

## West to East Biking Exploration Tour

Code:	GTTD0001
Routes:	Hanoi - Lao Cai - Sapa - Ban Ho Village - Trung Do Village - Coc Ly - Bac Ha- Xin Man - Hoang Shu Phi - Ha Giang - Bac Me - Bao Lac - Tinh Tuc - Ba Be Lake - Cho Ra - Hanoi
Duration:	14 Days

### Itinerary in brief

- Day 1: Arrival in Hanoi
- Day 2: Hanoi city tour & Night train to to Lao Cai
- Day 3: Trek from Ta Thang Village to Nam Ket Village
- Day 4: Nam Ket Village - Sin Chai B Village - Thanh Phu Village -Ban Ho Village
- Day 5: Ban Ho Village - Su Pan Village - Ta Van Village
- Day 6: Ta Van Village - Y Ling Ho Village - Cat Cat Village - Sapa
- Day 7: Sapa - Lao Cai - Trung Do Village
- Day 8: Trung Do Village - Coc Ly - Bac Ha
- Day 9: Bac Ha - Xin Man
- Day 10: Xin Man - Hoang Shu Phi - Ha Giang
- Day 11: Ha Giang - Bac Me - Bao Lac
- Day 12: Bao Lac - Tinh Tuc - Ba Be Lake
- Day 13: Ba Be Lake - Cho Ra - Hanoi
- Day 14: Departure

### Detail Itinerary

#### Day 1: Arrival in Hanoi

Arrive at Hanoi International Airport. Meet your guide at the airport and transfer to your hotel downtown Hanoi. The remainder of day is free at leisure to explore Hanoi by yourself. In the evening we will take a welcome dinner at local restaurant with Vietnamese delicacies. Overnight in Hanoi.

#### **Summary:**

The transfer: 50min  
Overnight: hotel in Hanoi  
Meals: welcome dinner with Vietnamese cuisine in local restaurant

#### Day 2: Hanoi city tour & Night train to to Lao Cai

After breakfast we will begin our city tour of Hanoi. At first, we will visit to Ho Chi Minh Mausoleum, and the ?Uncle Ho? house. After that we head to the unique One Stilt Pagoda, which date from one thousand year ago. Continue to the Hanoi?s famous Temple of Literature, the first university of Vietnam founded in 1070. The highlight of this cultural, historical site is the garden of stelae where you find 82 stone stelae bearing names, places of birth and achievements of men who received doctorates in each triennial examination from 1442; each stelae sits on a stone tortoise. Lunch in local restaurant before heading to the Old Quarter for a relaxing cyclo tour through the ancient part of Hanoi.

After the cyclo tour we will drive to the Museum of Ethnology, which is quite away from the central Hanoi. It features a fascinating collection of art and everyday objects gathered from Vietnam and its diverse tribal people. On our trip we will meet some tribal groups ? now it is time to learn about them.

Drive back to hotel to take shower. Free time until we get on the night train to Lao Cai around 10pm.  
Cyclo is three wheeled rickshaws, operated by pedal-power, with a seat attached to the front.

**Summary:**

The city tour: full-day guided city tour

Overnight: on the train

Meals: Breakfast & lunch

The night train: Sleeper cabin with 04 soft berths.

**Day 3: Trek from Ta Thang Village to Nam Ket Village**

Arrive in Lao cai around 6am. We meet our guide at the train station and have breakfast in local restaurant. After breakfast we will make a 30 minute transfer to Ben Den where the porter team will be waiting for you. We will begin our eight and a half hour trek passing through bamboo forest and green jungle along some of the most remote trekking area of the north. We stop for lunch in the village of Nam Ket. After lunch we will head towards our camp near the Red Dao village of Sin Chai. We may meet the Red Dao ethnic minority tending the fields or working in the forest on our way. There will be time to enjoy the beautiful scenic valley as we pass through. Dinner and overnight at the campsite.

