



ART OF BICYCLE TRIPS
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South Vietnam to Cambodia Bike Tour

Dear Guest,

On behalf of the entire team at Art of Bicycle Trips, I extend a warm welcome to each and every one of you joining us for an unforgettable cycling adventure! We are thrilled to have you as part of our upcoming tour and are committed to making this experience truly exceptional.

Start Date:	08 Feb 2026
End date:	21 Feb 2026
Duration:	14 Days / 13 Nights
Total Number of Guests:	4



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Tour Meeting Point & Time

Our guide will meet you as per the below details:

Meeting Date: 08 Feb 2026

City: Hanoi

Meeting Time: 13:00 hours

Meeting Place: **Silverland Yen**

Hotel Address: 73-75 Thủ Khoa Huân, Phường Bến Thành, Quận 1, Thành phố Hồ Chí Minh 70000, Vietnam

Hotel Contact no.:+842838236789

Cycling Guides -

Name:

Contact no.:

Emergency Contact Information

(For local support during the tour)

Name: Ms Ly

Contact no.: +84855075999



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Brief Itinerary

Meals are indicated as B = Breakfast, L = Lunch, D = Dinner.

Listed hotels are subject to availability and may be replaced with similar alternatives of equal standard.

Day	Place	casual Inns	Meals	Distance	Activity
DAY 1	<u>Saigon</u>	Silverland Yen	D		
DAY 2	<u>Tra Vinh</u>	Coco Riverside Lodge	B,L,D	50 km / 31 mi	cycling
DAY 3	<u>Can Tho</u>	TTC Premium	B,L	60 km / 37 mi	cycling
DAY 4	<u>Chau Doc</u>	Chau Pho	B,L,D	50 km / 31 mi	cycling
DAY 5	<u>Ha Tien</u>	River Hotel	B,L,D	60 km / 37 mi	cycling
DAY 6	<u>Kep</u>	Tara Lode	B,L	30 km / 19 mi	cycling
DAY 7	<u>Ta Keo</u>	Meas Homestay	B,L,D	60 km / 37 mi	cycling



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DAY 8	<u>Phnom Penh</u>	Duong Chan Hotel	B,L,D	60 km / 37 mi	cycling
DAY 9	<u>Phnom Penh</u>	Duong Chan Hotel	B,L		
DAY 10	<u>Kampong Cham</u>	LBN Asian Hotel	B,L,D	60 km / 37 mi	cycling
DAY 11	<u>Kampong Thom</u>	Sambor Village	B,L,D	50 km / 31 mi	cycling
DAY 12	<u>Siem Reap</u>	Steung Siemreap	B,L	60 km / 37 mi	cycling
DAY 13	<u>Siem Reap</u>	Steung Siemreap	B,L,D	30 km / 19 mi	cycling
DAY 14	<u>Siem Reap – onward travel</u>		B		



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Detailed Itinerary

Day 1: Saigon

Our guide meets you at your hotel at 17:00hrs for a bike fitting followed by dinner to celebrate the start of our journey on a bike.

The morning is free for you to explore the city. We recommend exploring some of the most popular sites – Ben Thanh Market, Saigon Opera House, Continental Hotel, The Reunification Palace, Notre Dame Cathedral and Post Office, The War Remnants Museum, China Town (Cho Lon in Dist 5), Thien Hau Pagoda, Landmark 81 building and Jade Emperor Pagoda. It gives you an excellent introduction to the city's history with plenty of opportunities to soak up the unique mix of chaos and tranquility that is modern-day Saigon.

If you intend to arrive in Ho Chi Minh City a day in advance, we recommend seizing the chance to explore the Cu Chi Tunnels—an elaborate network of underground passages that were extensively used during the Vietnam War.

Meals: Dinner

Accommodation: [Silverland Yen](#)

Day 2: Tra Vinh



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A short shuttle transfer brings us to the outskirts of My Tho – the gateway to the Mekong delta. We ride along a small creek to the Mekong estuary past gorgeous paddy fields and lush orchards. Along the way, we cross a river on a local ferry. After 20 km (12.5 mi) of biking, we stop for lunch at a local restaurant.

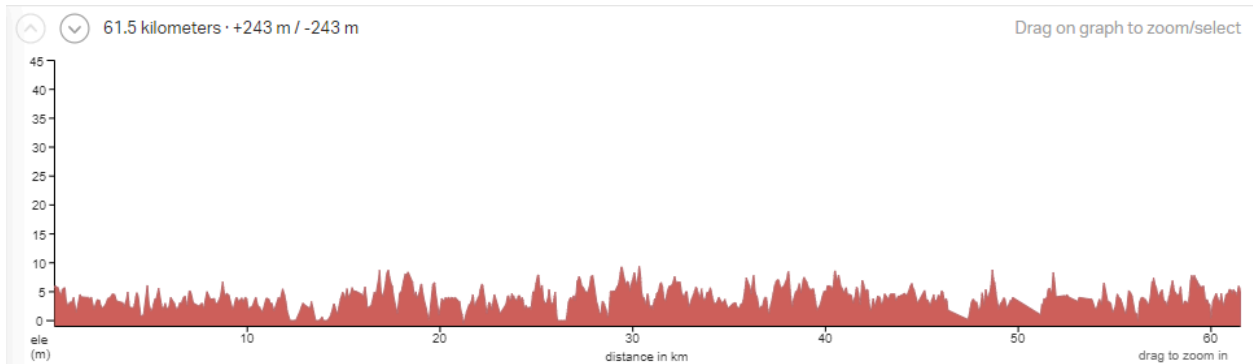
Post-lunch, we ride in the van for 30 minutes before beginning our afternoon cycling. We ride past coconut plantations on a smooth surface, and under a green canopy of trees growing on either side of the road. En route, we stop at a local family to see how they use coconut fiber to make ropes and use coconut leaves to make thatched huts. After another 30 kms (18.6 mi) miles of cycling, we load our bikes in the van and drive for 40 minutes to our hotel, the Coco Riverside Lodge.



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Before dinner, our hotel organizes a fun cooking class where they teach how to make rice pancakes.



