



trip highlights

Raise funds and awareness for your favourite charity by taking part in the challenge

Experience the culture, history and the colourful Old Quarter in Hanoi

Find 'true' cultural immersion by staying with the ethnic minority villages in their homes

Sample the world renowned food of Vietnam - arguably the best in Asia

Witness the peaceful vibe of the Hoa Binh people

Put huge smiles on the faces of the Ham Yem community by offering them funding and support to help build schools for their children

Stunning landscapes providing endless photo opportunities



Trip Duration	13 days	Trip Code: SOG4759
Activities	Trekking	
Summary	6 nights hotel, 4 nights homestay - in multi share dorm rooms	

your charity challenge

Raise money and awareness for Springboard and also the community project in Vietnam

World Expeditions is a worldwide adventure travel company, with three decades of experience in offering high-quality adventure travel experiences. We began operating charity challenges when the concept of fundraising through travel was first conceived in the 1990's. Since then we have successfully organised over 500 challenges for charities around the globe, enabling the collection of over 2 million in funds raised globally. We are proud to provide ongoing support to charities and foundations across the globe and to connect altruistic travellers with a shared experience in nature.

What better way is there to fundraise than through the charity challenge model ... where you get to challenge yourself on a trek and kayak. We'd like to congratulate you for taking on the challenge of fundraising and pushing yourself to reach personal goals, all the time reflecting on the challenges faced by the beneficiaries of your chosen charity or foundation.

World Expeditions supports fundraisers through the process from providing fundraising tips, suggesting a suitable training regime, outlining gear requirements for challenges, managing all travel arrangements and, most importantly, providing encouragement along the way.

why travel with World Expeditions?

Thank you for your interest in Springboards Vietnam Community Service Challenge 2018. At World Expeditions we are passionate about our off the beaten track experiences as they provide our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or individuals - philosophies that have been at our core since 1975 when we began operating adventure holidays. Our itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or cruising World Expeditions can make it happen for you. We hope you will join us for a life changing experience!!

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Springboard's challenge trekking through the small local villages of Northern Vietnam while raising vital funds and awareness for your favorite charity as well as helping rebuild a school in the poor province of Ham Yen



trip dates

2018 13 Mar - 25 Mar

the challenge

This challenge starts in Hanoi, the capital of Vietnam which is known for its centuries-old architecture and a rich culture with Southeast Asian, Chinese and French influences. At its heart is the chaotic Old Quarter when the narrow streets are roughly arranged by trade. There are many little temples, markets, handicrafts and some of the finest examples of Vietnamese street food. The trek will take us away from all the hustle and bustle past scenic landscapes and deep into the Hoa Binh Province to help us gain a deeper appreciation of the regions people, culture and natural wilderness by hiking through scenic valleys, pretty rice paddies, bamboo forests and mountains whilst having a true immersion by spending time and staying with the locals in their homes. Our journey will take us to a very poor community in Ham Yen where the average monthly wage is a mere \$15USD per month! Here we will get ready to roll up our sleeves and help rebuild a school alongside the locals. The combination of stunning scenery, back roads and engagement with local culture makes this an ideal challenge for anyone looking to have a true immersion into Vietnamese culture.

at a glance

DAY 1	LEAVE LONDON HEATHROW T4 WITH VIETNAM AIRLINES AT 1100 - DIRECT FLIGHT TO HANOI
DAY 2	WELCOME TO HANOI - VIETNAM. APPROX ARRIVAL TIME OF 0510
DAY 3	DRIVE TO HOA BINH PROVINCE. TREK TO HANG KAI. APPROX. 6.5KM
DAY 4	HANG KIA - BUOC. TREK APPROX. 19KMS
DAY 5	BUOC - MAI HICH - VAN. TREKKING APPROX. 17KM
DAY 6	VAN - HANG - KHO MUONG. TREK APPROX. 15KM
DAY 7	KHO MUONG - PHO DOAN - HANOI TREK APPROX. 8KM
DAY 8	HANOI - HAM YEN: COMMUNITY PROJECT.
DAYS 9-10	HAM YEN: COMMUNITY PROJECT (B/L/D)
DAY 11	HAM YEN - HANOI
DAY 12	FREE DAY IN HANOI. PM TRANSFER TO THE AIRPORT FOR THE OVERNIGHT FLIGHT BACK TO THE UK
DAY 13	ARRIVE IN LONDON HEATHROW T4 AT APPROX. 0715AM

what's included

- Direct International flights with Vietnam Airlines to Hanoi
- Accommodation on twin (hotels) and multi-share basis (homestays)
- 9 breakfasts, 8 lunches and 9 dinners (with snacks, fruit and water on trekking & project days included)
- Private transportation throughout
- Bi-lingual Experienced local guides who are all first aid trained
- 2 bottles of mineral water per person per day
- Medical kit
- Project manager at the community service project to help with preparations before, during and after your visit
- Porters to carry the main luggage on trekking days
- Government taxes and service charges
- Treks as detailed in the itinerary
- World Expeditions will pledge £2000 to help with the community service project
- Banner, project plaque and handover ceremony at the project site
- 24 hour support services from World Expeditions
- Risk assessments / pre- departure information & expedition launch assistance / info nights

