



# Plan your stay with La Vie Vu Linh

English version







# The Location

**LaVieVuLinh** project is organized around to 3 pillars: **eco-friendly agriculture**, **culture** through the meeting of different horizons and **education** offering an harmonious vision of the world, Nature and its inhabitants.

Located approximately at 170 km north-west from Hanoi in the Yen Bai province, we can host up to 60 people within an extraordinary habitat. Located on the east Bank of the Thac Ba lake river, the biggest lake of Northern Vietnam, the ecolodge blends-in the larger frame of the Ngoi Tu village from the Dao Quan Trang (white pants) minority and follows its social and cultural living course.

Thanks to its location and ethics, LaVieVuLinh is an ideal place to support the organization of your stays. Thus we offer you different activities: **daily excursions**, **rolling workshops** and even, for the most motivated, **construction during several days**.







# Excursions

The Thac Ba Lake and its surroundings are perfect for a day or a half-day excursion. LaVieVuLinh is used to organize many different trips, some examples of which are described below:

## Jungle Trek – One day



Following a hearty breakfast, we head to a waterfall for a picnic at its foot. Part of the food is brought from the lodge completed by products from the jungle. If it happens to be the right season, we can also catch up a few crabs and cook them in a bamboo as a soup. Enjoy the wealths of the jungle.

## The caves of Thuy Tien - One day



We sail through the Thac Ba’ s islands towards the caves of Thuy Tien. We will walk through its galleries and let ourselves charmed by their millennial legends. Once out of the caves, we hike up to the top of the island from which we can enjoy a panoramic view of the lake. A lunch-break is organized on one of the islands nearby with a “Dao picnic” before going for a digestive swim.

Dates, program and number of participants are adjustable.





## **Discovering the medicinal plants and local farms - Half-day**

Walking to the village to find out about the Dao people's lifestyle. Either Miss Nhat or her sister are experts in medicinal plants and are our guide. They know the plants, their virtues and share their culture. The neighbors will show us their farm that is a perfect occasion to share a cup of tea with them.



## **Tac bah lake on a traditional boat - Half-day**

We leave from La Vie Vu Linh to go on a tour of the lake on a traditional boat, rowing with our feet! We will enjoy the lake by learning how to fish Dao-style and visit one of the fish farms, or sail to the Dong Ty village and stroll through the typical streets, or also land on one of the island to appreciate a walk and discover the wildlife up to the top and contemplate a breathtaking view of the lake.

Dates, program and number of participants are adjustable.





# Ateliers tournants

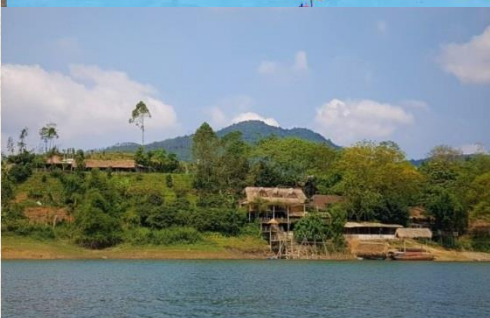
Grâce à son expérience La Vie Vu Linh propose l'organisation de plusieurs ateliers. La durée de chaque atelier peut varier en fonction des envies. Un certain nombre d'exemples sont listés ci-dessous.



## Paperchase

### *Adventure / Nature*

In aim to get ourselves familiar with the place, we explore the site and its orchard through a fun and educational paperchase.



## Nature workshop

### *Nature*

Learn about the agroforestry project through permaculture principles and practical activities on the garden and the orchard.



## Bamboo object crafting

### *Culture*

Taught by the Dao people from the village, we learn to weave bamboo with the traditional method to craft baskets and shrimp-traps.



## Fishing

### *Culture / Nature / Adventure*

We settle the shrimp-traps or nets and discover the traditional boats.

Dates, program and number of participants are adjustable.





## Homemade craft

### Adventure

We build our own raft with bamboo and local techniques. Then, we can either paddle towards the island in front of La Vie Vu Linh. Or we can put the shrimp traps into the lake. Life jackets are available and a boat can escort the rafts.



