

# 越走 “越南”



## 对

越南最初的印象，是来自杜拉斯笔下的《情人》和罗宾·威廉姆斯主演的《早安，越南》。尤其是杜拉斯细腻的描述，一直令人心向往之：湄公河畔，如花盛开的少女，还有那段凄美的爱情。直到多年后亲自走了一遭，才了解到除了湄公河畔的情人，越南还有许多的美妙之处。

### 越南印象

“一根扁担挑着两担稻谷”，越南人用这简单明了的十个字形象生动地描绘自己国土的独特之处。如果仔细看越南国家的地图，端详它的地理位置与地形地貌，就会发现这根扁担指的

是安南山脉。山脉的东方是一条狭窄的沿海平原。越南国土两头宽，中间细，从北向南呈细长的S形，东西最宽处是从与中国东兴市接壤的芒街到西北的越老边境，长600公里。最窄处在中部的广平省，仅50公里。北方的扁担是肥沃的红河三角洲，每年有两次稻米收成。南边则是宽大多沼泽的湄公河三角洲，更是世界的米仓之一。越南也因此成为不折不扣的世界第二大米出口国。

越南纵跨15个纬度，地区间的气候自然有所差异，但是由于其全部国土都在北回归线以南，除个别高山地区以外，基本上属于热带季风气候。日照充足，气温较高，湿度较大。越南的夏天虽然白天很热，但是由于绝大部分地方离海不超过100公里，所以晚上都能享受习习凉风。越南的雨来得猛去得快，很少有连绵

印象中的越南，一直就像穿着奥黛的越南姑娘一样迷人。其实，越南的魅力更在于她人文景观的独一无二以及现代旅游的欣欣向荣



A Fishing Village at Halong Bay

阴雨的日子。越南雨量充沛，树木生长茂盛，全国到处都绿油油的。

## 越南的多元化色彩

融合了东方的神秘色彩和法国的浪漫风情，独特的越南文化发展到今天，曾受到多种因素的影响：中国古代文化的直接熏染构成了越南文化的基本色调；长期的法国殖民统治留下了难以抹去的欧洲文化痕迹；日本和美国的先后入侵也留下了深深的文化印记；越南人民则通过自己的智慧和辛劳创造出了富有特色的民族文化。

值得一提的是，胡志明曾经说过，“越中文化同出一源”。联系到中越文化自远古时期便已开始的交流与互通，联系到汉字在越南的久远传播和影响，联系到今天越南各



Sea-facing Spa Villa at Life Wellness Resort Quy Nhon

地随处可见的中国庙宇、祠堂、牌匾，这种感受便格外强烈。中国文化在越南最为典型的代表当数河内的文庙，它见证着越中文化的交流，记载了越南人民对于中华民族文化的珍视与尊重。今天的文庙位于河内市的中心地带，占地24,500平方米，据说是中国境外最古老也最宏伟的孔庙。文庙四周高墙环绕，里面亭台楼阁，雕梁画栋，给人以非常庄重肃穆之感。

## 越南特色

在越南流传着一句话：绿色帽子上戴，人力车夫后面踩，女人手帕脸上盖，花钱要用大麻袋。每个到过越南旅游的人都能充分体验到这只有在越南才能看到的有趣现象。所谓绿色帽子其实是过去越南军队的军帽，既可以遮阳挡雨，还可以当水瓢使用。除了实用，也是对军人的尊重和怀念，越南男人们至今都还习惯戴这种帽子。越南街头旅游设施人性化且创意多，比如人力车夫在载客的时候可以在游客身后从容介绍，游客则在前面优哉游哉。至于越南女人，特别是穿着奥黛的女子，鹅蛋脸，柳叶眉，婀娜多姿，羡煞旁人。但在越南街头能看到的更多的是用手帕、丝巾、围巾等遮盖脸部的越南女人。其实这种现象源于越南炎热的天气，保护皮肤。不过，让国外游客，特别是中国游客感觉最爽快的还是在越南购物，因为越南人民似乎把人民币视为硬通货，所以到处都可以使用人民币。而且人民币和越盾的汇率为1:2956，每每购物都出手“阔绰”，令很多中国游客戏称“过瘾”。

