

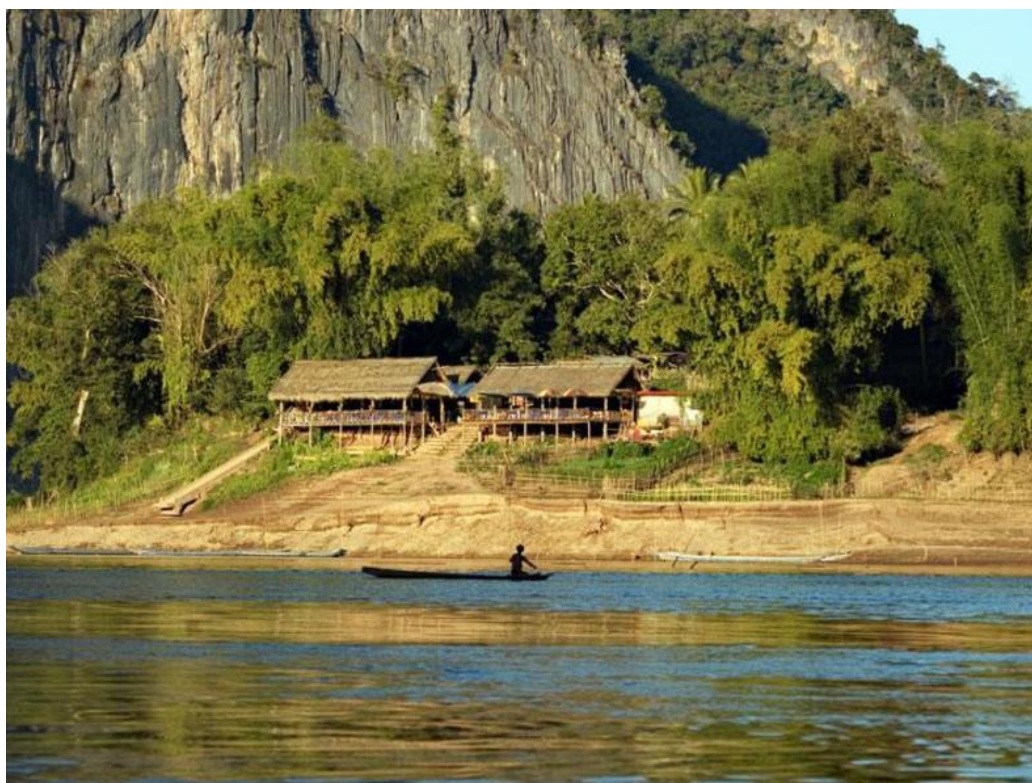


Rediscover the
meaning of travel

Tour Notes

Laos and Vietnam - Treasures of the North

Tour Duration – 16 Days



Tour Rating

Fitness ●●●○○ | Off the Beaten Track ●●●○○ | Culture ●●●●○ | History ●●●●○ | Wildlife ●●●○○

Tour Pace

Busy

Tour Highlights

- ✓ A tour with high local interaction
- ✓ Meet the different ethnic tribes of northern Laos and Vietnam
- ✓ Visit Nam Et-Phou Louey National Protected Area, home to a population of Indochinese tigers



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Tour Map



Tour Essentials

Accommodation:	Mix of Comfortable hotels and an eco-lodge
Included Meals:	Daily breakfast (B), plus lunches (L) and dinners (D) as shown in the itinerary
Group Size:	Maximum of 12
Start Point:	Luang Prabang – you can arrive any time on day 1
End Point:	Hanoi – you can depart any time on day 16
Transport:	Minivan or bus, boat
Countries:	Laos & Vietnam
Optional Extension:	Pre-tour extension to 4000 Islands



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Laos and Vietnam - Treasures of the North

A unique tour to South East Asia's best kept secret, Laos, where we get well beyond the tourist trail up North exploring hill tribe villages and taking an unforgettable river journey into Phou Louey National Protected Area to look for flora and fauna. After exploring the amazing former Indochina war caves of Viengsay we cross into Vietnam experiencing the rich culture of the North and the ethnic minorities before ending our journey in Hanoi.