## Sports

### Adventure

Enjoy the accommodation of La Vie Vu Linh to play volley-ball, Ping-Pong, pétanque or other outdoor games.



## Cooking class with local food

### Culture

We discover the various ways of cooking rice, vegetables, fruits, fishes or meat of the area. Our Chef will present its secrets on how to cook a delicious meal according to the Dao tradition..



## Traditional show

### Culture

Discover Dao culture through traditional dances.

## Immersion workshops

### Culture

Depending on the season or the ceremony, it is possible to participate in the life of the village and discover the Dao culture.

Dates, program and number of participants are adjustable.





# Sustainable development construction

It is possible to be actively involved in developing La Vie Vu Linh project through cooperative constructions. We work with the inhabitants of the village during 2 or 3 hours a day. Examples of constructions needed are listed below:



## Chicken house rehabilitation

### *Day 1 :*

Discovery and understanding of the work. Setting up the work; cleaning and preparation of the materials needed (bamboo, tools, concrete, woods, etc...)

### *Day 2 :*

Roof repair to collect rainwater. Implementation of a fence around the chicken house to protect them. Creation of a container to collect the manure.

### *Day 3 :*

Prepare the layout of the chicken house and welcome the chickens.



## Pig house rehabilitation

### *Day 1 :*

Discovery and understanding of the work. Setting up the work; cleaning and preparation of the materials needed (bamboo, tools, concrete, woods, etc...)

### *Day 2 :*

Repair the house to facilitate the collect of the manure. Implementation of an outdoor area with bamboo fences.

### *Day 3 :*

Biogas rehabilitation and welcome the pigs

Dates, program and number of participants are adjustable.





## **Development of the waste management**

### *Day 1 :*

Discovery and understanding of the work. Setting up the work; cleaning and preparation of the materials needed (bamboo, tools, woods, etc...)

### *Day 2 :*

Creation of recovery and storage boxes using local techniques.

### *Day 3 :*

Creation of educational panels about the waste sorting. Strengthen the path and implementation of the boxes.



## **Manufacture of a solar drier storing vegetables**

### *Day 1 :*

Discovery and understanding of the work. Setting up the work; cleaning and preparation of the material needed (bamboo, tools, woods, etc...)

### *Day 2 :*

Analysis of the working plans and manufacture the spare parts.

### *Day 3 :*

Assembly of the solar drier and demonstration.

Dates, program and number of participants are adjustable.





## Accommodation

### Private rooms :

8 private rooms are available for couple or family.

### Dormitory :

2 stilt houses can accommodate 20 persons each.

## Transportation

### Public transport :

#### By bus :

Several departures per day are settled from **My Dinh bus station** in Hanoi. Take the bus « Nam Yên » or « Hai Huu ». Ask the driver to take you to Vu Linh and precise « La Vie Vu Linh »

Departure time : 6h30, 9h00, 11h25 et 14h30.

- Length of ride : 4h maximum.
- Price ticket for back and forth: 260 000VND

#### By train and boat :

Take the train until Yen Bai train station, go to the port Cảng Hương Lý, board in the boat going to Phúc An and ask to be dropped off at La Vie Vu Linh.

- Time : 5h by train and 1h30 to cross the lake by boat
- Cảng Hương Lý boat Departure time : 8am and 4:30pm

### Private transport :

It is possible to book a private car or bus from Hanoi to La Vie Vu Linh. The driver will pick you up at will. Plan 3 hours journey to join La Vie Vu Linh. Please, contact the front office for more information :

- Car 4 passengers
- Car 7 passengers
- Bus 16 passengers
- Bus 29 passengers
- Bus 35 passengers

Dates, program and number of participants are adjustable.





## Contacts and booking

Contact the office in Hanoi for bookings :

Ms Lien : +84 919 373 286

Mail: [frontoffice.lvvl@gmail.com](mailto:frontoffice.lvvl@gmail.com)

Dir.: 6th Floor, No 62, Pho Yen Phu Street, Tay Ho Dist, Hanoi.

Please specify :

- How many people will there be (person accompanying, children, special diet, moving difficulties, etc...),
- Dates,
- Activities,
- Transportation

Dates, program and number of participants are adjustable.