

# EXPLORE!



EPIC SALE!

DISCOUNTED

## Cycle Saigon to Hanoi

VIETNAM - TRIP CODE CVIE

CYCLING

### Why book this trip?

On this adventurous and active trip we experience Vietnam on two wheels. Along the way we discover Saigon, Hoi An, Hue, Hanoi and the majestic beauty of Halong Bay on an overnight cruise. What better way to fuel your ride than with the delicious Vietnamese cuisine.

- **Cycle the Central Highlands** - Explore Vietnam's lush hill country and cycle over the Hon Giao Pass
- **Saigon** - Cycle out to the Cu Chi Tunnels and explore the Mekong Delta
- **Hoi An** - Visit the beautiful World Heritage town.



**INCLUDED MEALS**  
Breakfast: 13  
Lunch: 2  
Dinner: 1



**TRIP STAFF**  
Explore Tour  
Leader / Cycle  
guide  
Bike Mechanic  
Driver(s)  
Local Guide(s)



**TRANSPORT**  
Bus  
Bicycle  
Boat  
Train



**ACCOMMODATION**  
11 nights  
comfortable hotel  
1 nights  
comfortable junk  
1 nights simple  
overnight train



**CYCLING GRADE:**  
Moderate



**GROUP SIZE:**  
10 - 16

## Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

### DAY 1 - Join trip Saigon; afternoon orientation tour

We arrive in Ho Chi Minh City today and, after a chance to freshen up, late this afternoon (16.00) we take an orientation stroll which includes the prominent sights of old Saigon with the Hotel de Ville (home of the city's People's Committee), Notre Dame Cathedral and the impressive French style architecture of the GPO building. If arriving earlier in the day then you may choose to relax or visit some sites such as the Reunification Palace or the emotive War Crimes Museum. Alternatively you might like to explore the bustling stalls of Binh Tay Market, the largest wholesale market in southern Vietnam. Please note that although we spend the first three nights in Saigon there will be little free time as we spend the following days cycling in the Mekong Delta and Cu Chi tunnels area, returning in the early evening. You have the option of arriving earlier today or booking an extra night at the start of your trip.



**ACCOMMODATION:**  
Huong Sen Hotel (or similar)



**Grade: Comfortable Hotel**



**SINGLE ROOM AVAILABLE**



**MEALS PROVIDED: NONE**

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## DAY 2 - Cycle to Cu Chi Tunnels

Driving for 1.5hrs away from Saigon's remarkable rush hour traffic to reach the quieter suburbs this morning, we collect our bikes near the remains of an old US military base (25th infantry division) and start our ride for about 30 km to Ben Duoc, the site of the infamous Cu Chi Tunnels. Originally started during the French occupation of the country, the tunnels went on to achieve notoriety during the Vietnam War, when they formed an amazing underground command base for 10,000 Viet Cong troops. We will explore the tunnels with a local guide this morning. Be warned though, the tunnels are low and narrow and can be claustrophobic. After lunch we continue cycling for about 20 km towards Ben Nay to further explore the area. We drive 2hrs back to Saigon arriving in the early evening. It is possible to spend a free day in Saigon if you prefer to see more of the city. For the cycle ride today, and on subsequent rides, water is provided and you can top up your water bottle from the support truck.

Our total cycling distance today is approximately 50 kilometres (total accumulated ascent 50 meters, total accumulated descent 40 metres).



### ACCOMMODATION:

Huong Sen Hotel (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 3 - Drive to Mekong Delta then cycle backroads to Cai Be

Today gives us an opportunity to journey down into the Mekong Delta, to explore the fertile hinterland between the South China Sea and the Gulf of Thailand. Leaving Saigon, a 2 hour drive takes us into the Mekong Delta to Binh Duc (My Tho), from where we begin cycling through an interesting landscape of waterways, markets, orchards and riverside villages. The first 30km of today's ride are on roads with moderate traffic and the remaining 20km are on narrow pathways and routes that our support bus cannot follow. Here we can see local cottage industries making rice paper or coconut sweets as they have been for generations. After a tasty lunch of local produce we cycle on through Tan Phong and visit a beautifully restored traditional house in Ut Kiet, before finishing our ride at Cai Be's famous market. From here we drive for about 2 or 3 hours, depending on traffic, back into the centre of Saigon arriving in the early evening.