此外，在越南，不得不提的是巨大震撼的摩托车群。这是越南一大交通特色。越南当之无愧是摩托车之国，路上到处都是骑着

摩托车的人，而且速度奇快。越南小汽车不多，公交车也不多，取而代之的是数不胜数Hongda(越南人民对摩托车的称呼，也指本田车的本田日文读音)。在每个街口，绿灯一放行，铺天盖地的摩托车就飞驰而过(不是电瓶车)，还带有轰然的光生效果，让人想起了上海马戏城里摩托飞车表演的惊险。不要以为这是时尚年轻人的专利。在越南的胡志明市，这是全民交通工具，一如80年代中国北京的自行车大军！年轻人们晚上似乎都不习惯早早地回家，男男女女或坐在摩托车上，或坐在草地上，谈情说爱。到越南旅游的游客可以大胆尝试一下“摩的”，一定刺激无比！

## 越南旅游的华丽转型

越南是一个古老而美丽的国度。说她古老，是因为越南历史悠久，从公元十世纪初就建立了独立自主的封建王朝。说她美丽，更是有数不尽的自然美景和历史文化古迹。但勤劳、友善、聪明的越南人似乎并不满足于此：趁着近二十年的经济改革以及入世(WTO)的良机，越南的旅游业也如雨后天春笋般迅猛发展。摆脱掉经济弱势的阴影后，越来越多的国际精品酒店进驻越南。如此，在越南，人们不仅仅可以经济实惠地畅游，还有了更多奢华精致的选择。

传统印象里，越南旅游业的重心一直偏向西方市场。自从2008年全球金融危机后，美国和欧洲普遍受到严重影响，越南旅游业一度遭受重创，停滞不前。当然，聪明的越南人随即将目光转向亚洲，特别是中国市场，这一举又重新为越南旅游注入鲜活动力。中国已然成为世界最大旅游消费国，越南毗邻中国的地理优势令它成为中国各大城



Ana Mandara Villas Dalat Resort

市居民旅游度假的一大热点国家。中国人赴越南游以每年25%的速度递增，远远超过西方国家赴越游的热情。不仅如此，中国人在越南旅游已经不止于走马观花式的游览，除了北部那些著名的旅游景点外，他们更喜欢自己在越南其他地方发掘更多的惊喜。与此同时，越南旅游局也将对华旅游重点定位在越南独特的历史文化古迹的游览上，以此来吸引更多的中国游客。

越南的水疗业也得益于这次的旅游转型。2008年至2010年间，越南水疗行业增长了11%，而且已呈现出继续增长的强劲之势。但越南水疗不同于诸如巴厘岛、曼谷这些已有悠久水疗发展历史和传统的城市。实际上，水疗之于越南还是一个新鲜事物，寻找或者培养自己当地的理疗师还是个长期的挑战。幸运的是，随着越来越多奢华精品酒店陆续入驻越南，为越南旅游业带来良性竞争，并且刺激整个行业的提高和创新。

也许在十年前，在越南享受一场奢华旅游几乎是不可能的，人们通常一想到去越南似乎就是去体验那里的乡土风情。但是，如今的越南今非昔比，不仅让过去不敢想的成为现实，更能让游客体验到只有

在越南这样美丽的国家才能看到的惊艳和历史文化古迹。

## 越南北部旅游

### 河内索菲特传奇大都市酒店

越南首都河内终年树木常青，鲜花盛开，风光秀丽，有“万花春城”之称。它以东西方文化的并存与兼容而具有的特殊风格吸引着世界各地的游客。如果游客想重温陈年的奢华与浪漫，便可以去到河内索菲特传奇大都市酒店，一幢标准法式风格建筑。酒店保留了原有的宏伟外貌和典雅的内部法式装潢。二十世纪以来，这座历史悠久的豪华地标就担负起接待各国元首的重任。而且由于距离久负盛名的河内歌剧院仅160米，许多著名的剧作家也时常下榻于此。为了更好地迎合现代消费者的需求，酒店又引入了Le Spa，经典法式支那半岛风格的内饰和不同主题套房可满足不同客人的水疗需求。

