

SAPA MEDIUM TREK & 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 / 4 Nights

Features: A perfect combination of trek and culture while visiting hill tribe 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 the ethnic life and learn about the different cultures of 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.

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 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 Trel Plus Sunday Market 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).

