

SPICE ROADS

CYCLING



NORTHERN VIETNAM KOM CHALLENGE: HANOI TO SAPA

Tour Code
VNM-VRB

9 DAYS
8 NIGHTS

	Destinations	Vietnam
	Tour Meets	Hanoi, Vietnam
	Tour Ends	Hanoi, Vietnam
	Fly in to	Noi Bai International Airport
	Fly out of	Noi Bai International Airport
	Group Size	2-16 riders
	Minimum Age	18 (on scheduled departures)

ACTIVITY PROFILE



6 Cycling days	538 _{km} Total cycling distance
90 _{km} Avg distance / day	1891 _m Avg climbing / day

PRICING



Price
Bike Hire (Standard Road Bike)
Single Supplement

US\$ 2,150
US\$ 210
US\$ 300

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Accommodation

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

DEPARTURES



23 September - 01 October 2024
28 October - 05 November 2024
24 February - 04 March 2025
07 April - 15 April 2025
22 September - 30 September 2025
27 October - 04 November 2025

TRIP PROFILE

This tour is designed for road cyclists seeking a true challenge. In 6 cycling days, this ride traverses some of the most fantastic mountain terrain in Indochina, featuring tough climbs, high mountain passes, and consistently stunning scenery. Overall, accommodation is plush and comfortable to reward and rejuvenate riders, but there are a few days in remote locations in smaller hotels and guesthouses. The route takes cyclists through Vietnam's tribal mountains with opportunities to see and interact with many tribal people, however the focus of this tour is on the physical challenge of the ride.

Suitability: Almost all cycling days include over 1,000 meters of elevation gain, with two days of well over 2,000 meters of elevation gain. Climbs range from short and steep to long and gradual. Though a support vehicle with water, refreshments and empty seats is always nearby, strong cycling fitness and solid climbing experience is recommended for full enjoyment of this trip.

Biking conditions: Our route takes us on scenic mountain roads on tarmac in primarily good condition, though there will be a few rough sections. Some ascents and descents will be steep, requiring good handling skills. Most of the roads contain minimal traffic, and we will utilize the support vehicle to make a few short transfers through busy areas.



Day 1 Arrive in Hanoi

Check in to your hotel in Hanoi, conveniently located in the French Quarter and close to plenty of restaurants, historical attractions and museums. If you have time, it's worth taking a stroll to get a glimpse of how life in Hanoi used to be. In the afternoon, meet your guide and cycling mates for the next week for a tour briefing. We'll then take a short drive to get our bikes and get fitted, followed by a welcome dinner over Northern Vietnamese cuisine.



Le Jardin Hotel Haute Couture Hanoi



Dinner

Day 2 Hanoi to Mai Chau

After an early breakfast, we'll load up the bikes and transfer by car out of the hustle and bustle of Hanoi to the town of Luong Son. The car ride will take just over an hour, but once we arrive we'll set up our bikes and hit the tarmac for a flat warm-up out of the town. The first climb comes at

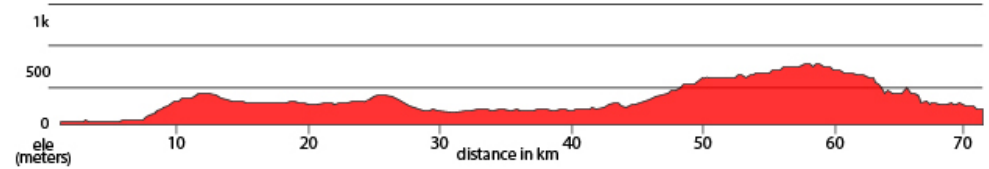
around 6 kilometres, but so do the views of quintessential rice fields against a backdrop of green mountains. We'll have a local lunch at the top of a hill, then take a short transfer to the bottom of Thung Khe Pass. It's a gorgeous ride through the lakeside villages of Ba Khan, along the Da River as we head up the big climb for the day, followed by a 12-kilometre descent to the end of the ride. Our accommodation for the evening is a beautiful resort set on a peninsula in the lake. Your afternoon is free to enjoy the view, take a dip in the pool, or get a massage at the spa.



