Sapa Hill Tribe Trekking & Coc Ly Market Discovery – 3 Days

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

A three-day adventure through Northern Vietnam's Sapa region, encountering diverse hill tribe cultures, trekking scenic valleys, and experiencing the unique Coc Ly Tuesday Market, culminating in a journey along the Chay River.

DESTINATIONS & ROUTE

Hanoi → Sapa → Lao Cai

TOUR OVERVIEW

Overview

This three-day journey offers an in-depth exploration of Northern Vietnam's Sapa region, renowned for its dramatic mountain scenery and rich ethnic diversity. Travelers will venture into traditional hill tribe villages, engage with local cultures, and discover vibrant markets. The itinerary combines moderate trekking with cultural encounters, providing a comprehensive experience of this unique highland area.

Highlights

Begin with a comfortable limousine transfer from Hanoi, witnessing the changing landscapes en route to Sapa.

Guided walk through Cat Cat village, meeting Black H'Mong people and admiring waterfalls.

Trekking through Muong Hoa Valley, visiting Lao Chai and Ta Van villages of H'mong and Day ethnic groups.

Savor a traditional, home-cooked lunch experience shared with a local family in Ta Van village.

Discovering the bustling Coc Ly Tuesday Market, a vibrant trading hub for various hill tribes.

Embark on a scenic two-hour boat trip along the Chay River, including a visit to The Fairy Cave.

Visiting Trung Do village, home to the Tay minority, accessible by boat.

Conclude your adventure with an overnight journey back to Hanoi aboard a comfortable soft-berth train.

Route Summary

The adventure begins with a comfortable transfer from Hanoi to the mountain town of Sapa. Over the next two days, the route winds through picturesque valleys, connecting various ethnic minority communities like the Black H'Mong in Cat Cat village and the H'mong and Day people in Lao Chai and Ta Van. A significant part of the tour focuses on the lively Coc Ly Tuesday Market and a serene boat journey along the Chay River, visiting additional villages before returning to Hanoi by overnight train.

Who This Tour Suits

This tour is ideal for travelers seeking an authentic cultural experience combined with scenic trekking. It appeals to those interested in learning about Vietnam's diverse ethnic groups, exploring traditional markets, and enjoying the natural beauty of the northern highlands. A moderate level of fitness is recommended to fully enjoy the village walks.

Practical Information

Accommodation includes two nights in a Sapa hotel and one night aboard a comfortable soft-berth train. Daily breakfasts and lunches are provided as specified. Transportation features a limousine bus from Hanoi to Sapa, local transfers, a boat trip on the Chay River, and an overnight train for the return journey to Hanoi. Trekking distances vary by day, ranging from 3 km to 9 km.

TOUR HIGHLIGHTS

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* Trekking through Muong Hoa Valley, visiting Lao Chai and Ta Van villages of H'mong and Day ethnic groups.
* Savor a traditional, home-cooked lunch experience shared with a local family in Ta Van village.
* Discovering the bustling Coc Ly Tuesday Market, a vibrant trading hub for various hill tribes.
* Embark on a scenic two-hour boat trip along the Chay River, including a visit to The Fairy Cave.
* Visiting Trung Do village, home to the Tay minority, accessible by boat.
* Conclude your adventure with an overnight journey back to Hanoi aboard a comfortable soft-berth train.

DAY-BY-DAY ITINERARY

Day 1 — Sapa Arrival & Cat Cat Village Exploration

Meals: B | Stay: Hotel in Sapa | Transport: Limousine bus, walking

Your adventure begins with an early morning departure from Hanoi, traveling by comfortable limousine bus towards the scenic mountain town of Sapa. Upon arrival around midday, you will check into your hotel and enjoy lunch. The afternoon is dedicated to exploring Cat Cat village, a traditional settlement of the Black H'Mong ethnic group. A guided walk through the village offers insights into their daily life and customs, with opportunities to admire the picturesque Cat Cat waterfall and the surrounding natural beauty. After your exploration, you will return to your hotel for dinner and have the evening free to relax or discover Sapa town.
Trekking distance: Approximately 4 km.

