Sapa Hill Tribe Trek & Homestay Experience – 3 Days

3D / 2N	Moderate	Private	USD 178 / pax
Duration	Difficulty	Tour Type	Starting From

Discover the stunning landscapes and rich cultural heritage of Sapa on a three-day journey. This tour features immersive treks through terraced rice fields, encounters with local H'mong and Dao communities, a unique overnight homestay experience, and exploration of vibrant villages like Lao Chai and Ta Van, culminating in a visit to Cat Cat and Sin Chai before returning to Hanoi.

DESTINATIONS & ROUTE

Hanoi → Sapa → Lao Cai

TOUR OVERVIEW

This three-day Sapa adventure offers a deep dive into the captivating mountainous region of Northern Vietnam. Travelers will traverse breathtaking landscapes, characterized by verdant terraced rice paddies and winding river valleys. The journey is designed to provide authentic cultural immersion through interactions with local ethnic minority groups and a memorable overnight stay in a traditional homestay.

The itinerary includes extensive trekking through picturesque villages such as Lao Chai, Ta Van, Giang Ta Chai, Cat Cat, and Sin Chai. Each village presents a unique opportunity to observe the daily lives, customs, and crafts of the H'mong, Dao, and Red Zdao communities. From the moment of arrival in Lao Cai, guests are transported into a world of natural beauty and rich traditions.

Beyond the scenic treks, the tour balances adventure with comfort, including hotel stays in Sapa town and convenient transfers. Highlights feature exploring local markets, witnessing stunning waterfalls, and learning about the region's history, such as the French-built hydroelectric power station. This compact yet comprehensive tour is ideal for those seeking an active cultural exploration of Sapa's iconic landscapes.

TOUR HIGHLIGHTS

* Overnight stay in a traditional homestay within Ta Van village, experiencing local life firsthand.
* Trekking through the magnificent terraced rice fields of the Muong Hoa Valley.
* Engaging with H'mong and Dao ethnic minority communities in Lao Chai and Ta Van.
* Exploring the Red Zdao village of Giang Ta Chai and its beautiful waterfall.
* Visiting Cat Cat and Sin Chai villages to learn about Black H'mong culture and traditions.
* Observing the historic French-established hydroelectric power station near Cat Cat waterfall.
* Scenic transfers through mountainous terrain, offering continuous photo opportunities.

DAY-BY-DAY ITINERARY

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Day 1 Sapa Arrival, Muong Hoa Valley Trek & Ta Van Homestay

Meals: B,L,D | Stay: Home-stay | Transport: Transfer, driving, walking

Your journey begins with an early morning arrival at Lao Cai station, where you will be met and transferred to Sapa town, approximately 38 kilometers away. Upon reaching your hotel, you'll have the opportunity for breakfast and a quick refresh before the day's activities commence. At around 9:30 AM, a vehicle will transport you from Sapa town into the picturesque Muong Hoa Valley.

The adventure continues with a scenic drive to Lao Chai village, offering stunning vistas of terraced rice fields that line the Muong Hoa River. Along the way, you'll have the chance to observe members of the H'mong and Dao ethnic groups. The path diverges from the main road, leading you onto a local trail to reach Lao Chai, a vibrant H'mong community. From there, the trek proceeds further into the valley towards Ta Van village.

In Ta Van, home to the Day ethnic group, you will enjoy a satisfying lunch at a local restaurant. The afternoon is dedicated to exploring this charming village at your leisure, providing insight into the daily routines and cultural practices of its inhabitants. The day concludes with an authentic overnight experience in a local home-stay, offering a unique opportunity for cultural immersion.

Activities: Arrive at Lao Cai station; transfer to Sapa; have breakfast and shower; drive to Lao Chai village; trek through terraced rice fields; meet H'mong and Dao ethnic groups; walk to Ta Van village; have lunch at a local restaurant; explore Ta Van village; stay overnight in a home-stay.

Day 2 Giang Ta Chai Trek & Sapa Town Exploration

Meals: B,L | Stay: Hotel | Transport: Walking, minivan

Following breakfast at your homestay, the day's trek commences, leading you towards Giang Ta Chai village. This settlement is home to the Red Zdao tribe, and here you will pause to enjoy lunch amidst the scenic surroundings. The morning's walk provides continuous opportunities to appreciate the natural beauty of the region, with lush landscapes and traditional dwellings. The afternoon brings further exploration, including visits to impressive natural waterfalls that cascade through the verdant terrain. After soaking in these captivating sights, you will proceed to the main road where a minivan awaits to transfer you back to Sapa town. The ride offers additional chances to capture photographs of the spectacular Sapa valley.

Upon returning to Sapa, the remainder of the day is yours to enjoy at your own pace. You might choose to explore the town's charming streets, browse local markets, or consider an optional excursion to Fansipan Mountain. The cable car from Sapa Center provides access to Vietnam's highest peak, offering panoramic views. The evening is spent relaxing in the mountain town, perhaps reflecting on the day's adventures.

Activities: Have breakfast; trek to Giang Ta Chai village; have lunch; visit beautiful waterfalls; transfer by minivan back to Sapa; take photos of Sapa valley; enjoy free time in Sapa town; optional visit to Fansipan Mountain via cable car.

Day 3 Cat Cat & Sin Chai Villages, Return to Hanoi

Meals: B,L | Stay: Overnight train with 4 people in 1 cabin (2 people/cabin is upon request at surcharge). | Transport: Walking, limousine bus

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After breakfast at your hotel, you will complete the check-out process, leaving your luggage securely at the hotel. The day's excursion involves a journey of approximately 14 kilometers to the villages of Cat Cat and Sin Chai, both inhabited by the Black H'mong ethnic group. This visit provides a close-up look at their traditional culture and daily life.

During your exploration, a picnic lunch will be served near a scenic waterfall, offering a refreshing break amidst nature. This location also presents an opportunity to view a historic hydroelectric power station, originally established by the French, showcasing an interesting blend of natural beauty and historical engineering. The trek allows for further appreciation of the local environment and its unique features.

Following your time in Cat Cat and Sin Chai, you will return to Sapa town. At 3:00 PM, a comfortable limousine bus will be ready to transfer you directly back to Hanoi. The journey concludes upon your arrival at your hotel in Hanoi around 8:30 PM, marking the end of your Sapa adventure.

Activities: Have breakfast; check out from hotel; visit Cat Cat village; visit Sin Chai village; enjoy a picnic lunch at a waterfall; see the French hydroelectric power station; return to Sapa; transfer by limousine bus to Hanoi.

WHAT'S INCLUDED

INCLUDED

- v Train ticket Hanoi – Lao Cai – Hanoi
- v Hotel accommodation based on double/twin sharing room
- v Home-stay accommodation
- v Private car pick up in Hanoi and drop off services in Sapa
- v Full A/C transportation as per tour program
- v Tour guide speaking English
- v All meals as mentioned in program (B=Breakfast; L=Lunch)
- v Entrance fee

NOT INCLUDED

- x Single room supplement
- x Drinks
- x Personal expenses
- x Others not mentioned

PRICE INCLUDES

- v Train ticket Hanoi – Lao Cai – Hanoi
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- Entrance fee

CANCELLATION POLICY

Tour Code: IMP-126C70D1DAA6