

## **Red Dzao Home Stay and Trek Tour**

Duration: 2 days 1 night

Route: Sapa —> Suoi Ho —> Matra —> Ta Phin —> Trung Chai

Distance Covered: 24 km

Grade: Medium with some gradual ascents and descents

When: year around

### **ITINERARY**

*The Red Dzao are known for their expertise in herbal medicine, especially medicinal baths, and they use plants from the forest to treat many illnesses.*

#### **Day 1** – 14 km : Suoi Mo village, Matra- Ta Phin

We begin Day 1 with a 3km trek to the village of Suoi Ho, home to the H'mong minority people. From here you can enjoy stunning views of rice terraces, and you will have the opportunity to see some of the animals used by the locals. Continuing on to Matra village you will come across the impressive ruins of a monastery dating back to the French occupation in the early 1900s. The next stop is the village of **Ta Phin** where you will be able to meet both H'mong and Red Dzao minorities. Your guide will introduce you to some Red Dzao women who can tell you more about their many remedies. You will be welcomed into the home of Chao Thi May and her Red Dzao family, where dinner will be cooked on an open fire. You can soak your body in a herbal bath and sleep soundly enjoying the serenity of sleeping out in the mountains.

#### **Day 2** – 10 km : Trung Chai- Sapa

On Day 2 as the resident rooster will kindly let you know it's time to get up... and if that doesn't rouse you, maybe the pigs asking for their food will. After breakfast you will begin your trek to **Trung Chai Village**, with a choice of routes depending on the weather and your preferences. Trung Chai is home to Red Dzao and H'mong minorities, and they have chosen a location with

an exceptional landscape! You will be provided with a picnic lunch on route to the village and upon arrival to Trung Chai there will be transport back to Sapa Town.

**INCLUDES:**

Picnic lunch (day 1 & 2), Breakfast (day2) dinner (day 1), Local tour guide, transport pick up, village entrance fees.

**EXCLUDES:**

Drinks, personal travel insurance, tips.

**WHAT TO BRING:**

Comfortable trekking shoes, waterproof jacket, suitable clothing, mosquito repellent

**BOOKING**

Once you've seen our itinerary for **Red Dzao Home Stay and Trek**, 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 and our sample tours. Book now for getting promotion rates from First Choice.