

Hanoi to Hue on the Ho Chi Minh Highway

Trip Code: HVMB

Version: HVMB Hanoi to Hue on the Ho Chi Minh Highway



CYCLE



GUIDED GROUP



CHALLENGING



HIGHLIGHTS

- Cycle the quiet Ho Chi Minh Highway through the rural heart of Vietnam
- Meet people of different ethnic groups - Hmong, Dao and Thai
- Spectacular 'karst' landscapes of the Truong Son Mountains

- The city of Hue and Vietnam's UNESCO-listed Imperial City

AT A GLANCE

- 9 days biking
- 922 kilometres
- 100% road - 100% vehicle supported
- Join at Hanoi, depart Hue

ACCOMMODATIONS & MEALS

- All meals included
- 6 nights Guesthouse
- 4 nights Hotel

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

Follow the northern section of the Ho Chi Minh Highway from Hanoi in the north down to Hue, the former 'Imperial Capital', on this road cycling holiday in Vietnam. The Ho Chi Minh Highway runs north to south through the mountainous spine of Vietnam. Constructed since the year 2000 as an alternative to Vietnam's coastal Highway 1, this is a generally well-made 2-lane road that sees very little traffic. Although this new road has no direct relation to the well-known Ho Chi Minh Trail (which was a tenuous and interlinking set of tracks and trails used as a supply line during the Vietnam War) the routes naturally coincide in places.

The section of the road that we ride in north and central Vietnam will take us through pretty farmland, jungle-clad valleys and jagged limestone peaks. We'll cycle alongside shining rivers and visit a fascinating mix of traditional towns and villages which are home to people of several different ethnic groups, including Hmong, Dao and Thai. Running parallel to the border with Laos and through the Truong Son Mountains, the Ho Chi Minh Highway will take us into some pretty remote and often spectacular regions of Vietnam. Of course, some of the sites that we see will date from the recent war, but the essence of this cycling holiday is much more about experiencing Vietnam at its most authentic. From rice fields and stilt houses to the cave system at Phong Nha and from the site of the Khe Sanh Combat Base, close to the border with Laos, to Vietnam's Imperial City in Hue, this is a road cycling holiday with a great deal to offer.

Is this holiday for you?

ROAD CYCLING. Starting out after a short transfer from central Hanoi, the total distance of this tour is 922 kilometres (7500 metres of ascent) which we complete in 9 days of cycling. There are some quite long days, but the roads are smooth and the terrain is undulating rather than very hilly. Traffic is generally light on this route. There is full vehicle support and the local guide's expert knowledge of the area means that you will always know what is coming up in terms of distance and difficulty. This is a holiday for regular club, sportive and randonnee riders. **BIKE HIRE AVAILABLE LOCALLY.**

Itinerary

Version: HVMB Hanoi to Hue on the Ho Chi Minh Highway

DAY 1

Meet at the group hotel in Hanoi. Afternoon free.

Your holiday starts at the hotel in Hanoi. Airport transfers are not provided - there is a safe and reliable taxi service from Hanoi Airport. The rest of the day is free and from the hotel you can easily take a walking tour of the Old Quarter with its maze of 35 streets, many of them named after particular trades - look out for Hang Gai (Silk Street) and Hang Bac (Silver Street). The hotel is also close to Hoan Kiem Lake (Lake of the Restored Sword), the epicentre of old Hanoi. If you have travelled with your own bike, please assemble it today, ready to be loaded onto the transport in the morning. The tour guide will come to the hotel lobby at 5.30 pm and will provide a pre-trip briefing before accompanying the group to dinner.

Meals: **D**



Accommodation
Hotel

DAY 2

Transfer out of the city and cycle through farmland to Phu Luong in the Mai Chau Valley.

