Mekong Delta Cycling & Phu Quoc Island Escape – 4 Days

4D / 3N	Easy	Private	USD 302 / pax
Duration	Difficulty	Tour Type	Starting From

Experience the vibrant Mekong Delta on a 4-day cycling adventure, exploring floating markets, local crafts, and rural landscapes, culminating in a relaxing island getaway on Phu Quoc.

DESTINATIONS & ROUTE

Ho Chi Minh City → Vinh Long → Can Tho → Phu Quoc

TOUR OVERVIEW

Tour Overview

This four-day cycling and island adventure offers an immersive exploration of the Mekong Delta's unique culture and verdant landscapes, culminating in a relaxing retreat on Phu Quoc Island. Travelers will pedal through lush fruit orchards, observe traditional crafts, and engage with authentic local life, including a memorable homestay experience. The journey transitions from the bustling waterways and scenic rural paths of the delta to the tranquil shores of Vietnam's largest island, providing a diverse and engaging travel experience for those seeking both activity and relaxation.

Journey Highlights

The tour's standout moments include navigating the vibrant floating markets of Cai Be and Cai Rang by boat, offering a fascinating glimpse into the region's lively trade and daily routines. A significant portion of the trip involves cycling along quiet paths on An Binh Island and through the picturesque countryside of Vinh Long, revealing expansive rice fields and traditional farming activities. Guests will also enjoy a genuine homestay, complete with a shared cooking session, fostering a deeper connection with local customs. The expedition concludes with a scenic speedboat transfer to the beautiful, pristine beaches of Phu Quoc, providing a perfect end to an active exploration.

Detailed Route

The expedition commences with a convenient pick-up in Sai Gon, heading south to the charming town of Cai Be, known for its riverine activities. From Cai Be, the route meanders through the serene An Binh Island and the provincial capital of Vinh Long, continuing by bicycle to Can Tho, often considered the vibrant heart of the Mekong Delta. The journey then proceeds westward to Rach Gia after an early morning visit to the famous Cai Rang Floating Market. The final leg involves a comfortable and swift speedboat ride from Rach Gia across the Gulf of Thailand to the tropical paradise of Phu Quoc Island, where participants can enjoy well-deserved relaxation.

Who Is This Tour For?

This itinerary is perfectly suited for active travelers who relish cycling and desire to experience the authentic rural life and rich culture of the Mekong Delta firsthand. It particularly appeals to individuals interested in cultural immersion, meaningful local interactions, and observing traditional Vietnamese crafts and daily routines. Furthermore, those seeking a dynamic combination of adventurous exploration and a relaxing beach escape will find this tour exceptionally rewarding. It is designed to be accessible and enjoyable for all travelers looking for a unique and active perspective on southern Vietnam.

Practical Information

Participants should be prepared for daily cycling distances that vary, ranging from a manageable 20km on the first day to a more extensive 100km on day three. The terrain is generally flat, following well-maintained cement roads and scenic countryside paths, making it enjoyable for various fitness levels. Accommodation includes a memorable homestay experience on An Binh

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Island, offering a true taste of local hospitality, followed by comfortable hotel stays in the bustling cities of Can Tho and Rach Gia. Meals are thoughtfully provided as indicated in the itinerary, allowing guests to savor authentic local cuisine throughout their journey.

TOUR HIGHLIGHTS

* Cycle through the lush fruit orchards and canals of An Binh island.
* Witness the unique trading activities at Cai Be and Cai Rang floating markets.
* Engage in a traditional homestay experience, including cooking with a local family.
* Discover rural life and rice fields on a scenic bike ride through Vinh Long.
* Journey by speedboat from Rach Gia to the pristine beaches of Phu Quoc.
* Observe traditional craft making, such as pop rice and coconut candy.

DAY-BY-DAY ITINERARY

Day 1 — Saigon Departure, Cai Be Floating Market & An Binh Island Homestay

Meals: L, D | Stay: Homestay on An Binh island | Transport: Private car, boat, bicycle

Your adventure begins with a morning pick-up from your hotel in Sai Gon, setting off on a comfortable drive south towards the Mekong Delta. The first destination is Cai Be, where you will board a traditional boat to explore its bustling floating market. Witness vendors exchanging goods directly from their boats, a vibrant display of local commerce. Following the market, the boat journey continues to various local workshops, offering insights into traditional crafts such as pop rice, delicate rice paper, and sweet coconut candy production. You'll observe the intricate processes and perhaps even sample some fresh products. After these cultural insights, the boat transports you to the tranquil An Binh Island. Here, a stop at a local house awaits for a delicious lunch, providing an authentic taste of regional cuisine. Post-lunch, embark on a refreshing 20-kilometer cycling tour around An Binh Island. The ride follows quiet cement roads, shaded by lush fruit gardens and winding alongside serene canals, offering picturesque views of rural life. The day concludes as you check into a welcoming homestay on the island, where the evening is dedicated to a hands-on cooking session and engaging conversations with your host family, truly immersing you in local hospitality.

