

## SAPA TREKKING & MARKET TOUR

### Itinerary Overview

Day	Destinations/Activities	Meals
Day 1	LAO CAI – CAN CAU MARKET	B/L
Day 2	SAPA – Y LINH HO - LAO CHAI – TA VAN	B/L
Day 3	SAPA - CAT CAT – SIN CHAI	B

**Note\*:** B: Breakfast / L: Lunch / D: Dinner

### Detailed Itinerary

#### Day 1 LAO CAI – CAN CAU MARKET

Early departure from Lao Cai train station or hotel in Sapa on Saturday morning. Breakfast at local restaurant. Transfer by road 122km to Can Cau via Lao Cai city and Bac Ha Town. The road is good but having many sharp bend with a long descend and a long ascend which takes about 3 hours including one or two breaks along the way.

Arrive to the market place at about 9 am. Spend two hours joining the local tribal peoples including Flower H'mong, Black Zao, Phu La and Tay for the festive market activities where peoples in their best traditional costume gather every Saturday for shopping and socializing. The right location of the market place also offers photo-hunters ideal opportunity for taking photos, not only of peoples in colorful traditional costumes but also breathtaking landscapes of the perfect surrounding. Leaving the market almost at noon, drive 20 km back to Bac Ha town letfor lunch break.

In the afternoon, you will take a walk to Ban Pho, a small village of Nung and Flower Hmong. The villagers grow vegetables and fruit trees. One of the most famous fruit of the area is plum. Visit a local

house and taste a cup of corn wine, another famous product of the village. Then drive to hotel in Sapa in the late afternoon.

**Meals:** Breakfast/Lunch

**Accommodation:** Hotel in Sapa

## Day 2

### SAPA – Y LINH HO – LAO CHAI – TA VAN

Pickup in Sapa Town for few minutes before starting 6km of walking down to the south east of Sapa along the side of Muong Hoa valley to Y Linh Ho village of the Black H'mong.

A 2 km-trekking down to Lao Chai village, through terraced rice fields to Ta Van village of the Dzay minority people. On the way, we would have chance to learn about the local agriculture producing customs and daily lifestyle. Here you will enjoy lunch provided for you in a local family home, all for you to discover their daily life, works and special custom, enjoy landscapes... After lunch we will trek through bamboo forest to Giang Ta Chai village - home of the red Dzao. Nearby we will rest at a wonderful water fall followed by a rattan bridge crossing taking us back to the Jeep for our return to Sapa. You will have free time to explore Sapa by night.

**Meals:** Breakfast/Lunch

**Accommodation:** Hotel in Sapa

## Day 3

### SAPA – CAT CAT – SIN CHAI

Pickup at the hotel.

We will be walking down to the South-west of Sapa (around 4 km) to visit Cat Cat village where the Black H'mong reside. Relax at the food of the stunning waterfall and the remnants of a hydroelectric power station that was constructed by the French during the colonial time. Continue on for 3 km to Sin Chai, which is located at the foot of Fansipan Mountain, also known as "the roof of Vietnam and Indochina". From here we take in the beautiful picturesque view before returning to Sapa by Jeep/van. Lunch at the local restaurant. Trip ends!

**Meals:** Breakfast/Lunch

**Accommodation:** N/A

## Inclusions & Exclusions

INCLUSIONS	EXCLUSIONS
<ul style="list-style-type: none"><li>➤ Overnights in selected hotels or similar</li><li>➤ Local English speaking guides</li><li>➤ Excursions as mentioned in the itinerary</li><li>➤ Meals as indicated in the itinerary</li><li>➤ Entrance fees for sightseeing mentioned in the itinerary</li><li>➤ Tours and transfers as mentioned, by air-conditioned vehicles (bus and group tour)</li></ul>	<ul style="list-style-type: none"><li>➤ Meals and services other than those noted in the itinerary</li><li>➤ Laundry, telephone calls, and personal expenditures</li><li>➤ Gratuities for guides, drivers, porters, boat crew, and personal, non-itinerary services</li><li>➤ Transfer by bus/train <u>Hanoi</u> – Sapa – Hanoi</li></ul>

## Booking Terms & Conditions

### Payment

- To guarantee your land tour booking, a deposit 30% must be paid in advance. The balance must be settled **either** in USD Cash on arrival **or** 1 week before arrival date via any other methods.
- We accept payments in cash, by credit card or by bank transfer and Western Union. Any charges to settle the payment must be paid by the Clients. We will recognize the amount receive only.

### Cancellations

Cancellations for all or any part of the trip will not be effective until received in writing. Should you have to cancel, the following terms will apply:

- 30% of total package price should be deposited once the booking is confirmed

- Cancellation received less than 72 hours prior arrival date or No show: full charge the total package tour
- Cancellation received from 4 days to 14 days prior arrival date: 50% of total package tour charged
- Cancellation received from 15 days to 20 days prior arrival date: 10% of total package tour charged

We strongly recommend for your protection that you purchase a trip cancellation insurance.

## Important Information

### Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call the travel consultant whom you deal with and then our hot line contacts. If for any reason you do not receive an immediate answer, please send us a detailed message and contact information by email to the agent and to [info@indochinatreks.com](mailto:info@indochinatreks.com), we may check and return your call and assist you as soon as possible.

