

Discovering

Vietnam

APRIL 8 TO 23, 2027

+ EXTENSION UNTIL 29TH



A Journey to Northern Lands

*Hanoi - Ha Giang - Cat Ba - Ninh Binh -
Mai Chau - Bac Ha*



the SANGHA
PROJECT.



EXPLORING NORTHERN VIETNAM THROUGH ITS CULTURE, LANDSCAPES AND PEOPLE.

This journey takes you to discover the mountains and waters of Northern Vietnam, off the beaten track, for an adventure rich in encounters, landscapes and sensations. Each stage reveals a different face of the country: a setting, a pace of life, a culture shaped by the mountain, the water or the rice paddy.

We will cross the dizzying passes of the Ha Giang loop, along winding roads and suspended valleys, meeting the Hmong, Dao and Tày communities who carry on, generation after generation, their colourful markets, hand-embroidered costumes and ancestral gestures.

On the emerald waters of Lan Ha Bay at Cat Ba, we will discover by kayak the floating life of fishermen, gliding between the karst peaks that rise from the sea. In Ninh Binh, amid rice paddies and winding rivers, Vietnamese Buddhism reveals itself in the vastness of the Bai Dinh complex, while at dawn a bamboo boat will carry us in silence across the peaceful waters of Van Long. Then, in Mai Chau, comes a gentler pace among stilt-house villages and bike rides through terraced rice fields, before continuing on to Bac Ha, amid the colourful bustle of the Sunday market of the Flower Hmong.



In small groups, we favour authenticity and genuine human exchange, so you can live unique and profound experiences, as close as possible to Vietnamese culture and traditions.

Northern Vietnam does not seek to impress: it is a country that reveals itself through the discretion, patience and generosity of its people. In the perched hamlets of Ha Giang or Bac Ha, life is still shaped by the seasons, the markets and the work of the land. It is in this simplicity that the peaceful happiness of its people resides.



Accommodation will be with local families, in comfortable, simple double rooms, and sometimes in dormitories in traditional stilt houses. We choose simplicity in order to travel as close as possible to local realities. This approach makes the journey much richer and more vivid. Sleeping in a family home, taking a night or day train, a local bus or a minivan, eating in small street restaurants: these are the moments, far from hotel standards, that make up the true richness of the journey.

ITINÉRAIRE

● 8.04 - HANOÏ

First steps, first flavours

On arrival in Hanoi, we will head to our accommodation to settle in. This first day will be a gentle introduction: a foot massage to relax legs after the journey, then a stroll through the lively lanes of the Old Quarter, among stalls, street-food aromas, discreet horns and quiet bustle. We may already taste a first bowl of pho or bun cha on the street, for a first encounter with the flavours of the North. A first breath together, before the big departure for the mountains.



● 09-13.04 – HA GIANG LOOP

Dizzying passes, minority lands

After brunch at our favourite canteen and one last stroll through the Old Quarter, we will take a bus to Ha Giang, gateway to the far North (5 hours' drive, arriving around 10pm). This begins our loop through one of Vietnam's most spectacular landscapes: winding roads clinging to cliffs, dizzying passes and valleys threaded by rivers. We head to Meo Vac, then the morning market at Dong Van and the heights of Lung Cu, a stone's throw from the Chinese border. We will continue on to Yen Minh or Du Gia depending on our pace, before heading back down to Ha Giang for a well-deserved evening of rest – and perhaps a massage. Along these roads, we will cross paths with Hmong, Dao and Tày communities: colourful markets, hand-embroidered costumes, ancestral gestures that still shape life on the high plateaus. In the evening, we head for the coast: an overnight bus to Cat Ba (around 10 hours' drive).



● 14-15.04 – CAT BA

Islands and emerald waters

Early morning arrival in Cat Ba, after a night on the road. Breakfast, check-in, then rest before setting off to explore the town and its local market, where fishermen land their daily catch. The next day is devoted to the bay: a kayak outing among the karst peaks rising from turquoise waters, or a traditional boat tour to discover the floating villages and hidden coves of Lan Ha Bay. A maritime interlude, between spectacular cliffs, fresh seafood and rediscovered slowness.

● 16-18.04 – NINH BINH

Rice paddies, sacred rivers

After a five-hour drive, we will reach Ninh Binh, nicknamed “Ha Long Bay on land” for the limestone peaks that rise up amid the rice paddies. A quiet first day: check-in, a bike ride or walk along paths that cross the countryside, among buffalo and rice fields as far as the eye can see. The next day is devoted to the vast Bai Dinh pagoda complex, one of the largest Buddhist sanctuaries in Southeast Asia — a full day will barely be enough to explore its temples, monumental statues and long corridors of golden Buddhas. Finally, at daybreak, a bamboo-boat ride will take us through the Van Long wetlands, in an almost unreal silence, among reeds and mountains reflected in the water, before a free afternoon to wander at your own pace.



