Northern Vietnam Wellness & Culture Journey – 10 Days

10D / 9N	Moderate	Private	USD 2,339 / pax
Duration	Difficulty	Tour Type	Starting From

A 10-day private tour focusing on holistic wellness, cultural insights, and stunning natural beauty across Hanoi, Sapa's mountains, and the serene Halong Bay.

DESTINATIONS & ROUTE

Hanoi → Sapa → Ha Long

TOUR OVERVIEW

Overview: A Journey of Wellness and Discovery

Embark on a unique 10-day private tour designed to rejuvenate your mind, body, and spirit amidst the captivating landscapes and rich cultural heritage of Northern Vietnam. This meticulously crafted itinerary combines traditional healing practices with immersive cultural experiences and breathtaking natural beauty, taking you through the vibrant capital of Hanoi, the tranquil mountain town of Sapa, and the iconic emerald waters of Halong Bay.

Tour Highlights

Comprehensive health assessment and personalized therapy by Traditional Medicine experts in Hanoi.

Relaxing Red Dao herbal bath experience amidst the tranquil mountain setting of Sapa.

Exploring traditional healing practices in the Black H'Mong and Cat Cat villages.

Overnight luxury cruise through the iconic limestone karsts of Halong Bay.

Morning Tai Chi session on the deck of a Halong Bay cruise.

Ascending Titop Island for panoramic views and beach relaxation.

Wandering through Hanoi's Old Quarter and experiencing local cuisine.

Enjoying a free day for personal reflection and relaxation in Sapa's natural beauty.

Route Summary: From Capital to Mountains to Bay

Your journey commences in Hanoi, where you'll delve into ancient healing arts. From there, a scenic transfer takes you to Sapa, a highland retreat known for its ethnic minority cultures and stunning terraced fields, offering days for cultural immersion and personal reflection. The expedition then moves to the spectacular Halong Bay for an overnight cruise amidst its legendary limestone formations, before concluding back in the bustling heart of Hanoi.

Who This Tour Suits

This exclusive private tour is tailored for discerning luxury travelers seeking a profound connection with Vietnamese culture and nature, coupled with a dedicated focus on wellness. Ideal for those who appreciate personalized experiences, high-quality accommodations, and opportunities for both active exploration and serene relaxation.

Practical Information

The tour includes 9 breakfasts, 2 lunches, 1 brunch, and 2 dinners, ensuring a taste of local flavors throughout your journey. Accommodation comprises 8 nights in premium hotels and 1 night aboard a luxury Halong Bay cruise. All transfers are conducted in comfortable, air-conditioned private vehicles, including luxury D car services for the Hanoi-Sapa route.

TOUR HIGHLIGHTS

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DAY-BY-DAY ITINERARY

Day 1 — Hanoi Arrival & Welcome Dinner with Healing Herbs

Meals: Dinner | Stay: Hotel in Hanoi

Upon arrival in Hanoi, a dedicated driver will meet you for a comfortable transfer to your hotel. After settling into your room, you will have some free time to unwind and familiarize yourself with the immediate surroundings. In the evening, immerse yourself in Vietnam's culinary heritage with a special welcome dinner. This meal features authentic dishes prepared with fresh, locally sourced healing herbs, offering a delightful introduction to the region's rich flavors and traditional practices.

Activities: Airport transfer to hotel
Leisure time for exploration
Enjoy a welcome dinner with traditional herbal cuisine

Day 2 — Full Day Traditional Vietnamese Healing Arts Experience

Meals: Breakfast | Stay: Hotel in Hanoi

Today is dedicated to exploring the profound world of Vietnamese Traditional Medicine. Your experience begins with a thorough health assessment conducted by highly qualified Traditional Medicine doctors. These specialists, trained both locally and internationally, integrate ancient wisdom with contemporary medical practices at a world-class facility.
The Premium Comprehensive Health Care & Therapy Package offers a 150–180 minute session. This includes an in-depth diagnosis using the Four Diagnostic Methods, followed by personalized nutritional and lifestyle advice based on your body's constitution. The treatment incorporates specialized techniques such as acupressure, cupping, acupuncture, and herbal steam. The session concludes with a nourishing medicinal meal, like ginseng chicken stew, herbal tea, and foot soaks with acupoint patching.
Alternatively, the 120-minute Experience Service: Acupressure and Massage Therapy provides an introductory journey into Eastern Medicine. This option features a personalized consultation with a certified doctor and a tailored acupressure therapy session. It concludes with a calming herbal tea, promoting refreshment and inner balance.

