Vietnam: Hanoi to Pu Luong Cycle - Choose Your Cause Adventure






Trip Highlights

- Cycle with purpose and support a cause that matters to you
- Ride through Mai Chau valley surrounded by rice fields and karst mountains
- Ride into Pu Luong Nature Reserve past traditional villages and terraced landscapes
- Traverse limestone landscapes, forested hills and river valleys
- Begin and end in Hanoi, experiencing Vietnam's capital and cultural centre



Trip Duration	5 days	**Trip Code:** VC27
Grade	Moderate	
Activities	Cycling	
Summary	4 days cycle, 4 nights hotel	

Supporting Your Cause

One of the unique aspects of a Choose Your Cause Adventure is the freedom to support the charity that matters most to you.

Whether you're passionate about medical research, children's welfare, education, environmental conservation, animal welfare, humanitarian aid, social justice or community development, your fundraising efforts can help create meaningful change for a cause close to your heart.

Adventure has the power to inspire generosity, bring people together and create lasting impact. By taking on this cycling challenge, you'll not only experience an incredible journey, but also help raise vital funds and awareness for an organisation making a difference.

Every kilometre you cycle and every dollar you raise contributes to something bigger than the adventure itself – helping improve lives, strengthen communities and support causes that need it most.

Your Huma Challenge

Thank you for your interest in our Vietnam: Hanoi to Pu Luong Cycle - Choose Your Cause Adventure. Huma Charity Challenge is a division of the worldwide adventure travel company World Expeditions. When joining a Huma Charity Challenge you embark on a remarkable journey to discover your inner philanthropist as you raise money for a Charity that is important to you. At the same time you take on the challenge of fundraising and partake in an adventure to discover new worlds, new landscapes and new cultures ... perhaps you'll even discover how far your personal boundaries stretch as you take on a physical challenge like a cycling, trekking or a mountaineering adventure. We are passionate about off-the-beaten track travel experiences as they provide travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. Our itineraries are well researched, affordable and tailored for the enjoyment of small groups. Our itineraries provide the very best travel experience, designed by people with vast local knowledge who share our vision of authentic exchange and real exploration with a responsible travel approach at the core.

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Trip Dates

2027 16 Oct - 20 Oct

important notes

RF - Registration Fee

DO - Minimum fundraising target/donation

Your Adventure

Cycle through the diverse landscapes of northern Vietnam, travelling from the energy of Hanoi to the peaceful valleys of Mai Chau, Pu Luong and Ninh Binh. After leaving the city behind, the journey begins with a scenic ride through rice paddies and traditional villages, offering an early glimpse into rural life before arriving in the Mai Chau Valley. The adventure builds as you tackle more challenging terrain en route to Pu Luong Nature Reserve, with rewarding climbs and descents through remote countryside, passing terraced rice fields and minority communities. An overnight stay in a local homestay provides a chance to unwind and experience the quieter rhythm of the region. From Pu Luong, enjoy a memorable descent before continuing toward Ninh Binh, a region often referred to as “Halong Bay on land” for its striking limestone karst formations rising from the surrounding paddies. Your final day offers a more relaxed ride through this distinctive landscape, followed by a guided boat journey through caves and hidden lagoons. Returning to Hanoi, the trip concludes with a farewell dinner — an opportunity to reflect on a rewarding journey through some of Vietnam’s most varied and visually striking regions.

Itinerary at a Glance

DAY 1	JOIN HANOI TO MAI CHAU (60–70KM)
DAY 2	CYCLE MAI CHAU TO PU LUONG NATURE RESERVE (60–70KM)
DAY 3	CYCLE PU LUONG TO NINH BINH (65KM)
DAY 4	CYCLE NINH BINH TO HANOI (25KM)
DAY 5	HANOI DEPARTURE

What’s Included

- All meals as specified in the itinerary: 4 breakfasts, 4 lunches and 3 dinners
- All biking gear (mountain bike, helmet, water cage)
- Good quality hotel accommodation and local homestay-style accommodation in Pu Luong
- Support vehicle for luggage, equipment and transfers
- Sightseeing and boat trip in Ninh Binh
- Experienced local cycling guides
- Mechanical support during cycling days
- Water, soft drinks, snacks and fruit on cycling days

What’s Not Included

- International flights
- Airport transfers
- Visas
- Travel Insurance (compulsory)
- Personal expenses
- Meals not listed as included
- Tips and gratuities
- Any items not listed as included

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Fast Facts

Countries Visited:
Vietnam

Group Size Min:
5

Group Size Max:
16

Leader:
Expert local bi-lingual leader

*Ask our staff for more information.

Detailed Itinerary

DAY 1 Join Hanoi to Mai Chau (60–70km)

Leaving Hanoi, a transfer takes you into the foothills of northern Vietnam where the landscape quickly shifts from urban density to rural mountains. After breakfast and bike fitting, riding begins among the villages of the Muong people, with quiet roads weaving through rice paddies and forested hills. The route climbs steadily along a mix of paved roads and cross-country tracks, passing limestone karst formations and opening views toward the Hoa Binh Reservoir. A series of climbs and descents leads into the Mai Chau Valley, where steep mountains surround wide expanses of rice fields.

