Northern Vietnam Wellness & Heritage Journey – 9 Days

9D / 8N	Moderate	Private	USD 1,999 / pax
Duration	Difficulty	Tour Type	Starting From

Embark on a rejuvenating 9-day private tour through Northern Vietnam. This journey combines luxurious wellness experiences at a secluded Ha Giang retreat with cultural exploration in Hanoi and a breathtaking overnight cruise on Ha Long Bay. Discover ancient traditions, serene landscapes, and mindful practices.

DESTINATIONS & ROUTE

Hanoi → Ha Giang → Ha Long

TOUR OVERVIEW

Overview: A Journey of Renewal in Northern Vietnam

This exclusive 9-day private tour offers a profound escape into the heart of Northern Vietnam, meticulously designed for travelers seeking both cultural enrichment and deep personal rejuvenation. The itinerary seamlessly blends luxurious wellness rituals with authentic cultural immersion, guiding you from the bustling charm of Hanoi to the tranquil, forested hills of Ha Giang, and finally to the majestic seascape of Ha Long Bay.

Guests will experience mindful forest walks, healing sound baths, and therapeutic treatments at a secluded, high-end retreat. The journey continues with an overnight luxury cruise amidst Ha Long Bay's iconic limestone karsts, featuring cave explorations and sunrise Tai Chi. Conclude your adventure by delving into Hanoi’s rich historical tapestry, visiting revered landmarks and enjoying a traditional cyclo ride. This carefully curated experience invites you to slow down, explore with intention, and reconnect with your inner self amidst Vietnam's stunning natural beauty and profound heritage.

Tour Highlights

Experience a multi-day sound healing and wellness program at An Chang Luxury & Hidden Resort.

Sail through the iconic limestone karsts of Ha Long Bay on an overnight luxury cruise.

Explore the ancient wonders of Sung Sot Cave and enjoy Tai Chi at sunrise on deck.

Discover Hanoi's rich history with visits to the Ho Chi Minh Mausoleum and Temple of Literature.

Enjoy a traditional cyclo ride through Hanoi's charming Old Quarter.

Participate in mindful walking meditations amidst Ha Giang's serene forest hills.

Savor nourishing macrobiotic meals and a soulful tea ceremony at a secluded retreat.

Indulge in therapeutic massages and Jimjilbang therapy for deep relaxation.

Route Summary

Your adventure begins in Hanoi, the vibrant capital, before a scenic transfer to the serene An Chang Luxury & Hidden Resort in Ha Giang for a multi-day wellness immersion. After rejuvenating amidst nature, you'll return to Hanoi and then journey to Ha Long Bay for an unforgettable overnight luxury cruise. The tour concludes with further exploration of Hanoi's historical and cultural treasures before your departure.

Who This Tour Suits

This private tour is ideal for individuals or couples seeking a restorative and culturally rich travel experience. It caters to those who appreciate luxury accommodations, personalized wellness programs, and a desire to connect deeply with both nature and history. Travelers looking for a balance of relaxation, mindful activities, and insightful cultural excursions will find this itinerary particularly appealing.

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Practical Information

This tour operates as a private experience, allowing for personalized attention and flexibility. Accommodation includes stays at a comfortable hotel in Hanoi, the exclusive An Chang Resort, and a luxury Halong Bay cruise. All internal transport, including airport transfers, is provided by private car. Meals are thoughtfully included as specified in the itinerary, focusing on nourishing and authentic Vietnamese cuisine. English-speaking local guides are provided for in-tour activities.

TOUR HIGHLIGHTS

* Experience a multi-day sound healing and wellness program at An Chang Luxury & Hidden Resort.
* Sail through the iconic limestone karsts of Ha Long Bay on an overnight luxury cruise.
* Explore the ancient wonders of Sung Sot Cave and enjoy Tai Chi at sunrise on deck.
* Discover Hanoi's rich history with visits to the Ho Chi Minh Mausoleum and Temple of Literature.
* Enjoy a traditional cyclo ride through Hanoi's charming Old Quarter.
* Participate in mindful walking meditations amidst Ha Giang's serene forest hills.
* Savor nourishing macrobiotic meals and a soulful tea ceremony at a secluded retreat.
* Indulge in therapeutic massages and Jimjilbang therapy for deep relaxation.

