



FLY and BIKE
internationaal gezelschap

**10 Days/9 Nights
Departure Dates:**

2009
11 – 20 October
20 -29 December

2010
14 – 23 February
18 – 27 July
10 - 19 October
19 – 28 December

If these dates don't suit your travel schedule, please

contact us to talk about operating a private tour or customizing a tour for you or your group.

Prices

USD 1350 Tour
USD 175 Fiets

€ 315 Single Supplement

De prijzen in Euro vindt u op de website www.flyandbike.be

Central Coast

As Vietnam opens its doors to welcome the world at large, many people have no idea of the stunning visual beauty and traditional culture that lie beyond the threshold. To many, the name Vietnam brings to mind only haunting images of a war in Southeast Asia, an image that continues to be exploited on the big screen and in print. Beyond such images lies the real Vietnam, a unique and fascinating land of great physical and rich cultural diversity whose history spans over 4,000 years.

Picture a land of idyllic tree-lined beaches, tranquil bays dotted with the sails of junks and sampans, offshore coral islands, mountains, valleys, primal forests, plains crossed by countless rivers and emerald rice fields enriched with the varied scenes of everyday life. The traditional rural life, embodied in the villagers tilling the land with rudimentary tools under their conical hats in the patchwork paddy fields, and children riding their water buffaloes home from the fields at the end of the day, contrasts dramatically with the sights, sounds and pace of the cities whose busy streets overflow with humanity borne along on a rising tide of bicycles and motor scooters. Such are the images of present-day Vietnam.



The country's long history is an ever present companion; the land is imbued with it - sites of ancient battles, ancient civilizations and kingdoms which flourished in this enigmatic land long before the French colonialists, communism and the tragic war of the more recent past.

The changing tides of fortune that have swept over this country and its people have left their mark, greatly emphasizing the contrast between past and present. Much of Vietnam's ancient past is shrouded in myths and legends of dragons and kings, heroes and heroines, gods and deities, brought to life in the present in the many colorful time-honored traditional festivals and rituals commemorating revered ancestors, who are worshipped alongside Buddhist, Taoist and Hindu deities in the thousands of temples and pagodas throughout the country.

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Trip Profile

Our biking adventure takes us from Hue to Nha Trang by bus, boat and bike. Lots of time on this tour is spent sight seeing and exploring Vietnam. The cycling is on a mixture of well-surfaced roads and good quality wide dirt tracks. Away from the main roads, cycling in Vietnam is often a wonderful experience; the bicycle is still the most common form of transport and you will share the road with beautiful girls and in flowing Ao Dais, school children and farmers.

The rest days are at the end of this tour where we have time to relax at Whale Island before heading to Nha Trang for onward connections. By the end of the tour we hope you will really get to feel you have come to know and perhaps even understand Vietnam and the Vietnamese.

Suitability: This trip is suitable for anyone with a reasonable level of fitness. This trip is not too arduous, and so riders with less experience are more than welcome, although the fitter you are the more you will enjoy it.

Biking Conditions: This trip is mainly on good quality tarmac roads and some vehicle width dirt roads. Day 4 has an off road trail (can be rocky) but an easier alternative can substituted is required. An air-conditioned support bus that travels behind the group supports us. On the occasions when it is impossible for the bus to follow, our guide follows behind on a motorcycle. Participants can cycle as much or as little as they like and still enjoy the same views as the rest of the group.

Biking Difficulty



(out of five)

Good quality tarmac roads with some long days and hills. No technical experience required.

Day to Day

B= Breakfast L= Lunch D=Dinner



Cycling Distance

470 kilometres

Cycling Days

4 full, 4 half

Day 1 – Arrive Hue

We start this tour by meeting in Hue (you can fly to Hue from Saigon or Hanoi – SpiceRoads can arrange these internal flights). Hue is the old capital of the Ngu Yen Dynasty. It is worth arriving in the morning so you have time to explore this wonderfully historic city. If arriving in time we offer a city tour by bike. Alternatively you can fly into Danang and transfer up to Hue (transfer can be arranged at an additional cost).

Festival Hotel. D

Day 2 – Hue – Lang Co

We leave Hue and follow the coast as we pass roads shaded by coconut palms, and dunes scattered with mini mausoleums, pagodas and war memorials. We ride to Phuoc Tuong Hill and then transfer the final 40kms to Lang Co Beach. We have lunch and the rest of the day is free to enjoy the resort and beach.

