



Vietnam Background

Vietnam is the most dynamic of the old French colonies of Indochina. Having successfully repelled three major aggressors last century, the mood in the country is bullish. Morale is high and the innate vitality and charm of the Vietnamese is re-awakening a truly entrepreneurial spirit throughout the country. The population of 90 million is roughly 15 times that of its neighbour Laos, and overcrowding lends urgency to the government's ambitions to beat malnutrition and poverty.

The long snake-like form of Vietnam is moulded by mountains to the north and west at its borders with Laos and China. High rainfall, the lattice of channels and verdant paddies of the Mekong Delta, and an incredible 1400 km of coastline on the South China Sea, make water one of the pervading images.

Vietnam is a country of cyclos in Hanoi, friends made on the Reunification express, old men doing Tai Chi at dawn on the beach, bustling river traffic, claustrophobic wartime tunnel systems, sheer crags of islands rising abruptly from the mist on Halong Bay, and remote hilltribes who were never even aware of a war with America.

TRIP PROFILE

We ride just over 550km on road surfaces that are mixed. Most of the riding in all three countries is on flat terrain through interesting countryside. We ride a combination of good quality tarmac, wide dirt tracks and broken roads that are sometimes badly potholed but easily navigable by bike. Although we cover some long distances we usually only ride for four or five hours a day. There is a lot to see along the way as we ride alongside rivers and rice fields. We spend a three of days travelling by boat, giving variety and a chance for weary legs to recover. Experienced riders will find the distances long enough to challenge them, while less experienced riders are easily able to travel at a more relaxed pace.

Overview

Total Distance: 557 Kilometres

Number of Days: 14 days / 13 nights

Number of Cycling Days: six full-days and two half-days.

Road Surface: The road surfaces are mixed with a combination of good quality tarmac, wide dirt tracks and broken roads that are sometimes heavily potholed.

Support

Visa: we will offer an approval letter for you to [get visa to Vietnam](#).

Group Size: Minimum 2. Maximum 16.

Staff: International cycling leader (for groups of 8 or more), plus a local cycling guide plus drivers and assistants for all groups. Groups of 2-7 will be led by our local guide and support team.

Accommodation: 5 nights 3-star hotels, 6 nights tourist class hotels, 2 nights guesthouses. All [hotels in Ho Chi Minh City](#), Hanoi and other cities have en suite facilities and a/c, except 1 nights fan and shared facilities. Whenever possible we try to use hotels with charm and local character.

Food: All meals are included except 1 Dinner, 1 lunch and 1 breakfast.

Highlights

Vietnam takes the shape of an elongated "S" and stretches over 1,600 km - in some areas it is only 50 km wide. The country covers equatorial lowlands through to high temperate plateau and chilly mountain peaks. Three quarters of Vietnam is mountainous -- the north has the highest mountain, Fan Si Pan, at 3,143m, in the Hoang Lien Mountains, close to the old French hill station of Sapa.

The Truong Son Mountains (on the Annamite Cordillera) form the Central Highlands and run almost the whole length of the country. Both north and south are home to large rivers, the Red River and Mekong River respectively.

Generally the best time to visit is between November and March, although you may encounter heavy rain storms in some areas.

Ho Chi Minh Trail

The Ho Chi Minh Trail was not originally a single track but a complex system of jungle paths winding down through the eastern mountains of Laos, frequently looping over the border with Cambodia. It was used by the indigenous peoples through the centuries for trade in gold and opium with China, but became infamous during the struggle for independence with the French and then during the Vietnamese War. Arms and personnel were infiltrated from north to south Vietnam along this route, which was heavily bombed by the Americans, only to be re-built at night.

Saigon to Bangkok by Bike and Boat

This Vietnam tour takes in three of South East Asia's most diverse and fascinating countries. Commencing in Saigon we head into Vietnam's rice bowl and the Mekong Delta. This fascinating area is flat and lush and is quite unlike anywhere else in Vietnam and with its mix of Khmer and Vietnamese people makes this a diverse and interesting region to explore.

Our entry into Cambodia is by boat as we head up one of Asia's great rivers, the Mekong, to Phnom Penh. Enjoy the French colonial charms of Phnom Penh before cycling out of Phnom Penh to Kampong Chhang where we board boats and cross the Tonle Sap to reach the breathtaking Angkor Wat. One of the highlights is, of course, riding amongst a thousand years of history at Angkor and we explore the extraordinary temple complexes.

After the wonders of Angkor we head to the faded colonial city of Battambang. This sleepy backwater city is well worth a visit and we arrive in time to explore. We are now just a short distance to Thailand. We cross into Thailand at a small immigration point that nestles in the small mountains that separate Thailand from Cambodia. We then ride the short way to the main road where we transfer to the beach and a well earned rest. A truly great tour through the heart of SE Asia.

Source: [Đặt khách sạn](#)