

15 DAYS VIETNAM WELLNESS

15 DAYS | 14 NIGHTS

Saigon – Mekong Delta – Da Nang – Hoi An – Hue – Hanoi – Ha Long Bay



TRAVEL STYLE: Relaxation, culture, retreat

TOUR OVERVIEW:

Experience Vietnam at its finest on a 14-day journey designed for travelers who appreciate comfort, authenticity, and cultural depth. From the vibrant streets of Saigon to the peaceful canals of the Mekong Delta, the lantern-lit charm of Hoi An, and the imperial heritage of Hue, each destination reveals a different layer of the country's soul. Enjoy seamless flights, curated culinary tastings, and engaging activities — from cycling through villages to sampling Hanoi's legendary Bia Hoi. Relax on pristine beaches, wander ancient towns, and cruise through the majestic limestone pillars of Ha Long Bay. Thoughtfully paced and beautifully arranged, these itinerary promises discover without rush and memories that stay long after the journey ends.

*Operated by Asia Vietnam Travel Co., Ltd in Vietnam -
Laos - Cambodia – Thailand*

Tel: (84) 989 191 859
(84) 828 297 555

HIGHLIGHTS:

- **Saigon's Blend of History & Modernity:** Experience the vibrant energy of Ho Chi Minh City (Saigon), balanced with half-day tours covering the reflective War Remnants Museum and the elegant French Colonial Quarter architecture.
- **Mekong Delta's Gentle Rhythm:** Escape the city bustle with a serene day trip to the Mekong Delta. Cruise along quiet canals, sample local tropical fruits, sip honey tea, and enjoy a unique Mekong Style Lunch featuring signature dishes like deep-fried elephant fish.
- **Hoi An's Wellness Core:** Enjoy four days dedicated to relaxation in Hoi An. This includes a gentle Cycling excursion to a herb garden followed by a hands-on Cooking Class to truly immerse in local flavors, alongside ample time for beach relaxation, shopping, and tailoring.
- **The Imperial Road:** Travel along the stunning Hai Van Pass, one of Asia's best coastal drives, linking Hoi An to Hue. The journey includes a unique cultural stop at the elaborate An Bang "Ghost City" necropolis.
- **Hue's Royal Heritage:** Delve into the legacy of the last Vietnamese dynasty in Hue with visits to the Imperial Citadel and the majestic Royal Tombs (Minh Mang and Khai Dinh). Savor the city's distinctive cuisine with a specialized "Hue Foods" Lunch.
- **Hanoi's Charming Introduction:** Discover the elegance of the northern capital with a classic Cyclo ride through the Old Quarter, and sample the legendary local draft beer, Bia Hoi Hanoi.
- **Ha Long Bay Serenity:** Conclude your journey with an overnight luxury cruise on Ha Long Bay, where you can kayak, explore caves, and witness a peaceful sunrise over the iconic limestone karsts.

BRIEF ITINERARY AND TRAVEL DATE

Day	Itinerary	Overnight
Day 1	Xin Chào Vietnam! Arrival in Saigon – Welcome Dinner	Saigon (HCMC)
Day 2	Half day Saigon City Tour: Vietnam War's relics and more	Saigon (HCMC)
Day 3	Exploring Mekong Delta – Mekong Style Lunch	Can Tho
Day 4	Flight to Da Nang/Hoi An – Afternoon Walking Tour – Tasting “best local baguette”	Hoi An
Day 5	Relaxing Cycling to Cooking Class & Herb Garden Experience	Hoi An
Day 6	Your Day, Your Way: beach, shopping, relaxing by the pool, tailoring	Hoi An
Day 7	Your Day, Your Way: beach, shopping, relaxing by the pool, tailoring	Hoi An
Day 8	Hoi An - Hai Van Pass - An Bang “Ghost City” – Hue - Pool Relax	Hue
Day 9	Half day Visit the Last Vietnam Dynasty's Relics: Citadel & Royal Tombs - Lunch with “Hue foods”	Hue
Day 10	Flight to Hanoi • Colonial Elegance & Cyclo Exploration – "Bia Hoi" Sunset	Hanoi
Day 11	Half day Hanoi City Tour – Afternoon at leisure	Hanoi