DAY-BY-DAY ITINERARY

Day 1 — Hanoi Arrival and Elegant Welcome Dinner

Meals: Breakfast, Dinner | Stay: Hotel in Hanoi | Transport: Private car

Upon your arrival in Hanoi, Vietnam’s dynamic capital, a private driver will be waiting at the airport to provide a comfortable transfer directly to your centrally located hotel. Take some time to settle in, relax, and acclimate to the local atmosphere. The evening culminates with an exquisite Welcome Luxury Dinner, an introduction to Vietnam's rich culinary heritage served in a sophisticated fine-dining setting. This meal is a curated experience, blending traditional Vietnamese recipes with contemporary presentation, featuring delicate herbs, artful plating, and a symphony of flavors and textures. It's an ideal opportunity to toast to the adventures awaiting you.

Activities: Airport pick-up and private transfer to hotel.
Check into your Hanoi hotel.
Enjoy a Welcome Luxury Dinner at a fine-dining restaurant.

Day 2 — Journey to An Chang Retreat & Wellness Introduction

Meals: Breakfast | Stay: An Chang Resort | Transport: Private car

This morning, depart from Hanoi’s urban energy by private car, heading towards the tranquil An Chang Luxury & Hidden

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Resort. This secluded sanctuary, nestled amidst lush forested hills and gentle streams, offers a perfect escape for rejuvenation. Arriving around 14:00, you'll receive a warm welcome and seamless check-in. Take a moment to unwind with herbal tea, allowing the serene natural sounds and the aromas of lemongrass and pine to calm your senses.
At 15:30, participate in a soulful Tea Ceremony, a mindful practice designed to ground you and connect with fellow travelers. A gentle nature walk at 17:00 allows for deep breathing and exploration of the verdant surroundings, synchronizing your pace with nature. Dinner at 18:30 features a thoughtfully prepared macrobiotic meal, emphasizing balance and nourishment with locally sourced ingredients. The evening concludes at 20:00 with your first Sound Bath Lesson, where harmonic vibrations from Tibetan singing bowls promote deep relaxation and energetic alignment. Afterwards, a 30-minute Jet Lag Recovery Massage targets neck and shoulder tension, preparing you for a peaceful night's sleep amidst nature's symphony.

Activities: Private car transfer from Hanoi to An Chang Luxury & Hidden Resort.
Check into your Premier Stream View Suite.
Participate in a soulful Tea Ceremony.
Enjoy a light nature walk.
Savor a macrobiotic dinner.
Experience Sound Bath Lesson 1.
Receive a 30-minute Jet Lag Recovery Massage.

Day 3 Awakening & Healing Practices at An Chang

Meals: Breakfast, Lunch, Dinner | Stay: An Chang Resort

Begin your day at 06:00 with a warm cup of herbal tea, preparing for a morning of profound connection. At 06:30, engage in a mindful Walking Meditation through the resort's natural landscape, meandering past bamboo groves, clear streams, and serene forest trails. Each step becomes a conscious act, allowing you to tune into nature's rhythm and release any lingering tension. After returning around 09:30, refresh with a shower and enjoy a wholesome, seasonal breakfast designed to nourish your body. The remainder of the morning is free for personal reflection, journaling, or simply enjoying the tranquility.
The afternoon at 13:30 features Sound Bath Lesson 2, an immersive session aimed at deepening inner awareness and gently releasing emotional or energetic blockages through resonant vibrations. Later in the afternoon or evening (15:00–17:30 or 20:00–22:00), indulge in a private 30-minute 1-on-1 Detox with Hormonal Balance Therapy. This healing journey starts with a 40-minute Onsen soak in mineral-rich waters, followed by a 30-minute Jimjilbang therapy using warm stones and herbs to harmonize your system and promote circulation.

Activities: Start the day with herbal tea.
Participate in a mindful Walking Meditation.
Enjoy a wholesome breakfast.
Experience Sound Bath Lesson 2.
Indulge in a private 1-on-1 Detox with Hormonal Balance Therapy, including an Onsen soak and Jimjilbang therapy.

Day 4 Integration & Therapeutic Massage

Meals: Breakfast, Lunch, Dinner | Stay: An Chang Resort

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Your final morning at An Chang Resort is dedicated to quiet reflection and integrating the healing experiences. As sunlight filters through the trees, this time allows your body and soul to anchor the transformations. A private 30-minute 1-on-1 therapy session is available in the morning between 08:30 and 10:30. During this time, you will participate in Sound Bath Lesson 3, an intentional session designed to deepen personal awareness. This concluding sound journey invites active participation, focusing on breath, movement, and inner rhythm as healing sounds envelop you.
Following the sound bath, transition into a 60-minute therapeutic massage. This tailored bodywork gently melts away any remaining tension, stimulates deep circulation, and fosters a nurturing reconnection with your physical self. Each intentional stroke is crafted to help seal in your retreat experience with mindfulness and grace, leaving you feeling balanced and integrated before your departure from the retreat.

