

Highlight

- Awesome scenery
- Great trails
- Colorful minority groups
- Homestays in minority villages

Itinerary at a glance

- Night 1:** Overnight train to Lao Cai
- Day 1:** Drive to Sapa/Trek to Tavan Village
- Day 2:** Trek to Seo Trung Ho Village
- Day 3:** Trek to Thanh Phu Village
- Day 4:** Trek to Ban Ho Village
- Day 5:** Trek/drive back to Sapa. Overnight train back to Hanoi
- Day 6:** Arrive in Hanoi. Tour completes

Trip note

Duration:	6 days, 6 nights
Group size:	08 persons
Depart from:	Hanoi
End at:	Hanoi
When:	Year round
Activities:	Trekking, Culture Expedition
Trekking grade:	Moderate
Transport:	Train, AC vehicle, Jeep, On foot
Accommodation:	4 nights homestay & 2 night train
Tour guide:	English or French speaking guide
Meals:	Day 1-4: Breakfast, Lunch, Dinner Day 5: Breakfast



Tour price

Please contact our **Customer Service** at 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 Sapa
- English or French speaking guide
- Meals as indicated in the itinerary
- First-aid kit
- Home stay permission
- 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 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 5.

When you get back to Hanoi on day 6 you can easily find a taxi to get to your hotel.



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 Lao Cai. Overnight in AC soft sleeper cabin.

Summary

Transfer hotel – railway station: 15 mins

Accommodation: Soft sleeper in AC cabin

Summary

Transfer Lao Cai - Sapa: 1 hr

Trekking: 15 km – Moderate grade

Meals: Breakfast, Lunch, Dinner

Accommodation: Home stay

Day 1: Sapa – Ylinh Ho Village – Lao Chai Village – Ta Van Village.

Arrive in Lao Cai around 6am. Take 1-hr bus ride uphill to Sa Pa. The ride gives you a glimpse of the stunning vistas and impressive rice terraces. Upon arrival in Sapa Town we will have breakfast in a local restaurant before jumping into our great trek down to Muong Hoa valley. Repacking and leave what we do not need at ATV office we then start our trek start at 10.30. Picnic lunch on the way. Around 4.30 pm we reach Ta Van, a village of Tay ethnic minority. We stay overnight and have dinner with a local family



Day 2: Ta Van – Giang Ta Chai – Seo Trung Ho.

After the breakfast at the home stay we head to the Red Dao ethnic minority at Giang Ta Chai. Picnic lunch on the way. Continue trekking along local trails to go to Seo Trung Ho, another village of Red Zao ethnic minority. We will spend the second night here with a local family.

Summary

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

Day 3: Seo Trung Ho – Nam Toong – Thanh Phu

Breakfast at the home stay. Today we trek on small paths and cross the Muong Hoa River to reach village Tay ethnic minority in Thanh Phu. Picnic lunch in Nam Toong Village. We stay overnight in a wooden Tay stilt house.

Summary

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

Day 4: Thanh Phu – Nam Sai – Nam Ken – Ban Ho

After breakfast we trek to Nam Sai, another village of Tay Ethnic minority and then we trek up to village of Xa Pho ethnic minority, the smallest minority group in Sapa. We reach Ban Ho in the afternoon. Overnight in Ban Ho, a village Tay ethnic minority. We spend the third night here.

Summary

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

Day 5: Ban Ho – Sapa

After breakfast we trek up to Ban Den, where we meet our bus and take a beautiful drive back to Sapa. Upon arrive in Sapa we take shower and spend the rest of the day exploring Sapa town. 5.30 pm we will be transferred to Lao Cai for the night train back to Hanoi.

Summary

Transfer Sapa – railway station: 1-hr
Accommodation: Soft sleeper in AC cabin

Day 6: Arrive in Hanoi. Trip completes

Arrive in Hanoi around 5 am. Trip completes



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