



## The hidden mountains of Ha Giang [ M ]

Trek in the northern tribal region of Vietnam



### The remote region of Ha Giang

A 7 days trek in the remote region of Ha Giang; starting from Viet Quang, driving up to Coc Re close to the Chinese border, crossing the mountainous region of Ha Giang. Off the beaten tracks, this program will offer you the opportunity to discover the beauty and serenity of the northern landscapes of Vietnam. Encountering the local population along your trek and during your homestay. An enriching experience !!!

### The tribal patchwork of the north

The ethnical patchwork, is a major specificity of Vietnam. Result of the successive migrations from China, Thailand, Cambodia, and India. From village to village, your trek will lead you to the Tay, Dzao, H'mong, and Nung people... The ethnical minorities of northern Vietnam, mainly originating from China... They make up Elles font partie des 54 minorités ethniques peuplant le Vietnam. Chacune possédant son propre dialecte, ses coutumes et ses traditions.

**DAILY PROGRAM SCHEDULE****Day 1 : Flight to Hanoi****Day 2 : Hanoi**

Arrival in Hanoi. Meet our tour guide at the airport and transfer to downtown Hanoi for hotel check-in. In the afternoon we will have a half-day city tour to visit the Ethnology Museum then a "xich lo" tour in the Old Quarter. In the evening, we will have a welcome dinner with Vietnamese delicacies. Tour briefing during dinner. Overnight in Hanoi. (D)

**Day 3 : Hanoi**

In the morning, we begin the city tour after breakfast at the hotel. We will visit Ho Chi Minh Mausoleum in the morning. Lunch in local restaurant. In the afternoon we will visit the Temple of Literature, History Museum and Tran Vu Temple. In the evening we will enjoy a Water Puppet Show. Dinner with local delicacies. Overnight in Hanoi. (B, L, D)

**Day 4 : Hanoi - Viet Quang (5h)**

Breakfast in the hotel. 8h transfer to Viet Quang via a scenic area with palm tree forest, rice paddies and peaceful villages. In the afternoon, we enter into the dramatic northern mountainous area. Lunch at popular restaurant in Tuyen Quang. We continue the journey and reach Viet Quang at mid afternoon. Free time to prepare for the trek next day. Overnight at local guesthouse. (B, L, D)

**Day 5 : Viet Quang - Tan Nam (5h)**

Breakfast at local restaurant. Transfers to Yen Binh townlet where we meet our local porters and begin the trek. We first walk towards a Pa Then village that is surrounded by palm trees. Picnic lunch at a beautiful grass field near village school. In the afternoon, the paths descend gradually via some tea plantation before arriving at Tan Nam village of the Tay ethnic minority. Overnight in a local stilt house. (B, L, D)

**Day 6 : Tan Nam - Phieu Lang (6h)**

Breakfast at the homestay. We begin an exciting day. Walking along a river then penetrating into a forested area. The path is quite easy with some soft climbing up and down, passing villages of Dzao Ao Dai ethnic minority, women here dye their teeth in black and wear long dresses even when working in the rice field. Lunch break in a pretty stilt house of the Tay people. Afterwards, continue on the trail to reach Phieu Lang village of the Dzao people ethnic minority. Dinner and overnight in local house. (B, L, D)

**Day 7 : Phieu Lang - Quang Nguyen (6h)**

Breakfast at homestay. This morning we walk on the trail that contours hillsides, giving a fantastic view over the faraway mountain range. Meeting again with Dzao Ao Dai ethnic minority who live separately on hillsides to cultivate rice and corn. Picnic lunch at a scenic spot or in local house. In the late afternoon we reach Quang Nguyen, a small hidden town of the Tay and Kinh. We can wander around or relax at the homestay with cold beer. Dinner and overnight in local house. (B, L, D)

**Day 8 : Quang Nguyen - Coc Dong (7h)**

Breakfast at the homestay. Today is the peak day since we have to tackle a serious trek thru the jungle. After 2h of trek on easy flat terrain we start climbing uphill on a small trail entering a thick primary rain forest. At 2000m we have a great view on mountains and terraces. Picnic lunch at a waterfall, you can have a quick bath



if weather permits. We reach Coc Dong Village of the Nung ethnic minority at mid noon. Dinner and overnight in local house. (B, L, D)

**Day 9 : Coc Dong - Coc Re - Coc Pai (6h)**

Breakfast at the homestay. Start the day with a beautiful trek towards Coc Re market. The path lines in the middle of mountains and goes through villages of H'mong ethnic minority. We will meet the H'mong on the way to the market or their farm. H'mong ladies dress colorfully while H'mong men just wear plain black. We descend the mountain through newly planted forest and reach Coc Re market for lunch. After lunch the trek continues on fairly easy terrain towards Coc Pai, a small remote hill town. Dinner and overnight in guesthouse. (B, L, D)

