

# Wellness, Adventure & Island Bliss in Phu Quoc 11 days

## Trip overview

This 11-day tour offers the perfect balance of health care, relaxation, and exploration for visitors looking for a holiday to improve their health. Travelers have the opportunity to get professional treatments, including acupressure massage, traditional medicine methods, and more. Besides, visitors can also enjoy much-needed relaxation on the stunning island of Phu Quoc, the tranquil Mekong Delta, and the vibrant Ho Chi Minh City. Every aspect of the trip is prepared to ensure a rejuvenating journey and lasting experiences.

- **Durations:** 11 days
- **Trip outline:** Ho Chi Minh City - Phu Quoc
- **Price from:** US \$3779/person
- **Tour inquiry:** <https://besttratetours.com/vietnam-tours/wellness-adventure-island-bliss-in-phu-quoc-11-days.html>

## Trip outline

day	Activities	Accommodations	Meals
Day 1	Ho Chi Minh Arrival - Dinner Cruise	Hotel in Ho Chi Minh City	Dinner
Day 2	Luxury Cu Chi Tunnels Speedboat Tour	Hotel in Ho Chi Minh City	Breakfast, Lunch
Day 3	Insight Mekong Delta Full Day	Hotel in Phu Quoc	Breakfast, Lunch
Day 4	Ho Chi Minh fly to Phu Quoc	Hotel in Phu Quoc	Breakfast
Day 5	Luxury Acupressure Massage Services (120 min)	Hotel in Phu Quoc	Breakfast
Day 6 - 7	Freeday to Unwind	Hotel in Phu Quoc	Breakfast
Day 8	Discover Starfish Beach & Cua Can Kayaking	Hotel in Phu Quoc	Breakfast
Day 9	Pre Examination Day	Hotel in Ho Chi Minh	Breakfast
Day 10	Phu Quoc fly Ho Chi Minh - Food tour by scooter	Hotel in Ho Chi Minh City	Breakfast
Day 11	Ho Chi Minh Departure	NA	Breakfast

## Itinerary

**Day 1: Ho Chi Minh Arrival - Dinner Cruise**

As you arrive at Tan Son Nhat International Airport, a tour guide will pick you up and transfer you to your hotel in Ho Chi Minh City. After a smooth check-in, relax and enjoy your free time before getting ready for a lively evening trip.

In the evening, a pick-up from your hotel to Nha Rong Port will be scheduled. The Saigon River, which retains the cultural mark of Ho Chi Minh City, will serve as the setting for your dinner.

As we depart from the dock, we will have a leisurely ride along the river, taking in the city's breathtaking nighttime beauty.

On the cruise ship, the chef and team will expertly prepare delightful meals, allowing us to appreciate the various flavors of fusion and Vietnamese cuisine. Moreover, the premium menu will provide you with a variety of excellent items to enjoy.



Take a seat and relax. You will have a great time with your loved ones while enjoying a beautiful view of the Saigon River with the metropolis in the backdrop. Afterward, the ship returns to the port, marking the end of the evening cruise.

**NOTE:**

- Please note that the transfer is not included, you can book this extra service on the booking step.
- The restaurant will arrange the seats for you. If you want to choose your seat, there will be some additional fees.

**Meals:** Dinner

**Accommodation:** Hotel in Ho Chi Minh City

## Day 2: Luxury Cu Chi Tunnels Speedboat Tour

**07:00** - Our guide will meet you at your hotel's lobby in Ho Chi Minh City and transfer you by car to the speedboat at Tan Cang Pier. Enjoy a light breakfast with pastries, sandwiches, fresh tropical fruits, and mineral water as you embark on a luxurious speedboat ride.

As we travel, the guide will share insights into the **Cu Chi Tunnels'** historical significance while you admire the scenic jungle along the riverbanks.



The Cu Chi Tunnels are a marvel of Vietnamese military ingenuity. Serving as the "secret city" for the Vietnamese army during the war, the tunnels were vital for hiding, supplying, and living. Upon arrival, you will learn about the revolutionary history, patriotism, and the heroes who sacrificed their lives for Vietnam's peace.