After breakfast at the hotel, you will meet the guide (again) and the support vehicle and driver. If you have hired a bike the guide will have it. If you have brought your own bike these will be loaded onto the support vehicle and we will then transfer beyond the hustle and bustle of Hanoi to the start of our ride. From just outside the city, we cycle on minor roads through villages which are home to people of the Hmong, Dao and Thai ethnic groups. The landscape here is dissected by low forested hills and in between there is farmland, with lush green rice fields on all sides. We start off easily, but after a little more than 40 kilometres, we are faced with a long, steady climb of around 500 metres to cross the most prominent of the ridges we have seen so far. From the high point close to the village Thung Khe (706m) we may be able to see the reservoir of the Da River away to the north. We can then enjoy a pleasant freewheel for 10 kilometres or so down to our overnight stop in the Mai Chau Valley. Our guesthouse tonight is in a lush rural location and with its bamboo-clad walls has something of the appearance of a Thai ethnic stilt-house.

Meals: **B L D**



Accommodation
Guesthouse



Ascent
1295M



Descent
1160M



Time
4 - 5 hrs cycling



Distance
70KM

DAY 3**Cycle through the Song Ma Valley to Ngoc Lac.**

We have a longer ride today, but not a particularly hilly one. We start out directly from our hotel, following the spectacular and undulating valley of the Song Ma River with a generally downhill trend. This route was used to carry supplies and ammunition during the Vietnam War and has links to one of the main arteries of the Ho Chi Minh Trail. Beyond the small town of Hoi Xuan, our route takes us away from the river and up into a low range of mountains that stretch from the Mai Chau region to Cuc Phuong and to Hoa Lu. At this point the border with Laos is just 20 kilometres away to the west and the landscape around us becomes more striking as we approach Ngoc Lac, with looming limestone cliffs and lush vegetation. It is at this point that we meet the Ho Chi Minh Highway coming in from the north. We overnight in this small town.



Meals: **B L D**

	Accommodation Guesthouse		Ascent 1230M		Descent 1355M		Time 6 - 7 hrs cycling		Distance 120KM
-----------------------------------------------------------------------------------	------------------------------------	-----------------------------------------------------------------------------------	------------------------	-----------------------------------------------------------------------------------	-------------------------	-----------------------------------------------------------------------------------	----------------------------------	-------------------------------------------------------------------------------------	--------------------------

DAY 4**Cycle the Ho Chi Minh Highway through farmland to Thai Hoa.**

We start the day with a short transfer to Lam Son to avoid a potentially busy section of road. Then, we set out on our bikes on the wide and newly-built Ho Chi Minh Highway. On this section of this highway there is usually very little traffic and at times it may feel as if we have the road to ourselves. The tarmac makes for smooth and fast riding with a 360 degree panorama across a landscape that combines pretty farmland and low, forested hills. This is a fertile area and the fields stretch away on both sides of the road, with crops such as coffee, rubber, tea and various fruits. There are also sections where the road undulates amongst low hills and hummocks thickly cloaked by forest. We will stop off for lunch at one of the several small towns and villages that we pass through and arrive at our guesthouse in Thai Hoa late in the afternoon.

Meals: **B L D**

	Accommodation Guesthouse		Ascent 875M		Descent 830M		Time 5 - 6 hrs cycling		Distance 100KM
-------------------------------------------------------------------------------------	------------------------------------	-------------------------------------------------------------------------------------	-----------------------	-------------------------------------------------------------------------------------	------------------------	-------------------------------------------------------------------------------------	----------------------------------	---------------------------------------------------------------------------------------	--------------------------

DAY 5**Our route swings inland towards the border with Laos and the town of Pho Chau.**

After breakfast at our accommodation, we are back on the Ho Chi Minh Highway for the continuation of our ride, generally southwards through Vietnam. The road today heads inland and takes us through lush jungle in places and via a number of beautiful villages which nestle amongst the Truong Son Mountains.

This forest-clad range straddles the border with Laos at this point. We have another longish day in the saddle, but with only gentle undulations to overcome, as the route winds amongst the striking and often steep-sided limestone peaks of this picturesque 'karst' landscape. Again, we find a suitable roadside restaurant for our lunch and aim to reach our accommodation in the remote town of Pho Chau in Nghe Province at the end of the afternoon.

