

## Ban Ho Village Home Stay Tour

Duration: 3 nights 2 days

**Tour name:** Ban Ho Home Stay package

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**Distance covered:** 5 km

**Grade:** Easy

**Start:** Hanoi

**End:** Hanoi

**Route:** Hanoi- Lao Cai—> Sapa—> Farm visit & Homestay Ban Ho—> Nam Toong—> Sapa—> Lao Cai- Hanoi

### Night 1

Make your way to Hanoi Station one hour before your overnight sleeper train is due to depart for [Lao Cai Station](#). Your ticket vouchers will be sent to you by e-mail in advance. The comfortable, air-conditioned sleeper-train cabins fit 4 people. If there are less than 4 people in your party you can pay extra for a 2 person/private cabin.

### Day 1: Lao Cai- Ban Ho

Arrive at [Lao Cai station](#) in the morning, our driver will be waiting for you at the station's exit holding a sign with the [First Choice logo](#) and your name clearly marked.

As **Sapa** is based up in the mountains it is about a 40 minute drive from [Lao Cai station](#); our driver will escort you there in our comfortable mini-bus. Be sure to look out the window at the captivating views of emerald green valleys, majestic mountains shrouded in cloud and intricate rice paddy fields.

Upon arriving into [Sapa](#), you will have a chance to enjoy breakfast in a local restaurant before being driven to **Ban Ho Village**, the home to the [Tay minority people](#). Within this village, you will be happily welcomed by Mr Truong and his family. Throughout the tour of the village Mr Truong will show you traditional farming techniques with the use of his buffalo. These farming techniques are estimated to be around for 500 years and are still being used today. After working up an appetite, it's time for a spot of picnic lunch. Next you have an opportunity to either try hunting with a bow if you dare, or learn to cook Vietnamese food instead with Mr Truong. We then have a chance to relax and unwind after the days adventure by dining on local food also combined with the local home-brewed rice wine at the [Tay family homestay](#) in the **Ban Ho Village**.

### **Day 2: Ban Ho- Lao Cai**

After breakfast take a gentle 2km walk to a beautiful waterfall named 'the Lavie' by the French who discovered it during their colonial rule in Vietnam. Have a refreshing splash about in the water before ascending the nearby mountain to visit a small hamlet of the [Red Dzao people](#) known as '[Nam Toong](#)'. Our guide will take you back to [Ban Ho](#) to eat a picnic lunch. A private car will then take you back to [Sapa](#).

Upon arriving back into [Sapa](#), you will have a few hours to spend in town. Depending on what time your train departs, our driver will come to collect you at either 4.30pm or 5.30pm and take you to [Lao Cai train station](#). After your driver has said their farewells, you will have time to enjoy dinner at a restaurant [in Lao Cai](#) before departing back to [Hanoi](#) on the [overnight train](#).

### **INCLUDES:**

Breakfast (day 1 & 2), Picnic lunch (day 1 & 2), Dinner (day 1), Local tour guide, Village entrance fees. Train ticket round-trip, all transportation listed in above description/itinerary.

### **EXCLUDES:**

Drinks, Personal travel insurance, Tips

### **WHAT TO BRING:**

Comfortable trekking shoes, Waterproof jacket, Suitable clothing, Mosquito repellent.

## **BOOKING**

This is our sample itinerary for **Village Home Stay in Sapa**, you can make any changes you wish. Sapa Travel is happy to amend and customize the itinerary as your wish.

Please send email to **Sapa Travel** via: [info@travelsapa.com](mailto:info@travelsapa.com) for information about [Sapa Tours](#) in Vietnam. Book this tour at promotion rates from First Choice Travel Company