Northwest Vietnam Wellness & Highlands Retreat – 8 Days

8D / 7N	Easy	Private	USD 2,119 / pax
Duration	Difficulty	Tour Type	Starting From

Experience a unique 8-day private tour through Northern Vietnam, balancing relaxation, cultural immersion, and adventure. Explore Hanoi's vibrant streets, find tranquility in Mai Chau's valleys, marvel at Mu Cang Chai's terraced rice fields, and ascend Fansipan Peak in Sapa. This journey offers a refreshing escape, combining local wellness practices with stunning natural landscapes.

DESTINATIONS & ROUTE

Hanoi → Mai Chau → Sapa

TOUR OVERVIEW

Tour Overview

Embark on an enriching 8-day private journey designed to rejuvenate your spirit amidst the breathtaking landscapes and rich cultural tapestry of Northwest Vietnam. This carefully curated itinerary provides a harmonious blend of serene relaxation, engaging cultural encounters, and invigorating outdoor exploration. From the dynamic energy of Hanoi to the peaceful valleys of Mai Chau, the iconic terraced rice fields of Mu Cang Chai, and the majestic peaks of Sapa, every day offers a distinct and memorable experience.

Guests will have opportunities to unwind with local wellness treatments, connect with ethnic communities, and witness some of Vietnam's most spectacular natural wonders. This tour is ideal for those seeking a deeper connection with nature and culture, while enjoying comfort and personalized service.

Key Experiences

Indulge in a relaxing spa treatment upon arrival in Hanoi to begin your journey refreshed.

Stay at an exclusive ecolodge in the picturesque Mai Chau valley, surrounded by natural beauty.

Witness the awe-inspiring, UNESCO-recognized terraced rice fields of Mu Cang Chai.

Trek through traditional H'Mong villages, gaining insight into local customs and daily life.

Ascend Fansipan Peak, the 'Roof of Indochina,' via a scenic cable car for panoramic views.

Explore the charming mountain town of Sapa and its vibrant local markets.

Enjoy delicious Vietnamese cuisine with included breakfasts and lunches throughout your trip.

Journey Through the Highlands

Your adventure begins in Vietnam's capital, Hanoi, before heading west into the serene landscapes of Mai Chau. Here, you'll experience the tranquil pace of rural life and the hospitality of an eco-friendly retreat. The journey continues to Mu Cang Chai, a region famed for its incredible terraced rice paddies, where you'll trek through stunning scenery and local communities. Finally, you'll reach Sapa, a popular mountain destination offering cultural treks and the chance to conquer Vietnam's highest peak, Fansipan, before returning to Hanoi.

Who Will Love This Trip

This private tour is perfectly suited for discerning travelers, including seniors, luxury seekers, and couples, who appreciate a blend of comfort, cultural depth, and natural beauty. If you desire a personalized experience that combines relaxation with gentle adventure and authentic local interactions, this itinerary is crafted for you. It's an excellent choice for those looking to escape the ordinary and discover the serene side of Vietnam's northern highlands.

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Essential Information

This tour includes comfortable hotel and ecolodge accommodations, private ground transportation, and the expertise of a local English-speaking guide at each destination. Meals are provided as specified in the itinerary, ensuring you taste local flavors. Please note that international flights, visas, and personal expenses are not included, allowing for flexibility in your travel arrangements.

TOUR HIGHLIGHTS

* Relax with a rejuvenating spa treatment upon your arrival in Hanoi.
* Stay at a luxurious ecolodge nestled within the scenic Mai Chau valley.
* Explore the stunning, UNESCO-recognized terraced rice fields of Mu Cang Chai.
* Trek through authentic H'Mong villages, observing traditional handicrafts and daily life.
* Ascend Fansipan Peak, the highest mountain in Indochina, with a breathtaking cable car ride.
* Discover the vibrant culture and markets of Sapa, a charming mountain town.
* Enjoy tranquil moments by the pool at your ecolodge, surrounded by natural beauty.
* Savor authentic local cuisine with included breakfasts and lunches throughout the journey.

DAY-BY-DAY ITINERARY

Day 1 Hanoi Arrival & Relaxation

Meals: NA | Stay: Hotel in Hanoi | Transport: Private vehicle transfer

Upon your arrival at Hanoi's international airport, a friendly tour guide will be waiting to greet you. You will then be comfortably transferred to your hotel, allowing you to settle in and unwind after your flight. The remainder of the day is dedicated to relaxation, providing an opportunity to refresh yourself.

