

Soulful Vietnam: Ha Giang Wellness & Halong Harmony 7 days

Embark on a soul-nourishing journey through Vietnam where tranquil landscapes meet holistic wellness and cultural depth. From healing sound baths and herbal therapies in the hidden hills of Panhou Retreat to serene cruises through the emerald waters of Ha Long Bay, this one-week itinerary blends mindful relaxation with authentic discovery. You'll return home refreshed, rebalanced, and deeply moved by Vietnam's timeless spirit and gentle hospitality.

- **Durations:** 7 days
- **Trip outline:** Hanoi - Ha Giang - Halong Bay
- **Price from:** US \$1659/person
- **Tour inquiry:** <https://bestratetours.com/vietnam-tours/soulful-vietnam-ha-giang-wellness-halong-harmony-7-days.html>

Trip outline

day	Activities	Accommodations	Meals
Day 1	Hanoi Arrival - Welcome Luxury Dinner	Hotel in Hanoi	Breakfast, Dinner
Day 2	Hanoi Transfer to Panhou Retreat - Jet Lag Recovery Massage	Panhou Retreat	Breakfast, Dinner
Day 3	Mindful Trek & Herbal Healing	Panhou Retreat	Breakfast, Picnic Lunch, Dinner
Day 4	Wellness Wrap Up & Transfer back to Hanoi	Hotel in Hanoi	Breakfast
Day 5	Hanoi - Ha Long overnight on Luxury Cruise	Halong Bay Cruise	Breakfast, Lunch, Dinner
Day 6	Halong Bay Cruise - Hanoi	Hotel in Hanoi	Breakfast, Brunch
Day 7	Hanoi Departure	NA	Breakfast

Itinerary

Day 1: Hanoi Arrival - Welcome Luxury Dinner

Welcome to **Hanoi**, the beating heart of Vietnam where ancient charm meets modern rhythm. After your smooth arrival at Noi Bai International Airport, our dedicated driver and local guide will greet you with warm smiles and assist you with luggage and transfer. Along the drive into the city, catch your first glimpses of Hanoi's vibrant street life and tranquil lakeside boulevards.

Once you've checked into your hotel and had time to rest, the evening unveils a true highlight: a **Welcome Luxury Dinner** at one of Hanoi's premier fine-dining restaurants. Savor the sophistication of Vietnamese cuisine elevated with creative presentation, locally sourced ingredients, and a refined atmosphere.

This elegant culinary experience offers a perfect introduction to the depth of Vietnamese flavors and the spirit of hospitality that will accompany you throughout your journey.



Meals: Breakfast, Dinner

Accommodation: Hotel in Hanoi

Day 2: Hanoi Transfer to Panhou Retreat - Jet Lag Recovery Massage

Depart Hanoi this morning on a scenic private car journey toward the tranquil hills of **Panhou Retreat**, nestled in the untouched mountains of Ha Giang province. As the bustling city gives way to winding roads, emerald rice terraces, and misty peaks, you'll feel the pulse of Vietnam slow to a calming rhythm.

Upon arrival in the afternoon, check in and settle into your peaceful room at **Panhou Retreat**, an eco-luxury hideaway surrounded by lush gardens and murmuring streams.

Here, serenity is not just a setting - it's a way of being. Ease into the pace of nature with your first **self-guided yoga or meditation session** in the open air, where birdsong and bamboo rustling become your background music.



To soothe travel fatigue and restore energy, indulge in a rejuvenating **Jet Lag Recovery Massage** focused on the neck and shoulders, releasing tension and enhancing circulation. You can also sink into the healing warmth of the **natural hot spring bath** (48°C), a therapeutic soak that melts away muscle soreness and invites total relaxation.

As twilight settles over the retreat, gather for a healthy dinner made with fresh, locally sourced ingredients. Nourishing both body and soul, the meal celebrates Northern Vietnamese flavors in harmony with wellness philosophy. Let the gentle hum of nature lull you into a peaceful night's rest - your wellness journey has truly begun.

Meals: Breakfast, Dinner

Accommodation: Panhou Retreat

Day 3: Mindful Trek & Herbal Healing

Morning

Begin your day with a healthy breakfast at the retreat's serene restaurant, where every bite is a celebration of freshness and balance. Sip warm herbal tea as sunlight filters through the trees and prepare your body for a day of soulful exploration.

