

SPICE ROADS

CYCLING



NORTHERN VIETNAM ALTITUDE CHALLENGE: HANOI TO SAPA

Tour Code
VNM-VRB

9 DAYS
8 NIGHTS

	Destinations	Vietnam
	Tour Meets	Hanoi, Vietnam
	Tour Ends	Hanoi, Vietnam
	Fly in to	Noi Bai International Airport
	Fly out of	Noi Bai International Airport
	Group Size	2-16 riders
	Minimum Age	18 (on scheduled departures)

ACTIVITY PROFILE



6 Cycling days	587 km Total cycling distance
98 km Avg distance / day	1480 m Avg climbing / day

PRICING



Price
Bike Hire (Standard Road Bike)
Single Supplement

US\$ 2,300
US\$ 240
US\$ 335

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Accommodation

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

DEPARTURES



22 September - 30 September 2025
27 October - 04 November 2025
28 February - 08 March 2026
06 April - 14 April 2026
21 September - 29 September 2026
26 October - 03 November 2026

TRIP PROFILE

In bicycle racing, KOM/QOM stands for “King/Queen of the Mountain,” a designation awarded the best fastest climber on an event or a stage. With such craving for climbs in mind, we have designed this trip to average 1472 m of climbing per day, with a total distance of 587 km over 6 cycling days. On Day 1, we meet in Hanoi for a welcome dinner. On Day 2, we transfer for 1h45m to get beyond the Hanoi city limits to Luong Suon and do our first ride, 94 km with 1200 metres of elevation gain to Mai Chau. From here on, all our rides are point to point, with transfers only if riders choose to skip part of the day’s route. Day 3 is a ride of 72 km with a climb of 1368 m, from Mai Chau to Moc Chau. Day 4 offers a respite, with a 94 km ride that climbs 631 m and includes a great descent from Moc Chau. On Day 5, we ride 84 km with 1155 m of elevation gain through more remote territory to Phu Yen. The final two days of riding are formidable challenges: we ride 137 km with 2298 m of elevation to Than Uyen on Day 6, then Day 7 covers 106 km and 2177 m of climbing to bring us to Sa Pa, our destination. We spend the morning of Day 8 exploring Sapa on foot, then drive 5h back to Hanoi, with final night dinner in the city. Day 9 is departure day, when you may transfer to the airport or other destinations.

Your guide’s expert knowledge of the area and terrain ensures 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: Almost all cycling days include over 1,000 meters of elevation gain, with two days of well over 2,000 meters of elevation gain. Climbs range from short and steep to long and gradual. Though a support vehicle with water, refreshments and empty seats is always nearby, strong cycling fitness and solid climbing experience is recommended for full enjoyment of this trip.

Biking conditions: Our route takes us on scenic mountain roads on tarmac in primarily good condition, though there will be a few rough sections. Some ascents and descents will be steep, requiring good handling skills. Good awareness of the road is especially important in Vietnam. Motorbikes, trucks, pedestrians and animals will share the road and come across our path. We should always be on the lookout for potholes, patches of gravel, or other possible obstructions.



Day 1 Arrive in Hanoi

Check in to your hotel in Hanoi, conveniently located in the central West Lake area and close to plenty of restaurants, historical attractions and museums. If you have time, it's worth taking a stroll to get a glimpse of how life in Hanoi used to be. In the afternoon, meet your guide and cycling

mates for a tour briefing. We'll then take a short drive to get our bikes and get fitted, followed by a welcome dinner of Northern Vietnamese cuisine.



Le Jardin Hotel Haute Couture Hanoi



Dinner

Day 2 Hanoi to Mai Chau

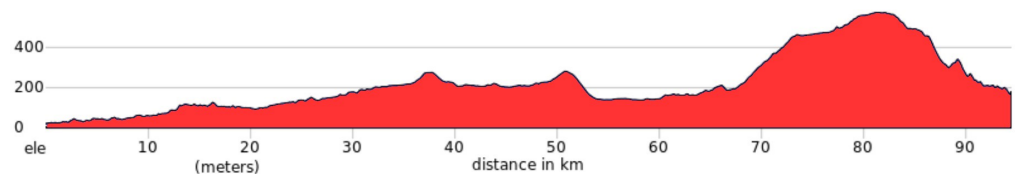
After an early breakfast, we'll transfer for 1h45m by van out of Hanoi to ideal cycling territory in the town of Luong Son, Hoa Binh Province. Once we arrive, we'll hit the tarmac for a flat warm-up out of the town. The first climb comes at around 6 kilometres, but so do the views of quintessential rice fields against a backdrop of green mountains. We'll have a local lunch on a hilltop, followed by a gorgeous ride through the village of Ba Khan with views overlooking the large Hoa Binh reservoir as we head up the big climb for the day, followed by a 12-kilometre descent to the end of the ride. Our accommodation for the evening is a beautiful resort set on a peninsula at this reservoir on the Da River. Your afternoon is free to enjoy the lake view, take a dip in the pool, or get a massage at the spa. We will gather for dinner in the resort.