Accommodation: Mai Chau Sky Resort or similar

Total ascent: 500–700m

meals: L,D

DAY 2 Cycle Mai Chau to Pu Luong Nature Reserve (60–70km)

A sustained climb leads out of Mai Chau Valley, gaining elevation toward a more remote plateau. As the road rises, views extend across terraced hillsides and layered mountain landscapes, marking the transition into a quieter region of northern Vietnam. The route then follows shaded paths alongside streams before entering Pu Luong Nature Reserve. After a flatter section through rice fields and small villages, a second shorter but steeper climb leads to the lodge, set within the reserve's forested valleys.

Accommodation: Amigo Pu Luong Resort or similar

Total ascent: 500–700m

meals: B,L,D

DAY 3 Cycle Pu Luong to Ninh Binh (65km)

The day begins with a steep descent through Pu Luong's terraced landscapes, dropping into the valley below. From here, the route follows a quieter cross-country track, passing through bamboo forest and more remote sections of the countryside. After a short transfer, cycling resumes toward Ninh Binh, where the landscape shifts to limestone karst formations rising sharply from rice paddies. This region, often compared to Ha Long Bay, offers a distinct change from the mountainous terrain of previous days. Tonight, we come together for our farewell dinner to celebrate the journey we've shared.

Accommodation: Ninh Binh Hidden Charm Hotel & Resort or similar

Total ascent: 500m

meals: B,L,D

DAY 4 Cycle Ninh Binh to Hanoi (25km)

The day begins with a relaxed ride through Ninh Binh's countryside and historic landscapes. The route passes limestone formations and rural villages and is relaxed, with time to stop and take in the surrounding scenery. Cycling is followed by a 1.5hr boat journey through river caves and narrow lagoons, offering a different perspective of the region. After lunch, a transfer returns us to Hanoi by 6pm and we end the day with a farewell dinner.

Accommodation: Le Jardin Hotel Haute Couture or similar

meals: B,L

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Responsible Travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

Trip grading

Moderate

These adventures involve cycling for up to 6 or 7 hours a day at a steady pace, days may be shorter depending on the days route, which will be anywhere from 25 - 70 km, typically 40-50 kms. You will need a good level of fitness and be in good health. The more time you can spend on a bike to help you prepare, the better. Be prepared for potential variable weather conditions.

Suggested preparation; 1 hour of aerobic exercise, three to four times a week and extended periods of exercise during the weekend will accustom you to regular exercise. This trip is not a race. There will be a support truck following the group on all cycling days should you choose to load your bike and watch the scenery pass from your private air conditioned group vehicle.

Adventure Travel

By its very nature Charity Challenges involve an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are suitably fit, flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your charity representative or one of our team.

DAY 5 Hanoi departure

The trip concludes after breakfast in Hanoi with time for independent exploration or onward travel. The capital offers a mix of historic architecture, markets and cultural sites reflecting Vietnam's long history. Travellers may choose to extend their stay or explore further regions. Arrangements conclude after breakfast.

meals: B

This itinerary is subject to change with any modifications in Community regulations as well as Governmental changes and natural circumstances beyond our control.

Fundraising Support

Step 1: Choose your cause - Decide which registered charity or not-for-profit organisation your group will be fundraising for.

Step 2: Choose your challenge – Select your adventure and register for your preferred departure. Your challenge is operated by our parent company, World Expeditions. Simply complete the online registration form and pay the registration fee to secure your place.

Step 3: Charity authorisation - If you're fundraising for a charity that requires participants to be officially registered, we'll liaise with the organisation to obtain approval. The charity will then provide any fundraising requirements, including the minimum fundraising target (if applicable) and details on setting up your online fundraising page.

Step 4: Receive your Confirmation Kit - Once your booking is confirmed, we'll send you everything you need to prepare for your adventure, including: Fundraiser's Guidebook, Trip Pre-Departure Information,Travel Insurance information etc

Step 5: Start fundraising - Now the fun begins! Your Fundraiser's Guidebook is packed with practical ideas and tips to help you reach your fundraising goal. If your chosen charity uses an online fundraising platform, you'll be able to create your personal fundraising page and start sharing it with family, friends, colleagues and your wider network.

Step 6: Start training - Whether your challenge is graded Introductory or Challenging, preparing beforehand will help you get the most out of the experience. We recommend following a suitable training program and reviewing the fitness advice, grading information and gear recommendations provided by World Expeditions.

Step 7: Take on your challenge - It's time to set off on your adventure. Enjoy the experience, support your teammates and take pride in knowing that every step you've taken has helped make a meaningful difference for your chosen cause.

Cycling

We believe that cycling is one of the best ways to see a country. Our cycling trips have been well researched to take you on the best route which usually means a combination of tarmac and dirt roads, the odd main road but generally smaller secondary roads. And sometimes even the occasional hill! All of this so that you can see the incredible scenery and landscapes, view the main sights and along the way eat delicious food, stay at unique accommodation and discover the incredible people.

