

Saigon to Hoi An Cycling Adventure 7 days

Trip overview

The 7-day cycling adventure from Saigon to Hoi An showcases Vietnam's diverse landscapes, from bustling cities to tranquil coastal roads. Cyclists can explore the Mekong Delta's waterways, ride past rice paddies and fishing villages, and conquer the scenic Hai Van Pass. The journey ends in the charming town of Hoi An, where ancient streets, vibrant markets, and stunning beaches offer a perfect conclusion.

- **Durations:** 7 days
- **Trip outline:** Ho Chi Minh City - Da Lat - Nha Trang - Tuy Hoa - Quy Nhon - Quang Ngai - Hoi An
- **Price from:** US \$1050/person
- **Tour inquiry:** <https://bestratetours.com/vietnam-tours/saigon-to-hoi-an-cycling-adventure-7-days.html>

Trip outline

day	Activities	Accommodations	Meals
Day 1	Saigon to Dalat (Cycling: 18 miles)	Hotel in Da Lat	Breakfast, Lunch, Dinner
Day 2	Dalat to Nha Trang (Cycling: 50 miles)	Hotel in Nha Trang	Breakfast, Lunch, Dinner
Day 3	Nha Trang to Tuy Hoa (Cycling: 30 miles)	Hotel in Tuy Hoa	Breakfast, Lunch, Dinner
Day 4	Tuy Hoa to Qui Nhon (Cycling: 40 miles)	Hotel in Qui Nhon	Breakfast, Lunch, Dinner
Day 5	Qui Nhon to Quang Ngai (Cycling: 35 miles)	Hotel in Quang Ngai	Breakfast, Lunch, Dinner
Day 6	Quang Ngai to Hoi An (Cycling: 45-65 miles)	Hotel in Hoi An	Breakfast, Lunch, Dinner
Day 7	Leisure Day in Hoi An	NA	Breakfast, Lunch

Itinerary

Day 1: Saigon to Dalat (Cycling: 18 miles)

An early morning departure is essential to kick-start your cycling journey. Drive straight to **Da Lat**, where you will embark on a scenic ride through breathtaking country lanes and quiet backroads, all set against the majestic backdrop of **Langbiang Mountain**. With minimal traffic, this route offers the perfect introduction to cycling in Vietnam.

Da Lat, originally established as a hill resort by French colonists in the early 20th century, boasts a refreshing, spring-like climate, lush pine forests, cascading waterfalls, and serene lakes. The city still preserves its colonial charm, evident in the hundreds of European-style villas, chalets, and historic buildings scattered across town.

One remarkable example is the elegant, cream-colored Art Deco villa that once served as the summer residence of Vietnam's last emperor, Bao Dai. Another iconic landmark is the beautifully restored **Dalat Palace Hotel**, which overlooks the picturesque Xuan Huong Lake.

On the opposite side of the lake lies Vietnam's first golf course, originally designed for Emperor Bao Dai. Recently restored, it is now regarded as one of the finest courses in the region.

Beyond its colonial heritage, Da Lat is famed for its vibrant market gardens, producing everything from carrots and cauliflowers to avocados and bananas, along with an array of colorful flowers. In Vietnamese culture, Da Lat is synonymous with romance, making it a top destination for honeymooners, with attractions like the enchanting Valley of Love drawing visitors from all over the country.



A few kilometers outside Da Lat, at the base of **Mount Langbiang**, lies the village of the Lat ethnic minority, from whom Da Lat takes its name. The rugged terrain surrounding the mountain offers incredible opportunities for both on-road and off-road cycling adventures.

Today's journey includes a long but rewarding transfer of approximately **5-6 hours** before reaching the backroads from **Nam Ban** to the **Me Linh Coffee Plantation**. This warm-up ride allows you to ease into the trip while soaking in the stunning highland scenery. If you're feeling energetic, you can extend your ride all the way to the hotel - an additional **20 kilometers** - though be prepared for a challenging, hilly route.

