

# SAPA TOUR

## 3 DAYS 4 NIGHTS – 2 NIGHTS HOTEL

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### LAO CHAI – TA VAN – CAT CAT – HAM RONG

❖ **Night 1: Ha Noi – Lao Cai**

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

❖ **Day 1: Lao Cai – Lao Chai – Ta Van villages – 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 and Lao Chai village of the H'Mong minority.
- 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 Ta Van village of Dzay minority people.
- 3 – 3.30 p.m: Bus pick up back to Sapa. 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 : visit village of the black H'mong (Catcat), walk around visiting people in the village and the hydroelectric power station built by the French in the old days.
- 11.30 a.m : Go back town, have lunch and check out the hotel. Afternoon will be free time for you to explore Sapa ethnic market and town.

❖ **Day 3: Sa Pa – Ham Rong Mountain – 3,5km (B , L, D )**

- 8 a.m : have breakfast in the hotel
- 9 a.m : visit Ham Rong mountain to get the over view of Sapa town, Europe Flower Garden, Orchid Garden...
- 12 a.m : have lunch and check out the hotel. Free time in the afternoon.
- 5 p.m : take a shower and have dinner before bus pick up back to Lao Cai station

❖ **Night 4: Ha Noi – Lao Cai**

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

