MAI CHAU - PU LUONG ADVENTURE

5 DAYS 4 NIGHTS

This intermediate-level tour is short but sweet, showing off some of the most beautiful nature Northern Vietnam has to offer in just 4 days.

You'll start in the Mai Chau Valley, which is awe-inspiringly beautiful with it's rust-colored dirt roads and its electric green rice paddies.

You'll continue to Pu Luong nature reserve, an exotic locale that will deliver a true jungle adventure.

Then you'll go to the snaking rivers of Ninh Binh, a natural wonder that is many Vietnamese people's favorite place in the country.

The tour is an exciting cycling experience due to its highly varied terrain, but it's also a totally unique cultural journey; the minority hill tribes of the area and their lifestyle is unlike anything else in Vietnam. The combination of the two is perfect for those who are serious about cycling and won't shy away from a challenge but also want to spend some of their excursion taking it easy while enjoying the local atmosphere.

Number of cycling days: 4 days
Distance per day: 60-70 km per day
Total cycling distance: 225 km
Total elevation gain: 2700 m
Difficulty: Moderate

Tour details

Tour meets: Hanoi

Tour ends: Hanoi

Group size: Minimum 02 - Maximum 16 riders

Minimum age: 18

Address 24 Street No.6, Trung Son Residence, Binh Chanh District, Ho Chi Minh City 70000
Tel: +84 91 834 17 28 - Email**:** info@mrbikersaigon.com

FIXED DEPARTURE DATES in 2023

Month	Trip	Departure date	End dates
June	1	22 June	26 June
July	2	13 July	17 July
August	3	26 August	30 August
September	4	14 September	18 September
October	5	26 October	30 October
November	6	16 November	20 November
December	7	22 December	26 December

Note: In the rare event that only 1 person signs up for a given departure date, the fixed departure date will be canceled. To guarantee your tour will leave on the fixed date, book for at least 2 people or contact us before booking to make sure others have already signed up.

Brief itinerary:

Day 1: Hanoi – Mai Chau - Ride 70 km
Day 2: Mai Chau – Pu Luong - Ride 60 km
Day 3: Pu Luong – Ninh Binh - Ride 60km
Day 4: Ninh Binh – Hanoi - Ride 25km
Day 5: Hanoi Departure

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Day 1: HANOI – MAI CHAU

Cycling distance: 60-70 km
Elevation gain: 800-1000 m
Meals provided: Lunch, dinner
Accommodation: Mai Chau Eco House

In the morning, a van will transfer riders outside of town where they will be treated to a hearty breakfast and a bike fitting.

We then begin our adventure by climbing through the remote ethnic minority villages of the Muong people, all the while weaving through terraced rice paddies. Hosting both challenging cross country paths and quiet paved mountain roads, we will be rewarded with fabulous views of misty green karst formations and the massive Hoa Binh Reservoir. After several climbs and fast downhills, we enter the magical valley of Mai Chau where steep mountains ring an expanse of electric green rice fields.

Relax with a fabulous home cooked meal.

Day 2: MAI CHAU – PU LUONG NATURE RESERVE

Cycling distance: 60-70 km
Elevation gain: 1000-1200 m
Meals provided: Breakfast, lunch, dinner
Accommodation: Mr Ba's Homestay

Today's ride features two challenging climbs that pass by stunning vistas, remote traditional villages and some of the most beautiful rice terraces in Southeast Asia.

The first climb is a long uphill that will take us out of Mai Chau Valley and onto an elevated plateau in the mountainous part of the region. Following shaded paths beside crystal clear streams, we'll then enter the Pu Luong Nature reserve and have a traditional lunch overlooking the village's rice terraces.

After a breather of 10 kms cycling on flat terrain through green fields and ethnic minority villages, we make another short but steep climb to our Pu Luong homestay, where we can chill with a beer in the cool waters of their natural spring before a fantastic BBQ dinner outdoors.

Day 3: PU LUONG – NINH BINH

Cycling distance: 60 km
Elevation: 500m
Meals provided: Breakfast, lunch
Accommodation: Ninh Binh Hidden Charm

Today begins with a bang: a screaming downhill through the village's steep rice terraces. Safely in the valley, we embark on a wonderfully scenic and remote x-country track for 15 Km. Riverside bamboo forests shade us as we roll on, completely alone in nature.

We'll then take an hour-long van transfer before cycling towards Ninh Binh, a UNESCO world heritage site. We'll pass by limestone formations on the way. We'll finally reach the Ninh Binh homestay in the evening.

Day 4: NINH BINH – HA NOI

Cycling distance: 25 km
Meals provided: Breakfast, lunch, farewell dinner
Accommodation: Le Jardin Hotel Haute Couture or Similar

After a hearty buffet breakfast, we take a leisurely ride through the stunning natural beauty and historic sites of Ninh Binh, stopping often for stories and photos. We trade in our bikes for boats and will be paddled by a local guide for a 3 hours tour through pitch black river caves and hidden lagoons while learning more about Vietnam's history.

After lunch, we transfer to Ha Noi and arrive in the capital before 6pm. Check-in at your hotel in Hanoi's Old Quarter and dress up for our farewell dinner!

Day 5: HANOI DEPARTURE

Meals provided: Breakfast

Breakfast is provided, but you will have a chance to make new culinary and cultural discoveries on your own in Ha Noi. You may also choose to take a city tour with a local guide. If you need to extend your holiday (eg. to visit Ha Long Bay), we are happy to assist.

PRICE USD/PAX (MIN 2 PAX, MAX 16 PAX/GROUP)

Price	E-BIKE Surcharge	Single Supp
990	60	140

<table>
<tr><td>Tour inclusive of:</td><td>Tour exclusive of:</td></tr>
<tr><td rowspan="2">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
All meals mentioned
4 X B = Breakfasts
4 X L = Lunches
3 X D = Dinners
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
High quality mountain bikes, all sizes + helmet</td><td>Airport transfer
Visa
International airfares
Hotel early check-in / late check-out
Overweight luggage
Personal expenses
Travel insurance
Tipping</td></tr>
<tr><td>Optional add-ons (at added cost):
E-bike (instead of MTB)
Single room surcharge</td></tr>
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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 traveling 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.