

SILVER

PACKAGE

6 Days to Discover the best
of Central Vietnam



BANYAN TREE
LÀNG CỎ
CENTRAL VIETNAM

FIRST DAY

The Sense of Wellbeing

2:00 PM: Check-in

3:00 PM: In-villa Tea Culture

4:00 PM: Sense of Wellbeing with options (Choose one treatment):

- 30 minutes Neck & Shoulder
- 30 minutes Back & Foot

5:00 PM: Sense of Mindfulness with options (Choose one activity):

- Nature Walk
- Resort Bike Tour
- Resort Sightseeing (by buggy)

7:00 PM: Mindful Eating – 30 minutes

- Dinner: Choice of available restaurants

9:00 PM: Sleep Rituals

- Choice of Foot bath or Wellbeing bath (Choose one of four options)
- Sleep self-meditation (Choose one: Healing Sound, Deep Sleep, Deep Breathing)

SECOND DAY

The Sense of Place

6:00 AM: Groundedness options (Choose one activity):

- Ocean breathing
- Sun Salutation
- Morning Yoga

7:15 AM: Health Check-up

7:30 AM: Nutrition-balanced breakfast

9:00 AM: Tour options to the Imperial City of Hue

(Choose one tour)

- Hue Historical Discovery
- Hue Temples Excursion

(Thien Mu, Huyen Khong Son Thuong, Tu Hieu)

- Huyen Khong Son Thuong Trekking

4:00 PM: In-villa Viet Tea Culture

5:00 PM: a Wellbeing spa treatment with options

(Choose one treatment):

- Mobility
- Sleep Enhance
- Restorative

7:00 PM: Mindful Eating – 30 minutes

- Dinner: Choice of available restaurants

9:00 PM: Sleep Rituals

- Choice of Foot bath or Wellbeing bath (Choose one of four options)

- Sleep self-meditation (Choose one: Healing Sound, Deep Sleep, Deep Breathing)

THIRD DAY

The Sense of Place

6:00 AM: Mindfulness options (Choose one activity):

- Healing sound
- Deep relaxation
- Singing bowl therapy
- Gratitude meditation

7:30 AM: Nutrition-balanced breakfast

9:00 AM: Lang Co Bay Excursion (Choose one tour):

- Lang Co Experience Tour
- Bach Ma National Park
- Hai Van Pass & Lap An Lagoon
- Phuoc Son Temple & Tam Giang Lagoon

3:00 PM: Viet Tea Culture

4:00 PM: Tai Chi

5:00 PM: Sundown Rituals

7:00 PM: Mindful Eating – 30 minutes

- Dinner: Choice of available restaurants or In-villa

BBQ with private Chef (with an additional surcharge of VND 2,340,000++/2 people)

9:00 PM: Sleep Rituals

- Choice of Foot bath or Wellbeing bath (Choose one of four options)

- Sleep self-meditation (Choose one: Healing Sound, Deep Sleep, Deep Breathing)

FOURTH DAY

Stay For Good

6:00 AM: Groundedness options (Choose one activity):

- Ocean breathing
- Sun Salutation
- Morning Yoga

7:30 AM: Nutrition-balanced breakfast

9:00 AM: Sustainability & Local Artisans (Choose one activity):

- Tree Planting
- English Class with local kids
- Visit Nuoc Ngot Child Protection Center
- Bao La Bamboo Village & Thuy Xuan Incense Village

1:00 PM: Lunch with Wellbeing Menu

3:00 PM: Water and Land Sports

- Discover local area on Kayak or Canal boat

4:00 PM: In-villa Viet Tea Culture

5:00 PM: Learn

- Nutrition class
- Sunset watching
- Self massage workshop
- Bootcamp

7:00 PM: Mindful Eating – 30 minutes

- Dinner: Choice of available restaurants

9:00 PM: Sleep Rituals

- Choice of Foot bath or Wellbeing bath (Choose one of four options)
- Sleep self-meditation (Choose one: Healing Sound, Deep Sleep, Deep Breathing)



FIFTH DAY

The Sense of Place

6:00 AM: Groundedness options:

- Ocean breathing
- Sun Salutation
- Morning Yoga

7:15 AM: Health Check-up

7:30 AM: Nutrition-balanced breakfast

9:00 AM: Tour options to Hoi An Ancient Town (Choose one tour)

- Hoi An Ancient Town Discovery
- Hoi An Cyclo tour
- My Son Cham Kingdom
- Marble Mountain and Lady Buddha
- Bana Hill and Golden Hand Bridge

4:00 PM: Viet Tea Culture

5:00 PM: Banyan Tree Spa

- Sense of place treatment options

7:00 PM: Mindful Eating - 30 minutes

- Dinner: Choice of available restaurants or Banyan Tree's Signature Destination Dining (with an additional surcharge at VND 5,340,000++/2 people)

9:00 PM : Sleep Rituals

- Choice of Foot bath or Wellbeing bath (Choose one of four options)
- Sleep self-meditation (Choose one: Healing Sound, Deep Sleep, Deep Breathing)

SIXTH DAY

A woman wearing a traditional Vietnamese conical hat and a yellow long-sleeved tunic with red trim stands in a field of large, vibrant lotus flowers. The flowers are painted in shades of green, yellow, and red, with some showing signs of being in bloom and others as buds. The background is a deep, warm brown color.

Embracing the Moments

6:00 AM: Groundedness options (Choose one activity):

- Ocean breathing
- Sun Salutation
- Morning Yoga

7:30 AM: Nutrition-balanced breakfast

Morning at Leisure

Check-out

LAGUNA GOLF LANG CO

Located within the greater Laguna Lăng Cô integrated resort lays the Laguna Golf Lăng Cô, an 18-hole, par-71 championship course designed by Sir Nick Faldo. The course presents variety for players of all levels measuring just under 7,100 yards from the championship tees and a beginner friendly 5,263 yards from the front tees.

In keeping with its links-like characteristics, the Lang Co layout also offers a traditional out-and-back routing, presenting a host of varied shot opportunities along the way. As strategic as it is enjoyable, the Laguna Golf Lăng Cô will certainly leave golfers with a unique sense of place in the rustic hinterland destination.



THANK YOU

Cu Du Village, Loc Vinh Commune, Phu Loc District Thua Thien Hue Province, Vietnam

Tel: +84 234 3695 888

Fax: +84 234 3695 999

Email: langco@banyantree.com



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