

# Meditation Journey in Hoi An & Hue 5 days

## Trip overview

Vietnam's central region offers a blend of ancient culture and natural beauty that captivates every visitor who walks its streets. You will discover serene meditation practices alongside colorful markets brimming with local life. In this blog, we will guide you through Hoi An's lantern-lit waterways to Hue's royal heritage and Tam Giang's floating markets. Get ready for your Vietnamese adventure!

- **Durations:** 5 days
- **Trip outline:** Hoi An - Hue
- **Price from:** US \$559/person
- **Tour inquiry:** <https://bestratetours.com/vietnam-tours/meditation-journey-in-hoi-an-hue-5-days.html>

## Trip outline

day	Activities	Accommodations	Meals
Day 1	Hoi an City Tour - Boat Ride - Drop Flower Lantern	Hotel in Hoi An	NA
Day 2	Hoi An Living Fully (Meditation)	Hotel in Hoi An	Breakfast, Lunch
Day 3	Hoi An Day Train To Hue	Hotel in Hue	Breakfast
Day 4	One Day Medi Hue In Peace	Hotel in Hue	Breakfast, Lunch
Day 5	Sunrise Floating Market On Tam Giang Lagoon	NA	Breakfast, Lunch

## Itinerary

### Day 1: Hoi an City Tour - Boat Ride - Drop Flower Lantern

Your journey begins at **14:30** when a friendly guide picks you up from your hotel in Hoi An City Center. First stop is the bustling **Hoi An Market** where you might feel overwhelmed by the vibrant mix of colors, sounds, and local aromas. The tour continues to **Phuc Kien Chinese Assembly Hall** with its colorful gates and dragon statues, where you can learn about ancestor worship traditions.



The path leads to centuries-old residences like **Phung Hung or Tan Ky Ancient House** that have stood strong through 200 years of history. You will explore the **Museum of Folk Culture** housed in a 150-year-old Chinese merchant building, showcasing artifacts from ancient daily life. Art enthusiasts may particularly enjoy the traditional performances at **Hoi An Performing Arts House**.

Your trip includes a visit to the historic **Japanese Bridge**, constructed over 400 years ago to connect different communities. Later, you will discover charming laneways and release a flower lantern during a peaceful boat ride – a meaningful tradition for good fortune. The tour concludes at **18:30** when your guide returns you to your hotel, leaving you with lasting memories of Hoi An's cultural treasures.

**Meals:** NA

**Accommodation:** Hotel in Hoi An

## Day 2: Hoi An Living Fully (Meditation)

### Morning

On the second day, your journey transforms into a peaceful retreat focused on mindfulness in the charming setting of Hoi An. The morning begins with a gentle introduction to meditation practices, which might help you discover inner tranquility. You will learn golden chanting techniques designed to awaken peace within as you disconnect from the usual tourist activities.



The experience continues with guided **mindful walking and breathing exercises** called "peace in every step" and "miracle breath." These practices may create a deeper connection to the present moment as you move through the serene surroundings. Your mind will gradually clear as the instructors share insights about mental clarity and emotional balance.

After the morning session, you will participate in compassionate practices that foster kindness and empathy toward yourself and others. A silent **plant-based meal** follows, allowing you to savor each bite with full awareness while nourishing both body and spirit. Thoughtful preparation and mindful eating will enhance your appreciation for simple pleasures.

### Afternoon

The afternoon features a peaceful **tea meditation** and blessing ceremony that invite reflection and gratitude. Your retreat concludes with mindful discussions and a Q&A session about Karma Law, creating space for meaningful exchanges. You might find yourself leaving with not just memories but also practical mindfulness tools and a special gift to continue your practice.

**Meals:** Breakfast, Lunch

**Accommodation:** Hotel in Hoi An

## Day 3: Hoi An Day Train To Hue

Our journey continues with a **scenic train ride** from Hoi An to Hue along Vietnam's stunning central coastline. The train passes through lush mountains and peaceful villages. You will spot local farmers working in rice fields against the backdrop of dramatic mountain landscapes. Your camera should stay ready for these authentic glimpses of the Vietnamese countryside.

