

# The Mekong Delta On 2 Wheels - 05 Days

## Overview

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#### Itinerary Brief:

Day 1: Saigon - Cai Be - An Binh Island (cycling distance - 20 km)

Day 2: An Binh Island - Mo Cay - Tra Vinh (cycling distance - 65km)

Day 3: Tra Vinh - Tieu Can - Can Tho (cycling distance - 100km)

Day 4: Can Tho - Long Xuyen (cycling distance - 55km)

Day 5: Long Xuyen - Sa Dec - Saigon (cycling distance - 40km)

#### Summary:

On this tour you cycle deep into the heart of the Mekong Delta, and explore the lifestyle and culture of this unique scenic area. The first day you are transported to Cai Be in the delta, and take a cruise along the river. You see a floating market and handicraft making, and stay with a local family on An Binh Island.

The next morning you cycle through lush fruit orchards and small traditional villages, and arrive at the town of Mo Cay for lunch. Then cycle to a ferry to cross to the town of Tra Vinh for overnight. The next day is the most challenging cycling part of the tour, but of course we have a support vehicle for those who get tired. We stop in villages along the way, to take a break and talk with the inhabitants. We also visit ethnic Khmer people and a contemporary Khmer temple, and then cycle along the Mekong River, and ferry across to Can Tho. Its an early start to see the floating market of Cai Rang, and then cycle to the Vam Cong Ferry to cross to Long Xuyen.

Cycling along the bank of a canal takes you though the beautiful rural countryside to Sac Dec, where you take our transport vehicle back to Saigon.

This is a sample cycling itinerary. We design custom cycling tours from luxury, first-class tours to low-cost budget tours, and tours for beginners to expert cyclists. Please let us know the kind of cycling tour we can design for you!

#### Trip Grade:

Moderate - Due to the amount of cycling on this tour, those attempting the tour must be fit and have experience cycling.

## Itinerary

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#### Itinerary Details:

Day1: Saigon - Cai Be - An Binh Island (cycling distance - 20 km)

In the morning you will be picked up by our staff at your designated location, and we drive approx. 2 hours to the Mekong Delta. When we arrive at Cai Be, we board a sampan for a cruise along the river. We pass a floating market, and go ashore to see handicraft making such as rice paper and coconut candy. We anchor at An Binh Island, and have lunch hosted by a local family. That afternoon we go cycling to neighboring small villages, crossing bridges along the way. We return to our host family for dinner, and overnight in their home.

Overnight in home-stay. Lunch and Dinner included.

Day 2: An Binh Island - Mo Cay - Tra Vinh (cycling distance - 65km)

In the morning we get everything ready to go, and say farewell to our host family. We get back on the boat for the short ride to where we go ashore with our bikes, and we start cycling on a small road, passing through lush fruit orchards and

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small traditional villages. We arrive at the little town of Mo Cay in time for lunch. After lunch, we continue cycling to the ferry at Co Chien, and cross the river to the town of Tra Vinh where we spend the night.

Overnight in Tra Vinh hotel. Breakfast, Lunch and Dinner included.

Day 3: Tra Vinh - Cau Ke - Can Tho (cycling distance - 100km)

After breakfast, we check out of the hotel, and start on the most challenging long distance cycling of the tour. However, we will have a support vehicle behind us, so there is no worry about being tired. We can take a break and rest at any time, and we will stop in villages along the way, and visit with the people living there, and see how they cultivate rice. We also visit with some ethnic Khmer people living in the delta, and a contemporary Khmer temple. We have lunch in restaurant in Cau Ke, and then spend the afternoon cycling along the Mekong River to a ferry where we cross to Can Tho and check in to the hotel.

Overnight in Can Tho hotel. Breakfast and Lunch included.

Day 4: Can Tho - Long Xuyen (cycling distance - 55km)

Today we get up early and go by boat to visit the floating market of Cai Rang, a fascinating bustling and very busy produce market on the water. We then cruise back to the hotel for breakfast. We check out of the hotel, and cycle along the Mekong River to the Vam Cong Ferry. We cycle through beautiful rural scenery along the way, and then cross the river to Long Xuyen, where we spend the night.

Overnight in Long Xuyen hotel. Breakfast, Lunch and Dinner included.

Day 5: Long Xuyen - Sa Dec - Saigon (cycling distance - 40km)

After breakfast at the hotel, we leave Long Xuyen and cycle along the bank of the Lap Vo canal. We cycle through the beautiful landscape of the rural countryside, while observing the local culture. We reach our destination of Sac Dec, and have lunch. After lunch we board our bus for the drive back to the "civilization" of Saigon, but you will have your photos and unforgettable memories to take with you.

Breakfast and Lunch included.

This is the end of our suggested cycling itinerary. We specialize in custom cycling tours to fit your needs and requirements. Please let us know how we can design an individualized tour for you.

### What's Included

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Trip Price Includes:

- English speaking guide (Other languages available on request)
- Private transfer and transport in safe, clean, well maintained vehicles
- Breakfast in hotel, and other meals as noted in the itinerary in restaurant
- All entrance fees & permits during guided tours
- Private boat trips & ferry fees
- Jeep or van support vehicle during cycling
- Extra truck support for groups of 6 or more
- Accommodation in 3 star hotel w/ 2 person room share. Tax included
- Accommodation in home-stay 1- night
- Mountain bicycle with mechanic, plus spare bikes
- Water, snacks and fruit in season during cycling
- All equipment necessary for cycling (ex. tire pump, tools, spares tubes, spare parts, etc.)

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### Not Included in Trip Price:

- Airfare and taxes not included in tour
- Visa fees
- Food and drink not noted in the itinerary
- Optional tours & activities not part of itinerary
- Personal travel insurance (Compulsory for all travelers)
- Personal expenses (ex. telephone, laundry charges, souvenirs, etc.)
- Tips and gratuities
- Additional transport required due an emergency situation

\* Please Note: Hotel accommodation is subject to change due to availability or other conditions. However, in the event that hotel accommodation is changed, the same level of accommodation will be maintained.

Contact us for current costs regarding this tour. We will price the tour according to your particular tour details and your travel period (Low & High season).