

Cycling Europe

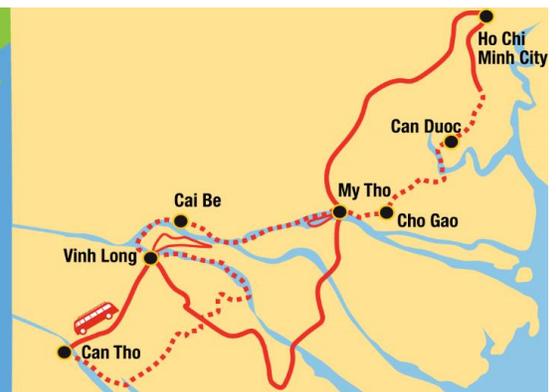
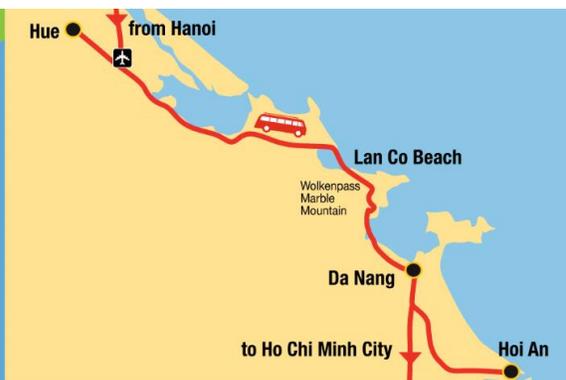
VIETNAM BY BIKE & BOAT 2020

GUIDED TOUR: HANOI to HO CHI MINH CITY (SAIGON)

15 Days/14 Nights 190 km by bike (7 days cycling 17 – 45 km/day)

Optional add-on: ANGKOR WAT 4 days from Siem Reap

Vietnam is a thrilling country full of contrasts, mysterious monuments of times gone by, with bustling, vibrant cities and rural districts with deep-rooted traditions and an irrepressible optimism. A country with ever changing landscapes and one of the most diverse cuisine cultures in the world. Spend two weeks actively exploring this fascinating country by boat and bike and immerse yourself in the vibrant far eastern flair. Explore the rocky fairytale world of the famous Ha Long Bay sailing on a traditional junk. Admire the lush green rice fields and meet the friendly water buffaloes, visit colorful temples and pagodas and let the emerald-green waters of the South China Sea enchant you. Explore in Central Vietnam the impressive monuments of the Vietnamese emperors as well as the historical town of Hoi An - a World Heritage site - and in South Vietnam the expansive water labyrinth of the Mekong Delta.





DIFFICULTY:

Vietnam Tour Grade 1-2. The cycle routes require a level of fitness acquired by regular cycling. The bike routes are from 17 -45 km per day, including through hilly areas. There are no time constraints so you can cycle at a relaxed pace. The roads are mainly asphalted; and some are good unsealed roads. Many of the day tours are not so hilly – the difficulty is mainly the hot humid weather.



ITINERARY

Day 1 (Sunday) Arrive in Hanoi

Arrival at Hanoi Airport. A shuttle bus takes you to your hotel in the heart of the old quarter of Hanoi. The historic old town district is considered as one of the best preserved in Southeast Asia. The colourful and bustling streets contribute to the Asian flair. Around 5.30 pm, meet your tour guide and fellow travellers - take a walk through the streets before dinner, and visit the famous water puppet theatre- a traditional Vietnamese form of art. Stay Hanoi overnight in a hotel.

Meals: Dinner

Day 2 (Mon) Hanoi – Ninh Binh – Hoa Lu – Tam Coc

After breakfast transfer by shuttle bus to the rural province of Ninh Binh, where you start your first cycle tour along vibrant green rice fields to Hoa Lu, the former capital of Vietnam. After exploring this



fascinating historical site with its well-preserved relics of past dynasties, continue on through one of Vietnam's most spectacular landscapes. Along the way stop in the quaint village of Trang An where you are able to try some local specialties for lunch. After lunch continue by bike for a few kilometres to Tam Coc with spectacular views of limestone karst peaks looming out of serene rice paddies, before boarding a traditional row boat, which takes you into the heart of a hidden valley. Late afternoon visit a local bird sanctuary. Every evening the flock of birds returning to their nests is a spectacular sight. Overnight stay in Tam Coc