Meals: **B L D**

	Accommodation Guesthouse		Ascent 735M		Descent 790M		Time 7 hrs cycling		Distance 130KM
-----------------------------------------------------------------------------------	------------------------------------	-----------------------------------------------------------------------------------	-----------------------	-----------------------------------------------------------------------------------	------------------------	-----------------------------------------------------------------------------------	------------------------------	-------------------------------------------------------------------------------------	--------------------------

DAY 6

A long cycling stage from Pho Chau to Phong Nha.

From Pho Chau, the Ho Chi Minh highway is still a dream to ride on and we'll appreciate the smooth tarmac as the road continues to pick its way through a pretty patchwork of farmland and forested hills. The scenery is spectacular and the road is tranquil and for the first 75 kilometres it's pretty flat, following the increasingly narrow valley of the Ngan Sau River with low forested hills to both east and west. Beyond Tan Son, the highway turns towards the west for 10 kilometres, before resuming its southward track. At this point we are cycling into slightly more rugged country through interconnecting valleys with thick jungle-clad slopes. The road undulates here and there is even a 250 metre climb (over several kilometres) before we drop down into the Phong Nha National Park and check in at our hotel accommodation in the small town of Phong Nha. This area has one of the most spectacular caves in Vietnam; a true speleological wonder with 65 kilometres of passages and underground rivers. The underground caverns were used as a hospital and ammunition depot during the Vietnam War and the entrance still shows evidence of attacks from fighter aircraft. Nearby there are community projects underway with Flora and Fauna International and it may be possible to visit village initiatives whose aim it is to maintain wildlife corridors between the separate forest areas.

Meals: **B L D**

	Accommodation Hotel		Ascent 1655M		Descent 1660M		Time 8 - 9 hrs cycling		Distance 150KM
-------------------------------------------------------------------------------------	-------------------------------	-------------------------------------------------------------------------------------	------------------------	-------------------------------------------------------------------------------------	-------------------------	-------------------------------------------------------------------------------------	----------------------------------	---------------------------------------------------------------------------------------	--------------------------

DAY 7

Morning cave visit at Phong Nha and afternoon cycle to Dong Hoi.

We will have a morning off the bikes which will probably be welcome at this stage of the holiday. After breakfast, we will walk down to the boat landings on the Con River and board the boat that will take us into the Phong Nha Cave. When we reach the cave's gaping entrance the engine is cut and we will paddle into another world. We can go 600 metres into the cave through a series of illuminated caverns. There is also the option to climb 330 steps up to Tien Son Cave, the previously mentioned dry cavern

which was used as a hospital and ammunition depot during the war. After our cave visit, we will have lunch before setting off on a short and level cycling stage to the coastal town of Dong Hoi. We follow the Con River for a few kilometres then cycle across a heavily farmed coastal plain to reach our beach-side accommodation. Dong Hoi is known for its 12 kilometre-long beach.

Meals: **B L D**

	Accommodation Hotel		Ascent 260M		Descent 265M		Time 3 hrs cycling		Distance 50KM
-----------------------------------------------------------------------------------	-------------------------------	-----------------------------------------------------------------------------------	-----------------------	-----------------------------------------------------------------------------------	------------------------	-----------------------------------------------------------------------------------	------------------------------	-------------------------------------------------------------------------------------	-------------------------

DAY 8

Cycle south on the coastal plain to Cam Lo, then transfer inland to Khe Sanh.

Today there will be many reminders of the Vietnam War, as the Ho Chi Minh Highway continues to take us south through scattered villages and intensive farmland at the inland edge of the 10 kilometre-wide coastal plain. We cross the Demilitarized Zone (DMZ) which was set up along the 17th Parallel (line of latitude 17 degrees north of the equator) during the war. This was the dividing line between North and South Vietnam and troops from both sides were not allowed within 5 kilometres of this line. The road is now quite flat and we make good time to the Truong Son Cemetery, a memorial to the tens of thousands of North Vietnamese soldiers who were killed on the DMZ and on the Ho Chi Minh Trail. We can pay our respects at this memorial, before completing our ride to the town of Cam Lo. From here, we transfer inland to Khe Sanh, close to the border with Laos. Khe Sanh was the site of a former US marine base and one of the longest battles of the Vietnam War was fought here. We overnight at a guesthouse in the small town of Khe Sanh.

