

## **SAPA EXTREME TREKKING**

### **LAOCAI - SAPA**

8Days 7Nights

(Tour ref.: APTT 02-08-14)

#### **DAY 1 Hanoi Arrival**

Meeting upon arrival and transfer to train station to catch the night train to Lao Cai. Overnight on board.

#### **DAY 2 Arrival Lao Cai – Sapa (B)**

Upon arrival at Lao Cai we'll drive 35 km to the former hill station of Sapa. In the afternoon we trek to Cat Cat village, and then make a drive to the Red Dao village of Ta Phin. Overnight in Sapa town.

#### **DAY 3 Sapa - Ylinh Ho - Lao Chai - Ta Van (B) (Trekking distance: 15 km)**

Begin trekking at 10.00 am down the valley to the Muong Hoa River and from here to the Black H'mong village Lao Chai San, Lao Chai. We then continue to Ta Van village to visit Zay people. We'll stay overnight with a local family in Ta Van. Accommodation is basic but a unique and special experience.

#### **DAY 4 Ta Van- Giang Ta Chai - Seo Trung Ho (B) (Trekking distance: 15 km)**

After the breakfast we'll continue to the Red Dao people at Giang Ta Chai. The scenery is breathtaking on the trekking way. Overnight in the Seo Trung Ho village of Red.

#### **DAY 5 Seo Trung Ho - Nam Toong - Thanh Phu (B) (Trekking distance: 20 km)**

Continue along small paths in the rice fields, cross the Muong Hoa River and arrive at the Tay village Thanh Phu. We stay overnight in a wooden Tay stilt house.

#### **DAY 6 Thanh Phu - Nam Sai - Nam Ken - Ban Ho (B) (Trekking distance: 20 km)**

After breakfast we'll hike to Nam Sai Village to visit the Tay People, and then we'll trek up to the Red Dzao Village the village of Xa Pho tribe - the smallest group in Sapa who have very little contact with modern Vietnam. Overnight in the Ban Ho Village.

#### **DAY 7 Ban Ho – Sapa (B) (Trekking distance: 6 km)**

After breakfast, we'll trek to Ban Den place. From here, we are collected by our vehicle and transferred back to Sapa. In the afternoon you will have time to experience the colourful Sapa before driving to Lao Cai for the overnight train.

#### **DAY 8 Sapa – Hanoi – Departure (B)**

Upon arrival at Hanoi Station you will be transferred to airport for your next destination or hometown.