

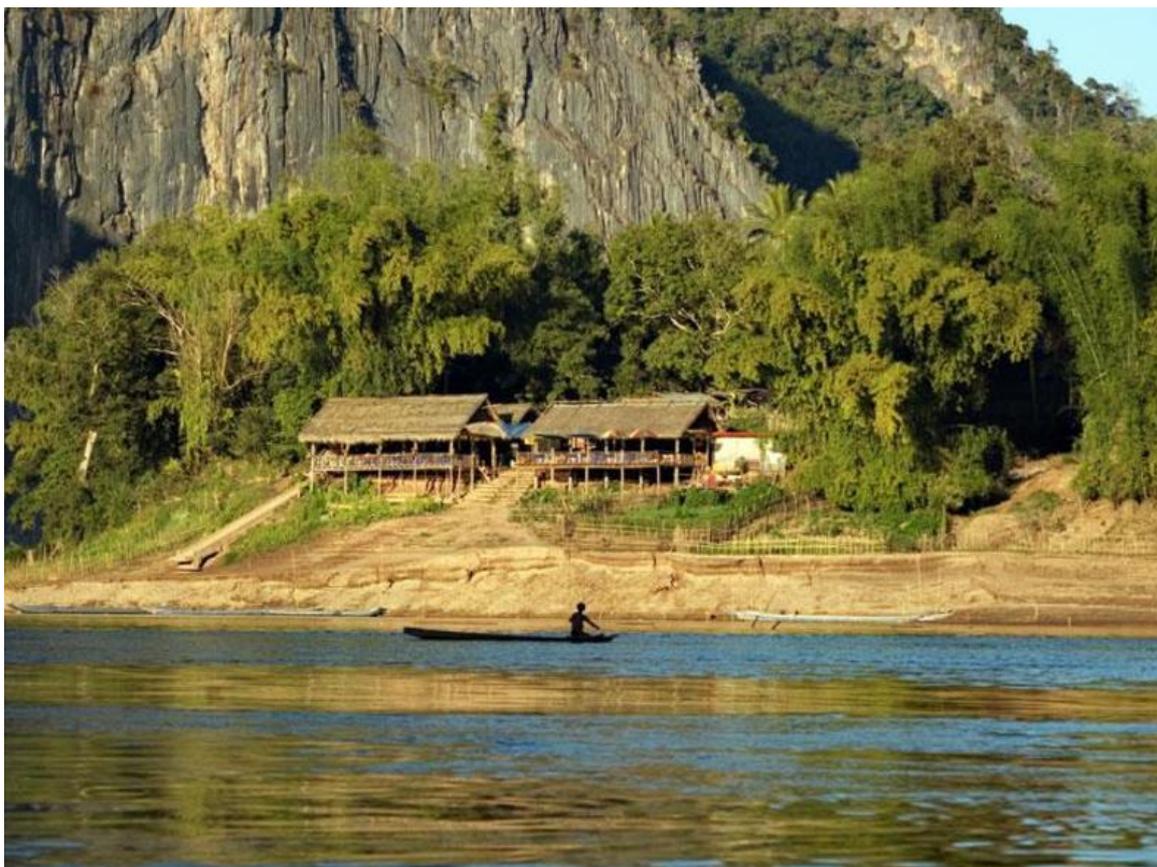


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Tour Notes

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 - Laos and Vietnam Tour - Treasures of the North



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
End Point:	Hanoi
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

Laos and Vietnam are a natural combination. It would almost seem more difficult to visit one and not the other. Comparisons are inevitable, and while both are Communist states differences in interpretation become very obvious very soon. Experiences of anti-colonial struggle against the French preceded carpet bombing by the US. The Vietnam War wasn't limited to Vietnam, the 'Secret War' saw two million tons of ordnance dropped on Laos. There were no winners and Lao farmers continue to pay a price in lives and lost limbs to this day. However, though this tour explores violent modern history it also informs on rich ancient civilisation, contemporary ethnic diversity, diverse ecosystems and breath-taking natural beauty, in the process re-inventing and refreshing the southeast Asian experience.

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 hotel accommodation. If you arrive during the day there's time to take a walk down to the riverside, soak up the atmosphere with a cold drink and maybe later visit the town's 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

The day starts with a visit to the Traditional Arts and Ethnology Centre for an insight into some of the ethnic groups encountered on the journey ahead. Afterwards we drive into the countryside to explore several small villages where community guides explain how local people live and work. There's a chance to see village houses from the inside, learn about traditional dress and cultural practices. Continuing to Kuang Si Waterfall, there's time for a dip where crystal water cascades into turquoise pools. Later we visit the nearby Sun Bear Refuge Centre to discover the impact of poaching, and ongoing conservation effort on these endangered creatures. Overnight Le Sen Boutique Hotel or similar. (BL)





