

**Highlight**

- Awesome scenery
- Rice terraces
- Colorful minority groups
- Homestays in minority villages
- Topas Eco-lodge

**Itinerary at a glance**

- Night 1:** Overnight train to Lao Cai
- Day 1:** Drive to Sapa/Trek to Tavan Village
- Day 2:** Trek to Ban Ho Village
- Day 3:** Trek/drive Topas Eco lodge.
- Day 4:** Drive to Sapa. Night train back to Hanoi
- Day 5:** Arrive in Hanoi

**Trip note**

- Duration:** 5 days, 5 nights
- Group size:** 08 persons
- Depart from:** Hanoi
- End at:** Hanoi
- When:** Year round
- Activities:** Trekking, Culture expedition
- Trekking grade:** Moderate
- Transport:** Train, car, on foot
- Accommodation:** 2 night homestay, 1 night eco-lodge & 2 night trains
- Tour guide:** English or French speaking guide
- Meals:** Day 1-3: Breakfast, Lunch, Dinner  
Day 4: Breakfast



**Note on client safety**

We reserve the right to deviate from this itinerary for any reasons, including road and weather conditions, frequency of visits to a village, or for any other factor which may influence client safety.



**Tour price**

Please contact our **Customer Service** at [info@activetravel.asia](mailto:info@activetravel.asia) or call +84 97 980 0588 (24/7 LiveHelp)

**Inclusion:**

- Round trip AC sleeper cabin on First class train
- Transfer two ways Lao Cai - Sapa
- Transfer one way in Hanoi
- Jeep transfer Ban Ho Village to Eco lodge
- Shuttle bus from Topas Eco-lodge to Sapa
- English or French speaking guide
- Meals as indicated in the itinerary
- Twin shared bungalow in Topas Eco Lodge
- First-aid kit
- Home stay permission
- Water & Snacks
- Entrance fees & sightseeing fees

**Exclusion:**

- Travel insurance
- Visa
- Tips
- Personal expenses

## Food

All meals, which are indicated in the itinerary, are included in the price of this trip. While in Sapa and Lao Cai towns we will enjoy Vietnamese cuisine in local restaurants. Once we travel away from big towns, the emphasis will be on healthy and nutritious fresh local produce.

## The transfers

In Hanoi, one ATA staff will accompany you to the train to show you your cabin and tell you how to deal with the overnight train

In Lao Cai, our guide will meet you at Lao Cai Railway Station in the morning of the first day. He also see you off at Lao Cai Railway Station on day 4.

When you get back to Hanoi on day 5 you can easily find a taxi to get to your hotel.



## The homestay

Homestay in villages is simple in term of bedding condition and amenities. We will sleep on beds with mattress, clean sheet, pillows and mosquito nets. Toilet is usually western style.

The Topas Eco Lodge has a perfect location - situated atop two cone formed hills, set deep in the spectacular Sapa valley. The eco lodge consists of 25 individual lodges placed in a circle around the hills. From the lodge there are breathtaking views across the scenic valleys below, which are home to villages of the Tay and Red Dao minorities.

## The trekking day

A typical trekking day start at about 8.30 am after breakfast. Lunch times can vary depending on the terrain. We aim to reach the next overnight stop by 4.30 or 5. During the trek we will have short breaks for rest, snack and photographing.

## ATA tour guide

The tour will be led by one of our tour guides who are experienced in guiding trekking tours in Vietnam. He has been carefully trained in this field and is fully licensed in tour guiding by the government. In addition, he has been trained in first-aid by SOS International and he knows how to deal with difficult situations. You will have a great time traveling with him.

## What to bring

Trekking boot, sun block, hat, anti-insect repellent, sunglasses, sleeping bag (optional), rain coat, toiletries, original passport.

## Detailed Itinerary

### Night 1: Night train to Lao Cai.

Transfer from your hotel to Hanoi Railway Station for the night train to Lao Cai. Overnight in AC soft sleeper cabin.

#### Summary

Transfer to railway station: AC vehicle  
Accommodation: Soft sleeper in AC cabin

### Day 1: Trek and home stay

Arrive in Lao Cai around 5.30 am. Meet our tour guide in Lao Cai and transferred to Sapa. Breakfast in local restaurant. After breakfast we can pack up for the trek or stroll in Sapa market walk around the town. We will begin our trek at 10 am. We will trek on small trails down hill to Muong Hoa Valley and visit to villages of Black H'mong and Dzay minority groups.

Picnic lunch on the way. We will reach Tavan, a village of Dzay minority around 4.30 pm. Dinner and overnight in a local house.