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what's not included

- Meals and beverages not indicated in the itinerary
- Pre or post tour accommodation in Hanoi (please contact Jenny@worldexpeditions.co.uk on 0208 875 5063 to arrange this)
- Personal expenses such as bar, telephone and laundry bills
- Tips and gratuities
- Visa costs (if applicable) <https://www.gov.uk/foreign-travel-advice/vietnam/entry-requirements>
- Travel Insurance (compulsory)
- Single Supplements (limited availability - contact World Expeditions)
- Aerated and alcoholic drinks
- Vaccinations (if applicable) [http://www.fitfortravel.nhs.uk/destinations/asia-\(east\)/vietnam.aspx](http://www.fitfortravel.nhs.uk/destinations/asia-(east)/vietnam.aspx)
- Additional transport or accommodation required due to any emergency situation (this would be covered by adequate travel insurance)

Community service project (costs TBC) building school classrooms in Ham Yen Province

detailed itinerary

DAY 1 Leave London Heathrow T4 with Vietnam Airlines at 1100 - direct flight to Hanoi

After all the excitement, packing, fund raising and of course all that training! The day has finally arrived when we are flying off towards Eastern Suns! So time to sit back, relax and enjoy the on-board entertainment and when you wake up it will Good morning Vietnam!

Overnight on the aircraft with food service

meals: NIL

DAY 2 Welcome to Hanoi – Vietnam. Approx arrival time of 0510

Xin chao! Welcome to Hanoi, Vietnam. You are greeted by your guide and driver at Noi Bai International airport for your transfer to the hotel. Please look for the WORLD EXPEDITIONS welcome sign in the arrivals hall.

Hanoi, one of Asia's most enchanting cities, full of culture, history and the engaging contradictions of a rapidly developing and deeply traditional society. After a rest and freshen up (quick power snooze perhaps) we will re-convene in the late afternoon where your tour guide will host a trip briefing in the lobby before we all head out to enjoy some famous Vietnamese food at a warm welcome dinner.

Overnight in hotel in Hanoi.

meals: D

DAY 3 Drive to Hoa Binh Province. Trek to Hang Kai. Approx. 6.5km

After breakfast, we will take a drive to the Hoa Binh province. En route we will visit the "Cultural Space of the Muong, which is a private museum dedicated to the Muong ethnic group, the biggest minority group in the Hoa Binh province. Mr.Vu Duc Hieu, from Hanoi, fell in love with the diverse culture of the Muong people and has spent years of his life and provided significant funding as well as collecting thousands of items from the Muong culture to assemble this museum and preserve their traditions. We will then Continue to Xa Linh Village and have a picnic lunch. Here we will bid farewell to our driver and the group transport as we start trekking from Xa Linh Village of the Hmong ethnic minority by walking through lush trees, tea hills and passing by passing local villages with the opportunity to interact with friendly local Hmong people. We will continue through corn fields

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fast facts

Countries Visited:

Vietnam

Visas:

Please check visa requirements with your reservations consultant*

Vaccinations:

Please consult a travel vaccination specialist for up to date information

Leader:

Expert local leader

*Ask our staff for more information.

surrounded by numerous hills then gradually climbing uphill's to the main road down to Hang Kia. Located in a valley, Hang Kia is a beautiful village of Hmong ethnic minority with hundreds of houses embraced by peach and plum trees.

Overnight at a homestay in Hang Kia.

Trek to Hang Kai. Approx. 6.5km

Duration: approx. 2.5-3hrs

meals: B,L,D

DAY 4 Hang Kia – Buoc. Trek approx. 19kms

After breakfast, we will bid farewell to our hosts as we continue to walk further through the Hang Kia Village before entering the unpaved road leading to Thung Mai. You'll then turn to small dirt trails through the jungle. Most of this morning's route is going downhill to the land of Thai ethnic minority tribes. As we are drawing closer to Cun Pheo you will see rice fields and typical local houses that sit on stilts. After enjoying a picnic lunch we will continue to trek on relatively flat trails through the villages and fields and beyond to Buoc Village.

