



12 Days

Vietnam

Cycle Explorer Expedition

Join us on this exciting and very special cycling trip through the hidden backwaters and breath-taking beauty of rural Vietnam. You will get an opportunity to experience the history of Hanoi and the surrounding countryside of Northern Vietnam while also experiencing the stunning scenery. Cycling past paddy fields and extraordinary limestone formations up to 80km a day the route is a mixture of single track style paths and rough rural roads. This is a fully supported trip and ends on a 'junk' in the stunning UNESCO Halong Bay where we will rest and enjoy swimming, kayaking and fresh local seafood!



Recommended expedition itinerary

Day
1-2

Arrive in Hanoi & explore

Spend the day recovering and acclimatising while enjoying the hustle and bustle of Hanoi.

Day
3

Hanoi countryside bike and city tour. Distance ~ 20km

After an 8:00am start we visit the Ho Chi Minh Mausoleum and residential grounds (clothing restrictions apply). This is followed by a visit to the Temple of Literature, the site of Vietnam's first University. After lunch at a local restaurant we will transfer to the village outside of Hanoi city for an easy acclimatising ride. Cycling mostly on rural lanes through the surrounding villages, we cycle through beautiful scenes of immaculately tended vegetables plots and flower beds. We will stop and chat to some of the local people out tending their crops and gain some insight into life in rural northern Vietnam. After a short rest, we will have dinner with a local host family before returning to the hotel.

Day
4

Hanoi – Ninh Binh – Cuc Phuong. Distance ~ 35km

Another 8:00am start as we transfer by private vehicle to Ninh Binh. This scenic drive takes about 2.5 hours. After arriving at Ninh Binh we cycle on countryside roads to Hoa Lu and its ancient 10th century citadel, continuing through the stunning limestone peaks to Tam Coc, passing rice paddies and rural villages. After lunch at a local restaurant, we will transfer and cycle for about two hours to Cuc Phuong National Park, where we spend the night in a local house on stilts.

Day
5

Cycling to Pu Luong with overnight in Hieu Village. Distance ~ 50 to 80km

This will be the longest distance we will ride. After a hearty breakfast we make our way to Pu Luong by riding about 80km (with van support). After cycling through more beautiful countryside, we arrive tired and happy at our overnight homestay in time to enjoy a delicious home-made dinner.

Day
6

Cycling around Pu Luong with overnight in Kho Muong village. Distance ~ 40km

Today we will be riding to the river dock. On arrival we will spend the day making bamboo rafts and hopefully floating on them! We will then transfer by private van to Kho Muong village to enjoy a dinner served by a local family and stay overnight in their home.





Day
7

Cycling and back to Mai Chau. Distance ~ 40 to 50km

After breakfast we cycle to Mai Chau town (with van support). The scenery is stunning on this long morning ride of about 40km. We will arrive in Mai Chau town in time to enjoy a late lunch at a local restaurant and check into our accommodation for the night, again in a stilt house. The afternoon is free and we will have the opportunity to rest our legs or explore whilst enjoying the bustle of a local northern Vietnamese town.

Day
8

Cycling Mai Chau to Moc Chau. Distance ~ 50 to 70km

After our restful day yesterday, we will be keen to get back on the saddle and enjoy the beautiful scenery as we ride 70km to Moc Chau town. After an early arrival we will visit a Tea Plantation and enjoy a local brew before returning back to our guesthouse to check in. We will have dinner and stay overnight in Moc Chau.

Day
9

Cycling and back to Hanoi. Distance ~ 15 to 20km

This morning we will enjoy an easy day riding around Moc Chau before transferring back to Hanoi for an overnight in our hotel.

Day
10

Hanoi - Halong Bay & cruise to Bai Tu Long Bay

It's a stunning four hour drive to Hon Gai Wharf. Here we will be greeted by the crew of our junk and will begin our cruise into the stunning UNESCO Halong Bay, an area that is full of stunning geological sites and quite literally thousands of islands and islets. On board we will enjoy a lunch of fresh local seafood while cruising to Bai Tu Long bay and soaking in the atmosphere. We will also have the chance to have a close look at the fascinating rock formations, whilst also relaxing and enjoying activities including kayaking and swimming. We will stay overnight on the boat.

Day
11

Back to Hanoi & departure to London

Enjoy our last day relaxing, indulging in some more swimming or kayaking and visiting one of the most beautiful caves in the bay. We will enjoy lunch while cruising back to the wharf for about 11:30. It's then time to hit the road to Hanoi airport for our departure and a restful overnight flight home!

Day
12

Fly back to the UK

We transferring to the airport for your flight back home and wave farewell to this wonderful county.

Further information

Look what's included!

-)] International flights
-)] All accommodation
-)] All food
-)] All transportation and activities
-)] Bi-lingual, first-aid qualified local expedition leader
-)] Parent and student expedition launch evening
-)] Comprehensive pre-expedition training programme
-)] 1-day offsite safety INSET day for staff
-)] ATOL financial protection
-)] Medical Emergency / Repatriation Travel Insurance
-)] Group first aid kit and prescription meds pack
-)] BS8848 safety management and risk assessments
-)] Detailed pre-departure information and kit lists
-)] Comprehensive teacher travel packs
-)] Permanent operations team in your destination
-)] 24-hour UK operational support whilst overseas
-)] Carbon offsetting of all flights
-)] Free t-shirt for every participant and teacher

What's excluded?

-)] Transport to airport in UK
-)] Drinks (advice will be given on purification of water)
-)] Visas or tourist cards if required
-)] Any required inoculations
-)] Personal spending money
-)] Tips for guides, drivers and porters
-)] Airport departure taxes paid locally
-)] Cancellation and personal effects insurance

Your expedition timeline



Physical expedition rating:



Moderate physical activities are included in Grade 3 trips. Good health and reasonable fitness are important to get the most out of the trip. Trips of this grading are likely to include some walking at moderate altitude (up to 2,500m) and occasional longer/harder days may be involved, with between five and seven hours of walking on certain days. The trip may contain other activities such as cycling or rafting which also require physical effort and a reasonable level of fitness. Some steady preparation and an increase if your underlying fitness levels would help you get the most from this grade trip.

Culture shock rating:



Students should expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken, will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip. We're likely to visit remoter locations on this tour where access to western style services may be sporadic. Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.

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A journey of 1,000 miles...

Starts with a single step... Contact us now to start your expedition journey



1 Get your tailor-made proposal and further information

If this itinerary doesn't quite scratch your expedition itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an itinerary just for you. Contact us for more information and a detailed quote.

2 Ask for risk assessments and marketing materials

We can provide initial risk assessments and destination threat assessments to help you with your expedition approval process. Ask for posters and your pre-booking information pack too.

3 Arrange an expedition launch evening at your school

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening with opportunity for questions.



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