

Pu Luong Easy Trekking & Cycling 3 days

Trip overview

This easy trek and cycling excursion in Pu Luong offers an immersive experience in the stunning landscapes of Pu Luong Nature Reserve, where you'll enjoy trekking through rice terraces and traditional villages. Cycling through scenic mountain paths, nature goers can explore rural life while discovering hidden gems of the region. This 3-day expedition combines nature and culture, perfect for those seeking a tranquil adventure off the beaten path.

- **Durations:** 3 days
- **Trip outline:** Pu Luong Nature Reserve
- **Price from:** US \$159/person
- **Tour inquiry:** <https://bestratetours.com/vietnam-tours/pu-luong-easy-trekking-cycling-3-days>

Trip outline

day	Activities	Accommodations	Meals
Day 1	Hanoi - Pu Luong - Trekking & Biking Lan /Hieu Village	Overnight at your hotel	Lunch
Day 2	Free & Easy at Your Own Leisure	Overnight at your hotel	Breakfast
Day 3	Pu Luong - Cooking Class - Hanoi	NA	Breakfast, Lunch

Itinerary

Day 1: Hanoi - Pu Luong - Trekking & Biking Lan /Hieu Village

Morning

Starting at around **07:00**, our shuttle bus will pick you up from the Hanoi Opera House. The route will go along Ho Chi Minh trails and take you to Pu Luong, with a stop-over halfway to have a rest.

11:45 - 14:00: Travelers have lunch and check in at the hotel upon arrival.

Afternoon

You will have plenty of time to explore **Lan village** and **Hieu village**, including a 5 km walking journey combined with **3 hours** of exciting cycling.

The route begins by winding through the stunning terraced rice fields near the hotel, offering a peaceful start to your journey. As you continue, you'll traverse small paths enveloped in lush vegetation, gradually leading you to the charming Lan village nestled at the foot of a towering mountain. You'll be captivated by the breathtaking vista of the village, with your camera in constant action to capture the unforgettable view.



Next, the journey continues downhill to a local house, where you switch to a bike and cycle through the serene Lan village, known for its traditional embroidery craft. As you cycle through the rice paddies and see hanging bridges, you can uncover even more of the stunning landscapes that surround this peaceful region.

The journey continues to **Hieu village**, where you have an opportunity to admire Hieu waterfall - the sole one in the reserve that features a poetic beauty amidst lush nature. After that, you will ride back to the local house, which is the car pick-up point to be transferred back to Puluong retreat.

Meals: Lunch

Accommodation: Overnight at your hotel

Day 2: Free & Easy at Your Own Leisure

Morning

The second day will be perfect if you can get up early at dawn for cloud hunting. The winning time only lasts from **6:00 to 7:30**, so take advantage of this chance.

The gorgeous view is definitely worth your effort as you can admire a sea of clouds rolling over the hillside, pouring into the valley, and then climbing up the mountain. The sun slowly rises beyond those clouds, creating a lifetime picture of nature. This is an ideal time for an easy walk to welcome the early sunrise, half an hour of meditation or yoga, or simply enjoying a cup of hot coffee by the swimming pools. All of these will be unforgettable memories.



After a delightful buffet breakfast, you will freely enjoy your time at your own leisure. You can read a book while relaxing on the sofa or just enjoy the magnificent view of the valley on a lying chair on the patio /balcony.

If you enjoy life discovery, you can immerse yourself in the rustic life and communicate with the friendly locals living in the hills above the hotel. Additionally, you can get a glimpse at daily life here by strolling through the fields, amidst the lush green rice paddies. This will give you the opportunity to deeply appreciate the culture and the tranquility of this land.

Afternoon

The afternoon in the hotel will offer you wonderful leisure experiences. You can relax in infinity pools and enjoy excellent drink menu, which includes wine, beer, cocktails, and fresh fruits. Be sure to try massage services, which include both foot and body massages.

From **19:00**, it's dining time at open-air restaurant, where you can taste flavorful signature dishes from the chefs. Afterward, you will take a rest in the tea room, a mini collection of Thai culture.

Optional Tour 1: Dong Dieng Village - Kho Muong Village & Cave

- **Meals:** Breakfast and lunch

Besides your free time, you can also make your second day more energetic with optional tours.

Morning

The tour begins at **9:00** when you meet and greet the friendly local guide at the hotel. A car will take you to Dong Dieng village, which is about **7 km** away, taking a 20-minute drive. After dropping off at the starting point, you will trek down through the beautiful terraced rice fields, leading to Kho Muong village.

NOTE: The distance is approximately **3.5 km**, taking about **1 hour** to walk with a moderate difficulty level (2/5).

Here, you will see how the local guide works quickly and decisively to identify each type of plant and herb in the blink of an eye. More interestingly, you will also have the opportunity to test your plant identification skills, with enthusiastic support from the guide.

What's special is that the members of the tribe here possess extensive knowledge and can recognize a wide variety of plants and herbs. Every gatherer in the tribe can identify a minimum of 20 to 30 different herbs and plant species, with some able to name at least 50!

