

# SPICE ROADS

## CYCLING



### CYCLING VIETNAM'S CENTRAL COAST

Tour Code  
**VNM-VCC**

**10** DAYS  
**9** NIGHTS

	Destinations	Vietnam
	Tour Meets	Hue
	Tour Ends	Nha Trang
	Fly in to	Phu Bai International Airport (HUI)
	Fly out of	Cam Ranh International Airport (CXR)
	Group Size	2-16 riders
	Minimum Age	18 (on scheduled departures)

### ACTIVITY PROFILE



<b>8</b> Cycling days	<b>433</b> km Total cycling distance
<b>59</b> km Avg distance / day	<b>429</b> m Avg climbing / day

### PRICING



Price	US\$ 2,450
Bike Hire (Mountain Bike)	US\$ 200
Bike Hire (E-Bike)	US\$ 425
Single Supplement	US\$ 440

### WHAT'S INCLUDED

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

### WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Airport pick up
- ✗ Airport drop off
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

### DEPARTURES



15 October - 24 October 2023  
05 November - 14 November 2023  
17 December - 26 December 2023  
14 January - 23 January 2024  
18 February - 27 February 2024  
17 March - 26 March 2024  
07 April - 16 April 2024  
13 October - 22 October 2024  
03 November - 12 November 2024  
15 December - 24 December 2024

## TRIP PROFILE

Our biking adventure takes us from Hue to Nha Trang by bus, boat, and bike. Lots of time on this tour is spent sight-seeing and exploring Vietnam. The cycling is on a mixture of well-surfaced roads and good quality, wide dirt tracks. Away from the main roads, cycling in Vietnam is often a wonderful experience; the bicycle is still the most common form of transport, and you will share the road with girls in flowing ao dais, school children, and farmers.

The rest days are at the end of this tour where we have time to relax at Whale Island before heading to Nha Trang for onward connections. By the end of the tour, we hope you will really feel you have come to know and perhaps even understand Vietnam and the Vietnamese.

**Suitability:** This trip is suitable for anyone with a reasonable level of fitness. This trip is not too arduous, and so riders with less experience are more than welcome, although the fitter you are, the more you will enjoy it.

**Biking Conditions:** This trip is mainly on good quality tarmac roads and some vehicle-width dirt roads. Day 4 has an off-road trail (can be rocky), but an easier alternative is available if required. An air-conditioned support bus travels behind the group. On the occasions when it is impossible for the bus to follow, our guide follows behind on a motorcycle. Participants can cycle as much or as little as they like and still enjoy the same views as the rest of the group.

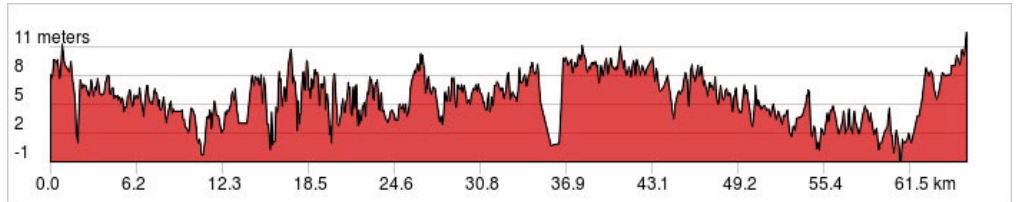


### Day 1 Meet in Hue

We start our bicycle tour in Vietnam by meeting in Hue (you can fly to Hue from Ho Chi Minh City or Hanoi – SpiceRoads can arrange these internal flights). Hue is the old capital of the Nguyen Dynasty. It is worth arriving in the morning, so you have time to explore this wonderfully historic city. If you arrive in time, we offer a city tour by bike. Alternatively, you can fly into Danang and transfer up to Hue (transfer can be arranged at an additional cost).

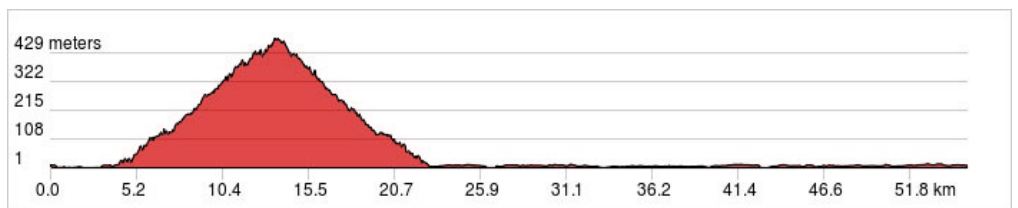
### Day 2 Hue - Lang Co

We leave Hue and follow the coast as we pass roads shaded by coconut palms, and dunes scattered with mini mausoleums, pagodas, and war memorials. We ride to Phuoc Tuong Hill and then transfer the final 40 km to Lang Co Beach. Here we have lunch and the rest of the day is free to enjoy the resort and beach.



