



VIETNAM

**9 Days/ 8 Nights [or full add on tour 16 Days / 15 Nights]
Hanoi – Sapa – [or full add on] Hoi An – Saigon –
Mekong September 2019**

Are you up for an amazing adventure starting with a Mountain Running Event up in the Sapa region of Vietnam? It climbs beautiful valleys, and you will enjoy passing by local villages, streams and forest. The first 7km climb Run/Hike might be hard, but once on the top you have a great view of thousands of rice fields 800m down in the valley. Now running at the altitude of 1500m plus with a direct view to Fansipan, the highest summit in Indochina, before dropping down into the small rice field's paths. In the final stage you need to save energy to climb the second mountain via a small dirt trail, before descending to Topas Ecolodge and the finish line.

Vietnam is a great place to explore, whether it is hanging out on the back of Vespa bikes through Hanoi or Saigon, enjoying the ride in the old city of Hanoi on cyclos, riding bikes through the markets, and rice fields at Hoi Ann, floating down the river in bamboo baskets, attempting local cooking, or cruising in traditional wooden boats down the Mekong Delta. What about an overnight stay up in the mountains with a local house, or just wandering around soaking up the atmosphere of the bustling towns, cities and villages...this package has it all! And we haven't even mentioned the amazing food and flavors yet! This is one adventure you don't want to miss out on!



What it included: Fully inclusive tour travel arrangements including return flights to Vietnam then fully escorted tour plus all transport [planes, trains, boats, cycles, Vespa's, buses and more], local guides, great accommodation [including 4 star hotels, homestays, and local bungalows]. Local guided tours taking us to local hangouts, and including the Event entry fee, and did we mention all the meals? 27 meals included in this package.

Also included is the **Blast Training package** - performance nutrition plan, race day nutrition packs [where applicable] and race day t shirts/singlets or travelling shirts. Plus from when you book you will start your **personalized and specialised training sessions** throughout the time building up to the event and of course lots of Laughter and Fun!

DAY 1	17 Sep	Arrival Hanoi
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Air NZ and Vietnam Airlines. Leaving AKL 9am via SYD and arriving in Hanoi at 8.30pm [subject to availability]. Transfer to hotel accom, check in and relax.

DAY 2	18 Sep	Hanoi Walking & Cycling tour half day Hanoi Foodie tour by Vespa	(B/L/D)
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9.00am we will begin this experience in a very local coffee shop located at the bottom of the Old Quarter over. Then we take cyclo tour going around Hanoi Old Quarter. Winding through the busy market streets until we reach our lunch destination, Koto restaurant, for another taste sensation. Then back to hotel by Cyclo. Free time to explore, shop or relax by the pool in the afternoon.

6.00pm We climb on the back of the Vespa bikes for our incredible tour through Hanoi. Vespa's take guests to sample the best dishes that Vietnam has to offer! This is a great way to see parts of the city that most tourists don't get the chance to see or even hear about of the night life. Taking you to the most popular street stalls, hidden alleyways and of course where the locals love to hang out with their friends.

DAY 3	19 Sep	Hanoi Free day. Overnight train to Lao Cai	(B)
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Breakfast at hotel. Late check out provided until 18.00pm. Free time at your leisure until 20.30pm our driver will pick you up at hotel then transfer you to train station for an overnight train to Lao Cai (soft sleeper, 1 cabin for 4 people and 2 cabins if number of guest is 6 people)

DAY 4	20 Sep	Arrival Sapa. Sapa Surrounds walking and bus tour	[B/L/D]
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Arrival Lao Cai at 5.30am, where our local guide meets us and transfers us to hotel in Sapa for breakfast. After breakfast we take a tour of Sapa, walking up to amazing waterfalls and local villages to stretch our legs. Lunch and dinner at local restaurants. Staying at the spectacular Amazing Sapa Hotel with incredible views overlooking the mountains and ranges.

