



## SAPA MEDIUM TREK 3 DAYS – A WONDERFUL ADVENTURE WITH HOMESTAY



Code: SM03

Routes: Sapa - Ta Phin – Y Linh Ho – Lao Chai – Sapa

Duration: 3 Days / 4 Nights

Features: This 3 day, 4 night tour is a perfect combination of trek and culture when visiting hill tribe villages at a pace and style that complements you. Journey away from the crowds and homestay at a traditional Dao home. Learn and participate in village life and truly feel the warmth and hospitality of these incredible people, and support a community based tourism project. This is an unforgettable soft adventure to Sapa that should be part of everyone's time in Vietnam. A Footprint favorite!

Any question?

Please contact us: (844) 3933 2844 | [info@footprint.vn](mailto:info@footprint.vn)

[www.Footprint.vn](http://www.Footprint.vn)

## Day 1: Hanoi - Lao Cai - Sapa, trek to Ta Phin



The night before at 8:30 PM, we meet you at your hotel for your transfer to the Tran Quy Cap train station for boarding at 9:40 PM. You share an AC soft sleeper cabin and travel North to Lao Cai town.

Today morning at around 6:30 AM, you are welcomed by our driver at the train station to transfer to Sapa. When you arrive in Sapa, you have a time for a short rest, hot shower and some breakfast before your inspiring trek. A short transfer and we're off. Chances to meet and talk with locals working in the fields are plentiful. Picnic lunch en route then continue trekking to Ta Phin village – home of the Red Dao people. Your Dao host family warmly welcome you to their traditional home where we share in an ethnic style dinner and stay the night.

Trekking Distance: 14 km (4-5 hours)

Trail Difficulty: 4/5

*Inclusion: Transfers, guide, train ticket, morning shower, entrance fee, all meals, permit, homestay.*

## Day 2: More in Ta Phin and back to Sapa



At the first gleam of daylight, you see and hear the sounds of morning village life. You can join your host family in some of their morning activities like feeding the animals, cleaning the houses, gardening or preparing breakfast. After breakfast, we take a short wander around the village or spend more time enjoying the view and company at the homestay. Then, you are supported by our car / van back to Sapa (30

minutes).



Back in Sapa, check in to your hotel, shower, rest and lunch on your own. At 2:30 PM, we take an easy walk to Cat Cat village, home of Black H'mong. Take part in a traditional musical performance. Back in Sapa for dinner and the evening on your own. Overnight here.

Trekking Distance: about 5 km

Trail Difficulty: 2/5

Note: The music show in Cat Cat village is closed on Tuesday afternoon. We arrange and alternative activity.

*Inclusion: Transfer, English speaking guide, entrance fee, breakfast, music show ticket, hotel.*

### Day 3: Optional trek or free time in Sapa, then night train to Hanoi



Wake up in Sapa town, breakfast at the hotel then enjoy the morning activities in the town markets. Today your guide is available to you for the whole day, although you do have the option to enjoy the day on your own. Suggestions for today: visit the orchid gardens at Dragon Mountain or complete another day trek to a hill tribe village.

At 5:30 PM, transfer to the Lao Cai train station.

Departure is at 8:15 PM on an AC soft sleeper class cabin to Hanoi.

Trekking Distance: around 6 km (optional trek)

Arrival at about 5:00 AM the next morning. Please find your own way to your hotel, a taxi normally costs about 80,000 VND.

*Inclusion: Transfer, guide, train ticket, breakfast, entrance fee.*

**Inclusion:** See inclusive items listed after each day.

**Exclusion:** Visa, Insurance, drinks, personal expenses, others not mentioned in details, tips are welcome!

### **LEGAL ASPECTS**

**Booking Terms & Conditions:** Tour itinerary and tour prices are subject to change without prior notice. Please [click here](#) for more information.



## **ORGANISATION**

**Transportation schedule:** Please be aware that trains are subject to availability. When trains are cancelled or delayed, Footprint will endeavour to secure alternative arrangements of similar value. Train details will be updated once the booking is confirmed (your confirmation e-mail).

**Tour guide:** English speaking guide (on sites)

## **ACCOMMODATION**

**Hotel:** We use 3 star standard hotel, twin shared room. Upgrade is available on request.

**Homestay condition:** The homestay condition is very basic; please visit our website for FAQs on [www.Footprint.vn](http://www.Footprint.vn) for further information on the homestay conditions. The homestay will give you the opportunity to connect with the local culture, as you will stay with a family of an ethnic minority and receive your dinner from them.

## **TRANSPORT**

**Car / Van Quality:** New air-conditioned cars or vans depending on the group size

**Train:** The night trains are soft sleeper, air conditioned trains. Please [click here](#) for more information.

## **FOOD**

The breakfast will be either a choice of Western style meals such as pancakes or toasts or Vietnamese meals. For the included lunch and dinner (see inclusions in the daily itinerary description), the meals will be either served in the homestay, local restaurants depending on the activities.

If you have any allergies, special requests or if you are on a special diet please let us know. We will arrange it for you in advance.

## **SUSTAINABILITY**

**Please Travel Responsibly:** The small things you do will make a [big difference!](#)



## **PREPARATION OF THE CUSTOMER**

**Seasonal preparation:** The best time to travel in Vietnam is between September and April. The temperatures are more comfortable in this period and the rain season in the summer will be avoided. If you decide to travel in Vietnam in its summer months, please review our travel tips and notes for summer travel, which we will send you along with this itinerary.

**What to bring:** Passport, change of clothes, sunglasses & hat, toiletries, sun-block, insect repellent, flashlights, proper hiking boots/shoes, personal first aid kit & medicine, small VND notes for buying drinks. If you feel the need, you can bring along a luggage lock for your belongings.

## **TREKKING INFORMATION**

**Age:** The minimum age we accept is 10 years with no exception. The program is not recommended for seniors (above 65 years) who do not have a good physical fitness.

**Experience:** The trek demands some experience in co-ordination, fitness and stamina. The great effort will be rewarded with fantastic views. Clients should have previous trekking experience. Nevertheless, our guide will be flexible to suggest you the most proper trekking route adapted to your physical fitness.

**Trekking time:** The trekking time is approximate and depends on the weather and the walking speed.

**Routes on Google map:** [Sapa Medium Trek 3 days](#) (viewable on Pc and smart devices)  
. The trekking route can be changed due to external circumstances such as weather (the rain season between June and October can cause muddy paths which can become dangerous).

