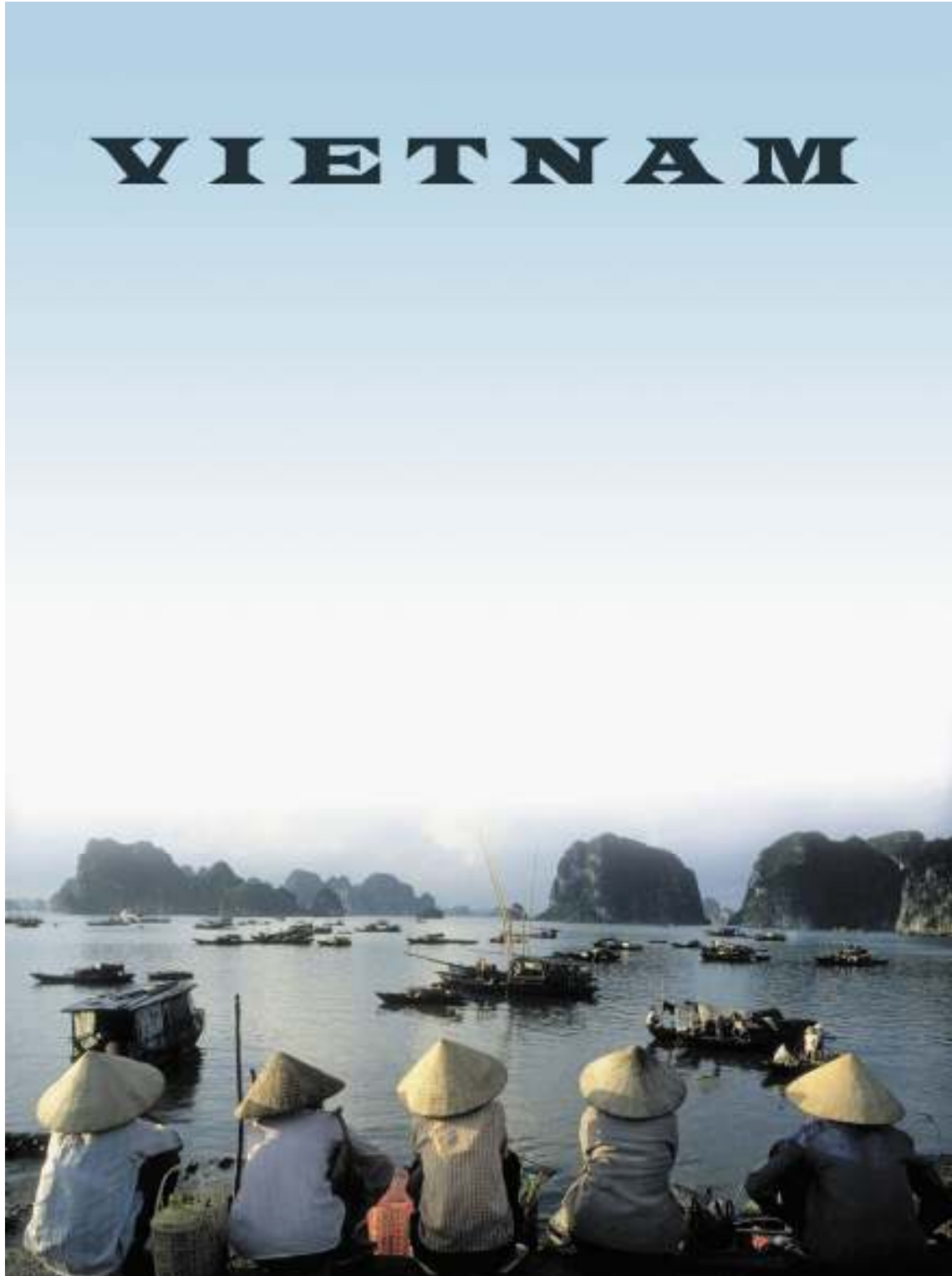


Pedaltours
vacations for cyclists since 1985

VIETNAM
Hanoi to Nha Trang
9 days/8 nights
Superior accommodation
ITINERARY

VIETNAM



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 imperial city of Hue, historic Hoi An and the beach resort of Nha Trang.

Should you need to contact Pedaltours, please call our representative:

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 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

Thien Thai Hotel (or Galaxy Hotel)
45 Nguyen Truong To Str, Ba Dinh district, Hanoi
Phone: (84) 4 3716 4126 Email: thienthai@fpt.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: 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.

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

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

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).

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 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
Web: <http://www.novotel.com/gb/hotel-6033-novotel-nha-trang/index.shtml>

Day Nine:

The tour finishes after breakfast 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				
North to South				
DAY	Date	LOCATION	ACCOMMODATION	PHONE
1		Hanoi	Thien Thai Hotel	(84) 4 3716 4126
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		Depart		

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

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

Thien Thai Hotel, 45 Nguyen TroungTo Str; Ba Dinh District, Hanoi
 Phone: 84.4.37164 126 Fax: 84.4.37164 917 Email: thienthai@fptvn
 Facilities: Licensed restaurant, bar, lounge, laundry, hotel doctor
 Features: Central location, adjacent to the old town.

or similar hotel

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	Thien Thai Hotel	(84) 4 37164 126
2		Boat- Halong Bay		
3		Return to Hanoi and join main tour		