

MAI CHAU & PU LUONG SUPER TREK – REALLY CHALLENGE YOURSELF !



Code: MP08

Routes: Hanoi – Mai Chau – Pu Luong – Hanoi

Duration: 8 Days /7 Nights

Features: Mai Chau and Pu Luong is famous for its beautiful mountains, rich biodiversity, and ethnic villages of the Thai people. This village-to-village trek is not for everyone. Extremely challenging, be ready for some serious jungle adventuring.

Day 1: Hanoi - Mai Chau, Hang Kia village



We depart from your Hanoi hotel at 8:00 AM heading for Mai Chau town (Hoa Binh province). This scenic drive takes about 4 hours. Arrival and lunch in a traditional stilt house in PoomCoom village, then drive for one hour to Xa Linh village to begin our 3 hour trek through beautiful villages. Our destination for this evening is Hang Kia village, home of the H'mong minority people. Dinner and overnight as guests at a H'mong

family's traditional house situated in a picturesque valley and peach orchards.

Driving Distance: 230 km

Trekking Distance: 8km

Trail Difficulty: 2/5

Inclusion: Transfer, guide, homestay, entrances fees, lunch, dinner.

Day 2: Cun Pheo village



Breakfast and venture far off the beaten track. Trek through tropical rainforests, using the local trails and passing through corn fields as we descend into the Mai Chau valley below. The trek takes around 5 hours and is quite steep in places. Lunch is provided at the local stall at the foot of the valley. From here we pass through several ethnic minority villages until we reach our night's destination, Cun Pheo village. By late afternoon,

have time to walk around this charming little white Thai village. Tonight we are honored guests in a traditional Thai stilt house. Dinner and sampling of some homemade rice wine before heading to sleep.

Trekking Distance: 12km

Trail Difficulty: 4/5

Inclusion: Guide, homestay, all meals.

Day 3: Xam Khoe village



Today we have a whole day of easy trekking around five hours. Passing through several Thai hamlets surrounded by rice paddies and beautiful scenery. Picnic lunch en route and arrival in Xam Khoe village in the afternoon. Enjoy dinner with our hosts and slumber away after having a few sips of the local maize wine. Free time to walk around or chat with local people, then have a good night sleep.

Trekking Distance: 13km

Trail Difficulty: 4/5

Inclusion: Guide, homestay, all meals.

Day 4: Xam Khoe - Pu Luong, Don village



Say farewell with the hosts after breakfast. Trek village to village through beautiful rice terraces, pause for lunch until we get to Mai Hich village.

At 1:00 PM, take a short motor taxi ride in about 1 hour before we set off for our hiking through the beauty of Pu Luong nature reserve, the trek is intermediate level and requires some walking up hills but it's worth your hike as we will see many

spectacular views of villages and terraces.

Arrival at the Thai stilt homestay in the late afternoon. Free time to rest and shower, then a traditional dinner with our host family. Overnight here.

Trekking Distance: about 9km (3 hours trek)

Trail Difficulty: 3/5

Inclusion: Transfer, guide, entrance fee, lunch, dinner, homestay with permit.

Day 5: Hieu village



Waking up early today is recommended as your chance to witness more local activities in the morning. After having our breakfast, we say goodbye to our host by around 8.00 AM for our good hike ahead.

More trek today through hidden gems of Pu Luong including beautiful view of valleys, nice terraces and peaceful villages.

We stop for our picnic lunch then continue our trek through more villages to reach to Hieu village in the afternoon.

Take rest as you wish then you are free to stroll around the village to interact with the locals and visit the beautiful waterfall nearby. Back to the homestay for dinner and overnight at homestay. Contact us if you wish to stay at an Eco lodge at Hieu village, instead of homestay. Trekking Distance: about 12 km (5 – 6 hours)

Trail Difficulty: 3/5

Inclusion: Guide, homestay, all meals

Day 6: Hieu village – Nua village



Breakfast at the homestay at 8:00 AM, we take another day of village-to-village trekking and via nice cool streams. Short pause for lunch enroute then following the local path via rice paddies to get to our homestay for shower, dinner and stay the night.

