

Trekking To Muong Hoa Valley Tour

Duration: 3 days 2 nights

Tour name: Trekking to Muong Hoa

Duration: 3 days 2 nights

Accommodation: Home Stay with minority people

Start: from Sapa

End: in Sapa

Route: Sapa —> Cat Cat —> Y Linh Ho —> Lao Chai —> Ta Van —> Giang Ta Chai —> Su Pan —> [Ban Ho](#) —> Nam Toong —> Sapa

Distance Covered: 38km

Grade: Medium

there are some more challenging sections to this trek... however this is balanced with easy legs and the chance to recuperate at the homestays.

Day 1 – 14 km: Cat Cat Village- Y Ling Ho- Lai Chai

On Day 1 we will leave [Sapa Town](#) at 9.30am and trek down to Cat Cat village, taking in the picturesque waterfall at the bottom of the hill. After a slight retrace of steps (but not all the way back up!) we will take a turn towards Y Linh Ho and begin a 2km walk through rice terraces. Y Linh Ho is home to the H'mong minority, and their hereditary rice terraces are around 100 years old. This is a perfect opportunity to immerse yourself in true H'mong culture! From Y Linh Ho we will make our way to Lao Chai, an established H'mong minority village which has been inhabited for centuries. See the products of this minority at its best, with established rice terraces, homes and a vibrant community. You will be welcomed warmly by Mai and her family who run the first ever homestay owned and run by H'mong minority in the Sapa region. [Sapa Travel](#) supported Mai in setting up this homestay and we hope it's the first of many!

Day 2 — 16 km: Ta Van- Giang Ta Chai- Ban Ho

When you awake on Day 2, open the window and have a look outside – weather permitting you will be treated to amazing views across the rice terraces in the valley. After breakfast you will make your way to Ta Van where you will visit the Giay minority people. This tribe 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. We will continue our walk through an impressive bamboo forest to Giang Ta Chai, and then on to the village of Su Pan where you will be able to rest your legs and take in the stunning mountain scenery as we stop for a picnic lunch. Feeling revitalized we will hike the final 6km to Ban Ho village where we will spend the night at a Tay people's homestay. Their houses are particularly special as they are built on stilts overlooking rice terraces. Dinner will be cooked on an open fire, and some local speciality rice wine will be on offer to help you wind down!

Day 3 — 8 km: Nam Toong – Ban Ho- Sapa

On Day 3 you will know when it's time to wake up when you hear the patter of feet on bamboo as the household comes alive. After a filling breakfast in the homestay we will walk 3km to [Nam Toong village](#), home to the Red Dao minority. Providing the weather is nice you will be able to cool off with a swim in the river (and if the weather's not so nice you still can if you're feeling brave!). Lunch will be provided back at [the Ban Ho homestay](#), after which we will drive back to [Sapa](#), arriving at around 3pm with a great sense of achievement!

INCLUDES

Breakfast (day 2 & 3), lunch (every day), dinner (day 1 & 2), tour guide, transport, village entrance fees.

EXCLUDES:

Dinks, personal travel insurance, tips

WHAT TO BRING:

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

BOOKING

Once you've seen our itinerary for **Treking to Muong Hoa Valley in Sapa**, you can make any changes you wish. We are ready and willing to handle your customized tours at the lowest rates.

Please send email to **Sapa Travel** via: info@travelsapa.com for information about [Sapa Tours](#) in Vietnam and our sample tours. Book now for getting promotion rates from First Choice