

**Highlight**

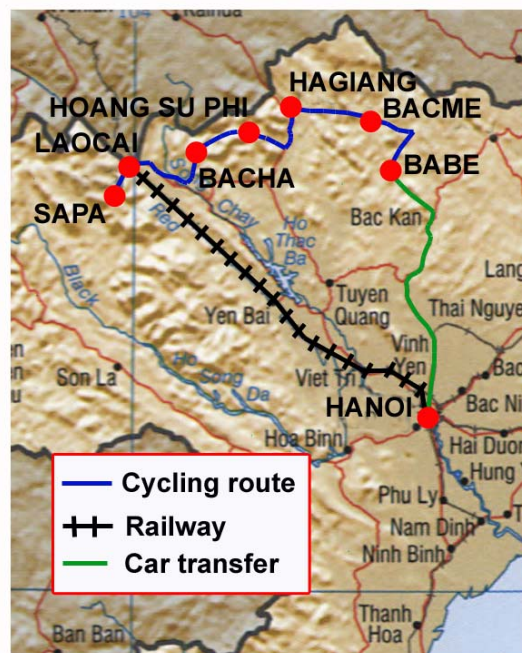
- Exotic minority group
- Stunning scenery
- Glorious single tracks of Sapa and Bac Ha
- Home-stay in villages
- Cruise on Ba Be Lake
- Support vehicle

**Itinerary at a glance**

- Day 1: Arrival in Hanoi
- Day 2: City tour and overnight train to Lao Cai
- Day 3: Transfer to Sapa/riding to Ban Ho Village
- Day 4: Descend Lao Cai
- Day 5: Drive/bike to Bac Ha
- Day 6: Bike/drive to Hoang Su Phi
- Day 7: Bike to Viet Lam/transfer to Ha Giang
- Day 8: Bike to Bac Me
- Day 9: Bike to Ba Be Lake
- Day 10: Cruise on the lake/drive back to Hanoi
- Day 11: Departure

**Trip notes**

<b>Duration:</b>	11 days, 10 nights
<b>Group size:</b>	08 persons
<b>Depart from:</b>	Hanoi
<b>End at:</b>	Hanoi
<b>When:</b>	October – April
<b>Activities:</b>	Biking, River cruise, Culture expedition
<b>Biking grade:</b>	Challenge
<b>Transport:</b>	Mountain bike, AC support vehicle, Boat
<b>Accommodation:</b>	8 nights hotels, 1 night homestay & 1 night train
<b>Tour guide:</b>	English or French speaking guide
<b>Meals:</b>	Day 1: Lunch, Dinner Day 2: Breakfast, Lunch Day 3-9: Breakfast, Lunch, Dinner Day 10: Breakfast, Lunch Day 11: Breakfast



**Tour price**

Please contact our **Customer Service** at [info@activetravel.asia](mailto:info@activetravel.asia) or call +84 97 980 0588 (24/7 LiveHelp)

**Inclusion:**

- Support vehicles
- One-way train ticket Hanoi-Laocai (AC, soft sleeper)
- English or French speaking guide
- High-end Mountain bike
- Helmet and biking gloves
- Meals as indicated in the itinerary
- Hotels (Twin shared room)
- Home-stay permission
- Boat in Ba Be
- First-aid kit
- Water & Snacks
- Entrance and Sightseeing fees

**Exclusion:**

- Travel insurance
- Visa
- Tips
- Personal expenses

**Note on client safety**

We reserve the right to deviate from this itinerary for any reasons, including road and weather conditions, frequency of visits to a village, or for any other factor which may influence client safety.



## Food

All meals, which are indicated in the itinerary, are included in the price of this trip. Since we travel away from big town, the emphasis will be on healthy and nutritious fresh local produce.

## Hotel & homestay

In big towns we use fine 3-star hotels with centre location. Please contact us if you prefer higher hotel categories.

In remote areas we use the best hotels or guest houses available. Homestay in villages is simple in term of bedding condition and amenities. We will sleep on beds or floor with mattress, clean sheet, pillows and mosquito nets. Toilet is usually western style.

