

Mekong Authentic Sampan – 2 days 1 night

Itinerary Overview

Day	Destination	Meals
Option 1: Saigon – Cai Be – Vinh Long – Tra On – Can Tho		
Day 1	SAIGON – CAI BE – VINH LONG – TRA ON	L/D
Day 2	TRA ON – CAN THO	B
Option 2: Saigon – Can Tho – Tra On – Cho Lach – Cai Be		
Day 1	CAN THO – TRA ON – CHO LACH	L/D
Day 2	CHO LACH – CAI BE	B

Note*: B: Breakfast / L: Lunch / D: Dinner

Detailed Itinerary

Option 1: Saigon – Cai Be – Vinh Long – Tra On – Can Tho

Day 1

SAIGON – CAI BE – VINH LONG – TRA ON

Pickup at the hotel in Saigon. Transfer to Cai Be (**note*:** transfer is included if you book the shuttle service)

10h30-11h00 A.M: Arrival at the pier of Cai Be. Transfer by junk which takes us to a sumptuous traditional residence, former imperial residence, where the descendants of the family of Kiet welcome you and invite you to taste tea accompanied by savory samples of tropical fruits. We have the opportunity to walk through the orchard.

Continuation towards the artisanal villages where rice and coconut products are produced: rice alcohol, puffed rice cakes, rice paper, coconut milk sweets.

Note*: this is a copy of the itinerary on Indochina Treks Travel Official Website and not the final itinerary.

12h00: Embarkation on the boat of Mekong Authentic Sampan, welcome by a welcome drink. Lunch on board as the boat heads towards Co Chien. During the cruise, you will have the opportunity to contemplate beautiful authentic landscapes that stand by the river.

In the afternoon, we go on foot or by bike along the paths through the villages. The walk allows us to discover verdant orchards and river activities, and especially to make contact with the local inhabitants.

The boat continues in the direction of Tra On, while ascending up the river. The aperitif is offered on the upper deck while enjoying a foot massage as the sun gradually sets on the river.

Taking part in a cooking class on the boat, you will have the chance to try to make Pumpkin flower stuffed with That Lat fish and learn how to cut vegetables for decorating dishes.

Dinner and overnight on board to enjoy the beauty of the river at night.

Meals: Lunch/Dinner

Accommodation: Mekong Authentic Sampan

Day 2

TRA ON – CAN THO

An early awakening allows you to contemplate the dawn on the Mekong River: fresh air, bird song, barges traffic, and bubbling activities of the inhabitants in the banks of the river. Breakfast on board while the boat sails slowly toward Can Tho.

Check-out Mekong Authentic Sampan, say "goodbye" to our friendly staff, we transfer you by small boat for visit of Cai Rang, one of the most bustling floating markets in the whole Mekong Delta. The Cai Rang floating market is known as a high-light cannot be missed when you explore the Western rivers of Vietnam.

Boat trip along the coves shaded by palm trees. You will be able to admire magnificent orchards, local dwellings, shipbuilding yards and the hustle and bustle of the river industry. Visit an orchard where you will find many kinds of tropical fruits such as: mango, dragon fruit, kumquat, jackfruit...

Return and disembarkation of the boat at 11h00 A.M. Pickup and transfer to the hotel in Saigon (**Note***: transfer is included if you book shuttle services)

Note*: The floating markets in the Mekong Delta are no tourist markets but wholesale markets where produce of the Mekong Delta like fruits and vegetables are traded. For this reason the number of boats on the market fluctuates depending on harvesting seasons and market demand. Furthermore, modern

wholesale markets are becoming more popular in Vietnam. This can result in decreasing numbers of boats being present on the markets.

Meals: Breakfast

Accommodation: n/a

Option 2: Saigon – Can Tho – Tra On – Cho Lach – Cai Be

Day 1

CAN THO – TRA ON – CHO LACH

10h30-11h00 A.M: Arrival at the pier in Can Tho, boarding a local boat to discover the floating market of Cai Rang, one of the most typical markets of the aquatic region. Mekong Authentic Sampan sails towards the south, welcome by a welcome cocktail. Lunch on board while our boat sails to Tra On.

In the afternoon, you will leave for a pleasant walk, on foot or by bike, on the paths lined with greenery. A few planned stops allow you to discover concretely the life of the local inhabitants, orchards or fields of green rice.

Back to the boat for relaxation and relaxation at dusk on the Co Chien River, with a drink of aperitif and a foot massage on the upper deck.

Taking part in a cooking class on the boat, you will have the chance to try to make Pumpkin flower stuffed with That Lat fish and learn how to cut vegetables for decorating dishes.

Meals: Lunch/Dinner

Accommodation: Mekong Authentic Sampan

Day 2

CHO LANH – CAI BE

Breakfast on board. Continue our cruise to Cai Be. On arrival, sampan ride to explore the quaint and lively floating market of Cai Be.

