

At Mappytour, Our advisors live and breathe Southeast Asia. They follow its developments with the same passion, tracking down new hotels, selecting the best restaurants, and constantly strengthening contacts with local service providers.

Culture and adventure, Nature and relaxation.

We offer carefully prepared and carefully planned trips, as well as tailor-made trips that we create for you on request, ensuring total support from the beginning to the end of your stay..

10-day trekking tour in North Vietnam with the reserve Pu Luong Natural Park

Highlights:

- During this trip, you will have the opportunity to explore the beauty of the most charming regions in Northern Vietnam in spring, when everything is adorned with flowering trees:
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- Hiking and cycling through magnificent rice terraces, beautiful valleys, and mountains.
- Encounter various minorities not found in other regions of Vietnam, such as the Hmong, Thai, Muong, Dzao, and Dzay, who live in small, hidden villages, where children rush to meet you with big smiles.
- Speak with them to understand a little more about their way of life, customs, and traditions.
- Reach Tam Coc – also known as Halong Bay on land.
- Climb the O Quy Ho Pass, the highest in Vietnam (2,047 m).

ITINERARY

DAY / DATE	ITINERARY	TRANSPORTATION TIME	MEALS INCLUDED
DAY 1 :	HANOI – MUONG LO	5.5 hours drive +	Breakfast – Lunch – Dinner
DAY 2 :	MUONG LO – MU CANG CHAI	1.5 hours walk	Breakfast – Lunch – Dinner
DAY 3 :	MU CANG CHAI – SAPA	2.5 hours drive + 3.5 hours walk	Breakfast – Lunch
DAY 4 :	SAPA – BAN KHOANG – GIANG TA PHINH – SAPA – HANOI	4 hours drive + 2 hours walk	Breakfast – Lunch
DAY 5 :	HANOI – MAI CHAU	1 hour drive + 3 hours walk	Breakfast – Lunch – Dinner
DAY 6 :	MAI CHAU – MAI HA – NA MEO – BAN TE – MAI CHAU	3.5 hours drive + 2 hours bike ride	Breakfast
DAY 7 :	MAI CHAU – PU LUONG	0.5 hours drive + 4.5 hours walk	Breakfast – Lunch – Dinner
DAY 8 :	PU LUONG	1 hour drive + 3 hours walk	Breakfast – Lunch
DAY 9 :	PU LUONG – NINH BINH	5 hours walk	Breakfast
DAY 10 :	NINH BINH – HANOI – HO CHI MINH CITY	3.5 hours drive + 1 hour bike ride + 2 hours boat ride	Breakfast – Lunch – Dinner

DETAILED PROGRAM

Day 1: ARRIVAL IN HANOI – MUONG LO

Arrival in **Hanoi** at ... on flight ...

Customs formalities and baggage claim (Estimated time: approximately 45 minutes).

Welcome by your guide and driver at the airport.

A short drive will take you to the **Moc Chau Plateau**, a region well-known for its tea plantations, temperate climate, and dairy farms. Along the departmental road, you will encounter **several Hmong**, Thai, and **Muong villages**..

Breakfast at the restaurant on the way.



Cross one of the largest reservoirs in the country by local ferry. Picturesque landscapes with terraced rice cultivation, aquatic product farming in bamboo rafts, traditional wooden houses...

Lunch at local restaurant en route.

In the afternoon, you'll head to **the Thai capital**. Flooded rice paddies, vegetable gardens, and peaceful villages at the foot of the mountains will provide you with beautiful photo opportunities..

Arrival in **Muong Lo** at the end of the day.

If time permits, walk in the **Thai villages** or participate in the **preparation of dinner**.

Dinner and overnight stay with locals.

- Car transfer time and distance: 5.5 hours/210 km
 - Road condition: Average
 - Walking time and distance: 1.5 hours/6 km on trails and paths
 - Difficulty level: Easy
- Meeting with ethnic groups: Hmong, Thai, Muong**

Note : In case of water shortage in the reservoir (between May and July), we are forced to change the program.



Overnight stay with locals



English speaking guide for the transfer from Hanoi to Muong Lo airport and for the trek



Vehicle with driver for transfer from Hanoi Airport – Muong Lo



Breakfast, lunch, dinner included

Day 2: MUONG LO – MU CANG CHAI

Breakfast at a local's house.

Departure by car, the road winds through the **Hoang Lien Son** range where the highest mountains in Indochina are located.

Stop at the entrance to the **village of Lim Thai** for a beautiful walk through terraced rice fields. The Black **Hmong** and Thai people in traditional dress will welcome you with open arms..

