

# EXPLORATIONS

BY NORWEGIAN®

## Onshore Explorations Guide

### Exploration from Bangkok to Hong Kong

**EMBARK** Bangkok 10 March 2027

**DISEMBARK** Hong Kong 24 March 2027



## DISCOVER

Some of the world's most significant historical, cultural and artistic landmarks, thoughtfully designed to enrich every destination you visit.



To make choosing your experience simple, our onshore explorations are grouped into three clear categories:

### Highlights

Effortlessly experience the must-see sights and key points of interest in each port.

### Local Discovery

Go deeper into the destination, with immersive experiences that reveal local life, culture and character.

### Active

Explore your ports of call from a fresh perspective through engaging activities such as cycling, hiking, kayaking and more.

Every port offers a carefully curated collection of tours and adventures. Experience awe-inspiring natural sights, world-renowned landmarks and authentic local culture, history and cuisine that bring these destinations to life.

## Reasons to Explore Onshore

### Seamless and Secure Experiences

All excursions are carefully monitored by shipboard staff and depart directly from the pier for your comfort, safety and convenience.

### Expert Local Guidance

Enjoy insightful commentary from professional, English-speaking guides who bring each destination to life.

### Thoughtfully Planned Itineraries

Our experienced excursion specialists design every tour to help you make the most of your time ashore.

### Premium Transportation

Travel with trusted, licensed and insured tour operators using the best available climate-controlled vehicles.

## Helpful Hints for Your Onshore Exploration

- Wear casual, weather-appropriate clothing and comfortable walking shoes suitable for the day's activities. For more active experiences, sturdy, non-slip footwear or hiking shoes are recommended.
- Dress respectfully when visiting cultural or religious sites. Shoulders and knees should be covered where required.
- Bring a hat, sunglasses and sunscreen to stay protected from the sun.
- Carry bottled water to stay hydrated, particularly during active or warmer excursions.
- For water-based activities, remember to bring swimwear and a towel.
- Insect repellent may be useful for outdoor or nature-focused explorations.



While excursions may be shown for embarkation and disembarkation ports, they may not be available to book on the day you board or leave the ship due to operational requirements. The excursions listed are offered exclusively for ports of call during the voyage.

Once onboard, you are welcome to visit the Destinations Desk to discuss your onward travel plans. In some cases, transfer services may be available to suit your individual arrangements. Please note that these services are not listed in this document, as they cannot be pre-booked and are available for purchase only whilst onboard **Regatta**.

## Important Information About Onshore Explorations

Onshore Explorations offered through **Explorations by Norwegian** are operated by independent, licensed third-party providers. Explorations by Norwegian facilitates these experiences but does not operate them directly.

Details such as itineraries, routes, duration, departure times, pricing and availability are provided as a **guide only** and may be updated, adjusted or withdrawn without notice. Onshore Explorations may be modified or cancelled due to weather conditions, safety considerations, capacity limitations or other operational requirements.

Participation in any Onshore Exploration is at the guest's own discretion and risk. Explorations by Norwegian is not responsible for the actions, services or omissions of third-party tour operators. Cancellation terms and conditions may vary depending on the specific Onshore Exploration and operator.

**All pricing is listed in US\$ on a per person basis. Pricing is correct as at 10 March 2026 but may be subject to change.**

Official Port Name	Country	Tour Code	Onshore Explorations Category	Tour Name	US\$ Cost Per person	Duration (Hours)	Walking	Overview	Please note
Laem Chabang (Bangkok)	Thailand	LCH-002	Highlights	THAILAND'S ANCIENT CAPITAL: AYUTTHAYA	\$259	10	STRENUOUS	Enjoy a glimpse into the past splendor of the Siamese kingdom by visiting the 14th-century city of Ayutthaya, an acclaimed World Heritage site. Founded in 1350, Ayutthaya remained the kingdom's capital until 1767, when the conquering Burmese destroyed it. As you tour the magnificent excavated ruins, you will behold a collection of towering spires known as prangs and begin to understand the significance of the city, which was once one of the world's largest, most cosmopolitan urban areas. Be sure to notice the city's rigid grid layout and the moats and canals around the principal structures. You will also find the Buddhist temples Wat Chaiwatthanaram and Wat Naphramen within the complex. The royal summer palace of Bang Pa-In lies nearby on an island in the middle of a lake. An excellent example of classic Thai architecture, it is one of the most photographed buildings in the kingdom.	This tour consists of extensive walking, at times over uneven ground. It is not considered suitable for wheelchair guests or those with mobility concerns. Revealing attire such as sleeveless shirts or blouses, shorts and slippers are not permitted inside the Bang Pa-In Summer Palace. The drive to and from Ayutthaya is about three hours. The tour duration may vary due to traffic conditions.
Laem Chabang (Bangkok)	Thailand	LCH-004	Highlights	WOOD PAVILLION AT SANCTUARY OF TRUTH	\$109	4.25	MODERATE	Experience the ancient beauty, tradition and art of Thailand by visiting the Wooden Pavilion at the mystical Sanctuary of Truth. This enormous, pagoda-shaped structure overlooking the Gulf of Thailand is made entirely of wood, using ancient methods of building. Not even one nail was used in its construction, which began in 1981 and continues today. Nearly every square inch of the Wooden Pavilion is covered with intricate hand-carved wooden sculptures that supposedly reflect the world's ancient knowledge. It is an amazing and emotionally moving sight, inside and out. While browsing the interior, you can expect to view the cavernous inner chapel, which reveals scenes from Chinese, Hindu and Buddhist traditions. Other highlights include a massive carving of the three-headed elephant god Erawan at the entrance and a towering central atrium.	Tour involves about two hours of walking and standing at the Wood Pavilion with some uneven ground and steps to negotiate. This tour is not recommended for guests with limited mobility or guests who utilise a wheelchair. Revealing attire such as sleeveless shirts or blouses, shorts and slippers are not permitted.
Laem Chabang (Bangkok)	Thailand	LCH-006	Highlights	BANGKOK IN A DAY	\$269	10	STRENUOUS	Gain insight into life in Bangkok, past and present, by cruising the meandering Chao Phraya River and intersecting canals and then visiting key landmarks. During the cruise, you will see houses on stilts, floating grocery stores and water taxis zipping about. Few experiences offer such a candid look at life on Bangkok's waterways. In time, you will arrive at Wat Arun, the glorious Temple of Dawn, whose main spire soars more than 200 feet into the air. A traditional Thai lunch follows, after which you will explore the Grand Palace, an extraordinary example of an ancient Siamese court. Thailand's kings lived here for more than 150 years, and today it is used primarily for royal ceremonies and state occasions. You will also visit the Emerald Buddha Temple within the palace complex. It holds a 14th-century statue of Buddha that was carved from a single piece of emerald-green jasper.	The drive to and from Bangkok is about 2½ hours. The tour involves a moderate amount of walking and pontoons to negotiate. Guests must be able to enter and exit the boats with limited assistance. The tour is not recommended for guests with limited mobility or who utilise a wheelchair. Shoes must be removed when entering temples. Shooting photography and videos is only permitted outside the Grand Palace.
Laem Chabang (Bangkok)	Thailand	LCH-007	Highlights	SCENES OF OLD BANGKOK	\$249	9.5	MODERATE	Experience the diversity of Bangkok's vibrant Old Town through must-see attractions such as the ornate temple Wat Suthat. Construction began in the late 18th century during the reign of King Rama I, and it became one of the city's largest temples. Be sure to notice its beautiful roofline, golden Buddha and huge red teak arch, which is all that remains of its giant swing. The statues outside were supposedly ballast from rice boats that arrived from China. During a panoramic drive you will stop for lunch at a local hotel before continuing through Old Town. You will pass the massive Democracy Monument, which is dedicated to the ideals that led to Thailand becoming a democratic monarchy in 1932. This excursion also allows time for shopping for exquisite merchandise such as silk and jewellery.	The drive to and from Bangkok is about 2 ½ hours. The tour includes about 1½ hours of walking and standing with some steps. This tour is not recommended for guests with limited mobility or guests who utilise a wheelchair. Shoes must be removed to enter the temple.
Laem Chabang (Bangkok)	Thailand	LCH-011	Highlights	THE ANCIENT CITY	\$129	6.5	MODERATE	Delve into the history of Thailand by visiting the Ancient City, a theme park with replicas of some of the country's most architecturally and historically important buildings. Also known as Ancient Siam, the park sprawls over hundreds of acres full of temples, stupas and entire villages that represent different regions of Thailand. As you wind your way through the Ancient City on a tram, you will likely see countless images of Buddha, stone statues and a floating market surrounded by traditional houses that were saved from destruction in other parts of Thailand and reconstructed on site. The most outstanding structure is the reproduction of the Prasat Sanphet Palace, which was the principal palace during the Ayutthaya Period that lasted from the mid-14th to mid-18th centuries. The tram will stop on occasion, so you can approach the most interesting sites for a closer look.	The drive to and from Bangkok is about 2¼ hours. The tour involves about a mile of walking and some steps to negotiate. It is not available to wheelchair guests and those guests with mobility concerns should evaluate their stamina and ability before joining the tour.
Laem Chabang (Bangkok)	Thailand	LCH-014	Highlights	BANGKOK CANALS & THE ROYAL BARGES	\$259	8	MODERATE	Gain a unique perspective of Bangkok's waterways and see some of the attractions that highlight the charms of the river and canals. As you cruise the city's always bustling Chao Phraya River, you will take in picturesque scenes of traditional life on the water. You can expect to see floating grocery stores, water taxis zipping about and teakwood houses built on stilts. In time, you will stop to browse the Royal Barge Museum, which houses the ornately decorated longboats that were once used for royal functions. You might also see a gold-encrusted swan-shaped barge used solely by the king. Wat Arun, known as the Temple of Dawn, will present yet another side of Bangkok, as it features a soaring tower-like spire that symbolises Mount Meru, which is supposedly the centre of the universe.	The drive to and from Bangkok is about 2 ½ hours. The tour involves about an hour of walking with some steps at Wat Arun. Pontoons must be crossed to embark the boats. The tour is not available to guests with limited mobility or guests who utilise a wheelchair. Shoes must be removed when entering temples. Should the Royal Barge Museum be closed, stop will be substituted with a flower market.
Laem Chabang (Bangkok)	Thailand	LCH-016	Highlights	GRAND PALACE & THE EMERALD BUDDHA	\$259	9	STRENUOUS	Discover the charms of the Grand Palace and the Emerald Buddha Temple and see firsthand why they are among the most popular attractions in Bangkok. Considered to be an extraordinary example of an ancient Siamese court, the palace was built in 1782 at the beginning of the Chakri Dynasty. The entire complex sprawls over nearly one square mile in the heart of Bangkok and served as the residence of Thailand's kings for 150 years. Within the palace compound, you will find the Temple of the Emerald Buddha, which holds a 14th-century statue of Buddha that was carved from a single piece of emerald-green jasper. The king of Thailand changes the Buddha's robes each season in an elaborate ritual, during which he also sprinkles water over the monks to bring good fortune. Be sure to notice the murals on the temple walls that depict the life of Buddha and steps to enlightenment.	The drive to and from Bangkok is about 2¼ hours. The tour involves about two hours of moderate to strenuous walking and standing with some steps to negotiate. The tour is not recommended for guests with limited mobility or guests who utilise a wheelchair. Shoes must be removed to enter the temple. Video and still cameras are allowed in the Royal Palace grounds and in the compound of the Emerald Buddha Temple, but not inside the buildings.

