

Jungle and Junks - Vietnam Family Adventure

Trip Code: FVT

Version: FVT Family holiday in Vietnam - Jungles and Junks



MULTI ACTIVITY



FAMILY



LEISURELY



HIGHLIGHTS

- Cruise Halong Bay in a traditional junk boat on this Vietnam adventure family holiday
- Homestay with the ethnic group the Thai People, in the rural Mai Chau Valley region
- Make a lantern, explore by bicycle and learn to cook Vietnamese food

- Explore the Mekong Delta backwaters, the Cu Chi Tunnels, and relax at a coastal resort

AT A GLANCE

- 13 days multi-activity sightseeing & beach
- SWIMMING: 6 nts in hotel pool or sea
- Join at Hanoi, End in Ho Chi Minh City

ACCOMMODATIONS & MEALS

- 12 Breakfasts
- 5 Lunches
- 5 Dinners
- 1 nights Junk
- 1 nights Lodge
- 1 nights Homestay
- 1 nights Sleeper Train
- 6 nights Hotel with swimming pool
- 3 nights Hotel

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

For a complete Vietnam experience for the family this adventure holiday is a true gem. Our journey starts in the capital Hanoi where we explore the narrow streets of the old town by bicycle rickshaw. The next highlight is the Mai Chau Valley. Here we see thatched bamboo huts set in a patchwork of brilliant green rice paddies and tended by women in conical hats, dense bamboo forest and traditionally built stilt houses of the Muong Hill Tribes. We enjoy a bike ride and overnight with these charming people and gain a little insight into daily life. It's then onto the sensational Halong Bay, where we board a Vietnamese junk boat for a two day cruise around the island limestone towers. Sleeping on board there will be opportunities to explore caves and kayak in this very special scenery. We head south from Hanoi on the overnight sleeper train to Hoi An to enjoy some fun cultural highlights including a Vietnamese cooking session, a visit to the silkworm handicraft centre, make a little lantern and an optional fishing trip on basket boats. We visit Ho Chi Minh City, formerly known as Saigon, take a boat trip on the backwaters of the Mekong Delta and crawl around in the historically important Cu Chi Tunnels. Our family adventure holiday Vietnam ends perfectly with 2 full days of relaxation at a comfortable hotel in the laid-back coastal resort of Phan Thiet. Here we can all swim in the pool, enjoy water sports or just chill with a glass of wine after exploring this fascinating country.

Is this holiday for you?

Suitable for children from 8 years old

This family adventure holiday in Vietnam is a mix of touring and sightseeing with activities such as walking, cycling and kayaking. On the walk the underfoot conditions are good, following mainly inter-village trails. The bicycle rides that we have are on small dirt roads, side roads or tracks. We have a one night homestay and the opportunity to take part in local family and village life. This is a multi-area holiday and in order to see as much as possible of the country from north to south there is a lot of travelling to be done. We have balanced the travelling with enough fun activities and included the important sightseeing to get the flavour of the country. Three nights of relaxation at the coastal resort at the end

with the opportunity for further optional activities should please Mums and Dads too! If you wish to take part in any of the cycling you must bring your own helmet. If you wish to do some optional kayaking when in Halong Bay you do not require any experience, however you must be able to swim for 25m unaided. The junk boats are very pleasant with ensuite cabins. On the sleeper train you will usually be in compartments of 4 people / bunks and in the homestay the sleeping arrangements vary from 1 to 2 families you are travelling with, being in the same room. Many of the other hotels have swimming pools.

Itinerary

Version: FVT Family holiday in Vietnam - Jungles and Junks

DAY 1

Meet at the group hotel in Hanoi. A single transfer from Hanoi Airport is provided. Cyclo tour & water puppet show.

