

Vietnam Trek

Experience untouched Asia



Ultimate Challenges

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Vietnam, Pu Luong Trek

Trek this mountainous untouched area of Asia

3-12 November 2027

Discover Vietnam, a country rich in tradition, natural beauty, and vibrant culture. Once isolated, Vietnam has re-emerged as one of Asia's most fascinating and diverse destinations.

Our trekking adventure begins in the charming capital of Hanoi before we journey into the stunning Hoa Binh Province, a mountainous region southeast of the city. This trek offers a unique opportunity to experience Vietnam's timeless landscapes—lush valleys, untouched forests, and panoramic mountain views.

The area is home to diverse hill tribes, including the Black and White H'Mong, many of whom continue to preserve their traditional way of life.

In the evenings, we stay as welcomed guests in village homes, offering a unique opportunity to connect with local communities and gain insight into their rich culture.



Detailed itinerary

Day 1: Depart UK to Hanoi

We depart the UK for Hanoi, Vietnam.

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. Free afternoon to explore this fascinating city. In the evening, we will have a full trek briefing about the challenge ahead.



Day 3: Hanoi to Mai Chau Valley

3-4hrs trekking

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

6-7hrs trekking

After breakfast we have a short transfer to Nhot village. Our day starts with a tough 300m uphill trek to the villages of Na Mo and Na meo, home to Thai minority people. We then descend into a beautiful valley and hike through Ban Te village. After lunch we continue hiking on narrow trails alongside a river and across rice terraces, bamboo gardens and crossing a suspension bridge to our overnight Thai houses on stilts in Buoc village.

Day 5: Ban Bouc to Pu Luong Nature

Reserve, Hang Village

7-9hrs trekking

After an early breakfast, our trek takes us along the valley for four hours and leads us to the Thai village of Van Mai. After an early lunch, we have a short transfer to Co Luong to start the afternoons hike to Trang Village.

The scenery from here becomes more breathtaking and wilder. From the bridge at Sai, we have another short transfer to Duom village to avoid paved road and enter the Pu Luong Nature Reserve, for our final 3km to our homestay. This section of Pu Luong valley is narrow and steep with a beautiful river running through it, with terraces on either side.



Detailed itinerary

Day 6: Hang Village to Kho Muong Village 7-8hrs trekking

Another long day of hiking, 70% on village paths and 30% on the old disused unpaved Ho Chi Minh Trail and 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 Pa Ban village before continuing to our overnight village at Kho Muong, nestled between steep Karst Mountains.

Day 7: Kho Muong Village to Hieu Village 6-8hrs trekking

A challenging but glorious day. We start uphill to Lan Ngoai village. After lunch we descend to the valley floor before climbing over a small mountain to Hieu Village and our final home-stay of our Vietnam adventure. The village is perfectly positioned close to a small river with opportunities to cool off with a swim after a long day.

Day 8: Pu Luong Nature Reserve to Hanoi Transfer to Hanoi

3-4hrs trekking

Before breakfast there is a chance to enjoy sunrise over the mountain tops, as the local farmers hustle around doing their early morning chores. Breakfast is prepared by the local Thai people you are staying with. There is a short transfer to a suspension bridge over the Cham River, where you begin your final trek of this challenge in search of stunning water wheels. There is a chance to get up close to each wheel and discover how water is moved from river to handmade bamboo aqueducts via simple constructions of all sizes.

After lunch you will meet your vehicles to 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

Challenge grade

Tough

Best time of year

October – March

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This itinerary is complex and subject to change.



Breakdown of Costs – Vietnam Trek

3-12 November 2027

Included:

- Return international flights from UK to Hanoi
- Airport transfers upon arrival and local transfers
- Park fees
- Full board (except lunch and dinner on departure day)
- Celebratory dinner at the end of the trip
- Professional qualified local guides
- Shared accommodation (hotel in Hanoi, dorm style in local village houses on trek)
- UK Expedition Doctor / UK Expedition Leader

Not Included:

- Airport taxes and fuel surcharges £500 (approx.)
- Single supplement
- Gratuities
- Personal expenses
- Lunch day 2 & 9
- Visas
- Personal travel insurance
- Vaccinations
- Personal trekking kit
- Optional tours and activities

Trek costs:

To sign up for the trek you will need to pay:

- 1) Non-refundable registration fee of £250
- 2) £500 Airport taxes (due 1 May 2027)
- 3) Prostate Cymru ask you to raise a minimum sponsorship of £4000.

80% of the sponsorship is required by 31 July 2027.

100% required by 31 August 2027.

Sign up here!

<https://www.ultimatechallenges.co.uk/challenges/asia/prostate-cymru-vietnam-trek-27/>