Sapa Hill Tribe Villages & Muong Hoa Valley Trek – 3 Days

3D / 2N	Moderate	Private	USD 188 / pax
Duration	Difficulty	Tour Type	Starting From

Journey to Sapa for a 3-day adventure exploring the region's stunning landscapes and diverse hill tribe communities. Trek through the Muong Hoa Valley, experience a local homestay, and visit traditional villages like Lao Chai, Tavan, and Giang Ta Chai.

DESTINATIONS & ROUTE

Hanoi → Sapa → Lao Cai

TOUR OVERVIEW

Overview: Sapa Hill Tribe & Valley Trek

Embark on a captivating 3-day journey into the heart of Northern Vietnam's Sapa region. This itinerary focuses on authentic cultural encounters and breathtaking natural scenery. Travelers will experience the unique charm of hill tribe villages, trek through lush terraced rice fields, and spend a night immersed in local life at a homestay.

Tour Highlights

Overnight train journey from Hanoi to Lao Cai, a classic Vietnamese travel experience.

Trekking through the picturesque Muong Hoa Valley, surrounded by vibrant terraced rice fields.

Cultural immersion and overnight stay in a H'mong homestay within Tavan village.

Encountering diverse ethnic groups, including H'mong, Dao, and Day minorities.

Visiting Giang Ta Chai village, home to the Red Dzao tribe, with opportunities to see waterfalls.

Exploring the scenic paths between Lao Chai, Tavan, and Su Pan villages.

Route Summary

The adventure begins with an overnight train from Hanoi to Lao Cai. Upon arrival, transfer to Sapa, the base for exploring surrounding ethnic villages. Days are spent trekking through the Muong Hoa Valley, visiting Lao Chai, Tavan, Giang Ta Chai, and Su Pan. The tour concludes with a return journey from Sapa back to Hanoi.

Who This Tour Suits

This tour is ideal for active travelers and families who enjoy trekking and seek a genuine cultural experience. Participants should be comfortable with moderate physical activity and open to engaging with local communities and their traditions.

Practical Information

This 3-day, 4-night tour includes accommodation on an overnight train, a traditional homestay, and a hotel in Sapa. Transportation primarily involves overnight train travel, private car transfers, and extensive trekking through varied terrain. Meals are provided as specified in the daily itinerary.

TOUR HIGHLIGHTS

* Overnight train journey from Hanoi to Lao Cai, a classic Vietnamese travel experience.
* Trekking through the picturesque Muong Hoa Valley, surrounded by vibrant terraced rice fields.
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* Encountering diverse ethnic groups, including H'mong, Dao, and Day minorities.
* Visiting Giang Ta Chai village, home to the Red Dzao tribe, with opportunities to see waterfalls.
* Exploring the scenic paths between Lao Chai, Tavan, and Su Pan villages.

DAY-BY-DAY ITINERARY

Day 1 — Hanoi Departure & Night Train to Lao Cai

Stay: Overnight train with soft berth 4 people in 1 cabin | Transport: Private car, overnight train

The tour commences with an evening pick-up from your hotel in Hanoi at approximately 21:00. A private transfer will take you to the railway station, where you will board the SP3 night train. This overnight service departs at 22:00, heading towards Lao Cai, the gateway to Sapa. Guests will spend the night comfortably in a soft berth cabin, typically shared by four people. For those desiring more privacy, a two-person cabin option is available upon request, subject to an additional surcharge.

Day 2 — Sapa Arrival, Muong Hoa Valley Trek & Tavan Homestay

Meals: Breakfast, Lunch, Dinner | Stay: Home-stay in Tavan village | Transport: Car, trekking

Upon an early morning arrival at Lao Cai station around 6:30 AM, you will be met and transferred approximately 38 kilometers to Sapa. The day begins with a replenishing breakfast at a local restaurant. Following this, a scenic drive from Sapa town descends into the picturesque Lao Chai village. Along the route, travelers will be treated to magnificent views of the terraced rice fields that line the Muong Hoa River valley, with opportunities to observe local H'mong and Dao ethnic groups.
The journey continues by turning off the main road to follow a local path leading directly into Lao Chai village, which is primarily inhabited by the H'mong ethnic community. The trek then proceeds further to Tavan village, where you will encounter members of the Day ethnic group. Lunch will be served at a local restaurant within the village. The afternoon offers free time to explore and immerse yourself in the daily life and culture of the ethnic communities in Tavan before settling into a traditional homestay for the night. The trekking distance for this day is approximately 9 kilometers.

Day 3 — Giang Ta Chai, Su Pan Trek & Return to Sapa

Meals: Breakfast, Lunch | Stay: Hotel in Sapa | Transport: Trekking, car

The day begins after breakfast, as the trek heads towards Giang Ta Chai village, a settlement of the Red Zdao tribe. Here, you will enjoy lunch amidst the stunning surroundings. The area is renowned for its amazing scenery and beautiful waterfalls, providing excellent photo opportunities and a chance to appreciate nature's beauty.
Following lunch, the journey continues with a descent through terraced rice fields and a dense bamboo forest, eventually leading to Su Pan Village. A short rest stop in Su Pan allows for relaxation and capturing memorable photographs of the landscape. From Su Pan, a transfer to the main road will be arranged. A car ride back to Sapa offers further chances to stop and photograph the fabulous valley views. Upon arrival in Sapa, you will check into your hotel, with the remainder of the

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evening free for personal exploration or relaxation. The day involves approximately 12 kilometers of trekking.

WHAT'S INCLUDED

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- v Train ticket Hanoi – Lao Cai – Hanoi
- v Accommodation based on Double/Twin sharing room on tour
- 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 meal as mentioned in program (B=Breakfast; L=Lunch; D=Dinner)
- v Boat trip in Chay River
- v Entrance fee

NOT INCLUDED

- x Single room supplement
- x Beverage
- x Personal expense
- x Tip

PRICE INCLUDES

- v Train ticket Hanoi – Lao Cai – Hanoi
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CANCELLATION POLICY

Tour Code: IMP-3C7B8C263FC4