

# 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 : 19<sup>TH</sup> NOVEMBER, 2026**  
**11 Nights & 12 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 – 11 Nights/ 12 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
- Visit Central Market or spend some time shopping for local souvenirs



**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 Thom & Bayon Temple

- Begin the day with a guided visit to the ancient city of Angkor Thom
- See the South Gate, Bayon Temple and its famous carved stone faces
- Continue past Baphuon, Phimeanakas and the historic royal terraces



**Day 2**

## Ta Prohm & Angkor Wat

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



# Siem Reap to Phnom Penh



**Day 3**

## Phnom Penh Sightseeing

- Breakfast, hotel check-out and departure for Phnom Penh
- Travel approximately 315 km by private AC vehicle
- Visit the Royal Palace and Silver Pagoda
- Continue to Wat Phnom, one of the city's best-known landmarks

## Cross-Border Journey to Vietnam



**Day 4**

## Ho Chi Minh City Arrival

- Travel by private AC vehicle from Phnom Penh towards the Vietnam border. Assistance through the Moc Bai border crossing
- Continue by private vehicle to Ho Chi Minh City
- Dinner on arrival, hotel check-in, and free leisure

# Cu Chi Tunnels & Mekong Delta



**Day 5**

## Cu Chi Tunnels

- Morning drive to the historic Cu Chi Tunnels
- Learn about their role during the Vietnam War
- Guided exploration of the accessible areas of the tunnel complex
- Physically demanding or underground sections may be skipped



**Day 5**

## Mekong Delta Experience

- Continue to the Mekong Delta after lunch
- Take a motorboat ride followed by a short rowboat journey through shaded canals
- Visit riverside community to see traditional crafts, enjoy tropical fruits, honey tea and local cultural performance.



# Flight to Da Nang & Hoi An Visit



**Day 6**

## Ho Chi Minh City to Da Nang

- Hotel check-out and a short domestic flight from Ho Chi Minh City to Da Nang
- Lunch on arrival, followed by hotel check-in



**Day 6**

## Hoi An Ancient Town

- Visit to the lantern-lit Hoi An Ancient Town. Explore its distinctive Vietnamese, Japanese and Chinese architecture
- Walk through Nguyen Hoang Night Market
- Experience a traditional Bai Choi folk performance
- Dinner and return to the hotel

# Ba Na Hills & The Golden Bridge



Day 7

## Ba Na Hills Cable Car

- Scenic morning drive from Da Nang to Ba Na Hills
- Ride the cable car and enjoy views across the surrounding mountains
- Visit the iconic Golden Bridge
- Explore L'Jardin gardens, Linh Ung Pagoda and the 27-metre Buddha statue



Day 7

## Nui Chua Peak

- Continue by cable car to Nui Chua Peak
- Visit Fantasy Park and enjoy panoramic views over Da Nang
- Return to the city for an early dinner. Transfer to the airport for the onward flight to Hanoi. Overnight in Hanoi

# Hanoi to Ha Long Bay



**Day 8**

## Ha Long Bay Overnight Cruise

- Breakfast, hotel check-out and private transfer to Tuan Chau Harbour
- Board the cruise and enjoy lunch while sailing among Ha Long Bay's limestone islands



**Day 8**

## Sung Sot Cave & Titov Island

- Visit Sung Sot Cave and Titov Island, with time to relax or climb to the viewpoint
- Return to cruise for refreshments, a cooking demonstration, dinner and an overnight stay onboard



# Ha Long Bay & Hanoi Evening



**Day 9**

## Luon Cave Experience

- Optional morning Tai Chi session on the sundeck
- Breakfast while cruising towards Luon Cave
- Explore the area by kayak or a traditional bamboo boat
- Return to the cruise for brunch and check-out
- Disembark and travel back to Hanoi



**Day 9**

## Train Street & Water Puppet Show

- Visit Hanoi's well-known Train Street area
- Enjoy the Thang Long Water Puppet Show in a seated theatre
- Dinner followed by return to the hotel
- Overnight in Hanoi



# Hanoi City Tour



**Day 10**

## Ho Chi Minh Complex & Local Landmarks

- 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 11**

## 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 11**

### **Trang An Eco-Tourism Boat Cruise**

- Continue to the Trang An Eco-Tourism area
- Take a traditional rowing-boat journey through limestone landscapes
- Pass peaceful waterways, rice fields and natural caves
- Return to Hanoi for dinner and rest

## **Hanoi Departure**



**Day 12**

### **Return Journey**

- Breakfast and hotel check-out
- Time to prepare comfortably for departure
- Private transfer to Noi Bai International Airport
- Care Manager assistance throughout 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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