

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Vietnam Ho Chi Minh City**

**By Henry Vacher**

Thirty years after the end of the war, the incredibly resilient nation of Vietnam, and the Vietnamese people, is beginning to emerge from the shadows – from

[www.Sticky-Rice.com](http://www.Sticky-Rice.com)

Vietnam is a country deeply scarred by war and yet its outlook is forgiving and forward—looking. Its people believe last century's occupations, battles and political influences have enriched the nation.

Washed ashore above the Mekong Delta, some 40km north of the South China Sea, Ho Chi Minh City, known also as Saigon, is a city on the march, a boom—town where the rule of the dollar is absolute. It is a testament to its war—torn past. Its history has made it resilient, effervescent, charged with initiative and roaring with trade.

The centre of Ho Chi Minh is compact and ideal for wandering around. It boasts fine restaurants, immaculate hotels and glitzy bars amidst its colonial villas and venerable pagodas.

There are many interesting places to visit including the markets, cathedral, river—port, Presidential Palace (perfectly preserved for some unknown reason!) and the nearby park which also houses a museum of Vietnamese History and Culture and a small zoo.

Ho Chi Minh City started life as a fishing village known as Prei Nokor and during the Angkor period (the 15th century) it flourished as an entrepot for Cambodian boats pushing down the Mekong River. Cargo ships still to this day jostle with rice barges and fragile sampans (an Oriental boat propelled by a sail or oars), whilst porters sweat in the humidity loading the boats.

During the 18th century, the Khmers by now had been ousted, Prei Nokor was renamed as Saigon and was made a temporary capital between 1772 and 1802, after which the Emperor Gia Long used it as his regional administrative centre.

## Vietnam Ho Chi Minh City

The French seized Saigon in 1861 and set about a huge public works programme by building roads and draining marsh land. The war against the French lasted thirty years after which Saigon was finally designated the capital of the Republic of South Vietnam.

American troops withdrew in 1973 and two years later Saigon had been renamed as Ho Chi Minh City.

This is a port that is steamy hot and searingly stylish. The streets are lined with imaginative one--off boutiques, design stores and busy cafes where you will be able to meet the local people on an informal basis. Dong Khoi and Le Thanh Ton streets are favourites for elegant silk clothing, hand embroidered scarves, and lacquerware. (Many stores will provide a service of organising a container to ship purchases home) In many ways Ho Chi Minh City is far more cosmopolitan and hedonistic than the capital, Hanoi.

Ho Chi Minh is also full to bursting point with people for whom progress hasn't yet translated into food, lodging and employment, so begging, stealing and prostitution are very much in evidence. Petty crime, unfortunately, has increased in the last few years so much care should be taken when walking the streets or travelling on bicycles or motorbikes, especially after dark and around tourist nightspots.

For more information on Vietnam, or any South East Asian topic, please visit

<http://www.Sticky-Rice.com>

By

[www.Sticky-Rice.com](http://www.Sticky-Rice.com)

Henry Vacher has written on Asia for many years, and has nothing but respect as admiration for the countries he has lived in.

<http://www.sticky-rice.com>

### **Peace Brings Treasured Travel To Vietnam**

**By Frank Johnson**

Vietnam is a paradise for both the outdoor adventurer and city explorer alike. Winding down 3,444 kilometers of coastline from the northern Red River Delta near the Chinese border to the Mekong Delta at the southernmost tip of the Southeast Asian peninsula, Vietnam is a splendid blend of picturesque coastline and lush inland terrain. The region's history of conquests and wars makes travel to Vietnam today a rich and rewarding experience during this time of precious peace.

During the 20th century, Vietnam was at war for nearly 45 consecutive years with different countries. After French and Spanish forces ravaged the area, most of the south became a French colony by

## Vietnam Ho Chi Minh City

1867. Finally in 1945, Ho Chi Minh declared Vietnam's independence, sparking a French rebuttal and attracting international interest of U.S., Russian and Cambodian forces. Minh's dream of an independent (communist) nation was not realized until 1989 when the U.N. subdued the conflict with Khmer Rouge and pulled Vietnamese troops out of Cambodia.

### Urban and Pristine Wonders of Vietnamese Travel

National identity has become an integral part of life for this war trodden state and today the proud Vietnamese are more willing to embrace foreign travelers and share their magnificent cultural history as their economy begins to mature. Visit the economic capital of Ho Chi Minh City (Saigon) in the south to witness the vibrant and progressive culture that has taken root in Vietnam. While there, explore the extensive botanical gardens, Buddhist monasteries, and stop by the Binh Soup Shop, which was the secret Viet Cong headquarters in Saigon during the Vietnam War. In the far north, the capital city of Hanoi is a bit more relaxed, speaking to ancient Vietnamese culture and 1000 years of history along the streets of the Old Quarter. Visit the intriguing One Pillar Pagoda build by Emperor Tong in the 11th century and replenish your spirits in the Bach Ma Temple, the city's oldest and most revered.

Retreat to the captivating beauty of Vietnam's wilderness for a more tranquil portion of your journey. Tropical rainforests abound in the protected area of Ba Be National Park, located close to the Chinese border in the north. The local Tay people live in stilt houses and contribute cultural significance to the area. Take an elephant ride through the expansive Yok Don National Park for a chance to see monkeys, birds and even leopards. If confined spaces don't trigger nightmares, the Phong Nha Cave is a must see. This UNESCO World Heritage Site was created 250 million years ago and boasts a cavernous entanglement stretching thousands of meters below ground. Portions of this natural wonder are open to the public daily. For the claustrophobic, travel to Halong Bay in the Gulf of Tonkin, another World Heritage Site, which is dotted with more than 3,000 tiny islands with cliffs and white sand beaches that cascade into the surrounding sparkling waters.

Due to the country's broad north–south range, Vietnam is a wonderful country to explore any time of year. The sheltered forests and increased speed of the coastal cities offer an invaluable variety for a perfectly balanced journey. Travel to Vietnam to discover this underestimated Southeast Asian gem.

For more information on international travel and discount airfare to Vietnam

<http://www.cfares.com/vietnam>

, visit

<http://www.cfares.com>

.



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**