We will watch a documentary that provides an in-depth understanding of the tunnels and the Vietnam War. Explore the jungle, witnessing the traps, secret entrances, bunkers, and underground hideouts.

Next, we will dive deeper into the underground tunnel network, which includes living areas, kitchens, storage, weapons factories, hospitals, and command centers.

You will also have time to relax, sip green tea, and taste the local cassava root that sustained the fighters during the war. For those interested, you can visit the shooting range (at your own expense) to try firing some of the weapons used during the war.

Before we head for lunch, you'll see the traditional rice paper and rice-wine-making process.

At noon, enjoy lunch at **Tan Cang Resort**, then return to your hotel in Ho Chi Minh City by car.

Around **13:00**, Arrive back in Ho Chi Minh City.

**Meals:** Breakfast, Lunch

**Accommodation:** Hotel in Ho Chi Minh City

## Day 3: Insight Mekong Delta Full Day

### Morning

**07:00 - 07:30** Depart from your hotel in Saigon and head to Ben Tre Province. Along the way, enjoy views of the natural beauty and daily life of locals.

**08:30** - Embark on a scenic cruise along the **Ham Luong River**, one of the Mekong Delta's estuaries, offering a relaxing atmosphere.

Visit a local **coconut workshop** to witness the traditional craftsmanship and meet friendly locals. Then, take a walk through a mat-weaving house to learn about this cultural art, before sampling local fruits and tea.

Hop on a 'xe loi' (motorized rickshaw) or bicycle to explore the countryside and vibrant fruit orchards.

## Afternoon

After a riverside lunch, enjoy a **sampan boat** ride through narrow canals, surrounded by lush landscapes.

**17:00** Return to your hotel in Saigon.

**Meals:** Breakfast, Lunch

**Accommodation:** Hotel in Phu Quoc

## Day 4: Ho Chi Minh fly to Phu Quoc

It's your last day in Ho Chi Minh City before traveling to the next destination - Phu Quoc, a stunning island with a breathtaking seascape.

Depending on your flight time, a driver will pick you up at the hotel and transfer you to Tan Son Nhat International Airport for your flight to Phu Quoc.

Meet your driver at Phu Quoc Airport and get to your hotel. You will have free time for the rest of the day, so feel free to spend your leisure time exploring the most gorgeous island in Vietnam.

**Meals:** Breakfast

**Accommodation:** Hotel in Phu Quoc

## Day 5: Luxury Acupressure Massage Services (120 min)

Enjoy a nice breakfast at your hotel and get ready for a high-quality treatment, which is Luxury Acupressure Massage Services for about **120 minutes**.

Indulge in a luxurious acupressure massage session, designed to promote deep relaxation, relieve tension, and restore balance to the body. This premium service combines traditional healing techniques with expert care for an unparalleled wellness experience.

**Meals:** Breakfast

**Accommodation:** Hotel in Phu Quoc

## Day 6 - 7: Freeday to Unwind

Let's spend some moments of relaxation today and enjoy some light activities to unwind. You can have a refreshing swim on the pretty beach or book a trip to the pristine islands of Phu Quoc.

**Meals:** Breakfast

**Accommodation:** Hotel in Phu Quoc

## Day 8: Discover Starfish Beach & Cua Can Kayaking

Wake up and prepare for the day, as you will be picked up at approximately **08:30** from your hotel lobby. Today's excursion includes various activities that may introduce you to the sea life in Phu Quoc.

The first stop is the natural **Cua Can River**, where you can go kayaking to discover the pristine scenery and observe how locals live near the river.

Then, we get to a **Bee & Herbal Garden** that gives you a great insight into local honey production and an opportunity for honey-tasting.

Continue the tour to the **National Park in Phu Quoc**, you will have a chance to feel nature as you navigate through the lush forest. Don't forget to take pictures of the fascinating wildlife here!



After an active morning, you can enjoy a nice lunch and relax in **Rach Vem village**. Feel free to go swimming at the stunning **Starfish Beach** after your meal.

The trip comes to an end as you reach **Ganh Dau Seashore Village**, where you can sightsee the viewpoint of Cambodia. You will return to your hotel at around **16:30**.