Lang Co Beach Resort. Ride 65 km. B L D

Day 3 – Lang Co - Hoi An

Today is a tough start as we have Hai Van Pass to climb today, which is a 10km climb and ascends 550m. It is a gradual climb with many switchbacks and once at the top you get superb views, well worth the ride to the top. The reward is a downhill to Danang, our destination for lunch. After lunch we have a flat and very scenic ride to Hoi An.

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It is just a short distance to the Marble Mountains, which are an outcrop of 5 rocks said to represent the 5 elements, (Wood, Water, Metal, Fire and Earth). We then visit China Beach which was made famous by an American TV series of the same name. After a brief stop at the beach we continue down this country road to Hoi An. The town was known as Faifo to early western traders and was one of Southeast Asia's major trading ports during the 17th and 18th centuries. It was an important point of call for Chinese, Japanese and Portuguese traders and the architecture reflects its cosmopolitan past. More than anywhere in Vietnam, Hoi An retains the feel of the past. There are over 844 structures of historical significance and most people spend the day wandering around and enjoying the sights and atmosphere.

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We have carefully chosen accommodation that is the best available for the location and offer a good mix, from home stays to luxurious lodges, on our tours.

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We love Asian cuisine, well-known for being hot and spicy and for its use of fresh ingredients, and will make sure you get to sample lots of it.

Vinh Hung 2 Hotel. Ride 55 km. B L D

Day 4 – Hoi An – My Son – Hoi An

Staying another night in Hoi An, we ride to out on small village roads on our way to visit My Son, the ancient centre of Cham civilization. The ride is worth the effort in itself and is arguably one of the best of the trip. We cycle along scenic country back roads past paddy fields passing many pretty villages. Eventually we arrive at My Son, which was once Champa's greatest city. Although many of the temples were destroyed by American bombs, there is still enough of the archaeological site to impress most visitors. We take lunch before spending the afternoon visiting the site. In the afternoon we transfer by bus back to Hoi An or we can ride. Dinner is your choice.

Vinh Hung 2 Hotel. Ride 60-80 km. B L

Day 5 – Hoi An - Quang Ngai

In the morning we transfer from Hoi An to Quang Ngai (approx 2.5 hours). After we check in we ride to My Lai, the site of one of the worst massacres of the American War as it is known in Vietnam. En route we will have small climb up to an old temple before we will visit the memorial and have a guided tour of the site and museum. We then continue cycling out into the Vietnamese countryside. Passing through quiet, rural villages before eventually arriving back at Highway 1 where we transfer back to hotel.

Central Hotel. Ride 46 km. B L D

Day 6 – Quang Ngai – Qui Nhon

Today we leave early for the journey to Qui Nhon, the capital city of Binh Dinh Province, an American port and supply centre during the Vietnam War and refuge for thousands of Vietnamese fleeing the vicious bombing of the countryside. We transfer 30 km out of town past the busy and dusty section of Highway 1. We turn off the main road and cycle a loop to Ba To Town, heading southwest. The road is extremely quiet and people are unaccustomed to the sight of western cyclists. Looping back to Highway 1 at Duc Pho, we then transfer the rest of the way in the afternoon to Qui Nhon. Upon arrival there may be time to visit the Leper hospital where visitors are welcome to make a small donation.

Hoang Anh Quy Nhon. Ride 73 km. B L D

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Day 7 – Dieu Tri – Tuy Hoa

We transfer out of town to avoid the main highway. We start riding at Dieu Tri along a remote but well surfaced road running alongside the railway. The terrain is gently rolling, with beautiful views of the foothills of the highlands. We pass a mix of tribal and Viet villages. Ubiquitous potbellied pigs and bare foot children trot across your trail. Eventually we loop back to the main highway with a small climb and descent to finish the ride. We then transfer approx 1 hour to Tuy Hoa, one of the poorest regions in Vietnam.

Hung Vuong Hotel. Ride 80 km. B L D

Day 8 – Tuy Hoa – Whale Island

Today is the last cycling day and is perhaps the most memorable. We ride from our hotel and after 20km the riding is very beautiful, with encroaching mountains on both sides and a network of lush rice fields in the valley. We ride 4 km up over a pass and down to the stunning Dai Lanh Beach where we stop for refreshments and a swim for those who don't mind getting their bike shorts wet! We continue riding for 3km before turning off on the Hon Gom peninsular road that extends outwards for 20km. The scenery here is like a moonscape and unlike anything else seen on the tour. Here, we swap bikes for boats and head to Whale Island for some well deserved R&R. The boat journey will take about 10 minutes. We stay at the secluded Whale Island resort for two nights.

