



01

HA NOI ARRIVAL DAY (TRU BY HILTON)

02

HA NOI - MOC CHAU (GOBIES GARDEN) 03

MOC CHAU - MU CANG CHAI (LAPATAN PARADISE)

04

MU CANG CHAI - SAPA (SAPA MOUNTAIN RESORT) 05

SAPA - HOANG SU PHI (BONG BENH RETREAT) 06

HOANG SU PHI - HA GIANG (HA GIANG HISTORIC HOUSE/FOUR POINTS BY SHERATON) 07

HA GIANG LOOP RIDE DAY

08

HA GIANG - MEO VAC (MEO VAC BEE HIVE) 09

MEO VAC - BAN GIOC (LAN'S HOMESTAY) 10

BAN GIOC - HA NOI (TRU BU HILTON) DEPARTURE DAY

ADRENALINRUSHTRAIL.COM MEO VAC BAN GIOC HOANG SU PHI HA GIANG MU CANG CHAI HA NOI MOC CHAU A.R.T EXTREME NORTH RIDE

TOUR MAP



HA NOI - MOC CHAU

Leave Hanoi for QL6's open sweepers, trading city bustle for Da River views and the cool air of the northwest. Climb Thung Khe Pass with limestone cliffs and cloud seas, then glide into Mai Chau's rice valleys. Finish on Moc Chau's tea hills and broad plateaus under wide, clear skies.

1 DISTANCE

205 km

6.1 HRS

3 ACCOMODATION

Gobies Garden, Moc Chau

4 ROUTE DETAILS

- Thung Khe Pass cliffs and cloud seas
- Flowing sweepers through Mai Chau rice valleys
- Da River viewpoints along QL6
- Moc Chau tea hills and wide plateau skies
- Sunset across grasslands and dairy farms



2 RIDING HOURS



MOC CHAU - MU CANG CHAI

Roll off Moc Chau's plateau into Nghia Lo's patchwork valleys, then aim for Khau Pha Pass, a balcony above Tu Le's terraced bowls. Backroads thread stilt house hamlets, bamboo bridges, and warm springs. The approach to Mu Cang Chai tightens into scenic twisties framed by cascading rice and distant granite ridgelines.

1 DISTANCE

207 km

2 RIDING HOURS

9.4 HRS

3 ACCOMODATION

Lapatan Paradise

4 ROUTE DETAILS

- Rolling plateaus dropping into Nghia Lo valleys
- Khau Pha Pass sky-high switchbacks
- Tu Le rice terraces and steaming hot springs
- Stilt-house hamlets and bamboo bridges
- Dawn mist drifting over terraced bowls





MU CANG CHAI - SAPA

Trace terrace amphitheaters through La Pan Tan and Che Cu Nha, descend to Than Uyen, then climb the O Quy Ho Pass into crisp alpine air. Fansipan's massif fills the skyline. Roadside waterfalls mist the visor while high altitude sweepers and hairpins carry you into Sapa's mountain town energy.

1 DISTANCE

176 km

2 RIDING HOURS

6 HRS

3 ACCOMODATION

Sapa Mountain Resort

4 ROUTE DETAILS

- La Pan Tan and Che Cu Nha terrace amphitheaters
- Quy Ho Pass into cool alpine air
- Fansipan and Hoang Lien Son panoramas
- Silver and Love Waterfalls roadside spray
- High-altitude sweepers and tight hairpins





SAPA - HOANG SU PHI

Slip out of Sapa on backroads along the Chay River, where bamboo forests part for steep switchbacks and remote valleys. Past Xin Man, cliff hugging lanes reveal tiered terraces stacked to the horizon. Golden light, mountain markets, and river crossings lead into Hoang Su Phi's legendary steps of green.

1 DISTANCE

235 km

2 RIDING HOURS

7 HRS

3 ACCOMODATION

Bong Benh Retreat

4 ROUTE DETAILS

- Backroad run along the Chay River
- Remote switchbacks through bamboo forest
- Xin Man cliff roads with deep valley views
- Ban Phung and Nam Ty stepped terraces
- Golden hour across layered hillsides





HOANG SU PHI - HA GIANG

Ride ridgelines toward Tay Con Linh, weaving between palm lined valleys and patchwork fields. Stilt house villages, light suspension bridges, and gentle canyon curves follow the Lo River south. Limestone outcrops announce the karst plateau ahead as the road softens into a relaxed glide into Ha Giang City's riverside streets.

1 DISTANCE

105 km

2.8 HRS

3 ACCOMODATION

Ha Giang Historic House / Four Points by Sheraton

4 ROUTE DETAILS

- Ridge-line vistas toward Tay Con Linh
- Patchwork fields and palm-lined valleys
- Stilt-house villages and light suspension bridges
- Gentle canyon curves beside the Lo River
- Emerging limestone outcrops of the karst plateau



2 RIDING HOURS



HA GIANG LOOP RIDE DAY



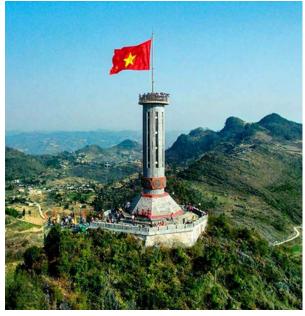
329 km

2 RIDING HOURS

10 HRS









HA GIANG - MEO VAC

Enter the Dong Van Karst Plateau on QL4C, cresting Quan Ba Heaven Gate and flowing through Yen Minh's pines. Limestone spires crowd the road to Dong Van. Ma Pi Leng Pass then soars above the Tu San gorge, with cliff edge "skywalk" sections descending toward Meo Vac's valley floor.

1 DISTANCE

164 km

3 ACCOMODATION

Ha Giang Historic House / Four Points by Sheraton

4 ROUTE DETAILS

Quan Ba Heaven Gate and Twin Mountains Pine-lined flow through Yen Minh Dong Van Karst Plateau's lunar limestone Ma Pi Leng Pass over the Tu San gorge Cliff-hugging "skywalk" sections above the river

2 RIDING HOURS

5.6 HRS





MEO VAC - BAN GIOC

Climb from Meo Vac with the Nho Que canyon fading behind. Quiet Bao Lac valleys unfold into Cao Bang's sugarloaf karsts and emerald streams. Ma Phuc Pass carves S curves between limestone walls. River villages, terrace mosaics, and cool forest shade usher you toward the thunder of Ban Gioc Waterfall.

1 DISTANCE

255 km

2 RIDING HOURS

6.6 HRS

3 ACCOMODATION

Meo Vac Bee Hive

4 ROUTE DETAILS

Ridge-line vistas toward Tay Con Linh Patchwork fields and palm-lined valleys Stilt-house villages and light suspension bridges

Gentle canyon curves beside the Lo River Emerging limestone outcrops of the karst plateau





BAN GIOC - HA NOI

Depart Ban Gioc through misty karst fields to Cao Bang, then settle into the rolling cadence of QL3. Bac Kan's forests give way to Thai Nguyen's tea hills and broader lanes. The Red River Delta stretches ahead, guiding you past villages and paddies back into Hanoi's vibrant rhythm.

1 DISTANCE

356 km

3 ACCOMODATION

Tru by Hilton

4 ROUTE DETAILS

Morning mist across Cao Bang karst fields Rolling QL3 ridgelines through Bac Kan forests

Optional Ba Be Lake mirror-calm waters Tea hills and midlands around Thai Nguyen Red River Delta avenues into Hanoi's Old Quarter

2 RIDING HOURS

8.5 HRS





DEPARTURE DAY









