

Vietnam's Coastal Rejuvenation Retreat 14 days

Trip overview

This 14-day wellness-focused journey through Vietnam blends cultural discovery with ultimate relaxation. Travelers will explore Da Nang, Nha Trang, Hanoi, and Halong Bay, indulging in street food tours, scenic cruises, and luxurious spa treatments, including acupressure massages, mud baths, and mineral water therapies. The itinerary also features comprehensive health check-ups, immersive cultural experiences, and breathtaking natural landscapes, ensuring a rejuvenating and unforgettable adventure.

- **Durations:** 14 days
- **Trip outline:** Da Nang - Nha Trang - Hanoi - Halong Bay
- **Price from:** US \$4689/person
- **Tour inquiry:** <https://besttratetours.com/vietnam-tours/vietnam-s-coastal-rejuvenation-retreat-14-days.html>

Trip outline

day	Activities	Accommodations	Meals
Day 1	Da Nang arrival - Street food tour	Hotel in Da Nang	Dinner
Day 2	Free Day To Explore At Your Own Pace	Hotel in Da Nang	Breakfast
Day 3	Bana Hill Full Day Tour	Hotel in Da Nang	Breakfast, Lunch
Day 4	Discover Hoi An Half Day Tour	Hotel in Hoi An	Breakfast
Day 5	Da Nang fly to Nha Trang - Discover City By Cyclo	Hotel in Nha Trang	Breakfast, Dinner
Day 6-7	Free Day to Relax	Hotel in Nha Trang	Breakfast
Day 8	Private Mud Pool & Mineral Water Full Day	Hotel in Nha Trang	Breakfast, Lunch
Day 9	Nha Trang - Flight to Hanoi	Hotel in Hanoi	Breakfast
Day 10	Hanoi - Halong Bay Overnight Cruise	Halong Bay Cruise	Breakfast
Day 11	Halong Bay Cruise - Return to Hanoi	Hotel in Hanoi	Breakfast
Day 12	Pre Examination Day	Hotel in Hanoi	Breakfast
Day 13	Intensive Health Care & Treatment Package (180 min)	Hotel in Hanoi	Breakfast
Day 14	Hanoi Departure	NA	Breakfast

Itinerary

Day 1: Da Nang arrival - Street food tour

Your wellness journey begins when you arrive in Da Nang and check into your hotel to refresh after traveling.

A friendly local guide will pick you up at **16:00** for a culinary exploration through the coastal city streets. You may choose to drive your own motorbike or ride behind your guide during the tour. The guide takes you through neighborhoods where local Vietnamese people share their daily lives and food culture.



During your evening adventure, you will visit more than five eateries where you might taste over ten traditional dishes from the region. Your taste buds will enjoy Vietnamese bread, fresh seafood, and sweet local desserts at each stop. The tour finishes around **20:00**, and you will return to your hotel with a satisfied appetite.

Meals: Dinner

Accommodation: Hotel in Da Nang

Day 2: Free Day To Explore At Your Own Pace

Your second day in Da Nang offers an ideal chance to design your personal wellness experience at your chosen speed. The immaculate My Khe Beach welcomes you for morning swims or peaceful meditation sessions with its powdered white sand and blue seas running around the shore. You might decide to spend your early hours tanning in the sun or cool dives in the soft waves of this well-known beach from Southeast Asia.

For lunch, you can discover local flavors at nearby restaurants or venture into downtown Da Nang for authentic cuisine. The afternoon presents opportunities to explore the majestic Marble Mountains with ancient caves and Buddhist temples. You may climb to the summit for panoramic views of the surrounding landscape and coastline. Many visitors also enjoy browsing through Han Market for unique souvenirs and local crafts.

Meals: Breakfast

Accommodation: Hotel in Da Nang

Day 3: Bana Hill Full Day Tour

Morning

The fourth day brings you to the breathtaking **Ba Na Hills** tucked away in the Truong Son Mountains. For this whole-day tour, your guide will pick you up from your accommodation between **07:45 & 08:00**.

