

Glimpse Of Vietnam – 13 Days Lifestyle Bicycle & Sightseeing Tour Hanoi to Saigon



Glimpse of Vietnam offers a 13 day bicycle and sightseeing tour well suited to people who like to combine activity and relaxation in an exciting and vibrant destination.

Combine activity and relaxation in Vietnam

This tour is well suited to people who like to combine activity and relaxation in an exciting and vibrant destination. Enjoy great leisurely cycling and experience camaraderie and fun with like-minded people.

Experience Halong Bay

Explore the UNESCO World Heritage Site and popular travel destination - Halong Bay on an overnight cruise. We cycle the islands, relax on white sandy beaches and kayak in a small lagoon.

Supported every step of the way

Participants should have a basic level of fitness and a keen sense of adventure. We'll provide accommodation, ground transport and most meals - all you need to do is turn up with your luggage.

Tour Itinerary

Day 1: Arrival in Hanoi

On arrival in Hanoi, you will be met by our local tour guide and transferred to your City Hotel. In the afternoon, once everyone has checked in we take in a traditional water puppet show, followed by a Welcome dinner.

Accommodation: Hotel

Meals: Dinner

Cycling: none

Day 2: Hanoi to Nghia Lo

After breakfast at the hotel, we drive north from Hanoi heading to Thu Cuc. At Thanh Son, we stop for a refreshment break before our first ride, which is a reasonably easy 30 to 50km and a good warm up. We stop for lunch in Thu Cuc and in the afternoon we drive the final 60km to Nghia Lo - a small town in a large valley inhabited by ethnic Thai people. If time permits there is an optional ride on quiet dirt roads through the villages around Nghia Lo. Overnight is in a simple guesthouse (room with ensuite).

Accommodation: Guesthouse

Meals: Breakfast, Lunch, Dinner

Cycling: approx. 30-40kms

Day 3: Nghia Lo to Sapa

There are several cycling options today which the guide will discuss with you in advance. We suggest an early start this morning because the day includes a significant amount of driving time as you pass through some of the most beautiful stretches of mountain road in the North of Vietnam. We can also meet the people of the colourful Hmong, Dzao and Tay hill tribes, who live in the area surrounding the town of Than Uyen. As we get closer to Hoang Lien Son peak, we travel between 1000m-3000m mountains to finally reach the highest pass in Vietnam (at 1900m). Before descending to Sapa (at 1600m), we stop to admire the awesome views of mountain ranges, lakes, rivers, jungle, and tiered paddy fields). As we get deeper into the mountains, the more hill tribes we will see, wearing amazingly elaborate and colourful costumes with huge earrings. These people have been living in the hills for a thousand years and their way of life has hardly changed from generation to generation.

Accommodation: Hotel **Meals:** Breakfast, Lunch, Dinner **Cycling:** approx.30-50kms

Day 4: Sapa to Lao Cai to Hanoi

After breakfast we have a great downhill ride on a tar seal road into the valley below, where we can meet people from the H' Mong and Tay hill tribes. For those that prefer, there is a mixture of dirt road, single trails, trekking with the bikes and steep down hill where you will be walking and cycling from one village to another. We stop for lunch before being driven back up the hill to our Hotel to change clothes and pack our luggage.

Sapa is a delightful colonial style town, so we allow a few hours free time in the afternoon for sightseeing and shopping before driving to Lau Cai for dinner. Around 8pm we board the night train to Hanoi. (Train Timetable: 8.15 pm- 5.00am)

Accommodation: Train **Meals:** Breakfast, Lunch, Dinner **Cycling:** approx.30-50kms

Day 5: Hanoi

On arrival in Hanoi (at approx 5am) we will be transferred from the train station to our Hotel. Breakfast is own arrangements (maybe try some local "Pho"- noodle soup with beef or chicken). This morning we walk to the Ho Chi Minh Mausoleum and the President Palace, followed by a visit to a most interesting "Ethnology" museum, which tells us more about the various ethnic groups that we will meet on our travels. Lunch will be at a local restaurant, and in the afternoon we take in a traditional water puppet show. Dinner this evening is at your own leisure and expense.

Accommodation: Hotel **Meals:** None **Cycling:** none

Day 6: Hanoi to Van Don Island

We have an early 7.30am departure from our hotel this morning. At about 1pm we arrive at Van Don Island after a mid morning stop for coffee and to stretch our legs. After lunch we cycle on Van Don Island before being transferred to our boat at Cai Rong harbour.

Accommodation: Boat **Meals:** Breakfast, Lunch, Dinner **Cycling:** approx.30km

Day 7: Van Don Island to Tra Ban Island to Quan Lan Island

This morning the boat will take us to Tra Ban Island, where we cycle on narrow tracks amongst the rice fields where we will see many water buffalo at work. The boat will pick us up at the harbour on the other side of the island in time for a leisurely lunch on board as we cruise to Quan Lan Island. This afternoon we cycle on Quan Lan Island, which is famous for its beautiful white sand beaches. Then it's back to the boat for dinner and overnight.

