



TRIP DOSSIER

VIETNAM



'The Top of Indochina and Sapa Hill Tribes'

£1,595 per person (group departures)

Single Supplement £195

*From £1,735 per person (open dated - min 2
person)*

Departure Dates:

Thursday 8th May 2008

Thursday 9th October 2008

Tour Grade: C

Walks Worldwide, 12 The Square, Ingleton, Carnforth, LA6 3EG, Tel: 01524 242000 Fax: 01524 242657
Email: sales@walksworldwide.com web: www.walksworldwide.com

Introduction

Vietnam personifies the complete disparity between the Orient and the West. It is a land of contrasts, with the diversity of its beautiful scenery, people and culture. This tour takes you trekking through perhaps the most beautiful hill country, high in the north-west of Vietnam. The Sapa area has wonderful mountain and hill scenery with a cool climate year round. It is a great trekking base full of beautiful hills, mountains, valleys, rivers, pine forest and bamboo jungle but perhaps the highlights will be meeting and staying with the remote Hill Tribe minority peoples. They are shy but friendly & colourful people and you will definitely meet Dao, H'Mong, Zay, Tay...and several other tribes on this trip. This is a tour designed for the more serious trekker and trekking uphill to the top of Indochina, Mt Fansipan, (3143m), the highest in Vietnam, will be another highlight. This gives spectacular panoramic views across North Vietnam into Laos and China.

It is a particularly interesting trek as not only does it pass through some of the most spectacular and often remote countryside in Vietnam - hidden paths, through valleys, beside crystal clear streams, passing terrace upon terrace of rice paddies stretching up the hillsides - it is also an area populated by many different Hill Tribe people, a race apart from the Vietnamese, who wear such wonderful colourful costumes as a matter of course as they go about tending their beautiful terraced rice fields and scraping a living with their very primitive farming methods. You will be amazed at their costumes. Although some of these people are very shy, some will be as fascinated to meet you as you will be to meet them. Although they have their own languages some speak Vietnamese and through your tour leaders you will be able to find out a little of their life. You will stay with them in their villages, offering a unique opportunity to see a way of life few westerners have seen and which can be seen in few other places.

Porters will carry all communal equipment (including sleeping-bags and food) but you will be expected to carry your own personal items on trek.

You will also enjoy some time in Hanoi, Vietnam's unique capital city, like no other capital in the world, with its old quarter living in a kind of time warp! A cyclo tour is included giving you a chance to see the street life of the old town. In addition perhaps visit the water puppet show and wander down to the peaceful Sword Lake, where a mythical giant turtle is reputed to live.

The very unique trek has been put together by experienced trekkers, one of which is English another is Vietnamese, who have worked for many years with European tourists and trekkers and know what is wanted. Your guides will be Vietnamese who are also experienced trekkers and experts in the area. The trek is supported by porters and jeeps.

History Vietnam has had a troubled history for centuries, with fighting amongst local warlords and occupation by the Chinese for hundreds of years. Later the French colonised it for a hundred years forming part of their Indochina empire until 1954 when the Viet Minh defeated them and the country divided between the North and South. Soon more unrest followed then civil war between the two factions with the Americans becoming involved, until 1975 when the country united under one Government. Today the country is making great strides forward and although still a very poor country it is becoming more and more prosperous with increasing foreign investment.

Geography Vietnam is shaped like the letter S with a huge coastline lapped by the South China Sea on the east coast of the Orient. It is some 3000km long and at its most narrow only 35km. wide. In the tropical south the huge delta of the Mekong is the main geographic feature, a vast area of waterways supporting the livelihoods of the many Vietnamese that live from fishing, fruit farming and, most of all, rice production. The mighty Mekong deposits mud and silt carried thousands of miles from its source in Tibet making the soil of the Delta region some of the most fertile in the world. The waterway itself is a hub of activity as it is the prime source of communication and transportation in the area, yet there is a vast network of tranquil backwaters, green and lush vegetation with many coconut and banana palms and countless tropical fruit trees. The way of life is very Oriental; you feel you are stepping back in time through the pages of history to a far-flung and strange land!