Day 12	Hanoi at Your Own Pace • Personal Discovery & Urban Leisure	Hanoi
Day 13	Hanoi → Ha Long Bay • Setting Sail into Karst Paradise	Ha Long Bay Cruise
Day 14	Lan Ha Bay Exploration • Viet Hai Village & Secluded Lagoons	Ha Long Bay Cruise
Day 15	Ha Long Bay → Airport • Final Serenity & Departure	

DETAILED ITINERARY

DAY 1: ARRIVAL IN SAI GON – XIN CHAO VIETNAM! (-/-/D)



Welcome to Ho Chi Minh City—Vietnam’s gateway of energy and contrast, where modern towers stand beside tree-lined boulevards, and scooters weave through the rhythm of daily life.

Your guide greets you at the airport and offers a gentle introduction to the journey ahead as you transfer to your hotel.

After check-in, allow the body to settle from the long flight: stretch, breathe, maybe take an evening stroll around your neighborhood. You will have Welcome Dinner with local specialties.

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DAY 2: HALFDAY SAIGON CITY TOUR: VIETNAM WAR'S RELICS AND MORE (B/-/-)



This morning, explore Saigon at a relaxed pace. Visit the War Remnants Museum, a powerful space that invites reflection rather than haste, followed by the Reunification Palace—once a symbol of history, now a quiet place to understand Vietnam's past.

Walk through the elegant French Quarter, where architecture whispers stories of another era: Notre Dame Cathedral with its red bricks imported from France, the Old Post Office designed by Gustave Eiffel, and the graceful Opera House.

DAY 3: EXPLORING MEKONG DELTA – MEKONG STYLE LUNCH (B/L/-)



Leave Saigon in the morning, heading to Ben Tre

Begin with a gentle stroll through a local village to admire traditional garden-house architecture before boarding your private day cruiser. Navigate the serene tributaries of the Mekong to Bao Island, where you will wander through lush groves and savor freshly harvested coconuts.

Your rural exploration continues with a scenic bicycle or Xe Loi ride through Huu Dinh village, including a stop at a heritage brick factory to witness ancient hand-molding techniques and beehive-shaped kilns. Transition to a hand-rowed sampan through a maze of palm-fringed canals, arriving at the home of Mrs. Huong to enjoy local tea and coconut delicacies in her peaceful garden.

After a spirited Xe Loi ride through verdant lanes, savor a refined 5-course regional lunch at Mango Home Restaurant. Conclude your journey with an artisan immersion, learning the secrets of traditional rice wine and the delicate craft of My Long rice paper before meeting your private vehicle for the return transfer to Saigon.

DAY 4: FLIGHT TO DA NANG/HOI AN – AFTERNOON WALKING TOUR – TASTING “BEST LOCAL BAGUETTE” (B/-/-)



Taking the morning flight to Da Nang/Hoi An.

Upon arrival, check in and rest a bit before joining a guided tour, visit temples, merchant houses, and assembly halls that survived centuries of tides and trade. Cross the 400-year-old Japanese Bridge—a quiet moment worth pausing for.

This afternoon is yours: relax by the pool, sip iced coffee by the river or enjoy a spa session. In the evening, the old town glows with lanterns—a photographer’s dream and a traveler’s memory.

DAY 5: RELAXING CYCLING TO COOKING CLASS & HERB GARDEN EXPERIENCE (B/L/-)



Today, delve into the heart of Vietnamese cuisine with a cooking class. Start with a guided tour of Hoi An’s colorful central market, where you will learn about fresh ingredients used in traditional dishes.

Enjoy a scenic boat trip on the Hoi An River to the cooking site, where you’ll participate in a hands-on cooking class. After preparing your meal, savor the delicious flavors of your creations during lunch.