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Day 3 – Luang Prabang

Today is dedicated to an appreciation of the UNESCO World Heritage Site of Luang Prabang. Early risers may witness townsfolk offering rice to the monks on their ritual alms' rounds. Afterwards we walk to the nearby early morning market to see the vast array of produce on sale before returning to the hotel for breakfast. Later, we explore the town's other sights, including the 500-year-old temple of Wat Xieng Thong, a classic example of Luang Prabang-style. From here, we explore side streets and back alleys – it's a city that designed with slow travel in mind. At the National Museum, a former palace, relics from Laos's royalist past are on display. Overlooking the palace is Phousi Mountain. It's said those who do not climb the 328 steps have not really made it to the city. Venture up the hill for remarkable views over the town and surrounding area. Overnight Le Sen Boutique Hotel or similar. (B)

Day 4 – Luang Prabang - Nong Khiew

(Approximate journey times: Luang Prabang – Ban Pak Ou by boat: two hours, Ban Pak Ou – Nong Khiew – three hours)

This morning we journey up the Mekong river, calling in at a local village on the way. At Pak Ou Caves, a mystical pilgrimage site perched high up above the Mekong, we peer into the cavern's dark corners to see more than 3,000 Buddha images, some inlaid with semi-precious stones. That these remain undisturbed in a 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 by boat to picturesque Nong Khiew. Overnight Nong Khiew Riverside or similar. (B)

Day 5 - Nong Khiew

(Approximate journey time: three-and-a-half-hours)

Leaving Nong Khiew we cruise upriver by long-tail boat, stopping at several different ethnic villages. The village of Ban Sop Jam is famous for its Lao silk and cotton weaving. After spending some time in the village, we turn around and return downstream to Muang Ngoi. Upon arrival we take a short trek of around two hours through landscape of limestone cliffs, mountains and rice paddy fields. We visit an historic cave used by villagers as a bomb shelter during the Vietnam War. We return to Nong Khiew by boat, enjoying sunset views on the river, arriving back just before dark. Overnight Nong Khiew Riverside or similar. (BL)

Day 6 – Nong Khiew – Nam Nern *(Approximate driving time: five to six hours)*

This morning we walk alongside the Nam Ou River and visit a local produce market before travelling to Nam Nern, the jumping off point for our expedition into a wilder side of Laos. On arrival, we take a walk around the town before checking-in to the guesthouse. Overnight local guesthouse. (BLD)

Day 7 - Nam Et-Phou Louey National Protected Area

Today sees an early start for our two-day expedition in Nam Et - Phou Louey National Protected Area, Laos's first and largest national park. We drive one-and-a-half-hours along a winding road through a mountainous, forested landscape before arriving at Son Koua Village. This is an ethnic Khmu village community where we will be welcomed by the village guide and boatmen. After a look around we'll learn about the animist tradition of appeasing the village spirit. After lunch we board a long-tail boat for a one-and-a-half-hour journey to the park office on the Nam Nern River. Along the way we learn about upland rice cultivation and hopefully spot monitor lizards and abundant birdlife. Arriving at the park office there's a briefing by rangers about their efforts to protect the park's tigers, one of six big cat species present. Later we embark upon a night safari. Stopping near a salt lick, we hike into the forest accompanied by a local guide, a skilled hunter and tracker, who explains how to track deer and other game species. Our boat continues upriver to a sandy, flat bank where we'll enjoy dinner around a campfire. Afterwards we listen as the guides regale us with Khmu folktales and stories about dragons, wildlife, and ghosts. Depending on the amount of moonlight, we'll try for some game viewing by spotlight, floating down river with the engines cut in order not to disturb wildlife. We may see sambar and barking deer, otter, civet, slow loris primates, porcupine and various owls. In the end, the boat arrives at our evening camp and we disembark. Overnight local Eco lodge. (BLD)



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Please note: *The Eco-Lodge has basic facilities. Beds are under cover and have mosquito nets. There are 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 *(Approximate driving time: four to five hours)*

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

(Approximate driving times: Sam Neua – Na Meo Border – three hours, Na Meo – Pu Luong – five to six hours)

Today we visit the information centre near the guesthouse to learn more about the historical significance of the area during the Indochina War. With the help of a local guide and an audio tour, we explore nearby caves to see how fighters of the Lao People's Revolutionary Party lived during the war. We take lunch in a local restaurant before crossing the border into Vietnam and continuing towards Pu Luong Nature Reserve. Overnight Pu Luong Retreat or similar. (BLD)

Please note: *A valid Vietnamese visa is required. No visa on arrival facility is available at the Na Meo border crossing.*

Day 10 – Pu Luong Nature Reserve - Mai Chau *(Approximate driving time: two hours)*

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

(Approximate journey time: Mai Chau – Son La – Dien Bien Phu: seven to eight hours)

This morning we drive to Son La, calling in at Blue H'Mong village in Nong Luong, and stopping for coffee at Moc Chau on the largest plateau in Vietnam. After crossing Moc Chau's questionable glass-bottomed suspension bridge we visit a village of the Tai Dam (Black Tai) ethnic group and then continue to Son La prison. Built by French colonialists and used to incarcerate revolutionaries the buildings were heavily bombed during the Vietnam War, more recently rebuilt. After looking around the nearby ethnological museum we continue to Dien Bien Phu via the spectacular Pha Din Pass. Overnight at Muong Thanh Hotel or similar. (B)

