

THE ULTIMATE

Vietnam & Phu Quoc Travel Guide Tips

Top Activities, Hidden Gems & Budget Tips for Backpackers

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Welcome to Your Free Vietnam & Phu Quoc Travel Guide

Thank you for downloading this guide. Whether you are in the early stages of planning your trip or already have your flights booked, this resource was put together to save you hours of research and help you get the most out of every day you spend in Vietnam and on Phu Quoc Island.

Phu Quoc is one of Southeast Asia's most exciting destinations right now as you may already know. It has the beaches, the food culture, the history, and the tropical beauty that travellers have been chasing across the region for decades, and it still has enough of its original character left that a trip here feels genuinely rewarding rather than packaged and predictable. This guide gives you the honest, practical information you need to experience that version of the island rather than the tourist brochure version.

Inside you will find everything from the top activities and best beaches to hidden gems most visitors never find, a full breakdown of the wider Vietnam highlights worth adding to your itinerary, and a practical budget and packing section to make sure you arrive prepared.

The guide is yours to keep, share, and refer back to as many times as you need. If it helps even one part of your trip go better, it has done its job.

How to Use This Guide Tips

Work through it chapter by chapter if you are starting from scratch, or jump straight to the section most relevant to where you are in your planning. Each chapter is self-contained so you can dip in and out as needed.

A Note on Recommended Resources

Throughout this guide you will find links to tours, accommodation, and travel gear that I recommend based on research and travel experience. Some of these links are affiliate links, meaning I earn a small commission if you make a purchase or booking through them. You pay exactly the same price either way. I only recommend products, tours, and services I genuinely believe are worth your money. The commission helps support the work that goes into keeping this guide free and up to date.

Now let's get into it.

Top Things to Do in Phu Quoc Island

Phu Quoc Island sits in the Gulf of Thailand and is Vietnam's largest island. It has become one of Southeast Asia's most exciting destinations for budget backpackers while keeping its laid-back island soul. Here are the activities that belong on every itinerary.

VinWonders Theme Park

VinWonders is Vietnam's biggest theme park, spread across 50 hectares at Bai Dai Beach in the north of the island. It has six themed zones including Typhoon World, Fantasy World, Adventure World, European Street, Viking Village, and The Seashell aquarium, making it a genuine full day experience.

Budget tip: Always book online in advance through Viator where combo deals bring the price down significantly. Go early, hit the water zones first, and stay for the evening light show.

Insider Tip

The Seashell aquarium is one of the five largest in the world. Budget at least 90 minutes just for that section.

RESOURCE

[Book discounted VinWonders tickets on Viator, Save up to 20% vs walk up price](#)

Island Hopping in the An Thoi Archipelago

The An Thoi islands is off the southern tip of Phu Quoc and have some of the clearest water in Vietnam. A group tour covers four to five islands with snorkeling stops, a floating lunch, and coral reef exploration for \$15 to \$20 per person all-inclusive.

Always choose a group tour over a private charter. Private boats charge three to four times more for the same route.

RESOURCE

[Book a top rated An Thoi Island Hopping Day Tour on Viator](#)

Snorkelling and Diving

The waters around Phu Quoc have excellent visibility, often reaching 15 metres on a clear day. The best spots are around the An Thoi islands and Fingernail Island. A guided snorkel tour runs \$20 to \$30 and gets you access to the prime spots.

If you prefer to bring your own equipment, a budget snorkel mask from Amazon pays for itself after just one or two trips.

Budget Tip

Combining island hopping and snorkelling into one tour is always cheaper than booking separately. Look for combo deals on Viator.

RESOURCE

[Check for more detail on budget snorkel masks on my website](#)

Phu Quoc National Forest

The national forest covers about 70 percent of the island and is one of the most underrated free activities available. Trails wind past streams, wildlife, and viewpoints most tourists never reach. Rent a motorbike for \$7 a day and explore at your own pace.

A lightweight daypack makes a real difference on forest days. Look for something under 20 litres with ventilated back support.

RESOURCE

[Check my blog post for lightweight hiking daypacks for more detail](#)

Dinh Cau Night Market

Dinh Cau Night Market is where locals and travellers meet every evening over grilled seafood, Vietnamese crepes, spring rolls, and cold beer. Budget \$3 to \$6 for a full meal. Go early for the best stall selection and don't hesitate to point at whatever smells good on the grill.

CHAPTER 2

Best Phu Quoc Beaches

Phu Quoc beaches are the centrepiece of the island and each one has a completely different character. Here is how to pick the right one for your travel style.

Long Beach (Bai Truong)

Long Beach stretches nearly 20 kilometres along the west coast and is the best base for budget backpackers. The area is dense with affordable guesthouses, cheap food stalls, and easy transport connections. The beach peaks at sunset when the sky turns orange over the Gulf of Thailand.

Sao Beach (Bai Sao)

Sao Beach is the most photographed beach on the island. Powdery white sand, deep turquoise water, about 30 minutes by motorbike from the main town. One thing every visitor should carry here is a waterproof phone pouch. Between the waves, boat trips, and wet sand, your phone is at risk from the moment you arrive.

RESOURCE

[Check for more detail about the waterproof phone pouches on my blog post](#)

Ong Lang Beach

Ong Lang is the backpacker favourite. About 15 kilometres north of town on the west coast with a fraction of Long Beach's crowd. The cheapest bars on the island, calm water, and a slow-travel atmosphere.

