

Northern Hills Cycling & Hilltribe Experience: Chiang Rai & Doi Inthanon

Prepared by TourGrids

Destination
Thailand

Duration
6 Nights 7 Days

Starting from
Rs. 33,900 / person

ITINERARY ROUTE

Chiang Rai · 4N

Chiang Mai · 2N

<https://tourgrids.com/packages/thailand/thailand-6-nights-7-days-package-921>

Overview

A curated 6 nights / 7 days Thailand tour package designed for active travelers who want an authentic blend of cultural encounters, scenic cycling routes, and highland trekking. This Thailand Adventure tour package takes you through the aromatic tea terraces and misty hills of Chiang Rai, along the legendary Golden Triangle, and up to the verdant heights of Doi Inthanon National Park in Chiang Mai province. Ideal as a 6 and 7 Thailand Adventure tour package, it balances moderate cycling, gentle treks, and immersive hilltribe experiences with comfortable stays and local cuisine.

Highlights:

- Cycling through scenic rural routes around Chiang Rai and hilltribe villages
- Golden Triangle & Mekong River boat ride
- Visits to Hmong, Akha & Karen hilltribe communities for cultural exchange
- Doi Inthanon National Park: summit, King & Queen Pagodas, waterfalls, cloud forests
- Guided short treks, local markets, and tea plantation tours

Note: This package emphasizes eco-friendly, small-group experiences with local guides. Cycling distances are moderate; participants should have basic fitness.

✓ What's Included

- ✓ Accommodation: 6 nights in hand-picked hotels/lodges (4 nights Chiang Rai, 2 nights Chiang Mai/Doi Inthanon).
- ✓ Meals: Daily breakfast + 3 lunches and 2 dinners as specified.
- ✓ Activities: Guided cycling tours, hilltribe visits, Golden Triangle boat ride, Doi Inthanon park tour.
- ✓ Transportation: Airport/bus transfers on arrival/departure, private transfer between Chiang Rai and Chiang Mai.
- ✓ Guides: Professional English-speaking local guides and cycling guide.
- ✓ Equipment: Bicycle rental, helmets, basic repair kit, and safety briefing.
- ✓ Park fees, boat fees, and entrance fees as listed.
- ✓ Travel insurance: Not included by default; recommended (can be added).

✗ Not Included

- ✗ International flights to Thailand.
- ✗ Visa fees and airport departure taxes.
- ✗ Some meals, drinks, personal expenses, and tips/gratuities.
- ✗ Optional homestay upgrade and some optional activities.
- ✗ Travel insurance (recommended but not included).
- ✗ Bicycle upgrades, specialty gear rental, and medical expenses.

Day-by-Day Itinerary

Day

1

Arrival, Orientation & Riverside Intro

Arrive at Chiang Rai International Airport or Chiang Rai bus terminal. Transfer to your hotel and enjoy a relaxed orientation with your guide. Late afternoon, take a short riverside walk and visit the Night Bazaar (if operating) to sample local street food such as khao soi and fresh sticky rice with mango. Evening welcome briefing covering cycling gear, safety, and trip route. Light cycling gear and helmets provided.

Day

2

Cycling the Outskirts: Rice Terraces & Hilltribe Village

Begin a full-day guided cycle on quiet country roads through rice fields, rubber plantations, and tea terraces. Stop for photos at panoramic viewpoints and meet a Karen hilltribe community for cultural exchange and a home-cooked lunch. Afternoon optional short hike to a local waterfall or a coffee stop at a hillside plantation. Return to Chiang Rai for a massage or free evening.

Cycling distance: ~35–50 km depending on route selected. Terrain: rolling hills.

Day

3

Golden Triangle, Mekong Boat Ride & Opium Museum

Transfer to the Golden Triangle region. Visit the Hall of Opium Museum to learn the area's history, then take a scenic boat cruise on the Mekong River, crossing to the tranquil riverside to see daily life along the tributaries. Afternoon visit to the Golden Triangle viewpoint and local markets for handicrafts. Evening return to Chiang Rai; optional night-market exploration.

Bring a hat and sunscreen; boat rides are weather dependent.

Day

4

Highland Cycling Loop & Hilltribe Homestay Option

Today's ride explores higher-elevation lanes leading to Akha and Lahu villages. Enjoy off-the-beaten-path trails, panoramic vistas, and a village-hosted lunch showcasing tribal cooking techniques. Afternoon free for cultural activities: weaving demonstrations, traditional music, and optional homestay experience (upgrade). Return to Chiang Rai for overnight.