Our total cycling distance today is approximately 51 kilometres, flat cycling.



**ACCOMMODATION:**

Huong Sen Hotel (or similar)

**Grade: Comfortable Hotel**

SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST &amp; LUNCH

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**DAY 4 - Exploring Vietnam's Central Highlands**

Departing Saigon this morning we head north into the southern Central Highlands towards the mountain town of Dalat (set at 1500 metres elevation). After an initial 2 hour drive we commence today's cycling with a picturesque 30 kilometre ride through the hills of the Langbiang Plateau, negotiating our way along reasonably quiet, gently undulating back roads to the town of Gia Kiem and then Bao Loc. After a relaxing lunch in Bao Loc we board our bus again for a very scenic 2 - 3 hr drive right across the mountains, giving us stunning views over the forested hills and tea and coffee plantations, to finally reach the bustling mountain town of Dalat in the late afternoon. The city has a European feel in its architecture and a cooler climate due to the higher altitude.

Our total cycling distance today is approximately 30 kilometres (total accumulated ascent 210 metres, total accumulated descent 150 metres).

**ACCOMMODATION:**

Dalat Plaza Hotel (or similar)

**Grade: Comfortable Hotel**

SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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**DAY 5 - Cycle over Hon Giau Pass then drive to Nha Trang**

We leave Dalat this morning by bus and drive for about half an hour to the start of today's ride. The beginning of the ride is on relatively quiet mountain roads with plenty of ascent and descent for the first 20km before we stop for a break. From here the next 30km culminates with an ascent of the Hon Giau

Pass (1,700m), a challenging ride that takes us up through forests of pine and across a landscape of dramatic mountain scenery. After celebrating reaching the pass and a chance to rest at the top, the remainder of today's ride is a superb 30km of virtually uninterrupted descent towards the town of Khanh Vinh, where we plan to stop for lunch. We finish the rest of the journey to Nha Trang by bus and it should take us around 1.5 hours.

Our total cycling distance today is approximately 80 kilometres (total accumulated ascent 1140 metres, total accumulated descent 2962 metres).



ACCOMMODATION:  
Tran Vien Dong Hotel (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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## **DAY 6 - Boat trip to tropical islands**

Nha Trang's beautiful bays, golden beaches and turquoise waters have seen it quickly grow into a bustling town and popular tourist destination. Weather permitting, this morning we take a cruise out to explore the surrounding seas and islands. We aim to stop near one of the islands where you have the option to have a swim from the boat (possible to hire snorkelling equipment). We move on to another tiny island where we plan to spend a few hours to relax and swim. The island is privately owned and it is possible to rent a sun lounger and parasol. There will also be the option to enjoy drinks, a seafood lunch or snack on the island (at your own expense). Returning to Nha Trang later this afternoon the rest of the day is free.

No cycling today - rest day.



ACCOMMODATION:  
Tran Vien Dong Hotel (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 7 - Cycle and drive from Nha Trang to Quy Nhon

Using a combination of bus and bicycle this morning we continue along the coast to the city of Quy Nhon. We commence our ride from the hotel in Nha Trang, encountering heavier traffic as we leave the city which thins out as we head along the Pham Van Dong road and continue along the coastal road to Ninh An toll fee station (a journey of some 18 kilometres). From here we then take the bus for one hour to Dai Lanh, where we have a chance to swim and relax, before continuing by bus over Ca Pass to Bai Tien Song Cau. From here we resume our journey by bike with a 42 km ride to complete the final leg to Quy Nhon and our hotel for the night.

