

Vietnam Transformation Tour with Ainslie MacLeod 2011

Itinerary dates: September 14 – September 24, 2011

Spiritual and Workshop Leader – Ainslie MacLeod

Tour Leader – Beatrice Crouch

This 11-day tour is more than a travel experience through Vietnam. This is a **transformational journey** with renowned spiritual guide, **Ainslie MacLeod**. In addition to touring some of the most popular sights in Saigon, Danang and Hanoi, participants will be **led through intensive daily workshops** with Ainslie who is the author of *The Instruction* and *The Transformation*. Ainslie has been **interviewed by Oprah** on her Soul Series, and **Dr. Mehmet C. Oz** is quoted as saying, “Ainslie MacLeod is at the **frontier of exploration** into the soul and its profound influence on our physical selves.” This tour is sure to be a journey of a life time!

Your trip begins in Saigon, where the group will **take part in workshops**, and **tour this vibrant, growing city** as well as the **Mekong Delta**. The group will then **fly to Hue** and be based in this central region of the country for **more workshops and sightseeing**. The journey finishes up in Hanoi with **workshops**, a **tour of Hanoi’s highlights** as well as an **overnight on a traditional junk boat** in Ha Long Bay!

Arrival – Saigon

Upon arrival in Saigon, a guide will meet you and transfer you to the hotel. During the first evening, there will be a **welcome dinner** and **overview** of your time in Vietnam **given by Ainslie**. Overnight at the Majestic Hotel in Saigon.

Day 1

September 14, 2011 – Saigon

In the morning, the group will have a **half-day workshop** at the hotel. This will be followed by lunch and then, in the afternoon, the group will enjoy a **half-day city tour** of Saigon. Depending on the timing, this will include the following:

- * **Reunification Palace** which is preserved almost exactly as it was in April 1975, when its gates were stormed and the war ended.
- * **Notre Dame Cathedral** and the **Old Post Office** which are built in classic French architecture.
- * **Ben Thanh Market** where you can find an extensive selection of goods ranging from shoes to beautiful silk ao dais (traditional Vietnamese dress).

Dinner will be at a local restaurant. The group will then transfer back to the hotel for a **one-hour workshop**. Overnight in Saigon at the Majestic Hotel.



HIGHLIGHT! You'll be invigorated by the **exciting pace of Saigon**, a city filled with shops, restaurants and cafes. Wander the bustling streets and you'll understand why it's the **commercial center of the country**.

Day 2

September 15, 2011 – Ho Chi Minh City – Mekong Delta

On this day, the group will **drive to My Tho** (pronounced “me tau”) and then travel by **traditional boat** along a vast network of canals and channels along the **Mekong Delta** and visit the **local floating markets**. Lunch will be served in an orchard and the group will visit a **bonsai garden** before returning to Saigon in the late afternoon. After dinner, the group will return to the hotel for a **one-hour workshop**. Overnight in Saigon at the Majestic Hotel.



HIGHLIGHT! The South's Mekong Delta is known as the '**rice bowl**' of the country. Vietnam relies heavily on the production of the region's rice harvest. The area is also famous for its wide range of **flowers, vegetables** and **delicious tropical fruits**.

Day 3

September 16, 2011 – Ho Chi Minh City – Flight to Hue

The group will leave early in the morning and **fly to Hue**. Your bags will be left at the hotel (it will be too early to check in, your luggage will be sent on by the tour operator). On arrival, you will depart for a **tour of Hue**. This will include the **walled Citadel** containing the spectacular former **Imperial Palace**. The group will also see the final **resting place of the Emperors** at one of the most impressive Royal Tombs. Lunch will be provided in the afternoon followed by a **half-day workshop**.

After dinner, there will be **one-hour workshop** at the hotel. Overnight at La Residence in Hue.



HIGHLIGHT! Hue is famous for being the **capital of imperial Vietnam**. It's where the Nguyen dynasty ruled from the early 1800's to about 1950. The **architecture** and **history** are quite unique compared to the rest of the country.

Day 4

September 17, 2011 – Hue – Danang

After breakfast, the group will transfer to **nearby Danang**. After checking into the hotel, you'll enjoy lunch and then a **half-day workshop**. There will be a short break before dinner at a local restaurant, then back to the hotel for a **one-hour workshop**. Overnight at Furama Resort in Danang.

