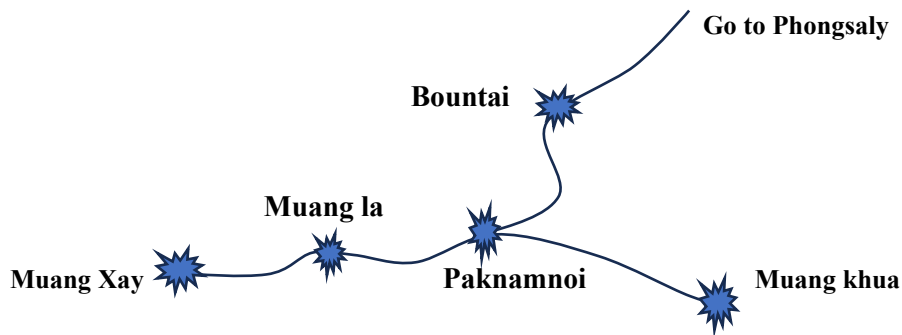


List of 2,3,4 days adventure jungle trekking to explore Akha, Phounoy, Khmu Ethnic Remote Villages in Bountai, Phongsaly province, Northern Laos, South of Asia.

No	Trekking duration	Trek: code No	Details
1	A 2-day adventure jungle trekking and explore Akha Cherpia+Erpa Ethnics	Code: BTHK20001	A 2-day adventure jungle trekking and explore Akha Cherpia+Erpa Ethnic remote villages in Bountai District, Phongsaly province, Northern Laos, South of Asia
2	The best 2-day adventure deep jungle trekking and explore Phounoy Laophan and Khmu Ethnic remote villages	Code: BTNK20002	The best 2-day adventure deep jungle trekking and explore Phounoy Laophan and Khmu Ethnic remote villages in Bountai District, Phongsaly province, Northern Laos, South of Asia
3	2-day easy trekking and explore Akha Poulee and Phounoy Tribes	Code: BTP20003	2-day easy trekking and explore Akha Poulee and Phounoy Tribe remote villages in Bountai District, Phongsaly province, Northern Laos, South of Asia
4	A 3-day adventure jungle trekking and explore Akha Cherpia+Erpa ethnics	Code: BTHK30001	A 3-day adventure jungle trekking and explore Akha Cherpia+Erpa ethnic remote villages and camping in Bountai District, Phongsaly province, Northern Laos, South of Asia
5	The best 3-day adventure deep jungle trekking and explore Phounoy Laophan + Akha Poulee Ethnic remote villages	Code: BTNK30002	The best 3-day adventure deep jungle trekking and explore Phounoy Laophan + Akha Poulee Ethnic remote villages in Bountai District, Phongsaly province, Northern Laos, South of Asia
6	The best 3-day adventure deep jungle trekking and explore Phounoy Laophan, Akha Poulee and Khmu Ethnic	Code: BTNK30003	The best 3-day adventure deep jungle trekking and explore Phounoy Laophan, Akha Poulee and Khmu Ethnic remote villages in Bountai District, Phongsaly province, Northern Laos, South of Asia

7	4-day adventure deep jungle trekking and explore Phounoy Laophan, Akha Poulee and Mouchee Tribe	Code: BTNK40001	4-day adventure deep jungle trekking and explore Phounoy Laophan, Akha Poulee and Mouchee Tribe remote villages in Bountai District, Phongsaly province, Northern Laos, South of Asia

**A two-day adventure jungle trekking and explore Akha Cherpia+Erpa
Ethnic remote villages in Bountai, Phongsaly province, Northern Laos. Code: BTHK20001**



This trekking is quite difficult and hard but it is beautiful and adventure trekking, we will go up and down through the real jungle and go along stream, cross little river a few times. On the trekking, you will see the amazing landscape views, mountain rice, sugar cane, cardamom fields.

Day1: Bountai town – Huaykhong village (_/L/D)



Today, we start from your guesthouse to Huangkhong village at 7:00 am in the morning by a private car, it takes 45-1 hour. After driving, we will start hiking up from Huaykhong village to the top of mountain (around 1100 meters high from sea level) to see the best view point, this is the best place where you break to take your time for enjoying the landscape, views and make photos before going down. For lunch time, we can break somewhere on the trek for having a picnic lunch, the local food is carried by your local guide. The n walking down through the jungle, go along river and cross it a few times and go up and down to village, it takes between 6,5 and 7 hours. When we arrive the village in the evening, we will spend the night with local family who are the host and have local food for dinner that they offer.