Meals: Breakfast, Lunch, Dinner

Cycling Distance: 50 km / 31 mi

Transfer Time: 70 min (approx.)

Accommodation: [Coco Riverside Lodge](#)



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Day 3: Can Tho

We begin the day with a 40 minute shuttle transfer to head deeper into the delta. We then visit a beautiful Khmer Pagoda before beginning the day's biking. We ride past numerous rice fields, rivers, and canals, and over a multitude of bridges that may offer views of floating villages. Apart from rice fields, the region is dotted with many plantations of banana, coconut, and citrus trees.

We stop for coffee after biking for 25 kms (15.5 mi), and then bike another 21 kms (13 mi) before stopping for lunch at a local restaurant.

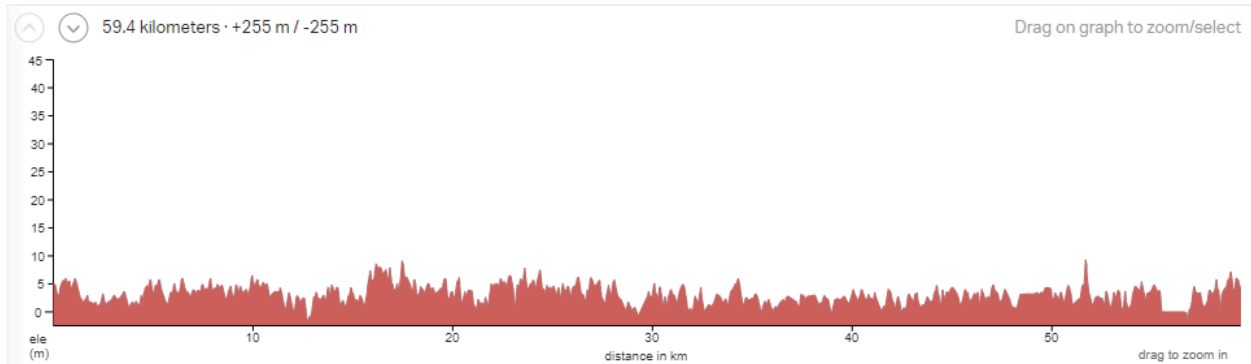
It's a long ride today through the interior trails of Mekong Delta to Can Tho. Post lunch, we ride another 20 kms (12.4 mi) on these trails and even cross a river on a local ferry before loading our bike in the van and driving for 90 minutes to Can Tho.



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Set on the southern bank of the Hau River, Can Tho is known for its network of canals and nearby floating markets. We reach our hotel around 5 PM.



Meals: Breakfast, Lunch

Cycling Distance: 60 km / 37 mi

Transfer Time: 130 min (approx.)

Accommodation: **TTC Premium**



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Day 4: Chau Doc

We start this day at 7:30am and hop on to a boat to experience the early morning Cai Rang floating market. Each boat in this market showcases its distinct specialty, which can be identified by the items hanging on tall poles. While many boats anchor in place, a few gracefully float around, particularly those dedicated to snacks or coffee, catering to the shop owners' needs. The majority of the boats appear weathered, constructed from aged wood and exude a rustic charm.

This bustling market primarily focuses on the sale of fresh produce and food items, ranging from sweet potatoes and watermelons to lychee. Unlike clothing or household goods, the market solely revolves around agricultural products. Exploring this lively marketplace provides a fascinating glimpse into the authentic daily life of the locals. After the boat ride, we disembark onto a pathway made of old railroad ties and proceed to walk along a busy road lined with numerous meat markets, eventually making our way back to the van.

After a shuttle transfer of about 10 minutes, we get on our bikes and ride through country roads flanked by coconut and palm trees, and through rice

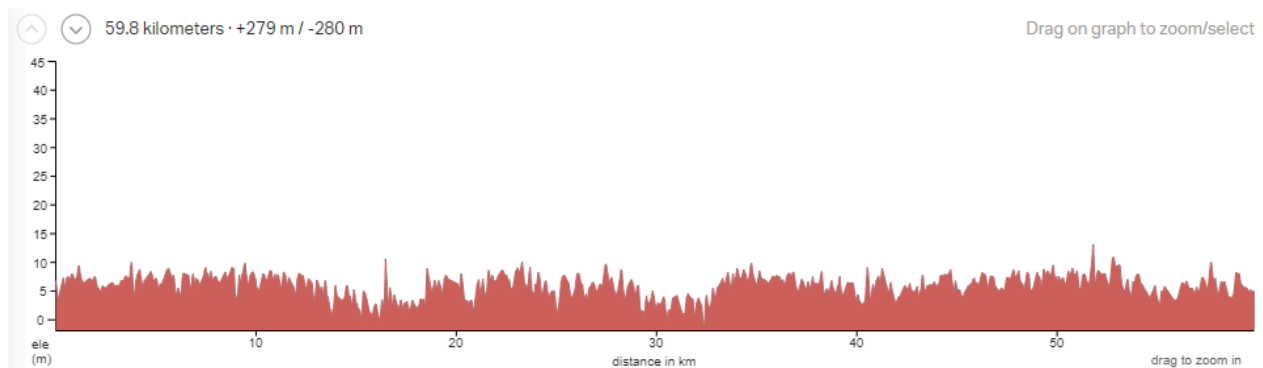


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paddies, and banana plantations. After about 30 kms (19 mi), we load our bikes on the van and drive around an hour to our lunch stop.

Post lunch, we take another shuttle transfer of around 1 hour before resuming our biking. We bike for 20 kms (12.5 mi) through beautiful vegetable farms and on a smooth surface. We stop for a visit at a Vietnamese pagoda, before loading our bikes in the van and calling it a day. We drive for about 10 minutes before arriving at the culturally diverse Chau Doc as we get to see mosques, temples, and churches here. If we make it on time, we take a boat trip to the Cham communities across the river.



Meals: Breakfast, Lunch, Dinner
Cycling Distance: 50 km / 31 mi
Transfer Time: 140 min (approx.)
Accommodation: [Chau Pho](#)



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Day 5: Ha Tien

We begin the day with a shuttle transfer of about 10 minutes by van, before biking through an excellent stretch of riverside villages and exquisite countryside. We bike for 23 kms (14 mi) towards Tra Su, a national reserve forest and a bird sanctuary. The road is quite hilly, but the path is unique.