The Central Highlands in the west of the country is a vast area, in parts very remote where many Hill tribe people live carrying on a way of life that has not changed for centuries. This area is composed of high pine covered hills, jungle, rivers and lakes, but it is also where a great deal of coffee is grown and tea. Around Dalat an abundance of vegetables and flowers are cultivated. Here it is much cooler than the south. These hills run all along the west of the country until they meet the high hills of the North

West. To the east of the Central Highlands is a very arid and desert like area, very poor with little cultivation except a strange and delicious fruit called "Dragon Fruit" which grows on a cactus.

In the far North West you have the very remote hills leading to the Chinese border. Again many hill tribe people live here, barely making a living from the rice they grow and some primitive farming. This area is very beautiful with rivers and streams in the valleys, rice terraces climbing up the hillsides to the dense vegetation covering the mountains.

Hanoi, further east, is the capital, it is less busy than Saigon in the south and has a somewhat peaceful feel about it. It is surrounded by poor agricultural land which leads to the Red River and on towards Halong Bay, famous for its limestone casts emerging from the sea for miles around giving the seascape a strange, dramatic, even eerie feel.

Climate The climate of Vietnam is quite complex. The South has two seasons, May to October is called the wet season because it usually rains once a day for an hour or so, but it is hot and quite humid, November to April is the dry season, it hardly ever rains and is a little cooler. The sun shines nearly all the time all the year and temperatures vary from 18c.at night to 30c.midday in the wet season.

The Central Highlands is much cooler - it is sunny and warm most of the time but it can rain at any time of the year usually for just brief periods with more rain around November to February. The temperature in the days is between 18c and 25c and in the evenings it gets down to about 15c.

The North has four seasons, short winters from November to January when in Hanoi it can be quite wet and cool, down to 10c sometimes and in the hills of the North West even cooler. Spring is about two months long and considerably warmer. It gets very hot indeed in Hanoi during high summer followed by a cooling down leading into autumn around September and October. In the hills of the North it is always much cooler and again it can rain almost anytime for a short period with most rain in the winter. It never has the heat of Hanoi in the summer and is very pleasant.

Language Vietnamese is a tonal language with words having several different meanings depending on the tone used, it is therefore a difficult language to grasp, although the grammar is simple. The letters are roman so it is not so difficult to make out place names etc. despite the amazing amount of different accents on the words. The language is the same all over the country except for regional dialects and a few words spelt and pronounced differently in the North from the South.

The Hill tribe people have their own languages, each tribe has their own and none of them are anything like Vietnamese. Some hill tribe people speak Vietnamese, especially the younger ones.

English is now becoming the most popular foreign language with more and more younger ones speaking it; you can usually find someone who speaks English. French speakers can be found, especially amongst the older generation.

The Areas Visited The North West is hilly and dramatic. They are high hills but not really mountains and are covered in mixed trees, many pines and some scrub. The area has beautiful valleys with clear rivers and streams running through them which you will be able to freshen up in, and some high passes that have stunning views. The area is populated with many Hill Tribe villages where the people cultivate rice on the hillsides that they terrace - the locals adopt a "slash and burn" type of cultivation. You will also see Water Buffalo usually tended by small boys. It is a remote area, quite dramatic but peaceful. The villages you will visit are fascinating, very poor thatch and bamboo houses mainly, some are wood built. The people and their culture are also fascinating and very colourful in their dress, especially the women although some of the men also look quite exotic. They are a poor people but with a traditional way of life they seem not to want to change. Each group has their own language, different from groups living nearby and different from Vietnamese. They originated from China and Tibet centuries ago.

Hanoi is the Capital of Vietnam and is a busy city but with a timeless feel made more so by the beautiful colonial buildings and tranquil lakes that abound in the centre.

A Typical Day on Trek Not too early a start but early enough to make the most of the day. You will trek through a variety of countryside, up hills (not too steep), through valleys and Hill Tribe villages and their cultivated rice terraces, along rivers and streams, winding through hidden and remote paths, sometimes in scrubby "jungle", sometimes in woods, often on open ridges and valleys. You will stop for picnic lunches in the best scenic spots that can be found and take refreshing dips in the streams. On certain days four wheeled vehicles will take you on to the night's stopover.

