

CYCLING, Chiang Mai to Luang Prabang 11 Days/ 10 Nights

Cycle from the mountainous Lanna Kingdom of Chiang Mai to the UNESCO World Heritage Site of Luang Prabang. Leaving the ancient city walls behind you stop at the spectacular Limestone waterfall of Sri Lanna National Park before crossing Mae Kuang Dam by long tail boat. Catch the sunset over Phayao Lake and witness the life of the Tai Lue people. Cross the border to continue your ride on the rarely visited roads of Laos. Spend a rural overnight stay at Ka Cham Falls with Hmong hosts before cycling to the Luang Prabang World Heritage Site. As a highlight to your cycle spend a day at the Elephant Conservation Center: a unique and Sustainable Elephant encounter on route.

Highlights

- Wat Phra Singh
- Doi Bussaracum mountain
- Tai Lue Village
- Kuang Si waterfall
- Mekong River



Day	Destination	Activity	Difficulty	Transfer	Meals	Hotels
1	Chiang Mai Arrival	Warm up Cycle 10km	Easy	15mins	-/-/D	De Lanna Hotel
2	Chiang Mai – Phayao	Cycling up to 80 kms	Medium	2.5hours	B/L/D	Phayao Gateway Hotel
3	Phayao Lake – Chiang Kham	Cycling up to 95 kms	Medium	-	B/L/D	Rico Resort
4	Chiang Kham - Nan	Cycling up to 90kms	Hard	2.0hours	B/L/D	Nan Boutique Hotel
5	Nan – Hong Sa	Cycling up to 89kms	Medium	45mins	B/L/D	Jumbo Guesthouse
6	Hongsa- Xayabouri	Cycling up to 86kms	Hard	-	B/L/D	Elephant Conservation Center
7	Xayabouri	Elephant Conservation Activity	Easy	-	B/L/D	Elephant Conservation Center
8	Xayabouri- Ka Cham	Cycling up to 68kms	Hard	-	B/L/D	Ka Cham Waterfall Resort
9	Ka Cham- Luang Prabang	Cycling up to 47kms	Medium	-	B/L/-	Sala Prabang
10	Luang Prabang	Cycling up to 72kms	Medium	-	B/L/D	Sala Prabang
11	Luang Prabang Departure	-	-	15mins	B/-/-	-

Day 1: Chiang Mai – Arrival

(-/-/D)

Upon arrival to Chiang Mai, our guide and driver will be waiting at the airport to provide transport to the hotel in for check in. After setting the bags down and resting a bit, head out in the afternoon to test the bikes.

Begin the day's exploration of Chiang Mai along the banks of the Mae Ping River. Join the hustle and bustle of the Warorot Market (on foot) to explore some of the exotic specimens, colourful fruits, endless variety of rice and bizarre culinary delights on offer.



Jump back on the bikes and continue towards the landmark Tapae Gate to explore ancient Chiang Mai by bike. Tapae Gate is Chiang Mai's main entrance to the old walled city. From here, cycle to the Three Kings Monument and the city's most beautiful temples: Wat Chedi Luang, where the famous Emerald Buddha was once enshrined, and Wat Phra Singh, home to a very old and sacred Buddha image. Continue to Wat Chiang Man, the oldest temple in Chiang Mai to finish today's ride. Transfer to hotel to freshen up before dinner. Enjoy the first evening in Chiang Mai with dinner at a restaurant on the Ping River before having a chance to look around the famous night market.

Overnight in Chiang Mai

Distance & journey times:

Transfer from Chiang Mai Airport – Hotel: 15 minutes

Cycling distance up to: 10 kms

Difficulty: Easy

Day 2: Chiang Mai - Phayao

(B/L/D)

Depart in the early morning for a transfer to Mae Rim, where the day's cycle will begin. Ride towards Bua Tong Waterfall, located in the spectacular Sri Lanna National Park, to soak up the beauty of the limestone cascade. Continue the ride further off road to visit caves, temples and other unique local attractions. Arrive at a small village for a short break before taking the bikes across the lake. Longtail boats will be waiting to provide ferry service for the 15-minute crossing. Stop for lunch at a local restaurant near the Mae Kuang Dam before a transfer to Phayao Lake. Visit Cultural Hall at Wat Sri Khum Kam along the way. Arrive to the lake in time to catch a beautiful sunset and enjoy a relaxing kayak or boat ride before dinner.