**NOTE:** Kindly note that Starfish Beach is available for visits only from October to April.

**Meals:** Breakfast

**Accommodation:** Hotel in Phu Quoc

## Day 9: Pre Examination Day

Today is when you will have health pre-examination processes. Visit the clinic and have a thorough check from the advanced package with **65 services**, conducted by professionals and with the most modern facilities.

- Detection of metabolic and endocrine disorders, liver and gallbladder conditions, cardiovascular diseases, lung issues, thyroid disorders, osteoporosis, micronutrient deficiencies, electrolyte imbalances, iron metabolism, and hepatitis virus A, B, and C.
- Includes cancer marker tests through bloodwork for liver and prostate cancer (for men).
- Comprehensive gynecological examination and screenings for cervical, breast, and ovarian cancers (for women).

### Optional packages

- Comprehensive Package: 70 services, 1 day

This package offers a thorough health assessment to detect cardiovascular diseases, metabolic disorders, liver function issues, osteoporosis, and thyroid conditions.

It includes blood-based cancer marker screenings for liver and prostate cancer (for men), as well as gynecological exams for early detection of cervical, breast, and ovarian cancers (for women). A specialized digestive consultation with gastroscopy helps diagnose gastrointestinal conditions and screen for early-stage stomach or duodenal cancer.

- Premium Package: 80 services, 1 day

The Premium package focuses on identifying lifestyle-related health risks such as heart disease, liver problems, endocrine disorders, and viral hepatitis A, B, and C.

It includes advanced cancer marker tests, full gynecological cancer screenings (for women), and digestive examinations with both gastroscopy and colonoscopy. This package enhances early detection of gastrointestinal cancer and provides a broader diagnostic scope.

- 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)

This top-tier package provides the most comprehensive health evaluation, including detection of cardiovascular, endocrine, liver, and thyroid issues, along with advanced brain and cerebral artery screenings.

It covers early detection of a wide range of cancers such as liver, lung, esophagus, stomach, colon, breast, cervical, ovarian (for women), and prostate (for men). The experience is elevated by 100 premium services, a personal Care Manager, private consultation space, and a luxurious waiting and recovery lounge designed to 5-star standards.

**Meals:** Breakfast

**Accommodation:** Hotel in Ho Chi Minh

## Day 10: Phu Quoc fly Ho Chi Minh - Food tour by scooter

Get up and warm up! After enjoying a filling breakfast to start the day, please arrange your luggage and make the most of your remaining time in Phu Quoc. Then, take a transfer to the airport so you can catch your flight to Ho Chi Minh City.

As you arrive at Tan Son Nhat International Airport, let's get to your hotel and check in. You can take a rest before the evening trip starts.

**17:30:** Our drivers will pick you up at your hotel and drive you around the city center to visit the vibrant sites at night.

We will experience Ho Chi Minh City's lively lifestyle while passing by renowned streets and take a look at the spectacular **Bitexco Tower**, one of Vietnam's tallest buildings. We will also blend in with the crowds and explore the sidewalk eateries and cafes at night.



Next, we reach the colorful **Chinatown**. Walking through the beautiful temples here, you will witness the magnificence of the Vietnamese-Chinese cultural intrusion. Enjoy the vibrant atmosphere of the streets and get your family some gifts. You may also visit the local street food shops and sample a variety of delicacies.

Afterward, we visit **Ho Thi Ky Flower Market**, Ho Chi Minh City largest flower market. It is a rare opportunity for you to acquire some special items at this local market while also admiring the market splendor at night, especially when vendors transport new batches of flowers.

The nighttime tour ends at **22:00**. It is time to return to your hotel and have a restful sleep.

**Meals:** Breakfast

**Accommodation:** Hotel in Ho Chi Minh City

## Day 11: Ho Chi Minh Departure

This morning, eat your last breakfast at the hotel, pack your things, and enjoy your final moments in Ho Chi Minh City.

Depending on your flight time, our driver will take you to the airport. Good luck on your next journey.

**NOTE:** The hotel check-out time is **12:00**, however you may still request a late check-out with a surcharge.

**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
- 01 massage body treatment in Phu Quoc
- General Health Check - Advanced Package with 65 services
- 02 domestic flights HCMC - Phu Quoc - HCMC

## 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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