VIETNAM CENTRAL COAST

09 DAYS 08 NIGHTS

There are few things more satisfying to a cyclist than cruising down a paved road that slopes slightly downhill, the sea breeze blowing gently on their skin. This tour excels at delivering that sweet seaside relaxation, introducing riders to the fishing villages and other harborside towns of Vietnam's Central Coast. The tour will take them to Nha Trang, Quy Nhon, Hoi An, Hue, and countless small villages in between. Along the way, riders will get to experience the unique culture and cuisine of the area while breathing the salty-sweet ocean air. Fans of quaint, quirky cultural experiences will be in heaven.

That being said, this tour will also make riders break a sweat and get their hearts pumping as they go off road and cycle along some hilly terrain. Vietnam's coastal region includes lots of rocky cliffs and rolling mountain ranges in addition to its sandy beaches. It also abuts fertile valleys that support rice paddies the riders will get to weave through. The juxtaposition of relaxed oceanside cruising with intense offroading makes this an excellent tour for advanced riders who want a challenge but also want to intersperse it with rest periods.

Number of Cycling Days: 07 days

Ride Distance: 60 - 100km per day

Total cycling distance: 415 km

Difficulty: Moderate/advanced

Tour details:

Tour meets: Nha Trang

Tour ends: Hue

Group size: 2-16 riders

Minimum age: 18

FIXED DEPARTURE DATES in 2023

Month	Trip	Departure date	End dates
June	1	14 June	22 June
July	2	5 July	13 July
August	3	18 August	26 August
September	4	6 September	14 September
October	5	18 October	26 October
November	6	8 November	16 November
December	7	14 December	22 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: Nha Trang - Phu Yen - 80km cycling - L

Day 2: Phu Yen - Quy Nhon - 65km cycling - B/L

Day 3: Free and Easy in Quy Nhon beach - no cycling (B)

Day 4: Quy Nhon - Quang Ngai - 80km cycling - B/L/D

Day 5: Quang Ngai - My Lai massacre - Hoi An - 60km cycling - B/L

Day 6: Rest day in Hoi An – no cycling – B

Day 7: Hoi An - Hai Van Pass - Hue - 100km cycling - B/L

Day 8: Hue City Ride - 30km cycling - B/L/Farewell Dinner

Day 9: Hue departure – B

ITINERARY

Day 1 - NHA TRANG – PHU YEN

Cycling distance: 80km
Meals provided: Lunch
Accommodation: Sala Tuy Hoa Beach Hotel

On your first day in Nha Trang City, you will meet the Mr. Biker team of guides, mechanics, and drivers who will support you throughout your cycling adventure. Meeting point hotel in Nha Trang.

In the morning, you will cycle to the Po Nagar Cham Towers, one of the greatest historical landmarks of the area. After the visit, you will ride towards Vietnam's Highway No. 1 where we will transfer approximately 80 km to the Hon Gom peninsula.

For the second part of the day, you will cycle along the peninsula past shrimp farms and the largest rice paddies in central Vietnam. You'll end the day in Phu Yen.

Day 2 - PHU YEN – QUY NHON

Cycling distance: 65 km
Meals provided: Breakfast, lunch
Accommodation: Seagull Hotel

After breakfast, we will set out from the hotel to start the day's 65 km cycling journey along the coast to Quy Nhon, the capital city of the province. Throughout the day, you will see the province's main

economic activity: fishing. You'll even get a chance to see the iconic basket-shaped fishing boats as you enter Quy Nhon, where you will spend the night.

Day 3 - FREE & EASY IN QUY NHON

No cycling
Meals provided: Breakfast
Accommodation: Seagull Hotel

A rest day allowing you to kick back and relax on the beach. Breakfast is provided at your hotel.

Day 4 - QUY NHON – QUANG NGAI

Cycling distance: 80 km
Meals provided: Breakfast, lunch, dinner
Accommodation: Thien An Riverside Hotel

After breakfast, a van will transfer you outside of the city to avoid the busy traffic. Day 7 will be a 80km ride offering a view of coastlines as well as the local countryside. You will be able to observe the local shrimp and salt farms and meet friendly farmers along the way. After lunch at a local restaurant, you will take a scenic drive (transfer) to your hotel in Quang Ngai.

