



# alumni UBC

## CULINARY VIETNAM

November 1 - 14, 2017

### OVERVIEW

"An com chua?" "Have you eaten yet?" is a traditional Vietnamese greeting. And eat we shall as we explore Vietnam from north to south. Whether you're a food enthusiast, a photographer, or in search of a more authentic way to experience Vietnam, this is the trip for you. Each day delivers new sensations, a mix of gastronomic, scenic and cultural experiences:

- Tour street food stalls with a resident foodie
- Dine at a Canadian chef's top Hanoi restaurant
- Discover Hoi An's ancient architecture
- Visit pepper plantations on the gorgeous island of Phu Quoc
- Roll up your sleeves in formal and home-style cookery classes
- Hike and meet tribal villagers in super-scenic Sapa

The signature tastes of Vietnam are the signposts along our route; find your favourite pho, (should be beef be boiled, stir fried or grilled?), discover the traces of French influence in the baguettes used for Bánh mì, restore your energy with the addictively delicious iced coffee, cà phê sua đá. We'll dine in fabulous small cafés, traditional and fusion restaurants and favourite street stalls.

Study leader Paula Swart will explore topics such as Vietnam's complex history, its tribal groups, the energy of its economy, and its lively contemporary art scene. Our local guides will introduce important temples and monuments in vibrant cities and traditional villages. All of this against a backdrop of stunning scenery from the psychedelic greens of Sapa's rice terraces to the remote turquoise waters of Phu Quoc Island.

We're staying in a carefully selected mix of small boutique style hotels in city centres and beautiful resorts beside rivers and oceans. We'll be travelling by plane, train, small coach and tuk-tuk. Most meals and all activities are included. To complete this trip, we suggest you consider adding a visit to Siem Reap visiting the landmark 'must-see' Angkor Wat and the alluring, more remote temples of the jungle.



### STUDY LEADER

Paula Swart is a lecturer at the University of British Columbia and curator of Asian art. She is a Board Member of the Canadian Society for Asian Arts and has published scholarly articles in 'Arts of Asia'. Paula has been introducing travellers to Vietnam and its splendid cuisine for more than 20 years.

TRAVEL ARRANGEMENTS BY:



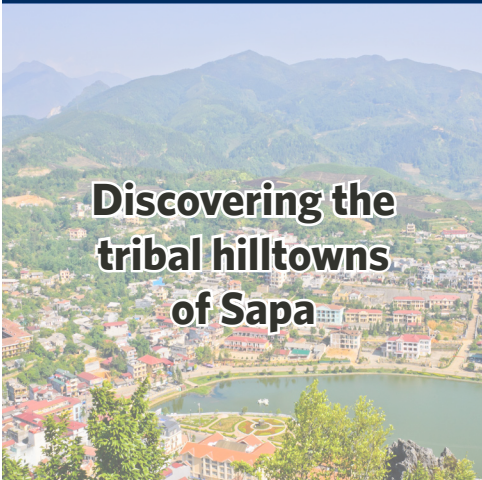
# SIGNATURE MOMENTS



Learning all about rice in the Mekong



Getting the perfect pho recipe



Discovering the tribal hilltowns of Sapa



Going to market in Saigon



Sampling street food in Hanoi with a resident foodie

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### DAILY ITINERARY

Wednesday Nov. 1: Arrive Hanoi

Vietnam is one of the world's great destinations, filled with beautiful landscapes, amiable people, and a culture that has bent to many winds yet has remained deeply rooted in its traditions. You will be met on arrival and transferred to our hotel with the afternoon free to rest up before our briefing and welcome dinner this evening.

*Overnight: Silk Path Boutique Hotel, Hanoi*

*Meals: Dinner*

Thursday, Nov. 2: Hanoi: Cooking class

Roll up your sleeves this morning to join a cookery class and prepare some old Hanoiian favourites like caramel pork, banana flower salad, and prawn and omelet spring roll. This afternoon explore the Old Quarter of the city where a deep appreciation for thinkers and artists in society is still felt. This part of the city is known as Pho Co (36 streets). The name dates back to the 1200s when every form of craft, from potters to metal smiths formed guilds and practiced their trade on single blocks.

