

# SPICE ROADS

## CYCLING



### CYCLING VIETNAM'S CENTRAL COAST

Tour Code  
**VNM-VCC**

**10** DAYS  
**9** NIGHTS

	Destinations	Vietnam
	Tour Meets Tour Ends	Hue Nha Trang
	Fly in to Fly out of	Phu Bai International Airport (HUI) Cam Ranh International Airport (CXR)
	Group Size Minimum Age	2-16 riders 18 (on scheduled departures)

### ACTIVITY PROFILE



<b>8</b> Cycling days	<b>470</b> km Total cycling distance
<b>52</b> km Avg distance / day	<b>470</b> m Avg climbing / day

### PRICING



Price	US\$ 2,750
Bike Hire (Mountain Bike)	US\$ 220
Bike Hire (E-Bike*)	US\$ 595
Single Supplement	US\$ 460

*\*E-bikes are in limited supply, please enquire to reserve one.*

### WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Hotel pick up
- ✓ Accommodation
- ✓ Snacks and drinks
- ✓ Ferry/boat fares

### WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Airport pick up
- ✗ Airport drop off
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

### DEPARTURES



16 February - 25 February 2025  
16 March - 25 March 2025  
06 April - 15 April 2025  
12 October - 21 October 2025  
02 November - 11 November 2025  
14 December - 23 December 2025  
11 January - 20 January 2026  
15 February - 24 February 2026  
15 March - 24 March 2026  
05 April - 14 April 2026

**See website for later departures**

## TRIP PROFILE

We ride a total of 470 km over 8 days of cycling, with an average distance of 52 km and elevation gain of 397 m per day. In order to avoid traffic and arrive at the ideal cycling or sightseeing locations, most days will include some minor transfers between 15 and 60 minutes, with the exception being the 2.5-hour transfer on Day 6. The bulk of the cycling is usually in the mornings, with the afternoons typically including some lighter cycling along with opportunities to explore the local surroundings, relax by the beach or pool, or head to the spa for a massage. The trip begins with a flat ride in Hue and the surrounding countryside, which is a nice warm-up. Day 2 features a succession of significant hills with up to 100 m of climbing each, a segue to Day 3, with its formidable 420 m climb up the Hai Van Pass. Days 4 and 5 are easier, with relatively flat riding from Hoi An to My Son and south of Hoi An. Days 6 to 8 present a wide variety of terrain, with some gentle climbs or rolling sections punctuated by several series of hills of 50 m to 150 m in height, with some steep sections of grades between 5% and 10%, mostly in the latter half of each ride. Day 9 is an off-bike day at Whale Island where you can trade in your bikes for snorkels, kayaks or beach chairs!

The trip is fully supported, and your guide's expert knowledge of the area and terrain means that you always know what is coming up in terms of distance and difficulty. This makes a tremendous difference, as does the constant supply of water and refreshments along the way.

**Suitability:** This is an Active level trip that will provide some challenging climbing sections (up to 635 m per day) and significant distances (anywhere from 30 km to 90 km per day). The climbs are always interspersed with downhills and flat sections, and the toughest days are distributed throughout the trip, allowing for recovery in between. While less experienced cyclists are welcome to join the trip, it is best suited for cyclists with the stamina to cycle those distances and elevations on successive days. Central Vietnam can be quite hot and humid even in the morning hours, so it is helpful to acclimatize to these types of conditions before the trip, if possible. To fully enjoy the trip, riders should also have the confidence to navigate a bike through occasional crowded streets and rough sections of broken pavement. Of course, it is always an option to proceed through tricky sections on foot, or skip ahead, as a support vehicle is available at all times to provide refuge for weary riders.

