



**TREK**  
*Vietnam* ★

# TREK Vietnam★

## Introductions



**Rennie Grove Peace**



### Emma Stewart – Event Manager

I will be accompanying you on the trip, and training and fundraising just like you! I will also organise meet ups, and training walks. I like many of you here today have my own story of why I want to support Rennie Grove Peace.



### Gemma Ralph – Community Manager

Gemma will be on hand after the presentation to ask any questions about fundraising. Gemma has lots of fundraising experience and has worked for Rennie Grove Peace for 10 years.



### Tracy Reeve – Nordic Walking Instructor

Tracy has kindly offered to volunteer her time, Tracy specialises in multi-day and long-distance walking / expeditions using poles, training plans, nutrition / hydration, kit etc.

# The Different Travel Company Health & Safety Assurance

Your health and safety are our top priority so rest assured that we are taking steps to ensure you not only have a memorable experience, but a safe one too.

We constantly monitor and follow the advice of the British Foreign, Commonwealth and Development Office (FCDO) who provide recommendations and advice to British travellers about travel to a certain destination.

Health and safety is our top priority so we will **NEVER** operate a trip in an area where there is clear and present risk to our team members, whether that is due to a health outbreak, political instability, natural disasters or anything else.

If travel restrictions either in the UK or Vietnam prevent safe travel, we will look to either postpone or cancel your trip at no cost to you.

Please note that at the time of travel, there may be enhanced safety and security measures in airports, bag drop may take longer, and you may need to provide a certificate of health or proof of vaccination. We will inform you about any information pertinent to your travel arrangements.





- ✘ Pass through remote villages and stay in local stilt house accommodation
  - ✘ Spend time at a local hospital carrying out specific tasks
- ✘ Trek in the Pu Luong Nature Reserve which offers a range of experiences and landscapes
  - ✘ Return flights, meals, accommodation are all included!



Vietnam shares its borders with Cambodia, Laos, China and 3,000km of coastline facing the South China Sea.

Vietnam is one of the most densely populated countries in the world and 80% still live a rural existence.

The majority of the population (87%) are Viet or 'Kinh' people; the remaining 13% is made up of over 50 ethnic hill tribe peoples who live mostly in the central and northern mountainous areas of the country.

Each hill tribe has its own unique customs and dialect.



Vietnam's leafy capital is a city of lakes, shaded boulevards and public parks. With narrow alleyways lined with shops selling traditional handicrafts and arts, the old centre is an enchanting place to wander. A chaotic mass of motorbikes swarms through the tangled web of streets, locals sip coffee and take part in synchronised Tai Chi. Designer clothing stores sit next to noodle bars and the colonial legacy of Vietnam's past is complimented by the modern high-rise buildings.



This 5-day trek takes you far off the beaten track and into the remote and beautiful hills of Northern Vietnam in the Pù Luông Nature Reserve area. Passing through remote villages and staying at different local stilt house accommodations each night will give you an authentic insight into the lifestyle of the ethnic minority people who live in the area.

You will also spend time in the Mai Chau region working at a local community project – based at a small palliative care unit at a local hospital. The specific tasks will be determined closer to the time of departure, depending on the most urgent need in the local area at the time but are likely to include painting, decorating, gardening and other hands-on refurbishment type tasks. No experience is necessary.

**Day 1: (Saturday 15 March 2025):**

**UK – Hanoi**

Depart London for an overnight flight to Hanoi.









**Day 2: (Sunday 16 March 2025):**

## **Hanoi**

Arrive in Hanoi and transfer to a central hotel where you will have the rest of the day at leisure to settle in and explore. This evening you will gather together for a welcome dinner at a local restaurant.

*Overnight: Hotel*



## Accommodation

While in Hanoi you will stay in a hotel in twin or triple rooms with en-suite facilities. During the project at Mai Chau you will stay in a guest house in twin rooms with en-suite facilities. During the trek and project, the group will stay together in villages, in traditional stilt houses.



NHƠN DŨNG

TRUNG ƯƠNG LỊCH  
DU LỊCH 2014  
**LÀN NÚA**  
Đỉnh núi cao nhất  
của tỉnh  
Trung Ương



## Food & Drink

- Due to its mixed cultural history, Vietnamese cuisine is unlike any other in Asia. The closest comparison is a mixture between Thai and French cuisine. Food is generally very mild although chilli and chilli sauce is sometimes provided as a condiment. Fish, chicken, and/or pork dishes served with cooked vegetables and rice, or noodles form a typical meal. The distinct flavours of Vietnamese food come primarily from mint, coriander, lemon grass, shrimp, fish sauce, ginger, black pepper, garlic and basil.
- The food served throughout the trip will be traditional Vietnamese with some Western dishes too. The food is freshly prepared and plentiful. You will have breakfast and dinner at the stilt house you are staying in or dinner at local restaurants when staying at hotels. Lunch will be eaten at local homes along the way. Typical dishes include:
- Breakfast: Pancakes, fruit, coffee, bread, eggs, omelette, fruit fritters.
- Lunch: Fried noodles with vegetables and/or egg, bread rolls
- Dinner: Rice, fried chicken, meat stir fry, chips, spring rolls, omelette, eggs, fish, vegetable dishes, fresh fruit, noodles.