If time permits, at the national forest, we experience a classic boat ride through the forest including rowed sampan boats and hiking amidst Cajeput trees. The wetlands here attract a tremendous variety of birds including storks, egrets, cormorants, peafowl, and water cocks. We can even climb up upon an observation tower to admire the forest around us.

We then cycle another 10 kms (6 mi) before stopping for lunch at a local food stall. Post lunch, we take a shuttle transfer of about an hour before resuming the day's biking. We bike for another 25 km (15.5 mi) through quaint villages on a smooth surface. We then load our bikes in the van and drive for about 40 minutes to the quaint riverside town of Ha Tien.

Our hotel for the night is a simple, yet tastefully done 3-star accommodation which happens to be the largest hotel in this rather remote area. In the evening, we head out for dinner to try some local delicacies.



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Border Crossing & Visa Information

On this day, we will be crossing the border into Cambodia. Please review the following visa requirements:

For Guests Holding a Vietnam Evisa:

A printed copy of your Vietnam Evisa is required when exiting Vietnam. Guests who overstay or do not have a valid printed Evisa may be denied transportation by the boat team.

Cambodia Visa (On Arrival):

A passport is required to obtain a Cambodia Visa on arrival.
The visa fee is \$36.00, including the service fee.
Upon boarding, the ferry's onboard guide will collect passports and complete the necessary paperwork.
2 current passport photos
The port on the Vietnam side is Ha Tien Landport (known as Xa Xia border). Its counterpart across the Cambodian border is Prek Chak.

For Guests Holding a Cambodia Evisa:

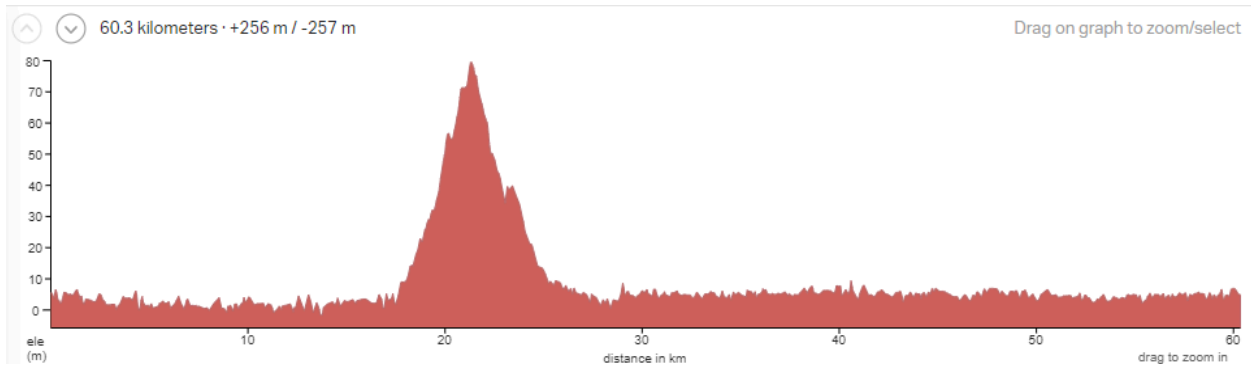
A Cambodia Evisa cannot be used for entry at this border.
Guests must purchase a new visa at the border on the day of departure.



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The Cambodia Evisa applies only to specific entry points and may not cover the land crossing.



Meals: Breakfast, Lunch, Dinner

Cycling Distance: 60 km / 37 mi

Transfer Time: 110 min (approx.)

Accommodation: **River Hotel**



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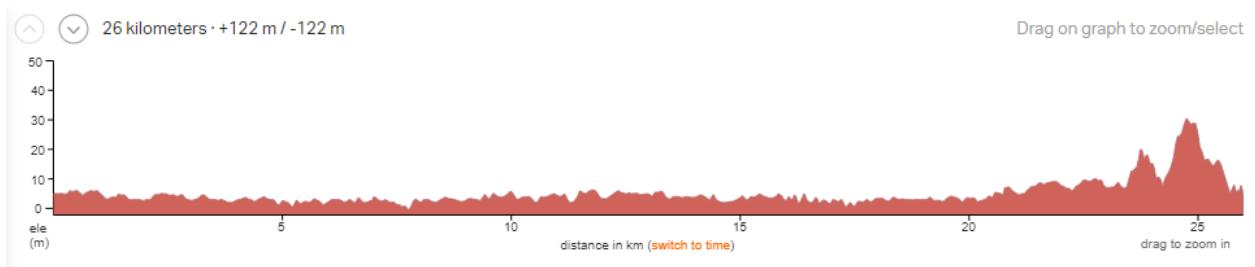
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Day 6: Kep

We check out of our hotel at 8 AM and drive for 20 minutes to reach the Cambodian border. Immigration formalities at the border may take up to 45 minutes. It is advisable to keep passports and an immigration fee of US \$35 handy to expedite the process. As we journey toward Cambodia today, there will be a change in tour guide(s), bikes, and vehicles.

Our Cambodian representative welcomes us at the border. Today, it's a short coastal ride to Kep through salt flats and coastal villages. We ride slowly, taking pictures along the way and taking in the stunning vistas.

Kep's seaside front is the perfect place for weary legs to feel rejuvenated. Earthy colors and breezy wind make for the perfect ambiance to unwind.