DAY 5 DAY 6	21 Sep 22 Sep	Race Day and Rest Day	(B)
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We are on... a 5 min walk to the square to jump on a bus to take us up to the start of the most incredible race! The Mountain event we are doing is 21km but other competitors are doing up to 100km. It climbs beautiful valleys, and you will enjoy passing by local villages, streams and forest. The first 7km climb Run/Hike is challenging, but once you hit the top, the view of thousands of rice fields 800m down in the valley is spectacular. Now running at the altitude of 1500m plus with a direct view to Fansipan, the highest summit in Indochina, before dropping down into the small rice field's paths. In the final stage you need to save energy to climb the second mountain via a small dirt trail, before descending to Topas Ecolodge to soak in the incredible infinity pool at the finish line. Expect that your time is about double compared to a flat race!

Next day is a free day to relax and wander the local streets of Sapa, although I highly recommend that you join me to soak in the 'Red Dao spa', a local spa not to be missed to take away those aches and pains!



DAY 7	23 Sep	Overnight Trek up into Mountains. Overnight stay at homestay.	(B/ L/D)
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Our guide meets up in the morning and we start with a coffee overlooking incredible valleys and ridges before our trek will follow the vista track from Sapa - cat cat - ylinh ho - lao chai - ta van (where you over night at Giay's family) this trek everyone takes around 5 hours or 6 hours what you expect : mountain view , awesome rice terraces , passing mountain ravine , watching the way how local children catch the fishes in the river , joining with the local host to make a tasty dinner (you guys can share cooking ways each other). Arrangements can be made to take a taxi for those that are not up to the climb.

DAY 8	24 Sep	Trek to Sapa. Bus to Lao Cai and Overnight train Lao Cai – Hanoi	B/L/D
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Everybody get up to see the sunrise and having breakfast then say farewell local family to continue the short trek through the bamboo forest around 2,5 or 3 hours to Giang Ta chai village for lunch then you get pick up back to Sapa for free time for shower then heading back to Lao Cai railway station. Dinner at our guide's family restaurant sampling the incredible local cuisine and saying farewell to our lovely host family and guide, and farewell dinner for our 8 day tour friends. Then the overnight train to Hanoi departing at 20.40pm and arriving in Hanoi at 4.30am on the following day (soft sleeper, 1 cabin for 4 people and 2 cabins if number of guest is 6 people)

DAY 9	25 Sep	Arrival Hanoi. Flight Hanoi – Da Nang	(B)
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Arrival Hanoi train station at 4.30am, our tour guide will transfer you straight to hotel in Hanoi for breakfast. **This is where we say goodbye to our fellow 8 day tour friends.** They will be organized a day room, where applicable and then transferred to Hanoi airport for return flights to Auckland.

Price \$4150.00 Share Twin. Single supplement TBA.

For the 15 day tour we have free time to explore Hanoi in the early morning until 7.30am our driver pick you up again and transfer you to airport for a short flight to Da Nang.

Flight Hanoi – Da Nang (departing at 9.30am)

Arrival Da Nang airport, our tour guide and driver will pick you up and transfer you to Hoi An, check in to our hotel and relax. Time to wander into town and check out the local street bars and restaurants for amazing cocktails and food.

DAY 10	26 Sep	Hoi An Cooking class , Walking tour , riverboat and rowing boat experience	(B/L)
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8.00am our shuttle bus will pick you up from your hotel for joining a cooking class tour at Thuan Tinh Island. At Thuan Tinh Island Cooking Class, we offer you something completely unique. Meeting in the UNESCO World Heritage Site, the Old Town of Hoi An, we embark on our Culinary Adventure. First, a trip to the market to purchase all fresh ingredients. Then, we board our river boat for a relaxing 40 minute ride to Thuan Tinh Island, which is recognized by Hoi An as an official ecological zone. To visit the Local Village, we take a row boat ride through the water coconut trees. We then walk through the gardens to our open-air cooking class overlooking the water coconut trees and river. Our chefs will show you how to make Vietnamese food while you enjoy the cool breeze and peaceful setting. Free afternoon to explore, shop or sit by the pool.

DAY 11	27 Sep	Cycling , bamboo basket rowing, fishing tour	(B/L)
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The tour provides you with a close-up and intimate exposure to both the local farming and fishing communities. Leisurely cycling along country roads witnessing local Vietnamese rural life first hand. Later we will board our Jack Tran's boat for a river cruise to meet and engage with local fishermen and enjoy a hands-on experience of traditional net fishing. You will also experience paddling the unique Vietnamese bamboo basket boat while the waterways of coconut palm paradise. Free Afternoon to explore, shop or sit around the pool.

