

A LAKE TO LATITUDE PREMIUM GUIDE

Vietnam & Laos

*19 days of dramatic mountains,
UNESCO heritage, emerald bays &
tropical beaches.*

Hanoi › Sapa › Ha Long Bay › Da Nang › Hoi An › Phu Quoc › Luang Prabang › Kuang Si Falls › Vang Vieng › Vientiane

Best seasons: Sep–Nov & Feb–Apr

19

DAYS

2

COUNTRIES

8

DESTINATIONS

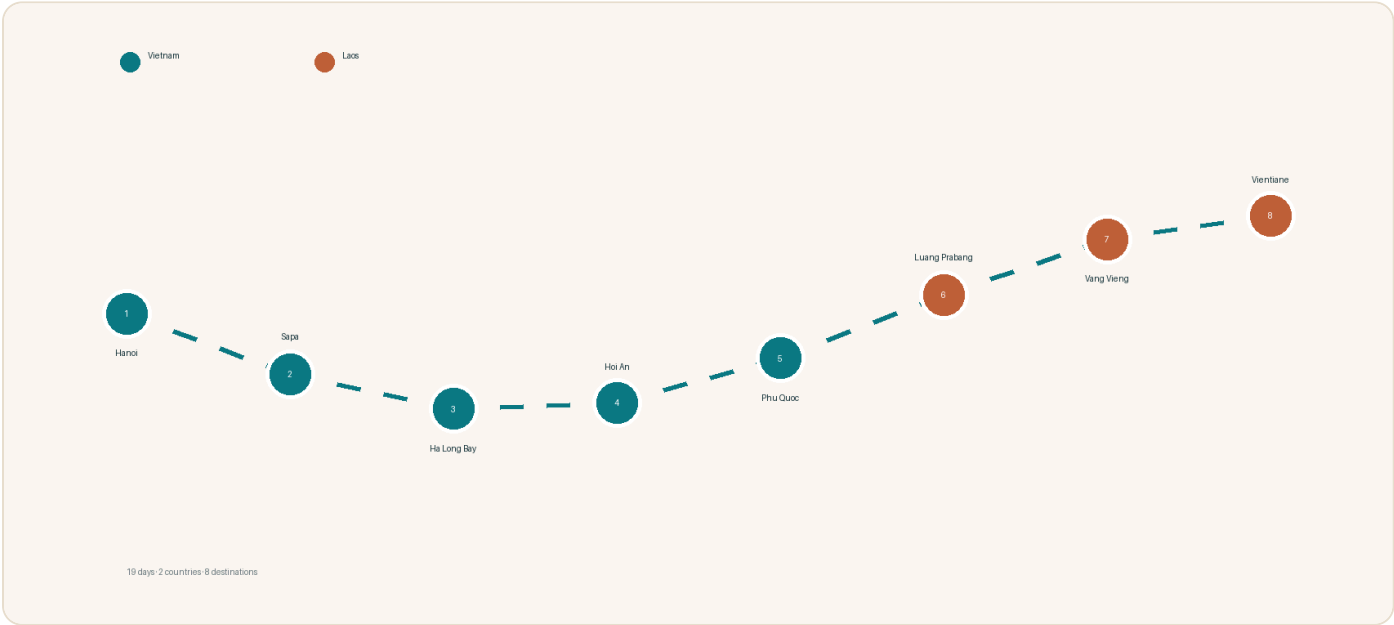
\$4.2–7.3k

CAD / PERSON

Trip at a Glance

Vietnam and Laos combine dramatic mountain scenery, UNESCO heritage towns, world-famous cuisine, emerald bays, tropical islands, waterfalls and relaxed riverside cities — this route balances adventure with downtime and minimises backtracking.