Tour Itinerary Notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested and on occasions alternative accommodation, of a similar standard to that named below, will be used.

Tour Guide

Our guides are a key strength, chosen for their knowledge of and passion for the areas in which they work. All of our guides are carefully hand-picked, and are not just passing through these countries, but are usually locally born. Unlike some companies it should be noted we do not send a guide or tour leader from Undiscovered Destinations in the UK as we have every confidence in our locally appointed representative who is responsible for operating the tour on our behalf. Where possible you will have the same guide throughout your trip but on occasions it may be necessary to change the guide at one or more points during the tour. On this tour you will have different guides in Laos and Vietnam.

Itinerary

Day 1 – Arrive Luang Prabang

Arrive in Luang Prabang and transfer to the hotel. If you arrive during the day, take a walk down to the riverside and soak up the atmosphere with a cold drink and later visit the atmospheric night market. Overnight Le Sen Boutique Hotel or similar

Luang Prabang

Colour is the first of Luang Prabang's virtues to greet travellers. Pearly frangipanis with their heady perfume, banks of overgrown trees peppered with scarlet flowers, the burnt sienna robes of hundreds of monks and their novices, and resplendent gold and claret wats. The scent of fresh coffee, river activity, produce markets and spicy food soon follows. And then the broader aesthetics begin to unfold. Encircled by mountains, and set 700m above sea level at the confluence of the Nam Khan (Khan River) and the Mekong River, Luang Prabang is Laos' foremost showpiece. The brew of gleaming temple roofs, crumbling French provincial architecture and multi-ethnic inhabitants captivates even the most jaded travellers, and the quiet benevolence of the city's residents lulls them into somnambulant bliss.

Day 2 – Villages around Luang Prabang

We start the day with a visit to the Traditional Arts and Ethnology Centre to give an insight into some of the ethnic minorities of Laos which you will come across on the journey ahead. We then drive into the peaceful countryside to explore several small villages where you will be shown how local people live and work by local guides. You will get the chance to see their houses from the inside, traditional dress and explanations of traditional cultural practices. Continue on to the Kuang Si Waterfall, where crystal water cascades into idyllic turquoise pools. Bring a bathing suit if you would like to swim. Also take some time to visit the nearby Sunbear Refuge Centre to learn more about the poaching of these endangered creatures. Overnight Le Sen Boutique Hotel or similar (BL)



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Day 3 – Luang Prabang

A full day to experience the delights of Luang Prabang. For early risers witness the sacred ritual of townsfolk offering rice to the monks on their alms rounds. Afterwards walk to the nearby morning market to see an array of produce on sale. Return to the hotel for breakfast. Later explore Luang Prabang including Wat Xieng Thong. This 500-year-old temple is exquisite and is the best example of the classic Luang Prabang style. From here, explore small side streets, along back alleys and through temples – a city that could have been designed with slow travel in mind. Visit the National Museum, which is the former Royal Palace. Relics from Laos' royalist past remain here. Overlooking the palace is Phousi Mountain. It is said that those who do not climb the 328 steps up have not really made it to the city. Venture up the hill and be rewarded with remarkable views of the area. Overnight Le Sen Boutique Hotel or similar (B)

Day 4 – Luang Prabang - Nong Khiew

(approx. journey times: Luang Prabang – Ban Pak Ou by boat – 2hrs, Ban Pak Ou – Nong Khiew – 3hrs)

This morning we journey up the Mekong River stopping at a local village on the way. We then stop at Pak Ou Caves, a mystical pilgrimage site perched high up above the Mekong. Peering into dark corners, your eyes gradually adjust to reveal the serene faces and figures of more than 3,000 Buddha images, some inlaid with semi-precious stones. That these remain undisturbed in this remote site in one of the world's poorest countries is a testament to the devotion of the people. After visiting the caves we continue the journey to picturesque Nong Khiew. Overnight Nong Khiew Riverside or similar (B)

