

Sapa Home Stay 4 days

DAY 1 — Hanoi

Travel by comfort on the overnight sleeper train. Your air conditioned 4 berth cabin will take you to the border town of Lao Cai.

DAY 2 — Sapa / Ta Van

An early arrival in Lao Cai where the hotel bus will meet you for the final 1hr drive to Sapa. Enjoy breakfast and a briefing with your guide before beginning your downhill trek. You will visit the H'Mong village of Lao Chai and overnight in the Red Dzao village of Ta Van. Enjoy the evening hospitality of your host family.

DAY 3 — Giang Ta Chai / Sapa

After breakfast you will trek to Muong Hoa River and visit the Hmong village of Giang Ta Chai. If the weather is fine, the river makes for a great opportunity to swim in the fresh mountain waters. Mid afternoon you will take a jeep back to Sapa. Free afternoon to explore Sapa.

DAY 4 — Cat Cat / Sin Chai / Lao Cai

After breakfast you will take a short trek to visit the H'mong village of Cat Cat and the Red Dzao village of Sin Chai with your guide. Mid afternoon you will take a bus to Lao Cai for your overnight train to Hanoi.

DAY 5 — Hanoi

You will arrive in Hanoi about 6am.

Sapa

For a fantastic cultural taste of Vietnam and an insight into some of Vietnam's 54 minority tribes, Sapa is a must see. Markets are held most days in Sapa and here you will witness some of the many hilltribe people, clad in their traditional dress, living their daily life. Walking in the picturesque mountains and visiting the local people's villages is a wonderful experience.

Emergency Contact in Vietnam 24 hours

Mike Keenan - +84 903 486 488
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Tipping Guide

For your leader we recommend \$2 USD a day. For drivers & local guides, we recommend \$1 USD a day. You are under no obligation to tip, this is a guide only.

Wide Eyed Tours Rules

Illegal drugs will not be tolerated on our trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for Wide Eyed Tours travellers. Wide Eyed Tours philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make our destinations such special places. The exploitation of prostitutes is completely contrary to this philosophy. Our group leader has the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Responsible Travel

We believe strongly in low impact or rather positive impact tourism. Broadly speaking this means that we try to minimise the negative aspects of tourism on the local cultures and environments that we visit and highlight the positive aspects.



Inclusions

Train Hanoi – Lao Cai – Hanoi, air conditioned, soft sleeper; Bus Lao Cai – Sapa – Lao Cai; English speaking guide; Entrance fees.

Included Meals

2 x breakfast, 3 x lunch, 2 x dinner

Accommodation

Homestay in Ta Van (1 night), Hotel in Sapa (1 night), sleeper train (2 nights)