Northern Vietnam Wellness & Nature Escape: Hanoi, Halong Bay & Pu Luong – 10 Days

10D / 9N
Duration

USD 2,419 / pax
Starting From

Experience a luxurious 10-day wellness retreat through Northern Vietnam, combining premium health services in Hanoi with stunning natural beauty in Halong Bay, Ninh Binh, and the tranquil Pu Luong Nature Reserve. This private tour offers rejuvenation and cultural exploration.

DESTINATIONS & ROUTE

Hanoi -> Ha Long -> Ninh Binh

TOUR OVERVIEW

Overview: Northern Vietnam Wellness & Nature Escape

On this tour
Tour highlights
Day-by-day itinerary
What's included

Embark on a meticulously curated 10-day private journey designed for rejuvenation and cultural discovery across Northern Vietnam. This exclusive itinerary combines high-quality health and wellness treatments in Hanoi with serene explorations of the region's most breathtaking landscapes. From the limestone karsts of Halong Bay to the tranquil rice terraces of Pu Luong, and the ancient wonders of Ninh Binh, guests will find a perfect balance of relaxation, therapeutic care, and immersive sightseeing.

Tour Highlights

Receive comprehensive health assessments and traditional medicine therapies in Hanoi.

Cruise through the iconic Halong Bay, exploring caves and enjoying onboard activities.

Discover the ancient capital of Hoa Lu and the scenic Tam Coc in Ninh Binh.

Unwind amidst the stunning terraced fields and waterfalls of Pu Luong Nature Reserve.

Experience local culture through traditional weaving and market visits.

Savor exquisite Vietnamese and international cuisine throughout your journey.

Route Summary
This journey begins in Vietnam's vibrant capital, Hanoi, where you'll settle in and enjoy a luxurious welcome dinner. The itinerary then transitions to a serene overnight cruise through the magnificent Halong Bay, renowned for its dramatic karst formations.

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Returning to Hanoi, you'll dedicate a day to advanced health and wellness therapies. The adventure continues south to Ninh Binh, often called

For background on the destination, see UNESCO's Ha Long Bay–Cat Ba Archipelago profile.

TOUR HIGHLIGHTS

* Comprehensive health assessments and traditional medicine therapies in Hanoi.
* Overnight luxury cruise through the iconic Halong Bay, exploring Sung Sot Cave.
* Visit Hoa Lu Ancient Capital and enjoy a scenic boat trip through Tam Coc.
* Relax and explore the terraced landscapes of Pu Luong Nature Reserve.
* Discover traditional weaving techniques of the Thai ethnic group in Don Village.
* Swim at the multi-tiered Hieu Waterfall within Pu Luong.
* Engage in kayaking or bamboo rafting on Cham Stream.
* Enjoy a luxurious welcome dinner and fine dining experiences.
* Participate in a Tai Chi class on the Halong Bay cruise.

DAY-BY-DAY ITINERARY

Day 1 — Hanoi Arrival & Welcome Luxury Dinner

Meals: Dinner | Stay: Hotel de l'Opera Hanoi MGallery by Sofitel | Transport: Private air-conditioned vehicle

Upon your arrival at Noi Bai International Airport, a dedicated tour guide will greet you and provide a comfortable transfer to your hotel in Hanoi City. After checking in and settling into your accommodations, you'll have some free time to unpack and relax at your leisure.

Activities: Airport greeting and transfer to hotel
Check-in and leisure time
Enjoy a welcome luxury dinner at a fine dining restaurant

Day 2 — Hanoi Wellness & Traditional Medicine Therapy

Meals: Breakfast | Stay: Hotel de l'Opera Hanoi MGallery by Sofitel | Transport: Private air-conditioned vehicle

Today is dedicated to personal well-being with a comprehensive health and therapy package. You will undergo personalized health assessments using the Traditional Medicine's

Activities: Undergo premium intensive health care and therapy (180 minutes)
Receive personalized health assessments using Traditional Medicine's

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Day 3 Halong Bay Cruise & Sung Sot Cave Exploration

Meals: Breakfast, Lunch, Dinner | Stay: Elite of the Seas Cruise | Transport: Private air-conditioned vehicle, Cruise ship

Begin your day with a morning transfer from your Hanoi Old Quarter accommodation to Halong Bay via the expressway. Upon arrival at the harbor's waiting lounge, you'll complete check-in procedures before boarding your luxurious cruise ship. A welcome drink will be served as the cruise briefing and safety instructions are presented.

Activities:
Transfer from Hanoi to Halong Bay harbor
Check-in and board the cruise ship
Enjoy a welcome drink and safety briefing
Have lunch onboard while cruising through Halong Bay
Explore Sung Sot Cave, hiking to its entrance and admiring stalagmites/stalactites
Return to the cruise for relaxation
Participate in a Vietnamese cooking demonstration
Enjoy Happy Hour onboard
Savor dinner and engage in evening activities like squid fishing or board games

Day 4 Halong Bay Sunrise, Titop Island & Return to Hanoi

Meals: Breakfast, Brunch | Stay: Hotel de l'Opera Hanoi MGallery by Sofitel | Transport: Cruise ship, Private air-conditioned vehicle

Wake up early to witness the breathtaking sunrise over Halong Bay from the ship's deck, or join a refreshing Tai Chi class to start your day. A light breakfast with coffee and tea will be served in the dining room. The cruise will then proceed to Titop Island, a beautiful crescent-shaped island known for its serene environment and clear waters.