DAYS	DESTINATION	HIGHLIGHTS
1–2	Hanoi	Old Quarter, street food, Hoan Kiem Lake
3–4	Sapa	Rice terraces, village trekking
5–6	Ha Long Bay	Overnight luxury cruise
7–9	Hoi An & Da Nang	Ancient town, lanterns, beaches, My Son
10–12	Phu Quoc	Beaches, snorkeling, sunsets
13–15	Luang Prabang	Temples, Mekong, Kuang Si Falls
16–17	Vang Vieng	Lagoons, karsts, ballooning
18–19	Vientiane	Temples, cafés, relaxed finale



ESTIMATED TOTAL, PER PERSON

\$4,200–\$7,300 CAD

Flights, hotels & cruise, food, tours and local transport across the full 19 days. Full breakdown in Resources.



01 Hanoi

Vietnam

Days 1–2

Frenetic old-quarter energy, street food & lakeside calm

★ Why you'll love Hanoi

- ✦ The Old Quarter is a sensory overload in the best way — 36 ancient trade streets of scooters, silk, and sizzling street food.
- ✦ It's the culinary launchpad of the trip: egg coffee, bún chả and pho at their source.
- ✦ Faded French-colonial grandeur meets serene lakes and centuries-old temples, all walkable.

Hour-by-hour

Day 1 • Arrive in Hanoi

- 14:00** Check into a boutique hotel in the Old Quarter and settle in.
- 16:00** Walk the shore of Hoan Kiem Lake to Ngoc Son Temple and the red Huc Bridge.
- 18:00** Guided street-food tour — bún chả, nem, and Hanoi's famous egg coffee.
- 21:00** Rooftop cocktails over the tangle of Old Quarter rooftops.

Day 2 • Hanoi highlights

- 08:00** Temple of Literature — Vietnam's first university, tranquil courtyards.
- 10:30** Ho Chi Minh Mausoleum area and the One Pillar Pagoda.
- 15:00** Train Street for a photo (where permitted) and a coffee by the tracks.
- 19:30** Thang Long water-puppet show, then dinner on Bun Cha Huong Lien.

Where to stay — luxury, boutique & value

LUXURY

Sofitel Legend Metropole Hanoi

BOUTIQUE

La Siesta Classic Ma May

VALUE

Oriental Jade Hotel

◆ Hidden gems

- Bia Hoi Corner at dusk for 25-cent draft beer with locals
- Hidden café balconies overlooking Hoan Kiem Lake

● Photography spots

- Train Street at golden hour
- The red Huc Bridge reflected on Hoan Kiem Lake at dawn

Getting here: Arrival point

[Open in Google Maps ›](#)

[Hotels ›](#)

[Tours ›](#)

Daily budget: \$180–\$320 CAD/day (2 nights)



02 Sapa

Vietnam

Days 3–4

Cloud-wrapped rice terraces & hill-tribe villages

★ Why you'll love Sapa

- ✦ Emerald and gold rice terraces cascade down the Muong Hoa Valley — Vietnam's most iconic mountain landscape.
- ✦ Trek between Hmong and Dao villages and meet the communities who farm these slopes.
- ✦ Fansipan, 'the Roof of Indochina', is reachable by a spectacular cable car.

Hour-by-hour

Day 3 • Travel to Sapa

- 08:00** Morning transfer from Hanoi up into the northern highlands.
- 14:00** Check in; afternoon walk through Cat Cat Village and its waterfall.
- 17:30** Sunset over the terraces from a valley viewpoint.

Day 4 • Sapa adventure

- 05:30** Optional sunrise over the Muong Hoa Valley.
- 08:30** Guided trek through rice terraces and local villages.
- 13:00** Lunch with a local family; tea and stories.
- 18:00** Return for a spa treatment and mountain-view dinner.

