



## VIETNAM

**BIKE, HIKE & KAYAK NORTHERN VIETNAM**  
**BY BIKE, FOOT & KAYAK**  
**11-DAYS**

Adventurous travellers will revel in this trip to Vietnam, a geographically diverse country that offers some of the best playscapes in South East Asia. Our adventure kicks off in Hanoi, where we explore the bustling old quarter on foot and in rickshaws. We spend a few days on mountain bikes snaking along dirt roads that carve around steep mountains, through remote villages and alongside fertile meadows. To add a burst of culture, we trek into the Nam Cang Village to see the colourful Red Dao hill tribe. The wow factor continues in Halong Bay where we slip into sea kayaks and paddle amongst rugged limestone cliffs that rise out of the sea. This 11-day ramble is loaded with culture, nature and activity and is a sure bet to satisfy all of your adventure cravings.



## Day 1

### HANOI

#### ARRIVAL

---

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 followed by a visit to the Water Puppet Theatre for a performance of this ancient traditional art form.

**Accommodation:** Hotel

**Meals:** Dinner



## Day 2

### HANOI

#### WALKING & RICKSHAW RIDING

---

After a hearty breakfast we'll set off to explore some of Hanoi's historic sites, such as The Ho Chi Minh Mausoleum, One Pillar Pagoda and the 11th century Temple of Literature. After lunch, we'll visit the Ethnology Museum and then we'll ride in rickshaws, touring the historic 36th Street Old Quarter--it's a shoppers and photographers delight as the streets are alive with shops and vendors making and selling everything imaginable. The evening is free to have dinner on your own before we'll make our way to the train station for the overnight train to Lao Cai. The air-conditioned sleeping berths have 4 beds.

**Accommodation:** Train

**Meals:** Breakfast, Lunch

BikeHike Adventures

For more details call BikeHike Adventures at 1-888-805-0061 or 1-604-731-2442 email [info@bikehike.com](mailto:info@bikehike.com) or surf us at [www.bikehike.com](http://www.bikehike.com)

## Day 3

### LAO CAI - NAM CANG - TOPAS

#### MOUNTAIN BIKING

---

We'll arrive into Lao Cai early in the morning and then 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. 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. After the tour, we'll transfer by van to our hilltop ecolodge for the night.

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

**Ascent:** + 1092 m (3582 ft)

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Dinner

## Day 4

### HILLTOP ECOLODGE - LECH VILLAGE

#### HIKING

---

We'll wake up to the sound of nature and have a traditional breakfast. Afterwards, we'll set out on foot to Lech Village. We'll 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. After exploring the village, we'll head back to our lodge for a late lunch. The remainder of the afternoon is free to relax and enjoy your surroundings.

**Hiking Distance:** 7 km / 4.3 mi

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Dinner



BikeHike Adventures

For more details call BikeHike Adventures at 1-888-805-0061 or 1-604-731-2442 email [info@bikehike.com](mailto:info@bikehike.com) or surf us at [www.bikehike.com](http://www.bikehike.com)



## Day 5

### GOLDEN STREAM VALLEY - SAPA

#### HIKING

---

Today enjoy a relaxing morning with no activities. Breakfast will be served at our lodge and at 10am we'll check out and drive to Ta Van village, inhabited by the Dzay people, in the centre of the Golden Stream Valley. The view is stunning from the road, with wide valleys and traditional villages dotted among 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 and then onwards 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 to our hotel in Sapa. From the rooms of our hotel, we'll have great views of the surrounding mountains and valleys. For those who want to treat themselves to foot massages before dinner, it is highly recommended here. Overnight at a comfortable hotel.

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

**Ascent:** +1011 m (3316 ft)

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch

## Day 6

### BINH LU - SAPA

#### BIKING

---

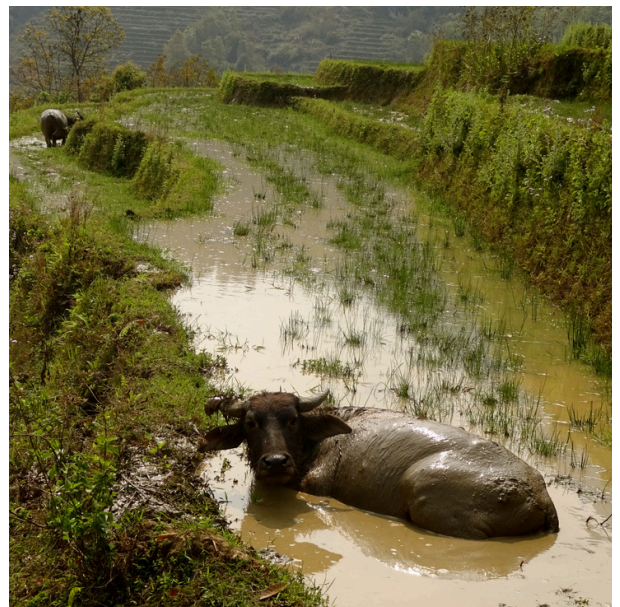
This morning we switch gears and spend the day on mountain bikes. First we transfer by vehicle to Silver Waterfall, and then we have a tough 3 km / 2 mi climb to Heaven's Gate. We'll ride over Tram ton Pass, the highest in all of Indochina and the views of the Hoang Lien Valley are dramatically beautiful. Then we free-wheel 26 km / 16 mi downhill to Binh Lu Junction. The Binh Lu area is dotted with the villages of many hill tribes including Thai, Dzao, H'Mong, Lu and Nung. After lunch we'll cycle our last stretch to a Thai village where we'll stop to explore a Fairy Cave. We then jump back into our van and drive over the pass back to our hotel in Sapa. Dinner is on your own tonight.

