

Vietnam Mountain Retreat & Healing Trip 10 days

Trip overview

This 10-day wellness vacation brings you to the picturesque highland regions of Northern Vietnam and Halong Bay for unwinding and rejuvenation. Those looking for a peaceful getaway with high-quality healthcare services will enjoy the breathtaking scenery in Ninh Binh and Pu Luong while obtaining expert examinations, treatments, and health recovery. This tour offers a great blend of sightseeing, relaxation, and meditation.

- **Durations:** 9 days
- **Trip outline:** Hanoi - Ninh Binh - Pu Luong Nature Reserve - Halong Bay
- **Price from:** US \$2222/person
- **Tour inquiry:** <https://bestratetours.com/vietnam-tours/vietnam-mountain-retreat-healing-trip-10-days.html>

Trip outline

day	Activities	Accommodations	Meals
Day 1	Hanoi Arrival - Welcome luxury dinner	Hotel in Hanoi	Dinner
Day 2	Hanoi - Family's Rejuvenation Day	Hotel in Hanoi	Breakfast
Day 3	Hanoi - Halong Bay Cruise	Halong Bay Cruise	Breakfast, Lunch, Dinner
Day 4	Halong Bay Cruise - Hanoi	Hotel in Hanoi	Breakfast, Brunch
Day 5	Hanoi - Ninh Binh Full Day Tour - Overnight in Ninh Binh	Hotel in Ninh Binh	Breakfast, Lunch
Day 6	Ninh Binh - Pu Luong - Don Village - Hieu Waterfall	Hotel in Pu Luong	Breakfast, Lunch
Day 7	Pu Luong - Doan Street Market - Cham Stream	Hotel in Pu Luong	Breakfast, Lunch
Day 8	Pu Luong - Free Tour	Hotel in Pu Luong	Breakfast
Day 9	Pu Luong - Back to Hanoi	Hotel in Hanoi	Breakfast
Day 10	Hanoi Departure	NA	Breakfast

Itinerary

Day 1: Hanoi Arrival - Welcome luxury dinner

When you arrive at Noi Bai International Airport, our tour guide will meet you and transport you to your hotel in Hanoi City for the check-in process. Let's unpack your luggage and enjoy your leisure time.

In the evening, you are invited to a welcome luxury dinner at a fine dining restaurant. Savor the well-prepared dishes, you can feel the authentic flavors of Vietnam with the sophistication of Western dishes. It sets an inspirational tone for the experiences ahead, ensuring that your trip starts on an unforgettable note.

Meals: Dinner

Accommodation: Hotel in Hanoi

Day 2: Hanoi - Family's Rejuvenation Day

Premium Intensive Health Care & Therapy Package (180 min)

Take a well-deserved break with a perfect balance of aesthetic care and traditional wellness therapies.

- Personalized health assessments using Traditional Medicine's "Four Diagnoses" (Observation, Auscultation, Inquiry, and Palpation), including pulse checking, tongue examination, and health history analysis.
- Customized health advice on nutrition, lifestyle, and holistic well-being based on individual body constitution.
- Specialized Traditional Medicine techniques such as acupressure massage, cupping therapy, acupuncture, and herbal steam therapy, tailored to each client's condition.
- Healing cuisine featuring medicinal ingredients like mugwort, angelica root, and dried tangerine peel.

Vinmec Traditional Medicine Center delivers exceptional healthcare quality through a team of leading experts trained both domestically and internationally in Traditional Medicine. All therapists are certified Traditional Medicine doctors, rigorously selected and trained to integrate Eastern and Western medical practices.

The center offers a premium healing experience with internationally accredited facilities, private, serene spaces, and award-winning architectural design. Guests also benefit from a holistic service journey, including bilingual consultants and therapeutic cuisine prepared with high-quality medicinal herbs.

Meals: Breakfast

Accommodation: Hotel in Hanoi

Day 3: Hanoi - Halong Bay Cruise

Morning

8:00 - 8:30 A vehicle will pick you up from your accommodation in Hanoi Old Quarter and transport you to the harbor in Halong Bay via the highway.

When you arrive at the waiting lounge, you will check in and board the cruise ship. While having your welcome drink, the cruise briefing and safety instructions will be discussed.

After that, you will have lunch at the elegant restaurant on board as it passes by the majestic karst rock formations into the world of natural heritage.



Afternoon

The cruise reaches the magnificent [Sung Sot Cave](#). You may hike more than 50 stairs to the cave entry, where you may admire Halong Bay breathtaking seascape. Then prepare to experience the stunning sight inside, which has numerous sparkling stalagmites and stalactites.

After the cave tour, you will return to the main cruise to unwind. Almost every Halong Bay overnight cruise includes a Vietnamese cooking demonstration and Happy Hour. Feel free to join these activities and have fun.

Evening

Enjoy a great dinner on board after your long day. Then, you can engage in various nighttime activities such as night squid fishing, playing board games, and drinking at the bars.

Overnight in your cozy cabin aboard the boat.

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

Meals: Breakfast, Lunch, Dinner

Accommodation: Halong Bay Cruise

Day 4: Halong Bay Cruise - Hanoi

You can get up early to watch the glorious dawn from the ship or join a **Tai Chi Class** to exercise then enjoy a light breakfast in the dining room, along with coffee and tea.