Day 5 - Nong Khiew

(approx. journey times: 3.5hrs boating, 2hrs walking/sightseeing, 30mins caving)

Leave Nong Khiew and cruise up the river on a traditional long boat. We stop to visit several different ethnic villages. The village of Ban Sop Jam is famous for its traditional Lao silk and cotton weaving. After spending some time in the village we turn around and return back downstream to Muang Ngoi. Upon arrival we take a small trek of around 2 hours which takes us through some gorgeous scenery consisting of limestone cliffs, mountains and rice paddy fields. We visit a historical cave which was used as bomb shelter by locals during the second Indochina war. Return to Nong Khiew by boat hopefully enjoying a nice sunset and arriving back just before dark. Overnight Nong Khiew Riverside or similar (BL)

Day 6 – Nong Khiew – Nam Nern

(approx. journey times: Nong Khiew – Nam Nern – 250km, 5-6hrs)

This morning we take a walk along the Nam Ou River to visit a local market before travelling to Nam Nern, our jumping off point for an expedition into nature. On arrival in Nam Nern we take a walk around the town before settling into the guesthouse. Overnight local guesthouse (BLD)

Day 7 - Nam Et-Phou Louey National Protected Area

(approx. journey time: Nam Nern – Nam Et-Hou Luey NPA – 25mins)

An early start for a two day/one-night expedition in Nam Et/Phou Louey NPA (National Protected Area). We drive 1.5 hours along a winding road through lovely forested, mountainous landscape before we arrive in Son Koua Village; an ethnic Khmu village where we will be welcomed by the village guide and boatmen. They will take you on a short tour of the village where you will learn about the animist tradition of appeasing the village spirit. After that take lunch in the village. We then embark on a 1.5-hour journey to the park substation on the Nam Nern River by long-tail boat, along the way learning about upland rice cultivation and hopefully having opportunities to spot monitor lizards and an abundance of bird life. After arriving at the park substation, you will receive a briefing by park staff about the on-the-ground efforts in protecting tigers and their prey. Later take a night safari. Stopping near a salt lick, we hike into the forest. The local guide, a skilled hunter and tracker, explains how local people track deer and other wild ungulates. Our boats continue upriver to the dinner site, a sandy, flat bank, where you will enjoy a picnic around a campfire. After dinner listen as the guides regale Khmu folktales and stories about dragons, wildlife, and ghosts. Depending on the amount of



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moonlight available, you will depart after dinner for some night spotlighting 2-3 hours after dark, floating down river with the engines off in order not to disturb wildlife. We may see Sambar deer, otters, barking deer, various species of civets, slow loris, porcupine and owls. At the end of the spotlighting the boats arrive at the evening camp. Overnight local Eco lodge. (BLD)

Please note that the Eco-Lodge has basic facilities. You will sleep in a bed under cover with a mosquito net. No private bathroom facilities.

Nam Et-Phou Louey National Protected Area

Nam Et – Phou Louey National Protected Area is located in the north east of Laos and covers 7 districts and three provinces. The area has primary forest, a high level of biodiversity, and a number of species including gaur, clouded leopard, Asian golden cat and white-cheeked gibbon, turtles, frogs and lizards. Significantly, the area has the most important populations of Indochinese tigers (*Panthera Tigris corbetti*) in the world. It is estimated that there are 7 - 23 tigers in the area. Tigers represent the overall health of the ecosystem, as only the healthiest ecosystem can support enough prey to support this spectacular but vulnerable carnivore.