Tap water is not safe to drink in Vietnam. You must not brush your teeth or rinse your mouth with the tap water, only use bottled or purified water. Avoid getting water in your mouth when showering. You will be provided with bottled mineral water on the trekking days. Electrolyte tablets (e.g. Nuun, High5, PowerBar etc.) are flavoured effervescent tablets which contain salts and minerals which are naturally lost from your body when you sweat. By adding these tablets to your water bottle, it not only offers flavour to your water, but it can help prevent dehydration before it begins. Electrolyte tablets are widely available in outdoors stores and online for around £8 for 12 tablets. You may also wish to bring a small supply of rehydration salts (e.g. Dioralyte) which treat dehydration.



## **Day 3 (Monday 17 March 2025):**

### **Hanoi – Mai Chau**

After breakfast we depart Hanoi for Mai Chau (approx. 4.5 hours), the village and project site where you are staying is a further 25km from Mai Chau town and is our base for the next two nights. This afternoon we will have an introduction to the community project! The local hospital in Mai Chau has a small palliative care unit where we will work alongside the local team to improve facilities. Tasks could include activities such as repainting, gardening, decorating and other hands-on refurbishment type tasks.

After completing the day's tasks, we will enjoy a hearty dinner and spend the night in a local guesthouse.









**Day 4 (Tuesday 18 March 2025):**

## **Mai Chau**

Today we will spend the whole day at the project, celebrating our achievements this evening with the villagers.

*Overnight: Guest House*





**Day 5 (Wednesday 19 March 2025):**

## **Mai Chau – Hang Village**

After breakfast we depart for a short, scenic drive to Pu Luong Natural Reserve, where we start our trek. Passing through local villages and farms, over undulating terrain, we stop for the night in Hang Village, home to a Thai ethnic minority. We spend the night with local Thai families in their traditional stilted houses, and have the chance to stroll around the village before dinner.

*Overnight: Traditional Stilt House*











## What is the climate like?

Vietnam has a tropical monsoon climate with wet and dry seasons. In general, the dry season lasts from October to April in the north. In March you can expect average temperatures to be around 24°C during the day and 19°C at night-time (although we cannot guarantee there will not be deviations outside of this range). Weather conditions will vary but in general, you will experience hot but cloudy days with high humidity and occasional short rain downpours and windy conditions. It's important to be prepared for all weather conditions and temperatures so you should ensure you have the correct kit, such as a waterproof dry bag for inside your backpack and a lightweight poncho to keep you dry but cool when walking. When the sun comes out it can feel very hot and be very bright so wearing sunglasses and a hat and keeping well hydrated is crucial.





**Day 6 (Thursday 20 March 2025):**

## **Hang Village – Kho Muong**

Today we will trek for around 6 hours on a path which runs mostly through jungle. We make a lunch stop in a small village along the way before setting off again this afternoon passing several Thai villages. Tonight, we will stay in Kho Muong village, a Muong minority village.

*Overnight: Traditional Stilt House*



**Day 7 (Friday 21 March 2025):**

## **Kho Mường – Cao Hoong**

The trek is a little harder day today, as we trek uphill into the Pù Luông range, passing through several small hamlets and minority villages en route. After 3 hours of gentle ascent, we will then descend to the village of Cao Hoong, a village of Thai ethnic minority people.

*Overnight: Traditional Stilt House*



## **Day 8 (Saturday 22 March 2025):**

### **Cao Hoong - Cao**

Today's trek through the verdant countryside will take around 6 hours. The trek path runs uphill and downhill through forest, rice terraces and scenic villages. On the trek we are likely to see farmers working on rice paddies and children going to school. We spend the night in the Thai village of Cao.

*Overnight: Traditional Stilt House*



**Day 9 (Sunday 23 March 2025):**

**Cao – Pho Doan – Hanoi**

It is an approximate 2 hour trek this morning to Pho Doan, where we will visit the local market. Continuing along the Ma River, we will then be able to enjoy lovely views of the river, paddies and a waterwheel. After a further 2 hours, we will be picked up and transferred to Hanoi, in time to enjoy a celebratory farewell dinner.

