

TREKKING UNTOUCHED CORNERS OF SAPA

10 Days / 9 Nights



| Day | Destination | Activity | Difficulty | Transfer | Meals | Hotels |
|-----|--|------------------|------------|------------|-------|--------------------|
| 1 | Arrive Hanoi | Arrival | - | 45 minutes | -/-/D | La Belle Vie |
| 2 | Hanoi – overnight train | Sight-seeing | - | 1 hour | B/L/D | Fanxipan/Livitrans |
| 3 | Lao Cai – Sapa – Muong Hum | Trekking 4 hrs | Easy | 2.5 hours | B/L/D | Homestay |
| 4 | Nam Pung – Mong Xoa | Trekking 6 hrs | Hard | - | B/L/D | Homestay |
| 5 | Mong Xoa – Kim Ngan – Suoi Thau | Trekking 5-6 hrs | Medium | - | B/L/D | Homestay |
| 6 | Suoi Thau – Lao Chai – Can Ho Dao – Sapa | Trekking 5-6hrs | Hard | - | B/L/D | Royal View |
| 7 | Sapa – Ban Den – Nam Tong – Nam Sai | Trekking 5-6 hrs | Medium | 1 hour | B/L/D | Homestay |
| 8 | Nam Sai – Nam Nheu – Sin Chai B | Trekking 5 hrs | Medium | - | B/L/D | Homestay |
| 9 | Sin Chai B – Lao Cai – Overnight train | Trekking 6-7 hrs | Hard | 1 hour | B/L/D | Fanxipan/Livitrans |
| 10 | Hanoi departure | Departure | - | 45 minutes | B/-/- | - |

Day 1: Arrive Hanoi

(-/-/D)

Upon arrival to the airport, our guide and driver will be waiting to provide transport to the city and hotel for check in. If time permits, take a walk through the old quarter and around Hoan Kiem Lake before heading out for the welcome dinner & trip orientation.

Overnight in Hanoi.

Distance and journey time:

Transfer: 45 mins

Day 2: Hanoi - Night train to Lao Cai

(B/L/D)

The first day sets out around 8:30 AM for a visit to the Temple of Literature. Constructed in 1070, this was Vietnam's first university and is one of the country's most significant historic sites, with relics recognised by UNESCO. The university was established within a temple to educate Vietnam's royalty, mandarins, and members of the elite. The university functioned for an incredible 700 years; its gardens and well-preserved architecture offer a fascinating glimpse into Vietnam's past.



Next pay a visit to the landmark One Pillar Pagoda, founded by King Ly Thai To in 1049. Close by is the mausoleum where the historic figure and father of modern Vietnam, Ho Chi Minh, lies in state. Nearby is the former president's house on stilts, where "Uncle Ho" lived from 1958 to 1969. Visit this home, which illustrates the modesty of Vietnam's most famous revolutionary.

Continue to the picturesque West Lake and the sixth century Tran Quoc Buddhist Pagoda.

Lunch will be held in one of the city's finest restaurants.

In the afternoon, visit the fascinating Ethnology Museum (closed on Mondays), dedicated to the different ethnic groups of Vietnam. As an alternative to the Ethnology Museum, it's also possible to visit the highly acclaimed Vietnam Women's Museum (closed on Mondays). Displays highlight Vietnam's vast cultural diversity and educate visitors on the significant role Vietnamese women play in Vietnamese society. Learn historic and modern-day traditions centred on births, weddings, motherhood and spirituality.

Enjoy dinner in the city before transferring to the railway station for the overnight train to Sapa.

Overnight on train.

Distance and journey time:

Transfer: 1 hour

Day 3: Lao Cai – Sapa – Muong Hum

(B/L/D)

The train arrives in the early morning at Lao Cai railway station (around 5AM). Take a quick shower at a simple, but clean guesthouse, and enjoy breakfast at a local restaurant before heading to Muong Hum (home to the Giay people.) The last 8 kilometres of the trip is quite bumpy, so be prepared for a few ups and downs!



Upon arriving to Muong Hum, enjoy lunch with the host before getting ready for the trekking portion of the day. Head up to a narrow dirt track, and then downhill to the bottom of Ky Quan San valley, meeting White Hmong, Dao, and Giay people along the way. Enjoy breathtaking views of high mountains, deep valleys, streams, and green terraced rice paddies.

Back to homestay in the late afternoon

Overnight at the homestay in Muong Hum

Distance and journey time:

Transfer: 2.5 hours

Trekking: 4 hrs

Difficulty: Easy

Day 4: Nam Pung – Mong Xoa

(B/L/D)

After breakfast (and a trip to the local market), take a walk to Nam Pung village where the Ha Nhi people are famous for their beautiful clay-walled houses and surrounding terraced fields.

