

AMAZING CYCLING MAI CHAU, PU LUONG PLUS TRANG AN 3 DAYS



Code: CMP03

Routes: Hanoi - Mai Chau - Pu Luong - Ninh Binh - Hanoi

Duration: 3 Days / 2 Nights

Features: Cycle through spectacular nature reserve, the ethnic villages and the rice paddies of Mai Chau and Pu Luong. Visit and stay with the local ethnic minority of the Thai. In addition, you will also visit the World Heritage of Trang An in the Ninh Binh province.

Day 1: Hanoi – Mai Chau



Departure from your Hanoi hotel at 8:00 AM. Start riding after an hour drive on the quiet countryside roads, cycling distance can be flexible as we will have our van following us all the way.

Lunch stop on our halfway to Mai Chau, we will then continue our afternoon cycling up and down hills, and along the Hoa Binh lakes where you encounter an amazing view of the peaceful lakes.

Our late afternoon descending down hills to Mai Chau, arrive in Poom Coom – a tribal village of Thai. Dinner and overnight in a local guest house here.

Cycling Distance: about 50 – 80 km

Trail Difficulty: 3/5

Inclusion: Transfer, guide, guest house, lunch, dinner, mountain bike, helmet, snack & water.

Day 2: Pu Luong Nature Reserve, homestay at Don Village



It's better to be up early to witness the local life here. After breakfast, we go for a short car ride then cycle along Ma riverbank, and if good weather, we will try a 10 km on single track to some very remote villages along Ma river. Enjoy our picnic lunch in a local house then challenge ourselves with 12 km cycling up hill to 650+ m through Pu Luong nature reserve, you can give this a miss by enjoying the views from the van

support to the top.

We then hit the trails down-hill riding with spectacular view of mountain, forest and rice paddies. We arrive in Don Village for dinner and overnight at a traditional homestay, take a short walk around the village to enjoy the best-terraced fields of Pu Luong.

Cycling Distance: 40-80 km

Trail Difficulty: 3/5

Inclusion: Guide, homestay, all meals, mountain bike, helmet, snack & water.

Day 3: Don village – Trang An, Ninh Binh - Hanoi



It's great to take a slow walk around the village with your camera to see life going early. We will say good-bye to our host by around 8.00 AM for our wonderful biking down hill about 35 km with some spectacular views. Bike upload for lunch at a local restaurant before our 2hours transfer to Trang An world heritage site.

We will do a boat ride in about 1,5 hours along the meandering stream with towering limestone mountain peaks, and row through some limestone caves too. We return to Hanoi in the late afternoon at around 6:00 PM.

Cycling Distance: 35-50 km

Trail Difficulty: 3/5

Inclusion: Transfer, guide, entrances fees, breakfast, lunch, mountain bike, helmet, snack & water, local boat trip.

Inclusion: See inclusive items listed after the itinerary

Exclusion: Insurance, drinks, personal expenses, others not mentioned in details, tips are welcome!

LEGAL ASPECTS

Booking Terms & Conditions: Tour itinerary and tour prices are subject to change without prior notice. Please [click here](#) for more information.

ORGANISATION

Tour guide: English speaking guide.

TRANSPORT

Car / Van Quality: We use new AC car or van depending on your group size.



Bike: High end mountain bike: Trek 3900 or trek 4500 and giant.

ACCOMMODATION

Homestay/Guest house: is very basic and simple with local style. Please visit our website for FAQs on www.Footprint.vn. The homestay will give you the opportunity to connect with the local culture, as you will stay with a family of an ethnic minority and receive your dinner from them.

FOOD

Meals: Vietnamese food at local stall/guest house/homestay (basic standard in the mountainous area). If you have any allergies, special requests or if you are on a special diet please let us know. We will arrange it for you in advance.

SUSTAINABILITY

Please Travel Responsibly! The small things you do will make a [big difference!](#)

Communication: Expect warm, friendly welcomes and hellos from the local people when you ride through the small communities and visit the local homes. If you want to bring small gifts, things like note books, books, pens, pencils, toys, balloons, for example, are recommended.

PREPARATION OF THE CUSTOMER

Seasonal Preparation: Best time to visit is from May to October. May through August is generally Vietnam's hotter months.

What to bring: Passport, change of clothes, a small day bag with sunglasses & hat, toiletries, sun-block, insect repellent, flashlight, good sport shoes, personal first aid kit & medicines, small VND notes for buying drinks. If you feel the need then a cable lock for your bags is recommended.

