

## Trek and Home stay with H'mong Tour

Duration: 2 days 1 night

**Tour name:** Trek and home stay with H'mong

**Start:** Sapa

**End:** Sapa

**Duration:** 2 days 1 night

**Route:** [Sapa](#) → Y Linh Ho → Lao Chai → Ta Van → Giang Ta Chai → Sapa

**Distance Covered:** 28km

**Grade:** Medium

### ITINERARY

*This is a perfect opportunity to immerse yourself in the H'mong culture*

**Day 1** - Distance 16 km: Y Linh Ho- Lao Chai

Depart from your hotel at 9.00 am and walk down to Y Linh Ho, a village of the [H'mong minority](#). The hereditary terraces are around 100 years old. From Y Linh Ho we will make our way to Lao Chai, an established H'mong village where will be welcomed by Mai and her family who run the first and only **homestay** owned by [H'mong](#) in the [Sapa region](#).

**Day 2**- Distance 12 km: Ta Van- Giang Ta- Chai

On the morning of the second day open the window and have a look outside — you will be treated to views across the rice terraces. After breakfast walk to **Ta Van** where you will visit the Giay minority people. Traditionally the Giay were fisher people and fished with bamboo sticks, and cook the their catch inside the bamboo. Now you are more likely to see the Giay working in fields planting or harvesting rice but their villages are still near rivers. Continue to walk through

a bamboo forest to **Giang Ta Chai**, have a scenic picnic lunch, then walk to the main road and catch the private car back to [Sapa Town!](#)

**INCLUDES:**

Breakfast (day 2), lunch (day 1 & 2), dinner (day 1), tour guide, village entrance fees, homestay fees.

**EXCLUDES:**

Drinks, personal travel Insurance, tips

**WHAT TO BRING:**

You Should Bring Comfortable trekking shoes, waterproof jacket, suitable clothing, mosquito repellent

**BOOKING**

Once you've seen our itinerary for **Trek and Home Stay with H'mong**, 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.