**Day 10 : Coc Pai - Bac Ha (4h)**

Breakfast and a short exploration of the town before we take a jeep transfer to Bac Ha Town. Rest of the day is spent on an excursion in the surroundings of Bac Ha. We reach Bac Ha at noon. Check in at our hotel and have lunch in a local restaurant. In the afternoon we have an easy walk to surrounding tribal villages. Dinner and overnight in Bac Ha. (B, L, D)

**Day 11 : Bac Ha - Lao Cai - Hanoi**

Breakfast in hotel. This morning we can walk in the town or take an optional trek to surrounding area. In the afternoon, we will be transferred to Lao Cai to take the night sleeper train back to Hanoi. (B, L, D)

**Day 12 : Hanoi - Return flight**

Arrival in Hanoi early morning. Transfer to hotel for check-in. Breakfast in hotel and free time in Hanoi until airport transfer time. (B) (Possible 2 days extension to Halong bay)

**Day 13 : Arrival**

**TECHNICAL LEVEL 2****EASY**

Trek for people who want to discover a country in authentic conditions: Walk of 2 to 3 hours per day, nights in tents, moderate altitude difference. Those trips are intended to people with a good physical condition and which want to do a bit of sport during their trip. Middle altitude and carriage included.

**Dates and Prices**

For dates and prices, please go online at [www.trekonline.com](http://www.trekonline.com) [www.trekonline.com](http://www.trekonline.com) or contact our customer service department

☎ by phone : +33 (0)1 43 25 27 74 ☎ by fax : +33 (0)1 46 33 24 77

✉ or by mail : [contact@trekonline.com](mailto:contact@trekonline.com)

**SERVICES INCLUDED**

<b>Accommodation</b>	On double room basis, taxes and breakfast included. Standard category hotels in cities and during excursions. Tents, lodges (tea houses), during treks and expeditions. If you wish a single room, please advise upon booking (extra charge).
<b>Air transport</b>	Price includes international flight and domestic flights.
<b>Excursions</b>	Entrance fees to museums and tourist sites
<b>Meals Vietnam</b>	Meals as mentioned in the itinerary.
<b>Service team Vietnam</b>	Local porters to carry equipment and supplies, additional porters can be hired to carry personal effects. At homestay, cook will prepare meals with fresh local products. Local tribal guide and experienced guide in adventure tours from Hanoi (licensed and trained in first aid). Mattresses and mosquito nets provided.
<b>Transfers</b>	Our staff will pick you up at the airport and drive you to your hotel. After the program, we will ensure your transfer back to the airport.

**SERVICES NOT INCLUDED**

<b>Beverages &amp; other personal expenses</b>	Alcoholic drinks, soft drinks and all other personal expenses are not included.
<b>Insurance</b>	Insurance coverage is not included. Make sure you are properly covered when booking your program.
<b>Mini group Vietnam</b>	Guaranteed departure starting from two participants. Extra charge of 200€ per person for groups under 4 participants.
<b>Sleeping bags and personal equipment</b>	Not included
<b>Tips</b>	Are highly appreciated by the team that assisted you.
<b>Visa Vietnam</b>	6 months validity after return date. Invitation letter to apply for the visa.

**CHECKLIST PHARMACY**

- Antiseptic - Mercurochrome, dry spray, antibiotic powder
- Aspirin or Panadol - for pain or fever
- Bandages and plasters - for minor injuries and wounds as well as special plasters for blisters.
- Disinfectant Spray - (e.g. Dettol)
- Eyedrops and antibiotic cream for eyes
- Hydroclonazone, Micropur - water purifier
- Imodium or Lomotil - for diarrhea, stomach aches, dehydration
- Intestinal Antiseptic (e.g. Ganidan)
- Mosquito repellent
- Rehydration mixture - for treatment of severe diarrhea and dehydration
- Your usual medicine

**CHECKLIST GEARS**

### Clothes

- Bottle neck jumper
- Parka Coat
- Polar jacket
- Rain gear
- Swim wear
- Synthetic underclothes
- Trekking wear

### Head

- Hat / Cap
- Sunglasses with UV protection

### Hands

- Goretex gloves (2 pairs)

### Foot

- Sandals - tennis shoes
- Synthetic socks
- Trekking boots
- Walking Shoes

### At camp

- Sleeping bag

### Travelling

- Camera & binoculars
- Headlamp with spare batteries
- Small backpack

### Hiking

- Rucksack 50L



## Geographic Information

Vietnam

Capital : Hanoi

Highest summit : Mt Fanzipan (3 143m)

Location : Vietnam is located in south-east Asia. Bordered by China to the north, Laos, Cambodia to the west, and the China sea to the east and south.

Population : 90 million in habitants. Vietnam is the 13th most densely populated country.

## Administrative Requirements

A visa is compulsory to visit Vietnam. Need a 6 months valid passport after return date. Visa approval letter is necessary to apply for the visa.

