

Day 1: Arrive Seoul

Upon your arrival at Incheon International Airport, you will be welcomed by a local English speaking guide then transferred into Seoul.

Seoul, the capital of South Korea, is a harmonious blend of ancient tradition and cutting-edge innovation. As a sprawling metropolis, it boasts historic palaces, bustling markets, futuristic architecture and a vibrant arts scene, making it a cultural, technological and historical hub in East Asia.

The rest of the day is free to relax or explore on your own.

Day 2: Seoul Classic City Tour

Get ready to live like a local as you travel around Seoul using the city's sophisticated public transportation system. Travel to Gwanghwamun plaza where you'll find the statue of King Sejong and Admiral Yi Sun-Sin. Continue to Gwanghwamun gate, the main gate of Gyeongbokgung Palace, through which the kings come. You'll have a chance to witness the guard changing ceremony, a tradition that has been performed for centuries in Korea and is a symbol of the nation's rich culture and history.

Continue your morning tour with a visit to the National Museum of Contemporary Korean History for insights into how Korea propelled itself from being an agricultural society to the modern economic powerhouse that it is today.

After lunch, visit the Insadong Arts and Crafts Street, a highly renowned district in Seoul that serves as a vibrant hub for Korean traditional culture and craftsmanship.

Then visit Namsangol Hanok Village, a recreated village that features five restored hanoks from the Joseon Dynasty. The village offers a glimpse into traditional Korean life as well as an educational experience for visitors of all ages.

End your day at Gwangjang traditional market, one of the oldest and largest traditional markets in Korea. The most popular section of the market is the food street that caters to a wide range of menus like Gimbap, Mung Bean Pancake, Tteok-bokki and Eomuk. It's time for a taste of traditional Korean cuisine.

Breakfast, Lunch

Day 3: Han River Biking & Samgyetang Lunch

Today you will start your day by doing a delightful outdoor activity, cycling along the Han River. Biking along the Han River offers beautiful views of the city skyline, parks and the river itself. You can stop at various spots and rest areas to enjoy the scenery. Continue to cycle through the serene forest trails, stopping to admire the diverse flora and fauna.

Then head to Baeknyeon Tojong Samgyetang, a renowned restaurant in Seoul, famous for its ginseng chicken soup (samgyetang). This restaurant is notable for being featured in the Michelin Guide, receiving the Michelin Plate distinction. Enjoy tasting Samgyetang (ginseng chicken soup), traditional Korean dish known for its health benefits and is commonly consumed for its restorative properties.

Breakfast, Lunch

Day 4: Mt. Bukhansan Hike & Singing Bowl Meditation

This morning, your guide will pick you up to take an excursion to Bukhansan National Park, one of South Korea's most popular hiking destinations, with various trails for all levels. Choose a trail based on your fitness level and let yourself loose in nature. The park is also home to a variety of wildlife, including deer, wild boar, and monkeys.

Today's lunch will be a healthy vegetarian meal that is good for the body and soul.

This afternoon, join a group singing bowl meditation session to unwind and find inner peace. A singing bowl is a traditional Tibetan musical instrument. When struck or rubbed on its outer surface, the singing bowl rings and makes waves of sound. The rich vibrations and tremors can be felt by the hands and the entire body. It allows you to reach a deep state of relaxation in a short amount of time, experience a sense of freedom from distraction, and achieve a type of healing.

Breakfast, Lunch

Day 5: Seoul Spa & Yoga Session

Today you'll be visiting one of the most well known spas in Seoul, managed by top beauty brand Sulwhasoo Balance Spa. Experience their signature Heritage Ginseng Touch treatment for both facial and body. The experience by Sulwhasoo uses its own skin care products based on Korean herbal medicines known for their effective effect on the skin. After the spa experience, snacks and tea will be served and free usage of the powder room is also available.

This afternoon continue your rejuvenation through a yoga class. Yoga is known to help you to relax your body and mind. Relax your body and mind with gentle postures and targeted breathing exercises. Leave worries behind and embrace deep peace as you flow through postures designed to improve sleep, boost circulation, and release any lingering tension.

Breakfast

Day 6: Seoul to Gyeongju by KTX

This morning, head to train station for your high speed train to Gyeongju.

Gyeongju, once the capital of the ancient Silla Kingdom, is South Korea's historical treasure trove, brimming with palaces, temples, and tombs. Upon arrival at Gyeongju train station, you will be picked up and transferred to you to the hotel to check in and the remainder of the day at leisure.

Breakfast

Day 7: Golgalsa Temple Day Experience

Enjoy the morning at leisure. Later, you will be met and transferred by private car to Golgalsa Temple for a memorable temple experience. This will give you the unique opportunity to experience the simple, yet rewarding, lifestyle of Korean Buddhist monks.