Meals: Breakfast, Lunch & Dinner - Cycling approx. 22 km + 10 km

Day 3 (Tue) Tam Coc – Halong Bay

After breakfast our shuttle bus takes us to Ha Long Bay (4 hours), where we board our traditional wooden junk. As we set off on our first boat trip through the impressive island world of Ha Long Bay we enjoy a fresh seafood lunch. In the afternoon we will visit one of the local cave systems which have occurred over the past centuries. Find weird and wonderful shapes in the stalagmites and stalactites. In the afternoon we enjoy a short kayak tour in a hidden lagoon. If we are lucky we will be able to observe the monkeys who live on the rocky outcrops along the cove. Sometimes their curiosity will even bring them right down to the shore to say hello. **Meals: Breakfast, Lunch & Dinner**

Day 4 (Wed) Trà Bàn Island - Bai Tu Long Bay

After an early breakfast jump ship to a hydrofoil and navigate your way to the island of Tra Ban, a unique place untouched by modern day tourism. The island offers an insight into the earlier, traditional life of the island inhabitants; as if time had stood still. A common sight are the Vietnamese water buffaloes grazing. You may even come across one of the local farmers tending to their fields who greet with their kind smiles. For lunch enjoy a relaxing picnic. In the afternoon, the hydrofoil returns you to the pier where your boat awaits. A relaxing cruise through the island world of the Bai Tu Long Bay tops off this eventful day. Enjoy an evening under the stars with a nice sundowner. Spend the night at anchor. **Meals: Breakfast, Lunch & Dinner - Cycling approx. 25 km**



Day 5 (Thur) Bai Tu Long Bay and Lan Ha Bay

This morning we disembark the Junk and take a transfer boat to Lan Ha Bay, where we are able to



take a guided Kayak tour through the lagoon-like shoreline landscape. Our first stop is a beautiful hidden beach. After a picnic and a lengthy relaxing swim break our Kayak tour will take us past floating houses to Cat Ba, the next destination of our journey. A short transfer takes us to a beautiful resort, where the evening can be enjoyed on the hotel's very own sandy beach or at the pool. **Meals:**



Breakfast, Lunch & Dinner (Kayak day)

Day 6 (Friday) Cát Bà Island – Viet Hai Village

Early this morning transfer to a small dock for a one hour crossing by boat to the start of your cycle tour. From here cycle through the National Park to a small tribal village of Viet Hai minority. A guided walk will then take you through protected old-growth forest to reach the highest peak of the island which, on a good day, offers breath-taking views of Halong Bay. Return to Cat Ba by bike and boat to the comfort of your hotel.

Meals: Breakfast, Lunch & Dinner, Cycling 20km

Day 7 (Saturday) Cát Bà Island – Hải Phòng– Hội An

After breakfast take a taxi boat to Haiphong where a bus will transfer you to the nearby airport for your flight to Đà Nẵng. On arrival transfer to your hotel in Hội An. Enjoy the remainder of the day at leisure before a stroll through the picturesque old town of Hoi An with its wooden houses. Overnight stay in Hội An hotel. **Meals: Breakfast & Lunch**

Day 8 (Sunday) Hội An - Tra Que – Hội An

Today it is possible to see the daily life of the local farmers. In the morning cycle to Tra Que - a small village on the outskirts of Hội An. The name of the village originates from a sweet scented vegetable often used by the locals to spice their meals and is something new for you to try at lunch! Your host prepares a meal and explains the special ingredient. The afternoon is at leisure. Suggest exploring the picturesque old town or a relaxing afternoon on the white sand beaches of Cửa Đại or An Bang.

Meals: Breakfast & Lunch, Cycling approx. 17 km



Day 9 (Monday) Hội An – Huế

After breakfast we check out of the hotel and make our way to the former imperial city of Hue. Our transfer bus takes us over the Cloud Pass, the weather line between North and South Vietnam. After a short stopover on Lăng Cô Beach (incl. lunch break), we have the opportunity to cycle all the way along the coastline to Thuan An beach. Decide for yourself how many kilometers you wish to travel by bus or by bike. If weather conditions allow, we can stay for a refreshing swim, before we continue to Huế. After checking into our lodge the evening offers us some leisure time to explore the city for ourselves. Overnight stay at a hotel in Hue. **Meals: Breakfast & Lunch. Cycling approx. 20 km**



