

Terrace View Trek Tour

Duration: 1 day

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Start: Sapa

End: Sapa

Route: Sapa → Lao Chai → Ta Van → Sapa

Distance Covered: 12-15 km

We start the day [trekking](#) through the beautiful [Muong Hoa Valley](#) to Y Linh Ho village, home to Black [H'mong minorities](#). Weather permitting you will enjoy stunning views across the valley with mountains and rice terraces as far as the eye can see. Next on the route is a stop at Lao Chai, an established H'mong minority village which has been inhabited for centuries. Here you will have the opportunity to see the products of this minority at its best with hereditary rice terraces, homes and a vibrant community. Continuing on to [Ta Van Village](#) you will visit the Giay minority people. This group traditionally fished for a living and as a result established themselves close to rivers. They have mastered the art of fishing with bamboo sticks, and cook the fish inside bamboo. Nowadays however you are more likely to see the Giay working in fields planting or harvesting rice. Transport will be waiting in Tavan to take you back to [Sapa](#)

INCLUDES:

Picnic lunch, tour guide, transport, village entrance fees.

EXCLUDES:

Drinks, personal travel insurance, tips

BOOKING

Once you've seen our itinerary for **Terrace View Trek in 1 day**, you can make any changes you wish. Sapa Travel is happy to amend and customize the itinerary as your wish.

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