



NORTHERN VIETNAM · THREE DAYS

Sapa Hill-Tribe Trek

3 Days · 2 Nights through the valleys below Sapa

BEFORE THE JOURNEY BEGINS

Sapa is not the kind of place that reveals itself quickly. Most travellers see the same version of it — the viewpoints, the main trails, the market on weekends. It is beautiful, but it is also the surface. Below the town, the paths become smaller. The crowds disappear. What remains are rice terraces, mountain villages, woodsmoke in the morning air, and the slow rhythm of daily life in the valleys.

HOW IT MOVES

Three days, privately guided, shaped around your group. The route moves through Hmong, Red Dao and Giay villages, staying off the main tourist circuits where possible. Nights are spent in local homestays — not guesthouses. A local mountain guide leads the walk. Daily distance, pace and routes are adjusted each morning for weather, terrain and what the group is feeling.

AT A GLANCE

DURATION	3 Days · 2 Nights
REGION	Sapa · Muong Hoa Valley, Northern Vietnam
PACE	Easy to moderate — flexible throughout
GROUP	Small and private — six trekkers at most
TRAVEL STYLE	On foot, with a local mountain guide
ACCOMMODATION	Hmong, Red Dao or Giay family homestays
BEST FOR	Travellers who prefer walking to rushing
SEASON	Year-round; finest light September to May

Three days. Two nights. A valley that takes its time.

THE ITINERARY · DAYS ONE & TWO

Into the valley.

The first descent, and the first nights inside the homes.

DAY ONE

Into the Valley

ROUTE *Sapa town → Muong Hoa Valley → Hmong hamlets*

OVERNIGHT *Family homestay, deep in the valley*

The journey begins in Sapa town before the road drops quickly into the valley below. Within the first hour, the noise of the town is gone — replaced by the sound of water, open terraces, and the occasional buffalo moving slowly through a field. The path leads through Hmong hamlets where the day is already underway: smoke rising from kitchens, women working the fields, children disappearing into the mist-covered paths ahead. Lunch is taken at a local home along the route. By late afternoon, the trail reaches the first homestay — a wooden house surrounded by terraces, with dinner already being prepared in the kitchen.

Evening — the valley becomes quiet again, dinner around the family table.

DAY TWO

Between the Clouds

ROUTE *Red Dao & Giay villages → high mountain paths*

OVERNIGHT *Family homestay along the route*

Mist in the morning, always. It sits low over the terraces and lifts slowly, if it lifts at all. This is the longest day of the journey and the most open — paths that climb to wider views of the northwest highlands, then drop into Red Dao and Giay villages where the architecture is older and the pace even slower. There are stops along the way. For tea, for photographs, or simply because the view is worth pausing at. On certain mornings, the valley below disappears entirely into cloud. Lunch is taken in the hills before the trail descends toward the homestay again.

Evening — a family meal, conversation that needs no shared language.

THE ITINERARY · DAY THREE

And the last morning.

The final walk, and the road back to Hanoi.

DAY THREE

The Last Morning

ROUTE *Homestay → fields & wooden bridges → Sapa town*

ONWARD *Lao Cai · overnight train to Hanoi*

The final day begins gently. Breakfast at the homestay, then a short walk through the fields in the early light, while the mist still hangs low over the terraces. A last section of trail through fields and across small wooden bridges, then the road back to Sapa town. Lunch in town.

Time to sit. Later in the day, the journey continues toward Lao Cai and the overnight train back to Hanoi.

Evening — the train pulls south, and the mountains fall behind.

WHAT TENDS TO STAY WITH YOU

Not the landscapes. The smaller things — the way a village feels at six in the morning before anyone arrives, a lunch that becomes a conversation, the quiet of a mountain homestay after dark, the sound of rain on a wooden roof.

PRACTICAL DETAILS · WHAT IS INCLUDED · HOW TO PLAN

The shape of the journey.

What it includes, what to expect, and how to begin.

INCLUDED THROUGHOUT

LOCAL GUIDE	A local Hmong or Red Dao mountain guide for the full route.
HOMESTAYS	Two nights inside working family homes — not guesthouses.
MEALS	Home-cooked breakfasts, lunches and dinners on the trek.
TRANSFERS	Private transfers between Sapa town and the trailhead.
VILLAGE FEES	All entrance fees and drinking water along the route.

PRACTICALITIES

BEST SEASON

September to May — clearer mornings, softer light.

PACK

Layers, light rain shell, sturdy walking shoes.

DIFFICULTY

Easy to moderate — 8 to 14 km daily.

GROUP SIZE

Up to six trekkers; private departures.

GETTING HERE

Overnight train from Hanoi to Lao Cai, then by road.

PLAN YOUR JOURNEY

We design each expedition privately. Share your travel dates and preferred pace — we reply within 48 hours with a tailored proposal.

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BASED IN	Hanoi, Vietnam

Travel with a local.

The part people tend to talk about when they get home is not the landscapes — it is the families, the guide, the table. That is what this journey is built around.