

Highlight

- Awesome scenery
- Rice terraces
- Colorful minority groups
- Home stays in minority village

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 back to Sapa/overnight train back to Hanoi
- Day 4:** Arrive in Hanoi/Tour concludes

Trip note

- Duration:** 3 days, 4 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 home-stays & 2 night trains
- Tour guide:** English or French speaking guide
- Meals:** Day 1,2: Breakfast, Lunch, Dinner
Day 3: Breakfast



Tour price

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

Inclusion:

- AC sleeper cabin on train for two ways
- Transfer two ways in Lao Cai
- Transfer one way in Hanoi
- Jeep transfer Ban Ho Village to Sapa
- English or French speaking guide
- Meals as indicated in the itinerary
- First-aid kit
- Home-stay permissions
- Water & Snacks
- Entrance fees & sightseeing fees

Exclusion:

- Travel insurance
- Visa
- Tips
- Personal expenses

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.



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 ATV staff will accompany you to the train to show you your cabin and tell you how to deal with the overnight train

When you get back to Hanoi on day 4 you can easily find a taxi to get to your hotel.

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 3.

The homestay

Home stay 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 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 Laocai. Overnight in AC soft sleeper cabin.

Summary

Transfer hotel – railway station: AC vehicle
Accommodation: Soft sleeper in AC cabin

the way. Dinner and overnight in the local house.

Summary

Transfer Lao Cai – Sapa: 45 mins
Trekking: 5-hr trek/dirt paths/downhill
Accommodation: Local house
Meals: Breakfast, Lunch, Dinner

Day 1: Transfer to Sapa – Trek to Tavan Village

Arrive in Lao Cai around 5.30 am. We will take 1hr bus ride uphill to the beautiful town of Sapa. The ride give you a glimpse of the stunning vistas and impressive rice terraces. Upon arrival in Sapa Town we have breakfast in local restaurant and prepare for a great trek down to the picturesque valley of Muong Hoa. We will walk on small paths and trails to reach Tavan Village, where we will have unique home stay experience among hill tribe people. Pinic lunch on



Day 2: Trek to Ban Ho Village

We will have breakfast in the local house before embarking upon another day of adventure. Today we will trek across mountains, bamboo forest, terraces and streams to reach Ban Ho Village, a beautiful village at lower altitude. Picnic lunch by the stream before moving on to Ban Ho. Dinner and overnight in local house.

Summary

Trekking: 5-hr trek/dirt paths/downhill
Accommodation: Local house
Meals: Breakfast, Lunch, Dinner

Day 3: Trek/drive to Sapa – Night train to Hanoi

After breakfast we leave Ban Ho for Sapa. We will trek shortly to the dirt road for a jeep ride back to Sa Pa. Back to the town we can take shower and change clothes in hotel.

Free at leisure in the afternoon. We can explore the town on foot and have great shopping time in Sapa

market. In the late afternoon we transfer to Lao Cai for overnight train back to Hanoi.

Summary

Transfer Ban Ho – Sapa: 45-min jeep ride
Trekking: 40-min trek/ascent
Accommodation: Soft sleeper in AC cabin
Meals: Breakfast

Day 4: Back to Hanoi

Arrive in Hanoi around 5 am. Tour ends at Hanoi Railway 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.

ACTIVELY EXPLORING HIDDEN LANDS