

HeartCycle Bicycle Touring Club Vietnam 2026

- Dates:** Orientation meeting Tuesday, February 24, 2026. Riding Wednesday, February 25 – Tuesday, March 10; Wednesday, March 11- Thursday, March 12 boat excursion with departure on Friday, March 13 (lodging last night included).
- Coordinator:** Tom Kissinger
- Miles:** Approximately 770 kilometers; approximately 9,000 vertical meters of climbing
- Rating:** Intermediate – 1 day rated as advanced
<https://www.heartcycle.org/tour-ratings>
- Riders:** 20
- Price:** \$3,900 (double occupancy). \$1,000 due at registration. Balance due by November 26, 2025. Single supplement +\$700. MTB hybrid rental included; e-bike rental +\$270.
- Cancellation:** [Standard cancellation policy](#)

Travel insurance is strongly recommended.

OVERVIEW

This fully supported, 18-day tour (with 2 weeks of bicycling) will enable you to see the best of Vietnam, working its way north from Ho Chi Minh City to Hanoi. Expect moderate biking with some challenging days. Electric bikes are available, and SAG vehicles will support every day of riding.

ITINERARY

Day 1: Tuesday, February 24, 2026

Arrival Ho Chi Minh City (Saigon)

Welcome to Vietnam with a delicious dinner as you acclimate to the time



zone. Accommodations will be in a deluxe city-view room to enjoy this vibrant city. An airport transfer is available upon request. A bike fitting is scheduled for later in the afternoon followed by a welcome dinner where we'll have the opportunity to get to know the cycling tour guides and support crew for our tour.



Day 2: Wednesday, February 25
Saigon – Bao Loc

Cycling distance: 60 km, Elevation gain: 750 m

After breakfast, we will transfer out of the city toward the mountains. Later in the morning, we will officially start our cycling adventure. Through the lush Vietnam countryside, we'll cycle

towards Bao Loc, a town known for its tea plantations and waterfalls. The ride offers a mix of flat roads and gradual climbs. We will enjoy a restaurant lunch en route, arriving in Bao Loc in the late afternoon, where we can relax and enjoy a hearty dinner.

Day 3: Thursday, February 26
Bao Loc – Da Lat

Cycling distance: 50 km, Elevation gain: 1,000 m

Today's ride will take us through the Central Highlands towards Da Lat, known for its cool climate and beautiful landscapes. The route includes challenging climbs and striking views of coffee and tea

plantations. We will enjoy a picnic lunch along the way. Arriving in Da Lat in the late afternoon, we'll check into our hotel and have time to explore the town. We will enjoy a restaurant dinner of local delicacies.





Day 4: Friday, February 27
Da Lat – Hon Giau Pass – Nha Trang

*Cycling distance: 100 km,
 Elevation gain: 1,700 m*

Today will be the first major cycling day on the tour. After breakfast, we will transfer to Bi Doup Mountain outside Dalat. The hilly terrain will be challenging but absolutely

worth it. A 30-km descent is the reward with unforgettable views of the mountains, forests, waterfalls, and ethnic villages below. After a well-deserved lunch, we will follow flat roads towards the coast, finishing the day with a transfer to Nha Trang.

Day 5: Saturday, February 28
Rest Day in Nha Trang

Today, we will take a break from cycling and enjoy a relaxing day in the regional capital Nha Trang. Lounge on the beach, swim in the ocean, or explore the city at your own pace—your choice. Breakfast is provided at the hotel; lunch and dinner are on your own.



Day 6: Sunday, March 1
Nha Trang – Phu Yen

Cycling distance: 80 km, Elevation gain: 625 m

In the morning, we'll cycle to the Po Nagar Cham Towers built in AD 781, one of Vietnam's oldest historical sites. After the visit, we will ride towards Vietnam's Highway No. 1, where we will transfer 80

km to the Hon Gom peninsula. For the second part of the day, we will cycle along the peninsula past the shrimp farms and the largest rice paddies of central Vietnam to Phu Yen.

Day 7: Monday, March 2

Phu Yen – Quy Nhon

Cycling distance: 65 km, Elevation gain: 325 m

After breakfast, we will cycle along the coast to Quy Nhon, the capital city of the province. Throughout the day, you will see the province's main economic activity: fishing. In particular, you will get a chance to see the region's iconic basket-shaped fishing boats as you enter Quy Nhon. We'll be on our own for dinner and have plenty of time to explore this fascinating city.