Activities:
Watch the sunrise or join a Tai Chi class
Enjoy a light breakfast onboard
Visit Titop Island for swimming or hiking to the summit for panoramic views
Return to the cruise ship for check-out
Enjoy a final brunch onboard
Disembark and transfer back to Hanoi

Day 5 Ninh Binh Full Day Tour & Overnight Stay

Meals: Breakfast, Lunch | Stay: Emeralda Resort Ninh Binh | Transport: Private air-conditioned vehicle, Small boat

Today, embark on a full-day excursion to Ninh Binh, starting with a comfortable transfer from your Hanoi hotel via the expressway. Enjoy the tranquil scenery of the Vietnamese countryside during your journey. Your first stop will be Sinh Duoc Village, located at the base of Bai Dinh Mountain.

Activities:
Transfer from Hanoi to Ninh Binh via expressway
Visit Sinh Duoc Village to observe native herbal medicine plants
Explore Hoa Lu, Vietnam's Ancient Capital, and learn about its history
Take a small boat trip on the Ngo Dong River through Tam Coc, admiring karst mountains and rice fields
Capture scenic views of the landscape and temples
Transfer to your hotel in Ninh Binh for overnight stay

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Day 6 Pu Luong Nature Reserve Exploration & Hieu Waterfall

Meals: Breakfast, Lunch | Stay: Hotel in Pu Luong | Transport: Bus, Motorbike/Car

After breakfast, a bus and tour guide will pick you up from your hotel in Tam Coc for a scenic three-hour drive to Pu Luong Nature Reserve. Upon arrival around midday, you'll enjoy lunch before checking into your accommodation to rest. In the afternoon, depart for Don Village by motorbike or car to experience the peaceful lifestyle of the Thai ethnic people.

Activities:
Transfer from Ninh Binh to Pu Luong Nature Reserve
Enjoy lunch and check into accommodation
Explore Don Village by motorbike or car, observing Thai ethnic life and terraced fields
Trek to Uoi Village and Lan Ngoai Brocade Village to learn about traditional weaving
Travel to Hieu Waterfall and trek 800m to its three tiers
Swim in Hieu Waterfall
Return to accommodation for rest
Enjoy dinner and optional cultural exchanges/traditional dance performances

Day 7 Pu Luong Market, Cham Stream & Leisure Time

Meals: Breakfast, Lunch | Stay: Hotel in Pu Luong | Transport: Local vehicle

Wake up early to witness the stunning spectacle of clouds drifting over the mountains in Pu Luong. After breakfast, you'll head to Doan Street Weekly Market (if it's a Thursday or Sunday) to explore local specialties and souvenirs. Continue your journey to the Cham Stream tourist area, where you can marvel at giant water wheels and enjoy activities like kayaking or bamboo rafting on the tranquil river.

Activities:
Observe clouds drifting over mountains at sunrise
Enjoy breakfast
Visit Doan Street Weekly Market (on market days) to explore local specialties
Proceed to Cham Stream tourist area
Admire giant water wheels
Enjoy kayaking or bamboo rafting on Cham Stream
Take a refreshing dip in Cham Stream
Return to accommodation for lunch and afternoon leisure

Day 8 Pu Luong Free Day for Relaxation

Meals: Breakfast | Stay: Hotel in Pu Luong

Today offers a peaceful start with breakfast at your homestay, accompanied by the serene sounds of nature. The entire day is yours to spend at leisure within the tranquil environment of Pu Luong. You might choose to simply unwind at your accommodation, soaking in the magnificent views of the terraced rice fields and rolling mountains.

Activities:
Enjoy breakfast at the homestay
Spend the day at leisure in Pu Luong Nature Reserve
Relax at the accommodation or explore village life independently

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Day 9 Pu Luong Departure & Return to Hanoi

Meals: Breakfast | Stay: Hotel de l'Opera Hanoi MGallery by Sofitel | Transport: Private air-conditioned vehicle

Enjoy a final breakfast at your homestay, taking in the last peaceful vistas of Pu Luong's iconic terraced fields and mountain scenery. You will have some free time at leisure before your scheduled departure. Afterwards, check out from your accommodation and begin the journey back to Hanoi.

Activities: Enjoy breakfast at the homestay
Free time at leisure in Pu Luong
Check out from accommodation
Transfer back to Hanoi through picturesque countryside
Arrive in Hanoi and transfer to your hotel
Free time in Hanoi for rest or independent exploration

Day 10 Hanoi Departure

Meals: Breakfast | Stay: NA | Transport: Private air-conditioned vehicle

Today marks your final day in Hanoi, concluding your Northern Vietnam adventure. You'll have some free time to relax or explore the Old Quarter at your own pace, depending on your flight schedule. A dedicated driver will pick you up from your hotel and transfer you to Noi Bai International Airport for your onward flight.

Activities: Enjoy breakfast at the hotel
Free time for relaxation or last-minute exploration of Hanoi's Old Quarter
Transfer to Noi Bai International Airport for departure

WHAT'S INCLUDED

INCLUDED

- v Overnight accommodation in a shared Twin/Double room with air conditioning at hotels.
- v All scheduled transportation throughout the tour in an air-conditioned vehicle, including airport transfers.
- v Meals as specified in the daily itinerary (9 breakfasts, 4 lunches, 1 brunch, 2 dinners).
- v All entrance fees for attractions mentioned in the itinerary.
- v A premium intensive health care and therapy package (180 minutes).
- v A general health check with an advanced package covering 65 services.

NOT INCLUDED

- x Early check-in or late check-out at hotels.
- x Surcharges for peak season or compulsory dinners at hotels, if applicable.
- x International flights and associated taxes.
- x Vietnam Visa processing fees (requires a passport valid for over 6 months with 3 clear pages).
- x Travel insurance.
- x Tips, laundry services, and gratuities.
- x Meals not explicitly listed in the itinerary and beverages during meals.
- x A fuel surcharge may be applied if fuel prices increase by more than 15%.

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