

Highlight

- Unspoiled Pu Luong Nature Reserve
- Friendly ethnic minorities
- Homestay in villages
- Beautiful trails
- All meals included

Itinerary at a glance

Day 1: Transfer to Pu Luong/Trek to Hang Village

Day 2: Trek to Kho Muong Village

Day 3: Trek to Cao Hoong Village

Day 4: Trek to Cao Village

Day 5: Trek/drive to Mai Chau

Day 6: Mai Chau – Hanoi

Trip note

Duration:	6 days, 5 nights
Group size:	08 persons
Depart from:	Hanoi
End at:	Hanoi
When:	Year round
Activities:	Trekking, Cultural expedition
Trekking grade:	Moderate
Transport:	AC vehicle, on foot
Accommodation:	5 homestays
Tour guide:	English or French speaking guide
Support crew:	Local cook & porter
Meals:	Day 1: Lunch, Dinner Day 2-5: Breakfast, Lunch, Dinner Day 6: Breakfast, Lunch



Tour price

Please contact our **Customer Service** at info@activetravel.asia or call +84 97 980 0588 (24/7 LiveHelp)

Inclusion:

- AC vehicle
- English or French speaking guide
- Porter & cook
- Meals as indicated in the itinerary
- Home stay permissions
- First-aid kit
- Water & Snack
- Entrance fees & Sightseeing fees

Exclusion:

- Travel insurance
- Visa
- Tips
- Personal expenses

Note on client safety

We reserve the right to deviate from this itinerary for any reasons, including road and weather conditions, frequency of visits to a village, or for any other factor which may influence client safety.



Food

All meals, which are indicated in the itinerary, are included in the price of this trip. While in big towns we will enjoy Vietnamese cuisine in fine restaurants. Once we travel away from big towns, the emphasis will be on healthy and nutritious fresh local produce.

The homestay

Homestay in remote villages is simple in term of bedding condition and amenities. We may sleep on beds or floor with mattress, clean sheet, pillows and mosquito nets. Toilet is usually western style. There is no electricity and running water.

The trekking day

A typical trekking day start at about 8.30 am after breakfast. Lunch times can vary depending on the terrain. We aim to reach the next overnight stop by 4.30 or 5. During the trek we will have short breaks for rest, snack and photographing.

ATA tour guide

The tour will be led by one of our tour guides who are experienced in guiding trekking tours in Vietnam. He has been carefully trained in this field and is fully licensed in tour guiding by the government. In addition, he has been trained in first-aid by SOS International and he knows how to deal with difficult situations. You will have a great time traveling with him.

What to bring

Trekking boot, sun block, hat, anti-insect repellent, sunglasses, sleeping bag (optional), rain coat, toiletries, original passport.



Detailed Itinerary

Day 1: Hanoi – Mai Chau – Pu Luong

After breakfast we depart Hanoi for Pu Luong Natural Reserve via Mai Chau. This scenic drive takes around 4 hrs. Along the way we pass fields of tapioca and sugar cane as well as rice paddies. We will reach Mai Chau valley by lunchtime.

Following lunch in Pom Coong Village we drive 22km further into the reserve where we begin our trek. We trek for approximately 3 hrs before arriving at Hang Village, which is home to Thai ethnic minority. We spend the night with a local Thai family who will be our hosts in a traditional house built on stilts. Before dinner we can stroll



around the village to observe daily life activities of the locals.

Summary

Transfer: 4 hrs
Trekking: 3 hrs/easy terrain
Meals: Lunch, Dinner
Accommodation: Local house

Day 2: Trek to Kho Muong Village

This morning we have breakfast in the home stay before we begin the big trek of the day. Today we will be walking for around 6 hrs on a rocky path running through jungle. Lunch stop will be in a village along the way. After lunch we will pass through several Thai villages before arriving at the village of Kho Muong. As the name suggests this is a Muong minority village and we will be their guests for the night.

Summary

Trekking: 6 hrs/slightly uphill/rocky path
Meals: Breakfast, Lunch, Dinner

Day 3: Trek to Cao Hoong Village

Today we have a full day trek as we climb to the Pu Luong range. En route we pass through a number of small hamlets and minority villages. After 3 hr of light ascent we will descend to the village of Cao Hoong, a village of Thai ethnic minority people, where we spend the night in local home.

Summary

Trekking: 6 hrs/light climb followed by a gentle descent
Meals: Breakfast, Lunch, Dinner
Accommodation: Local house

Day 4: Trek to Cao Village

Our trek through the verdant countryside today will take around 5 hrs. The trek path runs uphill and downhill through forest, rice terraces and scenic villages. On the trek we may see farmers working on rice paddies and children going to school. Lunch break will be in a local village. We spend the night in the Thai village of Cao.

Summary

Trekking: 5 hrs/small climbs
Meals: Breakfast, Lunch, Dinner
Accommodation: Local house

Day 5: Cao Village – Mai Chau

After breakfast we trek toward Ma River. The trek is

quite gentle since we descend a wide-open valley. After 2 hrs trek we will reach Pho Doan Town where we will visit to the local market. Following we trek Ma River, on the way we will see nice view of river, paddies and water wheel. We will be picked up and transferred to Mai Chau for a late lunch. Overnight in Pom Coong village.

Summary

Trekking: 4 hrs/long descent
Meals: Breakfast, Lunch, Dinner
Accommodation: Local house

Day 6: Mai Chau – Hanoi

Today is a relaxing day. We can take a stroll in Mai Chau Valley to observe daily life activities of the local. Lunch in local house before driving back to Hanoi. Arrive in Hanoi around 5 pm. Trip concludes

Summary

Transfer: 4 hrs
Trekking: Optional 2-hr leisure walk
Meals: Breakfast, Lunch

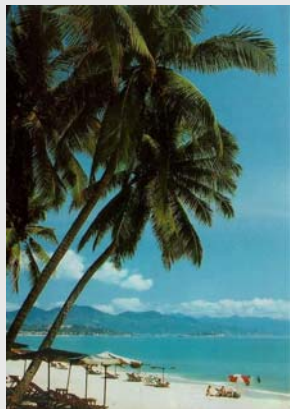
Holiday Extensions

Kayaking in Halong Bay: 4-day tour with 3-day kayaking and overnight on Chinese junk
The most famous place for kayaking in Vietnam. Kayak is also the best way to explore how beautiful Halong is, to paddle through islets, to visit hidden caves, lagoons, unspoiled beaches, floating-fishing village, to talk with local fish-man. Thanks to thousands of islands on the bay, the water is calm, the current is fine, and the wind is not too strong are ideal condition for sea-kayaking.



Beach Escape:

Nha Trang Beach: The south central coast has Vietnam's finest beaches and the best-known beach resort is Nha Trang with its white sandy beach and swaying palm trees.



A boat trip on the clear blue-green waters of Nha Trang Bay with some snorkeling among the coral reefs and a fresh seafood lunch is a great way to spend a day in Nha Trang. For scuba divers there are several diving shops along the beach offering professional dive services.

Away from the beach Nha Trang has some other interesting attractions including Long Son Pagoda, with its enormous seated white Buddha statue, and the 7th century Po Nagar Cham Towers.

Phan Thiet – Mui Ne Beach: Further south, and just 200km north of Ho Chi Minh City, is the small fishing town of Phan Thiet.

While Phan Thiet is a pleasant enough town, the real attraction is the nearby Mui Ne Peninsula and its 10km of sandy beaches and coconut groves. Many attractive small-scale beach resorts have opened up in recent years amongst the palm trees of Mui Ne and it has become a popular place to rest up for a few days.

ACTIVELY EXPLORING HIDDEN LANDS