Day 8: Tuesday, March 3

Quy Nhon – Quang Ngai

Cycling distance: 80 km, Elevation gain: 900 m

After breakfast, we will van transfer outside the city to avoid the bustling rush-hour traffic. Along our 80-km ride will be views of coastline as well as the local countryside. We will be able to observe the local shrimp and salt farms and meet friendly farmers along the way. After lunch at a local restaurant, we will take a scenic drive (transfer) to our hotel in Quang Ngai.

Day 9: Wednesday, March 4

Quang Ngai – My Lai Massacre – Hoi An

Cycling distance: 60 km, Elevation gain: 370 m

Our first stop will be a guided tour at My Lai sanctuary, the site of one of the greatest atrocities committed during the Vietnam War. After My Lai, we will cycle along quiet village roads, past rice paddies, and through small fishing villages filled with colorful boats. After a group lunch, we will transfer to Hoi An, a mid-sized village and UNESCO World Heritage Site known for its preserved architecture, unique atmosphere, distinctive buildings, and its colorful lanterns illuminating the Hoi An Old Town at night. The evening will be ours to explore this amazing town. Dinner will be on our own.

Day 10: Thursday, March 5

Rest Day in Hoi An

Hoi An, a UNESCO World Heritage Site, is at our feet. We can each explore this fascinating city at our own pace—enjoy the history, the local markets, or simply take it easy on the beach. Our guides, as always, will be available for recommendations for things to do and places to eat in Hoi An. Lunch and dinner on your own.

Day 11: Friday,

March 6

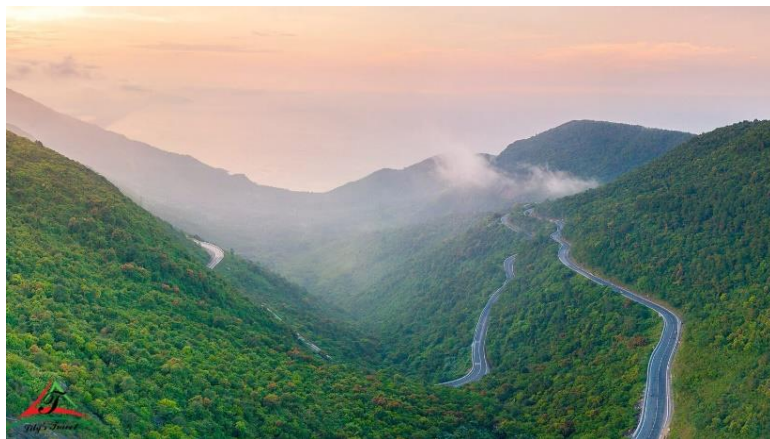
Hoi An –Hai Van Pass – Hue

Cycling distance:
100 km, Elevation
gain: 675 m

Today may be the most challenging



but rewarding day of the entire trip. The day will start with a short transfer out of the town and a ride along the coast to Da Nang before starting the climb to the world-famous Hai Van Pass. The road climbs gradually up to 480 m with many switchbacks and offers spectacular views of the countryside overlooking the East Sea. This tough climb is followed by a long smooth descent to our reward: an amazing lunch along the shore. In the afternoon, we will continue to ride along the seashore for another 44 km before getting to Hue, the old capital of the Nguyen Dynasty.



Day 12: Saturday, March 7

Rest Day

Morning: guided tour of Hue

Afternoon: fly to Hanoi; transfer to Hoa Binh

A capital city for years, we will spend the morning enjoying the special atmosphere and

