

Discover Sapa – Mu Cang Chai 7 Days



Brief itinerary

Day	Itinerary Description	Overnight
Day 1	Hanoi - Nghia Lo	Mu Cang Chai
Day 2	Nghia Lo - Mu Cang Chai	Mu Cang Chai
Day 3	Mu Cang Chai Trekking	Mu Cang Chai
Day 4	Mu Cang Chai - Tan Uyen - Sapa	Sapa
Day 5	Sapa - Lao Chai – Ta Van	Sapa
Day 6	Ta Van – Giang Ta Chai - Sapa	Sapa
Day 7	Sapa – Ma Tra – Ta Phin - Hanoi	Hanoi

Detailed Itinerary



Day 1: Hanoi - Nghia Lo



Our driver and tour guide will be waiting for you at the lobby from **8AM**. After getting out of a busy Hanoi, you will enjoy the **countryside view** through the windows while driving northwestward to **Yen Bai province**, which **was historically known for its French colonization since 30s of the previous century**. Arriving at **Nghia Lo town** early in the afternoon, checking in our homestay at a peaceful village, then having lunch and rest on a traditional stilt house for a while. **In the afternoon**, we embark on a bicycling tour to discover the daily life of the ethnic community in the area and enjoy the **beautiful scenery of villages, mountains, and rice fields**. As named the **second largest in Northern Vietnam**, the rice paddies start changing into a yellow-gold colour in autumn and fall, and the harvest runs from September until the end of October. These fields are recognised as a national scenic site as well as the unique cultural identity of the **Hmong ethnic group**.

With '**Homestay**' experience, your dinning and overnight accommodation is provided by a local family in their traditional house-on-silts. There would be no private room and you will find yourself comfortable sleeping on the floor in a large communal area. The sleeping corner is set up with a single mattress (thin, but adequate), blankets (ditto), pillow and mosquito net. The restroom is at international standard and a few steps from the main house.

Meals: None, Lunch/Dinner at local favorite restaurant

Accommodation: Mu Cang Chai hotels



Day 2: Nghia Lo - Mu Cang Chai



After breakfast, we bid farewell to the host family and head for **Tu Le**, a little town located at beautiful valley at the foot of **Khau Pha Pass**, in the middle of the way to **Mu Cang Chai**. Upon arrival, we get ready for a soft trek to the rice valley and visit some villages. After taking photographs and meeting nice people, you will be back to the town and having lunch at a local restaurant. **In the afternoon**, we start our drive up the famous **Khau Pha Pass**, where the clouds are almost reachable and there are fantastic views of valleys at the bottom. We will have some stops for a break and photo opportunities on the way to **Mu Cang Chai** until late afternoon. After checking in another homestay by the town, the day will end with a gentle walk to visit a village of the **Thai ethnic minority** at the foot of a mountain nearby. Dinner and overnight at the homestay.

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

Accommodation: Mu Cang Chai hotels



Day 3: Mu Cang Chai Trekking



In the morning, we will get a transfer to a gather point for the whole day trekking to enjoy Vietnam's national rice terrace heritage which creates amazing landscapes stretching down the mountain sides. Our trek will start from **Che Cu Nha** commune to **La Pan Tan Commune** in the distance of around 13 km. This trek will definitely offer us a good opportunity to see the main spots and admire the beauty of amazing rice terraces of **Mu Cang Chai**, the place also is wonderful for taking **magic photos** of with wooden houses and guard boxes spotted on the terrace fields. We will also be able to visit a few villages of the H'mong hill tribe scattered in the area and experience interesting livings of ethnic minority groups. Afterwards, you will get picked up by your private vehicle around 4.00 PM, then transfer back to the accommodation and stay for the second night in **Mu Cang Chai**.

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

Accommodation: Mu Cang Chai hotels



Day 4: Mu Cang Chai - Tan Uyen - Sapa



In the morning we set out for another valley near **Mu Cang Chai town**. From here we have a perfect panorama of the whole town surrounded with terrace rice field. You may take this chance to photograph the scene with water buffalos and people harvesting rice. Then we will leave Mu Cang Chai to **Tan Uyen**, a mountainous district of Lai Chau province and have our lunch here.