Afterward, you will return to the traditional stilt house of the Thai people in Kho Muong village, where you can see the process of preparing various herbs to create **traditional herbal foot bathing**. This method is renowned for its excellent healing and relaxing properties, such as aiding circulation issues and skin conditions and alleviating symptoms like migraines and fevers.

Afternoon

From **11:30 - 13:00**, you will enjoy a delicious lunch at the homestay and rest for a while to regain energy for the exciting activities ahead.

The trekking journey continues to take you to Kho Muong village, where you will spend time exploring the "Hidden Cave" - a mysterious destination with unique corners that still retain their pristine beauty.

After that, you will hike up to **Bang village**, admiring the majestic scenery of mountains and the beautiful terraced fields stretching along the way. The distance is about **2.5 km**, taking approximately **30 minutes** with a moderate difficulty level (2/5)

At the end of the journey, you will take a car back to the hotel, covering a distance of **7 km** in about 20 minutes.

Optional Tour 2: Hands-on Experience of Making Tube Wine/ Straw Wine

Another interesting option is to learn about the tradition of making tube wine or straw wine.

- **Meals:** Breakfast

At **9:00**, our friendly local guide will greet you at the hotel before starting a long trek. The journey takes you through vibrant terrace rice fields and magnificent mountains.

Following the winding path through the beautiful scenery, you will enjoy panoramic views of the lush rice fields and the quaint villages stretching out in front of your eyes. Along the way, you will pass by some local homes, which will offer you great opportunities to learn more about the daily life and unique culture here.

As you walk through the lush path, **Leo Village** gradually appears. This small village is home to the Thai people, located about **4 km** from Pu Luong Retreat and only 3 km from Pu Luong Valley Home. Especially, you can also combine trekking with engaging activities in a half-day or full-day tour.

One of the unique experiences here is the **traditional wine-making process**, which includes the following steps:

1. Going to collect forest leaves to prepare the yeast.

The most typical are the glabrous sarcandra herb and adenosma caeruleum tree., etc (Others: piper lolot leaf, lemongrass tree, Indian goose grass/ yard grass, pennywort, celastrus hindsii leaves, cordyline fruticosa, Chromolaena odorata).

2. Mixing the ingredients.
3. Boiling or steaming the ingredients to extract the essence.
4. Fermenting the leaves to create the wine.
5. Pouring the wine into a large jar.
6. Tasting the wine right on the spot.
7. Pouring the essence from the large jar into small bottles.

After completing the process, you will also get to take home a small bottle of sticky rice wine as a souvenir. At the end of the experience, you will trek back to the hotel, just in time to rest before lunch.

Meals: Breakfast

Accommodation: Overnight at your hotel

Day 3: Pu Luong - Cooking Class - Hanoi

06:00 - 07:30: If you don't have a chance for cloud hunting on the second day, don't worry! You can take the time on the third day to capture this beautiful moment. The white clouds, resembling cotton, are gently floating in the sky between the mountains; this is undoubtedly a rare fairy-tale scene that you cannot miss. Then, it will be completed by enjoying a fresh morning with breakfast, which is served as a buffet and lasts only until **09:00**.

The highlight of the last day of the journey is the **cooking class** at the homestay. You will be instructed to cook traditional dishes by yourself.



The menu is diverse and rich in local flavors, including refreshing banana flower salad, fragrant grilled pork wrapped in betel leaves, and traditional sticky rice. After completing the class, you will check out and have a lunchtime at the homestay.

At the end of the trip, a bus will take you back to Hanoi, concluding an unforgettable journey in Pu Luong.

NOTE:

Services excluded: Drinks and extra orders of food, other services like massage, laundry, etc.

When you are ready to explore Pu Luong, keep in mind some important things to ensure a smooth and safe travel experience.

- Wearing comfortable clothes, trekking, mosquito spray
- The necessary items for trekking
- Hat and raincoat

Meals: Breakfast, Lunch

Accommodation: NA

Booking Policy

Inclusion

- All transports mentioned in the itinerary

- All mentioned meals in the itinerary: breakfasts and lunches
- English speaking local guide
- Accommodation mentioned
- Entrance tickets
- Activities mentioned
- 1 bottle of water/day/pax

Exclusion

- International flights
- All dinners
- Drinks
- Activities not mentioned in the itinerary
- Tips
- Travel insurance
- Personal expenses

Cancellation Policy

- More than 30 days before the arrival date : no cancellation fees
- Between 30 days and 48 hours before arrival : 50% of the total price
- Less than 48 hours before arrival : 100% of the total price
- No - show : 100%

Children Policy

- The rate for children applicable for one child sharing a twin or double cabin with two adults.
- For infants (<04 years old): FOC except for domestic flight tickets.
- 04 - under 11 years old without bed: 50% adult rate.
- 04 - under 11 years old with extra bed: 75% adult rate.
- 04 - under 11 years old in twin share: 90% adult rate.
- From 11 years old: count as an adult.

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