Mekong Delta Cycling Adventure: My Tho to Can Tho – 3 Days

3D / 2N	Easy	Private	USD 198 / pax
Duration	Difficulty	Tour Type	Starting From

Discover the lush landscapes and vibrant local culture of the Mekong Delta on this three-day cycling tour. Pedal through serene villages, visit bustling floating markets, and experience an authentic homestay, immersing yourself in daily life away from the typical tourist routes.

DESTINATIONS & ROUTE

My Tho → Ben Tre → Vinh Long → Can Tho → Ho Chi Minh City

TOUR OVERVIEW

Tour Overview

This three-day cycling adventure offers an intimate exploration of the Mekong Delta, a region celebrated for its verdant landscapes and intricate waterways. Designed for active travelers seeking an authentic cultural experience, the journey takes you off the main tourist paths. You'll pedal through serene villages, past lush fruit orchards, and along quiet canals, witnessing the daily rhythms of local life.

The tour combines scenic bicycle rides with boat excursions, providing diverse perspectives of the delta. From the bustling floating markets to traditional craft workshops and a memorable homestay experience, every day brings new discoveries. This itinerary provides a comprehensive yet concise immersion into the heart of southern Vietnam's agricultural powerhouse.

Highlights of Your Journey

Cycle through lush fruit orchards and along tranquil canals on An Binh Island.

Experience a traditional homestay, including a cooking session with a local family.

Witness the vibrant activity of Cai Rang floating market from a boat.

Explore local craft workshops for pop rice, rice paper, and coconut candy.

Pedal along scenic country roads, observing daily life in Mekong Delta villages.

Enjoy authentic regional cuisine with included lunches and dinners.

Travel by private support van for comfort between cycling segments.

Route Summary

Your journey begins with a morning departure from Ho Chi Minh City, heading south to Cai Be. From there, you'll venture into the heart of the delta, exploring An Binh Island and spending a night in Vinh Long. The adventure continues with a significant cycling day to Can Tho, the largest city in the Mekong Delta. The final day features an early visit to the iconic Cai Rang floating market before a scenic ride towards O Mon and My Tho, concluding with a drive back to Ho Chi Minh City.

Who This Tour Suits

This tour is ideal for active travelers who enjoy cycling and wish to engage deeply with local culture and natural environments. Participants should be comfortable with moderate cycling distances over flat terrain. It's perfect for those looking to experience the Mekong Delta beyond typical tourist attractions, offering a blend of physical activity, cultural immersion, and scenic beauty.

Practical Information

Transportation throughout the tour includes a comfortable air-conditioned private support van for transfers, private boat trips through the delta's waterways, and mountain bikes equipped with helmets for your cycling excursions. Meals are provided as per the itinerary (Breakfast, Lunch, Dinner), ensuring you taste local flavors. Cold mineral water and fresh fruit are supplied

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during cycling segments for your comfort and hydration.

TOUR HIGHLIGHTS

* Cycle through lush fruit orchards and along tranquil canals on An Binh Island.
* Experience a traditional homestay, including a cooking session with a local family.
* Witness the vibrant activity of Cai Rang floating market from a boat.
* Explore local craft workshops for pop rice, rice paper, and coconut candy.
* Pedal along scenic country roads, observing daily life in Mekong Delta villages.
* Enjoy authentic regional cuisine with included lunches and dinners.
* Travel by private support van for comfort between cycling segments.

DAY-BY-DAY ITINERARY

Day 1 — Arrival in Cai Be, Island Cycling & Homestay Experience

Meals: L&D | Stay: Homestay in Vinh Long | Transport: Private van, private boat, mountain bike

Your Mekong Delta adventure begins with a morning pick-up from your hotel in Ho Chi Minh City, followed by a comfortable drive to Cai Be. Upon arrival, you'll board a private boat to explore the lively floating market, observing vendors trading goods directly from their vessels. The boat journey continues with visits to traditional craft workshops, where you can see the intricate processes of making pop rice, rice paper, and coconut candy, offering a glimpse into local industries.

After these fascinating stops, the boat will take you to An Binh Island. Here, you'll disembark for a delightful lunch at a local house, savoring authentic regional cuisine. Post-lunch, your cycling journey truly begins as you mount your mountain bike to explore An Binh Island. You'll pedal along shaded cement roads, winding through lush fruit gardens and alongside tranquil canals, experiencing the peaceful rural scenery.