Our holiday starts at the group hotel in Hanoi. A single timed airport transfer is provided. This afternoon we have a cyclo tour of Hanoi's 'Old Quarter'. Here we sit on a three wheeler bicycle and enjoy the sights as the professional bicyclist gives us a tour through the bewildering maze of narrow streets telling the fascinating story of Hanoi where past meets present. Later in the afternoon we watch a performance of Vietnam's unique water puppetry. This art is traditionally practiced by rice farmers in flooded paddy fields in the Red River Delta. The puppeteers are hidden behind a bamboo screen and depict Vietnamese folk tales, complete with special effects. This evening we have a welcome dinner in one of Hanoi's traditional restaurants where we can sample typical North Vietnamese cuisine.

Meals: **D**



Accommodation
Hotel

DAY 2

Drive to the mountainous Mai Chau region, lunch with a local family. Afternoon easy cycle ride through bamboo forest and villages of this rural area.

Early this morning we leave Hanoi for the peaceful countryside of the Mai Chau Valley. Quickly leaving the hustle and bustle of the big city behind we begin to see the landscape transform into lush green rice fields, farmlands and villages nestled in the hills. The mountainous region of Mai Chau, approximately 4hrs drive from Hanoi, is home to the Muong hill tribe, some of whom still live in stilt houses. We have a traditional lunch in one of their houses on arrival. In the afternoon we enjoy an easy cycle ride. The Vietnamese love cycling and we take some bikes out for 1 - 2hrs to see the area and authentic country life. The villages here are rural and away from the main stream of tourists. We pass rice plantations, bamboo forest and family vegetable plots. We pass the villages Chieng Sai, Cha, Long Cha, Na Tang, Tong Dau, where people still live like their ancestors did 100 years ago. In the evening we watch a traditional dance show and can try 'Ruou Can' the local rice wine! Tonight we stay with families in a homestay. Everyone is so smiley and welcoming here it is a pleasure to be with them.

Meals: **B L D**



Accommodation
Homestay

DAY 3

Breakfast with our hosts, morning walk through Muong villages with stilt houses and bamboo forest. Transfer back to Hanoi.

Breakfast with our charming hosts will be a joy as we discover the traditional Vietnamese morning foods. We say our farewells and have a short transfer in our vehicle to the start of our walk in the village of Na Meo. There is a little ascent and descent as we walk through further bamboo forest, past small farms with lush fruit gardens and local houses on stilts. It is likely that the villagers will come out and say hello to us and we can learn about their lives and traditional customs. At lunchtime we leave the mountains and drive back to Hanoi. Here we have the rest of the afternoon to relax at the hotel or the city.

Meals: **B L**



Accommodation
Hotel

DAY 4

Drive to the breathtakingly beautiful Halong Bay. Board our 'junk' boat and cruise around bay with it's lush limestone towers.

After breakfast we set off early, driving through the rich farmlands of the Red River Delta, watching scenes of everyday Vietnamese village life, figures in conical hats tending rice fields and water buffalo. After approximately 3-4 hours we arrive at Halong Bay, where we board a traditional junk boat for a cruise among the 3,000 spectacular limestone islands that make up this UNESCO World Heritage Site. The captain and crew welcome us on board as we excitedly find our en-suite cabins. We set sail and enjoy a delicious lunch which usually consists of fresh seafood. It is very relaxing on-board and we can relax on the loungers on the sun deck and watch the specular scenery go by. We can also go kayaking, which is highly recommended. It's very peaceful to be on the water line and enjoy an easy paddle past caves and islets some named for the shapes they resemble such as 'Tortoise', and 'Man's Head'. A scrumptious dinner is served as the sun sets on the horizon and the skies turn golden reds. Finally we are gently rocked to sleep on the calm waters of the bay in our comfortable cabins.

