Sapa Hill Tribe Trek & Bac Ha Market – 2 Days

2D / 1N	Moderate	Private	USD 532 / pax
Duration	Difficulty	Tour Type	Starting From

Experience the cultural richness and stunning landscapes of Northern Vietnam on this compact tour. Journey by overnight train to Sapa, trek through ethnic minority villages in Muong Hoa Valley, and explore the vibrant Bac Ha Sunday Market before returning to Hanoi.

DESTINATIONS & ROUTE

Hanoi -> Sapa -> Lao Cai

TOUR OVERVIEW

Overview: Northern Vietnam Hill Tribes & Market

This two-day journey offers a condensed yet comprehensive exploration of Vietnam's northern highlands. Beginning with an overnight train from Hanoi, you'll arrive in the picturesque Sapa region, renowned for its dramatic terraced rice fields and diverse ethnic communities. The tour focuses on engaging with local cultures through guided treks and culminates in a visit to one of the most colorful Sunday markets in the region.

Highlights of Your Sapa & Bac Ha Adventure

Discover the unique charm of the Vietnamese mountains, from scenic valleys to bustling local markets. This itinerary is crafted to provide authentic cultural encounters and breathtaking natural beauty.

Route Summary

Your adventure begins with an overnight train from Hanoi, taking you to Lao Cai, the gateway to Sapa. From Sapa, you'll explore the surrounding villages like Lao Chai and Tavan, known for their H'mong and Day communities. The journey then extends to the vibrant Bac Ha Market before concluding with an overnight train back to Hanoi.

Who This Tour Suits

This tour is ideal for travelers seeking a short but impactful cultural and scenic experience in Northern Vietnam. It's suitable for those who enjoy trekking, cultural immersion, and witnessing traditional market life. The combination of train travel and guided excursions makes it accessible for various levels of travelers.

Practical Information

The tour involves overnight train travel in comfortable soft sleeper cabins. Trekking distances vary, with approximately 9km on the first full day of activities. Local transfers are provided by private air-conditioned vehicles. Meals are included as specified in the itinerary, offering a taste of local cuisine.

TOUR HIGHLIGHTS

* Overnight train journey from Hanoi to Lao Cai in a soft sleeper private cabin.
* Scenic transfers through mountainous terrain from Lao Cai to Sapa.
* Trekking through the picturesque Muong Hoa Valley, known for its terraced rice fields.
* Visiting the H'mong ethnic village of Lao Chai for cultural insights.
* Exploring the Day ethnic village of Tavan and interacting with local communities.
* Experiencing the vibrant atmosphere of the Bac Ha Sunday Market, a hub for diverse hill tribes.
* Learning about the unique traditions of the Flower H'mong people at Ban Pho village.
* Enjoying comfortable accommodation at Victoria Sapa Resort.

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DAY-BY-DAY ITINERARY

Day 1 — Hanoi Departure, Overnight Train & Sapa Hill Tribe Trekking

Meals: Breakfast | Stay: Victoria Sapa Resort | Transport: Private car transfer, overnight train, local car transfers, trekking

Your journey begins in the evening with a convenient pick-up from your hotel in Hanoi. You will be transferred to the city's railway station, preparing for your overnight train departure to Lao Cai. The train is scheduled to leave at 21:50 PM, offering a comfortable soft sleeper private cabin for your overnight travel.

Upon early morning arrival at Lao Cai Station around 5:30 AM, a local guide will greet you. A private transfer will take you on a scenic 1.5-hour drive (38km) to Sapa. After checking into your hotel and enjoying breakfast, the remainder of the morning is at your leisure to relax or explore Sapa town independently. Following lunch, you will embark on a drive from Sapa town down to Lao Chai village. Along the way, take in the magnificent vistas of the Muong Hoa Valley and its iconic terraced rice fields.

The adventure continues as you turn off the main road to follow a local path, trekking into Lao Chai, a village inhabited by the H'mong ethnic group. Your trek then proceeds to Tavan village, where you'll encounter the Day ethnic community. After immersing yourself in these unique cultural settings, you will walk back to the main road where your car awaits to transfer you back to Sapa for the night.

Activities:
- Transfer to Hanoi Railway Station
- Overnight train journey to Lao Cai
- Morning transfer from Lao Cai to Sapa
- Hotel check-in and breakfast in Sapa
- Leisure time in Sapa town
- Scenic drive to Lao Chai village
- Trekking through Muong Hoa Valley and terraced rice fields
- Visiting H'mong ethnic village of Lao Chai
- Continuing trek to Day ethnic village of Tavan
- Return transfer to Sapa

Day 2 — Bac Ha Market Exploration & Return to Hanoi

Meals: Breakfast, Lunch | Transport: Private car transfer, overnight train

After enjoying breakfast at your hotel, you will check out and begin a scenic three-hour drive by car to Bac Ha Market. This renowned Sunday market is a vibrant gathering place, drawing a diverse array of ethnic minority groups. You'll observe the Variegated H'mong, Dao, Phu La, La Chi, and Tay people, each distinguishable by their traditional attire and still preserving their ancient cultural customs. The market serves not only as a place for exchanging local products but also as a vital social hub where ethnic communities share news and connect.

Following a delightful lunch at a local restaurant, the afternoon is dedicated to exploring Ban Pho village for approximately two hours. This village is home to the Flower H'mong people, offering a deeper insight into their daily lives and cultural heritage. As the afternoon progresses, you will be driven back to Lao Cai Station. Your return journey to Hanoi commences with an overnight train departing at 20:45 PM, arriving back in the capital city at 5:30 AM the following morning.

Activities:
- Breakfast and hotel check-out
- Transfer to Bac Ha Market
- Explore Bac Ha Sunday Market and interact with various ethnic groups
- Lunch at a local restaurant
- Visit Ban Pho village to learn about Flower H'mong culture

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Transfer to Lao Cai Railway Station
Overnight train journey back to Hanoi

WHAT'S INCLUDED

INCLUDED

- v Train ticket Hanoi – Lao Cai – Hanoi
- v Double/Twin sharing accommodation with daily breakfast
- v Private car pick up in Hanoi and drop off services in Sapa
- v Full A/C transportation as per tour
- v English/French speaking local tour guide
- v Meals specified in tour program (B=Breakfast; L=Lunch)
- v Sightseeing tours per program
- v All entrance, permission and visiting fees

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 – Lao Cai – Hanoi
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CANCELLATION POLICY

Tour Code: IMP-1C3837353801