Whale Island Resort. Ride 58 km. B L D

Day 9 – Whale Island

Today is free on Whale Island. You can take the opportunity to relax by the beach, perhaps do some snorkeling or scuba diving. We will all meet in the evening for a farewell dinner.

Whale Island Resort. B D

Day 10 – Whale Island – Nha Trang

We transfer back to the mainland and then onto Nha Trang for any onward connections. Anyone who would like to stay longer on Whale Island or if you would like more time on the beach by having a few days in Nha Trang you should contact us for hotel rates (we offer all our clients the best agent rates).

Alternatively for those who want to bike more in Vietnam we have a 4-day mountain bike trip in Dalat or a 5-day trip to the Mekong Delta. Please ask for our itineraries.

B



A bowl of pho, a broth soup with beef or chicken and rice noodles, is a perfect lunch for bikers. A bowl comes with plates of fresh

Nuts & Bolts

Bikes: Rental Bikes included. The bikes are well-known makes of Hybrid or Mountain bikes (depending on the tour) with lightweight alloy frames, 24- to 27-speed gearing, v-brakes and Shimano components and front suspension.

Safety: Wearing a helmet is strongly recommended on all our biking adventures and if you choose not to wear one you will be asked to sign a liability waiver. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

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herbs, cut limes, hot chilis and bean sprouts to garnish your soup with.

Support: We will be supported by air-conditioned vehicles that have been specially modified for cycle tours. The vehicles follow us the whole time and are always available for tired cyclists. It is very easy to get bikes on and off, so you can rest when you are tired and cycle whenever you feel like it.

Guides: You will be led by a local English-speaking guide and if the group is 8 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

The Nitty Gritty

Arriving and Departing: This tour begins in Hue and ends in Nha Trang. International and domestic flights, to and from the start and finish points are not included in the tour price. If you need help or advice arranging flights please contact us.

Passports and Visas: All nationalities require a visa for Vietnam. Visas can be obtained from any Vietnamese embassy worldwide, but please allow up to three weeks for visa processing.

Health: Recommended vaccinations are typhoid, polio, tetanus and hepatitis A. A certificate for Yellow Fever is required when arriving from an infected area within six days. Vietnam is a malarial area and you will need to take anti-malarial tablets. Please speak to your doctor for the most up to date information.

Weather: Weather in Vietnam can vary quite considerably according to distinct climate zones. Due to regional climate differences there are no good or bad seasons to visit Vietnam. The North of Vietnam experiences cool, damp winters between November and April with temperatures in Hanoi falling to around 15°C. The summer months from May to October are hot and dry. A pleasant time to visit is spring (March-April) or autumn (October-December). The best time to visit the north of Vietnam is from September to December when it isn't so humid. The weather turns quite cold and wet in January and this continues until March. The humidity can prove oppressive from May to the start of September and there's a danger of flooding.

Food: Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Most meals are Vietnamese food and features noodles, rice curries and soups. Vietnamese cuisine is world famous and we make sure you sample as much variety as possible. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Drink: Keeping you completely hydrated is a job we take very seriously. Cold water, some energy-restoring local fruit and soft drinks are included in the tour price. Beer is freely available everywhere in Vietnam, but is NOT included in the price.

Extra Expenses: We recommend that you tuck away a few extra dollars, perhaps US\$10, for incidentals. It is customary to tip local tour guides and drivers, however, the amount you give should be dependent on the level of service you receive. As a general guide we suggest US\$ 3-4 per person per day is appropriate.

Subject to Change
In remote destinations abnormal conditions can prevail at any time, and all adventurous holidays can therefore be subject to unexpected change and we will do our best to adhere to the original itinerary and cannot be held responsible for any last minute changes; in order to enjoy them you should be prepared to be flexible when necessary.

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Money: The official national currency is the Vietnam dong (d), but the US dollar is widely accepted in tourist centers. However, in smaller towns and villages the dong is preferred. ATMs are available in all major tourist destinations and big cities. Vietcombank has the best network with a limit a single withdrawal limit of 2,000,000d (about US\$125). Most major currencies can be exchanged at leading banks in Vietnam, but the US dollar is preferred away from the tourist centers. Changing US\$100 will make you an instant millionaire! You cannot legally take the dong out of Vietnam but you can reconvert reasonable amounts of it into US dollars on departure.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Where differences exist in the information between this and previous information, this document is the correct version and supersedes the brochure or website.

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