

RECOVERYELEVATOR

Vietnam Itinerary

Dates: January 9 – 20, 2025 – 11 nights, 12 days

****NOTE – Itinerary is subject to change****

Day 1: Thursday, 09 January, 2025

Hanoi/Noi Bai Arrival

Welcome to Vietnam! Upon arrival to Hanoi – Noi Bai Airport, your driver and guide will meet you and they will transfer you to your hotel. Check-in (official check in time is at 14:00) and enjoy the rest of the day free at leisure.

Gather together at 5:30 for the icebreakers and workshop at hotel. Afterwards, enjoy a welcome dinner together.

Overnight at [Foreign Relations Hotel, Hanoi](#)

Day 2: Friday, 10 January, 2025

Ha Noi – Sightseeing & Street food tour – Water puppet show

Today you will have the whole day to explore Vietnam's capital city. Your day will start with a city tour to Ba Dinh Square and Ho Chi Minh's Mausoleum (outside), with his house on stilt. You will be visiting the architectural and historical aspects of Uncle Ho's final resting-place.

Lying to one side of the Mausoleum is the One Pillar Pagoda; built by King Ly Thai To in 1049. This structure has become an important symbol for the people of Hanoi.

Next, you will visit the [Temple of Literature](#), built in 1076. Vietnam's first university was established within this temple to educate Vietnam's royalty, mandarins and members of the elite. The university functioned for 700 years and its gardens and well-preserved architecture offer a fascinating glimpse into Vietnam's past.

After that, you'll visit the bustling Old Quarter with its eclectic mix of architectural styles - traditional 'tube' houses, religious buildings, colonial houses, and modern concrete edifices.

This day also includes a two-hour 'Street Life Experience' - see Vietnam's Old Quarter with an opportunity to try a street food brunch. You can choose from a selection of local specialties: Pho Bo (Hanoi's excellent beef noodle soup), Nom (green papaya salad with seasoned beef), Banh Goi (Pillow-shaped pastry with minced pork and mushroom), Banh Cuon (hot rice paper with pork and fried onion) or Bun Cha (fresh noodle with grilled pork).

Your day will finish with the famous [Vietnamese traditional water puppet show](#). After the show, you will be taken to a restaurant for dinner, then transferred to the hotel where you will be able to relax and enjoy your free time at leisure.

Overnight at [Foreign Relations Hotel, Hanoi](#)

Day 3: Saturday, 11 January, 2025

Hanoi – Mai Hich

After breakfast, check out and depart Ha Noi for Mai Chau. On the way, you will stop at Hoa Binh city for refreshments, take a brief look outside as well as take a picture of the largest hydroelectric dam in Vietnam - Hoa Binh hydro station. As you travel towards the Mai Hich, you visit the Muong Cultural Museum, showcasing the customs and culture of the Muong ethnic tribe. Have lunch on the way at a local home in Giang Mo village. On arrival at Mai Hich, you will be welcomed by local girls dressed in traditional costume, then check-in and take a rest.

Later, walking around the villages to enjoy the beauty of the surrounding nature and rural activities in action, including houses-on-stilt, fish ponds, low terrace paddy fields, and so on. Take part in some of the daily farming routines of local farmers (depending on the seasons). Check out a traditional weaving cooperative and have a chance to buy some hand-made souvenirs for your loved ones.

Overnight at homestay in Mai Hich, private house on stilt

Day 4: Sunday, 12 January, 2025

Mai Hich

After breakfast in Thai countryside style, you will trek through rice fields, bamboo forest to visit villages of Thai people such as Ban Denh, Ngoa, Sun, Muoi etc,... from Mai Hich to Buoc Village.

A memorable lunch is cooked with special and typical local foods at Bưọc village. End of the trip, you will be taken back to Mai Hich village by bus.

In the evening, enjoy Thai traditional dinner with folk music as well as dance performances by Thai young people, try the bamboo dance with friendly farmers.

Overnight at homestay in Mai Hich, private house on stilt

Day 5: Monday, 13 January, 2025

Mai Hich – Pu Luong Nature Reserve

Planting trees in the morning:

After breakfast, you will have a community activity with the local people in the morning: planting trees/ flowers along the roadside in the village.

After finishing, have lunch at the homestay before transferring to [Pu Luong Nature Reserve](#). On arrival, check in the homestay.

Later, you have the chance to get close to village life and interact with locals living around there. A glimpse at daily life, walk around working farmland and rice fields, and get to know more about the local culture. Walking back to the homestay.

Overnight at Puluong Home - private house on stilt (02 houses)

Day 6: Tuesday, 14 January, 2025

Pu Luong Nature Reserve

The Pu Luong Nature Reserve is an area of outstanding beauty, cultural interest and high biodiversity value. It is blessed with rich forest, limestone panoramas, magnificent rice terraces and breathtaking scenery. We will trek deep into Pu Luong Nature reserve and we will visit one of the minorities' villages living here.

Overnight at Puluong Home - private house on stilt (02 houses)

Day 7: Wednesday, 15 January, 2025

Pu Luong Nature Reserve – Ninh Binh

After breakfast, check out the homestay and transfer to Ninh Binh.

Have lunch at a local restaurant. In the afternoon, you visit Hoa Lu, the former capital of Vietnam in the 10th and 11th centuries when Vietnam was under the Dinh and Le dynasties.

Then, transfer to the hotel to relax before having dinner at a local restaurant in the evening.