## The biking day

A typical biking day starts at about 8.30 am after breakfast. Lunch times can vary depending on the distance. We aim to reach the next overnight stop by 4.30 or 5. During the biking we will have plenty short breaks for rest, snack and photographing.

## The bike

On this tour we use 21-speed professional mountain bike in different sizes. Helmet is also provided.

## ATA tour guide

The tour will be led by one of our tour guides who are experienced in guiding trekking tours in Vietnam. He has been carefully trained in this field and is fully licensed in tour guiding by the government. In addition, he has been trained in first-aid by SOS International and he knows how to deal with difficult situations. You will have a great time traveling with him.

## What to bring

Sun block, anti-insect repellent, sunglasses, sleeping bag (optional), flashlight, rain coat, toiletries, original passport.



## Detailed Itinerary

### Day 1: Arrival in Hanoi

Arrive at Hanoi International Airport. Meet your guide at the airport and transfer to your hotel downtown Hanoi. The remainder of day is free at leisure to explore Hanoi yourself. In the evening we will take a welcome dinner at local restaurant with Vietnamese delicacies. Overnight in Hanoi.

#### Summary

Transfer:	50 mins
Accommodation:	Hotel in Hanoi
Meals:	Welcome dinner with Vietnamese cuisine in local restaurant

### Day 2: Hanoi city tour & Night train to Lao Cai

After breakfast we will begin our city tour of Hanoi. At first, we will visit to Ho Chi Minh Mausoleum, and the "Uncle Ho" house. After that we head to the unique One Stilt Pagoda, which date from one

thousand year ago. Continue to the Hanoi's famous Temple of Literature, the first university of Vietnam founded in 1070. The highlight of this cultural, historical site is the garden of stelae where you find 82 stone stelae bearing names, places of birth and achievements of men who received doctorates in each triennial examination from 1442; each stelae sits on a stone tortoise. Lunch in local restaurant before heading to the Old Quarter for a relaxing cyclo tour through the ancient part of Hanoi.

After the cyclo tour we will drive to the Museum of Ethnology, which is quite away from the central Hanoi. It features a fascinating collection of art and everyday objects gathered from Vietnam and its diverse tribal people. On our trip we will meet some tribal groups – now it is time to learn about them.

Drive back to hotel to take shower. Free time until we get on the night train to Lao Cai around 10pm.

\* *Cyclo is three wheeled rickshaws, operated by pedal-power, with a seat attached to the front.*

#### Summary

City tour: Full day city tour  
Accommodation: AC soft sleeper cabin  
Meals: Breakfast, Lunch

#### Day 3: Lao Cai – Sapa – Ban Ho Village – Sapa

Once we arrive in Lao Cai we get a transfer around 1hr to our hotel in Sapa. After checking in, freshening up and a light breakfast we will get our bikes together with a wonderful day's biking though the Sapa Valley. At first on a dirt road but then on single track paths. We will descent to Ban Ho village, home to Tay people. We will bike beside the main river, on a fast undulating route to Nam Toong, a village of Red Dzao people. Picnic lunch on the way before continuing to My Son, a village populated by Xafo people, one of the smallest ethnic group in Vietnam. We return to Sapa by a jeep ride. Dine at local restaurant and overnight in hotel.

#### Summary

Transfer: 38 km from Lao Cai to Sapa  
Biking: 32 km/descend 12 km/ascend 1 km  
Accommodation: Hotel in Sapa  
Meals: Breakfast, Lunch, Dinner

#### Day 4: Sapa – Suoi Ho Village – Ban Khoang Village – Ta Giang Phinh Village – Ban Seo Village – Lao Cai

After breakfast in the hotel we will begin the ride around 8.30am, directly from Sapa and straight away we are flying along on a 38km stretch involving a challenging climb at first and then a spectacular, fast flowing downhill to join a remote jeep track. We will meet up for lunch at lower downhill. The jeep track climbs at first but then provide a fast descent before we hit a short section of paved road that leads to Lao Cai Town. This is a long and challenging day with one short section where we might have to carry our bikes. Dinner in local restaurant and overnight in hotel.

