Ho Chi Minh City & Phu Quoc: Wellness Retreat & Cultural Discovery – 11 Days

11D / 9N	Easy	Private	USD 4,039 / pax
Duration	Difficulty	Tour Type	Starting From

Experience an 11-day journey balancing vibrant city exploration, serene island relaxation, and comprehensive wellness treatments across Ho Chi Minh City and Phu Quoc. This private tour combines cultural insights with rejuvenating health services.

DESTINATIONS & ROUTE

Ho Chi Minh City → Phu Quoc

TOUR OVERVIEW

Tour Overview

This exclusive 11-day private tour is meticulously designed for travelers seeking a harmonious blend of cultural immersion, adventurous exploration, and profound wellness. Begin your adventure in the dynamic Ho Chi Minh City, delving into its rich history and culinary scene, before transitioning to the tranquil shores of Phu Quoc Island for a dedicated focus on health and relaxation. From historical tunnels and Mekong Delta waterways to luxury acupressure and advanced health screenings, every aspect of this itinerary promotes rejuvenation and discovery.

Journey Highlights

Savor authentic Vietnamese and fusion cuisine on a delightful dinner cruise along the Saigon River.

Explore the intricate network of the Cu Chi Tunnels, gaining insight into wartime history.

Navigate the serene waterways of the Mekong Delta by boat and traditional sampan, visiting local workshops.

Indulge in a luxurious 120-minute acupressure massage session on Phu Quoc Island.

Undergo a comprehensive health pre-examination with advanced services and professional care.

Discover the natural beauty of Phu Quoc, including kayaking on the Cua Can River and relaxing at Starfish Beach.

Experience a vibrant evening food tour by scooter through Ho Chi Minh City, including Chinatown and a flower market.

Route Summary

Your journey commences in the bustling metropolis of Ho Chi Minh City, where you will spend the initial days exploring historical sites and cultural landmarks. Following this urban adventure, a domestic flight transports you to the idyllic Phu Quoc Island, a haven for relaxation and wellness. The itinerary includes several days dedicated to health treatments and beach leisure before returning to Ho Chi Minh City for a final evening of culinary exploration and departure.

Who This Tour Suits

This private tour is ideal for luxury travelers who prioritize both enriching cultural experiences and personal well-being. It caters to individuals or couples looking for a sophisticated holiday that offers a balance of active discovery and restorative treatments, ensuring a truly rejuvenating escape in Vietnam.

Practical Information

The tour includes comfortable hotel accommodations for nine nights and various modes of transport, including domestic flights between Ho Chi Minh City and Phu Quoc. Meals are provided as specified, with a focus on local flavors. Please note that while airport transfers are generally included, specific arrangements for Day 1 arrival should be confirmed. The health examination services are conducted by professionals using modern facilities, offering various optional upgrade packages for a more extensive check-up.

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TOUR HIGHLIGHTS

* Enjoy a scenic dinner cruise on the Saigon River, featuring delicious Vietnamese and fusion dishes.
* Explore the historic Cu Chi Tunnels, learning about their strategic importance during the war.
* Experience a boat trip through the Mekong Delta, visiting traditional craft workshops.
* Receive a luxurious 120-minute acupressure massage for deep relaxation and body balance.
* Undergo a comprehensive health pre-examination with advanced services and expert care.
* Discover Phu Quoc's natural beauty with kayaking on the Cua Can River and swimming at Starfish Beach.
* Embark on an evening scooter food tour in Ho Chi Minh City, exploring vibrant markets and Chinatown.

DAY-BY-DAY ITINERARY

Day 1 — Ho Chi Minh City Arrival & Saigon River Dinner Cruise

Meals: Dinner | Stay: Renaissance Riverside Hotel Saigon | Transport: Private car transfer, Cruise ship

Upon your arrival at Tan Son Nhat International Airport, a designated guide will greet you and provide a comfortable transfer to your hotel in Ho Chi Minh City. After checking in, you'll have some free time to settle in and relax before your evening activities begin. This allows you to unwind after your journey and prepare for the exciting experiences ahead.
In the evening, you will be picked up from your hotel and driven to Nha Rong Port. Here, you'll board a cruise ship for a delightful dinner experience on the Saigon River. As the vessel gently glides along the water, you'll witness the stunning illuminated cityscape of Ho Chi Minh City, offering a unique perspective of its nocturnal beauty. The onboard culinary team will prepare an exquisite selection of fusion and traditional Vietnamese dishes, ensuring a memorable dining experience.
Enjoy the premium menu and the elegant ambiance, sharing a special moment with your companions while admiring the metropolitan backdrop. The cruise provides a serene and picturesque setting to begin your Vietnamese adventure. After the cruise concludes, the ship will return to the port, and you will be transferred back to your hotel for a restful night.