Laem Chabang (Bangkok)	Thailand	LCH-020	Highlights	ALCAZAR CABARET SHOW	\$109	4	MODERATE	Experience a new wave of entertainment by watching the outstanding performance of the Thai famous “Alcazar Show”. This fabulous show of lights, extravagant costumes, music and dance will be sure to entertain. Dubbed as “the greatest show in Asia” and “legend within the area” this show invites you to experience the wonder of a lifetime. Alcazar has a reputation of full satisfactions for its shows, and this show is no different. You will experience the magic of Alcazar’s state of the art lighting system, surround sound and of course, the lovely “Ladies” performing for their audience. An approximately 1-hour drive takes you to Pattaya. Entering the city, enjoy a short scenic drive passing some of its livelier areas. On arrival to the theatre, your guide will hand out your seating tickets and escort you into the grounds. Taking your seats, the lights will dim, and the show will begin. A performance of a lifetime will be presented by over 400 professional production crew members and a talented cast. The show lasts for approx. 70 minutes and involves up to 17 different acts including: The Wondrous World, Flowers of China, Hello Vietnam, Persian Dance, The World is Not Enough and The Four Legendary Regions of the Siam Kingdom.	This tour includes approximately ½-mile of walking over moderate terrain with steps to negotiate. Tour is not suitable for guests in wheelchairs; and those with walking or mobility concerns are cautioned to evaluate their personal level of ability and stamina. An adult must accompany children under the age of 18.
Laem Chabang (Bangkok)	Thailand	LCH-021	Highlights	ELEPHANT JUNGLE SANCTUARY	\$279	4	MODERATE	Interact with rescued elephants that are ethically cared for at a reserve in Pattaya, the first such program in the Chonburi province. The pachyderms at the Elephant Jungle Sanctuary are treated respectfully in an environment where they are free to socialise, play and forage along the jungle trails. Unlike other captive elephants, they aren’t ridden and they don’t perform in shows. The elephant handlers, known as mahouts, will describe the natural behaviour of Asian elephants, a species that is smaller than African elephants. Don’t be surprised if you get wet and somewhat muddy while feeding the elephants, walking through the jungle with them and observing them bathing. Elephants are highly intelligent and communicate by touching and making sounds such as roars, rumbles and trumpets. They are also known to show emotions ranging from compassion to grief. Asian elephants are considered to be a bit sassy, which makes this experience all the more fun.	This tour includes approximately 2 hours of walking. Tour is not available to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.
Laem Chabang (Bangkok)	Thailand	LCH-GL1	Local Discovery	PATTAYA FLOATING MARKET	\$119	3.5	EASY	Get a genuine feel for river life by exploring the Pattaya floating market, which vendors in small wooden boats supply with all sorts of local goods. The market is divided into four sections, each representing a different region of Thailand. Although just opened in 2008, the market looks much older as it was designed to replicate an ancient floating market, most of which have long been abandoned. During free time at the market, you might sample items such as dragon fruit and mangosteen—the national fruit of Thailand—and linger over a freshly prepared lunch that is characteristic of one of the four regions. With so many aromas enticingly wafting through the air, it will be hard to resist dining. But the floating market offers much more than food. You will also find unusual handicrafts, silverware, handmade bags and silk clothing. The atmosphere couldn’t be more inviting.	
Laem Chabang (Bangkok)	Thailand	LCH-GL2	Local Discovery	LOCAL LIFE EXPERIENCE	\$189	6.5	EASY	Experience daily life in the fertile agricultural countryside and delve into Thailand’s spiritual side by visiting the area’s most important Buddhist temple. While it will take two hours to reach Chachoengsao, it will be well worth the effort. The Bang Pakong River supplies abundant water to the area, and rice especially flourishes there. As you will discover by browsing the century-old Klong Suan Market with the locals, every imaginable type of food is available. Best of all, many vendors offer samples. For an entirely different perspective of the area, you will visit Luang Pho Sothon, a temple with a revered statue of Buddha that according to legend was found floating down the river. Chances are, you will see worshippers praying for prosperity and others leaving offerings. Women often leave boiled eggs in hopes of becoming pregnant. While wandering about the temple, be sure to notice the artwork, especially the painted murals of religious scenes.	
Laem Chabang (Bangkok)	Thailand	LCH-GL3	Local Discovery	ANG SILA VILLAGE & NONG MON BAMBOO STICKY RICE	\$169	4.5	MODERATE	Mingle with the locals in two coastal areas known more for their signature products than their beaches and seaside attractions. You will first visit Ang Sila, an engaging city revered for its hand-carved stoneware, especially granite mortars and pestles used for grinding spices. This prized piece of kitchenware is prevalent throughout Ang Sila, which means “stone basin.” Even so, fishing is the primary industry and most of the local seafood recipes call for spices—preferably ground with a stone mortar and pestle. Sticky rice is the iconic product associated with the Chon Buri province. Served as a signature dessert known as Khao Lam, sticky rice is typically mixed with coconut milk, black beans, sugar and salt before being roasted over an open fire in a stout bamboo tube. As you will discover firsthand at the Nong Mon Market, Khao Lam is a delicious treat any time of the day.	This tour includes approximately 2 hours of walking/standing. Guests will need to manage some uneven and flat surfaces throughout the excursion. The tour is not available to wheelchair guests and may not be suitable for those with mobility concerns who are cautioned to carefully evaluate their personal level of stamina and ability. Casual, weather-appropriate clothing and comfortable, flat walking shoes are suggested. Some shops may be closed when the tour is run as an afternoon departure.
Ko Samui	Thailand	KOS-001	Highlights	KO SAMUI DISCOVERY	\$229	6	MODERATE	Discover a truly unique lifestyle and culture during your visit to Ko Samui, the Island of Coconuts. Take a scenic coastal drive past exquisite beaches en route to Ko Samui. Stop at the Big Buddha Temple, or Wat Pha Yai. The Big Buddha Temple features a 36-foot golden statue perched atop a wide staircase decorated with dragons. You will also visit the Plai Laem temple. Surrounded by a lake, this serene modern temple features a towering white statue of Guanyin, a goddess who is believed to be the protector of all beings and a source of unconditional love. Her many arms are thought to represent her ability to reach out and provide help. Equally impressive is a statue of a large white laughing Buddha and the temple itself has many beautiful designs that were created by Jarit Phumdonming, a renowned Thai artist. On either side of the Guanyin statue you will find two halls that are adorned with murals and frescoes that depict Buddhist mythology. After a Thai themed Lunch at a beach resort, return back to pier.	This tour involves a moderate amount of walking. Tour buses and guides will be brought over from the mainland. Appropriate dress is required to enter the temple; no cut-offs or sleeveless shirts are permitted.

