HILL TRIBE TRAILS AND HIGHLIGHTS OF NORTH VIETNAM

The highlights of North Vietnam: homestay trekking, historic Hanoi and Halong Bay!

- 5-day trek with homestays in traditional hill tribe villages
- Discover ‘Halong Bay on Land’ at Tam Coc and the paddy fields of Mai Chau
- 2 night junk cruise on Vietnam’s UNESCO listed Halong Bay
- Discover Hanoi, the atmospheric capital of Vietnam

HOLIDAY CODE HNV

Vietnam, Trek & Walk, 15 Days

2 nights junk, 1 night eco-lodge, 1 night sleeper train, 4 nights homestay, 2 nights guesthouse, 4 nights hotel, 14 breakfasts, 11 lunches, 10 dinners, max group size: 15, 5 days trekking, 2 days cruising/kayaking, max altitude 1520m
Introduction

Enjoy 5 day trekking between colourful hill tribe villages, explore the smoky streets of historic Hanoi and relax onboard a comfortable junk on Halong Bay; all of the highlights of North Vietnam are included on this wonderful 2 week walking holiday. With its spectacular scenery and unique mix of cultures, North Vietnam is one of the most welcoming regions in the world; from atmospheric Hanoi to the verdant rice terraces of the North, you can expect a friendly welcome wherever you go. During our trek we will explore some of the most mountainous terrain in northern Vietnam, close to the border with China. We've picked an area outside of the usual tourist trail and one that's home to a wide diversity of ethnic minority groups, whose traditional lifestyles have changed little for centuries.

From Viet Quang, our trek takes us to some of the most remote villages in the area, where we enjoy home stays with the different local tribes: Tay, Dzao, Nung and Hmong; each tribe identifiable through their distinctive and colourful dress. Walking through unspoiled forest and carefully tended rice paddies, we picnic beside hidden waterfalls and spend time in colourful villages. Returning to Hanoi, we have time to explore this enchanting city and also to explore rural Mai Chau and the amazing limestone landscape of Tam Coc, by bike and by boat, before we travel to the trip's grand finale at Halong Bay. Here, we have 2 nights on a comfortable and traditional junk, with island visits, great food, swimming, sunbathing and kayaking. A fitting end to our showcase of the cultural and scenic charms of northern Vietnam!

Is this holiday for you?

During our 5 day trek you will be walking mostly on village trails and jungle tracks. Though generally straightforward when dry, the underfoot conditions can become muddy and slippery in some places after heavy rain, which can cause damage to the paths. It should be noted that it can get humid at times, particularly during the middle of the day. The trekking day is typically around 5 - 6 hours long although the day we trek to Coc Dong will be considerably longer with a larger amount of ascent. The holiday also includes the chance to kayak while on Halong Bay and some easy cycling while exploring Tam Coc, however both of these activities should be considered optional.

Holiday Itinerary

Day 1: Meet at the group hotel in Hanoi. A single timed transfer from Hanoi Airport is provided.

Meet at the group hotel in Hanoi. A single timed group transfer is provided for the 1hr transfer to our hotel in the heart of the charming capital. KE Land Only package services begin with a welcome dinner in a local restaurant.

Day 2: Drive to Viet Quang and on to Yen Binh.

After breakfast at the hotel, we leave Hanoi and drive north to Viet Quang and then on to Yen Binh - a highly scenic drive on mountainous roads. We will break the journey with lunch at Doan Hung en route. We should arrive mid-afternoon in time to prepare for our trek the following day. Overnight in a local guest house or homestay in Yen Binh. Drive time: 8 hrs.
Day 3: Trek to Tan Nam village.

We meet with our local guide and porter team and begin our trek, initially following a narrow track used by the local villagers. We pass a village of the Pa-Then ethnic group and descend through tea plantation fields to Tan Nam, a village of Tay people. The Tay are the most populous of the hill tribes of northern Vietnam. They are mostly farmers cultivating rice and tobacco, fruit and spices. They are Buddhists and have a strong tradition of local arts including folk music, dance and poetry, which is passed on down the generations through their own script. In Tan Nam we meet our hosts for the night. For tonight's homestay we are guests at a traditional Tay stilt house.

Day 4: Trek to Phieng Lan.

