

SAPA TOUR

3 DAYS 4 NIGHTS – 2 NIGHTS HOMESTAY

LAO CHAI - TA VAN – GIANG TA CHAI – SU PAN – BAN HO – NAM TOONG

❖ *Night 1: Ha Noi – Lao Cai*

7 – 8p.m: pick up you from hotel to go to the train station B, catch the night train for Lao Cai.

❖ *Day 1: Sapa – Lao Chai – Ta Van villages – 12km (B, L, D)*

- 5 - 6.30 a.m: pick up you at Lao Cai station by bus to go to Sapa
- 7 - 8 a.m: Arrive in Sapa. Have Breakfast in hotel
- 9 – 9.30 a.m: Begin trekking from Sapa towards the South East of Sapa alongside Muong Hoa valley to Y Linh Ho and Lao Chai village of the H'Mong minority, take picture of paddle field and visit minority house and school.
- 12 p.m: Have picnic lunch in the Black H'Mong house, discover their daily life style and enjoy landscape.
- 1p.m: continue your trekking to Ta Van village of Dzay minority people.
- 3 – 3.30 p.m: Check in and have dinner. Over night in the homestay.



SAPA TOUR

❖ *Day 2: Ta Van – Giang Ta Chai villages – 10km (B, L, D)*

- 8 a.m : breakfast at homestay.
- 9 a.m : take the road to Giang Ta Chai village of the Red Dzao minority via the paths between terraces and through bamboo forests. Visit silver waterfall and suspension Rattan Bridge, visit the people in the village.
- 12 p.m : Break for lunch
- 1 p.m : continue visiting the last village of the trek - Supan village of the H'mong.
- 2 p.m : trekking down to Ban Ho village with Tay tribes living on stilt houses in the bottom of the valley where we will stay over night.

❖ *Day 3: Ban Ho – Nam Toong – Sa Pa – 13km (B , L, D)*

- 8 a.m : breakfast at homestay
- 9 a.m : Begin trekking to remote village calles Nam Toong, inhabited by Red Dao tribe, enjoy spectacular view surrounding.
- 12 a.m : Return to Ban Ho for lunch.
- 1 p.m : Keep trekking up hill to Ban Den village for bus pick up and transfer to Sapa.
- 3 p.m : Free time in Sapa for shower and have dinner.
- 5 p.m : Bus pick up to Lao Cai station for the night train back to Ha Noi.

❖ *Night 4: Ha Noi – Lao Cai*

- 9 p.m: soft sleeper train back to Ha Noi
- 5 a.m: arrive at Tran Quy Cap station (Ha Noi). Tour ends.