Ko Samui	Thailand	KOS-001OE	Highlights	KO SAMUI DISCOVERY	\$299	6	MODERATE	<p>Explorations by Norwegian Exclusive Tour</p> <p>For those travellers who prefer an added measure of intimacy and flexibility, we are pleased to offer our new Explorations by Norwegian Exclusive tours. With a minimum of 10 guests and a maximum capacity of just 16 guests, each tour benefits from a higher level of personal attention and the added flexibility and agility that come from travelling in a small group. Explorations by Norwegian Exclusive tours are available for a specially selected number of tours in almost every port we visit, in every corner of the world. Discover a truly unique lifestyle and culture during your visit to Ko Samui, the Island of Coconuts. Take a scenic coastal drive past exquisite beaches en route to Ko Samui. Stop at the Big Buddha Temple, or Wat Pha Yai. The Big Buddha Temple features a 36-foot golden statue perched atop a wide staircase decorated with dragons. You will also visit the Plai Laem temple. Surrounded by a lake, this serene modern temple features a towering white statue of Guanyin, a goddess who is believed to be the protector of all beings and a source of unconditional love. Her many arms are thought to represent her ability to reach out and provide help. Equally impressive is a statue of a large white laughing Buddha and the temple itself has many beautiful designs that were created by Jarit Phumdonming, a renowned Thai artist. On either side of the Guanyin statue you will find two halls that are adorned with murals and frescoes that depict Buddhist mythology. After a Thai themed Lunch at a beach resort, return back to pier.</p>	This tour involves a moderate amount of walking. Tour buses and guides will be brought over from the mainland. Appropriate dress is required to enter the temple; no cut-offs or sleeveless shirts are permitted.
Ko Samui	Thailand	KOS-003	Highlights	KOH SAMUI HIGHLIGHTS	\$169	4.5	MODERATE	<p>Discover the highlights to be found in Ko Samui during an orientation tour of this scenic island. Enjoy a scenic coastal drive past exquisite beaches. Stop for a visit at the Big Buddha Temple, or Wat Pha Yai, which features a 36-foot golden statue perched atop a wide staircase decorated with dragons. The statue is visible from several miles away and creates an impressive silhouette against the sea and sky behind it. You will also visit the Plai Laem temple. Surrounded by a lake, this serene modern temple features a towering white statue of Guanyin, a goddess who is believed to be the protector of all beings and a source of unconditional love. Her many arms are thought to represent her ability to reach out and provide help. Equally impressive is a statue of a large white laughing Buddha and the temple itself has many beautiful designs that were created by Jarit Phumdonming, a renowned Thai artis. On either side of the Guanyin statue you will find two halls that are adorned with murals and frescoes that depict Buddhist mythology. Enjoy a brief photo stop at a scenic viewpoint overlooking Chaweng Beach before returning to the pier.</p>	This tour includes about 1½ hours of walking with some steps to negotiate at the temple. The tour is available to wheelchair guests who are able to both make their way on and off the coach and sit in a coach seat. Guests with mobility concerns should evaluate their stamina and ability before joining the tour. Appropriate dress is required to enter the temple; sleeveless shirts, shorts, culottes, tight trousers or leggings are not permitted. Tight or see-through blouses are not permitted, even if a jacket is worn over them. Trousers must cover the ankles, and women must cover their shoulders and knees. Footwear must be removed to enter temples.
Ko Samui	Thailand	KOS-004	Local Discovery	THAI COOKING CLASS	\$309	6	MODERATE	<p>Experience the flavours of Ko Samui during this unique guided visit to a local market, followed by an exclusive Thai cooking lesson at the beautiful Nora Beach Resort &amp; Spa. Depart the pier for the drive to a local market, which features a wide array of food and goods consumed by the islanders. Wandering among the tiny, packed stalls of this fascinating site is truly a unique experience and it offers excellent insights into the local way of life. Your guide will explain the essential ingredients in the preparation of a typical Thai meal. Please note that you will not be purchasing your ingredients for the cooking class here as they have already been prepared by the school. Next, you will be escorted to the Nora Beach Resort &amp; Spa for a memorable cooking class and lunch. Upon arrival, you will be welcomed at the resort with a traditional Thai Herbal beverage prior to your cooking class. You will then watch and learn how the chef prepares the food and explains the traditional methods used in Thai cooking. During this 90-minute cooking demonstration, you will be invited to don an apron and chef's hat and help prepare your meal before enjoying the results of your efforts. You will begin with a delicious bowl of chicken soup made with fresh coconut milk. Next, you will dine on deep-fried spring rolls served with Thai noodles. Refreshing seasonal fresh fruit will cap off your meal. Before returning to the ship a stop will be made at the Big Buddha Temple. It features a 36-foot golden statue perched atop a wide staircase decorated with dragons. The statue of Buddha is visible from several miles away and creates an impressive silhouette against the sea and sky behind it. Surrounding the Buddha, you will find a number of meditation huts, or kutis, along with several striking golden statues and shops.</p>	Mini-vans are used for the transportation portions of this tour. There are approximately 25 steps to negotiate at the resort and 80 at the Big Buddha Temple. This tour is not available for wheel chair guests and those with walking or mobility concerns are cautioned to evaluate their personal level of ability and stamina. As this tour visits places of worship, please dress respectfully. Footwear must be removed before entering temples.
Ko Samui	Thailand	KOS-005	Active	SNORKEL BY SPEED BOAT	\$309	5	MODERATE	<p>Race through the sea on a speedboat to Koh Maa Island, a slice of tropical heaven known for its crystal-clear waters. It won't be long before you will start snorkelling in the island's national marine park, which is teeming with marine life. While exploring the underwater wonders, you may see brightly coloured clown anemonefish, emperor angelfish and freckled goatfish. Expect an endless parade of species that might also include larger creatures such as green turtles and hawksbills. Afterwards, you will cruise around beautiful, beach-blessed Pha-Ngan Island while the guides describe its highlights. Be sure to ask about the raucous full-moon parties that occur here each month. Later, you will pause for a traditional Thai lunch that will likely feature fresh seafood.</p>	This tour is not available to wheelchair guests or to those with mobility concerns. Snorkelers should be good swimmers. When boarding the boat from the water, you must negotiate a ladder and high step. Guests participating in water activities do so at their own risk and responsibility and may be required to sign a release form. Snorkeling equipment is provided.

Ko Samui	Thailand	KOS-006	Highlights	ANCIENT TEMPLES	\$149	4.5	MODERATE	Delve into the spiritual side of Ko Samui by visiting three prominent temples or wats. Although Khunaram Temple is rather modest, it still draws quite the crowd for its unusual, macabre display. A mummified Buddhist monk wearing sunglasses sits in a meditative pose in a glass case, as he requested in his final wishes. Although contemporary, the Big Buddha Temple is much more traditional, as its attractions are the namesake enormous statue of Buddha and a collection of huts for meditation. The depiction of Buddha laughing and the statue of the 18-armed goddess Guayin are more whimsical and colourful at Plai Laem, a contemporary temple in a tranquil, lakeside setting.	This tour includes about 1½ hours of walking with steps to negotiate at the temples. The tour is available to wheelchair guests who are able to both make their way on and off the coach and sit in a coach seat. Guests with mobility concerns should evaluate their stamina and ability before joining the tour. Appropriate dress is required to enter the temple; sleeveless shirts, shorts, culottes, tight trousers or leggings are not permitted. Tight or see-through blouses are not permitted, even if a jacket is worn over them. Trousers must cover the ankles, and women must cover their shoulders and knees. Footwear must be removed to enter temples.
Ko Samui	Thailand	KOS-006OE	Highlights	ANCIENT TEMPLES	\$269	4.5	MODERATE	Explorations by Norwegian Exclusive Tour For those travellers who prefer an added measure of intimacy and flexibility, we are pleased to offer our new Explorations by Norwegian Exclusive tours. With a minimum of 10 guests and a maximum capacity of just 16 guests, each tour benefits from a higher level of personal attention and the added flexibility and agility that come from travelling in a small group. Explorations by Norwegian Exclusive tours are available for a specially selected number of tours in almost every port we visit, in every corner of the world. Delve into the spiritual side of Ko Samui by visiting three prominent temples or wats. Although Khunaram Temple is rather modest, it still draws quite the crowd for its unusual, macabre display. A mummified Buddhist monk wearing sunglasses sits in a meditative pose in a glass case, as he requested in his final wishes. Although contemporary, the Big Buddha Temple is much more traditional, as its attractions are the namesake enormous statue of Buddha and a collection of huts for meditation. The depiction of Buddha laughing and the statue of the 18-armed goddess Guayin are more whimsical and colourful at Plai Laem, a contemporary temple in a tranquil, lakeside setting.	This tour includes about 1½ hours of walking with steps to negotiate at the temples. The tour is available to wheelchair guests who are able to both make their way on and off the coach and sit in a coach seat. Guests with mobility concerns should evaluate their stamina and ability before joining the tour. Appropriate dress is required to enter the temple; sleeveless shirts, shorts, culottes, tight trousers or leggings are not permitted. Tight or see-through blouses are not permitted, even if a jacket is worn over them. Trousers must cover the ankles, and women must cover their shoulders and knees. Footwear must be removed to enter temples.
Ko Samui	Thailand	KOS-009	Highlights	BO PHUT BEACH AT LEISURE	\$209	5.5	MODERATE	Spend hours relaxing however you please at a waterfront resort on Bo Phut Beach, one of the most beautiful stretches of sand on the island of Ko Samui. It won't take long to reach the resort, which will allow you all the more time to enjoy the amenities. You might lie back in a lounge chair and bask in the sun, stroll along the sheltered crescent-shaped beach as the waves gently lap the shore and take a refreshing swim in the sea. The resort's swimming pool is just steps away if you prefer that setting for swimming and lounging about. Both the beach and the pool offer plenty of shade from coconut palms, which are so prevalent throughout Ko Samui that it is known as the Island of Coconuts. Around midday, a sumptuous lunch buffet full of tropical-inspired Thai dishes will be served at the resort.	There are numerous steps to negotiate at the resort. This tour is not available for wheelchair guests and those with walking or mobility concerns are cautioned to evaluate their personal level of ability and stamina. Tour includes access to hotel facilities, a welcome drink, and lunch with 2 beverages (beer or soft drink). Lunch is usually served in the resort's restaurant from 11:30 am to 12:30 pm. Your guide will confirm these details to you en route to the property. More than one resort may be used on this tour so please notify the Destination Services Desk on board if you are travelling with someone to ensure you are accommodated at the same location.
Ko Samui	Thailand	KOS-010	Highlights	4x4 SAMUI MOUNTAIN VIEW	\$159	3.5	MODERATE	Ride through the gorgeous countryside in a 4-wheel-drive vehicle and view a collection of natural wonders that define the island. In the mountainous interior, you will find Na Muang Waterfall 1, the larger of two nearby cascades that plummet into tranquil pools. Na Muang means "purple waterfall," a reference to the purple hue of the waterfalls' cliff faces. You will also visit the Secret Buddha Garden atop Pom Mountain, one of the highest peaks on the island. While meandering the winding paths, you will come across dozens of sculptures, including ones of Buddha, angels and even the founder's family positioned about the lush landscape. Although some coconut trees shade the garden, you will see an infinite number of these palms at a plantation that harvests them for food, cosmetics and other uses. The 4x4 vehicle will also bring you to the Grandfather and Grandmother Rocks, which are named for their visually arresting shapes.	

