

## Y TY TERRACES 3 DAYS – SAPA OFF THE BEATEN TREK



Code: SYT 03

Routes: Lao Cai – Y Ty – Muong Hum – Sapa

Duration: 3 Days / 2 Nights

Features: Easy hike, off the beaten track to beautiful Lao Cai.

## Day 1: Lao Cai – Bat Xat, Trek Y Ty



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 to heading to Y Ty.

We take a spectacular drive in about 2 hours, then do a short walk for about 3 km to visit the village of the blue Hmong people, picnic lunch.

Our afternoon is filled with another short drive through the beautiful terraces of rices, then with an easy trek of about 4 km to visit the Ha Nhi people to learn more about their life and house architecture.

Our dinner and the evening are spent with the blue Hmong family.

Note: Avoid Sunday as the local authorities do not work on our permit this day. Better to plan this on Saturday so that you can see the Muong Hum market on Sunday (day 2 of this tour).

Trekking Distance: 7 km

Trail Difficulty: 4/5

Inclusion: Transfer, guide, train ticket, entrance fee, all meals, permit, homestay.

## Day2: Y Ty, short trek and onto Sapa



Breakfast at the homestay before we leave at around 8:00 AM, we drive through many beautiful parts but hidden of Lao Cai, we stop en route for some more walks through the old forest and visit to a plantation of the herbal tree, visit to the black Hmong before having our picnic lunch.

Afterward, we drive through more villages of Lao Cai, passes and a waterfall before heading back

to Sapa town for the night.

Driving Distance: 115 km

Trekking Distance: 5 km

Trail Difficulty: 2/5

*Inclusion:* Breakfast, lunch, transfer, guide, entrance fee, hotel.

## Day 3: Sapa free day, night train back to Hanoi.



Breakfast at the hotel then enjoy the morning with some of your new friends that you may have met the afternoon before, you have the entire day for free time and visiting the lively markets. Some suggestions include a visit to the orchid gardens of Dragon Mountain, or a cultural day trek to the village.

In late afternoon, depart from your hotel for the Lao Cai train station at 5:30 PM. The train leaves Lao Cai at 8:15 PM and arrives after a pleasant sleep in your first class, shared AC soft sleeper car to Hanoi.

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.



**Route:** 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).