**Summary**

Transfer Lao Cai – Ta Thang: 45 mins

Trekking: 4 hrs – Moderate to Challenging grade

Meals: Breakfast, Lunch, Dinner

Accommodation: Camping

**Day 4: Nam Ket Village - Sin Chai B Village - Thanh Phu Village - Ban Ho Village**

We will enjoy breakfast in the camp before preparing for today's trek. Today's adventure will take us through a number of small ethnic minority villages (including Red Dao, Xafo and Black H'mong). We will see people from the local communities carrying out their daily activities as it is in the northern highlands. Our trek will take us to our home stay for tonight in the Tay village - Ban Ho

**Summary**

Trekking: 7 hrs – Moderate to Challenging grade

Meals: Breakfast, Lunch, Dinner

Accommodation: Home stay

**Day 5: Ban Ho Village - Su Pan Village - Ta Van Village**

Following breakfast we will leave Ban Ho behind us and start to ascend to Supan. From Supan we will trek the small trails towards our next stop at the Giang Ta Chai waterfall. From the waterfall we will begin our trek towards Tavan village, where we spend the night with a family. Inhabited by the Zay people, this community has become very adept at rice cultivation and, in marked contrast to the H'mong, they have a higher living standard as a result.

**Summary**

Trekking: 6 hrs – Moderate to Challenging grade

Meals: Breakfast, Lunch, Dinner

Accommodation: Home stay

**Day 6: Ta Van Village - Y Ling Ho Village - Cat Cat Village - Sapa**

Today is our final day of our journey through the Hoang Lien Valley. We embark on our four and a half hour trek from Tavan, heading first through rice fields to Lao Chai and then on to Y Ling Ho. We will stop for a picnic lunch by the river. After lunch we will continue on small trails to the Black H'mong village of Cat Cat, from here we will make the final push up to Sapa. Overnight in hotel in Sapa Town.

**Summary**

Trekking: 6 hrs – Moderate to Challenging grade

Meals: Breakfast, Lunch

Accommodation: Hotel

### **Day 7: Sapa - Lao Cai - Trung Do Village**

After breakfast in the hotel we have few hour in the morning for shopping. We will begin the ride around 10am, directly from Sapa and straight away we are flying along on a 38km stretch involving some small climbs at first and then a spectacular, fast flowing downhill all the way into Lao Cai town. Lunch in Lao Cai before we begin our ride in the afternoon, 55km to Trung Do, a beautiful village of Tay people located on the bank of Chay River. From Lao Cai to Trung Do we take a short ride along the Chinese border before jumping into road 70 for about 2hrs. The last 10km we ride on beautiful country road and bumpy dirt path to reach Trung Do Village. Tonight we will stay overnight with a Tay family. While we enjoy our pre-dinner drink with the family, our local guide will cook a great dinner for us. Dinner and overnight in the local house.

#### **Summary:**

The biking: 95km. 20km of descent

Hotel: homestay in village

Meals: breakfast, lunch, dinner & snack

Support crew: 01 local guide and support vehicle

### **Day 8: Trung Do Village - Coc Ly - Bac Ha**

Early rising for breakfast and goodbye the hosts to board a long boat and transfer for around 1.5 hr along a stunning Yangtse-style river ride, though a high cliff gorge. The boat trip takes us to Coc Ly where the Dao, Tay and H?mong people gather for a market day on Tuesday every week.

We will begin our ride in Coc Ly and we will cover 60km of remote jeep track and challenging climb. At first we ride on a bumpy jeep track along the Chay River and then we turn off the road onto a steep climb up to Bac Ha. There is always an option to take the support bus if you do not feel like riding. Late lunch in our hotel in Bac Ha. The remainder of the day is free at leisure or take a relaxing ride for around 1.5 hr around the quiet town of Bac Ha through some tribal villages and a visit to the palace of H?mong King. Dine in local restaurant and overnight in hotel.

\* It would be great if we could plan our trip to get to Coc Ly market on Tuesday. The market is so primitive and colorful.

#### **Summary:**

Boat trip: 1.5hr

The biking: 65km. 4km of descent and 25km of ascent

Hotel: hotel in Bac Ha

Meals: breakfast, lunch, dinner & snack

Support crew: 01 local guide and support vehicle

### **Day 9: Bac Ha - Xin Man**

Breakfast in the hotel and begin our ride directly from our hotel. Today we will bike across one of the most remote parts of northern Vietnam. At first we tackle a steady climb of 6km on good paved road but then turn into short section of jeep track. After around 3-hr riding we will have a picnic lunch wherever we find good for that. After lunch we continue riding to Xin Man, a small and busy town near Chinese border. Xin Man is around 75 km from Bac Ha and the biking in the afternoon is not less challenging than the one in the morning. We will climb for the first hour or so up to a plateau at 2500m, where we have fantastic view before hitting rough paved road for a steady descent into Xin Man. During the biking we will have regular stop for break, snack and taking photo. Dinner and overnight in hotel.