Enjoy fresh, local seafood for dinner.

Distance & journey time:

Transfer from Mae Kuang Dam to Phayao: 2.5 hours

Cycling distance up to: 80 kms

Difficulty: Medium

Day 3: Phayao – Chiang Kham

(B/L/D)

Leave the panoramic views of Phayao Lake behind for the ride towards Chiang Kham, home to the Tai Lue people. The Tai Lue people originate from Yunnan Province of southern China and migrated to this region over 200 years ago.



Stop at a local restaurant for lunch with some amazing views of Doi Bussaracum Mountain before continuing on the cycle. Soak up the charm of local villages while cruising along traditional Thai-style wooden homes on stilts and the friendly smiles of the locals. Reaching the Village of Chiang Kham, stop at the area's well-known weaving house before visiting Wat Nantaram, a Shan style structure temple. A final stop will be made at the Baedang Bat Cave for sunset. Overnight in Chiang Kham

Distance and journey time:

Transfer from Phayao Hotel to start of cycle: up to 15 minutes

Cycling distance up to: 95 kms

Difficulty: Medium

Day 4: Chiang Kham - Nan

(B/L/D)

Enjoy breakfast in the serene surroundings of the resort this morning before heading into the jungle. Take a well-trodden cycle ride, soaking up the flora of this region before riding through rubber tree plantations back to the village. Stop for lunch at a local restaurant to try out the most delicious dish in the Phayao District. In the afternoon, take to the quiet back roads before joining the infamous route to Nan for the final leg of the day.

Dinner will be followed by a visit to the beautiful Wat Phumin and night market.

Overnight in Nan

Distance & journey time:

Transfer from Chiang Kham to Nan: 2 hours

Cycling distance up to: 90 kms

Difficulty: Hard

Day 5: Nan – Border - Hongsa

(B/L/D)

Depart early in the morning for a journey along Nan's incredibly natural roads. Cycle from the hotel through Nan's sleepy town, witnessing portions of the old city and some ancient *Wats* still exhibiting architecture dating back to the Lanna era. Cycle towards the Nan River, catching a glimpse of the early morning rowing team as they race their long boats accommodating as many as 60 rowers. From here, cycle to the border and say goodbye to the Thai team.

Cross the border from Thailand to Laos at Muang Ngeun, where our Laos cycling guide will be waiting. Enjoy lunch at a local restaurant before jumping on the bikes. The introductory ride to cycling in Laos will be a gradual climb before a downhill ride to Hongsa, where some spectacular rice fields await.



In royal times, Laos was originally called *Lane Xang*, or the "Land of a Million Elephants". Hongsa is a region that, to this day, is still home to wild elephants and hosts the annual Elephant Festival. Before arriving to the night's accommodation, make a stop at the unique, local temple of Wat Simungkhun, shrouded in local lore.

Arrive at Hongsa and check in to the Guesthouse. Freshen up before a stroll through town and dinner by the market.

Overnight in Hongsa

Distance and journey time:

Transfer: Up to 45 minutes

Cycling distance in Thailand: Up to 50 kms

Cycling distance in Laos: 39 kms

Difficulty: Medium

Day 6: Hongsa - Xayaboury ECC

(B/L/D)

This morning, pack up the belongings and cycle out towards the capital of the region, Xayaboury. Today will be a challenging day, as the ride is comprised of Laos' mountainous terrain.

The first 30kms of cycling will be a small but continuous climb before a steep downhill for 4 km. The remainder of the ride is mostly flat until reaching the Elephant Conservation Center in Sayaboury.

Located Southwest of Luang Prabang, Sayaboury is a beautiful (yet difficult to reach) mountainous province with peaks of more than 1,000 meters. While the area is mostly agricultural, it is also home to the largest population of elephants in Laos.



Several stops will be made on the route for both lunch and snacks, and there will be plenty of photo opportunities with the passing rice fields and mountain views.



Arrive to Nam Tien Lake, admiring the majestic views dotted with islands and untouched tropical forest. From the pier, take a long boat to the Elephant Conservation Center (ECC). The staff will be waiting upon arrival to assist with check in at the bungalow-style accommodation.

Before dinner, walk the elephants to their nightly resting ground. During the experience, witness the unique bond between the mahout and his elephant and learn some interesting information about the biodiversity of the protected forest.