Activities: Receive a comprehensive health assessment from Traditional Medicine doctors
Undergo personalized therapy (acupressure, cupping, acupuncture, herbal steam)
Enjoy a healing medicinal meal or calming herbal tea

Day 3 — Scenic Drive to Sapa & Red Dao Herbal Bath

Meals: Breakfast | Stay: Hotel in Sapa

This morning, embark on a picturesque 5-6 hour journey to Sapa aboard a luxurious D car. The route winds through captivating mountain landscapes, revealing stunning vistas of terraced rice fields. Upon arrival in Sapa, you will immediately notice the cooler, refreshing highland air. After checking into your accommodation, prepare for a unique Red Dao herbal bath experience. Local specialists meticulously prepare wooden tubs with medical plants gathered from the surrounding mountains. Submerging yourself in these aromatic, medicinal waters provides deep muscular relaxation and a profound sense of tranquility.

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Activities: Transfer to Sapa by luxury D car
Check into your Sapa hotel
Experience a traditional Red Dao herbal bath

Day 4 Exploring Sapa's Cultural Villages & Medicinal Market

Meals: Breakfast, Lunch | Stay: Hotel in Sapa

Today's itinerary delves into the rich history of traditional medicine and local healing practices within Sapa's misty mountains. Begin your exploration at Sin Chai village, home to the Black H'Mong people, renowned for their centuries-old healing traditions. Next, visit Cat Cat Village, a site celebrated for its vibrant culture and unique healing techniques, set against a backdrop of flowing streams and traditional wooden houses.

The final stop is the bustling Raw Medical Materials Local Market. Here, you will encounter a colorful array of healing ingredients, including various roots, barks, flowers, and leaves. This market offers a fascinating glimpse into the ancient knowledge and practical applications of traditional medicine that continue to serve northern Vietnamese communities today.

Activities: Visit Sin Chai village to learn about Black H'Mong healing practices
Explore Cat Cat Village and its cultural heritage
Discover traditional healing ingredients at the Raw Medical Materials Local Market

Day 5 Sapa Mountains Free Day for Relaxation & Reflection

Meals: Breakfast | Stay: Hotel in Sapa

Enjoy a full day at leisure amidst the serene mountains of Sapa, offering a perfect opportunity for personal healing and introspection after your guided excursions. Start your morning with a peaceful walk through the terraced fields as the sun rises, taking in the fresh mountain air and the gentle sounds of nature. The majestic peaks provide an ideal setting for quiet contemplation and rejuvenation.

As the day progresses, find tranquil spots to relax and gather your thoughts. You might savor a cup of fragrant, locally grown tea while observing the clouds drift between the mountain summits. This day is designed to allow your body and mind to unwind completely, embracing the natural sanctuary Sapa provides.

Activities: Enjoy a free day for relaxation in Sapa
Take a peaceful morning walk through terraced fields
Reflect and unwind amidst mountain scenery

Day 6 Return to Hanoi by Luxury D Car

Meals: Breakfast | Stay: Hotel in Hanoi

This morning, commence your return journey from the Sapa highlands back to the capital city of Hanoi. Travel in comfort aboard a luxury D car, enjoying the final panoramic views of the terraced landscapes as you descend the winding mountain roads. Upon arrival in Hanoi, check into your hotel and take some time to readjust to the city's lively atmosphere before your

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next adventure. You will notice the distinct contrast between the tranquil mountain villages and the energetic streets of the capital. The evening offers an opportunity to explore the historic Old Quarter, with its narrow lanes, traditional shops, and bustling street life.

Activities: Transfer from Sapa to Hanoi by luxury D car
Check into your Hanoi hotel
Leisure time to explore Hanoi's Old Quarter

Day 7 Hanoi to Halong Bay Overnight Cruise & Cave Exploration

Meals: Breakfast, Lunch, Dinner | Stay: Halong Bay Cruise

Your adventure continues with a morning pickup from your Hanoi Old Quarter hotel, typically between 08:00 and 08:30. A comfortable drive along the Hanoi - Hai Phong Expressway will transport you directly to the cruise port, allowing you to observe the transition from urban sprawl to scenic countryside. Upon reaching the port, you will catch your first glimpse of the magnificent Halong Bay.

