Sapa Hard Trekking & Hill Tribe Homestays – 5 Days

5D / 4N	Challenging	Private	USD 207 / pax
Duration	Difficulty	Tour Type	Starting From

This 5-day, 4-night journey takes you deep into the Sapa region of Northern Vietnam, offering an intensive trekking experience through six distinct ethnic minority villages. Engage with the Hmong, Dzay, Red Dao, Tay, and Xa Pho communities, staying in traditional homestays and witnessing their daily lives amidst stunning terraced rice fields and untouched valleys.

DESTINATIONS & ROUTE

Hanoi → Lao Cai → Sapa

TOUR OVERVIEW

Overview

An immersive five-day, four-night expedition into the heart of Sapa's remote highlands, designed for active travelers seeking a profound cultural and physical challenge. This tour focuses on authentic interaction with local ethnic groups, providing overnight stays in traditional homestays and extensive trekking through diverse landscapes.

Highlights

Overnight train journey from Hanoi to Lao Cai, experiencing traditional Vietnamese travel.

Challenging 12km trek through Y Linh Ho and Lao Chai, home to Black H'mong communities.

Authentic homestay experience with a Dzay family in Ta Van village, beside the Muong Hoa River.

Explore Giang Ta Chai, a Red Dao village, and witness panoramic views of terraced rice fields.

Stay overnight in a traditional stilt house with a Tay family in Ban Ho village.

Discover the untouched valleys and primitive lifestyle of the Xa Pho people in Nam Toong and Nam Keng.

Conclude your trekking adventure in Thanh Phu village with another local homestay.

Enjoy local cuisine with families in various ethnic minority villages.

Route Summary

The adventure begins with an overnight train journey from Hanoi to Lao Cai, followed by a scenic transfer to Sapa. The trekking route covers Y Linh Ho, Lao Chai, Ta Van, Giang Ta Chai, Hau Thao, Su Pan, Ban Ho, Nam Toong, Nam Keng, and Thanh Phu villages, concluding with a return transfer from Sapa to Hanoi by limousine.

Who This Tour Suits

Ideal for adventurous individuals and small groups who enjoy challenging treks, cultural immersion, and rustic homestay experiences. Participants should be prepared for long walking days and basic amenities.

Practical Information

The tour includes all meals as specified, overnight train travel, private van transfers, and a limousine return to Hanoi. An English/French-speaking guide accompanies the group throughout the trekking portions. Personal expenses, beverages, and tips are not included.

TOUR HIGHLIGHTS

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* Stay overnight in a traditional stilt house with a Tay family in Ban Ho village.
* Discover the untouched valleys and primitive lifestyle of the Xa Pho people in Nam Toong and Nam Keng.
* Conclude your trekking adventure in Thanh Phu village with another local homestay.
* Enjoy local cuisine with families in various ethnic minority villages.

DAY-BY-DAY ITINERARY

Day 1 — Hanoi Departure & Overnight Train to Lao Cai

Stay: Deluxe train with 4 people in 1 cabin | Transport: Private car, Overnight deluxe train

Your adventure begins in Vietnam's capital city, Hanoi. In the evening, a private transfer will collect you from your hotel and transport you to the railway station. Here, you will board an overnight deluxe train bound for Lao Cai, marking the start of your journey north. Settle into your cabin, designed for four people, though a two-person cabin can be arranged with an additional fee. The train departs late in the evening, offering a comfortable night's rest as you travel towards the mountainous region.

Activities: Hotel pickup in Hanoi
Transfer to Hanoi Railway Station
Board overnight train to Lao Cai

Day 2 — Sapa Arrival, Trek to Y Linh Ho, Lao Chai & Ta Van Homestay

Meals: B,L,D | Stay: Homestay in Tavan village | Transport: Van, Trekking

The train pulls into Lao Cai station early in the morning. A local representative will meet you and facilitate your transfer by van up to the charming town of Sapa. Upon arrival, enjoy a hearty breakfast at a local restaurant. You'll have the option to store any luggage you prefer not to carry during your trek at the hotel before setting off. The day's trek commences from Sapa, leading you through the scenic villages of Y Linh Ho and Lao Chai, inhabited by the Black H'mong ethnic group. Continue your hike for approximately 12 kilometers until you reach Ta Van, a village of the Dzay tribe, situated near the picturesque Muong Hoa River. Spend time exploring this community before settling into a traditional Dzay family homestay for the night.

