

INSIGHTS INTO VIETNAM II

Asia has always been a fascinating destination full of the rich history of centuries past and resplendent with natural beauty. Our 15-day adventure covers not only the sights of the country but some of the stunning beauty that can only be found "on foot". You are invited to join our small group as we delve into the hustle and bustle and the tranquility of modern and ancient Vietnam. Our tour will visit Hanoi, Sa Pa, Lao Chai, Halong Bay, Da Nang, Hoi An and Ho Chi Minh City. Fully escorted and rich with the history, tastes and reality that is today's Vietnam!

Toronto	March 5	Korean Air 78	Depart:	11:40
Seoul (ICN)	March 6		Arrive:	16:50
Seoul (ICN)	March 6	Korean Air 447	Depart:	18:45
Hanoi			Arrive:	21:45

Saturday, March 6: Arrival – Hanoi City (- / - / D)

On arrival in Hanoi, we meet our language capable Tour Manager and transfer to the hotel to check in (depending on arrival time). After time to freshen up our group will enjoy a welcome dinner in a local restaurant. Overnight in Hanoi.

Sunway Hanoi Hotel www.sunwayhotels.com/sunway-hanoi

Sunday, March 7: Hanoi City (B / L / D)

After breakfast, we drive to the outskirts of Hanoi for a village tour. They specialize in growing vegetables which they provide to the city. Afterwards we take a stroll to the local market to see local products.

We return to Hanoi for lunch and a city tour which includes the Temple of Literature, the first national university of Vietnam (built in 1076), Ho Chi Minh's Mausoleum (outside only) and The Old Quarter area.

Before dinner in a local restaurant, we will enjoy a water puppet show.

Overnight Hanoi

Monday, March 8: Hanoi – Sa Pa (B / L / D)

This morning we depart from Hanoi for the next leg of our journey to Sa Pa (approx. 350 KMs). Sa Pa is a breathtaking mountain town in northern Vietnam, famous for its terraced rice fields, ethnic diversity, and cool climate. It's a must-visit destination for nature lovers, trekkers, and cultural explorers alike.

On our arrival, lunch will be served in a local restaurant before we check in to our hotel.

In the afternoon we familiarize ourselves with the area by walking through the valleys and minority villages around Sa Pa. We start on the road leading west from Sa Pa which winds through hilly terrain and past terraced paddy fields in Cat Cat village, just 2 km from the town. As we hike through the ancient village we will see traditional customs and practices of the ethnic Black H'mong.

Returning to Sa Pa we will have dinner in a local restaurant. Overnight Sa Pa.

Hotel De Sapa www.hoteldesapa.com

Tuesday, March 9: Sa Pa – trekking day (B / L / D)

After a hearty breakfast we embark on a captivating journey through the majestic mountain and valley landscapes of Sa Pa. The adventure begins with a scenic drive that includes a stop at a hilltop viewpoint overlooking the breathtaking Ban Khoang Valley and its charming village nestled below.

Step into the heart of Ban Khoang village, home to the Black Hmong and Red Dzao ethnic communities. Here we take a guided hike through this remote settlement, where we'll witness daily life, learn about traditional customs, and interact with local children at the village school. We will spend approximately an hour walking through the village to gain meaningful insights into the rhythms of rural life before we

continue to Ta Giang Phin village for a memorable 2.5-hour trek through its serene valley. Marvel at the lush rice terraces and meet welcoming Black Hmong locals along the way. Our guide can arrange a visit to a traditional home for deeper cultural exchange (TBD). On clear days, the stunning views of Ngu Chi Son Summit are visible, the second-highest peak in Sa Pa.

Return to Sa Pa in the afternoon to relax and explore on our own. Dinner in a local restaurant (or in hotel). Overnight in Sa Pa.

Wednesday, March 10: Sa Pa – Pansifan Mount - trekking day (B / L / -)

Our explorations today take us to the Pansifan Mount via cable car. This is one of the most modern cable car systems in Vietnam and travels over terraced rice fields and forested valleys. Here we will visit several Buddhist temples and at the top of the mountain will have time to take some stunning photos of the area.

On our return to Sa Pa we have lunch before continuing the walk to Lao Chai village – the primary home to the Zay minority people (approx. 1 – 2 hours of walking).

We have a free evening tonight in Sa Pa. Overnight Sa Pa.

Thursday, March 11: Sa Pa – Hanoi (B / L / D)

We have a leisurely day today before checking out and departing for Lao Cai City at 10:00 am. There will be a photo opportunity at the Vietnam/ China border before lunch.