Where to stay — luxury, boutique & value

LUXURY

Hotel de la Coupole – MGallery

BOUTIQUE

Sapa Jade Hill Resort

VALUE

KK Sapa Hotel

◆ Hidden gems

- Ta Van village homestay for an authentic overnight
- The quiet Cat Cat back-trail away from the crowds

📷 Photography spots

- Sunrise over Muong Hoa Valley
- Terraces layered in morning mist from Fansipan cable car

Getting here: By road

[Open in Google Maps ›](#)

[Hotels ›](#)

[Tours ›](#)

Daily budget: \$150–\$280 CAD/day (2 nights)



03 Ha Long Bay

Vietnam

Days 5–6

Emerald water, limestone karsts & an overnight luxury cruise

★ Why you'll love Ha Long Bay

- ✦ A UNESCO wonder: nearly 2,000 limestone islands rising from jade-green water.
- ✦ Sleep aboard a luxury junk, kayak into hidden lagoons, and wake to Tai Chi on deck.
- ✦ Sunset from the sundeck over the karsts is one of travel's great moments.

Hour-by-hour

Day 5 • Board the cruise

- 08:00** Transfer from Hanoi to the Ha Long / Lan Ha marina.
- 12:30** Board a luxury overnight cruise; welcome lunch as you sail.
- 15:00** Kayak into a hidden lagoon and visit a limestone cave.
- 18:00** Sunset cocktails on the sundeck; seafood dinner aboard.

Day 6 • Cruise back & fly south

- 06:30** Sunrise Tai Chi on deck.
- 09:00** Brunch while cruising back through the karsts.
- 14:00** Disembark; fly from Hanoi to Da Nang, transfer to Hoi An.
- 20:00** Evening lantern walk through Hoi An's Ancient Town.

Where to stay — luxury, boutique & value

LUXURY

Heritage Line Ylang Cruise

BOUTIQUE

Orchid Trendy Cruise

VALUE

Paradise Elegance Cruise

◆ Hidden gems

- Lan Ha Bay — quieter and just as beautiful as Ha Long proper
- A dawn kayak before the day boats arrive

● Photography spots

- Karsts silhouetted at sunset from the sundeck
- Junk sails framed against the limestone islands

Getting here: By flight

[Open in Google Maps ›](#)

[Hotels ›](#)

[Tours ›](#)

Daily budget: \$300–\$600 CAD (all-inclusive overnight cruise)



04 Hoi An & Da Nang

Vietnam

Days 7–9

Lantern-lit ancient town, tailors, beaches & My Son

★ Why you'll love Hoi An & Da Nang

- ✦ Hoi An's UNESCO Ancient Town glows with thousands of silk lanterns after dark — pure magic on the river.
- ✦ A living museum of merchant houses, the Japanese Covered Bridge, and world-class tailors.
- ✦ Golden beaches at An Bang and the Cham temples of My Son are a short hop away.

Hour-by-hour

Day 7 • Hoi An Ancient Town

- 09:00** Explore the Ancient Town — the Japanese Covered Bridge and old merchant houses.
- 11:00** Get measured at a tailor for custom clothing (ready next day).
- 15:00** Riverside cafés and coffee by the Thu Bon.
- 19:00** Lantern-lit streets and the night market after sunset.

Day 8 • Da Nang & Hai Van Pass

- 08:00** Relax at My Khe Beach in Da Nang.
- 10:30** Visit the Marble Mountains — caves and hilltop pagodas.
- 13:00** A scenic ride over the Hai Van Pass.
- 16:00** Optional: the Golden Bridge at Ba Na Hills.

Day 9 • Hoi An free day

- 08:30** Vietnamese cooking class — white rose dumplings and cao lau.
- 11:00** Cycle through the rice paddies to Tra Que herb village.
- 14:00** Afternoon at An Bang Beach.
- 18:30** Finish with a lantern boat ride on the river.