### 豪华仿制邮轮

#### The Emeraude

中国著名诗人萧三在访问越南时作的《下龙湾赋》中写有“不到下龙湾，不算到越南”

之佳句。此处距离河内160公里的“海上桂林”下龙湾，是喀斯特地形最瑰丽的一片地区，被联合国教科文组织确定为世界八大自然遗产之一。传说中下龙湾有1,969个形状、大小各异的石灰石柱，就如同龙珠一般星罗棋布地闪烁在海面上，每日都能吸引成百上千的游客来此一饱眼福。Emeraude，一艘殖民地时期明轮的仿制品，内有36个舱位，这是目前为止游客游下龙湾最奢华的观光体验。若能有幸入住船头甲板上带有私人观景台的套房，当晚上星光与海水交相辉映的时候，游客便可伴着古典的背景音乐，吹吹清凉的河风，再啜上一口地道的法国红酒。若有兴致，还可享受一番甲板上别有味道的水疗，时间就仿佛穿越回过去，浪漫悠哉。

## 越南中部旅游

### Fusion Maia Da Nang

岘港作为越南中部地区最大的城市，不管游客是以海陆空哪种交通方式到达这里，它都是到达越南中心腹地的必经之地。在岘港新增的奢华度假酒店中，Fusion Maia Da Nang可能是第一个设在乡下，但又同时拥有几乎所有概念水疗的海滩度假村。这就意

意味着旅客可以任意享受水疗而不需要再额外预订和支付更多费用。酒店还提供八十间套房，四个带有独立水疗套间的别墅和三个海滩别墅。

## 会安遗产度假村

从岷港到会安仅有30公里的路程。这是一个古老的小镇。在这里，时间仿佛凝结在了十七世纪，那个时候来自中国和欧洲的商人还是在摇摇晃晃的小船里乐此不疲得谈着生意。在这里，你会在不经意间看到一些遗留在小镇角落里的几世纪前的古老店铺，庙宇以及中国宗族的老房子。不要小瞧了这些破旧的房子，它们都被联合国教科文组织列入到世界文化遗产中。站在历史的边缘，可以步行，也可以骑车，这座遗产度假村就像一个中转站，为游客探索这些古老的小巷或者古建筑提供诸多方便。在这里，每每清晨都会早早地传来诸行河上懒洋洋的渔船声，这是当地人在为游客摆渡过河，相比起以前单纯的捕鱼生活，这样倒是更来得实惠逍遥。

## 越南南部旅游

### 胡志明市西贡柏悦酒店

如果是在一个晴朗的炎炎夏日走进西贡柏悦酒店，柔和的灯光与细腻的木护墙板会让你渐渐放松下来，这就是原法国殖民地的魅

力。每个房间都布置有殖民地时期的家具，墙上布满黑白古董相片，营造出高雅怀旧的氛围。这种舒适的感觉一直向上延伸到三楼的“玄”水疗。七个理疗房间全部采用古老的越式木质家具做装饰，其中一间还带有独立淋浴室和法国维琪浴按摩。躺在专用的维琪浴床上，利用数个活动水龙头冲刷身体，通常作为海藻裹体、红藻擦拭、泥浆疗程、去角质疗程等的组成部分。不仅可以吸取护肤品残留，也可舒缓身心，促进新陈代谢。

### 大叻宫殿酒店

1893年，法国殖民总督在这个湖泊、瀑布、松林众多的小山丘仿照法国巴黎的样子修建了“小巴黎”。如今，仅用一个小时就可以从胡志明市飞到大叻。由于这里常年温度宜人，平均气温在18°至25°之间，成为越南南部最受欢迎的旅游胜地。现在的大叻宫殿是由原来的索菲特宫殿改造而来，位于大叻的心脏地带，可俯瞰春香湖的美景。如今在当地政府的管理下，这座已有90年历史的法式殖民地风格的建筑变成了小镇最宏大的酒店，并且拥有一个私人高尔夫球场。酒店内部古典的装潢，能使人想起法国文艺复兴时期的古典绘画与巨大的吊灯，甚至是在新年点燃的温暖舒适的壁炉。走进酒店房间，还能看到古典的四柱卧床，浴室里更是装有历史悠久的黄铜水龙头和欧式独立浴盆。

