



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:

Choice of

- 30 minutes Neck & Shoulder

- 30 minutes Back & Foot

5:00 PM : Sense of Mindfulness with options:

- 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 (4 options)

- Sleep self-meditation (3 options: Healing Sound,  
Deep Sleep, Deep Breathing)



# SECOND 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 the Imperial City of Hue

- Hue Historical Discovery
- Hue Temples Excursion

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

- Huyen Khong Son Thuong Trekking
- Hue Eco-tour(A meal with a local family)
- Hue foodie tour

4:00 PM : In-villa Viet Tea Culture

5:00 PM : a Wellbeing spa treatment with options:

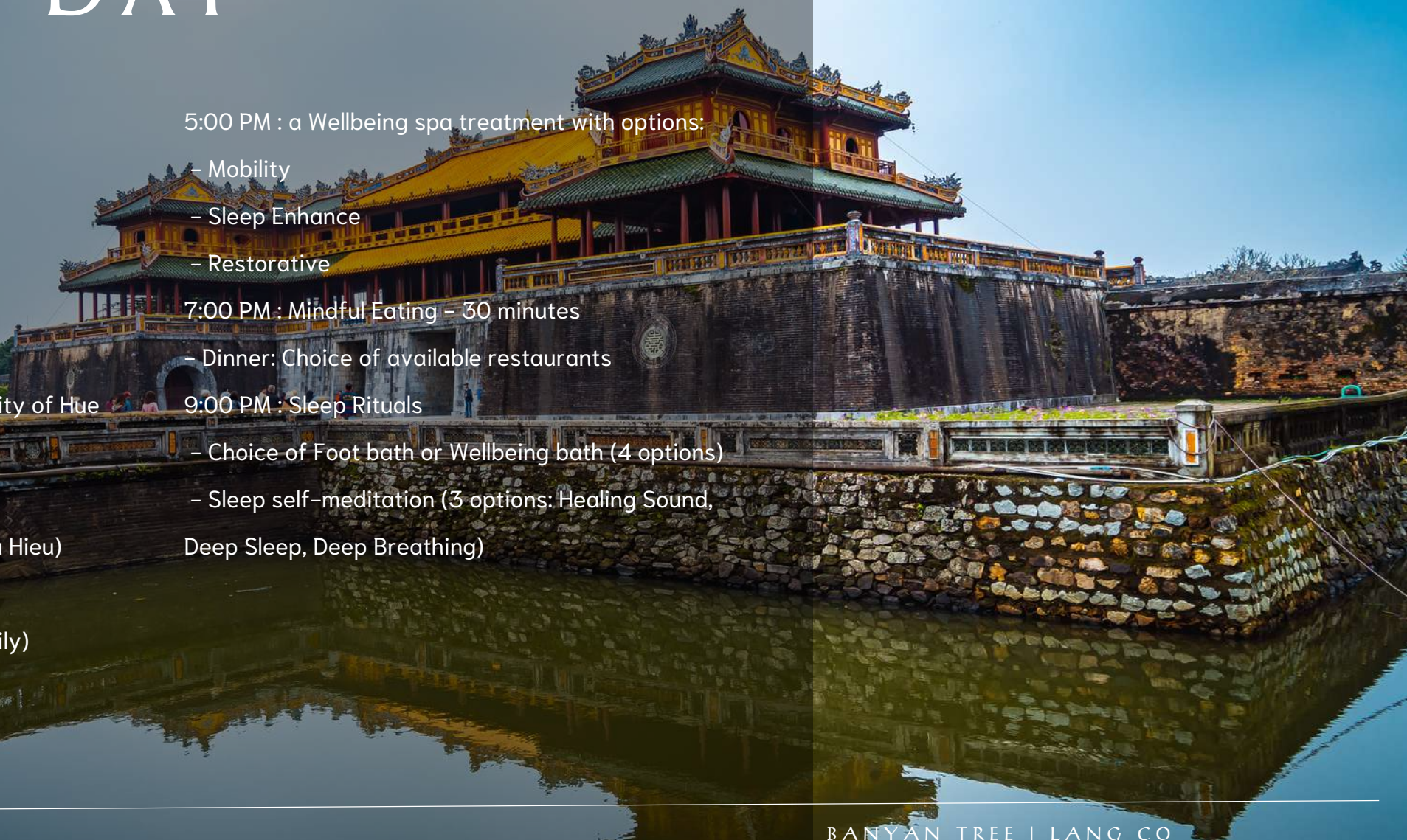
- Mobility
- Sleep Enhance
- Restorative

7:00 PM : Mindful Eating = 30 minutes

- Dinner: Choice of available restaurants

9:00 PM : Sleep Rituals

- Choice of Foot bath or Wellbeing bath (4 options)
- Sleep self-meditation (3 options: Healing Sound, Deep Sleep, Deep Breathing)





# THIRD DAY

## The Sense of Place

6:00 AM : Mindfulness options:

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

7:30 AM : Nutrition-balanced breakfast

9:00 AM: Lang Co Bay Excursion

- 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 (recommended)

