

CYCLING NORTH EAST 5 DAYS - EXPEDITION BY BIKE TO VIETNAM'S MOST NORTHERNLY POINT



Code: CNE05

Routes: Hanoi – Ba Be – Cao Bang – Lang Son – Hanoi

Duration: 5 Days / 4 Nights

Features: Non-eco-adventurers beware - this multi-day tour has been designed for cycling enthusiasts, nature lovers, photography hunters and intrepid travelers. Footprint has planned this route into Vietnam's most Northern provinces, and promises it to be both challenging and off the beaten track. Travel and cycle through the karst limestone landscapes, visiting hill trip villages and beautiful waterfalls. Best from September to April.

Biking level: Hard

Day 1: Arrival in Hanoi – Ba Be



This adventurous journey northeast begins as we depart from your Hanoi hotel around 8:00 AM. We drive up and pass through the undulating terrain of tea plantations in Thai Nguyen city. We continue on getting our first glimpses of rural Vietnam, setting the tone for the days ahead. We have lunch at Bac Can and unload the bikes for a cycle off highway to a quiet road with great views of small villages of Tay, Nung and Thai ethnic

minorities along the way. Depending on our speed, we arrive at Ba Be Lake in the late afternoon. After checking into a basic guest house in Ba Be National Park we have dinner and retire to sleep.

Driving Distance: 220 km

Cycling Distance: about 50 km

Inclusion: Transfer, guide, [guest house](#), entrances fees, lunch, dinner, mountain bike, helmet, snack, water and fruits.

Day 2: Ba Be National Park – Boating into three lakes of Ba Be



Today, you spend the whole day visiting the beauty of Ba Be lakes on the local canoes, but first you head out for a short cycle to the boat docs. We load our bikes on the boat for fun cruise (We may also try a small raft to glide along the river if it is available). A cave visit by boat is also on today's itinerary after which you have lunch served near a beautiful waterfall.

After lunch, you canoe our hearts out navigating into the tranquilly of Ba Be lakes. Following activities include some swimming and short cycling to the main road. Van pick-up then transfer back to our guest house. Dinner, free time to relax, and retire to sleep.

Cycling Distance: 15 km

Inclusion: Transfer, guide, [guest house](#), all meals, local boat, mountain bike, helmet, snack, water and fruits.

Day 3: Ba Be – Cao Bang town



We say goodbye to Pac Ngoi village and Ba Be Lakes and by 7:30 AM you make our way to Ha Hieu and start biking on the dirt roads for about 60 km towards Nguyen Binh. There is a challenging climb up Phia Den mountain pass to a level of about 1,200 m. Picnic lunch en route. Afternoon we cycle on paved roads to Nguyen Binh, then our van picks us up for transfer to Cao Bang. Arrive at late afternoon, check in, and take

a short rest before dinner at a local restaurant. Free time to relax. Overnight in Cao Bang town.

Driving Distance: 160 km

Cycling Distance: 70 km

Inclusion: Transfer, guide, hotel, entrances fee, all meals, mountain bike, helmet, snack, water and fruits.

Day 4: Cao Bang – Ban Gioc Waterfall – Cao Bang (~ 160km)



Wake up at 7:30 AM! Heading out of the town we start venturing into the most remote northern regions of Cao Bang Province. Well paved roads scenically traverse Trung Khanh before arriving at Ban Gioc Waterfall – the biggest waterfall in Vietnam (though not full of water in the dry season). Late picnic lunch, swimming if possible, and a rest near the waterfall. On the way back, we have more cycling planned.



Our routes include probably the most isolated places in Vietnam very near the China border, as well as a meandering ride along one of the idyllic streams created by the Ban Gioc waterfall.

Breaks en route as you wish. Visits to hill tribe villages and many photographs are taken on this leg of our journey. Back to Cao Bang to overnight.

Driving Distance: 160 km

Cycling Distance: 80 km

Inclusion: Transfer, guide, hotel, all meals, mountain bike, helmet, snack, water and fruits.

Day 5: Cao Bang – Lang Son – Hanoi (~ 320 km)



Breakfast at your hotel and on the bikes by 7:30 AM for a beautiful morning ride and a mountain traverse at That Khe, conquering 3 mountain passes. Transfer to Lang Son for lunch and take a rest before driving back to Hanoi. Arrival in Hanoi in the late afternoon. Tour ends at your hotel at around 4:30 PM.

Driving Distance: 320 km

Cycling Distance: 60 km

Inclusion: Transfer, guide, hotel, breakfast, lunch, mountain bike, helmet, snacks and water.

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 guides.

ACCOMMODATION

Guest house condition: Basic and simple with local style, twin shared

TRANSPORT

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

FOOD

Meals: Vietnam 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 September to next April. May through August are generally Vietnam's hotter months.

If you decide to travel in Vietnam in its summer months, please review our travel tips and notes for summer travel, which we will send you along with this itinerary.

What to bring: Passport, change of clothes, a small day bag with hat, sun-block, insect repellent, camera, proper biking boots/shoes, personal first aid kit & medicine, small VND notes for buying drinks. If you feel the need, you can bring along a luggage lock for your belongings. Sandals are not recommended. Please remember to pack light.



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

CYCLING INFORMATION

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

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

Routes on Google map: [Cycling North East 5 days](#) (viewable on Pc and smart devices). The cycling route can be changed due to external circumstances such as weather. There are some parts of the ride that could be busy with traffic, please always follow your guide's instructions for a safe ride.



ADDITIONAL INFORMATION

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