On the way via **Khau Pha** Pass (Heavenly Horns) 1580m.

Meet **Mr. Mua La Chua** for an in-depth exploration of the Mong culture. Chua will be pleased to tell you about his family, the history of his ethnic group, and also the daily life of the **Hmong**..

Lunch arranged by the guide at a local home or restaurant.

Then, 2nd walk on a balcony path to reach the **La Pan Tan village** – capital of Vietnam's rice terraces.

The car will be waiting for you at **Nga Ba Kim** to take you to **Mu Cang Chai**.



Dinner and overnight stay with locals.

- - Car transfer time and distance: 2.5 hours/100 km.
- - Road condition: good.
- - Walking time and distance: 3.5 hours/12 km on trail.
- - Difficulty level: medium.
- - Total elevation gain: 300 m.
- - **Meeting with ethnic groups: Hmong, Thai**



Overnight stay with locals



Breakfast, lunch, dinner included



English speaking guide for the transfer from Muong Lo – Mu Cang Chai and for the trek



Vehicle with driver for transfer from Muong Lo – Mu Cang Chai

Day 3: MU CANG CHAI – SAPA

Breakfast at a local's house.

After breakfast, departure for **Sapa**.

You will continue along the **Hoang Lien chain** with its highest mountains, its villages lost in nature and its ethnic minorities. The road will cross small towns : **Than Uyen, Tan Uyen** where tea cultivation is very important.

After two hours of transfer, the road will climb up to the **col de O Quy Ho**, the highest in Vietnam (2047m).



Stop at this pass to enjoy the cool air and admire Mount **Fanxipan** (3143m), also called the "Roof of Indochina".

Arrival in **Sapa** around noon.

Lunch then you will take a superb walk in the **villages Y Linh Ho, Lao Chai, Ta Van** to discover the daily life of **Hmongs**, of the **Dzaos** and the **Dzays**.

Overnight at hotel in Sapa.

- - *Travel time and distance by car: 4 hours/150 km*
- - *Walking time and distance: 2 hours/8 km on footpath*
- - *Difficulty level: Easy*
- - **Meeting with ethnic groups: Hmong, Dzao, Dzay**



Overnight at hotel in Sapa



Breakfast, lunch included



English speaking guide for the transfer from Mu Cang Chai to Sapa and for the trek

Vehicle with driver for transfer from Mu Cang Chai – Sapa

Day 4: SAPA – BAN KHOANG – TA GIANG PHINH – SAPA – HANOI

Breakfast at the hotel.

On the way to **Ban Khoang**, an authentic and isolated region, still little known to travelers.

This village is inhabited by the et les **Red Dzaos**. You'll pass through several hamlets nestled beneath the lush greenery of tropical forests. Encounters with Black **Hmong villagers** will give you a glimpse into their daily lives and culture.



Your walk will end at **Ta Giang Phinh village**.

Lunch on the way.

Return to **Sapa** by car then continue to **Hanoi**.

Arrival in **Hanoi** in the afternoon.

Overnight at hotel in Hanoi.

- Car transfer time and distance: 1 hour/30 km

- Walking time: 3 hours/10 km



Overnight at the hotel



Breakfast, lunch included



English-speaking guide for transfers from Sapa – Ban Khoang, Sapa – Hanoi and for the trek

Vehicle with driver for transfers from Sapa – Ban Khoang, Sapa – Hanoi

Day 5: HANOI – MAI CHAU

Breakfast at the hotel.

A mountainous road will lead you to the **Mai Chau basin** where the **White Thais**.



Hoa Binh marks the entrance to the Northwest region. Along the road, you'll encounter ethnic groups: Thai, Muong, Dzao, Hmong... The women retain their formal attire. Terraced rice fields and traditional stilt houses: typical scenes of Vietnam.

Lunch at Mr. Cuong's, then you will leave by bicycle to discover the pretty **Mai Chau basin**.

Bicycles will take you inland, discovering an authentic countryside truly unknown to mass tourism. You will be charmed by the traditional houses on stilts, the smiles of the **Thai** people, the warm welcomes and the greenery of the rice fields, vegetable gardens and bamboo forests near your path..

Crossing the villages: **Chieng Sai, Cha, Cha Long, Na Tang, Tong Dau** ... where people still live like their ancestors did 100 years ago.

Dinner and overnight stay with locals.