Meals: **B L D**



Accommodation
Junk

DAY 5**Morning cruise in Halong Bay, visit the Hang Sung Sot Caves. Afternoon in Hanoi. Exciting overnight train to Danang.**

As the sun comes up the bay is beautiful in its still quiet before the bustle of the day starts. We visit the huge stalactite cave Hang Sung Sot, which consists of three large caverns. The imposing stalactite formations are beautifully lit and very inspiring. A well-secured path leads us from cavern to cavern. At the exit, our junk is already waiting for us and brings us slowly back to the harbour. We say goodbye to our crew and drive back to Hanoi (3-4hrs). We stop along the way at a craft workshop, where we can see some very beautiful, colourful pictures and sculptures being made. We have lunch here. Depending on our return time into Hanoi can relax and have drink in one of the many nice cafes. Who wants to taste an open cool coconut or a delicious smoothie made from fresh fruits? We have dinner in a restaurant before we are taken to the train station. Our next adventure begins, our overnight train to Danang. The journey is 15 hours and we leave at 1930. As there is no dining car and snacks to buy on the train, it is important to buy drinks and some food before leaving and our guide will help us with this. Each compartment has 4 beds (2 bunk beds) with clean linen. We climb into our bunks the train sets off south and we fall asleep in our bays.

Meals: **B L**



Accommodation
Sleeper Train

DAY 6**Arrive into Danang before lunch. Drive to Hoi An. Food market visit and Vietnamese cooking session.**

We arrive into Danang at 1130 and our vehicle and guide meets us to take us to the hotel in Hoi An (approx. 1 hr). This afternoon we visit the local colourful market. There are long rows of delicious fruit, vegetables, fish, meat and spices. We buy some ingredients together for our cooking and make our way to the restaurant on a boat trip along the river for 25 mins. On arrival we chat through the recipe and then we chop, grate, slice and roll with our chef to make a delicious traditional Vietnamese meal. We overnight in Hoi An for the next 3 nights.

Meals: **D**



Accommodation
Hotel with swimming pool

DAY 7

Explore local villages on an easy morning bike ride. Afternoon exploring the motor vehicle free old town of Hoi An and making a little lantern.

This morning we have no rush as we enjoy a leisurely bike ride. This is certainly the best way to explore beautiful Hoi An and the surrounding area. We start in the old town and cross the river with a small ferry. On the other side we cycle through different villages which are characterised by different crafts. It's very interesting. Woodwork is a central theme and we can see the delicate sculptures and boats that are being made. In the afternoon we visit the old town of Hoi An, which is free of motorised vehicles, and the street cafe culture almost has a Mediterranean feel. It is hard to believe that 300 years ago this place was one of the most important port cities in Southeast Asia. We visit the 200 year old house of Tan Ky, the Tran family home and chapel, the Japanese Bridge and Fu Kien Temple, as well as Hoi An's traditional handicrafts centre where we can see live silkworms in all stages of their growth to provide the silk thread for the many tailors in the neighbourhood. Our last stop is a lantern making workshop. Here we can all have an attempt at making these pretty little mini lanterns which we can take home at the end of our workshop. After this we return to the hotel to enjoy the bar and swimming pool!

Meals: **B**



Accommodation

Hotel with swimming pool

DAY 8

Day in Hoi An. Optional 'Fish & Chip' Tour.

Today we have a well-deserved relaxation day. The hotel is well located and very pleasant to relax at for a few hours. Swimming for the kids and maybe just some reading for the Mums & Dads. If we do want to go out and about this morning we can arrange a fun 'Fish & Chip' tour. From the hotel we bike ride for approximately 1-2 hr to the Cam An wharf. We then have a short boat trip to the Cam Thanh village famed for its water coconuts. Here we get on our basket boats among the coconut forests in the river and the fishermen will show us how to cast our nets and catch the crabs. We then bike back to our hotel and relax for the rest of the afternoon.

Meals: **B**



Accommodation

Hotel with swimming pool

DAY 9

Fly to Ho Chi Minh City (Saigon). Drive to the Mekong Delta. Boat cruise on the river.