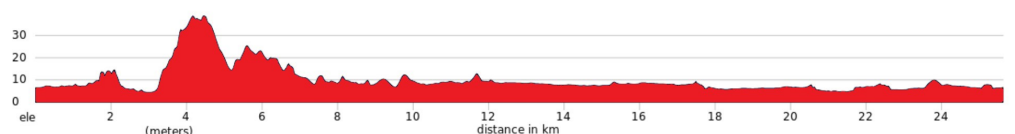
**Biking Conditions:** This trip is mainly on good quality tarmac roads and some vehicle-width dirt roads. There are occasional bumpy sections, but nothing overly technical. While we have sought out bike-friendly routes, we will be regularly sharing the roads with other vehicles, including cars, motorbikes, and buses. We generally ride rain or shine, but based on the guide's discretion or your level of comfort, modifications to the planned route and schedule can be made. It's all part of the adventure!



## Day 1 Meet in Hue

We start our tour with a morning pickup from your hotel in Hue. Please be ready to ride! You will meet your friendly guide, who will introduce you to your trusty two-wheeled companions for the week! We are off for a spin through this atmospheric city and its surroundings, where monuments of the last dynasty of Vietnam surprise us as we wind our way through tree-lined lanes and elevated roads in the fertile rice paddies. We visit the grandiose tomb of a famous emperor (truly a palace for the afterlife), cross the beautiful Perfume River by small ferry, explore the 17th century Thien Mu Pagoda at its majestic vantage point over the river, and then arrive at the Forbidden City of the Nguyen dynasty, a moated palace that played a crucial role from the rise of the Nguyen dynasty, to the French colonial era, to the Tet offensive. After lunch, check into our hotel, take some free time to relax, or head out for a walk in this engaging riverfront city, with its many parks, gardens, and grandiose tombs of emperors nearby. Please let us know if we can help with any pre-trip hotel bookings or airport transfers!

 Emm Hotel       Lunch, Dinner

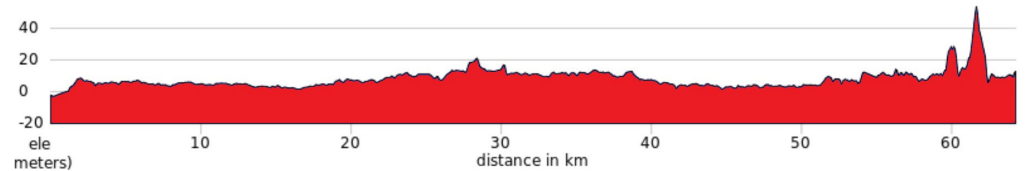


 Ride 26km       +105m       -105m

## Day 2 Hue - Lang Co

This morning, we check out of our hotel in Hue and take a 15-minute drive to the outskirts of town. We rendezvous with our bikes and pedal along canals and rivers into the estuary of the Perfume River, a more isolated region of farming and fishing villages. We then arrive at the uncanny "Ghost City," made up of huge, remarkably ornate mausoleums to ancestors, many of which are funded with money sent home by Vietnamese expatriates living abroad. The artistry of the mausoleums makes for a striking contrast with the rural landscape of rice fields, woods, and wetlands. The ride continues through this serene countryside and culminates by the shores of Vietnam's largest lagoon, where locals raise an abundance of oysters and fish. After taking in this dramatic view, we transfer the final 40 km to Lang Co Beach Resort for lunch. The rest of the day is yours to enjoy the resort, head to the spa, or relax at the beach.

