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## Sapa Biking and Trekking with Homestay (3 days)

### Full itinerary

#### Day 1 Sapa - Lao Chai - Ta Van - Ban Ho

Arrive Lao Cai Train Station around 5:30. Then take an one hour bus ride uphill to the beautiful town of Sapa. The ride gives you a glimpse of the stunning vistas and impressive rice terraces that make Sapa famous with travelers. Have breakfast and freshen up before your morning adventure. Glide for 9km to Lao Chai Village to visit the Black H'Mong people, and then continue 2km along a trail to Ta Van Village to meet the local Dzay people. You will get the chances to see the traditional houses of these ethnic groups as well as enjoy seeing those rice terraces up close. Have picnic lunch at a family in Su Pan, and then ride another 10km of rocky road down the valley to Ban Ho Village. Stop at the home stay of your Tay host to drop off your gear, then take a walk around the village or have a swim at the village's waterfall for unwinding.

Free to exploring until a simple but fresh and tasteful dinner in a local house. Overnight in the Tay's stilt house.

**Meals:** Breakfast/Lunch/Dinner

**Accommodation:** Homestay at Ban Ho Village

#### Day 2 Thanh Phu - Nam Sai - Thanh Phu - Sapa

In the morning, wake up in your homestay and enjoy the morning, cool fresh air. Have a breakfast prepared by your host.

Then cycle 8km to Thanh Phu Village, then do a 7km loop along the trail to Nam Sai Village to visit Xa Pho and Red Dzao ethnic minority groups. You will be exploring the further and more remote part of Sapa as well as meet people that are rarely be seen around the busy town.

Head back to Thanh Phu for lunch in a local house, then cycle down the stunning valley to a hanging bridge where your jeep will meet you on the main road.

Biking and Trekking: 15 km.

**Meals:** Breakfast/Lunch

**Accommodation:** Hotel in Sapa

#### Day 3 Sapa - Cat Cat - Sin Chai

We start a walk down to the South-west of Sapa (around 4 km) to visit Cat Cat village of the Black H'mong. Relax at the food of the stunning waterfall and the vestige of a hydroelectric power station that was constructed by the French during the colonial time in Vietnam. We enjoy picnic lunch by the side of the river, and trek for 6 km to Sin Chai village, which is located at the foot of Fansipan Mountain, "the roof of Vietnam and Indochina". From here you can enjoy huge stunning landscapes before climbing up on the way back to Sapa. Trip ends.

**Meals:** Breakfast/Lunch

**Accommodation:** N/A

#### **Inclusion:**

- 1 night at homestay in Ban Ho Village
- 1 night at selected hotel in Sapa
- Local English speaking guides
- Entrance fees
- Meals as indicated in the itinerary
- Lao Cai - Sapa transfer by private car

#### **Exclusion:**

- Hanoi - Lao Cai overnight train (beds in 4 berth AC cabin - \$35/person/way)
- Sapa - Hanoi by AC Tourist bus (\$10/person/way)
- Laundry, and personal expenditures
- Gratuities for guides, drivers