Day 8 – Nam Et Phou Louey NPA – Sam Neua

(approx. journey times: Nam Nern – Sam Neua – 220km, 4-5hrs)

Rise early to the sound of the forest and take an early walk in the jungle learning about the use of medicinal plants and the history of the area, which was once a major settlement during the Indochina War. Before returning to Son Koua village by boat you will be able to record your wildlife sightings in the camp educational facility. We then continue through the mountains affording wonderful views to arrive in Sam Neua by late afternoon. Overnight at Phetmeuangsam Hotel or similar (BLD)

Day 9 – Sam Neua - Na Meo – Pu Luong Nature Reserve

(approx. journey times: Sam Neua – Na Meo Border – 88km, 3hrs, Na Meo – Pu Luong – 200km, 5-6hrs)

Visit the information centre near the guesthouse to learn more about the interesting historical significance of the area during the Indochina War. With the help of a local guide and an audio tour, travel to some of the nearby caves to see how the Lao People's Revolutionary Party lived during the war. This is an incredible experience. Enjoy lunch in a local restaurant. We continue across the border into Vietnam towards Pu Luong Nature Reserve. Overnight Pu Luong Retreat or similar (BLD)

Please note you must have a valid Vietnamese visa in your passport to use this border crossing. No visa on arrival facility is available for clients entering Na Meo border.

Day 10 – Pu Luong Nature Reserve - Mai Chau

(approx. journey times: Pu Luong – Mai Chau – 60km, 2hrs)

Pu Luong Nature Reserve is an area of outstanding beauty, cultural interest and great biodiversity, with a rich forest, limestone panoramas, rice terraces and breath-taking scenery. This morning after breakfast trek to Kho Muong village where we have a local lunch. After lunch trek to Hang village and then continue to Mai Chau. Overnight Mai Chau Sunrise or similar (BLD)

Day 11- Mai Chau – Son La – Dien Bien Phu

(approx. journey times: Mai Chau – Spm La – Dien Bien Phu – 350km, 7-8hrs)

This morning travel to Son La. On the way visit Blue H'Mong village in Nong Luong, and stop for a coffee break in Moc Chau, the biggest plateau in Vietnam. After crossing the suspension bridge visit a Black Thai village and then continue on to Son La. Later in the afternoon visit Son La prison and the museum of Ethnology. Continue to Dien Bien Phu via the spectacular Pha Din Pass. Overnight at Muong Thanh Hotel or similar (B)



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Day 12 – Dien Bien Phu

This morning visit Dien Bien Phu's local museum and the former battlefield, the scene of the decisive battle between the Vietminh troops and French forces during the First Indochina War, which is considered to be one of the most important events in Vietnamese history. Visit some of the small ethnic villages. Overnight at Muong Thanh Hotel or similar (B)

Day 13 – Dien Bien Phu - Mu Cang Chai

(approx. journey times: Dien Bien Phu – Mu Cang Chai – 250km, 6-7hrs)

After an early breakfast depart to Mu Cang Chai Ecolodge which is our base for the night. Depending on time of arrival, you will have lunch at the ecolodge or en-route. This afternoon there are 2 options for trekking, dependant on weather conditions:

Option 1 – Start walking from the small village of H'mong, named Hang Co Vua, then follow the terrace fields and pine forest. When in the forest you have the opportunity to look at the orchids, see the birdlife and wildlife within. After an approximate 2 hour walk we arrive at local villages where people of the Hua Khat ethnic minority live. These local people lead extremely simple lives, and although they cannot communicate with us due to language barriers, they are extremely friendly and welcoming, inviting us to visit their village and their home. We leave the village into terraced fields and return back to the ecolodge.

Option 2 – Travel to Cai Dong and La Khat village and enjoy the picturesque scenery of Mu Cang Chai. You will see the beautiful yet simple life of the Hmong people

Overnight at Mu Cang Chai Ecolodge or similar (BLD)

Day 14 – Mu Cang Chai – Sapa

(approx. journey times: Mu Cang Chai – Sapa – 180km, 4-5hrs)

This morning drive from the ecolodge to Sang Village where the Hmong live where we will take a walk of approximately 2 hours. The trail is on the border between the two provinces of Yen Bai and Son La. From the trail you will see the spectacular terraced fields in Ngoc Chien valley. Continue through pine forest and down into the valley and discover the life of the Thai minority and have a local lunch in the village. Wander through the village before heading back to the ecolodge where you will drive to Sapa, arriving around 1700hrs. Overnight at Eden Boutique Hotel or similar (BL)

Sapa

Sapa, formerly known as Cha Pa, is at the foot of the Fanispan Mountain, the highest mountain of Vietnam. The majority of inhabitants of the Lao Cai province are ethnic minorities, such as Hmong, Thai, Giay, Nung, Tay, As Pho, Lolo, Xa Mang and Phu La.