You will follow the temple's program, starting with an orientation on temple etiquette. Activities include archery, meditation, and an opportunity to observe and learn Sunmudo, a traditional Korean moving meditation that

promotes mindfulness through motion. A vegetarian dinner will be served at 18:00, followed by transportation back to your hotel.

Breakfast, Dinner

Day 8: Gyeongju Classic City Tour, Gyeongju to Busan

This morning, Start your Gyeongju sightseeing with Gyeongju National Museum. With vast collections of artifacts, relics, and royal treasures, the museum features a comprehensive insight into the art, culture, and history of the Silla dynasty.

Next, visit the Daereungwon Tomb Complex (Tumuli Park) to stroll through the grounds and pay respects to the rulers of the Silla dynasty. Explore the Cheonmachong Tomb, which features a wooden coffin placed inside an underground chamber covered with boulders and earth, exemplifying the typical upper-class tombs of the Silla period.

Finally, visit the Cheomseongdae Observatory, one of the oldest astronomical observatories in the world, and explore Family Choi's House, the oldest house in the area, built in the 1600s.

Following the tour, transport from Gyeongju to Busan. Busan is South Korea's second-largest city and a bustling port metropolis known for its beautiful beaches, vibrant seafood markets, and cultural attractions such as the Gamcheon Culture Village and Haeundae Beach.

Upon arrival in Busan, check into your hotel.

Breakfast

Day 9: Busan Culture & Floral Tea Experience

Today, start your Busan's journey with a visit to Dongbaekseom Island (island of Camellias) which is located at the right end of famous Haeundae Beach. Take a scenic coastal trail on a raised wooden deck along the coastline around the island's nature forest.

Continue to Huinnyeoul Culture Village, a charming coastal village located on the seaside cliff in Busan. Wonder through narrow alleys, explore unique shops, cafes and views throughout the village. Then take one of the stairways down to Jeoryeong coastal walk, an easy leisure coastal walk just below the village.

Then immerse yourself in the floral tea culture. After sampling various floral and herbal teas, you'll have the opportunity to create your own signature blend. This experience offers valuable knowledge about flower teas, a deep dive into Korean culture, and a relaxing, peaceful day surrounded by nature.

Lastly, visit the vibrant Gamcheon Cultural Village, renowned for its colorful houses built closely together on the hillside, creating a unique appearance. Originally, the area housed refugees fleeing the Korean War and was known for its substandard living conditions.

Breakfast

Day 10: Busan Forest Therapy and City Tour

Head to the Busan Healing Forest to relax and enjoy the essence of nature. It's located at the outskirts of Ahopsan Mountain and is the first healing forest in Busan. Upon arrival, choose the trail that is suitable for your fitness level. Walk all over to the forest while inhaling clean and fresh air. Cross the wooden bridge surrounded by the thick greens and listen to the sound of the stream along the valley for pleasant relaxation.

After lunch, continue to Jagalchi Fish Market, which is South Korea's largest seafood market. It's an excellent opportunity to experience the local seafood culture.

Later, it's time to sit back and relax on a cable car for a 1.62km journey (15-20 mins) across the ocean at a height of 86m. With the cable car traveling in the middle of the sea, enjoy panoramic views of Songdo Beach, Yeongdodaegyo Bridge, Namhang Daegyo Bridge, Songdo coastal trail and rock cliffs.

Hop out of the cable car, follow the signs and head to Songdo Yonggung Suspension Bridge which connects Amnam Park to the small uninhabited island of Dongseok Island. Take in the 360 degree views of the ocean, cliffs and surrounding islands.

Breakfast, Lunch

Day 11: Kimchi Making & Korean Bath House

Today learn how to make Korean Traditional Radish Kimchi (Kkakdugi) from professional instructors. They'll teach you how to make it step by step and also share the history of Kimchi.

Your trip to South Korea is not complete without visiting a traditional Korean bathhouse or Jjimjilbang. These bathhouses offer a unique experience that combines relaxation, culture, and health benefits. Jjimjilbangs typically feature hot and cold baths and saunas. Your guide will teach you the essential bathhouse etiquettes.

Wrap up your day with a visit to Dalmaji Hill, renowned for its breathtaking sunset vistas and panoramic views of Haeundae Beach. The walking path leading to Dalmaji Hill is particularly enchanting during spring, adorned with beautiful cherry blossoms. The leisurely 30-minute uphill stroll is lined with charming galleries and boutiques, adding to the area's artistic ambiance. Upon reaching the hill's summit, you'll be treated to mesmerizing sights of the ocean and the city, making it an ideal spot to witness the sunset.

Breakfast

Day 12: Depart Busan

Day at leisure until your transfer to Busan's domestic airport for your departure.