Where to stay — luxury, boutique & value

LUXURY

Anantara Hoi An Resort

BOUTIQUE

Almanity Hoi An Resort & Spa

VALUE

Little Riverside Hoi An

◆ Hidden gems

- Cam Thanh coconut village basket-boat ride
- Sunrise at An Bang before the crowds

● Photography spots

- Lanterns reflected on the Thu Bon River at night
- The Golden Bridge held by giant stone hands

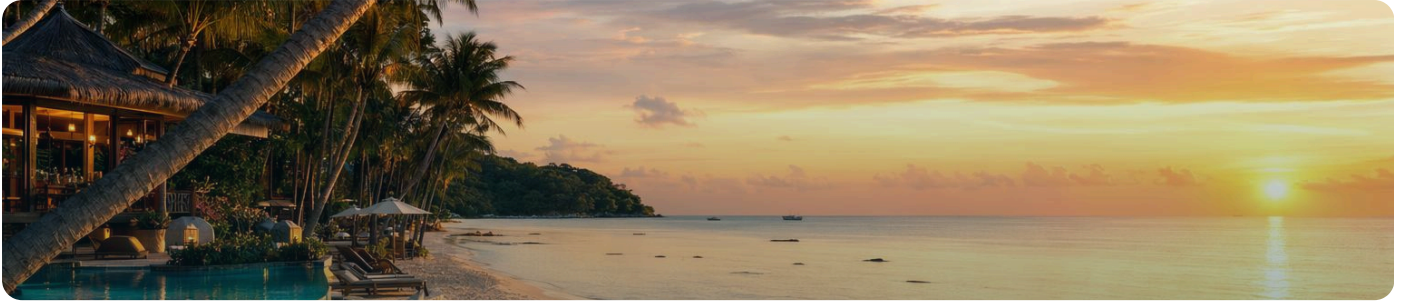
Getting here: [Departure](#)

[Open in Google Maps ›](#)

[Hotels ›](#)

[Tours ›](#)

Daily budget: \$180–\$340 CAD/day (3 nights)



05 Phu Quoc

Vietnam

Days 10–12

Tropical island — white sand, snorkeling & sunsets

★ Why you'll love Phu Quoc

- ♦ Vietnam's tropical-island finale: powder-white beaches and warm, clear Gulf-of-Thailand water.
- ♦ Snorkel the An Thoi archipelago, ride the world's longest sea cable car, and do nothing beautifully.
- ♦ Sunsets over the west coast are the best in the country — plan every evening around them.

Hour-by-hour

Day 10 • Fly to Phu Quoc

- 10:00** Fly from Da Nang to Phu Quoc; check into a beachfront resort.
- 15:00** Relaxing afternoon by the beach and pool.
- 18:00** Sunset cocktails on the sand.

Day 11 • Phu Quoc adventure

- 08:30** Snorkel or dive around the southern (An Thoi) islands.
- 13:00** Fresh seafood lunch; beach hopping.
- 18:00** Sunset and the Phu Quoc night market.

Day 12 • Phu Quoc leisure

- 09:00** Resort day — paddleboard and swim.
- 14:00** Explore hidden beaches (Ong Lang or Starfish).
- 18:00** Evening massage; final Vietnam sunset before Laos.

Where to stay — luxury, boutique & value

LUXURY

Regent Phu Quoc

BOUTIQUE

La Veranda Resort (MGallery)

VALUE

Salinda Resort Phu Quoc

◆ Hidden gems

- Starfish Beach on the quiet north coast
- Ong Lang for sunset without the crowds

● Photography spots

- Sunset over Long Beach
- Turquoise shallows from the Hon Thom cable car

Getting here: By flight

[Open in Google Maps ›](#)

[Hotels ›](#)

[Tours ›](#)

Daily budget: \$220–\$450 CAD/day (3 nights)



06 Luang Prabang

Laos

Days 13–15

UNESCO old town, glittering temples & Kuang Si Falls

★ Why you'll love Luang Prabang

- ✦ A serene, golden UNESCO town where saffron-robed monks, French cafés, and gilded temples meet the Mekong.
- ✦ Kuang Si Falls tumble through impossibly turquoise pools you can swim in.
- ✦ The dawn alms-giving and sunset over the Mekong are quietly unforgettable.