Consider indulging in a calming spa treatment, a perfect way to alleviate any travel fatigue and prepare for the adventures ahead. This initial period of rest ensures you begin your Vietnamese exploration feeling revitalized and ready.

Activities: Airport pickup; Hotel check-in; Spa treatment (optional)

Day 2 Mai Chau Valley & Ecolodge Serenity

Meals: Breakfast, Lunch | Stay: Ecolodge in Mai Chau | Transport: Private vehicle transfer

Following breakfast, your journey continues as you are picked up from your Hanoi hotel for a scenic transfer to Mai Chau. This picturesque valley is renowned for its tranquil beauty, where traditional lifestyles blend seamlessly with stunning natural vistas. Upon arrival, you will check into your exquisite ecolodge, a haven designed to complement the surrounding landscape.

Enjoy a delicious lunch at a local restaurant, savoring regional flavors. The afternoon offers leisure time at the ecolodge,

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inviting you to take a refreshing dip in the swimming pool or simply relax on a sun lounger, absorbing Mai Chau's serene atmosphere. As evening approaches, witness a beautiful sunset over the tranquil pool, perhaps with a local beer or specialty drink in hand. Conclude your day with a rejuvenating traditional massage, provided by local practitioners, enhancing your sense of well-being.

Activities: Transfer to Mai Chau; Ecolodge check-in; Local lunch; Swimming; Relaxation; Sunset viewing; Local massage

Day 3 Scenic Drive to Mu Cang Chai

Meals: Breakfast, Lunch | Stay: Hotel in Mu Cang Chai | Transport: Private vehicle transfer

After a peaceful morning in the serene Mai Chau valley, your adventure continues with a picturesque drive towards the magnificent landscapes of Mu Cang Chai. This transfer offers a captivating journey through the rugged terrain of northwestern Vietnam, revealing remote mountain passes, verdant valleys, and charming ethnic villages along the way. The scenery constantly changes, providing numerous opportunities for stunning photographs, especially as the rice fields transition between vibrant green and golden hues depending on the season.

Upon reaching Mu Cang Chai, a region celebrated for its UNESCO-recognized terraced rice fields and authentic cultural heritage, you will check into your accommodation. Take time to relax and immerse yourself in the tranquil natural surroundings, preparing for the deeper exploration of this highland paradise in the coming days.

Activities: Scenic transfer to Mu Cang Chai; Check into accommodation; Relax amidst nature

Day 4 Mu Cang Chai Terraces Trek & H'Mong Culture

Meals: Breakfast, Lunch | Stay: Hotel in Mu Cang Chai | Transport: Trekking

Your day begins in the high-altitude tranquility of Mu Cang Chai, a destination famous for its breathtaking terraced rice fields and timeless rural charm. This region is not only visually spectacular but also rich in cultural heritage, shaped by the diverse ethnic communities residing here. You will embark on a rewarding trek to Nam Co Village, a settlement of the H'Mong people. Here, you will gain an intimate understanding of traditional ways of life, passed down through generations. The village's warm welcome and distinctive customs offer a truly moving and enlightening cultural experience. Continue your journey towards Mam Soi and La Pan Tan, two of Vietnam's most iconic rice terrace areas. These landscapes are a testament to human ingenuity, meticulously carved into the hillsides to form layers of living artistry. Enjoy a gentle hike through the rice fields, ascending to a hilltop viewpoint for sweeping panoramic vistas – an unforgettable sight of emerald steps against the mountain backdrop.

Activities: Trekking to Nam Co Village; Cultural interaction with H'Mong people; Visit Mam Soi and La Pan Tan rice terraces; Hike to hilltop viewpoint

Day 5 Sapa Mountain Town & Leisure

Meals: Breakfast, Lunch | Stay: Hotel in Sapa | Transport: Private vehicle transfer

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Wake up to the refreshing mountain air of Mu Cang Chai and enjoy a wholesome breakfast to prepare for the day. Soon after, a private vehicle will transport you on a scenic drive towards Sapa, one of Northern Vietnam's most beloved highland destinations. The route winds through the stunning landscapes of Tan Uyen in Lai Chau, showcasing a mesmerizing blend of mountains, valleys, and traditional villages. Keep your camera ready to capture the ever-changing, picturesque scenery.
Upon arrival in Sapa, you'll be treated to a delicious lunch at a local restaurant, offering a chance to sample the region's fresh and vibrant flavors. Afterward, check into your hotel and take some time to relax and rejuvenate after the inspiring journey. The afternoon is yours to explore Sapa at your own pace. Wander through the charming streets, visit the bustling market where local ethnic minorities trade their handmade goods, or simply unwind with a cup of coffee at a hillside cafe, soaking in the cool mountain atmosphere. Sapa's mystical allure provides ample opportunities for cultural discovery, natural appreciation, or quiet contemplation.

