

CYCLE TOUR OF NORTHERN VIETNAM

7 DAYS 6 NIGHTS

Routing: Ha Noi – Ninh Binh – Hai Phong – Ha Long

Tour Style: Nature, Culture & History Tour

Tour Start: in Ha Noi / **Tour End:** in Ha Noi

Trip duration: 7 Days 6 Nights

No. of guests: 2 pax

Tour Summary

Day	Trip Summary
1	HA NOI – XUAN MAI – NINH BINH CUC PHUONG NATIONAL PARK (L,D)
2	CUC PHUONG – TRANG AN – NINH BINH (B,L)
3	NINH BINH – HAI PHONG – CAT BA (B,L)
4	CAT BA ISLAND (B,L)
5	CAT BA – HA LONG (B,L)
6	HA LONG – HA NOI (B,L)
7	HA NOI – DEPARTURE (B) – NO GUIDE

Trip Details

DAY 1: HA NOI – XUAN MAI – NINH BINH CUC PHUONG NATIONAL PARK (L,D)

7h00 Am: Pick up at the hotel or we may pick you up from the airport port. A few-hour drive takes us to Xuan Mai before we set off on a half-day cycling through the breathtaking mountainous region to Ninh Binh Town (70 km). On our journey, there are some opportunities to see ethnic minority people, all friendly and welcoming. Overnight in CucPhuong national park.

DAY 2: CUC PHUONG – TRANG AN – NINH BINH (B,L)

An early morning take a short biking in the park to Nguoi Xua cave in Cuc Phuong national park (15 km) then heading out of Ninh Binh Town we embark on a boat trip to Trang An, passing through the picturesque landscape of rice fields surrounded by limestone formations with magnificent caves. In the afternoon we pedal south to visit. Overnight in Ninh Binh.

DAY 3: NINH BINH – HAI PHONG – CAT BA (B,L)

Then pedal through the rich farming land of the Red River Delta to Hai Phong. Stop at PhoMinh pagoda and Tran Temple in Nam Dinh. The journey is long but road conditions ameliorated will allow you to have more time at every stop. Today is a long day visiting farmers at work and local homes.

We continued our journey to Halong Bay (70 km) by minibus. Take the local ferry to Cat ba. Check-in at the Hotel and night in Cat Ba.

DAY 4: CAT BA ISLAND (B,L)

The primeval forest and the tranquil town make Cat Ba Island one of Vietnam 's delightful places. We spent a half day cycling in Cat Ba, visiting the national park, the central market and the fishing port. The remainder of today is free to relax on a beach. Overnight in Cat Ba.

DAY 5: CAT BA – HA LONG (B,L)

Am: Breakfast at hotel . HaLong Bay is one of Vietnam 's most impressive scenic sights. After a short transfer from the town, we embark on a cruise out to explore the world natural heritage dotted with some thousands of rock formations. Along the way we will anchor for a leisurely swim in a secluded cove and a seafood lunch. Overnight in Halong

DAY 6: HA LONG – HA NOI (B,L)

Am: breakfast at hotel then free and easy to cycle around . Mid morning departs to Hanoi, Many stops to ride, stopping at Dong Trieu Pottery village. Overnight in Ha Noi.

DAY 7: HA NOI – DEPARTURE (B) – NO GUIDE

There is free time to further explore Ha Noi. The tour ends after your transfer to Noi Bai Airport for departure.

THINGS TO BE PREPARED

1. Hat
2. Small backpack
3. Shoes and shorts for cycling
4. Sunglasses
5. Gloves
6. Professional Pedal

LIST OF HOTELS USE

City	Hotel / Train / Boat
	4 STARS
CUC PHUONG	CUC PHUONG RESORT & SPA
NINH BINH	LEGEND NINH BINH
CAT BA	CAT BA ISLAND
HA LONG	SAI GON HA LONG HOTEL
HA NOI	REX HOTEL

INCLUSIVE

- Sport bikes with 21 or 18 speeds for the journey.
- All hotels (twin share or dorm) and meals specified
- Cycle support by a/c vehicles
- Boat ticket back from Cat Ba island to Haiphong
- Private junk from Halong bay - Cat Ba island.
- Water and fruits whilst riding
- All entrances to museums and sites mentioned
- Private Vietnamese English speaking guide
- Full meals as mentioned

EXCLUSIVE

- Visa Fees
- Alcoholic, and other beverages in the evenings
- Tips for guides.
- Personal travel insurance
- Any services not mentioned in itinerary