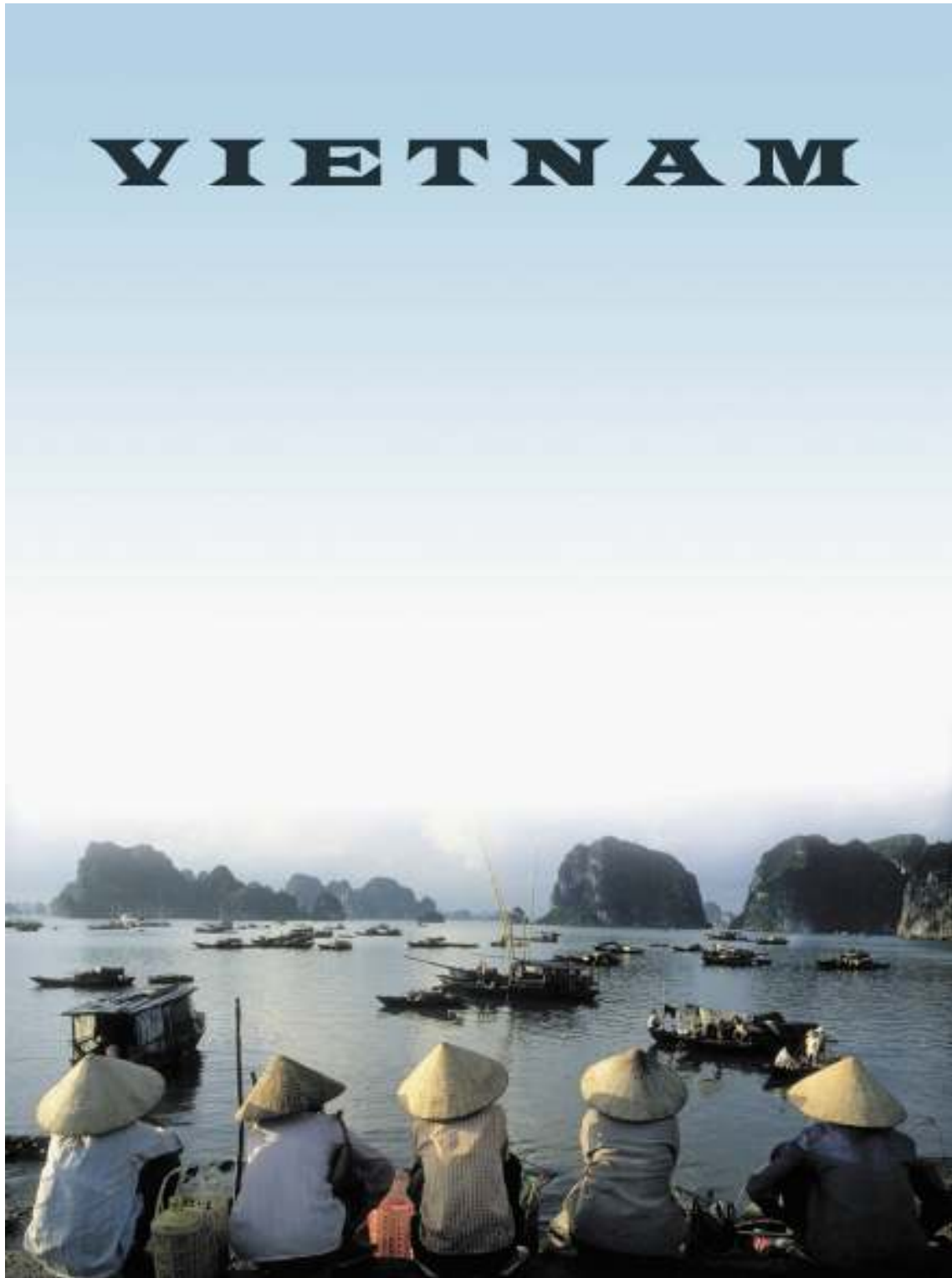


Pedaltours
vacations for cyclists since 1985

VIETNAM
Hanoi to Ho Chi Minh City (Saigon)
15 Days / 14 Nights
Superior accommodation
ITINERARY



Please bring this information with you to the tour start. Cycling distances given are entirely optional; the support vehicle will be available at any time. Cycle more or less. **Most days the distance is too great to cycle the entire way and we will drive part way. This tour is a combination of cycling, sightseeing and exploring.**

Vietnam is a fabulous cultural experience – we stay at very comfortable lodges and resorts and cycle mostly on quiet roads. Our tour takes in the imperial city of Hue, historic Hoi An, the beach resort of Nha Trang, Dalat, once a French spa resort, and Ho Chi Minh City.