 Lang Co Beach Resort  Breakfast, Lunch, Dinner

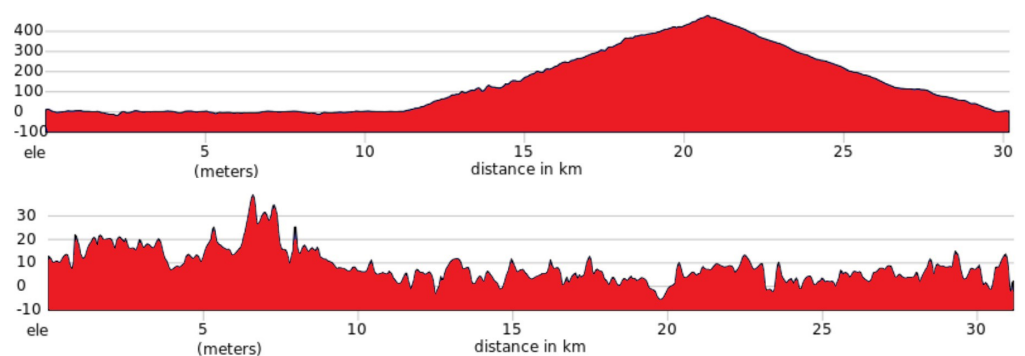


 Ride 64km  +281m  -266m

### Day 3 Lang Co - Hoi An

Our ride begins straight out of the resort this morning, with a fun spin around another peaceful lagoon. This brings us to the day's challenge: the iconic Hai Van Pass, where we will climb to 480 m above sea level over a distance of 10 km. It yields superb views over Da Nang Bay, well worth the ride. We then enjoy the downhill to the modern, dynamic city of Danang, our destination for lunch. In the afternoon, we wind down with a relaxing and very scenic ride to Hoi An, winding through Da Nang's neighborhoods passing the Marble Mountains, strange limestone columns that seem artificially placed into the flat landscape, and then into the riparian landscape of the countryside. We follow the Thu Bon River into the town of Hoi An, an important port of call for Chinese, Japanese, and Portuguese traders during the 17th and 18th centuries. The architecture reflects its cosmopolitan past, with over 844 UNESCO-protected historic structures forming the core of the town. We will spend two nights here, giving us a chance to enjoy the sights and atmosphere of this energetic community which has retained its festiveness, vibrancy and entrepreneurial spirit.

 La Charm Hoi An Hotel & Spa  Breakfast, Lunch, Dinner



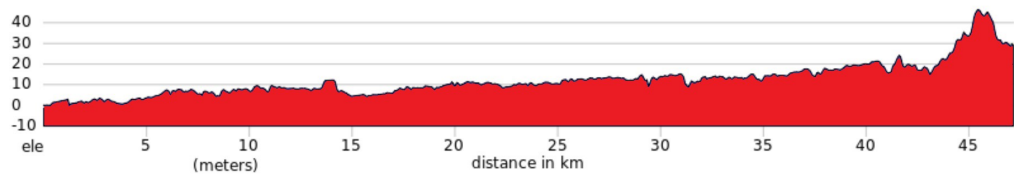
 Ride 62km  +899m  -908m

### Day 4 Hoi An - My Son - Hoi An

This morning, we cycle directly from our hotel out of Hoi An on small village roads and then make our way up the Thu Bon River by roads and farm lanes. The ride is a fascinating immersion in the region's ecosystem and surrounding agrarian economy, inextricably tied to the natural cycles of the tides, seasonal rains, and jungle flora. Eventually, we arrive at My Son, ancient capital of the Cham civilization, a Hindu people who ruled this region until some 500 years ago. Although some of the temples were destroyed by American bombs, there are many remaining temples that convey the prosperity and artistry of the Champa kingdom. We will have lunch before visiting the

site on foot. In the afternoon, we transfer by van just over one hour back to Hoi An. Dinner is on your own tonight, so get adventurous and try the delicious Vietnamese food Hoi An's markets and riverside restaurants have to offer! Your guides will be happy to recommend some of their favorites.

