

The Central of Vietnam

1. Top must-visit destinations¹

a. Phong Nha – Ke Bang National park

Phong Nha - Ke Bang National Park, in Quang Binh Province, is a World Heritage Site recognized by UNESCO. Phong Nha - Ke Bang has more than 300 caves. Some beautiful caves recommended for adventure trips such as Tien Son cave, Thien Duong cave and most notably Son Doong cave - the largest cave in the world, discovered by geological researchers of British Cave Research Association in 2010.

b. Hue

Hue was the capital of Vietnam from 1802 to 1945 under the Nguyen Dynasty. Hue is known as one of the most romantic and charming cities in Vietnam. Tourists will have the opportunity to visit the Hue Imperial Citadel, Thien Mu pagoda, with the architecture is a combination of royal, folk and religious aspects. One of Hue's intangible cultural heritages is Hue Imperial Court Music. In addition, Thuan An and Lang Co beaches will also satisfy tourists with wonderful scenery and delicious seafood.

c. Danang

Danang is known as the most livable city in Vietnam, with youthfulness, dynamism, and sophistication.

Da Nang is famous for its beautiful scenery and entertainment areas: My Khe Beach, Ba Na Cable Car, Fantasy Park, My Son Holly Land and especially Hoi An Ancient Town - a traditional tourism point (that is famous for its poetic scenery and colorful lanterns) will definitely satisfy the tourist.

d. Da Lat

Dalat is known as the valley of love with picturesque scenery and cool climate all year round, which is very suitable for honeymoon trips of couples. Some beautiful landscapes and structures that

¹ <https://www.vietnamparadisetravel.com/blog/places-to-visit-central-vietnam>



visitors should visit are Huong River, Da Lat Train Station, Valley of Love, Bao Dai Palace, Lang Biang mountain, Thien Vien Truc Lam monastery.

e. Nha Trang

When talking about Vietnam sea tourism, Nha Trang is known as the greatest pride, the precious pearl of Central Vietnam. The clean beach, the beautiful sand, and the warm water. There are many hotels, resorts, restaurants, and bars in the city center.

f. Buon Ma Thuat, Central Highlands

Located in the Central Highlands, Buon Ma Thuot is one of the wildest and natural places in Vietnam. Buon Ma Thuot is also famous in the world with the brand is the hometown of Vietnamese coffee. Dray Nur and Drap Sap waterfalls are places that should not be missed when coming to the Central Highlands. Yok Don National Park in Don Village is the largest national park in Vietnam with a 115,000-hectare forest and a diverse biological system. Visitors have the opportunity to ride the domesticated elephants and discover the unique cultural customs of the Ede and Macnong ethnic groups.

2. Cuisine culture

a. Specific characteristics of Central cuisine

The central people eat spicy more than the North but less sweet than the South. The Central dishes bring their own depth and be imbued with the identity of an elegant and gentle land. Eggplant sauce and sour shrimp sauce are used in many dishes in the central region. Especially in Hue, each dish is created by the people into a famous and captivating work of art both in form and flavor.

b. Top must-try dishes.

- Hue beef vermicelli

Beef vermicelli is one of the specialties of Hue. The main ingredient is vermicelli, beef, pork, and the typical red broth, the flavor of lemongrass and shrimp. Sometimes, a bowl of vermicelli is also added to crab rolls, and other ingredients depending on the cook's preferences.

Price range: 30.000 – 50.000 VND/bowl



- Cao Lau

Cao Lau is the most special dish of Hoi An, Da Nang. A full Cao Lau bowl will consist of light yellow noodles with some crispy fried noodles, sliced pork, and broth. The broth of the Cao Lau is more special than other dishes because it is the water extracted from pork which is marinated with spices and boiled on the stove for many hours. The broth has a slightly sweet taste, but still rich and delicious. It is served with young cabbage and bitter vegetables.

