

## **VIETNAM**

**Ho Chi Minh City (Saigon) to Hanoi**

**22 Days / 21 Nights**

**Superior Accommodation**

### **ITINERARY**

*Please bring this information with you to the tour start.*

*Distances are given in kilometres. 1 km = 0.62 miles.*

*Cycling distances given are entirely optional; the support vehicle will be available at any time. On most days we drive part way and cycle the best sections.*

Vietnam is a fabulous cultural experience. We stay at mostly 3\* and 4\* hotels and beachfront resorts and cycle away from the highway.

Our tour takes in Ho Chi Minh City, the beach resort of Nha Trang, historic Hoi An, and the imperial city of Hue and the scenic Far North.

The Northwest is the roof of Vietnam where the Hoang Lien Mountains (Tonkin Alps) soar to over 3,000m and some of Vietnam's most spectacular scenery is to be found. This is the road less traveled; much of the area is sparsely populated and the mountains are still home to many ethnic minorities; the Montagnard women still favour elaborate costumes of brightly coloured skirts, tops and hats, each ethnic group favouring its own colour variation and design.

Sapa is an atmospheric former hill station with magnificent views of rice terraces and mountains; the temperature can drop to zero in mid-winter (January). We will travel by train, boat and bike as we follow the rugged Northwest route right to the border with China, at Lao Cai; on several days venturing away from the civilized tourist meccas, cycling through traditional villages and staying in small towns with modest lodgings.

All roads are paved but long sections of roadworks are likely.

Come prepared for the unexpected, for breathtaking scenery - and bring your sense of adventure!

Should you need to contact Pedaltours, please call our representative:

**Eco Tours, ph.(84) 0938 499 808 : 24 hour client hotline in Vietnam**  
or Pedaltours in New Zealand ++64 9 585-1338

DAY ONE: We meet at 2.00pm at : Saigon Hotel  
41-47 Dong Du Street, District 1, Ho Chi Minh City  
Phone 84 8.38299734 Fax 84.8.38291466  
Email: [saigonhotel@hcm.vnn.vn](mailto:saigonhotel@hcm.vnn.vn)  
[www.saigonhotel.com.vn](http://www.saigonhotel.com.vn)

This 3 star hotel is centrally located, close to good shopping and a selection of restaurants.

After introductions we will fit and test rental bikes, followed by a trip briefing and welcome dinner.

Lodging: D  
Saigon Hotel  
41-47 Dong Du Street, District 1, Ho Chi Minh City  
Phone 84 8.8299734 Fax 84.8.8291466 Email: [saigonhotel@hcm.vnn.vn](mailto:saigonhotel@hcm.vnn.vn)  
Facilities: Satellite TV, sauna & massage, business centre and laundry service.  
Features: A comfortable hotel, centrally located.

Day Two: Saigon – Loc An Beach:  
Cycling section: 60 km / 37 mi

We drive out of town for about 45 minutes to a roadside temple. Here we start cycling on a quiet road to Loc An Beach, passing rubber, cashew nut and black pepper plantations.

Lodging: B, L, D  
Loc An Resort  
Address Xa Loc An, H. Long Dat, t. Ba Ria – Vung Tau  
Ph 94 64 3886-377, fax 84 64 3685 031 [locanresort@hcmc.comnetnam.com.vn](mailto:locanresort@hcmc.comnetnam.com.vn)  
[www.locanresort.com](http://www.locanresort.com)  
Features: Very nice new hotel, built on the banks of the Ray River.  
Facilities: Licensed bar and restaurant, swimming pool, with a hotel punt available to cross the river to the ocean beach.

*Cycling distances given are entirely optional; the van will be available at any time*

Day Three: Loc An to Mui Ne, (near Phan Thiet, pop.169,000) 101 km / 63 mi  
 Loc An to La Gi: 55 km / 33 mi

Quiet roads take us to the coastal desert reserve at Phuoc Buu. Lunch will be at La Gi. In the afternoon there will be more coastal riding as we cycle beside large sand dunes and plantations of the bizarre looking Dragon fruit. You may wish to drive through busy Phan Thiet to our overnight stay at beautiful Bamboo Village resort on the golden sand Mui Ne beach.

Lodging: B, L, D

Doi Su Resort, Thuan Quy Village, Ham Thuan nam District , Phan Thiet  
 Phone 84 62 3683-011; Email: [doisuresort@hcm.vnn.vn](mailto:doisuresort@hcm.vnn.vn) Web: [www.doisuresort.com](http://www.doisuresort.com)

Features: Very attractive modern beach resort set in attractive gardens.  
 Facilities: Restaurant and bar, private beach, pool with wave machine, laundry service, medical service.

