

OPTIONAL MENTAL HEALTH PRE-PROGRAM EXTENSION

Explore Halong Bay



Halong Bay is a hidden gem that has had a spotlight put on it with the world heritage title as one of the new Seven Wonders of the World. In ancient Vietnamese, Halong literally means “descending dragon” and it is originated from a legend of this ancient land. This gorgeous location in central Vietnam is known for its stunning scenery, culture and food.

DAY-BY-DAY ITINERARY

DAYS 1–2: NOVEMBER 1–2, 2018

Depart today from Los Angeles and make your way to Hanoi, Vietnam.

Note: You will lose a day crossing the International Date Line (IDL).

DAY 3: SATURDAY, NOVEMBER 3

📍 Hanoi, Vietnam

Arrive today in Hanoi. Transfer to your Hotel De L’Opera and enjoy dinner at the hotel this evening. The remainder of the day is yours to relax and acclimate to the local time.



DAY 4: SUNDAY, NOVEMBER 4

📍 Halong Bay, Vietnam

After breakfast depart this morning for your drive to **Halong City**. On arrival, you will transfer to a junk for a cruise on **Halong Bay**. Sail through emerald waters and past rocky islets and lush islands. A delicious lunch will be served on board.

Halong Bay is blessed with numerous grottoes, hidden pools and mystical islands and this afternoon, there will be the opportunity to disembark the boat and explore the region further. Off-boat excursions are usually by ship’s tender



although often there is the opportunity to discover the beautiful landscapes of the bay by kayak or bamboo rowing boat. Visits to nearby caves or sandy beaches may also be on the agenda and of course there is always the option to remain on board and take in the glorious vista from the spacious sundeck.



As night falls, the boat will drop anchor in a peaceful spot. Enjoy a refreshing drink and the view from the sun deck before sitting down to a leisurely dinner. Overnight on board your traditional junk boat.



DAY 5: MONDAY, NOVEMBER 5

📍 Halong Bay, Vietnam

Early risers may have the opportunity to witness sunrise over the bay. After breakfast, there will be further opportunities to discover the bay with its stalactite and stalagmite filled caves, swimming beaches and secluded coves that are perfect for kayaking.

Available activities are dependent on the specific boat assigned. Lunch and dinner will be served on board today.

Overnight on board your traditional junk boat.

DAY 6: TUESDAY, NOVEMBER 6

📍 Hanoi, Vietnam

Breakfast will be provided this morning on the boat.

Sail back to the harbor today where you will have an opportunity to savor the glorious scenery of Halong Bay one final time while enjoying an appetizing brunch back on land.

Arriving back into port you will be met for the drive back to your Hanoi hotel.

PROGRAM INFO

Date & Length: 4 days November 1-6, 2018

Extension cost: \$1,199 per person. *Single supplement:* \$499.

Inclusions: Group transfers; baggage handling, gratuities; tours; meals as mentioned; local guide for tours and transfers; and accommodations based on double occupancy.

Not Included: Hotel and boat incidentals and meals not mentioned.

To participate in the optional extension, complete and return the extension registration form. Return no later than 90 days prior to departure or within five days of receiving the information.