Continue with a hike up through plantations and rice terraces before reaching a Red Dao Village. Continue walking to Khi Chu Phin valley; enjoy a rest by a stream and a picnic lunch.



Continue the day on the opposite bank (crossing the river is a fun challenge!), heading uphill along the dirt path through the bamboo forest and rice terraces. The night's accommodation is among the Hmong people, located among the high ranges of mountains in Ta Giang Phinh.

Overnight at homestay in Mong Xoa

Distance and journey time:

Trekking: 6 hrs

Difficulty: Hard

Day 5: Mong Xoa – Kim Ngan – Suoi Thuu

(B/L/D)

Take an easy walk in the morning through the village, meeting local people and visiting their homes to discover more about their daily routine. Today, enjoy a picnic lunch on the top of Ta Giang Phinh Mountain while staring far & wide over the lower land of Sapa & Bat Xat districts.



The rest of today's route is mostly downhill through remote hamlets of Black Hmong & Red Zao people.

We arrive at our homestay in a Dao village where a hot, delicious meal will be waiting.

Overnight at homestay in Suoi Thuu

Distance and journey time:

Trekking: 5-6 hrs

Difficulty: Medium

Day 6: Suoi Thuu – Lao Chai – Can Ho Dao – Sapa

(B/L/D)

Saying goodbye to the host, continue the journey to the town of Sapa. While descending along the river and beautiful mountain range, the guide will explain the region's history as well as some daily routines and traditions of the different minority people in the area.



After lunch with a local family, pass through the rice terraces and corn fields before reaching a small trail leading through spectacular bamboo forests.

Finish the trek by hiking downhill to Can Ho, inhabited by Hmong and Dao people where the car is waiting to provide transport for the final 14km to Sapa town for the overnight stay.

Overnight in Sapa

Distance and journey time:

Trekking: 5-6 hrs

Difficulty: Hard

Day 7: Sapa – Ban Den – Nam Tong – Nam Sai

(B/L/D)

Depart Sapa at 9:00 AM, transferring approximately 26 kms (or 1 hour) to Ban Den Village with stops along the way to capture the stunning scenery of the Hoang Lien mountain range and Muong Hoa valley.

The uphill trek starts from Ban Den Village (392m) along a steep trail for 1.5 hour to Nam Toong Village of the Red Zao (679m). Explore the village, talking to locals and discovering a bit about their daily life. Leave Nam Toong for Nam Sang, trekking for 3 hours along a narrow mountainous trail with a series of short ascents and descents. Enjoy a picnic lunch along the way.

Reach Nam Sang village (625m), home of the Xa Pho people, around mid-afternoon, spending some time exploring their home at the bottom of Nam Sai valley. Later, enjoy an easier one-hour walk through the Nam Sai valley to Ban Sai village (570m). Arrive to the large, prosperous village of the Tay people in the late afternoon.



Take some time to relax before enjoying a home-cooked dinner.

Overnight at homestay in Ban Sai

Distance and journey time:

Transfer: 1 hour

Trekking: 5-6 hrs

Difficulty: Medium

Day 8: Nam Sai – Nam Nhiu – Sin Chai B

(B/L/D)



Eat breakfast and depart Ban Sai at 9:00 am. Trek along a rocky path uphill to Nam Nhiu village and continue along a dirt path for 1-2 hours to Nam Than Village, home of the Red Zao and Black Hmong (865m). This part of the trek offers stunning views of the Nam Sai and Nam Cang Valleys as well as a chance to learn more about the daily life of tribal people in this remote region of Sapa. Leaving Nam Than, trek through wild land dotted with terraced fields amongst mountains and rainforest.

After a lunch break, continue trekking for 2-3 hours in the afternoon along the cultivated hilly land of Suoi Chau Commune to Sin Chai B Village of the Red Zao (733m). This will be the home base for the night. Take a short rest before exploring this small and quiet village.

Overnight at homestay in Sin Chai B

Distance and journey time:

Trekking: 5hrs

Difficulty: Medium

Day 9: Sin Chai B – Nam Lang A – Ta Thang – Lao Cai. Overnight train

(B/L/D)

After breakfast, leave Sin Chai B (around 8:30). Trek along a narrow dirt trail for 30 mins to the bottom of the valley, gradually moving uphill for nearly 2 hours to Nam Lang A, followed by Nam Lang B (both villages are home to Red Zao.) Visit some local homes to learn about the Red Zao people before taking a lunch break at Nam Lang B.

