

1 Day to Discover Akha Puxo Culture

Let Puxo women show you how to gather vegetables and cook them!



You are short of time or want to discover Akha culture without walking too much? 30mn by bus or private tuktuk, 1 hour walking and you find yourself in another world. After a short break in the village, Akha Puxo women will lead you to their fields and show you how to gather vegetables for lunch. Back in the village, you cook them together. This also gives you the chance to discover an Akha house and its kitchen. After lunch, a 5mn walk brings you to the ritual swing in the spirit forest. , a specificity of akha villages. You will then find yourself on the trail leading you back to the road ca. 3,5 h walking time. Difficulty: easy. Round trip from Phongsaly town.



Visit 400-year-old tea plantation – 1 day



Phongsaly tea is known for its superior quality...but Ban Komaen's tea is even more special! According to tea experts it is the oldest tea plantation in the world and you will see tea trees higher than 6 meters. In harvest season Phunoy people climb up to pick the precious leaves and sell this rare tea in cigar-shaped tubes.

This full-day- trip starts from the town, traveling by private car (15 km). Enjoy the walk about 1 hour in the tea garden and the great view of village. Have lunch in the village and savor a cup of the 400-year-old tea before back to Phongsaly.



1 Day to Discover Akha Noukouy Culture



You are short of time or want to discover Akha culture without walking too much? two and half hours by bus, and then you find yourself in another world. After a short break in the village, Akha Noukouy women will lead you walk around the village to see people and houses and back to the head of village house to cooking together for lunch. After lunch also gives you the chance to discover another Akha Noukouy village by walking around 2 hours to see more live style and original houses. You will then sitting public bus back to Boun Neua or Phongsaly.



ca. 3,5 h walking time. Difficulty: easy. Round trip from Phongsaly town.



Akha-Life Trek - 2 days 1 night

A unique opportunity to explore the mountain-jungle and discover the Akha culture and farming.



On the first day, after a snack in a quiet Phunoy village, climb one of the highest mountain ridges in the area and enjoy your lunch watching the breathtaking view of endless mountain landscape. Descend through the jungle and its wild orchids and overnight in an Akha Puxo village, sitting on a hill offering nice views on the forested mountains.

Married women wear self-crafted indigo colored traditional dress with a trapeze-like cap.



On the second day, get a deeper insight into local culture: follow Akha women to their upland fields and gather vegetables and herbs with them. Back to the village, cook and eat lunch together before enjoying a relaxed hike through a valley with rice paddies.

1st day ca. 6h hiking time, 2d day ca. 2.5h. Difficulty: 1st day moderate, 2d day easy. Starts and ends on the road between Phongsaly and BounNeua.



Mountains & River Trek - 2 days 1 night

A wonderful nature experience with two different atmospheres.

On the first day, after a snack in a quiet Phunoy village, climb one of the highest mountain ridges in the area and enjoy your lunch watching the breathtaking view of endless mountain landscape. Descend through the jungle and its wild orchids and overnight in an Akha Pixo village, sitting on a hill offering nice views of the forested mountains. Married women wear self-crafted indigo colored traditional costume with a trapeze-like cap.



On the second day, make your way through the jungle forest on an adventurous path following the river. For lunch, grill some fish or wild vegetables at the river and go for a swim!

1st day ca. 6h hiking time, 2d day 4-5h.

Difficulty: 1st day moderate, 2d day difficult (might not be possible in the rainy season). Starts and ends on the road, close to BounNeua.



Jungle Trek - 2 days 1 night

Enter the deep jungle and find the unique Akha Pixo People in their high villages. Especially the women wear their self-crafted indigo colored traditional costume with a trapeze-like cap, whose attached silver coins show the wealth of the household. The mountain footpaths wind mostly through untouched virgin jungle and offer splendid view as far as Phongsaly town. If mist crawls in, one might believe in the spirits of the forest, like your hosts do. This is a true nature experience and rare in SE Asia! The trek ends in a beautiful valley with rice paddies.



1st day ca. 5.5h hiking time, 2d day ca. 4h (or vice versa). Difficulty: moderate. Round trip from BounNeua (41km from Phongsaly, reachable by asphalted road, or by plane from Vientiane).



Combine Mountain and Jungle 3 Days Trek 2 Nights

A unique opportunity to explore the mountain-jungle and discover the Akha culture and farming.

On the first day, after a snack in a quiet Phunoy village, climb one of the highest mountain ridges in the area and enjoy your lunch watching the breathtaking view of endless mountain landscape. Descend through the jungle and its wild orchids and overnight in an Akha Puxo village, sitting on a hill offering nice views on the forested mountains.



Married women wear self-crafted indigo colored traditional dress with a trapeze-like cap.



On the second day, after breakfast enjoying a relaxed hike through a valley with rice paddies and sitting private TukTuk through Bounneua town then enter the deep jungle and find the unique Akha Pixo People in their high villages. Especially the women wear their self-crafted indigo colored



traditional costume with a trapeze-like cap, whose attached silver coins show the wealth of the household. The mountain footpaths wind mostly through untouched virgin jungle and offer splendid view as far as Phongsaly town. If mist crawls in, one might believe in the spirits of the forest, like your hosts do. This is a true nature experience and rare in SE Asia! The trek ends in a beautiful valley with rice paddies.

**1st day ca. 6h hiking time, 2d day ca. 7-8h, 3d day ca. 4h Difficulty: moderate.
Starts on the road between Phongsaly and BounNeua and end BounNeua.**

Mouchi trek – 2 days 1 night

This trek combines an easy walk with an overnight in a beautifully located Mouchi village. From BounTai a public tuktuk, where you might share your sit with akha people coming back from the market, takes you on a side road through Pouli and Eupa villages. Then a small path brings you up to a high village, where the unique Mouchi people (6 villages only in Phongsaly) are your hosts for the night. They will give you the traditional welcoming massage. On the 2d day, walk down back to the road and have lunch in an Eupa village before catching the tuktuk back to BounTai.