Meals: Breakfast, Lunch, Dinner

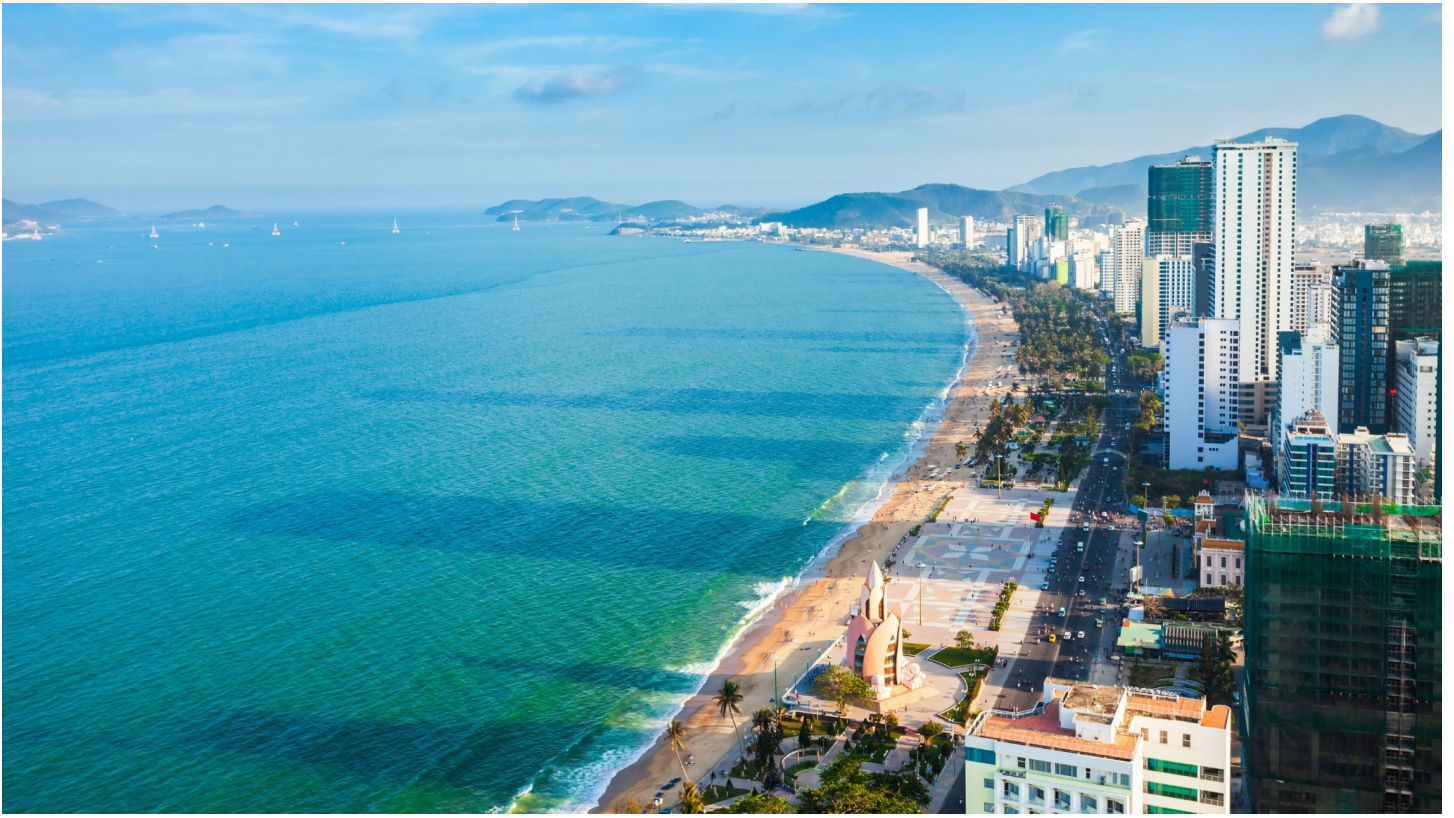
Accommodation: Hotel in Da Lat

Day 2: Dalat to Nha Trang (Cycling: 50 miles)

Begin your day with an exhilarating cycling adventure from Dalat, starting as early as **7:00** for those ready to embrace the challenge. The ride begins with a series of rolling hills, each ascent bringing you higher into the stunning highland landscape.

