



## SAPA – LAOCHAI – TAVAN HOME STAY – GIANG TA CHAI – BAN HO

**Tour code:** SAP  
**Tour type:** Cultural & Trekking  
**City:** Sapa  
**Time:** 3 Days/2 Night

### **Overview:**

Sapa is home to dramatic landscapes, colorful hill tribes and ethnic market. Trek through lush rice terraces, watch village life, stay overnight in local homestay. This trip will offer wonderful experiences.

### **Itinerary:**

#### **Day 1: Sapa – Lao Chai – Ta Van (L,D)**

Meet with our guide at your hotel and start walking to the Black H'mong village of Y Linh Ho and Lao Chai. The walking distance is approximately 6 km. If you're unable to walk for a long journey, we will arrange a support car (upon request)

Arrival at Muong Hoa, one of the most excellent panoramas of the larger valley, paddy terraced fields and the H'mong village in Northern of Vietnam. We walk slowly along a small local path leading into the bottom of the valley, where some stalls are available that serve tea and fruits; a perfect spot to take a rest and have lunch. After lunch you will visit the Zay people of Ta Van, which lies in the middle of the Muong Hoa valley.

You will check in a local homestay for overnight. The local host will prepare dinner for you. During dinner, you can talk with them to understand more about their local life and thought.

#### **Day 2: Ta Van – Giang Ta Chai (B,L,D)**

Morning, have breakfast with local food at homestay then say farewell to them and we continue to trek up and downhill then through bamboo forest. The village of Giang Ta Chai is the next stop, which we will reach by following a path over a bridge. Lunch will be provided near a waterfall, just before arrival at the village. Eventually, the trek returns to the hill of Hau Thao village where we continue to trek to Ban Ho village. There live the Tay tribe with their special wooden houses on stilts, which we are sure to amaze you.

Overnight in Ban Ho village.

#### **Day 3: Ban Ho – Love Waterfall – Sapa (B,L)**

Have breakfast with Tay minority. Walk around Ban Ho village and walk to Lave waterfall for relax, then trek up to the road to take the car back to Sapa.

Total trekking: 32km

### **Rate is net in USD per person**

Group	1	2	3-4	5-6	7-9	10-12	13-14
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<b>Price</b>	<b>355</b>	<b>228</b>	<b>188</b>	<b>156</b>	<b>155</b>	<b>139</b>	<b>133</b>
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**Included:** Private transportation with English or French speaking guide/Entrance fee & mineral water/ meal at local house as indicated/ Accommodation at homestay

- What to bring: Good Trekking shoes, Raincoat, Camera