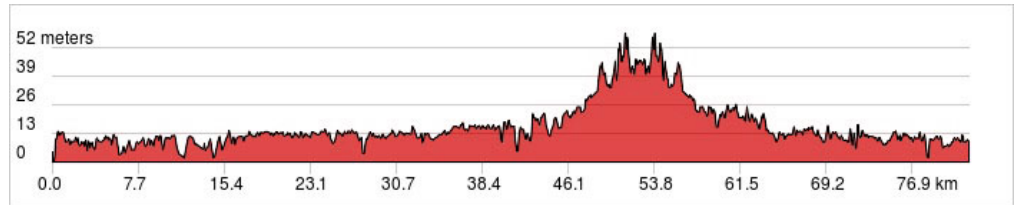
### Day 3 Lang Co - Hoi An

Today is a tough start as we have Hai Van Pass to climb today, which is a 10-km climb and ascends 550 m. It is a gradual climb with many switchbacks, and once at the top, you get superb views, well worth the ride. The reward is a downhill to Danang, our destination for lunch. After lunch, we have a flat and very scenic ride to Hoi An. It is just a short distance to the Marble Mountains, an outcrop of five rocks said to represent the five elements, (Wood, Water, Metal, Fire, and Earth). We then visit Da Nang beach, formerly named China Beach, made famous by the American TV series "China Beach". After a brief stop at the beach, we continue down this country road to Hoi An. The town was known as Faifo to early western traders and was one of Southeast Asia's major trading ports during the 17th and 18th centuries. It was an important point of call for Chinese, Japanese, and Portuguese traders, and the architecture reflects its cosmopolitan past. More than anywhere in Vietnam, Hoi An retains the feel of the past with over 844 structures of historical significance, and most people spend the day wandering around and enjoying the sights and atmosphere.



### Day 4 Hoi An - My Son - Hoi An

Staying another night in Hoi An, we ride out on small village roads on our way to visit My Son, the ancient centre of the Cham civilisation. The ride is worth the effort and is arguably one of the best of the trip. We cycle along scenic country backroads past paddy fields, passing through secluded villages tucked away in this beautiful area, far off from the tourist track. Eventually, we arrive at My Son, which was once Champa's greatest city. Although many of the temples were destroyed by American bombs, there is still enough of the archaeological site to impress most visitors. We take lunch before spending the afternoon visiting the site. In the afternoon, we transfer by bus back to Hoi An. Dinner is on your own tonight so get adventurous and try the delicious Vietnamese food Hoi An's markets have to offer!

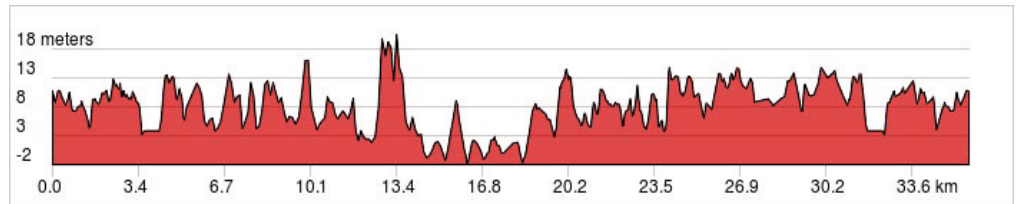


📍 Ride 55km    ⬆️ +432m    ⬇️ -428m

## Day 5 Hoi An - Quang Ngai

In the morning, we have a pleasant ride from Hoi An to Tam Thanh to enjoy the beach and lunch. We then transfer and spend the afternoon at My Lai, where we have a climb to an old temple to visit the memorial and museum. Here we have a guided tour learn about this site of one of the worst massacres of the American War. We then transfer to our hotel.

🏠 Central Hotel    🍴 Breakfast, Lunch, Dinner

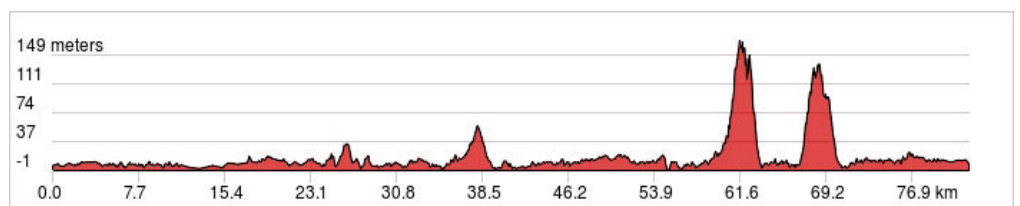


📍 Ride 50km    ⬆️ +207m    ⬇️ -208m

## Day 6 Quang Ngai - Qui Nhon

We leave early for the journey to Qui Nhon, the capital city of Binh Dinh province, an American port and supply centre during the Vietnam War and refuge for thousands of Vietnamese fleeing the vicious bombing of the countryside. After we transfer 2.5 hours, we hop on our bikes continue riding toward Quy Nhon. Today's ride is a treat and is one of the most scenic, through rolling coastal line, rice paddy fields, salt making flats, fishing villages, and mountainous areas. We end the day with a short transfer to your hotel in Quy Nhon.