## 越南与中国

自古以来，越南与中国山川相连，唇齿相依，关系密切。

中越两国是友好邻邦，两国友谊源远流长。越南从公元前2世纪就纳入中国汉朝的版图，从此受中国封建王朝统治一千多年之久，中国文化也随之传播到越南，越南长期使用汉字。由于受中国传统和文化的影响，越南的文化习俗与中国相似。民间传统节日主要有春节、清明节、端午节、中秋节、盘古节和送灶王节等。春节是越南民间最盛大的节日。

越南与中国有着如此深厚的渊源，在生活习惯上，特别是饮食习惯，口味偏重于清淡，与两广人有过之而无不及。越南菜有别于东南亚其他国家的菜品而独树一帜，结合了中国、法国、南洋风味的越南菜，集大家之所长，而又保持着自己独特的味道。越南的首席调味品鱼露，最被人熟知且内容丰富诱人的米粉和春卷，一番品尝之后，味蕾如同经历过一次清淡多味之旅。还有，不要忘了品尝最具代表性的越南滴漏咖啡，感受一下越南式的浪漫。

沿着越南的狭长路线，一路向南。从河内、岷港到会安、顺化，从美景如画的芽庄、大叻、美奈最终到达胡志明，越往南景色越美越独特，越往南美食越品越美味，越往南心情越走越灿烂。所以，背起背包，让我们一起越走越“越南”！



**Pete Wong**

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Muhibah (文莱航空) 杂志上，并为新加坡版男士健康撰写专栏。从2005年开始Pete开始担任AsiaSpa Awards的评委。目前居住在伦敦，新加坡和马尔他。

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# A Luxury Wellness Journey Across Vietnam

*Vietnam has always been impressive, but Vietnam's charm lies more with her unique cultural landscape and the flourishing of modern tourism. Pete Wong explores special tourism in Vietnam*



Halong Fish Market

**A**fter 20 years of economic reforms and entry into the World Trade Organization (WTO) in January 2007, Vietnam is inviting tourists to visit and see for themselves that the country is no longer the economic backwater it was once thought to be. While some may still think that Vietnam caters more to budget travelers, the fact is the country has over the last 10 years built up a string of luxury resorts and five-star accommodations to satisfy even the most discerning of travelers.

In the past, the focus was mainly on western tourists and many luxury hotels were built with this group of travelers in mind. When the global financial crisis hit in 2008, affecting mostly

the US and Europe, Vietnam's tourism industry ground to a halt. Travel and tourism is now picking up momentum again but the tourism authority is now increasingly looking towards Asia and China in its marketing efforts. The Vietnam National Administration of Tourism (VNAT) is aware that China has become the world's largest source of tourists and has stepped up its effort in promoting Vietnam as a holiday destination with advertising in major Chinese cities. According to industry experts, the number of Chinese visitors to the country is growing at a rate of 25 percent annually and many are spending more than their western counterparts. They are also spending more days in Vietnam and are exploring other parts of the country besides the northern provinces.



Boats and Islands in Halong Bay Northern Vietnam

VNAT is counting on Vietnam's unique culture and history, which is closely linked to China's, to attract Chinese tourists.

The spa industry is also benefiting from this growth. According to a report from research company Intelligent Spas, between 2008 and 2010 the industry grew by 11 percent although many feel that the rate of development could be better. Unlike destinations like Bali or Bangkok, which have had a long history and tradition in spa therapies, spa in Vietnam is still a relatively new phenomenon and finding and training local spa therapists remains a big challenge. Fortunately, the situation is improving as more luxury hotels and resorts come into the country, creating competition and spurring the industry to upgrade and innovate.



Ana Mandara Villas Dalat Resort

While it may have seemed improbable a decade ago, a luxury wellness journey across Vietnam is not only possible now, it could be the next big thing for travelers looking for a dose of culture and unique experiences that only this beautiful country can offer.