#### **Summary:**

The biking: 55km. 4km of descent and 15km of ascent

Hotel: hotel in Xin Man

Meals: breakfast, picnic lunch, dinner & snack

Support crew: support vehicle

#### **Day 10: Xin Man - Hoang Shu Phi - Ha Giang**

Today we take a gentle ride covering 90km from Xin Man to Viet Quang Town. The ride takes us down to a bridge over the main river and for the next 40km we ride along a quiet road that gently climbs and follows the river upstream to Hoang Shu Phi, a quiet town at 1000m. Have a break in town for snack and refreshment then continue with downhill quiet road 60km to Viet Quang. We will have a late light lunch in Viet Quang Town then take a bus transfer to Ha Giang Town, the capital of Ha Giang Province which is the final frontier in northern Vietnam, a lunar landscape of limestone pinnacles and granite outcrops. Dinner and overnight in Ha Giang Town.

**Summary:**

Transfer: 45km from Bac Quang to Ha Giang

The biking: 90km. 30km of descent and 10km of ascent

Hotel: hotel in Ha Giang

Meals: breakfast, lunch, dinner & snack

Support crew: support vehicle

#### **Day 11: Ha Giang - Bac Me - Bao Lac**

Today the ride is mostly road based. At first we tackle 12 km climbs and then it is an undulating, idyllic route through friendly villages and paddy fields, surrounded by jagged limestone hills. Around noon time we will reach Bac Me Town where we will have lunch in local restaurant. After lunch we will continue riding to Bao Lac. The long and gentle section in the afternoon can be done partly by biking and partly by driving. We may ride around 35km on quiet road then take a drive to Bao Lac Town where we stay overnight in a simple guest house. Dinner in town.

**Summary:**

Transfer: 35km from mid way to Bao Lac

The biking: 95km. 8km of descent and 10km of ascent

Hotel: guesthouse in Bao Lac (no AC but hot water)

Meals: breakfast, lunch, dinner & snack

Support crew: support vehicle

#### **Day 12: Bao Lac - Tinh Tuc - Ba Be Lake**

Having a relaxing breakfast and then we leave the town around 9am. Today we will enjoy the last ride of our trip. We start with a climb 6km, followed by an undulating quiet road through scenic villages. We will have snack break on the way and have late light lunch in the small town of Nguyen Binh. After the lunch we will take a relaxing drive to Ba Be National Park. We will stay overnight in the beautiful village of Pac Ngoi, which is home to Tay people who live on Ba Be Lake in stilt house. Our hosts will cook us a great dinner and we will have a great time talking with the friendly hosts.

**Summary:**

Transfer: 90km from Nguyen Binh to Ba Be

The biking: 95km. 8km of descent and 10km of ascent

Hotel: homestay in Ba Be

Meals: breakfast, lunch, dinner & snack

Support crew: support vehicle

#### **Day 13: Ba Be Lake - Cho Ra - Hanoi**

Today we have a relaxing and peaceful day. After the breakfast we say goodbye to the hosts and take a short walk through the village. We will board a long boat for a fantastic boat trip on the stunning Ba Be Lake. This lake is one of the country's largest natural lake, surrounded by limestone cliffs, waterfall, caves and an abundance of wildlife. The interesting boat trip lasts around 1.5hr and we will ride along the Nang River to reach Cho Ra Town. Drive 5hr back to Hanoi with a lunch stop on the way. Overnight in hotel in Hanoi.

**Summary:**



Boat trip: 1.5hr

Transfer: 190km from Cho Ra to Hanoi

Hotel: hotel in Hanoi

Meals: breakfast, lunch

**Day 14: Departure**

Breakfast and transfer to the airport for flight home. Trip ends.

**Summary:**

Transfer: 50min from hotel to the airport

Hotel: hotel in Hanoi

Meals: breakfast