Activities:
Airport pickup and hotel transfer.
Leisure time at the hotel.
Transfer to Nha Rong Port.
Enjoy a dinner cruise on the Saigon River.
Savor fusion and Vietnamese cuisine.
Admire Ho Chi Minh City's nighttime skyline.

Day 2 — Cu Chi Tunnels Speedboat Expedition & Historical Insights

Meals: Breakfast, Lunch | Stay: Renaissance Riverside Hotel Saigon | Transport: Private car transfer, Speedboat

Your day begins with a morning pickup from your Ho Chi Minh City hotel lobby, followed by a transfer to Tan Cang Pier. Here, you'll board a luxurious speedboat to commence your journey. A light breakfast, including pastries, sandwiches, fresh tropical

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fruits, and mineral water, will be served onboard as you cruise along the river.
During the scenic ride, your guide will provide fascinating insights into the historical significance of the Cu Chi Tunnels, while you take in the picturesque jungle scenery lining the riverbanks. The Cu Chi Tunnels represent an extraordinary feat of Vietnamese military engineering, serving as a clandestine underground city for the army during the war. This network was crucial for shelter, supplies, and strategic operations.
Upon arrival, you will delve into the revolutionary history, learning about the patriotism and sacrifices made for Vietnam's peace. A documentary screening will offer an in-depth understanding of the tunnels and the Vietnam War. You will then explore the jungle terrain, observing various traps, secret entrances, bunkers, and hidden hideouts. The tour continues with an exploration of the underground tunnel system itself, which housed living quarters, kitchens, storage facilities, weapons factories, hospitals, and command centers. You'll have an opportunity to relax, enjoy green tea, and taste the local cassava root, a staple food for the fighters. For those interested, a shooting range is available (at your own expense) to try out wartime weapons. Before lunch, observe the traditional processes of making rice paper and rice wine. A delicious lunch awaits you at Tan Cang Resort before you return to your hotel in Ho Chi Minh City by car, arriving around 13:00.

Activities: Hotel pickup and transfer to Tan Cang Pier.
Enjoy a light breakfast on a luxury speedboat.
Learn about the Cu Chi Tunnels' history during the scenic ride.
Watch a documentary about the tunnels and Vietnam War.
Explore jungle traps, secret entrances, and bunkers.
Crawl through the underground tunnel network.
Taste local cassava and green tea.
(Optional) Visit a shooting range.
Observe traditional rice paper and rice wine making.
Have lunch at Tan Cang Resort.
Return to Ho Chi Minh City.

Day 3 Mekong Delta Exploration: Ben Tre River Cruise & Local Crafts

Meals: Breakfast, Lunch | Stay: Renaissance Riverside Hotel Saigon | Transport: Private car transfer, Boat, Xe loi/Bicycle, Sampan boat

Your morning begins with a departure from your Saigon hotel between 07:00 and 07:30, heading towards Ben Tre Province. The journey offers picturesque views of the natural landscape and glimpses into the daily lives of local communities along the way. Around 08:30, you'll embark on a serene cruise along the Ham Luong River, one of the tranquil estuaries of the Mekong Delta, providing a peaceful and scenic introduction to the region.
During the cruise, you will visit a local coconut workshop, where you can observe traditional craftsmanship and interact with friendly locals. This provides an authentic insight into the region's primary industry. Following this, a walk through a mat-weaving house will allow you to learn about this cultural art form before you have the chance to sample local fruits and enjoy some tea, experiencing the hospitality of the delta residents.
Later, you'll hop on a 'xe loi' (motorized rickshaw) or bicycle, offering an engaging way to explore the countryside and its vibrant fruit orchards. After a delicious riverside lunch, the adventure continues with a sampan boat ride through narrow, winding canals, surrounded by lush tropical landscapes. This intimate experience allows you to fully appreciate the tranquil beauty of the Mekong Delta. The day concludes with your return to your hotel in Saigon around 17:00.