Overnight at homestay in Buoc Village.

Hiking distance: approx. 19km

Duration approx.6hrs

Note: The route can be muddy and slippery on rainy days.

meals: B,L,D

DAY 5 Buoc – Mai Hich – Van. Trekking approx. 17km

Today we will set off for a beautiful trek from Buoc Village through the rice fields of Muoi Village where you can see Thai farmers on their daily works. Continue walking through the villages of Sun, Ngoa and Den where you will have plenty of opportunities to meet with friendly local people and enjoy scenic landscapes of fields and mountains. We will continue to Mai Hich and after lunch we will follow the road along the mountains and fields through Cum, Mai Ha to the Chieng Chau Village. Here we will meet with our driver and car and take a short drive to Van Village.

Overnight at homestay in Van Village.

Hiking distance: approx. 17km

Duration approx.6 hrs

meals: B,L,D

DAY 6 Van – Hang – Kho Muong. Trek approx. 15km

After breakfast we will bid farewell to our hosts and transfer to Hang Village located inside the Pu Luong Nature Reserve. We will follow a track through the forest and climb up to Eo Ken Village for a beautiful view of the valleys terraced rice fields sitting under the majestic limestone peaks. We will take the time to enjoy a picnic lunch in this superb spot before we continue through several Thai villages and down to the Kho Muong Village with an approximate arrival of mid-afternoon. In this environment you will get a true immersion into the daily lives of villagers, among streams running past rice fields under scenic karst mountains. In the evening we will be treated to a traditional musical & cultural performance by the local people.

Overnight at homestay in Kho Muong Village.

Hiking distance: approx. 15km

Duration approx.6hrs

meals: B,L,D

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responsible travel

The environments we travel through are fragile. It is our responsibility as visitors to minimise the impact of our presence. World Expeditions were the proud recipients of the inaugural Australian National Travel Industry's Environmental Achievement award for our Responsible Travel Guidebook. This detailed guide to responsible and sustainable travel is provided to all World Expeditions clients before they travel. Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from our website www.worldexpeditions.com

trip grading

On trek days this trip involves trekking for up to 4-6 hours (16km on average). While we maintain a slow and steady pace, this should not be misinterpreted to mean it is an easy trip. You will need a reasonable level of fitness and good health.

* Suggested preparation: 30 minutes of aerobic type exercise, (either cycling or jogging) three times a week for three months leading up to your trip. In addition, hill walking with a daypack in variable weather conditions is also recommended.

adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

DAY 7 Kho Muong – Pho Doan – Hanoi Trek approx. 8km

After breakfast we will begin to climb uphill and follow the tracks to Uoi Village where we will finally reach Pho Doan. Here we will be picked up and driven back to Hanoi. If today is Thursday or Sunday you can walk around the Pho Doan market which takes place 2 times a week.

Hiking distance: approx. 8km

Duration approx. 2.5/3hrs

Overnight in a hotel in Hanoi

meals: B,L,D

DAY 8 Hanoi – Ham Yen: Community Project.

After breakfast, we will depart from Hanoi and head for the community project in the Tuyen Quang province and the township of Tuyen Quang. Tuyen Quang is a very mountainous region with large rivers, pristine forests and some of the country's most diverse flora and fauna. The sites main source of income for the residents is agriculture and the average monthly income is US\$15. Tuyen Quang is home to the Red Yao, Tay, Nung and Mong minorities. Tourism is still very new and subsequently the hotel facilities are basic, yet clean and practical. This scenic drive takes around four hours. Along the way we pass fields of tapioca and sugar cane as well as rice paddies. Around noontime, we will arrive at our accommodation where lunch will be served. After lunch, head out to the community project site to familiarize with the site and get your work assigned. There will be professional builder's onsite to ensure that the project is completed correctly and on time. We will divide the group into sub groups to work on different components of the project. There will be a good deal of flexibility in the hours that you work each day, but it is anticipated that you will be involved in labour work for up to 6 hours a day.

Note: project details to be confirmed (2-3 months prior to arrival)

Overnight in Ham Yen town.

Note: There's no international standard hotel in Ham Yen and we'll stay at a best possible option of accommodation.

meals: B,L,D

DAYS 9-10 Ham Yen: Community Project (B/L/D)

Full day to do the project works. Details to be confirmed later. On Day 10: Complete the project works in the afternoon and attend the handover ceremony.