 La Charm Hoi An Hotel & Spa  Breakfast, Lunch

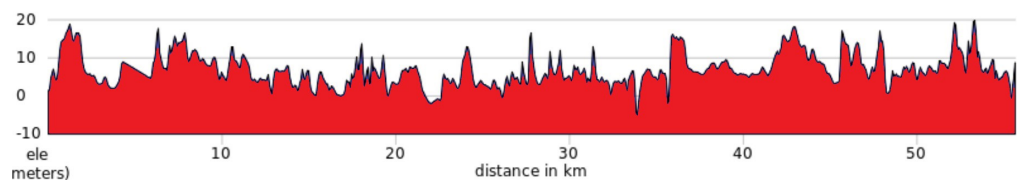


 Ride 55km  +432m  -428m

## Day 5 Hoi An - Quang Ngai

In the morning, we leave Hoi An and cross the Cua Dai Bridge, which spans high above the Thu Bon River, with impressive views of the open ocean and the Cham Islands in the distance offshore. We have a pleasant ride on quiet rural riverside roads, with friendly local farmers, eventually reaching the village of Tam Thanh to enjoy the beach and a lunch of local seafood. We then transfer about 1h45m and spend the afternoon at My Lai, where we have a climb on foot to an old temple to visit the memorial and museum at this site of one of the worst massacres of the American War. Guides will share the perspectives of the Vietnamese who lived through that traumatic period, and explain the continued fallout from the war down to the present day. We then transfer about 30 minutes to our hotel, the peaceful and comfortable Cocoland River Beach Resort & Spa, where the Phuoc Giang River meets the sea near Quang Ngai. This is the perfect place to relax and reflect on the day's explorations.

 Cocoland River Beach Resort and Spa  Breakfast, Lunch, Dinner

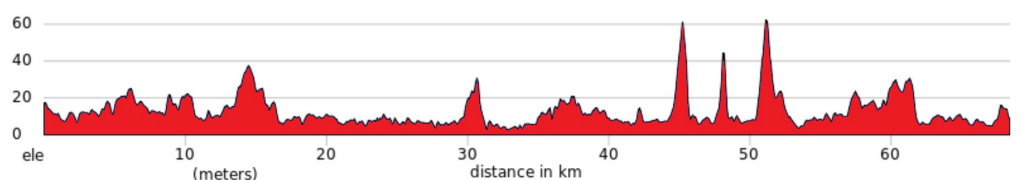


 Ride 56km  +450m  -444m

## Day 6 Quang Ngai - Quy Nhon

This morning, we will transfer by van for 2.5 hours to arrive at ideal cycling roads further south. We will hop on our bikes and begin a diverse ride through rolling coastline, rice paddy fields, salt making flats, fishing villages, and a series of small passes (less than 70 m of elevation gain each) that form natural gateways to isolated beach communities. Our destination is Quy Nhon, an American port and supply centre during the Vietnam War and refuge for thousands of Vietnamese fleeing the vicious bombing of the countryside, and now a prosperous mid-size hub for the agriculture and fisheries of Binh Duong Province. We end today's beautiful bike ride beside a large river estuary with a view to the Quy Nhon skyline and take a brief transfer to our hotel in the city center. Enjoy a walk on the city's bustling side streets and along the waterfront promenade before a well-earned dinner at one of your guide's favorite restaurants!

 Anya Hotel  Breakfast, Lunch, Dinner

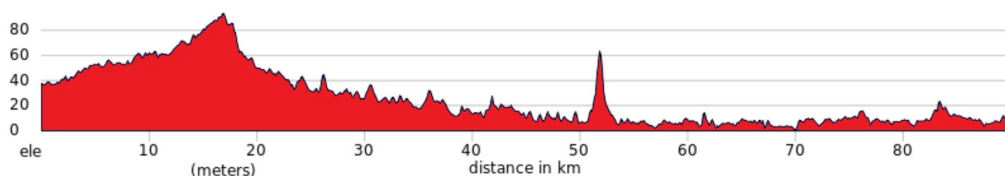


Ride 68km +465m -473m

## Day 7 Dieu Tri - Tuy Hoa

We transfer 45 minutes out of the city of Quy Nhon to a panoramic inland road along the floor of the Ky Lo River valley. The terrain is green and gently rolling, with beautiful views of the highland foothills as we pass through a mix of tribal and Viet villages on this smooth, gently sloping road. Potbellied pigs, chickens, and barefoot children trot across your trail, and we pass over rushing streams where the locals cast their fishing lines. Leaving the valley after about 50 km, we wind our way on quiet trails along a lagoon surrounded by farmland with energetic market villages along the way, ending with an impressive section along the coast as we enter the coastal city of Tuy Hoa past a series of modern sculptures on its newly-beautified waterfront. Your stylish hotel is within walking distance of the sea and the city core, giving you a chance to experience another of Central Vietnam's lesser-known but rising cities.

