

9DAYS_ HANOI, DUONG LAM, CAT BA, TAM DAO NATIONAL PARK BIKE TOUR

VIETNAM (Hanoi – Duong Lam Village – Ha Long – Cat Ba Island – Tam Dao - Hanoi)

1. OVERVIEW:

Escape the buzzing atmosphere of Hanoi; we cycle out to Duong Lam, typical agricultural village of Vietnamese countryside with ancient gate, communal house and farmers in conical hats working on fields. In Cat Ba Island, we pedal through hilly roads and unwind on sandy beaches of Halong Bay. Finish your biking trip in Tam Dao. Uphills and winding roads will surely challenge any cyclist but the mountainous scenery and fresh air makes a worthwhile!

2. ITINERARY IN BRIEF

DAY	ITINERARY
1	HANOI – ARRIVAL
2	HANOI CITY TOUR
3	HANOI – DUONG LAM ANCIENT VILLAGE
4	HANOI – HA LONG
5	HA LONG – CAT BA ISLAND
6	CAT BA – HAI PHONG – HANOI
7	HANOI – TAM DAO
8	TAM DAO
9	TAM DAO – HANOI – DEPARTURE

3. THE TOUR

DAY 1: HANOI – ARRIVAL

Welcome to Hanoi capital! Private airport transfer with our guide is included. Enjoy welcome dinner with Vietnamese food in a nearby restaurant. Check in hotel for relaxing,

Meals: Dinner

Accommodation: Overnight at hotel in Hanoi

DAY 2: HANOI CITY TOUR

Biking distance/time: 4 hours/50 km – City roads – Easy

Place for biking: Thang Long Royal citadel, Ho Chi Minh complex, West Lake, Long Bien Bridge
Breakfast at your hotel before start a full day of city passes on your pedal. Start biking to Ho Chi Minh complex, Ba Dinh square where former President Ho Chi Minh declared the Independence of Vietnam in 1945, Ho Chi Minh stilt-house where he lived and worked during Vietnam War. Then we bike to Thang Long Royal citadel UNESCO World heritage nearby where we walking inside about 1 hour in the former royal palaces. Lunch at a local restaurant.

Afternoon we continue the tour to bike around 30km round of West Lake, the largest & peaceful lake of Hanoi to see the contrast between a new Hanoi and an old Hanoi, skyscrapers standing next to ancient temples and pagodas. Enjoy a cup of jasmine tea or Robusta coffee in a lakeside shop. Enjoy slowly biking along the dyke to Long Bien bridge since 1902, the icon of French colonism in Vietnam during 20th century. View sunset down on Red river and immerse yourselves in daily life. Return to your hotel in the afternoon and relaxing in the rest of day.

Meals: Breakfast, Lunch

Accommodation: Overnight at hotel in Hanoi

DAY 3: HANOI – DUONG LAM ANCIENT VILLAGE

Biking distance/time: 7 hours/ 65km x 2 ways – City roads - Moderate

Biking attractions: Duong Lam, a typical rural village of North Vietnam

Start a full day tour biking to Hanoi vicinity to Son Tay. On the way you will stop to visit Tay Phung pagoda since the 8th century with hundreds of Buddhist statues in different moods. Continue biking to Duong Lam ancient village, home to about 300 old houses built 300 years ago. Pedal around the communal house, rice fields, old well, Giang Van Minh house, Mia pagoda, Tombs of King Phung Hung and King Ngo Quyen, old church then enjoy lunch with “rau muong” morning glory and “tuong ban” soya sauce and local traditional food at a hosted family. Take a rest before biking back to Hanoi in the afternoon.

Meals: Breakfast, Lunch

Accommodation: Overnight at hotel in Hanoi

DAY 4: HANOI – HA LONG

Morning breakfast at your hotel then transfer to Ha Long bay, 2-times recognized as UNESCO World heritage. Welcome on board a traditional junk at noon time. Check in your sea view rooms and enjoy lunch while cruising around thousands of limestone rocks jutting out from the sea. Visit Sung Sot cave open to tourists since 1936. A short kayaking will be made in the calm area nearby. Return to the junk for mini cooking class and swimming. Dinner on boat with special seafood, enjoy evening time with many exciting activities there.

Meals: Breakfast, Lunch, Dinner

Accommodation: Overnight on Wooden Junk in Ha Long

DAY 5: HA LONG – CAT BA ISLAND

Biking distance/time: 2 hours/ 12km – City roads and trails - Moderate

Biking attractions: Cat Ba east coast, lagoon, Xuan Dam village

Buffet breakfast in the morning before you check out and change into another boat to Gia Luan wharf. Biking from Ang Soi intersection to Xuan Dam village along the East coastline of Cat Ba island, 1 side is mountain, 1 side is sea, a bit uphill then down hills. That the great chance to pass through the lagoon of Xuan Dam where villagers raise shrimp and fish by bike. You can join cropping rice with locals on the occasion of harvesting time. Lunch in Cat Ba Eco-lodge inside the village and relax. Afternoon you are transferred by car to Cat Ba town to check in your hotel and swimming in Cat Co beaches.