Ko Samui	Thailand	KOS-GG2	Highlights	TREATING ELEPHANTS ETHICALLY	\$269	4	MODERATE	Interact with rescued elephants that are now living with dignity and respect in an elephant sanctuary. As an introduction, the staff will describe the elephants' prior lives, which often involved being exploited for labour in the logging industry. You will see firsthand how they are now treated ethically and humanely. Elephants consume hundreds of pounds of food each day, and you will have the opportunity to prepare a meal for them with ingredients such as bananas, sugar cane and watermelons. In the wild, elephants eat a remarkably wide array of plants, but the sanctuary elephants must be fed vitamin balls to supplement their diets. While observing the animals, you will likely notice their individual personalities and the caring manner in which they relate to each other.	This tour includes approximately 2 hours of moderate walking and standing over uneven and muddy terrain. The tour is not available to wheelchair guests or those guests with mobility concerns. Casual, weather-appropriate clothing, sun screen, sun glasses, insect repellent and comfortable, flat walking shoes are suggested. Participants clothes may become muddy due to the nature of the tour. Tour duration may vary depending on traffic conditions.
Ko Samui	Thailand	KOS-WT1	Highlights	SAMUI WELLNESS DISCOVERY	\$289	5	EASY	Become thoroughly immersed in Koh Samui's culture by practicing yoga at a yoga studio and then trying to achieve inner peace at a meditation centre. After departing from the pier, you will soon arrive at a museum devoted to coconuts, the main cash crop on Koh Samui. The island exports nearly two million coconuts each year and has become synonymous with the fruit. While browsing the enlightening exhibits, you can expect to see how organic virgin coconut oil is produced through fermentation and view numerous products made with coconuts that include cosmetics and shampoos. You might even purchase unusual items such as coconut massage slippers. Continuing on, you will arrive at a Yoga Studio to practice yoga, a form of exercise introduced more than 5,000 years ago. Yoga offers benefits that range from burning calories to toning muscles to enhancing relaxation, and the yoga instructor will help you achieve those results through various postures. As a complement to yoga, you will then visit the nearby a nearby meditation centre. The centre teaches a technique called Middle Way Meditation that helps practitioners achieve inner peace in hopes that their enlightened state of mind will lead to world peace. You will surely find the centre's philosophy fascinating, as well as inspiring. After meditating, you will be free to explore the centre at your leisure before returning to the pier.	This tour is not available to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Guests may visit the beach instead of the plantation based on availability.
Sihanoukville	Cambodia	SIH-002	Highlights	SIHANOUKVILLE IN DEPTH	\$189	6	MODERATE	Observe typical daily life in the village of Puthong and then luxuriate at a beachfront resort. Nestled among lush rice fields, the enchanting village is quite representative of traditional ways. You will first visit a temple adorned with statues of elegant Apsara fairies dancing to entertain the gods. While meandering through the temple grounds, you will also see the monks' residences and dining hall, as well as the nuns' homes. Continuing on to the centre of the village, you will observe the villagers going about their day. The guide will explain how they raise domestic animals, prepare traditional dishes and worship their ancestors in the pagodas. You will spend the next two hours or so relaxing at the Sokha Beach Resort. Situated on a long stretch of pristine beach, the resort beautifully combines Khmer and western architecture. Feel free to swim in the pool, take a leisurely stroll along the beach and linger over lunch.	This tour includes about two hours of moderate to easy walking, at times over some natural and uneven surfaces, plus any walking at the guests' discretion during free time at the resort. This tour is not considered suitable for wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour.
Sihanoukville	Cambodia	SIH-003	Highlights	HIGHLIGHTS OF SIHANOUKVILLE	\$119	4.5	MODERATE	Enjoy an introductory tour of Sihanoukville, a beach-rimmed resort city known for its relaxed attitude and traditional pagodas. At the Buddhist pagoda Wat Krom, you can expect to see monks chanting and young monks learning Pali, the sacred language of the Buddhist scriptures. Most pagodas in town are brightly painted and decorated with deities represented by king cobras. They are called nagas, a Sanskrit word for snakes. Continuing on, you will explore a bustling market that presents a glimpse into daily life, as the locals will be shopping for various foods and items such as palm sugar, a natural sweetener. A stop at Wat Lu Pagoda follows. Its most striking feature is a stone statue of a three-headed elephant with a statue of Buddha atop each head. You will have time to contemplate further on Sihanoukville's attractions while relaxing at the Sokha Beach Resort.	This tour includes about 1½ hours of moderate walking over some natural and uneven surfaces and steps, plus any walking at the guests' discretion during free time at the resort. This tour is not considered suitable for wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour.
Sihanoukville	Cambodia	SIH-004	Highlights	AMAZING REAM NATIONAL PARK BY BOAT	\$169	4	MODERATE	Spend a magical day exploring Ream National Park, a wonderland of evergreen forests and mangrove swamps teeming with wildlife. Established by Cambodia's former King Sihanouk, the park provides a protected environment for animals such as birds and monkeys. Your exploration of the park will begin with a boat ride down the mangrove-lined Prek Toeuk Sap River. Watch for flying fish and dolphin breaking the water's surface, and birds such as Brahminy kites, grey-headed fish-eagles and white-bellied sea eagles in the estuary. Storks and egrets usually congregate along the mudflats here. You will spend the next few hours on a guided walk through the woods, where you will likely see monkeys in the trees, butterflies flitting around the path and even more birds, as at least 150 avian species thrive here. You will also tour a village in the park and relax on an unspoiled beach nearby.	This tour includes about three hours of moderate to strenuous walking, over mostly natural and uneven surfaces. Be prepared to travel through areas of the park that need repair or maintenance. This tour is not available to wheelchair guests or those with mobility concerns. Participants must be in good physical condition. Wildlife sightings are common but not guaranteed.
Sihanoukville	Cambodia	SIH-005	Active	KAYAKING REAM PARK MANGROVE RIVER	\$149	4	STRENUOUS	Experience the natural beauty of Cambodia by kayaking a river that winds through a lush national park, after which you will relax on a nearby beach. Water is one of the area's key attractions and secluded beaches and rivers such as those in Ream Park are abundant. Upon arriving, you will walk to the Prey Chak River, where you will board a two-person kayak and paddle off for an intimate look at the wonders within this heavily vegetated park. Kayaking offers an extraordinary way to observe the natural world without disturbing the wildlife. And there is plenty to see. Ream Park is home to more than 150 species of birds, including fishing eagles, storks and kingfishers. Be sure to scan the riverbank as you paddle along, as deer, wild pigs and monkeys also thrive here. Elusive fishing cats have also been spotted recently, a welcome discovery, as they were once considered extinct in Ream Park.	This tour includes limited walking but about 1½ hours of paddling a kayak, which can be strenuous at times. The tour is not available to wheelchair guests or those with mobility issues. Participants should be in good physical condition and must sign a waiver. Guests participating in water activities do so at their own risk and responsibility.
Sihanoukville	Cambodia	SIH-007	Local Discovery	SIHANOUKVILLE BY LOCAL TUK TUK	\$59	1.5	EASY	Sit back in the comfort of a tuk-tuk and zip through the streets of Sihanoukville, taking in the most historical and culturally important attractions. From inside the tuk-tuk – an open-air rickshaw of sorts for two people – you will enjoy a street-level view of the city highlights while listening to commentary that describes them. You can expect to stop for photos of a sugar-white beach shaded by palm trees and the Golden Lion Monument in the centre of a roundabout, where you will learn what its statue of crouching lions represents and how it has become a symbol of the city. You may also pass Phsar Leu, a market with more than 1,000 vendors offering most everything imaginable. Chances are, the enticing aroma of food cooking on braziers will be wafting through the air. At another point in the tuk-tuk tour, you will pause at the city's somber War Memorial in Independence Square.	This tour is not available to guests who utilise wheelchair. Tuk-tuks have roof but there is no air conditioner. Tuk tuk has space for only 2 guests.

Ho Chi Minh City	Vietnam	HCH-001	Highlights	HIGHLIGHTS OF SAIGON	\$109	5	MODERATE	Gain an overall understanding of Saigon through landmark architecture that reflects the changing face of the metropolis known as Ho Chi Minh City since 1976. In the lively Chinatown district of Cholon, you will find Giac Lam, the city's oldest pagoda. A haven of tranquility where Taoism and Confucianism merge with Buddhism, the pagoda compound includes ornate tombs, a rare bodhi tree and an elegant statue of the Goddess of Mercy. For a more contemporary perspective, you will view Independence Palace, also known as the Reunification Palace, a modernistic white building that was home to the president of South Vietnam during the Vietnam War. The Notre-Dame Cathedral Basilica of Saigon presents a glimpse into colonial life, as the French constructed it in the mid-1800s. The ornate Central Post Office is another French-built colonial gem. If not for the large portrait of Ho Chi Minh inside, you might think you were in Paris.	This tour includes approximately 3 hours of walking. It is available to guests who utilise a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them. Clothing must cover knees and shoulders. Shoes must be removed in temples and pagodas.
Ho Chi Minh City	Vietnam	HCH-002	Highlights	MEKONG RIVER DELTA	\$139	7.5	MODERATE	Experience the rural lifestyle in the fertile Mekong Delta, much of which you will traverse by boat. As an introduction to the local culture, you will first visit Vinh Trang, an ornate temple surrounded by meticulously manicured gardens full of ornamental shrubbery and bonsai trees. Despite its beauty, the flora is no match for the fecundity of the Mekong Delta, where you will cruise past terraced rice paddies, seemingly endless fruit orchards and fields of soybeans and sugarcane. For a closer look at village life, you will disembark on Thoi Son Island and interact with the locals. While enjoying a cup of honey tea and a selection of fresh fruits, you watch a folkloric music performance. A traditional lunch of dishes such as elephant ear fish and grilled pork follows, after which you will return to the water; this time on a wooden sampan identical to the ones used to transport fruit through the canals.	Because of the difficulty of boarding the local boats, this tour is not available to wheelchair guests or to those with mobility concerns.
Ho Chi Minh City	Vietnam	HCH-003	Active	CU CHI TUNNELS	\$109	5.5	STRENUOUS	Explore a vast underground network of tunnels that hid and protected thousands of Viet Cong troops during the Vietnam War. The section that you will tour lies beneath the Cu Chi district in the countryside north of Ho Chi Minh City. Communist forces began digging the tunnels in the late 1940s, when they were fighting the French for independence. As you will discover, the tunnels span thousands of miles and once hid an underground city of sorts with living quarters, smokeless kitchens, hospitals and schools. The tunnels were typically five feet high and not even three feet wide, with air passages to the surface camouflaged to look like natural holes from tree roots or animals. The tunnels that you will traverse have been expanded somewhat for safety and convenience. Digging the tunnels was an incredibly arduous and time-consuming endeavour, as they were often dug by hand. Before abandoning them, the Viet Cong left booby traps for the invading troops.	This tour is not available for wheelchair guests or those with walking or mobility concerns; it is not recommended for guests who suffer from claustrophobia. Refreshments and souvenirs are available in the nearby parking area, which also displays some military paraphernalia. Sturdy shoes, sun and mosquito repellent recommended.
Ho Chi Minh City	Vietnam	HCH-004	Highlights	GOOD MORNING VIETNAM	\$189	7	STRENUOUS	Explore sites that best illustrate the American military presence in Saigon during the Vietnam War, a time period depicted in the film "Good Morning, Vietnam." One of the most indelible pictures from the Fall of Saigon in 1975 was that of American helicopters helping evacuees from the roof of the U.S. Embassy before communist troops took over. You will see that iconic building, as well as various quarters for the soldiers, including the residence of General William Westmoreland, Commander of the U.S. forces in the late 1960s. You will reach an even deeper understanding of the Vietnam War by browsing the graphic exhibits at the War Remnants Museum, where you will likely see a fighter plane and a helicopter with rock launchers. Still, few attractions shed light on the war quite like the Cu Chi Tunnels, which the Viet Cong dug in the countryside outside Saigon for their protection. The section that you will view stretches for more than 100 miles. During your tour you'll indulge in a traditional meal at one of Vietnam's local restaurants.	This tour is not available for wheelchair guests or those with walking or mobility concerns; it is not recommended for guests who suffer from claustrophobia. Sturdy shoes, sun and mosquito repellent recommended. The tunnel guests will visit is Mangrove Commando tunnel( Nhon trach area).
Ho Chi Minh City	Vietnam	HCH-005	Highlights	FOLKLORIC SHOW	\$139	1.5	EASY	Watch a folkloric show of costumed dancers and musicians that expresses the wonderful cultural diversity of Vietnam. Some of the dances may reflect regional legends and history, while the intention of other dances might be nothing more than to entertain and showcase the dancers' prodigious talents. For instance, Vietnamese fan dances are meant to be enjoyed for their visual beauty, as the fans mimic the movement of brightly coloured flowers floating through the air. The accompanying music for the dances will also be profoundly expressive. The musicians may play instruments such as zithers, fiddles and lutes, which are deeply rooted in the culture. Traditional Vietnamese court music, known as Nha Nhac, is so revered that UNESCO has safeguarded it as an Intangible Cultural Heritage.	Tour is available to wheelchair guests who have a collapsible wheelchair, can make their own way on and off the coach and have a companion to assist them. Weather appropriate clothing and flat, comfortable walking shoes are recommended.
Ho Chi Minh City	Vietnam	HCH-007	Highlights	CU CHI TUNNELS & FRUIT GARDENS	\$139	6	MODERATE	Explore the incredible warren of tunnels that Communist forces hand-excavated while fighting for Vietnam's independence and visit a fruit farm that now flourishes in the former war zone. The troops began digging the Cu Chi tunnels in the late 1940s, when they were fighting the French for independence. Those tunnels were also used in the Vietnam War after being greatly expanded to include living quarters, smokeless kitchens, hospitals and schools – all deep underground. You can watch a video describing the tunnels, see the rudimentary tools used to dig them and even pass through some of the narrow tunnels to experience what it was like living beneath the earth's surface. Farms are now flourishing in this forested area, and while pausing at one you will see the variety of tropical fruits, herbs and vegetables that grow there, many of which you can sample. You may also observe the milky latex being extracted from rubber trees.	Guests are strongly advised to wear sturdy shoes, a hat, sunglasses, sunscreen and mosquito repellent. Guests visiting the lower levels of the tunnel complex may get dirty. The cost of firing guns at the shooting range is approximately US \$1.20 per bullet.
Ho Chi Minh City	Vietnam	HCH-008	Highlights	PANORAMIC SAIGON	\$109	2.5	EASY	See the landmarks that define Saigon on a leisurely drive through this engaging metropolis now known as Ho Chi Minh City. Stops will be made along the way to snap photos of the most visually appealing attractions such as the Notre-Dame Cathedral Basilica, which French colonists constructed in the mid-1800s. This glorious Romanesque and French Gothic-style cathedral was patterned after the more famous one in Paris and built with materials shipped from France. You will also pause at the photogenic city hall, another French colonial gem. Be sure to note the statue out front of Ho Chi Minh tutoring a young girl. For a genuine glimpse of daily life, there is the Ben Thanh Market, a French-built icon from 1870 that is the city's oldest market. Of course, not every architectural highlight is French-influenced as you will discover when passing the luxurious and wonderfully modern Rex Hotel.	This tour has been specially created for our guests who do not wish to walk. Stops on this tour will be limited to 2 brief photo stops. Each guest will have a window seat on the coach to maximise the quality of sightseeing.
Ho Chi Minh City	Vietnam	HCH-010	Highlights	MEKONG RIVER LIFE IN DEPT	\$269	8	MODERATE	Cruise the Mekong River to a floating market and a traditional village where you can interact with the locals for a deeper understanding of river life. An introductory stop at a farmer's orchard will reveal the fecundity of the Cai Be area as you will sample just-picked fruits such as longan berries, durian and rambutans. You will then ease into a wooden sampan boat that is ideal for navigating the river and cruise to a floating market for more samplings that may include fried bananas. You will also see all sorts of freshly caught seafood such as giant catfish. A short walk to a small village will present another side of rural life. You will visit a modest church and temple and meet a family that weaves hammocks and other handicrafts from water hyacinths. The experience will leave you with plenty to talk about over a seafood lunch at a riverside restaurant.	This tour is limited to 6 guests per group. Lunch will be served at a local restaurant. The drive from Ho Chi Minh City to Cai Be is approximately 2 hours in each direction.

