

Terrific Chiang Mai Bike Tour

Tour Notes



Thailand

4 days Bike Thailand

Countryside and village riding - Waterfalls - Rafthouses

Escape for a long weekend or just drop into Chiang Mai as part of your travels. We have a bike ride to take you through some of the less visited parts of these scenic part of Northern Thailand.

Itinerary

Day 1 | Arrival day

Your guide will meet you at Chiang Mai Airport. After settling into your hotel, you will enjoy a delicious, traditional Thai meal and have the opportunity to talk with your guide and learn a little about the area and about Thai culture. (D)

Day 2 | Cycle to Mae Kuang | 85km

We start our ride on flat main road to get out of the city. We then take a half hour ferry ride, before we start our ride on rolling hills up to a waterfall where we can cool down. We then have a downhill stretch to our raft-house (B,L,D)

Day 3 | Cycle to Mae Tang | 69km

Today's ride is through tobacco and long bean plantations. We will visit a temple called Wat Baan Den shortly before lunch. The road undulates today as it takes us to the Mae Tang Resort (B,L,D)

Day 4 | Cycle to Mae Rim | 28km

A short ride takes us through more beautiful countryside to Mae Rim. Here we will pack up our bikes and head for Chiang Mai. We will have day rooms to shower before your guide returns you to the airport. (B,L,D)

Cycling Details

Cycling Days and Distance

3 days - 182km

Difficulty

Moderate - This ride involves some hills, although they are generally more of the undulating kind than the sustained kind. Most of the surface is well made, paved road. It is suitable for people with a reasonable level of fitness.

Cycling Conditions

Most roads in Thailand are of excellent quality with some provision for smaller two wheeled vehicles. If we travel on highways or main roads, they are usually fairly quiet ones. Drivers are generally considerate and will often wave or give you some encouraging gestures.

Bike Hire Included

We will supply a Trek 3900 Bike. Please advise us of your height in Inches or Centimeters and we will reserve the appropriate size.

Helmets

Helmets are now compulsory on all Grasshopper Adventures bike tours. If you not have a helmet please let us know and we will provide one for you.

Support Vehicle

For the cycling days we will have the backup support of a small bus that will carry our luggage, snacks, water, and anybody not cycling. You can use the support vehicle whenever you feel like no longer cycling.

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Style

Fully supported bicycle tour.

Inclusions

All accommodation, support crew including bike mechanic/guide, refreshments, island tour, entrance fees to sites mentioned, all meals, airport transfers.

Group Size

Minimum 2, maximum 12.

Food

Include meals: 3 breakfasts, 3 lunches, 3 dinners. Rest stop refreshments and water are provided while cycling. We recommend that you also bring some of your favorite energy bars.

Accommodation

2 nights comfortable hotel, 1 night rafterhouse

Single Room - US\$160

On Grasshopper Adventures tours single travelers do not have to pay any extra to join our trips—we will match you up with another same sex, single traveler. However, should you wish to choose to take a single room we are happy to book rooms for you for an extra charge. This single supplement is completely voluntary and only applies to hotel accommodation.

Start point

You will be met by your local guide at the Chiang Mai Airport. You will be provided with contact numbers for our operations office in Bangkok and also the guide's mobile phone number.

Positive Impact

An integral part of traveling is to have a positive impact on the country that you are visiting. On this trip there are a number of things you can do to have a positive impact on the communities that we visit.

Dress

Thailand is still quite a conservative country. In rural areas and temples overly revealing clothing is considered offensive. You should make an effort to dress more conservatively in these situations. Walking around a village in bike shorts is not appropriate so if you wish to cycle in just bike shorts you should have something with you on the bike to put on over the top such as long loose shorts or a skirt/sarong. A good solution to this is 'shy shorts' which combine cycling shorts with loose long shorts over the top. When visiting temples shorts are acceptable providing they cover the knee. Sleeveless tops are not acceptable in temples.

Phrase Book

A highly memorable part of your travels will be the local people that you meet. In the tourist areas some people will speak English but away from these areas you should learn a few words of Thai. We will teach you some of the basics but if you want to really interact we recommend bringing a phrase book.

