Vietnam Wellness & Culture Retreat: Hanoi, Mai Chau, Hoi An – 8 Days

8D / 7N	Easy	Private	USD 1,429 / pax
Duration	Difficulty	Tour Type	Starting From

Discover an 8-day luxury escape through Vietnam, blending cultural exploration with serene wellness experiences. Begin in Hanoi, journey to the tranquil Mai Chau Valley, then fly south to the ancient town of Hoi An for days of rejuvenation and local immersion.

DESTINATIONS & ROUTE

Hanoi → Mai Chau → Da Nang → Hoi An

TOUR OVERVIEW

Overview: A Journey of Serenity and Discovery

Embark on an 8-day luxury retreat designed to soothe the mind and invigorate the spirit amidst Vietnam's captivating landscapes. This private tour guides you from the vibrant capital of Hanoi to the peaceful, terraced valleys of Mai Chau, offering deep cultural insights and breathtaking scenery. Conclude your journey in the charming ancient town of Hoi An, where a sophisticated wellness resort awaits to provide days of relaxation and enriching activities.

Tour Highlights

Arrive in Hanoi for initial relaxation and independent city exploration.

Journey through scenic mountain roads to the tranquil Mai Chau Valley.

Engage with local Muong and Thai ethnic communities, observing daily life.

Participate in a guided cycling tour through Mai Chau's terraced rice fields.

Experience a traditional Thai dance performance and communal rice wine tasting.

Trek to remote Mai Chau villages for insights into local culture.

Fly to Da Nang and transfer to the historic charm of Hoi An.

Dedicate multiple days to rejuvenating wellness activities at a luxury resort in Hoi An.

Learn Vietnamese culture through workshops like cooking or language classes.

Explore Hoi An's ancient streets and serene Hoai River at your leisure.

Route Summary

Your adventure begins in Hanoi, Vietnam's bustling capital, where you'll have a chance to settle in and explore at your own pace. The journey then takes you northwest to the picturesque Mai Chau Valley, renowned for its lush rice fields and traditional stilt houses. Here, you'll engage with local ethnic communities and enjoy gentle outdoor activities before returning to Hanoi. A domestic flight will then transport you south to Da Nang, from where you'll transfer to the enchanting town of Hoi An for the latter half of your retreat, focusing on personal well-being and cultural immersion.

Who This Tour Suits

This meticulously crafted private tour is ideal for seniors and luxury travelers seeking a refined escape from the demands of everyday life. It caters to those who appreciate serene natural beauty, rich cultural encounters, and opportunities for physical and spiritual rejuvenation. With flexible departure dates and high-end accommodations, it offers a personalized and comfortable travel experience.

Practical Information

This is a private tour, ensuring an intimate and tailored experience. Accommodations are provided in 5-star hotels and resorts,

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offering superior comfort and amenities. The tour includes all necessary domestic transportation, including flights and private car transfers, along with the expertise of local English-speaking guides. Meals are included as specified in the itinerary, allowing you to savor local flavors without hassle.

TOUR HIGHLIGHTS

* Arrive in Hanoi for initial relaxation and independent city exploration.
* Journey through scenic mountain roads to the tranquil Mai Chau Valley.
* Engage with local Muong and Thai ethnic communities, observing daily life.
* Participate in a guided cycling tour through Mai Chau's terraced rice fields.
* Experience a traditional Thai dance performance and communal rice wine tasting.
* Trek to remote Mai Chau villages for insights into local culture.
* Fly to Da Nang and transfer to the historic charm of Hoi An.
* Dedicate multiple days to rejuvenating wellness activities at a luxury resort in Hoi An.
* Learn Vietnamese culture through workshops like cooking or language classes.
* Explore Hoi An's ancient streets and serene Hoai River at your leisure.

DAY-BY-DAY ITINERARY

Day 1 — Hanoi Arrival & Independent Exploration

Meals: NA | Stay: Hotel de l'Opera Hanoi MGallery by Sofitel

Upon your arrival at Noi Bai International Airport, a dedicated driver and guide will warmly welcome you. You will then be transferred directly to your luxurious hotel in Hanoi for check-in and an opportunity to unwind after your journey. The remainder of your day is entirely free, allowing you to settle into the vibrant capital at your own pace. Consider exploring the charming Old Quarter, relaxing at a local cafe, or simply enjoying the amenities of your accommodation.
Please note that standard hotel check-in time is after 14:00. Should you require an earlier check-in, arrangements can be made for an additional fee upon request.