The day concludes with checking into a welcoming homestay on the island, providing an immersive cultural experience. In the evening, you'll have the unique opportunity to participate in a cooking session with your host family, learning about Vietnamese culinary traditions, followed by dinner and engaging conversations.

Activities: Drive from Sai Gon to Cai Be; Boat trip to Cai Be floating market; Visit pop rice, rice paper, coconut candy workshops; Boat to An Binh island; Lunch at local house; Cycle around An Binh island; Check into homestay; Participate in cooking with family.

Day 2 — Rural Cycling from Vinh Long to Can Tho

Meals: B,L,D | Stay: Hotel in Can Tho | Transport: Private boat, mountain bike, private van

After enjoying breakfast at your homestay, you'll take a short boat ride to Vinh Long, where your extensive cycling journey for

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the day commences. You'll embark on a picturesque 40-kilometer ride along flat countryside roads, offering an excellent opportunity to observe the vast rice fields and the daily activities of local farmers. This segment of the ride provides a deep insight into the agricultural heartland of the Mekong Delta, with numerous chances to interact with friendly locals.
Midday, you'll pause for a well-deserved lunch at a local restaurant located in Tam Binh district, where you can refuel with delicious Vietnamese dishes. Following lunch, you'll continue your cycling adventure for another 25 kilometers, making your way towards Can Tho, the largest city in the Mekong Delta region. The route remains scenic, passing through more rural landscapes and charming villages.
Upon arrival in Can Tho, you'll check into your hotel, providing a comfortable respite after a day of active exploration. The evening is yours to relax and enjoy the amenities of Can Tho, perhaps taking a stroll along the waterfront or sampling local street food.

Activities: Breakfast at homestay; Boat to Vinh Long; Cycle 40km along countryside roads; Observe rice fields and farmer activities; Lunch at local restaurant in Tam Binh; Cycle 25km to Can Tho; Check into hotel.

Day 3 Cai Rang Floating Market & Return to Ho Chi Minh City

Meals: B,L | Transport: Private boat, mountain bike, private van

Your final day in the Mekong Delta begins early with a boat trip to the famous Cai Rang floating market. This is the largest and most vibrant floating market in the region, where hundreds of boats gather to buy and sell agricultural products. Witnessing the lively trading activities and the unique culture of riverine commerce offers a truly memorable experience. You'll have ample time to observe the bustling scene before returning to Can Tho.
Back in Can Tho, you will check out from your hotel. Afterward, you'll set off on another scenic bicycle ride towards O Mon. Along this route, you'll continue to encounter beautiful natural scenery and friendly local people, many of whom also travel by bicycle, offering a genuine connection with the community. This segment provides a final opportunity to soak in the tranquil beauty of the delta from your bike.
From O Mon, you'll transition to a private vehicle for the drive back towards My Tho. A stop will be made for lunch, allowing you to enjoy one last taste of regional specialties. Following lunch, the journey continues with a drive back to Ho Chi Minh City, concluding your enriching 3-day cycling tour of the Mekong Delta.

Activities: Early morning boat trip to Cai Rang floating market; Return to Can Tho; Check out from hotel; Cycle to O Mon; Drive back to My Tho; Stop for lunch; Drive back to Ho Chi Minh City.

WHAT'S INCLUDED

INCLUDED

- v A/c private support van & sightseeing as per program
- v English cycling tour guide
- v Double/Twin sharing room at specified hotels or similar

NOT INCLUDED

- x Personal Expenses
- x Drinks
- x Others not mentioned

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- v Private boat trips in the Mekong Delta
- v 1 night's home stay arrangement.
- v Meals as mentioned (B = Breakfast, L = Lunch, D = Dinner)
- v Mountain bike and helmet
- v Cold mineral water and fresh fruit during cycling

PRICE INCLUDES

- v A/c private support van & sightseeing as per program
- v English cycling tour guide
- v Double/Twin sharing room at specified hotels or similar
- v Private boat trips in the Mekong Delta
- v 1 night's home stay arrangement.
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CANCELLATION POLICY

Tour Code: IMP-D48EB64A1EF7