## North Vietnam

### Sofitel Legend Metropole Hanoi

What the capital city of Vietnam has, that no other Asian city can lay claim to, is a unique character borne out of a rich blend of history combining Chinese, French and Vietnamese influences. For an experience of old-world luxury, you would be looking at the Sofitel Legend Metropole Hanoi, built in French-colonial architectural style. The hotel is a celebrated landmark often used to host heads of state and famous playwrights since 1901. Recognizing the needs of modern-day travelers, the hotel has recently added the Le Spa du Metropole to offer holistic rituals. The spa features classy French-Indochina interiors and individual theme rooms in color schemes to suit different personalities.

### The Emeraude

No visit to Hanoi would be complete without an excursion to Halong Bay, located 160 kilometers east of Hanoi. The legendary bay features 1,969 islands in various shapes and sizes forming a spectacular landscape of limestone pillars on the sea. A World Heritage site, Halong Bay attracts hundreds of visitors daily. By far the most luxurious experience would be an overnight cruise on board the Emeraude, a 36-cabin replica of a colonial-era paddle steamer. The best view is, of course, from one of the suites located at the bow

of the ship which comes with a private viewing deck. Guests are pampered with delicious cuisines, French wine, classical music in the background and even onboard spa treatments, a recent addition. Cruising on the Emeraude is like going back in time to the days of the French colonial era.

## Central Vietnam

### Fusion Maia Da Nang

Danang is not only the largest city in central Vietnam, it also serves as a gateway for visitors to the central region, whether they are coming in by air, sea or rail. Joining the growing list of luxury resorts in Danang is the all-new Fusion Maia Da Nang, a beach resort which offers an all-inclusive spa concept, possibly the first in the country. That means guests checking in here are also entitled to spa treatments without separate bookings and additional payments. The resort offers 80 pool suites, four spa-view and three beach-view villas, all with modern open-plan living and courtyard with private swimming pool.

### Life Heritage Resort Hoi An

From Danang it's only 30 kilometers to Hoi An, an ancient town frozen in time during the 1600s when Chinese merchants and European traders would be striking up deals in rickety boats along the river. Here you will find century-old shophouses, temples and Chinese clan houses preserved in a section of town recognized by UNESCO as a World Heritage site. Poised at the fringe of the ancient district, Life Heritage Resort Hoi An makes a good staging post for you to explore the old alleys and buildings,

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either on foot or on a bicycle. At Life Resort, you wake up to the sound of traditional fishing boats chugging lazily along the Thu Bon River usually loaded with their daily catch of tourists, which is more lucrative than fishing nowadays.

### The Nam Hai, Hoi An

The Nam Hai is easily the most impressive resort in all of Vietnam. You go “wow” the minute your taxi drives up to the lobby entrance and your sense of awe is sustained right from the reception lobby to the restaurant, where you will catch a glimpse of the three-tiered pool and the ocean in the distance. This is what happens when resort owners pull out all the stops to employ not one or two, but five architects to put their heads together. The 32-hectare beachfront resort offers 60 one-bedroom villas and 40 one- to five-bedroom pool villas. The villa rooms are pure luxury with fluffy beds you never want to get out of and you are spoiled even more with the state-of-the-art entertainment system controlled from your bed. The spa at the Nam Hai is equally impressive. The treatment rooms are designed to look like floating villas on water and the spa ritual is practiced to perfection with careful attention to details – towels are warmed and the bed is heated during cool nights.

### La Residence Hotel & Spa, Hue

Visitors come to Hue in central Vietnam to relive the glory days of old when emperors ruled the country. Today, what remains are desolate royal palaces, tombs and mausoleums scattered across this former Imperial City. The palaces here may be on a much smaller scale compared to Beijing's Forbidden City but here you can enjoy a more leisurely pace and do not have to rub elbows with thousands of tourists. Located along the banks of the Perfume River which cuts across the city, is La Residence Hotel & Spa, an architectural tribute to the art deco age popular in the 1920s. Located on the left wing of the hotel is Le Spa, which offers honey-milk baths and massages in all forms to weary travelers after a long day visiting the historical sights around town.

