

PROPOSE THE PACKAGE FOR EXPEDITION AND TREKKING ON NORTHWEST OF VIETNAM (5 DAYS 4 NIGHTS)

Routing: Ha Noi – Nghia Lo – Than Uyen - Sa Pa - Ha Noi

Tour Style: Nature, Culture & History Tour

Tour Start: in Ha Noi / **Tour End:** in Ha Noi

Trip duration: 5 Days 4 Nights

Tour Summary

Day	Trip Summary
1	HANOI - NGHIA LO (210 KM, 7 HRS) [L]
2	NGHIA LO - THAN UYEN (150 KM, 5 HRS) [B/L]
3	THAN UYEN - SAPA (120 KM, 3 HRS) [B/L]
4	SAPA TREKKING - BAN HO - OVERNIGHT AT VILLAGE [B/L]
5	SAPA TREKKING TOUR - NIGHT TRAIN TO HANOI [B/L]

Trip Detail

DAY 1: HANOI - NGHIA LO (210 KM, 7 HRS) [L]

07:00: Depart from Hanoi through the Red River Delta into the mountains of Yen Bai province and on to Nghia Lo. The area is home to Thai, Nung, H'mong, La ha and Ma ethnic minority peoples. Overnight in a guest house.

DAY 2: NGHIA LO - THAN UYEN (150 KM, 5 HRS) [B/L]

Exploring the local market in Nghia Lo is a good chance to shop for local handicrafts. Today's drive is along an exciting stretch of road which climbs over the mountain pass to Mu Cang Chai past H'mong, La ha and Dzao hill tribe communities. At the bottom of the valley is the town of Than Uyen. Overnight in a hotel or guesthouse.

DAY 3: THAN UYEN - SAPA (120 KM, 3 HRS) [B/L]

The road follows the Hoang Lien Son Mountain range and winds through tea plantations and rice terraces as it hugs the Nam Ma River. This stunning valley is dotted with Tay, Dzao and H'mong hill tribe villages. Over the 1,900 meter Tram Ton pass to Sa Pa located in the breathtaking Hoang Lien Son Mountains. Arrive Sa Pa in the afternoon. Free time. Overnight at the hotel.

DAY 4: SAPA TREKKING - BAN HO - OVERNIGHT AT VILLAGE [B/L]

Breakfast at a hotel. Transfer from your hotel to Ta Van village. Trek along rice terraces, through a lush bamboo forest and past local villages. Stop to enjoy a picnic lunch. After lunch, trek to Ban Ho for an insightful night with your Tay hosts, where you'll sleep in the cozy loft complete with comfy mattress and a mosquito net. Overnight at the village.

DAY 5: SAPA TREKKING TOUR - NIGHT TRAIN TO HANOI [B/L]

Short trek to the dirt road for the ride back to SaPa. Explore the town or go shopping in the market for local products. At 16:00 transfer to Lao Cai. Night train back to Ha Noi (soft sleeper with air conditioning). 05:30 am - Trip ends at HaNoi Railway Station.

Note: you can stay longer in Sapa for more trekking or visit the Can Cau market on Sunday, Bac Ha market on Sunday, Coc Ly market on Tuesday

LIST OF HOTELS USE

City	3 STARS HOTEL
NGHIA LO	GUEST HOUSE
THAN UYEN	GUEST HOUSE
SA PA	CHAU LONG SAPA HOTEL (3*) Superior http://www.chaulonghotel.com.vn
SAPA	HOMESTAY
SA PA	KING SAPA TRAIN VIP DOUBLE https://www.kingsapatrain.com