

A scenic landscape featuring misty, layered mountains in the background. In the foreground, there is a lush green field with some trees. A person is riding a bicycle on the right side of the frame. The overall atmosphere is serene and natural.

YOGA IN VIETNAM

RETREAT BIKE AND YOGA

2-15 NOVEMBER 2025



Discover Northern Vietnam's beauty on a yoga, cycling, and cultural and culinary journey. Start in Hanoi's ancient, vibrant city, then cycle to a new destination each day on a 340km loop through Northern Vietnam, ending at Halong Bay's stunning beaches, with kayaking among emerald islands.

Introduction

13-DAY YOGA CYCLING CULTURAL EXPERIENCE OF HIDDEN CHARM NORTH VIETNAM

Discover Northern Vietnam's beauty on a yoga, cycling, and cultural and culinary journey. Start in Hanoi's ancient, vibrant city, then cycle to a new destination each day on a 340km loop through Northern Vietnam, ending at Halong Bay's stunning beaches, with kayaking among emerald islands.

Each day begins with energizing yoga, followed by a healthy breakfast and a cycling tour through rice terraces, tea plantations, and lively riverside villages.

Enjoy relaxing hot springs, waterfalls, or homestay pools after lunch. Experience Vietnam's cultural treasures, from water puppet shows to traditional Muong dances, before winding down with yin yoga and a fresh Vietnamese dinner.

Led by a multilingual yoga teacher with 12 years of experience and a seasoned travel expert, this journey offers full support: chauffeur, first aid, bike tech, and two buses for breaks. Enjoy an all-levels exploration of Vietnam's vibrant culture, landscapes, and holistic wellness.

Itinerary

1 : Ha Noi arrival

3 : Hanoi – Dong
Quang Bridge –
Xuân Sơn Park

5 : Ban Mai Hot
spring – Van Ho

7 : Pu Luong – Van
Long Nature
reserve – Ninh Binh

9 : Tam Coc –
Giao Thuy

11 : Cat Ba island

2 : Hanoi city tour

4 : Xuan Son –
Suoi Chieu – Ban
Mai Hotspring

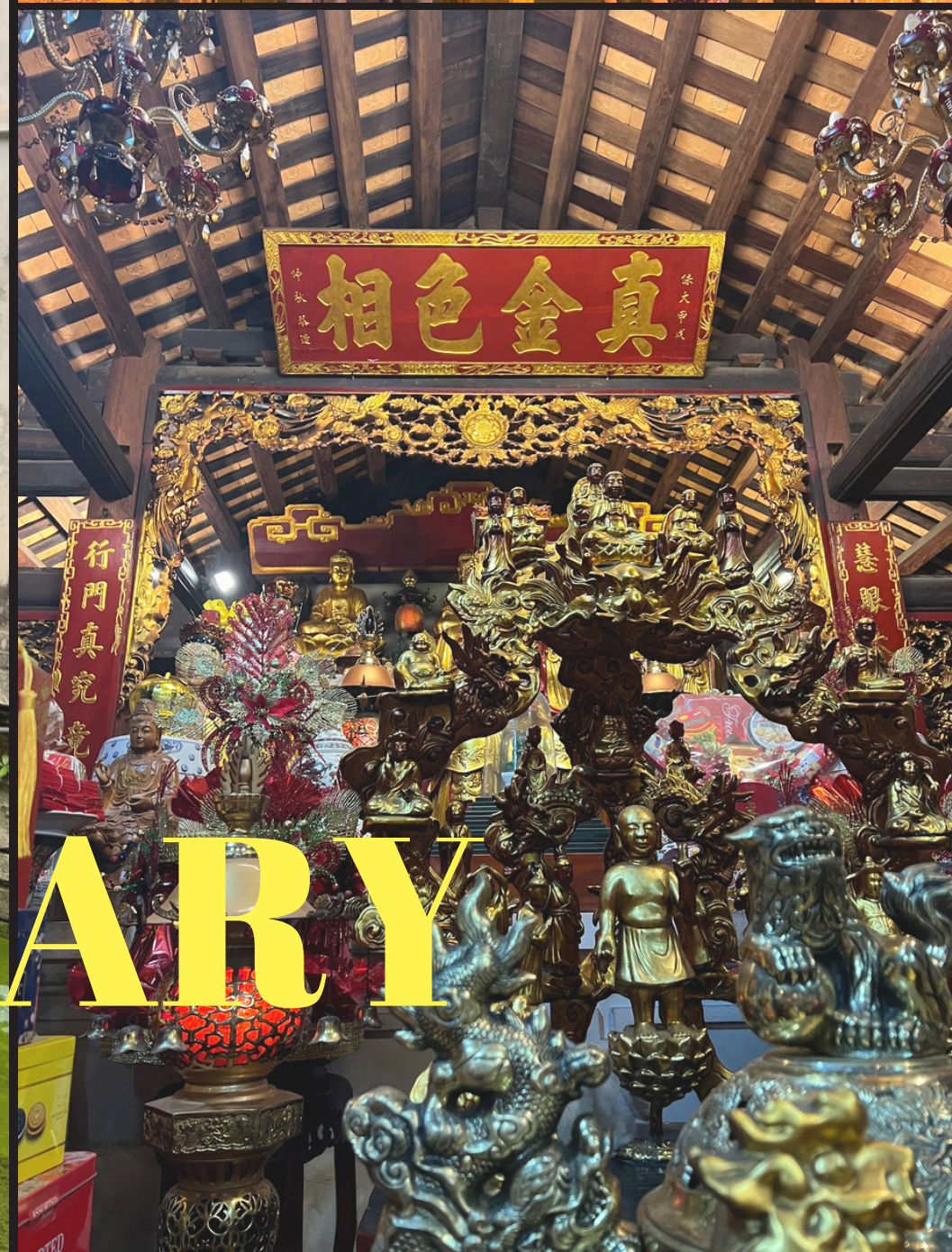
6 : Van Ho – Pu
Luong – Hieu
Village & Waterfall

