

Vietnam Mountain Marathon 2017

Booking form, Terms & Conditions

7 Day Tour Package

\$1,150 per person

What's Included

- Arrival and departure transfers
- Vietnam Visa approval letter
- 3 nights in Hanoi Hotel (2 nights at beginning, 1 night at end)
- 3 nights in Sapa including return travel and all meals in Sapa
- **Event package Inclusions:**
- Event T-shirt and Finishing medal
- USD\$20 to a local NGO charity
- Shuttle to start and back from finish
- Water and Fruit each 10km on checkpoints
- Hoang Lien National Park Entrance fee
- Pre-race event and welcome by Race Director
- Guided Walk through rice fields to a local Red Dao Minority Village
- Yoga Classes on beautiful hilltop
- Special Lecture on Ultra Running
- BBQ and Bonfire on completion of racing Saturday night
- Light Lunch after Sunday 10km run
- Awards Ceremony

What's not Included

- Airfares ex-Auckland – Hanoi (via Singapore) return on Air New Zealand – stopovers permitted
- All extra travel arrangements and extensions beyond 7 days
- Stamp Fee/ Visa on Arrival USD\$25
- Race Fee – *choose entry from list and add to cost.*
- Any flight connections to Auckland. We can book these as part of your international flights as required
- Meals not indicated on itinerary and personal purchases
 - (allow NZD\$500 for spending)
- Travel Insurance – which is mandatory for this tour.
- ***Travel Insurance purchased through WILDSIDE is \$68* per person - 7 days. *under 70 years***

Suggested Flights:

- 1 NZ 282 **18SEP** Auckland – Singapore depart 2350 hrs arrive 0640 hrs **19SEP**
- 2 NZ3458 **19SEP** Singapore – Hanoi depart 0920 hrs arrive 1140 hrs
- 3 NZ3621 **25SEP** Hanoi – Singapore depart 1845 hrs arrive 2300 hrs
- 4 NZ 281 **26SEP** Singapore – Auckland depart 0840 hrs arrive 2320 hrs

* you will be alerted to Air New Zealand sale fares during the 6 months lead up to Trip, the standard fares are currently from **\$1600 + taxes**

Race Fees

- 10km – USD\$30 21km – USD\$55 42km – USD\$65
- 70km – USD\$95 100km – USD\$115

7 day Program

Day 1 – Tuesday 19 September: Collect from Airport overnight Hanoi
Day 2 – Wednesday 20 September: Free day in Hanoi
Day 3 – Thursday 21 September: Departure from Hanoi
Day 4 – Friday 22 September: Active day in the mountains
Day 5 – Saturday 23 September: Race day (half, full & Ultras)
Day 6 – Sunday 24 September: 10km race, Winners ceremony, return to Hanoi
Day 7 – Monday 25 September: Transfer to airport /or continue travel

TERMS AND CONDITIONS

How To Book:

Forward a completed booking form, a copy of the front page of your passport, and FULL PAYMENT of Land package, plus \$200 non-refundable deposit for any additional arrangements. Your space will not be secure without these. Final payment will be due 6 weeks prior to departure. **4 August 2017**

Cancellations:

If **Wildside Travel** cancels the trip, for reasons beyond our control, you are due a refund on all non-refundable services paid for. *subject to Race Organisation Rulings i.e. **TOPAS TRAVEL** Vietnam. (refer Race Rules)
If **you** wish to cancel, your monies paid will be refunded less non-refundable deposit up to 6 weeks prior to departure (and *before* air ticket issue). After this date no refund will be given. We recommend you take out full Travel Insurance to cover any loss at the time of payment.

Insurance:

We highly recommend you take out Travel Insurance to cover all unforeseen circumstances which can arise without warning. Wildside offer Insurance @ a discounted rate of \$68 for 7 days (adjusted for longer trips) Those over 70 years of age will attract higher premiums, as well as anyone specifying 'existing medical' conditions. Topas Travel has a Race Indemnity form which you will be required to sign prior to racing.

Prices:

All prices stated are subject to increases up until the time of full payment. Airfares are based on 'lead-in' pricing and may alter at time of booking due to availability. Race entry cannot be guaranteed after due date. This event has a maximum entry and fills fast.

Travel documents:

All participants must be in possession of a valid passport (valid for 6 months after the date of your return) and all visas, permits required for your passport type. It is ultimately your responsibility to have the necessary documentation to travel. Details on obtaining a Visa Approval letter will be given once registration received, the Vietnam Visa is then paid on arrival, on presentation of the letter.