Meals: **B L D**

	Accommodation Guesthouse		Ascent 795M		Descent 760M		Time 7 hrs cycling		Distance 129KM
-------------------------------------------------------------------------------------	------------------------------------	-------------------------------------------------------------------------------------	-----------------------	-------------------------------------------------------------------------------------	------------------------	-------------------------------------------------------------------------------------	------------------------------	---------------------------------------------------------------------------------------	--------------------------

DAY 9

Visit the Khe Sanh Combat Base, then cycle to A Luoi.

After breakfast, we'll start the morning with a visit to the site of the Khe Sanh Combat Base. The airstrip itself is now overgrown, but there is a small museum here and a few relics of the war in the form of restored bunkers, as well as some abandoned military hardware, including helicopters and aircraft. After this visit, we will be reunited with our bikes and set off on the day's ride, downhill at first from the Laos border to Dak Rong River. Here, we cross a bridge and ride alongside the river on a section of what was once the part of the Ho Chi Minh Trail. Again, this road is largely traffic-free and runs through a valley which is bounded on both sides by a line of wooded hills. Undulating gently, today's ride makes a pleasant contrast to the flat plains of yesterday. At the 80 kilometre mark, there's a great little climb of around 250 metres that takes us up an open and partially wooded ridge, with great views and even a

couple of hairpins. Finally, the road levels out and we follow another open valley very gently downhill to our accommodation in A Luoi.

Meals: **B L D**

	Accommodation Guesthouse		Ascent 1530M		Descent 1345M		Time 7 hrs cycling		Distance 103KM
-----------------------------------------------------------------------------------	------------------------------------	-----------------------------------------------------------------------------------	------------------------	-----------------------------------------------------------------------------------	-------------------------	-----------------------------------------------------------------------------------	------------------------------	-------------------------------------------------------------------------------------	--------------------------

DAY 10

Cycle to Hue and visit the UNESCO-listed Imperial City.

We follow the Ho Chi Minh Highway southwards for just a few kilometres, before saying goodbye to this great road that we have been following for much of our ride. We now head east and down to the coast, starting off with a long and sinuous descent into a narrow and forested valley at the headwaters of the Sia River. This is a great final day of cycling, through scattered farms and small villages. After around 30 kilometres, we climb again to cross into the valley of the Perfume River and follow this on our final approach to the city of Hue which was the capital of Vietnam during the Nguyen Dynasty from 1802 to 1945. Before reaching our hotel, we stop off to visit Vietnam's Imperial City, built during the Nguyen Dynasty and recently designated an UNESCO World Heritage Site. The citadel is protected by fortified ramparts and ringed by a moat. During the Vietnam War the Imperial City was heavily damaged, but is slowly being restored to its former glory. Finally, we cycle to our hotel which is a short distance away on the other side of the Perfume River and prepare for a celebratory farewell dinner.

Meals: **B L D**

	Accommodation Hotel		Ascent 835M		Descent 1445M		Time 4 hrs cycling		Distance 70KM
-------------------------------------------------------------------------------------	-------------------------------	-------------------------------------------------------------------------------------	-----------------------	-------------------------------------------------------------------------------------	-------------------------	-------------------------------------------------------------------------------------	------------------------------	---------------------------------------------------------------------------------------	-------------------------

DAY 11

Your holiday ends after breakfast. Take a taxi to Hue Airport for departure.

Your holiday ends after breakfast. Depending on your flight schedule, you may have some free time to look around the city. Airport transfers are not provided - there is a safe and reliable taxi service to Hue Airport. The reception desk will call a taxi for you. The journey time is around 15 minutes.

