



# TREK VIETNAM - THE SAPA HIGHLANDS

# ITINERARY – OUTLINE FOR BESPOKE TRIPS

This beautiful area northwest of Hanoi offers some of Vietnam's most spectacular scenery and is fantastic trekking country. Home to a variety of colourfully dressed ethnic groups, we trek through pristine jungle, over ancient mountain passes, around terraced paddy fields and into friendly, minority villages. After five days of spectacular trekking, with the unique experience of staying with the local tribes, we head to Northern Vietnam's charming capital, Hanoi, where we visit bustling markets, stroll down tree-lined avenues and soak up the elegant charm of the former French colonial city.

## DAY 1 DEPARTURE

## DAY 2 ARRIVE HANOI

We arrive into Hanoi and after a warm welcome from our guides at the airport we transfer to the heart of the capital. This evening we have a welcome meal before transferring to the railway station for the overnight train to Sapa. Tonight we sleep on the train in 'soft sleepers'.

## DAY 3 SAPA 5 HRS TREKKING

Early morning we arrive into Sapa and transfer to our hotel. After breakfast and a quick freshen up we begin our challenge with a hike through Sapa and along a trail through beautiful gardens and lush pine forests. The first village we come across is Ma Tra, home of the Black Hmong ethnic minority. Here we have the opportunity to observe and experience the daily life and schooling of the friendly villagers, before continuing on through rice paddy fields and spectacular scenery. In the afternoon we trek to the Red Dao minority village of Ta Phin, where we meet more, welcoming locals. We transfer back to Sapa in time for dinner and spend our first night in a hotel.

## DAY 4 TA VAN 5 HRS TREKKING

After breakfast we trek through the local market leaving the busy town behind. Before long we follow a paved trail leading downhill to Cat Cat village, where we rest by a waterfall, before continuing through rice paddy terraces amongst spectacular scenery. We walk along a narrow river that eventually arrives in Y Linh Ho village (Black Hmong tribe), where we take a rest by the river. After lunch, we head along the Muong Hoa valley, passing through Lao Chai and then Ta Van for our first glimpse of the Giay minority. We have an incredible experience tonight as we spend the night in a cultural homestays, learning about how these communities live!

**DAY 5****SEOMITY VILLAGE****5 HRS TREKKING**

Today we trek through the Hoang Lien National Park through bamboo forest. We have lunch at a lovely scenic spot by a waterfall, before trekking on towards the small village of Seomity of the Black Hmong minority, before we arrive at our campsite, which is ideally located near the river so that we can wash ourselves of the days dust, and just outside of the local village.

**DAY 6****TA TRUNG HO****5 HRS TREKKING**

Once leaving Seomity and the friendly Black Hmong minority tribe, we follow the river to Den Thang; a trekking route built in the bottom of the valley with some fantastic views of the surrounding mountains. We stop here for lunch then our trek becomes tougher as it continues to Ta Trung Ho village of the Red Dao minority. Tonight we experience another cultural homestay as we spend a night in bamboo huts and a local house, enjoying the wonderful hospitality and incredible food of the Red Dao people.

**DAY 7****MT FANSIPAN****5 HRS TREKKING**

For our last trekking day we start with a climb to the Red Dao peoples village of Nam Toong where we stop for lunch. The trek is close to the rainforest of the Hoang Lien Son mountain range where Mt Fansipan 3143m towers above all other peaks in Vietnam. For the rest of the day we drop to the village of Ban Ho and along the way stop by a refreshing waterfall for a quick swim. On arrival at Su Pan we look back on an incredible valley before a short transfer takes us to our Eco-Lodge where we spend the night.

**DAY 8****SAPA****2 HRS TREKKING**

After breakfast we take a short walk to Lech H'mong village. Our last trek is easy going with great views over the valley. Late morning we transfer to Sapa and have the afternoon free before taking our overnight train back to Hanoi.

**DAY 9****HANOI**

We have the whole day free to enjoy this great Vietnamese city. We re-group in the evening for our celebration meal.

**DAY 10****DEPART**

We transfer to the airport in time for our flight home.

**DAY 11****ARRIVE HOME**



LOGISTICS



## **COSTS OF CHALLENGE**

From £2065 per person  
For groups less than 15, please get in touch

## **CHALLENGE COST INCLUSIONS**

Pre-trip briefing by Action Challenge staff  
International flights  
Overnight Sleeper Train  
Action Challenge representative  
Expedition medic  
English-speaking local guides  
Luggage transfer porters  
Cooking Staff  
All accommodation  
All meals, except in free time  
All transfers  
All National Park fees  
3 litres of water provided daily

## **NOT INCLUDED**

Sleeping bag (where needed)  
Travel insurance  
Single supplement  
Visas  
Local departure tax (if applicable)  
Tips for staff  
Fuel supplement

## **ABOUT ACTION CHALLENGE**

As our name suggests, Action Challenge specialises in the creation of challenging, travel-based activities the world over. Since 1999, we have worked with many blue chip companies, over 600 national and regional charities, schools, sports clubs, groups of friends and individuals on both UK and overseas events. With over 160 itineraries in some of the most unexplored places on the globe, we are proud of lengths we go to, to bring our clients experiences they would be unable to find elsewhere.

## **FITNESS & RATING**

This moderate challenge requires a good level of fitness to walk the route.

## **ACCOMMODATION**

2 nights sleeper train (4 Berth), 2 nights hotel/eco-lodge (twin/triple), 1 night camping, 3 nights in local home-stays (multiple/group). The home-stays are very basic with no running water, limited electricity but mattresses and mosquito nets are provided. These unique experiences are often the highlight of the trip.

## **FOOD**

We will try and bring you appropriate food for the challenge and where possible include local flavours and cuisine, it will always be freshly prepared food that is nutritional and ultimately tasty. We hope that it exceeds peoples expectations given the circumstances. Three meals are provided throughout the challenge days apart from during free time.

## **WEATHER**

September to March/April are the best months for this trekking as we avoid the monsoons. Lowland areas are hot and steamy, with the higher areas benefiting from more manageable temperatures.