At **Suoi Mo Station**, you will board a cable car and savor amazing views as you soar over the verdant trees toward **Marseille Station**. As you arrive, you might tour the well-known **Golden Bridge**, supported by two enormous stone hands, to take ideal pictures.



Next, you will explore **Jardin D'Amour** with its beautiful flower displays, fountains, and European-inspired architecture. A delicious Vietnamese buffet lunch awaits with over 70 traditional dishes to satisfy your appetite after the morning exploration. The variety of local flavors offers an authentic taste of central Vietnamese cuisine that complements your cultural experience.

Afternoon

In the afternoon, you may enjoy various rides and games at **Fantasy Park**. Your day continues with a visit to **King Peak** at an altitude of 1,487 meters for panoramic mountain views that stretch to the horizon. The tour concludes as you return by cable car to the base station, where your guide will transfer you back to your Da Nang hotel with memories of mountain splendor.

Meals: Breakfast, Lunch

Accommodation: Hotel in Da Nang

Day 4: Discover Hoi An Half Day Tour

Embark on a captivating half-day tour of Hoi An City, where you'll explore the enchanting Hoi An Ancient Town, wandering through its charming alleys near the Thu Bon River.

Step back in time as you visit the iconic [Japanese Covered Bridge](#), a symbol of Hoi An's rich past. Built in the 17th century, this charming structure tells the story of Japanese immigrants who once settled in the town, providing a fascinating glimpse into the cross-cultural exchanges between Japan and Vietnam.

Next, delve deeper into Hoi An's multicultural heritage with a visit to the **Fujian Assembly Hall**. This beautifully preserved site, built by settlers from Fujian Province in China, offers a serene atmosphere of worship, with intricate carvings and stunning architecture reflecting the deep-rooted traditions of the Chinese community in Hoi An.

Experience the vibrant energy of Hoi An's **wet market**, where you can soak in the city's lively nightlife.

Conclude your tour by strolling through the Old Town, where artisans craft one-of-a-kind souvenirs. Pick up a hand-made memento as a reminder of your unforgettable experience in this magical town.

Meals: Breakfast

Accommodation: Hotel in Hoi An

Day 5: Da Nang fly to Nha Trang - Discover City By Cyclo

Morning flights provide the perfect transition from Da Nang to the coastal paradise of Nha Trang on your 5th day. After checking into your accommodation, you will have time to rest and prepare for the evening activities.

Your guide will meet you at the hotel lobby as the daylight fades into dusk. The traditional cyclo ride offers a unique perspective of local life as skilled drivers navigate through the bustling streets.

Your journey takes you along **Tran Phu Street**. It is the most picturesque seaside boulevard in Nha Trang with stunning ocean views. You might observe the lively mix of restaurants, bars, and shops filled with both locals and tourists enjoying the evening atmosphere.

The tour continues to **XQ Historical Village**, where talented artisans create beautiful embroidery. The masterpieces here will showcase Vietnamese cultural heritage through intricate designs and vibrant colors.

The evening includes a delicious seafood dinner at a restaurant near the ocean, where fresh catches become delectable local specialties. You may taste regional dishes while enjoying the gentle sea breeze and coastal ambiance.

Your night concludes with free time to explore the famous **"foreign streets"** of Nha Trang. You will discover numerous shops, lively bars, and entertainment venues that cater to visitors from around the world.

Meals: Breakfast, Dinner

Accommodation: Hotel in Nha Trang

Day 6-7: Free Day to Relax

Today, you have another opportunity to explore Nha Trang at your own pace and according to your preferences. You might begin with a sunrise beach yoga session where gentle waves create a perfect backdrop for morning relaxation. Many travelers enjoy this peaceful start that connects mind and body while overlooking the beautiful coastline. The cool morning temperatures make outdoor activities particularly pleasant.

The afternoon presents perfect timing for a snorkeling excursion to nearby coral reefs where tropical fish dart among vibrant marine formations. You might alternatively enjoy a Vietnamese cooking class to learn traditional techniques using fresh local ingredients. In late evening, a stroll through the night market offers opportunities to sample street food and browse local crafts.