Our total cycling distance today is approximately 60 kilometres (total accumulated ascent 640 metres, total accumulated descent 775 metres).



ACCOMMODATION:  
Seagull Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 8 - Pedal over the Thi Nai sea bridge; drive to Hoi An

Departing Quy Nhon this morning we cycle out across Thi Nai Bridge, the longest sea bridge in Vietnam, which connects the city with the Phuong Mai Peninsula. Once across, we continue by bike along the Quy Nhon lagoon towards Phu My some 50 kilometres away. From Phu My we then travel by bus to Quang Ngai, the scene of the My Lai massacre - one of the most infamous episodes of the Vietnam War. After visiting the site and visitor's centre, we complete the final leg to Hoi An by bus, a journey of some 2 to 3

hours.

Our total cycling distance today is approximately 59 kilometres (total accumulated ascent 395 metres, total accumulated descent 390 metres).



**ACCOMMODATION:**

Acacia Heritage Hotel (or similar)



**Grade: Comfortable Hotel**



**SINGLE ROOM AVAILABLE**



**SWIMMING POOL AVAILABLE**



**MEALS PROVIDED: BREAKFAST**

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**DAY 9 - Morning walking tour of Hoi An; free afternoon**

The historic, merchant town and safe harbour of Hoi An had become one of the busiest international trading ports of Southeast Asia by the 17th and 18th centuries. Colonised by the Portuguese in the 16th century, it still retains its charm today, with many of its old buildings superbly preserved. This morning we take a walk through the historic heart of this World Heritage Site, taking in the city's famous Japanese Bridge and its museum, before wandering amongst its traditional wooden houses and Chinese temples. This afternoon is then free to perhaps take a gentle river cruise, try your hand at Vietnamese cooking or pay a visit to one of Hoi An's renowned tailors' shops, or maybe explore further afield by bike.

No included cycling today - rest day.



**ACCOMMODATION:**

Acacia Heritage Hotel (or similar)



**Grade: Comfortable Hotel**



**SINGLE ROOM AVAILABLE**



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 10 - Cycle and drive to Hue via the Hai Van pass

Leaving Hoi An after breakfast, we travel by bus up the coast to Danang followed by a twisting drive up to the lofty heights of the Hai Van (Sea Cloud) Pass. This stunningly scenic region once marked the boundary between Vietnam and the Champa Kingdom to the south and, as we reach the summit of the pass, the panoramas before us are simply spectacular. Descending by bus we head next for Lang Co where today's ride starts. We cycle along scenic back roads as we wind our way alongside the Cau Hai Lagoon to end the ride finally at Phu Bai. Meeting our bus in Thuan An, we then drive for about an hour on to Hué on the shores of the Perfume River.

Our total cycling distance today is approximately 80 kilometres (total accumulated ascent 100 metres, total accumulated descent 100 metres).



ACCOMMODATION:

Thanh Lich Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 11 - Cycling around Hue then overnight train to Hanoi

Once the capital of Vietnam and an inspiration for poets and artists alike for centuries, Hue is still a thriving and important city. First thing this morning we drive to the impressive Old Citadel that still dominates the left bank of the river. After visiting the citadel we commence our final cycle ride. Our route follows the Perfume River and leads us to the 19th century Nguyen Tomb of Ming Mang. After visiting the mausoleum we return to our hotel to freshen up before the mid- to late-afternoon departure of the overnight train to Hanoi. We plan to stay in 'soft-sleeper' four berth cabins, bunk bed style and

bedding is provided. Both Western and Asian style toilets are at the end of each carriage as well as a basin. The Leader will allocate beds keeping people together as far as possible but it may be necessary to share with other travellers.

Our total cycling distance today is approximately 20 kilometres (total accumulated ascent 130 metres, total accumulated descent 115 metres).