Mai Chau Hideaway Lake Resort



Breakfast, Lunch, Dinner



Ride 94km



+1204m



-1047m

Day 3 Mai Chau to Moc Chau

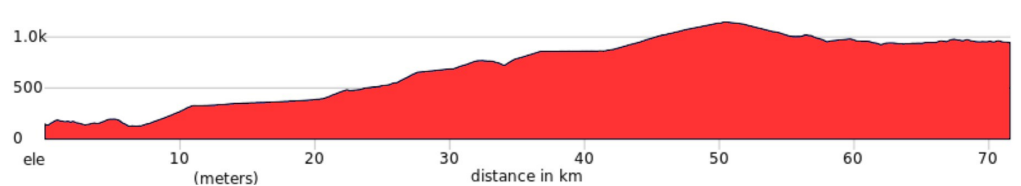
After a leisurely breakfast at our resort, we'll begin our second day of riding along hidden roads through small mountain villages. The ride begins with a flat warm-up section before we tackle the big climb for the day, a gradual ascent over forested terrain for 25 kilometres that takes us to 1,200 meters above sea level. We'll take a rest at the top and then continue across a more level section to Moc Chau, our destination for the day. This region is known for tea plantations, pine trees, and dairy farming, which is unusual in Vietnam. It is also home to people of the Muong and Thai ethnic groups. After checking into our sleek hotel in the center of town, take some time to relax by the pool with great views of the mountains, or go for a massage.



Muong Thanh Moc Chau



Breakfast, Lunch, Dinner



Ride 72km



+1368m



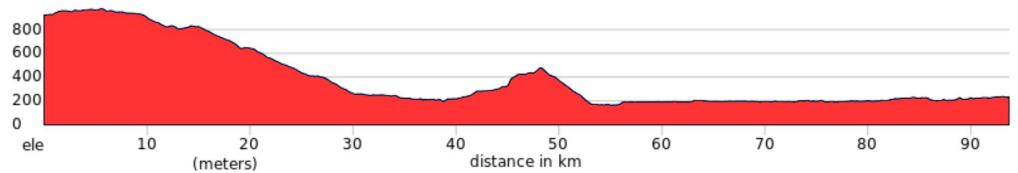
-567m

Day 4 Moc Chau to Phu Yen

Today's ride will be a change of pace, starting with a gently rolling 5 kilometres followed by a 25-kilometre descent to a tributary of the historic Da River. The Da was a crucial aquatic supply line for North Vietnam during the war and offers beautiful views each time we encounter it on our journey. We then ride up a relatively modest hill with 250 m of elevation gain. The gradient is not too challenging, and after descending, we'll join up with the main Da River again and ride alongside it for a mostly flat but pretty second half of the ride to our hotel in the small town of Phu Yen. The town and its surrounding communities are home to many people of the Hmong ethnic group. We'll enjoy dinner in these peaceful surroundings and prepare for a bigger day of climbing tomorrow.



 Hong Long Hotel  Breakfast, Lunch, Dinner

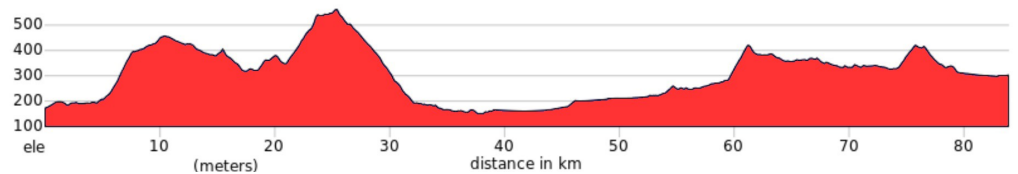


 Ride 94km  +631m  -1320m

Day 5 Phu Yen to Nghia Lo

We are now solidly within mountain territory and can expect some big climbs on the days ahead. In the morning, we'll ride from our hotel and tackle the first of these, the incredible Lung Lo Pass. This snaking road through the misty green mountains was another supply route for the Vietnamese Army. It's a long ascent from Phu Yen, but there are a few switchbacks to ease the gradient near the top of the pass. The descent is short, but we'll have about 15 kilometres of mostly flat riding before a few short but steep climbs at the end of our ride. In the afternoon, we'll arrive at our destination for the day, the small town of Nghia Lo. Tucked away in the dense mountain terrain, the town is known for its mesmerizing tea plants.