DAY 12	28 Sep	Flight Da Nang – Can Tho (by Vietjet Air) Rustic Bungalow stay	(B/D)
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Breakfast at hotel then transfer you to Da Nang airport for a short flight to the Mekong Delta. Arrival Can Tho airport, our driver will meet you and transfer you to Mekong Rustic Can Tho. Check in and relax (lunch is on your own cost). Have dinner and stay overnight with the amazing bungalows at the Mekong Rustic Can Tho. This is your chance to relax and experience life on the Mekong Delta staying in unique bungalows on the river's edge.



DAY 13	29 Sep	Cai Rang Floating market and cycling/ sightseeing in Can Tho	(B/L/D)
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In the early morning, we will take a boat to Cai Rang floating market and have an opportunity to talk to the sellers on their boats. Before a light breakfast or you can choose breakfast during visiting floating market. Then, you we visit the local family who made noodles by handmade or relax in fruits garden next to Mekong Rustic Can Tho. Lunch. Afternoon, we will be cycling to visit blacksmith family who are working for 50 years and made thousands of knives After that, you stop at the traditional house with 3 generations and learn how to make and enjoy the special banana cake with local people. Late afternoon, you will be back to Mekong Rustic Can Tho for dinner.

DAY 14	30 Sep	Can Tho – Saigon AO show	(B)
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Transfer you back to Saigon (4.5 hours). Arrival Saigon, check in and relax. The markets are only a 10 min walk away so can explore the markets or just relax. That night we are attending the Saigon Opera Theater to watch the AO show. The show is a unique mix of bamboo cirque, acrobatic acts, contemporary dance, and theatrical visual art. The live music echoes Vietnamese Southern work songs. All in all, this beautiful blend of genres creates a unique stage language, which well captures the essence of Vietnam's fascinating culture.

DAY 15	1 Oct	Saigon Cyclo morning tour (private) Foodie tour at night by Vespa (join in)	(B/D)
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This early morning at 6.30am, our tour guide will meet you in the lobby at hotel for an interesting early morning tour. We take cyclo to go around city, pass by some parks to see the people exercising, stop at a bird café to have some coffee and see the local life. This trip last 2 hours then back to hotel for breakfast. Free time in the afternoon to get in that last minute shopping, or re packing, resting and relaxing. You might want explore War Remnants Museum or we can organise a trip to the Chi Chi tunnels if you wish. 6.00pm our tour guide will meet you at hotel for **A foodie night out on the town**. This Saigon night tour is part night excursion, part street food adventure. Experience Saigon nightlife the way locals do, all from the back of a vintage Vespa scooter. This tour includes free flowing drinks and all you can eat, so come with an appetite! *Saigon Night Tour Highlights*- All-you-can-eat & free flow drinks, cocktails & snacks at Cafe Zoom, local seafood restaurant, local Vietnamese pancake restaurant, zooming by famous Saigon sights, live music cafe, live music club. Great way to finish an amazing fun filled tour.

DAY 16	2 Oct	Saigon – Departure	(B)
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Free time until our driver transfer you from hotel to Saigon airport for your flight home. Trip ends.

Price \$6000.00 [Twin Room share]. Single room supplement TBN on request

ACCOMMODATION SUMMARY – AVAILABILITY SUBJECT TO CHANGE

INCLUSIONS

- Accommodation as listed above.
- Meals as listed in the itinerary (B=Breakfast, L=Lunch, D=Dinner)
- English speaking local guides (one place = one guide)
- Tours and transfers as mentioned by private air-conditioned vehicles
- Entrance fees for all visits as mentioned in the itinerary
- Flight tickets:
 - Auckland to Hanoi, Ho Chi Min to Auckland
 - Hanoi – Da Nang (Vietnam Airline)
 - Da Nang – Can Tho (Vietjet Air)

EXCLUSIONS

- Travel insurance (compulsory)
- Spending money
- Tips & gratuities
- Activities not listed
- Meals not listed
- All drinks
- Visas