After breakfast prepared by our cooks in the homestay kitchen, we cross the river on a footbridge and enter the jungle. The path is quite easy with some undulations and gradual ascents. We pass through villages of the Man Ao Dzai tribe. The women here dye their teeth black and wear long robes even when working in the fields. We take lunch in a traditional stilt house of the Tay people, before continuing our jungle trek. At the end of the afternoon, we arrive on a hill covered with palm trees with views over a charming valley lined with terraces of rice, and dotted with the scattered houses of the Man Ao Dzai. This is well away from the tourist trail and our homestay tonight will be a real meeting of cultures.

Day 5: Trek to Quang Nguyen.

Today's walk is relatively gentle as our trail contours around the hillsides, allowing us to enjoy the views of hills in the distance. In the afternoon a sharp climb brings us to Quang Nguyen, a small remote market town beside a river and 700m above sea level. Tonight we stay again in a traditional Tay house.

Day 6: Trek over Xin Man (2000m) summit to Coc Dong village.

We begin by ascending above Quang Nguyen to reach Nam Li from where we have a stiff ascent through primary rain forest to reach the summit of Xin Man (2000m). Here we are entering the territory of the Hmong people, one of Vietnam's largest minority ethnic groups. Tonight we will stay in Coc Dong, a village of the Nung people. Spiritually and socially similar to the Tay people the Nung are also renown farmers and also famous for their handicrafts, particularly bamboo weaving and paper making. The traditional dress of the Nung women is black and indigo with bright red head-dresses.
Day 7: Trek to Xin Man village.

Our trek continues on local paths through rice paddies with a backdrop of wooded hills; making this one of the most scenic of our walking days. Today we will mostly encounter H'mong. The famous H'mong ladies dress very colourfully as they work in the fields or go to the market. After stopping for lunch in Coc Re we continue on a fairly level track to Xin Man, a small mountain town where we stay overnight in a local guesthouse.


We drive to Lao Cai, close to the Chinese border from where we will catch the overnight sleeper to Hanoi. Time permitting we stop off on the way at Bac Ha, Can Cau market and possibly some small villages en route. We are sure to encounter a variety of different hilltribes in traditional dress, including the Flower H'mong, so called because of the brightly coloured embroidered flowers on the skirts of the women. Arriving at the station, it's all aboard for the overnight sleeper train journey south to Hanoi, a great experience! Drive time: 3hrs.

Day 9: A free day to explore Hanoi.

We arrive in Hanoi early in the morning, while the city streets are still peaceful. At this early hour it is definitely worth wandering down to the central Hoan Kiem Lake, to watch the early rising residents of the city practising Tai Chi by the lake side before we find somewhere to enjoy our breakfast. The rest of today is free for everyone to spent exploring this magical city. Rooms will be available for check in in the afternoon, however we will have access to a couple of day rooms for anyone wanting to freshen up or leave baggage before heading out to explore this charming city on foot. The Old Quarter, home to more than 1000 traditional houses, dates from 1010, when King Ly Thai To moved his capital from Hoa Lu in northern Ninh Binh Province to Hanoi. The Old Quarter became the trading centre of the metropolis and its 36 streets are named after the merchants’ crafts and trades. For example Hang Gai Steet is full of silk shops, Hang Giay overflowing with shoes and Hang Back with small silversmiths. It is fascinating to wal around the labyrinthine streets, you can lose yourslef for hours people watching and sampling some of the delicious street food. Alternatively, you may want to head out to visit Ho Chi Minh’s Mausoleum. Overnight Hanoi.


We leave Hanoi in the morning and drive north-west towards Mai Chau. The scenery is ever changing and after passing Hoa Binh the views alter dramatically and we enter the mountains again. This region is home to the Muong and the White Thai people who farm the Mai Chau Valley. In the late morning we arrive at our comfortable ecolodge accommodation where we will enjoy lunch. In the afternoon we have the option of taking a short cycle
ride to the neighbouring villages - a chance to see experience local life in the region of Vietnam. In the evening we will enjoy a traditional dance show of the Thai and Dao hill tribes and drink Ruou Can, a wine made from mountainous rice. Drive time: 3 - 4hrs

Day 11: Drive to Tam Coc. Boat tour of Trang An. Afternoon visit Hoa Lu.