Hour-by-hour

Day 13 • Arrive in Luang Prabang

- 13:00** Check into a boutique hotel; stroll the UNESCO old town.
- 15:30** Royal Palace Museum and the golden Wat Mai.
- 17:30** Climb Mount Phousi for sunset over the Mekong.
- 19:00** Handicraft night market and Lao dinner.

Day 14 • Kuang Si Falls

- 09:00** Drive to Kuang Si Falls; swim in the turquoise pools.
- 11:30** Visit the Free the Bears rescue sanctuary.
- 16:30** Sunset Mekong River cruise.
- 19:00** Night market food alley — Lao BBQ and coconut pancakes.

Day 15 • Temples & culture

- 05:30** Observe the alms-giving ceremony respectfully at dawn.
- 08:30** Wat Xieng Thong, the town's most beautiful temple.
- 11:00** Lao coffee, then an optional traditional cooking class.
- 18:00** Sample laap and sticky rice for a farewell dinner.

Where to stay — luxury, boutique & value

LUXURY

Sofitel Luang Prabang

BOUTIQUE

Satri House

VALUE

Maison Dalabua

◆ Hidden gems

- The bamboo bridge over the Nam Khan (dry season)
- A quiet back-lane wat away from the tour groups

● Photography spots

- Turquoise tiers of Kuang Si Falls
- Monks in saffron at dawn along Sakkaline Road

Getting here: By high-speed rail

[Open in Google Maps ›](#)

[Hotels ›](#)

[Tours ›](#)

Daily budget: \$160–\$320 CAD/day (3 nights)



07 Vang Vieng

Laos

Days 16–17

Dramatic karsts, blue lagoons & sunrise balloons

- ★ Why you’ll love Vang Vieng
- ✦ A jaw-dropping valley of limestone karsts, blue lagoons, and the lazy Nam Song River.
 - ✦ Once a party town, now an adventure playground — kayaking, caves, and hot-air balloons.
 - ✦ Sunrise ballooning over the karsts is a bucket-list image.

Hour-by-hour

Day 16 • Rail to Vang Vieng	
09:00	High-speed rail from Luang Prabang to Vang Vieng.
13:00	Blue Lagoon 1 — swim and jump from the rope swing.
17:00	Sunset drinks by the Nam Song River.

Day 17 • Adventure day	
05:30	Sunrise hot-air balloon over the karst valley (optional).
09:00	Kayaking, tubing, or the Tham Chang cave.
15:00	Hike to the Nam Xay viewpoint for the classic karst panorama.
18:00	Sunset beside the Nam Song River.

Where to stay — luxury, boutique & value

LUXURY	BOUTIQUE	VALUE
Riverside Boutique Resort	Amari Vang Vieng	Vang Vieng Eco Lodge

◆ Hidden gems - Nam Xay viewpoint at first light - The quieter Blue Lagoon 3 up the valley	● Photography spots - Balloons drifting over the karsts at sunrise - The winding Nam Song from Nam Xay viewpoint
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Getting here: By road

Open in Google Maps ›

Hotels ›

Tours ›

Daily budget: \$120–\$260 CAD/day (2 nights)



08

Vientiane

Laos

Days 18–19

Relaxed riverside capital — temples, cafés & a gentle finale

★ Why you’ll love Vientiane

- ✦ The most laid-back capital in Asia: golden stupas, French cafés, and Mekong sunsets.
- ✦ Pha That Luang — the golden national symbol of Laos — is a fitting grand finale.
- ✦ A gentle wind-down of the trip, with great coffee and easy strolls.

Hour-by-hour

Day 18 • Vientiane	
10:00	Travel to the capital; check in near the riverfront.
14:00	Pha That Luang and the Patuxai victory monument.
17:30	Riverside cafés and the Mekong sunset.
19:00	Vientiane night market and a final Lao dinner.