Mai Chau Hideaway Lake Resort



Breakfast, Lunch, Dinner



Ride 71 km



+1230m



-1125m

Day 3 Mai Chau to Moc Chau

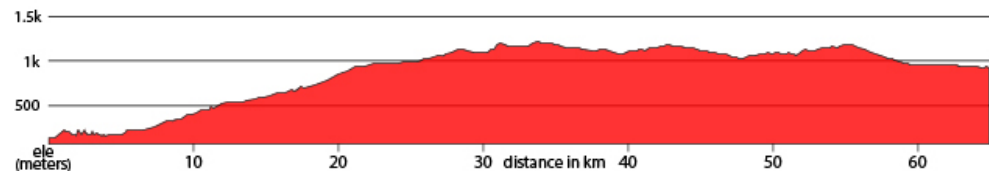
After a luxurious breakfast at our resort, we'll begin our second day of riding by cycling along hidden roads through small mountain villages. We'll have a short and flat warm-up before tackling the big climb for the day, about 25 kilometres that take us to 1,200 meters above sea level. It's a gradual ascent that's forested and well shaded. We'll take a rest at the top and then continue on to Moc Chau, our destination for the day, on an undulating route through Northern Vietnam's tea growing region. After checking in to our hotel, take some time to relax by the pool with great views of the mountains, or go for a massage.



Muong Thanh Moc Chau



Breakfast, Lunch, Dinner



Ride 61 km



+1820m

Day 4 Moc Chau to Phu Yen

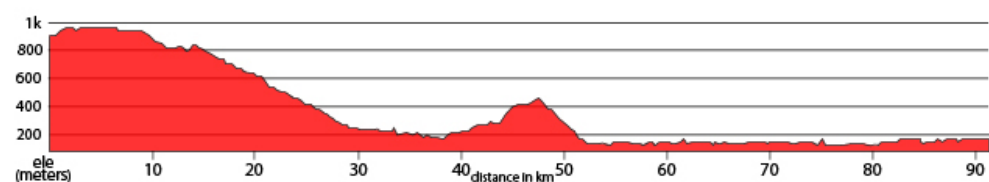
We'll start our ride today with a change of pace- a gently rolling 5 kilometres followed by a 25-kilometre descent! From there it's a ride on typical North Vietnam terrain, short and steep hills followed by our biggest climb of the day at 40 kilometres. The gradient is not too challenging, and at the bottom, we'll join up with the Da River again and ride alongside to our hotel in the small town of Phu Yen.



Hong Long Hotel



Breakfast, Lunch, Dinner



Ride 92 km



+1244m



-2010m

Day 5 Phu Yen to Nghia Lo

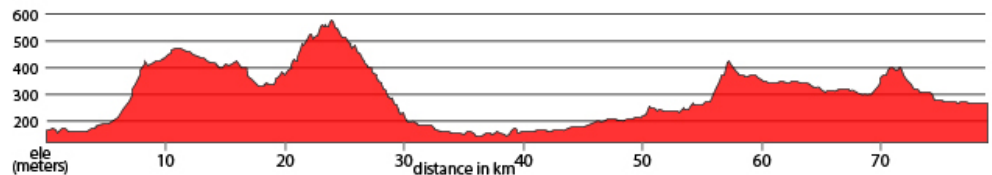
We are now solidly within mountain territory and can expect some big climbs on the days ahead. In the morning, we'll ride from our hotel and tackle the first of these, the incredible Lung Lo Pass. This snaking road through the misty green mountains was an important supply route for the Vietnamese Army during the Vietnam War. It's a long ascent from Phu Yen, but there are a few switchbacks to ease the gradient near the top of the pass. The descent down is short, but we'll have about 15 kilometres of mostly flat riding before a few short but steep climbs at the end of our ride. In the afternoon, we'll arrive at our destination for the day, the small town of Nghia Lo. Tucked away in the dense mountain terrain, the town is home to many of the local tribal peoples such as Nung, H'mong and Ma people.