ACCOMMODATION:  
Overnight Train from Hue to Hanoi



**Grade: Simple Overnight Train**



MEALS PROVIDED: BREAKFAST

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## **DAY 12 - Arrive in Hanoi; Drive to Halong bay for overnight cruise**

Arriving in the Vietnamese capital early this morning we drive to the hotel in time for breakfast. Later this morning we then drive (2.5hrs) to the Gulf of Tonkin and the breathtaking scenery of Halong Bay, a UNESCO World Heritage Site and one of the most visually impressive landscapes in South East Asia. Boarding the boat in time for lunch we set sail and visit Sung Sot Cave, spending this evening aboard the junk in twin-share, en suite cabins. Please note - the boat is not exclusive to Explore and we may be sharing with other tourists. You have the option to leave the majority of your luggage in the hotel in Hanoi and take only an overnight bag. If you prefer to take your main luggage it is fine but please note that the cabins are inevitably small.

No cycling, rest day.



ACCOMMODATION:  
Halong Bay Junk (or similar)



**Grade: Comfortable Junk**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### DAY 13 - Morning cruise then drive to Hanoi then city tour

This morning we continue cruising through this wonderfully scenic landscape, enjoying the serenity of its limestone islands and visiting some of the caves (the optional cave visits can involve climbing some slippery steps). Returning to shore mid-morning we then drive back to Hanoi, a 2.5 hour journey that gets us into the capital in time to enjoy a short tour of the city. Our late afternoon walking tour includes a visit to the Ba Dinh Square and the Temple of Literature, as well as a chance to explore a little something of the city's fascinating Old Quarter.

No cycling, rest day.



ACCOMMODATION:  
Anise Hotel Hanoi (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 14 - Trip ends Hanoi

The trip ends in Hanoi this morning after breakfast.



MEALS PROVIDED: BREAKFAST

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## Trip information

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### Country information

Vietnam

## Climate

As Vietnam is a long, narrow country from north to south climate conditions vary considerably. The climate can be divided into three distinct patterns between the north, central and south regions. The climate in the north is generally humid and subtropical, although the winter months from November to March can be colder with temperatures from 10 - 15 degrees. Summer months, May to September can be quite hot with temperatures from 30 - 35 degrees. Meanwhile south Vietnam enjoys a tropical climate all year round, with little variation throughout the year (around 27 - 32 degrees), however May to November is the rainy season when short, heavy downpours are quite frequent. Central Vietnam lies somewhere in between. The coastal strip is usually dry and hotter from April to October while November to March is wetter and cooler. A light rain jacket and small umbrella are recommended year round.

Time difference to GMT	Plugs	Religion
+7	2 Pin Round	Mahayana Buddhism, Taoism and Confucianism
Language		
Vietnamese		

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## Budgeting and packing

### Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Fruit kitty - the TL may organise a fruit kitty for those interested - 8 USD per person.

Hanoi - Water Puppets from USD 11. Cyclo ride around Old quarter USD 6.

Hoi An - Cookery class from USD 25, Vegetable Village visit USD 3.

### Clothing

Bring cycle shorts, quick drying cycle tops and gloves. From December through to February warmer clothing is needed for the North and the highlands. Days are hot and humid. Lightweight rainwear essential at all times. The northern region and highlands are cold at night during the winter.

### Footwear

If you are not bringing cycle shoes then try to bring stiff-soled shoes as these are better for cycling - transmitting your energy into the pedals more efficiently. This becomes more relevant and recommended the more demanding the grade and distances to cover. SPD cycle shoes are not well suited to trips that combine sightseeing with cycling.

Comfortable shoes, trainers, sandals or flip flops are useful when not on the bike.

### Luggage

20kg

## Luggage: On tour

We recommend you bring a daypack and one main piece of luggage (total allowance: 44lb/20kg) which will be transported between hotels while you cycle. Check the bike details section to see if a pannier or handlebar bag is provided on the bike.

