

# Vietnam Hill Tribe Experience

*Visit the incredible indigenous hill tribes of northern Vietnam on this trek of a lifetime through lush green mountain rice paddies.*

Travel to Vietnam – the jewel of Asia – and take part in a cultural exchange that will leave you forever in love with Vietnam and its inspiring people, exotic food and stunning scenery.

From the jungle-clad mountain peaks of the north that descend into lush rice paddies by the Chinese border via the pristine beaches that fringe the central coast to the south where the iconic Mekong River meets the sea, travelling through Vietnam is an incredible experience.

Beyond this there is the country's historical and cultural dimension, whether in its visible Imperial and French colonial influence or the fading tragedy of the Vietnam War, the friendliness of its people and its ever popular cuisine.

## PROJECT HIGHLIGHTS

- Challenge yourself with treks through epic lush green mountain paddy fields.
- Gain a privileged and unique insight into the rural village life of indigenous tribes.
- Sleep in the heart of the misty mountains and awake to stunning views across the countryside

## PROJECT REQUIREMENTS

- Minimum age of 18 years

## FAST FACTS

<b>Location</b>	Sapa, Vietnam
<b>Activities</b>	Trekking between villages Hike along rice paddies and hillsides Experience the rural village life of indigenous tribes Visit exceptional landscapes
<b>Transport</b>	Airport pick-up and internal transfer up to Sapa in North Vietnam
<b>Accommodation</b>	Home stay

## WHAT DOES THE PROJECT DO?

On this project you will experience the authentic village life of indigenous hill tribes that have made a

living on the rural hills of Vietnam. You will live, eat and sleep with local indigenous families as you trek through the sensational surroundings. This project helps to support sustainable tourism in the area and bring an additional source of income to the local communities who find their ancient culture and way of life walk hand-in-hand with modern technology. The sheer remoteness of the location however has meant that traditional farming practices have not been abandoned; and this project continues to offer an incredible insight into this fascinating community.

### **WHAT WILL I BE DOING?**

As a small group you will walk along rice terraces and up and down the rugged beautiful landscape along with an experienced local guide who will introduce you to the local flora and fauna, local customs and village life. At each village sight there will be a chance to rest and get to know your hosts and try the local cuisine. Depending on the length of your trek you could visit 3 or 4 villages during the trip, all with a unique feel and insight.

### **WHAT HAPPENS WHEN I ARRIVE?**

You'll need to fly into Noi Bai Airport in Hanoi, where you will be met by a friendly Frontier representative before being accompanied on the journey north to Sapa where you can rest and relax, ready to begin the trek.

### **WHERE WILL I BE STAYING?**

In each of the villages along the trek, there will be a hospitable homestay family waiting to welcome you to the village. They will provide comfortable basic accommodation, dinner and breakfast for you and help you settle into village life.

### **WHAT WILL I BE EATING?**

Vietnamese food ranges hugely in its variety but can mostly be seen to consist of different type of noodles along with meat such as beef and pork, and vegetables in a soup meal, with coriander and spice being hugely important. Most dishes incorporate four elements, sweet, sour, salty and hot flavours, and many of the dishes are rice or noodle based.

You will be provided with most of your food throughout the experience, but please be aware participants may be required to purchase some meals, for example when visiting local market stalls.

### **COSTS**

1 week	US\$ 895
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### **DEPARTURE DATES**

Weekly, please arrive on the Sunday.

**PLEASE CHECK AVAILABILITY WHEN APPLYING FOR THIS POPULAR PROJECT!**

## **DURATION**

1 week

This project is available throughout the Christmas period

## **WHAT'S INCLUDED**

### **Before you go**

- Pre-departure support
- Travel & medical advice & documentation
- Equipment advice
- Discounted medical kit
- Free Frontier t-shirt

### **In-country**

- Accommodation
- Food/most meals
- Airport pick-up
- Local orientation
- In-country emergency support
- 24-hour international HQ back-up

## **AIRPORT INFORMATION**

Nearest airport(s): Hanoi (HAN)

## **CONTACT INFORMATION**

Call us on 020 7613 2422 (UK) / 1 949 336 8178 (US)

Mail us on [info@frontier.ac.uk](mailto:info@frontier.ac.uk)

Check out our social media here:

*Project details were correct at the time this document was generated. Price, dates and other details are subject to change. Please see our website for current details for this project.*