Should you need to contact Pedaltours, please call our representative:
Active Asia (Formerly Eco Tours), ph.(84) 0938 499 808 : 24 hour client hotline in Vietnam
or Pedaltours in New Zealand ++64 9 585-1338

MEETING DAY / DAY ONE: Hanoi Meet 2.00pm

You will be met at Hanoi Airport (Please notify us of your arrival details and look for the driver with the Pedaltours sign). Today is designed to allow you settle in and relax after your journey. The Old Quarter, with its narrow streets where trades people can be seen working on the pavement, is well worth exploring. The Water Puppet show is also highly recommended – it is best to prebook on arrival in Hanoi.

Lodging D (Dinner)

Galaxy Hotel

1 Phan Dinh Phung St, Hanoi

Phone: (84) 4 3828 2888 Email: galaxyhtl@vnn.vn www.galaxyhotel.com.vn

Facilities: Restaurant, bar, coffee shop, health centre, laundry service, hairdryers.

Features: A 3 star hotel, located in an ancient street in the heart of Hanoi and a few minutes walk to Hoan Kieu Lake, the Water Puppets Theatre and numerous restaurants.

Day Two: Hanoi to Hue

We take a flight from Hanoi to Hue (c.1hr 15 mins). Hue, (pop.286,000) built on the banks of the Perfume River, is steeped in 3,000 years of history. Here we will meet our cycling guide and fit you to your rental bike, or unpack your own and then explore the Citadel and Forbidden City by cycle. At dinner tonight we will be entertained with traditional music in the garden courtyard.

Lodging: B L & D

Saigon Morin Hotel, 30 Le Loi Rue, Hue City

Phone: 84.-54-3823-526 Fax: 84-54-3825-155

Email: sgmorin@dng.vnn.vn Web: www.morinhotel.com.vn

Facilities: 4* star, in-house restaurant, bar, swimming pool, internet, hairdryers.

Features: A grand old French Colonial style hotel by the Perfume River. Garden courtyard.

Route Desc/Route Descriptions for Website/Vietnam 0910

Day Three: Hue to Hoi An (pop.76,000) 142 km / 89 mi
Morning ride: 40 km/25 mi
Afternoon ride: 21 km/13 mi over Hai Van Pass
Or 66 km/41 mi to Hoi An

We cycle from town along a flat coastal road, through various fishing and agricultural villages. You will have your first experience of the friendliness of the locals, especially the children. Lunch is at Long Co Beach, an hour's drive. From here we tackle the Hai Van Pass, a very quiet road now that there is a tunnel (not open to cyclists). The view from the top, and on the descent, is outstanding and well worth the effort. (The support vehicle will be there, of course, should you prefer to drive) After a fabulous descent we reach Danang, where we board the support vehicle to drive to Hoi An (you are welcome to cycle if you wish).

You may like to visit China Beach where American servicemen went for their R&R during the Vietnam /American War or a marble factory and view the exquisite workmanship.

Lodging: B, L, D
Vinh Hung Resort, Hoi An
Phone (84)510 3910393
Email: vinhhung.ha@dng.vnn.vn Web: <http://www.vinhhungresort.com/>
Facilities: Restaurant, bar, tennis court, swimming pool, laundry service.
Features: A garden setting on the banks of the Vu Gia River and a short walk from the old town.