APEC Mandala Phu Yen Breakfast, Lunch, Dinner

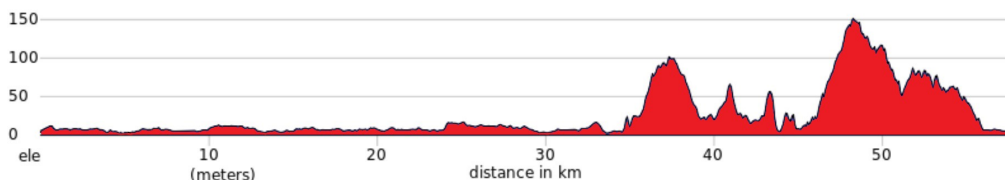


Ride 90km +530m -563m

## Day 8 Tuy Hoa - Whale Island

Today is the last cycling day and is perhaps the most memorable. We ride from our hotel, and after the first 20 km the scenery becomes very beautiful with looming mountains and a network of lush rice paddies across the valley. Prepare for a brutal hill today as we cycle to Vung Ro Bay and up the challenging Ca Pass. We are rewarded with jungle and bay views and stop for pictures at Vung Ro Bay before pushing through the last 3km and to the top of Ca Pass (10% grade). We make our way to Dai Lanh Beach, where we stop for refreshments and a swim for those who don't mind getting their bike shorts wet, then transfer to Dam Mon. We may have the option to bike to Dam Mon if the traffic and dust conditions allow. The scenery here is like a moonscape and unlike anything else we have seen on the tour. Here, we swap bikes for boats and head to Whale Island for some well-deserved R&R. The boat journey will take about 10 minutes and we stay at the secluded Whale Island resort for two nights.

Whale Island Resort Breakfast, Lunch, Dinner



Ride 58km +635m -633m

## Day 9 Whale Island Rest Day

A close connection to nature is the central guiding principle of Whale Island, which takes its name from the tradition of whale worship of the indigenous people here. The resulting experience is utterly unique and unforgettable. This 900-hectare island is pristine and uninhabited apart from the resort, making it a sanctuary for the many forms of life: colorful flowers, exotic birds, shimmering schools of fish, and of course whales and whale sharks if we are lucky! The day is yours to enjoy this paradise as you wish. Snorkel to explore its famed coral reefs, take a kayak or catamaran out into the bay, or venture out onto the island's trails on foot. Soak in the views from the bar and terrace or kick back on a deck chair with a good book. We will gather tonight for

our final dinner of the trip, a feast of local specialties where we can celebrate and reflect on the myriad impressions of our amazing journey along Vietnam's Central Coast!



Whale Island Resort



Breakfast, Dinner

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## Day 10 Whale Island – Nha Trang

This morning, we transfer back to the mainland. Our included transfer will take you to Nha Trang or down to Cam Ranh Airport for domestic or international connections. If you prefer to go to Tuy Hoa Airport or other destinations, we can assist with those arrangements at additional cost. We can also assist those looking to stay longer on Whale Island or around Nha Trang with hotel and travel arrangements.



Breakfast

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**Disclaimer:** The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

## NUTS & BOLTS

### Bikes

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire mountain bikes locally for the price listed in the tour pricing section.

If you bring your own bike, please make sure it is a hybrid or a mountain bike with tires at least 35mm wide. A front suspension may be helpful to smooth out the bumps, but it is not essential.

