

Village Trek Tour

Duration: 4 nights 3 days

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Start: Hanoi

End: Hanoi

Route: Hanoi —> Lao Cai —> Ethnic Market —> Sapa town —> Sapa —> Village Trek —> Homestay —> Village Trek —> Sapa —> Lao Cai —> Hanoi

Distance Covered: 24km Trekking

Grade: Medium – with some gradual ascents and descents

ITINERARY

The best of both worlds, colourful markets and homestay trekking.

Night 1

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.

Day 1: Lao Cai- free

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.

After breakfast in a local restaurant you will be driven to the ethnic minority 'Market of the Day'.

On the way back from the market you will stop briefly in Lao Cai to visit the Chinese Boarder Gate and the bridge spanning the Green River which links these two countries. After this you will be driven 34kms up scenic mountain roads to [your hotel in Sapa](#) as you wish.

Night 2 Sleep in a hotel in Sapa.

Day 2 (Trek – 14km): Sapa- Matra- Ta Phin

After breakfast at your hotel you will check-out and your guide will meet you in the reception. [The trek](#) will start with a 3km trek to the picturesque village of Suoi Ho, home to the Black 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 farming techniques used by the locals. Continuing on to Matra village you will come across the impressive ruins of a French monastery dating back to the colonial days. Take a minute to learn about its history and take some photos.

The next stop is the village of [Ta Phin](#) where you will be able to meet both [H'mong](#) and Red Dao minorities. [The Red Dao](#) are known for their expertise in herbal medicine, especially medicinal baths, and they use plants from the forest to treat many illnesses. Your guide will be able to introduce you to some Red Dao women who can tell you more about their many remedies. You will be welcomed into the home of Mrs. May and her [Red Dao family](#), where dinner will be cooked on an open fire. You can join in with the traditional cooking or relax on the terrace with a refreshing drink. After dinner take the unique chance to soak your body in a herbal medicine bath and then sleep soundly in a clean and comfortable bed with mosquito net and plenty of blankets. Enjoying the serenity of sleeping out in the mountains.

Night 3 Authentic timber frame [Red Dao family Homestay](#) in [Ta Phin village](#).

Day 3 (Trek – 10km) : Trung Chai- Sapa- Lao Cai station

In the village there is no need for alarm clocks 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 Dao](#) and Black 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 where you can explore the town or visit the ethnology museum before your transfer to [Lao Cai Station](#) where you will have dinner in a local restaurant before boarding your return train.

Night 4 Overnight sleeper train arriving early in the morning at [Hanoi Station](#). Tour ends.

INCLUDES:

Breakfast (day 1, 2 & 3) Lunch (day 1, 2 & 3), dinner (day 1 & 2), sleeper train tickets, transfers, hotels and homestays, local English speaking ethnic minority guides, village entrance fees

EXCLUDES:

Drinks, personal travel insurance, tips

WHAT TO BRING:

Comfortable shoes, waterproof jacket, suitable clothing, mosquito repellent

BOOKING:

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