After breakfast we bid farewell for the friendly Thai people and drive towards the breathtaking scenery of Ninh Binh and Tam Coc. This region is known as 'Halong Bay on Land' for the similarity of its massive limestone towers rising abruptly from the fields and network of rivers and irrigation canals. We first visit Trang An, where we will take a boat tour amongst the limestone outcrops and caves. In the afternoon we will drive to Hoa Lu, which was the ancient capital of Vietnam in the 10th Century, here we visit the temples of Dinh and Le. Afterwards we head to our hotel in Tam Coc where we have some free time to relax. Drive time: 3-4hrs.

Day 12: Transfer to Halong Bay. Begin 2 night Junk Cruise.

Today we drive to the beautiful Halong Bay, a UNESCO world heritage site. The bay, which is part of the South China Sea, is probably the most iconic site in the whole of Vietnam. We arrive at this famous port around mid-day, and here we board a traditional (and comfortable!) junk, where our crew will be waiting to look after us. We begin our cruise among the 3,000 spectacular limestone islands that rise from the emerald green waters of Halong Bay. We will enjoy a fresh seafood lunch on board while the captain heads out into the bay and there will be time in the afternoon to do some kayaking and swimming at Titov beach. Tonight we take our dinner on board, moored between the islands, and have our first overnight on the junk. Drive time: 4hrs.

Day 13: Exploration of UNESCO Halong Bay.

After spending some time relaxing on board, we leave our belongings in our cabin on the junk and take a smaller and faster boat for a tour around the bay. There is so much to see that it is impossible to do everything but our captain will pick some of the highlights. We will also visit some fishing villages in the middle of Lan Ha Bay. Returning to our traditional junk there will be time in the afternoon for swimming and snorkeling, or we can choose to take the kayaks out into the bay for some further exploration. We spend our second evening and night on board rocking gently beneath the stars.

Day 14: Morning cruise. Return to Hanoi, Water puppet theatre show.

We have a final morning of cruising on our junk through the remarkable scenery of Halong Bay. We return to the harbour around lunchtime, and drive back to Hanoi. The rest of the day is free and in the evening we will visit the famous water puppet theatre and enjoy a celebratory dinner on our last night in this fantastic city.
Day 15: Departure day. A single timed group transfer to Hanoi International Airport is provided.

KE Land Only package services end after breakfast. A single timed group transfer to Hanoi International Airport is provided. If you would like to extend your stay in Hanoi additional hotel nights can be arranged, or you may want to consider adding an extension to visit neighbouring Cambodia, and the magnificent temples at Angkor Wat. Contact the KE Office for details.

MEALS B

Extend Your Holiday

Extensions

When booking your holiday, you will be able to 'add an extension option'.

Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.

Highlights Of Angkor Extension

Angkor, in northern Cambodia, is one of the most important archaeological sites in South-east Asia. Stretching over some 400 square km, the park contains the magnificent remains of several capitals of the Khmer Empire from the 9th to the 15th centuries, including the largest pre-industrial city in the world. The most famous are the Temple of Angkor Wat and, at Angkor Thom, the Bayon Temple with its countless sculptural decorations.

Highlights of Angkor Extension

| 4 days | From US$420 per person |

Holiday Information

What's Included

- A local English speaking guide
- Single timed Hanoi Airport transfers in each direction
- Meals as detailed in the Meal Plan
- Food and accommodation on trek
- Local guides
- All land and sea transport involved in the itinerary

What's Not Included
Joining Arrangements & Transfers

A single timed transfer from Hanoi Airport to the group hotel is included. This transfer is coordinated with the arrival of the preferred flight on day 1 of the trip itinerary. This transfer will usually depart from Hanoi Airport mid afternoon. At the end of the trip a single timed group transfer will be provided to Hanoi Airport. This transfer will usually be in the early afternoon. Anyone may use these transfers regardless of flights. If you are not on the preferred flight but wish to use the group airport transfer, please let us know by calling the KE office. If you are unable to take advantage of these transfers, you will need to make your own transfer arrangements from/to Hanoi Airport.