Today's experience is a full-day trekking tour led by a knowledgeable local guide, immersing you in the unspoiled beauty of **Ha Giang**. Venture deep into the mountains to visit an authentic **Red Dao village**, where traditional stilt houses, vibrant textiles, and warm smiles tell stories passed down through generations.



Wander past lush rice terraces that ripple like green waves across the hillsides, tea hills fragrant with morning dew, and peaceful bamboo forest, offering nature's own meditation soundtrack.

Midday, pause for a rustic picnic lunch, surrounded by panoramic views and a breeze that carries the scent of the mountains.

Afternoon

Return to Panhou Retreat in the afternoon for an immersion into ancient Vietnamese healing rituals. Begin with a **30-minute herbal steam bath**, infused with handpicked local herbs, to open your pores, release toxins, and calm your spirit. Then, melt into a **60-minute herbal massage** designed to stimulate energy flow, restore harmony in the body, and leave you in a deep state of full-body relaxation.



As evening falls, enjoy a wholesome dinner crafted with natural ingredients grown in the retreat's garden and nearby farms. The flavors are light yet deeply satisfying, rounding off a day of movement, mindfulness, and healing. Drift to sleep in the comforting quiet of nature, your body nourished and your mind stilled.

Meals: Breakfast, Picnic Lunch, Dinner

Accommodation: Panhou Retreat

Day 4: Wellness Wrap Up & Transfer back to Hanoi

Greet the morning with a **self-guided yoga** or **meditation session** at Panhou Retreat, where the air is crisp and the silence is only broken by birdsong and rustling leaves. Whether stretching under the canopy of ancient trees or sitting in stillness by a bubbling stream, you'll feel grounded and grateful as your retreat nears its close.

After your practice, take time to unwind in the infinity pool, which seems to spill effortlessly into the surrounding forest. As you float or lounge poolside, let the soothing sights and sounds of nature imprint a final sense of calm into your memory.

Savor one last healthy breakfast at the retreat's tranquil restaurant, where nourishing dishes and fresh herbal teas are served with care and simplicity. Before departure, you'll receive a thoughtful complimentary detox **herbal tea gift**, a fragrant reminder of your time spent in nature's embrace.



After check-out, enjoy a scenic private car transfer back to Hanoi, passing through the peaceful countryside dotted with limestone peaks and rural villages. As you return to the city, carry with you the deep sense of renewal and inner balance cultivated over the past few days at Panhou.

Meals: Breakfast

Accommodation: Hotel in Hanoi

Day 5: Hanoi - Ha Long overnight on Luxury Cruise

Morning

Your journey to the majestic **Ha Long Bay** begins at **08:00 - 08:30** with a scenic drive from Hanoi via the modern Hanoi - Hai Phong Expressway. As you reach the harbor, a warm welcome awaits aboard your luxury

cruise, where you'll be greeted with a refreshing drink and an essential safety briefing before setting sail into one of Vietnam's most celebrated natural wonders.

As the cruise glides through a dreamscape of towering limestone karsts and emerald waters, enjoy a sumptuous lunch at the elegant onboard restaurant. Each bite is accompanied by panoramic views of Ha Long Bay, immersing you in its serene grandeur. This is your invitation to slow down and sink into the rhythm of the sea.

Afternoon

After lunch, treat yourself to rejuvenating **massage and spa** therapies designed to melt away tension - just remember to book in advance with the cruise manager to secure your spot.

Later, prepare for a short hike up over 50 stone steps to reach the awe-inspiring [Sung Sot \(Surprise\) Cave](#), the largest and most magnificent grotto in the bay. As you step inside its cavernous halls, marvel at fantastical formations of stalactites and stalagmites, illuminated in shifting hues that bring the mythical atmosphere to life.



As dusk approaches, return to the cruise for a Vietnamese culinary demonstration or a fun session of fruit and vegetable carving, a traditional art form that captures the culture and creativity of the region.

Evening

A gourmet dinner is served on board, offering a feast of flavors that reflect the rich culinary heritage of northern Vietnam.

After dinner, the night is yours to enjoy. Join in on night squid fishing, unwind at the bar, or gather with fellow travelers over board games or cards under the starry sky. Then, drift into peaceful slumber in your cozy cabin, lulled by the gentle sway of the water - a truly unforgettable night on Ha Long Bay.