*Overnight: Silk Path Boutique Hotel, Hanoi*

*Meals: Breakfast, Lunch*



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### Friday, Nov. 3: Hanoi Street food, overnight train to Sapa

Join a specialist food writer for a street food tour. Start the day with the locals enjoying Hanoi's celebrated beef and rice noodle soup, Pho. Then, continue to a local market to taste some of the ingredients used in the local cuisine and to watch the busy buying and selling rituals. There are fantastic photo opportunities in this bustling, vibrant and colorful scene. Stop for Vietnamese ca phe (coffee) or tra (tea) at a sidewalk café in the historic French Quarter, snack on pho cuon, a grilled beef and rice noodle roll, lunch on bún cha and end with bia hoi, where they serve fresh draft beer and tasty snacks. In the late evening, we board the train for the overnight journey to Sapa.

*Overnight: Victoria Express Train (superior 4-berth sleeper compartments)*

*Meals: Breakfast, Lunch, Dinner*

### Saturday Nov. 4: Sapa

Arrive into Lao Cai early this morning and have breakfast at a local restaurant. Visit the weekly Can Cau Market where minorities such as Flower Hmong, Black Zao and Phu La ethnic groups from surrounding villages gather to buy and sell an array of products. After lunch in Bac Ha town, head out toward Lao Cai, then drive to the former French hill station of Sapa via a panoramic winding road through the terraced mountainsides. En-route, there are opportunities for walks and hikes along the trail in the Ta Phin Valley, home of the Red Zao families, famous for their handicraft skills.

*Overnight: Victoria Sapa*

*Meals: Breakfast, Lunch, Dinner*

### Sunday, Nov. 5: Sapa

This morning enjoy a cooking class in a mountain lodge overlooking the beautiful Muong Hoa Valley and terraced rice fields. Start with a walk around the market to select the ingredients and then get into the kitchen to prepare a flavourful North Vietnamese meal. In the afternoon take a walk in the town of Sapa and explore the valley, visiting the small communities of Cat Cat and Sin Chai where Hmong people have settled. It's a spectacularly scenic area.

*Overnight: Victoria Sapa*

*Meals: Breakfast, Lunch, Dinner*



Egg pan

### Monday, Nov. 6: Overnight train to Hanoi

Travel back to Lao Cai today, either by road or by foot; there is a beautiful walking path to Sa Seng Village which leads through a narrow valley between two high mountains, and then a pretty trail to Hang Da Village. There are spectacular photo opportunities here and the landscapes are dramatic. If you would prefer there is the option of travelling by coach. After dinner at the railway hotel, board the train to back to Hanoi.

*Overnight: Victoria Express Train (superior four-berth compartment)*

*Meals: Breakfast, Lunch, Dinner*

### Tuesday, Nov. 7: Fly to Danang, drive to Hoi An

Arrive into Hanoi early this morning and have breakfast at a local restaurant. Transfer to the airport for the short flight to Danang and the drive to Hoi An. There is time to relax in our gorgeous resort this afternoon or venture out to discover the silk tailoring shops the city is famous for. Dinner this evening is at one of Hoi An's most interesting restaurants featuring a creative Vietnam-Latin American-Japanese fusion!

*Overnight: Anantara Hoi An Resort, Hoi An*

*Meals: Breakfast, Dinner*

### Wednesday, Nov. 8: Hoi An

Hoi An is famed for its architecture and relaxed lifestyle which have changed little over the years. A leisurely walking tour is the best way to see this ancient town center and visit the former merchants' homes, the four-hundred-year-old Japanese Covered Bridge, and a Chinese Communal Hall. We'll also visit with local fisherman to learn how to spread a traditional Vietnamese fishing net, called a thung chai, from a small round bamboo basket boat.

