



## VIETNAM AND CAMBODIA

**ACTIVE INDOCHINA  
BY BIKE, FOOT & KAYAK  
12-DAYS**

This vacation tour provides a double dose of adventure. You'll visit both Vietnam and Cambodia, and the trip is perfect for adventure travellers seeking a slightly more luxurious active adventure experience in Southeast Asia. On this 12-day adventure tour, we stay in 4-star hotels and on an Indochina Sailing Junk. The first eight days are in Northern Vietnam, kicking off in Hanoi, where we hike and ride rickshaws around the bustling old quarter. We mountain bike through remote villages past terraced rice paddies, trek into the Sapa Region witnessing the colourful Dzao hill tribe, and overnight in a cozy Eco Lodge high in the mountains. In Halong Bay we explore a labyrinth of limestone cliffs that rise out of the sea from the comfort of our sailing junk and ocean kayaks. The last four days are in Cambodia, visiting Angkor Wat, the epitome of classical Khmer architecture, as well as the monuments in Phnom Kulen National Park and Kompong Phluk, a medieval floating village. This 12-day adventure vacation is loaded with comfort, culture, nature, and adventure.



## Day 1

### HANOI

#### ARRIVAL

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Upon arrival into the Hanoi airport a BikeHike Adventures representative will greet you and transfer you to a comfortable hotel. Depending on your time of arrival, you'll likely have free time to relax, get adjusted and explore a bit of Hanoi's bustling Old Quarter. In the evening you'll meet your guide and enjoy a savoury spread of Vietnamese dishes for dinner followed by a visit to the Water Puppet Theatre for a performance of this ancient traditional art form. Puppeteers stand in waist-high water and manipulate their charges in such a way that you can't help but be swept up in the legend being told. Overnight at a comfortable hotel.

**Accommodation:** Hotel

**Meals:** Dinner



## Day 2

### HANOI - LAO CAI

#### CITY TOUR

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Today we dig deeper into Hanoi, exploring some of its historic sites, such as The Ho Chi Minh Mausoleum and his house, The History Museum, One Pillar Pagoda and the 11th century Temple of Literature. We'll then break for lunch and afterwards we'll ride in cyclos, touring the historic French Quarter. This area is a shoppers and photographers paradise as the streets are alive with colourful shops and vendors selling everything imaginable. We'll also visit the Hoan Kiem Lake in the heart of Hanoi and have a chance to go for a walk and visit its pagoda. After the tour we'll return to our hotel to relax and prepare for our 930pm night train to Lao Cai. We have a 6:00pm check-out from our rooms. Dinner is on your own this evening. The air-conditioned sleeping berths have 4 beds.

**Accommodation:** Train

**Meals:** Breakfast, Lunch

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## Day 3

### LAO CAI - NAM CANG

#### BIKING

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We'll arrive into Lao Cai early in the morning and have breakfast in a restaurant near the train station. We then depart for Cam Duong. Once in the mountains, we'll begin our cycling adventure to Thanh Phu village. We'll ride through a spectacular landscape of verdant mountain scenery and over a couple of small passes. Lunch will be served in a local home. From here, we'll continue a scenic ride crossing the valleys through villages, rice fields and across a hanging bridge to Nam Cang village. We'll check into the tranquil and comfortable Nam Cang Riverside Lodge, built and owned by a Red Dao Minority family. The rooms are simple here, but comfortable and there is a shared bathroom for tonight. Nam Cang is located in the most remote area of Sapa and here we'll experience the Red Dao women wearing some of the most colourful and diverse costumes of all Vietnam's ethnic groups. Herbal bath, local medicine and embroidery are some of the things that the Red Dao are very skilled at. We'll explore the village and learn how the local villagers make writing paper from rice, silver jewelry and embroidery. We'll follow a Red Dao lady to the jungle to collect herbs, which are used for their famous herbal medical treatment. This evening, enjoy dinner in the peaceful mountain atmosphere with lots of opportunities to interact with the locals.

**Ascent:** 1092 m / 3582 ft

**Biking Distance:** 35 km / 22 mi

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Dinner

## Day 4

### NAM CANG - NAM NHIU

#### HIKING

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We'll wake up to the sound of nature and then head for a traditional breakfast, served just few feet from the river. Afterwards, we'll set out on foot, walking along a quiet dirt road and eventually reach a trail that winds through a beautiful terraced rice valley. We'll cross over a stream on a suspension bridge, and have spectacular views of the rice paddies surrounding us. If we're lucky, there will be water buffalo plowing through the muddy fields, which will make for some great photo opportunities. Our hiking route is also through bushes of tropical plants with some steep paths leading up the mountainside. We'll arrive to Nam Nhiu village at noon, and have the chance to visit another Red Dao village. Here our driver and vehicle will be waiting to transfer us to our accommodation in a mountain ecolodge, where we'll check in and then have lunch. This afternoon is free time or for those who want to explore further, head out on another two hour walk to Thanh Kim village with your guide.