After breakfast we transfer to the airport (approximately 1 hr) for the morning flight to Ho Chi Minh (Saigon) city. On arrival we drive to the magnificent Mekong Delta, formed by nine tributaries of the Mekong River and often referred to as the 'rice bowl' of Vietnam. Arriving in Cai Be, we board a boat and

cruise on the river towards An Hoa Village. The scenery here is completely different from that we've encountered further north. We explore the orchards on foot or bike in the afternoon and visit the Phu Chau Pagoda and Ba Kiet house, one of the nine oldest, and preserved houses in the Mekong Delta. We also enjoy some exotic fruit sampling, which is great fun as we experience the different tastes and textures of these tropical delights! Tonight we are in a marvellous lodge on the Delta. These are comfortable bungalows, set in beautiful gardens, right on the side of the river.

Meals: **B L D**



Accommodation
Lodge

DAY 10

Boat tour, sweet factory, drive to Ho Chi Minh City.

After an early breakfast, we check out of the Mekong Lodge and board a boat. This boat is handled expertly by women with long oars allowing us to glide gently through the waters. We pass the once colourful Cai Be floating market area (most traders have moved to the land now) and continue to a nearby candy (sweet) factory! Here we watch as they make the sweets. The treats include coconut, caramelized nuts and rice. In the afternoon we drive into Saigon and have a short sightseeing tour including the Ben Thanh market and the impressive central post office. Overnight in Saigon.

Meals: **B**



Accommodation
Hotel

DAY 11

Visit Cu Chi tunnels. Transfer to the seaside resort at Phan Thiet.

After breakfast we visit the famous Cu Chi tunnels (approx. 1 hr drive one-way). During the Vietnam War these tunnels enabled the Viet Cong to withstand American bombing raids and control a large rural area around Ho Chi Minh City. The Cu Chi complex consisted of more than 250 km of tunnels on three levels. Some of the tunnels have been left in their original condition while others have been excavated to allow easy public access. There is also an interesting museum dedicated to the conflict. After a picnic lunch we say goodbye to our guide and begin the drive to our seaside resort at Phan Thiet. The drive takes approximately 5 hours and we should arrive in the late afternoon. The hotel staff will look after your needs and they will be able to book any optional excursions for you if required. We overnight here for 3 nights.

Meals: **B**

**Accommodation**Hotel with swimming pool

DAY 12**Day at leisure at the resort hotel and beach.**

This comfortable resort is just a few yards from the sea and has a swimming pool and hammocks throughout the gardens. You can also have a massage, or join water sports or yoga on the beach. The hotel has two restaurants, a beach bar and a tennis table area. We have two full days to relax and enjoy the resort.

Meals: **B****Accommodation**Hotel with swimming pool

DAY 13**A further day to enjoy the coast and relax.**

A second day to relax and enjoy the activities or peacefully read your book.

Meals: **B****Accommodation**Hotel with swimming pool

DAY 14**Departure day. A single transfer to Ho Chi Minh City Airport (Saigon) is provided.**

We transfer, the approximate, 5 hours to Ho Chi Minh City Airport (Saigon) where your holiday ends.

Meals: **B**

Holiday Information

What's Included

- Professional and qualified tour leaders (from Day 1 to Day 11)
- Single timed airport transfers on arrival & departure
- All accommodation as described
- Meals as described in the Meal Plan
- All land transport required by the itinerary
- All activities/excursions mentioned except where specified as 'optional'

What's not Included

- Travel insurance
- Visas
- Departure Taxes (if applicable)
- Some meals as detailed in the Meal Plan
- Any additional activities/excursions indicated as optional
- Tips
- Miscellaneous personal expenditure - drinks and souvenirs etc

Joining Arrangements & Transfers

The group will meet at the hotel in Hanoi.

A single transfer from Hanoi Airport to the group hotel is provided at lunchtime of Day 1 of the Land Only itinerary.

On the last day of the Land Only itinerary, there will be a single transfer (5hrs) back to Ho Chi Minh Airport timed to meet the check in for late afternoon flights.

Anyone may join the group transfers by prior arrangement. Travelling as a group saves energy. If this is not practical, we can provide private transfers at an additional cost.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All breakfasts, 5 lunches and 5 dinners are included

There is a wide choice of dining options on each of the days when you are expected to pay directly for meals. Food is not expensive in Vietnam and you should budget £3 - £5 per meal for each family member.