9:00 PM : Sleep Rituals

- Choice of Foot bath or Wellbeing bath (4 options)
- Sleep self-meditation (3 options: Healing Sound, Deep Sleep, Deep Breathing)



# FOURTH DAY

## Stay For Good

6:00 AM : Groundedness options:

- Ocean breathing
- Sun Salutation
- Morning Yoga

7:30 AM : Nutrition-balanced breakfast

9:00 AM: Sustainability & Local Artisans

- 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

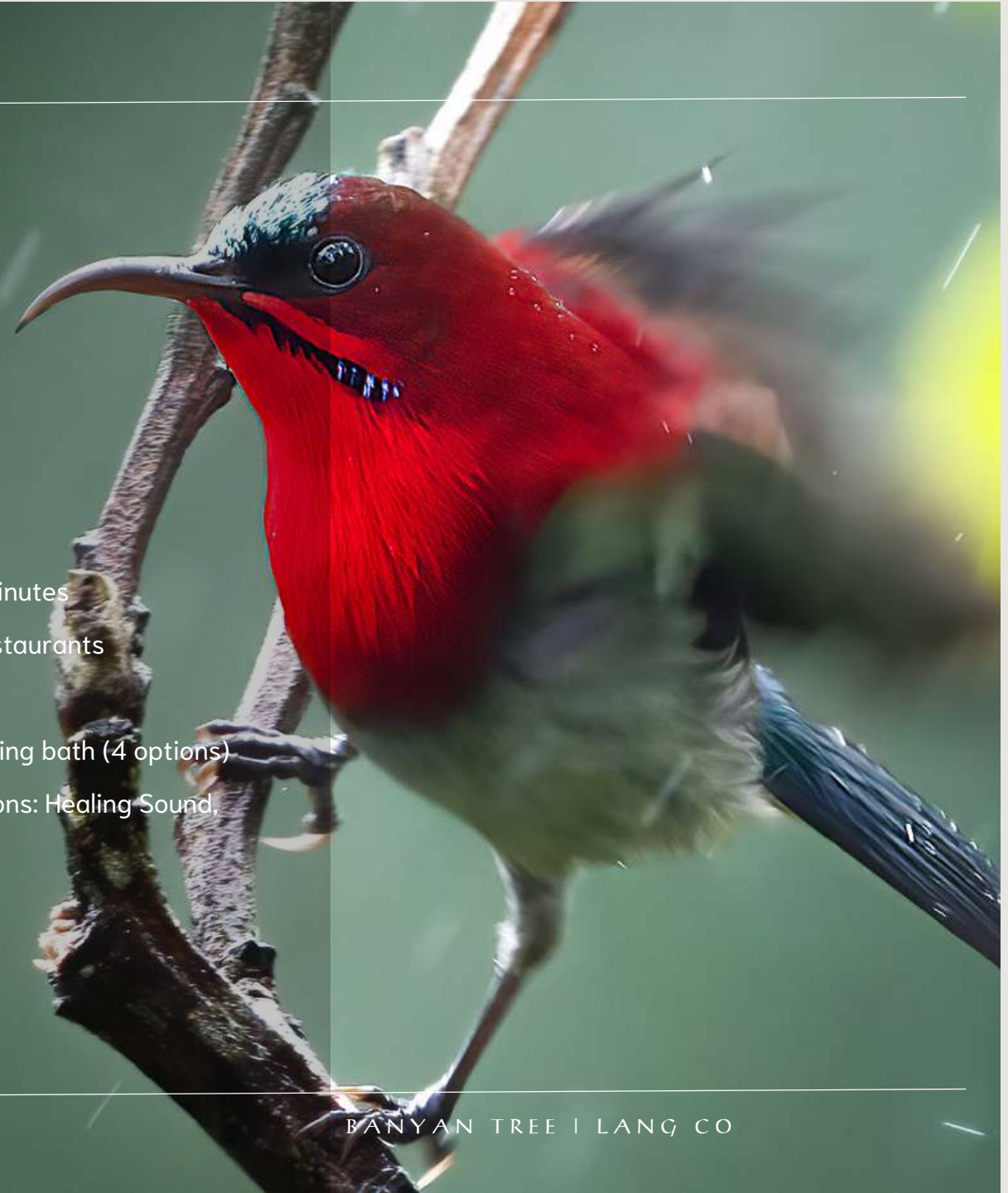
- Nutrition class
- Sunset watching
- Self massage workshop
- Bootcamp

7:00 PM : Mindful Eating – 30 minutes

- Dinner: Choice of available restaurants

9:00 PM : Sleep Rituals

- Choice of Foot bath or Wellbeing bath (4 options)
- Sleep self-meditation (3 options: 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 : Heath Check-up

7:30 AM : Nutrition-balanced breakfast

9:00 AM : Tour options to Hoi An Ancient Town

- 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 Dining Destination

9:00 PM : Sleep Rituals

- Choice of Foot bath or Wellbeing bath (4 options)
- Sleep self-meditation (3 options: Healing Sound, Deep Sleep, Deep Breathing)



# SIXTH DAY

## Embracing the Moments

6:00 AM : Groundedness options:

- 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](mailto:langco@banyantree.com)



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