

SAPA TREKKING LAO CHAI -TAVAN - BANHO - THANH PHU 6 DAYS

Code ATKT 14

Sapa Trekking Package

Combining a mix of adventure and culture in this multi-day trek suits those who have a little extra time, are willing to get a little dirty, and want to explore . We will travel South of Sapa along the inspiring Muong Hoa valley and mountain streams, visiting villages of Hmong, Zay, Dao and Tay ethnic minorities.

This trek can be difficult at times but is worth the effort as you will be taken off the beaten path, away from the crowds, and into the unspoiled Vietnam. Visit and stay with a Zay and Tay family and learn about village life. We promise that this trip will be unforgettable, educational, and rewarding with a healthy dose of fun.

Night 1 : Hanoi -Laocai (Overnight on the train)

7h30pm Sapatours 'a taxi takes you from your hotel in Hanoi to Hanoi Railway Station for the night train at 8h35 PM to get to Lao Cai Station. Sleep on the train.(4 people/cabin or 2 people/cabin on request).

Day 2 : Laocai -Sapa - Laochai - Tavan (4 hours trekking, 14 kilomet, 2 villages)

Picked up at Lao Cai Station early in the morning by our bus. Arrive at Sapa around 8:00 AM; Breakfast starts at 10h30am to get to Lao Chai village. Enjoy the overall pictures of the villages among terraces. Visit the H'mong living in wooden and bamboo houses. Continue going to Tavan village to visit the Dzay minority. Stay the night in Tavan village with a Dzay family. Picnic lunch on the way and dinner at the home-stay.

Day 3 : TaVan -Ban Ho (7 hours trekking, 18 km, 3 villages)

Breakfast with the local family and then get to a village located at the foot of HoangLienSon range via bamboo forests. Visit a waterfall and a rattan bridge. After visiting Giang ta chai village, get down to the river, cross it and keep going to SuPan village for 2 minorities - The H'mong and the Red Dzao. . Get off the road to go down hill to BanHo village. Overnight at Ban Ho with a Tay family who have houses on stilts. Picnic lunch on the way and dinner at the family.

Day 4 : BanHo -Thanh Phu (7 hours trekking, 15 km, 3 villages)

Get up early in the morning for fresh air and peaceful daily life of the people. Breakfast and leave the village for a hard day. Walk uphill to a smallest and almost untouched village of the Red Dzao (Namtoong). Go further to another village on the same side of the mountain range to see the XaPhoon ethnic group in NamKen. Get down to the river and go up to MiSon to visit the XaPhoon again. Spent the night in ThanhPhu village with a Tay family. Picnic lunch on the way and dinner with the local family.

Day 5 : Thanh Phu - Sapa (12 km with 4 hours trekking and 23 km by jeep)

Breakfast at ThanhPhu village. Walk back to SuPan village where to take a jeep back to Sapa. On the way back, visit the ancient stone circle (stones decorated with ancient carvings which are said to have described the life of the people lost in the mists of prehistory) Check in at the hotel. Lunch at SuPan and dinner in Sapa.

Day 6 : Cat cat - Laocai and back to Hanoi:

Breakfast, visit the 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. Back town, have lunch and check out a hotel, free to explore the town until you take the bus to get to Lao Cai Station for the night train back to Hanoi.

I Arrived in Hanoi around 5.00 AM. The end of the tour.

Includes:

- All meals as mentioned on the tour
- English-speaking guide, Entrance fees, Security permits.
- Accommodation (Hotel and home-stay)
- Night Train tickets 2 ways Hanoi-Lao Cai -Hanoi (soft sleeper with air-conditioning, cabin of 04 berth - Tulico Train/King Express Train)
- Transport by private Jeep as a tour program.
- Jeep go and back as the program

Not includes:

- Insurance
- Drinks
- Phone calls, other private expenses.

Notes: Advised to take good walking shoes, raincoats, jackets, torch, insect repellent and Sunscreen...