Meals: **B**

Holiday Information

What's Included

- An experienced local English-speaking cycling guide
- All land transport as described
- One or more support vehicles and drivers
- All accommodation as described
- All meals

What's not Included

- Travel insurance
- Visas (if applicable)
- Hanoi and Hue airport transfers
- Tips for the local crew and drivers
- Miscellaneous expenses - drinks and souvenirs etc
- Bike Carriage on the flights - please check with your carrier for charges
- Bike Hire

Joining Arrangements & Transfers

The group will meet at the hotel in Hanoi. Airport transfers on arrival and departure are not provided - there are reliable taxi services both in Hanoi and in Hue which provide the most cost-effective way of getting from the airport to the group hotel and vice versa.

Clients booking a Land Only Package MUST provide the KE office with full details of their flights.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals are included, from dinner on Day 1 to breakfast on Day 11.

Food & Water

It is not recommended to drink untreated water from the taps. You should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water. We do not encourage the purchasing of single use plastic bottles.

Start practising your chopstick technique now, as there are places we visit on this trip where there are no knives and forks! Vietnamese cuisine is fresh and flavoursome. Typically a selection of many dishes of varying flavours are served together, and everyone takes a little of each. A typical meal will include Pho (noodle soup), spring rolls, spiced beef and pork dishes, fish in chilli, tomato served with tofu, stir-fried vegetables and rice, with fresh fruit for dessert. As per the custom for most of the region, food is rarely served in courses and is often served all at once for all to share. Vietnamese cuisine is wholesome and filling for our days in the saddle!

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

During this trip the group will spend 10 nights in various tourist-class hotels and guesthouses of a good standard, each with twin-share rooms and generally en-suite facilities. All accommodation is allocated on a twin-sharing basis and if you are travelling by yourself you will be paired up with another single client of the same sex. Single room occupancy can be arranged for all nights on payment of the single supplement charge.

Group Leader & Support Staff

The trip will be led by an experienced local English-speaking cycling guide, with a second cycling guide for groups of 8 or more riders. There will also be one or more support vehicles and drivers.

Spending Money

Approximately \$200 should be allowed for miscellaneous expenses, including tips to local staff (expect to pay \$100 in tips). If you are intending to buy expensive souvenirs, you should budget accordingly (credit cards can be useful in this respect). It is not necessary to obtain local currency (Vietnamese Dong) prior to travelling. Money can be changed most easily at Hanoi Airport on arrival. The group hotel in Hanoi will be able to make small exchanges only. There are ATMs in Hanoi and in one or two other places only. We recommend that you carry your travel money in the form of US dollars cash. US dollars are easily exchanged and can even be used to pay directly for goods and services in Vietnam.

Guidance on Tipping

Tips are the accepted way of saying 'thank you' to your local guides and to your support crews and drivers. They do not form part of their wages. We recommend that you pay tips to your local crew if you feel they have done a good job. It is best to tip as a group and it is useful to have a group pool for this. As a rough guide we suggest you allow a total of \$100 for tips.

Your Bike

Your bike should be fitted with a compact or triple chainset and we suggest that 25mm tyres will provide a bit more comfort on the variable road surfaces typically found on our **Road Cycling** holidays.

Since you are depending on your bike to transport you throughout your holiday, it's important to ensure it is in good working order. If you are not mechanically minded, get your local bicycle dealer to service it for you.

Please contact us if you are unsure about the suitability of your bike.

Bike Hire

Bike hire is available locally for this holiday, and with baggage charges on long-haul flights becoming increasingly prohibitive, it can make a lot of sense to hire a bike locally. Our local agent has Giant Anyroad 2 bikes for hire in a full range of sizes. They are good quality and well maintained alloy bikes with Shimano components, triple chainsets, 9-speed cassettes and Sram mechanical disk brakes. Spare parts (tubes, tyre, chains etc.) are included in the price of the bike rental and will be available in the support vehicle along with a tool kit and track pump. Each bike comes with a single bottle cage and a Spice Roads water bottle that is yours to keep. The bikes are equipped with flat pedals and strap-style toe cages can be supplied if requested. If you prefer to use spd or clip-in pedals, you will need to bring these with you, along with your regular cycling shoes and cleats. Another item which you might choose to take with you on the holiday is your saddle. The hire bikes have standard saddles and anyone requiring more comfort, or a women-specific saddle, should consider taking their own. You should take your own EN1078 compliant cycling helmet, as the locally available helmets do not necessarily meet this standard - which we require. A hire bike can be reserved, subject to availability at a cost of US\$315 (October 2023 - subject to change) for the duration of the trip. If you want to hire a bike, please contact the KE office and we will pass on your request to the local agent. Payment must be made before travel and should be made directly with the local agent via the following payment link www.spiceroads.com/pay. You must first notify KE of your preferred bike option along with your height and we will make the reservation on your behalf. Once the reservation is confirmed, we will email to you a unique reference code which you need to use when making your payment. Your payment for bike hire does not cover you if you lose the bike or damage it beyond 'fair wear and tear'. We must stress that your hire contract will be with the local hire company and that KE cannot be held responsible for any issues arising from bike hire.