Accommodation:

Hanoi

We will be using a 4 star hotel in the heart of Hanoi's central old quarter and famous Silk Road, with a 3-minute walk to Hoan Kiem Lake, Water Puppet Theatre, St Josephs Cathedral, Night Market, Hanoi Post Office. The luxury and impressive designed Hotel features stunning views and gracious Asian style – a remarkable luxury experience, even by Western standards. The front view rooms have balconies, captivating vistas of Hanoi's old quarter.

Restaurant serving Asian & Western Cuisines, a Piano Bar with live Pianist Friday evenings. Spa with Steam, Sauna & Jacuzzi rooms plus foot & body massage.



Sapa

A rented tent will be ready upon arrival on a hilltop at the compound of the lodge (1000m above sea level) with direct mountain view and hopefully two starry nights. The tents are Scandinavian quality double layer dome tents. Inside you'll have a good mattress, pillow and a Scandinavian sleeping bag. This accommodation is for groups of 2 persons or shared with another runner of same gender. Toilet and shower is nearby



Recommended packing list:

- Sunblock
- Sunglasses
- Poncho
- Cap, visor or buff
- Trekking poles
- Blister kit

Required equipment for 10km :

There are no mandatory equipment for our 10km, however we do recommend that you bring a water bottle/energy and that you take a look at the gear listed above. Running 10k with 500m gain is harder than you think!

Required equipment for 21km – Half Marathon:**Mandatory**

- Water min. 1.0 L
- Whistle
- Personal food/energy bars/gels etc. for the duration of the run! Expect to double the time compared with a flat race.

Optional

- Electrolytes
- Small money for buying energy (soft drinks/candy) in local villages (20.000-100.000VND round 1-5USD)
- Mobile phone – in a waterproof carrier/casing and be on roaming or on the local network Viettel
- Poncho or waterproof top (no technical specifications, but should be sufficient to keep you dry in case of a heavy downpour)
- Basic first aid

Required equipment for 42km – Marathon:**Mandatory**

- Water min. 1.5 L
- Electrolytes – you must ensure that you bring your own source of electrolytes /rehydration salts that will be sufficient for your personal needs during the duration of their run.
- Personal food/energy bars/gels etc. for the duration of the run. Expect to double the time compared with a flat race.
- Small money for buying energy (soft drinks/candy) in local villages (20.000-100.000VND round 1-5USD)
- Whistle
- Mobile phone – in a waterproof carrier/casing and be on roaming or on the local network Viettel
- Poncho or waterproof top (no technical specifications, but should be sufficient to keep you dry in case of a heavy downpour)
- Basic first aid: Small roll of compression bandage (elastic crepe bandage), alcohol wipes, antiseptic cream and plasters.
- If you are still racing 5.30 PM and do not have a headlamp, you will be cut off. It is thereby not mandatory for all, but if you are not 100% sure, you should bring one headlamp. info> In 2014, 50% of all runners were still racing after 5.30PM. Do not count your normal time for a flat Marathon!

Required equipment for 70 & 100km – Ultra Marathon:

Mandatory

- Water min. 1.5 L
- Strong head lamp as it is very dark (2 hours 70km – 7 hours 100km)
- Extra battery (only mandatory for 100km)
- Electrolytes – you must ensure that you bring your own source of electrolytes /rehydration salts that will be sufficient for your personal needs during the duration of their run.
- Personal food/energy bars/gels etc. for the duration of the run.
- Small money for buying energy (soft drinks/candy) in local villages (20.000-100.000VND round 1-5USD)
- Whistle
- Mobile phone – in a waterproof carrier/casing and be on roaming or on the local network Viettel
- Poncho or waterproof top (no technical specifications, but should be sufficient to keep you dry in case of a heavy downpour)
- Basic first aid: Small roll of compression bandage (elastic crepe bandage), alcohol wipes, antiseptic cream and plasters.
- We HIGHLY recommend to wear and to know how to use GPS, the final route will be online at least 1 week prior the race.

Race Rules

The course

- You must complete the marked course on foot under your own power.
- You must stay on the marked course. Short cuts are not permitted. If you get lost return to the last sighted marking.
- Littering is prohibited.

Checkpoints/cut-offs

- When you get to the check points you are responsible for writing your time and sign your name.
- There will be water and bananas available at all checkpoints. All other food you will have to carry for the duration of the race.
- You must obey directions of VMM Crew if you miss any time cut-offs.
- Outside assistance from supporters is only permitted at the checkpoints.
- Please note that you have to carry a personal first aid kit.
- Cut off time for Half Marathon, 21 km: 8 hours.
- Cut off time for Marathon, 42 km: 15 hours.
- Cut off times for Ultra Marathon, 70 km: 18 hours.
- Cut off times for Ultra Marathon, 100 km: 23 hours.