Ho Chi Minh City	Vietnam	HCH-GL1	Local Discovery	SAIGON ALLEYS THROUGH THE EYES OF LOCAL	\$289	5	EASY	Zip through the narrow alleys of Saigon on the back of a vintage scooter and gain a greater understanding of why locals love this mode of transportation. In essence, scooters allow them to easily zig-zag through areas that cars simply can't negotiate. The alleys and streets are particularly narrow and atmospheric in District 4, a section of the city bordering the Saigon River that is aggressively being redeveloped. But your immersion into the city will go much deeper than just riding around on a scooter. You will get a glimpse into the local lifestyle by visiting a Chinese apartment that is more than 100 years old and by pausing for a cup of coffee at a small family-owned shop. Be sure to converse with the locals for their take on how Saigon is changing. You will also have the opportunity to talk to an artist that paints on the cracked and chipped exteriors of buildings.	
Ho Chi Minh City	Vietnam	HCH-GL2	Highlights	CHINATOWN THEN AND NOW	\$149	5.5	MODERATE	Experience daily life in Vietnam's largest Chinatown and come away with a much greater appreciation of the fascinating culture in this ethnic enclave. As you will discover while walking the back streets and alleyways of Cholon, as Chinatown is known locally, much has remained the same since its founding more than 100 years ago. Many of the temples are Buddhist and watching artisans create Buddhist amulets and statues will give you an insight into how the religion is practiced. You will also visit a colourful Chinese pagoda for a different perspective of Chinatown's spiritual side. Cholon means "big market," so it is only natural that you will browse one of the most bustling markets. You can expect to see every product imaginable, from lacquerware to fresh produce to medicinal herbs. It will be quite the experience and well worth discussing over a cup of coffee in one of Chinatown's most popular cafés.	
Ho Chi Minh City	Vietnam	HCH-GL3	Local Discovery	SAIGON THROUGH THE EYES OF A LOCAL	\$159	4	MODERATE	Caodaism and vegetarianism are practiced throughout Saigon as you will discover by conversing with those who adhere to both ways of life. You will first visit a Caodaist temple, where you will gain an understanding of the beliefs. Founded in Saigon in 1926, Caodaism borrows a number of ideas from other religions. There are about four million followers in Vietnam alone who practice prayer, nonviolence, veneration of their ancestors and vegetarianism in order to reach heaven. As you browse the temple, the guide will point out the architectural elements of Buddhism, Taoism, Catholicism and Confucianism throughout. The guide may also explain why Caodaists worship the left eye, and you will likely see images of it framed in a triangle. You will then head for a vegetarian restaurant to watch the chefs demonstrate how to prepare salad rolls, which you will later enjoy for lunch.	
Ho Chi Minh City	Vietnam	HCH-WT3	Highlights	SAIGON TAICHI	\$139	3	MODERATE	Start the day by practicing the gentle flowing movements of tai chi in a city park. Tai chi is a graceful form of exercise that was originally developed for self-defence in China, perhaps 2,500 years ago. Today, it is mostly practiced to reduce stress and anxiety and to increase flexibility and balance. Tai chi is often described as "meditation in motion," as it involves gentle flowing movements that almost anyone can follow. Your tai chi master will lead you through a number of rhythmic movements that are easy on the joints and wonderfully meditative. The master will choose a type of traditional tai chi that suits your group. It may include slow, circular yang moves, gentler wu moves or chih moves, in which less weight is transferred from one leg to the other. Breakfast follows at the BioGarten, a restaurant with a Zen-like interior that will enhance the experience of dining on vegetarian fare prepared with fresh organic ingredients.	This tour includes approximately 2 hours of easy to moderate activity and some steps to negotiate. It is not recommended for guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. Casual, weather-appropriate clothing, hat, sunscreen and comfortable, flat walking shoes are suggested.
Cam Ranh	Vietnam	CRH-002	Highlights	GUIDED PEDICAB RIDE THROUGH NHA TRANG	\$89	5.5	EASY	Sit back in the comfort of a pedicab and ride through the enchanting streets of Nha Trang, taking in the most remarkable sights along the way. With a routing map in hand and wearing headphones to hear the enlightening narration, you will follow the guide in your individual pedicab through the city's most scenic areas. Tran Phu, a pine-shaded boulevard that hugs the beach, is one of the favorite and most picturesque locales. The exact route will depend on traffic conditions, but you can expect to view a variety of attractions that you may wish to visit later on your own, including restaurants, shops and museums. Photo stops will be made at the most significant points of interest. Upon reaching the bustling Dam market, you will be transferred back to the ship or you may remain to shop and return later on your own.	Each guest will receive a pedicab, set of headphones, bottle of water and map of Nha Trang. After browsing the Dam market at your leisure, you will be transferred back to the ship. Guests who remain in town after the tour can return to the ship by taxi at their own cost.
Cam Ranh	Vietnam	CRH-004	Local Discovery	UNESCO WORLD BIO-SPHERE	\$139	7	EASY	Explore a national park that is so ecologically and culturally important that UNESCO has recognized it as an official biosphere reserve. The diversity of plants, animals and people within the Núi Chúa National Park is remarkable, as you will discover firsthand while visiting its most revealing attractions. On the way there, you will stop at Tu Van Pagoda, a highly unusual temple decorated with thousands of seashells. The focus will turn to agriculture as you approach Phan Rang, a city known for its vineyards. Depending on the season, you may help pick the grapes or simply enjoy a tasting of Vietnamese wine. After pausing for photos at a nearby onion or garlic farm, you will view a unique coral reef that resembles a beehive. This coastal phenomenon serves as a wonderful introduction to gorgeous Vinh Hy Bay. In the fishing village that rims it, you will dine on a hot pot of grouper and seafood spring rolls.	Weather appropriate clothing and flat, comfortable walking shoes are recommended.
Cam Ranh	Vietnam	CRH-WT1	Active	LEISURE BIKING & COOKING EXPERIENCE	\$259	6.75	MODERATE	Enjoy a bike ride to a country resort, where you will learn to prepare Vietnamese finger foods and then dine on your concoctions. The bicycling pace will be leisurely, allowing you time to admire the scenery, slowly warm up and stretch your muscles. Upon arriving at the Memento Country House, and relax by the sprawling lawn and rice paddy. A hands-on cooking class follows, during which you will prepare several healthy Vietnamese-style finger foods. The ingredients will be seasonal, farm-fresh and nutritious, as Vietnamese cuisine is among the world's healthiest. The highlight will be dining on the finger foods that you have prepared.	This tour is not available to guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.
Cam Ranh	Vietnam	CRH-WT2	Local Discovery	RELAX AND IMMERSE IN MUD	\$249	6.75	MODERATE	After departing from the pier, you will enjoy a leisurely and immensely scenic drive to Nha Trang, the beach-blessed capital of the province. Stop and visit the Po Nagar Cham Tower located on the hill next to the Cai River. Continue the drive to an outdoor spa known for its mud baths and hot springs. The mineral-rich mud and springs are said to be therapeutic with healing properties that can reduce fatigue and relieve aches and pains. Once you soak in the mud baths and hot springs and then rinse off under a waterfall, your skin will be glowing, as both therapies exfoliate the skin. You might also enjoy the swimming pool.	This tour is not available to guests who utilize a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.