*Overnight: Hotel*



**Day 10 (Monday 29 – Tuesday 30 April 2024):**

**Hanoi - London**

Today is free for you to explore Hanoi at leisure before your indirect overnight flight home.

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## FAQs

**Communication:** Mobile phone signal is fairly good throughout the trek so subject to your phone handset compatibility, UK network and roaming capabilities you should be able to make calls and send text messages. Please contact your mobile provider for details of charges. You should turn off data roaming to avoid high and unexpected data charges. Internet access is not possible throughout the trek however in Hanoi there should be Wi-Fi at the hotel.

**Travel insurance:** You must arrange this yourself. Different Travel is an Unregulated Introducer of Campbell Irvine Ltd who are authorised and regulated by the Financial Conduct Authority. You can find out more here:

<https://microsite.campbellirvinedirect.com/differenttravel>

**Age limit:** You must be 18+ to join this trek. It may be possible for you to participate if you are 16 or 17 years old if accompanied by a parent or guardian. There is no upper age limit.

**I've got a medical problem, can I take part?** Please see your GP for consultation. All medical conditions MUST be declared and if necessary medical form signed by your GP.

**Visas:** British citizens do not require a visa to visit Vietnam for tourism. We cannot guarantee that visas will continue to not be required and recommend you look at visa requirements for your trip nearer the time, on the Foreign and Commonwealth website: <https://www.gov.uk/foreign-travel-advice/vietnam>. We will also update you with any further advice closer to the departure date of your trip. If you have a different nationality the advice may be different so you should contact the Vietnamese Embassy <http://www.vietnamembassy.org.uk>.

Your passport should be valid for a minimum of 6 months on the date you enter Vietnam. Please make sure your passport is in good condition, has 2 blank pages, and is not damaged as damaged passports may result in entry being refused.



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## How challenging is it?

This trip is graded as moderate to challenging.

A good level of fitness is important for your enjoyment of the trip.

The Different Travel Company has the right to refuse anyone who they feel is not fit enough for the challenge for the health and safety of the individual, and the group.

***Please do not underestimate the importance of training.***

The more training you do, the more familiar your body will be in recovery after a long day's trekking so you can start each rested and prepared.

**You must take responsibility for coming to Vietnam as fit as you can be.**

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## How should I train?

Get outside and start walking!

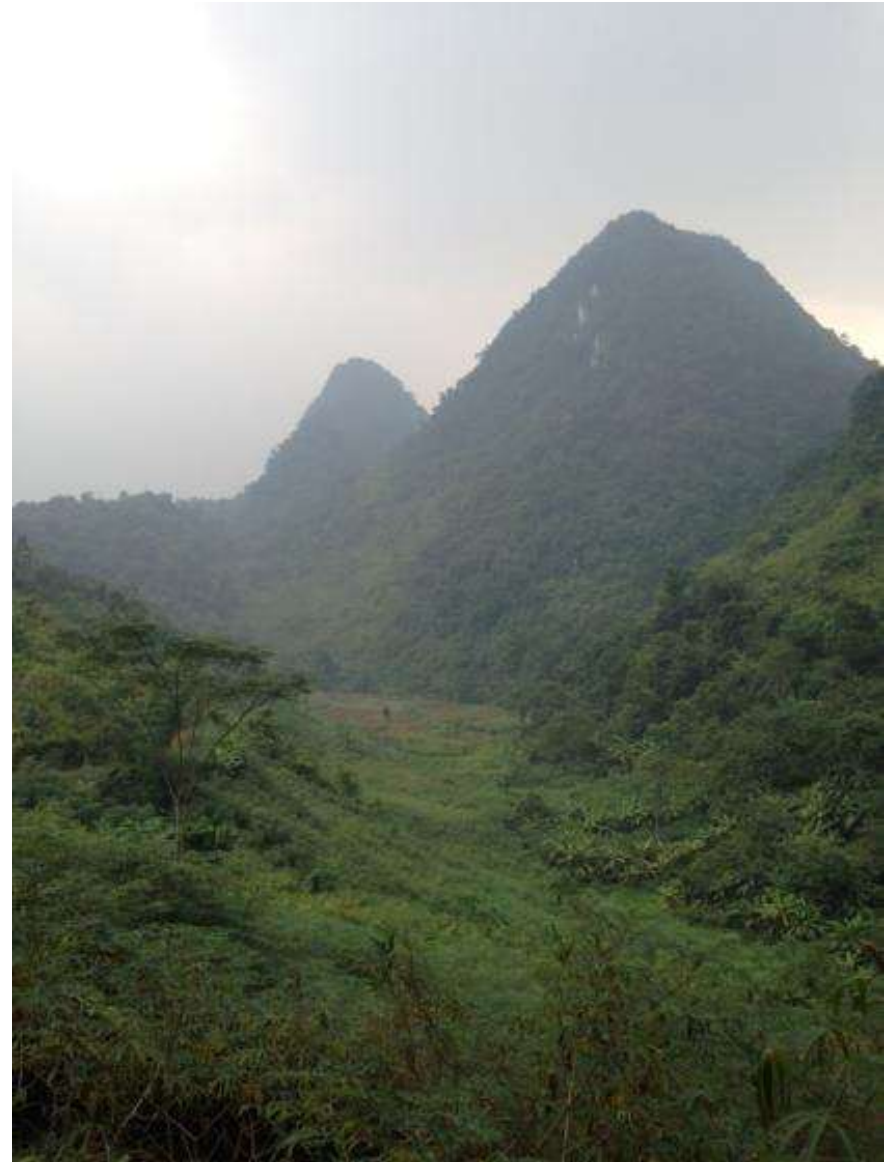
If you're not a regular walker, start slowly with short distances, then as you get more comfortable, increase your mileage and add in more challenging terrain.

