Sapa Hill Tribe Homestay Trek & Valley Views – 3 Days

3D / 2N	Moderate	Private	USD 175 / pax
Duration	Difficulty	Tour Type	Starting From

Experience the authentic culture of Sapa's ethnic minorities on a 3-day trekking tour. Journey through stunning terraced rice fields, visit remote villages, and enjoy two nights in traditional homestays, connecting with local H'mong, Day, and Red Zdao communities.

DESTINATIONS & ROUTE

Hanoi → Lao Cai → Sapa

TOUR OVERVIEW

This immersive 3-day Sapa adventure offers a profound cultural and natural exploration of Northern Vietnam's captivating highlands. Beginning with an overnight train journey from Hanoi, you'll arrive refreshed in Lao Cai, ready to discover the breathtaking landscapes and vibrant traditions of the Sapa region.

The tour focuses on intimate encounters with local ethnic groups, including the H'mong, Day, and Red Zdao. You'll trek through the iconic Muong Hoa Valley, marvel at its terraced rice fields, and spend two nights in authentic homestays within the villages of Tavan and Ban Ho. This unique lodging provides a genuine glimpse into daily life, offering warmth and hospitality from your local hosts.

Each day brings new discoveries, from scenic drives to challenging but rewarding treks. You'll witness stunning waterfalls, observe traditional farming practices, and gain a deeper understanding of the diverse cultures that thrive in this mountainous terrain. The journey culminates with a return transfer to Hanoi, leaving you with lasting memories of Sapa's natural beauty and its people.

Designed for active travelers, this itinerary combines moderate trekking with cultural immersion, making it an ideal choice for those seeking an authentic and engaging experience away from the main tourist trails.

TOUR HIGHLIGHTS

* Overnight train journey from Hanoi to Lao Cai, experiencing traditional Vietnamese travel.
* Trek through the magnificent Muong Hoa Valley, renowned for its terraced rice paddies.
* Visit the H'mong ethnic village of Lao Chai and the Day ethnic village of Tavan.
* Enjoy an authentic homestay experience with a local family in Tavan village.
* Discover Giang Ta Chai village, home to the Red Zdao tribe, and its beautiful waterfall.
* Stay overnight in a traditional stilt house in Ban Ho village, hosted by a Tay hill tribe family.
* Engage with various ethnic minority groups, learning about their customs and daily life.
* Hike through diverse landscapes, from valley paths to rural tracks, with stunning mountain views.

DAY-BY-DAY ITINERARY

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Day 1 Arrival in Sapa, Trek to Lao Chai & Tavan Villages

Meals: Breakfast and Lunch, Dinner | Stay: Homestay in Tavan village | Transport: Private car transfer, Walking

Your journey begins with an early morning arrival at Lao Cai train station, approximately 6:30 AM, after an overnight train ride from Hanoi. A private transfer will meet you and drive for about 1.5 hours (38 km) to Sapa town. Upon arrival, you'll enjoy a local breakfast and have some time to relax before the day's trekking adventure commences. This initial period allows you to acclimatize and prepare for the scenic walks ahead.

Later, a vehicle will transport you from Sapa town down towards Lao Chai village. From here, you'll begin your trek, leaving the main road to follow a local path. This route offers expansive views of the stunning Muong Hoa Valley and its iconic terraced rice fields. Along the way, you'll have opportunities to encounter members of various local ethnic groups, such as the H'mong and Dao, going about their daily lives.

The trek continues to Lao Chai, a village primarily inhabited by the H'mong ethnic community. You'll then proceed further on foot to Tavan village, where you'll meet the Day ethnic people. After a satisfying lunch in Tavan, the afternoon is free for you to explore the village at your own pace, observing the unique culture and lifestyle of its residents. The day concludes with an overnight stay in a traditional homestay within Tavan village, providing an authentic cultural experience after approximately 12 km of trekking.