Activities:
Limousine transfer from Hanoi to Sapa
Hotel check-in in Sapa
Lunch in Sapa
Guided walk to Cat Cat village
Observe Black H'Mong culture and daily life
Enjoy Cat Cat waterfall and scenic views
Dinner in Sapa town

Day 2 — Muong Hoa Valley Trek & Ethnic Village Encounters

Meals: B/L | Stay: Hotel in Sapa | Transport: Private car, walking

Following breakfast, the day commences with a short drive from Sapa town down to Lao Chai village. From here, you will embark on a captivating trek through the renowned Muong Hoa Valley, famous for its magnificent terraced rice fields and stunning natural vistas. Along the way, you will have the chance to encounter members of various ethnic groups, including the H'mong and Dao. The journey continues on foot to Ta Van village, home to the Day ethnic people, where you will be welcomed to share a traditional lunch with a local family, offering a genuine cultural exchange.

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In the afternoon, the trek concludes at a designated meeting point where a car will be waiting to transfer you back to Sapa town. The remainder of the day is at your leisure, providing an opportunity for personal exploration. You might consider an optional visit to Fansipan Mountain via cable car from Sapa Center, though tickets for this activity are not included and must be purchased separately.
Trekking distance: Approximately 9 km.

Activities: Drive to Lao Chai village
Trek through Muong Hoa Valley
Observe terraced rice fields
Interact with H'mong and Dao ethnic groups
Visit Ta Van village
Enjoy local lunch with a family
Return to Sapa by car
Optional visit to Fansipan Mountain by cable car (tickets extra)

Day 3 Coc Ly Market, Chay River Boat Trip & Overnight Train to Hanoi

Meals: B/L | Stay: Night train with soft berth 4 people in 1 cabin | Transport: Bus, boat, night train

An early start sees you departing from Sapa at 7:00 AM for a picturesque bus journey of approximately 2.5 hours to Coc Ly market. This market is renowned as one of Vietnam's most authentic and primitive, serving as a vibrant trading hub for the Black H'Mong, Flower H'Mong, and Tay tribes. After immersing yourself in the market's lively atmosphere and enjoying lunch, you will embark on a two-hour boat trip along the tranquil Chay River.
The boat journey includes a stop to explore The Fairy Cave, nestled deeply within the rocks. Further along the river, you will disembark to visit Trung Do village, a charming settlement of the Tay minority. Following the boat excursion, a brief visit to the small town of Bao Nhai is included before transferring to Lao Cai Station. Here, you will board the night train bound for Hanoi, departing at 8:45 PM and scheduled to arrive in the capital at 5:30 AM the following morning, concluding your Sapa adventure.
Trekking distance: Approximately 3 km.

Activities: Bus transfer to Coc Ly market
Explore Coc Ly Tuesday Market
Lunch
Two-hour boat trip on Chay River
Visit The Fairy Cave
Explore Trung Do village of the Tay minority
Visit Bao Nhai town
Transfer to Lao Cai Station
Overnight train journey to Hanoi

WHAT'S INCLUDED

INCLUDED	NOT INCLUDED

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- v Train ticket Lao Cai - Hanoi
- v Bus tickets Hanoi - Sapa
- v Private car pick up in Hanoi and drop off services in Sapa
- v Full A/C transportation as per tour program
- v Boat trip in Coc Ly River
- v English speaking tour guide
- v Hotel based on Double/Twin sharing room
- v All meals as mentioned in programme (B=Breakfast; L=Lunch)
- v Entrance fees

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

PRICE INCLUDES

- v Train ticket Lao Cai - Hanoi
- v Bus tickets Hanoi - Sapa
- v Private car pick up in Hanoi and drop off services in Sapa
- v Full A/C transportation as per tour program
- v Boat trip in Coc Ly River
- v English speaking tour guide
- v Hotel based on Double/Twin sharing room
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CANCELLATION POLICY

Tour Code: IMP-08517FE9C117