



Laos – Discover Laos Bike Tour (2025-2026)

8 Days/ 7 Nights

Group Guided



'Lao Lao' is a rice wine distilled locally in villages and while we don't suggest you consume it while cycling, it does give a good idea of this trip: fun and tasty with the potential for a little bit of pain the next day. This trip's cycling offers wonderful variety as we ride along the back roads and quiet highways, alongside rivers and past scenic limestone mountains. There are some short manageable climbs, but the stunning views and Hmong village scenery are ample rewards for the effort. Most days you'll find yourself on undulating terrain, but there is a fair share of flat gentler pedaling along winding river roads and daily distances are moderate. When not exploring on the bikes we make use of boats or our own two-legs for some added variety to your adventure.

This trip offers a good mix of on and off-bike activities with a number of free afternoons to spend at your leisure, be it enjoying some well earned R&R or delving deeper into your new environment by exploring town or trying some optional suggested activities.

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848



Day by Day

DAY 1: MEET IN VIENTIANE & TRAIN RIDE TO MUANG XAI (21km)

We'll pick you up and transfer you to Vientiane Railway Station to take a Hi-speed train to Muang Xai. From the station, the route takes us over dramatic mountains and should have us arriving at our secluded resort in the hills nearby this small northern city by lunchtime. After lunch, check into your room and settle into the location. It is a lovely place to adjust to the climate and slow pace of life. There's time for a bike fitting and an afternoon of discovery of the surroundings. We will cycle through local villages and rice fields to visit a temple on top of a hill where you will be able to enjoy a beautiful view of Muang Xai. We will continue to the local market to get a glimpse of the local food before returning to the resort. Evening drinks, followed by dinner provide the opportunity for a proper briefing and a chance to meet your fellow travelers properly. **Meal:LD**

Special Information:

A 1-hour transfer takes you from your hotel in Laos to the Vientiane railway station, followed by a 1-hour train ride to Muang Xai, where your cycling adventure begins. Today, you'll cycle 20.7km (12.9mi) with an elevation gain of 344m on a mix of paved and unpaved paths.

With plenty of stops along the way and our support vehicle on hand, feel free to push your limits and warm up for the rest of the tour.



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DAY 2: RIDE MUANG XAI SURROUNDS & FREE AFTERNOON (47 - 70km)

We set out on the bikes just after breakfast and ride an unpaved road over the hills to connect with a paved road that leads down to the next river, the Nam Ou. We won't quite reach that river, but the ride is lovely, on undulating hills following a smaller tributary. We will cross low river streams so be prepared for a little splash! At km 47, there is the option to end the cycling for the day. We take a transfer to Muanglar where we will enjoy a local lunch and then you can relax and enjoy the afternoon at the resort. There are various activities and tools for relaxation that can be booked in advance, such as massage and yoga. If you still have the power in your legs for a bit more riding, then there is an optional 23km available with group consensus. This second part of the ride ends at a market junction where we often see hill tribe folk who have come down from their villages to trade. We sample a few snacks there. **Meal:BLD**

Special Information:

Today features two rides totaling 52.7km (32.8mi), with frequent stops for coffee, tea, exotic fruit, and lunch. Expect a total elevation gain of 498m on a mix of paved and unpaved paths. The first ride starts at your hotel to Taxoum, covering 47km (29.2mi). The second ride is optional, covering 23km (14.3mi) to a local tribe market.

DAY 3: MUANG XAI EXPLORATORY MORNING HIKE & SWIM

After breakfast, transfer 30 min to the starting point of the hike. Let's make the most of our beautiful surroundings, over the streams and then high up into the hills surrounding the resort. We'll stop in on a number of villages to see first-hand how the local people in this area live. Subsistence farming, often slash and burn style, is prevalent here and through much of Laos. We arrive back in time for lunch at the resort after a 1.40-hour transfer and you can enjoy another free afternoon to spend at your leisure. **Meal:BLD**

Special Information:

Transfer 30 minutes by vehicle to the hike's starting point. Explore the stunning surroundings, cross streams, and hike into the hills.

Enjoy a refreshing swim in the stream before a 30-minute transfer back to your resort for a free afternoon.



DAY 4: CYCLE & TRANSFER TO PAK BENG (67km)

Start off your day with a morning ride through forests and past large, clear rivers in Muang Xai before we hop in a van for a transfer to the small riverside village of Pak Beng. Once here we'll have the afternoon to take advantage of our off-the-beaten-path accommodation. This charming lodge faces the Mekong Elephant Park, and is an ideal starting point for many walking trails in the forest. If you wish to immerse yourself further in the culture, take a shot at Lao cooking with the hotel's regional cuisine lessons or see a traditional dance show put on by a local primary school. **Meal:BLD**

Special Information:

Your morning starts with a 1h30min transfer to the starting point of today's ride.

You'll ride through the forest to Vang Va, covering a distance of 67.4km (42 mi) with an elevation gain of 517m throughout the day on paved paths.

Today's ride is the longest on the tour, but with plenty of stops and a support vehicle ready whenever you need a break, you can comfortably push your limits.



DAY 5: BOAT TO LUANG PRABANG & PAK OU CAVES

All aboard the boat to Luang Prabang! As we begin our cruise down the Mekong River we'll have the chance to catch glimpses of rural riverside Lao river/village life. The journey takes most of the day, but far from being an ordeal, it's a nice way to relax, look out for elephants on the riverbank, read a book and chat with your fellow travelers. As we near Luang Prabang, we'll explore the sacred Pak Ou caves filled with thousands of Buddha relics left by devoted pilgrims.