Overnight at [Ninh Binh Hidden Charm hotel](#),

Day 8: Thursday, 16 January, 2025

Ninh Binh – Cuc Phuong National Park

After breakfast, drive to Cuc Phuong National Park. Arrive at the park's gate, transfer 20km to the park center where you begin hiking a 7km loop trail to see the 1000-year-old tree. On this trail you will have a chance to discover the secrets of nature. This tour will conclude with a visit to the [Cave of Prehistoric Man](#), where human skeletons and stone tools dated to some 7.500 years old have been found.

Come back to the park center and have lunch at a house on stilts.

Then, you will be transferred to the headquarters to visit the [Endangered Primate Rescue Center](#) where you will take a behind-the-scenes tour of the facility and see not only how it works, but speak to the people in charge about their daily work in caring for these animals. Guided by the main staff of the Centre, you will wander through the sanctuary and if the timing is right, see animal feeding as well as the hand-reared babies. Due to the nature of the reserve, these activities cannot be guaranteed. After the tour, you will be able to ask in-depth questions to the staff who are open, dedicated and willing to share their stories.

Next, visit the [Save Vietnam's Wildlife and the Reptile Center](#) which is next door to the EPRC. After the tour, transfer back to the hotel.

Have dinner at a local restaurant.

Overnight at [Ninh Binh Hidden Charm hotel](#),

Day 9: Friday, 17 January, 2025

Ninh Binh – Tho Ha village – Thien Ha cave

This morning, you will drive to Tho Ha village where you will get your bike and then cycle (about 10-15km) around the village passing the village church, village schools; lakes and houses of local villagers.

Reaching the Eco-Tourism in Tho Ha, you will get off your bike and participate in local activities like catching fish, scooping water by using the traditional tools of production. There, you will experience how to be a true farmer when joining these activities (depending on the seasons).

Lunch will be served at the stilt house.

After lunch, you will get on the sampan and row downstream the small canal of Ben Dang River, which is a floating habitat for a variety of floras and faunas. Next, you continue walking on the 500-meter-stone road to reach the entrance gate of [Galaxy \(Thien Ha\) Grotto](#). Being recently explored and invested to be a tourist attraction in 2012, Galaxy Grotto is still kept intact with the limestone area that abounds with a variety of floras and faunas and thousands of bats and pythons.

Continuing your rowing trip; you can eye-witness the alluring beauty of colorful stalactites, which can be compared to the image of the Galaxy, that's why this grotto is called Galaxy. Remember not to make noise in the grotto because thousands of bats are sleeping there.

After Thien Ha, instead of rowing back to Nha Le pier, your boat ride continues through Buddha cave, Ghe cave and Chua cave, passing through [Thung Nham Bird Sanctuary](#), which exposes you to a beautiful natural landscape of limestone karst mountains, hidden caves and, of course, birdlife. The boat journey comes to an end in Tam Coc at Hai Nham Pier and you transfer back to your hotel.

Have dinner at a local restaurant.

Overnight at [Ninh Binh Hidden Charm hotel](#),

Day 10: Saturday, 18 January, 2025

Ninh Binh – Halong – Bai Tu Long

Breakfast at the hotel and then a private transfer through the countryside to Halong, where you will board a traditional wooden “junk” boat.

Board Bhaya Cruise and check out your private boat & cabin(s) before heading to the restaurant for a safety briefing. Enjoy the welcome drink while meeting the Cruise Manager and the crew.

Enjoy a fusion lunch as the boat cruises towards the southeast of Halong Bay.

Visit Thien Canh Son cave - Named the theater in the center of the sea, visitors have the opportunity to enjoy the mysterious beauty of gorgeous rosins system hanging inside the cave. The entire ceiling shines because of being covered with thousands of glittering stalactites, some wavy create unique images: the stone statues, stone dragons, and flowers are likely to make an ideal world.

Return to the boat and freshen up for the evening's activities.

Join the exciting cooking or fruit carving demonstration on the sundeck (or in the restaurant, depending on the weather). Don't miss out on the stunning view of sunset over the enchanting Halong Bay from the sundeck of the boat.

Savor the delicious dinner in the restaurant.

Free time to stargaze on the sundeck. Or try your hand at squid fishing with our crew. Retire to your cabin for a good night's sleep.

Overnight [Bhaya Classic cruise](#), charter boat (20 cabins)

Day 11: Sunday, 19 January, 2025

Halong - Hanoi

Rejuvenate the body and mind with a refreshing Tai Chi lesson during sunrise on the sundeck as complimentary tea and coffee is served.

A light breakfast is served in the restaurant. The boat cruises towards the center of Halong Bay.

Choose to explore the charming Vung Vieng Fishing Village by either kayak or rowing boat. You will not only be immersed in the quiet and peaceful location viewing the charming landscape and discovering the cultural life of the fishermen but also will be instructed in the fine arts of sailing and casting fishnets.

Return to the boat then the boat heading back to the pier. Enjoy the brunch served in the restaurant.

Pack your luggage and get ready to check out. Enjoy the scenery as the boat cruises back to the port. Disembark from the boat at Tuan Chau International Marina.

After a final cruise along the bay, return to the marina for private transfer to Hanoi. Check in the hotel and relax.

Have farewell dinner at a local restaurant.

Overnight at [Foreign Relations Hotel, Hanoi](#)

Day 12: Monday, 20 January, 2025

Hanoi – Depart

Closeout session from 9:00 am- 11:00 am at the hotel. Flights may be booked out of Hanoi - Noi Bai Airport (HAN) after 2:00 pm.