

H'mong Home Stay Tour

Duration: 3 nights 2 days

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Route: Hanoi- Lao Cai > Sapa > Y Linh Ho > Lao Chai > Ta Van> Gang Ta Chai > Sapa > Lao Cai

Start: Hanoi

End: Hanoi

Distance Covered: 27km

Grade: Medium

ITINERARY

Night 1: Overnight train

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- Ta Van

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 and your name clearly marked.

From Lao Cai, our driver will then escort you in our comfortable mini-bus to [Sapa](#). Throughout this 40 minute scenic drive up through the mountains, 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 enjoy breakfast at a local restaurant. We will then depart from the restaurant at 9.30am and walk down to Y Linh Ho, a village inhabited by the [H'mong minority](#). This is a great opportunity to take photographs of hereditary terraces that are estimated around 100 years old. From Y Linh Ho we will make our way to Lao Chai village where you will visit the [Hmong home town](#). You will then continue onto [Ta Van](#), an established H'mong and Dzay village. Here you will be warmly welcomed by Sue and her family and stay here for the night in their [H'mong homestay](#) (one of the original homestay's to be built within the [Ta Van village](#)). Sue is a former tour guide with a wealth of experience in providing homestays with extensive knowledge of the local area.

Day 2: Giang Ta Chai- Sapa

On the morning of the second day open the window and have a look outside — you will be treated to sensational views across the rice terraces. After breakfast you'll trek through an enchanting bamboo forest to Giang Ta Chai. After a few hours of trekking, we will stop and enjoy a picnic lunch with our scenic views. We then walk back to the main road and catch the private car back to Sapa Town!

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 & 2), Local tour guide, Transport pick up, Village entrance fees, Train ticket round-trip, Homestay

EXCLUDES:

Drinks, Personal travel insurance, Tips

BOOKING

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