Trekking Conditions The distance covered on each trekking day is about 14Km./15Km and about 8hours including stops. The trekking will be varied from easy walking to tough trekking and some days will be quite tiring with some steep sections. It is hard to predict the weather, at the time of the tour it should be dry and sunny and will always be warm even if it rains. The evenings could be slightly chilly so a light fleece is needed and just in case a very lightweight waterproof. Walking in t-shirts is normal but a lightweight pair of walking trousers is advisable because sometimes we are walking through fairly dense vegetation and trousers would stop any scratches you might otherwise receive. A hat would also be a good idea to keep the sun off. None of the trekking is difficult but the area is quite remote and the trekking sustained for many days at a time. You will be expected to carry your personal items although porters will carry communal equipment (tents, food, sleeping-bags etc....).

Local Transport You will be using 4WD to reach the trekking start as it is such remote country.

What you need to provide Your personal equipment as detailed in the clothing and equipment list later in this booklet. You might like to bring a lightweight sleeping bag inner, (sleeping bags will be provided). You can buy silk inners in Hanoi very cheaply. Local kids often like pens and other small gifts and of course sweets (not always a good idea especially in the remote areas of Hill tribes as sweets are not good for teeth or their diet which is basic to say the least!). The Hill tribe children do need fruit, also old t-shirts or any old clothes would be appreciated.

Ecological considerations *We ask for your full consideration and co-operation concerning all ecological matters, especially in the disposal of rubbish. Our local staff will outline for you the procedures we use in Vietnam. If you have any suggestions for improvements, please let our local staff know and inform us at Walks Worldwide on your return. It is with the tourists, the locals and the tour operators' co-operation that we can ensure that our tours are as eco-friendly as possible.*

Please be aware that although we will do our best to adhere to this itinerary occasionally events out of our control may prevent us from following the exact schedule. Please be assured that the clients' best interests will be foremost in any changes that may occur. A degree of flexibility is essential in travelling on such holidays!

Cultural Considerations *Vietnam is a pretty relaxed country. Although many people are extremely poor most manage to dress cleanly and casually smart. You should never wear shoes in people's houses no matter how scruffy and poor that house might be. In Buddhist Temples (Pagodas) always remove your shoes and if possible do not wear shorts or short skirts. Buddhist monks are very friendly and gentle and if they speak any English will gladly tell you about their way of life. Many Vietnamese are Catholics and the same rules in UK Catholic Churches apply in Vietnam. Vietnamese are very hospitable, particularly in rural areas so don't be surprised if they invite you into their house or offer you a drink (usually there is no ulterior motive, but of course as anywhere be aware). Local children might be fascinated by hairy arms or chests - don't be embarrassed or insulted, they are also fascinated by long Western noses! If you accept their inquisitiveness and join in the fun you will get so much more out of your stay.*

Itinerary

Please be aware that although we will do our best to adhere to this itinerary occasionally events out of our control may prevent us from following the exact schedule. Please be assured that the clients' best interests will be foremost in any changes that may occur. A degree of flexibility is essential in travelling on such holidays!

Your accommodation is indicated in ***bold italic*** at the end of each day.

Day 1 Depart UK and fly to Vietnam. ***Flight***

Day 2 Arrive Hanoi where you are met by your tour leader. You will be transferred to your hotel near the fascinating old quarter with its amazing street life. Here you can recover from your long flight or see a little of this attractive capital city with its lakes and old French colonial buildings. ***Hotel, Hanoi***

Day 3 A fabulous way to explore this old city! Depart at 8 a.m by cyclo from your hotel. Your guide and cyclo drivers will lead you through parts of Hanoi, old town, French villas areas etc, then pay a visit to the Ho Chi Minh complex, his Mausoleum where he is embalmed, his Presidential Palace and house. Hanoi old town is in a time warp where people "live" on the streets hardly bothering to go into their houses. It is a busy bustling area becoming popular with tourists yet still a working area. In addition to the cyclo tour you may like to take a short car/minibus journey to the Temple of Literature – the place of the first University and temple of Confucius in Vietnam. . It also has a famous water puppet show, worth seeing and many interesting museums eg the Museum of Ethnology. At 8.30 p.m. transfer by taxi to Hanoi station for the night train to Lao Cai, departing at 10.00 p.m.
Berth, Train, B