Approximately: 45-1 hour by a private car, 6-6,5-hour walking. Trekking level: quite difficult and hard.

Day2: Chakhamsao village – back town (B/L/_)

Early in the morning, we spend our time to explore the village to meet local people and see the activities what they do for their living. After having breakfast, we will walk down on the bumpy road to our private car, it takes 1-1,5 hour. On the hike, you can see the rice and sugar cane fields and enjoy the views and landscapes.

Note:

- In this day, if you are planning to stay in Bountai follow our trekking program, on the way drive back, we have a lot of time to explore two more villages. In those villages, you can meet people and see the activities what they do during the day such as: weaving the stool for seating by baboo/ratan, dry rice on the mat in the sun, weaving,



making knife and etc. and then drive back town. For having lunch, it depends on your time (have lunch in village or drive back town).

- if you are planning to catch your bus at 11:00 am and leave Bountai, we will take our private car drive back directly to the bus station in Bountai, it takes 1-1,5 hour to make sure you can have your bus

Approximately: 1-1,5 hour by a private car, 1-1,5-hour walking. Trekking level: easy.

- Starts: 7:00 am
- End: 10:30/1-2 pm

What you should bring for the trek: good shoes/boots, long pants, long sleeves, hat, rain coat, flashlight, sun cream, mosquito spray, cloths and flip-flops for changing, towel for washing/taking shower (taking a shower in opened public), equipment.

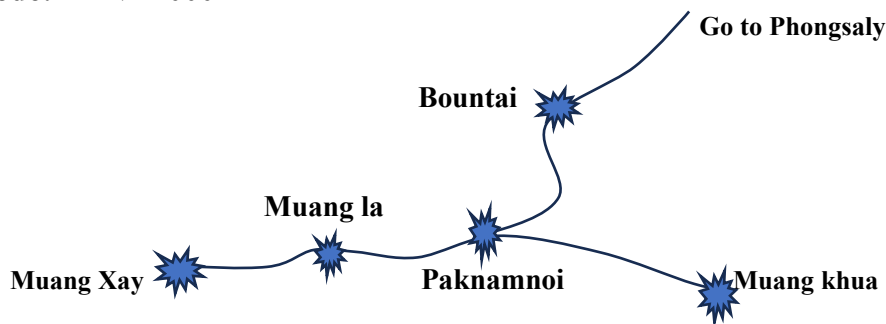
Trekking price: per person in Lao kip.

Number of pax	2	3-4	5-6	7-up	Extra charge for a private car per group
Price pr	1,620,000	1,450,000	1,280,000	1,160,000	1,900,000 kip

The price is included: drinking water, local food, all entry fees, family homestay, private transport mentioned in the program, English speaking guide, government taxes

The best two-day adventure deep jungle trekking and explore Phounoy Laophan and Khmu Ethnic remote villages in Bountai, Phongsaly province, Northern Laos.

Code: BTNK20002



This trekking is quite difficult and hard but it is absolutely beautiful and adventure trekking, we will go up and down high mountain, through the deep jungle and go along stream and cross river many times. On the trekking, you will see the amazing landscape views, high mountain rice, job's tear and cardamom fields.

Day1: Bountai – Trekking point-Namkhoun Village (Pounoy Laophan Ethnic) (L/D)

We start from at your guesthouse in Bountai Town to the trekking point by a tractor at 7:30 am, it takes between 15-20 minutes. After that we will walk through the rice fields, along and through river in the deep jungle, hiking up high mountain to the view point (the amazing views) and then we will walk down and cross river many times on the other side of mountain to the village where we are going to spend overnight, it takes 6-6,5 hours walk. Today we will spend overnight with a local family who are the host and offer us their local food.



Approximately: 6-6,5-hour walking. Trekking level: quite difficult and hard.

