

# Sapa Trekking and Bac Ha Market

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| **Destination:** **Y linhho - Laochai - Tavan - Giangtachai - Supan - Bacha market****Tour code:** SPTBG004**Duration:** 3 Days/ 4 Nights**Start from:** Hanoi Old Quarter**Stop off:** Hanoi Old Quarter | *Awesome mountain scenery and cultural ethnic villages amongst perfect nature setting are highlights of Sapa. Getting off the beaten track and walking through villages where ethnic minority people live, paying visit to their homes, witnessing their daily activities,.. Although traveling in very basic condition, including 2 nights on the train, 1 night at home stay in tribal village, 1 night in standard hotel in Sapa, the trip will bring unforgettable experiences.* |

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| **No of passengers** | **1 person** | **2 persons** | **3 persons** | **4 persons** | **5 persons** | **6 persons** | **7 persons** | **8 persons** | **9 persons** | **10 persons** | **Group****Tour** |
| Tour price | [205.00US$](http://www.sapapanoramahotel.com/tour/book.html?pdid=175&rowid=27&pid=210) | [170.00US$](http://www.sapapanoramahotel.com/tour/book.html?pdid=175&rowid=27&pid=211) | [161.00US$](http://www.sapapanoramahotel.com/tour/book.html?pdid=175&rowid=27&pid=212) | [155.00US$](http://www.sapapanoramahotel.com/tour/book.html?pdid=175&rowid=27&pid=213) | [152.00US$](http://www.sapapanoramahotel.com/tour/book.html?pdid=175&rowid=27&pid=214) | [150.00US$](http://www.sapapanoramahotel.com/tour/book.html?pdid=175&rowid=27&pid=215) | [148.00US$](http://www.sapapanoramahotel.com/tour/book.html?pdid=175&rowid=27&pid=216) | [146.00US$](http://www.sapapanoramahotel.com/tour/book.html?pdid=175&rowid=27&pid=217) | [144.00US$](http://www.sapapanoramahotel.com/tour/book.html?pdid=175&rowid=27&pid=218) | [143.00US$](http://www.sapapanoramahotel.com/tour/book.html?pdid=175&rowid=27&pid=219) | [142.00US$](http://www.sapapanoramahotel.com/tour/book.html?pdid=175&rowid=27&pid=220) |

**DETAIL INTINERARY:**

**Depart from:** Hanoi Old Quarter

**Stop off:** Hanoi Old Quarter

**Night 1 (Thursday Night) Night train from Hanoi to Lao Cai**

 Please be ready at your hotel lobby at 08:00 p.m, our tour guide and driver will meet and pick you up for a short transfer to Hanoi Station to take the overnight train to Lao Cai City.

Our train arrives in Lao Cai at approximately 5:30 am where your Panorama Hotel & Travel guide will welcome you. Look for the name sign with your exact name as you at the exit of Laocai train station. Then take a morning drive through the clouds by car / van to Sapa (about 1 hour). Upon arrival in Sapa you will be taken to Panorama Hotel for a morning shower & breakfast, then prepare for the trek as detailed below:

**Day 1 (Friday) Lao Cai - Sapa - Y Linh Ho - Lao Chai - Ta Van**

Picked up at Lao Cai Station upon your early arrival for over an hour drive uphill in a shared mini van to Sapa. After freshen up and Breakfast in a local restaurant you will enjoy a free walk around this charming town, paying visit to Sapa market and the old cathedral where you can meet a lot of local ethnic minority people such as Black H’mong and Red Zao wearing their traditional colorful dresses selling their farming and gathering products and handicrafts for souvenirs.

 Back to our Sapa office at about 09:30 and begin your exploration trip to Muong Hoa valley. You will follow the main road heading south for about an hour before turning right to a foot path down hill to Muong Hoa Valley. This part offers spectacular scenery of the highest part of Hoang Lien Son mountain range and in a nice day, Fansipan Peak can be seen. Crossing the river by a hanging bridge you will challenge your feet uphill to Y Linh Ho village. Here you will pay visiting to some H’mong families, watching them doing their daily works. After picnic Lunch, the trail continues up and down hill for about 2 hours as you reach to Lao Chai, a large village of the H’mong and then following the path to Ta Van of the Day people. Paying visiting to local homes, village schools… you will enjoy much your cultural discovery of local ethnic people as well as breathtaking scenery of the Muong Hoa Valley. Settle down in Ta Van village for an overnight home stay.

**Day 2 (Saturday) Ta Van - Giang Ta Chai - Su Pan - Sapa Saturday Market**

Leaving Ta Van village after Breakfast, you will take the trail uphill, passing fascinating terraced rice field and some small hamlets of the H’mong before getting through a bamboo forest to a waterfall, enjoy a break for magnificent scenery and then continue walking for half an hour to Giang Ta Chai village of the Red Zao peoples which sits on the top of a hill and looks down Muong Hoa river.

After spending time visiting the village, making friend with the Zao and experiencing the hospitality you will cross the river by another suspension bridge and then uphill again to Hau Thao village where you will pay visiting to a local handicraft center where H’mong and Zao women gather for exchanging experience and skill of making handicrafts. A late Lunch will be prepare here nearby this center and then you have time relaxing as well as getting acquaintance with local school boys, girls and their teachers as well.

Later a short drive will take you back to Sapa, check in your hotel and evening is free to attend the locals at Saturday market in Sapa.

**Day 3 (Sunday) Sapa - Bac Ha Market - Overnight Train to Hanoi**

Wake up early for Breakfast and check out your hotel at 07:00 for a 2.5 hour road ride to Bac Ha via Lao Cai. The road trip is long and hard but the landscapes along the way is so beautiful and several stops at beautiful spots makes the journey shorter. Arrival in Bac Ha at about 10:00 at the most crowded time of the market which is very active and colorful thanks to the traditional dresses of the tribal people, especially of the Flower H’mong. You will join the locals at the market for your own discovery, taking a lot of photos as well as enjoying funs. Lunch break in a local restaurant before enjoying a walk for about 1 hour to Ban Pho village of the Flower H’mong which sits on the sides of several hills looking down a stunning valley. The road trip back to Lao Cai station take about an hour and half and you will arrive in late afternoon. Taking a shower and dinner on your own before taking the overnight train to Hanoi which arrive early the next morning and your trip ends.

**Inclusion**

* Return overnight train basing on first class 4 berth cabin with air-condition.
* Transfer from Lao Cai station to Sapa and back in shared mini bus with air-condition.
* Accommodation: 1 night in Panorama Hotel in Sapa and 1 night at Ta Van village.
* All meals as mentioned on above itinerary.
* Entrance fee, tax and services charge.
* Local English speaking tour guide.

**Exclusion**

* Drinks and Personal expenses.
* Meals not indicated on the itinerary.
* Tips