The cruise staff will extend a warm welcome aboard your vessel with a refreshing drink and a thorough safety briefing. After settling into your private cabin, head to the elegant restaurant for a delectable lunch. As the ship glides through the emerald waters, marvel at the dramatic limestone karsts rising majestically from the sea, offering incredible photographic opportunities from the deck.

The afternoon provides a blend of relaxation and discovery. You might choose to indulge in rejuvenating spa treatments onboard, continuing your wellness journey on the water. Later, visit the impressive Surprise Cave (Sung Sot Cave), ascending over 50 steps to its entrance. Inside, admire the intricate stalactites and stalagmites that have formed over millions of years within this vast natural cathedral. As dusk approaches, participate in a Vietnamese cooking class or learn fruit carving from the knowledgeable crew. A fresh seafood dinner, featuring regional delicacies prepared by talented chefs, awaits. The evening concludes with various entertainment options such as board games, squid fishing, or simply stargazing from the deck, ensuring a peaceful night surrounded by the bay's serene beauty.

Activities: Morning transfer from Hanoi to Halong Bay cruise port
Board the cruise, enjoy welcome drink and safety briefing
Settle into cabin and have lunch onboard
Visit Surprise Cave (Sung Sot Cave)
Participate in a cooking class or fruit carving demonstration
Enjoy a fresh seafood dinner
Evening entertainment options (board games, squid fishing, stargazing)

Day 8 Halong Bay Sunrise Tai Chi, Titop Island & Return to Hanoi

Meals: Breakfast, Brunch | Stay: Hotel in Hanoi

Begin day eight with an early rise, typically between 06:30 and 07:00, to witness the breathtaking sunrise over Halong Bay from the cruise deck. Observe the limestone karsts gradually emerging from the morning mist as golden light illuminates the water. Enjoy a light breakfast with coffee or tea, savoring the peaceful morning ambiance. You may choose to join a refreshing

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Tai Chi class on deck, connecting your body and mind through gentle, flowing movements.
Your morning excursion continues to Titop Island, known for its crescent-shaped beach and pristine waters. Ascend to the observation platform for spectacular 360-degree views of the surrounding bay and islands. You can also relax on the soft white sand beach or swim in the clear waters for an hour or two. Before disembarking, return to the cruise for a delightful brunch. Afterwards, the cruise concludes its journey at the port, where your driver will be waiting for your comfortable return trip to Hanoi, bringing you back to the capital city.

Activities: Witness sunrise over Halong Bay
Enjoy a light breakfast
Participate in a Tai Chi class on deck
Visit Titop Island for panoramic views and beach time
Enjoy brunch onboard
Transfer back to Hanoi

Day 9 Free Day for Personal Exploration in Hanoi

Meals: Breakfast | Stay: Hotel in Hanoi

This day offers a valuable opportunity for personal exploration and reflection in Hanoi, allowing you to fully absorb the therapeutic experiences and cultural insights gained throughout your journey. You have complete flexibility to design your day according to your preferences and energy levels. You might choose to revisit favorite areas within Hanoi's historic Old Quarter, perhaps to shop for local healing herbs, unique handicrafts, or souvenirs. Alternatively, you may prefer to simply relax at your comfortable hotel, processing the rejuvenating benefits of your wellness expedition.

Activities: Enjoy a free day in Hanoi for personal exploration
Revisit the Old Quarter for shopping or sightseeing
Relax at the hotel

Day 10 Hanoi Departure

Meals: Breakfast | Stay: NA

Your enriching journey concludes today as you prepare for your departure, carrying cherished memories of Vietnam's healing traditions and stunning landscapes. Enjoy a final breakfast at your hotel before completing the check-out process. A comfortable transfer to the airport will be arranged according to your flight schedule, ensuring a smooth conclusion to your wellness expedition.

Activities: Enjoy final breakfast
Check out from hotel
Transfer to airport for departure

WHAT'S INCLUDED

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INCLUDED	NOT INCLUDED

PRICE INCLUDES

CANCELLATION POLICY

Tour Code: IMP-EAEB856CED94