Independent Hanoi transfers can be provided at additional cost. Hanoi’s Noi Bai Airport is about 35km/22 miles or 1 hour north of Hanoi. A minibus shuttle charges around US$5 per person to downtown Hanoi but may involve a long circular tour of several hotels. Official airport taxis charge a flat rate of approx US$16 to Hanoi. Clients MUST provide the KE office with full details of their flights, and let us know if they require transfers. Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

In Hanoi and Tam Coc there is a wide range of dining options and it makes sense while staying in these places to leave the choice to you. Therefore meals other than breakfasts and the welcome dinner have not been included while staying in Hanoi and Tam Coc. All other meals are included in the trip price. We estimate the total cost of the non included meals to be around $50. Please refer to the itinerary for details of which meals are not included.

Food & Water

This will be a gourmet experience. Start practising your chopstick technique now, as there are no knives and forks for parts of this trip! Vietnamese cuisine is fresh, fragrant and flavoursome. Typically a selection of dishes or varying flavours will be served together and each person takes a little of each dish – so there will usually be something to please everyone (vegetarians included!) at every meal. A typical meal will include Pho (Vietnamese noodle soup), spring rolls, spiced beef and pork dishes, fish in chilli, tomato served with tofu, stir fried vegetables and rice, with fresh fruit for dessert. On board the junk in Halong Bay we will certainly be treated to a variety of fresh and delicious sea food. You can expect to feast on a A to Z of delicious Vietnamese cuisine during the course of your stay!

It is not recommended to drink untreated water from the taps. You should take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water. We do not encourage the purchasing of single use plastic bottles.

Accommodation

In Hanoi we will stay for 3 nights in a centrally located 3 star hotel. At Mai Chau we will stay in a comfortable lodge. In Tam Coc we will stay in a family run, 2 star hotel, with friendly owners - this is the best accommodation available here. During our trek the group will stay in a mix of basic local guesthouses and traditional stilted wooden homestays. At the guesthouses the rooms are usual twin share with simple shared bathroom facilities. In the
homestays facilities will be basic, the group will share a large communal room, but each person will have their own foam mattress, with bedding and mosquito net provided - there will be plenty of colourful blankets should the temperature fall in the evenings. Footwear will be left outside! Water for washing is available and there will be basic bathroom and possibly even shower facilities, but there is unlikely to be hot water. You should expect a mix of western and squat/long drop toilets. It is hoped that the warmth of the welcome, the charm of staying with local villagers and witnessing traditional life will make up for the lack of modern facilities. During the sleeper train journey to Hanoi we use ‘soft sleeper’ class with four berths per compartment (bedding is provided); a great experience! On board our Junk on Halong bay we will have twin cabins with air conditioning, electricity, private bathroom, and en suite facilities. The Junk has a sun deck, dining room, bar and a friendly crew ready to look after you! Where accommodation is twin share, if you are travelling alone you will be paired up with another individual client of the same sex. Please note however, it is not possible to guarantee twin share in the homestays, on the sleeper train or onboard our junk boat. Depending on availability it may be possible to arrange a single supplement to cover the hotel and lodge nights for an additional cost. For additional hotel prices and single supplement costs please refer to the dates and prices page of the website.

Group Leader & Support Staff

The group will be accompanied throughout by an experienced, professional, English-speaking local guide. During the trek the group will have a support crew consisting of a cook and local porters to carry all of the group's personal equipment.

Spending Money

Approximately $300-$400 should be allowed for miscellaneous expenses, including the above mentioned non-included meals, tips to local staff (allow $100 for tips and have this amount available in small denominations of the local currency). If you are intending to buy expensive souvenirs, you should budget accordingly (credit cards can be useful in this respect). It is not necessary to obtain local currency (Vietnamese Dong) prior to travelling. Money can be changed most easily at the airport or at banks in Hanoi. The group hotel will be able to make small exchanges only. US dollars are acceptable for exchange in Hanoi. We recommend that you carry your travel money in cash rather than travellers cheques since you will exchange most of it on the day of arrival.

Guidance On Tipping

Tips are the accepted way of saying ‘thank you’ to your local guides and porters. They do not form part of their wages. KE always pays local crews the best rates of pay, no matter what country they are in and any tips they receive are seen as a personal thank you from group members. For our part, we advise local teams that tips are not a duty or a prerequisite but are a bonus and entirely dependent on the service that was given. For your trek crews we recommend that you give a tip if you feel that their services have met your satisfaction. As a rough guide we suggest you allow a total of $100 for tipping your crew.