In the afternoon, join your guide for a walking tour of Hoi An’s ancient town. Visit key historical sites such as Chua Ong Pagoda, the Chinese Assembly Hall, the 200-year-old Tan Ky ancestral house, and the iconic Japanese Bridge. Enjoy some free time in the evening to explore the town further, try local delicacies, or visit a tailor for custom clothing.

The afternoon is free for a swim, or simply on your own plan.

DAY 6: YOUR DAY, YOUR WAY: BEACH, SHOPPING, RELAXING BY THE POOL, TAILORING (B/-/-)



No schedules, no plans — just freedom. Read a book by the beach, explore hidden alleys, or book a yoga or spa session. Traveling well means allowing space for your own rhythm.

DAY 7: YOUR DAY, YOUR WAY: BEACH, SHOPPING, RELAXING BY THE POOL, TAILORING (B/-/-)



No schedules, no plans — just freedom. Read a book by the beach, explore hidden alleys, or book a yoga or spa session. Traveling well means allowing space for your own rhythm.

**DAY 8: HOI AN - HAI VAN PASS - AN BANG “GHOST CITY” – HUE -
POOL RELAX (B/L/-)**



Depart from Hoi An and embark on a scenic journey north along the legendary Hai Van Pass. This stunning coastal road offers breathtaking views of the sea, mountains, and misty peaks.

Your next stop is An Bang “Ghost City,” a remarkable coastal necropolis. Here, you’ll find intricate tombs that resemble grand palaces, reflecting the rich spiritual and cultural heritage of Vietnam. These elaborate structures were built by families whose loved ones immigrated to North America and Europe, achieving prosperity and sending funds back home to honor their ancestors.

Arrive in Hue by midday and check into your hotel. Spend the afternoon relaxing by the pool or embracing the serene pace of this historic imperial capital. Enjoy the rest of the day at your leisure, recharging for tomorrow’s adventures.

**DAY 9: HALF-DAY VISIT THE LAST VIETNAM DYNASTY'S RELICS:
CITADEL & ROYAL TOMBS - LUNCH WITH "HUE FOODS" (B/L/-)**



Hue stands as the grand witness to the final imperial dynasty of Vietnam, where the echoes of the past are still beautifully preserved through its majestic architecture—from the sprawling Imperial City (The Citadel) to the elaborate Royal Tombs of the Nguyen Kings. Please share your personal interests with your guide, and they will create the ideal route for you.

With your half-day schedule, you can comfortably visit two major imperial sites, such as the Imperial City and one of the Royal Tombs (like Khai Dinh or Tu Duc). Following this, your journey continues with a visit to some traditional craft workshops to see local artisans at work, before concluding at the iconic Thien Mu Pagoda. While here, you will find a moving piece of modern history: the original car used by the monk Thích Quảng Đức, who drove it to Saigon in 1963 before his self-immolation to protest the oppression of the era—a powerful symbol of courage and peace set against the pagoda's stunning view of the Perfume River.

DAY 10: FLIGHT TO HANOI • COLONIAL ELEGANCE & CYCLO EXPLORATION – "BIA HOI" SUNSET (B/-/-)



This morning, we trade the imperial charm of Central Vietnam for the sophisticated energy of the north. Fly to Hanoi, the country's 1,000-year-old capital, where the air is thick with history and the scent of street food. Hanoi is a city of distinct character, defined by its tranquil lakes, narrow ancient alleys, and grand French colonial boulevards lined with towering trees.

Upon arrival and a seamless check-in at your hotel, take a moment to refresh before we dive into the heart of the city.

We embark on a leisurely Cyclo ride—a quintessential Hanoi experience. This slow-paced, traditional transport allows you to sit back and observe the vibrant "36 Streets" of the Old Quarter. You will weave through a labyrinth of specialized guild streets where artisans have traded for centuries, offering a front-row seat to the city's rhythmic hustle without the effort to walk.

To conclude your first afternoon in the North, we stop at a local corner to experience "Bia Hoi Hanoi."