8 : Van Long –
Trang An – Hoa
Lu – Tam Coc

10 : Giao Thuy –
Cat Ba island.

12 :
Cat Ba island -
Hanoi.





DAY BY DAY ITINERARY

Day 1: Hanoi Arrival

Arrive in Hanoi to a warm welcome and transfer to your hotel. At 3 pm, explore the historic Old Quarter on foot, wandering traditional 36-street alleys and viewing iconic Hoan Kiem Lake. After a short meet-and-greet with your travel group, enjoy a refreshing 30-minute chair yoga session by the lake, followed by a welcome dinner with local cuisine.



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Day 2: Hanoi Cultural walk (walk 15km)

Start the day with a refreshing yoga session by the scenic Hoan Kiem Lake, then enjoy a hearty breakfast to prepare for a day of exploration. Begin with a visit to the Temple of Literature, an 11th-century temple dedicated to Confucius and Vietnam's first national university, before moving on to the Ho Chi Minh Mausoleum at Ba Dinh Square, a revered site honoring Vietnam's revolutionary leader. Next, explore the Thang Long Imperial Citadel, a UNESCO-listed royal residence showcasing centuries of dynastic history, and then the Hoa Lo Prison Museum, which offers insight into Vietnam's colonial past and the Vietnam War era. After a simple local lunch, end the day with a captivating water puppet show, a unique Vietnamese art form born over a thousand years ago in the Red River Delta.





Day 3:

Hanoi

Da Chong – Long Coc tea plantation – Xuan Son National Park


(cycling distance 40 – 50km / Total moving distance 135km)

Start your day with a peaceful yoga session by Hoan Kiem Lake, followed by breakfast before setting off to Da Chong, where we'll begin a scenic cycling journey across the Black River. Enjoy breathtaking views as we pass through the famous Long Coc Tea Plantation,

known as the "Ha Long Bay of the Midlands," with a stop at a waterfall on the way to Xuan Son National Park. Upon arrival, settle into a cozy homestay, relax by a nearby stream, and enjoy a Yin yoga session before a delicious dinner.

Day 4: Xuan Son National park – Suoi Chieu lake – Ban Mai hotspring (cycling distance 40- 50km / total moving distance 50 km)

Begin your day with a refreshing morning yoga session at the homestay in Xuan Son Park, followed by a delightful breakfast. Set off on a scenic cycling journey from the homestay, exploring the tranquil back roads of Xuan Son Park and stopping for a leisurely lunch along the way. Afterward, check in at the beautiful Ban Mai Hot Spring retreat by the serene Suoi Chieu Lake, an enchanting 50-hectare irrigation project surrounded by lush forests and charming villages. Enjoy some well-deserved relaxation time before rejuvenating with an evening Yin yoga session. Conclude your day with a delicious dinner, soaking in the tranquil beauty of the retreat and the soothing atmosphere of the mineral hot springs.