Activities: Arrive at Lao Cai station
Transfer to Sapa town
Breakfast at a local restaurant
Begin trekking from Sapa
Visit Black H'mong villages of Y Linh Ho and Lao Chai
Trek to Ta Van village (Dzay tribe)
Explore Ta Van village

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Overnight homestay with a Dzay family

Day 3 Trek through Giang Ta Chai, Hau Thao, Su Pan to Ban Ho Homestay

Meals: B,L,D | Stay: Homestay in Ban Ho village | Transport: Trekking

After a traditional breakfast with your Dzay hosts in Ta Van, bid farewell and resume your trek. Today's route takes you towards Giang Ta Chai, a village where the Red Dao people reside. As you descend towards Ban Ho, prepare to be captivated by expansive panoramic views of the surrounding mountains and the iconic terraced rice fields that define this region, passing through the villages of Hau Thao and Su Pan along the way. A picnic lunch will be provided amidst this stunning scenery. Following lunch, a shorter trek leads you to Ban Ho village, home to the Tay ethnic group. Engage with a local family during dinner, gaining insights into their daily routines and cultural practices. You will spend the night in a traditional stilt house with a Tay family.

Activities: Breakfast in Tavan village
Continue trekking to Giang Ta Chai (Red Dao village)
Enjoy panoramic views and terraced rice fields via Hau Thao and Su Pan
Picnic lunch
Short trek to Ban Ho village (Tay tribe)
Dinner with a local family
Overnight homestay in a Tay stilt house

Day 4 Explore Nam Toong, Nam Keng & Thanh Phu Homestay

Meals: B,L,D | Stay: Homestay in Thanh Phu village | Transport: Trekking

Begin your day with breakfast before embarking on a trek into a truly untouched valley. Your path leads to Nam Toong and Nam Keng, two of Sapa's most isolated villages. Here, the Xa Pho people maintain a remarkably primitive lifestyle, far removed from modern influences. This day offers a unique opportunity to observe their traditional way of life firsthand. Both lunch and dinner will be enjoyed within these remote communities. Your overnight accommodation will be in Thanh Phu village, providing another authentic homestay experience.

Activities: Breakfast
Trek to Nam Toong and Nam Keng villages
Observe the Xa Pho people's primitive lifestyle
Lunch and dinner in the villages
Overnight homestay in Thanh Phu village

Day 5 Thanh Phu Departure, Sapa Exploration & Return to Hanoi

Meals: B,L | Transport: Trekking, Car, Limousine Bus

Following breakfast, say goodbye to your Xa Pho hosts and commence your final descent, trekking towards the Ban Den region. A car will be waiting here to transfer you back to Sapa town. Once in Sapa, enjoy lunch and some free time to explore

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the town at your leisure, perhaps picking up souvenirs or simply relaxing. In the mid-afternoon, at approximately 3:00 PM, a comfortable limousine bus will pick you up from your hotel for the return journey to Hanoi. The trip concludes upon your arrival back at your Hanoi hotel around 8:30 PM.

Activities: Breakfast
Trek down to Ban Den region
Car transfer back to Sapa
Lunch in Sapa
Free time to explore Sapa town
Limousine bus transfer back to Hanoi
Arrive at Hanoi hotel

WHAT'S INCLUDED

INCLUDED

- v Train ticket Hanoi – Laocai
- v Bus ticket Sapa - Hanoi
- v Private car pick up in Hanoi and drop off services in Sapa
- v Full A/C transportation as per tour program
- v Home-stay accommodation on tour
- v Tour guide speaking English/French
- v All meal as mentioed in program (B=Breakfast;L=Lunch;D=Dinner)
- v Entrance fee
- v Shower, luggage store,poster…

NOT INCLUDED

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

PRICE INCLUDES

- v Train ticket Hanoi – Laocai
- v Bus ticket Sapa - Hanoi
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CANCELLATION POLICY

Tour Code: IMP-F0C6F14F3AD6