#### Summary

Biking: 65 km/descend 28 km/ascend 8 km  
Accommodation: Hotel in Lao Cai Town  
Meals: Breakfast, Lunch, Dinner  
Support vehicle: Jeep

#### Day 5: Lao Cai – Phong Hai Village – Coc Ly – Bac Ha

Early rising for breakfast and load our bikes on support vehicle for 1-hr transfer to the village of Phong Hai. Our ridding begins on a good hardpack

track along the side of a quiet road. Climbing gently then descending steeply to the small village of Coc Ly. Take a boat trip on Chay River, a beautiful river with stunning mountain gorge. The boat trip is followed by a ride on riverbank single-track and an alpine road climb to the quiet town of Bac Ha. Picnic lunch on the way. Dinner and overnight in Bac Ha.

#### Summary

Boat trip: 1.5 hr  
Biking: 43 km/descend 14 km/ascend 15 km  
Accommodation: Hotel in Bac Ha  
Meals: Breakfast, Lunch, Dinner  
Support vehicle: Jeep or Van  
Meal: Breakfast, Lunch, Dinner  
Support vehicle: Van

#### Day 6: Bac Ha – Lung Phin – Xin Man – Hoang Su Phi

After breakfast in hotel we drive 10 km west to Lung Phin where we start climbing toward Xin Man. Today we will bike across one of the most remote parts of northern Vietnam. At first we tackle a steady climb for 1 hr and then hitting the tarmac for a fast descent into the quiet town of Xin Man. Lunch in Xin Man before starting the afternoon ride. The riding in the afternoon takes us down to a bridge over the upstream of Chay River and for the next 40 km we cycle along a quiet road that gently climbs and follow the river to the town of Hoang Su Phi. We will stay overnight in the only hotel in town

#### Summary

Transfer: 9 km from Bac Ha to Lung Phin  
Biking: 88 km/descend 16 km/ascend 14 km  
Accommodation: Hotel in Hoang Su Phi  
Meals: Breakfast, Lunch, Dinner  
Support vehicle: Van



## Day 7: Hoang Shu Phi – Cao Banh – Vi Xuyen – Ha Giang

This is one of the most challenging biking days of the trip. Leaving Hoang Su Phi early morning, there are 6 km downhill before we turn off onto a remote track leading through mountains. On this part our support vehicle will not be able to follow us and continue on the main mountain road to Viet Lam, where we will meet up later this day. However, we still have the emergency back up for water, lunch and first-aid, as we ride through the mountains. The ride highlight today is a long descent punctuated with waterfall and switchbacks, which flows seamlessly into some sinuous riverside single track making for fantastic riding. Eventually we emerge onto rough tarmac and climb before finally dropping down again to the hot springs of Viet Lam, where we can ease our aching muscles. Refreshed, we transfer the final 20 miles along Highway 2 to the busy district capital of Ha Giang. Dinner in local restaurant and overnight in hotel.

### Summary

Transfer: 45 km from Viet Lam to Ha Giang  
Biking: 66 km/descend 19 km/ascend 14 km  
Accommodation: Hotel in Ha Giang  
Meals: Breakfast, Lunch, Dinner  
Support vehicle: Motorbike(s)

## Day 8: Ha Giang – Bac Me

Today the ride is mostly road based. At first we tackle 12 km gentle climbs and then it is an undulating, idyllic route through friendly villages and paddy fields, surrounded by jagged limestone hills. Light lunch en route and we will reach the small town of Bac Me early afternoon. The rest of the day, we can explore this litter town and its surroundings or relax with a cold beer in local bars. Dinner and overnight in Bac Me.

