

# THE HIDDEN CHARM OF SAPA

04 days / 05 nights



**Tour Code** : VNT02

**Connection** : Easy to combine with other trips in the Northwest and Northeast of Vietnam and Northern Laos.

## Itinerary in brief :

DAY 01: HANOI – LAO CAI  
DAY 02: VISIT SAPA – LAO CHAI – TA VAN (B/L/D)  
DAY 03: TA VAN – HAU THAO - SAPA (B/L/D)  
DAY 04: SAPA - TA PHIN (B/L/D)  
DAY 05: TA PHIN – BAN KHOANG – SAPA – HANOI (B/L/D)



## Hanoi – Sapa – Hill Tribal Villages – Sapa – Hanoi

A different style of homestay at the villages, where tourists have left just a few footprints. Three nights in three villages with three independent groups of hill tribal people, enjoying the rich and diversified cultures and wonderful landscape of untouched areas of Sapa will leave you unique memories.

### DAY 1: HANOI – LAO CAI

The tour guide of THREELAND will see you at your hotel in Hanoi then to the railway station for overnight train at 21.30 or 22.00 to Lao Cai, the town nearest to Sapa. Overnight on the train

### DAY 2: VISIT SAPA – LAO CHAI – TA VAN (B/L/D)

Around 06.00am, we'll arrive at Lao Cai Station, a borderland city that looks over China and that is closest to Sapa Hill Resort. Transferred to Sapa by shared bus. The road is 40km long and very sight-worthy with terraced paddy fields, small waterfalls and pinewoods. Have breakfast in Sapa and start your first day by trekking down to Muong Hoa valley and to famous village of H'mong people, Lao Chai. We will stop for lunch there then continue hiking along the main river runs from Fansipan, the highest peak of Indochina. Stops for photographing, meeting local people, enjoy beautiful scenery. In the afternoon, we will reach Ta Van, a village of Tay hill tribe. Stay at their house.

### DAY 3: TA VAN – HAU THAO - SA PÀ (B/L/D)

Morning wake up by bustling sound of farming works, bird singings and even dog bark. After breakfast you will hike up from Muong Hoa valley to Hau Thao, a nice village of H'mong people.

From Hau Thao, take ascending trails to the elevation of 2,000m, where covered by clouds, fogs, wet climate all year round. Trek thru the rainforest and conquer some mountain peaks and waterfalls, you will reach Sa Pà, a nice village of Black H'mong hill tribe. Sa Pà is one of the few villages who stay off the strong influence of tourists. Homestay or overnight at a local school.

### DAY 4: SA PÀ – TA PHIN (B/L/D)

If you are lucky, by a clear day, you would have great chance to see the whole valley under your foot, with a lot of layers of rice terrace fields. After breakfast, you will take a descending trek down to the main road link between Sapa and Lao Cai. Lunch there then cross the road and take an easy hike along the paved road thru villages to Ta Phin, a nice village of Red Dzao hill tribe, famous by its necklace made by coin valued during French colonial time. Overnight in Ta Phin.

### DAY 5: TA PHIN – BAN KHOANG – SAPA – HANOI (B/L/D)

Morning walk around the village will surprise you by the ordinary life of locals: embroidering, weaving and prepare for a day of farm work. After breakfast you will trek a long dry stream to the top of the mountain, where you could have a breathtaking panorama of the whole Taphin village and its wonderful terraced rice field. Continuing with the trail, you will taste a challenge with one side as a rocky wall whilst the other is a chasm. However, as the locals are using this trail for their motorcycling the trek will be hard but not dangerous. On the way, you could stop at very nice hamlets to meet and talk with the local people. At the end of the trail, you will go thru a fish farm with cold fresh water salmon. The car of THREELAND will wait here to take you back to Sapa for a late lunch and relax before heading to the Railway Station (by bus) for overnight train to Hanoi.

You will arrive in Hanoi in the next morning. *End of services.*