Rach Vem Floating Village (The Local Secret)

Most tourists never make it to Rach Vem in the far north. It is a small floating fishing village where locals still live and work on the water. Starfish in the shallows, wooden walkways over the sea, almost no other tourists. Requires a motorbike and some navigation but completely worth it.

Hidden Gems Most Tourists Never Find

The best experiences in Phu Quoc are often free, completely off the tourist trail, and just a short motorbike ride away.

Phu Quoc Pepper Farms

The farms in Duong To welcome visitors for free or a tiny fee. Walking through rows of pepper vines climbing wooden poles is a genuinely unique experience. Pick up fresh pepper to take home for almost nothing.

Phu Quoc Fish Sauce Factories

Famous across Vietnam for generations. Factories near Duong Dong town ferment anchovies in giant wooden barrels and offer free walkaround tours. Chin Thanh and Hung Thanh are the most accessible. No booking required.

Motorbike the North of the Island

The cheapest and most rewarding way to explore Phu Quoc. Budget \$7 for a full day rental. The further north you go, the quieter the roads get. A lightweight travel lock gives peace of mind when you park and wander.

RESOURCE [Get more detail for the best lightweight travel locks on my blog post](#)

CHAPTER 4

Exploring Wider Vietnam

Phu Quoc is a brilliant base, but Vietnam as a whole is one of the best budget travel destinations in the world. These are the cities and regions worth building into your trip.

Hanoi

Vietnam's capital and one of Southeast Asia's most atmospheric cities. The Old Quarter is a maze of narrow streets with incredible cheap food, bun cha, pho, banh mi, and egg coffee all under \$2. Budget guesthouses start around \$8 to \$12 per night.

The best way to see Hanoi properly is on a guided walking tour that takes you through markets, temples, and street food spots most visitors miss completely.

RESOURCE [Book a top-rated Hanoi Street Food & Old Quarter Walking Tour on Viator](#)

Ha Long Bay

Over 1,600 limestone islands rising from emerald water. An overnight cruise is the standard experience. Budget options start around \$60 to \$80 for two days one night with meals included.

Always book through a reputable platform rather than directly from a tout. The price difference is small but the quality difference is significant.

Budget Tip

Two-day one-night cruises offer the best value. Three-day trips cost more but access quieter, less visited parts of the bay.

RESOURCE

[Browse Ha Long Bay cruise deals on Viator verified operators, all budgets](#)

Hoi An

Vietnam's most beautiful town. The UNESCO Ancient Town is filled with lantern-lit streets, tailor shops, and riverside cafes. Cao lau and white rose dumplings cost under \$2 per bowl. Rent a bicycle for \$1 to \$2 a day and explore at your own pace.

Ho Chi Minh City

Fast, loud, and incredible. The War Remnants Museum and Cu Chi Tunnels are the two essential historical visits. A guided Cu Chi Tunnels tour is one of the most memorable half-days you can spend in Vietnam.

RESOURCE

[Book a Cu Chi Tunnels Half-Day Tour from Ho Chi Minh City on Viator](#)

Budget Travel Tips & Packing List

Vietnam and Phu Quoc are genuinely affordable destinations. Knowing where to spend and save makes all the difference.

Daily Budget Breakdown, Phu Quoc Island

Expense	Budget (\$)
Budget guesthouse (per night)	\$8 – \$15
Street food meals (per day)	\$4 – \$8
Motorbike rental (per day)	\$6 – \$8
Activity / tour (per day)	\$15 – \$25
Drinks and snacks (per day)	\$3 – \$6
TOTAL (budget backpacker)	\$36 – \$62

Best Time to Visit

Dry season November to April is best for beaches and water activities. Wet season May to October has lower prices and fewer crowds. November to February is the sweet spot for first-time visitors.

Getting Around Vietnam on a Budget

Overnight sleeper buses and trains cover most major routes cheaply and save a night accommodation. Within cities, use Grab for reliable fixed pricing. Avoid unmarked taxis.

RESOURCE [Book airport transfers and city transport on viator](#)

Essential Packing List

Pack light. You will be moving between cities and climates. Versatility beats volume every time.

Item	Why You Need It
Lightweight travel daypack	Beaches, forest trails, city days – one bag for everything
Packing cubes / compression bags	Stay organised moving between guesthouses and cities
Universal travel adapter	Vietnam uses Type A/C/G outlets – varies by guesthouse
Waterproof phone pouch	Essential for beach days and island hopping boats
	The tropical sun is relentless – protect your skin and the reefs
Lightweight travel lock	Lockers, motorbikes, hostel dorms – peace of mind everywhere
Budget snorkel mask	Pays for itself after one or two snorkel sessions

RESOURCE

[Get more details on all best travel essentials on my blog, gear that has been tried and tested by budget travelers](#)

"The world is a book, and those who do not travel read only one page."

You Are All Set

This guide covers everything you need to plan a brilliant, affordable trip to Phu Quoc Island and wider

Vietnam. Bookmark it, share it with your travel crew, and come back to it when you are ready to book.

All tours in this guide are bookable through Viator and Klook with free cancellation on most bookings. All gear recommendations link to Amazon where you can read reviews and compare options before buying.

RESOURCE	Watch the companion YouTube video, What to Do in Phu Quoc Island Full Video Guide
RESOURCE	Read the full Phu Quoc blog post for even more detail and up-to-date tips

Safe travels. Phu Quoc is waiting for you.