**Ascent:** 166 m / 545 ft

**Hiking Distance:** 15 km / 9 mi

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Dinner

## Day 5

### GOLDEN STREAM VALLEY - HANOI

#### HIKING

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Today enjoy a relaxing morning with no activities. Breakfast will be served at our lodge and at 10:00am we'll check out and drive to Ta Van village, inhabited by the Dzay people, in the center of the Golden Stream Valley. The view is stunning from the road, with wide valleys and traditional villages dotted amongst terraced fields bordered by the impressive Fansipan mountain. Here we'll meet Mrs Sung, a local H'mong woman, who will introduce us to the valley and her village. We'll walk through Ta Van village with a short visit to a local school. (Please note that the visit of the school cannot be guaranteed, e.g. during term break the school is closed). We'll continue walking to Lao Chai, a village of Black H'mong people. The walk is mostly downhill in a spectacular setting of rice terraces and impressive mountain views. Once in Lao Chai, we'll meet Mrs. Sung's family and learn about their daily lives and fascinating culture. We'll then enjoy a light home-cooked lunch with them. Later in the afternoon, our hosts will teach us their traditional batik skills and indigo dying. Afterwards, we'll walk back to the main road to meet up with our driver who will drive us back to our accommodation in Hanoi. We'll arrive at our hotel about 9pm this evening.

**Ascent:** 175 m / 575 ft

**Hiking Distance:** 10 km / 6 mi

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Dinner

## Day 6

### HANOI - HALONG BAY

#### BOATING AND KAYAKING

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We'll be picked up and transferred to a restaurant for breakfast. Then at 8:00am we'll depart for a drive to Halong Bay through the Red River Delta with a coffee stop on the way. Upon arrival into Halong Bay, a World UNESCO Heritage Site, we'll transfer to a luxury Junk, a traditional Vietnamese boat, and enjoy a welcome cocktail on board. We will start cruising while everyone checks into their cabins. For lunch, we'll feast on fresh local seafood while cruising to the boundaries of Halong Bay. Our course is away from the populated, touristy areas and into the more authentic reaches of Halong Bay. Once we reach Bai Tu Long we'll get into our sleek two person kayaks and paddle among the incredible karst formations for one or two hours. We'll then return to the junk boat where everyone can enjoy an aperitif on the sundeck. Dinner is a buffet, served on board featuring an array of salads, seafood, meat and fresh fruit. Overnight on-board the Junk Boat in air-conditioned cabins with en-suite bathrooms.

**Accommodation:** Junk Boat

**Meals:** Breakfast, Lunch, Dinner

## Day 7

### HALONG BAY

#### BOATING & KAYAKING

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For those interested in an early morning tai chi session, there will be one happening on the sundeck at 6:30am, along with coffee and tea. Breakfast begins at 7:00am. After breakfast we'll transfer to a smaller boat, for a cruise further to explore the hidden nooks of the archipelago and into the area that we will start our kayaking. Then we have a good chunk of the day to paddle kayaks on the calm emerald waters, past limestone karsts and floating houses, and small sandy beaches that are taken away in the high tide. We'll have a traditional Vietnamese lunch served on our support boat. We'll return to our junk boat mid-afternoon where everyone can refresh before relaxing on the sundeck, enjoying the dramatically beautiful scenery. The evening is at leisure to relax under the starlit sky before retiring to the comfort of our cabin. Overnight again on the Junk Boat.

**Accommodation:** Junk Boat

**Meals:** Breakfast, Lunch, Dinner



## Day 8

### HALONG BAY - HANOI - SIEM REAP

#### BOATING

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This is our last morning in Halong Bay, so we wake up early to make the most of it. There will be another 6:30am tai chi session for anyone who'd like to participate. Then we'll hop on bamboo boats and visit a secluded floating village surrounded by the mountains. We make our way between a series of floating homes and small rowing boats, all that serve the local's everyday lives as vehicles, shops, fishing utilities and overnight shelter. We return to the junk boat for 9am and then start cruising back to the pier in Hongai. Brunch will be served along the way. Our driver will be awaiting us here and will transfer us by vehicle back to The Hanoi International Airport. From here we will connect with our flight to Siem Reap, Cambodia, with an approximate departure of 5:00pm. Upon arrival we'll be met and transferred to a comfortable hotel in town.