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Activities: Depart from Saigon to Ben Tre Province.
Enjoy a scenic cruise along the Ham Luong River.
Visit a local coconut workshop and observe traditional crafts.
Walk through a mat-weaving house and learn about the art.
Sample local fruits and tea.
Explore the countryside and fruit orchards by 'xe loi' or bicycle.
Have a riverside lunch.
Take a sampan boat ride through narrow canals.
Return to Saigon.

Day 4 Journey to Phu Quoc Island & Leisure Time

Meals: Breakfast | Stay: La Veranda Resort Phu Quoc | Transport: Private car transfer, Domestic flight

Today marks your transition from the bustling energy of Ho Chi Minh City to the serene beauty of Phu Quoc, a renowned island paradise celebrated for its breathtaking seascapes. Depending on your scheduled flight time, a private driver will pick you up from your hotel in Ho Chi Minh City and transfer you to Tan Son Nhat International Airport for your domestic flight.
Upon your arrival at Phu Quoc Airport, another driver will be waiting to greet you and provide a comfortable transfer to your hotel. The remainder of the day is yours to spend at leisure. You are encouraged to explore Vietnam's most gorgeous island at your own pace, whether it's relaxing by the beach, discovering local attractions, or simply unwinding in the tranquility of your resort. This free time allows for a seamless and relaxed start to your island getaway.

Activities: Transfer from hotel to Tan Son Nhat International Airport.
Fly from Ho Chi Minh City to Phu Quoc.
Airport pickup in Phu Quoc and hotel transfer.
Enjoy free time to relax or explore Phu Quoc Island.

Day 5 Luxury Acupressure Massage & Relaxation

Meals: Breakfast | Stay: La Veranda Resort Phu Quoc

Begin your day with a nourishing breakfast at your hotel, preparing for a day dedicated to wellness and relaxation. Today's highlight is a premium 120-minute Luxury Acupressure Massage Service, meticulously designed to promote deep relaxation and restore physical balance.
This specialized treatment combines traditional healing techniques with expert care, offering an unparalleled wellness experience. The skilled therapists will apply precise pressure to specific points on your body, aiming to relieve tension, improve circulation, and enhance overall well-being. This session provides a perfect opportunity to unwind and rejuvenate, allowing you to fully embrace the tranquil atmosphere of Phu Quoc.
The remainder of your day is at leisure, giving you the flexibility to continue your relaxation at the hotel, perhaps by the pool or on the beach, or to explore more of the island's serene environment at your own pace. This dedicated wellness day ensures a profound sense of calm and revitalization.

Activities: Enjoy breakfast at the hotel.
Indulge in a 120-minute Luxury Acupressure Massage session.

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Experience deep relaxation and tension relief.
Enjoy free time for personal leisure and relaxation.

Day 6 Leisure Day on Phu Quoc Island

Meals: Breakfast | Stay: La Veranda Resort Phu Quoc

Today is dedicated to personal relaxation and enjoying the idyllic surroundings of Phu Quoc Island. After a leisurely breakfast at your hotel, you have the entire day free to unwind and engage in light activities that suit your preferences.
You might choose to spend your time by the hotel's pool, taking a refreshing swim, or simply lounging under the sun. Alternatively, the pristine beaches of Phu Quoc offer a perfect setting for relaxation, where you can stroll along the shore, feel the soft sand, and listen to the gentle waves. For those seeking a bit more activity, you could consider booking an optional excursion to explore some of Phu Quoc's beautiful nearby islands, renowned for their clear waters and vibrant marine life.
This flexible day allows you to set your own pace, ensuring a truly personalized and restorative experience amidst the island's natural beauty. Whether you prefer quiet contemplation or gentle exploration, Phu Quoc provides the ideal backdrop for a day of unwinding.

Activities: Enjoy a leisurely breakfast.
Spend the day relaxing at the hotel or on the beach.
(Optional) Take a refreshing swim.
(Optional) Book a trip to explore nearby pristine islands.
Enjoy free time for personal activities.