Day2: Namkhoun Village (Pounoy Laophan Tribe)-Phiasou village (Khmu Tribe) (B/L/D)

After exploring the village and having breakfast, we will continue our hiking from Namkhoun village to Phiasou village, it takes 2-3 hours walk. This day, we will cross river below the village and walk down to Namlan River, cross river nearby Phiasou village. Then will spend some time to explore that village and meet local people before going back town by our private car (it takes 45 minutes – 1 hour drive back)

Approximately: 45minutes or 1 hour drive, 2-3-hour walking.

Trekking level: moderate

- Starts: 7:30 am
- Ends: 1 pm



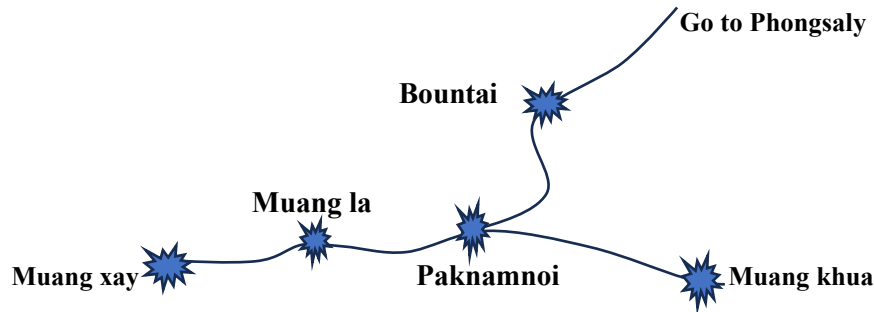
What you should bring for the trek: good shoes/boots, long pants, long sleeves, hat, rain coat, flashlight, sun cream, mosquito spray, cloths and flip-flops for changing, towel for washing/taking shower (taking a shower in opened public), equipment.

Trekking price: per person in lao kip.

Number of pax	2	3-4	5-6	7-up	Extra charge for a private car per group
Price pr	1,620,000	1,450,000	1,280,000	1,160,000	1.600.000

The price is included: drinking water, local food, all entry fees, family homestay, private transport mentioned in the program, English speaking guide, government taxes

2-day easy trekking and explore Akha Poulee and Phounoy Tribe remote villages in Bountai, Phongsaly province, Northern Laos. Code: BTP20003



This trekking is quite easy and it is absolutely beautiful views and landscape. We will go down and up through the primary forest, go along the ridge of mountain, meet local people.

Day1: Bountai – trekking point-poulee Village (Akha Poulee Ethnic) (_/L/D)

We start from at your guesthouse in Bountai Town to the trekking point by a private car at 8:30 am, it takes between 1-1,5 hour. After that, we will walk down and up to the Poulee Mai village, it takes 2,5-3 hours. Today we are going to have lunch in this village and then we will have a lot of time to explore the village, meet local people and see the activities what they do during the day, learn culture and custom. Today we will spend overnight with a local family who are the host and offer their local food for us.



Approximately: 2,5-3-hours walking. Trekking level: easy

Day2: Poulee Mai Village (Akha Poulee Tribe) - Hard Ngarm village-back bountai Town (B/L/_)

This village is absolutely beautiful views of clouds and landscapes in the morning when the sunrise. The local people are still wearing their traditional dress, it is good chance for photographer to make photos. After exploring the village and having breakfast, we will continue our hiking, walk up and down the mountain to Phongkou village (Pounoy tribe) where we are going to have lunch and heading to Hadngarm Village, it takes 4-5 hours walk. Then we will take our private car back Bountai Town, it takes between 45 minutes – 1 hour.



Approximately: 4-5-hour walking. Trekking level: easy

- Starts: 7:30 am
- Ends: 3-4 pm

What you should bring for the trek: good shoes/boots, long pants, long sleeves, hat, rain coat, flashlight, sun cream, mosquito spray, cloths and flip-flops for changing, towel for washing/taking shower (taking a shower in opened public), equipment.

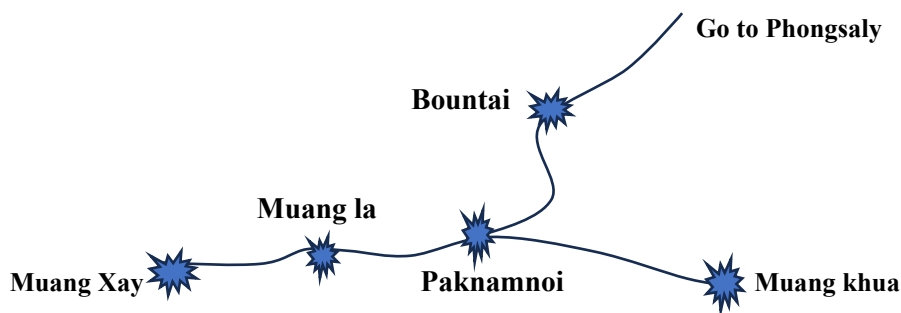
Trekking price: per person in Lao kip.