Day Four: Mui Ne to Nha Trang 232 km / 143 mi  
 Recommended cycling section 105 km / 65 m

We start the day with a flat ride through the highlands and finish with a fabulous descent back down to the coast. We will cycle through the mountainous areas and long houses of the Edeh and M'Nong people (the two main ethnic groups in the Central Highlands). We drive the last section on hwy 1 to Nha Trang, a seaside resort with a fabulous beach.

Lodging: B, L,D (dinner is at a barbecue restaurant)

Asia Paradise Hotel, 06 Biet Thu St , Nha Trang  
 Phone (84.58)3524-686 Email: [sale@asiaparadisehotel.com](mailto:sale@asiaparadisehotel.com)  
 Website: [www.asiaparadisehotel.com](http://www.asiaparadisehotel.com)

Facilities: Brand new 3 star hotel in the city centre. Comfortable rooms, swimming pool & fitness centre, sauna & massage, laundry service, free internet access. Bar and restaurant (Vietnamese and European).  
 Features: Central city location, only a short walk to the superb beach with several restaurants & a good source of 'kem' (ice cream).

Day Five: Nha Trang Rest day

We have a day in Nha Trang with a boat trip to the islands. You will visit a fishing village where you will be rowed ashore in Vietnamese round boats and have time to swim and snorkel. A stop is made at the Oceanographic Institute and Tri Nguyen Aquarium & lunch will be at a lovely bamboo restaurant on an offshore island. The afternoon is free. Dinner is not included; there are many restaurants close by.

Lodging: B, L

Asia Paradise Hotel, 06 Biet Thu St , Nha Trang  
 Phone (84.058)3524-686 Email: [sale@asiaparadisehotel.com](mailto:sale@asiaparadisehotel.com)

*Cycling distances given are entirely optional; the van will be available at any time*

Day Six:           Nha Trang to Qui Nhon (pop 260,000): 241 km  
                   Nha Trang to Dai Lanh:                               83 km / 52 mi

Today's ride is in two sections: We will drive out of town to visit an ancient Cham Tower before turning off the highway to cycle along 40km of coastal road to Tuy Hoa for lunch. The area around Tuy Hoa is the rice bowl of the province and you will pass many rice fields, shrimp farms and coconut palms.

We then take a delightful minor inland road up a long gentle valley with 17km (10miles) of unpaved road. You will be the only westerners on this stretch of road. We will drive the final 12 km on the highway to Qui Nhon.

Lodging: B, L, D

Seagull Hotel, 489 Nguyen Hue Street, Qui Nhon.

Phone 84.56.3846-473 Fax 84.56.3846926 Email: [ks.haiou@dng.vnn.vn](mailto:ks.haiou@dng.vnn.vn)

Facilities: A 3\* hotel. Restaurant, swimming pool, martial art show.

Features: Situated by beautiful Quy Nhon beach, with fishing boats in the bay.

Day Seven:       Qui Nhon to Quang Ngai (pop.108,000) 178 km/ 111 mi  
                   Cycling section:                                       60 km/ 38 mi

Today's ride is on a fabulous backroad through several little villages and a range of scenery. The road is mostly flat with two small climbs. On reaching the hwy we will drive to Quang Ngai, on the way passing the small town of Sa Huynh, a pleasant fishing backwater perched on a broad curve of palm fringed, golden sand. Speckled with blue fishing boats, sleepy Sa Huynh is a convenient and relaxing place to rest en route to points north.

Lodging:                       B, L, D

Central Hotel, 784 Quang Rang St, Son Tinh , Quang Ngai

Phone 84.55.382 99 99 Fax. 84.55.82 24 60 Email: [Central@dng.vnn.vn](mailto:Central@dng.vnn.vn)

Facilities: Air-conditioning, TV, restaurant, tennis court, swimming pool,

Features: Modern hotel in central location. (best available)

*Cycling distances given are entirely optional; the van will be available at any time*

Day Eight: Quang Ngai to Hoi An (pop.76,000) 118km/ 74 mi  
Backroad section: 38 km / 24 mi

We will sample a slice of rural Vietnamese life as we take a lovely side road out of Quang Ngai. On the way we will pass through My Lai, where you will have the opportunity to visit the memorial site. We will also cycle through a fishing village and a lively local market. The route includes twelve km of unsealed road; it is quite rideable but you will have the option to take the van if you wish.

The day finishes on a delightful little road into the very attractive and historic town of Hoi An.

Lodging: B, L, D  
Vinh Hung 2 Hotel, Nhi Trung St, Hoi An  
Phone 84 510 3863-717 Email: [vinhhung.ha@dng.vnn.vn](mailto:vinhhung.ha@dng.vnn.vn)  
Facilities: Restaurant, coffee shop, swimming pool, laundry service.  
Features: A small hotel furnished Chinese-style (with modern amenities) within walking distance of the old town.