Cam Ranh	Vietnam	CRH-001	Local Discovery	NHA TRANG ANCIENT CIVILIZATIONS	\$119	6	EASY	Admire Nha Trang's historical highlights and finest architectural wonders, beginning with Long Son Pagoda. Founded in the late 19th century, it was rebuilt a few decades ago and now stands as Vietnam's largest pagoda. The best views are from the white Buddha seated on a lotus blossom at the top of the hill. For a glimpse into the distant past, consider the spectacular Po Nagar Cham Towers. Constructed over several centuries more than 1,000 years ago, the complex of temples reveals different architectural styles, all of them fascinating. The towers are dedicated to various deities such as Ponagar, a local goddess who supposedly taught the people how to weave and grow rice more productively. Then after browsing the bustling, open-air Dam Market, you will relax at the beach and enjoy a refreshing coconut drink. Finally, you will visit XQ Hand Embroidery to admire the delicate silk landscape pictures that the artisans have created.	This tour includes about two hours of easy to moderate walking. It is not available to wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour. Shoes must be removed before entering any of the four remaining towers at Po Nagar. The order of the sites viewed or visited may vary.
Cam Ranh	Vietnam	CRH-003	Local Discovery	NHA TRANG'S RURAL LIFE	\$119	5.5	EASY	Enjoy a revealing look at rural life in Vietnam by interacting with some of the residents and visiting sites that hold great cultural value. Not far outside the city limits, the landscape will change dramatically as rice paddies and majestic mountains come into view. After pausing at a temple said to bestow good luck on visitors, you will browse a morning market for a glimpse of daily life in the country. You will become even more familiar with the local lifestyle by conversing with a typical family and visiting another family whose livelihood for generations has been drying and seasoning squid for sale. You will also enjoy a frank and enlightening conversation with the monks or perhaps nuns in a somewhat remote Buddhist pagoda. The experience will leave you with plenty to talk about over coffee or coconut juice and leave you with a deep respect for the traditional ways practiced in rural Vietnam.	This tour includes limited walking, mainly at the guest's discretion. It is available to guests who utilize a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them.
Da Nang (Hue) Tien Sa	Vietnam	DAD-001	Highlights	HUE AND THE PERFUME RIVER	\$189	10	MODERATE	Gain an overall perspective of Hue, the former capital of Vietnam, by cruising through the downtown and visiting some of its most historical landmarks. As you browse serene Thien Mu Pagoda, it will be hard to picture it once being the scene of anti-government protests. Cruising the languid Perfume River also instills tranquility, as the views of sites such as the tomb of Emperor Minh Mang will be absolutely spectacular. You will also find the Hue Citadel on the banks of the river. This complex of buildings served as the seat of the Nguyen emperors and contains three circles of access—the exterior Capital Citadel, the middle Royal Citadel and the interior Forbidden Citadel, where the emperors' families lived. Being the oldest market of its kind in Hue, Dong Ba is historical but you would never know it from the merchandise. As you meander through the hundreds of stalls, you will see everything from casual clothing to household items.	The order of sites visited may vary
Da Nang (Hue) Tien Sa	Vietnam	DAD-002	Highlights	IMPERIAL HUE	\$189	10	MODERATE	<p>This tour will take you to captivating Hue, the old imperial capital and cultural treasure chest of Vietnam. Founded on the northern bank of Perfume River in the 17th century by the Nguyen Dynasty, Hue appears more like a massive open-air museum with hundreds of temples, pagodas, palaces and tombs.</p> <p>Enjoy a scenic approximately 1 3/4-hour drive to Imperial Hue. Upon arrival, walk to the royal citadel that surrounds the magnificent complex of palaces. Completed in 1832, the Royal Citadel of Hue occupies almost 1,000 acres of land, with stone ramparts standing over 20 feet high and huge Ngo Mon (Meridian) Gates. During the Vietnam War, some of the most intense fighting occurred in this region, leaving many buildings destroyed or damaged. Declared a UNESCO World Cultural Heritage Site, the Citadel has undergone extensive restoration, bringing it back to its former glory. See the vast, wing-roofed Thai Hoa Palace (Supreme Harmony) and the ornate Imperial Library with its detailed ceramic sculptures decorating its roof. Visit the Forbidden Purple City, once the inner, exclusive domain of the emperors.</p> <p>Drive along the Perfume River to the elegant Thien Mu Pagoda, one of the most beautiful architectural structures in Vietnam. With its outstanding octagonal seven-story tower and adjacent prayer hall perched at the top of a hillock overlooking the tranquil river, the pagoda represents the finest in Buddhist design and a symbol of Hue.</p> <p>Following a buffet lunch of traditional Vietnamese dishes at a local restaurant, proceed to the Tomb of Tu Duc, the emperor of Vietnam for more than 35 years. Hidden behind an octagonal stone wall is the monarch's sepulcher, surrounded by a pavilion and temple, and guarded by stone sculptures of elephants, horses and soldiers.</p> <p>On your return drive to the ship, stop at the curious hat-craft village, where the conical-shaped bamboo hats common to Vietnam are made.</p>	This tour includes approximately 2.5-hours of moderate walking/standing over mostly flat surfaces and some steps (20 AT Thien Mu pagoda). Tour is available to wheelchair guests who have a collapsible wheelchair and are able to make their own way on and off transportation. Guests must be self-sufficient or if assistance is required, they should travel with a companion who can provide this. Light weight, comfortable clothing, proper sun protection and flat, comfortable walking shoes are recommended.
Da Nang (Hue) Tien Sa	Vietnam	DAD-003	Highlights	DA NANG & HOI AN	\$159	6	EASY	Delve into Vietnam's intriguing past by browsing extraordinary museum exhibits in Da Nang and by walking through Hoi An, a town that has changed little over the centuries. The approach to Da Nang will be wonderfully scenic, as you will ascend through the Lucky Elephant Pass and the Cloud Pass Tunnel. Once inside the Cham Museum, you will behold a collection of sculpture by Vietnam's indigenous Cham people that is second to none. Many of the terracotta and stone works are considered masterpieces. You will also visit a revealing museum in Hoi An, a city that UNESCO deemed a World Heritage site for being a well-preserved example of a 15th to 19th century trading port. Highlights include a temple that honours a sea goddess, the 400-year-old Japanese covered bridge and an ancient merchant house where you will enjoy refreshments. Later, you will pause at the five Marble Mountains, each one named for an element such as water or fire.	This tour involves a considerable amount of walking, mainly on flat ground. Hoi An can be crowded, so please stay with your guide. If you opt to walk the streets independently, please alert your guide to arrange a convenient meeting point.
Da Nang (Hue) Tien Sa	Vietnam	DAD-004	Highlights	DA NANG AND MARBLE BEACH	\$119	4	EASY	Discover Da Nang's natural beauty while exploring cultural sites that will present a fascinating historical perspective. For a glimpse into the distant past, you will browse the extraordinary artwork in the Cham Museum. Its sandstone and terracotta artwork was created in the 4th through 14th centuries and is the largest such collection in the world. A traditional pedicab will take you to Han Market, which dates to the French occupation in the 1940s. Even if you don't purchase anything, it will offer an authentic look into local life. Nearby Marble Mountain is the area's most well-known natural setting and its five separate peaks dominate the landscape. Each one represents an element such as fire or water. Fire is also the theme at Hell Cave, which is said to resemble Hades. Water is the most dominant feature at Marble Beach, which was a base for the American Marines during the Vietnam War. It was more commonly known as China Beach.	The cruise line doesn't endorse any of the many vendors at the Marble Mountain village. Purchases made there are at your own risk.

