



→Description:

In the Hmong dialect, we are used to say that “There is no mountain higher than knees of Hmong people“. Hmong people use to live high in the mountains. Nothing can scare them. Not even an ascent with a declination of 70° with their honeycomb sandals, the traditional slippers. This trek is a challenge for you to follow them, to see if you are to able to walk like a Hmong. At the same time, on our off the beaten track trek, you will be rewarded by the most scenic views in the Sapa valley, also called the Muong Hoa valley and cross the main villages to learn about their culture and customs.

Our local English speaking H'mong guide make this trip unforgettable. This trek can be customized differently above request.



→Details:

Difficulty: challenging

1st day:

The trek will start at 9.30am in Sapa town. On the first day, you will leave the city for a trail up in the mountains to Zizi Homestay. On the way, you will see your first breathtaking points of view on the valley and get the chance to see the Fansipang peak. Take a rest on the way with a picnic lunch. You will cross the first typical Hmong villages like Hau Thao, where lives Zizi's family.

At the end of the day, relax yourself in front of our terrace view, enjoy the sunset before the family dinner cooked by Zizi.

You will also need to a good night sleep to recover your strength.



2nd day:

This day will be the most challenging and certainly the most rewarding one for you. After a delicious breakfast, you will cross the Muong Hoa river to go on the other side of the valley and explore small local villages like Ta Van and Lao Chai. Climb the mountains and sink deeper in the countryside through stunning terrace rice fields with isolated Hmong houses. You will see animals, farmers working on their rice paddies or grazing their livestock. Feel the fresh forest air. On the top, you will reach some of the most breathtaking 360° views you have never seen before: a high view on the valley, Sapa, the villages, the terrace rice fields.... Up there, take a break during the lunch. You will hike through the forest before a descent as deep as the ascent to follow streams and arrive to two of the most beautiful waterfalls on the valley. Arrived in Ta Giang Chai, walk on a suspension on the way back to Zizi Homestay.

A herbal foot path will wait for you at Zizi homestay when you will come back. A last family dinner, shared with your Hmong guide, will be served before you come back to Sapa.



→Included:

a English speaking Hmong guide, 2 lunches and dinners, 1 breakfast, water (1 big bottle/day), night in Zizi Homestay in dormitory, entrance fees for the Muong Hoa Valley, taxi for the way back to Sapa, herbal foot bath

→Excluded:

Travel insurance, personal expenses

→Price

Departure from Sapa:

Nb of persons	1	2	3	4	5-6	7
Price/ pax	\$88	\$69	\$64	\$59	\$55	\$52

Departure from Hanoi with round trip bus tickets, breakfast on arrival and a dinner on the 2nd day:

Nb of persons	1	2	3	4	5-6	7
Price/ pax	\$103	\$92	\$86	\$71	\$77	\$74

The benefits will directly help the Hmong community to improve their living conditions and the education of their children