🏠 Royal Hotel Quy Nhon    🍴 Breakfast, Lunch, Dinner

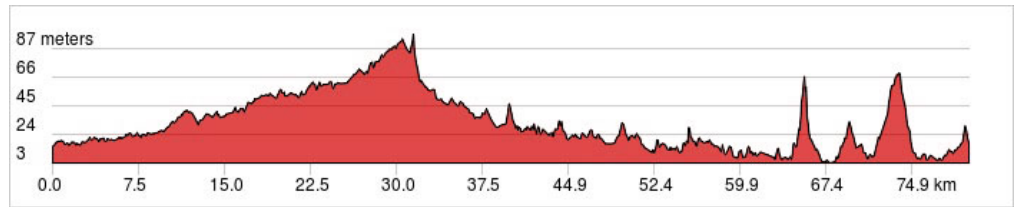


📍 Ride 70km    ⬆️ +766m    ⬇️ -764m

## Day 7 Dieu Tri - Tuy Hoa

We transfer out of town to avoid the main highway and start riding at Dieu Tri along a remote but well surfaced road running alongside the railway. The terrain is gently rolling, with beautiful views of the highland foothills. We pass a mix of tribal and Viet villages. Ubiquitous potbellied pigs and barefoot children trot across your trail. Soon, we loop back to the main highway with a small climb and descent to finish the ride. We then transfer about one hour to Tuy Hoa, one of the most rural regions in Vietnam.

🏠 Kaya Hotel    🍴 Breakfast, Lunch, Dinner

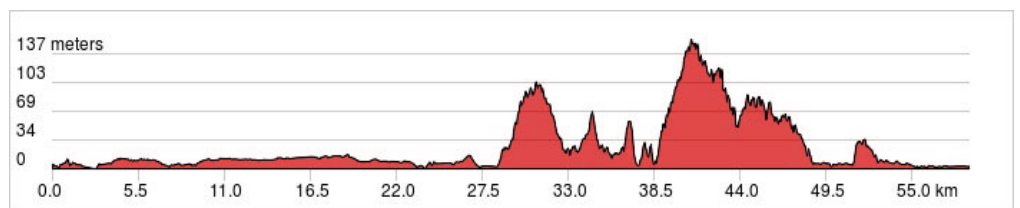


📍 Ride 80km    ⬆️ +415m    ⬇️ -412m

## Day 8 Tuy Hoa - Whale Island

Today is the last cycling day and is perhaps the most memorable. We ride from our hotel, and after the first 20 km the scenery becomes very beautiful with looming mountains and a network of lush rice paddies across the valley. Prepare for a brutal hill today as we cycle to Vung Ro Bay and up the challenging Ca Pass. We are rewarded with jungle and bay views and stop for pictures at Vung Ro Bay before pushing through the last 3km and to the top of Ca Pass (10% grade). We make our way to Dai Lanh Beach, where we stop for refreshments and a swim for those who don't mind getting their bike shorts wet, then transfer to Dam Mon. We may have the option to bike to Dam Mon if the traffic and dust conditions allow. The scenery here is like a moonscape and unlike anything else we have seen on the tour. Here, we swap bikes for boats and head to Whale Island for some well-deserved R&R. The boat journey will take about 10 minutes and we stay at the secluded Whale Island resort for two nights.

🏠 Whale Island Resort    🍴 Breakfast, Lunch, Dinner



📍 Ride 58km    ⬆️ +636m    ⬇️ -643m

## Day 9 Whale Island Rest Day

Today is a free day on Whale Island. You can take the opportunity to relax by the beach or perhaps do some snorkeling or scuba diving. We will all meet in the evening for a farewell dinner.

🏠 Whale Island Resort    🍴 Breakfast, Dinner

## Day 10 Whale Island – Nha Trang

We transfer back to the mainland and then onto Nha Trang for any onward connections. We can assist those looking to stay longer on Whale Island or around Nha Trang with hotel and travel arrangements. Alternatively, for those who want to bike more in Vietnam, we have a four-day mountain bike trip in Dalat or a five-day trip to the Mekong Delta. Please ask for our itineraries.

🍴 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. The bikes are well-known makes of hybrid and mountain bikes with lightweight alloy frames, 24- to 27-speed gearing, v-brakes, and Shimano components and front suspension. If you bring your own bike, please make sure it is a hybrid or a mountain bike in good mechanical order.

You can also hire an electric bike (or an E-Bike) for the price listed in the tour pricing section. We have 2 sizes available: S = 155 cm - 170 cm and M = 171 cm - 180 cm. The E-Bikes are GIANT brand with SHIMANO Alivio 1,9 speed, disc brakes, and adjustable suspension fork.

### 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

## CONTACT US

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