Hey [Buddy's Name]!

I hope this message finds you well. I was thinking it would be great to take a short vacation together and unwind a bit.

How about a trip to [Destination]? I was thinking we could go from [Start Date] to [End Date]. It'll be a perfect chance to relax and catch up.

Let me know what you think, and if you're free, we can start planning the details!

Looking forward to hearing from you.

Best, [Your Name]