#### Day Nine: Hoi An. Rest Day

A day at leisure to explore this delightful town (dating back to 200BC) with its street side cafes, artists and markets. Explore the historic architecture of Japanese and French origin, take in the morning concert of traditional music or take a gentle ride (c.10km return) to fabulous Hoi An beach. There is much to see and do. (There are wonderful pastry shops in the old town)

Lodging: B  
Vinh Hung 2 Hotel, Nhi Trung St, Hoi An  
Phone 84 510 863-717 Email: [vinhhung.ha@dng.vnn.vn](mailto:vinhhung.ha@dng.vnn.vn)

Lunch and dinner not included today, but there are several attractive riverside restaurants.

*Cycling distances given are entirely optional; the van will be available at any time*



Day Twelve: Hanoi - Mai Chau: c.152 km / 95 mi  
 Cycling Distance: 88 km / 55 mi

We drive out of the city and the Red River Delta, passing traditional farming activity, then through limestone monoliths and into foothills populated by Muong people. Crossing an attractive forested pass, we descend to the hidden valley of Mai Chau where Thai people live in houses-on-stilts, with palm leaf roofs and polished bamboo-slat floors.

The day is fairly strenuous, but very scenic, finishing with a superb downhill.

Meals: Breakfast, Lunch, Dinner

Accommodation:

Mai Chau Lodge. Tel: (84 218) 3968 959.

Mai Chau

Hoa Binh province

Facilities / Features: 3 star hotel on the edge of town. Attractive restaurant and bar, swimming pool.

Day Thirteen: Mai Chau to Son La: 187 km / 117 mi  
 Cycling Distance: up to 115 km / 72 mi

We climb steadily in the morning, through forest, populated by H'mong people, with views to the distant mountains, before descending into a mountainous tea-growing region. Soon after we follow a long valley floor filled with rice paddies and dotted with Black Thai villages all the way to Son La. Allow time to visit the bargain-filled market.

Meals: Breakfast, Lunch, Dinner

Accommodation:

Cong Doan Hotel. Tel: (84 22) 3852 804

Son La

Facilities / Features: A 2 star hotel, the best in town. Private facilities. Good cuisine.

Day Fourteen: Son La – Dien Bien Phu: 180 km / 112 mi  
 Cycling Distance:c.80 km / 50 mi

The scenery from Son La and Dien Bien Phu is breathtaking. An early start gives the opportunity to visit one or two colorful markets. We then drive out of town before commencing to bike, with a 35 km warm up before Pha Din pass. After lunch there is another 40 km to Dien Bien Phu, which is famous as the battle site where the French colonial forces were emphatically defeated by the Viet Minh in 1954, signaling the beginning of the end for the French Indochina empire. The day finishes with a 30 km descent.

Meals: (B,L,D.)

Accommodation:

Him Lam hotel, Tel: (84 230) 3812-999

Dien Bien Phu

Facilities / Features: Set in spacious grounds on the edge of town. Restaurant, swimming pool and bar.

*Cycling distances given are entirely optional; the van will be available at any time*

## Day Fifteen: Dien Bien Phu Rest Day

There is the option of riding 36km each way to the Laos border, or you can spend the day relaxing or swimming in the pool. There will be an optional brief tour of the historic town.

Meals: (B)

Accommodation:

Him Lam hotel, Dien Bien Phu

Tel: (84 230) 3812-999

## Day Sixteen: Dien Bien Phu to Muong Lay: 102 km / 64 mi

Cycling section: 57 km/36 mi to lunch

This morning we cycle along quiet windy roads that snake through the beautiful countryside that characterizes this part of the country. Undulating but not too hilly, with stunning panoramas.

Meals: Breakfast, Lunch, Dinner

Accommodation: Lan Anh Hotel

Muong Lay

Facilities: Basic hotel with character and charm. Air conditioned.

Features: Character hotel on the outskirts of town.

## Day Seventeen: Muong Lay to Lai Chau: 107 km / 67 mi

Cycling Distance: c.76 km

In the morning we cycle through more superb mountainous countryside en route to Phong Tho. Along the way we pass through several different minority villages and are able to see at close quarters how people go about their daily lives.

Meals: Breakfast, Lunch, Dinner

Accommodation: Muong Thanh hotel, Lai Chau

Address : Huong Phong street, Tan Phong Ward, Lai Chau town

Phone : (84-23) 790 888

Facilities: 3 star hotel. Tennis court and swimming pool

Features: Traditional communist style but comfortable.

*Cycling distances given are entirely optional; the van will be available at any time*

Day Eighteen:           Lai Chau – Sapa: c.100 km / 62 mi  
                           Cycling section: 60 km / 37 mi

We continue on our way through scenic hills and valleys before tackling the Tram Ton Pass, Vietnam's highest pass at 1900 m. Finish the day with a great descent to Sapa (Population 36,200, elevation 1650m). Sapa is in a magnificent setting in the mountains and an attractive little town.

