

BREATHE KOREA

CULTURE, WELLNESS & AUTUMN CALM

OCTOBER 21 - 31, 2025

FULL PACKAGE

\$4,390

-ALL INCLUSIVE-

**Single Supplement Fee PLUS

LAND PACKAGE

\$3,490

-AIRFARE NOT INCLUDED-

*Use miles or fly your favorite airline or business class!

*Experience Korean Healing & Heritage This Autumn
Limited to 20 Guests for a Serene Seoul Retreat*



Lotte World Tower
Seoul Sky



Changdeokgung
Secret Garden



Banpo Bridge Moonlight
Rainbow Fountain

HIS

ALA MOANA SHOPPING CENTER, STREET LEVEL
808 - 922 - 2211 | HISHAWAII.NET
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Embrace the calming essence of Korea's autumn as you journey through the vibrant soul of Seoul and its serene surroundings. From tranquil tea houses and ancient palaces to forested parks and riverside strolls, this intimate retreat invites you to slow down and reconnect. Step into the grace of tradition with a hanbok experience at Gyeongbokgung Palace, unwind with herbal therapies, and admire golden foliage at peaceful sanctuaries like Haneul Park and Jeondeungsa Temple. With thoughtful side trips to the heritage-rich landscapes of Ganghwa and Suwon, this curated escape blends wellness, culture, and seasonal beauty into an unforgettable autumn journey.

TOUR INCLUDES



Airfare



Accommodation



WiFi Router



Wellness & Relaxation



24 Meals



HNL Airport Lounge

THE EXPERIENCE



Traditional Hanbok Experience



Korean Dry Sauna - Jjimjilbang



Korean Cooking Class



Tea Therapy Session

TOUR MAP



ITINERARY OVERVIEW

Day 0 Honolulu Departure

Your adventure begins as you depart Honolulu and enjoy the exclusive comfort of the **HIS Lealea Lounge** at the airport. Settle in for your exciting non-stop flight with **Hawaiian Airlines** to Seoul, where unforgettable experiences await!

Day 1 Arrival in Korea

Arrive at Incheon International Airport, where your guide will warmly greet you. Transfer to **VOCO Seoul Myeongdong**, your comfortable home base for the journey. After check-in, take time to unwind, refresh, and settle in for the days of discovery and calm ahead.

Day 2 Royal Traditions & Tranquil Tea

Begin your adventure with a visit to **Gyeongbokgung Palace**, donning traditional hanbok for a royal photo moment. Visit the Blue House Sarangchae, stroll through **Bukchon Hanok Village**, and wind down with a healing cup of herbal tea at **Tea Therapy**. End the day with a peaceful walk along **Cheonggyecheon Stream**.

Day 3 Markets, Design & Medicinal Healing

Discover Seoul's creative pulse at **Dongdaemun Design Plaza**, then stroll through the vibrant **Gwangjang Market**. Unwind with a foot bath and Korean medicine experience at the **Seoul K-Medi Center**. Later, explore the tranquil **UNESCO-listed Secret Garden of Changdeokgung Palace**, and end the day café-hopping in **Ikseon-dong's** hanok-lined streets.

Day 4 Zen Escape in the City

Relax with a calming session at **Zen Therapy**, then marvel at the towering bookshelves of **COEX's Starfield Library**. Visit **Bongeunsa Temple** and the tranquil royal tombs of **Seolleung & Jeongneung**. Enjoy a cozy post-dinner coffee break at **First Coffee Lab**.

Day 5 Ganghwa Island Day Trip

Travel to **Ganghwa Island** for a full day of culture and creativity. Visit the ancient **Jeondeungsa Temple** and **UNESCO Dolmen Park**, try your hand at traditional Hwamunseok weaving, and enjoy the nostalgic atmosphere of **Joyang Textile Café**. End the day with a K-Food picnic and a peaceful walk in **Seoul Botanic Park**.

Day 6 Suwon Fortress & Underground Wonders

Visit **UNESCO-listed Hwaseong Haengung Palace**, stroll Suwon's historic fortress walls, and explore the art-filled Gwangmyeong Cave. End the day with a soak at **Park Habio Spa** and a serene walk in **Seoul Forest**.

Day 7 Culture, Cooking & River Cruising

Dive into Korean history at the **National Museum**, then join a hands-on **cooking class** to learn favorites like **gimbap** and **tteokbokki**. Visit a UNESCO-recognized café and sail into the evening with a luxurious **Han River** yachting experience.

Day 8 Creative Seoul & Sky-High Views

Craft your own custom name stamp at **Feel So Good Calli**, stroll through the artsy streets of **Insa-dong**, and enjoy the trendy vibes of **Seongsu-dong** café street. Cap off the day with panoramic views from **Lotte Tower** and a well-deserved foot massage.

Day Free Day in Seoul

Enjoy the freedom to explore Seoul your way—shop, revisit favorite sites, or relax at your own pace.

Day 10 Haneul Park & Departure

Spend the morning as you please, then check out and visit **Haneul Park**, known for its sweeping views and golden autumn grass. After a farewell dinner, transfer to the airport for your flight home.

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