Day 4 Arrive in Lao Cai at approximately 6.00am. Drive on the spectacular road (about 1.5 hour) to Sapa, have a shower in a guest house, then your local guide will take you for breakfast & coffee before your departure (leave your main luggage in the guest house and take minimal personal requirements for the trek, porters will carry communal equipment including sleeping-bags and food during the next few day's trekking). Take a jeep transfer to Tac Ko Pass. The trek starts here and you will soon come across the H'Mong people in Mong Sen village. Have a picnic lunch here. The people will be very curious to see you but they are friendly and interested. Perhaps take some pens, pencils or balloons for the children (not money or sweets!). It is a wild and fantastic landscape. After lunch, continue trekking to the Ta Phin village, visiting the Red Dao people. *Village House, Ta Phin, LD*

Day 5 Leave Ta Phin and walk through the terraced rice fields to visit the Ta Phin church that was built in 1911. Then walk to the Ma Tra village of the H'Mong people. Stop for lunch by the river. Continue to Suoi Ho where a jeep will pick you up and drive you to Bang Hill. You then walk to Sin Chai A village for dinner and overnight at the homes of the H'mong people. *Village house, Sin Chai A Village, BLD*

Day 6 Cross a river then uphill through subtropical forest along narrow paths and over small but spectacular passes with subtropical forest then along flat and open terrain to the first campsite at about 2000m. Enjoy dinner round the campfire. *Camp, BLD*

Day 7 The trail becomes steeper and sometimes you will have to climb a little by pulling on the roots of the trees .You will walk along dense bamboo trails. Camp at 2700m. *Camp, BLD*

Day 8 Summit Day! After breakfast a three hour trek gets us to 2900m and a view of Mt Fansipan. Descend a little to the next campsite and then up through more bamboo forest and bush until we suddenly come out onto the Summit at 3143m with a fabulous view into Laos and China. Back down after all the photographs to your camp and a well earned dinner. *Camp, BLD*

Day 9 Descend through woods and valleys back to Sapa. *Hotel, Sapa, BL*

Day 10 Whole day free in Sapa, explore this small hill town and its market, full of colourful minority people from the surrounding hills. *Hotel, Sapa, B*

Day 11 Your second section of trekking! Again leaving your main luggage at the guesthouse you will carry minimal personal equipment with the porters carrying the communal items. Now you will enjoy several glorious days of walking through some of the most beautiful countryside Vietnam has to offer. You will pass through hill country, pine forests, jungle and remote valleys, where you will see the different hill tribe people working in their fantastic colourful costumes that have been worn by these people for centuries, each tribe with a different style, pattern and colours and speaking a different language. There are at least nine different tribes in this area and you should see them all as you pass by along the side of remote streams with terraces of rice paddies stretching up the hillsides, blazing green fields cut by fast flowing crystal clear rivers, zigzagging along tiny ancient paths and through the villages of the local people in this remote area. Leaving your hotel you start trekking on a small path down the valley to Muong Hoa River and visit the Black Hmong in Lao Chai village. Black Hmong are one of the biggest minority groups in the Sapa district. They are proud of their culture and keep to their traditions. They have their own language, as each tribe does. They wear traditional indigo blue

clothing. Afterwards you continue to Ta Van village to visit the Zay people. Zay is a fairly small minority group of 38,000 people who live in the mountains of the Northwest of Vietnam. They still keep their old customs and women wear traditional bright coloured clothing with long skirts even whilst working in the fields. The Zay houses are built of wood and bamboo with mud floors. We stay overnight with a local family in Ta Van and have dinner here at Ta Van village. ***Village house, Ta Van Village, BLD***

