

Luang Prabang Self-Guided Cycling Adventure

5 Days / 4 Nights | 195 km | 2,664 m Climbing

A self-guided cycling adventure filled with mountains, Mekong crossings, gravel roads, local villages and unforgettable landscapes — discover Laos your way, at your own pace.



Your Journey at a Glance

5 days - 4 nights

195 km Cycling Distance

Mountains, Mekong, villages, gravel and waterfalls
— experience the real Laos by bike.

Discover the real Laos on an unforgettable **5-day, 4-night self-guided cycling** adventure around Luang Prabang.

This tour has a little bit of everything. Cross the mighty **Mekong River by local boat**, cycle through peaceful **rice paddies and rubber plantations**, climb through spectacular **limestone karst mountains**, discover remote villages and ride to beautiful lakes, waterfalls and hidden corners of the Lao countryside.

Over four days of cycling, you'll experience an exciting mix of **quiet paved roads, dirt tracks and gravel**, with rolling countryside, challenging climbs and some fantastic roller-coaster sections through the mountains.

One of the highlights is the adventure ride along the **Mekong River**, following remote dirt and gravel roads all the way towards the famous **Kuang Si Waterfall**. Add local long-tail boat crossings, an iron suspension bridge, traditional villages and the UNESCO World Heritage city of **Luang Prabang**, and you have all the ingredients for a true Laos cycling adventure.

Tour Route

5 Days
4 Nights

Tour
Self Guided
Luang Prabang

- 5 Days
- 4 Nights
- Self Guided Tour

- Day 1**
Luang Prabang to
Xiang Ngeun
55 km | 800 m climbing
 - Day 2**
Xiang Ngeun to
Muang Nan
53 km | 900 m climbing
 - Day 3**
Mekong Gravel Adventure
to Kuang Si Waterfall
49 km | 549 m climbing
 - Day 4**
Kuang Si Waterfall to
Luang Prabang
38 km | 415 m climbing
 - Day 5**
Luang Prabang |
End of the Tour
- Luang Prabang**
(Start-Finish)



Luang Prabang

01
Xiang Ngeun

02
Muang Nan

03
Mekong

04
Kuang Si Waterfall

05
Luang Prabang

Tour *Highlights*

1



195 km of Self-Guided Adventure – Four unforgettable days of cycling through the mountains and countryside surrounding Luang Prabang

2



Cycle Along & Cross the Mighty Mekong – Follow remote riverside gravel tracks and cross the Mekong with your bike aboard traditional local boats

3



Ride to Kuang Si Waterfall – Finish an adventurous day of gravel riding at one of Laos' most spectacular natural attractions.

4



Limestone Mountains & Rural Laos – Ride through dramatic karst landscapes, rice paddies, rubber plantations and peaceful villages far from the main tourist routes.

5



Gravel, Dirt Tracks & Quiet Backroads – Experience a brilliant mix of paved roads, remote gravel trails, mountain climbs, an iron suspension bridge and roller-coaster countryside.

Day 1-2: Into the Mountains of Rural Laos



Day 1 – Luang Prabang to Xiang Ngeun

55 km | 800 m climbing

Your adventure begins in **Luang Prabang**. At **8:00 AM**, we deliver your bikes directly to your hotel, ready for your first day of exploration.

Leaving the UNESCO city behind, you'll soon find yourself riding through peaceful countryside, surrounded by **rice paddies and rubber plantations**.

The terrain becomes more challenging as you tackle a series of short but steep climbs, with gradients ranging from **10% to 17%**. Your efforts are rewarded with spectacular views across the surrounding **limestone karst mountains**.

Continue through the beautiful rural landscape towards a scenic **lake and dam** before completing the final section to **Xiang Ngeun**.

After a rewarding first day on the bike, settle in for the night at your local guesthouse.

Overnight: Rocket Guest House

Meals: Not included



Day 2 – Xiang Ngeun to Muang Nan

53 km | 900 m climbing

We recommend starting today's ride between **8:00 and 9:00 AM**.

Leaving Xiang Ngeun, the first kilometer follows a **rough and bumpy road** before joining a beautiful and quiet paved road through the mountains.

From here, get ready for a fantastic **roller-coaster ride** through rural Laos. The road is constantly rising and falling, but without the very steep gradients experienced on Day 1.

Enjoy beautiful **mountain scenery, quiet roads and peaceful countryside** as you make your way deeper into rural Laos.

Your destination is the small town of **Muang Nan**, where you'll experience a simple local guesthouse and a taste of everyday life away from the main tourist areas.

Overnight: Local Guesthouse

Meals: Breakfast

Day 3-5: Mekong Gravel & Waterfall Adventure

Day 3: Mekong Gravel Adventure to Kuang Si Waterfall

49 km | 549 m climbing



Today is the **real adventure ride** and one of the highlights of the tour.

You'll spend almost the entire day following the **Mekong River**, riding a spectacular mixture of **dirt tracks and gravel roads** through remote countryside.

With the Mekong beside you and mountains rising around you, this is Laos at its best — peaceful, wild and far away from the usual tourist routes.

The scenery continually changes as you pass through small communities and untouched countryside before making your way towards one of the region's most famous natural attractions.

Your ride finishes at the spectacular **Kuang Si Waterfall**, the perfect reward after an adventurous day on the bike.

Tonight you'll stay at **Kuangsi Resort and Kitchen**.

Overnight: Kuangsi Resort and Kitchen
Breakfast not included – local restaurants are available

Day 4 – Kuang Si Waterfall to Luang Prabang

38 km | 415 m climbing



If you didn't have enough time to explore **Kuang Si Waterfall** yesterday, we recommend visiting it this morning before starting your ride. For those looking for an extra dose of adventure, there is also the option to experience the **zip line at the waterfall**.

Once back on the bike, follow the countryside towards the **Mekong River**. After approximately **8 km**, it's time for something different: board a small **local long-tail boat with your bike** and cross the mighty Mekong to the other side.

Continue your journey on a mixture of **dirt and paved roads**, once again surrounded by beautiful mountain scenery and peaceful Lao countryside.

Another highlight awaits as you cycle across an **iron suspension bridge**, offering fantastic views towards Luang Prabang. Along the way, you can also stop at a traditional **pottery village** and discover another side of local life.

For the grand finale, board a local ferry and **cross the Mekong River once again**, arriving back in beautiful **Luang Prabang**.

After four days and **195 km of cycling**, your adventure finishes where it began, in the heart of this UNESCO World Heritage city..

Overnight: Villa Oasis
Breakfast included

Day 5 – Luang Prabang | End of the Tour



After breakfast, your **Luang Prabang Self-Guided Cycling Adventure** comes to an end.

Take your time to enjoy your final morning in Luang Prabang before continuing with your onward journey.

Not ready to leave yet? If you would like to spend a few more days exploring **Luang Prabang and its surroundings**, we are happy to help arrange and book **additional nights** for you.

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What's Included & Need to Know

✓ Included

- Hand-picked hotels and resorts, including breakfast
- Bike accessories: front bag, pannier bag, smartphone holder, spare inner tube, mini-pump, multitool, and lock
- Navigation: **GPX files and PDF roadbook**
- Thailand Cycle Tours **rucksack and water bottle**
- Local support via **WhatsApp** during your tour

Optional Extras:

- Extra night at Villa Oasis, Luang Prabang
- Airport–hotel transfer
- Luggage transfer between hotels

Bike upgrade option:

- Nich Carbon TCT E-Gravel
- Trek FX E-Touring

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
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