

Northwest Cycling Adventure - 06 Days

Overview

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Itinerary Brief:

Day 1: Hanoi - Lao Cai (Night Train)

Day 2: Lao Cai - Sapa - Ta Phin Village (walking approx. 1.5 hours)

Day 3: Sapa - Bac Ngam - Bac Ha (cycling approx. 5 hours)

Day 4: Bac Ha - Can Cau - Ban Pho Village (cycling approx. 4 hours)

Day 5: Bac Ha - Bao Nhai - Coc Ly - Lao Cai - Hanoi (cycling approx. 1.5 hours)

Day 6: Hanoi Return

Summary:

This is a mountain biking trip that takes you through beautiful countryside and small villages. You will see ethnic minority communities at work, and learn about their culture and lifestyle. You take the overnight sleeper train from Hanoi to Lao Cai, and when you arrive, you are escorted to Sapa. In the afternoon you visit a Red Dzao village where you learn about their culture and see how they live.

Cycling starts with a ride to Bac Ngam through the countryside of the Red River valley, with a picnic lunch along the way. The ride to Bac Ha is sometimes steep, but a support vehicle will be there to help you if needed.

Next we cycle through hilly and very beautiful countryside to see the colorful and lively Can Cau Market where various ethnic hill tribe people come to buy and sell. Then cycle back to Bac Ha, stopping at Ban Pho Village along the way to visit The Flower Hmong and Nung ethnic villagers.

The next day we visit another large and colorful market where ethnic minorities such as Flower Hmong, Phu La, Black Dao, Tay, and Nung people wearing traditional attire gather to buy and sell as well as socialize. Then we are off cycling to Bao Nhai, and take a boat ride on the Chay River. Reaching Coc Ly, our transport vehicle is waiting to take us back to Lao Cai to board the train back to Hanoi. Please note that there is also the option to return to Sapa for further adventures in the mountains of northern Vietnam.

This is a sample cycling itinerary. We design custom cycling tours from luxury, first-class tours to low-cost budget tours, and tours for beginners to expert cyclists. Please let us know the kind of cycling tour we can design for you!

Trip Grade:

Moderate - Due to the amount of cycling on this tour, those attempting the tour must be fit and have experience cycling.

Itinerary

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Itinerary Detail:

Day 1: Hanoi - Lao Cai (Night Train)

In the evening you will be met by our staff at your designated pick-up point, and transferred to the Hanoi Railway Station. The overnight train to Lao Cai departs Hanoi around 10:00pm.

Overnight in soft sleeper cabin.

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Day 2: Lao Cai - Sapa - Ta Phin Village (walking approx. 1.5 hours)

The train arrives in Lao Cai early in the morning, and you will be met at the station by our staff who will escort you to Sapa where you check into the hotel. Breakfast will be served in the hotel restaurant, and after breakfast you will have time to freshen up before we go to see the town. We climb up Ham Rong Mountain to get a panoramic view of the countryside around Sapa, and see the villages we will visit later. After lunch we drive to a village where we visit with the Red Dzao people, and learn about their culture and see how they live. Afterward we walk back to the town and check out the local market.

Overnight in Sapa hotel. Breakfast & Lunch included.

Day 3: Sapa - Bac Ngam - Bac Ha (cycling approx. 5 hours)

After breakfast in the hotel, we go to Lao Cai where we start cycling on a flat road towards Bac Ngam. We cycle through the tranquil countryside of the Red River valley, and pass villages and rice fields all along the way. We arrive in Bac Ngam around noon, where we stop for a picnic lunch. Then in the afternoon, we have a long and sometimes steep ascent on the way to Bac Ha. However, for those who get tired bike riding, our support vehicle will take you the rest of the way to Bac Ha. You check into the hotel, and have a cold drink, and a shower. A delicious dinner rounds out a memorable day.

Overnight in Bac Ha hotel. Breakfast, Lunch & Dinner included.

Day 4: Bac Ha - Can Cau - Ban Pho Village (cycling approx. 4 hours)

In the morning after breakfast, we head for a special experience at the Can Cau market. The road between Bac Ha and Can Cau is hilly, and very beautiful. The ride will take around an hour and a half, and we have a picnic lunch on the way to Can Cau. At the market there is a vast array of products on offer, and people in colorful traditional dress make the noisy and lively market an unforgettable experience. In the afternoon, we head back to Bac Ha, and we ride to Ban Pho Village which is near Bac Ha. The Flower Hmong and Nung ethnic villagers grow vegetables and fruit trees, and plums are a famous fruit of the area. You visit a local family, where you may be offered another famous product of the village, a glass of corn whisky.

Overnight in Bac Ha hotel. Breakfast, Lunch & Dinner included.

Day 5: Bac Ha - Bao Nhai - Coc Ly - Lao Cai - Hanoi (cycling approx. 1.5 hours)

After breakfast and morning coffee, we take a short walk to visit the old castle of a former Hmong ruler. We then visit a huge market where ethnic minorities such as Flower Hmong, Phu La, Black Dao, Tay, and Nung people in colorful attire gather to buy and sell their produce. After spending the morning exploring the market, you have lunch in a local restaurant. We then leave Bac Ha and cycle downhill to Bao Nhai. There we board a boat for a 3-hour cruise on the Chay River, as we explore life along the river. A transport vehicle will be waiting in Coc Ly to take you to the Lao Cai Railway Station to catch the train back to Hanoi.

Note: You have the option to return to Sapa to continue your adventure holiday with more experiences in the mountains of northern Vietnam.

Overnight in soft sleeper cabin. Breakfast and Lunch included.

Day 6: Hanoi Return

You arrive back in Hanoi early in the morning, and our staff will meet you at the station and transferred to your designated location.

This is the end of our suggested cycling itinerary. We specialize in custom cycling tours to fit your needs and requirements. Please let us know how we can design an individualized tour for you.

What's Included

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Trip Price Includes:

- English speaking guide (Other languages available on request)
- Private transfer and transport in safe, clean, well maintained vehicles
- Breakfast in hotel, and other meals as noted in the itinerary in restaurant
- All entrance fees & permits during guided tours
- Private boat trip on Chay River
- Jeep or van support vehicle during cycling
- Accommodation in 2 or 3 star hotel w/ 2 person room share. Tax included
- Round-trip train: Hanoi - Lao Cai, Lao Cai - Hanoi
- Soft sleeper cabin
- Mountain bicycle with mechanic
- Water and snacks during cycling
- All equipment necessary for cycling (ex. tire pump, tools, spares tubes, spare parts)

Not Included in Trip Price:

- Airfare and taxes not included in tour
- Visa fees
- Food and drink not noted in the itinerary
- Optional tours & activities not part of itinerary
- Personal travel insurance (Compulsory for all travelers)
- Personal expenses (ex. telephone, laundry charges, souvenirs, etc.)
- Tips and gratuities

* Please Note: Hotel accommodation is subject to change due to availability or other conditions. However, in the event that hotel accommodation is changed, the same level of accommodation will be maintained.

Contact us for current costs regarding this tour. We will price the tour according to your particular tour details and your travel period (Low & High season).