Following a large, rocky road for 30 mins to the top of the mountain range, trekking gradually downhill to Nam Ket Village of the Red Zao and the Tay. Continue along the same trail downhill for nearly 2 hours to Ta Thang Village which offers a panoramic view of the Red River Valley running through the Bao Thang District. There will be a 1 hour transfer by road to Lao Cai, where a farewell dinner will be held, followed by the night train back to the capital.



Overnight on train.

Distance and journey time:

Transfer: 1 hour

Trekking: 6-7 hrs

Difficulty: Hard

Day 10: Hanoi departure

(B/-/-)

Arrive in Hanoi very early in the morning. Our driver will be waiting to provide pickup and transport to the mini hotel for a refresher before being brought out to Hanoi's Noi Bai Airport for the departing flight.

Note: A 2 day/ 1 night or 3 day/ 2 night extension to Halong bay is available. Please contact us for more information

Distance and journey time:

Transfer: 45 mins

*******END OF SERVICES*******

An itinerary may at times be altered by our guides due to local conditions, the skill of participants and other unexpected circumstances. Our priority is always the experience and safety of our clients.

RATES AND CONDITIONS

ACCOMMODATION

| City | Hotel | Hotel Category | Room Type |
|------------|--------------|----------------|---------------|
| Hanoi | La Belle Vie | First Class | Superior |
| Train | Livitran/TSC | Standard | 4 berth cabin |
| Muong Hum | Homestay | Basic | Dormitory |
| Mong Xoa | Homestay | Basic | Dormitory |
| Suoi Thau | Homestay | Basic | Dormitory |
| Sapa | Pistachio | First Class | Standard |
| Nam Sai | Homestay | Basic | Dormitory |
| Sin Chai B | Homestay | Basic | Dormitor |

Standard hotel check in 14:00 PM/ Check out 12:00 noon

PRICING: in US Dollars per person for shared twin/double

Rates are valid until: December 2020

| Number of persons | 1 | 2 | 3-4 | 5-6 | 7-10 | 11-15 | SGL Supp |
|-------------------|-------|-------|-------|-------|-------|-------|----------|
| Price per person | 1,945 | 1,355 | 1,260 | 1,230 | 1,210 | 1,100 | 120 |

Note: Reservations during peak times (Christmas, New Year, Vietnamese Lunar New Year, National Holidays) may be subject to supplementary charges and compulsory meals

Our services include:

- English Speaking certified Adventure Guide (separate guide for group from 1-4 pax, one guide throughout for group from 5 pax)
- Local guide in Sapa
- Local porter where required
- Plenty of water per person per trekking day
- Snacks and local fruits
- assistant guides for 16+ pax
- Private vehicle for transfer and back up
- 1 first aid kit per guide
- Sightseeing tickets and zone entrance fees where mentioned in the itinerary
- Meals as mentioned in the itinerary (B – Breakfast, L – Lunch, D – Dinner)
- Accommodation as listed above
- Flight reconfirmations

Our services don't include:

- Visa arrangement
- International and domestic flights.
- Soft drinks, or beverages beyond water – we can add this into costs at agents request
- Beverage and alcoholic drinks at mealtimes
- Meals other than mentioned above
- Tips
- Energy drinks or powders, performance bars, or performance gels (Gatorade, Powerbars, Gu, Isostar, etc)
- Personal Travel Insurance
- Personal expenditure (laundry, telephone etc.)
- Credit card/bank transfer fees
- Any other services not clearly mentioned in the itinerary and in the inclusive portion
- Other language speaking guides

Important Notes:

- We strongly recommend the purchase of travel insurance (covering emergency medical evacuation) for trips
- Prices are valid 30 days from date of offer. Past this date price and conditions may be readjusted
- The cost of air tickets is subject to change without prior notice by the airlines
- Reservations during peak times (Christmas, New Year, National Holidays) may be subject to supplementary charges
- Rooms at hotels are available only from 1400 on arrival day till 1200 on departure date. A supplement will be added if early check-in or late check-out is desired
- Please note that all the above services & tours have yet to be booked, they are proposed for your information only and we will not make any reservations before we receive your confirmation to do so
- If one or some proposed service(s) is (are) not available at the moment of booking, we will try to find other possibilities/options or other similar service(s) in order to avoid changes to the program.
- **Payment/ cancellation:** 30% non-refundable deposit at the time of booking, balance due 60 days prior to departure. All payments to be made in NZ\$ using latest exchange rates at the time of booking/ balance due date. Cancellation conditions/ charges per our [T&Cs](#).