Enjoy the views from the lookout point, go for a swim in the lake or pay a visit to the museum. During meal time, there will be a chance to ask the experienced staff any questions; alternatively, soak up the beautiful surrounding views.

Overnight at the ECC

Distance and journey time:

Cycling distance: Up to 86 kms

Difficulty: Hard

Boat Transfer: 10 minutes

Day 7: Xayaboury ECC

(B/L/D)

Begin the day meeting up with the elephants in the forest. After spending the night grazing in the jungle, it's time to help the elephants with their bath. Stroll alongside the magnificent creatures into the water with a variety of hands-on activities available.

After the elephants have reached their fill of the water, head to the socialization area. This is an area where the elephants can freely interact and enjoy living in a semi-natural environment. Follow the guide around the perimeter to learn more about the elephants. This rare opportunity offers some unique insight into the elephant's natural life, an experience very exclusive to this centre.



Lunch is served at one of the viewing platforms. Following the forest picnic, visit the resident mother and baby (calf) at the nursery. The mother's mahout stays close by while she and her baby have a bath and play. Afterwards, board a boat for a trip back to the centre in time to see the afternoon bath. Meet the resident veterinarian or biologist as they conduct a target training session on 'positive reinforcement'. Following the elephants' lesson, walk them back to the forest.

If time allows, there may be some time to discover a sacred Buddha footprint in the forest. During the hike, learn about the local customs and be amazed by the beauty of the forest and landscapes. During the trek in the protected area, the guide will teach about the different uses of surrounding plants.

Overnight at the ECC

Distance and journey time:

Trekking: Up to 2 hours

Difficulty: Easy

Day 8: Xayaboury ECC - Ka Cham

(B/L/D)

For early risers head into the forest to say goodbye to the elephants and help walk them over to the centre for a morning treat.

Enjoy a final breakfast and pack up for the ride to the northeast.

Crossing the Mekong River, the day's cycle includes a challenging 8km climb. After overcoming the most challenging part of the route, enjoy views of a charming and colourful landscape before a slow ride down to the village of Ka Cham.

Accommodation this evening will be inside this small town where Lao, Khamu and Hmong live harmoniously. The local resort is conveniently located by the Ka Cham Waterfall; enjoy a swim before sharing a typical Hmong dinner. Listen to the relaxing sound of the waterfall and get a well-deserved sleep before the following day's final stretch.

Overnight at Tad Ka Cham Resort

Distance and journey time:

Cycling distance: Up to 68 kms

Difficulty: Hard

Day 9: Ka Cham - Luang Prabang

(B/L/-)

Say goodbye to the local hosts and enjoy a last dip in the waterfall before departing for Luang Prabang, the famous UNESCO heritage town of Laos. The road will still have a few sharp turns and small steep climbs but will be mainly downhill.

Upon arrival to Luang Prabang, check into the hotel before the short ride to the 3 Nagas restaurant for lunch.

After lunch, embark on a half-day guided tour (by bike), discovering the rich cultural and historical heritage of the charming town. Begin the tour at the former Royal Palace (now the National Museum), offering some unique insight into the history of Laos. Continue to Wat Mai, a temple renowned for its golden bas-relief, and Wat Sensoukaramh, which features a beautiful dazzling golden façade. Next is Wat Xieng Thong, the most revered temple in Luang Prabang known for its ornate carvings and mosaics. Finish with a visit to the Traditional Arts & Ethnology Centre, a museum dedicated to exploring the rich diversity of Laos's ethnic minorities (note: closed on Monday).



Enjoy the evening at leisure in one of the numerous restaurants Luang Prabang has to offer. Visit the colourful night market on the main street and the multiple shops in the old town! Overnight in Luang Prabang

Distance and journey time:

Cycling distance: Up to 47 kms

Difficulty: Medium

Day 10: Luang Prabang - Kuang Si

(B/L/D)

After breakfast, hop on the bikes for the 72km round-trip ride on tarmac roads through the countryside to the beautiful Kuang Si waterfall. The ride is undulating but there are no serious climbs.

Upon arrival to Kuang Sii, visit the Free the Bears centre to learn about bear conservation and protection in Laos. Follow a jungle path amongst the lush rainforest to the main part of the waterfall for a photo opportunity and, weather permitting, take a swim in the cool turquoise pools. Enjoy a local picnic lunch by Son Phao overlooking the cascades. After lunch, cycle back to Luang Prabang or return by private bus.