Meals: Breakfast

Accommodation: Hotel in Nha Trang

Day 8: Private Mud Pool & Mineral Water Full Day

Morning

The ninth day blends natural landscapes with therapeutic wellness as you journey beyond Nha Trang City. Your morning begins with a scenic coastal drive to **Doc Let Beach**.

You will discover a stunning 10-kilometer stretch of pristine white sand perfect for morning swimming. Many travelers value this authentic coastal experience where local fishing villages operate alongside the less-crowded shoreline.

Afternoon

After enjoying a delicious seafood lunch at a beachfront restaurant, your journey continues to the historic **Po Nagar Cham Towers**. These remarkable structures were built between the 7th and 12th centuries using brick construction techniques without adhesive



You may observe local devotees bringing colorful offerings to this important pilgrimage site that honors **Yang Ino Po Nagar**, the Mother of the Cham Kingdom.

The day culminates at a **Hot Mineral Spring Center**, where natural healing awaits through specialized therapeutic mud treatments. You will feel the warm volcanic mud draw impurities from your skin while providing effective physical therapy.

The mineral-rich waters complement the mud experience with different temperature pools that improve circulation and skin complexion.

Meals: Breakfast, Lunch

Accommodation: Hotel in Nha Trang

Day 9: Nha Trang - Flight to Hanoi

The journey from coastal Nha Trang to northern Vietnam begins with a morning transfer to the Airport. Upon arrival at Noi Bai International Airport, a friendly guide will welcome you to Hanoi and provide transportation to your centrally located hotel.

After settling into your accommodation, you may explore the charming narrow streets of the Old Quarter filled with local shops, vendors, and cafes. The afternoon presents a perfect opportunity for a gentle stroll around Hoan Kiem Lake, where locals practice tai chi and play chess. You might enjoy observing the rhythms of Hanoi life while adjusting to the northern climate.

Meals: Breakfast

Accommodation: Hotel in Hanoi

Day 10: Hanoi - Halong Bay Overnight Cruise

Morning

Your trip from Hanoi to Halong Bay starts between **08:00 and 08:30**. The pleasant journey winds you around the freeway with vistas of rural Vietnamese scenery.

Once at the harbor, courteous personnel greet you on a beautiful cruise ship with cool beverages. As the ship launches into the UNESCO World Heritage seas, you can find exhilaration mounting.

Lunch is served in an elegant restaurant as your cruise navigates between impressive limestone formations.

Afternoon

The afternoon offers optional massage and spa treatments that may enhance your wellness journey. You will want to reserve these services early with your cruise manager. The highlight comes at [Surprise Cave](#) where you climb 50 steps to discover one of Halong Bay's largest caverns.



As evening approaches, you can participate in a Vietnamese cooking class with skilled chefs sharing traditional techniques. A delicious dinner featuring fresh seafood follows on the deck or in the dining room.

The night continues with entertainment options like squid fishing, board games, or stargazing. You will spend the night in a comfortable cabin lulled by the gentle rocking of the boat.

Meals: Breakfast

Accommodation: Halong Bay Cruise

Day 11: Halong Bay Cruise - Return to Hanoi

Morning

Your day starts with a captivating sunrise from the cruise that reveals limestone formations in the morning light. You will enjoy a light breakfast in the dining room with freshly brewed coffee or tea to energize your morning. Many travelers find the **Tai Chi class** particularly refreshing as it prepares your body and mind for the final day of exploring the scenic bay.



The trip will next bring you to **Titop Island**. It is a quiet crescent-shaped jewel with sandy coastlines and glistening, clean seas. Spending time exploring this natural beauty and ascending to the observation platform for breathtaking 360-degree views of Ha Long Bay is something else. The warm waters invite you for a refreshing swim before returning to the vessel for a delicious brunch.

As the journey continues, you will have time to pack your belongings or relax on the sundeck.

Afternoon

The cruise experience concludes at Tuan Chau Port around midday, and you transfer to Hanoi. The driver will drop you directly at your hotel or conference location for your evening in the city.

