

# SAPA TOUR

## 2 DAYS 3 NIGHTS - 1 NIGHT HOTEL

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### ( LAO CHAI – TA VAN – CAT CAT )

#### ❖ *Night 1: Ha Noi – Lao Cai*

7 – 8p.m: pick up you from hotel to go to train station B, catch the night train to Lao Cai.

#### ❖ *Day 1: Sapa – Lao Chai – Ta Van village – 12km ( B, L, D )*

- 5 - 6.30 a.m: pick up you at Lao Cai station by bus to go to Sapa
- 7 - 8 a.m: Arrive in Sapa. Have Breakfast in hotel
- 9 – 9.30 a.m: Begin trekking from Sapa towards the South East of Sapa alongside Muong Hoa valley to Y Linh Ho village, trek 2 km down to Lao Chai village, take picture of paddle field and visit minority house and school.
- 12 p.m: Have picnic lunch in the Black H'Mong house, discover their daily life style and enjoy landscape.
- 1p.m: continue your trekking to Tavan village of Dzay minority people.
- 3 – 3.30 p.m: Back to the hotel. Check in and have dinner. Over night in the hotel.

#### ❖ *Day 2: Sapa – Cat Cat village – 4km ( B , L, D )*

- 8 a.m: have breakfast in the hotel
- 9 a.m: start trekking to Cat Cat Village, visit the French existing hidro - electric power station beside the Cat Cat waterfall. Study the way H'Mong villagers make their own hamp clothes, grow rice and corn. Go back to Sapa on foot.
- 11.30 a.m: have lunch and check out of the room. Afternoon will be free time for you to explore Sapa ethnic market and town.
- 5 p.m: Get yourself fresh with a shower in the hotel's day room and have dinner before bus pick up back to Lao Cai train station.

#### ❖ *Night 3: Lao Cai – Ha Noi*

- 9 p.m: soft sleeper train back to Ha Noi
- 5 a.m: arrive at Tran Quy Cap station (Ha Noi). Tour ends.