Meals: Breakfast, Lunch

Cycling Distance: 30 km / 19 mi

Accommodation: [Tara Lode](#)

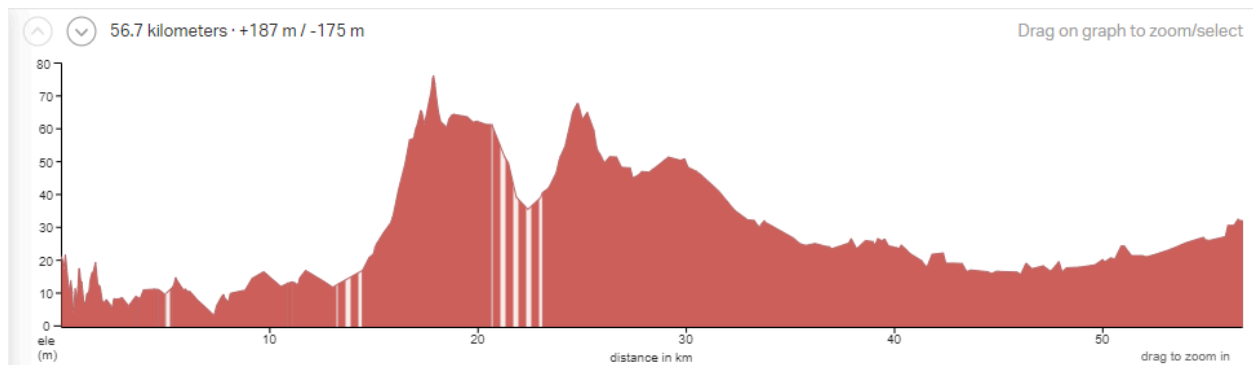


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Day 7: Ta Keo

The topography that will be forever etched in your mind is that of a sprawling countryside of fields, palm trees, and lotus farms. Ta Keo is a small town situated amidst beautiful lakes.



https://www.tripadvisor.in/Hotel_Review-g1393484-d2042574-Reviews-Meas_Family_Homestay-Taeko_Taeko_Province.html

Meals: Breakfast, Lunch, Dinner

Cycling Distance: 60 km / 37 mi

Accommodation: [Meas Homestay](#)



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Day 8: Phnom Penh

Get ready for a ride towards Phnom Penh past some amazing lake scenery surrounded by paddy fields and lotus farms. We stop by along the way at Phnom Chiso Temple, situated on the top of a hill with 400 steps to climb up. Later ride to Killing Fields. An essential on the itinerary due to the historic hook and for understanding the country better, we walk through the killing fields. Experience the painful story of a country that leads to the death of 2 million Cambodian people between 1974-1979.

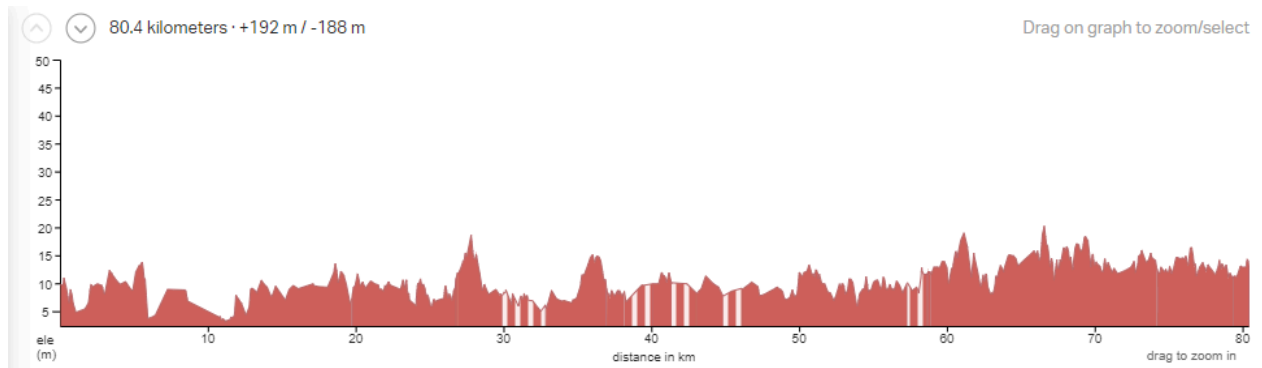
We take a shuttle and arrive at the capital city of Cambodia, Phnom Penh, at the edge of the Mekong River. Historical splendors are spread in every corner whether it's the local palace or the horrific remnants of the Khmer atrocities.

In the evening, taste some local Khmer cuisine at one of Phnom Penh's finest dining place, Romdeng. End day with a walk or tuk-tuk rides back to the hotel.



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Meals: Breakfast, Lunch, Dinner

Cycling Distance: 60 km / 37 mi

Accommodation: [Duong Chan Hotel](#)



Day 9: Phnom Penh

Today, get ready to be immersed in the Cambodian culture and history of the city as we kick off our walking tour from Independence Monument. Enjoy walking along the Tonle Sap river, considered the lifeline of the region.

Continue towards the National Museum, which houses several national treasures from three different eras: Pre-Angkorian, Angkorian, and Post-Angkorian, giving the flavor of diverse culture and architecture. The last leg of our walk takes us to the gilded Royal Palace, shimmering with silver tiles and sculptures of Buddha, which gives an insight into Cambodian Royal Life. After the museum, hike up the steps of a small hill to see Wat Phnom Temple, the birthplace of Phnom Penh. Later, enjoy some leisure evening time walking around the beautiful riverfront.

We insist that you step outside for dinner after a short break, to enjoy the local nightlife and enjoy the street food. Traditional dishes like amok (coconut fish curry served in a banana leaf), bobor (rice porridge), and lok lak (stir-fried beef) are easy to find on the streets.

Meals: Breakfast, Lunch

Accommodation: [Duong Chan Hotel](#)

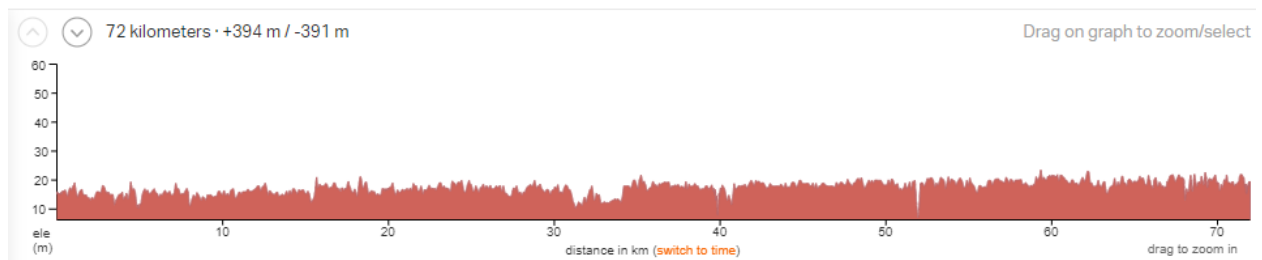


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Day 10: Kampong Cham

After a short transfer to the outskirts of Phnom Penh, ride along the Mekong River for a good part, and through a tropical plantation landscape consisting of rubber, cashew, and cotton. Today's ride takes us through remote bucolic villages, and past beautiful wats and riverside towns. Kampong Cham is a less visited place yet has the charm of a beautiful riverside town.