The journey to the peak spans **65 km**, offering a rewarding test of endurance amidst breathtaking scenery, then the route downhill is **40 km**, where you can simply coast without even pedaling.

You can transfer **25 kilometers** to the starting point. The choice is entirely yours—just discuss with our guide to find the best option that suits your energy and preference for the day.



The cool mountain air gradually gives way to the warm coastal breeze as you approach Nha Trang, a vibrant seaside city known for its pristine beaches and crystal-clear waters.

Upon arrival, unwind at your hotel and reflect on the day's incredible ride.

Meals: Breakfast, Lunch, Dinner

Accommodation: Hotel in Nha Trang

Day 3: Nha Trang to Tuy Hoa (Cycling: 30 miles)

Morning

Kick off your morning with a **3 km ride** to the ancient **Cham towers**, a historical site reflecting Vietnam's rich cultural heritage. Continue cycling **16 km** along Nha Trang's coastline, passing fishing villages and iconic basket boats.



After reaching Highway 1, take a **1-hour transfer** to **Dai Lanh Beach**, where you can swim, relax in a hammock, and enjoy a seafood noodle lunch with a refreshing mango smoothie.

Afternoon

Embark on a **30 km** ride to Tuy Hoa city, starting with moderate hills before transitioning to flatter terrain. **Tuy Hoa**, a hidden gem in central Vietnam, offers a peaceful seaside atmosphere away from tourist crowds. Stroll through its streets, sip a local beer, and soak in the authentic charm of Vietnamese coastal life.

Meals: Breakfast, Lunch, Dinner

Accommodation: Hotel in Tuy Hoa

Day 4: Tuy Hoa to Qui Nhon (Cycling: 40 miles)

Morning

Today we will ride inside the mainland, after a **40-minute** transfer by van to **Chi Thanh market**, and begin your cycling journey through Vietnam's heartland, where the landscape shifts from coastal views to lush mountains and rural villages. This region is home to Vietnam's 54 groups of people, each with its unique language and traditions.

While villagers speak their own languages within their communities, they all share a common Vietnamese identity, rooted in a rich cultural heritage. If you are curious about local legends, ask your guide about the Dragon and Mermaid myth that symbolizes Vietnam's origins.

The day ride follows a flat and easy route, though the tropical heat adds a challenge. Along the way, you will pass through peaceful countryside, where smiling schoolchildren eagerly greet passing cyclists with cheerful high-fives - just be careful not to lose your balance!

This immersive ride provides a genuine glimpse into rural Vietnamese life, offering opportunities to interact with locals and experience their warm hospitality. Lunch will be a simple yet delicious meal at a cafe, embracing the rustic charm of the area.

After an enriching day, unwind at the hotel, reflecting on the beauty of Vietnam's countryside and the vibrant cultures that make it unique.

Meals: Breakfast, Lunch, Dinner

Accommodation: Hotel in Qui Nhon

Day 5: Qui Nhon to Quang Ngai (Cycling: 35 miles)

Savor a delightful breakfast before setting off on an invigorating cycling adventure along Vietnam's stunning coastal road. Departing from the hotel, pedal through tranquil countryside lanes, where the salty sea breeze and rhythmic waves create a soothing ambiance.

This picturesque route seamlessly blends coastal beauty with rural charm, leading you past rustic fishing villages, lush rice paddies, and peaceful villages that embody the essence of central Vietnam's heritage.

As the next town is Quang Ngai, the scenery transitions into a more traditional countryside setting. Here, farmers diligently tend to their crops, while fishermen skillfully mend their nets in preparation for the day's work.



As the route progresses, two demanding hills present an exciting challenge, testing endurance before reaching Highway 1.

