

Cycling the Border Belt Cao Bang

Code: VRT04

Cao Bang, Viet Nam

TARGET MARKET:	Cyclists with moderate level of fitness* and with previous mountain bike experience. Stages include intermittent short steep climbs and descents.
TRAIL TYPES RIDDEN:	Mix of dirt and sealed roads. Some sections of hardpacked single trails.
TOUR LENGTH:	4 days



Enjoy some of the most beautiful cycling routes that North Vietnam has to offer, in an area that is only just opening up to international tourists. You will enjoy the craft villages of Cao Bang around the tranquil village of Phia Thap, and then cycle North-East to the Chinese border region where you will experience Vietnam's magnificent Ban Gioc waterfall, falling through the surrounding trees with Vietnam on one side of the river and China on the other.

Utilising sealed and unsealed roads for over 90% of the planned route (the remainder being well packed walking trails), this is suitable for people with limited mountain biking experience. A moderate level of fitness will be required though, with day 2 and day 3 stages pushing the other side of 50km.

Trip Itinerary

Day 1: Hanoi – Phia Thap (-/L/D)

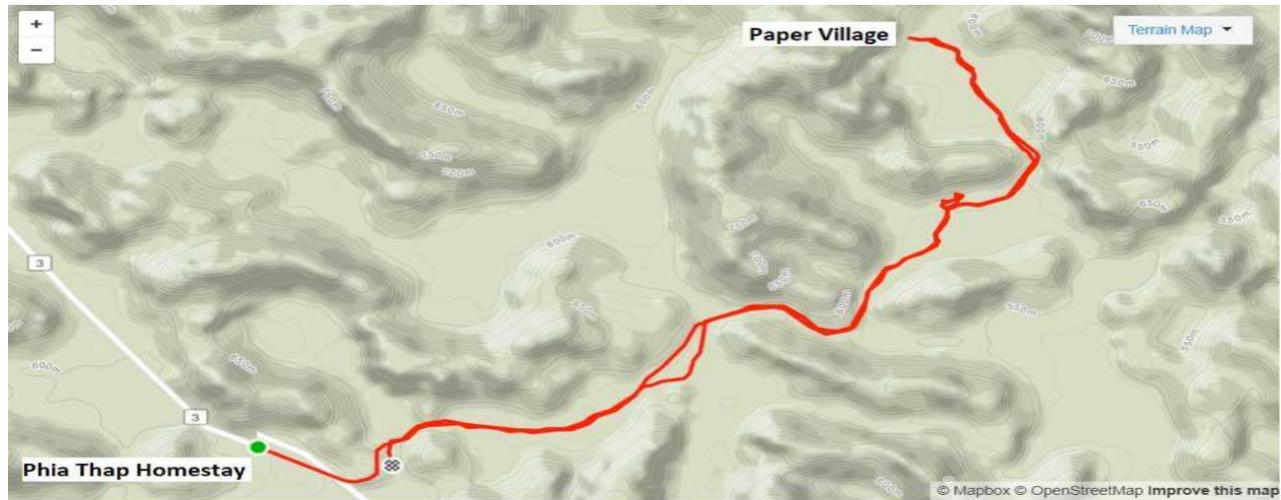
06:00	Travel from Ha Noi – Phia Thap commune (by private Bus/Car). Lunch in Cao Bang City
15:00	Short bike ride around homestay location
19:00	Dinner at homestay. <i>Overnight accommodation: Phia Thap Homestay</i>

ROUTE DESCRIPTION

After arriving at the homestay from Hanoi, you'll have the opportunity to warm up your cycling legs with a ride around the local area. This short "there-and-back" ride takes us along wide dirt roads to a paper-making village, where you'll be able to have a go at making your own paper using a process that locals have been using for generations. After putting your skills to the test we'll take a leisurely ride back to Phia Thap homestay village.



ROUTE MAP



Day 2: Phia Thap – Basket Weaving Village – Phia Thap (B/L/D)

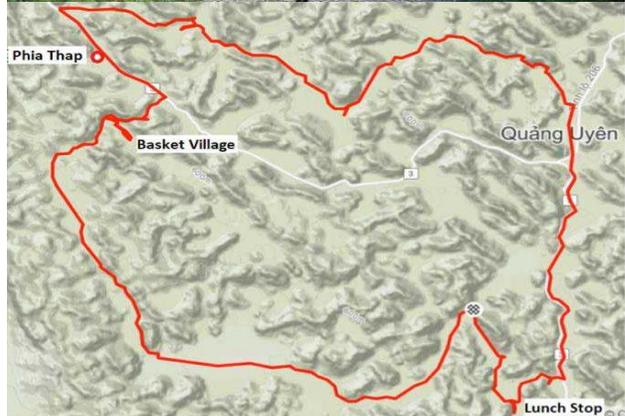
07:00	Ride from Phia Thap homestay to Basket Weaving Village
08:00	Participate in Basket Weaving Challenge
12:00	Lunch at Swimming Spot
19:00	Dinner at homestay <i>Overnight accommodation: Phia Thap Homestay</i>

Note: Water and fruit stations will be provided on the trail.