Mien Tay Hotel



Breakfast, Lunch, Dinner



Ride 79km



+1218m



-1108m

Day 6 Nghia Lo to Than Uyen

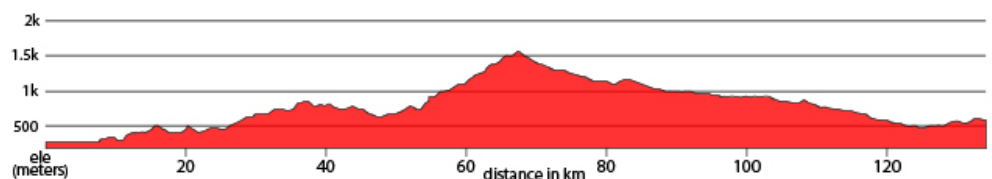
In the morning, we have the option to visit Nghia Lo's local market, to see many of the region's local tribal people selling their wares. After a quick look around, it's onto the bikes for a ride through lush green valleys and riverside farms. The terrain doesn't really begin to climb until 10 kilometres, and then, it's a gradual ascent until about 25 kilometres. This is the most challenging day of the tour, with the most total elevation gain. Settle in, set an easy pace and gear down for Khau Pa pass, the second and longest of the trip. It's a 30-kilometre climb, with a challenging second half, and there is often fog near the top at over 1,200 meters above sea level. After reaching the top of the pass, we'll take a much-needed break, before enjoying a gradual descent. Be prepared for a few small climbs, however- this is Northern Vietnam! There's a final, gentle climb to the town of Than Uyen, where we can enjoy a hot shower and a hearty meal.



Hoan Quan Hotel



Breakfast, Lunch, Dinner



Ride 134km



+3233m



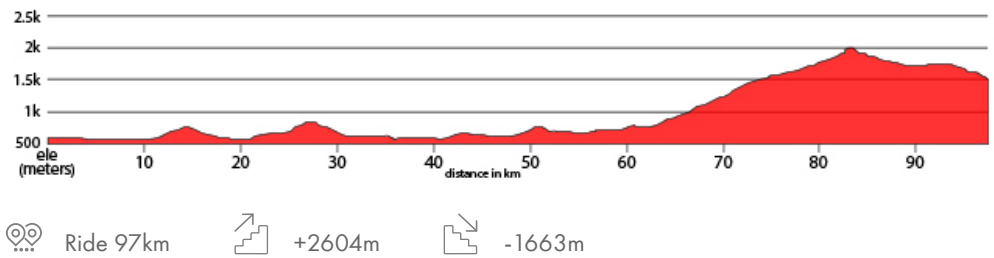
-2929m

Day 7 Than Uyen to Sapa

Our last cycling day of the tour, one of the most challenging and memorable. The final leg of the journey to Sapa is marked by a long and challenging ascent to the top of Tram Ton Pass, but first, we'll have roughly 60 kilometres with a few short and spicy ascents through the Hoang Lien Son mountain range. On a tour through non-stop mountain scenery, it's hard to find another impressive landscape, but the views on our final ride are anything but disappointing. We'll take a rest before heading towards the pass, then settle in for our final challenge of this incredible ride through North Vietnam's terrain. After reaching the top, we'll have a chance to snap some photos before enjoying a 13-kilometre ascent all the way to the tour's end in Sapa. Our accommodation for the night is a luxurious hotel with unbeatable views. Spend your last night in the mountains taking it in, go for a swim, a massage, or enjoy the rooftop bar before a fantastic meal.



 Laksix Ecolodge  Breakfast, Lunch, Dinner



Day 8 Sapa to Hanoi

The morning is yours to enjoy the town of Sapa. Feel free to sleep in, take a lazy breakfast or a stroll through the side streets to check out the tribal markets and sights of this idyllic mountain town. In the afternoon, we'll pack up the bikes and transfer by car back to Hanoi. Our final meal together is a celebratory one, where we'll congratulate each other on our amazing ride, swap stories, and bid farewell.

