

Saigon Cultural & Nature Retreat for Families 4 days

Trip overview

Discover the soul of southern Vietnam on this immersive journey through Ho Chi Minh City and its vibrant surroundings. From rooftop bars and alleyway street food to mangrove forests and ancient healing traditions, this itinerary blends modern city energy with cultural depth and ecological wonder. Whether you're cruising through Saigon by jeep, paddling in Can Gio's wetlands, or learning the secrets of traditional medicine, every experience offers a deeper connection to Vietnam's heritage and everyday life.

- **Durations:** 4 days
- **Trip outline:**
- **Tour inquiry:** <https://besttratetours.com/vietnam-tours/saigon-cultural--nature-retreat-for-families-4-days.html>

Trip outline

| day | Activities | Accommodations | Meals |
|-------|---|---------------------------|------------------|
| Day 1 | Ho Chi Minh Arrival - Saigon Jeep Tour by Night | Hotel in Ho Chi Minh City | Dinner |
| Day 2 | Can Gio Mangrove Adventure full day | Hotel in Ho Chi Minh City | Breakfast, Lunch |
| Day 3 | Mystical Medicine & Art: A Half-Day Cultural Escape in Saigon | Hotel in Ho Chi Minh City | Breakfast, Lunch |
| Day 4 | Departure | NA | NA |

Itinerary

Day 1: Ho Chi Minh Arrival - Saigon Jeep Tour by Night

Welcome to **Ho Chi Minh City**, Vietnam's largest metropolis, where French colonial charm, local street life, and modern high-rises collide in a thrilling urban energy.

After settling in, your first evening kicks off with a one-of-a-kind experience - the Saigon Jeep Tour by Night, a lively culinary and cultural safari on wheels.



Hop aboard a vintage jeep as your driver picks you up from your hotel or meeting point around **District 1**. The ride begins with a scenic crossing over the [Saigon River](#), where the skyline glows golden under the night sky. You'll head straight into **District 4**, a neighborhood famous for its street food scene and sizzling seafood stalls to enjoy fresh and flavorful seafood dishes.

Next, you'll visit a hidden spot to savor "**banh xeo**", the crispy Vietnamese rice flour crepe stuffed with shrimp, pork, and herbs - a dish beloved by locals but often missed by tourists. Your guide will share the origins and tips for wrapping it up in lettuce and dipping it in homemade fish sauce.



As the jeep rumbles onward, you'll weave through tiny alleyways and backstreets, catching glimpses of real Saigon life - children playing and family-run shops buzzing late into the night. Between bites, refresh your palate with a scoop of Saigon's signature **coconut ice cream**.

To end the night in style, cruise over to Saigon's buzzing **Beer Street** for a stop at a rooftop bar. With a glass of local craft beer in hand, gaze across the glittering city skyline, soaking in the electric vibes of this unstoppable city.

This unforgettable jeep tour reveals the authentic layers of Saigon - loud, flavorful, raw - setting the tone for your journey ahead.

Meals: Dinner

Accommodation: Hotel in Ho Chi Minh City

Day 2: Can Gio Mangrove Adventure full day

Morning

At **09:00**, begin your journey to the UNESCO-listed Can Gio Mangrove Biosphere Reserve from Ho Chi Minh City. Get ready for a day of nature, wildlife, and river adventures!

Upon arrival, lace up your shoes for a scenic hike through lush mangrove trails, breathing in the fresh air and listening to the sounds of the forest.



In the heart of the reserve, get hands-on with nature as you experience local life by harvesting "**oc len**" (mud creepers) and catching small crabs in the soft, silty mud - a joyful and muddy activity shared with local fishermen.

Then, transfer to a peaceful riverfront area where you can **paddleboard (SUP)** in the waters between stilt houses and dense mangrove roots. If the tides allow and your group exceeds 20, try casting traditional fishing nets to catch your own lunch, just like the locals have done for generations.

Around **12:00**, sit down to a delicious lunch at a local restaurant, feasting on fresh seafood and regional specialties while enjoying the gentle breeze off the water.

Afternoon

At **14:00**, delve deeper into the ecosystem at the **Can Gio Mangrove Biosphere Reserve Museum**, where you'll explore exhibits detailing the rich biodiversity of the forest, from rare saltwater crocodiles to migratory birds and medicinal plants.

Conclude your adventure by climbing the 36-meter-high **observation tower**, where you'll be rewarded with a panoramic view of the endless green canopy stretching to the sea - an awe-inspiring reminder of Vietnam's natural treasures.

By **15:30**, your Can Gio journey comes to a close, leaving you a deepened connection to Vietnam's wild side.