ROUTE DESCRIPTION

It's time to really stretch those legs with the Phia Thap Epic Loop. This 40km ride along dirt and sealed roads (with a small section of singletrack) will take in a local basket-weaving village where you will not only see baskets being made, but also have a go at making one yourself. We then continue along the southern half of the loop and stop at a fresh spring where you can cool off with a quick swim before lunch.

After everyone has refuelled we'll head north along a sealed road towards Quang Uyen where you can purchase drinks at any of the local shops. Taking a steep but short climb out of town takes us onto the northern half of the loop, through amazing countryside and back to the homestay for a well-earned rest.



ROUTE MAP

Day 3: Phia Thap – Trung Khanh – Lung Niec (B/L/D)

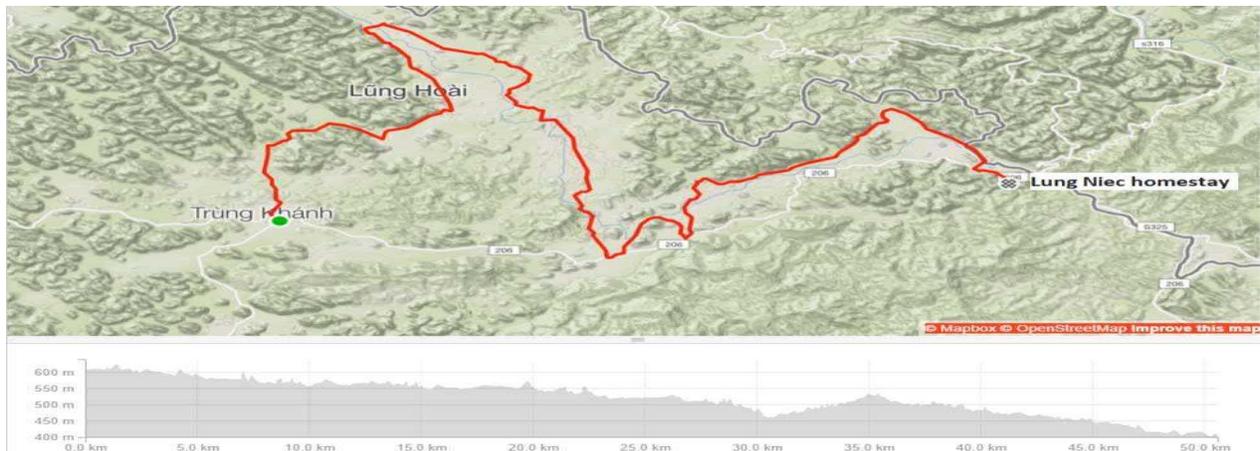
07:00	Travel from Phia Thap commune to Trung Khanh (Bus)
08:00	Ride bike from Trung Khanh to homestay at Lung Niec
19:00	Dinner at homestay. <i>Overnight accommodation: Lung Niec Homestay</i>

ROUTE DESCRIPTION

It's the biggest day of the tour distance-wise. We start with a 40min bus ride to the town of Trung Khanh, leaving behind most of the busy highway that goes to the Chinese border. After topping up the water bottles we head north, through amazing river scenery and passing rice paddies and water wheels and (on a clear day) spot the Chinese border in the distance.



Crossing the picturesque Quay Son river we then turn south-east along sealed roads and village trails, before turning east and making our way to the Lung Niec homestay that's located only a stone's throw from the famous Ban Gioc waterfall.



Day 4: Lung Niec – Ban Gioc – Hanoi (B/L/-)

07:00	Ride bike from Lung Niec homestay to Ban Gioc Waterfall
08:00	Community Development Project at Ban Gioc Waterfall
10:00	Travel from Ban Gioc to Hanoi (Bus) <i>Lunch along the way</i>

ROUTE DESCRIPTION

Make sure your camera batteries are charged, because Day 4 is the money shot. Turning right onto the main road it's a short downhill ride down to the amazing Ban Gioc waterfall, where we will spend a few hours participating in a community development activity that will assist the locals in maintaining the area. Here riders can grab a coffee at the Sai Gon Ban Gioc Resort located right next to the waterfall entrance, or wander through the souvenir markets at the base of the falls. After a group photo (and plenty of your own, no doubt) it's all aboard the express bus back to Hanoi.



NOTE

We recommend to bring good walking shoes, raincoat, jacket, insect repellent, long sleeved clothes, hat or umbrella, sunscreen and sunglasses.

Included

- Tours and transfers as mentioned in the itinerary (air conditioned vehicle)
 - Meals as mentioned in the itinerary (B= Breakfast, L= Lunch, D= Dinner)
 - 2 water bottles/day/pax. For environmental protection the empty bottle needs to be returned for recycling.
 - English speaking guide; local guide
 - Entrance fees for all visits and activities as mentioned in the itinerary
 - Community fund: 10% of your homestay fee will contribute to the community development fund
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Not Included

- Beverages and personal expenditures
 - Local cultural performance/show
 - Other transfers than mentioned
 - Other meals than mentioned
 - Other services than mentioned
 - Travel insurance for the trip Hanoi – Hoang Su Phi – Hanoi
 - Tips
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General terms and conditions

We strongly recommend the purchase of travel insurance (covering emergency medical evacuation) for trips to Vietnam.

Please see the General Terms and Conditions before booking a tour.