Sapa Hill Tribe Markets & Muong Hoa Valley Trek – 2 Days

2D / 1N	Moderate	Private	USD 148 / pax
Duration	Difficulty	Tour Type	Starting From

Discover the vibrant culture of northern Vietnam's ethnic minorities with a 2-day tour, featuring a trek through Muong Hoa Valley, visits to Hmong and Day villages, and the colorful Cao Son Market.

DESTINATIONS & ROUTE

Hanoi → Lao Cai → Sapa

TOUR OVERVIEW

This immersive journey takes you deep into the captivating landscapes and rich cultural heritage of northern Vietnam. Beginning with an overnight train from Hanoi, you'll awaken in the mountainous region of Lao Cai, ready to explore the iconic Sapa area. The tour focuses on authentic encounters with local communities, offering a glimpse into their traditional way of life amidst stunning natural scenery.

Highlights include a scenic trek through the picturesque Muong Hoa Valley, renowned for its terraced rice fields and the diverse ethnic villages nestled within. You'll interact with members of the Hmong and Day communities, learning about their customs and daily routines. A significant part of the experience is a visit to the vibrant Cao Son Market, a weekly gathering point for various hill tribes to trade goods and socialize, providing a lively cultural spectacle.

The itinerary combines comfortable transfers with active exploration, ensuring you experience the best of Sapa's natural beauty and cultural depth. From the bustling market atmosphere to tranquil village paths and a serene boat trip on the Chay River, this tour offers a comprehensive and engaging adventure for those seeking to connect with Vietnam's highland traditions.

TOUR HIGHLIGHTS

* Overnight train journey from Hanoi to Lao Cai, experiencing traditional Vietnamese travel.
* Scenic drive through the mountainous terrain from Lao Cai to Sapa.
* Trekking through the stunning terraced rice fields of Muong Hoa Valley.
* Engaging with Hmong and Day ethnic communities in Lao Chai and Tavan villages.
* Witnessing the lively trade and cultural exchange at Cao Son Market.
* Enjoying a peaceful boat trip along the Chay River to Trung Do village.
* Observing the unique traditions and colorful attire of various hill tribes.
* Comfortable return transfer from Lao Cai to Hanoi by limousine bus.

DAY-BY-DAY ITINERARY

Day 1 — Lao Cai Arrival, Sapa Transfer & Muong Hoa Valley Trek

Meals: Breakfast, Lunch | Stay: Hotel in Sapa | Transport: Private car transfer, Walking

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Upon early morning arrival at Lao Cai Station around 6:30 AM, you will be greeted by your guide and transferred directly to Sapa, a scenic drive lasting approximately one hour over 38 kilometers. After settling in and enjoying breakfast at a local restaurant, the remainder of your morning is free to relax or explore Sapa town at your own pace, with early hotel check-in subject to availability. In the afternoon, the adventure continues with a drive from Sapa down to Lao Chai village.
This afternoon offers magnificent views of the Muong Hoa Valley, famous for its stunning terraced rice fields. As you journey, you'll encounter various ethnic groups, including the Hmong and Dao people. The trek begins in Lao Chai, a village primarily inhabited by the Hmong ethnic minority. From there, you will continue walking to Tavan village, where you'll meet members of the Day ethnic group.
This 9-kilometer trek provides an intimate experience of the local culture and breathtaking natural scenery. In the late afternoon, a car will be waiting at a designated meeting point to transfer you back to your hotel in Sapa for the night.

Activities: Morning transfer from Lao Cai Station to Sapa
Enjoying breakfast at a local restaurant
Leisure time in Sapa town
Driving to Lao Chai village
Trekking through Muong Hoa Valley
Visiting Hmong ethnic village of Lao Chai
Walking to Tavan village to meet Day ethnic people
Return transfer to Sapa

Day 2 Cao Son Market Exploration, Chay River Boat Trip & Return to Hanoi

Meals: Breakfast, Lunch | Transport: Private car, Boat trip, Limousine Bus

After breakfast at your hotel, you will depart promptly at 6:30 AM for a three-hour car journey to Cao Son Market. This weekly market is a vibrant hub where various ethnic groups, including the Hmong, Ha Nhi, Nung, Tay, and Dao, gather to trade local products, socialize, and share meals. It's an ideal time to observe the rich cultural exchange and colorful atmosphere.
Following a local lunch, the tour continues with a transfer to Coc Ly for a relaxing 1.5-hour boat trip along the picturesque Chay River. This scenic journey takes you to Trung Do village, home to the Tay minority people, offering a glimpse into their riverside lifestyle and traditional dwellings. The boat ride provides a serene perspective of the surrounding landscapes.
At approximately 3:00 PM, you will be transferred back to Lao Cai to board a comfortable Limousine Bus for your return journey to Hanoi. The bus is expected to arrive in Hanoi around 9:00 PM, marking the conclusion of your cultural and scenic adventure in northern Vietnam.

Activities: Morning transfer to Cao Son Market
Exploring Cao Son Market and interacting with ethnic minorities
Enjoying lunch at a local restaurant
Transferring to Coc Ly
Taking a 1.5-hour boat trip along Chay River
Visiting Trung Do village (Tay minority)
Transferring back to Lao Cai
Boarding Limousine Bus for return to Hanoi

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WHAT'S INCLUDED

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- v Train ticket Hanoi – Lao Cai
- v Limousine 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 Accommodation based on Double/Twin sharing room
- v Tour guide speaking English/French
- v All meal as mentioned in program (B=Breakfast; L=Lunch)
- v Entrance fee
- v Boat trip in Chay River

NOT INCLUDED

- x Meal not mentioned in program
- x Single room supplement
- x Drinks
- x Tip
- x Personal Expense

PRICE INCLUDES

- v Train ticket Hanoi – Lao Cai
- v Limousine 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 Accommodation based on Double/Twin sharing room
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CANCELLATION POLICY

Tour Code: IMP-574A96FE622D