Meals: Breakfast, Lunch

Accommodation: Overnight at hotel in Cat Ba Island

DAY 6: CAT BA – HAI PHONG – HANOI

Morning, continue the tour by electric car up to Cannon Fort, the highest point of Cat Ba town – that will be wonderful sightseeing during your trip. It used to be the anti aircraft gun guarding Cat Ba harbour and the maritime line of Gulf of Tonkin. The views are absolutely stunning. All the outlying islands, beaches, bays full of colorful fishing fleets, the mountainous interior of Cat Ba island & sea eagles soaring everywhere. You can spend your time to enjoying the great views, watching butterfly flirting around & listening to birdsong & insect choirs. Return to your hotel for lunch then take hi-speed boat to Hai Phong.

After 45 minutes, you will arrive at Dinh Vu harbour then private car transfer to Hanoi.

Meals: Breakfast, Lunch

Accommodation: Overnight at hotel in Hanoi

DAY 7: HANOI – TAM DAO

Biking distance/time: hours/ 13km – Asphalt roads but uphill and winding - Difficulty

Biking attractions: Fauna and Flora of Tam Dao National park

We have tour to mountainous region today. Depart for Tam Dao national park in Hanoi vicinity. Visit Tam Dao Bear Protection Center managed by Animals Asia Foundation – AAF. The bears are from different sources. Most of them are victims of illegal animal traders to distinct gall, which Eastern

people believe to lose weight successfully. This Center plays an important role to recover health status for victim bears then brings them to wild life.

13km biking uphill to Tam Dao town on the peak. The long and winding road challenges all cyclists though the road surface is good. The scenery is beautiful with many photo stops and you can cycle among clouds!

Reach to Tam Dao town you will have lunch with chayote, the most famous vegetable of Tam Dao. Relaxing in the rest of the day

Meals: Breakfast, Lunch

Accommodation: Overnight at hotel in Tam Dao

DAY 8: TAM DAO

After breakfast at hotel, we take a halfday tour to visit Silver waterfall, a Temple dedicated to the Goddess of the Jungle, this sightseeing tour in Tam Dao will bring you peaceful atmosphere.

Especially, you hike up over 1,000 steps to Vietnam Television tower, the highest point of Tam Dao town as well as Tam Dao national park. Free in the rest of day.

Meals: Breakfast, Lunch

Accommodation: Overnight at hotel in Tam Dao

DAY 9: TAM DAO – HANOI – DEPARTURE

Free at leisure until transfer downhill to Hanoi international airport for your departure.

Meals: Breakfast

4. EXTENSION TOURS:

Add-on other destination in Vietnam or tours to neighbor countries

5. PRICE: All rates are per person sharing DBL or TWN/FB Basis, in US dollar, net and non-commissionable.

Date: 01 Oct 2015 – 30 Apr 2016

Description	2 pax	3-4 pax	5-6 pax	7-9 pax	Single Supp
First Class	\$ 1325	\$ 1298	\$ 990	\$ 885	\$ 150

Date: 01May 2015 – 30 September 2016 (PROMOTION RATE)

Description	2 pax	3-4 pax	5-6 pax	7-9 pax	Single Supp
First Class	\$ 1315	\$ 1290	\$ 980	\$ 875	\$ 150

WHAT IS INCLUDED

- Private transfer throughout the tour
- Hotel accommodation and Ha Long junk overnight
- 1 local English speaking guide with excellent biking skills
- Private bikes and helmets
- Meals as indicated in the itinerary
- All entrance fees and permission to visit Tam Dao national park
- Snacks, fruit, water, wet towels
- High speed boat tickets from Cat Ba to Hai Phong
- Trek bike ,helmets, spare parts, aid kits, tool kits
- Support transport by A/C minivan or bus, truck for group

WHAT IS NOT INCLUDED

- Visa, flight tickets
- Biking gears
- Other personal expenses

Best time to travel:

- September – Early December hiding from rain season, cold monsoon or extremely hot summer

6. HOTEL USED IN THIS TOUR:

Destination	First Class – 3*	Website
Hanoi	Medallion Hotel – Superior room	www.medallionhotel.net
Tam Dao	Huong Rung Hotel – Superior room	www.huongrunghotel.com
Cat Ba	Hung Long Harbour Hotel – Standard room	www.hunghonghotel.vn

IMPORTANT NOTE:

- All prices are quoted in USD/ per person, based on Double/Twin occupancy
- Private services & daily departure
- Quotation is quoted based on English speaking guide: Surcharge for other guide
 - Supplement for German Speaking guide: USD 15/day per group
 - Supplement for Spanish Speaking guide: USD 20/day per group
 - Supplement for Italian Speaking guide: USD 35/day per group
- Surcharge for Compulsory dinner for Xmas and New Year Eve
- Surcharge for Peak Season at above mentioned hotels (if have)
- Surcharge for Vietnamese Lunar (TET) New Year from 6 – 14 Feb 2016 - 25% of adult prices

FREE OFFER

- Mineral water is available during transfers
- Vietnam visa approval letter on arrival (this fees isn't refundable even clients don't need)