Activities: Engage in a private 1-on-1 therapy session.
Participate in Sound Bath Lesson 3.
Receive a 60-minute full body massage.

Day 5 Return to Hanoi & Free Afternoon

Meals: Breakfast | Stay: Hotel in Hanoi | Transport: Private car

After several days of profound connection and tranquility, it's time for a gentle transition back to the lively pace of city life. A private car will transfer you from An Chang Resort back to Hanoi. This journey offers an opportunity to relax, reflect on your wellness experience, or simply enjoy the changing scenery outside your window. Upon your arrival back in Hanoi, you'll be greeted by its characteristic blend of historical charm and modern energy.
The remainder of the day is yours to enjoy at leisure. You might choose to unwind with a cup of traditional Vietnamese coffee at a local cafe, take a leisurely stroll through a nearby street to observe daily life, or simply relax at your hotel. This free time allows you to ease back into urban surroundings at your own pace, preparing for the next phase of your journey.

Activities: Private car transfer from An Chang Resort back to Hanoi.
Check into your Hanoi hotel.
Enjoy free time for relaxation or independent exploration.

Day 6 Hanoi to Ha Long Bay: Luxury Overnight Cruise

Meals: Breakfast, Lunch, Dinner | Stay: Halong Bay Cruise | Transport: Private car, luxury cruise

Depart from the city's hustle as your journey takes you towards one of Vietnam's most iconic natural wonders. Between 08:00 and 08:30, a driver will collect you from your Hanoi Old Quarter hotel for a scenic transfer via the new Hanoi-Hai Phong Expressway to Ha Long Bay. Upon reaching the cruise port, you'll board a luxurious vessel, your floating accommodation for the night. A welcome drink and a brief safety orientation from the crew will set the stage for your memorable bay experience.
The afternoon offers leisure time; consider indulging in a spa or massage treatment onboard as the cruise navigates deeper into the bay (reservations recommended). Later, ascend over 50 steps to explore the legendary Sung Sot (Surprise) Cave, Ha Long's most renowned cavern, marveling at its ancient stalagmites and stalactites. As dusk descends, participate in a Vietnamese culinary demonstration or a fruit and vegetable carving session. The evening culminates with a gourmet dinner

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onboard, followed by options like squid fishing, board games, or a quiet drink at the bar, all while surrounded by the bay's serene waters. Drift to sleep in your private cabin, embraced by the mystical ambiance of Ha Long Bay.

Activities: Private car transfer from Hanoi to Ha Long Bay.
Board a luxury overnight cruise.
Enjoy a welcome drink and safety briefing.
Optional spa or massage treatment onboard.
Explore Sung Sot (Surprise) Cave.
Participate in a Vietnamese culinary demonstration or carving session.
Savor a gourmet dinner onboard.
Engage in evening activities like squid fishing or board games.

Day 7 Ha Long Bay Sunrise & Return to Hanoi

Meals: Breakfast, Brunch | Stay: Hotel in Hanoi | Transport: Luxury cruise, private car

Your final morning on the luxury Ha Long Bay cruise begins with a breathtaking sunrise. Between 06:30 and 07:00, wake early to witness the sun ascending over the majestic limestone peaks, casting golden reflections across the tranquil waters—a truly spectacular sight. A light breakfast, accompanied by fresh coffee and tea, will be served in the dining room. You are invited to join a rejuvenating Tai Chi class on the sundeck, where gentle movements and deep breathing help harmonize your energy for the day.

The cruise then stops at the picturesque Titop Island, known for its clear waters. You'll have 1-2 hours to climb to the island's panoramic viewpoint, offering a stunning 360-degree vista of Ha Long Bay. After descending, you can swim in the calm bay or relax on the sandy shores. Back onboard, enjoy a satisfying brunch as the cruise slowly makes its way back to the mainland. The cruise concludes at Tuan Chau Port, where you'll have some time to relax before your transfer. Around 16:00, your private car will transport you back to your hotel in Hanoi.

Activities: Witness sunrise over Ha Long Bay.
Enjoy a light breakfast.
Participate in a Tai Chi class on the sundeck.
Visit Titop Island for panoramic views, swimming, or relaxation.
Savor brunch onboard.
Private car transfer from Ha Long Bay to Hanoi.

