NORTH VIETNAM'S HA GIANG GAUNTLET

The Most Ruggedly Beautiful Cycling Adventure in Vietnam

FIXED DEPARTURE DATES

TRIP 1	12 - 19 September 2023
TRIP 2	14 – 21 October 2023

Total cycling distance: 324 km
Total elevation gain: 8500 m
Duration: 8 days, 8 nights (optional 9th day)
Number of cycling days: 7
Difficulty level: Hard

Tour meets – ends: Hanoi
Group size: 2 – 16 riders
Minimum age: 18
Please find the video for your review: Ha Giang Bicycle Loop

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TRIP OVERVIEW

This tour of Northern Vietnam's legendary Ha Giang loop is truly the pinnacle of what the country's cycling scene has to offer. The area is the most beautiful part of Vietnam, but it is also the most rugged and extreme – which is why the tour is perfect for advanced cyclists.

September and October are the best months to tour the Ha Giang loop, because the weather is perfect for cycling and the terraced rice paddies lining the route are at their greenest and ripest. You may even see local farmers harvesting fresh rice as you pass.

Mr Biker Saigon's route planning team has spent countless hours devising a path that will keep you off the main highways, spare you the tourist traps, and let you get the most out of the rustic landscape.

Day 1 – Hanoi arrival – bike fitting
Day 2 – Hanoi – Hoang Su Phi
Day 3 - Hoang Su Phi – Ha Giang city
Day 4 - Ha Giang – Yen Minh
Day 5 - Yen Minh – North pole of Vietnam – Dong Van
Day 6 - Dong Van - sky walk - Nho Que cruise – Meo Vac
Day 7 - Meo Vac – Du Gia
Day 8 - Du Gia – Ha Giang – Bus to Hanoi

DETAILED ITINERARY

Day 1: Ha Noi - bike fitting and welcome dinner

No cycling today

Meals provided: dinner

- Valet pickup at Hanoi's Noi Bai airport and transfer to your hotel in the old quarters of Hanoi (upon request)
- Bike fitting session
- Welcome dinner with Mr Biker Saigon team, including a briefing of the ride to come

Day 2: Ha Noi – Hoang Su Phi

Cycling distance: 22km

Elevation gain: 800m

Meals provided: breakfast, lunch and dinner

- Early pickup from your hotel in Hanoi for an 5 hour transfer to Viet Quang town, giving you plenty of time to relax and take in the scenic views
- Breakfast at a local restaurant on the way to Viet Quang
- After arriving in Viet Quang, lunch at the house of a local family
- Get on your bike and begin the challenging ride to Hoang Su Phi, only 22km long but with an elevation gain of 800m
- Dinner and overnight at a local homestay in Hoang Su Phi

Day 3: Hoang Su Phi – Ha Giang city

Cycling distance: 60km

Elevation gain: 1500m

Meals provided: breakfast, lunch and dinner

- Set off from the mountain city of Hoang Su Phi towards the outskirts of Ha Giang. The ride is 8km long, but you'll descend 400m of off road dirt paths that actually lead through hillside villages during that stretch. Watching the beautiful terraced mountainsides that follow the contours of the landscape is one of this adventure's scenic highlights.
- Near Ha Giang, explore the diverse cultural heritage of the 15 different ethnic tribes in the area, including Nung, Flower H'Mong, Tay, La Chi, and Hoa. You'll have the opportunity to learn about the rich history and heritage of the tribes from the locals themselves
- Cycle up the steep final stretch to enjoy the view of Ha Giang city, a challenging but rewarding experience.
- Overnight at a local hotel in Ha Giang.

Day 4: Ha Giang – Yen Minh

Cycling distance: 60km

Elevation gain: 1500m

Meals provided: breakfast, lunch and dinner

- Bus transfer 25km on relatively flat road through the landscape of terraced rice paddy fields
- Cycle through Vietnam's limestone mountain range
- Take in the views of the terraced rice paddies in the area, which are at their most beautiful in September and October
- Pass through minority villages and mountain communities while immersing yourself in the local culture and interacting with the friendly people of the area
- The mountain road pass "Heaven's gate 1" will be a highlight of the day, with the famous vista of the Tam Son valley and the Twin Hills offering one of the most spectacular sites in Vietnam. The mix of challenging up and down terrain and relatively flat sections will test your cycling skills, but the scenic views and friendly encounters with local hill tribes will make it all worth it.
- Descend into Yen Minh while observing the traditional homes of the local communities and taking in the picturesque surroundings.
- Overnight at a homestay in this sleepy northern town.