### Pilgrimage Village, Hue

Amazingly, a 10-minute ride from downtown Hue will take you out of the city and into a forest where birds chirp merrily by day and amorous frogs call out for mates by night. Pil-



grimage Village is a boutique resort in a tranquil village setting where you can walk around barefoot and not feel out of place. You can choose from their poolside huts, bungalows and villas, all furnished in timber with four-poster beds. Vedana Spa, which resembles a Zen garden, plays central role in the resort, offering sanctuary and relief to tired pilgrims with a host of treatments designed to nurture the mind, body and spirit.

### Life Wellness Resort Quy Nhon

As you move further south along the country's east coast, you will notice mysterious brown structures that seem out of place in Vietnam. These are Cham temples and although a lot of them were blown up during the war, a few can be found around Quy Nhon city. About 16 kilometers outside the city, you will find Life Wellness Resort, the embodiment of Cham architecture, on a gentle slope overlooking the beach. From the resort you can look out to the nearby fishing village and if you are here during lobster harvest season around March the sea is dotted with fluorescent lamps on small boats at night, creating a surreal scene.

There are guests who spend an entire week here, making the resort a base for excursions to nearby Cham temples. Thanks to the resort's thoughtful range of wellness options – from signature massages, healing therapies and body detox to Yoga, meditation and Tai Chi – guests are rejuvenated everyday.

### Six Senses Ninh Van Bay, Nha Trang

Six Senses Ninh Van Bay is a beautiful resort tucked away in a secluded bay with boat access only. To get there, you need to take a taxi to the sister resort, Evason Ana Mandara, a few minutes from downtown Nha Trang and from there, hop onto a private boat that takes you on a 20-minute ride to Ninh Van Bay, where the resort is located. The villas are just a few steps from the sea, which is fringed by picturesque rock formations. At the resort, you feel more like Robinson Crusoe stranded on an island with luxurious amenities. The spa is equally impressive – you walk on huge stone slabs “floating” on water leading to the main reception. Treatments are offered inside wooden huts perched on a jungle slope with views of the tropical forest.



Pool Suites at Fusion Maia Da Nang

## South Vietnam

### Caravelle Hotel, Ho Chi Minh City

For five decades, Caravelle Hotel has been the choice of accommodation for foreigners seeking comfort in an unfamiliar country. The hotel's claim to fame is its rooftop bar, where western journalists filed reports on the Vietnam War over a beer in the late 1950s. At that time, it was one of the tallest buildings around. Today, an expanded, refurbished and rejuvenated hotel proudly stands among newer five-star hotels in the upscale Lam Son Square vicinity in the city, where the landmark Opera House is located. To find seventh heaven at the Caravelle, you just need to step into the lift and press the number seven. The Qi Salon & Spa will embrace you with its relaxed ambience and provide an oasis from the city bustle. The spa decor is contemporary with soothing colors and you can hear the sound of running water in the background.

### Park Hyatt Saigon, Ho Chi Minh City

Stepping into the Park Hyatt Saigon on a hot sunny day, you will feel relaxed with the interior of soft lighting and wood panels that exude

French colonial charm. The rooms are appointed with colonial furniture and walls are adorned with black and white vintage photographs, combining to give a classy and nostalgic ambience. The cosy feel extends to the Xuan Spa on the third floor, where treatment rooms are decorated with antique Vietnamese wood furnishings. The spa has seven rooms, including one with an attached shower room featuring French Vichy water massage, an invigorating treatment that uses water jets aimed at specific parts of the body. When this water massage is combined with body exfoliation, the skin is left both purified and re-energized. Where city spas are concerned, Xuan sets such a high standard that others are simply left in its wake.

### Princess D'annam Resort & Spa, Phan Thiet

Just 150 kilometers north of Ho Chi Minh City is the sleepy coastal town of Phan Thiet. From there, it's a 30-minute ride to Ke Ga Bay where Princess d'Annam Resort & Spa is located. Admittedly, it takes some effort getting there but the hotel has recently implemented a limousine service to whisk you from HCMC to the resort in comfort. For your effort, you will be rewarded with a quiet and exclusive sanctuary away from the tourist crowd. Named after a thirteenth-century princess, Princess d'Annam is an all-villa resort spread across a 45-acre piece of land facing the South China Sea. The 57 villas come in three variations and the larger ones have private pools and al fresco bathrooms complete with rain showers and sunken tubs. The spa takes prime position in a standalone building with 10 treatment rooms, two of which are couples' suites with ocean views. If you feel you're getting too much of the sun, sea and spa, you can always head off to the nearby mountain to pay homage to the sleeping Bud-

dha, all 49 meters of him, reputedly the largest in Vietnam. The path to enlightenment is made easier with the cable-car.