Day 8 Hanoi Heritage Exploration & Old Quarter Cyclo Ride

Meals: Breakfast, Lunch | Stay: Hotel in Hanoi | Transport: Private car, cyclo

Begin your final full day in Vietnam with an insightful journey through Hanoi's historical and cultural heart. Your friendly tour guide will greet you in the hotel lobby to provide an overview of the day's encounters. Your first destination is the solemn Ho Chi Minh Mausoleum, a place of reverence dedicated to Vietnam's revered leader. You will also visit his humble House-on-Stilts within a peaceful garden and the elegant Presidential Palace, gaining insight into 'Uncle Ho's' life and legacy. A short walk leads to the One Pillar Pagoda, a small yet architecturally significant structure resembling a lotus bloom, symbolizing

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Vietnamese artistry.
Continue your exploration at the Temple of Literature, Vietnam's first national university, a thousand-year-old sanctuary honoring Confucius and generations of scholars. Wander through its stone steles, serene courtyards, and ancient pavilions, absorbing the quiet dignity of Hanoi's intellectual heritage. Enjoy a delicious traditional Vietnamese lunch at a nearby restaurant, featuring local ingredients and time-honored recipes. Conclude your cultural immersion with a 30-minute Cyclo ride, gently weaving through the narrow streets of the Old Quarter. This leisurely ride offers a final glimpse of Hanoi's timeless charm, passing street vendors, colonial buildings, and tree-lined boulevards.

Activities: Visit Ho Chi Minh Mausoleum, House-on-Stilts, and Presidential Palace.
Explore the One Pillar Pagoda.
Tour the Temple of Literature.
Enjoy a traditional Vietnamese lunch.
Experience a 30-minute cyclo ride through Hanoi's Old Quarter.

Day 9 Hanoi Departure

Meals: Breakfast | Stay: Not Applicable | Transport: Private car

At the pre-arranged time, a driver will meet you at your hotel to provide a private transfer to Noi Bai International Airport. Reflect on your enriching journey through Northern Vietnam as you head towards the airport for your onward flight, carrying memories of wellness, cultural discoveries, and stunning landscapes.

Activities: Private transfer to Noi Bai International Airport.
Depart from Hanoi.

WHAT'S INCLUDED

INCLUDED

- v 9 Breakfasts, 4 Lunches, 1 Brunch, 4 Dinner.
- v Accommodation in twin/double sharing rooms at hotels, and a private cabin on the Halong Bay cruise.
- v All ground transportation within Vietnam, including airport pick-up and drop-off, as outlined in the itinerary.
- v In-tour stationed local English-speaking guides.
- v Entrance fees for all specified attractions in Vietnam.
- v Services at An Chang Retreat: 2 main meditation sessions, 1 private therapy session, 2 breakfasts, 2 lunches, 2 dinners, tea meditation, and one 60-minute massage per person.

NOT INCLUDED

- x Early check-in and late check-out at hotels.
- x Peak season surcharges and compulsory hotel dinners (if applicable).
- x International flights to and from Vietnam, along with associated taxes.
- x Vietnam Visa fees (passport valid for over 6 months and 3 clear pages required).
- x Travel insurance.
- x Tips, laundry, and gratuities.
- x Meals not explicitly marked in the itinerary, and beverages during meals.

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- x Recommended tips for guides/drivers (US $3-5 per person per day).
- x Fuel surcharge if fuel prices exceed a 15% increase.

PRICE INCLUDES

- v 9 Breakfasts, 4 Lunches, 1 Brunch, 4 Dinner.
- v Accommodation in twin/double sharing rooms at hotels, and a private cabin on the Halong Bay cruise.
- v All ground transportation within Vietnam, including airport pick-up and drop-off, as outlined in the itinerary.
- v In-tour stationed local English-speaking guides.
- v Entrance fees for all specified attractions in Vietnam.
- v Services at An Chang Retreat: 2 main meditation sessions, 1 private therapy session, 2 breakfasts, 2 lunches, 2 dinners, tea meditation, and one 60-minute massage per person.

AVAILABLE DEPARTURES

Departure Date	Return Date	Price / Person	Availability	Languages
01 Dec 2025	20 Dec 2026	**USD 1,999**	Available	–
21 Dec 2026	20 Dec 2027	**USD 2,059**	Available	–

CANCELLATION POLICY

Tour Code: IMP-B010188A2568