

THE HMONG'S PANORAMA – SAPA 2 DAYS



Code: SHP02

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

Duration: 2 Days / 1 Night

Features: This 2 day, 1 night trip to Sapa immerses you in its lush beauty and provides the experience to the culture of the Hmong.

Day 1: Sapa, trek along the Muong Hoa valley



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. Breakfast served at a Hmong

hotel upon arrival then you set out on your challenging trek along the most beautiful valley in Vietnam, over meandering streams, tiers of paddy terraces, and through villages of the Hmong. Along the way you learn more about the region, culture and agriculture process of the locals.

A welcoming host will greet you after your trek, then a local Hmong woman will teach you the art of batik, a traditional handicraft of the Hmong that creates a pattern with beeswax and is dipped in indigo.

You continue to connect with the family as you enjoy dinner and an overnight at their home.

Trekking Distance: 13 km (6 hours)

Trail Difficulty: 4/5

Inclusion: Train tickets, transfers in Sapa, local Hmong guide (just in Sapa area), homestay, all meals, batik handicrafts.

Day 2: More trek, back to Sapa and night train to Hanoi



After breakfast at 8.00 AM, you are guided for a round trip of a more relaxing walk to two more villages of the Hmong, pay a visit to some of their homes to learn more about their lives. Lunch is savoured at a local Hmong restaurant overlooking the river and rice terraces.

After lunch you are driven back to Sapa for some



shopping, coffee and a shower before the van takes you back to Lao Cai station for the train to Hanoi.

Trekking Distance: 5-6 km

Trail Difficulty: 3/5

Inclusion: Train tickets, transfers in Sapa, local Hmong guide (just in Sapa area), breakfast, lunch, shower place in Hmong hotel in Sapa afternoon day 2.

Inclusion: See inclusive items listed after each day.

Exclusion: Transfers in Hanoi, visa, insurance, drinks, personal expenses, other not mentioned above.

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: Local Hmong guide (just in Sapa area and speaking English).

ACCOMMODATION

Hotels: We use standard hotel for shower place (not private hotel 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 12 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.

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).

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