Day 19 • Departure	
09:00	Leisurely breakfast and last-minute shopping.
12:00	Transfer to the airport — allow extra time for check-in.

Where to stay — luxury, boutique & value

LUXURY	BOUTIQUE	VALUE
Crowne Plaza Vientiane	Dhavara Boutique Hotel	Vientiane Garden Hotel

◆ Hidden gems • Buddha Park (Xieng Khuan) just outside the city • A sunset Beerlao on the Mekong promenade	● Photography spots • Golden Pha That Luang at dusk • Mekong sunset from the riverside promenade
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Getting here: [Departure](#) [Open in Google Maps >](#) [Hotels >](#) [Tours >](#)

Daily budget: \$130–\$260 CAD/day (2 nights)

Premium Travel Resources

Budget breakdown (CAD / person)

CATEGORY	RANGE
Flights (int'l + internal)	\$1,200 – \$1,800
Hotels & cruise	\$1,600 – \$3,200
Food & drink	\$500 – \$800
Tours & activities	\$600 – \$1,000
Local transport	\$250 – \$500
Estimated total	\$4,200 – \$7,300

Top foods to try

Pho · Vietnam's soul-food noodle soup

Bún chả · Grilled pork & noodles (a Hanoi classic)

Bánh mì · The perfect baguette sandwich

Cao lầu · Hoi An's smoky signature noodle

Egg coffee · Hanoi's creamy cà phê trứng

Fresh seafood · Straight off the boat in Phu Quoc

Laap · Laos' zesty minced-meat salad

Sticky rice · Eaten by hand across Laos

Lao coffee · Rich, dark, and often over condensed milk

Packing checklist

Documents	Passport (6+ mo validity), visas/e-visa, travel insurance, copies
Clothing	Lightweight breathable layers, one warm layer for Sapa, modest temple wear
Footwear	Comfortable walking shoes + sandals
Weather	Light rain jacket (year-round), sun hat, sunglasses
Beach	Swimsuit, reef-safe sunscreen, dry bag
Tech	Power bank, universal adapter, phone + eSIM
Health	Basic meds, motion-sickness tablets (cruise/boats), insect repellent

Planning checklist

- ✓ **3 months out** — Book flights, the Ha Long cruise, and Sapa/MGALLERY stays — they sell out
- ✓ **6–8 weeks** — Sort visas / e-visas for Vietnam and Laos; check passport validity
- ✓ **1 month** — Reserve tailored-clothing appointment ideas, cooking classes, Kuang Si driver
- ✓ **2 weeks** — Buy travel insurance; download offline maps + Grab; small-denomination cash plan
- ✓ **On arrival** — Grab a local SIM/eSIM; withdraw VND and LAK; confirm airport transfers

Cultural etiquette

Temples	Cover shoulders and knees; remove shoes and hats; never point feet at Buddha images.
Alms-giving	In Luang Prabang, watch quietly from a distance — don't use flash or block the monks.
Greetings	A gentle nod (Vietnam) or the palms-together 'nop' (Laos) is warmly received.
Bargaining	Expected in markets — keep it friendly and smiling; walk away politely if needed.
Photos	Ask before photographing people, especially hill-tribe villagers and monks.

Practical travel tips

- ✓ **Money:** Carry small Vietnamese Dong and Lao Kip for markets, tips and small shops.
- ✓ **Getting around:** Use Grab in Vietnamese cities; book Laos high-speed rail early in busy periods.
- ✓ **Connectivity:** Buy an eSIM before you fly or a local SIM on arrival.
- ✓ **Cruises & trains:** Book Ha Long cruises and Laos rail well in advance.
- ✓ **Health:** Stay hydrated, use sunscreen, and drink bottled/filtered water.

Your 19 days, sorted.

Vietnam's vibrant cities, mountains, heritage towns and tropical beaches with the relaxed pace and natural beauty of Laos — a balanced adventure to remember.