Day 7 Unwind on Phu Quoc's Pristine Beaches

Meals: Breakfast | Stay: La Veranda Resort Phu Quoc

Following a pleasant breakfast at your hotel, today offers another opportunity for complete relaxation and enjoyment of Phu Quoc's natural splendor. This free day is designed for you to fully immerse yourself in the tranquil island atmosphere and take advantage of its beautiful coastal offerings.
You can choose to spend your time unwinding on one of Phu Quoc's pristine beaches, soaking up the sun, or enjoying a refreshing dip in the clear waters. The island's serene environment is perfect for leisurely walks along the shore, collecting seashells, or simply reading a book under the shade of a palm tree. This is an ideal moment to disconnect from daily routines and appreciate the peaceful surroundings.
Alternatively, you might explore the local area around your resort, perhaps visiting a nearby cafe or simply enjoying the amenities offered by your accommodation. The flexibility of this day allows you to tailor your experience to your desires, ensuring a truly restorative and enjoyable time on Phu Quoc Island.

Activities: Enjoy breakfast at the hotel.
Spend the day relaxing on Phu Quoc's pristine beaches.
Swim in the clear waters.
Take leisurely walks along the shore.
Enjoy free time for personal relaxation.

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Day 8 Starfish Beach & Cua Can River Kayaking Adventure

Meals: Breakfast | Stay: La Veranda Resort Phu Quoc | Transport: Private car transfer, Kayak

Prepare for an exciting day of island exploration as you are picked up from your hotel lobby around 08:30. Today's itinerary is packed with activities designed to introduce you to the unique marine life and natural landscapes of Phu Quoc. Your first stop is the natural Cua Can River, where you'll embark on a kayaking adventure. This allows you to discover the pristine scenery and observe the daily lives of local communities residing near the riverbanks, offering a glimpse into their traditional way of life.
Next, the tour proceeds to a Bee & Herbal Garden, providing fascinating insights into local honey production. Here, you'll have the opportunity to taste fresh honey and learn about the various herbs cultivated on the island. Continuing your journey, you'll venture into Phu Quoc National Park. Navigating through the lush forest, you'll have the chance to connect with nature and capture photographs of the diverse wildlife that inhabits this protected area.
After an active morning, you'll enjoy a pleasant lunch and some relaxation time in Rach Vem village. Following your meal, you'll have the opportunity to go swimming at the stunning Starfish Beach, famous for its crystal-clear waters and vibrant starfish (note: Starfish Beach visits are best from October to April). The excursion concludes at Ganh Dau Seashore Village, where you can enjoy views towards Cambodia. You will return to your hotel around 16:30, refreshed from a day of discovery.

Activities:
Hotel pickup.
Kayak on the Cua Can River and observe local life.
Visit a Bee & Herbal Garden for honey tasting.
Explore Phu Quoc National Park and observe wildlife.
Enjoy lunch in Rach Vem village.
Swim at Starfish Beach (seasonal).
Visit Ganh Dau Seashore Village for views of Cambodia.
Return to the hotel.

Day 9 Comprehensive Health Pre-Examination Day

Meals: Breakfast | Stay: La Veranda Resort Phu Quoc | Transport: Private car transfer

Today is dedicated to your health and well-being with a comprehensive pre-examination process. You will visit a modern clinic equipped with state-of-the-art facilities, where you will undergo a thorough health check-up. The advanced package includes 65 services, all conducted by highly qualified professionals, ensuring a detailed assessment of your health status.
The examination is designed to detect a wide range of conditions, including metabolic and endocrine disorders, liver and gallbladder conditions, cardiovascular diseases, lung issues, thyroid disorders, osteoporosis, micronutrient deficiencies, electrolyte imbalances, iron metabolism, and hepatitis viruses A, B, and C. For men, the package includes blood-based cancer marker tests for liver and prostate cancer. For women, it encompasses a comprehensive gynecological examination and screenings for cervical, breast, and ovarian cancers.
Optional upgrade packages are available for those seeking an even more extensive health assessment. These include comprehensive, premium, and VIP packages, offering additional services such as specialized digestive consultations with gastroscopy and colonoscopy, advanced brain and cerebral artery screenings, and an expanded range of cancer marker tests. The VIP package also provides a personal Care Manager, private examination space, and a luxurious waiting and recovery

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lounge, all designed to 5-star standards. After your examinations, you will return to your hotel for the evening.

Activities: Visit a clinic for a comprehensive health pre-examination.
Undergo an advanced package with 65 services by professionals.
Screen for metabolic, endocrine, liver, cardiovascular, and thyroid disorders.
Test for micronutrient deficiencies, electrolyte imbalances, iron metabolism, and hepatitis viruses.
(For men) Conduct cancer marker tests for liver and prostate cancer.
(For women) Receive comprehensive gynecological examination and screenings for cervical, breast, and ovarian cancers.
(Optional) Upgrade to comprehensive, premium, or VIP health packages.