Activities:
Arrive at Lao Cai Station
Transfer to Sapa town
Enjoy local breakfast
Drive to Lao Chai village
Trek through Muong Hoa Valley
Meet H'mong and Dao ethnic groups
Explore Lao Chai village
Walk to Tavan village
Have lunch in Tavan
Discover local life in Tavan
Overnight in Tavan homestay

Day 2 Trek through Muong Hoa Valley to Giang Ta Chai & Ban Ho

Meals: Breakfast and Lunch, Dinner | Stay: Homestay in Ban Ho village | Transport: Walking

After a local breakfast at your Tavan homestay, the day's trekking expedition begins. You'll continue your journey along the scenic Muong Hoa Valley, navigating its winding paths and enjoying the picturesque views. The morning trek leads you towards Giang Ta Chai village, home to the Red Zdao tribe. This segment of the trail offers a chance to observe more of the valley's natural beauty and the distinctive cultural practices of another ethnic group.

Upon reaching Giang Ta Chai, you'll pause for lunch, providing a well-deserved break and an opportunity to rest. The afternoon portion of the trek promises breathtaking scenery, including a beautiful waterfall where you can admire nature's power. The path continues through varied terrain, showcasing the diverse landscapes of the Sapa region.

Your route eventually brings you to Su Pan, a transition point before arriving at Ban Ho. Ban Ho is a village inhabited by the Tay hill tribe, known for their unique stilt houses. Upon arrival, you'll have time to relax and unwind after the day's substantial trek.

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Before dinner, take a leisurely walk around the village, soaking in the peaceful atmosphere and interacting with the local community. The day concludes with an overnight stay in a traditional stilt house with a local family in Ban Ho village, offering a truly immersive cultural experience after approximately 14 km of trekking.

Activities: Have breakfast at Tavan homestay
Trek along Muong Hoa Valley
Head towards Giang Ta Chai village
Meet the Red Zdao tribe
Have lunch in Giang Ta Chai
Witness amazing natural sceneries and a waterfall
Arrive in Su Pan
Reach Ban Ho village
Rest and walk around Ban Ho village
Enjoy dinner with a local family
Overnight in a Ban Ho homestay stilt house

Day 3 — Return Trek from Ban Ho to Sapa, Transfer to Hanoi

Meals: Breakfast and Lunch | Transport: Bus, Limousine bus

Your final day of trekking in the Sapa region begins after breakfast at your Ban Ho homestay. You'll embark on a relatively shorter walk, ascending a rural path to reach the main road. This last segment of your trek covers approximately 4 km, offering a final opportunity to appreciate the tranquil surroundings and the fresh mountain air before heading back to civilization.
Once you reach the main road, a bus will be waiting to transfer you back to Sapa town. Upon arrival in Sapa, you'll have lunch, and then the afternoon is designated as free time. This allows you to explore Sapa town independently, perhaps do some souvenir shopping, visit the local market, or simply relax at a cafe and reflect on your trekking adventure. It's a chance to experience the bustling atmosphere of Sapa before your departure.
In the late afternoon, around 3:00 PM, a comfortable limousine bus will pick you up for your transfer back to Hanoi. This journey offers a comfortable and scenic ride through the Vietnamese countryside. You are expected to arrive back at your hotel in Hanoi by approximately 8:30 PM, marking the conclusion of your Sapa hill tribe homestay and trekking tour.

Activities: Have breakfast at Ban Ho homestay
Walk up to the main road
Transfer back to Sapa town by bus
Have lunch in Sapa
Enjoy free time in Sapa town
Transfer back to Hanoi by limousine bus
Arrive at your hotel in Hanoi

WHAT'S INCLUDED

INCLUDED	NOT INCLUDED

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- v Homestay accommodation for two nights
- v Meals as specified in the itinerary (B=Breakfast; L=Lunch; D=Dinner)
- v English/French speaking guide
- v Private car pick up in Hanoi
- v Drop off service in Sapa
- v Full air-conditioned transportation as per tour program
- v Soft sleeper train ticket from Hanoi to Lao Cai
- v Limousine bus ticket from Sapa to Hanoi
- v Entrance fees at indicated places

- x Single room supplement
- x Drinks
- x Personal expenses
- x Other items not mentioned in the inclusions

PRICE INCLUDES

- v Homestay accommodation for two nights
- v Meals as specified in the itinerary (B=Breakfast; L=Lunch; D=Dinner)
- v English/French speaking guide
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CANCELLATION POLICY

Tour Code: IMP-B71419BE5295