**Biking Distance:** 40 km / 25 mi

**Ascent:** + 1770 m (5807 ft)

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch



BikeHike Adventures

For more details call BikeHike Adventures at 1-888-805-0061 or 1-604-731-2442 email [info@bikehike.com](mailto:info@bikehike.com) or surf us at [www.bikehike.com](http://www.bikehike.com)

## Day 7

### SAPA - TA PHIN VALLEY - HANOI

#### HIKING

---

This morning we start with a hearty buffet breakfast at our hotel. Then we set off on foot, for a day of hiking from Sapa to Ta Phin Valley. We'll walk through the town of Sapa for about 20 minutes until we reach a dirt road that leads to Ma Tra, a Black H'mong village. Our trekking route is through a beautiful mountainous landscape with vegetable gardens and rice terraces dominating the landscape. We'll have some time to visit local families and learn about their traditional fiber processing. Then we continue our hike to Ta Phin village of the Red Dzao tribe. This is one of the most scenic valleys in all of Vietnam. We'll break for lunch here before exploring the village. We'll then transfer back to Sapa and we'll have some free time to explore the town, the local market and the sloping streets with all of the colourful handicrafts. In the late afternoon, we'll return to Hanoi by vehicle with an estimated arrival back to our hotel about 10pm.

**Hiking Distance:** 15 km / 10 mi

**Ascent:** + 1240 m (4068 ft)

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch

## Day 8

### HANOI - HALONG BAY

#### JUNK BOAT

---

We'll be picked up and transferred to a restaurant for breakfast. Then at 8am 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 enjoy a buffet of traditional dishes while sailing through Halong Bay to reach the more remote areas. We'll stop at Titov Island where there is time to relax on the beach, swim and hike up the peak for amazing views of the Bay. We'll then return to the junk boat where everyone can enjoy an aperitif on the sundeck during a cooking demonstration. 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:** Boat

**Meals:** Breakfast, Lunch, Dinner

## Day 9

### HALONG BAY

#### JUNK BOATING & SEA KAYAKING

---

For those interested in an early morning tai chi session, there will be one happening on the sundeck, along with coffee and tea. 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 where we'll go sea kayaking. We'll paddle for a few hours 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 today. We'll then make a stop at the Pearl Farm Museum to learn about the importance of this industry to the region. The remainder of the day is free to relax 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:** Boat

**Meals:** Breakfast, Lunch, Dinner

## Day 10

### HALONG BAY - HANOI

#### JUNK BOATING

---

This is our last morning in Halong Bay, so we wake up early to make the most of it. There will be another early morning tai chi session for anyone who'd like to participate. Then we'll cruise to the Surprise Cave, one of the largest grottoes of Halong Bay. We'll have time to explore the grotto before making our way back to the pier on the mainland. Breakfast will be served along the way. Our driver will pick us up at the pier and transfer us by vehicle back to Hanoi. We should make it back into Hanoi at about 4:30pm. There will be free time for last minute shopping and exploration of Hanoi before meeting for our farewell dinner.

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Dinner



BikeHike Adventures

For more details call BikeHike Adventures at 1-888-805-0061 or 1-604-731-2442 email [info@bikehike.com](mailto:info@bikehike.com) or surf us at [www.bikehike.com](http://www.bikehike.com)



*Day 11*

HANOI

DEPARTURE

---

We'll pick you up at your hotel and transfer you to the airport for your journey home.

**Meals:** Breakfast



## TRIP INCLUSIONS

### **Trip Includes**

All accommodation (twin shared), meals as indicated, all internal transportation, 21-speed mountain bikes, airport transfers and English-speaking guides.

### **Not Included**

International airfare, airport departure taxes, gratuities, meals not indicated and items of a personal nature.

BikeHike Adventures

For more details call BikeHike Adventures at 1-888-805-0061 or 1-604-731-2442 email [info@bikehike.com](mailto:info@bikehike.com) or surf us at [www.bikehike.com](http://www.bikehike.com)