Food & Water

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.

Vietnamese food varies from region to region. Almost 500 traditional dishes have been recorded! Rice and noodles are staple foods, served with nearly all meals. Typical dishes are Nem ran (spring rolls), and Bun thang (noodles with sliced pork, eggs, shredded chicken and shrimp). Among common ingredients used are: duck, pork, fish, spices, fruits, vegetables, crab meat, lobster and oysters. With the exception of the homestay it will also be possible to eat more familiar international cuisine on most days of the trip. And usually there will be enough choice for even the fussiest of little eaters! Seafood will be a major feature while on the junk. In Hanoi, Hoi An, and Ho Chi Minh City, there are many excellent restaurants, cafes and fast food outlets.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

In Hanoi we have 2 nights (pre and post the homestay) in a centrally located hotel with en-suite rooms.

At the home stay accommodation (1 night) the number of beds in the rooms varies. It could be that 1 family is in a single room, or that the whole group is in one room together. Facilities are shared. Bedding and blankets are provided. You may wish to take a sleeping bag liner.

We have 1 night on board a junk boat (converted rice boats) in Halong Bay. The junk boats are very comfortable with en-suite cabins. Our groups do not have solo use of a single junk boat, so just like a hotel there may be other tourists on the boat.

We have 1 night on a sleeper train. The compartments usually have 4 bunks and are separated from the corridor with a door. At the end of the carriage there is a simple wash room. Sheets and bedding is provided on the train, however you may wish to use your sleeping bag liner as well.

In Hoi An we stay for 3 nights, in a hotel with swimming pool and is an ideal place to relax for a couple of nights in the middle of the itinerary when you have a free day.

On the Mekong Delta we will stay at the Mekong Lodge, in comfortable bungalows, set in beautiful gardens, right on the side of the river.

In Saigon/Ho Chi Minh City we stay 1 night in a good, centrally located hotel.

For the 3 nights at the end of the holiday we stay in a resort style hotel located on the coast and has a swimming pool, gardens with hammocks, various restaurants and bars. Our guide does not join us on these days, as the hotel staff will look after your needs.

Children under the age of 12yrs will usually share rooms with their grownups. This might be a twin, triple or quad room, a double with an extra bed, or multiple rooms depending on the number of family members. If you are travelling with children over the age of 12yrs, you will be in separate rooms or sharing twin/multi-bed rooms. Please talk to us about your requirements and we will do everything to ensure that you are happy with your rooming allocation..

There are a limited number of triple rooms on the junk boats.

If you are planning on extending your holiday additional nights at the group hotel are available on request.

Group Leader & Support Staff

The group will be accompanied by professional and qualified tour leaders from Day 1 to Day 11. Note that there will be 3 different leaders for each section of the trip - north, central and south. The free time spent at the resort at Phan Thiet from after the Cu Chi tunnel visit on Day 11 to departure at the airport on Day 14 the group will not be accompanied by a leader. Escorted transfers will be provided to and from Phan Thiet. The staff at the hotel are very helpful and will look after you well.

Spending Money

Approximately £400-500 per family of four (Mum, Dad & two children), or equivalent in US Dollars or Euros, should be allowed for tips, soft drinks, snacks, non-included meals and miscellaneous expenses. Alcoholic drinks, souvenirs and optional activities are additional so you may wish to budget for these.

USD dollars are the easiest to change in country and can be used to pay for some goods and services directly including the departure tax. A supply of US \$1, \$5 and \$10 dollar bills are useful. There will be the opportunity to change money into local currency on arrival at the airport and your local leader will advise the best places to change money en-route. Additionally, you will be able to get currency from bank ATMs in most of the towns that we will visit. Credit cards are useful and it is a good idea to carry one in case of emergency.

Optional Activity Costs:

Please note that these prices are correct at time of writing, but are subject to change without warning. All prices are in USD. Optional activities taken outside the KE holiday are at your own risk.