Beat The Jet Lag

Our holidays are normally designed with minimal ‘down time’ at the start of the trip, but having a day or two at the beginning will have the additional benefit of allowing you time to get over the stress of a long journey or travelling across time zones, leaving you refreshed and ready for your holiday. We can easily arrange for you to have additional nights and airport transfers.

Free KE Gift
A free KE trek bag is available on this holiday

Made of tough Cordura fabric, our 80 litre trek bags are specially designed, with strong zips and webbing straps, to withstand the rigours of being transported whilst on your trip. Trek bags also make it easier for our local staff to identify and gather baggage quickly at airports and hotels.

If you have travelled with us before and already have a KE trek bag, we'd like to make a special request. We are trying to make every area of KE the most sustainable it can be, so if your existing KE trek bag has plenty of life left in it, we'd be very grateful if you didn't automatically order a new one for every holiday you book. Thanks in advance for helping us with our commitment to responsible travel.

You can request a Trek bag once your booking has been confirmed by emailing us at sales@keadventure.com. Please note delivery outside of the UK will be charged. Postage charges are: Europe £6 / America £16 / Rest of world £22.

Baggage Allowance

For this holiday you should take one piece of luggage, which should be a soft bag such as the KE kit bag. During the trek your baggage will be transported by local porters. Your baggage should not weigh more than 15kg. For some sections of the trip you may be asked to 'decant' items not required on the trek which will travel by alternative means to your next hotel. We recommend that you therefore bring a second fold away bag to store these items in. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

Recommended Outdoor Retailers

Many of the Equipment items listed above are available from Cotswold Outdoor - our 'Official Recommended Outdoor Retailer'. When you book a holiday with KE you will receive 15% discount voucher from Cotswold Outdoor and other retailers. 

>> Find out more

General Information

Passport & Visas

A passport with 6 months remaining validity at the end of your stay is generally required for visits to countries outside the EU. The information that we provide is for UK passport holders. Please check the relevant embassy or consulate for other nationalities. It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Visa requirements and charges are subject to change without notice. If you are travelling outside the EU you should have at least 2 blank pages in your passport for each country that you visit.
Visa Vietnam

Until 30 June 2021 British Citizen passport holders do not need a visa for durations of stay up to and including 15 days. For stays of longer than 15 days and up to 30 days an e-visa is required. Use of the e-visa is limited to certain entry/exit points which you must select at the time of application.

For information about multiple entry visas, longer stays or different nationalities please contact the relevant embassy. The Vietnamese Embassy in the UK is in London.

Health & Vaccinations

VACCINATIONS

You should contact your doctor or travel clinic to check whether you specific require any vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella), along with hepatitis A and typhoid. Malarial prophylaxis are required. A certificate of yellow fever vaccination is required if travelling from countries with risk of yellow fever transmission and for travellers having transited for more than 12 hrs through an airport of a country with risk of yellow fever transmission. On holidays to more remote areas you should also have a dentist check up. A good online resource is Travel Health Pro.

Zika Virus

Zika virus has been confirmed as active in this country. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites. The mosquitoes that transmit ZIKV are unlikely to be found above 2,000m altitude. For more information, visit the website of the National Travel Network and Centre (NaTHNaC) at https://travelhealthpro.org.uk

Dengue Fever

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you take precautions to avoid mosquito bites.

Currency

The unit of currency in Vietnam is the Vietnamese Dong.

Electricity Supply & Plug

We recommend you check if you require an adaptor for your electrical items at:

http://www.worldstandards.eu/electricity/plugs-and-sockets/

Preparing For Your Holiday

It makes a lot of sense to spend some time before coming on a trekking trip getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. For this trip you need to be aerobically fit
and also comfortable with walking 5 – 6 hours daily and up to 8 hours on one of the days. Regular hiking is the best preparation but a weekly exercise regime can also be used. Jogging and swimming are good for developing better stamina. Before departure, we suggest that you try to fit in a number of long walks in hilly country.

Climate

September to November and March to May are the best times for trekking in North Vietnam. Daytime temperatures at this time are in the range 15-28°C / 59 – 82°F. Night-time temperatures range from 18-10°C / 64 – 50°F in the mountains. The trek is through subtropical mountain forest and you should be adequately prepared and equipped for sunshine, rain and humidity.