Day 12 Visit the Red Zao people at Giang Ta Chai village, passing by a refreshing waterfall. The Red Zao women have very colourful embroidered clothing decorated with “coins”. On their head, they wear a red scarf, some of the women shave off their eyebrows, even the front of their hair, because of a Red Zao Legend. Continue along small paths in the rice fields, cross the Muong Hoa river and walk to Ban ho village. Stay overnight in a wooden Tay (tribe) stilt house. If you reach Ban ho in the early afternoon, you will have time to swim in a nearby the river. In the evening have dinner with a Tay family. ***Village house, Ban Ho Village, BLD***

Day 13 After breakfast you trek up to the Red Zao village at Nam Ken and the Xa Pho village. The Xa Pho is smallest group in Sapa who have very little contact with modern Vietnam. Enjoy lunch & dinner in Thanh phu village and overnight with another Tay Family. ***Village house, Thanh Phu Village, BLD***

Day 14 Today the trekking is moderate to challenging. Start from the village and walk along the beautiful river. The view of the valley is very scenic and you will meet some local hill tribe people working on the rice fields before arriving at Nam Cum. Lunch will be in the village centre. After lunch continue along the valley, which has some of the best view of the surrounding mountains. Some sections of the terrain is uphill. The day ends in Sin Chai B village of the Red Dao tribe. Spend the night in a bamboo hut in Sin Chai. ***Village hut, Sin Chai B Village, BLD***

Day 15 Once you leave Sin Chai, the trip takes you into a fabulous mountainous area, the most remote part of Sapa. You will be some of the very first westerners passing by. Red Dao ethnic minority inhabit the entire area. The trek is through bamboo forest and jungle until you make a stop at Nam Ket for lunch. After lunch, your trek will be mostly downhill. After half an hour trekking, you will see one of the most beautiful views of the trek over a green valley lying along the Red River. You then reach Ta Thang village, a Tay minority tribe, and from here you will get a transfer by car to Lao Cai Station for the night train back to Hanoi departing at 21.00. ***Berth, Train, BLD***

Day 16 Arrive Hanoi early morning (approx 4.30am) and transfer to a guesthouse to freshen up. This afternoon transfer to the airport. Bid farewell to your guides and depart for the UK. ***Flight B***

Day 17 Arrive UK

Practical Information

Passports and Visas All nationalities require a valid passport with an expiry date at least six months after the date of your return to the U.K. Most nationalities will need a visa to cover the duration of your stay. These can be obtained from the Vietnamese Embassy at 12/14 Victoria Rd. London W8 5RD Tel: 0207 937 1912. Fax: 0207 931 6108. It costs about £30. You can apply in person but you will have to collect it a week or so later. It might be possible to obtain it as you wait for a small extra fee of about £5. You can apply by post but you first have to obtain the form by telephone or it may be possible to get this form off the Internet. Allow several weeks to organise this. The Travcour website at www.travcour.com has lots of information regarding visa applications for Vietnam.

Accommodation In Hanoi the hotel will be simple but of a good basic standard, en-suite. The sleeper train consists of four-berth air-conditioned compartments. Camping is simple and facilities are basic but adequate (whilst camping, sleeping bags and tents will be supplied). When staying in village houses on the trek the accommodation will be very basic with adequate washing and toilet facilities. They will be clean but very simple.

Food and Drink Vietnamese food is delicious with very fresh produce used. It is delicately flavoured with herbs and spices. It is not hot but there are an abundance of sauces and chillies to 'hot it up' if you so wish. Fish sauce is a popular component of Vietnamese cooking as is coconut milk and coconut juice on occasions. Typical dishes are Pho a noodle soup with pork, beef or chicken and various leaves of herbs and mint, eaten at breakfast or any other time of the day.

Fish is a major part of the diet, it is fresh and wonderful for instance 'Ca Kho To' (fish in caramelised sauce) or 'Lau Ca' (fish fondue) or just plain fresh grilled fish with ginger sauce. Pork is also very popular 'Thit kho nuoc dua' tender pork cooked in coconut juice with fish sauce and duck eggs. Beef is also popular 'Bo xao bong thien ly' stir-fried beef with flowers from vines, and "Bo Nuong La Lot", minced beef in vine leaves, also tiny Vietnamese spring rolls. Lamb is hard to come by. Fresh milk is nearly impossible to obtain but U.H.T milk is always available.

