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Sapa Trekking and Bac Ha Sunday Market

3 Days/4 Nights

Bac Ha has one of the most interesting ethnic markets in Vietnam and possibly everywhere in South East Asia: " Sunday is the market day in Bac Ha, which is the occasion for the various local ethnics to gather in huge crowds to exchange the last news, gossip, shop, and eat a copious lunch. It was visibly a festive event. You will be surrounded in a sea of color, and had the feeling to be on a movie set. Everyone seemed excited. A few men rode small horses. Those fortunate enough to be able to pay 10000 dongs (75 cents) arrived at the back of a motorcycle, sharing the ride with two other passengers. Most came on foot, from villages as far as 20 kilometers away. Even the old hunched lady was not going to miss the weekly party.

Although there were several ethnics at the market, the Flower H'mong women stood apart with their vibrant dress. They wear a number of skirts made with very colorful fabric and some batiks and their heads are covered with elaborately shaped and balanced scarfs. In the rapid global uniformization of today's world, it was refreshing to see this untouched beauty in humanity..."

Itinerary

Night 1 (Thursday Night): 8.00pm Depart from Hanoi by taxi to Hanoi Railway Station and catch the night train to Lao Cai (soft sleeper with air-conditioning, 4 people/cabin or 2 people/cabin on request)

Arrive in Lao Cai at 5:30 or 6:00am.

Day 1 (Friday): Lao Cai - Sapa - Cat Cat - Sin Chai Village (5 hours trekking, 12 km, 2 villages - B, L,)

6 : 00 Am - Arrive to Lao Cai train station. Welcome by your local guide and driver. Take a drive of 40km to your hotel in Sapa town. Have breakfast in restaurant. The guide will help you to put your bags in the Hotel luggage store then take you to explore Sapa town. Back to the Hotel for check in. Have lunch. After lunch, a walk down to the South-West of Sapa (around 4km), pass through the market to the sealed pathways to Cat Cat village. This twisty beautiful vista road leads you to stairs where we descend to the centre of the Black H'mong's village then keep going down to the Cat Cat waterfall. This is a chance to see the hydroelectric power station established by the French. You can swim in the small river if weather permits. Walk along by the river about 6km to visit Sin Chai, the village located at the foot of Fansipan Mountain, "the roof of Vietnam and Indochina". From here you can enjoy huge stunning landscapes before climbing up to the road back to Sapa. You have free time to



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have dinner and to explore Sapa town at night.
Overnight at hotel in Sapa town.

Day 2 (Saturday): Sapa - Lao Chai - Ta Van - Giang Ta Chai Villages - Sapa (7 hours trekking, 17 km, 3 villages - B,L,)

Breakfast at Hotel. Trekking down the valley where to visit 2 villages of the H'mong and the Dzay. Picnic lunch on the way or in a local family. Go on visiting the Red Dzaio in Giang Ta Chai village, visiting a waterfall and a suspension bridge. Walk up to the road for the transfer back to Sapa. Free for your dinner and your own leisure.
Overnight at hotel in Sapa town.

Day 3 (Sunday): Sapa - Bac Ha Market - Lao Cai - Hanoi (B,L,)

Breakfast at Hotel then check out hotel room. Transfer to Bac Ha market (120km from Sapa). You will visit a big market filled with many different hill-tribe peoples. This is the most colorful market in North Vietnam. At the market, you have chance to enjoy Bac Ha people's simple but unique kinds of food with special wines made from rice, cassavas, corn and different sorts of fruits such as plumps, apples, peaches... talking to the minorities through the guide's interpretation. Leave the market for the H'mong King's house (King Hoang A Tuong) built by the French colonists and the Chinese in 1920. Return to the town for lunch.
In the afternoon, spend time visiting another village (Ban Pho village). Say good bye to Bac Ha and get back to Lao Cai for night train back to Hanoi. You can have dinner at restaurant in Lao Cai before catching the train back to Hanoi.
Overnight in the A/C soft sleeper wooden Cabin. (4 people/cabin or 2 people/cabin on request).
Arrive in Hanoi around 5:00 AM next day. Tour ends.

Includes:

- Full transportation by A/C vehicle as tour program indicated.
- A/C 4 berth soft sleeper train (4people/cabin)
- Sightseeing fees and permits.
- English speaking guide
- All meals as mentioned in program (B=Breakfast, L=Lunch, D=Dinner)
- Accommodation as program, based in twin sharing or double (on request)

Excludes:



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- Drinks, except otherwise mentioned
- Insurance, Personal expenses, Tips and emergency transfers.

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