## Equipment

On all Explore cycle holidays we strongly recommend you bring along and wear your cycle helmet. In case of an accident resulting in personal injury, certain insurance policies are invalidated in cases where a helmet was not being worn. Cycle glasses to protect against dust, pollen and the sun, padded cycle gloves and a water bottle or water delivery system (e.g. camelback or platypus) are also useful. You may choose to bring your own gel seat cover for added comfort. If a handle bar bag or pannier is not provided (check bike details) then you may like to bring a small rucksack to wear while cycling. Other items to consider bringing are a sunhat and sun cream, torch, earplugs and insect repellent. Even though clean bed linen is provided on the train journey, you may want to bring a cotton sleeping sheet (it can be purchased in Hoi An) and a small travel towel. Please carry some or all of your cycling equipment e.g. helmet as part of your hand luggage.

## Tipping

### Explore leader

Tipping isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. You may however, want to recognise a leader that's done a great job or really added to your trip by giving them a tip. We're often asked about the recommended amount. It's a tricky one, and down to personal preference, but we'd recommend between £15 to £20 per person per week as a guideline.

### Local crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour. Accordingly, you should allow US\$ 45.

## Vietnam

### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Dinner price	Beer price	Water price
£9	£2.00 - 4.00	£0.5

### Foreign Exchange

**Local currency**

Dong.

**Recommended Currency For Exchange**

Carry your money in US\$ Dollars cash. You can also take GBP but US\$ are easier to exchange. (Dollar bills can be used in some hotels and shops; change is often given in local currency).

**Where To Exchange**

Most towns.

**ATM Availability**

There are ATMs virtually everywhere in Vietnam and in Cambodia, though we also recommend bringing cash.

**Credit Card Acceptance**

Credit card's are widely accepted throughout Vietnam

**Travellers Cheques**

Travellers cheques are not recommended as they can be difficult to exchange

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**Transport, Accommodation & Meals****Transport Information**

Bus, Bicycle, Boat, Train

**Accommodation notes**

Comfortable - Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

The overnight Junk has twin share, en-suite cabins. It is not exclusive to Explore travellers. Single Room Option is available.

Simple - The overnight train has soft-sleeper four berth cabins, bunk bed style and bedding is provided. Both Western and Asian style toilets are at the end of each carriage and a basin. Single Room Option is not available.

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**Essential Information****FCO Advice**

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

### **Under 18 immigration guidance**

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

### **Price Guarantee**

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

### **Visa and Passport Information**

Vietnam: Until 30th June 2021 'British Citizen' passport holders can visit Vietnam for up to 15 days without a visa. A visa will be required if you enter after this date or if you wish to re-enter within 30 days of your departure.

For visits of up to 30 days, you can get an e-visa before you travel from <https://evisa.xuatnhapcanh.gov.vn>

For visits of longer than 30 days you must get a visa from the nearest Vietnamese embassy before travelling to Vietnam. If you want to make a second visit within 30 days of leaving Vietnam, you'll need to get a multiple entry visa to re-enter.

Visa's are required for citizens of the USA, Canada, Australia and New Zealand. eVisa's can be applied for via <https://evisa.xuatnhapcanh.gov.vn>

Please note that it is a pre-requisite for entry into Vietnam that your passport is valid for a minimum of 6 months from your date of entry

All visa related issues including information for other nationalities should be confirmed with the relevant Embassy prior to departure.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

### **Booking conditions**

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

### **Transfers**

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

### **Booking a land only package with Explore**

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

### **Joining Tour Abroad**

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

### **Insurance**

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

### **Flight information**

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them [here](#).

### **Flight Information**

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

## Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## Ability to swim

An ability to swim is essential for your safe enjoyment of the water based activities on this trip. If you wish to participate in these activities then we insist that you are able to swim.