Day 15 – Sapa – Ma Tra Village – Hanoi

(approx. journey times: Sapa – Ma Tra – Hanoi – 321km, 5-6hrs)

Start your day with a short walk through the town of Sapa, through beautiful gardens and pine forests. Pass through the Black H'Mong ethnic minority village of Ma Tra, a very small village away from civilization. Continue walking through paddy fields and spectacular scenery, and you may also get the chance to visit a local school. Head to the church of Ta Phin where you will be transferred back to Sapa. We then drive to Hanoi. Overnight at Hanoi Boutique 1 Hotel or similar (B)

Day 16 – Hanoi

Transfer to the airport for your departure/onward flight (B)

Optional Pre-Tour Extension – 4000 Islands

(Flight need to arrive in Pakse – not included)



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Day 1 - Arrival Pakse and the Bolaven Plateau

On arrival in Pakse, meet your guide and driver who will accompany you to the Bolaven Plateau, an area known for its waterfalls, ethnic minorities and also the home to Lao coffee and tea production. Your first stop on the way up the Bolaven Plateau is the impressive Tad Fane, twin waterfalls that plunge 200 meters down a gorge. Also stop at the Tad Yeung waterfall, another very scenic waterfall. Continue to your resort. Overnight at Sinouk Coffee Resort (B)

Day 2 - Bolaven Plateau and Champassak

This morning drive to Paksong, and visit a local Market, where local tribal people come to trade their produce. Learn all about the coffee roasting process during a visit to the Jhai Coffee House, the world's first philanthropic coffee roaster. The tour continues to Ban Phuong Cook, an area where the Katou people live. These are of the indigenous Mon-Khmer population. Other ethnic groups such as Khmu, ALT, Ngae, Kalung, Lavane, Lavere and Katung also live in the area. Lunch is served in a local restaurant. Then it is time to leave the Bolaven Plateau and drive to Champasak. Overnight at The River Resort (BL)

Day 3 - Wat Phou

After breakfast make your way to Wat Phou, a ruined Khmer temple complex in southern Laos and a UNESCO World Heritage Site. The ruin is situated at the foot of Mount Phou Kao, about 6 km from the Mekong River. The oldest temple dates from the 5th century, but the best-preserved parts are from the 11th to 13th century. Then travel south, near the Cambodian border, and visit the famous Khone Phapeng Waterfalls, Southeast Asia's biggest waterfalls. Continue to Ban Nakasang a riverside village where you will take a long tail boat through the 4000 islands area to Don Khone. Check in your hotel and enjoy the rest of the afternoon. Overnight at Sala Don Khone, Floating Studio (B)

Day 4 - 4000 Islands

Today enjoy a cycling trip to the Li Phi Falls, which were major obstacles that thwarted the French in their efforts to open the Mekong River to navigation. Here also live some 50-100 Irrawaddy (freshwater) dolphins. If lucky, you'll have the chance to see them. See the small gauge railway and Colonial Bridge built by the French to circumnavigate the falls. An old French locomotive is still seen as a silent witness of this failed attempt. At 4:00 pm depart from the hotel with a guide and boat driver to experience a Mekong Sunset cruise. Visit Done Xang, Done Pueay and stop at Don Som where you visit the temple of the same name. From here walk a short distance and observe how local people spend their day. Return to your boat and float down the Mekong River into the sunset. If you have not tasted your drink yet, well this is the right time to do so as we return to Khone Island. Overnight at Sala Don Khone, Floating Studio (B)

Day 5 - 4000 Islands via Pakse to Luang Prabang

Enjoy a free morning at the hotel before check out and transfer to Pakse (around 3 ½ hour's drive) for your departure flight onward. Fly Pakse to Luang Prabang on Lao Airlines QV 514, departing 16:20, arriving 18:00 and transfer to your hotel as per Day 1 of the main tour.