Number of pax	2	3-4	5-6	7-up	Extra charge for a private car per group
Price pr	1,620,000	1,450,000	1,280,000	1,160,000	1.700.000

The price is included: drinking water, local food, all entry fees, family homestay, private transport mentioned in the program, English speaking guide, government taxes.

A three-day adventure jungle trekking and explore Akha Cherpia+Erpa ethnic remote villages and camping in Bountai, Phongsaly province, Northern Laos.

Code: BTHK30001



This trekking is quite difficult and hard but it is beautiful and adventure trekking, we will go up and down through the real jungle and go along stream and cross little river a few times. On the trekking, you will see the amazing landscape views, mountain rice, sugar cane, cardamom fields.

Day1: Bountai town – Huaykhong village – Camping point on the top of mountain (_/L/D)

Today, we start from your guesthouse in Bountai Town to Huangkhong village at 8:30 am in the morning by a private car, it takes 45-1 hour. After driving, we explore the village to meet local people and see the activities what they do in the village during the day and make photos, then we will start hiking up from Huaykhong village to the top of mountain where we will stay and set up the tents (around 1100 meters high from sea level), see the best view point, landscapes (amazing sunrise and sunset).



Today, we will have lunch somewhere on the trekking, the local food is carried by your guide. After having lunch, we continue walking up mountain to the top, it takes 2-3 hours walk. When we get the top of mountain, we will break and spend the time to set up the tents, collect firewood, cook for our dinner. Before going to bed, we will make a fire and enjoy watching star. It is amazing stars during the night.

Approximately: 45-1 hour by a private car, 2-3-hour walking. Trekking level: moderate.

Day2: Camping point - Chakhamsao village (B/L/D)

In the morning, you can wake up early to see the sunrise and the beautiful sea of cloud covering the mountains and valleys, you will hear the beautiful birds and animals singing after they waking up. It is perfect time to make beautiful pictures in that time. After having breakfast, we will walk down through the jungle, go along river and cross it a few times, go up and down for heading to Chakhamsao village, it takes between 4-5 hours. This day on the trek, we can spend our time to find and collect the nature food to cook for our picnic lunch at the hut in the rice field nearby little river. After having lunch, we will



continue walking to the village. When we arrive at the village in the evening, we will spend the night with local family who are the host and have local food for dinner that they offer.

Approximately: 4-5-hour walking. Trekking level: moderate.

Day3: Chakhamsao village – back town (B/L/_)

Early in the morning, we spend our time to explore the village to meet local people and see the activities what they do for their living. After having breakfast, we will walk down on the bumpy road to our private car, it takes 1-1,5 hour. On the hike, you can see the rice and sugar cane fields and enjoy the views and landscapes.



Note:

- In this day, if you are planning to stay in Bountai follow our trekking program, on the way drive back, we have a lot of time to explore two more villages. In those villages, you can meet people and see the activities what they do during the day such as: weaving the stool for seating by baboo/ratan, dry rice on the mat in the sun, weaving, making knife and etc. and then drive back town. For having lunch, it depends on your time (have lunch in village or drive back town).
- if you are planning to catch your bus at 11:00 am and leave Bountai, we will take our private car drive back directly to the bus station in Bountai, it takes 1-1,5 hour to make sure you can have your bus

Approximately: 1-1,5 hour by a private car, 1-1,5-hour walking. Trekking level: easy.

- Starts: 7:00 am
- End: 10:30/1-2 pm

What you should bring for the trek: good shoes/boots, long pants, long sleeves, hat, rain coat, flashlight, sun cream, mosquito spray, cloths and flip-flops for changing, towel for washing/taking shower (taking a shower in opened public), equipment.