Meals: Breakfast, Lunch, Dinner

Cycling Distance: 60 km / 37 mi

Accommodation: [LBN Asian Hotel](#)

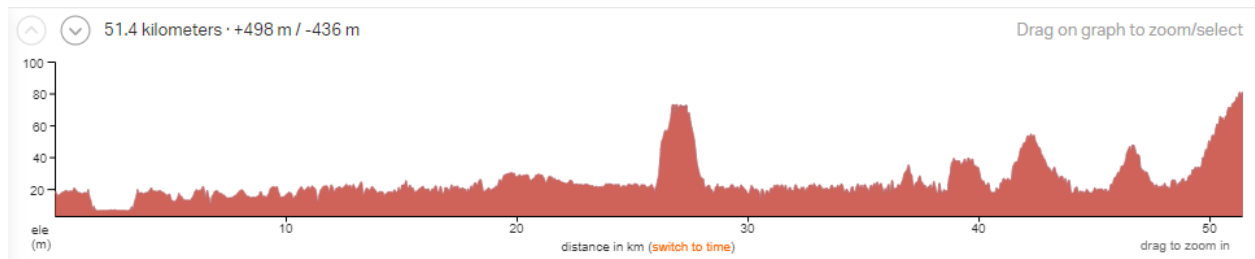


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Day 11: Kampong Thom

A short ride along the Mekong River brings us to Wat Hanchey, an 8th-century hilltop pagoda offering the best views of Mekong in Cambodia. Continue riding along tropical farmlands dotted with cashew and rubber plantations and bucolic villages. Later take a transfer and arrive at Kompong Thom.



Meals: Breakfast, Lunch, Dinner

Cycling Distance: 50 km / 31 mi

Accommodation: [Sambor Village](#)



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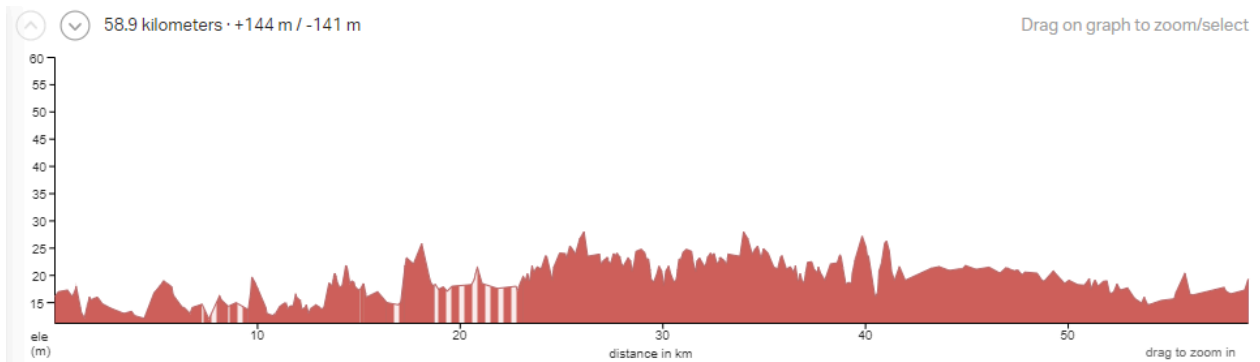
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Day 12: Siem Reap

In the morning, ride around Kampong Thom's Sambor Prei Kuk temple complex, which predates Angkor Wat by at least 200 years.

Later, ride through the bucolic countryside with a spectacular view of paddy fields and lotus farms all around.

In the evening, explore some of the local food in the cafes that flank the narrow roads.



Meals: Breakfast, Lunch

Cycling Distance: 60 km / 37 mi

Accommodation: **Steung Siemreap**



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Day 13: Siem Reap

The Angkor temple complex is synonymous with Cambodia, so a ride around the temple is essential. We start riding directly from the hotel and reach the moat of Angkor Wat. Exquisite sculptures, tall towers, and maze-like trails flanked by large banyan roots, you might want to spend ample time photographing as you would have seen nothing like this before. We will loop back to Angkor Wat for a detailed tour at the end of our ride.

Continue riding towards Angkor Thom and enter the city from the South gate. Beat the crowd and climb the surrounding wall of the city and ride on top of it. Take a break here for a rich fascinating account of the city from our guide. A further ride through East gate takes us to Bayon, a richly decorated face temple within the Angkor complex is one of the highlights here. Exit from the second East gate of the city and ride towards jungle-clad TA Prohm. Our guide shares historical anecdotes and walks you through temples along the way.

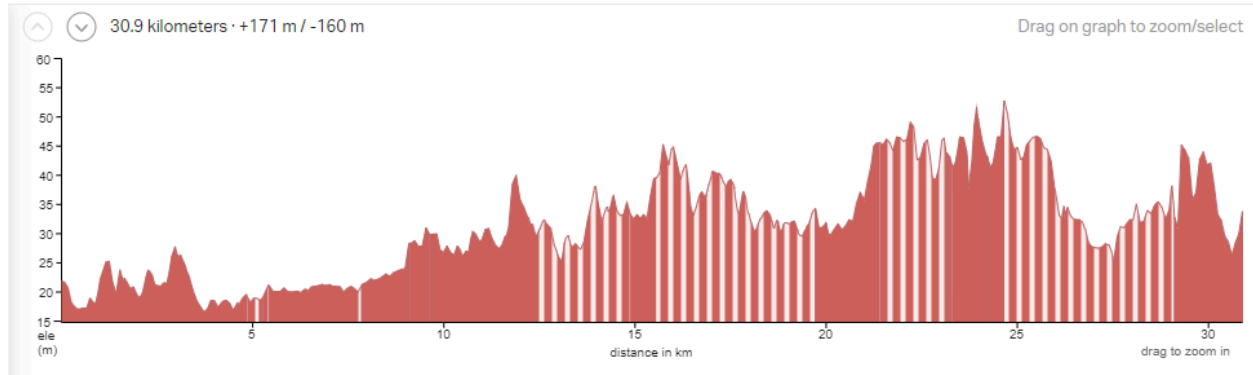
The Angkor Wat requires more than a morning, so we loop back for a more detailed guided tour. The UNESCO World Heritage Site is considered one of the



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largest religious complexes in the world and it's bound to enthrall you. If time permits, climb Phnom Bakheng for a classic view of Angkor during sunset.