We arrive back in Hanoi in the afternoon for dinner in a local restaurant. Overnight in Hanoi.

Sunway Hanoi Hotel www.sunwayhotels.com/sunway-hanoi

Friday, March 12: Hanoi - Ha Long Bay (B / L / D)

After breakfast and check out we travel to the famous Ha Long Bay, 180 km east of Hanoi. Ha Long Bay is listed as a World Heritage Area of outstanding natural beauty. Here we board a cruise and have lunch. This afternoon there are multiple opportunities for the group to discover the beauty of the bay.

The cruise stops at “Bo Nau” cave (Pelican Cave), the core area of the region’s natural heritage. Guests may opt to transfer by tender to “Sung Sot” Cave (Surprising cave) – the biggest and the most beautiful cave in Halong Bay. After Sung Sot cave, we keep moving by tender to the Titov island which was named after Gherman Stepanovich Titov - the Soviet astronaut who visited in 1962. Here we can enjoy swimming, relaxing on the beach or climbing the steps of the Rock to the top of the island. A magical panoramic view of Halong Bay awaits!

On our return to the cruise ship we watch a traditional Vietnamese cooking demonstration before a relaxing evening and a night on board.

Aqua Elegance Cruise <https://aquaoftheseas.com/about-aqua-elegance-cruise/>

Saturday, March 13: Halong Bay - Hanoi – Da Nang – Hoi An (B / L / D)

For the early risers in the group, wake up to watch the sun rise over Ha Long Bay or participate in a morning Tai Chi session. We return to the mainland after breakfast and stop at “Luon” cave - a stunning water tunnel in Halong Bay leading to a tranquil, emerald lagoon surrounded by towering limestone cliffs. The group will have 2 options to discover it: by kayak or by a traditional woven (bamboo) boat rowed by a local boatman.

After check, settling bills and prepping luggage, an international brunch buffet will be served before departing the cruise.

Late morning we head for Da Nang and Hoi An - a charming ancient town in central Vietnam, renowned for its lantern-lit streets, preserved architecture, and rich cultural heritage. It's one of the most beloved destinations in Southeast Asia for both relaxation and exploration.

After check-in we enjoy dinner in a local restaurant.

Overnight in Hoi An.

Amina Lantana Hoi An Hotel <https://aminalantana.com/>

Sunday, March 14: Hoi An (B / L / D)

Our day starts with a walking tour in Hoi An, originally a Cham seaport, which has been influenced over the centuries by a myriad of traders from various cultures. The ancient architecture of Hoi An is a fascinating combination of Vietnamese traditional characters with Chinese and Japanese influences. We visit the famous Japanese Covered Bridges, the 200-year-old Tam Ky House, the Chua Ong Pagoda, and the vibrant market before lunch.

To round out our day, we drive a local village and take a ride in a traditional basket boat. These round bamboo boats are steered by local guides who often perform spinning tricks and net-throwing demonstrations. We will explore the Bay Mau Coconut Forest and glide through peaceful waterways shaded by dense palm trees, home to a vibrant ecosystem.

Dinner will be in a local restaurant. Overnight in Hoi An.

Monday, March 15: Hoi An – Son Tra Peninsular – Hoi An (B / L / -)

After breakfast we travel to Da Nang for walking tour in the Son Tra Peninsular. This trip offers a thrilling blend of coastal scenery, jungle trails, and wildlife encounters. Hike through lush tropical forests with panoramic views of Da Nang Bay and the East Sea. Look out for the endangered, red-shanked douc langur, a rare and colorful primate native to the area. The highest point on the peninsula (693m), offers breathtaking views and a legendary chessboard sculpture. We will also visit the towering Lady Buddha statue at Linh Ung Pagoda.

Lunch will be served before we return to the hotel in the afternoon for free time and an open evening. Overnight in Hoi An.

Tuesday, March 16: Hoi An – Da Nang – Ho Chi Minh City (B / L / D)

After breakfast and check out, we transfer to the airport for flight to Ho Chi Minh city - a center of commerce, finance, culture and tourism in Vietnam. This bustling metropolis, a contradiction of its northern counterpart, is crowded with bikes and motorbikes, and offers numerous shopping areas and sidewalk cafes. We will have time to stroll around the downtown area to explore the different local ways of life before lunch.

Our afternoon takes us to the famous War Remnant Museum, Notre Dame Catholic Church, the Post Office, and City Hall, among other local gems.

After settling into our hotel, we savor dinner at Home Saigon restaurant. Overnight in Ho Chi Minh City.