Day 5

September 18, 2011 – Danang – Hoi An – Danang

After breakfast, the group will drive to **Hoi An**. There will be a **half-day workshop** at a local hotel and then a lunch break. In the afternoon, the group will enjoy a **half-day walking tour** through the narrow winding streets of the **Ancient Quarter** visiting **Chua Ong Pagoda, Assembly Hall, 200-year-old Tam Ky house** and the **Japanese Covered Bridge**.

The group will then return to Danang and, after dinner, have a **one-hour workshop** at night. Overnight at Furama Resort in Danang.



HIGHLIGHT! Situated along the Perfume River, **Hoi An** boasts a wide variety of cafes and tourist shops selling **hand-tailored clothes**. This village is **slow-paced** and **charming**.

Day 6

September 19, 2011 – Danang

After breakfast, the group will enjoy a visit to **Marble Mountain**, a famous location during the Vietnam-American war. The group will return to the hotel for a **half-day workshop** with a lunch break. This afternoon you are **free until dinner** with another **one-hour workshop** at night. Overnight at Furama Resort in Danang.



HIGHLIGHT! The Vietcong secretly kept a hospital in the caves of **Marble Mountain** which stands very near to **China Beach**. It was this area where the U.S. military came for R&R during the Vietnam-American war.

Day 7

September 20, 2011 – Danang

In the morning, the group will visit the nearby **Cham Museum** and then return to the hotel for lunch and an **afternoon half-day workshop**.

Following dinner, the group will have another **one-hour workshop**. Overnight at Furama Resort in Danang.

Day 8

September 21, 2011 – Danang – Flight to Hanoi

On this day, the group will **fly to Hanoi**. Upon arrival, you'll transfer to your hotel and enjoy lunch at a local restaurant. In the afternoon, there will be a **half-day city tour** that may include:

- * **The Temple of Literature**, Vietnam's first university dating back to 1070.
- * **Ngoc Son Temple** set on a tiny island on **Hoan Kiem Lake**. This temple dates back to the 13th century.
- * A **one-hour cyclo tour** through the tiny, chaotic streets of the Old Quarter, this is a must for any visitor to Hanoi!
- * A traditional performance of the famous **Vietnamese water puppets**.

In the evening, there will be dinner at local restaurant, then a **one-hour workshop**. Overnight at The Intercontinental Hotel in Hanoi.



HIGHLIGHT! **Hanoi** has become a mecca for **artists** and has a thriving **cafe and restaurant culture**. The tree-lined streets and relative peace and quiet here are vastly different from Saigon.

Day 9

September 22, 2011 – Hanoi – Ha Long – Overnight on private Indochina Junk boat

In the morning, the group will transfer from the hotel in Hanoi to **Ha Long City**, about 4 hours away, with a refreshment break en-route. You will meet the crew upon **boarding the traditional wooden junk**, then relax and enjoy lunch while the boat heads towards the secluded **Bai Tu Long Bay**.

You'll visit **ancient limestone caves** and go **sea kayaking and swimming** if the weather permits. Return to the junk refreshed and invigorated and **enjoy time on deck** with a drink and a view of the sunset. Enjoy a **freshly prepared seafood dinner** under the stars. Overnight aboard the Dragon's Pearl.



HIGHLIGHT! You'll enjoy a lovely **overnight stay on a houseboat** on Ha Long Bay. This waterway is surrounded by limestone karsts and is well known for being a destination for adventurers seeking climbing and watersport activities.

Day 10

September 23, 2011 – Ha Long – Hanoi

After a refreshing sleep on the boat, you'll wake up to coffee and enjoy **breakfast on beautiful Ha Long Bay**. The boat will **cruise through Bai Tu Long** and visit the **floating fishing village** of Vung Vieng. You'll meet the locals and learn about daily life here. You'll then return to the main dock around noon where the bus will be waiting to **depart for Hanoi**, arriving at the hotel in the late afternoon. Overnight at the Intercontinental Hotel in Hanoi.

Day 11

September 24, 2011 – Depart Hanoi

After breakfast, you'll check out of the hotel and be transferred to the airport for **flights out of Vietnam**. You may choose to stay longer, in which case **additional nights and/or tours can be arranged**.