



ADVENTURE CONSULTANT

**MOUNTAIN GOAL ADVENTURE CONSULTANT** (742912-V)

Website: <http://www.mymountaingoal.com>

E-mail: [goalus@mymountaingoal.com](mailto:goalus@mymountaingoal.com)

## Fansipan Mountain Hiking, Halong bay & Trekking in Sapa (3143M)



**Location:** Fansipan Mountain is located 9km south-west of Sapa Townlet in the Hoang Lien Mountain Range.

**Highlights:** Fansipan is branded "the Roof of Indochina" at the height of 3,143m; Fansipan is to be approved as one of the very few eco-tourist spots of Vietnam, with about 2,024 floral varieties and 327 faunal species. The climb is rough, wet and cold, but the views are rewarding if the weather is good. The top is accessible year-round to anyone who is in good shape and properly equipped. No ropes or technical climbing skills are needed, just endurance. Trekking time is 5 - 8 hours per day.

### **Day 1 : Enjoy the beauty of Hanoi.**

Pick up at the airport. Overnight in Hanoi and enjoy the beautiful of Hanoi.

### **Day 2 : Halong Bay trip and Take train to Lao Cai (Train)**

7:30Am: Depart for Halong bay from your hotel. Halong is located in Quang Ninh province, 170 km north-east of Hanoi. (Listed by UNESCO as natural heritage site in 1994, Halong bay has been a famous tourist destination in Vietnam). Our bus trip will take some stop-overs on the way for photo or refreshment. 12:00Am: Boarding upon arrival. Lunch will be served on board with welcome drink. Cruising around the Bay with famous sites such as : Fighting cock's islet, Stone dog or Joss stick bowl islet. Visit Thien Cung cave. Round walking to visit beautiful stalactites and stalagmites which have been formed millions of years ago. Back to the Junk boat and keep cruising to view fabulous scenery of Halong bay. After a 5 hour boat trip. We will take a coach trip back to Hanoi. We will be back in Hanoi around 7: 00 pm.

-Catch an overnight train (about 9 hours) to Lao Cai, 346 km to the northwest. Lao Cai is the last station in Vietnam on the French built train line to Yunnan, China. Overnight on the train.

### **Day 3 : Lao Cai - Sapa -Laochai –Cat Cat Village (1600m).**

Arrive early morning in Lao Cai and transfer by minibus to Sapa. All day trekking to visit some minority villages. You will meet some different minority people H'mong, Zay, Red Dzao, you can see the different colorful dresses. Free time to visit Sapa market. Overnight at hotel in Sapa.

### **Day 4 : Start the climb.**

After breakfast, we meet our local guide and porters, and then we'll start our trip. A bus will bring us up to Tram Ton at 1945 m where our adventure starts with a trek through a beautiful forest. Our first day is just enough activity to warm up our muscles. After lunch break, we'll continue to our first peak at an elevation of 2,200 m where we have a little stream for a shower and flatland to set up camps for the night.

**Day 5 : Camp 1 - Camp 2 (2700m) .**

Breakfast. Trekking through a primary forest of giant, centuries-old pine expanses of yellow bamboo. Continue climbing to a second peak at 2900m where stop for lunch. After lunch, leave the gear in Camp 2 and push for the summit with just our cameras and water. After taking in the scenery and atmosphere on Vietnam's highest point, roll back down to Camp site for dinner and Overnight there.

**Day 6 : Camp 2- Sapa.**

Today it's downhill just about all the way. After lunch, we'll arrive at the base around 2.00 pm and head back to Sapa to for a beer or a massage or a nap – you deserved it! We will have a celebratory dinner at 5.00pm, before transferring to Lao Cai station for our overnight train back to Hanoi.

**Day 7: Hanoi and buy gift.**

Arrive in the early morning and transfer to our hotel. The rest of the day is for our own exploration. After a week of breathtaking adventure in North Vietnam, goodbye with fond memories. Transfer to the airport for your departure.

**The Cost includes:**

- Train: Hanoi- Lao Cai - Hanoi.
- Full transportation as tour program indicated.
- Twin-share accommodation;
- Permission fee to visit Fansipan summit.
- Full meals as indicated in the itinerary all during jungle trekking trip.
- Sightseeing fees
- Camps for trekking.

**Recommended equipment:**

- 2 pairs of thick socks ( for use in the walking-boots)
- Sandals or light footwear ( for use in the evening )
- Sun-block (with a high factor ; 10-20 )
- Mosquito repellent
- Hat or cap, with a shade
- Bathing suit
- Medicine for your own use (fever, bad stomach etc.)
- 1 warm jacket (fleece-jacket etc.,- for the evenings)
- 1 sweat-shirt
- 1-2 pair of long trousers (loose,- for your comfort)
- 1 pair of short trousers ( for warm days)
- 2 –3 shirts, or T-shirts
- Socks (for use in the evenings, and against mosquitoes)
- Underwear
- Towel
- Toilet requisites

It Is for me?

For the trek on this trip the general rule is the more preparation you have done for it, the more you will enjoy it. The climb is pretty strenuous as we walk through hilly terrain with our back packs and the temperature is often hot and muggy changing to 0 Celsius at the top of Mt Fansipan. MMG recommend that you undertake regular aerobic activities in One Month before you trekking, particularly if you are not in the habit of regular exercise. Walking, jogging, swimming or riding a bike are all good ways to increase your aerobic fitness, which will allow you to enjoy the trek to its fullest. This trip is advisable to join MMG organize training trip before join the trip. MMG will provided 2 free mountain hiking trip for the participants.

**Payment:-**

- 1. Bank :- May Bank
- 2. Account Name :- Mountain Goal Adventure Consultant S/B
- 3. Account No. :- 5645 5711 8287
- 4. Deposit :- RM600
- 5. Swift code :- MBBEMYKL

If you have problem you can bank in to the following account too.

- 1. Bank : May bank.
- 2. Account Name: Phang Thong Wah
- 3. Account Number: 114374005058