Accommodation: Boat **Meals:** Breakfast, Lunch, Dinner **Cycling:** approx. 10 - 30km

Day 8: Quan Lan Island to Halong Bay

On our morning cruise we will enjoy the beauty of Bai Tu Long Bay and Halong Bay. After lunch there is plenty of time for kayaking to a small lagoon, Luon Cave, Human Face Island and an unforgettable stop at the lookout on Titop Island

Accommodation: Boat **Meals:** Breakfast, Lunch, Dinner **Cycling:** none

Day 9: Halong Bay to Hue

Before breakfast we have a quick visit to the so-called Amazing Cave, before enjoying our final mornings cruise back to Bai Chay Harbour. Lunch will be served on board before disembarking. We will then drive to the airport for our flight to Hue (VN247 departing at 7.30pm / arriving 8.40pm).

Accommodation: Hotel **Meals:** Breakfast, Lunch **Cycling:** none

Day 10: Hue – Hoi An

Our guide will meet us at the hotel this morning for a half day city tour around Hue. We will board our Dragon Boat for a cruise upstream on the legendary Perfume River to visit Thien Mu Pagoda, the Citadel, including Flag Tower, Ngo Mon Gate, Nine Dynastic Urns, Nine Holy Cannons, Thai Hoa Palace and the Forbidden Purple City (Tu Cam Thanh). After lunch, we drive to Hoi An via Hai Van Pass before checking into our Hoi An Hotel in time for some rest and relaxation.

Accommodation: Hotel

Meals: Breakfast, Lunch

Cycling: none

Day 11: Hoi An

Today we include a half-day walking tour around this enchanting Port Town. We stroll around the narrow streets which are lined with centuries-old houses influenced by Chinese, Japanese, French and European architecture. We visit numerous places of interest such as the 400 year old Japanese Covered bridge and the Phuc Kien assembly Halls. For those who are interested, we can visit a family for a lantern making demonstration or alternatively there are numerous art galleries within the city centre. There are also many tailor shops if you wish to have some clothes made to order.

Accommodation: Hotel

Meals: Breakfast

Cycling: none

Day 12: Hoi An

We depart the Hotel at around 9am and cycle to Tra Que Vegetable Village to experience a day of living and working with the local farmers. A tour of the organic vegetable and herb gardens can include some time working in the fields if you wish, or you can merely observe and learn about the systems and the fresh ingredients. On returning to the house, we can be treated to a herbal foot massage followed by a cooking demonstration of various local dishes such as Tam Huu Spring Roll, Banh Xeo or the local pancake of the people from the Middle Region. Our tour finishes after we cycle back to the Hotel in Hoi An.

Accommodation: Hotel

Meals: Breakfast

Cycling: Approx. 20-40km

Day 13: Hoi An to Saigon & departure

Today we will be transferred from the hotel to Danang airport for our flight to Saigon. For those with more time we can arrange post tour extensions, but for everyone else it is time to connect with your international flight home.

Meals: Breakfast

Cycling: none

Tour Information

Included in 13 day tour:

- Accommodation (twin share)
- Meals as per itinerary
- Drinking water for tour
- Support vehicle(s)
- Domestic flights (economy class)
 1. Hanoi - Hue
 2. Danang – Saigon
- Overnight Sleeper Train from Sapa to Hanoi
- Bike Hire (Day 2, 3, 4, 6, 7, 12 only, see information below)
- Boat trip in Halong Bay (private deluxe boat for 3 nights)
- Kayaking in Halong Bay
- Experienced English speaking Tour guide
- Entrance fees and sightseeing tours (as per itinerary)
- Airport transfers (day 1 & day 13 only)

Not included in 13 day tour:

- International flights
- Airport departure taxes (where applicable)
- Single Room Supplement (when applicable)
- Drinks & favourite snack bars (except bottled water provided while riding)
- Travel Insurance
- Guide and local tips
- Vietnam visa (to be obtained in advance)

Bike Information:

The rental bikes available in Vietnam are Trek 4500 Mountain Bikes. The bikes are have been imported into Vietnam to be used on these trips specifically. We have mostly 2008/2009 models available, but still have some older bikes in use as well. The bikes come with an aluminum frame, are equipped with a 24-gear Shimano drive chain (crank set: 22/32/42; rear cog: 11-32), a 100mm travel front suspension fork, and V-brakes. The bikes come with a standard MTB saddle and standard flat pedals. You are welcome to bring your own saddle and pedals and our guides will mount these on your hire bike.

Sightseeing Passengers:

We also welcome non-cyclists on this tour. If you are keen to experience Vietnam but prefer to do this on four wheels rather than two, please do not hesitate to check our availability for your choice of departure.

Pre and Post Tour Extensions

Global Adventure Guide can offer both pre and post tour extensions to many destinations in and around Vietnam and other parts of Asia. Should you have a little more time to spare we would be happy to assist with your arrangements.

Some sample itineraries are:

POST TOUR Mekong Cycling: 4 Day Package in South Vietnam

POST TOUR Saigon & Siem Reap: 5 Day Package including Cu Chi Tunnels & Angkor Temples

Tour Grade:

This tour is graded 1 easy to 2 moderate (on a scale of 1-5 with 5 being extreme) – there are options for participants with a range of fitness levels & technical ability.

Easy Tours are specifically designed to allow you to experience a new activity and culture in a relaxed environment. If you're after a peaceful holiday with a light introductory focus on one or more activities then easy tours are a great option. Routes chosen will be easy and often ridden entirely at your own pace, suitable for families.

Fitness Required

A low level of fitness is required, exercising at least once a week prior to the tour.

2011 Departure Dates:

APR 04,18

MAY 09