### Dalat Palace, Dalat

In 1893, French administrators stumbled upon a beautiful hill station with lakes and waterfalls and decided to turn it into le petit Paris (Little Paris). Today, Dalat, an hour's flight from Ho Chi Minh City, is a popular hill resort with an average temperature of between 18 and 25 degrees Celsius. Taking center stage and overlooking the town's lake is the recently rebranded Dalat Palace (formerly Sofitel Dalat Palace). Now under local management, the 90-year-old building is the grandest hotel in town, with its own private golf course right at its doorsteps. The hotel interior is reminiscent of the French renaissance era with huge chandeliers, classical paintings and even an antique fireplace that is lit up during the year-end festive season. Inside the rooms you will find four-poster beds and bathrooms fitted with antique-looking brass taps and European-style free-standing bath tubs.

### Ana Mandara Villas Dalat Resort

Another option when you are in Dalat is the Ana Mandara Villas Dalat Resort, which offers French-style villa set in a forest surrounded by pine trees. There are 17 villas and 65 guestrooms spread across 35 acres of parkland. On the resort grounds, it seems like you're in a French country suburb when you're actually just minutes away from downtown Dalat. To get to the restaurant, poolside or spa, you have to take a walk along a hilly path so you get a workout just getting there from your villa. It can become really quiet at night so couples can get quiet time here.



Spa Treatment in a Jungle Hideout at Six Senses Ninh Van Bay

# 越南度假酒店精选 | A Selection of Vietnam Hotels and Resorts

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位于传奇的香水河畔，俯瞰前皇宫顺化城堡的胡耶居所酒店，前身是上世纪20年代法国官员的府邸，现在是胡耶著名的酒店之一。酒店的122间客房都采用经典的殖民风格别墅设计，深色的木材、精美的越南丝绸和经典的艺术装饰，带给宾客不同国家的生活体验。除了卓越的酒店配套设施及餐饮设施外，居所酒店的健身中心、桑拿室及水疗室也都是游客在热带微风中休闲放松的上佳选择。

## La Résidence Hôtel & Spa

La Résidence Hôtel & Spa in Hue, Vietnam, is an enchanting boutique hotel on the banks of the Perfume River overlooking the former Imperial Citadel. With 122 rooms and once home to the Nguyen Dynasty, La Résidence enjoys the feel of a classic colonial villa with dark woods, fine Vietnamese silks and classic art deco features. In addition to the outstanding hotel facilities and the catering facilities, the fitness center, sauna and spa in this hotel are the tourists' best choice to relax in the tropical breeze.

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中国到越南方便快捷，有多条路线可供选择，从北京、上海、广州均可直飞越南河内、胡志明市，飞行时间2-3个小时，中国国航、东方航空和越南航空均有航班到达。往返票价约为6,000元人民币(不含税)，签证费用为350元人民币。

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## 河内索菲特传奇大都市酒店

始建于1901年，2009年被命名为全球首家索菲特传奇酒店的河内索菲特传奇大都市酒店，坐落在河内的中心地带，既有越南式的热情好客，又兼备欧洲酒店的豪华传统。酒店的364间客房和套房，均配备齐全的现代客房设施。酒店拥有高雅时尚的法国勒布里耶餐厅，异域风情的越南香草园和“先锋派”的安吉丽娜意大利餐厅酒廊。此外，健身房、泳池、健身中心和水疗中心一应俱全。新建的Le Spa du Metropole水疗中心拥有大气的内部设计和主题护理套间等，为尊贵的宾客呈现兼具东西方方法的艺术护理。

## Sofitel Metropole Hanoi

Located at the heart of Hanoi since 1901, Sofitel Legend Metropole Hanoi has a long history of being a luxury place for many prestigious events and popular rendezvous. Features include 364 rooms and suites, excellent French cuisine at Le Beaulieu, Vietnamese specialities at Spices Garden, and Angelina - Hanoi's most "avant garde" Italian Restaurant & Lounge. Seven function rooms, a swimming pool, fitness center and a brand new Le Spa du Metropole are also available in the hotel.