Overnight in Ham Yen town.

meals: B,L,D

DAY 11 Ham Yen – Hanoi

After breakfast, we leave Ham Yen for Hanoi. On arrival, you are free to relax and recover. Celebration dinner

Overnight in a hotel in Hanoi

meals: B,L,D

DAY 12 Free day in Hanoi. PM transfer to the airport for the overnight flight back to the UK

The morning is free in Hanoi where our journey concludes. If you are flying home today you will be transferred to the airport in time for your departure. Approx. 9-10pm.

Overnight on board the aircraft.

meals: B

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important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

DAY 13 Arrive in London Heathrow T4 at approx. 0715am

Sadly our little Vietnamese adventure has come to an end...until next years challenge that is! where will the next challenge take us?...

meals: NIL

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

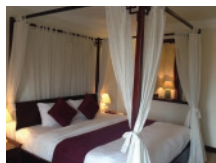
country information

Stretching over 1,650 km (1,025 mi) from north to south along the eastern coast of mainland Southeast Asia, Vietnam is a country of immense beauty and geographic diversity. The main features of Northern Vietnam are mountains, forests, the vast Red River Delta, and the beautiful Gulf of Tonkin coastline with its labyrinth of waterways and islands. Central Vietnam is made up of agricultural plains wedged between the Truong Son Mountains and the South China Sea, making for some dramatic mountain passes overlooking ocean vistas. The fertile waterways of the Mekong Delta dominate the south, and over 3,200 km of coastline and countless islands fringe the country. The country's rich cultural identity has been steeped in the traditions of its ancient civilizations and shaped by the influences of occupation, war and communism. Since the relaxation of political and economic controls that began in the late 1980s, Vietnam has experienced both exposure to capitalist liberalism and a return to many traditional cultural practices. The country is a mosaic of different cultures, with over 50 ethnic groups officially recognised. The lingering impact of socialism is evident here, especially in the capital of Hanoi, where faded propaganda artworks adorn billboards throughout the city, but there's never been a better time to visit this fascinating and beautiful country. There's so much to love about Vietnam: lush mountains and great rivers, sandy beaches and tropical islands, chaotic cities and bustling markets, ancient towns and sleepy villages, tranquil lakes and peaceful pagodas, crumbling ruins and grand imperial palaces, lively culture and sophisticated cuisine, and above all, the humble nature and determined spirit of its people, that rises above the country's dark and complex history.

climate

Vietnam's climate can vary markedly from region to region due to its extreme latitudinal span. You can go from soaring temperatures and extreme humidity in HCMC to cool and mild conditions in Dalat to frosts and even occasional snow in the mountains of the north. Generally two distinct seasons prevail in Vietnam: from November to April, the temperatures are usually fairly cool, especially in the north of the country. In the mountain areas temperatures can be as low as 0°C (32°F) and there can be a constant light drizzle. Hotter temperatures and heavy monsoon rains characterise the months from May to October, although you can experience rain at any time. The hottest months of the year are June, July and August. Southern Vietnam's weather patterns are more constant with a rainy season from May to October and a relative dry season from November to February. The temperatures in the south can rise as high as 35°C (95°F) from March to May.

accommodation on the trip



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Hotels: in Hanoi you will be accommodated in 3 star hotel, that are generally well located, atmospheric and reliable and where we have seen a good track record with traveller satisfaction over many years.

Lodges and Home stays: In Asia we only use good quality lodges situated in natural environments. They are not luxury lodges, but what they do offer is comfortable accommodation which is well maintained and with good facilities. Homestays are where a local family will open their home providing a wonderful insight into the local culture.

what you carry

In your daypack you will need to carry extra warm clothing (depending on location and weather), a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc.

equipment required

A comprehensive gear list is provided in the pre-departure information provided on booking.

vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and on occasion some vehicles may not have seat belts fitted. While game viewing within a national park could be one example, public bus transfers or specialised transport such as 'tuk-tuk's' could be another. Where seat belts are not provided we strongly recommend that you hold tight to a fixed part of the vehicle at all times.

subscribe to our e-newsletter

To keep up to date with our new and exciting adventure opportunities, special promotions and adventure news, subscribe to our monthly e-newsletter! You can do this on line through our website, www.worldexpeditions.com or contact our office.

how to book

To book a World Expeditions trip, you will need to complete a booking form and pay a non refundable deposit which you can do by contacting your Springboard trip coordinator or alternatively by contacting Jenny@worldexpeditions.co.uk 0208 875 5063. We can also help you with any additional arrangements that you require, such as stopovers, post trip accommodation or any additional tours that you wish to take in conjunction with the main Springboard /World Expeditions trip.