Kim Do - Royal Hotel Saigon <https://royalhotelsaigon.com/>

Wednesday, March 17: Ho Chi Minh City – Cu Chi Tunnel – Ho Chi Minh City (B / L / D)

Our first stop today is to the well-known Cu Chi District to visit the famous tunnels, a byzantine maze of underground passages, meeting chambers, bedrooms and booby traps.

Lunch will be at Ben Nay restaurant in Ho Chi Minh before we finish off our city explorations in the China Town area touring the old streets, café break, Thien Hau Temple and Binh Tay Market.

We end our day with a lovely buffet dinner cruise on the Saigon River.

Overnight in Ho Chi Minh City.

Thursday, March 18: Ho Chi Minh City – Can Gio – Ho Chi Minh City (B / L / D)

Our final day in Vietnam brings us to Can Gio mangrove forest which we tour both by boat and on foot. A short trip from Can Gio takes us to Dan Xay Mangrove Park (UNESCO Protected Mangrove Biosphere Reserve, 40,000 ha). Here we will hear about the forest and protection of this area. Our trek through the forest is approx. 3 km. Ending the hike we take a boat back (45 minutes) for a set seafood lunch.

The last visit today will be to canoe to the Bat Reserve and crocodile area where we take a ride under the mangrove forest to see the hanging bats. On our return to Ho Chi Minh we have a farewell dinner in local restaurant. Overnight in Ho Chi Minh City.

Friday, March 19: Ho Chi Minh – Departure (B / L / -)

After breakfast and check out, the day is ours to explore Ho Chi Minh as we wish before a late transfer to the airport for our evening flight.

Ho Chi Minh City	March 19	Korean Air 476	Depart:	23:50
Seoul (ICN)	March 20		Arrive:	06:45
Seoul (ICN)	March 20	Korean Air 77	Depart:	10:20
Toronto			Arrive:	10:20

Land only tour cost: Per person in twin / double accommodation Canadian \$3,575
Single supplement: Canadian \$ 925

Inclusion:

- Optional International air fare (see note below re: Korean Air)
- First class hotels
- Minimum 2 meals per day (breakfast and either lunch or dinner)
- Ha Lon Bay Cruise
- Private transfers by motorcoach
- Boat trips in Hoi An and Can Gio
- Entrance fees for all listed activities
- Water puppet show
- Cable car tickets to Mount Fansipan
- Sightseeing with local English-speaking guides
- Domestic Air tickets: HAH – DAD / DAD – SGN: \$300 Canadian (estimated)
- Tipping for guides and drivers (only)

Exclusion:

- Visa to enter Vietnam
- Early check in and late check out
- Drinks
- Meals not listed as included
- Travel and Medical insurance
- Tipping for the porters/ restaurant staffs/ crew members/ boat men or boat women...

KOREAN AIR

Our group rate requires a minimum of 10 travelers flying to / from Vietnam. Air fare contracted is \$2,625 Canadian per passenger – please see notes on the Cambodian extension.

Total cost of the tour would be Canadian \$6,200 per person twin / double or \$7,125 single

Deposit Requirement:	\$1,000 Canadian per person
Final payment due:	January 5, 2027
Cancellation penalties:	
From date of booking to November 1	\$250 per person
From November 1 to January 4	loss of deposit paid
From final payment date to departure	100% non-refundable

SPECIAL NOTE:

Should we be able to find a replacement from the waitlists for a cancelled passenger or other requests received for the land tour between date of booking and 31-days prior to date of departure, a flat \$50.00 & HST p.p. administration charge will be accessed.

OPTIONAL CAMBODIA TOUR:

Ho Chi Minh City	March 19	VN 813	Depart:	16:40
Siem Reap			Arrive:	17:40

Friday, March 19: Ho Chi Minh / Siem Reap (B / - / D)

On arrival in Siem Reap, we meet our local Tour Manager at and transfer to the city center and our hotel for check-in. Dinner will be in a local restaurant. Overnight in Siem Reap

Tara Angkor Hotel <https://taraangkorhotel.com/>

Saturday, March 20: Siem Reap / Angkor Tours (B / L / D)

After breakfast, we start by exploring Angkor Thom, the ancient capital of the Khmer Empire. We visit the awe-inspiring Bayon Temple, famous for the serene, giant stone faces that gaze out from its towers. Walk through the heart of the city to visit the Terrace of the Elephants, a grand platform once used for royal ceremonies and military parades, and the Terrace of the Leper King, adorned with intricate carvings and shrouded in mystery.

We stroll into the depths of the jungle to explore Ta Prohm, one of the most enchanting temples in the Angkor complex - known as the "Tomb Raider Temple" where scenes from film *Lara Croft: Tomb Raider* were filmed. This temple is famous for the giant trees and roots that have overtaken its stone walls. Lunch in a local restaurant.

