



## Vietnam Ride and Trek

This *moderate* mix of active and cultural touring explores the back roads of north Vietnam's Tonkin hills. Set out for a six day ride into the tribal districts of the Laos borderlands by less travelled paths. Make a three day trek in the tribal heartland at Sapa and cruise on the picturesque Halong bay. The cycle tour is vehicle supported and the Sapa village homestay trek will follow graded local paths.

Visit Ha Noi, Nai Chau, Son La, Dien Bien Phu, Lai Chau, Sapa, Halong Bay.



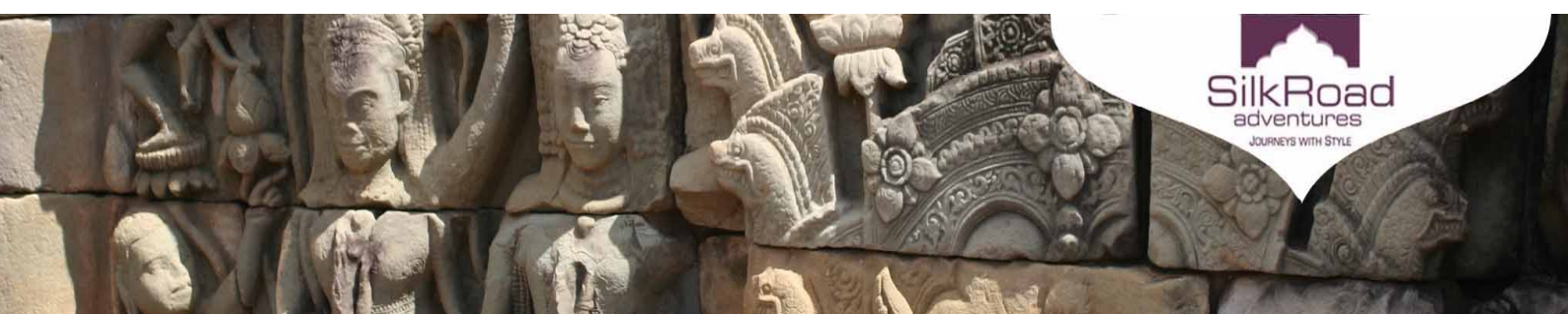
Length of trip	<b>15 days</b> 7 cycle touring days 2 trekking days.
Accommodation	<b>Hotels, Guest houses</b>
Meals included	<b>Yes</b>
Travel Style	<b>Vehicle supported cycle tour</b> <b>Porter supported trek.</b>
Escort	<b>Local English speaking guide</b>
Maximum group	<b>12</b>
Sightseeing and entry fees	<b>Included</b>
Commences	<b>Ha Noi</b> <b>28<sup>th</sup> October 2012</b>
Concludes	<b>Ha Noi</b> <b>11<sup>th</sup> November 2012</b>
COST	<b>NZ\$4,900</b> based on twin share. <i>(prices subject to change)</i>



Often I found where I should be going by setting out for somewhere else.

- Unknown





## Itinerary at a Glance :

### Day 1 Commence Hanoi

Met on arrival and transfer to the hotel.

### Day 2 Hanoi

A full day to visit Hanoi. Visit the Ho Chi Minh Complex and the Ethnology Museum, the Old Quarter, Hoan Kiem Lake and Temple of Literature. Tonight, watch the famous water puppet performance at Thang Long Theatre.

### Day 3 To Mai Chau (50km transfer/cycle)

Transfer 3hrs by road to Hoa Binh to get out of the city traffic before commencing 50km ride to picturesque Mai Chau. Today the ride wont be too taxing however there is a 200m climb before the downhill cruise into the Mai Chau valley. At Lac Village our hosts will be the White Thai ethnic group.

### Day 4 To Moc Chau (60km transfer/cycle)

The ride today will take us into the Black Thai tribal region on paved roads. We climb steadily away from Mai Chau.

### Day 5 To Son La (121km transfer/cycle)

Today the ride cruises past dramatic Karst cliffs on a down grade to the lunch stop at Yen Chau. Jagged limestone crags form a backdrop to the afternoon ride to Son La.

### Day 6 To Tuan Giao (80km transfer/cycle)

There will be plenty of interest on the ride today, some grades to get up and over and some lengthy stretches of winding road to reach the junction of HW6 and HW279 at Tuan Giao.

### Day 7 To Dien Bien Phu (78km transfer/cycle)

More stunning karst landscapes are a feature of the ride today as we cruise gorges, hillsides and valleys to reach the long downhill ride into the Dien Bien Phu basin.

### Day 8 To Lai Chau (95km transfer/cycle)

This morning we head north on HW12 towards Lai Chau following a series of valleys and forested saddles. Later in the day our ride will be interrupted by the massive Muong Lay hydro electric project. Here we transfer to the support vehicle and drive to Lai Chau.

### Day 9 To Sapa (71km transfer/cycle)

Our last day on cycles will be the most challenging. There are two passes to climb. Giay Ma is a 5km ascent and Hoang Lien is 26km. From the summit at 'Heaven Gate' its a pleasant 16km downhill into Sapa.

### Day 10 Trek to Sin Chai

Today we head off by jeep to the trail head at the head of the picturesque Ban Ho valley. We have lunch at the Tay ethnic village of Thanh Phu. Continue the trek to overnight at Sin Chai, a Red Dao village.

### Day 11 Trek to Lao Cai

Trek down to My Son village of the Xafo ethnic minority and continue to lunch at Nam Toong village. Our trek ends at Su Pan later in the afternoon then we transfer by road to Lao Chai to freshen up before taking the overnight train to Hanoi.

### Day 12 To Halong Bay

On arrival in Ha Noi transfer to a hotel day room to freshen up and around 8.30AM head off to Halong city to board our traditional style junk and commence the cruise of Halong Bay World Heritage area. Lunch on board

### Day 13 Halong cruise

Today the vessel will stop in remote bays for sea kayaking, swimming and cave visits. Enjoy the cruising with lunch, relaxing on the sun deck and dinner.

### Day 14 To Ha Noi

Today we cruise back to the mooring at Halong City and disembark for the transfer back to Ha Noi. Remainder of day at leisure

### Day 15 Cruise to Vinh Xuen

We conclude our arrangements in Ha Noi today with a transfer to the airport.

## Link from :

### Discover Yunnan

Get behind the scenery on this *touring style* journey to uncover the fascinating cultures and stunning landscapes of China's most diverse region. Follow the historic trade route from the Tibet plateau to tropical Ha Noi by way of Yunnan's World Heritage cities of Lijiang and Dali, the stunning terrace

fields of Yuanyang and the spectacularly diverse ethnic district of Sapa in Vietnam's Hoang Lien Son mountains.

Visit Kunming, Zhogdian, White Terraces, Tiger Leaping Gorge, Lijiang, Dali, YuanYang, Sapa, Ha Noi.

**Commence Kunming 13 Oct, conclude Hanoi 30 Oct**