



LAN HA BAY | VIETNAM

SENSES OF LAN HA

3 DAYS | 2 NIGHTS

Dedicated to well-being and serenity, this three-day off-the-beaten track journey offers deep insights into Lan Ha Bay's natural beauty, all while providing an active and holistic wellness experience.

DAY 1

MARINA - VIET HAI - MOORING



Embark on a unique journey, meeting at Heritage Line's lounge at Tuan Chau Marina. A short speedboat transfer takes you to your luxurious floating home, the starting point for exploring the wonders of Lan Ha Bay and Cat Ba Island. Lunch is served in the almost 360°, light-flooded, elegant dining room during we sail deeper into the bay. Unwind on the terrace deck or private balcony, soaking in the surreal seascape.

Mooring close to Cat Ba Island, we step on land heading to Viet Hai Village, nestled in a picturesque valley surrounded by jungle-cladded mountains. Cycling through this valley offers wonderful insights into the isolated life of the local inhabitants. The community, surrounded by thick forests and mountains, and only accessible by sea, is self-sufficient, cultivating vegetables, fruits, and fishing on the bay.



Returning to the ship, we sail to our overnight anchorage spot in Lan Ha Bay. Participate in a Vietnamese tea tasting, pamper yourself with spa a treatment, or enjoy some time in the sauna located in the ship's vast spa area. After dinner offers you can opt for a guided "Singing Bowl Meditation" in the wellness studio or simply relax under the stars on the terrace deck or your private balcony to embrace the serenity of this surreal landscape. **DINING: L, D**

DAILY INSIGHT: The Cat Ba Archipelago hosts the rare Cat Ba langur, one of the world's rarest primates. Once facing severe population decline due to poaching and habitat destruction, conservation efforts by the Cat Ba Langur Conservation Project have led to a recovery, with approximately 70 langurs now inhabiting the island.

DAY 2

MOORING - CAT BA - LAGOON STAY



Begin your day with a Tai Chi session on the terrace deck, offering a rejuvenating experience under the morning sun. During breakfast time the ship sails toward the northern access port to enter Cat Ba Island and its national park. A short scenic bus ride takes you through the lush park and the starting point for a leisurely hiking outing to get to know this designated biosphere reserve better. The Park hosts about 1,500 plant species, 78 avian, 20 reptilian and 32 mammalian species including deer, macaques, and civets.

Returning to the ship for lunch and some enjoyable sailing time reaching eventually a secluded spot for the afternoon activities. The afternoon is "at your own pace" with options including relaxing at a natural beach, swimming in the bay, or enjoying spa treatments, steam bath, or sauna back on board. Make the most of this unhurried afternoon, creating enduring memories in Lan Ha Bay.



As the sun sets, the ship sails to its overnight mooring spot. Savour a multi-course dinner and join again our guided "Singing Bowl Meditation" or retire to your suite to unwind on your private balcony. **DINING: B, L, D**

DAILY INSIGHT: The term "Tai Chi" refers to a philosophy of balancing the forces of yin and yang through slow body movements. The origins of this ancient Chinese martial art form dates back many centuries and, by achieving total harmony of the inner and outer self, is practiced for its health and meditative aspects.

DAY 3

KAYAKING - MARINA



Wake up early for a Tai Chi session on the terrace deck. Traditional Vietnamese coffee, tea and breakfast pastries await in the dining room for a first bite. The ship sails to a place called "Frog Lake", a secluded area which is perfect for an energetic morning excursion by kayak. Explore this captivating marine landscape with cliffs stretching vertically out of the water and you feel a sense of freedom while paddling through a labyrinth of jade-green water, rocks and vivid tree-topped islets.



Back on board, we serve a hearty breakfast or brunch while cruising back to the disembarkation spot, from where we transfer you back to the pier by speedboat. Savour the last moments of this unique journey while relaxing on the terrace deck. **DINING: B**