

CLUB TRIBECA SENIOR FRIENDLY

—• TRIP TO —•

Vietnam & Cambodia

Why Travel With Us



Home Pick Up and Drop



Emergency Assistance



Medication and Daily Support



Senior Friendly Hotels and Meals



Minimal Walking & Stress



Care Manager Assistance



DEPARTURE : 19TH NOVEMBER, 2026
9 Nights & 10 Days

Package prices are inclusive of Air Fare



You're not paying more for the same trip -
You're paying for the only trip designed entirely around your health, your pace, your safety, and your family's peace of mind.

Travel ITINERARY

November – 9 Nights/ 10 Days

Executive Summary

Discover Cambodia & Vietnam on a seamless 10-day journey through ancient temples, river landscapes, wartime history, hill scenery & Ha Long Bay.



A rich mix of war history, ancient temples, hill-station charm and a signature bay cruise



All transfers by AC vehicle, flights, or arranged boat/cruise – minimal independent walking required



All locations have seating and rest facilities



Comfortable weather: 18–32°C, warmer in the south, cooler in Hanoi and Ha Long



Siem Reap Arrival - Cambodia



Day 1

Tonle Sap Floating Village

- Arrival in Siem Reap followed by lunch & a relaxed visit to Tonle Sap
- Boat experience around the local floating village and lakeside communities
- Return to the hotel for check-in and rest



Day 1

Apsara Dance Evening

- Evening Apsara dance performance with local buffet dinner
- Free leisure after dinner and overnight in Siem Reap



Angkor Wat & Angkor Temple Complex



Day 2

Angkor Wat & Angkor Thom

- Full-day guided visit to Angkor Wat and the Angkor temple complex
- Continue through Angkor Thom, including Bayon Temple and its carved stone faces
- Time for lunch and planned rest between sightseeing stops



Day 2

Ta Prohm Temple

- Visit atmospheric Ta Prohm, known for giant tree roots entwined with ancient stone
- Dinner in Siem Reap followed by free leisure and overnight stay



Ho Chi Minh City Arrival - Vietnam



Day 3

Travel to Ho Chi Minh City

- Breakfast and hotel check-out in Siem Reap
- Lunch followed by onward travel to Ho Chi Minh City
- Dinner on arrival, hotel check-in, and free leisure

My Tho & Mekong Delta



Day 4

Mekong Delta Boat Cruise

- Travel to My Tho in the Mekong Delta
- Motorboat ride to Unicorn Island, passing creeks, stilt houses and river life
- Honey tea at a local bee farm and a short row-boat ride through shaded canals

Cu Chi Tunnels & Da Nang



Day 5

Cu Chi Tunnels

- Morning drive to the Cu Chi Tunnels to learn about Vietnam's wartime history
- Introductory film followed by guided exploration of key tunnel areas from ground level



Day 5

Flight to Da Nang

- Hotel check-out and a short flight from Tan Son Nhat International Airport to Da Nang
- Arrival, hotel transfer and check-in. Overnight in Da Nang

Ba Na Hills & The Golden Bridge



Day 6

Ba Na Hills Cable Car & Golden Bridge

- Scenic drive from Da Nang to Ba Na Hills
- Ride the cable car and visit the iconic Golden Bridge
- See L'Jardin gardens, Linh Ung Pagoda and the 27-metre Buddha statue
- Continue to Nui Chua Peak for views, lunch and leisure time

Fly to Hanoi & Old Quarter Evening



Day 7

Da Nang to Hanoi

- Breakfast, hotel check-out and transfer for the flight to Hanoi
- Arrival in Hanoi and baggage storage at the hotel
- Time to settle in before the evening cultural programme



Day 7

Thang Long Water Puppet Show

- Evening performance of Vietnam's traditional water puppetry, a seated theatre experience
- Dinner nearby afterwards, followed by return to the hotel
- Fully seated, indoor, air-conditioned venue — no walking required