Day 12 – Dien Bien Phu

This morning we visit Dien Bien Phu's museum, and its historic battlefield. The decisive battle in 1954 between Vietminh troops and French forces during the First Indochina War is considered one of the most important events in Vietnamese history. Later, we visit nearby ethnic villages before returning to the hotel. Overnight at Muong Thanh Hotel or similar. (B)



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Day 13 – Dien Bien Phu - Mu Cang Chai

(Approximate driving time: Dien Bien Phu – Mu Cang Chai: six to seven hours)

After an early breakfast we leave for Mu Cang Chai Ecolodge, our accommodation for tonight. Depending on time of arrival, we'll take lunch at the ecolodge or en-route. In the afternoon two trekking options are available, dependant on weather conditions:

Option 1 – Start walking from the small H'mong village of Hang Co Vua. Follow terraced fields and pine forest looking out for wild orchids, wildlife and birds along the way. After approximately two hours arrive at a village of the Hua Khat ethnic minority. The people lead extremely simple lives but are extremely friendly and welcoming, normally inviting us to visit their village and their homes. We return through terraced fields to the ecolodge.

Option 2 – Drive to Cai Dong and La Khat villages to see the simple lifestyle of the H'mong people and enjoy the landscapes around Mu Cang Chai.

Overnight at Mu Cang Chai Ecolodge or similar. (BLD)

Day 14 – Mu Cang Chai – Sapa

(Approximate journey time: Mu Cang Chai – Sapa: four to five hours)

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

(Approximate driving time: Sapa – Ma Tra – Hanoi: five to six hours)

The day starts with a short walk through the town of Sapa, exploring beautiful gardens and pine forests. We pass through the isolated Black H'Mong ethnic minority village of Ma Tra, continue through paddy fields and spectacular scenery, perhaps visiting a school, and calling in at the church of Ta Phin, before driving back to Sapa. We then embark on the long 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)





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Optional Pre-Tour Extension – 4000 Islands

(Flight need to arrive in Pakse – not included)

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 we drive to Paksong and visit a local market where tribal people trade their produce. Learn about the coffee roasting process during a visit to the cooperative Jhai Coffee House, 'the world's first philanthropic coffee roaster and café'. We continue to Ban Phuong Cook, inhabited by the Katou ethnic group, the indigenous Mon-Khmer population. Other ethnic groups such as Khmu, Ngae, Kalung, Lavane, Lavere and Katung also live in the area. Later we drive to the impressive Pha Suam waterfall and nearby a national ethno-cultural open-air museum. After lunch in a local restaurant we leave for the Bolaven Plateau and drive to Champasak. Overnight at The River Resort. (BL)

Day 3 - Wat Phou

After breakfast we make our way to the UNESCO World Heritage Site of Wat Phou, a ruined Khmer temple complex more than a thousand-years-old. The ruins are situated at the foot of Mount Phou Kao, about six kilometres from the banks of the Mekong river. The oldest temples dates from the 5th century but the best-preserved structures are from the 11th to 15th century. Afterwards we travel south, close to the Cambodian border, and visit the famous Khone Phapheng waterfalls, encompassing the Mekong's entire flow, the largest by volume in southeast Asia. Later we continue to Ban Nakasang, a riverside village from where we take a long tail boat through the 4,000 Islands to Don Khone and tonight's accommodation. Overnight Sala Don Khone, Floating Studio. (B)

Day 4 - 4000 Islands

Today we cycle to Li Phi Falls, a major obstacle that thwarted the French in their efforts to open the Mekong river to navigation. The river here is home to some 50 to 100 Irrawaddy river dolphins, and with luck you may spot some of them. There's time to see the narrow-gauge railway and Colonial Bridge built by the French in an effort to circumnavigate the falls. An old French locomotive is testament to this failed attempt. Late in the afternoon we take a sunset cruise on the Mekong, visiting the islands of Done Xang, Done Pueay and stopping at Don Som to see its temple. From here we walk a short distance and observe how local people spend their day, returning to the boat and floating down the Mekong into the sunset. If you have not tasted your drink yet, this is the right time to do so. Overnight at Sala Don Khone, Floating Studio. (B)

Day 5 - 4000 Islands via Pakse to Luang Prabang

This morning is free to relax before checking-out and driving to Pakse for onward flights. Fly Pakse to Luang Prabang on Lao Airlines QV 514, departing 16:20, arriving 18:00 and transfer to hotel accommodation as per Day 1 of the main tour.





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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

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.





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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.

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.



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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

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.



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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.

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.



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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 14 November 2019

Undiscovered Destinations 1b St Oswins Place Tynemouth Tyne and Wear NE30 4RQ

tel +44 (0)191 296 2674

email travel@undiscovered-destinations.com web www.undiscovered-destinations.com



VAT Reg No. 859 8170 73 Registered in England: 5275855
The Old Post Office 63 Saville Street North Shields
Tyne and Wear NE30 1AY