Vegetarians are well catered for and it is very normal to eat vegetarian food as much of the population are Buddhist and vegetarianism is part of their religion. Tofu is very popular as are many other soya products.

In Hanoi you will be able to find western food. Bread is surprisingly good, a legacy from the French, and they make wonderful sandwiches, (Banh Mi). However do try Vietnamese food as it is so good - ask your tour leaders for advice. Hanoi has some excellent restaurants to suit all tastes. Your guides will cook simple meals at the camp sites and when staying in guest houses and homes you will experience some of the best Vietnamese cooking.

Beer is good, lager really but it is very good and cheap. The local brew is better than the imported brands. There is a "draught" beer (bia hoi) it can be good but it can be awful, take care. Rice wine is everywhere and varies from delicious to undrinkable. There are some absolutely wonderful and amazing fresh fruit drinks - really unusual and delicious. Do not drink tap water ever anywhere but mineral water is sold everywhere and is fine so stock up. Ice in drinks is popular and is usually o.k. if produced in controlled conditions but it is not recommended for children or those with a delicate disposition. This is a shame as they will be missing some wonderful iced drinks such as the coffee with condensed milk - but avoid ice in beer (ARGH)!!!!!!! Western spirits are available in cities and towns in some establishments and in the very few supermarkets of Hanoi; coca cola is as always everywhere as is 7 UP or similar products.

Vaccinations and medical precautions. No vaccinations are required for entry, but we recommend that you discuss inoculations with your doctor. Most of Vietnam is a malarial area, so you should take adequate supplies of a suitable malarial prophylactic.

Currency The currency is the Dong – this usually fluctuates at around 28,193.37 Dong to £1. Please check www.xe.com for the latest rates. If you bring in more than £ 3000 in a foreign currency you have to declare it on entry. You cannot take out Dong or more money than you brought in, in any currency. Dollars are accepted almost anywhere but it is advisable to always carry Dong. You can change foreign currency in most banks in major cities and most towns. Legal moneychangers give slightly better rates than banks and there is no commission charged in banks or through the legal changers.

Electricity 240 volts two pin

Time G.M.T. + 7 hours

Contact details It is not our policy to provide addresses and telephone numbers of every location that you will be staying at on this tour as, due to frequent changes in contact details, it is very difficult to provide an accurate list for all our tours. Your Final Joining Instructions, which you will receive approx two weeks prior to departure, will show any local contact details that are required for your tour. However we would be glad to provide you more details if you have a specific reason.

Some mobile phones work in Vietnam. If you have not used your mobile outside the UK before you will have to contact your operator to enable international calls. *Please ensure your phone is set for roaming if you are taking a mobile.* Please note that it is expensive to phone both to and out of a mobile when abroad. We do not however encourage mobile phone use whilst walking on any of our trips – out of courtesy to other clients please use your mobile phone discretely. If you do need to get in touch, or if anyone needs to get in touch with you, please contact the Walks Worldwide office (01524 242000) during office hours.

Extra Expenses Food is cheap and so are drinks, even beer. You can have a good meal in a restaurant with a few beers, soft drinks, or fresh fruit drinks for approximately £5 for two, you can pay more, you can pay less! Souvenirs are usually cheap as are clothes. Always bargain.

Tipping This is up to you but appreciated if you think the service you received is good. It is normal therefore to give small tips to taxi drivers, in restaurants, to guides and where appropriate.

Things to buy Lacquer ware, silk products, ethnic products. Western style clothes are very cheap and often very good, C.D.'s. Bargain, even when they say they don't.

Baggage Please make sure that your baggage is clearly marked with your name, inside as well as outside, in case the labels get detached. We recommend you to pack your clothes in plastic bags to ensure they remain dry. We would prefer you use soft kitbags rather than large rucksacks on trek, and we will be sending you a complimentary Walks Worldwide kitbag about two weeks prior to the tour, which is ideal for the purpose. Your entire trek luggage should, if at all possible, be packed into one kitbag. Extra baggage may be left in your hotel while you are trekking.