Meals: Breakfast, Lunch

Accommodation: Hotel in Ho Chi Minh City

Day 3: Mystical Medicine & Art: A Half-Day Cultural Escape in Saigon

Morning

Step into the soul of Ho Chi Minh City, where ancient healing traditions meet artistic expression and mindful living. This half-day journey is more than a sightseeing tour - it's a cultural immersion that nourishes both body and spirit.

Your morning begins with a warm welcome and hearty bowl of pho at the beloved **Pho Hung** restaurant. As you slurp the aromatic broth filled with rice noodles and tender beef, you'll taste one of Vietnam's most iconic dishes in a setting filled with local life.



Next, venture into the world of holistic wellness at **Tan Hung Long Tu**, a revered herbal medicine temple nestled in a quiet corner of the city. Here, you'll step into the healing atmosphere of a traditional medicine clinic, wander through a herbal garden, and even receive a pulse diagnosis and personalized health advice from a local practitioner - an intimate glimpse into the wisdom of Eastern medicine.

Continue your journey through time at the **Museum of Traditional Vietnamese Medicine**, where over 3,000 artifacts showcase the history of herbal healing from the Stone Age to modern times. Step into the shoes of a healer as you grind herbs with ancient tools, or dress in a traditional "**ao dai**" and pose as a local doctor preparing remedies. For a deeper sense of renewal, opt to enjoy a relaxing herbal foot bath (available at your own expense).



Creativity meets tranquility at **Quynh Vy Rice Painting Studio**, where you'll be guided through the meditative process of crafting your own artwork from grains of rice. Under the patient guidance of local artisans, you'll design a keepsake that blends Vietnamese culture with your personal touch.

End your experience at Ba Xa Vegetarian Restaurant, a hidden gem known for its elegant ambiance and plant-based delights. In this peaceful space, savor a thoughtfully curated vegetarian lunch, while learning how a plant-based diet supports health, balance, and environmental harmony.

Afternoon

After lunch, your guide and driver will escort you back to your original pick-up point, concluding a soul-soothing day that connects you with Saigon's ancient roots and creative energy.

NOTE: The program can be changed accordingly but still ensure the attractions included in the program.

Meals: Breakfast, Lunch

Accommodation: Hotel in Ho Chi Minh City

Day 4: Departure

As your memorable journey through southern Vietnam draws to a close, take a moment to soak in the energy of **Ho Chi Minh City** one last time. With its vibrant streets, rich culture, and flavorful cuisine still fresh in your mind, today offers a final glimpse of the charm that makes this city unforgettable.

Depending on your flight schedule, you may have a bit of time to wander the neighborhood near your hotel, grab a last bowl of pho, or sip Vietnamese iced coffee at a sidewalk café while watching the world go by. Your driver will pick you up and transfer you comfortably to the airport, ensuring a smooth journey as you depart Vietnam, carrying with you the sights, flavors, and warmth of the people you've met along the way.

Meals: NA

Accommodation: NA

Booking Policy

Inclusion

- Accommodation in TWN/ DBL sharing accommodation at hotel, except overnight on train and homestay (if any)
- All transport (including airport pick up & see off), as per itinerary
- Train ticket (day-train, soft seat) (if any)
- Meals as indicated in the program
- All in-tour stationed local English speaking guide.
- Entrance fees for Vietnam attractions, as per itinerary

Exclusion

- Hotel EARLY check in & LATE check out
- Peak season surcharge & compulsory dinner in the accommodation.
- Transport to or from Vietnam
- International or departure taxes
- Vietnam Visa (above 6 months passport Valid & 3 clear-page require)
- Travel Insurance while in Vietnam
- Tips, laundry and gratuities
- Meals not marked on itinerary, and bottled water in Vietnam
- Tips for guide /driver (recommended US \$3-5 /pax /day)
- Tipping is completely up to you and should be based on your perception of the service quality

Cancellation Policy

- Cancellation received before 60 days: FREE of charge
- Cancellation received from 30 days to 59 days prior arrival date: 10% of total rate
- Cancellation received from 15 days to 29 days prior arrival date: 30% of total rate
- Cancellation received from 7 days to 14 days prior arrival date: 50% of total rate
- Cancellation received less than 7 days prior arrival date or No show: 100% of total rate

Children Policy

- The rate for children applicable for one child sharing a twin or double cabin with two adults.
- For infants (<04 years old): FOC except for domestic flight tickets.
- 04 - under 11 years old without bed: 50% adult rate.
- 04 - under 11 years old with extra bed: 75% adult rate.
- 04 - under 11 years old in twin share: 90% adult rate.
- From 11 years old: count as an adult.

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