

## Sapa Home Stay 4 days

### DAY 1 — Hanoi

Leave Hanoi bound for Sapa by overnight train. Travel to the border town of Lao Cai in a comfortable, air conditioned 4 berth cabin.

### DAY 2 — Sapa / Ta Van

Arrive early morning in Lao Cai and take a 1hr drive to Sapa. After breakfast, your guide will run over your day's activities. You will have the opportunity to take a downhill trek to the H'Mong village of Lao Chai and the Red Dzao village of Ta Van. You will overnight in the village of Ta Van where you will enjoy dinner and breakfast with your host family.

### DAY 3 — Giang Ta Chai / Sapa

After breakfast you will trek to Muong Hoa River and will visit the Hmong village of Giang Ta Chai. If the weather is fine, the river makes for a great opportunity to swim in the fresh mountain waters. Midday you will take a jeep back to Sapa. Mid afternoon you will take a bus to Lao Cai for your overnight train to Hanoi.

### DAY 4 — Hanoi

You will arrive in Hanoi about 6am.

### Sapa

For a fantastic cultural taste of Vietnam and an insight into some of Vietnam's 54 minority tribes, Sapa is a must see. Markets are held most days in Sapa and here you will witness some of the many hilltribe people, clad in their traditional dress, living their daily life. Walking in the picturesque mountains and visiting the local people's villages is a wonderful experience.

### Emergency Contact in Vietnam 24 hours

Mike Keenan - +84 903 486 488  
Travis Fennell - +84 905 056 556

### Tipping Guide

For your leader we recommend \$2 USD a day. For drivers & local guides, we recommend \$1 USD a day. You are under no obligation to tip, this is a guide only.

### Wide Eyed Tours Rules

Illegal drugs will not be tolerated on our trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for Wide Eyed Tours travellers. Wide Eyed Tours philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make our destinations such special places. The exploitation of prostitutes is completely contrary to this philosophy. Our group leader has the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

### Responsible Travel

We believe strongly in low impact or rather positive impact tourism. Broadly speaking this means that we try to minimise the negative aspects of tourism on the local cultures and environments that we visit and highlight the positive aspects.



#### Inclusions

Train Hanoi – Lao Cai – Hanoi, air conditioned, soft sleeper; Bus Lao Cai – Sapa – Lao Cai; English speaking guide; Entrance fees.

#### Included Meals

1 x breakfast, 2 x lunch, 1 x dinner

#### Accommodation

Homestay in Ta Van (1 night), sleeper train (2 nights)