Homestay available on request; book in advance.

Day

5

Scenic Transfer to Chiang Mai – En Route Tea Plantations & Markets

After breakfast, transfer by private vehicle toward Chiang Mai with scenic stops: visit a hilltop tea plantation for a tasting and photography session, and explore a lively local market for regional snacks and souvenirs. Arrive in Chiang Mai region in the afternoon and check into a lodge near Doi Inthanon. Evening at leisure; briefing for next day's national park adventure.

Transfer time: ~4–5 hours with stops. Comfortable vehicle and refreshments provided.

Day

6

Doi Inthanon National Park: Summit, Pagodas & Waterfalls

Full-day guided exploration of Doi Inthanon National Park – Thailand's highest peak. Visit the King & Queen Pagodas, stroll cloud-forest boardwalks, and enjoy panoramic mountain vistas. Hike to Wachirathan or Siriphum Waterfall and visit a nearby Hmong village to learn about highland agriculture and handicrafts. Return to the lodge for a traditional northern Thai dinner.

Park entry fees included. Weather can be cool at altitude; pack a light jacket.

Day

7

Short Trek, Local Cycling & Departure

Choose a morning short trek on a well-marked trail through cloud forest or a gentle cycling loop around the base of Doi Inthanon visiting agricultural terraces and local coffee farms. After lunch, transfer to Chiang Mai International Airport or bus station for onward travel. Farewell and optional add-ons: extended Chiang Mai city exploration or beach extensions.

Departure timing can be adjusted for flights; we recommend afternoon flights for full use of the day.

? Frequently Asked Questions

? When is the best time to visit Thailand from India?

The best time to visit Thailand is during the cool/dry season from November to February, when temperatures range from 24–30°C with clear skies and minimal rainfall. This is perfect for beach activities on the Andaman coast (Phuket, Krabi) and sightseeing in Bangkok and Chiang Mai. However, this is peak season with higher prices and crowds. The hot season (March–June) offers good deals but temperatures can reach 35°C. During monsoon (June–October), the Andaman side experiences rough seas, but the Gulf side (Koh Samui) is often better July–September. Northern Thailand (Chiang Mai) can get quite cool in winter mornings (15–20°C), so pack layers. Book early for November–February travel.

❓ **How can I reach Thailand from India?**

Flying is the most convenient option with direct flights from major Indian cities including Delhi, Mumbai, Kolkata, Chennai, Bengaluru, and Hyderabad to Bangkok (BKK/DMK), Phuket (HKT), and seasonal flights to Chiang Mai and Krabi. Flight times are short: Kolkata (2.5 hours), Chennai/Bengaluru (3.5–4 hours), and Delhi/Mumbai (4–5 hours). Airlines like Thai Airways, IndiGo, Air India, and budget carriers operate these routes. There's no direct rail connection, and overland travel via Myanmar requires complex permits and is only recommended with specialist operators. Once in Thailand, domestic flights, trains, and buses connect major destinations efficiently.

❓ **Do Indian citizens need a visa for Thailand?**

Visa requirements for Indian passport holders change frequently, so always check the latest policies before travel. Thailand has offered various schemes including visa exemption periods, visa on arrival, and e-visa options for Indians. Currently, you may be eligible for visa-free entry for short stays or visa on arrival, but policies can change based on diplomatic agreements. Keep multiple passport-sized photos handy and ensure your passport has at least 6 months validity with blank pages. Check with the Royal Thai Embassy or consulate in India, or visit the official Thai immigration website for the most current requirements. It's advisable to have proof of return tickets and accommodation bookings.

❓ **What are the local transportation options in Thailand?**

Thailand offers excellent transportation options. In Bangkok, use the BTS Skytrain, MRT subway, and Airport Rail Link for efficient city travel. Get a Rabbit Card for quick payments. Metered taxis, tuk-tuks, and Grab (ride-hailing) are widely available. For intercity travel, domestic flights are quick and affordable. The State Railway offers comfortable overnight sleepers to destinations like Chiang Mai and Surat Thani. VIP buses provide good connectivity between cities. For islands, ferries and speedboats are essential – book through reputable operators. In tourist areas, songthaews (shared pickup trucks) are common. Always insist taxi drivers use the meter, and compare Grab prices. Motorbike taxis are available but use caution and wear helmets.