Upon arriving at your accommodation, where you can unwind and reflect on the day's journey.

Meals: Breakfast, Lunch, Dinner

Accommodation: Hotel in Quang Ngai

Day 6: Quang Ngai to Hoi An (Cycling: 45-65 miles)

Hoi An was one of the Orient's most significant trading ports in the 16th and 17th centuries. However, when the **Thu Bon River** silted up, ocean-going ships could no longer access the town, and trade shifted **30 kilometers** up the coast to Tourane (Da Nang today). Despite over 200 years of change, weather, and war, Hoi An's historic center remains remarkably well-preserved, offering visitors a glimpse into its storied past.

A walking tour is the best way to explore the town's charming wooden-fronted houses, once home to prosperous merchants, as well as the iconic [Japanese Covered Bridge](#) and the bustling local market. Hoi An is also one of the best places in Vietnam to shop for souvenirs at great prices, including silk, handicrafts, antiques, and paintings.

Just five kilometers from the town center lies **Cua Dai Beach**, a favorite spot for both locals and visitors. With its soft sandy shores, warm waters, and seafood stalls serving fresh delicacies, it's the perfect place to unwind. Hoi An is renowned throughout Vietnam for its exceptional seafood and signature dishes, including Cao Lau.



We cycle from **Cocoland** to **My Lay massacre**, where we will watch a documentary film and walk through the historic site to see the remaining vestiges. From there, we continue cycling to **Sa Ky Fishing Village**, stopping for a coffee break, the route then winds through small villages, offering an authentic glimpse of rural Vietnam—where cows carry rice, farmers tend to their crops, and vast rice paddies stretch to the horizon.

The morning ride covers approximately **45 kilometers** before reaching Highway 1, where we will transfer toward Hoi An. If you're up for more cycling, our guide can arrange an additional ride along the backroads from **Ha Nam to Hoi An**, providing another chance to soak in the picturesque countryside.

In the evening, our guide will rejoin the group for a memorable dinner, rounding off an incredible day of exploration and discovery.

Meals: Breakfast, Lunch, Dinner

Accommodation: Hotel in Hoi An

Day 7: Leisure Day in Hoi An

Spend the day exploring Hoi An at your leisure.

Whether you choose to discover traditional crafts, savor local flavors, or simply soak in the town's charming atmosphere, this final day provides a perfect way to reflect on your cycling journey and fully embrace the essence of Hoi An.

Meals: Breakfast, Lunch

Accommodation: NA

Booking Policy

Inclusion

- A/c Van support for the whole trip
- Boat trips in Cai Be
- Ferries during the trip
- Meals as mentioned (L=lunch, B= breakfast, D= dinner)
- Snacks, fruits, water, sodas, towels for cycling times (at dinners and lunches we can not our own drinks ,so please pay for your beers !)
- Accommodations
- Bicycles for the group
- Entrance fees
- English – biking guide

Exclusion

- Insurance (strongly advise you to purchase trip insurance before traveling)
- Tip for guide and driver (it is volunteer and up to your satisfactory of the trip)

Cancellation Policy

- Cancellation received before 60 days: FREE of charge
- Cancellation received from 30 days to 59 days prior arrival date: 10% of total rate
- Cancellation received from 15 days to 29 days prior arrival date: 30% of total rate
- Cancellation received from 7 days to 14 days prior arrival date: 50% of total rate
- Cancellation received less than 7 days prior arrival date or No show: 100% of total rate

Children Policy

- The rate for children applicable for one child sharing a twin or double cabin with two adults.
- For infants (<04 years old): FOC except for domestic flight tickets.
- 04 - under 11 years old without bed: 50% adult rate.
- 04 - under 11 years old with extra bed: 75% adult rate.
- 04 - under 11 years old in twin share: 90% adult rate.
- From 11 years old: count as an adult.

WHY BOOK WITH US?

Best Rate Guaranteed

Local consultants with rich of knowledge will give you the most suitable itineraries for you.

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