Day 5: Yen Minh – North pole of Vietnam – Dong Van

Cycling distance: 60km

Elevation gain: 1700m

Meals provided: breakfast, lunch and dinner

- Cycle several km to visit the nearby hill tribe market. It's a great way to immerse yourself in the local culture and get a glimpse of the vibrant lifestyle characteristic of the heavily Chinese-influenced far North of Vietnam.
- Cycle up the "Way of Happiness road" while viewing Dong Van's Karst Plateau, truly one of the most beautiful natural landmarks in the world (take a look at the photos if you don't believe us)
- At the road's summit, visit the Hmong King Palace (Vuong Chi Sinh Palace) and Lung Cu Flag Pole Tower. The landmarks will give you a unique insight into the rich cultural heritage of the region
- Cycle 15km to Dong Van ancient town
- Check into a hotel in Dong Van and enjoy some self-guided exploration of one of Vietnam's most historically rich hidden gems

Day 6: Dong Van - Skywalk - Nho Que cruise – Meo Vac

Cycling distance: 30km

Elevation gain: 700m

Meals provided: breakfast, lunch and dinner

- Set off from Dong Van on a road that leads through sky walk, a road that is cyclist-friendly but has been known to get so misty that you might feel like you're walking on clouds, hence the name. The ride will also take you alongside the magnificent Ma Phi Leng Pass
- After the sky walk, fly down a steep downhill stretch to the Nho Que River
- Embark on the Nho Que River cruise. The 700-meter-deep canyon walls are sure to take your breath away
- Board your support vanvan in Nho Que and backtrack to the colorful village of Meo Vac
- Overnight in the village

Day 7: Meo Vac – Du Gia

Cycling distance: 54km

Elevation gain: 1500m

Meals provided: breakfast, lunch and dinner

- Set off on a ride from Meo Vac to the majestic Mau Due - Lung Ho summit, which will offer one of the most panoramic views in Vietnam. The ride is one of the most strenuous legs of this adventure, so be sure to stay hydrated
- Picnic lunch on the Mau Due - Lung Ho summit
- Embark on a downhill ride to the tranquil village of Du Gia
- Overnight at a comfortable river view hotel in Du Gia

Day 8: Du Gia – Ha Giang – Bus to Hanoi

Cycling distance: 38 km

Elevation gain: **800m**

Meals provided: breakfast and lunch

- Visit the local market in Du Gia, where you can mingle with colorfully-clothed members of the different hill tribes and admire their traditional crafts.
- 5 km climb from Du Gia through remote mountainous areas, surrounded by beautiful cliffs, caves, and other natural wonders. One of the most ruggedly picturesque legs of this adventure
- Begin a descent that lasts 20km
- 10 km of flat riding to the town of Ha Giang, where you'll check into a hotel
- Farewell lunch at the hotel. Say goodbye to your fellow riders and your trusty bike unless you both plan to extend your stay in Ha Giang.
- Board a sleeper bus to Hanoi and arrive there at 10:00 pm
- Hotel by your own arrangement

TOUR PRICES/USD:

GROUP SIZE	2	MTB Rental	E-BIKE rental	Single Supp. (only available in some places)
PRICE PER PERSON	1,280	100	220	180

Tour inclusive of:	Tour exclusive of:
• Accommodations at 3 star hotels/homestay with daily breakfast (twin/double sharing) • Air-conditioned van for transfers and support • Support vehicle to carry gear, luggage, first aid • Cycling guides and mechanics (number depends on group size) • Entrance fees, boat trips • Meals as mentioned per program • High quality mountain bikes, all sizes • All biking gear (bike, helmet, tool kit, water cage) • Water, snacks, soft drinks, fresh fruit on biking days • Free flow cold beer at the end of the tour	• Visa • International airfares • Hotel early check-in / late check-out • Overweight luggage • Personal expenses • Travel insurance • Tipping Optional add-ons (at added cost): • E-bike (instead of MTB) • Single room surcharge • Ha Giang stay extension

Notes: *Please be aware that flight times, hotels and all other logistics, services and days of travel are subject to availability. If the listed hotel is fully booked, alternate accommodation will be offered. All hotels are rated according to local standards. All itineraries are flexible and can easily be altered to suit your needs and interests. Contact one of our travel consultants for more information*.

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Things to think about:

Even though we provide modern bikes and safety gear, we understand that sometimes customers wish to have their own personal items. We would suggest customers bring their own helmet and cycling gloves for comfort and our mechanics can even fit customer's own seats and pedals. All bikes will be labeled with customers' names so that they have the same bike each day.

Transportation arrangements:

Where-ever possible we will cycle from point A to point B meaning the guests have as much experience as possible exploring on their bicycle. Certain points we will use our comfortable and modern 16-seater minivan to transport guests safely to start and end points. These vehicles are equipped with air conditioning.

If a customer wishes to not continue after lunch, they can be safely transported inside the minivan. The vehicles are present along the way for emergency purposes and can be used as necessary.

Food and Dietary Requirements:

At Mr Biker Saigon we believe in providing fresh and local food wherever possible. This means eating delicious locally sourced and home cooked food and giving the guests a real authentic experience. We can also cater towards allergies and dietary requirements such as vegetarian, vegan or other simple requests.

Food will always be local but with some minor changes to cater towards a Western pallet of

tastes. We will also provide snacks along the way such as seasonal fruits and energy food.

Liability and Personal Health Insurance:

Mr Biker Saigon does not provide personal liability insurance to the guests on the trip. We suggest that each guest has the relevant Personal Health Insurance for travelling in Asia and that it covers activities such as cycling. In the mountains of Northern Vietnam there is not extensive first aid support such as ambulances and modern medical practices. We provide a support vehicle for such instances.