

## Ninh Binh & Cuc Phuong National Park 3 days

### DAY 1 — Hanoi - Ninh Binh

Depart Hanoi for the rural town of Ninh Binh which is the gateway for your exploration of Tam Coc and Hoa Lu. Take a boat to and through the caves, past spectacular cliffs, villages, and farming communities. This afternoon cycle (approx 24 km) through the country side of Hoa Lu, the former capital and soak up the friendly atmosphere of rural Vietnam.

### DAY 2 — Cycling around Ninh Binh

A 21km bicycle ride will take you through striking rural scenery to the village of Kenh Ga. Explore the still undiscovered area by boat and meander past cliff side homes and be charmed by the waving children. After lunch drive to Cuc Phuong National Park. The late afternoon provides the best time to take one of the short treks through the park.

### DAY 3 — Cuc Phuong National Park

Visit the Cave of Prehistoric Man where locals still pay homage to prehistoric artifacts that have been found in the cave. Visit the Primate Rescue Center before returning to Hanoi.

### **Cuc Phuong National Park**

*Cuc Phuong is the oldest National Park in Vietnam and home to a large variety of flora and fauna, including many of Vietnam's most endangered species.*

### Emergency Contact in Vietnam 24 hours

Mike Keenan - +84 903 486 488  
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### Tipping Guide

For your leader we recommend \$2 USD a day. For drivers & local guides, we recommend \$1 USD a day. You are under no obligation to tip, this is a guide only.

### Wide Eyed Tours Rules

Illegal drugs will not be tolerated on our trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for Wide Eyed Tours travellers. Wide Eyed Tours philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make our destinations such special places. The exploitation of prostitutes is completely contrary to this philosophy. Our group leader has the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

### Responsible Travel

We believe strongly in low impact or rather positive impact tourism. Broadly speaking this means that we try to minimise the negative aspects of tourism on the local cultures and environments that we visit and highlight the positive aspects.



### Inclusions

Transport to / from Ninh Binh, all entrance fees, boat trip, bicycles, qualified guide. (Bicycle hire for bike option.)

### Included Meals

2 x breakfast, 2 x lunch, 1 x dinner

### Accommodation

at a 2 star hotel and a basic cabin in Cuc Phuong National Park.