

TREKKING IN HOANG SU PHI
THE FORGOTTEN PARADISE IN THE NORTH OF VIETNAM



TOUR CODE: VRT_009_8d

ROUTES: Hanoi – Hoang Su Phi - Hanoi

DURATION: 8 days 7 nights

TOUR DESCRIPTION:

Located in the North-West of Ha Giang province, Hoang Su Phi is a forgotten paradise for its wild and mysterious beauty. Coming to Hoang Su Phi, you will be enchanted by endless rice terraces, pristine natures and by the enthusiasm, hospitality of the indigenous people.

HIGHLIGHT

- The majestic natural landscapes and unique terraced fields in Vietnam.
- Trekking routes across rice terraces, villages, bamboo forests and tea forests.
- Lively experience with indigenous people-from 12 different minority groups in Hoang Su Phi.
- Experience seasonal local activities: catching fish in the fields, picking tea leaves, harvesting rice, etc.

Day 1: Hanoi – Tan Quang – Tan Xa Phin – Nam Son (-/L/D)

- Depart from your hotel in Hanoi to Tan Quang town. Lunch will be served at a restaurant in Tan Quang.
- After lunch, keep heading to to Tan Xa Phin in Hoang Su Phi. Upon arrival, trekking 1,5h through beautiful rice terraces to get to homestay in Nam Son.
- Spend your first night at a Tay traditional house in Nam Son. You can freely chat with homestay owner and join them for preparing dinner.



Day 2: Nam Son – Ta Ho Pien - Phin Ho (B,L,D)

- Enjoy a breakfast of pancakes and coffee served by homestay owners, then you will start your second day in Hoang Su Phi by trekking to Ta Ho Pien village, which is inhabited by Red Dzaos ethnic group.
- Lunch will be served at a homestay of Tay people
- Continue heading to Phin Ho village whose most specific feature is hundreds-year-old Shan Tuyet tea trees, the specialty of Hoang Su Phi. You have a chance to see ancient tea trees and join indigenous people for picking tea leaves.
- Have dinner and stay overnight at Red Dzaos' homestay



Day 3: Phin Ho – Nam Nghi – Nam Hong

- You will set off on foot to the village of Nam Nghi. You will see yourself go through big bamboo forests, Shan Tuyet tea hills and marvelous terraced rice fields.
- Take a little rest and have your lunch when you arrive in Nam Nghi village.
- After lunch, keep trekking to Nam Hong.
- You are welcomed to stay at homestay with Red Dzaos people.
- Optional cultural performances including Fire dances and Stick Pushing are available at surcharge.



Day 4: Nam Hong – Nam Khoa – Nam Ai (B,L,D)

- You will leave Nam Hong in the early morning, follow trails winding through rice terraces across Nam Khoa village. You will have time to admire the stunning views of the terraces.
- Lunch will be served on the way.
- Keep heading to Nam Ai which is also famous for Shan Tuyet tea. You will be invited to enjoy tea here.
- Stay overnight at homestay of Long-dressed Dzao family



Day 5: Nam Ai – Seo Phin – Ho Thau (B,L,D)

- Today you will go down to Nam Son, the small town in the north of Vietnam. Leave the town by passing a suspension bridge leading to Seo Phin, a H'mong village.
- On the winding trails, you will also witness the daily life of indigenous people.
- Have lunch with a family of H'mong people before continue trekking to Ho Thau.
- Overnight at homestay of Nung ethnic group or Red Dzao ethnic group in Ho Thau.



Day 6: Ho Thau – Ban Van – Suoi Thau (B,L,D)

- Today will be a hard trekking day with 5 to 6 hours trek until reaching Suoi Thau village. Inhabited by the Long-dressed Dzao ethnic group, Suoi Thau is located among the largest terraced rice field in Hoang Su Phi.
- Lunch will be prepared by Red Dzao homestay owners.
- Spend the rest of day to discover peaceful life of indigenous people living around your homestay.
- Overnight at homestay with a long-dressed Dzao family.

Day 7: Suoi Thau – Lung Dam – Vinh Quang town (B, L, D)

- Leave terraced rice field of Ban Luoc for Vinh Quang town, the capital of Hoang Su Phi. From Suoi Thau, you need to go downhill, cross Nung ethnic group’s village and Chay river to reach the town.
- Lunch will be served on the way.
- Upon arrival at Vinh Quang town, you can walk around to discover the little town.
- Spend your last day in Hoang Su Phi at hotel in Vinh Quang town.



Day 8: Visit Su Phi Sunday Market and goodbye Hoang Su Phi (B, -, -)

- If it’s a Sunday, you should not miss the Sunday market, which is one of the biggest minority people’s market in the North of Vietnam. You will be impressed by liveliness here as well as multi colorful costumes of the local people. The market opens at around 6am and closes at mid-day.
- Choose some lovely souvenirs at the market and go on bus to get back to Hanoi.
- You will reach Hanoi in the late afternoon.



	2-3 pax	4-6 pax	7-10 pax
Public Price (US\$)	911	553	429