We also have e-bikes available for hire, but they are limited in number & size. Please send an email to us to check on availability.

### Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

### Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

### Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

## THE NITTY GRITTY

## Passports and Visas

Vietnam e-visa application is available to all nationalities. You can apply for a single-entry visa up to 30 days, or a multi-entry visa up to 90 days. Application is through the Vietnam [visa portal](#).

Please carefully fill out the form and check the information you have entered. Even minor spelling errors will render the visa invalid and your entry to Vietnam will be denied.

For peace of mind, we suggest applying for your e-visa as early as possible, and no later than 2 weeks before your expected arrival in Vietnam. While processing time is generally no more than 1-3 working days (not including weekends and Vietnamese holidays), it is wise to give yourself some buffer time in case there are any issues.

If you are joining a multi-country trip beginning in Vietnam, please be sure to select the correct exit point from the list below:

“Saigon to Bangkok” and “Saigon to Siem Reap”: Song Tien Landport

“Road Biking from Saigon to Angkor”: Moc Bai Landport

“Remote Vietnam and Laos”: Na Meo Landport

“Hanoi to Luang Prabang”: Tay Trang Landport

If your SpiceRoads trip will end in Vietnam, please choose your point of exit as the airport, port or land border through which you have arranged to leave Vietnam.

## Health

See [here](#) for recommendations and detailed information.

## Weather

Weather in Vietnam is divided into 4 main regions - the far north, north, central and south.

The far north can get very cold in December and January while the dry season runs from October to late March and the wet season between April to September.

In Hanoi & the north, it is hot, wet and humid from May to October while November to April is cooler and dry.

Central Vietnam experiences hot, dry weather between January & August with temperatures ranging in the mid 30°C. High levels of rainfall are during September - November.

Southern Vietnam is dry and hot from November to April, and warm and wet between May & October, with the highest rainfall in June, July & August.

## Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Most meals are Vietnamese food and features noodles, rice curries and soups. Vietnamese cuisine is world famous and we make sure you sample as much variety as possible. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

## Drink

Keeping you completely hydrated is a job we take very seriously. Cold water, some energy-restoring local fruit, and soft drinks are included in the tour price while riding. Soft drinks and other beverages during meals are not included. Beer is freely available everywhere in Vietnam but is NOT included in the price.

## Solo Travelers

SpiceRoads does not require you to pay a surcharge for traveling alone. We will arrange for you to share accommodation with another traveler of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

## Extra Expenses

We recommend that you tuck away a few extra dollars, perhaps US\$10, for incidentals. It is customary to tip local tour guides and drivers, however, the amount you give should be dependent on the level of service you receive. We will send you a tipping guideline before the tour begins.

## Money



The official national currency is the Vietnam dong (d), but the US dollar is widely accepted in tourist centers. However, in smaller towns and villages the dong is preferred. ATMs are available in all major tourist destinations and big cities. Vietcombank has the best network with a single withdrawal limit of 2,000,000d (about US\$125). Most major currencies can be exchanged at leading banks in Vietnam, but the US dollar is preferred away from the tourist centers. Changing US\$100 will make you an instant millionaire! You cannot legally take the dong out of Vietnam but you can reconvert reasonable amounts of it into US dollars on departure.

## GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

### FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

### CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our [Booking Conditions](#) in full before you make your payment and should you require further clarifications of any of the conditions below, please [email us](#) or call our office.

### TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please [email us](#) or call our office.

### BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into [Manage My Trip](#) (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems [please send us an email](#), or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

### BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

### DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

## FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our [cancellation policy](#).

## Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

## International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your [travel insurance](#) that you acquired when you booked your holiday.

## Newsletter

Our adventure travel [e-newsletter](#) is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Please note that the itinerary is subject to change due to unforeseen circumstances, however, we will always do our best to adhere to this original itinerary

## CONTACT US

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