Travelling With Your Bike

Airlines require that you pack your bike properly for travel and for this holiday we recommend that you use a purpose-made soft bike bag. These can be relatively inexpensive. They are also light in weight, easy to handle and, most importantly, can be packed into a small space to allow easy transportation in the support vehicle. You will need to partially dismantle your bike to pack it in your bag.

PLEASE DO NOT USE a purpose-made rigid bike box for this holiday. We do not have the space in the support vehicle to transport these bulky items.

Please contact us if you have any questions regarding travelling with your bike.

Vehicle Support

Throughout this trip we have the back up of one or more air-conditioned support vehicles. Each morning our main baggage will be loaded onto the support vehicle which will follow the group on the day's ride. The local biking leader and the support vehicle driver will watch over the group and will carry mobile phones, allowing you to contact them in the case of a breakdown or other incident. We want everyone to enjoy their cycling experience on this trip and we recognise the importance of group members being allowed to cycle at their own pace. On most of our road biking trips it is usual that there can be a fair distance between the front and rear cyclists in the group and there may be times when other group members, vehicle support and biking leader are out of sight. However, our regular stops mean that it's never long before we regroup. The support vehicle will pick up any group members who wish to take a break from cycling at any time.

Baggage Allowance

Apart from your bike in its bag (if you are taking your own bike), you should travel with one main item of luggage, such as a KE Trek Bag or similar holdall, and a small day pack. The day pack can be used to carry valuable items such as cameras and GPS devices whilst travelling, but will also be useful to separate out items you might want to pick up from the support vehicle during the rides, like additional clothing.

Your baggage allowance on the flights will depend on your airline. When choosing your flights, whether booking them directly or through KE, you will need to consider the cost of carrying your bike. These costs are your responsibility.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Visa Vietnam

British Citizen passport holders do not need a visa for durations of stay up to and including 45 days for tourism and transit.

For information about multiple entry visas, longer stays or different nationalities please contact the relevant embassy. The Vietnamese Embassy in the UK is in London.

Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

Zika virus has been confirmed as active in this country. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites. The mosquitoes that transmit ZIKV are unlikely to be found above 2,000m altitude. For more information, visit the website of the National Travel Network and Centre (NaTHNaC) at <https://travelhealthpro.org.uk>

VACCINATIONS

You should contact your doctor or travel clinic to check whether you specific require any vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella), along with hepatitis A and typhoid. Malarial prophylaxis are required. A certificate of yellow fever vaccination is required if travelling from countries with risk of yellow fever transmission and for travellers having transited for more than 12 hrs through an airport of a country with risk of yellow fever transmission. On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](#).

Currency

The unit of currency in Vietnam is the Vietnamese Dong.

Preparing for your Holiday

The better conditioned you are the more you will enjoy your trip. We suggest that you adopt a sensible weekly exercise regime and fit in a number of long cycle rides in hilly country to ensure you are physically capable of taking part in this trip - this will also provide you with an opportunity to make sure all your riding kit is tried and tested before you travel. Cycling is obviously the best activity to prepare for this trip, however, running, squash and swimming are also good for developing aerobic fitness and stamina.