Begin your day with invigorating morning yoga and a hearty breakfast before embarking on a journey to Hoa Binh Reservoir, winding through mountain roads that offer breathtaking countryside views. In the afternoon, we'll head to the picturesque Cao Son commune in Da Bac District, where you can savor a delicious, freshly prepared lunch and enjoy a private dance performance by Black Thai villagers in Mai Chau. Conclude your day with a delightful dinner, surrounded by the serene beauty nearly 1,000 meters above sea level, followed by a relaxing Yin yoga session to unwind.

Day 5:
Ban Mai retreat
— Van Ho—
(Cycling distance 50-
60km / total moving
distance 120 km)



DAY 6 :

Van Ho – Mai Chau – Pu Luong

(Cycling distance 40 – 50km – Total moving distance 100 km)

Start your day with refreshing morning yoga, followed by a hearty breakfast. Then, set off for an exciting cycling adventure to Da Bia Village, where we'll board a boat to cross the Black River and embark on a scenic ride along the old road by the reservoir, soaking in breathtaking views. Enjoy a simple picnic lunch on the way as we continue our journey to Pu Luong, where you'll have the chance to connect with local communities and experience their vibrant way of life amidst stunning landscapes. In the afternoon, take a bus trip to check into the Natura stilt house, offering picturesque views of rice paddies by the pool. Unwind with a calming Yin yoga session before indulging in a delightful dinner, surrounded by the enchanting beauty of the Pu Luong Nature Reserve, home to the ethnic Thai people and a landscape of lush mountains and terraced rice fields.





DAY 7:

Pu Luong – Van Long – Bai Dinh Ninh Binh

(Cycling distance 50 – 60km /
Total moving distance 120 km)

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Start your day with invigorating morning yoga and a delicious breakfast before cycling through the scenic countryside of Ninh Binh Province, where you'll encounter friendly locals and enjoy a lunch stop on your way to Cuc Phuong National Park. Visit Bai Dinh, one of Southeast Asia's largest Buddhist complexes, known for its towering statues, ancient temples, and tranquil atmosphere. Discover the breathtaking Van Long Wetland Nature Reserve, a rare lowland wetland in the Red River Delta, home to the critically endangered Delacour's langur and surrounded by striking limestone karsts, freshwater lakes, and lush marshes. In the afternoon, unwind with Yin Yoga and savor a delightful dinner.





DAY 8 : Van Long – Cycle to Trang An caves – Tam Coc (Cycling distance 30km)

Begin your day with refreshing morning yoga and a hearty breakfast before cycling through picturesque countryside, soaking in the vibrant local life. Savor lunch at a local eatery, then embark on a scenic sampan ride at Trang An, gliding through limestone caves and hidden lagoons in this UNESCO-listed eco-tourism haven. Cycle onward to Tam Coc, often called the “Ha Long Bay on land,” known for its dramatic limestone karsts, lush rice paddies, and tranquil river views. Check in at your hotel and unwind in peaceful surroundings. End the day with a calming Yin Yoga session and a delicious dinner.





DAY 9: Tam Coc (Ninh Binh) – Giao Thuy (cycling distance 50km)

Start your day with refreshing morning yoga, followed by breakfast before bidding farewell to Ninh Binh and heading to the sea. Enjoy a scenic ride through the stunning countryside of the Red River Delta on flat village roads. After checking in at an eco-host homestay, take the afternoon to explore local life and immerse yourself in the vibrant culture. Discover the rich agricultural heritage of the Red River Delta, known for its rice cultivation and traditional craft villages, while experiencing the warm hospitality of Vietnamese village life. Unwind with Yin Yoga before enjoying a delightful dinner.

DAY 10 : Giao Thuy – Cat Ba

Start your day with invigorating morning yoga and a delicious breakfast before embarking on an adventure to Cat Ba Island. Enjoy a scenic bus ride to Hai Phong, followed by a picturesque ferry journey to this stunning paradise. After arriving in Cat Ba town, check in at your hotel, then unwind or venture out to explore the beautiful beaches and witness a breathtaking sunset over the shimmering sea. Discover Cat Ba Island's natural wonders, including lush national parks and majestic limestone cliffs, making it the perfect blend of relaxation and adventure in Vietnam's stunning



DAY 11: Kayaking and Beach relax in Cat Ba

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Begin your day with revitalizing morning yoga and a delicious breakfast before setting off on a private cruise for an unforgettable kayaking adventure. Paddle through stunning spots, exploring enchanting caves and pristine white sand beaches, and swim in the crystal-clear waters of the bay. Return to your cozy bungalow in the afternoon and enjoy a breathtaking beach sunset. Experience the unique beauty of Cat Ba, where majestic limestone mountains meet serene beaches and hidden caves, creating a tranquil paradise perfect for relaxation and adventure. In the evening, unwind with Yin Yoga followed by a delightful dinner.





