

EXPEDITION AND TREKKING ON NORTH WEST OF VIETNAM (5 DAYS 4 NIGHTS)

Routing: Ha Noi – Nghia Lo – Than Uyen – Sapa – Ban Ho

Tour Style: Nature, Culture & History Tour

Tour Start: in Ha Noi / **Tour End:** in Ha Noi

Trip duration: 5 Days 4 Night

No. of guests: 2 pax

Tour Summary

Day	Trip Summary
1	HA NOI – NGHIA LO (L)
2	NGHIA LO – THAN UYEN (B,L)
3	THAN UYEN - SAPA (B)
4	SAPA TREKKING – BAN HO – OVERNIGHT AT VILLAGE (B,L)
5	SAPA TREKKING TOUR – NIGHT TRAIN TO HA NOI (B,L)

Trip Details

DAY 1: HA NOI – NGHIA LO (L)

07:00: Depart from Hanoi through the Red River Delta into the mountains of Yen Bai province and on to Nghia Lo. The area is home to Thai, Nung, Hmong, La Ha, and Ma ethnic minority peoples. Overnight in a guest house.

DAY 2: NGHIA LO – THAN UYEN (B,L)

Exploring the local market in Nghia Lo is a good chance to shop for local handicrafts. Today's drive is along an exciting stretch of road that climbs over the mountain pass to Mu Cang Chai past Hmong, La Ha, and Dzao hill tribe communities. At the bottom of the valley is the town of Than Uyen. Overnight in a hotel or guesthouse.

DAY 3: THAN UYEN – SAPA (B,L)

The road follows the Hoang Lien Son Mountain range and winds through tea plantations and rice terraces as it hugs the Nam Ma River. This stunning valley is dotted with Tay, Dzao, and Hmong hill tribe villages. Over the 1,900 meter Tram Ton pass to Sa Pa located in the breathtaking Hoang Lien Son Mountains. Arrive in Sa Pa in the afternoon. Free time. Overnight at the hotel.

DAY 4: SAPA TREKKING – BAN HO – OVERNIGHT AT VILLAGE (B,L)

Breakfast at a hotel. Jeep transfer from your hotel to Ta Van Village. Trek along rice terraces, through a lush bamboo forest, and past local villages. Stop to enjoy a picnic lunch. After lunch, trek to Ban Ho for an insightful night with your Tay hosts, where you'll sleep in the cozy loft complete with a comfy mattress and a mosquito net. Overnight at the village.

DAY 5: SAPA TREKKING TOUR – NIGHT TRAIN TO HA NOI (B,L)

Short trek to the dirt road for the jeep ride back to Sapa. Explore the town or go shopping in the market for local products. At **16:00** take the bus to Lao Cai. Night train back to Ha Noi (soft sleeper with air conditioning). **05:30 am** - Trip ends at HaNoi Railway Station.

Note: you can stay longer in Sapa for more trekking or visit the Can Cau market on Sunday, Bac Ha market on Sunday, Coc Ly market on Tuesday

LIST OF HOTELS USE

City	Hotel / Train / Boat
	Standard Class
NGHIA LO	GUEST HOUSE
THAN UYEN	GUEST HOUSE
SAPA	THE VIEW SAPA HOTEL
	HOMESTAY
SAPA TO HA NOI	KING EXPRESS TRAIN

INCLUSIVE

- Accommodation with daily breakfasts
- Meals as the itinerary
- Private transfer round trip
- Tours and excursions as described in the program
- Local English speaking tour guide
- Entrance fees and permits where applicable during guided time

EXCLUSIVE

- Pre & post trip arrangements
- Entrance fees and permits during free time
- Travel insurance (compulsory)
- Food & drinks not mentioned within the itinerary
- Tips and gratuities
- Other services not clearly described in the program