

**SAPA TREKKING & CULTURE  
WEEKEND TRIP**

## WEEKEND OVERVIEW

The mountainous region of Sapa comprises of thousands upon thousands of acres of lush vegetation, with terrain that ranges from rolling hills to rice paddies. This unique region is not only believed to be Vietnam's best region for trekking, but it is also famously known for its diverse traditional culture of the many ethnic minorities that call Sapa home.

As you trek through Sapa, you will get to see first-hand the diverse terrains and natural beauty that the region offers. You will pass through lush green bamboo forests, walk bare foot through the rice paddies, stop for photos on the rolling hills and explore the traditional villages where you will learn so much along the way. As Sapa becomes even more popular, the main routes have become very commercialised and set up for tourists. This weekend trip will take you through the least crowded routes, allowing you to discover the real Sapa and Vietnam.

As we explore the marvellous mountainous area of Sapa, trekking up to 13km per day, you will get to take part in many activities, including:

- Trekking through Bamboo Forests
- Swimming under a refreshing waterfall
- Enjoying the far-reaching mountainous view
- Taking some iconic photos of the rolling green hills
- Learning about Batik and cloth making by local H'Mong
- Visiting Sa Seng Village to see the daily lives of locals
- Walking through rice paddies
- Passing through Su Pan Village

Our structured weekend trips will ensure you get the most out of your time and a local co-ordinator will accompany you throughout.

Each trip leaves on a Friday evening and returns on the Sunday evening. The cost to take part in the trip is **£109 per person**.

The following are included within this fee:

- Accommodation
- Transfer to and from the station
- Three meals per day
- Any entrance fees
- All activities

## START DATES

We will be running the Sapa trekking and cultural weekend trip on the following dates:

**21<sup>st</sup> January 2022 – 23<sup>rd</sup> January 2022**  
**25<sup>th</sup> February 2022 – 27<sup>th</sup> February 2022**  
**25<sup>th</sup> March 2022 – 27<sup>th</sup> March 2022**  
**22<sup>nd</sup> April 2022 – 24<sup>th</sup> April 2022**  
**27<sup>th</sup> May 2022 – 29<sup>th</sup> May 2022**  
**24<sup>th</sup> June 2022 – 26<sup>th</sup> June 2022**  
**22<sup>nd</sup> July 2022 – 24<sup>th</sup> July 2022**  
**26<sup>th</sup> August 2022 – 28<sup>th</sup> August 2022**  
**23<sup>rd</sup> September 2022 – 25<sup>th</sup> September 2022**  
**21<sup>st</sup> October 2022 – 23<sup>rd</sup> October 2022**  
**25<sup>th</sup> November 2022 – 27<sup>th</sup> November 2022**

**27<sup>th</sup> January 2023 – 29<sup>th</sup> January 2023**  
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Additional start dates can be added if there are at least 2 participants looking to take part. Please feel free to ask within the TMR Vietnam Facebook group to find other interested volunteers.



## BOOKING YOUR PLACE

You can simply add this weekend trip when applying for any programme in Vietnam under 'Optional Extras'.

If you have already signed up for one of our volunteer programmes in Vietnam and would like to add this weekend trip, you can simply request this within your My Trip account.

**Places on our weekend trips are non-refundable and non-transferable between volunteers.**

## ITINERARY

### DAY 1 – TRAVELLING TO SAPA

The local co-ordinator will pick you up from the volunteer accommodation at around 8:30pm. You will jump aboard the sleeping bus and make the long journey through the night to Sapa.

### DAY 2 – TREKKING, SA SENG VILLAGE, WATERFALLS, LOCAL ACTIVITIES

The local guide will greet you off the bus, where you will all head to a local restaurant to have some breakfast and to freshen up.

After refuelling, it's time to begin the first trek of the weekend! We will be heading along the local and less crowded routes, where you can take in the stunning views of the mountains, fields, streams and more!

As you walk through the various terrains from long grasses, forests, rice paddies and spectacular gardens, you'll see why everyone sums up Sapa as 'green'.

We will pass through Sa Seng Village, a small village that has been untouched by tourism. You will get to observe the local way of living and

maybe even lend a hand feeding the buffaloes and pigs.

Depending on the weather you will have the opportunity to go for a refreshing swim under a waterfall and get some nice pictures.

We will stop for lunch in a local restaurant in green valley before continuing our journey to the next village.

Here, you will discover the tradition and art of making Batik and cloth by the local H'Mong ethnic. You will get to learn how the locals make the natural indigo colour to dye the cloth and all about the long process to make it.

As we continue our trek, we will stop by a local family's house to learn all about how to make the Hemp fibre and why it's the traditional H'Mong cloth.

You will have the chance to try on Filature, which normally can only be completed by a skillful ethnic grandmother.

After a long day walking through the lush green landscapes, we will reach our accommodation and have some dinner. For those that are that way inclined, you will have the opportunity to try some 'happy water' (wine).

### DAY 3 – BAMBOO FOREST TREKKING & RICE PADDIES

After enjoying a delicious home-cooked breakfast, we will begin the second day of trekking.

As normal, along the way you will get to enjoy the spectacular views of the famous stepped rice paddy terraces, cornfields, traditional houses and more.



This part of the trek sees us walking through the large bamboo forests, a big difference to the large open spaces the trip has so far offered.

Just before lunch, everyone will take off their shoes and walk through the rice paddy fields. This fun and interesting activity makes you feel like a real farmer, as you feel the earth beneath your feet and the smell of the rice.

Around 2pm we will pass through Su Pan Village, where you will get to see the local schools, church and many traditional houses.

After another successful day trekking, you will arrive to take the bus back to Hanoi at around 4pm. Depending on the traffic, you should arrive back at the volunteer accommodation for 10pm.

## **ACCOMMODATION**

You will spend your first night on-board a sleeper bus. Although not the most comfortable, this will ensure you get to do and see the most from your free weekend – it's also the true way to travel!

On Saturday night you will sleep within a traditional homestay that will be basic, but as always, clean and comfortable.

## **MEALS**

You will be provided with three meals a day that will consist mainly of local Vietnamese cuisine. Any drinks or snacks will be at your own expense.

## **TRANSPORT**

You will travel to and from Sapa by sleeper bus, which needs to be organised locally and is not included within the fee. Our local team can assist with booking this for you and you should expect

to budget between 30-60 USD