Meals: Breakfast, Lunch, Dinner

Cycling Distance: 30 km / 19 mi

Accommodation: [Steung Siemreap](#)



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Day 14: Siem Reap – onward travel

We recommend making a final early morning visit to Angkor and witnessing the magnificent views in the backdrop of sunrise. If you prefer to do, please have a chat with your guide about the same. There may be further entry charges for Angkor that you can pay directly.

Meals: Breakfast



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What to Expect

We want you to have a fantastic experience on your tour, so we aim to be upfront about what to expect along the way. Here are key details to keep in mind:

Please note that during this trip, as we journey through three distinct regions—North, Coast, and Mekong—there will be changes in tour guides, bikes, and vehicles at each transition. This means you will experience three changes throughout the trip, ensuring local expertise and the best-suited equipment for each region.



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Arrival & Departure Details

*Hanoi (Noi Bai International Airport - HAN)**:

Booking Location: Taxi ranks are located on the Arrivals level at both terminals:

Terminal 1 (Domestic): Arrivals, first level, East wing.

Terminal 2 (International): Arrivals, first level, Hall C and E.

Reliable Operators: Mai Linh Taxi, Vinasun or Xanh SM are known for its reliability.

Estimated Fare: The fare from Noi Bai Airport to Hanoi Old Quarter ranges from 250,000 to 500,000 VND (approximately 12 to 22 USD).

Tips

Always confirm the fare with the driver before starting the journey. Check the logo carefully to avoid fake scams. For added convenience, consider pre-booking a private transfer service with the hotel.

Ho Chi Minh City (Tan Son Nhat International Airport - SGN)



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Booking Location: Taxi services are available at the airport's arrival area.

Reliable Operators: Mai Linh Taxi and Vinasun Taxi, Xanh SM are reputable companies operating in Ho Chi Minh City.

Estimated Fare: Fares from Tan Son Nhat Airport to the city center (District 1) typically range from 150,000 to 300,000 VND (approximately 7 to 14 USD).

Tips:

Ensure the taxi uses a meter or agree on a fixed price before departure.



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Visa Information

Before venturing on your adventure, make sure you're equipped with essential travel advice, including security updates, local laws, and crucial passport and visa information. Start by visiting the official government website of your home country for accurate and reliable guidance:

- UK Residents: Stay informed by reviewing the [Foreign, Commonwealth & Development Office \(FCDO\) Travel Advice](#).
- US Residents: Access vital travel tips and updates through the [US Department of State Travel Advice](#).
- Australian Residents: Plan ahead with the latest updates on the [Smart Traveller website](#).
- Canadian Residents: Find comprehensive travel and visa guidance on the [Government of Canada's Travel Advice and Advisories](#).
- New Zealand Residents: Get practical travel advice on the [New Zealand SafeTravel website](#)
- Residents of Other Countries: Check with your government or local consulate for tailored travel advice and requirements.

Note: Passport and visa regulations can change at any time. Stay proactive by checking for the latest updates to ensure a smooth and stress-free journey.



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Weather

Like most tropical regions, Vietnam has hot summers, mild pleasant winters, and an extremely wet rainy season. Being located in the northern hemisphere, the best season for cycling in Vietnam is generally from September to May, with regional variations as described below:

North Vietnam – Hanoi and Halong Bay: The cycling tour season in this region runs from October to May. December and January can be cold with occasional rainfall. May to October is hot, with heavy rain in the months of August and September.

Coastal Vietnam – Hue to Nha Trang: Coastal Vietnam is a narrow crescent-like coastal strip that is at times only 60 km wide. As a result, it experiences coastal weather phenomena such as high rainfall and occasional typhoons during the wet season that runs from September to December. Travelers during this season should be prepared for last-minute changes to the itinerary. The Best season to visit this region is from January to September with the average temperature hovering around 30°C.

South Vietnam – Saigon and Mekong Delta: South Vietnam is a year-round cycling destination because of its pleasant tropical climate. April and May can be hot, but for the rest of the year, the temperature hovers around 30°C.



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There is moderate rainfall from May to early November but it settles soon, leaving the weather cool and the countryside lush. November to February is the best time for cycling in South Vietnam with warm weather, clear blue skies, and a light ocean breeze blowing in from the Pacific.



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What to Pack

Packing smart is essential for a safe and enjoyable cycling adventure. From essential biking gear to clothing and travel necessities, this guide ensures you're prepared for any terrain or climate.

Recommended Bicycling Clothes & Gear

- Bicycling shoes or stiff-soled sneakers.
- Padded cycling shorts.
- Short-fingered cycling gloves (personal gloves are ideal).
- Brightly colored cycling jerseys or synthetic T-shirts for visibility.
- Synthetic cycling socks.
- Sunglasses with UV protection.
- Personal helmet (recommended even though provided).
- Personal saddle (optional for added comfort).
- Rain jacket or windbreaker.
- Cycling water bottle (to reduce plastic waste).

Note: Helmets, gloves, and water bottles are personal items, so bringing your own is recommended for maximum comfort and hygiene.

Clothing

- Light, breathable fabrics like cotton or linen.
- Full-sleeved clothing for sun protection.



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- Warm layers for chilly mornings and evenings (if traveling in winter).
- Comfortable footwear for non-cycling time.
- Bring a compact rain jacket in case of sudden weather changes.
- Ethnic or modest clothing for exploring towns and temples.

