

**STS 09.19.09**

**(9D/8N Program)**

**9 days through Mekong Delta with 124km by bike**



**Ho Chi Minh City - Tan An - My Tho - Ben Tre - Tra Vinh - Vinh Long - Can Tho - Sade - Cao Lanh - Ho Chi Minh City**

**Day 1: Arrival in Ho Chi Minh City (B, -, -)**

Saigontourist representative will greet and pick you up at Tan Son Nhat airport in Hochiminh city. Transfer to your hotel for check-in. Enjoy an evening water puppet show, a theatrical genre reflecting the agricultural civilization of thousands of years ago. Stay overnight in HCMC.

**Day 2: Ho Chi Minh City - Cu Chi - Ho Chi Minh City (B, -, -)**

Have a morning sightseeing tour of Ho Chi Minh. Visit the History Museum, the Reunification Palace, the Central Post Office, then have a short walk along the shopping Dong Khoi Street from Notre Dame Cathedral to the Municipal Theatre. Drive to bustling Cho Lon (Chinatown). Drop into the lively Binh tay



*Have Lunch at Local Home - Mekong Delta*

wholesale market before visiting Thien Hau temple. In the afternoon drive 70 km to Cu Chi, famed for its elaborate network of over 200 km of three-story underground tunnels hand-dug by local people during the Vietnam War. Crawl down a tunnel to feel the underground life, and then test your marksmanship with an AK rifle at a local rifle range (optional with surcharge). Stay overnight in Ho Chi Minh City.

**Day 3: Ho Chi Minh City - Tan An - My Tho (B, L, D)**

Transfer by coach to Tan An for a visit to Cao Dai Temple. Take a bike ride along the Bao Dinh Creek to My Tho (22km) with a stop-over at a dragon fruit garden and Vinh Trang Pagoda. On arrival in My Tho, enjoy a Mekong tour comprising a cruise on the Mekong River to Thoi Son islet. Enjoy an exploration of Thoi Son Islet by bike, by sampan and on foot. Visit local homes & orchards, taste of seasonal fruit & honey tea, enjoy a performance of traditional southern singing. Lunch and dinner of Mekong specialties are included. Stay overnight in My Tho.

**Day 4: My Tho - Ben Tre (B, L, D)**

Take a bike ride to Ben Tre (12km) past coconut gardens, creeks and ponds. Then visit an elementary school and the Ben Tre Market. Have lunch en route. In the afternoon join the locals in their farm work such as ploughing, sowing, reaping, etc. Have dinner and accommodation at a local home.



*Vinh Trang Pagoda - My Tho*

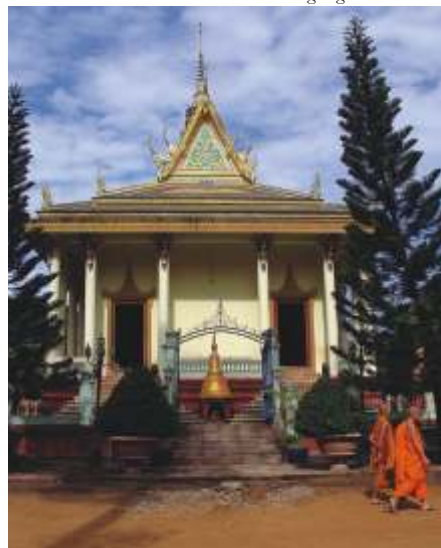


# Mekong Delta Cycling

*Cycling in Mekong Delta*

**Day 5: Ben Tre - Mo Cay - Tra Vinh (B, L, D)**

Transfer to Mo Cay. Take a bike ride past coconut and fruit gardens along the Co Chien river (10km) and cross the Co Chien River by ferry to Tra Vinh. In the afternoon visit Hang pagoda, Ba Om pond and Tra Vinh market. Stay overnight in Tra Vinh.



*Hang Pagoda - Tra Vinh*

**NB: B: breakfast, L: lunch, D: dinner.**

**Day 6: Tra Vinh - Vinh Long - Can Tho (B, -, -)**

In the morning cycle 15 km to Cang Long, passing immense rice fields and fruit orchards. Hope on your van to drive 45 km to Long Ho. Visit the Long Ho handicraft hamlet, where bamboo baskets, bricks, etc. are made. Then transfer to Can Tho. Stay overnight in Can Tho.

**Day 7: Can Tho (B, -, -)**

In the morning, take a boat ride to the Cai Rang & Phong Dien floating markets thronged with buyers and sellers moving around in boats laden with farm products. For close looks and snapshots at Phong Dien, take a hand-rowed sampan to make one's way into a vibrant world of boats (2 pax/ sampan). Ride back to Can Tho via the Vong Cung Road (18km). The afternoon tour features a visit to the Bang Lang Stork Sanctuary by coach and a sampan ride on small creeks to villages. Stay overnight in Can Tho.

**Day 8: Can Tho - Sa Dec - Cao Lanh - Ho Chi Minh City (B, L, -)**

Leave for Sa Dec by coach (60km). Ride to the Tan Quy Dong flower village with various species of flower and bonsai. Cross the Mekong River by ferry, take a bike ride through Binh Thanh Islet past orchards,

creeks and ponds to the Xeo Quit Cajeput Forest (10km). Lunch at Xeo Quit. Take a sampan cruise through a vast swamp under the canopy of a dense cajeput forest. Return to Ho Chi Minh City (130km) by coach. Stay overnight in Ho Chi Minh City.

*Bang Lang Stork Sanctuary - Can Tho*



**Day 9: Departure from Ho Chi Minh City (B, -, -)**

Go shopping (embroideries, lacquer ware, wood-carvings, etc.) before check-out. Transfer to the airport for departure.



*Xeo Quit Cajeput Forest - Cao Lanh*

**Note:** The tour itinerary is designed for amateur cyclists with normal local bikes and without amenities for professional cyclist and sometimes subject to small modifications depending on weather and road conditions, flight/train schedules, hotel room availability.