#### Summary

Transfer Lao Cai – Sapa: 1 hr  
Trek: 15 km – Moderate grade  
Meals: Breakfast, Lunch, Dinner  
Accommodation: Home stay



## Day 2: Trek and home stay

Breakfast at the home stay. We leave Ta Van Village at 8.30 am for Giang Ta Chai, a village of Red Dzao minority. Today we trek through thick bamboo forest and enjoy great view of rice terraces. Around noon we reach Giang Ta Chai, visit to the village and have picnic lunch by Muong Hoa Rive. In the afternoon we cross the river and head to Ban Ho, a village of Tay minority group. We will have dinner and overnight in a traditional house-on-stilt of the Tay.

### Summary

Trek: 20 km – Moderate grade  
Meals: Breakfast, Lunch, Dinner  
Accommodation: Home stay

## Day 3: Topas Eco Lodge

After breakfast at the home stay we leave Ban Ho and walk 3 km on good trails to our bus. Short transfer to Topas Eco Lodge. Upon arrival in Topas Eco Lodge we check in hotel and relax in the eco lodge. Lunch and dinner in the eco lodge. Overnight in Topas Eco lodge

### Summary

Trek: 40 mins – Moderate grade  
Meals: Breakfast, Lunch, Dinner  
Accommodation: Topas Eco Lodge

## Day 4: Back to Hanoi

Breakfast in Topas Eco Lodge. Relax in the eco lodge and take the shuttle bus at 11.30 am to Sapa Town. Leave luggage at Topas office we then free to explore the town. We can visit Ham Rong Park or shop in Sapa market. In the late afternoon we take a bus ride to Lao Cai for night train back to Hanoi.

### Summary

Transfer eco lodge – Sapa: 30 mins  
Transfer Sapa – railway station: 1-hr by AC vehicle  
Meal: Breakfast  
Accommodation: Overnight train with AC, soft sleeper cabin

## Day 5: Arrive in Hanoi. Trip completes

Arrive in Hanoi around 4.30 am. Trip completes at the train station.



## Holiday Extensions

### Minority markets:

*Nothing can prepare you for the riot of color and activity at the regional minority markets that can be found dotted around the Sapa region. Make sure you've brought enough film or your camera's batteries are fully charged, as they are a photographer's delight!*

### Can Cau Market – Saturday

Saturday morning 6am to midday

In the middle of paddy and corn fields. Visitors are generally H'mong groups from highland villages. The local H'mong are the famous variegated or Flower H'mong due to the intricate and colourful nature of their costumes. Travel is often made by horseback as a way of carrying the heavy loads to and from market.

### Muong Hum Market – Sunday

Every Sunday from 6am to 1pm. This market is the biggest cardamom market in the region, pre-dating the French and serves as a meeting point for the ethnic groups living in the mountains; including the Giay, Dao, White H'mong and Ha Nhi. Those who live in the upper reaches of the mountains such as the Mong or Red Dao come down to sell specific products such as cardamom and mountain plants. In Muong Hum, it's worth taking a sip of the local brew - here it's paddy rice brandy from the Dao village of San Lung. It's become quite a famous tipple.

### Muong Khuong – Sunday

Big market with a variety of ethnic groups, Mong, Dao, Nung and others, including visitors from as far away as China come to sell their products. Pa Zi women can be found selling traditional incense made from bark and resin of scented trees.

### Bac Ha Market – Sunday

From 9am to lunchtime

The biggest ethnic market in Lao Cai province. Here you will be able to find, buffaloes, horses, blacksmiths, saddlers, traditional medicine doctors, clothing and local artifacts. Frequented by H'mong, Dao, Tay, Nung and Phu La. Be sure to arrive by 9am as the market finished around lunchtime.

### Binh Lu & Tam Duong Market – Sunday

Binh Lu and Tam Duong market is located on the other side of Sapa, passing the 1900 meter Tram Ton pass, Viet Nam's highest mountain pass and considered the most beautiful stretch of road in the country. The town is bustling with activity as the local hill tribes gather for their weekly market day, amazing tribal markets in Binh Lu where thousand of Thai Kadai language groups such as Tai Lu, Tai Laos, White Tai, and H'mong - Yao group (black Yao, Yao Lantien..), Giay, Khomu.. comes to buy and sell their own produces.

### Coc Ly Market – Tuesday

Off the beaten track. Several groups of Mong, Dao, Tay, Nung and Phu La groups can be found in this secluded mountain market. Return back by boat downstream Chay River and marvel at the untouched natural beauty of the region.

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