After lunch we see the iconic Angkor Wat, the crown jewel of the Angkor Archaeological Park. Marvel at the stunning bas-reliefs that tell stories of ancient battles and myths as we explore this majestic temple. We can take our time to ascend its central towers and admire the breathtaking views of the surrounding countryside from the top.

Our last hike is to climb to the temple-mountain of Pre Rup to witness a spectacular sunset over the temple complex, bathing the ancient ruins in the golden hues of the late afternoon sun.

Dinner in a local restaurant. Overnight in Siem Reap

Sunday, March 21: Siem Reap – Phnom Penh (B / L / D)

This morning we check out and drive the 5-hours from Siem Reap to Phnom Penh, the capital city of Cambodia. Along the way we will stop at the Spider Market near Skun - a fascinating roadside attraction where you can try fried tarantulas, crickets, and other unusual snacks that are a local delicacy.

Should fried tarantulas not be to the passengers taste, lunch will be served in a local, bug free, restaurant. Late afternoon we arrive in Phnom Penh later for check-in and dinner.

Overnight in Phnom Penh: **The Capri Hotel**

<https://www.frasershospitality.com/en/cambodia/phnompenh/capri-by-fraser-phnom-penh/>

Monday, March 22: Phnom Penh (B / L / D)

After breakfast in our hotel, we start our city tour with a visit the Royal Palace and Silver Pagoda, an awe-inspiring complex that serves as the residence of Cambodia's monarchy. Stroll the palace grounds, admire the Silver Pagoda's shimmering floor, and see the revered Emerald Buddha along with other sacred treasures reflecting the country's royal and religious heritage.

From here it's a short walk to the National Museum, home to the world's finest collection of Khmer artifacts. With centuries-old sculptures, ceramics, and carvings, the museum offers a deeper insight into the rich cultural heritage of Cambodia and its ancient civilization. Afterwards, visit Wat Phnom, a serene hilltop temple offering panoramic views of the city. Lunch is in a local restaurant today.

This afternoon, we will tour the Tuol Sleng Genocide Museum (S-21), a former high school turned into a prison and torture center under the Khmer Rouge. Continue to the Killing Fields of Choeung Ek, a memorial site where thousands of victims were executed - both sites offering insight into Cambodia's recent past and the resilience of its people. This evening we have dinner in a local restaurant.

Overnight in Phnom Penh: The Capri Hotel

Tuesday, March 23: Phnom Pehn - home (B / - / -)

Our final morning takes us back to the airport for our connecting flight home.

Phnom Penh	March 23	VN 921	Depart:	13:50
Ho Chi Minh City			Arrive:	14:50

CAMBODIA TOUR PRICE: per person in Canadian \$1,475 twin / double - \$1,660 single

Inclusion:

- Tours and transfers as per the program
- 4-nights' accommodation
- Minimum 2 meals per day (breakfast and either lunch or dinner)
- All entrance fees, boat fees
- Private air-conditioned buses
- English speaking guides
- Cold mineral water during the trip
- Projected cost for flights Ho Chi Minh City to Siem Reap and Phnom Penh to HCMC
- Tipping for guides and drivers (only)

Exclusion:

- Visa to enter Cambodia
- All international flights*
- Early check in and late check out
- Meals not listed as included
- Drinks
- Travel and Medical insurance
- Tipping for the porters/ restaurant staffs/ crew members/ boat men or boat women...

CAMBODIA TERMS:

Deposit Requirement: \$200 Canadian per person

Final payment due: January 5,2027

Cancellation penalties:

From November 1 to January 4 loss of deposit paid

From final payment date to departure 100% non-refundable

*** NOTE ON AIR FARE FOR THE EXTENSION**

The number of travelers option for the added Cambodia tour will determine the final air arrangements. We MAY have the option to use Korean Air directly from Phnom Penh to Seoul to connect home. This works for individual fares but may not work for a smaller group. The best option for air will always be our first choice.

WEB SITE: <https://worldwide.on.ca/vietnam2027>

Exclusive reservations through:

Frederick Travel Waterloo

180 Northfield Drive West, Unit 4, Office 1002, Waterloo, ON N2L 0C7

CONTACT: Scott Allen, CTC or Kendra Allen

Phone (519) 745 – 1860 ext 303

Fax (519) 745 - 5694

Toll Free: (800) 578 – 8958

Cell: (519) 897 – 9673

e-mail: scotta@ftwaterloo.com or kendra@ftwaterloo.com