There is the option of cycling from Lai Chau until the start of the climb and driving over the pass, or for those who want the challenge of climbing the pass, drive in the morning to the start of the climb. It is mostly c.5% grade and 24 km long.

Meals: B, L, D

Accommodation:

Bamboo Sapa Hotel, Sapa 3 star hotel, well located

Phone: 84.20 3871 075 Email: bamboosapa@hn.vnn.vn

Facilities: Ensuite, restaurant, bar

Features: Central location. Good views.

Day Nineteen:                 Sapa Rest day

Much of the attraction of Sapa is the H'mong and the Dzao people who sell their crafts at the market. There is a good selection of cafes and restaurants in town, catering to all tastes. You may wish to simply wander around town and the market, or to hike a short distance to Cat Cat village and return.

**Option:** *Visit the Black Hmong village of Su Pan and then continue mostly downhill to the Tay village of Ban Ho. After lunch we walk up to Red Dao village of Nam Toong; after exploring Nam Toong we return to Ban Ho and from there to Sapa.*

Lodging B, Lunch and dinner not included

Bamboo Sapa Hotel, Sapa

Ph 84.20 3871 075

Day Twenty: Sapa (1,650m) to Bac Ha (700m): 110 km / 69 mi  
                           (via Ban Xeo and Lao Cai): 80 km

We start the day with a fabulous 1,000m descent to the Red River valley on the Chinese border. The scenery is spectacular and the biking wonderful – truly a day to remember.

We will pass ethnic villages where the local people wear their traditional colourful clothing. On reaching the river valley, we will be escorted through Lao Cai to the Bac Ha road. For the first 40 km, until reaching the village of Pac Ngam, we pass through lowland country. We then climb steeply to Bac Ha, our final destination.

Lodging (B, L D)

Sao Mai Hotel, Bac Ha

Phone (84-20) 880288

*Cycling distances given are entirely optional; the van will be available at any time*

Day Twenty One : Bac Ha - Lao Cai – then overnight train to Ha Noi

Retracing our bike tracks, we descend to Coc Ly where we walk c.2 km to board a long boat for a relaxing two hours on the Song Chay (blue River) passing limestone cliffs and water buffalo on the waters edge. After lunch in Bao Nhay, your support vehicle will take you to Lao Cai town town – literally the end of the line in Vietnam. The town was destroyed in the Chinese invasion of 1979 (and subsequently rebuilt) and the border crossing closed until 1993. At Lao Cai we can look across the river to China. We change and shower prior to dinner and then board the overnight sleeper train to Hanoi.

(B. L D)

Day Twenty Two: Depart

The train journey (in sleeper class carriages) takes about 10 hours and you will arrive in Hanoi early this morning. From Hanoi we can arrange a trip to Halong Bay or take you to the International Airport for your flight home.

(Breakfast included)

You may like to leave the following accommodation list with friends or relatives.

**VIETNAM  
14 Days / 13 Nights**

DAY	LOCATION	ACCOMMODATION	PHONE
1	Saigon	Saigon Hotel	84 8.38299734
2	Loc An	Loc An Resort	(84)64 3886377
3	Phan Tiet	Doi Su Resort	(84)3683-011
4	Nha Trang	Asia Paradise	(84.58)3524-686
5	Nha Trang	Asia Paradise	(84.58)3524-686
6	Qui Nhon	Sea Gull Hotel	84.56.3846-473
7	Quang Ngai	Central Hotel	(84)55 3829-999
8	Hoi An	Vinh Hung II Hotel	84 510 3863-717
9	Hoi An	Vinh Hung II Hotel	84 510 3863-717
10	Hue	Heritage Hue Hotel	84.-54-3838-888
11	Hanoi	Thien Thai Hotel	84.4.37164 126
12	Mai Chau	Ban Lac (Mai Chau Lodge)	(84 218) 3968 959
13	Son La	Cong Doan Hotel	(84 22) 3852 804
14	Dien Bien Phu	Him Lam Hotel	(84 230) 3812-999
15	Dien Bien Phu	Him Lam Hotel	(84 230) 3812-999
16	Muong Lay	Lan Anh Hotel	
17	Lai Chau	Muong Thanh Hotel	(84-23) 790 888
18	Sapa	Bamboo Sapa Hotel	84.20 3871 075
19	Sapa	Bamboo Sapa Hotel	84.20 3871 075
20	Bac Ha	Sao Mai Hotel	(84-20) 880288
21	Lao Cai - Hanoi	Overnight train	
22	depart		

We hope you have enjoyed your holiday and wish you a safe journey home.