DAY 12 : Cat Ba Island – Hanoi

Start your day with refreshing morning yoga and a delightful breakfast, then enjoy your leisure time in Cat Ba until check-out at noon. Afterward, transfer to the ferry for a scenic ride to Hai Phong, followed by a journey to Hanoi. In the evening, gather for a soothing Yin Yoga session at Hoan Kiem Lake, then celebrate your adventure with a farewell dinner. Embrace the vibrant atmosphere of Hanoi as you conclude your unforgettable experience in Vietnam.

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DAY 13 : Free - Departure Day from Hanoi



Start your day with rejuvenating morning yoga and a delicious breakfast before checking out. Enjoy some free time for shopping, and then choose to continue your journey further south or take your flight back home. We're here to help with recommendations for your extended trip to central and southern Vietnam, ensuring your adventure continues seamlessly!





NOTE :

This itinerary may change due to government regulations or unforeseen circumstances, including natural disasters, travel delays, accidents, or strikes. The ride can be customized, with a support vehicle available for tired riders at any time.

Prices :

Tour price:

Total Price of 13-day all-inclusive cycling, yoga, and cultural experience : €2499 per person for shared twin/double accommodation.

€2819 per person for single room occupancy.

Non refundable.

Electric bike available for €100 extra

Payment options:

- Online at <https://www.studio-om.be/workshops>
- Bank transfer:
 - Account: Studio Ôm BV, Bank Van Breda
 - IBAN: BE26 6451 0964 8229
- Address: Akenkaai 34, Brussels 1000
- Email: hello@studio-om.be

Number of participants: Min 10 – Max 25 people. Min age 14+



Tour price includes:

- Daily yoga classes led by a 12-year experienced teacher and Thai massage therapist, fluent in English, Dutch, French, and Vietnamese
- Cycling guided by a professional with 20 years of experience and equipped with medical kits
- Air-conditioned bus for passengers and a luggage truck for bikes from Day 3 to Day 13
- All meals are freshly made, with vegetarian and vegan options available (please inform us)
- Entrance fees for all itinerary activities included (a boat trip in Trang An or Tam Coc, kayaking, and tickets for a water puppet show and Thai dance performance)
- Bike mechanic available on cycling days
- Quality bikes (Giant, Trek) and helmets provided, with spare options available
- Quality yoga mats included
- Snacks and fruits available on cycling days
- Mineral water provided on transfer days; refill your bike bottle from our 19L water supply

Meet your passionate Vietnamese-Belgian yoga teacher and Thai massage therapist with over 12 years of experience! I'm excited to share a unique journey of meditative yoga and cycling in my beautiful home country, designed with my trusted cycling tourism agency in Vietnam. As the owner and teacher at Studio Ôm in Meise and Brussels, I have a deep passion for human anatomy that helps clients alleviate chronic pain through therapeutic yoga and Thai massage.



More :

Excluded from Your Package :

- International airfares and airport taxes for entry and exit from Vietnam
- Travel insurance (compulsory)
- Airport transfer to hotel (can be arranged for an additional fee)
- Visa to Vietnam (if required)
- Beverages (mineral water, tea, soft drinks, alcohol)
- Optional excursions
- Excess luggage charges
- Tips for tour guides and drivers
- Personal expenses (telephone, laundry, shopping, etc.)
- Any other items not mentioned in the itinerary
- Additional expenses due to unforeseen circumstances (natural disasters, travel delays, accidents, etc.)



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Nov weather in Northern Vietnam :

Autume : Temperatures range from 22-30°C, ideal for cycling, yoga, and hiking.

Mornings may feature fog in the mountains, with occasional spring drizzle. Evenings can be chilly, so a light jacket is recommended.

What to bring for the bike program :

- Sports shoes, gloves, and comfortable clothing, along with a light jacket
- Bicycle water bottle (based on your preference)

A scenic view of Ha Long Bay, Vietnam, featuring large limestone karsts rising from the turquoise water. The sky is overcast and grey. The text "THANK YOU!" is overlaid in a large, bold, yellow serif font, and "ENJOY YOUR TRIP" is overlaid in a smaller, white, sans-serif font below it.

THANK YOU!

ENJOY YOUR TRIP