*Overnight: Anantara Hoi An Resort, Hoi An*

*Meals: Breakfast, Dinner*

### Thursday, Nov. 9: Hoi An

Start the day with a visit to Hoi An's colourful market to experience the amazing sights, sounds and aromas and learn about the local fruits, vegetables, herbs and spices. Then enjoy a cooking class featuring a selection of street food dishes at Ms Vy's Market Restaurant. Ms Vy is a local celebrity and an expert on the cuisine of Hoi An. Enjoy the fruits of our labour over lunch and then the afternoon is free to relax at the resort or browse in Hoi An's art galleries and silk shops.

*Overnight: Anantara Hoi An Resort, Hoi An*

*Meals: Breakfast, Lunch*

### Friday, Nov. 10: Fly to Ho Chi Minh City

Transfer to Danang Airport for the short flight to Saigon. Get to know the city this afternoon in a walking tour along Antiques Street (Le Cong Kieu), where genuine antiques are mixed in with genuine fakes: Aladdin oil lamps, carved wooden chests, opium pipes, abacuses, etc. Visit the Beau-Arts Museum, a superb neo-colonial building home to various modern arts. Explore the art galleries surrounding the museum, where local artists display their talent. A visit in Ho Chi Minh City would not be complete without a taste of its best ice cream - Fanny's, a quaint little French parlor

offering everything from durian to lychee sorbet.  
*Overnight: Liberty Central Riverside Hotel, HCMC*  
*Meals: Breakfast, Lunch, Dinner*

#### **Saturday, Nov. 11: Floating markets of the Mekong**

A two-and-a-half-hour drive takes us to the Mekong Delta town of Cai Be where we board the Mekong Queen to explore the Delta. Start at the colourful Cai Be floating market, then cruise to Dong Phu, Binh Hoa Phuong, and Anh Binh Islands, lush green islands set in the large networks of meandering rivers, crossed with countless arroyos. Lunch awaits us at a lovely colonial style villa serving 'elephant ear fish' grilled then wrapped in rice paper together with fresh herbs. After lunch, it's back on board to discover the beautiful landscapes along the river. Head back to Ho Chi Minh City by road at the end of the day.

*Overnight: Liberty Central Riverside Hotel, HCMC*  
*Meals: Breakfast, Lunch*

#### **Sunday, Nov. 12: Fly to Phu Quoc Island**

This morning's cooking class features some essential Vietnamese dishes such as Grilled Pork Chops, Vietnamese Pancake with Mung Bean, Pork and Seafood Stuffing, Chicken Breast with Spicy Sauce and Sweet Basil, as well as how to cook a multitude of different rices. After lunch, transfer to the airport for the short flight to Vietnam's Phu Quoc Island. On arrival we transfer to our gorgeous seaside resort for a two-night stay.

*Overnight: La Veranda Phu Quoc Resort*  
*Meals: Breakfast, Lunch*

#### **Monday, Nov. 13: Phu Quoc Island**

Phu Quoc is most famous for its production of nuoc mam, the fish sauce that is an essential part of any meal in Vietnam. There are numerous variations on the proportions of fish sauce, lime juice, water, crushed garlic, and chilies, as well as additions (such as ginger), and we'll get the secrets today in our visit to some local producers. The island is also famous for its pepper plantations; there was a time when every French table had a shaker of Phu Quoc's finest. Visit a producer to see how pepper is harvested and prepared. Celebrate our Vietnam Culinary Tour with a seaside dinner this evening.

*Overnight: La Veranda Phu Quoc Resort*  
*Meals: Breakfast, Lunch, Dinner*

#### **Tuesday, Nov. 14: Fly Phu Quoc to Ho Chi Minh City, depart**

Morning at leisure before the transfer to Phu Quoc Airport for our return flight to Ho Chi Minh City to connect with our departure flight home. Or consider extending your stay with our visit to Siem Reap to explore the magnificent site of Angkor Wat.