NOTE: The cruise route may differ based on your selected cruise



Meals: Breakfast, Lunch, Dinner

Accommodation: Halong Bay Cruise

Day 6: Halong Bay Cruise - Hanoi

Morning

At **06:30 - 07:00**, waken to the tranquil beauty of **Ha Long Bay** bathed in golden morning light. Step onto the sundeck to witness a serene sunrise that paints the limestone peaks and emerald waters with hues of rose and gold - an experience far more breathtaking than any view from land.

A light breakfast of pastries, fruit, coffee, and tea awaits you in the dining room, preparing you gently for a refreshing start to the day. Soon after, center your body and mind with a [Tai Chi class](#) on deck, a graceful practice that harmonizes breath with motion, set against the soothing rhythm of waves and a cool sea breeze.

The cruise continues to [Titop Island](#), a picturesque crescent-shaped island embraced by calm, crystal-clear waters. Known for its peaceful atmosphere and scenic charm, Titop invites you to climb to its elevated observation deck for a jaw-dropping 360-degree panoramic view of Ha Long Bay's labyrinth of limestone karsts. Afterwards, cool off with a swim or simply unwind on the soft sands of its inviting beach.

Back on board, a delightful brunch is served as the boat leisurely sails back toward the mainland. Enjoy the final views of the bay's majestic formations while you sip coffee or relax on the sun-drenched deck. It's also a good time to pack up and savor a last moment of calm at sea.

Afternoon

The cruise docks at **Tuan Chau Port**, where you'll have a short time to rest before your private transfer back to Hanoi. At around **16:00**, you'll be driven to your hotel or designated conference location, bringing your unforgettable Ha Long Bay journey to a close - richer in memories, and more connected to the natural wonders of Vietnam.

Meals: Breakfast, Brunch

Accommodation: Hotel in Hanoi

Day 7: Hanoi Departure

Your final day in Hanoi arrives with a quiet sense of reflection and fulfillment. The city's timeless rhythm serves as a gentle farewell to your Vietnamese journey.

Depending on your flight time, you may have a few last moments to stroll through the Old Quarter, sip a cup of robust Vietnamese coffee, or simply sit by the window and watch daily life unfold. Take one final breath of Hanoi's fragrant air - a mingling of sweet floral incense, street food spices, and summer warmth.

After check-out, a private transfer will take you to the airport. As you depart, carry with you the stillness of mountain retreats, the scent of herbal steam, the taste of coastal cuisine, and the soft whisper of Vietnam's nature and culture lingering in every memory made.

Meals: Breakfast

Accommodation: NA

Booking Policy

Inclusion

- Accommodation in TWN/ DBL sharing accommodation at the hotel
- All transport and transfer by air conditioned vehicle (including airport pick up and see off), as per itinerary
- All in-tour stationed local English speaking guide.
- Entrance fees for Vietnam attractions, as per itinerary
- Meals as indicated in the program
- 01 herbal steam bath (30mins)
- 01 session of natural hot spring bathing (48°C)
- 01 herbal massage (60mins)
- 02 self-guided yoga/meditation sessions in nature
- Complimentary detox herbal tea gift

Exclusion

- Hotel EARLY check in & LATE check out
- Peak season surcharge & compulsory dinner at the hotel (if any)
- International flight to or from Vietnam with taxes
- Vietnam Visa (above 6 months passport Valid & 3 clear-page require)
- Travel Insurance
- Tips, laundry and gratuities
- Meals not marked on itinerary, and water during meals
- Tips for guide /driver (recommended US \$3-5 /pax /day)
- Tipping is completely up to you and should be based on your perception of the service quality

Cancellation Policy

- Cancellation received before 60 days: FREE of charge
- Cancellation received from 30 days to 59 days prior arrival date: 10% of total rate

- Cancellation received from 15 days to 29 days prior arrival date: 30% of total rate
- Cancellation received from 7 days to 14 days prior arrival date: 50% of total rate
- Cancellation received less than 7 days prior arrival date or No show: 100% of total rate

Children Policy

- The rate for children applicable for one child sharing a twin or double cabin with two adults.
- For infants (<04 years old): FOC except for domestic flight tickets.
- 04 - under 11 years old without bed: 50% adult rate.
- 04 - under 11 years old with extra bed: 75% adult rate.
- 04 - under 11 years old in twin share: 90% adult rate.
- From 11 years old: count as an adult.

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