

CLUB TRIBECA SENIOR FRIENDLY

— • TRIP TO — •

Vietnam

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 : 15TH NOVEMBER, 2026
8 Nights & 9 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 – 8 Nights/ 9 Days

Executive Summary

Discover Vietnam's most iconic experiences on a seamless 9-day journey through iconic cities, heritage towns, scenic landscapes, and 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



Arrival & Ho Chi Minh City Tour



Day 1

Arrival & War Remnants Museum

- Arrive in Ho Chi Minh City. Drive the hotel area for lunch.
- Visit the War Remnants Museum, one of Vietnam's most significant history museums, with a guide throughout.



Day 1

Reunification Palace & Hotel Check-In

- Tour the Reunification Palace, the former South Vietnamese presidential residence, now a historic monument
- Hotel check-in from 2:00 PM — time to rest before the afternoon continues





Day 1

Central Post Office & Tan Dinh Church

- Visit the Central Post Office (1886–1891), a Gothic–Renaissance–French colonial landmark
- See the famous Tan Dinh Church
- Dinner arranged nearby; overnight in Ho Chi Minh City

Cu Chi Tunnels & Mekong Delta



Day 2

Cu Chi Tunnels

- Morning drive to the Cu Chi Tunnels to learn about Vietnam's wartime history
- **Optional:** crawling into a short tunnel section — entirely optional, can be skipped comfortably from ground level



Day 2

Mekong Delta Boat Cruise

- Row-boat ride along shaded canals, followed by a motor boat cruise to a coconut island
- Stop at a local family home for tropical fruit, honey tea and a live folk music performance

Flight to Da Nang & Hoi An Ancient Town



Day 3

Flight to Da Nang

- Hotel check-out and a short flight from Ho Chi Minh City to Da Nang
- Lunch on arrival, followed by hotel check-in (from 2:00 PM)



Day 3

Hoi An Ancient Town by Lantern Light

- Evening visit to the UNESCO-listed Hoi An Ancient Town, its lanes lit by colourful lanterns
- Leisurely walk through the night market with time to sit, browse and enjoy a traditional Bai Choi folk performance

Ba Na Hills & The Golden Bridge



Day 4

Ba Na Hills Cable Car & Golden Bridge

- Scenic drive along the coast, then two connecting cable car rides to the top of Ba Na Hills
- Visit the iconic Golden Bridge, plus the French-style L'Jardin gardens and Linh Ung Pagoda
- Lunch on the hill, with a further cable car to Nui Chua Peak for panoramic views

Fly to Hanoi & Old Quarter Evening



Day 5

Flight to Hanoi & Train Street

- Morning flight from Da Nang to Hanoi; check-in from 2:00 PM after lunch
- Visit the famous Hanoi Train Street, where daily life unfolds metres from the passing railway line



Day 5

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



Ho Chi Minh Complex & Hoan Kiem Lake



Day 6

Ho Chi Minh Complex, Stilt House & One Pillar Pagoda

- Visit the Ho Chi Minh Mausoleum Complex, the President's stilt house, and the iconic One Pillar Pagoda
- Lunch, followed by an easy afternoon around Hoan Kiem Lake and Dong Xuan Market for local shopping

Ninh Binh – Hoa Lu & Trang An



Day 7

Hoa Lu Ancient Capital

- Scenic drive through the Ninh Binh countryside to Hoa Lu, Vietnam's 10th-century royal capital
- Visit the Dinh King and Le King temples with your guide, learning the history of the two kings



Day 7

Trang An Eco-Tourism Boat Cruise

- Board a small rowing boat through the limestone cliffs and cave complex of Trang An
- Pass through Sang, Toi, Ba Giot and Nau Ruou caves amid striking mountain and river scenery

Transfer to Ha Long Bay – Overnight Cruise



Day 8

Aqua Elegance Cruise — Lan Ha Bay

- Private car transfer from Hanoi to Tuan Chau Marina; board the Aqua Elegance cruise and settle into your cabin
- Lunch while cruising past iconic limestone islets, with the option of kayaking or swimming at Tra Bau
- Evening cooking demonstration, sundeck sunset views and dinner on board; overnight on the cruise. All activities are optional



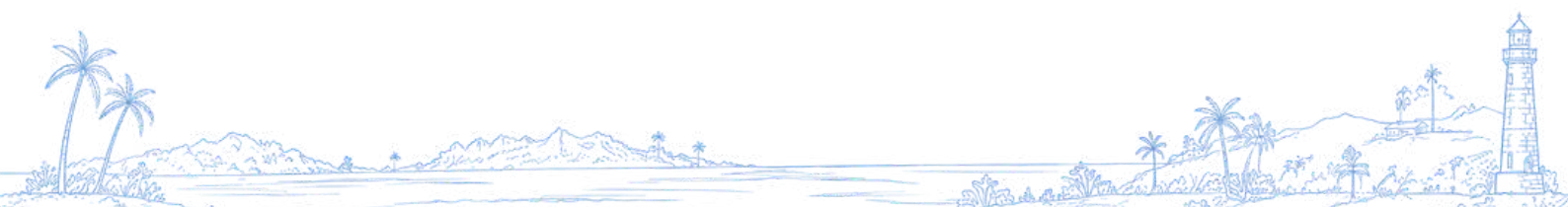
Ha Long Bay Caves & Departure



Day 9

Cave Visits & Return Journey

- Morning cruise to Thien Cung and Dau Go Caves, followed by a light brunch on board
- Disembark at Tuan Chau Marina and transfer by private car to Noi Bai Airport for the flight home
- Cave paths involve some steps with railings; those who prefer can remain on board and enjoy the bay views instead





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



+91 8062255100



www.tribecacare.com