Meals: Breakfast

Accommodation: Hotel in Hanoi

Day 12: Pre Examination Day

Start your wellness journey with a comprehensive health check-up tailored to your needs. Enjoy a seamless round-trip transfer to the medical center, where professional healthcare specialists will guide you through a thorough assessment.

Begin your wellness journey with the **Advanced Package – 65 Services**, ensuring top-tier medical care and personalized attention.

- Detect metabolic endocrine disorders, liver and gallbladder diseases, cardiovascular issues, lung conditions, thyroid disorders, osteoporosis, micronutrient deficiencies, electrolyte imbalances, iron metabolism, and assess hepatitis virus infections (A, B, C).
- Includes cancer marker blood tests to screen for liver cancer and prostate cancer (for males).
- Offers gynecological examinations and cancer screenings for cervical cancer, breast cancer, and ovarian cancer (for females).

Enhance your check-up experience with higher-tier packages:

- Comprehensive Package (70 services, 1 day)

This package provides extensive health screening to detect cardiovascular, metabolic, liver, lung, thyroid, and bone conditions, along with micronutrient and viral hepatitis evaluations (A, B, C).

It includes cancer marker tests (blood-based) for liver and prostate cancer (for men), and gynecological screening for cervical, breast, and ovarian cancers (for women). Additionally, clients receive gastrointestinal consultation and gastroscopy to detect early-stage stomach and duodenal cancers.

- Premium Package (80 services, 1 day)

The Premium Package is designed to detect lifestyle-related diseases including cardiovascular, endocrine, liver, thyroid, and bone disorders, as well as micronutrient imbalances and hepatitis infections.

It offers comprehensive cancer screening via blood tests (liver and prostate for men), full gynecological exams (for women), and advanced gastrointestinal diagnostics with both gastroscopy and colonoscopy. This package includes approximately 80 high-level medical services tailored for early detection and in-depth assessment.

- VIP Package (100 premium services, 01 Care Manager service coordinator, Absolutely private examination space, Separate waiting room, and resting clinic area according to 5-star standards)

The VIP Package offers the highest tier of screening services, targeting all major lifestyle and chronic conditions, including cardiovascular, metabolic, liver, thyroid, and bone disorders. It includes brain and cerebral artery imaging to detect abnormalities and provides extensive cancer screening across multiple organs—liver, lungs, esophagus, stomach, colon, prostate (for men), and reproductive organs (for women).

With 100 premium services, a dedicated Care Manager, and private 5-star consultation spaces, this package ensures the utmost in medical excellence and personalized care.

Meals: Breakfast

Accommodation: Hotel in Hanoi

Day 13: Intensive Health Care & Treatment Package (180 min)

Experience comprehensive healing and rejuvenation with a premium 180-minute intensive health care and treatment session designed to restore balance, enhance vitality, and promote overall well-being.

- Consultation & Health Assessment with Traditional Medicine Specialists
- Specialized Traditional Medicine therapies, including Acupressure massage for muscle relief and circulation, Cupping therapy, acupuncture, and herbal steam therapy to promote deep healing.
- Enjoy nutritional therapy with carefully crafted dishes made from Traditional Medicine herbs

Vinmec's Traditional Medicine Center delivers exceptional healthcare quality through a team of highly reputable specialists trained both domestically and internationally. All therapists are certified Traditional Medicine doctors, rigorously selected and trained to combine Eastern Medicine principles with modern medical knowledge.

The center offers a premium service experience in a tranquil, private setting, with internationally recognized architecture (ArchDaily Award 2021) and facilities aligned with JCI standards. Guests are supported throughout their visit by multilingual staff and can enjoy wellness cuisine crafted with high-quality herbal ingredients rooted in traditional medicine.

Meals: Breakfast

Accommodation: Hotel in Hanoi

Day 14: Hanoi Departure

On your final day, the wellness journey through Vietnam concludes as you prepare for your flight from Noi Bai Airport. You may enjoy a last traditional breakfast at your hotel before checking out around noon. What a transformative adventure these fourteen days have been!

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
- 02 domestic flights Da Nang - Nha Trang, Nha Trang - Hanoi

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.

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