

CAO BANG BA BE LAKE TREKKING

8 DAYS 7 NIGHTS

Routing: Ha Noi – Thai Nguyen – Cao Bang

Tour Style: Nature, Culture & History Tour

Tour Start: in Ha Noi / **Tour End:** in Ha Noi

Trip duration: 8 Days 7 Night

No. of guests: 2 pax

Tour Summary

Day	Trip Summary
1	HA NOI – THAI NGUYEN – BA BE NATIONAL PARK (L,D)
2	BA BE – CAO BANG (B,L,D)
3	BAN GIOC WATERFALL (B,L,D)
4	CAO BANG – PHUC HOA – DONG KHE – THAT KHE (B,L,D)
5	LA VILLAGE – NA NIENG VILLAGE (B,L,D)
6	NA NIENG VILLAGE – PAC KHOANG VILLAGE (B,L,D)
7	PAC KHOANG – NA PANG (B,L,D)
8	NA PANG – THAT KHE – HA NOI (B)

Trip Details

DAY 1: HA NOI – THAI NGUYEN – BA BE NATIONAL PARK (L,D)

8:00: Pick up at the hotel . As you head out of Ha Noi, over the Red River on the Chuong Duong bridge, the suburbs quickly give way to the sprawling farm lands of the Red River Delta. Travel north along Hwy 3 to Thai Nguyen for a stop to enjoy a lunch of traditional Vietnamese food. Worth a visit here is the Museum of the Cultures of VietNam Ethnic Groups. Leaving the delta behind, you'll start climbing into the mountainous area of Ba Be National Park. Take a short boat trip (30 minutes) to a Tay village for dinner and homestay in a local house.

DAY 2: BA BE – CAO BANG (B,L,D)

Ba Be National Park, surrounded by rugged limestone mountains, is Viet Nams only natural mountain lake. This important ecosystem is best known for its over 330 species of butterflies! Have breakfast with your Tay hosts. The lush forest clinging to the surrounding mountains is your backdrop as you explore the lake. Reach the end of the lake and stop for a trek to Dau Dang waterfall. Meet your Jeep, head north through the lush mountain passes to the city of Cao Bang. Overnight in a Hotel.

DAY 3: BAN GIOC WATERFALL (B,L,D)

Jeep ride to Ban Gioc, visit the waterfall. On this day you'll take a scenic insightful day trip north of Cao Bang to the beautiful Ban Gioc waterfall on the Chinese border. This picturesque, cascading waterfall is 53 meters high and has an impressive span of 300 meters. The drive there offers unique landscapes, limestone karst formations soar from the verdant rice paddies of the surrounding farms of local ethnic minorities. Along the way, you'll see Tay, Hmong and Dzao ethnic minority groups. Heading back to Cao Bang, stop to explore the expansive 2,144 meter Nguom Ngao Cavern to discover its brilliant stalactites. Return to Cao Bang and stay overnight in Hotel.

DAY 4: CAO BANG – PHUC HOA – DONG KHE – THAT KHE (B,L,D)

Ta Lung national entrance –La village 15km (04 hours)

8:30: Drive from Cao Bang town to the Ta Lung national entrance 70 km, visit the national entrance .

12:30: Lunch there.

13:00: Go on walk along the valley and lime stone mountain from Ta Lung to La village about 15 km. Dinner and overnight in the Tay's stilt- house

DAY 5: LA VILLAGE – NA NIENG VILLAGE (B,L,D)

8:00: after breakfast continue to go on walk and climb the lime stone mountain ,

12:00: Lunch

13:00: Continue travel along the limestone to the Na Nieng village. Dinner and overnight in the Tay 's stilt- house.

DAY 6: NA NIENG VILLAGE – PAC KHOANG VILLAGE (B,L,D)

8:00: After breakfast leave the Na Nieng village to Dong Khe town on walk 12km.

Lunch in Dong Khe **13:00** continues to the Pac Khoang village.

Dinner and overnight in the Red Dao's village.

DAY 7: PAC KHOANG – NA PANG (B,L,D)

8:00: After breakfast trekking through limestone valley ,the small streams

12:00: Stop for lunch

13:00: Continue walking to Na Pang village ,Trang Dinh district – Lang Son.

Dinner and overnight at Tay's stilt-house

DAY 8: NA PANG – THAT KHE – HA NOI (B)

8:00: After breakfast trekking to That Khe town

13:00: Drive back to Hanoi. Stop over in LangSon

End the tour

LIST OF HOTELS USE

City	Hotel / Train / Boat	
	3 Stars	
BA BE	HOMESTAY IN A LOCAL HOUSE	
CAO BANG		MINA HOMESTAY
	LA VILLAGE	TAY'S STILT-HOUSE
	NA NIENG VILLAGE	TAY'S STILT-HOUSE
	PAC KHOANG VILLAGE	HOMESTAY IN VILLAGE
LANG SON	TAY'S STILT-HOUSE	

INCLUSIVE

- Full transportation by Ford Everest 4x4 or minibus
- Sightseeing fees
- Full meals at local restaurant, Vietnamese food
- Poster
- Local tour guide
- Boat trip for 4 hours on Bake Lake.
- English /French speaking guide from Hanoi.
- Twin-share accommodation with daily breakfast at a hotel or stay at the village.
- Lunches and dinners in the itinerary (12 USD per meal)

EXCLUSIVE

- Personal insurance
- Visa to Vietnam
- Personal expense
- Tips
- Emergency transfers