Activities: Airport pick-up and transfer to hotel
Hotel check-in
Free time for independent exploration or relaxation

Day 2 — Mai Chau Valley Scenic Drive & Cultural Immersion

Meals: Breakfast, Lunch | Stay: Avana Retreat

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Your day begins with a morning pick-up from your Hanoi Old Quarter hotel, setting off on a picturesque journey to Mai Chau. The drive unfolds through winding mountain roads, revealing breathtaking vistas of verdant valleys and traditional stilt houses. Along the route, you'll observe the daily routines of the Muong and Thai ethnic communities, whose villages are harmoniously integrated with the surrounding mountains and rice fields.

A stop at Thung Khe Pass provides a perfect vantage point to admire the panoramic beauty of Mai Chau Valley. This location also hosts a small roadside market where Muong ethnic people sell fresh produce, local delicacies, and handmade crafts.

Lunch will be served at a local restaurant, with vegetarian options available upon request. In the afternoon, you have the option to join a guided cycling tour through the terraced rice fields, offering a deeper understanding of local customs (additional cost applies). Alternatively, enjoy free time for independent cycling, walking through the village, or souvenir shopping.

Your evening culminates with an authentic Thai-style dinner, a culinary highlight of the region. For groups larger than five, the experience is enhanced with a traditional Thai dance performance and the chance to partake in “Ruou Can,” a communal rice wine enjoyed through bamboo straws.

Activities:
- Morning hotel pick-up in Hanoi
- Scenic drive to Mai Chau Valley
- Stop at Thung Khe Pass for panoramic views and local market visit
- Lunch at a local restaurant
- Optional guided cycling tour or free time for exploration
- Authentic Thai-style dinner
- Traditional Thai dance performance and “Ruou Can” tasting (for groups > 5)

Day 3 Mai Chau Trekking & Return to Hanoi

Meals: Breakfast, Lunch | Stay: Hotel de l'Opera Hanoi MGallery by Sofitel

Start your day with a traditional breakfast served at your accommodation, offering a taste of local flavors. Accompanied by a knowledgeable local Thai guide, you'll embark on a 2 km cycling journey, followed by a guided trek to the secluded villages of Na Meo, Na Mo, and Xam Pa. This trek provides an immersive glimpse into the daily life of the Thai ethnic people, allowing you to admire expansive rice terraces and gain profound insights into their cultural heritage.

After returning to your accommodation, you will check out and enjoy a farewell lunch before preparing for departure. The afternoon offers some free time to relax, further explore the village, or purchase local handicrafts as mementos. Around 15:30, the scenic drive back to Hanoi commences, winding through the picturesque countryside. You will arrive in Hanoi's Old Quarter at approximately 18:30, where you will be dropped off at your hotel, marking the conclusion of your two-day Mai Chau excursion.

Activities:
- Traditional breakfast
- 2 km cycling journey
- Guided trek to Na Meo, Na Mo, and Xam Pa villages
- Farewell lunch
- Free time for relaxation or souvenir shopping
- Scenic drive back to Hanoi
- Hotel drop-off in Hanoi Old Quarter

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Day 4 Hanoi to Hoi An Flight & Ancient Town Discovery

Meals: Breakfast | Stay: Almanity Hoi An Resort & Spa

Following breakfast at your Hanoi hotel, complete your check-out procedures. A private driver will then transfer you to Hanoi airport for your domestic flight to Da Nang. Upon arrival in Da Nang, another transfer awaits to take you directly to your luxurious hotel in the enchanting ancient town of Hoi An, where you will check in and settle into your new surroundings.
The remainder of your day is at leisure, offering ample opportunity to delve into the captivating charm of Hoi An. You might choose to savor the local cuisine, embark on a serene boat trip along the Hoai River, or simply enjoy a leisurely stroll through the beautifully lit streets of the town as evening falls. Hoi An provides a perfect backdrop for relaxation and cultural discovery.

Activities:
Breakfast and hotel check-out in Hanoi
Transfer to Hanoi airport
Domestic flight to Da Nang
Transfer from Da Nang to Hoi An hotel
Hotel check-in in Hoi An
Free time to explore Hoi An Ancient Town

Day 5 Hoi An Wellness Retreat: Tai Chi & Local Culture

Meals: Breakfast | Stay: Almanity Hoi An Resort & Spa

Dedicate your first full day in Hoi An to rejuvenating your body and soul at the Almanity Resort. Begin your morning by participating in a refreshing Tai Chi class, designed to enhance muscle strength, flexibility, and balance. These sessions are offered both in the morning and afternoon, allowing for flexibility in your schedule.
Beyond physical exercises, the resort provides various opportunities for cultural engagement. Consider enrolling in a Vietnamese cookery class to learn about local cuisine, a language session to pick up some useful phrases, or even a coffee and towel painting workshop to unleash your creativity. The resort's serene environment encourages relaxation and personal growth, offering a perfect blend of activity and tranquility.

