

NAM HA HILL TRIBE AND NATURE EXPLORATION

2 Day Kayak Nam Ha River

TRIP OVERVIEW



River: Nam Ha River

Departure: Daily from July-October

Paddle approx. 4-5 hours/day

Difficulty: Moderate adventure

Come experience true adventure as we embark on two exciting days of kayaking! Become immersed in nature and culture as we explore diverse landscapes and villages. The kayaking will go down the Nam Ha River in the Nam Ha National Protected Area, which is alive with lush green vegetation, colorful water birds & the occasional group of monkeys. The Nam Ha NPA is also home to hill tribes along the river. We will visit Khmu & Lanten villages, and stay overnight in the Khmu lodge of Ban Nalan. Two days allows for ample time to sink into authentic Lao life along the river.

TRIP ITINERARY

Day 1

*Luang Namtha-Ban Nam Ha-Ban Nalan
Approx. 4 hours kayaking*

The first day of paddling takes us through the thick, in parts old-growth forest of the Nam Ha Protected Area. A picnic lunch and a refreshing swim mark mid-day. The trip will arrive at Ban Nalan at 3:00 pm, where we will stay overnight. You will have time to look around the village and talk with the friendly local people. In the evening we will enjoy a typical village dinner cooked over an open fire.

Day 2

Ban Nalan-Ban Nam Goy-Ban Sop Sim-Luang Namtha

Approx. 5 hours kayaking

After a leisurely breakfast, we will continue down river. We will take breaks to visit other Khmu & Lanten villages, where we will see how they make bamboo paper and natural dye. This section of the river will reveal the best forest views and the most exciting rapids of the trip. After arriving at the confluence of the Nam Tha and Nam Ha rivers, we will paddle down the Nam Tha before arriving at the Khmu village of Ban Sop Sim.

Optional River Return

At Ban Sop Sim, your transport back to Luang Namtha will be waiting for you.

The optional return by river is in a traditional motorboat operated by local villagers. On your way up the river you will see water birds along the banks of the river and make your last pass along the border of the Nam Ha Protected Area.

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WHAT TO BRING

Good walking shoes, long sleeve t-shirt, warm sweater, long pants, hat or cap, sunscreen, mosquito repellent, money for purchasing handicrafts, camera, medicines snacks, and fruit.

PRICE INCLUDES

Tour permit and village conservation fund, local government taxes, food, first aid kit and accommodation in village

Please let us know if you are a vegetarian!



PRICES

# of people	2	3	4	5	6	7	8
Price (Kip)							
Price (USD)							

Where Does Your Money Go?