 Le Jardin Hotel Haute Couture Hanoi  Breakfast, Lunch, Dinner

Day 9 Departure

After breakfast, we'll bid farewell to one another and make our way to the airport for our return flight home or to our next destination.

 Breakfast

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire bikes locally for the price listed in the tour pricing section.

If you bring your own bike, please make sure it is a road bike in good mechanical order.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while

riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

Vietnam e-Visa is available to 80 nationalities. Please check [this link](#) to determine if your country is on the list. To apply for an e-visa please visit the official government website [here](#) and follow the required steps and make payment. You can apply for a single entry visa up to 30 days. Multiple entry e-visas are not currently available. For peace of mind, we suggest applying for your e-visa as early as possible, and no later than 2 weeks before your expected arrival in Vietnam. While processing time is generally no more than 1-3 working days (not including weekends and Vietnamese holidays), it is wise to give yourself some buffer time in case there are any issues.

If your nationality is not on the list for e-visa eligibility, or you need options for longer stays or multiple entries, then you may consider Visa on Arrival. The process for this is more complicated than e-visa and requires the acquisition of a visa letter prior to arrival. Please see [here](#) for a detailed overview.

If you are joining our "Saigon to Bangkok" or "Saigon to Siem Reap" tour, when you are applying for your e-visa, please select Song Tien Landport as the exit point. This refers to the river crossing at Chao Doc.

Health

Recommended vaccinations are typhoid, polio, tetanus and hepatitis A. A certificate for Yellow Fever is required when arriving from an infected area within six days. Vietnam is a malarial area and you will need to take anti-malarial tablets. Please speak to your doctor for the most up to date information.

Weather

Weather in Vietnam is divided into 4 main regions - the far north, north, central and south.

The far north can get very cold in December and January while the dry season runs from October to late March and the wet season between April to September.

In Hanoi & the north, it is hot, wet and humid from May to October while November to April is cooler and dry.

Central Vietnam experiences hot, dry weather between January & August with temperatures ranging in the mid 30°C. High levels of rainfall are during September - November.

Southern Vietnam is dry and hot from November to April, and warm and wet between May & October, with the highest rainfall in June, July & August.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Most meals are Vietnamese food and features noodles, rice curries and soups. Vietnamese cuisine is world famous and we make sure you sample as much variety as possible. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Drink

Keeping you completely hydrated is a job we take very seriously. Cold water, some energy-restoring local fruit, and soft drinks are included in the tour price while riding. Soft drinks and other beverages during meals are not included. Beer is freely available everywhere in Vietnam but is NOT included in the price.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for traveling alone. We will arrange for you to share accommodation with another traveler of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single

supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Extra Expenses

We recommend that you tuck away a few extra dollars, perhaps US\$10, for incidentals. It is customary to tip local tour guides and drivers, however, the amount you give should be dependent on the level of service you receive. As a general guide, we suggest US\$ 3-4 per person per day is appropriate.

Money

The official national currency is the Vietnam dong (d), but the US dollar is widely accepted in tourist centers. However, in smaller towns and villages the dong is preferred. ATMs are available in all major tourist destinations and big cities. Vietcombank has the best network with a single withdrawal limit of 2,000,000d (about US\$125). Most major currencies can be exchanged at leading banks in Vietnam, but the US dollar is preferred away from the tourist centers. Changing US\$100 will make you an instant millionaire! You cannot legally take the dong out of Vietnam but you can reconvert reasonable amounts of it into US dollars on departure.

GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our [Booking Conditions](#) in full before you make your payment and should you require further clarifications of any of the conditions below, please [email us](#) or call our office.

TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please [email us](#) or call our office.

BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into [Manage My Trip](#) (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems [please send us an email](#), or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our [cancellation policy](#).

Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your [travel insurance](#) that you acquired when you booked your holiday.

Newsletter

Our adventure travel [e-newsletter](#) is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Please note that the itinerary is subject to change due to unforeseen circumstances, however, we will always do our best to adhere to this original itinerary

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