Upon arrival in Hue, your comfortable accommodation awaits in this historic former imperial capital. You have free time to wander nearby streets or rest at your hotel. You might enjoy sampling local Hue cuisine with its distinctive spicy flavors and royal heritage.

**Meals:** Breakfast

**Accommodation:** Hotel in Hue

## Day 4: One Day Medi Hue In Peace

Peace seekers and culture enthusiasts find Hue to be the perfect destination for combining meditation with historical exploration. Your day begins at **08:00** when a comfortable car arrives at the meeting point in central Hue. The first stop introduces you to **Vinh Quoc Cong Palace** with its stunning golden triple gate facing the Perfume River.



By **09:00**, you will board a traditional dragon boat for a serene cruise along the legendary **Perfume River**. During this peaceful journey, you might participate in releasing fish seeds to help regenerate aquatic resources. The unique "bowl of water" meditation follows as you hold a cup of water while walking in a circle around the boat.

**NOTE:** In case of rain, you'll be guided into a calm and quiet meditation session inside a traditional Hue-style garden house - an intimate space that reflects the city's deep sense of peace and harmony.

Your spiritual journey continues at **10:00** with a visit to a small temple on **Duong Xuan hill**. Here, a master may share wisdom over tea in an atmosphere of pure tranquility. Later at 10:30, the **Flower House** welcomes you to meet remarkable individuals with disabilities who create beautiful paper crafts.

The day concludes with a healthy **macrobiotic lunch** at 11:30, followed by a royal foot bath therapy that connects you to ancient wellness traditions. By 13:30, we wrap up this mindful exploration of Hue, leaving you with both physical relaxation and spiritual refreshment to carry forward on your travels.

**Meals:** Breakfast, Lunch

**Accommodation:** Hotel in Hue

## Day 5: Sunrise Floating Market On Tam Giang Lagoon

Early risers are rewarded with magical experiences that most travelers miss during their Vietnam adventures. Your journey begins exceptionally early at **04:00** when transportation collects you from central Hue. Under the cover of darkness, you will travel to Tam Giang Lagoon where local fishermen have already started their day.

Upon arrival, a traditional wooden boat takes you through the floating market at **Ngu My Thanh community**. You might spot fishermen displaying their fresh catches as the first light breaks over the horizon. The experience includes opportunities to visit the **Ban Chua tree system** and try your hand at catching fish or rowing a SUP boat.



As morning light fully illuminates the lagoon, you will savor fresh seafood while admiring the peaceful waters. The lagoon may reveal its true colors at this hour, with misty waters reflecting the changing sky. We often find these natural moments create the most lasting travel memories.

By **07:30**, you will return to the charming stilt house area for a breakfast featuring local seafood noodles and aromatic Vietnamese coffee. After breakfast, you can enjoy relaxing SUP rowing with a backdrop of the lagoon's romantic scenery. We believe this peaceful moment offers perfect photo opportunities.

Your cultural exploration continues at 09:30 with a visit to **Sia market**, one of the region's largest markets filled with local specialties. After browsing the market stalls, lunch awaits at a local restaurant at **11:00**. The tour concludes at 13:30 with your return to Hue city center. What an incredible way to experience authentic Vietnamese waterway life!

**Meals:** Breakfast, Lunch

**Accommodation:** NA

## Booking Policy

### Inclusion

- Overnight in shared Twin/ Double room with Air-condition (AC) at hotel.
- All transport during tour on air - conditioned vehicle as per itinerary (including airport pick up & see off)
- All in-tour stationed local English speaking guide.
- Meals as indicated in the program
- Entrance fees as per itinerary

### Exclusion

- **Hotel EARLY check in & LATE check out**

- Peak season surcharge & compulsory dinner at the accommodation (if any)
- International flights and taxes
- Vietnam/ Cambodia Visa (above 6 months passport Valid & 3 clear-page require)
- Passport Fees
- Travel Insurance
- Tips, laundry and gratuities
- Meals not marked on itinerary, and water during meals

## 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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