*Meals: Breakfast*

*Note: The itinerary and accommodation described in this tour brochure are subject to change due to logistical arrangements and to take advantage of local events.*

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## **Optional Post Tour Extension to Siem Reap**

#### **Tuesday, November 14: Fly to Siem Reap**

Fly from Ho Chi Minh City to Siem Reap, the historic Cambodian city, home to the remarkable temples of Angkor Wat. Begin our explorations at the Rolous Group of temples, the earliest examples of the great Khmer temples.

*Overnight: Lotus Blanc Hotel, Siem Reap*  
*Meals: Breakfast, Dinner*

#### **Wednesday, November 15: Angkor Wat and Ta Prohm**

Visit the world's largest religious temple, magnificent Angkor Wat, considered a masterpiece of Khmer architecture. The temple has been occupied continuously by Buddhist monks and is well preserved. Visit the Temple of Angkor Tom with its stunning Bayon Temple in the exact centre of the city. This 12<sup>th</sup> century masterpiece is a study in grandeur, famous for the 54 towers with four enigmatically smiling faces. Then visit the magical Ta Prohm temple, built in the mid-12<sup>th</sup> to early 13<sup>th</sup> centuries. Ta Prohm is unique in that it has been left largely as it was found: overgrown by jungle trees and vines, with many parts of the temple crumbling to the ground.

*Overnight: Lotus Blanc Hotel, Siem Reap*  
*Meals: Breakfast, Lunch*



#### **Thursday November 16: Beng Mealea, Banteay Srei**

This morning, travel out to Beng Mealea. Due to its location outside the main temple area, it is rarely visited, but it is one of the most spectacular of all Angkor Temples. Its towers and walls are completely collapsed and the temple is dominated by jungle with trees and vines covering the buildings and emerging from doorways. Banteay Srei, the citadel of women, is a tiny, enchanting temple built of red sandstone and is the most Indian of all the temples here. Back in Siem Reap, there is time at leisure before dinner.

*Overnight: Lotus Blanc Hotel, Siem Reap*  
*Meals: Breakfast, Dinner*

#### **Friday, November 17: Depart Siem Reap**

We are transferred to the airport for homeward bound flights.  
*Meals: Breakfast*



## HOW TO BOOK

Please contact Amanda  
at the Worldwide  
Quest Office.

1-800-387-1483

## TOUR DETAILS

**Tour Cost (per person):** US\$4495

Taxes and Gratuities (per person): US\$280

Single Supplement: US\$1395

*If you are travelling on your own and would like to share accommodation, we would be happy to try to match you with a suitable roommate. If we are unable to do so, the single cost applies.*

**Group Size:**

Limited to 16 participants

**What's Included:**

- Arrival and departure transfers at destination for passengers arriving and departing as per the group itinerary
- Accommodation based on double occupancy in hotels listed or similar
- Meals as specified in the itinerary
- Four cooking classes
- Full program of food tastings and food producer visits
- All internal transportation by comfortable air-conditioned coach
- Internal flights (Hanoi/Danang, Danang/Ho Chi Minh City, Ho Chi Minh City/PhuQuoc/Ho Chi Minh City)
- Bottled water on coach
- Services of specialized English speaking guides
- All entrance fees for group services
- Gratuities for escort, local guides, drivers, hotel and group meals (as indicated above)
- Taxes (as indicated above)
- Fully escorted by Paula Swart

**Not Included:**

- Roundtrip airfare from your home to join the tour
- Meals other than those mentioned above
- Beverages with meals
- Fuel surcharges, if applicable
- Excess baggage charges
- Items of a personal nature
- Travel insurance
- Additional arrangements required due to any emergency or other situation
- Any item not mentioned in "included features" above

**Payment Details:**

A deposit of US\$500 per person is required to reserve your space on this tour. A payment of US\$1000 is due six months prior to departure. The balance is due 90 days prior to departure.

### Angkor Wat Extension

**Tour Cost (per person):** US\$1095

Single supplement: US\$350

**Group Size:** Minimum 2 participants

**Tour Cost Includes:**

Internal Flight: Hanoi / Siem Reap, accommodation on twin share basis in hotels listed or similar, meals as specified in the detailed itinerary, sightseeing with qualified English-speaking guides, all transportation by private vehicle, all entrance fees, Cambodia Visa Fee and fast track service (please bring one passport size photo), this extension is locally escorted – gratuities are NOT included.