Emergency/withdraw

- If you are in trouble or need medical assistance on the course you must use the emergency number printed on the backside of your race number. Please make contact to the local people and ask them to speak to our safety team. The locals will be able to tell your exact location to our crew.
- If you withdraw it MUST be informed to our race team, call the number on your race number.

Gear & equipment

- Your race number must be visible at all times on the outside of your clothing and on the front of your body. Do not cover over your race number with any backpack strap or article of clothing.
- You must carry the **mandatory gear** at all times during the event. Random gear checks will be performed during the event. Any participant without the **mandatory gear** will not be able to proceed.

- The wearing of iPods or other music players with headphones is allowed. However is up to you to use them in a sensible and safe manner so that you must remain aware of your surroundings at all times. You must switch off music at all checkpoints so you can hear directions given to you by event crew. You must also switch off music when traveling on all public roads so you can hear approaching traffic.

*Breaking any of the rules may incur a time penalty or disqualification.
Any such penalties are at the organisers' discretion and are final.*

Money:

It is recommended you order some Vietnamese DONG prior to arrival so as to have ready cash for any purchases. You will be in the company of Minority Village folk in the Mountains and ATM's will not be at your disposal. Small denominations are ideal. The equivalent to NZD\$200-300 is recommended for the week to cover time in Hanoi and purchases while at the race.

Weather:

September in Northern Vietnam sees the rains drying up especially in the Mountains toward the end of the month. October is the most favourable trekking season here. Average temperatures for September are 28°C, toward the end of the month this may drop a few degrees, humidity also dropping. Race Day was rain in 2015, but not cold, so while an inconvenience it did not detract from the experience but rather added 'mood' to the dramatic landscape and drew more villagers out to watch the runners.

Research:

Click here to see the video of the previous year's Mountain Marathon.....
<https://www.youtube.com/watch?v=ppyPMjj4jG0>

Race website:

www.vietnammountainmarathon.com

EXTEND YOUR TRIP Recommended Add-on Packages

Halong Bay – Galaxy Premium Cruise (Junk)

Start Hanoi End Hanoi

Duration 3 days 2 nights

NZD \$460 per person



*** ITINERARY ***

DAY 1: HANOI – HALONG BAY

Your transfer vehicle will pick you up from your hotel and start departure to Halong Bay. Arrive at Tuan Chau Pier. Transferred by tender to Galaxy Premium Cruise. Welcome onboard – enjoy welcome drink and follow Manager briefing safety on board. Check in your cabin and freshen up.

Delicious lunch will be served with fresh seafood and Vietnamese cuisines while leisurely cruising to the core of Halong Bay.

Arrive kayaking area – Dark and Light Tunnels, belonged to Cat Ba National Park.

Enjoy kayaking through the karst and breathtaking nature. Then you can enjoy swimming in the crystal water (life vests are available).

Get back to Galaxy Premium, cruise to the overnight anchorage.

Sunset party on Galaxy cruise. Great time to relax, have some drinks and make friends. Impressive dinner will be served with set menu.

Free time for joining games, playing cards or try your luck with squid fishing.

DAY 2: DISCOVER THE UNTOUCHED WONDER – LAN HA BAY

Start Tai Chi demonstration on sundeck.

Breakfast will be served in Western style and furthermore with Vietnamese traditional food. Discovering cave, a natural ‘labyrinth’, made by Mother Nature. You would have chance to understand more about values of the Cave as well as Halong Bay.

Transfer to a smaller boat, head to Lan Ha Bay. Cruise to ‘The Frog Home’ to do kayaking through incredible limestone karst or swimming in blue and peaceful water.

Visit the Pearl Farm – established by Japanese at the end of 20th Century.

Fresh barbecue seafood lunch will be served on board while cruising to the next destination.

Reach the most beautiful islet – ‘Ba Trai Dao’, belonged to Lan Ha Bay, the untouched area for swimming or kayaking with many private beaches, you can choose one for only you. Return Galaxy Premium Cruise.

Sunset party on Galaxy cruise. Vietnamese style dinner will be served.

Free time for joining Games, Karaoke or you may also try your luck with squid fishing.

DAY 3: BAI TU LONG BAY – HANOI

Start Tai Chi demonstration on sundeck.

Breakfast will be served in Western style and furthermore with Vietnamese traditional food. Then you are free to photo hunting, sunbath or enjoy some coffee, tea while our cruise is coming into wonderful area – Bai Tu Long Bay.

Finish packing and check out of your cabin. Prepare to join in our traditional cooking demonstration.

Cooking demonstration with Vietnamese Traditional Cuisine – Fried Spring Roll.

Lunch will be served while Galaxy Premium is cruising back to the pier through BAI TU LONG BAY. Disembark in Tuan Chau pier. Leave for Hanoi.