Our all travel consultants use WhatApps. Please ensure that you have the contact number. It's best to buy a local sim-card upon arrival. Most hotels offer free wifi. So it's very easy to contact in urgent case.

Emergency contact numbers

Mr. Kelvin Do: +84 986759655

Ms. Thuy Pham: +84 984654964

### Internal Flights

For all internal flights, we would use Vietnamairlines, Vietjesair, Jestar, Cambodia Angkorair or Laos Airlines. Most domestic flights in Laos, Cambodia and Myanmar, airlines would use small 70 seat ATR72 for short distances. Most airlines in Vietnam use the Airbus A321. 20kg for checkin luggage and 7kg for hand-bag is included in the price.

International flights before/after the tour must be booked by yourself before travelling date.

### Accommodation

We would use different hotel categories and you can select any basing on your budget. So your travel companions would not stay at your hotel. A Hotel Voucher will be provided once your tour is confirmed with all hotel details.

## **Packing List**

### Conservative Dress

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

**Note\*:** Please pack clothing for the season in which you will be travelling. From Dec-Feb weather can be cold, so please pack warm clothing. From May-Nov it is the wet season, so please bring waterproof clothing.

### **Documents**

- All tickets (required)
- Passport (required) (With photocopies)
- Required visas
- Hotel & Tour Vouchers
- Meeting sign (with your names and flight details that we will use for transfers)

## **Train Travel**

Train travel in Vietnam is very basic and train cleanliness is often not a priority for train staff. Sleeper trains normally have 4 seats per compartment, which convert into sleeping bunks (two upper and two lower). A sheet, pillow and blanket are provided, although many people prefer to bring their own sleeping sheet. At times, passengers of different genders may be required to share a sleeper train berth and/or share a compartment with people not travelling in your group. For short distance - 3 hours (as Hue to Danang or vv), you will do the trip on soft/hard seat carriage.

Simple food is available on the train but many people like to stock up on freshly baked bread, cheese and fruit prior to departure. Water should also be bought before the journey.

Train journeys in Vietnam are an experience and allow you to get a real taste of Vietnam.

## **Airport transfers**

All airport transfers are included in the tour price. You should provide us your arrival/departure flight details and we will arrange things basing on the information. A meeting sign with your name and all flight details will be sent to you. Please be ready at the lobby at pointed time for pickup.

Driver/guide should always be present at the airport before your arrival time. If you could not find the driver, please contact your travel consultant who you deal with. For any reason that airport transfer could not be arranged, please take the taxi to the hotel. We will refund the money then.

## **Travel insurance**

Travel insurance is not included in our tour price. When travelling with us, you are suggested to buy insurance that covers all medical coverage, cancellation, personal liability, curtailment and loss of luggage and personal effects.

## **Trip Specific Safety**

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Be aware that petty theft can be an issue in some towns and cities especially late at night. A common tactic is opportunists on motorbikes that drive by and snatch bags. Please always leave valuables and passports etc in your hotel in safety boxes if available and only carry with you enough cash to spend for the day. Bags should always be carried over the neck and not left to sit on your shoulder.

## **Warming**

Please do not buy gems unless you know what you are doing. Even if genuine you should not expect to be able to sell them at home. If you fall victim to a gem scam, we are unable to assist you.

## **Visas and Entry Requirements**

Please note that visas for Vietnam, Cambodia and Laos are the responsibility of the individual traveller. The visa requirements for your trip vary depending on where you are from and where you are going. For the most up to date information please check your Governments Foreign Ministry website or with you travel agent as rules do change.

CAMBODIA - Visas can be obtained at the Cambodian border or Siem Reap Airport for approx. \$35 USD very easily. Please have \*at least\* 2 passport photos with you as well.

VIETNAM - As of March 2017, a select 80 nationalities are now eligible to enter Vietnam with an E-Visa. Please contact your Foreign Ministry or Vietnamese consulate to see if your nationality is eligible.

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Please note that you should ONLY apply for a Vietnam E-Visa if you are entering Vietnam by international airport - either Noi Bai International Airport (Hanoi) or Tan Son Nhat International Airport (Ho Chi Minh City).

If you are entering Vietnam by land border, please apply for a regular visa for Vietnam. Many of the land borders we travel through do not accept the Vietnam E-Visa. Please view this link to apply E-Visa: <https://evisa.xuatnhapcanh.gov.vn/web/guest/trang-chu-ttdt>

LAOS - Visas are issued upon arrival in Laos. You will need two passport size photographs and approx \$35. Tourists are generally admitted to Laos for 15 days with a visa on arrival or for 30 days with a visa issued at a Lao embassy. Please bring visa photos with you.

Please be aware that you will require four clean pages (minimum) in your passport and at least six months validity.

## **Tipping**

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. Recommendations for tipping drivers and local guides would range from \$3-\$5 USD per person per day depending on the quality and length of the service.

## **Electricity**

Indochina Countries use 220V, and a mixture of flat 2-pin, round 2-pin or 3 pin plugs. It is recommended to bring a universal plug adapter.