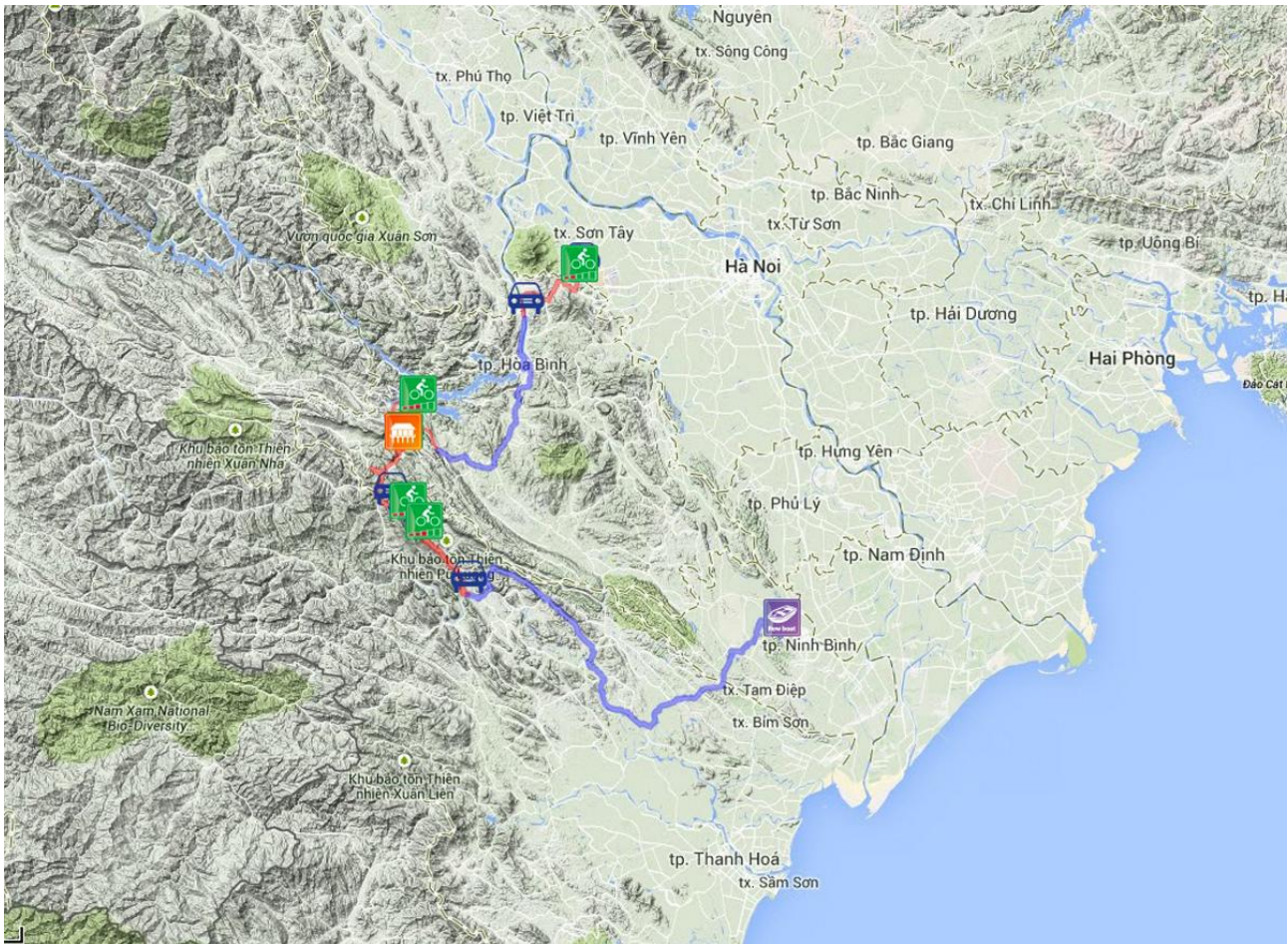
Before your departure, please make sure you read our *what to bring & tips and other important notes* for trekking, cycling trips and summer travel in Vietnam.

Proper wear is needed to visit the temples (long pants and covered shoulders)

CYCLING INFORMATION

Cycling time: The cycling time is just approximate and depends on our speed and the weather.

Routes on Google map: [Amazing Cycling Mai Chau 3 days](#) (viewable on Pc and smart devices). There are some parts of the ride that could be busy with traffic, please always follow your guide's instructions for a safe ride. The cycling route can be changed due to external circumstances such as weather.



ADDITIONAL INFORMATION

This itinerary and supplementary information has been compiled in good faith and was accurate at the time of writing.