Activities: Visit Cai Be floating market, observe traditional craft making, cycle An Binh island, local lunch, homestay cooking session.

Day 2 — Rural Cycling from Vinh Long to Can Tho

Meals: B, L, D | Stay: Wink Hotel, Can Tho | Transport: Boat, bicycle

Following a delightful breakfast at your homestay, you'll transfer by boat from An Binh Island to Vinh Long. From Vinh Long, your cycling journey recommences, covering approximately 35 kilometers along charming countryside roads. This segment of

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the ride offers panoramic views of expansive rice fields, providing a deep appreciation for the agricultural heartland of Vietnam. You'll observe local farmers engaged in their daily activities, gaining insights into their traditional way of life and the rhythms of rural Vietnam. The scenic route is punctuated by stops to absorb the peaceful atmosphere and capture memorable photographs of the landscape.

Midday brings a well-deserved break for lunch at a local restaurant situated in the Tam Binh district, where you can refuel with regional specialties. After lunch, the cycling continues for another 25 kilometers, leading you towards the vibrant city of Can Tho, the largest city in the Mekong Delta. Upon arrival in Can Tho, you will check into your hotel, providing a comfortable base for the night. The evening is then free for you to relax or explore the city at your leisure, perhaps strolling along the riverfront or sampling more local delicacies.

Activities: Cycle through countryside, observe rice fields, local lunch, explore Can Tho.

Day 3 Cai Rang Floating Market & Journey to Rach Gia

Meals: B, L, D | Stay: Palace Hotel, Rach Gia | Transport: Boat, bicycle

An early start is essential today as you embark on a boat trip to the renowned Cai Rang Floating Market, one of the largest and most vibrant markets of its kind in the Mekong Delta. Witness the lively scene as hundreds of boats gather, laden with fresh produce, fruits, and other goods, creating a fascinating spectacle of commerce on the water. Your boat will navigate through the market, allowing you to observe the unique trading methods and perhaps even enjoy a local breakfast from a vendor boat. This experience offers an authentic glimpse into the daily life and economic pulse of the region.

After soaking in the atmosphere of the floating market, you will begin a significant cycling leg of your tour. The ride covers approximately 100 kilometers, taking you through diverse landscapes as you head towards Vi Thanh. Along the way, you'll stop for a satisfying lunch, recharging for the remainder of the journey. The cycling continues from Vi Thanh, pushing further west towards the coastal city of Rach Gia. Upon arrival, you will check into your hotel, where you can unwind after a long day of pedaling. The evening is at your leisure to relax and prepare for tomorrow's island transfer.

Activities: Visit Cai Rang floating market, cycle to Vi Thanh, local lunch, cycle to Rach Gia.

Day 4 Speedboat to Phu Quoc Island & Tour Conclusion

Meals: B | Transport: Speed boat

Enjoy a leisurely breakfast at your hotel in Rach Gia, reflecting on your cycling adventures through the Mekong Delta. After breakfast, you will be transferred to the local pier, where you will board a comfortable speedboat. This marks the beginning of your scenic three-hour journey across the Gulf of Thailand to the stunning Phu Quoc Island. The speedboat ride offers beautiful views of the open water, a refreshing change of scenery after your inland explorations.

Upon arrival at Phu Quoc Island, the tour services officially conclude. You will be free to proceed with your onward travel plans, whether that involves checking into a resort for further relaxation, exploring the island's famous beaches, or departing for your next destination. This seamless transfer provides a convenient end to your multi-faceted Vietnamese adventure, leaving you with memories of both the vibrant delta and the serene island paradise.

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Activities: Speedboat transfer to Phu Quoc.

WHAT'S INCLUDED

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- v Private car transfers
- v Private boat tours in the Mekong River
- v Bicycle rental
- v English speaking guide
- v Entrance fees to sites
- v Mineral water during cycling
- v Meals as specified (B=Breakfast, L=Lunch, D=Dinner)
- v Accommodation based on Double/Twin sharing at homestay in An Binh islet
- v Speed boat ticket from Rach Gia to Phu Quoc

NOT INCLUDED

- x Personal expenses
- x Drinks
- x Any other items not explicitly mentioned

PRICE INCLUDES

- v Private car transfers
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- v Bicycle rental
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CANCELLATION POLICY

Tour Code: IMP-7DC7D759847E