Hill walking with a backpack should feature highly in your training to prepare your body.

Other activities which can complement (but not replace) hill walking include running, cycling, gym workouts, boot camps etc.

Building up your core and leg muscle strength is important so exercises such as squats, lunges, push-ups, planks and crunches will enhance your training. These exercises can be done at home – no gym is needed.

You should take your training seriously and arrive as fit as you can be, so you get the most out of this challenge.





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## Who is right for this challenge?



## What support will I get?

- The team at Rennie Grove Peace will support you throughout the challenge with your fundraising.
- You will be provided with a kit list, full trip dossier, training guide, discount vouchers and more.
- You will be accompanied by a first-aid-trained tour manager and professional local guides.
- Pre-departure meeting with your teammates and Different Travel.
- Group walks and socials

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## Fundraising

### Charity Sponsorship

you pay a small registration fee (of £395) and do lots of fundraising (to raise a minimum of £3,995) and we cover the cost of your challenge place!

### Mixed Funding

You pay a small registration fee (of £395) and £500 of the challenge costs, fundraise a bit less (minimum of £3,495) and we cover the balance of your challenge place.

### Self Funding

You pay a small registration fee (of £395) and the full cost of the challenge (£1,995). You pledge to fundraise a minimum of £1,995 to help fund the services of Rennie Grove Peace.

**£3396**

could pay for a  
Healthcare Assistant  
for one month.

## How much does it cost?

### Trip Includes:

- ✓ Return flights from UK (inc. airport taxes)
- ✓ All transport in Vietnam
- ✓ All accommodation as per itinerary
- ✓ Meals as per itinerary
- ✓ Trekking permits
- ✓ English-speaking guides and support crew
- ✓ Project materials and co-ordination
- ✓ UK Different Travel tour manager.

### Trip Does Not Include:

- ✗ Transport to/from UK airport
- ✗ Vietnamese visa (if required)
- ✗ Travel insurance
- ✗ Vaccinations
- ✗ Personal expenses (drinks, souvenirs etc)
- ✗ Tips (approx. £40-50pp)

## How will I fundraise £3,995?

The fundraising team at Rennie Grove Peace will provide loads of suggestions and will be there to support you all the way.

Event	Funds raised
Online quiz night (£1 entry)	£10-20 per night, once a month x6 months = £60-120
Ask 5 friends to raise £100 for you	£500
Donations from friends/family	£200
Raffles (perhaps tag onto other events)	£50 a time, once a month x6 months = £300
Bonus ball lotto with £50 prize (£2 entry)	£68 a time, once a week for 24 weeks = £1,632
Birthday/ Christmas / anniversary amnesty	£100
eBay sales or online selling platforms	£100
Sponsored head shave	For ladies this can raise £1000s!
Virtual pizza night / challenge (£5 entry)	£25 per night, once a month x6 months = £150
Virtual Pinkster gin tasting (£30 entry / 10 guests)	£150 per night, once a month x6 months = £900
<b>TOTAL</b>	<b>min. £4,942 (target exceeded!)</b>

Breaking the target into smaller chunks makes it much more achievable!



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## How do I sign-up?

Visit <https://www.different-travel.com/trip/trek-vietnam-with-rennie-grove-peace/> and click BOOK NOW!



## TREK VIETNAM WITH RENNIE GROVE PEACE

15th Mar 2025 - 25th Mar 2025

11 days / Vietnam / Moderate to Challenging

**BOOK NOW**

OVERVIEW

ITINERARY

COSTS + HOW TO PAY

WHAT'S INCLUDED

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## Giveaway!

If you sign up before the end of February 24 you will be entered into a draw to win a pair of walking poles!



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**Any questions?**

