

SAPA TOUR

3 DAYS 4 NIGHTS – 2 NIGHTS HOTEL & BAC HA MARKET

(LAO CHAI – TA VAN – CAT CAT – BAC HA MARKET)

❖ *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: Lao Cai – 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.
- 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: Bus pick up back to Sapa. Check in and have dinner. Over night in the hotel.



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❖ *Day 2: Sapa – Cat Cat village – 4km (B, L, D)*

- 8 a.m : have breakfast in the hotel
- 9 a.m : visit village of the black H'mong (Catcat), walk around visiting people in the village and the hydroelectric power station built by the French in the old days.
- 11.30 a.m : Go back town, have lunch and check out the hotel. Free time in the afternoon

❖ *Day 3: Sapa – Bac Ha market (B , L, D)*

- 7 a.m : have breakfast, check out the hotel and take mini bus to Bac Ha. This is the most colorful market in North Vietnam. At the market, you have chance to enjoy BacHa people's simple but unique kinds of food with special wines made from rice, cassavas, corn and different sorts of fruits such as plumps, apples, peaches... talking to the minorities through the guide's interpretation. Leave the market for the H'mong King's house (King Hoang A Tuong) built by the French colonists and the Chinese in 1920.
- 1 p.m : Go back town and have lunch.
- 2 p.m : spend time visiting another village – Ban Pho village
- 3 p.m : Bus transfer back to Lao Cai railway station for the night train to Ha noi. On the way back, drop in to see the Vietnamese and Chinese border in Lao Cai.
- 6 p.m : have dinner then get on the train.

❖ *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.