Day 10 Phu Quoc to Ho Chi Minh City & Evening Food Tour by Scooter

Meals: Breakfast | Stay: Renaissance Riverside Hotel Saigon | Transport: Private car transfer, Domestic flight, Scooter

Start your day with a satisfying breakfast at your hotel in Phu Quoc. After packing your belongings, you'll have some remaining free time to enjoy the island before your transfer to Phu Quoc Airport. Here, you'll board your domestic flight back to Ho Chi Minh City. Upon arrival at Tan Son Nhat International Airport, a driver will transfer you to your hotel for check-in, allowing you to rest before your exciting evening adventure.

At 17:30, our drivers will pick you up from your hotel for a captivating scooter tour of the city center. This immersive experience will showcase Ho Chi Minh City's vibrant nightlife as you pass by famous streets and admire the spectacular Bitexco Tower, one of Vietnam's tallest buildings. You'll blend in with the local crowds, exploring bustling sidewalk eateries and cafes, truly experiencing the city's lively atmosphere.

The tour continues to the colorful Chinatown, where a walk through its beautiful temples reveals the rich cultural fusion of Vietnamese and Chinese heritage. You'll have time to soak in the vibrant street ambiance and perhaps pick up some unique gifts. A highlight of the evening is visiting local street food shops to sample a variety of authentic delicacies. Finally, you'll visit the Ho Thi Ky Flower Market, Ho Chi Minh City's largest flower market, a rare opportunity to witness its splendor at night as vendors transport fresh batches of flowers. The nighttime tour concludes around 22:00, with a transfer back to your hotel for a restful sleep.

Activities: Enjoy breakfast and free time in Phu Quoc.
Transfer to Phu Quoc Airport.
Fly from Phu Quoc to Ho Chi Minh City.
Airport pickup in Ho Chi Minh City and hotel transfer.
Check into your hotel and rest.
Embark on an evening scooter food tour.
Pass by famous streets and the Bitexco Tower.
Explore sidewalk eateries and cafes.
Walk through Chinatown and visit temples.
Sample local street food delicacies.
Visit Ho Thi Ky Flower Market at night.
Return to the hotel.

Day 11 Ho Chi Minh City Departure

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Meals: Breakfast | Stay: NA | Transport: Private car transfer

On your final morning in Vietnam, enjoy a last breakfast at your hotel in Ho Chi Minh City. Take your time to pack your belongings and savor your last moments in this dynamic city. Depending on the schedule of your outbound flight, a private driver will be arranged to transfer you from your hotel to Tan Son Nhat International Airport.
This concludes your 11-day wellness and cultural journey through Ho Chi Minh City and Phu Quoc. We wish you a pleasant onward journey and hope you carry cherished memories of your experiences in Vietnam. Please note that the standard hotel check-out time is 12:00 PM; however, late check-out can be requested with an additional surcharge if needed.

Activities: Enjoy a final breakfast at the hotel.
Pack belongings and prepare for departure.
Transfer from hotel to Tan Son Nhat International Airport.
Depart from Ho Chi Minh City.

WHAT'S INCLUDED

INCLUDED

- v Nine nights of hotel accommodation in a shared Twin/ Double room with air-conditioning.
- v All transport during the tour in an air-conditioned vehicle as per the itinerary, including airport transfers.
- v Meals as specified in the program: 9 breakfasts, 2 lunches, 1 dinner.
- v All entrance fees for sites mentioned in the itinerary.
- v One luxury acupressure massage body treatment in Phu Quoc.
- v General Health Check – Advanced Package with 65 services.
- v Two domestic flights: Ho Chi Minh City to Phu Quoc and Phu Quoc to Ho Chi Minh City.

NOT INCLUDED

- x Hotel early check-in and late check-out fees.
- x Peak season surcharges and compulsory dinner at hotels (if applicable).
- x International flights and associated taxes.
- x Vietnam Visa fees.
- x Travel insurance.
- x Tips, laundry, and gratuities.
- x Meals not explicitly marked in the itinerary, and beverages during meals.
- x Fuel surcharge if fuel prices increase by more than 15%.

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CANCELLATION POLICY

Tour Code: IMP-32108C909B42