

Vietnam Trek

Experience untouched Asia



Ultimate Challenges

T: 020 3642 9830
events@theultimatetravelcompany.co.uk
www.ultimatechallenges.co.uk

Vietnam, Pu Luong Trek

Trek this mountainous untouched area of Asia

Isolated from the world for years, Vietnam is slowly laying its war torn past to rest and emerging as one of the most interesting and diverse destinations in Asia. Our trekking challenge begins in the charming city of Hanoi before heading to the beautiful Hoa Binh Province located in the mountainous area of southeast Hanoi. This trek gives us an opportunity to see a country of traditional charm and rare beauty taking its first steps into the modern world.

We pass through some of the most untouched and lush scenery in Asia. This mountainous area is home to many distinct hill tribes such as the Black and White H'Mong tribes, some still living as they have for generations. At night we will be guests in village homes and spend time learning about the local culture.



Detailed itinerary

Day 1: Depart UK to Hanoi

We depart London for Hanoi, Vietnam via Kuala Lumpur.

Day 2: Arrive Hanoi

On arrival we will meet our local guides and transfer to our hotel. The afternoon is free to look around Hanoi, the charming capital of the Socialist Republic of Vietnam. The options could include a walking tour of the city, taking a cycle rickshaw through the Old Quarter, walking across the famous 2km long Longbien bicycle bridge (constructed by the man who built the Eiffel tower) spanning the red river, or exploring the fascinating Dong Xuan market. In the evening, we will have a full trek briefing about the challenge ahead. There will also be an opportunity to attend a performance of water puppets at the famous Thang Loi Theatre.



Day 3: Hanoi to Mai Chau Valley, 3hrs

After breakfast we transfer by coach approx. four hours to beautiful Hoa Binh Province. Hoa Binh is populated by Thai, Hmong, Muong and Dao ethnic people. We will stop for lunch and will be served a traditional lunch by our host family. In the afternoon we will trek through many picturesque villages and lush paddy fields to the quaint Thai village of Van. Our guides will be on-hand to explain about the rice harvesting and other local produce such as peanuts. Overnight in Thai houses on stilts.

Day 4: Mai Chau to Ban Bouc, 9hrs

We have a tough 3hr ascent to the villages of Na Mo and Na meo, home to the white Thai minority people. We pass a number of small villages before descending into a beautiful valley and hiking through Ban Te village, where we will stop for lunch in a local house. From here, we continue hiking on narrow trails alongside a river and across rice terraces, bamboo gardens and a rickety suspension bridge. Overnight in Thai houses on stilts.

Day 5: Ban Bouc – Pu Luong Nature Reserve , 8-9hrs

After an early breakfast our trek this morning takes us along the valley for four hours and leads us to the Thai village of Van Mai. After an early lunch, we are transferred a short 20km to Co Luong. From here, we board a local longboat (mostly used to transport bamboo) down the majestic Ma River for approximately one hour. From Sai, we will be entering the Pu Luong Nature Reserve proper, but the scenery is just as breath-taking and wild as the previous days. This area of Pu Luong is a narrow and steep valley with a river running through it, punctuated by small villages and we will pass plenty of stunning valley views, forests and lush terraces, with the occasional stream to fjord before reaching our village for the night. Overnight in homestay – a Thai stilt house in a small village set among coconut groves.

Detailed itinerary

Day 6: Kho Muong village, 8-9 hrs

Another long day of hiking, 50% on village paths and 50% on the old disused unpaved Ho Chi Minh Trail (again, our guides will always be at hand to explain the fascinating history of the area). There are some steep climbs today and yet more stream crossings. The trekking becomes more remote, yet one is never far from a villager tending fields or walking back from early morning market. We will relax over lunch, away from the heat of the day in a local home at Pak Kha village before continuing to our overnight village at Kho Muong, nestled between steep Karst Mountains.

Day 7: Pu Luong Market Trek, 8-9 hrs

A challenging but glorious downhill trek to Pu Luong market, where we will have the opportunity to enjoy the bustling market before lunch. After lunch we start our trek from the valley floor before climbing over a small mountain to Hin Village where we will stay overnight.

Day 8: Pu Luong Nature Reserve to Hanoi, 3hrs

The last day of our incredible Vietnam challenge! Our morning trek leads us back through the valley of Ban Cao for approx. 3hrs to where we will meet our jeeps and begin our transfer back to Hanoi. Tonight we will celebrate our achievements with a special gala dinner.

Day 9: Hanoi to UK

Morning at leisure until our transfer to the airport for our overnight flight back to the UK.

Day 10: Arrive UK

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This itinerary is complex and subject to change

Challenge grade

Tough

Best time of year

October to November and
March to April