You may have your visa on arrival, please check following website:

<http://vietnam.embassyhomepage.com/>

## Travelling hints

No specific vaccinations required. Recommended vaccinations are: DTP (diphtheria, tetanus, polio), yellow fever. Up to date BCG, typhoid, meningitis A/C, hepatitis A/B, tuberculosis. An anti malarial treatment for those who are planning a long stay or a trek in the southern regions. Be sure to carry a mosquito repellent & micropur pills.

In any case, for your safety, we advise you to refer back to your doctor and local sanitary authorities. In order to avoid any food poisoning, you are advised to drink bottled mineral water, cooked food, avoid fresh fruits and salads.

[www.cdc.gov/travel/destinationList.aspx](http://www.cdc.gov/travel/destinationList.aspx)

## Useful Information

Gastronomy :

Vietnamese cuisine is light and delicate. Compared to the Chinese cuisine, it has less sauce and fat. In

southern Vietnam, dishes are sweeter than in the north, due to the use of coconut milk in cooking. In the center lands, sea food is the basis of the traditional dishes. Hué is considered as the gastronomic capital of Vietnam. Among traditional dishes, you will find the nems (rolled rice pancakes stuffed with crab, minced pork meat, onions and aromatic herbs, served fried, hot and crunchy. Banh cuốn (steamed rice raviolis) stuffed with pork and black mushrooms. The Cha ca, northern specialty (fried fish fillet served with rice noodles, aromatic herbs and grilled peanuts). The Canh chua (sweet and sour fish and vegetable soup). The Cho (dog meat and sausages) in certain regions. Vietnamese desserts are mainly fruits: pineapple, mangoes, bananas, oranges, papaya, grapefruits, mangosteen, rambutan, longan. The national drink is green tea and beer; Tiger beer, Saigon beer, 333 (Ba ba ba).

#### Handicrafts :

The Vietnamese handicrafts are reputed for lacquered objects (frames, plates, vases, jewelry boxes). In Hanoi you can buy beautiful embroidered napkins, towels and bed sheets, silk. Bronze or copper pots in Hué or Hanoi. The most beautiful china is in Hue, where you can also find some very old pieces, but difficult to take out of the country.

#### Language :

The official language is the Vietnamese, one of the most uncommon Asian languages. Difficult in its pronunciation and accentuation, but uses the Latin alphabet. Each of the 53 ethnical minorities of Vietnam has its own dialect. French is still spoken, English is common in hotels, restaurants, banks and administration.

#### Currency :

The national currency is the « Đông », exchange rate is approx :

1€ = 26 766,00 «Vietnamese dong» (VND)

1£ = 29 712,00 «Vietnamese dong» (VND)

The demand is very high on the American dollar, which can be used all over the country. Nevertheless, we advise you to pay in Dong or by credit cards in hotels.

#### Credit cards :

Most commonly used credit cards are MasterCard, Visa, American Express and Diners Club. You can also withdraw cash from ATM machines in cities.

#### Climate :

In general Vietnam has a relatively hot and damp climate from north to south. But you have to expect some wide variations from one region to another. The mild climate in the center gives way to fresh temperatures further north and even very chilly temperatures in the mountainous northern region. In the south, temperatures can be very hot and very damp weather like in the Mekong delta.

North Vietnam has a subtropical weather with two seasons: fresh and damp between November and April; hot and rainy between May and October. The capital Hanoi; has a humid tropical weather, hot and rainy between May and September.

South Vietnam has a tropical humid climate with three seasons: a rainy season between May and November.

A fresh and dry season between May and November. A dry and hot season between February and April. Temperatures range from 21°C to 28°C.

On the opposite, the central coast has its dry season between February and July and its rainy season between August and January.

The best period to visit the country is April / May and from September to December in the north. Central Vietnam (Hue / Da Nang) end of February to May and the south from November to March.

Be sure to adapt your dress to the region you are visiting, keep handy your rain gear.

Time difference :

There is a time difference of + 7h in summer and + 6h in winter between the UK & Vietnam.

Electricity :

Voltage is 220 volts, standard european sockets. You may find American sockets in the south. An adaptor could be useful.

Clothing :

Warm clothes if you are heading to the northern region (fall and winter). Light cotton clothes for the central and southern regions. Always keep your rain gear handy.

Telephone :

From the UK : 00 + 84 + city code (4 for Hanoi, 8 for Saigon, etc.) + n° of your correspondent (6 or 7 digits)

From Vietnam : 00 + 44 + n°

Working hours:

Banks : Monday to Friday 7h30 to 11h and 13h30 to 16h, and Saturday morning

Insurance:

Make sure your insurance covers assistance, search and repatriation if you are participating in a trekking program or an expedition.

Useful words :

Good morning sir : Chao ông

Good morning madam : Chai bà

Goodbye : Chao

Please : Làm ơn

Thank you : Cam ơn

Yes: Vâng (in the north) Co phai (in the south)

No : Không

Coffee : Cà phê

What time is it ? Mây giờ'rôi ?

### Key addresses

Réf. : ASI-VOY122-TK

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08:30-12:30 / 13:30-16:30 (Local time)  
01:30-05:30 / 06:30-09:30 (GMT)