

## MARTIAL ARTS & MEDITATION ESCAPE

10 DAYS / 9 NIGHTS



### I. HIGHLIGHTS

- Immerse yourself in the rich cultural tapestry of South Korea as you explore historic landmarks, traditional villages, and iconic sites, gaining insights into the country's heritage and traditions.
- From the majestic peaks of Seoraksan National Park to the tranquil coastline of Busan, experience the breathtaking landscapes of South Korea, offering opportunities for hiking, sightseeing, and outdoor adventures.
- Indulge your taste buds with authentic Korean cuisine, from savory bibimbap to spicy kimchi, as you dine in traditional Hanok settings, visit local markets, and sample regional specialties throughout your journey.
- From meditating with monks at a Buddhist temple to visiting the Demilitarized Zone (DMZ) and soaring above Busan on a cable car ride, enjoy a variety of unique and memorable experiences that showcase the diversity and complexity of South Korea.

## II. ITINERARY

### DAY 1

## Seoul Arrival

Your journey through South Korea begins with an arrival in the vibrant city of Seoul, where a smooth transfer takes you to your hotel for a relaxed check-in, allowing you to settle in and recharge after your travels. Take the evening to explore the nearby surroundings at your leisure, perhaps indulging in some local cuisine or strolling through the bustling streets to soak in the atmosphere of this dynamic metropolis.

### DAY 2

## Seoul Highlights

Dive into Seoul's rich history and modern culture as you embark on a guided tour of its most important sights, including iconic landmarks like Gyeongbokgung Palace and the bustling streets of Myeongdong. Later, venture into a traditional village, where centuries-old customs and architecture offer a glimpse into South Korea's heritage, providing a fascinating contrast to the city's modern skyline.

### DAY 3

## DMZ Discovery

Today, the journey to the Demilitarized Zone (DMZ), is a stark reminder of the division between North and South Korea. Explore historic sites such as the Third Tunnel and the Dora Observatory, where you can peer into North Korea from across the border, gaining insight into the geopolitical tensions that still define the region.

### DAY 4

## Seoraksan Adventure

Lace-up your hiking boots for an exhilarating adventure in Seoraksan National Park, home to rugged peaks, lush forests, and stunning waterfalls. After a day of exploration, visit Abai Village, a charming community nestled in the mountains, where you'll have the opportunity to learn about local traditions and sample authentic Korean cuisine.

### DAY 5

## Gyeongju Cycling

Discover the ancient capital of Gyeongju on a cycling tour, pedaling past historic temples, royal tombs, and ancient relics that tell the story of Korea's rich cultural heritage. Afterward, enjoy a traditional Hanok dining experience, savoring the flavors of regional specialties in a historical setting filled with traditional architecture and charm.

### DAY 6

## Temple Retreat

Find serenity amidst the hustle and bustle of city life as you retreat to a Buddhist temple for a day of meditation and martial arts training. Learn ancient techniques for centering the mind and body, guided by experienced monks who will impart wisdom and insight into the teachings of Buddhism.

#### DAY 7

### Busan Panorama

Soar above the cityscape of Busan aboard a cable car, ascending to the summit of Mount Hwangnyeongsan for panoramic views of the coastal landscape below. Afterward, explore the bustling streets of downtown Busan, where vibrant markets, historic temples, and modern landmarks await.

#### DAY 8

### Busan Exploration

Dive deeper into the vibrant culture of Busan as you explore its eclectic neighborhoods, from the trendy cafes and boutiques of Haeundae to the traditional markets and historic sites of Gamcheon Culture Village. In the evening, unwind with a tasting of soju on the beach, watching the sun dip below the horizon as you toast to the beauty of South Korea's coastal scenery.

#### DAY 9

### Jeonju Gastronomy

Indulge in the culinary delights of Jeonju, renowned for its delicious bibimbap and picturesque Hanok village. Wander through the narrow alleyways lined with traditional houses, sampling local street food and soaking in the ambiance of this charming city.

#### DAY 10

### Farewell to Seoul

Return to Seoul to conclude your journey, bidding farewell to the sights, sounds, and flavors of South Korea as you check out of your hotel and transfer to the airport for your onward flight. Reflect on the memories you've made and the experiences you've shared, knowing that you've embarked on an unforgettable adventure through one of Asia's most captivating destinations.

-END OF SERVICES-

**Tour extensions: pre-tour or post-tour extensions are available, which would include accommodation and private transfers, please speak to Focus Asia travel consultant for further details.**