



**VELO VIETNAM**  
**CYCLING EXPERIENCES**



**JENCKS BROS & FRIENDS**

**CENTRAL VIETNAM MAY 2016**

# DAY ONE

DA NANG to KHAM DUC | 140km | 1,400m



## THE RIDING

The ride kicks off with the flat coastal road to Hoi An where we will make a pit stop for an early caffeine injection at our friend Ci's Mia Coffee. Ci is a new cyclist and he's looking forward to welcoming Project.

We'll then take an easy cruise out of Hoi An on the river road before turning onto the highway. This is a busy section of road so we'll keep the group together between the support vehicles.

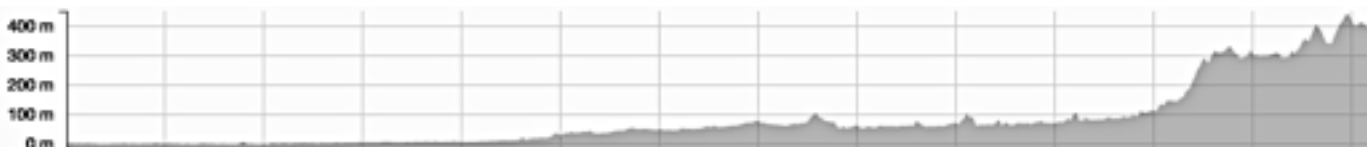
After the highway we turn onto smaller roads and head into the countryside riding through beautiful paddy field scenery. The ride ends with a couple of climbing challenges to test the legs. Those who rode Monkey on day one will find out if that helped or hindered here!

## Eating

Breakfast at the hotel will be followed by a baguette lunch stop on the road. This is not just any baguette, but the famous Banh Mi Phuong, dubbed the best sandwich in the world by Anthony Bourdain. In the evening we will eat at a local BBQ joint.

## Sleeping

Your hotel is a simple but clean and friendly place in the centre of town.



# DAY TWO

KHAM DUC TO P'RAO | 130km | 2,000m



## THE RIDING

The day starts with some easy riding and a descent down to some rolling/flat road taking us to our early lunch stop at around 60km.

After this we cross a stunning river and start gaining height on an 8km climb at 5% on the Ho Chi Minh Road, which runs roughly along the route of the wartime Ho Chi Minh Trail.

The higher we climb, the better the views and the deeper we get into the territory of the hill peoples. This part of the country is almost entirely populated by Khatu (Cờ Tu) people. Following a sweeping descent we will take on the day's second major test - 11km of uphill also at 5%.

At the town of P'rao (115km) *you have a choice* - put your bike in the truck for the 15km to the village or ride. The road is rideable but rough with a steep descent. We normally ride it, but we want you to know to expect it to be a bit rough if you come with us!

## Eating

Breakfast will be eggs and baguettes with strong, strong coffee. Lunch is rice and various tofu, vegetable and meat dishes. Dinner will be cooked by a local family the traditional way - over a wood fire which gives the food a wonderful smoky taste.

If there is not a wedding on or some party of visitors from a Cờ Tu village across the Lao border, we'll be invited to eat in the communal house, or 'Gướ'.

## Sleeping

We stay in a Cờ Tu community that is one of the best models of ethical tourism we've seen. The magnificent stilt houses we'll sleep in promote the maintenance of traditional building and weaving skills.

## Optional extras

En route to the village accommodation we can make a stop at a local women's weaving collective (if it is open) where you can pick up gifts.



# DAY THREE

BHO HOONG-TAY GIANG-P'RAO+transfer to DA NANG | 2600m | 80-140km



## THE RIDING

This morning we ride back up 17 odd kilometres including some steep hurty stuff to P'rao town. 20km further along some undulating road through thick jungle we find the turnoff to the most remote district in Quang Nam. The population of "Western River," as it is translated, is 98% Khatu. It really is another world.

We climb the twisty road up past villages of people who speak more Lao than Vietnamese until we reach town. If time allows, we'll visit a Khatu communal house built from jungle materials and crammed with wooden sculptures and panels depicting scenes from Khatu mythology and the American War.

After the village we have the option of visiting a boarding school on the way out of town and making a small donation that will go straight to the hardworking ladies in the kitchen to improve the children's menu. A major motivation for Khatu parents to send their kids to school is knowing they will get much better nutrition there than at home.

Then it is on to conquer Cinnamon Peak, a 14km monster of a climb at an average of 5% that tops out at 1,400m. Spectacular jungle views will take your mind off the pain. After a breather at the top we descend back to town and then ride back to P'rao where the bus will transfer you to Danang. Those who want to jump in the bus earlier can do so.

Back in Da Nang we'll show you our favourite spot to drink some well-earned Vietnamese craft beers.

