

Glimpse Of Vietnam – 9 Days Lifestyle Bicycle & Sightseeing Tour Hanoi to Saigon



The history of an entire country, the old-world charm of ancient cities & the delights of a 'junk' boat cruise in a World Heritage area are just some of the things you'll experience on this bicycle and sightseeing tour through startlingly beautiful Vietnam. You will explore Hanoi, relax in Halong Bay, sightsee in Hoi An and much more.

Enjoy great leisurely cycling while experiencing camaraderie and fun with like-minded people. 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.

This tour is well suited to people who like to combine activity and relaxation in an exciting and vibrant destination.



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 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: Overnight Boat **Meals:** Breakfast, Lunch, Dinner

Cycling: approximately 30km

Day 3: 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: Overnight Boat **Meals:** Breakfast, Lunch, Dinner

Cycling: approximately 10 - 30km

Day 4: 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: Overnight Boat **Meals:** Breakfast, Lunch, Dinner

Cycling: none

Day 5: 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 6: Hue to 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 7: Hoi An

Today is a free day to relax on the beach or shop in the Hoi An Old Quarter.

Accommodation: Hotel **Meals:** Breakfast

Cycling: none

Day 8: Hoi An

Free day.

Accommodation: Hotel **Meals:** Breakfast

Cycling: none

Day 9: 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 9 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
- Bike Hire (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)

Not Included in 9 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.

2008/2009 model



Pre-2008 model



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, from US\$785pp (share twin)

POST TOUR Saigon & Siem Reap

5 Day Package including Cu Chi Tunnels & Angkor Temples, from US\$780pp (share twin)

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.

Grade 1 = easy, few inclines, short distances (20-40km), no technical difficulty

Grade 2 = moderate some inclines, moderate distances (40-60km), no technical difficulty

Grade 3 = challenging, several inclines, longer distances (100km RB / 50km MTB), some technical difficulty (e.g. single trail or hair pin turns)

Grade 4 = hard, long inclines, long distances (100km+), technical difficulty

Grade 5 = HIGH ALTITUDE (4000M +)

Tour Dates and Prices

COUNTRY:	Vietnam
DAYS	9
CODE	VIELS-9
FROM	Hanoi
TO	Saigon
TOUR GRADE:	1-2
PRICE	
SINGLE SUPPLEMENT	
BIKE HIRE	Included
DEPARTURES:	(2-3 pax) any date; (4-12 pax) 2010: 29MAR, 12APR, 10MAY, 27SEP, 11OCT, 08NOV