Day 10 (Tuesday) Huế

Today is dedicated to the old imperial city of Huế, situated between rolling hills and rice fields along a bend in the Perfume River. The spiritual heart of Vietnam beats here, with more than 300 temples and pagodas. In the morning we visit the rambling citadel, which once was reserved for the emperors of the Nguyen-Dynasty. After a late lunch we will leave city life behind and explore the rural surroundings by bike. We ride alongside water channels and rice fields to the canopied bridge of Thanh Toan. After a day of incredible cultural and scenery we enjoy a free evening in the Ecolodge Huế. **Meals: Breakfast & Lunch, Cycling approx. 23 km**

Day 11 (Wednesday) Huế – Hồ Chí Minh City– Mekong Delta

After breakfast transfer by air to Ho Chí Minh City. Connect with a transfer to My Tho, gateway of the Mekong Delta, where you board your riverboat. The boat takes you along the Mekong to Cái Bè. Along the way observe life on the river! In the afternoon cycle along the river mouth, exploring the surroundings and a number of the Mekong river arms and channels and the scattered islands therein. Take the opportunity to try exotic fruits while being amazed by different local handcrafts. Join your Junk and take a sunset sail towards Cai Be, where you will spend the night on anchor. **Meals: Breakfast, Lunch & Dinner, Cycling approx. 20 km**



Day 12 (Thursday) Mekong Delta: Cái Bè – Islands of Vĩnh Long und Traon

In the morning cross over to Vĩnh Long Island, where you cycle under palm-shaded paths around the island. Continue by boat to Traon Island where again you have the opportunity to explore the surroundings by bike. Later on enjoy the excellent cuisine on board and the wonderful evening atmosphere in the water labyrinth of the Mekong Delta.

Meals: Breakfast, Lunch & Dinner, Cycling approx. 30 km

Day 13 (Friday) Cần Thơ – Hồ Chí Minh City

During breakfast the ship takes you to Cần Thơ. Visit one of the region's last floating markets, and a large farmers market, rounding off your cultural experience of Southern Vietnam. Make sure you have a camera at the ready, as the colorful fruit stands are incredibly photogenic. After an early lunch on board transfer to Hồ Chí Minh City, for overnight in a hotel.

Meals: Breakfast, Lunch

Day 14 (Saturday) Ho Chi Minh City

Hồ Chí Minh City, former Saigon, is the “boomtown” and the modern centre of Vietnam. On a guided city tour learn about the growing megacity, the town hall, the twin-spired cathedral of Notre Dame, Renaissance-style main post office and other important sights which characterize the city's history. In the afternoon dive into the maddening crowd of Bến Thành Market where you will find all sorts of souvenirs to take home. A final evening meal allows you to reflect on the events of the vacation and to farewell your tour guide and crew. Overnight stay Ho Chi Minh City.

Meals: Breakfast, Lunch & Dinner

Day 15 (Sunday) Tour ends in Ho Chi Minh City

Arrangements end after breakfast, a group transfer is included today to Ho Chi Minh Airport (SGN). You can choose to extend your stay in Ho Chi Minh City, or take the **add-on tour to Cambodia**.

Meals: Breakfast



Changes to Itinerary: The boat captains and local tour operator reserves the right to change routes on account of unfavourable wind and weather conditions, and for organisational requirements.

OPTIONAL:

- **Extra nights in Hanoi & Ho Chi Minh** - price on request
- **1 night Hanoi pre-tour package** with breakfast & guided sightseeing tour with lunch, Double room €120 Euros per person (minimum 2 participants)
- **Flight from Ho Chi Minh to Siem Reap from €190 Euros, one way** (with Angkor Wat package only)
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CAMBODIA ADD-ON: ANGKOR WAT CYCLE TOUR

4 days/3 nights

From Siem Reap: (Approx. 120 km by bike Level: 2-3 Moderate, with air-conditioned support van)

The extensive temples of Angkor Wat are the largest religious monument in the world, and are perfect for an extension of your Vietnam holiday. The programme consists of moderately challenging cycle tours; some distances are covered by foot and are mostly sightseeing of the impressive temples. Take the opportunity and do not miss out on Angkor Wat.



1st Day (Sunday) Arrive Siem Reap and cycle tour in countryside

You will be met at Siem Reap airport in the morning, and transferred to your hotel. Then enjoy a guided cycle tour through the beautiful countryside of Siem Reap to the floating village of Kompong Phluk, located on the floodplain of Tonle Sap Lake. Explore this ecosystem in canoes, listening to the calls of the macaque monkeys, while observing the flora beneath the lakes surface. Dinner is accompanied by a traditional Aspara dance. Overnight in Siem Reap.

