

Sapa Eco Trekking 3 Nights



Brief itinerary

Day	Itinerary Description	Overnight
Day 1	Embark on a Captivating Journey: Hanoi to Lao Cai by Rail	Hanoi
Day 2	Sapa Eco Tour – Lao Chai – Ta Van Villages: A Symphony of Cultures	Sapa
Day 3	Ecolodge - Lech and Thanh Phu Villages – Sapa - Hanoi: Nature's Embrace	Sapa
Day 4	Hanoi Arrival: A Tranquil Return	Hanoi

Detailed Itinerary



Day 1: Embark on a Captivating Journey: Hanoi to Lao Cai by Rail



As the clock strikes 20:30, Asia Tour Advisor's dedicated guide arrives to whisk you away from your Hanoi haven. A seamless transfer to Ha Noi Railway Station sets the stage for an enchanting night train voyage to Lao Cai. Nestle into a cabin adorned with four berths, soft sleeper comforts, and refreshing air-conditioning, as the rhythmic motion of the train lulls you into a restful night's sleep. Awaken in Lao Cai at the early hours of 5:30 AM or 6:00 AM.

Sapa, the pulsating heart of mountain travel in Vietnam, unfurls before you—a tapestry of color and vitality. Here, amidst the markets, the myriad ethnic minorities of the hills congregate, creating a sensory feast.

Note: The night train journey from Hanoi to Sapa takes approximately 9 hours.

What's included:

- Tour guide pick-up from the hotel to Hanoi station
- Train tickets for a 4-berth cabin, A/C Wooden Soft Sleeper.

Meals: None, Lunch at local favorite restaurant

Accommodation: Hanoi hotels



Day 2: Sapa Eco Tour – Lao Chai – Ta Van Villages: A Symphony of Cultures



As the train gracefully arrives at 6:00 AM, seek the familiar “Asia Tour Advisor’s Logo & Your Name” sign upon exiting the station. Our guide stands ready to usher you to the former hill station of Sapa. After a delectable breakfast at a local restaurant, savor a brief respite and make final preparations for your Sapa odyssey.

The journey begins on the road, veering onto a small path that winds down the valley to the Muong Hoa River along Y Linh Ho valley. Here, the trail leads to the Black H’mong community in Lao Chai village. Proud custodians of their culture, the Black H’mong boast distinctive traditions, a unique language, and indigo-blue attire. Continue to Ta Van village (1,200 m) to encounter the Zay people—a modest minority group of approximately 38,000 residing in the mountainous terrain of Northwest Vietnam. Though modernization has ushered changes, many Zay women still don traditional shirts in vibrant hues of purple, blue, or green. Bid farewell to the family as you travel to the Ecolodge for check-in, followed by a delightful dinner and an overnight stay amidst nature's embrace.

Approx: 10 km of trekking, Over 30 km of driving from Lao Cai to Sapa, 1-hour drive to the Topas.

What’s included:

- Private car transfer
- English-speaking guide
- Breakfast, lunch, dinner
- Entrance fees
- Overnight at the Topas Ecolodge.

Meals: Breakfast at the dining lounge, Lunch at local favorite restaurant

Accommodation: Sapa hotels



Day 3: Ecolodge - Lech and Thanh Phu Villages – Sapa - Hanoi: Nature's Embrace



Post-breakfast at the Topas Ecolodge, a local guide escorts you on a picturesque trekking day. Covering approximately 15 kilometers, the journey unfolds through Lech, terraced rice fields, a sweeping river valley, and breathtaking mountain vistas. Explore villages belonging to the Black H'mong, Tay, and Red Dzao people, immersing yourself in their rich cultures. Take a refreshing dip in the river and opt for a shared meal with a local family or a picnic with a panoramic view. As the day concludes, return to Sapa town.

Refresh at our office in Sapa with a shower and enjoy a leisurely afternoon exploring the town. Come evening, a car awaits to transport you to the night train back to Hanoi. Arrive at Lao Cai train station and board the night train bound for Hanoi.

Approx: 10 km of trekking with over 5 hours, over 1-hour drive to Sapa, Over 30 km of driving back to Lao Cai with about over 1 hour.

What's included:

- Private car transfer
- English-speaking guide
- Breakfast, lunch, dinner
- Entrance fees

- Train tickets for a 4-berths cabinet, A/C Wooden Soft Sleeper.

Meals: Breakfast at the dining lounge, Lunch at local favorite restaurant

Accommodation: Sapa hotels



Day 4: Hanoi Arrival: A Tranquil Return



Embrace the dawn in Hanoi, arriving early morning around 5:20 AM. Here, you can independently catch a taxi back to your hotel, marking the culmination of your unforgettable Sapa Tour with Asia Tour Advisor. Until we meet again! Asia Tour Advisor stands ready to craft additional customized trips, ensuring your expectations are not just met but exceeded.



Meals: None, Lunch at local favorite restaurant

Accommodation: Hanoi hotels

Booking Policy

What's Included

- Tour guide pick up from your hotel to Hanoi train station .
- Train return tickets in 04 berths sharing cabinet, A/C Wooden Soft sleeper.(If you would like to upgrade to the private 2-berth cabin, please contact us).
- Local English speaking guide (other language guide is upon your request)
- Twin /Double rooms at hotel in Sapa
- Meal as mentioned in program (B= Breakfast, L = Lunch, D = Dinner) in the local restaurants or picnics where no suitable restaurant available.
- Entrance fees, sight seeing fee for all visits as mentioned in the program.
- Purified water and wet towel
- Private car transfer in Sapa
- All taxes and service charge.

What's Excluded

- Hotel early check in
- Other meal, drink, Tip to guide and driver, personal expenses
- Travel Insurance

Cancellation by Customer

- Cancellation received before 60 days: FREE of charge
- Cancellation received from 30 days to 59 days prior arrival date: 10% of total rate
- Cancellation received from 15 days to 29 days prior arrival date: 30% of total rate
- Cancellation received from 7 days to 14 days prior arrival date: 50% of total rate
- Cancellation received less than 7 days prior arrival date or No show: 100% of total rate

Children Policy

- The rate for children applicable for one child sharing a twin or double cabin with two adults
For infant
- 04 - 11 years old without bed: 50% adult rate

- 04 - 11 years old with extra bed: 75% adult rate
- 04 - 11 years old in twin share: 90% adult rate

Why us

100% Local Expert	24/07 Support
Best Customer Values	Price Beat Guarantee
100% Customer Satisfaction	100% Money Back Guarantee
Save up to 50%	Unique Tailor-made Tours