

Notice!

ETHOS strongly recommend that you avoid sports shoes made with a composite plastic sole. The white sole material maybe light weight, but it provides almost no traction, especially on slippery clay. These shoes make trekking almost impossible if conditions are wet or have been wet over previous days. In the event that conditions become dangerous, trips may be curtailed if your experienced guide deems it necessary.

Shoes with good grip and ideally rubber soles are far more suitable for the Sapa terrain. Waking boots are by no means essential, but shoes with grip are important.

Walking sandals are not appropriate between the months of November and February.



We have a limited supply of walking shoes for rent - \$1 per day.