Other Necessities

- Toiletries: Basic hygiene essentials, including insect/mosquito repellent and sunscreen.
- Hand sanitizer and wet wipes.
- Plug socket adaptor.
- Binoculars for wildlife spotting or desert landscapes.

Pro Tips

- Pack light but plan for the varying temperatures: warm days, chilly evenings, and desert winds.
- Use brightly colored clothing for visibility on roads.
- Pack light to leave room for shopping.

Luggage

Please limit your luggage to one medium-sized suitcase and one carry-on bag. Mark your luggage with your name, address, and phone number.



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Frequently Asked Questions

Who are the cycling guides?

Your guides are local cycling experts, fluent in English, with deep knowledge of the region's history, culture, and food.

How does the support vehicle work?

Our support vehicle is always close by to make your ride worry-free. It carries your luggage, water, snacks, and spare parts, and is there if you need a quick lift or just want to rest for a while. You'll see it at regular intervals along the route and during meal or refreshment stops. The vehicle is also used for scheduled transfers and to ensure safety and comfort along the route.

Can I get GPX files of the route?

For guided tours, we do not provide GPX files separately, as navigation is handled by your guide. On certain occasions, if you prefer more independence, we may offer app-based navigation access with the daily routes loaded. However, please understand that this may not always be possible and depends on the specific tour setup.

Are airport pickups and drops included in the trip?

Airport transfers are not included unless specifically mentioned in your trip inclusions. For airport pickup, we recommend booking directly from the



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airport upon arrival – most airports have reliable taxi, shuttle, or app-based options. For airport drop, please book a transfer through your last hotel – they can easily arrange it for you.

Can you arrange pre- or post-tour hotel stays?

We focus on delivering exceptional experiences during your tour. For logistical simplicity and flexibility, we do not handle pre- or post-tour hotel bookings. However, we're happy to share a list of recommended hotels near the starting and ending points of your trip so you can plan your stay independently.

What fitness levels do I need for this trip?

The fitness level required for each trip is indicated by the "level" of the tour, which in turn is mentioned on each tour page right next to the price and the trip duration. **Easy:** The terrain is mostly flat with a few gentle climbs.

Moderate: The terrain is either mostly flat or consists of rolling hills with a few challenging climbs. There could also be a few days with longer riding distances of up to 75 kms (45 miles). **Difficult:** The terrain is mostly hilly with strong elevation gains and/or has long days on the bike. Such trips are recommended for intermediate to advanced cyclists. Please note that we usually bike around 4–5 hours per day irrespective of the level of the trip.

Will I get bottled water on this bike tour?



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Yes, your trip leader will carry bottled water or RO water in a camper in the support van for guests' use.

I've heard that local food can be spicy. Can I get less spicy food on this tour?

Yes, please communicate your dietary preferences to your trip leader and they'll ensure that the food you eat is spiced as per your requirements.

What are the road conditions like on this tour?

The road surface is mostly good. 90% of the cycling on this bike tour happens on paved roads.

What will the traffic be like on this bike tour?

We've designed this itinerary such that most of the cycling happens on quieter countryside roads far from busy traffic. The shuttle transfers on this tour have been strategically planned to bypass busy vehicular traffic.

Which vaccinations and medications should I take before coming on this tour?

We are not medical advisors, and as such are not qualified to dispense medical advice. However, we recommend consulting the resources below for advice on vaccines and medications: 1. CDC portal for travelers from the US 2. NHS' Fit For Travel portal for travelers from the UK 3. Smart Traveller portal for travelers from Australia. In addition to the above, you may also refer to the



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travel advice issued from time to time by your government. 1. US residents may refer to the State Department's travel and vaccination advice for Vietnam. 2. UK residents may refer to the FCDO's travel advice for Vietnam. 3. Residents of Australia may refer to Australian government's travel advice including medical advice for Vietnam.

How much should I budget per day for extras?

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What is the right clothing to wear when visiting temples and monuments?

When visiting temples and monuments, visitors should wear full-length, loose-fitting pants. Holy places of certain religions may also require covering your head. Your guide will inform you of the dress etiquette required for visiting specific religious places.

Where and how do I exchange currency?

You can exchange currency at the airport itself, or at ATMs in larger cities. Most commercial establishments will accept international credit cards for



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payments, though it's good to carry some local currency with you at all times.



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Traveller Code

By paying your deposit and submitting your Reservation Forms (online or offline), you certify your agreement to the following Traveller Code:

- I have chosen a trip that suits my abilities, level of fitness, and state of health.
- I do not have any physical conditions or disabilities that are a hazard to me or other travelers.
- I have a valid passport and all visas, permits, certificates, and vaccinations required for travel.
- I will make sure to communicate any special requests at least 30 days prior to travel. This includes dietary restrictions, medical requirements, and room preferences. I also understand that Art of Bicycle Trips will do all it can to accommodate special requests but cannot guarantee they will be possible.
- I will respect the laws and customs of the countries visited.
- I will respect the rights and privacy of other trip members.
- I understand that travel within a group invariably involves compromise to accommodate the diverse desires, travel goals, personalities, and physical abilities of all group members. Art of Bicycle Trips trip leaders may be required to improvise and exercise good faith, use discretion, and/or make decisions based upon group consensus. These decisions



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may not always please each individual but are intended to satisfy the larger desires of the group.

- I understand that Art of Bicycle Trips reserves the right to refuse service during a tour to anyone whose health or behavior could impede the welfare or enjoyment of fellow guests. An individual may be asked to leave a trip if the leader feels that the person's continuing participation may prove detrimental to the individual or the group.
- I understand a road less traveled means access to medical facilities and evacuation services may be limited.
- I understand the weather is out of the Art of Bicycle Trips' control.
- I affirm that I'm familiar with the use of a multi-speed bicycle and understand that the instruction in the use of bicycles will not be provided by Art of Bicycle Trips.
- I will take care of the bike provided by Art of Bicycle Trips and its local partners during the tour.
- I will always wear a helmet when riding.
- I will not use a mobile phone or any sort of camera while riding.
- I will not wear headphones when riding and I will drink alcohol responsibly.