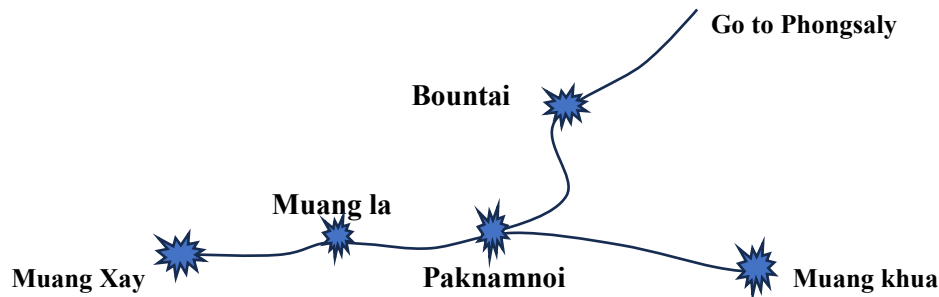
Trekking price: per person in Lao Kip.

Number of pax	2	3-4	5-6	7-up	Extra charge for a private car per group
Price pr	1,990,000	1,770,000	1,680,000	1,410,000	1.900.000

The price is included: drinking water, local food, all entry fees, family homestay, private transport mentioned in the program, English speaking guide, government taxes

The best three-day adventure deep jungle trekking and explore Phounoy Laophan + Akha Poulee Ethnic remote villages in Bountai, Phongsaly province, Northern Laos.

Code: BTNK30002



This trekking is quite difficult and hard but it is absolutely beautiful and real adventure trekking, we will go up and down high mountain, through the deep jungle and go along stream and cross river many times. On the trekking, you will see the amazing landscape views, high mountain rice, job's tear and cardamom fields, see and meet local people in remote villages.

Day1: Bountai – Trekking point-Namkhoun Village (Pounoy Laopan Ethnic) (_/L/D)

We start from at your guesthouse in Bountai Town to the trekking point by a tractor at 7:30 am, it takes between 15-20 minutes. After that we will walk through the rice fields, along and through river in the deep jungle, hiking up high mountain to the view point (the amazing views) and then we will walk down and cross river many time on the other side of mountain to the village where we are going to spend overnight, it takes 6-6,5 hours walk. Today we will spend overnight with a local family who are the host and offer their local food for us.



Approximately: 6-6,5-hour walking. Trekking level: quite difficult and hard.

Day2: Namkhoun Village (Pounoy Laopan Tribe)-Poulee Mai Village (Akha Poulee Tribe) (B/L/D)

After exploring the village and having breakfast, we will continue our hiking from Namkhoun village to Poulee Mai village, it takes 5-5,5 hours walk. This day, we will cross river one time, hike up mountain and walk along the ridge of mountain to the village where will spend overnight. On the trek, you will see the beautiful landscapes and incredible views when you are on the top of mountain. Today, we will stay with local family who are the host and offer us their local food. This tribe is the authentic remote village and you can see their beautiful traditional dress and culture. It is perfect time to explore their village and make photos.



Approximately: 5-5,5-hour walking. Trekking level: moderate

Day3: Poulee Mai Village (Akha Poulee Tribe) - back (B/L/_)

This village is absolutely beautiful views of clouds covering the mountains and valleys, nice landscapes in the morning when the sunrise. The local people are still wearing their traditional dress, it is good chance for photographer to make photos. After exploring the village and having breakfast, we will walk down hill and walk up the mountain to the car, it takes 2,5-3 hours walk and then take our private car back Bountai Town, it takes between 45 minutes – 1 hour by a private car.



Approximately: 5-5,5-hour walking. Trekking level: moderate

- Starts: 7:30 am
- Ends: 1-2 pm

What you should bring for the trek: good shoes/boots, long pants, long sleeves, hat, rain coat, flashlight, sun cream, mosquito spray, cloths and flip-flops for changing, towel for washing/taking shower (taking a shower in opened public), equipment.