Tour Inclusions/Exclusions

Inclusions:

- Arrival and departure transfers
- All accommodation
- Services of English-speaking guides (please note we use different guides in Laos and Vietnam)
- Meals as listed (B – Breakfast, L – Lunch, D – Dinner)
- All ground transport, including travel by minivan, river and local bus
- Entrance fees for sites listed as part of the itinerary



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Excluded:

- International flights
- Any airport taxes (included for flights within the itinerary)
- Travel insurance
- Visas if applicable
- Drinks
- Items of a personal nature
- Tips (Discretionary)

Important Information

Foreign Government Travel Warnings

We constantly monitor the advice posted by the British Foreign and Commonwealth Office (FCO). In particular we will always advise clients of any travel warnings. At present there are no warnings against travel to any of the areas we visit in Laos or Vietnam. It should be noted that this information applies to British citizens. Other nationals are asked to check the current position of their respective government.

Accommodation and Meals

Hotel Check-in Times

As a general rule most hotels will allow guests to check-in from 2pm. Please note that the price of your tour does not include guaranteed early check-in. Therefore please advise us if you would like to ensure that your room is available for an earlier arrival. This is particularly relevant on the first day of the tour and for early morning arrivals. One option is to pre-book and pay for an extra night at the beginning of your tour which will guarantee your accommodation is available irrespective of what time you arrive. Please contact us for information and costs.

It should also be noted that on many of our tours we have set-aside Day 1 of the itinerary as an 'arrival day'. For this reason and because tour participants are likely to be arriving at different times, and often from different countries, guided sightseeing or other activities are not included. If you are arriving early or before the start date of the tour and would like to organise some extra arrangements on a private basis please contact us.

Accommodation Rating

At Undiscovered Destinations we know our travellers prefer to stay in comfortable, mid-range accommodation. With a few exceptions you can expect rooms to be en-suite, with private bathroom and when necessary air-conditioning will be provided. In general you will find your hotel has a restaurant and/or bar. Please note that you will stay in local homestays and an eco-lodge on this tour where facilities are basic, with shared bathroom facilities.

We welcome solo travellers and single rooms will be allocated subject to the applicable tour supplement. Please note that on occasions you may not always be allocated a double or twin room, as some hotels have designated single rooms. These may be smaller in size. However, the supplement payable takes this into consideration.



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Food & Drink

The daily meal basis is shown in the tour itinerary; breakfast (B), lunch and dinner (D). Please note that lunch may be a picnic. Drinks are not included and will be payable locally in cash.

Dietary Requirements

If you have any special dietary requirements you must notify us at the time of booking. While we will make every effort to cater for you, we cannot guarantee that this will be possible.

Budgeting for your Tour

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

Food

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Laos

Lunch £2 - £4

Dinner £6

Vietnam

Lunch £5 - £7

Dinner £9

Drink

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

Laos

Water £0.75 - £1.50

Bottle of Beer £0.75

Vietnam

Water £0.50

Bottle of Beer £2 - £4

Tipping – Guide and Drivers

Tipping is common practice in Asia. If your local guide has been helpful then you could think about tipping. As a rough guide, drivers can be tipped between \$2-4 per day and guides between \$7-15 per day – these figures are per group, not per person.

Foreign Exchange

ATM Availability: Much of the tour is located in rural areas where ATM's will not be available

Credit and Debit Card Acceptance: Larger hotels take Visa or Mastercard

Local Currency: Lao Kip (LAK) / Vietnamese Dong (VND)

Recommended Currency for Exchange: US Dollar

Where to Exchange: Your guide will advise you



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Joining your Tour

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will receive an airport transfer, both on arrival and departure include in the tour price. In order that the transfer can be arranged please ensure that you advise us of your flight information once available. Please advise the date, time and flight number for your arrival/departure. If we have not been advised of this information at least 2 weeks before travel, then you will be required to make your own way to the hotel on Day 1 of your tour.