Cycle Tour approx. 35 km, Meals: Lunch & Dinner

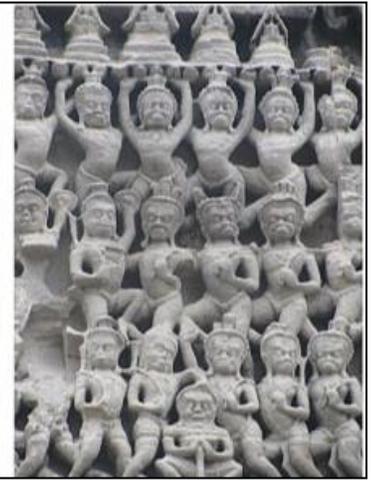
2nd Day (Mon) Siem Reap – Angkor Wat Temple exploration tour



Today is spent cycling through the Cambodian countryside, visiting a selection of temples along the way. Your first stop is the Ta Prom temple, commonly known as the Jungle Temple, where the mighty tree roots fight to reclaim the ruins. Continue on to the Bayon temple and pass the twin temples, Thommanon and Chau Say Thvoda, with stops at the Victory Gate, Terraces of Elephants and Lapper King. Enjoy a picnic lunch at the famous Angkor Wat temple before cycling on to watch the sunset from Phnom Bakeng. Overnight in Siem Reap.

Cycle tour approx. 35km and 2 hours by foot

Meals: Breakfast & Lunch



3rd Day (Tue) Siem Reap – Phnom Kulen

Today we combine biking and hiking to explore Siem Reap and its surroundings. Depart Siem Reap after breakfast and ride 36km to Phnom Kulen. Follow an enjoyable quiet dirt road via Kravan temple, Bantey Kdei, Sras Srang and Phnom Bok. On arrival in Rattanak Tey Pagoda continue on foot to the top of the mountain. After 88 steps reach Pres Ang Chup and stop for a short break. A well-earned rest gives you strength to climb the 100 steps to big Nevena (Pres Ang Thom,) passing over the river of 1000 Linga. Enjoy a picnic lunch at the waterfall before returning to the pagoda where a transfer vehicle returns you to Siem Reap. Overnight in Siem Reap.

Cycle tour approx. 50 km & 2 hours by foot

Meals: Breakfast & Lunch

4th Day (Wed) Tour ends - depart Siem Reap.

Breakfast, and free time until airport transfer.

Meals: Breakfast

VIETNAM BOATS:

JUNK IN HALONG BAY



MEKONG RIVERBOAT



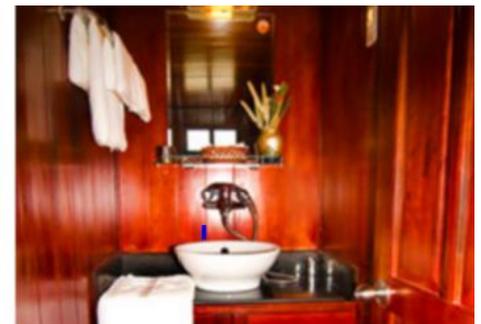
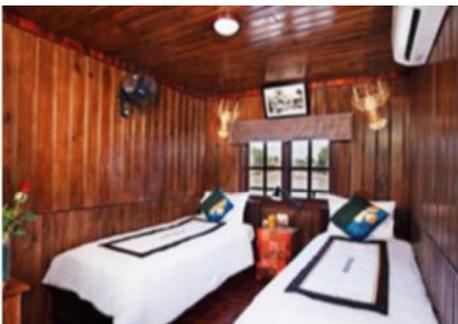


VIETNAMESE JUNKS (Ha Long und Bai Tu Long Bay)

It's easy to feel at home on the charming junks: classy furnishings, tables that are covered lovingly at each meal and the folded napkins are always a piece of art. Your ship has 11 guest cabins, with double or twin beds. Each cabin is equipped with an individually adjustable air-conditioner. The large windows guarantee a beautiful view. Each cabin has a bathroom including toilet and shower. On the spacious sundeck plenty of sunbeds are at your disposal. You are welcome to relax while the ship cruises through the fascinating island world and the red flag of Vietnam with its yellow star is blowing above your heads.



MEKONG RIVERBOAT: LE COCHINCHINE



In the Mekong Delta you cruise on the "Cochinchine", one of the largest and most modern ships in the region. Its shape is reminiscent of the traveling barques of the famous river delta in southern Vietnam. The comfortable riverboat is 27 m long, with a generously proportioned saloon that turns into a dining room with beautifully set tables. The ship has 10 air-conditioned cabins with double or

two single beds, large windows - each cabin has a tiled bathroom with shower and toilet. There is also a large sundeck with padded deckchairs - probably the best place to experience firsthand the lively activities in the many tributaries of the Mekong Delta.

