
Unique North West

Posted by saylavie - 2010/08/30 13:27

Depart from

: Hanoi

Stop off

: Hanoi

Duration

: 7 days 6 nights

Discover Vietnam's rugged and scenic northwest and its people first hand. By taking to the roads and driving from the capital Hanoi to the remote area of the northwest we can see life as it truly is for the Vietnamese. The perfect itinerary and the support crew ensure you get the most out of the trip in terms of comfort, enjoyment and adventure. Along the way we encounter dramatic landscapes and sweeping panoramas as the rural population goes about its business. Highlights include the terraced valleys of Sapa, challenging roads, stunning scenery and many different colorful minority groups.

Day 1: Hanoi- Mai Chau (L,D)

Leave Hanoi around 8h30am, drive to Mai Chau, an area of beautiful landscape and home to the Thai ethnic minority. We will drive on road No6 passing expansive rice paddies and scenic villages. We will have a stop for refreshment before tackling 70km of undulating road with great view of mountains and valley. We will reach Mai Chau at late noontime. Visit Pom Coong, a peaceful village of White Thai ethnic minority where we have lunch, dinner and spend our night in a traditional stilt-house of a Thai family. After lunch we will have a short rest and then take a leisure push bike trips toward Ma River. We will take a short boat ride upstream Ma River to reach a remote Thai Village. Relax and have interesting conversations with the villagers before we walk back to the dock. Return to Pom Coong Village for dinner and overnight.

Day 2: Mai Chau -Son La (B,L,D)

Breakfast at the home-stay before we embark on a beautiful drive up north to Son La. The road is in good condition and the scenery is stunning. We may take frequent stops to visit minority villages of Hamong, Black Thai, or to take photos. Lunch will be in local restaurant en route. The highlight of our trip today could be the tea plantations in Moc Chau Plateau, where you find the best green tea in Vietnam grown along the roads on hillsides. We reach Son La in the afternoon. Dinner and overnight in Son La.

Day 3: Son La- Dien Bien Phu (B,L,D)

It is true to say "the further you go up north the faster your heart rate". Today the drive is greater with more winding road, longer passes, more colorful minority groups and more stunning scenery. Like yesterday, we may have interesting stops to visit villages and take photos. Lunch en route in local restaurant. The highlight of today ride could be the impressive pass of Pha Din pass, the longest pass in Vietnam with total length is approximately up to 32 km. Climbing and descending the slopes with their many bends and deep gorges is a really an unforgettable experience. We reach Dien Bien Phu in the afternoon around 4pm. Upon arrival we stroll around to explore the town. Dinner and overnight in Dien Bien Phu.

Day 4: Dien Bien Phu-Nam Na River to Tam Duong (B,L,D)

After breakfast we will start our 225 km drive along stunning gorges and Nam Na River. On the way we will have interesting stops to visit Hamong and Dzao villages. Lunch in Lai Chau. We would reach Tam Duong around 4.30 pm. Dinner and overnight in hotel in Tam Duong Town.

Day 5: Tam Duong- Sapa (B,L,D)

The drive today is the highlight of the whole trip. Climbing the highest pass in Vietnam, the Tram Ton Pass, 2000 meters above sea level. Lunch in local restaurant en route. We will reach Sapa in the noon time. Sapa is the former hill station for the French colonists hundred years ago. Today Sapa is the paradise for trekking lovers thanks to its beautiful trekking routes, stunning terraces, colorful minority groups and the highest mountain in Indochina, the Mt. Fansipan. Dinner and overnight in Sapa.

Note: The weekend market (Sunday market) in Tam Duong is very interesting with lots of colorful ethnic minorities. If this day is Sunday the market will be included in the program and we would reach Sapa around 3pm.

Day 6: Trekking in Sapa " Night train to Hanoi (B,L,D)

Breakfast in the hotel. We will drive downhill to Muong Hoa valley. Today we enjoy the most beautiful trek route in Vietnam. We will trek on dirt path through pine forest, terraces and Hamong villages. En route we stop to visit minority

villages, schools and have picnic lunch by river. In the afternoon we walk to the pick-up point to meet the car, transfer back to Sapa. Free at leisure then transfer to Lao Cai for the night train back to Hanoi.

Day 7: Arrive in Hanoi

Arrival in Hanoi early in the morning (5am). Tour finishes.

Inclusions :

Homestays

Meals as mentioned in the tour

English/French speaking guide

Private car/van transfer

Train ticket soft sleeper Lao Cai-Hanoi

Entrance fees at places indicated in the tour

Exclusions :

Personal expenses, insurance, drinks, tips and other services

Re:Unique North West

Posted by touristuser - 2011/06/01 16:33

Look at a rate comparison www.teltarif.de. Of course you have to a bit of work but why should we do? convert vob to avi Everything you need to do is sign up for SMS alerts. Each time a notification on Facebook, they can send an SMS. Open solved in the mobile browser problem.

Re:Unique North West

Posted by HHH - 2012/02/20 03:10

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Re:Unique

Posted by Test, just a test - 2012/05/17 14:02

Ingest a lot of water as which helps a lot. If you are busy and don't have the time to visit a gym, you could do this with activities that require physical function, just like sprinting, skating, etc. Also, seek to limit the time you sit in front of your television or personal computer if you can . Up against the popular belief, diet program is much more vital that you reducing weight than work outs. phen375 Weight Reduction is actually quite a bit less challenging as absolutely everyone is convinced. Here are a few points that anyone can alteration of there eating plan that can easily make a massive difference an internet to burning pounds. The following is All 5 suggestions you can apply to enhance your health and start to burn off of some unwanted fat:1 - Aim : Arranged goals by yourself to operate in the direction of supply you with the get necessary to either begin your weight loss program as well as force you one stage further. It will launch your metabolism for the day and have you burning calories. You should consume at the very least the bare minimum 9 a pair of glasses on a daily basis to help you get rid of the inside of your body. Water all day can actually put you off from snaking as well as quicken your metabolic costs the whole day. Understand that 3,500 calories is strictly 1 lb of body fat, they can accumulate swiftly. You will need some sort of daily exercise to lose weight efficiently and well, Do not forget that any training provides improvement over it's unlikely that any. To Get More Detailed Ideas a data Read this page Because I must Assist You To.

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Other alternate solutions range from wholesome, lowered caloric a loaf of bread for whitened breads and skimmed milk products for total extra fat whole milk. If you're an caffeine drinker, exchange signal of carbohydrates cost-free creamer as an alternative to fat free. Carbohydrates free has fewer calories as well as doesn't bring about blood sugar levels to go, which can lead to starvation. The Third Step: Eat good food for bodyweight-lossColon detoxify information can provide somewhat details on the easiest method to take though detoxification, but pounds-burning programs are frequently completely different. phen375 Shedding pounds can be hard, but sticking to your diet is depressed. It is possible to lose weight without having formal diet, Listed here are 7 suggestions. I park and wander when you are conducting my purchasing normally, and they often right after evening meal or in the course of meal on the job too. You may have a tendency to take in less with the substantial caloric elements. Tips consist of some fruits, produce, healthy meats, and even more. I purchased a new motorcycle, therefore you can not stop me from using it now. Hopefully to burn a couple pounds off, and doubtless will, all although drastically taking pleasure in me personally. I can't maintain my 6, 7, and ten year olds.

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