### Summary

Biking: 55 km/descend 20 km/ascend 12 km  
Accommodation: Hotel in Bac Me  
Meals: Breakfast, Lunch, Dinner  
Support vehicle: Van

## Day 9: Bac Me – Ba Be National Park

Just outside Bac Me, we cross the Gam River and leave the main road to follow a small track cross-country off-road all the way to Ba Be. Our support vehicle will not be able to follow us on this route and travel along way to meet us in Ba Be National Park. Depending to the condition of the track we will have an emergency jeep or motorbike for water, food and first-aid. The ride involves three climbs, crossing a succession of river valleys, but is rideable all the way. At the village of Dan Dong, we will transferred into traditional long boats for a relaxing 1.5-hr ride along the beautiful Nang River

and cross the lake into the stunning Ba Be National Park. The park is centered on the country's largest natural lake which is surrounded by limestone cliffs, waterfalls, caves and abundant of wildlife. We will have dinner and spend our night in a traditional house of Tay minority.

### Summary

Boat trip: 1.5 hr  
Biking: 78 km/descend 18 km/ascend 22 km  
Accommodation: Home stay  
Meals: Breakfast, Lunch, Dinner  
Support vehicle: Jeep or Motorbike(s)

## Day 10: Ba Be Lake – Cho Ra – Hanoi

Today we have a relaxing and peaceful day. After the breakfast we say goodbye to the hosts and take a short walk through the village. We will board a long boat for a fantastic boat trip on the stunning Ba Be Lake. After 1.5-hr interesting boat trip reach Cho Ra Town for lunch. Drive 5 hrs back to Hanoi with a lunch stop on the way. Overnight in hotel in Hanoi.

### Summary

Boat trip: 1.5 hr  
Transfer: 190 km from Cho Ra to Hanoi  
Accommodation: Hotel in Hanoi  
Meals: Breakfast, Lunch

## Day 11: Departure

Breakfast and transfer to the airport for flight home. Trip concludes

### Summary

Transfer: 50 mins from hotel to the airport  
Meals: Breakfast



## Holiday Extensions

### **Halong Bay overnight on Chinese junk and kayaking: 3-day tour with 2-day kayaking and 2 nights on Chinese junk**

A natural wonder of the world and one of Vietnam's five UNESCO World Heritage Sites, magnificent Halong Bay lies 160km to the east of Hanoi. Over three thousand jagged limestone islands emerge from the emerald green waters of Halong Bay

The best way to appreciate the delights of Halong Bay is to cruise among the islands on a wooden junk. For those who are more active kayak is also a great way to explore how beautiful Halong is, to paddle through islets, to visit hidden caves, lagoons, unspoiled beaches, floating-fishing village, to talk with local fish-man. Thanks to thousands of islands on the bay, the water is calm, the current is fine, and the wind is not too strong are ideal condition for sea-kayaking.

### **Beach escape:**

**Nha Trang Beach:** The south central coast has Vietnam's finest beaches and the best-known beach resort is Nha Trang with its white sandy beach and swaying palm trees.

A boat trip on the clear blue-green waters of Nha Trang Bay with some snorkeling among the coral reefs and a fresh seafood lunch is a great way to spend a day in Nha Trang. For scuba divers there are several diving shops along the beach offering professional dive services.

Away from the beach Nha Trang has some other interesting attractions including Long Son Pagoda, with its enormous seated white Buddha statue, and the 7th century Po Nagar Cham Towers.

**Phan Thiet – Mui Ne Beach:** Further south, and just 200km north of Ho Chi Minh City, is the small fishing town of Phan Thiet.

While Phan Thiet is a pleasant enough town, the real attraction is the nearby Mui Ne Peninsula and its 10km of sandy beaches and coconut groves. Many attractive small-scale beach resorts have opened up in recent years amongst the palm trees of Mui Ne and it has become a popular place to rest up for a few days.

**Phu Quoc Island:** A mountainous island that is still mostly forested, Phu Quoc is blessed with some beautiful white sandy beaches and clear blue seas.

The island is famous throughout Vietnam for the production of black pepper and its fish sauce, said to be the best in the country. Several small-scale beach resorts have opened over the past few years on Phu Quoc and it is connected by a daily flight to Ho Chi Minh City.



**ACTIVELY EXPLORING HIDDEN LANDS**