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## 芽庄第六感隐居之宁车湾酒店

距离Ninh Van Bay咫尺之遥的芽庄Nha Trang一直是越南深受欢迎的度假地，这使得Six Senses Hideaway Ninh Van Bay也名声大噪。整个度假村依山傍水，风格朴素，一幢幢别墅错落有致，千变万化地立于岩礁之上，蔚蓝海景尽收眼底。Water Villa with Rockery以及Rock Villa以苍灰色礁石为天然围墙，礁石上还打造出私人游泳池。度假村最大的亮点是Six Senses水疗中心，它大而通风的透亮室内水疗房，还有草药园和瑜伽馆，曾被亚洲TTG和中国TTG读者评选为“2002年水疗中心之最”。

### Six Senses Ninh Van Bay

Six Senses Hideaway Ninh Van Bay sits on dramatic Ninh Van Bay, with its impressive rock formations overlooking the South China Sea, white sand beach and towering mountains behind. Ninh Van Bay is part of mainland Vietnam but feels like an island. The villas nestle within the volcanic rock formations, with private pools in the very rocks themselves. The restaurants take full advantage of the natural beauty of Ninh Van Bay. Dining is by the Rocks, set high above the bay with breathtaking views of the South China Sea to the towering Hon Heo Mountains. The Six Senses Spa has indoor and outdoor rooms, a serene herbal garden and a Yoga pavilion.

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## 会安Life Heritage遗产度假村

这家美丽的度假村坐落在Thu Bon River河边一座法式殖民建筑内，不远处是被联合国教科文组织列为世界文化遗产的会安古镇，距离美轮美奂的Cua Dai Beach海滩也只有5公里。2005年至2007年连续被《越南经济时报》评为最佳遗产度假村。酒店94间客房精致奢华但又现代随意，每间客房都设有一个休息区，以及可以观赏到花园或河流美景的私人门廊。Life Heritage酒店还为宾客提供一系列休闲活动，比如在水疗中心享受按摩、日出日落巡航以及当地景点一日游等。

### Life Heritage Resort Hoi An

Located along the scenic Thu Bon River, Life Heritage Resort Hoi An is a short stroll from the colorful and bustling Ancient Town, a UNESCO World Heritage Site. Touches of French, Dutch, Chinese and Japanese cultures make up the distinct ambience and atmosphere in the resort. The 94 luxury rooms at Hoi An Life Heritage feature flat-screen satellite TVs and tea and coffee making facilities. Each of them has a seating area and private porch with beautiful views of the garden or river. Guests can enjoy relaxing massage services at the spa, and Life Heritage also organizes sunrise and sunset cruises as well as day trips to local attractions.

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## 越南The Nam Hai度假村

坐落于越南著名的中国滩，屡获殊荣的越南五星级度假村The Nam Hai不仅曾入选为全球138家最热门的酒店之一，还是HIP&CHIC风的典范。The Nam Hai度假村共有100间独立别墅，其中40间拥有私家泳池，还有3个公共泳池，毗邻一公里长的白色沙滩。其实The Nam Hai入选的最佳理由还当属充满禅意且妙举连连的豪华水疗中心：“房中房”的室内设计，意大利香薰老牌Acqua di Parma的个人护理用品，创新的SPA疗程和舒适体验等。特别是Acqua di Parma香薰按摩，是通过传统手法帮助排出毒素的最佳途径。

### The Nam Hai

Located on a stunning 35-hectare stretch of Ha My beach, the Nam Hai sets new standards of luxury in Vietnam and is a classic model of hip and chic. The hotel's unrivaled location on world-famous China Beach is complemented with an array of modern services and unexpected pleasures, making it a new favorite among sophisticated international travelers. One of the best reasons why it is among the hottest hotels in the world is the Nam Hai's spa center, which includes indoor design elements such as "room within a room", Acqua di Parma's personal care production, creative spa treatments and all-round excellent spa experiences.

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