- Car transfer time: 3.5 hours/150 km
- Cycling time: 2 hours/15 km on an easy track



Overnight stay with locals



Breakfast, lunch, dinner included



English speaking guide for transfers from Hanoi to Mai Chau and for visits



Vehicle with driver for transfer from Hanoi – Mai Chau

Day 6: MAI CHAU – MAI HA – NA MEO – BAN TE – MAI CHAU

Breakfast at a local's house.

After breakfast, transfer to **Mai Ha**, known for its production of rice and corn alcohol, to begin your pleasant hike.

You will pass through **Thai villages** at the foot of the **Pu Poc** mountain range and then a large bamboo forest. Lush landscapes.

The walk will take you to **Ban Te**, a Thai village still little known to travelers.



Stop at a Thai family's house for lunch.

In the afternoon, you will cross more tropical forests before reaching the **Na Meo village**, inhabited by the Hmong and Thai people where your driver will be waiting for you.

Back to **Mai Chau**.

Dinner and overnight stay with locals.

- Car transfer time and distance: 30 minutes/20 km.
- Trekking time: 4.5 hours/14 km.
- Difficulty level: Medium.
- Total elevation gain: 600 m



Overnight stay with locals



Breakfast, lunch, dinner included



English-speaking guide for the transfer from Mai Chau to Mai Ha and for the trek

Vehicle with driver for transfer from Mai Chau – Mai Ha, Na Meo – Mai Chau

Day 7: MAI CHAU – PU LUONG

Breakfast at a local's house.

After breakfast, head to the **Pu Luong Nature Reserve**.

Stop at **Co Luong** to visit a bamboo chopstick factory.

Stop at **Ban Hang village** to begin a hike to discover the nature and local life of ethnic minorities in the Heart of the **Pu Luong Nature Reserve**.

You will pass through authentic villages, rice terraces and vegetable gardens. Your car awaits you at **Eo Ken village** to take you to the **Pu Luong village**.



Overnight stay with locals.

- Car transfer time and distance: 1 hour/40 km.
- Road condition: average
- Hiking time and distance: 3 hours/8 km



Overnight stay with locals



Breakfast included



French-speaking guide for visits and trekking



Vehicle with driver for transfer from Mai Chau – Pu Luong

Day 8: PU LUONG

Breakfast at a local's house.

A beautiful day of hiking offers stunning views of lush valleys, tropical forests, and winding rivers.

You'll pass through authentic villages and rice paddies for several hours. Meet the locals who will greet you warmly along the way..

After 5 hours of walking in nature, you will finally arrive at the **Ban Hieu village**.

Lunch in the village.



Dominated by the **Thais**, Ban Hieu is still very authentic with its houses on stilts and its hospitable inhabitants. You can swim in the very clear water of the **Hieu waterfall**.

Back to **Pu Luong village** to spend the second night.

Dinner and overnight stay with locals.

- Walking time and distance: 5 hours/17 km
- Difficulty level: medium
- Total elevation gain: 800 m



Overnight stay with locals



French-speaking guide for the trek



Breakfast, lunch, dinner included

Day 9: PU LUONG – NINH BINH

Breakfast at a local's house.

After breakfast you will leave the pretty **Pu Luong Nature Reserve** to join **Tam Coc** – named terrestrial Halong Bay.

There **Ho Chi Minh Trail** will cross an immense region dominated by **the Muongs**. Sugarloaf Mountains along the way.

Upon arrival, you will take a bike ride to the **Bich Dong Pagoda** located on the side of a karst mountain.



The afternoon is dedicated to exploring a magnificent region adorned with limestone peaks and rice paddies by local sampan. You will pass through the **3 Tam Coc caves** piercing the mountains... a spectacle that is both sublime and relaxing.

Overnight at hotel in Ninh Binh.

- Driving time and distance: 3.5 hours/140 km
- Cycling time: 1 hour
- Boat time: 2 hours



Overnight at hotel in Ninh Binh



Breakfast included



English speaking guide for transfer from Pu Luong to Ninh Binh and for visits

Vehicle with driver for transfer from Pu Luong – Ninh Binh

Day 10: NINH BINH – HANOI – HO CHI MINH CITY

Breakfast at the hotel.

After breakfast, you make a short climb to the **Hang Mua Cave** to have a panoramic view.
Then back on the road to **Hanoi**.

Arrival at **Hanoi**.

Then transfer to the airport of **Hanoi** for the flight to **Ho Chi Minh City**.

Takeoff on flight ... to ...

Arrival in **Ho Chi Minh City** at...

- Driving time and distance: 3h30/140km



Breakfast included

English speaking guide for visits and transfer from Ninh Binh to Hanoi airport

Vehicle with driver for transfer from Ninh Binh to Hanoi airport

End of our services