HOTELS:

In Hanoi, on Cat Bay Island, in Hue and Hoi An (Central Vietnam) and in Ho Chi Minh (Saigon) you spend the night in good 3 - 4 star hotels.

MEALS:

Vietnam Tour: Daily Breakfast, 9 Dinners & 13 Lunches
Angkor Wat add-on: 3 Breakfasts, 3 Lunches, 1 Dinner

FLIGHTS:

Please note that you have to book your flight to **Hanoi**, and the return flight from **Ho Chi Minh City**. If possible, the arrival flight should arrive in Hanoi before noon on "Day 1" (Sunday).

Luggage allowance for flights included within Vietnam is only 20 kg.

Cambodia Add-on: The flight from Ho Chi Minh city to Siem Reap is not included. We can book a flight for you – cost on application). If you book your own flight, please book flight departing Ho Chi Minh (SGN) at approx. 8.30 am. You will need to also book a flight from Siem Reap to return to Ho Chi Minh or Singapore or other.

VIETNAM: Country Information

Vietnam is a country of immense beauty and geographical diversity.

The country is roughly divided into three main areas – Bac Bo (north), Trung Bo (centre) and Nam Bo (south). The main feature of the north of Vietnam is mountains and forests along with the vast Red River Delta. The north is also home to the Gulf of Tonkin and a maze of islands in the bay. Central Vietnam is made up of agricultural plains wedged between the Truong Son Mountains and the South China Sea making some dramatic mountain passes overlooking ocean vistas. The Mekong Delta dominates the south of the country. Vietnam has been the site of battles and invasions for over 2000 years. Influences of invaders or modern day 'liberators' have left the country with a unique cultural identity and a complex and fascinating history. This history has given Vietnam a diverse population made up of different ethnic groups. The predominant ethnic group is known as 'Kinh' and make up about 90% of the population. There are dozens of other ethnic groups including Cham and Khmer particularly in the south of the country.

Since the early 1990's, Vietnam has been opening its doors to tourism and facilities and infrastructure in the country are changing rapidly. Vietnam is still a communist country although the Government is at times very pragmatic and forward thinking. You still need to carry with you an abundance of patience and a good sense of humour to overcome the overt bureaucracy and the inevitable delays, however, the fascinating history and culture; the resilient and proud people; and the beauty of the varied landscape help to overcome any possible frustrations.

Climate:

Vietnam's climate can vary markedly from region to region due to its length stretching 1650 km from north to south. Generally two distinct seasons prevail in Vietnam. From November to April, the temperatures are usually fairly cool, especially in the north of the country. In the mountain areas temperatures can be as low as 0oC (32 degrees Fahrenheit) and there can be a constant light drizzle. Hotter temperatures and heavy monsoon rains characterize the months from May to October although you can experience rain at any time.

The hottest months of the year are June, July and August. Southern Vietnam's weather patterns are more constant with a rainy season from May to October and a relative dry season from November to February. The temperatures in the south can rise as high as 35oC (95 F) from March to May.

2020 TOUR DATES:

15- 29 March

29 March – 12 April

12 – 26 April

25 October – 08 November

01-15 November

08-22 November

15 - 29 November

22 November – 06 December

Each tour requires a minimum of 10 participants to guarantee departure (maximum is 20)

2020: 14 NIGHT VIETNAM TOUR COST PER PERSON IN EUROS:

Tour cost Double or Twin Share €3070

Single Supplement: €700

(single rooms are guaranteed for Hotel rooms only, not on boats)

Extra nights Hanoi or Ho Chi Minh – price on request

Optional Bike insurance: €10 (for theft & damage, does not cover gross negligent damage, please advise if you wish to take this at time of booking)

Optional: 1 night sightseeing package in Hanoi: €120 per person

Package includes 1 night in hotel with breakfast, and a guided sightseeing tour with lunch. You will be picked up from Hanoi Airport - Next morning a guide with shuttle bus will pick you up for a guided sightseeing tour of Hanoi, including lunch and museum entrance fee. You will be back at your hotel before 5.30 pm, in time to meet the guide and fellow travelers for your Vietnam Bike & Boat tour. (Full itinerary on request – tour needs minimum 3 passengers).

