

NATURE EXPLORE, RIVER CHALLENGE, NAM HA NPA

1 Day Kayak Nam Ha River

TRIP OVERVIEW



River: Nam Ha River

Departure: Daily from July-October

Duration: approx. 5-6 hours

Difficulty: Moderate adventure

Get ready for a long day of kayaking on the Nam Ha River! We will explore the lush jungle, green mountain landscapes, bird watching, and the occasional group of monkeys. This exciting trip will visit different ethnic minority communities along the river including Khmu & Lanten and be immersed in their traditional culture. The trip will take us through diverse scenery along the riverbank. It is truly stunning and beautiful! Low water levels from December to June may make kayaking rocky.

Note: Nam Ha is best for rafting from July to October, for kayaking from July to November. Low water levels from January-June may make kayaking rocky.

TRIP ITINERARY

To Start

Start from Luang Namtha at 9:00 h, travel to Ban Nam Ha by Tuk Tuk where you start Kayaking. The day begins at the boat landing with basic paddle and equipment instruction before taking to the river in single or double kayaks. After preparing equipment, paddle down the river and meander through the thick forests of the Nam Ha National protected area.

Morning

The first village you visit is a Khmu village named Ban Nalan. Ban Nalan has been recognized by groups from around the world as an excellent model of community-based tourism. The lunch will be prepared at this village with time for village exploration.

Afternoon

After lunch, visit another Khmu & Lanten village called "Ban Nam Goy" to see how to make bamboo paper & natural dye. Continue onward through the protected green jungle, until we arrive at the confluence of the Nam Tha and Nam Ha rivers. Next, paddle down the Nam Tha for a while before arriving at the Khmu village of Ban Sop Sim. After an exciting day of adventure, your transport back to Luang Namtha will be waiting for you here.

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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, medicine, snack-food, fruits,

PRICE INCLUDES

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



PRICES

# of people	2	3	4	5	6	7	8
Price (Kip)	550.000	500.000	450.000	400.000	350.000	300.000	270.000
Price (USD)	\$67	\$59	\$54	\$48	\$41	\$36	\$32

Where Does Your Money Go?

