

Phu Quoc is called the island of "99 mountains" because of its many sandstone chains gradually descending from the north to the south. The longest one is Ham Ninh which stretches for 30 km along the eastern edge with its highest peak called Mt. Chua (603m).

Phu Quoc Island once was an unknown small Island in the south of Vietnam. With its perfect relaxation spot with forested mountains and white sandy beaches, Phu Quoc is becoming popular but still remain the most hidden beach of Vietnam. Stay at [hotels in Phu Quoc](#) and enjoy seafood, cocktails by the pool bar or on private balconies while watching the sunset over the ocean, the only place in Vietnam where this is possible. You can simply laze on beautiful sandy beach or swim and snorkel in clear crystal waters teeming with many species of marine life which are set against the colorful coral gardens. Off the beach you get on a bike to explore the nearby fishing village and make fun with waving kids on road sides. An ideal way of spending your last afternoon in Phu Quoc is to relax in a bar by beachfront while watching sunset over the ocean. Traveling to Phu Quoc Island, you do not need to [apply Vietnam visa](#) and spend your vacation on the place you never feel regret.

Phu Quoc National Park

Phu Quoc National park covers more than 50% of the island so it is definitely worth considering a visit, especially if you would like to escape the heat of the daytime sun, a walk along a park trail or motorbike ride on one of roads in the north will give you a taste of this natural environment on Phu Quoc. Phu Quoc National Park was established by the Vietnamese Government in 2001 after upgrading the previous Natural Protection Area and Nature Reserve to include an area of 31,422 hectares, which includes 8603 hectares of strictly protected area, 22,603 hectares of biological restoration area and 33 hectares for administration and services. An additional 6,144 hectares is dedicated to a land-buffer zone and around 20,000 hectares of sea-buffer zone, though the final Marine protection zones are yet to be declared.

Phu Quoc National Park is not strictly defined, however until the National park is made more accessible for the needs of tourism, the following options are available for visitors keen to explore what is on offer;

Hire motorbike on your own and explore the northerly parts of the island. The best areas and most forested parts can be found on the road toward Ganh Dau. To get there, take the road from Duong Dong towards Bai Thom and turn off toward Ganh Dau, the National park becomes more apparent the closer you get to Ganh Dau Village.

Walking Trails are limited, though for a great way to experience the national park there is a good walking trail 5kms before Ganh Dau, where the going is relatively easy and trail wide enough to take in the surrounding environment. The walk is a particularly pleasant way to escape the heat, as the vegetation provides cover from the heat of the sun. Take the same road mentioned previously towards Ganh Dau and 100m after the 5km Ganh Dau road marker on the left-hand side you'll find an opening in the national park with a clearly defined walking trail which continues for a couple of kilometers. Note, besides the 5km Ganh Dau marker, the actual trail is not sign posted. If you'd like to experience the National Park along with other sites, you might consider booking a tour through one of the many tour operators on the island, or enquire with your hotel.

Bai Dai Beach

Located on the upper west coast just beyond Vung Bau Beach lies a long stretch of deserted pristine beach of Bai Dai running for more than 2 miles along this sunset drenched coast. Hurry up and check it out before the golf balls start flying past your head.

Bai Thom Beach

Located on the far north east of Phu Quoc approximately 35kms from Duong Dong you will find a long stretch of uninhabited beach. While not one of the most attractive of beaches, it is quite remote and getting here will be quite challenging, best option is by motorbike.

Bai Cua Can and Long Beach

The most accessible beach, Bai Cua Can is in the northwest. It's 11km from Duong Dong. Long Beach (Bai Truong) is one, well, long spectacular stretch of sand from Duong Dong southward along the west coast, almost to An Thoi port (20km). The southern end of the beach is known as Tau Ru Bay (Khoe Tau Ru). The water is crystal clear and the beach is lined with coconut palms.

Long Beach is easily accessible on foot (just walk south from Duong Dong's Can Castle), but you will need a motorbike or bicycle to reach some of the remote stretches towards the southern end of the island around the family-run guest-house area is a particularly popular spot. There are a few bamboo huts where you can buy drinks, but bring water if you're planning a long hike along this beach.

Bai Sao and Bai Dam

Two beautiful white-sand beaches along the southeastern part of the island are Bai Sao and Bai Dam, just a few kilometers from An Thoi. There is a couple of beachfront restaurants at Bai Sao. Just south of these beaches is undeveloped Bai Khem, one of the most beautiful beaches on the island and also, sadly, a military area that was closed to the public at the time of writing.

Suoi Da Ban

Located about 6kms east of Duong Dong Town, this is a pleasant place for a swim, to cool down in the numerous rock pools and enjoy the surrounding vegetation, though we recommend you bring some mosquito repellent if you are staying around for a picnic. Suoi Da Ban is named after the many table like rock formations that make up what is actually a white-water stream tumbling across large and interesting granite boulders.

To find Suoi Da Ban, take the northerly road from Duong Dong toward Bai Thom or Ganh Dau and look out for signs (turning right) to Suoi Da Ban that can be seen after about 1 or 2 kms from Duong Dong Town. Admission to the stream is 1000d, motorbike 1000d.

An Thoi Islands

Off the southern tip of Phu Quoc are the tiny An Thoi Islands (Quan Dao An Thoi). These 15 islands and islets can be visited by chartered boat, and it's a fine area for sightseeing, fishing, swimming and snorkeling. Hon Thorn (Pineapple Island) is about 3km in length and is the largest island in the island. Chan Qui (Yellow Tortoise) and Hon Mong Tav (Short Gun Island).

Most boats depart from An Thoi on Phu Quoc, but you can make arrangements through hotels in Duong Dong. The Tropicana Resort has a large boat for charter

that can make the trip directly from Long Beach, The Kim Linh also has two boats for day hire, one that can carry eight to 10 passengers (US\$35) and a larger one that can carry 15 to 20 people (US\$65). Boat charters are seasonal and generally do not run during the rainy season.