Trekking Distance: 10-12 km (about 5-6 hours)

Trail Difficulty: 4/5

Inclusion: Transfer, guide, homestay, entrance fee, all meals, permit

Day 7: Nua Village - Son village



Leave Nua village after having breakfast. Start our full day trek climbing deeper into the Pu Luong Nature Reserve. Picnic lunch on the way. Continuing our trek passing through ethnic villages. Our day ends with a wonderful sunset (weather dependent) in Son village. Dinner and overnight at our Thai homestay.
Trekking Distance: about 15 km
Trail Difficulty: 4/5

Inclusion: Guide, homestay, all meals.

Day 8: Ton village - Hanoi



Breakfast is prepared by your guide then start trekking by 8:00 AM. Today we will have an easy day with small ups and downs through rice paddies and the Pu Luong jungle. After about 2.5 hours we get to Ton village. Our driver will be waiting for us there to transfer us to Muong Khen town for lunch. Arrive and end in Hanoi in the late afternoon.
Trekking Distance: 7km

Trail Difficulty: 2/5

Inclusion: See inclusive items listed after each day

Exclusion: Visa, insurance, drinks, personal expenses, others not mentioned in details, tips are welcome!

LEGAL ASPECTS

Booking Terms & Conditions: Tour itinerary and tour prices are subject to change without prior notice. Please [click here](#) for more information.

ORGANISATION



Tour guide: English speaking guides on sites.

ACCOMMODATION

Homestay condition: The homestay condition is very basic, please visit our website for FAQs on www.Footprint.vn for further information on the homestay conditions. The homestay will give you the opportunity to connect with the local culture, as you will stay with a family of an ethnic minority and receive your dinner from them.

TRANSPORT

Car / Van Quality: New air-conditioned cars or vans, depending on the group size.

FOOD

Vietnamese foods. The meals will be either served in the homestay or in local restaurants depending on the activities.

If you have any allergies, special requests or if you are on a special diet please let us know. We will arrange it for you in advance.

SUSTAINABILITY

Please Travel Responsibly: The small things you do will make a [big difference!](#)

PREPARATION OF THE CUSTOMER

Seasonal preparation: The best time to travel is from November to May. There are also great photo opportunities during this time and the rice cultivation period from March to May and July to October offers amazing views. Don't forget to bring your camera with a zoom lens. Heat and humidity in the rainy season (Summer months: May to September) can make this tour very difficult. Please check with our travel consultant for more details before booking.

What to bring: Passport, change of clothes, sun-glasses & hat, toiletries, sun-block, insect repellent, flashlights, proper hiking boots /trekking shoes, personal first aid kit & medicines, small VND notes for buying drinks. If you feel the need then sleeping bags, cable lock for your bags is recommended.

Before your departure, please make sure you read our *what to bring & tips*, as well as other important notes for trekking trips, and summer travel in Vietnam.

TREKKING INFORMATION



Age: The minimum age we accept for this tour is 10 years with no exception. The program is not recommended for seniors (above 65 years) who do not have a good physical fitness.

Experience: The trek demands some experience in co-ordination, fitness and stamina. The great effort will be rewarded with fantastic views. Clients should have previous trekking experience. Nevertheless, our guide will be flexible to suggest you the most proper trekking route adapted to your physical fitness.

Routes on Google map: [Mai Chau & Pu Luong Super Trek 8 days](#) (viewable on Pc and smart devices). The trekking route can be changed due to external circumstances such as weather (the rain season between June and October can cause muddy paths which can become dangerous). Your Footprint travel consultant will assist you with any changes.

Trekking time: The trekking time is approximate and depends on the weather and the walking speed.