- Fish & Chip Tour approximately \$25 per person depending on group size

Guidance on Tipping

Tips are the accepted way of saying 'thank you' to your local guides. 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. We suggest a tip to your tour leaders the equivalent of £15 to £20 per family member (with perhaps a little more for small groups of five or less).

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.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. When you overnight at the homestay we recommend that you leave the majority of your luggage securely in Hanoi. You can repack your overnight belongings and sheet sleeping bag into your daypack. However if you do wish to take an additional light foldaway bag whilst in the mountains for 1 night you are welcome. There is one internal flight and 1 night overnight train journey involved in the itinerary and it would be good to be able to easily carry your baggage, so pack light and possibly in a bag with wheels. Domestic flight baggage allowance is one bag of 23kg per person and one piece of hand-luggage at 10kg. 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.

General Information

Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.

Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Visa Vietnam

British Citizen passport holders do not need a visa for durations of stay up to and including 45 days for tourism and transit.

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

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

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](#).

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>

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. There is a very low risk of malaria, and you should contact your doctor to confirm if 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](#).

Currency

The unit of currency in Vietnam is the Vietnamese Dong.

Climate

The climate varies greatly from north to south. The north has a cool dry season from November to April when daytime temperatures are typically in the range 20 - 25°C. The south is hot and humid all year round with daytime temperatures in the low 30 °C. The rainy season lasts from May to November so summer departure can have wet days. The central highlands has a similar climate to the south, but it is cooler and temperatures can even fall to freezing in winter. The official peak season for travel to Vietnam is from September to April.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[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 FCDO 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 FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO 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.

FAQ's about our family holidays

We welcome all family dynamics and we will try to accommodate you in the roomings of your choice. The only stipulation for joining a family group holiday is that 1 party member is 17yrs or under, and they are accompanied by an adult. An average group size is around 10 members in total. Further general information and FAQ's are available here: [KE Family Adventure Holidays general information](#).

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

You should bring the following items:

- Sturdy shoes/trainers for the walks**
- Sandals
- Socks & Underwear
- Trekking trousers / shorts
- Lightweight waterproof jacket & overtrousers
- Wicking shirts or tops
- T-shirts / tops / casual shirts
- Fleece jacket or warm jumper
- Warm hat
- Sun hat
- Sunglasses
- Lightweight thermal gloves
- Headtorch and spare batteries
- Water bottles 1 Litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Sun protection
- Small towel (for the homestay)
- Swimwear
- Washbag and toiletries
- Antibacterial hand wash
- Sleeping Bag Liner
- Daypack 20 - 30 litres (depending on how much of the family's kit you want to carry)
- Basic First Aid Kit including : Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, insect repellent, antihistamine cream and tablets, and re-hydration salts (Dioralite).

The following items are optional:

- Trekking poles
- Pocket-knife (note: always pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Camera
- Cycling helmet*
- Reusable cloth bag for shopping (to avoid plastic bags)

Notes:

- All equipment required for the kayaking is provided
- *Cycling helmet. These are provided for adults and children, however if you may still wish to bring your own.
- **The paths might be wet under foot, so you may wish to take a more walking style shoe/boot.

Cotswold Outdoor



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 12.5% discount voucher from Cotswold Outdoor and other retailers.
[>> Find out more](#)

Land Only Information

The LAND ONLY dates and prices are for the itinerary joining in Hanoi and ending in Ho Chi Minh City. Single timed transfers are included from/to the airports.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Hanoi, and returning from Ho Chi Minh City.

Outbound flights will depart from the UK in the late morning, arriving early afternoon of the following day (day 1 of the land only itinerary). Return flights, from Ho Chi Minh City, will depart in the late afternoon of the last day of the itinerary, arriving in the UK the following morning.

Why Choose KE

Why KE

Something a little different! Our itinerary differs from the rest, as we include a walk in the rural Mai Chau Valley and an overnight at a homestay. It's also great value for money when you check out what's included!

Please Note This document was downloaded on 18/05/2024 and the trip is subject to change