DAY 11: HALF DAY HANOI CITY TOUR – AFTERNOON AT LEISURE
(B/L/-)



Hanoi offers a wealth of fascinating sites to explore, ranging from cultural landmarks like the Temple of Literature, the Vietnamese Women's Museum, the Old Quarter, and the Fine Arts Museum, to the Ethnology Museum and the Ho Chi Minh Mausoleum complex. For those interested in history and wartime legacy, you can visit the National Museum of History, the B-52 Victory Museum, the infamous Hoa Lo Prison (the "Hanoi Hilton"), or Huu Tiep Lake, where the wreckage of a B-52 bomber still rests.

Please let your guide know your specific interests, and they will tailor the perfect route for you. Within a half-day tour, you can typically visit three different locations comfortably. Your guide will handle all the logistics to ensure you make the most of your time in the capital.

After lunch, enjoy a leisurely rest of your day!

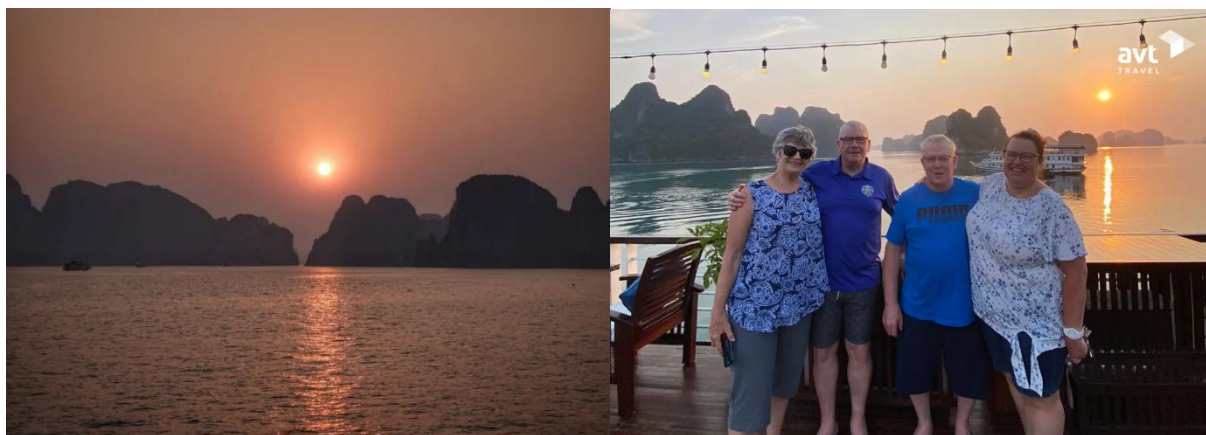
DAY 12: HANOI AT YOUR OWN PACE • PERSONAL DISCOVERY & URBAN LEISURE (B/-/-)

Today is yours to embrace the gentle, poetic rhythm of Hanoi on your own terms. After the excitement of the previous days, enjoy a slow morning with a late breakfast at your boutique hotel. You might choose to wander back to Hoan Kiem Lake to join the locals for a lakeside stroll, explore the hidden "train street" for a unique photo opportunity, or lose yourself in the vintage charm of the city's many hidden antique shops and art galleries.

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For a true Hanoian experience, find a quiet balcony at a colonial-style café to enjoy a signature Egg Coffee while watching the world go by below. Whether you wish to revisit a favorite museum, browse the silk shops of Hang Gai street, or simply relax and reflect on your journey so far, this free day provides the perfect pause before we head into the mountain retreats of the north.

DAY 13: HANOI → HA LONG BAY • SETTING SAIL INTO KARST PARADISE (B/L/D)



Following breakfast, we leave the capital behind and journey toward the Gulf of Tonkin to embark on your highly anticipated maritime adventure. Upon arrival at the pier, you will be welcomed aboard a premium 4/5-star luxury cruise. As the vessel glides into the emerald waters of the bay, enjoy a gourmet lunch on deck, surrounded by the dramatic silhouettes of thousands of limestone islands.

Spend the afternoon soaking in the views from your private balcony or join the onboard activities as we navigate toward the quieter, more secluded corners of the archipelago. As evening falls, the ship anchors in a tranquil lagoon for a sunset party, followed by a multi-course dinner under the stars.