Climate

The north of Vietnam experiences relatively cool and quite dry winters between November and April with daytime temperatures in Hanoi falling to between 15 and 20°C. From May to October it is hotter, at 25 to 30°C and wetter. Spring (March-April) and autumn (October-December) are particularly good for cycling. Further south, in Hue, the picture is similar with dry winter months and wetter summer months, but the daytime temperatures remain between 25 to 30°C pretty much throughout the year. From September to January coastal areas can be affected by typhoons in the South China Sea bringing short-lived tropical storms.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Lonely Planet. Vietnam
- Rough Guide. Vietnam
- Vietnam Pocket Guide. Insight Guides
- Vietnam Handbook. Footprint Handbooks
- Vietnamese Phrasebook. Rough Guides
- Hill Tribes Phrasebook. Lonely Planet
- Vietnam: A History. Stanley Karnow

Maps

Vietnam North and South. Reise Know-How

Reise Know-How Verlag produce a 1:600.000 scale map over two double-sided sheets, Vietnam North and Vietnam South. The maps show road networks and driving distances and symbols highlight places of interest, archaeological remains, temples and museums, viewpoints etc.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

Equipment Information

Equipment List

For this holiday you will need your usual cycling clothing, including shoes, cycling gloves and helmet (which must be worn at all times when cycling).

Whether you are hiring a bike or taking your own, we recommend that you take the usual day-ride essentials of: mobile phone, multi-tool, mini-pump, tyre levers, spare tubes and puncture repair kit.

Bike Wear

- Cycling helmet (the EN1078 safety standard is a requirement)
- Cycling shoes
- Waterproof overshoes
- Padded cycling shorts
- Long leg cycling trousers or leg warmers
- Lycra arm warmers
- Base-layer - short sleeve cycling tops
- Long sleeved cycling top
- Lightweight windproof gilet
- Lightweight waterproof jacket
- Regular biking gloves
- Long fingered biking gloves
- Buff
- Sunglasses
- Sun cream (inc. total bloc for lips/nose)
- Camera

Other Stuff

- Travel and off-the-bike clothing and footwear
- Loose-fitting trousers and shirt to cover up when visiting villages or temples en route
- Wash bag, towel, toiletries

- Swimwear
- Basic First Aid kit and personal medication
- Chamois Cream (e.g. Assos or Ozone)
- Water purification tablets
- Reusable cloth bag for shopping (to avoid plastic bags)

Spares

If you are hiring a bike you do not need to bring any spares. The hire bikes are provided in good condition and a supply of spares is carried. You may be asked to pay directly for any spares used, especially in the case of crash damage or damage by mis-use.

If you are taking your own bike, you should consider taking a minimum of spares, including a couple of spare spokes (for each wheel if they are different), spare brake blocks (or brake disc pads), chain links/ chain connector, rear derailleur hanger and any non-standard parts specific to your bike.

Repairs

Whilst not essential, it is a good idea that you familiarise yourself with how to carry out at least some basic repairs to your bike e.g. changing an inner tube and fixing a puncture. Your bike guide will be happy to help with repairs and general maintenance, but being able to carry out a simple repair yourself could save the inconvenience of having to wait for assistance.

Hydration and Energy Snacks

You should take 2 standard water bottles (we encourage re-filling water bottles rather than single use plastic) and also consider taking a small supply of the gels, power bars or sports drink mix that you would normally use on a ride at home.

Please contact us if you have any questions about your equipment.

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.
[-> Find out more](#)

Land Only Information

The LAND ONLY dates and prices are for the itinerary starting at the hotel in Hanoi and ending in Hue. Airport transfers both on arrival and departure are not provided. Taxis are readily available and low cost.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Hanoi and returning from Hue.. Outbound flights usually depart from the UK in the morning, arriving in the morning of the following day (Day 1 of the Land Only itinerary). Return flights depart in the evening of the final day of the Land Only itinerary, arriving in the UK early the following morning.

Why Choose KE

Why KE

The Most Interesting Holidays We are the only company offering this classic cycling journey on the northern part of the newly established Ho Chi Minh Highway. Set up with our Vietnamese cycling partners, this is the best road cycling holiday in Vietnam!

Please Note This document was downloaded on 20/05/2024 and the trip is subject to change