Activities:
Morning Tai Chi class
Afternoon Tai Chi class
Participate in Vietnamese cookery class (optional)
Attend Vietnamese language class (optional)
Join coffee and towel painting workshop (optional)

Day 6 Hoi An Wellness Retreat: Cycling & Relaxation

Meals: Breakfast | Stay: Almanity Hoi An Resort & Spa

Continue your wellness journey in Hoi An with a focus on gentle activity and peaceful reflection. Take advantage of the resort's bicycles for a leisurely ride through the surrounding verdant rice fields. This experience offers a tranquil escape, allowing you to breathe in the fresh morning air and appreciate the peaceful, rejuvenated atmosphere of the countryside.
The day also provides ample opportunity for relaxation within the resort's luxurious amenities. Spend time unwinding by the

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pool, enjoying a spa treatment, or simply finding a quiet spot to read. For a simple yet delightful activity, you can relax and have fun feeding the koi fish at the resort's pond, observing their graceful movements in the serene environment.

Activities: Cycling through rice fields
Relax by the resort pool or spa
Feed koi fish at the Koi Pond

Day 7 — Hoi An Wellness Retreat: Personal Time & Exploration

Meals: Breakfast | Stay: Almanity Hoi An Resort & Spa

Your final full day in Hoi An is dedicated to personal preferences, allowing you to further engage with the resort's wellness offerings or explore the ancient town at your leisure. You might choose to revisit a favorite Tai Chi class, participate in another cultural workshop, or simply enjoy the tranquility of your surroundings.
Alternatively, venture back into Hoi An Ancient Town to discover more of its hidden gems. Wander through the narrow streets, browse local artisan shops for unique souvenirs, or enjoy a final meal at one of the town's renowned restaurants. This day provides the flexibility to tailor your experience, ensuring a fulfilling conclusion to your wellness retreat.

Activities: Continue participating in resort wellness activities
Independent exploration of Hoi An Ancient Town
Shopping for souvenirs
Enjoy local dining experiences

Day 8 — Departure from Da Nang – Concluding Your Journey

Meals: Breakfast | Stay: NA

Enjoy your final breakfast at the hotel in Hoi An. Take your time to pack your luggage and prepare for your departure. A dedicated ATT Asia Travel guide will be ready to pick you up in the morning, ensuring a smooth transfer to Da Nang International Airport.
Your arrival at Da Nang International Airport marks the end of your enriching 8-day luxury holiday. We trust that your time in Vietnam has been filled with memorable moments and that you leave feeling refreshed and inspired.

Activities: Breakfast at hotel
Pack luggage
Transfer to Da Nang International Airport
Departure

WHAT'S INCLUDED

INCLUDED	NOT INCLUDED

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- v Accommodation in Twin/Double Bed sharing
- v All transport within Vietnam (including airport pick up & see off), as per itinerary
- v All in-tour stationed local English speaking guide
- v Spa/Massage package in Almanity Hoi An Resort & Spa
- v Domestic Flights Hanoi - Da Nang
- v Entrance fees for Vietnam attractions, as per itinerary
- v Meals as indicated in the program

- x Hotel EARLY check in & LATE check out
- x Peak season surcharge & compulsory dinner at the hotel (if any)
- x International flights to or from Vietnam with taxes
- x Vietnam Visa (above 6 months passport Valid & 3 clear-page require)
- x Passport Fees
- 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 A fuel surcharge will be applied if fuel prices rise above 15%

PRICE INCLUDES

- v Accommodation in Twin/Double Bed sharing
- v All transport within Vietnam (including airport pick up & see off), as per itinerary
- v All in-tour stationed local English speaking guide
- v Spa/Massage package in Almanity Hoi An Resort & Spa
- v Domestic Flights Hanoi - Da Nang
- v Entrance fees for Vietnam attractions, as per itinerary
- v Meals as indicated in the program

AVAILABLE DEPARTURES

Departure Date	Return Date	Price / Person	Availability	Languages
01 Jan 2026	20 Dec 2026	**USD 1,429**	Available	–
21 Dec 2026	20 Dec 2027	**USD 1,472**	Available	–

CANCELLATION POLICY

Tour Code: IMP-8798BBABB13B