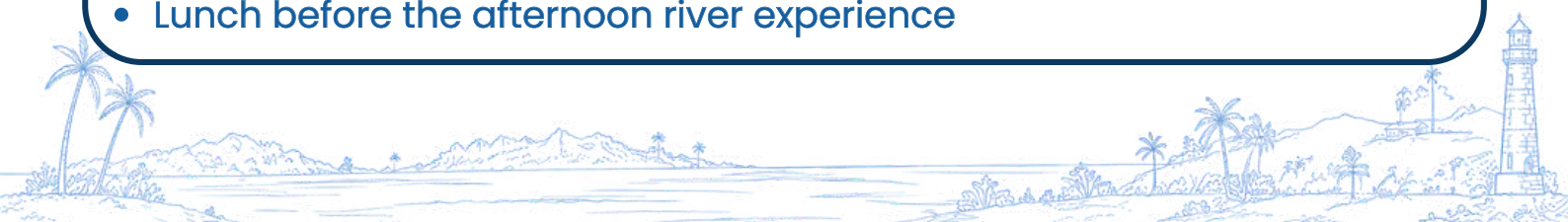
Hanoi & Ninh Binh – Hoa Lu & Trang An



Day 8

Hanoi & Hoa Lu

- Morning visit to the Ho Chi Minh Complex before travelling towards Ninh Binh
- Continue to Hoa Lu, Vietnam's ancient royal capital, with guided sightseeing
- Lunch before the afternoon river experience





Day 8

Trang An Eco-Tourism Boat Cruise

- Rowing-boat journey through the UNESCO-listed Trang An landscape
- Pass limestone cliffs, green waterways and a series of natural caves
- Return to Hanoi for dinner and rest

Ha Long Bay – Daytime Cruise



Day 9

Ha Long Bay Day Cruise

- Travel to Tuan Chau International Cruise Port and board the cruise
- Lunch on board while sailing among Ha Long Bay's limestone islands
- Optional kayaking or rafting near Luon Cave and visit to Titop Island
- Sunset refreshments and cooking activity before the return journey



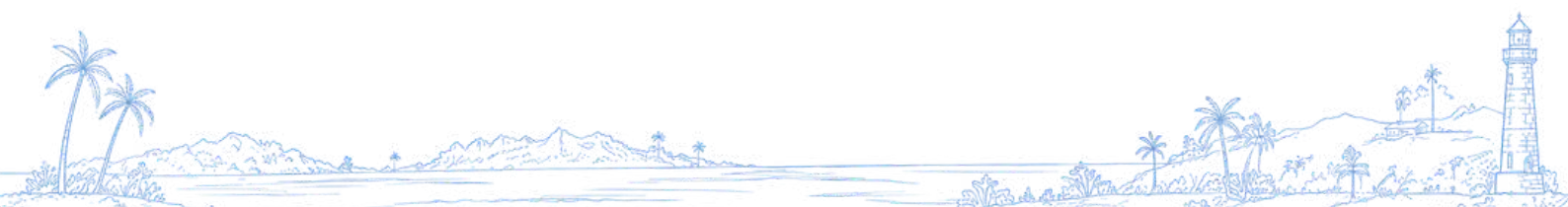
Hanoi Departure



Day 10

Return Journey

- Breakfast, hotel check-out and time to prepare for departure
- Transfer to the airport for the flight home
- Care Manager assistance continues through the departure process





What to Pack



Light clothing for the south; a warm layer for Hanoi and Ha Long evenings.



Comfortable non-slip flat walking shoes



Sun hat or cap and sunscreen for protection



Walking stick or support if needed



Universal power adapter and a portable charger



Small waterproof bag for boat transfers



Raincoat or umbrella (For occasional showers)



Water bottle to stay hydrated



Medications in original containers



Doctor's letter, if needed for any condition

ACCESSIBILITY & SAFETY FEATURES



AC vehicle & English-speaking guide throughout



Life jackets provided on all boat cruises



Optional/strenuous activities (tunnels, cable car, boat rides) can always be skipped



Rest breaks built into the schedule



Domestic flights and cruise transfers fully coordinated



Dedicated Tribeca trip coordinator throughout the trip



Railings and support on steps or uneven terrain



Medical assistance on standby

PRACTICAL RECOMMENDATIONS

For Seniors

Who This Itinerary is Best For



Seniors who enjoy history, heritage, and war-history



Those Comfortable with 2-3 short flights during the trip



Nature lovers — Ha Long Bay, Trang An, Ba Na Hills



Seeking international group trip with dedicated support.

Health Conditions



Heart or Lung Conditions

Medical clearance is advised for longer boat trips and flights.



Mobility or Balance Issues

Walking aids are welcome; A Care Manager is always present.



Motion Sensitivity

Carry prescribed seasickness medication for cruises.



Dietary Restrictions

Cuisine is seafood & noodles; vegetarian or low-sodium options available with advance notice.

Tips for Maximum Comfort



Do not skip breakfast



Rest whenever needed



Stay hydrated; drink water every 30-45 minutes



Take photos and enjoy the moments



Use walking sticks or supports without hesitation.



If uncomfortable or tired, enjoy the view from the vehicle.

Ready to join us? Please Contact



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