● 19-21.04 – MAI CHAU

Stilt-house villages, gentle rice fields

A four-hour drive will take us to Mai Chau, perhaps with a stop at Cuc Phuong National Park along the way. Here, the pace changes completely: a lush valley ringed by mountains, Thai stilt-house villages and terraced rice fields invite you to slow down. The next day, after breakfast, we set off for a full day of cycling to explore the valley: the paths wind between rice fields, hamlets and irrigation canals, with stops in Thai villages to watch traditional weaving, chat with locals or simply enjoy the scenery. A free day will then allow those who wish to head off on an excursion to Pu Luong, another spectacular valley, even wilder and steeper.



● 22.04 – HANOI

One night, two paths

We will head back to Hanoi, where our group splits in two: those flying home spend one last night in the capital before their flight the next day, while the rest of the group boards the night train to Lao Cai, to reach the mountains of Bac Ha.

● 23-26.04 – BAC HA

Markets and mountains of the North

Arrival in Lao Cai in the early morning, then on to Bac Ha. The first days will be calm: short walks in the surrounding countryside, gentle strolls, time to catch your breath. A more demanding hike will lead us to discover the hills and perched villages nearby, before the highlight of this stage: the Bac Ha Sunday market, one of the most authentic and colourful in Northern Vietnam, where the local Flower Hmong come to sell livestock, textiles and farm produce, in an explosion of colour and excitement. One last free day before hitting the road again.



● 27-28.04 – HANOI

Back to the capital

From Pho Lu, an hour from Bac Ha, a daytime train will bring us back to Hanoi (1:00pm – 7:30pm). We will return to the capital for these final days, between shopping, last-minute purchases and strolls through the lanes of the Old Quarter, enjoying one last time the calm bustle of the city before heading home.

● 29.04 – DEPARTURE

Heading Back Home

It's time to say goodbye. We head to the airport for the return flight, hearts full and memories still vivid from these three weeks among mountains, rice fields, markets and encounters.





BUDGET

TRIP PRICE:

16 days: **1950€**

22 days : **2450€**

INCLUDED

- ✓ Guidance from Veer and Julia
- ✓ Shared double-room accommodation
- ✓ Breakfasts
- ✓ All meals during the Ha Giang Loop
- ✓ All local transport
- ✓ All activities mentioned
- ✓ A video call with the group beforehand, to get acquainted and answer your questions

NOT INCLUDED

- ✗ Flights tickets
- ✗ Personal expenses
- ✗ Lunches and dinners not mentioned
- ✗ Private travel insurance
- ✗ Tips
- ✗ Any activity not mentioned in the programme

MEALS

For practical reasons, meals are not included in the price – except breakfasts and the meals mentioned. Budget around €4-10 per meal depending on your appetite and preferences (local food and street food are very cheap).



THE SANGHA PROJECT

Coming together, around the world.

We know how much travel can offer a transformative break, and how much a natural landscape, a country's culture and human encounters can leave a deep imprint on the Self. But we also know how hard an immersive experience is to come by. We have lived through the language barrier, cultural misunderstanding and chaotic organisation.



So we brought together our knowledge and our on-the-ground experience to organise trips that make authentic encounters possible. So that the experience we create reflects the deep nature of the places travelled through, and opens the way to a deeper knowledge of the Self and of the World.



THE GUIDES

Having met on a trip to India, we share a common desire to pass on our passion through The Sangha Project.



Julia - Co-founder

Graphic designer, Ayurvedic therapist and traveller, I have a particular passion for discovering new cultures, countries and their philosophies. A cook by passion, for me travel is inevitably about the senses, the flavours and the sharing found around a meal. What matters to me most: guiding you gently, with authenticity and kindness, as you discover a country and its customs!

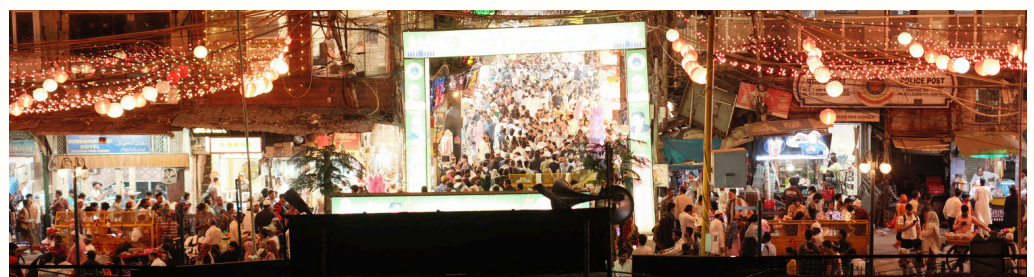


Veer - Founder

Founder of The Sangha Project, I am above all a globetrotter at heart: I have settled in 3 different countries and travelled through more than 20 others. For me, travel is a true way of life. Vietnam holds a special place in my heart: I lived there for more than 7 months, crossing the country from north to south by motorbike, and I hold a particular attachment to it. Passionate about philosophy, meditation and cooking, I will also be your guide for the taste buds, discovering the fragrant flavours that punctuate the journey!









the SANGHA
PROJECT.

EXPERIENCE AUTHENTIC TRAVELS
with heart and human connection

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