Day Four: Hoi An. Rest Day

Today is a day at leisure to explore this delightful town (dating back to 200BC) with its street side cafes, artists and markets. We explore the historic architecture of Japanese and French origin and perhaps take in the morning concert of traditional music. In the afternoon you may like to take a gentle ride (c.10km return) to fabulous Hoi An beach. There is much to see and do. (There are wonderful pastry shops in the old town and excellent tailors who will make any garment to measure, including cycle tops, in a few hours).

There is a wonderful cooking school in Hoi An, let your guide know if you would like to book a cooking class.

Let your guide know if you would like a longer ride.

Lodging: B. Lunch & dinner not included today, there are several attractive riverside restaurants.

Vinh Hung Resort, Hoi An
Phone (84)510 3910393 Web: <http://www.vinhhungresort.com/>

Cycling distances given are entirely optional; the support van will be available at all times

Day Five: Hoi An to Quang Ngai (pop.108,000): 118km/ 74 mi
 Morning Ride 41 km / 25 mi
 Afternoon Ride 31 km / 19 mi

We leave Hoi An on a delightful little road into the countryside where we will sample a slice of rural Vietnamese life. Approaching Quang Ngai we take another lovely side road, passing a fishing village and a lively local market. The route includes twelve km of unsealed road; it is quite rideable but the support vehicle will never be far away. The ride finishes at My Lai; you may wish to visit the memorial site.

Lodging: B, L, D

Central Hotel, 784 Quang Rang St, Son Tinh , Quang Ngai
Phone 84.55.382 99 99 Fax. 84.55.382 24 60 Email: Central@dng.vnn.vn
Facilities: Air-conditioning, TV, restaurant, tennis court, swimming pool,
Features: Modern style hotel in central location. (best available)

The Central Hotel is not of the same standard as the rest of the accommodation on this trip. But please remember that it is the best available place to stay, the cycling is lovely between Hoi An and Quang Ngai and Quang Ngai and Qui Nhon, and it would be far too long a day to go all the way from Hoi An to Qui Nhon, even if you drove all the way.

Day Six: Quang Ngai to Qui Nhon(pop 260,000): 178 km/ 111 mi
 Cycling section: 80 km/ 50 mi

We drive to Tam Quan to commence cycling on an attractive minor road. It includes 2 steep (c. 10%) climbs, and excellent coastal views. We drive the final 32km to our seaside resort.

Lodging: B, L, D

Royal Hotel Qui Nhon, Nguyen Hue Street, Qui Nhon.
Phone 84.56.3747-100 Fax 84.56.3747-111
Facilities: A 4* resort. Restaurant, 2 pools, tennis courts, bars.
Features: Overlooking the beach, with fishing boats in the bay.

Day Seven: Qui Nhon to Nha Trang (pop.315,000): 241 km
 Dieu to Tri to Chi Thanh: 73 km / 45 mi
 Tuy Hoa to Ca Pass: 40 km / 25 mi

Fifteen km from town – you may wish to drive this – we take a delightful quiet road up a gentle valley and then down to Chi Thanh; it includes 17 km of unpaved. The afternoons ride includes great coastal riding before reaching the hwy again and driving into the city.

Lodging: B, L,D (Dinner is at a BBQ restaurant)

Novotel Nha Trang, 50 Tran Phu St, Nha Trang
Phone (84.58)625-6900 Fax. (84.58) 352-3335 Email: info@novotel-nhatrang.com
Web: <http://www.novotel.com/gb/hotel-6033-novotel-nha-trang/index.shtml>
Facilities: Comfortable rooms, swimming pool, spa, restaurant and bar.
Features: New hotel opposite a superb beach, several restaurants & a good source of 'kem' (ice cream).

Cycling distances given are entirely optional: the support van will be available at all times

Day Eight: Nha Trang Rest day

Today there is the option of a boat trip to the islands. You will visit a fishing village and be rowed ashore in Vietnamese round boats. There will be time to swim and snorkel, so bring your 'togs'. Lunch will be at a lovely bamboo restaurant on an offshore island, returning to Nha Trang mid afternoon. There will be an opportunity to have a manicure or a relaxing massage while on the boat.

There may be time to visit an ancient Cham Tower, a relic from the ethnic people who once ruled this part of Vietnam.

