

Pedaltours

vacations for cyclists since 1985

VIETNAM **Nha Trang to Ho Chi Minh City (Saigon)** **9 Days / 8 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.

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 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:
Eco Tours, ph.(84) 938 499 808 : 24 hour client hotline in Vietnam
or Pedaltours in New Zealand ++64 9 585-1338

Our tour begins in the beach resort of Nha Trang and takes in the rural lakeside town of Lien Son, Dalat - once a French spa resort, and Ho Chi Minh City.
You may like to extend your holiday with our 3 day Halong Bay tour which visits Hanoi and beautiful Halong Bay or a visit to the Mekong Delta.

MEETING DAY / DAY ONE:

We meet at 4.00pm at: Novotel Nha Trang, 50 Tran Phu St, Nha Trang

Nha Trang (pop.315,000) is a seaside resort with a fabulous beach. There are three flights daily from Saigon to Nha Trang (morning and early afternoon) and one flight daily from Hanoi.

Nha Trang can also be reached by train from both Hanoi (24 hours) and Saigon (8 hours). Please ask your travel agent to assist you with travel arrangements or we can book domestic flights.

On arrival your guide will fit you to your rental bike, should you not bring your own and this will be followed by a trip briefing and welcome dinner.

Lodging: D
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).

Day Two: 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'. A stop will be made at the Oceanographic Institute and Tri Nguyen Aquarium; lunch will be at a lovely bamboo restaurant on an offshore island, returning to Nha Trang mid afternoon. You may like 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
Web: <http://www.novotel.com/gb/hotel-6033-novotel-nha-trang/index.shtml>

Cycling distances given are entirely optional; the support van will be available at any time

Day Three: 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 Four: 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
 Mercure Dalat, 7 Tran Phu Street, Dalat
 Phone: 063.3825 777 Fax: 063.3825 888 Email: novotel@bdvn.vnd.net
 Facilities: An attractive, refurbished 3* hotel in the French colonial style with modern facilities. Email and internet service, Restaurant and bar.
 Features: Close to centre of town and lake.

Day Five: 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
 Mercure Dalat, 7 Tran Phu Street, Da Lat
 Phone: 063.3825 777 Fax: 063.3825 888 Email: novotel@bdvn.vnd.net

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

Day Six: 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 descent gently to the coast and our overnight stay at beautiful Bamboo Village resort on the golden sand Mui Ne.

Lodging: B, L, D

Bamboo Village Beach Resort, km 11.8, Ham Tien, Phan Thiet City OR similar
Phone 84 62 3847-007; Fax: 84 62 3847-095 Email: bamboo_village@hcm.vnn.vn
www.bamboovillageresort.com

Features: Attractive resort set in tropical gardens and with private beach

Facilities: Restaurant, poolside bar, swimming pool, outdoor jacuzzi, laundry service.

Day Seven: 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.

Day Eight: 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. There is the option of not cycling today in order to spend more time in Saigon.

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.

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

Day Nine:

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
9 Days / 8 Nights

DAY	DATE	LOCATION	ACCOMMODATION	PHONE
1		Nha Trang	Novotel Nha Trang	84.58)625-6900
2		Nha Trang	Novotel Nha Trang	84.58)625-6900
3		Buon Ma Thuot	Dakruco Hotel	(84) 500875325
4		Da Lat	Mercure Dalat	(84) 63 3825777
5		Da Lat	Mercure Dalat	(84) 63 3825777
6		Phan Tiet	Bamboo Village Resort	(84) 62 3847007
7		Loc An	Loc An Resort	(84) 64 3886377
8		Saigon	Grand Hotel	(84) 88 3230163
9		Depart for home or	Mekong Delta	

Post Tour 4 day / 3 night Mekong Delta Tour

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

Day Eight: 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 Nine: 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