The rest of the day is at leisure. In the early evening, meet up in the lobby and transfer to the farewell dinner at one of Luang Prabang's most famous restaurants, L'Elephant, for a memorable gastronomic meal. Overnight in Luang Prabang

Distance and journey time:

Cycling distance: Up to 72 kms. 36 kms one-way.

Difficulty: Medium

Day 11: Luang Prabang Departure

(B/-/-)

Enjoy the morning at leisure until transport is provided to the airport for the onward flight.

*******END OF SERVICES*******

“An itinerary may at times be altered by our guides due to local conditions, the skill of participants and other unexpected circumstances. Our priority is always the experience and safety of our clients.”

RATES AND CONDITIONS

ACCOMMODATION – FIRST CLASS

City	Hotel	Hotel Category	Room Type
Chiang Mai	De Lanna Hotel	First Class	Superior Room
Phayao	Phayao Gateway Hotel	First Class	Deluxe
Chiang Kham	Rico Resort	First Class	Deluxe
Nan	Nan Boutique Hotel	First Class	The Boutique Room
Hongsa	Jumbo Guesthouse	Standard	Standard Room
Xayaboury	Elephant Conservation Center	Standard	Bungalow
Ka Cham	Ka Cham Waterfall Resort	Standard	Bungalow
Luang Prabang	Sala Prabang	First Class	Classic Room

Check in time is from 14.00pm/ Check out time is at 12.00pm

PRICING: in USD per person for shared twin/double

Rates are valid till Dec 2020

Number of persons	1	2	3-4	5-6	7-10	11-15	SGL Supp
Price per Person	5,055	3,199	2,569	2,389	2,235	1,945	635

Note : Reservations during peak times (Christmas, New Year, National Holidays) may be subject to supplementary charges and compulsory meals

Our services include:

- Luggage transfer
- Vehicles: (varies based on local conditions and vehicle sizes available). Private air-conditioned vehicle for transfer and back up as itinerary.
- Bike, helmet, 1 refillable personal biking bottle per person
- Plenty of water provided throughout the day when cycling
- Snacks and local fruits
- Adventure Certified English Speaking Guide
- Additional local guide for 8-15 pax, 2 assistant guides for 16+ cyclists
- (In Laos) Additional local guide for 16+ cyclists
- 1 first aid kit per guide
- Each guide will have a full set of travel bike tools
- Tips for Drivers and Porters

- Main support vehicle will have spare parts
- Meals as mentioned in the itinerary (B – Breakfast, L – Lunch, D – Dinner)
- Sightseeing tickets where mentioned in the itinerary.
- Accommodation as listed above.
- Flight reconfirmations
- A/C Support Vehicles for Transfer and Back up. **Backup vehicle for 5+pax.**

Our services don't include:

- Visa arrangement
- International and domestic flights
- Meals other than mentioned above
- Soft drinks, or beverages beyond water – we can add this into costs at agents request
- Beverage and alcoholic drinks at mealtimes
- Tips for Guides
- Energy drinks or powders, performance bars, or performance gels
- Personal Travel Insurance
- Personal expenditure (Laundry, telephone)
- Any other services not clearly mentioned in the itinerary and in the inclusive portion.
- Other language speaking guides

Important Notes:

- We strongly recommend the purchase of travel insurance (covering emergency medical evacuation)
- Valid 30 days from date of offer. Past this date price and conditions may be readjusted
- This trip can be done by Road Bike as well, but clients need provide their own bikes.
- Reservations during peak times (Christmas, New Year, National Holidays) may be subject to supplementary charges
- Rooms at hotels are available only from 1400 on arrival day till 1200 on departure date. A supplement will be added if early check-in or late check-out is desired
- Please note that all the above services & tours have yet to be booked, they are proposed for your information only and we will not make any reservations before we receive your confirmation to do so
- If one or some proposed service(s) is (are) not available at the moment of booking, we will try to find other possibilities/options or other similar service(s) in order to avoid changes to the program.
- **Payment/ cancellation:** 30% non-refundable deposit at the time of booking, balance due 60 days prior to departure. All payments to be made in NZ\$ using latest exchange rates at the time of booking/ balance due date. Cancellation conditions/ charges per our [T&Cs](#).