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Important Note

These trip notes represent the most current information for this itinerary, and may supersede any other supplied information, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

Generally we supply you with geared (21-27) mountain or touring bikes and support vehicle which will follow the group on almost all sections of the ride. All equipment and luggage will be carried by the support vehicle. You will need to carry a small day pack with your camera, sunscreen and water. It is important to remember that these cycling journeys are not designed to be a marathon event. No one needs to feel under pressure to ride. If at any point you do not wish to ride the vehicle is always available for you and your bike to be transported. Usually we stop every 10 to 20kms for a rest. This will be the time to recover your breath and replenish your fluids and energy with water and snacks.

Remember that cycling involves some physical exertion, so you cannot expect that you will not feel tired. A little bit of preparation will go a long way. Cycling, of course, is an active pursuit and to maximise your own personal protection in case of a tumble or fall, the wearing of a bicycle helmet is compulsory at all times whilst cycling.

Country Information

Vietnam is a country of remarkable cultural richness and natural beauty, stretching over 1,600km (1025 mi) kilometres from the cool mountains of the north to the tropical waterways of the Mekong Delta. Its landscapes are wonderfully diverse, ranging from terraced rice fields and forested highlands to limestone karsts, sandy beaches and bustling river systems. Cities such as Hanoi and Ho Chi Minh City offer a lively mix of French colonial heritage, modern energy and traditional Vietnamese charm. Vietnamese culture is shaped by a long history of regional influences, including Chinese, Cham and French traditions, blended with a strong national identity. Buddhism, Confucian values and ancestor worship all play a role in daily life, reflected in temples, family rituals and the country's strong sense of community. Food is a highlight of any visit, fresh, fragrant and regionally distinct, with northern, central and southern kitchens each offering their own memorable flavours. Travel in Vietnam is increasingly smooth thanks to good infrastructure, reliable domestic flights and well-connected transport networks. While major cities are vibrant and fast-paced, much of the countryside remains relaxed and deeply traditional. With its friendly people, rich cultural heritage and striking variety of landscapes, Vietnam offers a rewarding and engaging travel experience for visitors.

Climate

Vietnam's climate can vary markedly from region to region due to its extreme latitudinal span. You can go from soaring temperatures and extreme humidity in Ho Chi Minh City to cool and mild conditions in Dalat to frosts and even occasional snow in the mountains of the north. Generally two distinct seasons prevail in Vietnam: from November to April, the temperatures are usually fairly cool, especially in the north of the country. In the mountain areas temperatures can be as low as 0°C (32°F) and there can be a constant light drizzle. Hotter temperatures and heavy monsoon rains characterise the months from May to October, although you can experience rain at any time. The hottest months of the year are June, July and August. Southern Vietnam's weather patterns are more constant with a rainy season from May to October and a relative dry season from November to February. The temperatures in the south can rise as high as 35°C (95°F) from March to May.

Dietary Requirements

We can cater for vegetarian diets and, where possible, medical dietary requirements, including allergies and intolerances, with at least one month's notice. Options may be limited or unavailable in remote locations, and you may need to bring your own food. We cannot guarantee allergen-free trips. Travellers with severe allergies must take appropriate precautions, carry all necessary medication and be able to self-administer it.

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Accommodation on the Trip

Accommodation is in carefully selected 4–5 star properties that offer a high standard of comfort, service and location. These hotels are typically centrally located or well positioned for easy access to key areas, allowing you to make the most of your time both on and off the bike. Where possible, properties are chosen for their character and atmosphere, reflecting the destination while still delivering consistent quality.

What You Carry

A support vehicle is used to transport your gear and you will have access to this at certain times of the day. However you may want to carry with you a small bag to put into the panniers (provided on your bike) containing, your camera, water proof jacket, sun screen, snacks and water.

How To Book

To register for this Challenge visit the Huma Charity Challenge website and click REGISTER NOW. A $500 registration fee is required at the time of booking. Or you can contact Huma Charity Challenge by email for more information: megan@humacharitychallenge.com.au

FAQs

Q. How challenging is the trip?

A. Moderate to challenging, with daily cycling that includes climbs, descents and mixed terrain. Cycling experience is required to complete the daily distances.

Q. Is this a guided trip?

A. Yes, this is a fully guided cycling trip supported by experienced local guides and crew.

Q. What is the accommodation like?

A. A mix of hotels reflecting the regions visited, typically with twin-share rooms and private facilities.

Q. Will I carry my luggage?

A. No, your main luggage is transported by the support vehicle.

Q. Can I upgrade to an e-Bike?

A. Giant e-Bike Class 1 models are available for rent at an additional cost. Equipped with hydraulic disc brakes and powerful motors, these allow you to enjoy mountainous terrain without physical strain. Availability is limited, so please enquire early.

Q. Can I bring my own saddle or clip-in pedals?

A. Yes. You are welcome to bring your own saddle or clip-in pedals, and our team will fit them to your bike. If you have a saddle that you already know is comfortable for longer rides, we highly recommend bringing it with you.

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