❓ **Where should I stay in Thailand and what accommodation options are available?**

Thailand offers accommodations for every budget. In Bangkok, stay near BTS stations in Sukhumvit (shopping/nightlife), Silom (business district), or riverside areas for convenience. Chiang Mai's old city puts you near temples and markets. For beaches, Phuket offers variety from Patong (nightlife) to quieter Kata/Karon. Krabi's Railay Beach provides stunning limestone scenery. Koh Samui has family-friendly resorts and boutique properties. Options range from budget hostels (₹500-1500/night) and mid-range hotels (₹2000-6000/night) to luxury resorts (₹10000+/night). Popular chains include Anantara, JW Marriott, and InterContinental. Book early for peak season (November-February). Consider location carefully - beach proximity, transport links, and nearby attractions matter more than just price.

❓ **What are the must-visit attractions in Thailand?**

Thailand's top attractions span culture, nature, and adventure. In Bangkok, visit the Grand Palace and Wat Pho temple, then explore floating markets and take a Chao Phraya river cruise. Ayutthaya's UNESCO ruins make an excellent day trip. Chiang Mai offers the old city's temples, Doi Suthep mountain temple, and vibrant markets. For beaches, Phuket and Phang Nga Bay provide island-hopping to James Bond Island. Krabi's Railay Beach offers world-class rock climbing and stunning limestone karsts. Koh Samui features palm-fringed beaches and Ang Thong Marine Park. Don't miss Kanchanaburi's Bridge on River Kwai and Erawan Falls. Sukhothai's quieter ruins are perfect for cycling. Each region offers unique experiences - temples in the north, beaches in the south, and urban energy in Bangkok.

❓ **What Thai food should I try and where can I find good restaurants?**

Thai cuisine offers incredible variety beyond the familiar Pad Thai. Must-try dishes include Tom Yum Goong (spicy-sour soup), Green/Red/Massaman curry (Massaman is milder), Som Tam (papaya salad), and Khao Soi (Chiang Mai's coconut curry noodles). Don't miss Mango Sticky Rice for dessert. For vegetarians, say 'gin jay' for vegan options without fish sauce. Top dining spots include Raan Jay Fai (Bangkok) for legendary crab omelette, Thipsamai for classic Pad Thai, and Gaggan Anand for progressive Indian-Thai fusion. In Chiang Mai, try Khao Soi Khun Yai for authentic northern flavors. Street food is generally safe at busy stalls with high turnover. Start with milder dishes and gradually increase spice levels. Always drink bottled water and eat at crowded local spots for the freshest food.

★ **Traveller Reviews**



Suman Verma

★★★★★ 5/5

A Perfect Mix of Relaxation and Fun

This tour struck the right balance between relaxation on the beaches and adventure in the cities. I appreciated the variety in activities.



Tarun Singh

★★★★★ 5/5

A Foodie's Delight

Food lovers will find Thailand irresistible! The variety of flavors and dishes we experienced on this tour was phenomenal.



Jasmin Ali

★★★★★ 5/5

Cultural Richness

The depth of culture and tradition in Thailand is remarkable. The tour offered plenty of opportunities to immerse ourselves in local customs.



Kavya Gupta

★★★★★ 5/5

Thrilling Activities

From scuba diving to zip-lining, every activity in this tour package was exhilarating. An adventure-seeker's dream come true!



Ajay Kapoor

★★★★★ 5/5

A Journey of a Lifetime

Thailand was an incredible destination with amazing experiences. This tour truly made it a journey of a lifetime.

⚡ Why Choose TourGrids?

Because your dream vacation deserves the best! From expert advice to personalized trips, easy booking, and unbeatable deals — we make travel stress-free and fun!

 **Expert-Guided Planning**

Personalized guidance from verified travel experts who understand your needs.

 **Customizable Packages**

Tailor your trip your way — destinations, experiences, budget. All up to you!

 **Hassle-Free Booking**

Smooth, secure, and simple booking process without any stress or confusion.

 **Best Price Guarantee**

Multiple free quotes and booking at the most competitive rates available.

For the latest pricing, availability, and customization options, visit:

<https://tourgrids.com/packages/thailand/thailand-6-nights-7-days-package-921>