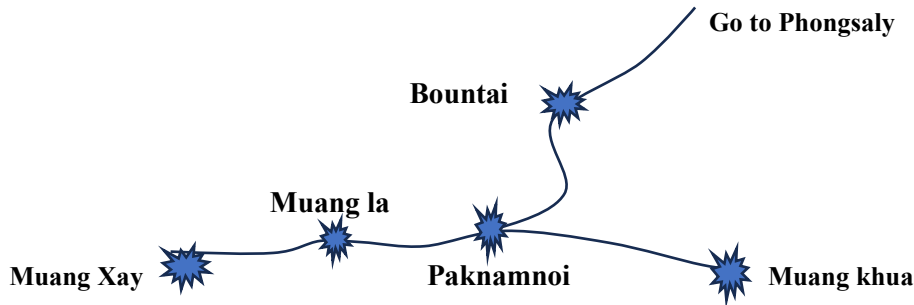


Trekking price: per person in Lao kip.

Number of pax	2	3-4	5-6	7-up	Extra charge for a private car per group
Price	1,990,000	1,770,000	1,680,000	1,410,000	1.600.000

The price is included: drinking water, local food, all entry fees, family homestay, private transport mentioned in the program, English speaking guide, government taxes

**The best three-day adventure deep jungle trekking and explore Phounoy Laophan, Akha Poulee and Khmu Ethnic remote villages in Bountai, Phongsaly province, Northern Laos.
Code: BTNK30003**



This trekking is quite difficult and hard but it is absolutely beautiful and real adventure trekking, we will go up and down high mountain, through the deep jungle and go along stream and cross river many times. On the trekking, you will see the amazing landscape views, high mountain rice, job's tear and cardamom fields, see and meet local people in remote villages.

Day1: Bountai – trekking point-Namkhoun Village (Pounoy Laopan Ethnic) (_/L/D)

We start from at your guesthouse in Bountai Town to the trekking point by a tractor at 7:30 am, it takes between 15-20 minutes. After that we will walk through the rice fields, along and through river in the deep jungle, hiking up high mountain to the view point (the amazing views) and then we will walk down and cross river many times on the other side of mountain to the village where we are going to spend overnight, it takes 6-6,5 hours walk. Today we will spend overnight with a local family who are the host and offer us their local food.



Approximately: 6-6,5-hour walking. Trekking level: quite difficult and hard.

Day2: Namkhoun Village (Pounoy Laopan Tribe)-Poulee Mai Village (Akha Poulee Tribe) (B/L/D)



After exploring the village and having breakfast, we will continue our hiking from Namkhoun village to Poulee Mai village, it takes 5-5,5 hours walk. This day, we will cross river one time, hike up mountain and walk along the ridge of mountain to the village where will spend overnight. On the trek, you will see the beautiful landscapes and incredible views when you are on the top of mountain. Today, we will stay with local



family who are the host and offer us their local food. This tribe is the authentic remote village and you can see their beautiful traditional dress and culture. It is perfect time to explore their village and make photos.

Approximately: 5-5,5-hour walking. Trekking level: moderate

Day3: Poulee Mai Village (Akha Poulee Tribe) - Hard Ngarm village-back Bountai Town (B/L/_)



This village is absolutely beautiful views of clouds and landscapes in the morning when the sunrise. The local people are still wearing their traditional dress, it is good chance for photographer to make photos. After exploring the village and having breakfast, we will walk back on the same way along the ridge of mountain a bit round 10 minutes and walk up and down the mountain in different way to Phongkou village (Pounoy tribe) where we are going to have lunch and heading down to Hardngarm Village, it takes 4-5 hours walk. Then we will take our private car back Bountai Town, it takes between 45-minute drive back.

Approximately: 4-5-hour walking. Trekking level: moderate

- Starts: 7:30 am
- Ends: 3-4 pm

What you should bring for the trek: good shoes/boots, long pants, long sleeves, hat, rain coat, flashlight, sun scream, mosquito spray, cloths and flip-flops for changing, towel for washing/taking shower (taking a shower in opened public), equipment.

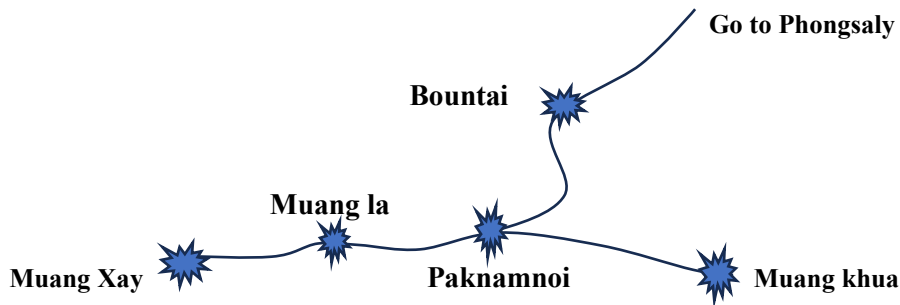


Trekking price: per person in Lao kip.