architecture of the Hue Citadel, home of the Nguyen Dynasty. A guided tour

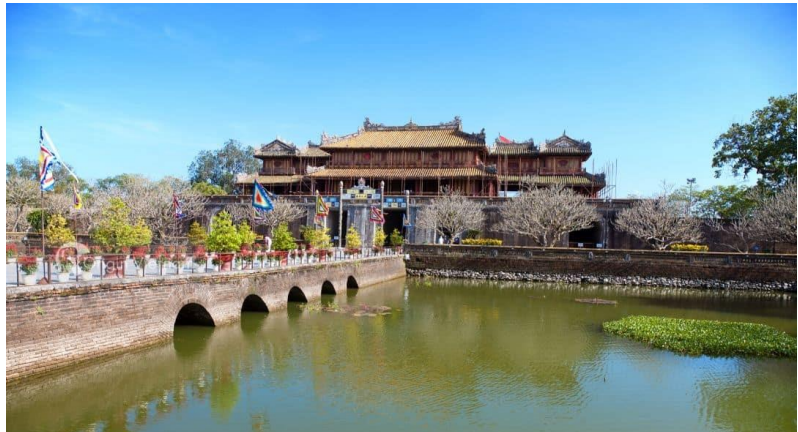
offers insight into the history and culture of Vietnam's last monarchy. Afterward, we'll have time to wander, enjoy a coffee, and soak in the beauty of the area. Following lunch, we'll catch an hour-long flight to Hanoi. Upon arrival, we'll be transported to our hotel in Hoa Binh city.

Day 13: Sunday, March 8
Hoa Binh - Mai Chau

Cycling distance: 60 km,
Elevation gain: 1,000 m

In the morning, we'll pedal 30 km uphill to Hoa Binh Lake, where we'll stop for a picnic lunch. Our afternoon ride will take us through villages of the

Thai, an ethnic minority in Vietnam. We'll cycle across rice paddies on a mix of singletrack paths and rough trails before returning to Mai Chau, where we will have dinner together.



Day 14: Monday, March 9
Mai Chau – Pu Luong Nature Reserve

Cycling distance: 60 km,
Elevation gain: 1,000 m

Today's ride features two challenging climbs that pass stunning vistas, remote traditional villages, and some of the most beautiful rice terraces in Southeast Asia. The

first climb is a long uphill that will take us out of Mai Chau Valley and onto an elevated plateau in the mountainous part of the region. Following shaded paths beside crystal clear streams, we'll then enter the Pu Luong Nature Reserve and have a traditional lunch overlooking the village's rice terraces. After a breather of 10 km cycling on flat terrain through green fields and ethnic minority villages, we make another short but steep climb to our Pu Luong

homestay, where we can chill with a beer in the cool waters of their natural spring before a fantastic BBQ dinner outdoors.

**Day 15: Tuesday,
March 10**

Pu Luong - Ninh Binh

*Cycling distance: 50
km, Elevation gain:
900 m*

All that climbing from yesterday earns us a wonderful reward: a screaming downhill through the village's steep rice terraces. Safely in the valley, we



embark on a wonderfully scenic and remote cross-country track for 15 km. Riverside bamboo forests shade us as we roll on, completely alone in nature. We'll then take an hour-long van transfer before cycling towards Ninh Binh, a UNESCO World Heritage Site. We'll pass limestone formations on the way and end the day with a homestay in Ninh Binh. At our farewell dinner, we'll say goodbye to our cycling support team.

Day 16: Wednesday, March 11

Ninh Binh – Ha Long Bay

No cycling

We will transfer from Ninh Binh and enjoy the landscape of the Red River Delta on our way to Ha Long Bay, which you may recognize from many movies. There, we will board a luxury cruise ship. Each of our rooms will be equipped with a balcony to fully enjoy the sights. Once settled, we will enjoy a Vietnamese and international lunch. We'll see all the key sights including Incense Burner, Dog Stone Islet, Fighting Cock Islet, and Three Coconuts Island. Later in the afternoon, we'll visit the largest pearl farm in Ha Long Bay, where we will learn the process of manual pearl culture and practice some techniques. This is also an ideal place for kayaking if you are up for it. Later, we will visit Ti Top Island (a small limestone island with one of the best sandy

beaches in Ha Long Bay). End the day participating in a cooking demonstration and/or watching the magnificent sunset over the bay.



**Day 17: Thursday,
March 12**

Ha Long Bay – Hanoi

No cycling

Seeing the bay in the morning is a wonderful experience. We'll awaken all our senses with an optional Tai Chi session on the sundeck. While enjoying breakfast,

we'll cruise to Sung Sot Cave where we'll hike up to the largest limestone cave. The beautiful stalactites and stalagmites formed over millions of years are the reward after the steep climb on Bo Hon Island. We'll cruise back to base and then be transported to Vietnam's capital city, Hanoi. Enjoy the afternoon/evening on your own seeing the sights of this fantastic city.

Day 18: Friday, March 13

Depart Hanoi

After a nice breakfast at the hotel, we finish our days together.

For more information contact:

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