Norn Nab Dao Rimkhong
Meals: Breakfast & Lunch

Day 5: Chiang Khan → Sang Khom

105 km | 561 m elevation gain

Start: 8:00 AM



Cycle along one of the most scenic stretches of the Mekong River on quiet, mostly flat roads to the riverside town of Sang Khom. In the afternoon, there is an optional visit to the Wat Pha Tak Suea Skywalk before preparing the bikes for tomorrow's border crossing into Laos.

Highlights:
- Scenic Mekong River cycling
- Quiet, mostly flat roads
- Sang Khom riverside town
- Optional Wat Pha Tak Suea Skywalk

Overnight: Nong Kai Sand & River Hotel
Meals: Breakfast, Lunch & Dinner

DAY 6-8

Day 6-8: Discovering Laos

Day 6: Sang Khom → Vientiane

Rest Day



After a short transfer, cross the border into Laos and continue to Vientiane, the country's relaxed capital city. The afternoon is free to explore the city, visit local cafés and temples, or simply relax at the hotel.

Highlights:

- Border crossing from Thailand to Laos
- Arrival in Vientiane, the capital of Laos
- Free afternoon to explore or relax

Overnight: Lao Poet Hotel, Vientiane
Meals: Breakfast

Note: Most nationalities require a Laos visa on arrival. Please bring a passport photo and visa fee (approximately USD 50).

Day 7: Vientiane → Nam Ngum Lake

90 km | 490 m elevation gain

Start: 8:00 AM



Cycle north from Vientiane through scenic countryside and rural villages toward Nam Ngum Lake, the largest lake in Laos. Visit the iconic Patuxai Arch, pass local markets and farms, and sample traditional bamboo sticky rice. The day ends with a scenic boat cruise across Nam Ngum Lake directly to the lakeside resort.

Highlights:

- Patuxai Arch in Vientiane
- Scenic rural roads and local villages
- Traditional bamboo sticky rice tasting
- Boat cruise on Nam Ngum Lake
- Lakeside resort stay

Overnight: Sanctuary Nam Ngum Resort
Meals: Breakfast, Lunch & Dinner

Day 8: Nam Ngum Lake → Vang Vieng

70 km | 350 m elevation gain

Start: 8:00 AM



Cycle through the Lao countryside to Vang Vieng, surrounded by spectacular limestone mountains. Stop at the Blue Lagoon before continuing through scenic landscapes and crossing a wooden suspension bridge to your hotel.

Highlights:

- Rural Lao countryside
- Blue Lagoon
- Limestone mountain scenery
- Wooden suspension bridge

Overnight: Eden De Vang Vieng
Meals: Breakfast, Lunch & Dinner

DAY 9-10

Day 9–10: Luang Prabang & Beyond

Day 9: Vang Vieng → Luang Prabang

Rest Day



Enjoy a free morning to relax or join optional activities such as a hot air balloon ride or massage. In the afternoon, travel by high-speed train through the mountains to Luang Prabang, Laos' UNESCO World Heritage city.

Highlights:

- Free morning in Vang Vieng
- Optional adventure activities
- Scenic high-speed train journey
- Arrival in Luang Prabang

Overnight: Viriya Hotel Laos
Meals: Breakfast

Day 10: Luang Prabang Countryside Loop

80 km | 1,099 m elevation gain

Start: 8:00 AM



Enjoy the final cycling stage through the scenic countryside surrounding Luang Prabang. Ride through the historic old town, visit the Morning Market, cross the Mekong by ferry, and explore local villages, temples, and mountain landscapes before returning to the city.

Highlights:

- Luang Prabang Old Town
- Morning Market visit
- Mekong River ferry crossing
- Local villages and temples
- Scenic mountain roads and views

Overnight: Viriya Hotel Laos
Meals: Breakfast, Lunch & Dinner

DAY 11-12

Day 11-12: *The Grand Finale*

Day 11: Luang Prabang & Kuang Si Waterfall

Start: 9:00 AM



Visit the stunning Kuang Si Waterfall, known for its turquoise pools and beautiful natural surroundings. After lunch, return to Luang Prabang for a city tour, including its famous temples and a sunset over the Mekong River. The evening is free to relax or explore at your own pace.

Highlights:

- Kuang Si Waterfall
- Swimming or optional ziplining
- Luang Prabang city tour
- Historic temples
- Sunset over the Mekong River

Overnight: Viriya Hotel Laos
Meals: Breakfast & Lunch**

Day 12: Luang Prabang → Bangkok

Departure Day



Enjoy a relaxed morning before your afternoon flight from Luang Prabang to Bangkok. Upon arrival, you can find Don Meung's free shuttle transfer (every 30 mins) provided to Suvarnabhumi Airport for onward international flights or to your hotel if you have booked an additional night.

Highlights:

- Free morning in Luang Prabang
- Flight to Bangkok
- Complimentary airport transfer
- End of the tour

Meals: Breakfast

What's Included & Need to Know

✅ Included

- 11 nights in 3–4★ hotels + breakfast
- 6 dinners, 8 lunches, food & drinks on rides
- Jersey, rucksack & water bottle
- Thai and Laos Professional guide + support minibus
- City tour in Luang Prabang and Kuang Si Waterfall
- Flight Air Asia Luang Prabang – Don Mueang Bangkok
- Transfer from Luang Prabang Hotel to Airport Luang Prabang

Optional Extras:

- Carbon or aluminum road bike rental
- Packing & bike carton box for flight back to Bangkok
- E-touring bike
- Airport transfer from Bangkok Airport to the hotel
- Tips for guides (at your discretion)
- E-Visa fees for Laos +/- 50 € fees

📋 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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