The next stop on a typical Halong Bay cruise is the pretty [Titop Island](#), a crescent-shaped island known for its tranquility and clean waters. You may spend around 1,5 hours swimming on the gorgeous beach or hiking to the island's top for a panoramic view of the bay.

Afterward, return to the cruise ship to check out and enjoy your last brunch on board. You can get to the sundeck and spend your remaining time admiring the spectacular landscape before getting back to the mainland.

Upon reaching the harbor, you disembark the cruise and wait for your transportation in the waiting lounge. Then you will be transferred to Hanoi.

Meals: Breakfast, Brunch

Accommodation: Hotel in Hanoi

Day 5: Hanoi - Ninh Binh Full Day Tour - Overnight in Ninh Binh

Let's start a full-day tour in Ninh Binh. Get yourself ready and be transferred from your hotel in Hanoi to Ninh Binh via the expressway, feel free to enjoy the tranquil scenery of the countryside.

- We first stop at **Sinh Duoc Village**, at the foot of Bai Dinh Mountain. As we walk around, we see many native herbal medicine trees and plants by the roadside and in the gardens. Thanks to the passion and knowledge of the locals, many valuable healthcare products have been created.
- Then, we travel to [Hoa Lu](#), Vietnam's Ancient Capital, which dates back a thousand years. There, you will have the opportunity to learn more about heroic Vietnamese history. This historic capital, covered with complex carvings and stunning artwork, will leave you in awe.



- Afterward, you begin your trip in “Halong Bay on land” - [Tam Coc](#) on a small boat rowed by locals, passing by hundreds of stunning karst mountains of Ngo Dong River. Let's make sure to capture the calm scenery of the majestic mountains, vast rice fields, and temples.

As the day tour ends, you will travel to your hotel in Ninh Binh and stay overnight.

Meals: Breakfast, Lunch

Accommodation: Hotel in Ninh Binh

Day 6: Ninh Binh - Pu Luong - Don Village - Hieu Waterfall

Morning

07:30 - 08:00 - The bus and tour guide will pick you up from your hotel or homestay in Tam Coc for the journey to Pu Luong, approximately a 3-hour drive.

11:30 - Arrive in Pu Luong, enjoy lunch, and check in to rest.



Afternoon

13:30 - Depart for **Don Village** by motorbike or car, exploring the peaceful life of the Thai ethnic people while admiring the scenic mountains, forests, and terraced fields.

Next, trek down to **Uoi Village** and continue to **Lan Ngoai Brocade Village**, where you'll learn about the traditional weaving craft of the Thai ethnic group.

15:00 - The vehicle takes us to **Hieu Waterfall**, where a short 800m trek leads to a stunning three-tiered waterfall. Enjoy a refreshing swim and immerse yourself in nature.

17:00 - Return to the homestay to rest.

19:00 - Enjoy dinner, cultural exchanges, and traditional dance performances with Thai ethnic girls (for large groups) or simply relax for the evening.

Meals: Breakfast, Lunch

Accommodation: Hotel in Pu Luong

Day 7: Pu Luong - Doan Street Market - Cham Stream

Morning

Wake up early to capture the breathtaking sight of clouds drifting over the mountains.

07:30 - Enjoy breakfast before heading to **Doan Street Weekly Market** (available on Thursdays and Sundays) to explore local specialties and souvenirs.

Continue to the **Cham Stream** tourist area, where you can admire giant water wheels and enjoy kayaking or bamboo rafting on the serene river.

On the way back, take a refreshing dip in Cham Stream before returning to the homestay.

12:00 - Have lunch and enjoy the remainder of the day at leisure in the peaceful surroundings of Pu Luong.

Meals: Breakfast, Lunch

Accommodation: Hotel in Pu Luong

Day 8: Pu Luong - Free Tour

Wake up to the peaceful sounds of nature and enjoy breakfast at the homestay. The day is yours to spend at leisure in the tranquil surroundings of Pu Luong.

You may choose to simply relax at the homestay, taking in the breathtaking views of terraced rice fields and rolling mountains, or explore the village life at your own pace.

Meals: Breakfast

Accommodation: Hotel in Pu Luong

Day 9: Pu Luong - Back to Hanoi

Enjoy breakfast at the homestay and take in the last peaceful views of Pu Luong's terraced fields and mountain scenery. Spend some free time at leisure until departure.

Check out and begin the journey back to Hanoi, traveling through picturesque countryside and rural villages along the way.

Arrive in Hanoi and transfer to your hotel. The remainder of the day is free at leisure to rest or explore the city at your own pace.

Meals: Breakfast

Accommodation: Hotel in Hanoi

Day 10: Hanoi Departure

It's your last day in Hanoi before heading to the next adventure. You have free time to relax and enjoy the Old Quarter before transferring to the airport for your flight home.

Depending on the flight time, a driver will pick you up at the hotel and transfer you to Noi Bai International Airport for your flight. Goodbye and see you again!

Meals: Breakfast

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)
- Meals as indicated in the program
- All entrance fees as itinerary
- Premium Intensive Health Care & Therapy Package (180 min)
- General Health Check - Advanced Package with 65 services

Exclusion

- Hotel EARLY check in & LATE check out
- Peak season surcharge & compulsory dinner at the hotel (if any)
- International flights 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

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.

WHY BOOK WITH US?

Best Rate Guaranteed

Local consultants with rich of knowledge will give you the most suitable itineraries for you.

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