Hoi An

Stay-put

Duration 4 days 3 nights (one way or return flights to be added)

NZD\$540 per person

Day 1: WALKING & BOAT TRIP IN HOI AN ANCIENT TOWN

Between the 17th and 19th centuries, Hoi An was a prosperous trading port. Today, this World Heritage-listed ancient town boasts well-preserved buildings, pedestrianized streets and unique cuisine, allowing visitors a glimpse of its illustrious past. The narrow lanes are ideal for a guided walking tour. There is plenty to visit including the old merchant's houses with influences from Chinese, Japanese and Vietnamese architecture. The 400-year-old Japanese Covered Bridge; the Assembly Hall of the Chaozhou Chinese Congregation with outstanding wood carvings; and the colorful market with stalls brimming with local specialties including silk, which can be turned into fashionable garments within a day or two. Complete your trip by an hour boat trip to enjoy the fantastic view from Bon River before returning to your hotel.

Accommodation: Van Loi Hotel – Deluxe

<http://vanloihotelhoian.com/en/>

DAY 2: MY SON TEMPLES

My Son is one of the foremost Hindu temple sites in South East Asia. For the Cham civilization that ruled Central Vietnam from the 2nd to the 13th century, My Son was an important religious site and place of worship. A 1.5-hour drive from Hoi An will bring you to My Son where there are 20 monuments still standing today. The temples are set in a verdant valley surrounded by hills and overlooked by the impressive Cat Tooth Mountain. Stroll around this UNESCO listed temple complex to learn about the Cham culture, architecture and civilization before returning to Hoi An.

Accommodation: Van Loi Hotel – Deluxe

DAY 3: HOI AN BIKING

After breakfast, start cycling along the Thu Bon River where you have a chance to take photographs of many fishing boats and small houses. Continue biking through Thuan Tinh Ecological village and take the opportunity to see areca-nut gardens, family shrines and local villagers going about daily life. Continue cycling along quiet inland trails, past water-coconut palm trees, fishing farms and rice paddies to reach Cua Dai Beach. Cam Thanh is a local fishing village with charming ocean views, many kumquat gardens and corn fields. On your return to Hoi An town, you may wish to stop by Tra Que village where many farmers cultivate herbs and vegetables. Help water the plants or fertilize the land if you have no problem getting your hands dirty. Cycle back to your hotel.

Cycling distance: 26 KM, Difficulty: Easy

Accommodation: Van Loi Hotel – Deluxe

DAY 4: HOI AN – DANANG DEPARTURE

Transfer from your Hoi An hotel to Danang airport for your flight to next destination.

****Ask us about Cycling in the Mekong 5 Day/ 4 nights from NZD \$1180 per person**

VIETNAM MOUNTAIN MARATHON BOOKING FORM

Please complete, sign and forward this form, along with a photocopy of the front page of your passport, \$1150 and a non-refundable deposit of \$200 to:

WILDSIDE TRAVEL

PO Box 215

MOTUEKA 7120

(see *payment options below)

Mr / Mrs / Miss/ Ms

Mailing Address_____

Email_____

Day-time ph or Mobile_____

I understand Insurance is required to participate on this trip. I will be accepting your Insurance offer of an 7 Day Leisure Policy issued by WILDSIDE @ \$68 per person.

Yes / No Thank You

**If you are over the age of 70 yrs, additional premiums are payable.

**Pre-existing medical conditions will also attract additional premiums.

I/We would like you to extend our stay as follows:

Halong Bay_____

Hoi An_____

Saigon_____

Other_____

ROOM TYPE: Double Twin Triple Single Traveller

Race categories: (please ring one)

Mens Womans

10km 21 km 42 km 70km 100km

Age on race day:

Under 30 30 -39 40-49 50-59 60-69

Frequent flyer membership (Air New Zealand or Star Alliance)

Vietnam's Sapa region is a challenging environment in which to compete and complete, with temperatures averaging 25°C+ during this time.

I understand that I am booking an adventure holiday and standards such as accommodations, transport, medical service and other factors will not be of the same standard that I/we are used to at home, or that might be found on a conventional holiday and that the nature of this sort of travel will always have its risks.

I also acknowledge as an adventure holiday, I will need to be suitably fit, active and mobile to fully appreciate and participate in the itinerary content.

During the MOUNTAIN MARATHON event, I am a competent and capable runner who knows their own limits and ability and have prepared adequately for the category of event entered.

SIGNATURE

DATE

****payment options:***

Cheques – payable to 'Wildside Travel'

Bank Transfer –WESTPAC 03-0252-0835047-00

Credit Card please (add 2%)*

Visa / MasterCard_____

Expiry: _____ CVC(3 digits) _____

Name on card:_____

***** payments made on cc will be charged a 2% fee***