The tour keeps going heading for a hidden tea plantation where we see the local picking up tea by hands. The scenery is really beautiful depicted by the view of tea field stretching to the horizon. Lastly, we head for Sapa, one of the most breathtaking hill stations in Vietnam which reflects the signature of French architecture and colorful hill tribal cultures. We have a visit to the town's market and free time in the late afternoon. **Overnight in Sapa.**

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

Accommodation: Sapa hotels



Day 5: Sapa - Lao Chai – Ta Van



After having breakfast and check out hotel, there would be a brief break and last preparations before our Sapa trip.

We take a walk on a small path down the valley to **the Muong Hoa River along Y Linh Ho valley** and from here lead to the **Black H'mong in Lao Chai village**. Black H'mong is one of the biggest minority groups in the Sapa area. They are proud of their culture and preserve their traditions and way of living. They have their own language and usually wear traditional indigo blue clothing.

Continue to **Ta Van village**, home of the Dzay tribe. Although Dzay is a fairly small minority group of about 38.000 people who live mainly in the mountains in Northwest Vietnam, but they still account for the majority of populations, among Tay, Thai, Nung. In fact, the nobly humanistic values in characteristics and the special culture of Dzay people are the most impressive feature for tourists when travelling Ta Van Village.

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

Accommodation: Sapa hotels



Day 6: Ta Van – Giang Ta Chai - Sapa



Following a breakfast with local people, please enjoy the breathtaking scenery in early morning before continue to visit **Red Dao people at Giang Ta Chai**, where we also have a short break near by a hanging bridge made from cane and witness a beautiful waterfall on the occasion.

Red Dao, the second biggest group of hill minority people in Sapa, is recognized as those who wear plain black trousers and a long black tunic with embroidered cuffs and lapels; especially the women have very colorful red embroidery and coins on their clothing. On their head, there is a red scarf to be worn. Some of the women even have shaved off their eyebrows following a respectful **Red Zao Legend**.

We continue along small paths in the rice fields, cross the **Muong Hoa River** and trek up to Su pan village where you will meet the jeep and transfer back to **Sapa**. You will have free time and overnight at hotel in Sapa.

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

Accommodation: Sapa hotels



Day 7: Sapa – Ma Tra – Ta Phin - Hanoi



After having breakfast and checking out, we plan to walk through the town for about 20 minutes before turning to a dirt road to **Ma Tra Village**, whereon inhabited by friendly Black H'mong ethic. Continue trekking up the village and getting through paddies fields will lead you to an ancient Catholic abbey, built by French colonists almost a century ago. Traveling across 2 km further to reach **Ta Phin Village** for exploring the daily life of Red Dzao, where you have a good chance to buy woven and textile brocade made by ethical people as the exclusive souvenirs, before exploring village and **Ta Phin Cave and small hamlet of Black H'mong people**.

We will have lunch at a local restaurant before return to Hanoi. You will arrive your hotel in Hanoi at about 19:00. Finish unforgettable Vietnam Tour with Asia Tour Advisor. Good bye & see you in the next time! Asia Tour Advisor is capable of tailoring customized trips if you wish otherwise.

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

Accommodation: Hanoi hotels

Booking Policy

What's Included

- ✓ Hotel accommodation in shared twin or shared double room with daily breakfast.
- ✓ Meals as mentioned in the itinerary (B = Breakfast, L = Lunch, D = Dinner).
- ✓ Tours and transfers by private air-conditioned vehicles.
- ✓ English speaking local guide
- ✓ All entrance fees as indicated in itinerary.
- ✓ Boat trips as mentioned in the itinerary
- ✓ Cold water and towel during tours
- ✓ Visa Arrival to Vietnam

What's Excluded

- ✗ Meals and drinks not mentioned in the itinerary
- ✗ Visa fee upon arrival in Vietnam
- ✗ Tips and personal expenses including personal insurance
- ✗ Any service not clearly mentioned in the itinerary
- ✗ Hotel early check in & Late check out
- ✗ Peak season surcharge & compulsory dinner at the hotel
- ✗ Supplement for French, Spanish, Italian and German speaking guide

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
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