Sapa Adventure Trek 2N homestay and 1N hotel

4D / 3N	Moderate	Private	USD 212 / pax
Duration	Difficulty	Tour Type	Starting From

This Sapa adventure trekking tour to visit hill tribe villages along Muong Hoa Valley, Stay 2 nights in local houses of the local hill tribes

DESTINATIONS & ROUTE

Hanoi → Lao Cai → Sapa

TOUR OVERVIEW

Embark on an exhilarating 4-day, 3-night Sapa adventure trek, immersing yourself in the stunning landscapes of Muong Hoa Valley. This tour offers a unique opportunity to stay two nights in traditional homestays within local hill tribe villages, providing an authentic cultural experience.

Journey through picturesque terraced rice fields and encounter five distinct ethnic groups: Black Hmong, Day, Tay, Red Dao, and Xa Pho. Trekking distances range from 9 to 14 km daily, revealing breathtaking sceneries and beautiful waterfalls.

The tour culminates with a night in a Sapa hotel, allowing free time to explore Sapa Town and its vibrant market for local handicrafts, before a comfortable limousine transfer back to Hanoi.

TOUR HIGHLIGHTS

* Overnight train journey from Hanoi to Lao Cai
* Trek through the scenic Muong Hoa Valley
* Visit diverse hill tribe villages: Lao Chai, Tavan, Giang Ta Chai, Ban Ho, Thanh Phu, Nam Toong
* Experience authentic homestays with local ethnic families for two nights
* Discover the cultures of Black Hmong, Day, Tay, Red Dao, and Xa Pho tribes
* Enjoy a comfortable hotel stay in Sapa Town
* Explore Sapa market for unique handmade products

DAY-BY-DAY ITINERARY

Day 1 — Sapa - Lao Chai - Tavan Trek and Homestay

Meals: Breakfast, Lunch, Dinner | Stay: Homestay | Transport: Train, Private Car, Trekking

Arrive in Lao Cai by overnight train, transfer to Sapa for breakfast, then drive to Lao Chai village. Begin trekking through terraced rice fields, meeting H'mong and Dao ethnic groups. Continue to Tavan village to meet Day ethnic people and enjoy a homestay experience with locals.

Activities: Arrive Lao Cai and transfer to Sapa
Breakfast at local restaurant
Drive to Lao Chai village
Trek to Tavan village (12 km)

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Homestay with Day ethnic people

Day 2 Tavan - Giang Ta Chai - Ban Ho Trek and Homestay

Meals: Breakfast, Lunch, Dinner | Stay: Homestay | Transport: Trekking

After breakfast, trek to Giang Ta Chai village, home to the Red Dao tribe, where lunch will be served. Enjoy stunning scenery and a beautiful waterfall in the afternoon. Proceed to Su Pan before reaching Ban Ho, a Tay hill tribe village, for an overnight homestay in a stilt house.

Activities: Trek to Giang Ta Chai village (Red Dao)
Lunch in Giang Ta Chai
Visit waterfall
Arrive in Su Pan
Trek to Ban Ho village (Tay)
Overnight in Tay family stilt house (14 km)

Day 3 Ban Ho - Thanh Phu - Nam Toong - Sapa Exploration

Meals: Breakfast, Lunch | Stay: Hotel in Sapa | Transport: Trekking, Private Car

Start the day trekking to the remote Thanh Phu and Nam Toong villages, inhabited by Tay and Red Dzao people. Enjoy a picnic lunch amidst the scenic landscape. Afterwards, trek to the main road for pickup and transfer back to Sapa. Check into your hotel and spend the afternoon exploring Sapa Town at leisure.

Activities: Trek to Thanh Phu & Nam Toong villages (Tay & Red Dzao)
Picnic lunch
Transfer back to Sapa
Check into hotel
Explore Sapa Town (9 km)

Day 4 Sapa Town Exploration and Return to Hanoi

Meals: Breakfast | Transport: Limousine Bus

Enjoy a free morning to further explore Sapa Town, perhaps visiting the vibrant Sapa market to find unique handmade and embroidered products. In the afternoon, a limousine bus will pick you up from your hotel for a comfortable transfer back to Hanoi, concluding your adventure.

Activities: Free time to explore Sapa Town
Shop at Sapa market
Limousine bus transfer to Hanoi
Arrive at hotel in Hanoi

WHAT'S INCLUDED

Sapa Adventure Trek 2N homestay and 1N hotel

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INCLUDED

- v Train ticket Hanoi – Lao Cai; Bus ticket Sapa - Hanoi; Doble/Twin sharing hotel with daily breakfast; Home-stay accommodation; Private car pick up in Hanoi and drop off services in Sapa; Full A/C transportation as per tour program; Tour guide speaking English/French; All meal as mentioned in program (B=Breakfast; L=Lunch); All entrance fees

NOT INCLUDED

- x Single supplement; Beverage; Meal not mentioned on tour; Personal expense; Tip gor guide/driver; Visa, airfare

PRICE INCLUDES

v Train ticket Hanoi – Lao Cai; Bus ticket Sapa - Hanoi; Doble/Twin sharing hotel with daily breakfast; Home-stay accommodation; Private car pick up in Hanoi and drop off services in Sapa; Full A/C transportation as per tour program; Tour guide speaking English/French; All meal as mentioned in program (B=Breakfast; L=Lunch); All entrance fees

CANCELLATION POLICY

Tour Code: IMP-C347CFA794F5