

SPICE ROADS

CYCLING



HA LONG BAY CYCLE AND CRUISE

Tour Code
VNM-VHL

3 DAYS
2 NIGHTS

	Destinations	Vietnam
	Tour Meets Tour Ends	Hanoi Hanoi
	Fly in to Fly out of	Noi Bai International Airport (HAN) Noi Bai International Airport (HAN)
	Group Size Minimum Age	2-16 riders 0 (on scheduled departures)

ACTIVITY PROFILE



3 Cycling days	111 km Total cycling distance
37 km Avg distance / day	m Avg climbing / day

PRICING



Price	US\$ 690
Bike Hire (Mountain Bike)	Included
Bike Hire (E-Bike)	US\$ 50
Single Supplement	US\$ 80
Child Pricing	Under 5: free; Age 5-11: 20% discount

WHAT'S INCLUDED

- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Hotel pick up
- ✓ Hotel drop off
- ✓ Accommodation
- ✓ Bike and helmet
- ✓ Snacks and drinks

WHAT'S EXCLUDED

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

DEPARTURES



22 January - 24 January 2019
29 January - 31 January 2019
05 February - 07 February 2019
12 February - 14 February 2019
19 February - 21 February 2019
26 February - 28 February 2019
05 March - 07 March 2019
12 March - 14 March 2019
19 March - 21 March 2019
26 March - 28 March 2019

See website for later departures

TRIP PROFILE

The cycling is on a mixture of well-surfaced roads with a few sections of hard packed dirt roads. An air-conditioned bus will travel behind the group to support us. Participants can cycle as much or as little as they like and still enjoy the same views as the rest of the group.

Suitability: The daily distances are not too long and the terrain is gentle so this trip is suitable for most people, but it's advisable to have a modicum of fitness to enjoy the riding! Hiring an E-Bike also makes the ride easier.

Day 1 Ha Noi - Ha Long Bay

We meet you at your Hanoi hotel early in the morning for a short transfer out of the city's busy roads. We have a nice and easy start with a cycle on a dyke of the Red River. As we ride towards Bac Ninh, known for the eight Kings of the Ly Dynasty, we will see many examples of traditional architecture and agriculture practices. We'll stop for a local lunch at a temple, where we'll also have time to take photos. After lunch we continue cycling through small villages that dot rural Vietnam. Our riding ends in the early afternoon with a transfer of 2.5 hours to the port city of Ha Long.



Mithrin Hotel



Lunch, Dinner



Ride 60km

Day 2 Ha Long Bay - Cat Ba Island

This morning we will board a traditional junk, an ancient Chinese sail boat design, for a cruise of the emerald green waters of Ha Long Bay, a unique UNESCO World Heritage Site. Relax as we cruise by some of the more than 2,000 spectacular limestone islands scattered throughout the bay. We are treated to a fresh seafood lunch while on board. In the early afternoon we reach Cat Ba island and it's time to resume cycling. From Gia Luan pier we will bike on a winding road to Cat Ba National Park. We ride through a valley of tropical rain forest and hear the bird song of many species. We'll take a break for a short trek to the top of Ngu Lam mountain where we'll have a view of the green tree-covered limestone peaks. It's back on the bikes for the final cycle to our hotel in Cat Ba town with views across the bay.



Princes Hotel



Breakfast, Lunch, Dinner



Ride 24km

Day 3 Cat Ba Island - Hai Phong - Ha Noi

In the morning, we cycle along the seaside to Phu Long village on the south west of Cat Ba Island. We'll take a break whenever we see locals fishing to see what their catch is and take a longer stop at a beach. Once we reach Cai Vieng pier we board a sampan, a flat bottomed Chinese-style wooden boat, for a visit to a salt marsh and mangrove forest and then on to recently discovered (1998) Thien Long cave. Here we can see many stalactites, an ancient tomb estimated to be 1000 years old, and the root of a hundred-year-old tree growing on the top of the mountain. After lunch we take the afternoon ferry to Hai Phong city where our vehicle is waiting to transfer you back to Hanoi for a late afternoon arrival.



Breakfast, Lunch

NUTS & BOLTS

Bikes

The bikes you will be riding are included in the tour and are well-known makes of mountain bikes with lightweight alloy frames, 24- to 27-speed gearing, v-brakes and Shimano components and front suspension.

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

Please make sure your passport is valid for a minimum of 6 months beyond the duration of stay in Vietnam. Most nationalities require a visa for Vietnam, however 22 nationalities including citizens of UK, France, Germany, Spain and Italy are exempted from visa when entering Vietnam not exceed 15 days, regardless of type of passport and immigration purpose. However they must acquire a tourist visa if staying longer. For a list of countries exempt go to this [page](#).

For [46 nationalities](#) – including Australians, Canadians and Americans – an [e-visa](#) can be obtained. This must be applied for and received before departure to Vietnam. To check for the E-visa and tourist fee for single entry and multiple entries please check the [Visa fee](#). You must scan a copy of your photo and passport when applying and get your approval letter of your visa on arrival at international airport of Vietnam. To learn more click [Visa process](#). The processing time is 1-3 working days (not include Saturday, Sunday and Vietnamese holiday).

Alternatively you can obtain a visa to Vietnam from the embassy worldwide. Here is the list of [locations](#). You must specify your arrival date when applying for a visa and it is from this date that the 30 days will be calculated. When picking up your visa check to be sure the dates match your travel plans and that it is stamped directly into your passport as it will not be accepted if it is stapled in.

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

Booking

If this is the tour for you here's what you need to do to confirm your place: Read our [Booking Conditions](#)

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. 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 you are unsure about the trip status, please [email us](#) or call our office. For the next steps you'll need to know the names of the people traveling and have either a Visa or a MasterCard. If you wish you can also provide extra details such as passport numbers, height, 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). However, if you wish to get a children's discount, please do fill out the date of birth of the riders. If you are having any problems, [please send us an email](#), or give us a call (+66 2 381 7490) and one of our travel specialists will assist you with your booking.

Deposit

For Long Tours (7 days or more) to guarantee your place we require a 30% or 500 USD deposit, whichever is the greater. For Short Tours (6 days or less) we require full payment to guarantee your place. We also require that you take out [travel insurance](#) when you book your holiday. Besides covering you during your holiday it will also enable you to claim for any money that you have paid to us, including your deposit, should you have to cancel your trip.

Balance

Full payment must be paid 45 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights. Our confirmation will include personal details you provided us (including your flight information), visa application advice, a packing suggestion list and a detailed tour itinerary. It will also include a checklist to ensure you get everything ready for your holiday.

Cancellation Policy

On the rare occasions when we, SpiceRoads, must cancel a trip, all payments received to date will be 100% refunded, which constitutes full settlement. There will be absolutely no deductions. If you, the client, must cancel your reservation, your cancellation fee will be determined according to when you cancel. For full details, please read 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 can not be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for 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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