 Chuon Chuon Hotel  Breakfast, Lunch, Dinner

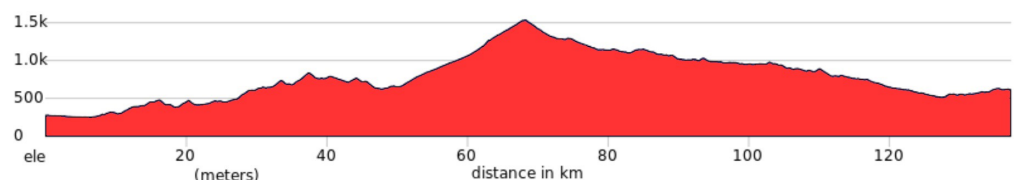


 Ride 84km  +1155m  -1025m

Day 6 Nghia Lo to Than Uyen

In the morning, we have the option to visit Nghia Lo's local market to see many of the region's local tribal people such as the Nung, Ma and Hmong selling their wares. After reaching our bikes, we will ratchet up the climbing once more: the first half of our ride will gradually take us up to 1500 m on the dramatic Khau Pha Pass in Yen Bai Province! After reaching the top of the pass, we'll take a much-needed break for lunch and serene views before enjoying a long descent. Be prepared for a few rolling climbs along the way, however. There's a final, gentle climb to the town of Than Uyen, a valley town in Lai Chau Province between the Pung Luong and Phan Xi Pang (Fansipan) mountains. After settling in, we will gather for a hearty meal after this big day.

 Hoan Quan Hotel  Breakfast, Lunch, Dinner



 Ride 137km  +2342m  -1960m

Day 7 Than Uyen to Sapa

Our final day of cycling on the trip begins with a warm-up out of Than Uyen as we cruise up the valley over a series of rolling hills with views to Phu Tra Mountain and Hoang Lien national park. We then approach the Fansipan, Vietnam's tallest mountain, and circle around it in a crescendo to the top of Tram Ton Pass at almost 2000 m above sea level, a fitting culmination of our epic cycling adventure. Breathe in the fresh air and appreciate the well-earned view from the "roof of

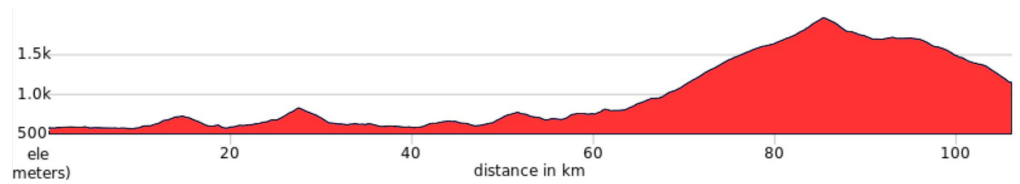
Vietnam." A steep, technical descent then brings us into the town of Sapa, traditionally a major market hub of Northern Vietnam. Prior to French colonization, Sapa was not conquered by the lowland Vietnamese, and was the territory of an unknown tribe that drew enigmatic petroglyphs on the rocks in the valley. Dao, Giay, Hmong, Pho Lu and Tay people now inhabit this area, yielding a cultural richness evident in the local costumes, handicrafts and cuisine. Tonight's dinner will be in the heart of this dynamic northern town.



Laksix Ecolodge



Breakfast, Lunch, Dinner



Ride 106km



+2177m



-1600m

Day 8 Sapa to Hanoi

The morning is yours to enjoy the morning life of the market town of Sapa. Feel free to sleep in, take a lazy breakfast or a stroll through the side streets to check out the tribal foods, handicrafts, and sights of this idyllic setting. After lunch, we'll transfer by car back to Hanoi, a drive of five hours that we will live up as a Vietnam road trip with strategic rest stops along the way. Back in the historic capital, we will gather for a celebratory dinner in a classic Vietnamese milieu where we'll congratulate each other on our amazing ride, swap stories, and bid farewell.



Le Jardin Hotel Haute Couture Hanoi



Breakfast, Lunch, Dinner

Day 9 Departure

Today, you may depart for the airport, enjoy Hanoi for a while longer, or head to other destinations in Vietnam. Please let us know if we can help with any arrangements!



Breakfast

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 bikes locally for the price listed in the tour pricing section.

If you bring your own bike, please make sure it is a road bike in good mechanical order.

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

45 (Sub Soi Pannee) Soi Pridi Banomyong 26
Sukhumvit Soi 71 Klongtan Nua, Wattana
Bangkok, Thailand 10110
Tel: +66 (0) 2 026 3295
Email: info@spiceroads.com
Website: www.spiceroads.com

FOLLOW US

 twitter.com/spiceroads
 youtube.com/user/spiceroads
 instagram.com/spiceroads
 facebook.com/SpiceRoad