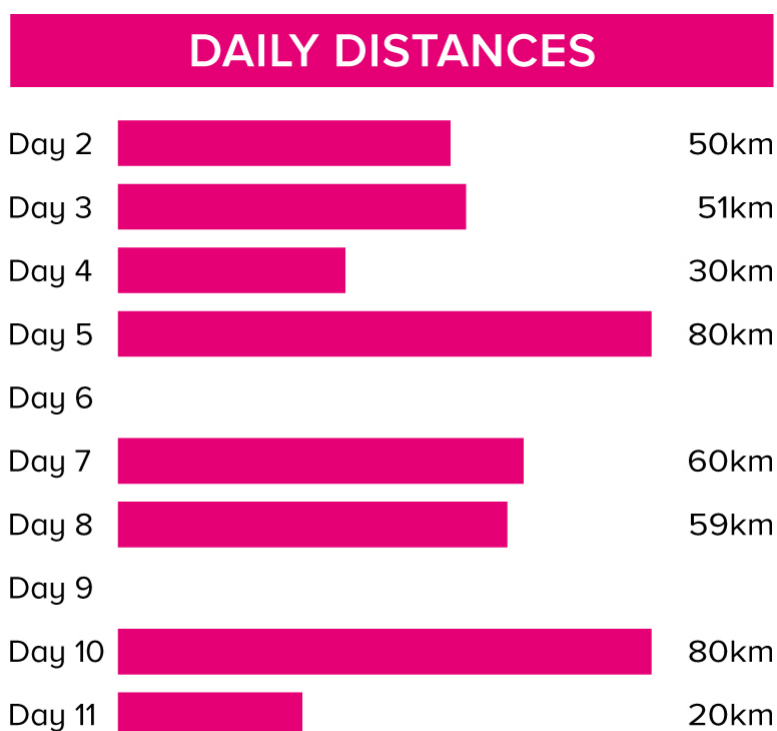
## Vietnam

### Vaccinations

Nothing compulsory, we recommend protection against malaria, typhoid, tetanus, diphtheria, polio and hepatitis A. Consult your travel clinic for latest advice on Malaria and Zika Virus. Although not compulsory travellers may also wish to immunise themselves against Japanese encephalitis. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

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### Cycling information



## **General cycling information**

On this tour we cycle 430 km over eight days (an average of 54 km per day) with further optional rides available. The route follows mainly flat or gently undulating terrain with about 90% on tarmac and 10% on earth/gravel. There are steeper and longer climbs in the Central Highlands on day 5. Around 75% of the route is on quieter roads and the busiest sections are when we cycle in Nha Trang and Hue. You should be comfortable cycling in traffic. A support vehicle accompanies the rides throughout the tour with the exception of part of the Mekong Delta route. We have graded the route as moderate.

## **Bike included**

24 gear Giant or ATX mountain bikes with front suspension.

Electric bikes (e-bikes) are available for an additional cost for the duration of the holiday. Please contact us for more details or to request your e-bike.

## **Bike information**

Your included bike is a 24 gear Giant or ATX mountain bike and will be the correct frame size for your height. A rear pannier bag and water bottle holder are included as well as the facility to fit your own pedals or saddle if you wish to bring them. A support vehicle accompanies the rides throughout the trip. We provide spare parts and take care of the day to day maintenance. All you need to bring is your own helmet.

E-bikes are available upon request. We can offer a 21 gear Giant Lafree 970 hybrid e-bike with front suspension. Only available in a 17 inch size frame (size small). A rear pannier bag and water bottle holder are included as well as the facility to fit your own pedals or saddle if you wish to bring them. All you need to bring is your own helmet.

## **Cycling grade**

Moderate

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## **Additional Information**



Cycle Vietnam Jersey - [Click here to order](#)

## Why book this trip

Unlike many other operators, we include the hire of your bike in the overall cost of the holiday: you don't need to bring your own or pay extra to hire one locally. We also provide a support vehicle, spare parts and take care of day to day bike maintenance. All you need bring is your own helmet.

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## Reviews

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AWARD WINNING  
EXPLORE LEADERS



PRICE GUARANTEE  
PROMISE



AIRPORT  
TRANSFERS