Day 5 - QUANG NGAI – MY LAI MASSACRE – HOI AN

Cycling distance: 60 km
Meals provided: Breakfast, lunch
Accommodation: Lavini Boutique Villa

The morning's first stop will be My Lai, the historical site where one of the most shocking episodes of the Vietnam War took place.

After My Lai, you will cycle along quiet village roads past rice paddies and small unspoilt fishing villages filled with colorful boats. After lunch, you will transfer to the village of Hoi An, a UNESCO World Heritage Site and inarguably one of the most beautiful small towns in Vietnam. In addition to its unique atmosphere and distinctive buildings, today Hoi An is famous for its colorful lanterns illuminating the Old Town at night. The evening will be yours to start to explore this amazing town. Dinner on your own.

Day 6 - REST DAY IN HOI AN

No cycling
Meals provided: Breakfast
Accommodation: Lavini Boutique Villa

A rest day allows you to relax and see more of Hoi An at your own pace - enjoy the history, explore the local markets, or simply take it easy on the beach. Do not hesitate to ask your guide for recommendations for things to do, and places to eat.

Day 7 - HOI AN – HAI VAN PASS - HUE

Cycling distance: 100 km
Meals provided: Breakfast, lunch
Accommodation: Century Riverside Hotel Hue

Day 8 will be the most challenging, but also the most rewarding, day of the entire trip.

The day will start with a short van transfer out of the town before a ride along the coast to Da Nang. From Danang, we will begin the climb to the renowned Hai Van Pass. The road climbs gradually up to 480 meters with many switchbacks and offers stunning views of the countryside overlooking the South China Sea. The view from atop Hai Van pass is often said to be one of the most beautiful vistas in Vietnam.

This tough climb is followed by a long smooth descent to your reward: lunch. In the afternoon, our team will take you the remaining 44km to Hue.

Day 8 – HUE CITY RIDE

Cycling distance: 30 km
Meals provided: Breakfast, lunch, farewell dinner
Accommodation: Century Riverside Hotel Hue

Cycling around Hue, you will learn about the old capital's rich history. The sites we'll visit on the guided cycling tour include:

- Vong Canh hill, which offers a stunning panoramic view of the Huong (Perfume) River
- The tombs of Khai Dinh
- Hue citadel, home of Vietnam's ancient kings and queens
- The seven-story Thien Mu Pagoda, the most important religious building in Vietnam and the symbol of the Hue

To finish the day, you will enjoy a relaxing cruise on the Perfume River back to the hotel in the afternoon and dress-up for our farewell dinner!

Day 9 – HUE DEPARTURE

Meals provided: Breakfast

Breakfast is provided, but you will have a chance to make new culinary and cultural discoveries on your own or take a Hue city tour with a local guide. If you need to extend your holiday (e.g. to visit Hanoi or Ha Long Bay), we are happy to assist.

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

Price	E-BIKE Surcharge	Single Supp
1,650	135	250

<table>
<tr><td>Tour inclusive of:</td><td>Tour exclusive of:</td></tr>
<tr><td rowspan="3">

- Accommodations at 3 star hotels/homestay (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:
8 X B = Breakfasts
6 X L = Lunches
2 X D = Dinners
- High quality mountain bikes, all sizes + helmet
- 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

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- Airport transfer
- Visa
- International airfares
- Hotel early check-in / late check-out
- Overweight luggage
- Personal expenses
- Travel insurance
- Tipping
- Domestic flights

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<tr><td>Optional add-ons (at added cost):</td></tr>
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- E-bike (instead of MTB)
- Single room surcharge

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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.

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 customers' own seats and pedals. All bikes will be labelled with customers' names so that they have the same bike each day and alloy smooth operations.

Transportation arrangements:

Where-ever possible we will cycle from point A to point B meaning the guests have as much experience on the bicycle and exploring outdoors. Certain points we will use our comfortable and modern 16-seater minivan to transport guests safely to start and end points. These vehicles come 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 fresh and local food experiences wherever possible. This means eating delicious locally sourced and cooked food and giving the guests a real authentic trip. We can also cater towards allergies and dietary requirements such as vegetarian, vegan or 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 Mekong there is not extensive first aid support such as ambulances and modern medical practices. We provide a support vehicle for such instances.