Price range: 30000 – 40000 VND/bowl

- Quang noodles

Quang noodles are the spiritual dishes of the Quang Nam region. This dish is so popular in Quang Nam, from the alley to the big market or in any busy town. Enjoying a delicious Quang noodle bowl, feeling the sweet taste of shrimp, thinly sliced fresh pork and fat shredded chicken, the pungent aroma of peanuts, the broth, eating along with fresh raw vegetables like lettuce, basil, coriander, ... will be the unforgettable memory in visitors's heart.

Price range: 30000 – 45000 VND/bowl

- Hue Pancake

Pancakes in Hue is a traditional specialty that any tourist wishes enjoying when coming to Hue. Different from the big round cakes, eaten with the shrimp in the Southwest region, Hue pancake impresses with the unique filling type, it is a small whale placed in the middle of the cake to create a highlight for the dish. Only from 3 simple ingredients: whales, flour and pure fish sauce, Hue people have transformed the dolphins into a specialty of the country.

Price range: 25000 – 50000 VND/bowl

3. The best time to visit the Central²

The most important thing when choosing the time to visit the Central of Vietnam is avoiding the rain and storm season. Therefore, the most suitable time to travel to this region is from January to June. However, the tourist also can choose any time in one year to visit Hoi An or Dalat. When traveling to the Central in the summer, the fantastic beaches such as Nha Trang or Mui Ne are the

² Refer to <https://camnangdulich.com/du-lich-mien-trung-mua-nao/>



most proper option, in the winter, visitors can select Tay Nguyen to have a great journey and save the most beautiful memories.

4. The types of travel in the Central

Today, there are two typical types of travel in the North, including:

- Marine ecotourism
- Cultural-historic tourism

5. Hotels/accommodations³

a. Vedana Lagoon Resort & Spa

The Vedana Lagoon located in the south of Hue.

This area is surrounded by misty mountains and jungle. The total number of Villas is 30, there are 10 houses directly above the water, and 20 rest houses are scattered on the hillside, hidden under the trees and shrubs. These bungalows have a romantic and luxurious style, environmentally friendly, some houses have an outdoor kitchenette, a shower, a private pool, and a glass floor.

b. Whale Island Resort

Whale Island Resort is one of the proudest resorts of the coastal city of Nha Trang. The resort offers great relaxing accommodation near the beach with plenty of interesting water activities: boating, windsurfing, boating, snorkeling, beach volleyball, etc. The resort brings a peaceful and quiet style, it is very suitable for those who want to find a private place to rest.

c. Eco Green Boutique Hotel Danang

Eco Green Boutique Hotel Danang was established in 2016. The hotel is proud to be the place to provide excellent resort services and towards green nature and environmentally friendly lifestyle. Eco-friendly materials have been used to build hotels and their operating systems run by solar-powered saving and water-saving engines. In addition, the room structure is designed to maximize airflow, natural sunlight and reduce the need for air conditioning.

³ Refer to <https://theculturetrip.com/asia/vietnam/articles/the-10-best-eco-friendly-hotels-and-stays-in-central-vietnam/>



d. Chay Lap hotel

Coming to Phong Nha - Ke Bang, the visitors can experience the friendly space of Chay Lap - an ecotourism association operated by the local community. The hotel located under the limestone cliffs of Phong Nha-Ke Bang National Park. The hotel provides tourism services for visitors such as biking, kayaking, and climbing. The hotel has two luxurious areas, 6 high-class rooms and 16 cozy rooms at the entrance. The hotel will bring for tourist the pleasant and close-to-the-nature feeling

6. The needed-remember tips

Refer to the information on weather, storms, and rains in the Central region from one to two weeks before traveling to avoid extreme weather phenomena.

The majority landscape in Central is the beaches. Therefore, tourists need to remember the rules when travel to the sea such as:

- Avoid jellyfish attacks by choosing discreet swimsuits and carrying a little sour vinegar to treat when jellyfish bites
- Note the backflow phenomenon: The backflow usually characterized by a darker color than the surrounding water, the surface usually has smaller and quieter waves.