DAY 14: LAN HA BAY EXPLORATION • VIET HAI VILLAGE & SECLUDED LAGOONS (B/L/D)



Wake up to the soft light of dawn over the water, perhaps joining a Tai Chi session on the sundeck. Today is dedicated to a deeper immersion into Lan Ha Bay, the quieter sibling of Ha Long. We transfer to a smaller day boat to reach the remote Viet Hai Village, hidden within Cat Ba National Park. Here, you will cycle along scenic paths through tropical forests and rice fields, meeting local villagers and learning about their traditional way of life.

The afternoon is reserved for pure water fun—kayaking through hidden lagoons and swimming in the pristine, quiet waters of a secluded beach. This extended pace allows your family to experience the bay's natural wonder far from the tourist crowds.

DAY 15: HA LONG BAY → AIRPORT • FINAL SERENITY & DEPARTURE (B/BRUNCH)

Enjoy a final morning of serenity as the soft mist rises over the karst peaks. You might choose a slow breakfast on deck or a final visit to a hidden cave as the ship begins its gentle cruise back to the harbor.

After a farewell brunch and a final toast to the sea, disembark and meet your private driver for the transfer to the airport. Carrying the calm of the bay with you, you will board your flight for the next leg of your journey, having experienced the very best of Vietnam's maritime heritage.

INCLUDED SERVICES:

- **Accommodation:** twin-shared room as indicated in the itinerary
- **Transportation:** modern aircon car/van/bus, cyclo, bicycle
- English Speaking Guides
- **Meals as indicated in program:** L (Lunch); D (Dinner); Breakfast included at hotels/cruise
- **Drinks on vans:** bottled water
- Cooking Class in Hoi An
- **Domestic flights (economy class):** Saigon - Da Nang; Hue - Hanoi
- Entrance fees

EXCLUDED SERVICES:

- International flights into and out of Vietnam
- Visa fees (we can help you arrange a visa approval letter on request)
- Airport taxes
- Meals other than those mentioned in the itinerary.
- Early check-in and late check-out at the hotel.
- Personal expenses (such as laundry, telephone, drinks, etc.).
- Tips for tour guides and drivers.
- Travel insurance.

ASIA VIETNAM TRAVEL

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SERVICE TERMS & CONDITIONS

Remarks:

- Guests should be healthy and in good physical condition
- Weather conditions may impose changes in the program or the cancellation of certain activities
- Guests need to bring a copy of their passport, visa page with a stamp
- AVT Travel reserves the right to adjust our prices if any changes in tax & gasoline increase in All Destinations.
- No reservations are made yet.

PAYMENT POLICY:

- Pre-payment 100% (after services confirmed before guests' arrival 30 days in advance).
- Deposit 30% (after services are reserved to guarantee the booking).
- Payment can be made by Bank Draft or SWIFT transfer payable to our Bank A/C.
- All Bank services charges will be borne by the payee.
- If payment is by credit card, an additional 3 or 4% will be added to our tariff rates.
- American Express / Visa and Mastercard are accepted.
- Bank draft or cashier's cheque to be mailed to
- Company cheques or personal cheques are NOT acceptable.

REFUNDS OR CANCELLATION:

- Tour and transfer deposits are fully refundable if the amendment/cancellation is received more than 20 days in advance. Hotel deposits will be refunded according to individual hotel cancellation policy.
- No refund for all flight fares after tour confirmation
- Cancellation fees will be levied according to the time cancellation is made.
- No refund or reduction will be made to any member of GROUP/F.I.T. who breaks the journey from the scheduled itinerary.

DISCLAIMER:

AVT acts as an intermediary between transportation and airline companies, hotels, tourist offices, and all other contractors providing services for tourists. Additional expenses incurred due to delays, accidents, natural disasters, political action, and unrest must be borne by the clients. Programs and tour prices are based on the situation at the time of printing this proposal and could be subject to change due to local conditions. Participation in our tour programs implies the client's agreement to the above. We reserve the right to amend or alter any of the conditions herein without notice from time to time and at its sole discretion.