Da Nang (Hue) Tien Sa	Vietnam	DAD-005	Highlights	HOI AN - A WORLD HERITAGE TOWN	\$139	6	EASY	Explore the only intact traditional trading port in Vietnam, a remarkably preserved ancient area known for its wooden architecture. On the way there, you will pause for photos of Marble Beach, also known as China Beach, a beautiful stretch of sand in the shadow of the Marble Mountains. Upon arriving at Hoi An, you will see the centuries-old architecture that earned the city a World Heritage site designation. The buildings include pagodas, private homes and communal houses where ancient sages are worshipped. Although reconstructed numerous times, the wooden bridge there dates to the early 1700s and bears a strong Japanese influence. As you browse through the Hoi An Museum, you will be treated to an enlightening glimpse into the area's turbulent history. Free time follows, after which you might shop in the open-air markets, tour a historic merchant's home and explore Phuoc Kien Temple, which was built to honour a sea goddess.	This tour includes about two hours of moderate walking over mostly flat surfaces, plus any additional walking at the guests' discretion during free time. This tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns should evaluate their stamina and ability before joining the tour. Hoi An can be crowded, so it is important to stay with your guide. Guests who wish to explore Ho An independently should alert the guide and arrange for a convenient time and place to rejoin the rest of the group. The tour sequence may vary.
Da Nang (Hue) Tien Sa	Vietnam	DAD-006	Highlights	HOI AN, DA NANG HIGHLIGHTS & SHOPPING	\$139	6	EASY	Enjoy plenty of opportunities to purchase the region's finest merchandise and still see unusual attractions. Your first stop will be the XQ embroidery shop in Da Nang, which specialises in hand-embroidered pictures that usually depict bucolic country scenes. The embroidery is so detailed that each piece can take up to a month to produce. Next, you will visit the bizarre Hell Cave in the Marble Mountains, a cavern full of eerie rock formations illuminated by red lights so it resembles Hades. Back on the surface, you will visit a marble exhibition where you might buy carved marble artwork, a speciality of the area. More memorable shopping experiences await you in Hoi An, an ancient city now renowned for fashion and tailor-made clothing. Incredibly, the tailors can measure you, make your clothing and deliver it before you leave town. In the interim, you can zip around town in a covered pedicab and enjoy free time for lunch or more shopping.	This tour includes about two hours of moderate walking over mostly flat surfaces, plus any additional walking at the guests' discretion during free time. This tour is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and have an able-bodied companion to assist them. Guests with mobility concerns should evaluate their stamina and ability before joining the tour. Hoi An can be crowded, so it is important to stay with your guide. The tour sequence may vary.
Da Nang (Hue) Tien Sa	Vietnam	DAD-008	Highlights	THE CHAM RUINS WORLD HERITAGE SITE	\$139	5.5	MODERATE	Delve into the history of Vietnam's once-thriving Champa Kingdom at its most sacred ruins, followed by an exploration of the surrounding natural beauty. At the Cham Museum, you will behold the world's largest collection of sandstone and terracotta Cham sculpture, which was created from the 4th to the 14th centuries. You will also view the ruins of the My Son Sanctuary, once the religious centre for the thriving capital of the Champa Kingdom. Many of the buildings at this UNESCO World Heritage site are tower temples decorated with bas-reliefs depicting scenes from Hindu mythology. While lingering at Marble Mountain for photos and shopping, you may see villagers cutting beautiful stone sculptures from quarried marble, a speciality of the area. Later at Marble Beach, often referred to as China Beach, you will enjoy a traditional Vietnamese lunch at a beach resort. You may also have time to stretch your legs with a leisurely stroll along the beach.	This tour includes about two hours of moderate to strenuous walking over mostly uneven surfaces with some steps. It is not available to wheelchair guests and may not be suitable for those with mobility concerns who should evaluate their stamina and ability before joining the tour. The tour sequence may vary.
Da Nang (Hue) Tien Sa	Vietnam	DAD-1RC	Highlights	REUNION CRUISE - HUE HERITAGE & ROYAL MELODIES	\$259	7.5	MODERATE	Created exclusively for Explorations by Norwegian' 2025 Reunion Cruise, explore landmarks that reveal the cultural and imperial history of Hue and enjoy a live performance of Vietnamese royal court music. While visiting the citadel complex where the emperors of the Nguyen Dynasty lived, you will see the three circles of access – the exterior Capital Citadel, the middle Royal Citadel and the innermost Forbidden Citadel, which contained the actual residential quarters. The imperial garden home of Princess Ngoc Son will be the venue for the musical performance, an art form so unique that UNESCO recognised it as a Masterpiece of the Oral and Intangible Heritage of Humanity. Scholar and ethnomusicologist Dr. Phan Thuan Thao will provide an introduction that will make the show all the more relevant. You will also browse the seven-story pagoda Thien Mu. The setting is so serene that it will be difficult to imagine that disruptive protests and hunger strikes were held there when the government discriminated against Buddhists in the 1960s.	This tour includes a moderate amount walking with 150-180 steps. It is not recommended to guests who utilise a wheelchair. Those guests with mobility concerns
Da Nang (Hue) Tien Sa	Vietnam	DAD-GG1	Active	PROTECT THE QUEEN OF THE PRIMATES	\$149	3	STRENUOUS	Trek deep into the forest that blankets Son Tra Mountain in search of red-shanked douc langurs, an endangered species of Old World monkey known as the Queen of the Primates. You will follow a naturalist along a trail that winds through what is commonly known as Monkey Mountain for the abundant macaques that flourish there. Although red-shanked douc langurs are also found in the jungle, they aren't nearly as prominent, so if you spot one in the tree canopy, it will be a real treat. These white-bearded, golden-faced primates are easy to identify, as they appear to be wearing dark-red stockings from the knees down. Their habitat is extremely limited, and it continues to be lost due to deforestation. The naturalist will elaborate on what's being done to protect these rare animals. You will learn even more about the efforts by meeting with a local conservationist dedicated to preserving the threatened eco-systems around Da Nang.	This tour includes approximately 2 hours of walking over uneven and hilly terrain. Participants should be in good physical condition. The tour is not available to wheelchair guests or guests with mobility concerns. Weather appropriate clothing including a light jacket; hat; sunscreen; sun glasses; insect repellent and flat, comfortable walking shoes are recommended. Wildlife sightings cannot be guaranteed.

Da Nang (Hue) Tien Sa	Vietnam	DAD-GG2	Highlights	BACH MA NATIONAL PARK ECO-SYSTEM	\$149	7	STRENUOUS	Hike through Bach Ma National Park with a naturalist that will point out and describe the remarkably diverse flora and fauna. As an introduction to the natural wonders, you will first browse the exhibits in the visitor centre, which detail the park's mountainous topography. Bach Ma means "white horse," a reference to the clouds that ride the wind around the granite summit. As you ascend the trail, the forest will become denser and the air cooler. Although the ruins of homes that the colonial French built to escape the summer heat are still visible, most every other sight will be natural. Birds are abundant, including red-headed trogons and scarlet minivets, which are easy to spot because of their bright colouring. A fifth of all the plant species found in Vietnam flourish in the park, and you may see rare orchids. The summit will afford you panoramic views of the mountains, Tam Giang lagoon and Hue.	This tour includes approximately 3 hours of walking and trekking approximately 4kms over uneven and hilly terrain. Participants should be in good physical condition. The tour is not available to wheelchair guests or guests with mobility concerns. Weather appropriate clothing including a light jacket; hat; sunscreen; sun glasses; insect repellent and flat, comfortable walking shoes are recommended. Wildlife sightings are common but cannot be guaranteed.
Da Nang (Hue) Tien Sa	Vietnam	DAD-GL1	Local Discovery	DA NANG THROUGH THE EYES OF A LOCAL	\$129	4	MODERATE	Explore Da Nang beyond the tourist attractions by experiencing typical daily life at places that the residents frequent, beginning with a traditional market. Most Vietnamese still go to open-air markets each day, and you can watch them haggling and carefully selecting merchandise ranging from garden-fresh produce to handmade clothing. For a different cultural perspective, you will visit the unusual Buddhist pagoda Buu Son, where the statues are clay rather than cast in bronze or carved in wood. The guide will introduce you to worshippers, who will happily elaborate on their views on a variety of subjects. Feel free to ask even the most candid questions. Fishing is still vital to Da Nang and you will be treated to an up-close look at a fisherman's lifestyle along the waterfront. Later, at a coffee shop, you will have another one-on-one experience by lingering over a cup of coffee and chatting with the affable owner.	This tour includes approximately 2.5 hours of walking/standing. Guests will need to manage flat surfaces throughout the excursion. The tour is available to wheelchair guests. We suggest that guests with walking difficulties carefully evaluate their personal level of stamina and ability. Casual, weather-appropriate clothing and comfortable, flat walking shoes are suggested.
Da Nang (Hue) Tien Sa	Vietnam	DAD-WT2	Highlights	HOI AN TOWN WITH TAICHI AT SANDY BEACH	\$149	6	EASY	Practice yoga with an instructor at a serene beach before exploring Hoi An, a remarkably well-preserved ancient city whose architecture reflects indigenous, Chinese and European influences. You can expect the yoga class to involve a number of asanas or positions intended to calm the mind and increase positive energy. The sound of the waves lapping at the beach will only enhance the experience. You will then travel to Hoi An, a wonderfully atmospheric town on the lazy Thu Bon River. As you explore the city, you will soon understand why UNESCO deemed its oldest district a World Heritage site. It looks much like an Asian trading port in the 15th to 19th centuries. The timber-frame houses are particularly worth noting, as is the centuries-old Japanese wooden bridge that features a pagoda. You will also see the original street plan, which is completely intact and offers a rare snapshot of an ancient Far Eastern trading port.	This tour involves approximately 45-minutes of yoga practice and 1.75-hours of walking/standing on some uneven surfaces and steps. Tour is not available for wheelchair guests and not recommended for those with walking or mobility concerns.
Ha Long Bay (Hanoi)	Vietnam	HLB-002	Highlights	A CRUISE THROUGH HA LONG BAY	\$119	3.5	MODERATE	Witness the breathtaking scenery from the decks of an iron boat. Gliding through the gin-clear waters of the bay, absorb one of the most magnificent natural splendors of the Far East. Arriving to the pier in Ha long city, begin your fascinating cruise through Ha Long Bay, one of the world's outstanding natural wonders, resembling a geographic work of art with thousands of limestone islets soaring dramatically from the clear emerald waters. This densely concentrated zone of karst islands, world famous for its spectacular scenery of grottoes and caves, is a UNESCO World Heritage Site. See tiny islands dotted with rock arches, sheer cliffs, innumerable white sand beaches and peaceful coves. Like sculpted cartoon characters, these limestone islands have fanciful names: Heavenly Gate, Tortoise Rock, Man Head Rock, The Isle of Wonders, Tea Pot Rock and Devil's Face. A stop is made at impressive Thien Cung Cave, with a chance to climb up. Continue to enjoy this relaxing cruise through the stunning landscape.	Guests who wish to enter the Thien Cung Cave must negotiate approximately 100 steep steps up and down.
Ha Long Bay (Hanoi)	Vietnam	HLB-003	Highlights	WATER PUPPET SHOW	\$109	1.5	EASY	Settle in to a small theatre and watch a classic water puppet show, a unique form of entertainment that has been continuously performed in Vietnam since the 11th century. Water puppetry originated in the Red River delta not far from Ha Long Bay during the monsoon season, when the rice fields flooded. Crops couldn't be planted during that time, so the workers entertained themselves with water puppets. Although the artistry has been refined, the shows are still true to the original intention. The short skits typically reflect village life, events such as weddings and even full-scale battles. Standing waist-deep in water and hidden behind a screen, the master puppeteers manipulate the hand-painted wooden puppets with bamboo poles beneath the water. The strings are inside the puppets, so you never see them as in other forms of puppetry. Several universities in Vietnam teach the art of water puppetry as it takes remarkable skill to bring the puppets to life.	This tour includes limited walking, mainly at the guest's discretion. It is available to guests who utilise a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them. Casual clothing and comfortable, flat walking shoes are suggested.
Ha Long Bay (Hanoi)	Vietnam	HLB-004	Highlights	FULL DAY HANOI	\$289	10.5	MODERATE	Enjoy a definitive look at Vietnam's glorious capital city by visiting a mix of ancient and contemporary sites that reflect the fascinating culture. Although it will take about three hours to reach Hanoi, your visit will be well worth the time. The mausoleum complex where former president Ho Chi Minh lies in state dominates sprawling Ba Dinh Square and offers great insight into his life and lasting influence. Similarly, you will gain a perspective of Buddhism at the curious One Pillar Pagoda and an understanding of Vietnam's military history at Ngoc Son Temple, which is dedicated to a 13th-century war hero. The Temple of Literature is another historical highlight, as it was constructed as a university in 1070 to honour Confucius. Walking through the old quarter of Hanoi further colours the past, while visiting Hoa Lo Prison – the so-called Hanoi Hilton where American POWs were held – brings relevancy to the Vietnam War.	Please note: The drive to and from Hanoi is approximately 2.5 hours each way, dependent upon traffic. There is approximately 2-hours of moderate walking which includes some steps and uneven surfaces to negotiate. The tour is not recommended for wheelchair guests or those with mobility concerns who are cautioned to carefully evaluate their personal level of stamina and ability. Weather appropriate clothing that covers knees and shoulders, sun protection and flat, comfortable walking shoes are recommended. There will be a few occasions when shoes will need to be removed. Photography and video are not allowed in certain areas of Ho Chi Minh's mausoleum. The order of sites visited may vary and photo stops are dependent on traffic conditions. Shopping time in Hanoi will be limited.