2020: OPTIONAL ADD-ON: CAMBODIA/ANGKOR WAT guided cycle tour 4 days/3 nights

Tour from Siem Reap: can be booked in-conjunction with the Vietnam Bike & Boat tour only:

Twin or double room €690

Single room supplement €300

Flight Ho Chi Minh – Siem Reap from €190 one way (optional, you can book your own flight)

Dates: March 29, April 12 & 26, November 08, 15, 22, 29, December 06

INCLUDED IN 14 NIGHT VIETNAM TOUR COST:

- o 14 nights accommodation: 4 nights on comfortable boats in air conditioned double cabins and 10 nights in good hotels (minimum 3 star)
- o Meals as specified in the itinerary
- o 2 Domestic flights in Vietnam (Haiphong – Da Nang & Hue to Ho Chi Minh City)
- o Guided bicycle tours, walks and kayak tours
- o All city tours and entrance charges to National Parks, museums, etc.
- o English speaking guides
- o Rental bikes (the bikes vary from destination to destination)
- o Airport transfers on the day tour starts and finishes only (Days 1 & 15 only)
- o Helmets are compulsory - must be requested at time of booking (limited number, no charge)

NOT INCLUDED IN VIETNAM TOUR COST:

- International Flights
- Meals not on itinerary
- Drinks on board boats and in hotels/restaurants
- Private transfers on days other than tour days
- Bike Insurance
- Visa Fees for Vietnam & Cambodia
- Tips for guide & crew

INCLUDED IN 4 DAY/3 NIGHT ANGKOR WAT TOUR COST:

- 4-day tour with 3 nights in a very good Hotel in Siem Reap (minimum 3 star)
- Support vehicle with air -conditioning
- Meals as described in itinerary
- Guided cycle tours, hikes as described in programme
- All local conducted tours, city tours and entry fees for national park and museums
- English speaking tour guides
- Water and snacks/ fruits during excursions
- Rental bike
- Helmets (limited number available - no charge), must be requested at time of booking

NOT INCLUDED IN ANGKOR WAT TOUR COST:

- Flight Ho Chi Minh City – Siem Reap (1 way = €190 approx.)
- Drinks
- Visa to Cambodia (US\$30 on entry)
- Personal costs
- Meals not described in itinerary
- Tips for guide & support crew

HELMETS

Helmet use is mandatory on all bike rides. You are strongly encouraged to bring your own (well-fitted) helmet. A limited number of helmets can be offered – please request at time of booking.

VISA REQUIREMENTS

Your passport must be valid for at least 6 months

Vietnam: A visa is required and can be obtained online.

Cambodia: If you choose to do the optional extension to Siem Reap/Angkor Wat, a visa for Cambodia can be obtained on entry for US\$30, and 2 passport photos.

INOCULATIONS

There is no absolute requirement for inoculations for Vietnam - **We recommend that you see your family doctor or a doctor for tropical diseases at least two months before the trip in order to get the necessary advice.** The Institute for Tropical Diseases, however, recommend a vaccination against Hepatitis A and under certain circumstances also against typhoid. Since some of these inoculations have to be repeated, you should plan these in plenty of time. A sufficient tetanus protection as well as an inoculation against polio and diphtheria (single vaccination, so-called three-way combination) should also be guaranteed. A prophylactic malaria treatment is not absolutely necessary



GROUP SIZE: Minimum 10 / maximum 20 participants.

HOW TO BOOK:

Please contact us by phone or email and request to hold an "OPTION" for your preferred tour date, we can usually hold a place on the tour for you for a few days, to give you time to pay deposit.

Deposit for Vietnam Bike & Boat: NZ\$900 per person: To confirm the reservation for the Vietnam Bike & Boat tour we require a deposit of NZ\$900 per person and a completed a booking form.

Deposit for the Angkor Wat add-on is an additional NZ\$450 per person.

All deposits are non-refundable.

Booking information required:

- Room type: Twin, Double or Single?
- First and last names (as seen in passport; no nicknames)
- Passport Number & Expiry date
- Nationality
- Date of birth
- Height measurements for bike rental
- Tick if you want a helmet
- Bike insurance yes/no
- Contact number while abroad
- Arrival flight details for transfers

Please request a booking form, or download it from our website www.cycling-europe.com please scan/email (or post) the completed/signed form to A Walker's World. Your deposit can be paid by direct deposit/internet banking (Visa & MasterCard), we will give you bank details when you request booking.



Book through:

A Walker's World

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