Donations

Often when coming on trips overseas people like to bring items such as sweets, pens and books for children or old clothing for families. While this is a fantastic idea, if distributed in the wrong way it can actually create more problems. Giving items away to local people can create an expectation that a visiting foreigner equals free give away's. In some communities in Asia this has created whole villages where the only interaction is the locals asking for things. If you would like to donate anything to the communities that we visit we suggest that you give the items to Grasshopper Adventures which we will then pass on to development organisations, schools or whole communities. In this way items are distributed by those working in the communities who understand better the local needs.

Poverty

There is poverty in Thailand which you will see. If you choose to give something to a beggar you must bear in mind the value of money in the country you are visiting. Many beggars can earn more than those who work unskilled jobs. There are organisations in Thailand who are working to alleviate this poverty issue and may be able to do more good with donations that you might like to make. Your Tour Leader will be able to provide more information about this.

Travel Details

Visas

In Thailand, 30 day single entry visas are free on arrival for many nationalities. If you want to stay long than 30 days, 2 month visas are available from the Thai embassy in your country.

Before you travel check your passport to ensure that there is room for a visa and entry/exit stamps (at least 3 pages) and that it has at least 6 months validation remaining.

Travel Insurance

It is a condition of participating in a Grasshopper Adventure that you hold travel insurance for the duration of the trip. Insurance must include comprehensive medical and emergency evacuation. Your travel insurance details will be checked by your group leader on arrival at the starting point hotel.

Flights

International flights to the starting point and from the finish point are not included in the price of this tour. We can assist with the purchase of inter-Asia flights and provide advice if you are considering overland travel.

If you are looking for an insurer we can recommend World Nomads. [Click to see more details.](#)

Money

The official currency of Thailand is the baht which should be used for all transactions. Thailand has a modern banking systems with ATMs and money changers everywhere. When coming to Thailand it is possible to use Visa/Mastercard or Cirrus/Maestro cards to access cash with an ATM. You should, however, carry travelers cheques as a backup. Most international currencies can be exchanged so it is not necessary to bring only US dollars - AUD, EUR, CAD, NZD are all accepted at banks in major centres.

For current exchange rates visit:
www.oanda.com

Costs

We recommend that you allow approximately US\$10 for food and general living costs per day. Shopping money should be considered extra to this amount. It is customary to tip the guides and drivers in Thailand. You should allow approximately US\$20 for tips. Note: this is a guide only, feel free to tip more or less (or nothing) depending on your satisfaction.

Electricity

Thailand works on a 220 volt system and uses two flat pin plugs which is standard in South East Asia. You can easily buy an adapter for much cheaper than home in country.

Plugs look like this: | |

Health

There are no specific health requirements for travelling in Thailand, however, we recommend that you visit a travel medicine doctor before travelling. You should carry a well stocked first aid kit with you when you travel. All Grasshopper Adventures Group Leaders are first aid trained, however, they are not permitted to distribute any medications.

Packing

While we do have a support vehicle to carry your luggage during the cycling days, you will be required to carry your own luggage at times. Luggage will need to be loaded on and off buses and up and down stairs at hotels. For this reason we recommend that you pack as lightly as possible in a backpack. You should consider bringing the following items:

Personal

Backpack
Long trousers
Shorts
Shirts
Hat
Sandals/Light Shoes
Swimming Costume
Sunglasses
Light Rain Coat
Toiletries
Small Towel
Sunscreen
First Aid Kit
Mosquito Repellent
Camera and Film/Memory
Alarm Clock

Travel

Passport with 6 months validity and spare pages
Passport photo
Travel insurance details
Flight tickets
Money - cash/credit cards/travellers cheques
Phrase book

Bicycle

Bicycle
if renting - your own seat & pedals (optional)
Something to carry your personal belongings in while cycling, eg. day pack, bum Bag, handlebar bag
Helmet
Cycling gloves
Bicycle water bottle
Bike shorts with something to put on over the top while off the bike

Climate

Thailand has a tropical climate. Wet season extends from around June to September-October. The hottest time is just before this time and the coolest just after. Cycling in the wet season is actually fantastic as everything is green and the rivers and lakes are full of water.

Photography

Film is available in larger towns, if you use pro film you will probably only find it in Bangkok. It is easy to burn digital photos to CD in the larger towns.

These notes last updated: 17 June 2008

Important

All information in these tour notes is researched with care and provided in good faith. The information subject to change, and does not form part of the contract between the client and Grasshopper Adventures.