Ha Long Bay (Hanoi)	Vietnam	HLB-004OE	Highlights	FULL DAY HANOI	\$369	11	MODERATE	Explorations by Norwegian Exclusive Tour For those travellers who prefer an added measure of intimacy and flexibility, we are pleased to offer our new Explorations by Norwegian Exclusive tours. With a minimum of 10 guests and a maximum capacity of just 16 guests, each tour benefits from a higher level of personal attention and the added flexibility and agility that come from travelling in a small group. Explorations by Norwegian Exclusive tours are available for a specially selected number of tours in almost every port we visit, in every corner of the world. Enjoy a definitive look at Vietnam's glorious capital city by visiting a mix of ancient and contemporary sites that reflect the fascinating culture. Although it will take about three hours to reach Hanoi, your visit will be well worth the time. The mausoleum complex where former president Ho Chi Minh lies in state dominates sprawling Ba Dinh Square and offers great insight into his life and lasting influence. Similarly, you will gain a perspective of Buddhism at the curious One Pillar Pagoda and an understanding of Vietnam's military history at Ngoc Son Temple, which is dedicated to a 13th-century war hero. The Temple of Literature is another historical highlight, as it was constructed as a university in 1070 to honour Confucius. Walking through the old quarter of Hanoi further colours the past, while visiting Hoa Lo Prison – the so-called Hanoi Hilton where American POWs were held – brings relevancy to the Vietnam War.	The drive to and from Hanoi is approximately 3 hours each way, dependent upon traffic. There is approximately 2-hours of moderate walking which includes some steps and uneven surfaces to negotiate. The tour is not recommended for wheelchair guests or those with mobility concerns who are cautioned to carefully evaluate their personal level of stamina and ability. Weather appropriate clothing that covers knees and shoulders; sun cap; sunglasses, sunscreen; and flat, comfortable walking shoes are recommended. There will be a few occasions when shoes will need to be removed. Photography and video are not allowed in certain areas of Ho Chi Minh's mausoleum. The order of sites visited may vary. Shopping time in Hanoi will be limited.
Ha Long Bay (Hanoi)	Vietnam	HLB-005	Highlights	HA LONG COUNTRYSIDE & ZEN BUDDHISM	\$139	5.5	MODERATE	Get a taste of life away from the hubbub of Hanoi by interacting with the residents of a serene Zen monastery and a small rural farm. As soon as you reach the countryside on the outskirts of Vietnam's capital city, you will feel the pace of life slow down considerably. By the time you reach the Truc Lam Giac Tam monastery on the northern shores of Ha Long Bay, you will be in just the right mood to join a restorative Zen Buddhist meditation session. Not far away, you will be welcomed into a typical farmhouse for an enlightening conversation and meal with the family that owns it. You will see how they plant and maintain fruit trees, care for their animals and manage the farm. It will be a genuine, highly personal look at rural life.	Please note: This tour includes approximately 1 1/2 hours of moderate walking and/or standing and 200 steps with no handrails to the Zen centre. Tour is available to wheelchair guests who have a collapsible wheelchair and are able to make their own way on and off transportation. Guests must be self-sufficient or if assistance is required, they should travel with a companion who can provide this. Lightweight, conservative clothing that covers the shoulders and knees will be appropriate. Comfortable, flat walking shoes, a hat, sunglasses and sunscreen are recommended.
Ha Long Bay (Hanoi)	Vietnam	HLB-006	Active	KAYAKING IN HALONG BAY	\$169	4	STRENUOUS	Paddle a kayak through serene Ha Long Bay, an island-dotted body of water of such stunning natural beauty that UNESCO deemed it a World Heritage site. You will reach the sheltered kayaking spot onboard a classic Chinese junk, a style of wooden ship that in late medieval times was the world's most advanced vessel. After easing into the kayak, you will follow the guide through the emerald waters and along some of the countless islands that dot the bay. Eons of erosion have dramatically shaped the limestone karst islands, leaving them with jagged pillars, precipitous cliffs and landscapes that are mostly uninhabitable for humans, but perfect to support an enormous biodiversity of plants and animals. Hawks, sea eagles and even monkeys are often spotted on the islands, which the guide will describe in detail. If the tidal conditions permit, you may paddle into a cave and explore its wonders.	This tour involves an approximately 1.5-hour cruise on board a local junk boat, and a total of 2.5 hours of leisurely kayaking, including stops. Guests will embark their kayak from the ladder of the junk boat. This tour is only recommended for guests in good physical condition.
Ha Long Bay (Hanoi)	Vietnam	HLB-007	Highlights	DINNER CRUISE IN HA LONG BAY	\$249	4	EASY	Cruise through Ha Long Bay at night when the city of Ha Long is most radiant and enjoy a spectacularly entertaining evening. You will sail onboard the Ambassador, a multi-deck cruise ship known for its refined and luxurious ambiance. As the sun sets, the urban landscape will look all the more alluring as the twinkling city lights will be beautifully reflected on the water. The route will take you along the coast of Bai Tu Long – or Baby Dragon Bay – a reference to an ancient legend that claims a dragon fell from the sky and created the limestone islands just off shore to protect the locals from invaders. The setting will be absolutely magical, but you won't want to spend the entire time on deck as a cabaret performance awaits you in the showroom. There is also a DJ playing the latest dance music and a buffet dinner of gourmet Vietnamese cuisine.	This tour is primarily panoramic in nature. It is available to guests who utilise a collapsible wheelchair, can both make their way on and off the coach and have a companion to assist them. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina. This tour may not be exclusive to Explorations by Norwegian guest.
Ha Long Bay (Hanoi)	Vietnam	HLB-1RC	Highlights	REUNION CRUISE - ZEN JOURNEY TO YEN TU MOUNTAIN	\$329	6.25	STRENUOUS	Created exclusively for Explorations by Norwegian' 2019 Reunion Cruise, become immersed in the spiritual tranquility of Yen Tu Mountain, a sacred Buddhist site dotted with serene pagodas. After a detoxifying drink to enhance your state of mind, you will ascend the mountain by cable car, a journey that will showcase the area's stunning natural beauty. A short walk will bring you to the Hue Quang Tower Garden Sanctuary, which contains dozens of stupas and the remains of Zen masters that practiced on the mountain. One of them is King Tran Nhan Tong, who abdicated in the 13th century to spend the rest of his life meditating and founding the Trúc Lâm Zen sect of Buddhism. You will see his statue at the Hoa Yen Pagoda, where you may meditate around the bell tower to experience mindfulness, which will help you focus fully on the present without judgment. Afterwards, you can reflect upon your day over a delicious meal at the Legacy Yen Tu wellness resort.	This tour includes walking over flat and/or stone paved paths including downhill path to the cable car station. There is a total of 408 steps between the sites visited. It is not recommended to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.
Ha Long Bay (Hanoi)	Vietnam	HLB-GL1	Local Discovery	HA LONG BAY THROUGH THE EYES OF A LOCAL	\$179	6	EASY	Visit a Dao community in the mountainous Binh Lieu district, where you will mingle with the residents, whose ancestors immigrated from China beginning in the 12th century. Life here is largely agricultural, and the Daos have terraced the landscape over the centuries to grow rice. After pausing for photos at an expanse of terraced rice paddies, you will visit a highland village and begin your immersion into the Dao's way of life. You will stop in homes and stores to discuss the rural lifestyle and perhaps visit a nursery school. Daos in this area typically raise buffaloes, cows and pigs, which you may have the opportunity to feed. In addition to rice, corn is commonly grown and you will sample wine made from it. You will see many of the crops grown here in an open market, along with spices. The Daos are one of 54 ethnic minorities in Vietnam, and this experience will present a typical day in their lives.	

Ha Long Bay (Hanoi)	Vietnam	HLB-WT1	Highlights	TAICHI & VEGETARIAN LUNCH AT ZEN MONASTERY	\$139	6	EASY	Experience tranquility in a Buddhist monastery on Yen Tu Mountain by practicing tai chi, observing the monks in their daily routine and enjoying a vegetarian meal. The elevated mountain setting is fittingly serene, as you will discover upon entering the monastery grounds. Here, an instructor will lead you in tai chi, a graceful form of exercise that was originally developed in China for self-defence. Today, tai chi is practiced to reduce stress and anxiety and to increase flexibility and balance. Tai chi is often described as “meditation in motion,” as it involves gentle flowing movements that most anyone can follow. At the conclusion of the tai chi practice, you will further explore the monastery and observe how the monks live day to day. You might also see them practicing Zen meditation, which is a significant part of their daily routine. After meandering about, you will enjoy a vegetarian lunch at the monastery.	This tour includes limited walking, mainly at the guest’s discretion. It is not available to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.
Ha Long Bay (Hanoi)	Vietnam	HLB-WT2	Highlights	CRUISING ON THE JUNK WITH MEDITATION	\$239	4.15	EASY	Sail into stunningly beautiful Ha Long Bay on a classic Chinese junk and practice meditation on deck. Steep, craggy limestone islands dot the bay, providing an extraordinary setting to meditate. In fact, Ha Long Bay is so visually spectacular that it has been deemed a World Heritage site. Yoga and meditation instructor Doan Minh Hoan will lead the onboard session, starting with an introduction to Buddhist meditation. She will then share her personal experiences with meditation, ways to increase positive energy, and techniques to enhance peace and happiness from within. While meditating, you will endeavour to become more aware of what you are experiencing moment to moment, without judgments or any thoughts about past or future concerns. Gentle sea breezes and the sounds of nature will enhance the experience. Free time follows, during which you may take in the beauty of the bay and the visually stunning limestone islands. A flavourful vegetarian lunch follows.	This tour includes limited walking, mainly at the guest’s discretion. It is not available to guests who utilise a wheelchair. Those guests with mobility concerns are cautioned to evaluate their personal level of ability and stamina.
Hong Kong	China							Description Pending	



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