Maps If you wish to purchase your own maps before the trip we advise either The Map Shop, 15 High Street, Upton-on-Severn, Worcs WR8 0HJ (Tel: 01684 593146 www.themapshop.co.uk or Stanfords at 12-14 Long Acre, London WC2E 9LP (Tel: 0207 836 1321) www.stanfords.co.uk

Included in the price:

- Flights and UK airport taxes
- Accommodation on a twin/share bed and breakfast basis
- All meals on trek
- All transportation inc train
- Fully guided throughout
- Porters to carry communal equipment only inc. sleeping-bags and food (you will carry your own personal items)
- Camping equipment (not sleeping bag liner)
- Trek permits

Extras (not included in the price):

- Main meals in main cities (allow maximum £50 including drinks)
- Tips
- Visa fee
- Travel insurance.
- Drinks, souvenirs, personal expenses.
- Departure Tax (payable locally in Vietnam – currently US\$12 per person – subject to change)

Flights As airlines often change their routings and timings with little warning, we do not state them here but the exact details for your flight will given to you with your booking confirmation. Please note however that these details are subject to change up until the last minute, and there may be occasions when we even need to place passengers on a different airline.

Local joining details for those not flying from London We can provide you with a 'Land Only' price which does not include airfare or airport transfers. You must arrive in Hanoi no later than the afternoon of Day 2. A taxi can be taken to your hotel (payable locally).

Clothing and Equipment List

You will only need lightweight clothes for your stay in Vietnam, plus a fleece. You will also need a lightweight waterproof. In Hanoi it is best to be casually smart in a very relaxed way (short sleeved shirt / t-shirt, lightweight trousers and shorts, sandals or light shoes). Whilst trekking, wear lightweight clothing (trousers are probably more sensible than shorts) and lightweight walking boots or sturdy trainers. Cotton shirts are cooler than t-shirts and cotton clothing is cooler than synthetics or a mix of cotton and synthetics. Whilst trekking worry more about comfort than looks; take old, well-worn clothes rather than rushing out to buy new ones, since they will probably get rough treatment on trek. The following list of clothing and equipment is intended to be fairly comprehensive, and experienced trekkers will take a good deal less luggage than we

CLOTHING	NUMBER	Check	EQUIPMENT	Check
Walking boots	1 pair		Inner sheet sleeping bag	
Training shoes	1 pair - all purpose wear.		Water purifying tablets (iodine based are best)	
Casual shoes/sandals	Optional. For hotel wear.		Torch	
Socks	3+		Binoculars	
Underwear	3+		Camera, film & accessories	
"T" shirts	3+		A variety of plastic bags (the kitbags are not waterproof)	
Long trousers	2		Sunglasses	
Shorts	2/3		Daypack/small rucksack	
Sweater/fleece	1/2		Binoculars (optional)	
Waterproof jacket	1		Washing & shaving kits	
Waterproof trousers	1		Relevant field guides	
Sunhat	Essential		Large water bottle	
Track suit	Optional.		Reading material	
Swimsuit/shorts			First aid kit	
Towel			Notebook/diary	
Money belt/pouch				

The following items should also be considered and those in bold type essential

ITEM	Check	ITEM	Check
Moisturising cream		Small sewing kit	
Safety pins		Insect repellent	
Penknife (not in hand luggage)		Universal travelling adapter	
Light washing line and pegs		Small mirror	
Spare bulbs and batteries		Scissors (not in hand luggage)	
Nail clippers (not in hand luggage)		Earplugs (against dogs and snorers!)	
Cold water detergent		Padlock(s) for your kitbags	
Loo paper for the trekking days		Boot wax	
Spare glasses or contact lenses		Malarial prophylactics	
Spare boot laces		Sweets for energy	
Crayons/biros for the local kids		Suncream - lots of it!	
Baby wipes/'dry' handwash/sanitiser		MONEY / TC'S	
Copies of passport/tickets/insurance docs		AIR TICKET	
PASSPORT with VISA			