**Accommodation:** Hotel

**Meals:** Breakfast

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## Day 9

### SIEM REAP

#### BIKING

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This morning we cycle to the Mother of all temples, Angkor Wat. Believed to be the world's largest religious building, this temple is the source of pride and strength to all Khmers. Built in the 12th century by King Suryavarman II, this is the most famous temple at Angkor. Stretching for almost one kilometre, this intricate carving is a candidate for the world's longest unbroken piece of art. We'll continue to the upper levels of the inner sanctuary. The final steps to the upper terrace of Angkor are quite steep, where pilgrims would stoop on their pilgrimage to encounter the Gods. Finally we see the pinnacle, the sacred heart of Angkor Wat. Late morning, we continue on to visit Angkor Thom, an immense walled city that was the masterpiece of King Jayavarman VII. At the southern end lies the Baphuon, once of the most beautiful temples at Angkor, dating back to the 11th century. Our climax is the enchanting temple of the Bayon. Its 54 towers are each topped off with the four faces of Avalokiteshvara (Buddha of Compassion). We'll enjoy a picnic lunch nearby the temple of the Bayon. Afterwards we set off on bicycles to Gate of the Dead and then onward to Victory Gate. We'll then follow a road to the 'Indiana Jones' temple of Ta Prohm. The tentacle-like tree roots here are slowly strangling the surviving stones. Ta Prohm has been abandoned by the elements, a reminder that while empires rise and fall, the riotous power of

nature marches on, oblivious to human history. If time allows, we'll visit Banteay Kdei or finish with a sunset drink at Srah Srang. We return to the same hotel in Siem Reap and have the rest of the evening at leisure.

**Biking Distance:** 18 km / 11 mi

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch

## Day 10

### PHNOM KULEN NATIONAL PARK

#### HIKING

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After breakfast, we'll be picked up at the hotel and transferred to Phnom Kulen National Park for our trek. We start at the base of Mount Kulen, first ascending stairs to a breathtaking panoramic lookout point. We then continue our trek to visit the riverbed carvings in the "Valley of 1000 Lingas" (dedicated to the God Shiva) along the Stung Kbal Spean River. We'll visit the reclining Buddha enshrined in Preah Ang Thom temple. This enormous Buddha was carved into sandstone in the 16th century. Afterwards, we'll visit the magnificent nearby waterfalls. We'll enjoy lunch at a local restaurant before trekking further to the bat caves, Srah Damrey and Wat Preah Kral, where we can interact with local monks. We return to the same hotel in Siem Reap and have the rest of the evening at leisure.

**Hiking Distance:** 25 km / 15 mi

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch

## Day 11

### KOMPONG PHLUK

#### BIKING & BOATING

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This morning we are back on bikes, following small backroads through rural landscapes and picturesque villages. Our first stop is the temple of Bakong. We continue into Ruluos town to visit a very local market, virtually untouched by tourism. After a refreshment here, we follow the path of Ruluos River to a point where we'll board small wooden boats to continue our trip to Kompong Phluk. Cruising down the narrow waterway, we enter a medieval floating village where the houses stand atop stilts as high as seven meters above the water. Everything lives on the water here -- pigs, dogs, crocodiles and people, all jockeying for space in this incredible floating town. We'll explore the local wat here before boarding a larger boat and cruising through the flooded forest and across the great lake to Chong Kneas, an expansive floating village with over 1000 houseboats. This village includes everything from a floating church to a

floating police station. Afterwards, we travel to the holy mountain of Phnom Krom, where we'll have a short hike to enjoy a glorious sunset before heading back to Siem Reap. We return to the same hotel in Siem Reap and have the rest of the evening at leisure.

**Biking Distance:** 20 km / 12.5 mi

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch

## Day 12

### SIEM REAP

#### DEPARTURE

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We'll transfer you to the Siem Reap airport to catch your international flight home or onward in South East Asia.

**Meals:** Breakfast

## TRIP INCLUSIONS

### Trip Includes

All accommodation (twin shared), meals as indicated, internal transportation excluding flight (Hanoi-Siem Reap), all equipment (mountain bikes and kayaking gear) and English-speaking guides.

### Not Included

International airfare, flight (Hanoi -Siem Reap), airport taxes, gratuities, meals not indicated and items of a personal nature.

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