

Trekking Ta Phin Village Tour

Duration: 1 day

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Route: Sapa —> Suoi Ho —> Matra —> Ta Phin —> Sapa

Distance Covered: 13 km

Grade: Easy – Medium

ITINERARY

We begin the day with a 3km trek through breathtaking landscape to the village of Suoi Ho, home to [H'mong minority](#). From here you can enjoy views over endless rice terraces, and you will have the opportunity to see some of the animals used by the locals. Continuing on to Matra village you will come across the impressive ruins of a church dating back to the French occupation in the early 1900s. Take a minute to explore this intriguing sight and take some photos. [Trekking](#) to the village of [Ta Phin](#) you will be able to meet both Black H'mong and [Red Dzaio minorities](#). The [Red Dao](#) are known for their expertise in herbal medicine, and use plants from the land 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. A Red Dao herbal medicine bath can be arranged for you to experience, so please ask. Transport will be provided from [Ta Phin](#) 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 **Trekking Ta Phin Village**, you can make any changes you wish. Sapa Travel is happy to amend and customize the itinerary as your wish.

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