In BounTai, your guide can show you the way to the small traditional sauna.

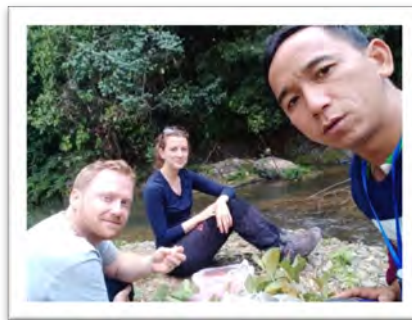
1st day ca. 2,5h walking time, 2d day ca. 2,5h.

Difficulty: easy.



Multiethnic trek - 3 days 2 nights

We recommend this trek for sporty and adventurous people, as the two first days are quite challenging. However a horse to carry your luggage can sometimes be rent on demand. This is a new trek in a remote area: there is few water in the villages. Villagers might be shy and are not used to photos (especially in the Eupa village). This trek focuses on ethnic diversity rather than jungle.



From BounTai a public tuktuk, where you might share your sit with akha people coming back from the market, takes you on a side road through Pouli and Eupa villages. Then a small path brings you up to a high village, where the Akha Eupa people are your hosts for the night. They will give

you the traditional welcoming massage! On the 2d day, hike down and then up again to a beautifully located Loma village. After lunch, enjoy the relaxed walk and overnight in a Loma village. The 3d day will bring you back to the road, where you can catch the bus to Phongsaly, Muang Khua or Oudomxay.

1st day ca. 4-5h hiking time, 2d day ca. 4h, 3d day ca. 3h Difficulty: moderate to difficult (not be possible in July/August). Starts from Boun Tai and ends at the main road further south.



Multiethnic trek -4 days 3 nights

3 nights...3 different ethnic groups!

We recommend this trek for sporty and adventurous people, as the 2d day is quite challenging (6,5-7,5h hike). However a horse to carry your luggage can be rent on demand. This is a new trek in a remote area: there is few water in the villages. Villagers might be shy and are not used to photos (especially in the Eupa village). This trek focuses on ethnic diversity rather than jungle.

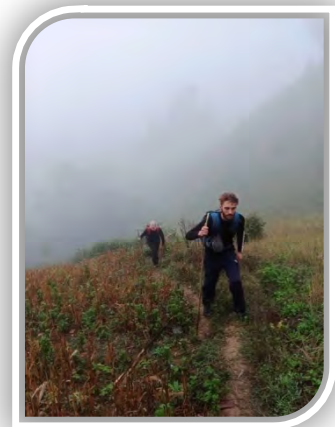


From BounTai a public tuktuk, where you might share your sit with akha people coming back from the market, takes you on a side road through Pouli and Eupa villages. Then a small trail brings you up to a high village, where the unique Mouchi people (6 villages only in Phongsaly) are your hosts for the night.

On the 2d day, after a long and partly steep hike to an Eupa village, what could be better than the traditional welcoming massage?

On the 3d day, hike down and then up again to a beautifully located Loma village. After lunch, enjoy the relaxed walk and overnight in a Loma village.

The 4th day will bring you back to the road, where you can catch the bus to Phongsaly, Muang Khua or Oudomxay.



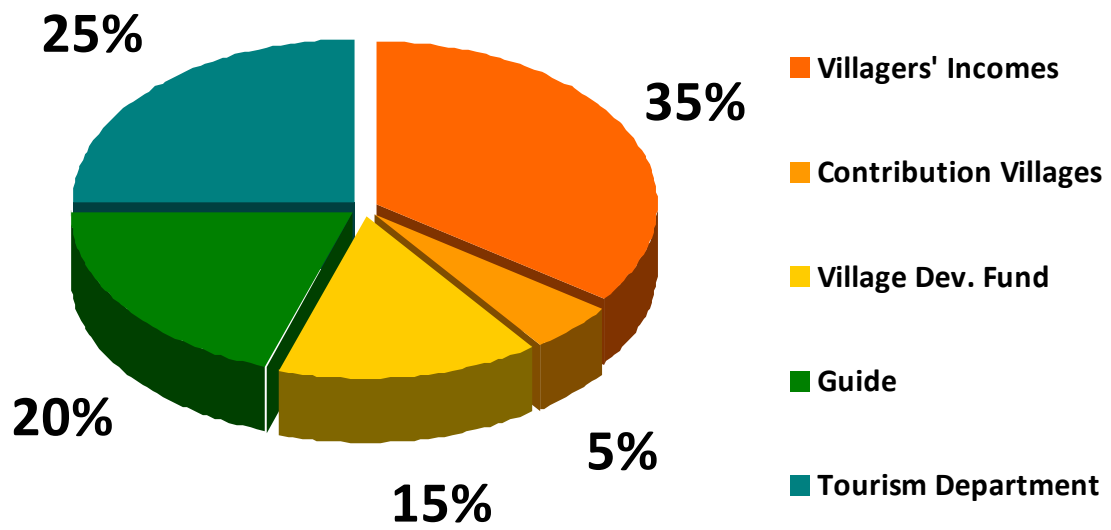
1st day ca. 2,5h hiking time, 2d day 6,5-7,5h, 3d day ca. 4h, 4th day 3h. Difficulty: easy on the 1st day, then moderate to difficult (might not be possible in July / August). Starts from Boun Tai and ends at the main road further south.



Where does your money go?

55% benefit the villages!

(in average, as it depends on the number of persons and days)



More information for trekking:

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