**Payment Details:**

A non-refundable deposit of US\$500 per person is required to reserve a place on this tour. A second non-refundable deposit of US\$1000 per person is required 120 days prior to departure. Final payment is due 90 days prior to departure.

# WHAT TO EXPECT

## Joining Instructions

This tour begins with our briefing and welcome dinner at 5PM on November 1<sup>st</sup>. Please ensure that you arrive in Hanoi by 3PM to join the group. When you make flight arrangements or any pre-trip night booking with Worldwide Quest, your transfer from the airport to our group hotel on arrival is included. If you are making your own flight or pre-trip hotel arrangements, this transfer can be provided at additional cost. The tour concludes with a single complimentary transfer from the hotel to the airport on November 14<sup>th</sup>. Please contact us to verify timing of this transfer prior to making any flight arrangements.

## Level of Activity: Moderate

A good level of fitness is important for this trip. You must be comfortable walking on uneven terrain and irregular paving and climbing stairs for at least two hours at a stretch. In many places access to sites is only on foot. Shoes must be removed to enter some temples.

## Accommodation

We stay in a carefully selected mix of small boutique style hotels and comfortable resorts; in Hanoi, a modern hotel in the historic quarter; in Sapa a hilltop chalet style resort; in Hoi An, a French colonial-style riverside hotel a short walk to the historic centre; in Saigon, a four-star riverside hotel and in Phu Quoc a gorgeous five-star resort set on a private beach. Most hotels have swimming pools. Please note that not all hotels have elevators.

## Transportation

We will be travelling in a comfortable air-conditioned vehicle driven by a professional driver. This tour includes four internal flights. We will travel by overnight train between Hanoi and Sapa – accommodation on the train is in four-berth compartments.

## Weather

We expect a mix of sun and cloud with average daytime temperatures of around 24°C and overnight lows of about 20°C.

## Travel Documents

You will require a passport for this trip. Please ensure it is valid for at least 6 months beyond your scheduled return home. Canadian citizens and most other foreign nationals require a tourist visa for Vietnam and Cambodia. The Vietnam visa may be obtained on arrival by completing documentation prior to departure. The Cambodia visa may be obtained on line prior to arrival. We will provide instructions for visa applications.

Updated August 2, 2016

# ADDITIONAL INFO

## Terms and Conditions

For additional information about our terms and conditions, please refer to your booking form, the current brochure or our website. All participants booking with Worldwide Quest are covered by the terms of the Ontario Travel Industry Act (Worldwide Quest International, Ontario - License # 2667946).

## Cancellation Policy

All payments are non-refundable, however you may transfer your initial deposit for any land tour to another tour 90 days or more prior to your scheduled departure date. Initial deposits for cruises are non-refundable and non-transferable. Your second payment and your final payment are non-refundable and non-transferable. If you cancel within 90 days prior to trip departure, all associated trip costs are non-refundable. The tour price is quoted as a package. No partial refunds or credits will be given for services not used. In the event of a cancellation, you must notify Worldwide Quest immediately and in writing.

## Travel Insurance

We urge you to ensure that you have adequate cancellation and medical insurance in place, should an unexpected event cause you to cancel or interrupt your trip or should the tour not be operable per our terms and conditions. We will offer you Manulife insurance coverage. Medical insurance including emergency medical evacuation coverage is mandatory on all our tours.

## Travel with *alumni UBC*

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Indulge your curiosity as we take you to unique places you've always dreamed about.

UBC experts and knowledgeable local hosts provide context. That allows you to develop a deep connection to the people you meet and the cultures, cuisines and landscapes you're exploring.

- Best value in educational travel
- Meaningful local experiences
- Thoughtful itineraries

See our complete list of tours at:  
[WorldwideQuest.com/alumniUBC](http://WorldwideQuest.com/alumniUBC)



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