Lodging: B, Dinner is not included; there are many restaurants close by.
Novotel Nha Trang, 50 Tran Phu St, Nha Trang
Phone (84.58)625-6900 Fax. (84.58) 352-3335 Email: info@novotel-nhatrang.com
<http://www.novotel.com/gb/hotel-6033-novotel-nha-trang/index.shtml>

Day Nine: Nha Trang to Buon Ma Thout (pop187,000) 184 km / 115 mi
Cycling section: 50 km / 37 mi (or further if you wish)

Today we cycle through the mountainous Central Highlands. A feature is the long houses of the Edeh and M'Nong people (the two main ethnic groups in the Central Highlands).

Lodging: B, L,D
Dakruco Hotel, 30 Nguyen Chi Thanh St, Buon Ma Thout, Daklak Province
Phone: (84 500) 875325
New (2008) 4 star hotel in the city.
Facilities: Restaurant, bar,spa, gym, swimming pool, tennis court

Day Ten: Buon Ma Thout to Dalat (pop.130,000) 199 km/ 124 mi
Cycling section: to Lien Son: 75 km / 47 mi
An uphill but good cycling day

We cycle on a very attractive road through a wonderful variety of scenery – through hills and broad valleys we head for Lien Son, the summer palace of the late Emperor, with its sweeping views of Ho Lak and the surrounding countryside. We also stop at an ethnic village, with its long houses and may have the opportunity to have a ride on working elephants.

Lodging: B, L,D
Dalat du Parc, 7 Tran Phu Street, Dalat (or similar hotel)
Phone: 063.3825 777 Fax: 063.3825 888 Email: DuParc.Reservations@DalatResorts.com
Facilities: An attractive, refurbished 3* heritage hotel in the French colonial style with modern facilities. Email and internet, restaurant, bar.
Features: Elevated location close to centre of town and lake.
This hotel does not have air-conditioning, but Dalat enjoys milder temperatures than coastal Vietnam.

Cycling distances given are entirely optional; the support van will be available at all times

Day Eleven: Dalat. Rest day

Da Lat, at 1,475 metres above sea level, is a temperate region dotted with lakes and waterfalls and surrounded by evergreen forests. Once known as “Little Paris”, this was once a French hill station. The surrounding hills provide South Vietnam with the more temperately grown flowers and fruit and vegetables such as strawberries, carrots and apples.

In the morning we visit a silk embroidery village, the “Crazy House”, with its weird architecture, and the Art Deco summer palace built for former emperor Bao Dai in 1933. The afternoon is free for you to explore: Dalat is an excellent area to explore by foot or cycle. You may wish to cycle around Xuan Huong Lake, or take the cable-car to the Zen Pagoda. A half day tour to an ethnic village is an optional extra – please ask your guide to arrange this.

Lodging: B

Dalat du Parc, 7 Tran Phu Street, Dalat

phone: 063.3825 777 DuParc.Reservations@DalatResorts.com

Day Twelve: Dalat to Mui Ne: (near Phan Tiet, pop.169,000) 164 km / 103 mi
Ta In to Mui Ne 118 km / 74 mi (mostly downhill)
picnic lunch to Mui Ne: 57 km / 35 mi

We descend the Prenn Pass, then take a minor road, with superb views, through isolated country, to a K’Ho, ethnic minority village where we have lunch. From here we continue to descend gently to the coast and our overnight stay at a beautiful resort on the golden sands of Mui Ne Beach.

Lodging: B, L, D

Sea Lion Resort (4 stars)

12 Nguyen Dinh Chieu St, Ham Tien, Mui Ne

Ph: (84) 8 6291 3610 www.sealionresort-muine.com

Facilities: 2 restaurants, swimming pools, fitness centre & spa, wireless internet

Features: Large beachside resort with architecture a combination of traditional Vietnamese country houses and French colonial styles.

Day Thirteen: Mui Ne to Loc An: 101 km / 63 mi

Quiet roads take us to the coastal desert reserve at Phuoc Buu. Lunch will be at La Gi. In the afternoon there will be more coastal riding as we cycle beside large sand dunes and plantations of the bizarre looking Dragon fruit.