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Rules Of Bicycling Safety

- Wear a helmet. Riding without a helmet is extremely dangerous. Art of Bicycle Trips requires that all guests wear helmets while cycling.
- Ride predictably, defensively, and in a straight line.
- When riding with others, ride single file and maintain several bike lengths between cyclists. Allow more distance when riding downhill.
- Do not use headphones while riding; you might not hear traffic coming up behind you.
- Be as courteous to motorists as you would like them to be to you, and get completely off the road when you stop.
- Keep your speed under control down hills. Use both brakes simultaneously, but be aware that the front brake is more powerful than the rear. Gently pump your brakes on long descents for maximum effectiveness. Check brakes frequently to make sure nothing is loose or dangling.
- Wet slippery roads require extra caution and greater stopping distance—especially on downhills. Wet brakes must be dried by pumping before they have an effect, so start braking early in damp weather.
- When riding on sand or gravel, downshift into low gear so you can spin your pedals faster while still going slow.
- Obey all traffic regulations. Stop at all stop signs and red lights, yield the right-of-way and use hand signals when turning, slowing down or stopping.



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- Be cautious around road obstacles. It is safest to dismount and walk your bike across railroad tracks and cattle guards. If you decide to bike across them, do so at right angles. Avoid potholes, metal grates, glass, rocks, and thorns. Ride at a safe distance from parked cars and watch for vehicles pulling out and/or doors opening in your path.
- You must yield the right of way to pedestrians. Do not ride on sidewalks.
- When making a sharp turn on a relatively busy road, it is safest to pull off the road, dismount, look both ways for traffic and then walk your bike across the road. Never follow other cyclists when turning without confirming for yourself that it is safe to do so.
- Listen carefully to approaching motorists. (Look over your shoulder only if you can do so without swerving.)
- We do not cycle after dark on trips. If you decide to do so on your own, you must bring your own bike equipped with a white light on the front, a red light on the rear, and reflectors on the spokes and pedals.
- If a dog chases you and you are not able to ride away quickly, stop your bike and walk out of the dog's territory, keeping the bike between you and the animal.
- Wear appropriate clothing for bicycling. Brightly colored clothes make you more visible to motorists.
- Double-tie shoelaces and tuck them inside your shoes.
- You should wear corrective lenses while bicycling if you use them while



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driving.



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Frequently Asked Questions

- How do I prevent soreness while bicycling? Think padding! Padded shorts make sitting on the bicycle seat a lot more comfortable, and padded
- Should I buy a pair of biking shoes for my trip? Rigid shoes maximize the power of your pedaling stroke, but there's really no need to purchase a pair of biking shoes just for this trip. Any athletic shoes — provided they have stiff soles—will be sufficient.
- It's not really going to rain, is it? As much as we don't like to think about it, rain is possible no matter where you travel. Your best bet for staying comfortable during a shower is to wear quality rain gear that is both waterproof and breathable. A jacket and pants made of Gore-Tex will keep you dry even in the fiercest downpour.
- Does wearing layers really make a difference? Yes! The trick for staying comfortable in fluctuating temperatures is to wear three basic layers of lightweight clothing: innerwear (to wick moisture away from your skin), insulating garments (for warmth) and outerwear (to protect against wind or rain).



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Frequently Asked Questions

How do I get to my hotel from the airport on Day 1?

Hanoi (Noi Bai International Airport - HAN):

Booking Location: Taxi ranks are located on the Arrivals level at both terminals:

Terminal 1 (Domestic): Arrivals, first level, East wing.

Terminal 2 (International): Arrivals, first level, Hall C and E.

Reliable Operators: Mai Linh Taxi, Vinasun or Xanh SM are known for its reliability.

Estimated Fare: The fare from Noi Bai Airport to Hanoi Old Quarter ranges from 250,000 to 500,000 VND (approximately 12 to 22 USD). Tips Always confirm the fare with the driver before starting the journey. Check the logo carefully to avoid fake scams. For added convenience, consider pre-booking a private transfer service with the hotel.



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What fitness levels do I need for this trip?

The fitness level required for each trip is indicated by the "level" of the tour, which in turn is mentioned on each tour page right next to the price and the trip duration.

Easy: The terrain is mostly flat with a few gentle climbs.

Moderate: The terrain is either mostly flat or consists of rolling hills with a few challenging climbs. There could also be a few days with longer riding distances of up to 75 kms (45 miles)

Difficult: The terrain is mostly hilly with strong elevation gains and/or has long days on the bike. Such trips are recommended for intermediate to advanced cyclists. Please note that we usually bike around 4-5 hours per day irrespective of the level of the trip.

Will I get bottled water on this bike tour?

Yes, your trip leader will carry bottled water or RO water in a camper in the support van for guests' use.

I've heard that Vietnamese food can be spicy. Can I get less spicy food on



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this tour?

Yes, please communicate your dietary preferences to your trip leader and they'll ensure that the food you eat is spiced as per your requirements.

What are the road conditions like on this tour?

The road surface is mostly good. 90% of the cycling on this bike tour happens on paved roads.

What will the traffic be like on this bike tour?

We've designed this itinerary such that most of the cycling happens on quieter countryside roads far from busy traffic. The shuttle transfers on this tour have been strategically planned to bypass busy vehicular traffic.

Which vaccinations and medications should I take before coming on this tour?

We are not medical advisors, and as such are not qualified to dispense medical advice. However, we recommend consulting the resources below for advice on vaccines and medications: 1. [CDC portal](<https://www.cdc.gov/>) for travelers from the US 2. [NHS' Fit For Travel



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portal](<https://www.fitfortravel.nhs.uk/home>) for travelers from the UK 3. [Smart Traveller](<https://www.smartraveller.gov.au/>) portal or travelers from Australia. In addition to the above, you may also refer to the travel advice issued from time to time by your government. 1. US residents may refer to the State Department's travel and vaccination advice for Vietnam [here](<https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Vietnam.html>). 2. UK residents may refer to the FCDO's travel advice for Vietnam [here](<https://www.gov.uk/foreign-travel-advice/vietnam>). 3. Residents of Australia may refer to Australian government's travel advice including medical advice for Vietnam [here](<https://www.smartraveller.gov.au/destinations/asia/vietnam>). **How**

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