

SAPA MEDIUM TREK PLUS SUNDAY MARKET 3 DAYS - THE HIDDEN SAPA&COLORFUL TRIBAL MARKET



Code: SM03M

Routes: Sapa - Bac Ha - Ta Phin - Y Linh Ho - Lao Chai - Sapa

Duration: 3 Days / 2 Nights

Features: This 3 day, 4 night tour is a perfect combination of trek and culture while visiting hill tribes villages AND an ethnic minority market at a pace and style that complements you. Journey away from the crowds and homestay at a traditional Dao home amongst the rice paddies. Participate in ethnic life and learn about the different cultures of Vietnam. This is an unforgettable soft adventure and market visit that should be part of everyone's time in Vietnam.

Day 1: Hanoi - Lao Cai - Bac Ha market - Sapa



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 2.5 hour transfer to Bac Ha.

Sunday is a common market day for many tribes in Northwest Vietnam and Bac Ha has become renowned for its colourfulness. The market is packed different ethnic minorities coming from different villages. Their vibrant trading activities last from early morning till midday. Look for hand-made fabrics, the black smithing area, as well as the buffalo zone.

Please pay respect to the locals here and ask permission before you taking a photo of anyone.

Lunch in Bac Ha on your own account then we will leave for a boat trip along the Chay river, The boat ride is about 1.5 hours. Return to Sapa for check in your hotel. Free to explore the town, dinner on your own and stay overnight.

***Inclusion:** Transfers, guide, train ticket, morning shower, breakfast, lunch, entrance fee, hotel.*

Day 2: Sapa, trek to Ta Phin village



Breakfast at your hotel and wander around the town as you wish until 9:30 AM, our guide picks you up for your inspiring trek today.

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 will warmly welcome

you to their traditional home where we will share in an ethnic style dinner and stay the night.

Trekking Distance: 14 km (4-5 hours)

Trail Difficulty: 4/5

Inclusion: Transfers, guide, all meals, permit, homestay.

Day 3: More in Ta Phin–Sapa – Lao Cai for night train to Hanoi



At the first of gleam of daylight, you see and hear the sounds of morning village life.

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 and lunch on your own. At 2:30 PM we take an easy walk (about 5 km) to Cat Cat village, home of Black H'mong. Take part in a traditional musical performance. Back in Sapa then transfer to Lao Cai near the train station. Dinner on your own well before the train leaves for Hanoi at 8:15 PM.

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

Trekking Distance: about 5 km

Trail Difficulty: 2/5

Inclusion: Transfer, guide, breakfast, entrance fee, local boat, train ticket.

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