Lodging: B, L, D

Loc An Resort

Address Xa Loc An, H. Long Dat, t. Ba Ria – Vung Tau

Ph 084 3886-377 fax 0084 3685-031, locanresort@hcmc.comnetnam.com.vn

www.locanresort.com

Features: Comfortable small hotel, built on the banks of the Ray River.

Facilities: Licensed bar and restaurant, swimming pool, with a hotel punt available to cross the river to the ocean beach.

Cycling distances given are entirely optional; the support van will be available at all times

Day Fourteen: Loc An Beach to Saigon:
Cycling section: 60 km / 37 mi

We cycle by rubber, cashew nut and black pepper plantations. On reaching a road side temple we load up to avoid the busy highway into Ho Chi Minh City. Celebrate your ride with a group farewell dinner at a local restaurant.

Lodging: B, L, D

Grand Hotel

8 Dong Khoi St, District 1, Ho Chi Minh City

Phone:84.8.38230163 Fax: 84.8.38235781. Email: grand-hotel@fmail.vnn.vn

www.grandhotelsaigon.com

Facilities: Satellite TV, Swimming pool, fitness centre, laundry.

Features: A comfortable character hotel with a French flavour.

The hotel is centrally located, close to good shopping, a local market and a selection of restaurants.

Or similar hotel

Day Fifteen:

The tour finishes after breakfast this morning. We will gladly take you to the airport should you depart this morning.

We hope you have enjoyed your holiday and wish you a safe journey home.

You may like to leave the following accommodation list with friends or relatives.

VIETNAM
15 Days / 14 Nights

DAY	DATE	LOCATION	ACCOMMODATION	PHONE
1		Hanoi	Galaxy Hotel	(84) 4 3828 2888
2		Hue	Hotel Saigon Morin	(84) 54 3823526
3		Hoi An	Vinh Hung Resort	(84)510 3910393
4		Hoi An	Vinh Hung Resort	(84)510 3910393
5		Quang Ngai	Central Hotel	(84) 55 3829999
6		Qui Nhon	Royal Hotel Qui Nhon.	(84) 56 3747100
7		Nha Trang	Novotel Nha Trang	(84.58)625-6900
8		Nha Trang	Novotel Nha Trang	(84.58)625-6900
9		Buon Ma Thuot	Dakruco Hotel	(84) 500875325
10		Da Lat	Dalat du Parc	(84) 63 3825777
11		Da Lat	Dalat du Parc	(84) 63 3825777
12		Phan Tiet	Sea Lion Resort	(84) 8 6291 3610
13		Loc An	Loc An Resort	(84) 64 3886377
14		Saigon	Grand Hotel	(84) 8 38230163
15		Depart for home or Mekong Delta		

Pre trip Halong Bay: Hanoi to HaLong Bay

Day One:

You will be met at the airport and transferred to your hotel.
There will be time for a quick city tour to explore Hanoi's ancient quarter.

Lodging: B

Galaxy Hotel

1 Phan Dinh Phung St, Hanoi

Phone: (84) 4 3828 2888 Email: galaxyhtl@vnn.vn www.galaxyhotel.com.vn

Facilities: Restaurant, bar, coffee shop, health centre, laundry service, hairdryers.

Features: A 3 star hotel, located in an ancient street in the heart of Hanoi.

Day Two : Halong Bay

Travel to Halong on the coast, a popular holiday resort for local people and also the departure point for your boat journey to Halong Bay World Heritage Park. En route we will stop at an embroidery factory and pottery.

Halong Bay is one of the most spectacular and romantic of all Vietnam's natural wonders. From the emerald waters 3,000 islands rise steeply to create a dramatic seascape. Said to be the 'dragon descends into the sea'. An overnight boat trip (with the option of sea-kayaking) through this magical land is included

Lodging: Overnight on support boat with en-suite cabins. B, L, D

Day Three : Hanoi

In the morning you will enjoy stops at various grottoes and caves. Brunch is served on board before returning to shore and our journey back to Hanoi.

This evening you will meet up with your fellow cyclists for the start of the main cycling tour.