Travel Aware

As a reputable tour operator, KE supports the British Foreign & Commonwealth Offices’ ‘Travel Aware’ campaign to enable British citizens to prepare for their journeys overseas. The ‘Travel Aware’ website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use. We have pledged to AITO’s Project Protect that 70% of our agents stop using single use plastic bottles.

Books

• Lonely Planet.: Vietnam.
• Vietnam Pocket Guide: Insight Guides
• Vietnam Handbook: Footprint Handbooks
• Vietnamese Phrasebook: Rough Guides
• Hill Tribes Phrasebook: Lonely Planet
• Vietnam: A History: Stanley Karnow

Maps

Vietnam Northern

Publisher: Reise Verlag Scale: 1:600,000
Flight Information

Flight Inclusive Or Land Only?

On our website we display a UK Flight inclusive package price and Land only package price for the majority of our holidays.

Flight Inclusive Notes

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London (Heathrow) to Hanoi, Vietnam with Thai Airways. Outbound flights will depart from the UK usually in the morning, arriving in the afternoon of the following day (day 1 of the Land Only itinerary). Return flights will depart early evening of the last day of the itinerary, arriving in the UK the following morning. Regional departures and/or alternative carriers are available on request.

Please be aware that there are often only a limited number of seats available at the advertised price. To avoid paying flight supplements, we recommend that you book as early as possible, especially during peak times. If we are unable to secure seats at the price shown, or you have requested regional departures, we will contact you with an alternative quote. Please note that you may be asked to pay for your flights in advance of your final holiday balance. Note that if you book a package including flights with KE you will benefit from full financial protection.

Land Only Notes

The LAND ONLY dates and prices are for the itinerary joining in Hanoi. For clients making their own flight arrangements, Hanoi Airport is the most convenient for transfers to the group hotel. Please refer to 'Joining Arrangements and Transfers' for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Why Choose KE Adventure Travel?

Operating since 1984, KE Adventure Travel has some of the most experienced staff in the business, with the proven ability to set up and operate a worldwide programme of adventures. Everyone has adventure travel at heart and joins at least one trip a year. It is this depth of experience that makes KE stand out from other adventure travel operators. When you contact KE, by phone or e-mail, or visit our office, you will find the help and advice you need, from someone who has actually done the trip and can give you the benefit of their first-hand experience.

KE can guarantee the very best in trip support, excellent food, a good standard of hotel and other accommodation, plus the back up of one of the most respected companies in the business. Client satisfaction is at the top of our agenda and almost 50% of our bookings each year come from repeat business. If you are looking for adventure then look no further than KE.
We hope that this trip notes has answered most of your questions. Please feel free to contact us and speak to one of our experts.
Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

You Must Bring The Following Items:

- Sleeping bag (comfort rating -5°C)
- Thermarest or similar sleeping mat
- Hiking boots
- Daypack 30 litres
- Gaiters
- Training shoes or similar
- Walking socks (2 or 3 pairs)
- Spare laces
- Trekking trousers
- Lightweight waterproof overtrousers
- Underwear
- Socks
- Thermal baselayer shirts
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper*
- Lightweight waterproof jacket
- Sunhat
- Warm hat
- Thermal gloves
- Scarf or neck buff
- Sunglasses
- Ear Plugs (for use on overnight train journeys)
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Selection of dry bags (to keep trek bag contents dry)
• Washbag and toiletries
• Antibacterial handwash
• Small towel

• Basic First Aid Kit - A basic medical kit will accompany each trek and our local leader will have first-aid training. We recommend that you bring your own personal first aid kit consisting of the following: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, Insect repellent (DEET), antihistamine cream and tablets, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are a good idea.

The Following Items Are Optional:

• Swimwear
• Travel clothes
• Trekking poles (highly recommended)
• Insect repellant – (DEET)
• Camera
• Pen-knife (remember to pack sharp objects in hold baggage)
• Small padlock (to lock trek bag)
• Reusable cloth bag for shopping (to avoid plastic bags)

Note

*Temperatures in north Vietnam can occasionally drop as low as 5C, particularly in the winter months, so you need to make sure you have clothing suitable for these temperatures.