Number of pax	2	3-4	5-6	7-up	Extra charge for a private car per group
Price pr	1,990,000	1,770,000	1,680,000	1,410,000	1.600.000

The price is included: drinking water, local food, all entry fees, family homestay, private transport mentioned in the program, English speaking guide, government taxes

4-day adventure deep jungle trekking and explore Phounoy Laophan, Akha Poulee and Mouchee Tribe remote villages in Bountai, Phongsaly province, Northern Laos. Code: BTNK40001



This trekking is quite difficult and hard but it is absolutely beautiful and real adventure trekking, we will go up and down high mountain, through the deep jungle and go along stream and cross river many times. On the trekking, you will see the amazing landscape views, high mountain rice, job's tear and cardamom fields, see and meet local people in remote villages.

Day1: Bountai – trekking point-Namkhoun Village (Pounoy Laopan Ethnic) (_/L/D)

We start from at your guesthouse in Bountai Town to the trekking point by a tractor at 7:30 am, it takes between 15-20 minutes. After that we will walk through the rice fields, along and through river in the deep jungle, hiking up high mountain to the view point (the amazing views) and then we will walk down and cross river many times on the other side of mountain to the village where we are going to spend overnight, it takes 6-6,5 hours walk. Today we will spend overnight with a local family who are the host and offer us their local food.

Approximately: 6-6,5-hour walking. Trekking level: quite difficult and hard.

Day2: Namkhoun Village (Pounoy Laopan Tribe)-Poulee Mai Village (Akha Poulee Tribe) (B/L/D)

After exploring the village and having breakfast, we will continue our hiking from Namkhoun village to Poulee Mai village, it takes 5-5,5 hours walk. This day, we will cross river one time, hike up mountain and walk along the ridge of mountain to the village where will spend overnight. On the trek, you will see the beautiful landscapes and incredible views when you are on the top of mountain. Today, we will stay with local family who are the host and offer us their local food. This tribe is the authentic remote village and you can see their beautiful traditional dress and culture. It is perfect time to explore their village and make photos.

Approximately: 5-5,5-hour walking. Trekking level: moderate



Day3: Poulee Mai Village (Akha Poulee Tribe) – E-perjing village – Cheryar Village (Akha Mouchee Tribe) (B/L/D)

This village is absolutely beautiful views of clouds and landscapes in the morning when the sunrise. The local people are still wearing their traditional dress, it is good chance for photographer to make photos. After exploring the village and having breakfast, we will walk down and up mountain to the main road, walk on the road along the ridge of mountain to Eperjing village where we are going to have lunch. Then we are heading to Cheryar Village (Akha Mouchee Tribe) where are going to spend overnight, it takes between 5-6 hours walk. Today, we will stay with local family (homestay) who are the host and offer us their local food. This day, it is good chance to see and meet this beautiful tribe that they are still wearing their traditional clothes.



Approximately: 5-6-hour walking. Trekking level: moderate

Day4: Cheryar Village (Akha Mouchee Tribe)-back Bountai Town(B/L/_)

After exploring the village to see the activities what local people doing in the morning and having breakfast, we will walk down and uphill to the main road where our private car is, it takes 2-3 hours walk and then we take our private car back Bountai Town, it takes 45-1hour drive back. We will have lunch in Bountai town



Approximately: 4-5-hour walking. Trekking level: easy

- Starts: 7:30 am
- Ends: 1 pm

What you should bring for the trek: good shoes/boots, long pants, long sleeves, hat, rain coat, flashlight, sun scream, mosquito spray, cloths and flip-flops for changing, towel for washing/taking shower (taking a shower in opened public), equipment.

Trekking price: per person in Lao kip.

Number of pax	2	3-4	5-6	7-up	Extra charge for a private car per group
Price pr	3.530.000	3.340.000	3.130.000	2.940.000	1.600.000

The price is included: drinking water, local food, all entry fees, family homestay, private transport mentioned in the program, English speaking guide, government taxes