Travel Insurance

It is a condition of booking with Undiscovered Destinations that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country and be valid for the entire duration of your holiday.

Visa Information

Most nationals including UK, EU and US visitors require a visa for entry to Laos. This can be obtained in advance from a Lao embassy or currently on arrival at Vientiane or Luang Prabang airport. The visa will be valid for 30 days and cost depends on your nationality (from 30-42 USD). One passport sized photograph will be required, but we suggest you travel with a couple of spare photos just in case this requirement changes.

Most nationals including UK, EU and US visitors require a visa for entry to Vietnam. Some companies can organize visa on arrival, but you must organize this before entering Vietnam. The safest option is to get a visa from the Vietnamese Embassy before you travel. If you plan to leave Vietnam and re-enter from another country make sure you get a multiple visit visa.

Visa regulations change frequently so please check for the most up to date information.

Passports

It is your responsibility to ensure that you are in possession of a full passport, valid for at least six months after the date of return to the UK.

We strongly advise that your passport contains a minimum of two blank pages, as this may be a requirement of the local immigration authorities. In addition certain countries will stipulate that the two blank pages are opposite each other. If you are unable to meet these requirements you may be refused boarding by your airline or denied entry by the immigration authorities.

For specific information about the requirements for your destination please check with the country's embassy or consulate. Alternatively UK citizens can visit www.gov.uk/foreign-travel-advice

Vaccinations & Protection

As with travel to most parts of Asia, we strongly recommend that you contact your doctor's surgery or a specialist travel clinic for up-to-date information, advice and the necessary vaccinations.



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For a visit of less than one month, almost certainly you will be advised to have immunisations against the following: Diphtheria and Tetanus, Hepatitis A, Typhoid, Meningitis. Anti-malaria medication will also be required and the use of a DEET-containing insect repellent is highly recommended.

The legal status and regulation of some medicines prescribed or purchased in your home country can be different in other countries. If you're travelling with prescription or over-the-counter medicine, read this guidance from NaTHNaC on best practice when travelling with medicines. For further information on the legal status of a specific medicine, you'll need to contact the embassy, high commission or consulate of the country or territory you're travelling to.

Preparing for your tour

Climate

Laos has a tropical monsoon climate with two distinct seasons: May to October is the rainy season and November to April is the dry season. Temperatures are usually hot by day (in Luang Prabang expect temperatures of over 30 degrees centigrade by day (86 degrees Fahrenheit) and warm by night although in the hills and it does get slightly cooler at night.

Northern Vietnam has two distinct seasons: October to late March is the dry season and April to September is the wet season. Temperatures in the North are low in the winter months (November to February), and March sees average temperatures of around 18 degrees, and it can still be cool at night.

Clothing

When it comes to clothing it is usually recommended that lighter clothes are worn through the day, and warmer ones at night. A hat is also advised to be worn through the day to protect from the sun, along with at least one piece of waterproof clothing for any days that the weather may be wet or windy.

Equipment

The first thing on your list should be a first aid kit. Whilst there is no undue cause for alarm, travellers are best advised to travel well-prepared: adequately immunized, with sufficient supplies of prescription drugs, along with a medical kit. Suncream/sunblock is a must. Insect repellent, including a bite spray will also be useful to have.

Footwear

Comfortable and sturdy walking shoes/boots are recommended.

Luggage on tour

Your luggage should not exceed 20kgs (44lbs). One large rucksack or soft type bag, and one small hand luggage rucksack is acceptable.

Electric Supply & Plugs

Electrical supply is 220V and plugs generally have two-prong round or flat pins.

Tour Itinerary Versions

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes. These tour notes were updated 19 December 2022.