You may wish to arrive in Hanoi early to visit some of Hanoi's historical sights: the beautiful Hoan Kiem lake, Ho Chi Minh's Mausoleum and Ho Chi Minh's house, where he preferred to live simply. One Pillar Pagoda, a small but significant pagoda with a Buddhist representation of the world and the Temple of Literature, originally built in 1070. We are happy to reserve additional hotel accommodation for you.

VIETNAM Northern Discovery

DAY	DATE	LOCATION	ACCOMMODATION	PHONE
1		Hanoi	Galaxy Hotel	(84) 4 3828 2888
2		Boat- Halong Bay		
3		Return to Hanoi and join main tour		

Mekong Delta Tour Post Tour 4 days / 3 nights

You may like to take a post-tour trip to the Mekong Delta

Day Fifteen: Ho Chi Minh City to Long Xuyen

We will drive from the city to the start of the cycle section on quiet Highway 30. The countryside is pancake flat with brilliant green rice fields threaded with a network of canals and rivers. We will visit the Vuon Co Stork sanctuary late afternoon, in time to see the birds fly in at sunset.

Cycle section: Up to 71 km / 44 mi – or as little as you wish

Lodging: L,D

Dong Xuyen Hotel

9A Luong Van Cu St, My Long Ward, Long Xuyen City

Phone:84.76 3942260 Email: dongxuyenag@hcm.vnn.vn

Web: www.angiangtourimex.com.vn

Facilities: Restaurant, bar, Satellite TV, sauna, laundry.

Features: A centrally located 3 star hotel .

Day Sixteen: Long Xuyen to Chau Doc 58 km / 36 mi

You will pass through huge expanses of paddy fields as you follow the canal system all the way to Chau Doc, close to the Cambodian border. This is a great way to see the river lifestyles of the local people; the canals are alive with boats transporting goods and the banks are lined with houses and fish cages. In the afternoon we will take a boat tour to visit a floating village, where the houses are built above fish cages, in which they grow the infamous Bassa catfish.

This area has a large Khmer community, which combined with local Cham people and Chinese, forms a diverse melting pot of cultures.

Lodging: B, L, D

Victoria Chau Doc Hotel

32 Le Loi St, Chau Doc, An Giang province.

Ph (84.76) 3865 010 fax (84.76) 3865 020 chaudoc@victoriahotels-asia.com

Features: Beautiful colonial-style 4 star hotel, with superb views of the three rivers junction.

Facilities: Licensed bar and restaurant, swimming pool, sauna and massage, business centre.

Cycling distances given are entirely optional; the support vehicle will be available at all times

Day Seventeen: Chau Doc to Can Tho Approx 116km / 72.5 mi
 Best Cycling section: 50 km / 30 mi

Located in the heart of the Mekong Delta, Can Tho is home to charming riverside landscapes, paddy fields, floating markets and myriad canals.

Lodging: B, L, D
 Victoria Can Tho Hotel
 Cai Khe Ward, Can Tho City
 Phone (84.710) 3810 111; Fax: (84.710) 3829 259 Email: cantho@victoriahotels-asia.com
 Features: Colonial style 4 star hotel set in magnificent gardens on the banks of the Hau River.
 Facilities: Asian/European/Seafood cuisine, bar, swimming pool and business centre.

Day Eighteen: Can Tho to Ho Chi Minh City
 Cycling section 54 km/ 34 mi

A feature of the Mekong Delta is the floating markets situated at the main river junctions. We will take an early morning boat trip to visit one of the large markets at Cai Rang. Returning to our hotel for breakfast, we can then relax by the river before returning to Ho Chi Minh City after lunch. On the way you will see rice fields with rice drying along the roadsides, coconut palms and pagodas.

Lodging: B, L
 Accommodation is not included tonight.

**VIETNAM
 Mekong Delta**

15	Long Xuyen	Dong Xuyen Hotel	(84) 76 3942260
16	Chau Doc	Victoria Chau Doc	(84) 76 3865 010
17	Can Tho	Victoria Can Tho	(84) 7103810111
18	Saigon	Depart for home	