Activities: Transfer to Sapa; Local lunch; Hotel check-in; Free time in Sapa; Explore town and market

Day 6 Cat Cat Village Trek & Hmong Encounters

Meals: Breakfast, Lunch | Stay: Hotel in Sapa | Transport: Trekking

After a satisfying breakfast at your hotel, embark on a picturesque 3-kilometer trek to Cat Cat Village, home to a thriving Hmong ethnic community. Located in a beautiful valley, this vibrant village provides an intimate glimpse into traditional hill tribe life. Your walk will take you along stone paths, bordered by meticulously terraced rice fields, leading you to local homes where you can observe traditional handicrafts being made.
Throughout your visit, you will be surrounded by the soothing sounds of cascading waterfalls and the authentic rhythms of rural daily life. As the sun begins to set, you will return to Sapa town by walking along the main road. The evening is then yours to enjoy at leisure, perhaps with a warm meal at a local eatery or a leisurely stroll through the lively town square, reflecting on the day's cultural discoveries.

Activities: 3km trek to Cat Cat Village; Visit Hmong homes; Observe traditional handicrafts; See waterfalls; Return to Sapa

Day 7 Fansipan Peak Ascent & Return to Hanoi

Meals: Breakfast | Stay: Hotel in Hanoi | Transport: Cable car, Private vehicle transfer

Following a hearty breakfast at your hotel, prepare for an exhilarating adventure to the

Activities: Cable car ride to Fansipan; Visit Kim Son Bao Thang Tu Pagoda; Climb to Fansipan Peak; Descend via cable car; Transfer back to Hanoi

Day 8 Hanoi Departure

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

On your final day, wake up and enjoy a last breakfast in the historic city of Hanoi. Take your time to savor the morning before preparing for your departure. A private transfer will be arranged to take you to the airport for your onward journey, marking the

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conclusion of your memorable wellness and highlands tour.
This concludes the services for your trip. We hope you leave with cherished memories of Vietnam's stunning landscapes and rich cultural experiences.

Activities: Breakfast; Airport transfer; Departure

WHAT'S INCLUDED

INCLUDED

- v Accommodation in TWN/DBL sharing accommodation at hotel, except overnight on train and home-stay (if any)
- v All transport within Vietnam, as per itinerary.
- v All in-tour stationed local English speaking guide.
- v Entrance fees as per itinerary
- v Meals as indicated in the program
- v Surcharge will be applied for single traveler or single room request

NOT INCLUDED

- x Hotel EARLY check in and LATE check out
- x Peak season surcharge & compulsory dinner at the hotel (if any)
- x International flights to or from Vietnam with taxes
- x Transfer from and to airport
- x Vietnam Visa (above 6 months passport Valid & 3 clear-page require)
- x Travel Insurance
- x Tips, laundry and gratuities
- x Meals not marked on itinerary, and water during meals
- x Tips for guide /driver (recommended US $3-5 /pax /day)
- x Tipping is completely up to you and should be based on your perception of the service quality
- x A fuel surcharge will be applied if fuel prices rise above 15%

PRICE INCLUDES

- v Accommodation in TWN/DBL sharing accommodation at hotel, except overnight on train and home-stay (if any)
- v All transport within Vietnam, as per itinerary.
- v All in-tour stationed local English speaking guide.
- v Entrance fees as per itinerary
- v Meals as indicated in the program
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AVAILABLE DEPARTURES

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Departure Date	Return Date	Price / Person	Availability	Languages
01 Nov 2025	20 Dec 2026	**USD 2,119**	Available	–
21 Dec 2026	20 Dec 2027	**USD 2,183**	Available	–

CANCELLATION POLICY

Tour Code: IMP-6F2D393CB007