

## **Trekking and Market Tour**

Duration: 3 nights 2 days

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**Start:** Hanoi

**End:** Hanoi

**Route:** Hanoi —> Lao Cai —> Sapa Town —> Village Trek —> Sapa Town —> Ethnic Market —> Lao Cai —> Hanoi

**Distance Covered:** 14 km

**Grade:** Medium – with some gradual ascents and descents

*An exciting introduction to Sapa combining colourful markets and stunning scenery.*

### **Night 1: Overnight on 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.

## **ITINERARY**

### **Day 1: Lao Cai- Lao Chai- Ta Van**

Arriving in the morning at Lao Cai Station you will be met by our driver at the station's exit. The driver will be holding a sign with the Sapa Travel logo and your name clearly marked and escort you to your minibus.

Sapa town, the queen of the mountains, is a 40 minute drive from [Lao Cai station](#). Be sure to look out of the windows at the captivating views of emerald green valleys, majestic mountains shrouded in cloud and intricate rice paddy fields.

Upon arrival at your hotel you will have breakfast and a chance to freshen up. After which, your tour guide will pick you up for the tour starting at 9 A.M. First you will be driven in a private car to Lao Chai, an [established H'mong minority village](#) which has been inhabited for centuries. [Trekking](#) through this village you will have the opportunity to see the products of this rich culture at its best, with hereditary rice terraces, traditional homes and a vibrant community. We will then trek on to Ta Van village where 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 at [Ta Van bridge](#) to take you back for lunch at a [local restaurant in Sapa](#). Then at 2pm your guide will collect you and you will be driven in a private car to the Silver Waterfall, with a 300m drop. Scenic steps will lead you to the foot of the waterfall and the perfect place for photos. Continuing our journey, we will drive a further 3 km to the [Tram Ton Pass](#), the highest mountain pass in Vietnam at approximately 2000m. At this height you will feel the temperature drop but the views are truly stunning, and you will have the opportunity to stretch your legs, explore and take photographs.

A further 3km drive will take you to the start point of your next walk, a path through the primary forest to the [Love Waterfall](#), following the crystal clear waters of the [Golden Stream](#). This area is known for cardamom crops, used for medicine or cooking and are a significant source of income for the minority people. Having returned to the car you will be driven back to [your hotel](#) where you will have dinner.

### *Night 2*

Your overnight stay will be in a comfortable Sapa hotel.

### **Day 2: Market Tour**

After breakfast you and your guide will be driven to visit one of the various weekly ethnic markets found in this area. (Please note that the market available will depend on the dates of your tour) Please refer to the [‘Market Days’](#) section of our website.

After the market tour you will be driven back to [Lao Cai station](#) with plenty of time to spare before your train is due to depart. Before your guide says goodbye they will recommend restaurants where you can have dinner.

### *Night 3*

Overnight sleeper train arriving early in the morning at [Hanoi Station](#). Tour ends.

### **INCLUDES:**

Breakfast (day 1, 2), Lunch (day 1, 2 ), Dinner (day 1), Local tour guide, Transport, Village entrance fees, [Round-trip train tickets](#), 1 night [hotel](#) stay at [Bamboo/ Royal View](#)

### **EXCLUDES:**

Drinks, Personal travel insurance, Tips

### **WHAT TO BRING:**

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

### **BOOKING:**

It is easy to book the package at [Sapa Travel](#). Send us an email regarding the Trekking and Market Tour, we will reply within 24 hours with the availability and rates.