Then it's just another hour into the city, so we can expect to arrive at sundown. At the elegant, centrally located hotel, it's time for some drinks and a briefing on the city itself and then dinner together at an authentic and innovative restaurant nearby. **Meal:BLD**

Special Information:

Enjoy a rest day as you board a boat to Luang Prabang. The journey takes approximately 6 hours, offering beautiful views of rural Laos along the way.

DAY 6: PEDAL THE PRABANG (17km)

It's a bright and early start today as we take to the streets of Luang Prabang to catch the traditional Monks Alms ceremony. The colorful daily procession is an iconic and revered local tradition, but the one they are happy to have visitors watch or even take part in, given you observe local etiquette. Your guide will make sure you're well-versed on the appropriate attire and conduct for this unique daily ritual.



Having risen quite early, we'll return to the hotel for breakfast before hitting the road. Taking to the bikes, we'll pedal to Wat Xieng Thong: Luang Prabang's royal temple and one of Laos' most important monasteries. From there, we'll saddle up again and cycle to the local fresh market where your guide will clue you into the interesting produce for sale that you may not recognize.

We'll refuel with a traditional Lao coffee at one of the city's oldest coffee stalls, then continue our ride to a lesser-known temple and then along a riverside road to check out traditional 'sa paper' making and distillation of the country's famous rice wine: Lao Lao. Don't get too carried away with the sampling!

From there, we'll board a boat that takes us down the Mekong to explore traditional pottery, then cross back to the other side of the river to see how silk is made at Ock Pop Tock. Our last stop of the day will be for a traditional lunch together. The evening is free for you to seek out whatever food you are craving in this vibrant city, with your guide happy to offer some suggestions. **Meal:BL**



DAY 7: WATERFALL - BOAT, CYCLE & SWIM (41 km)

The last ride of the trip and a highly enjoyable one. We start off by crossing the Mekong on a ferry. We ride out on a paved road to a riverside village south of town and stop here to learn about rice wine making. Then we hijack a local fishing boat and have them ferry us back to the eastern bank of the river.

From here we encounter a steep but relatively short hill to bring us to Kuang Si Waterfall. You may have heard about this place, but until you jump into the aqua blue, cool waters, you won't understand how special it is. After a dip, we can visit the Free the Bears enclosure and see these mischievous creatures at work, trying to free their lunch from the obstacles that the carers set. Then it's time for a bite to eat,

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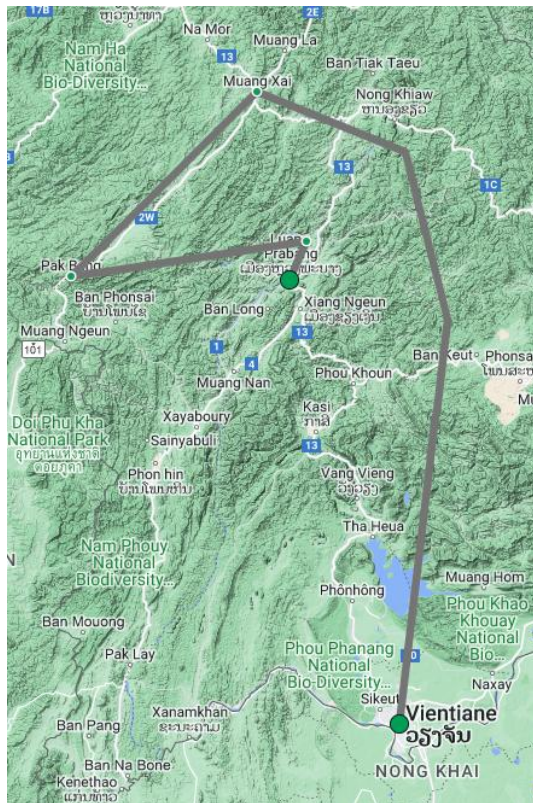
probably a barbequed river fish, before we ride the undulating road back into town. Our final afternoon and evening together will be marked by a delicious meal, which will be a familiar thing by now. **Meal:BLD**

DAY 8: TOUR CONCLUDES

Our tour concludes here in Luang Prabang after breakfast. If you are flying out, we will have a car ready to take you to the airport. Otherwise, your guide can assist you to move to wherever you need to.

Meal:B

Route



199 - 222 km / 123 - 138 mi riding. The terrain is a mix of sealed and unsealed roads sometimes on the main roads but generally on secondary roads. Main roads in Laos are actually like a backstreet anywhere else due to the low number of vehicles on the road which is consistent with the country's low population. There are some moderate climbs, but these are relatively short, and rolling terrain which is fun and achievable for anyone comfortable on a bike.

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Dates and Prices:

Price per person double occupancy in US \$ (all prices subject to confirmation on booking)

Date	Price	Optional Single room
March 2	\$2600	\$700
Nov 15	\$2759	\$700
Dec 20	\$2759	\$700
2026		
Jan 17	\$2859	\$700
Feb 14	\$2859	\$700
Mar 21	\$2859	\$700

Included

- All breakfasts, 7 lunches and 6 dinners
- 7 nights in comfortable hotels
- Local guides and support team
- Cannondale bikes and support vehicle
- Healthy snacks and water during cycling
- All activities and site entry fees
- Memento cycling jersey

Bikes



Top quality, well maintained Cannondale CX3 mountain bikes in a full range of sizes are included in your tour. Handlebar bags for your personal possessions and a comfortable saddle are also provided, with a women's specific version available.

This is a partner tour.

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