



South East Asia Ethical Adventure Trail – 2 weeks Vietnam

Travel with us to Vietnam, a land of unimaginable beauty, on an adventure that will take you from night bazaars to picture perfect vistas.



Travel with us to the ancient Republic of Vietnam in Southeast Asia, famously popular destinations for gap year travellers and it isn't hard to see why.

The country provides a world of unimaginable beauty offering the perfect setting for an adventure that will take you everywhere – from buzzing night bazaars full of jewel-bright lanterns, to pearl-white sand beaches and picture perfect vistas; from dazzling temples to formidable sunken Buddha statues hidden by a riot of rainforest vegetation; from refreshing waterfalls in breathtaking landscapes, to the remains on an ancient citadel.

This adventure trail takes in the best sites in Vietnam, and will lead you to the highlights of these unmissable destinations. Who could resist swimming in crystalline waters off perfect white sand beaches and exploring lush green rainforest where leopard cats, elephants and other exotic creatures lurk?

Soak up the intense historical ambience in the venerated temples throughout these ancient empires; then spend your nights in the vibrant whirlwind of the bars and nightclubs of the cosmopolitan and exotic cities you visit en route, as you enjoy the company of your travel companions and new friends. You will enjoy the exhilaration of travelling in a new and exciting culture.

What is so fantastic about this journey is that whilst travelling you will benefit from the leadership of a young, friendly, fun but also sensible and well-travelled guide who will take care of all the stress and organisation on the trip, whether it be recovering lost luggage, arranging bus tickets, booking hostels or extra activities, dealing with emergencies or even knowing the best places to go for a great night out! If you want to experience the beauty and adventure of South East Asia, travelling along with a young and friendly group of companions, without the hassle, then joining this Frontier Adventure Trail is the perfect solution!

PROJECT HIGHLIGHTS

- Make lifelong friendships
- Become an intrepid explorer in this wondrous corner of the world
- Discover a wealth of culture & wildlife

FAST FACTS

Location	Vietnam
Activities	Visiting city hotspots Sightseeing tours Jungle trekking
Transport	Transport throughout the trail
Accommodation	Varies



WHAT WILL I BE DOING?

Sample Itinerary

Vietnam

Day 1-2: Ho Chi Minh

Venture into this vibrant and industrious urban centre with its bubbling and exhilarating vibe. Visit the War Remnants Museum containing eye-opening exhibits relating to the American phase of the Vietnam War and Cu Chi Tunnels to discover how the Viet Cong lived during the war and their guerilla warfare. See the pastel-hued pagodas and pick up some real bargains from the tiny merchants and traders of the many side streets and alleys. Take a walking tour of the city taking in views of the Cathedral, Opera House, Reunification Palace and Ben Thanh Market. If there is time and you have any energy left you can opt to take a tour of the Mekong Delta home of rice fields and floating markets (approx. \$60). You will need to purchase your visa on entry.

Day 3-10

En route to Hanoi you will have the chance to encounter several of Vietnam's most diverse towns and villages. Mui Ne offers the chance to see the magnificent sand dunes that expand along the coast where you may be able to try out sand-boarding. Visit the local fishing village and watch the fishermen bring in their catch at sunrise and enjoy beautiful vistas from the beach as you relax. If sand-boarding isn't sufficient for the adrenalin addicts opt to try out quad biking (\$25).

Nha Trang gives you the chance to chill with a day snorkelling, sunbathing and swimming while you enjoy a Four Island Tour. Nha Trang also offers scuba diving (extra cost applies).

Hoi An is a stunning little town bursting with Chinese influences at every corner. World famous for its tailors, you could stroll past a delicate Chinese temple with colourful lanterns lining the streets, and drop in to a tailor to get measured up for your new suit or ball gown made from Thai silk! Hire bikes and cycle along the river to enjoy sunbathing, swimming and general relaxing on the beach.

Visit Hué and see the imperial tombs, the old citadel and enjoy a walk along the Perfume River.

Day 11: Hanoi

Explore Hanoi, by taking a walking tour of this vibrant and colourful city of a million bicycles, picking up a last few souvenirs. Visit the night markets and take in one of Vietnam's famous shows at the Water Puppet Theatre.

Day 12: Halong Bay

Explore Halong Bay with a boat trip along this spectacular coast with its enormous limestone caves, dense jungle and monolithic islands. The area boasts incredible biodiversity with a fantastic array of wildlife including antelopes, monkeys, lizards and bantams living on some of the offshore islands.

Day 13-14: Return to Hanoi and fly home!

Return to Hanoi to do some more last minute shopping and prepare for your homeward journey the next day.

****This itinerary is very flexible and subject to change. It is intended as a guide. You and your fellow travellers will change the itinerary according to your interests and depending on how you are progressing.****



WHAT HAPPENS WHEN I ARRIVE?

You will be greeted at Ho Chi Minh Airport by your trail leader and escorted to a local hostel where

you will spend your first night. If you are arriving before the project start date you will meet at an agreed rendezvous point. You will have time in Ho Chi Minh to explore the many ancient attractions it has to offer, which have fascinated locals and foreigners for centuries. From there you will soon set off to the next destination on your exciting adventure, so be prepared to throw yourself into the experience the minute you arrive!

WHERE WILL I BE STAYING?

During the trail you will stay in basic accommodation such as hostels, sleeping in mixed sex communal dorms or shared rooms, or homestays which are full of character and local charm to give you a real feel for the countries you are staying in.

WHAT WILL I BE EATING?

You will receive a welcome dinner at the start of your project and a departure dinner to round off your experience in Central America. One meal also will also be paid in Vietnam, a 'street food' experience to give you a taste of the local cuisine. These will vary from markets and food stalls in order to provide you with an authentic South East Asia experience.

Contrary to popular belief, not all Asian food is fiery hot and there are plenty of tasty dishes suited to the Western palate. At weekends, you can enjoy catering yourselves and choosing from the immense variety available in markets, cafes and restaurants.



COSTS

2 weeks	€ 1.345
2 weeks - July 2018 -	€ 845
2 weeks - October 2018 -	€ 845

DEPARTURE DATES

March, June, September, December

Check with your Frontier travel advisor for dates

DURATION

2 weeks

WHAT'S INCLUDED

Before you go

- Pre-departure support
- Travel & medical advice & documentation
- Equipment advice
- Discounted medical kit
- Free Frontier t-shirt

In-country

- Welcome dinner, departure dinner, street food experience in Vietnam
- Accommodation
- Local orientation
- Ground transfers & in-transit accommodation
- In-country emergency support
- 24-hour international HQ backup

CONTACT INFORMATION

Call us on 020 7613 2422 (UK) / 1 949 336 8178 (US)

Mail us on info@frontier.ac.uk

Check out our social media here:



Project details were correct at the time this document was generated. Price, dates and other details are subject to change. Please see our website for current details for this project.