Following a stroll through the lush vegetation to visit the villages and discover the local crafts: rice alcohol factories, coconut candy, pop-corn and rice paper.

Visit of a sumptuous traditional residence, former imperial residence, where you will discover the sublime interior and walk through the garden strewn with fruit trees. The tea is ready to serve you, accompanied by a tasty sample of tropical fruits. Walk through the arroyos in the vicinity of Cai Be.

Disembarkation around 11h00 A.M in Cai Be, transfer to Saigon (**note***: transfer is included if you book

shuttle services)

Note*: The floating markets in the Mekong Delta are no tourist markets but wholesale markets where produce of the Mekong Delta like fruits and vegetables are traded. For this reason the number of boats on the market fluctuates depending on harvesting seasons and market demand. Furthermore, modern wholesale markets are becoming more popular in Vietnam. This can result in decreasing numbers of boats being present on the markets.

Meals: Breakfast

Accommodation: n/a

Inclusions & Exclusions

Inclusions:

- All meals included in selected program by Mekong Authentic Sampan
- Accommodation on board based on twin share
- English speaking guide during the cruise
- Sight-seeing of Mekong Delta
- Biking and sampan boat rides.

Exclusions:

- Transfers from/to Saigon to/from port of embarkation
- Drinks
- Tour guide gratuities
- Any visa fees

Important note*:

- For overnight registration, we will need passport information (Full name, sex, Nationality, passport number, date of birth) of passengers at least four weeks prior to cruise date
- The price would vary depending on your selected itineraries, date of departures, number of passengers. Please book the tour or contact us for best rate of your itinerary.

Important Information

Note*: this is a copy of the itinerary on Indochina Treks Travel Official Website and not the final itinerary.

Clothes

We recommend wearing loose and comfortable clothing made of cotton or modern material that can readily cool off sweat and body heat. The type of shoes will depend on the excursion types so best to have both light, open toed shoes as well as good walking/hiking shoes with you. A sun hat is always a good idea to bring along.

Southern Vietnam and Cambodia are warm all year-round, but our other cruise destinations can get chilly during the winter months (Laos, Myanmar or northern Vietnam). Therefore, it is always recommended to bring a pullover or a warm jacket with you during this period.

Many of our cruises include visits to local temples or pagodas. When visiting these holy sites, make sure to wear appropriate clothing which covers your shoulders and knees.

Sea sickness

Generally speaking, the rivers we are cruising on in Southeast Asia are very calm and there is hardly any motion on any of our ships. A bit of motion can occur during monsoon rains with stormy winds, but the amount of motion is much less than one would feel during bad weather on the open ocean.

Sea cruises as we offer in Halong Bay or Lan Ha Bay can sometimes encounter heavier waters and ship motion, although this happens very rarely and port authorities will most likely not allow sailing under any such circumstances anyway.

If you are new to cruising or prone to motion sickness, it does not hurt to bring along some motion sickness medication. Drinking a nice hot fresh ginger tea is a natural remedy and tasty alternative our staff is always happy to make for you.

Food and Beverage

All food and beverage on board is completely safe to eat and enjoy, including the ice cubes you enjoy in your chilled drinks. We do not recommend drinking water straight from the tap anywhere, including onboard. We provide you with complimentary clean drinking water throughout your cruise.

You may want to be bit careful with local dishes as they can be spicier than you are used to from home. Approach new dishes slowly and carefully. If you have a sensitive stomach, then you may like to double check with our chef or onboard managers about specific dishes or meals.

On excursions, it may be a good idea to avoid local foods and snacks unless offered by our tour guides. Besides the above, in general we recommend the following motto for your pre- and post-cruise travelling in the Southeast Asian tropics: boil it, peel it, cook it, wash it or forget it!

Health risks

The most effective protection from personal contamination is ensuring strict attention to personal hygiene and in particular, frequent and thorough hand washing with soap and water and refraining from hand-to-mouth contact. Colds and other viruses can spread quickly in an enclosed area such as a ship. Continue to practice common-sense hygiene and respiratory courtesy. Wash your hands often and cover your coughs and sneeze. It is recommended that passengers carry anti-bacterial hand sanitizer, which does not require rinsing with water. Use sanitizer frequently and throughout the day, particularly after shore excursions and prior to meals. If you have any questions regarding your health or safety, please do not hesitate to ask your cruise director.

Motion sickness can be a problem for some people when cruising, flying or travelling on coaches and trains and it is a good idea to take precautionary measures. Over-the-counter drugs for treating motion sickness can be purchased at pharmacies in most countries, though a side effect can be drowsiness. Alternatives such as ginger tablets and acupressure wristbands are also available and work well for some people.

Insurance

We recommend at least purchasing travel health insurance which covers both in- & outpatient visits and medical repatriation. Buying additional trip cancellation and interruption coverage may also be beneficial in case you have to cancel your travel plans due to unforeseen circumstances.

Electrical adapters

We always recommend bringing a travel adapter as a standard item in your travel kit. You can borrow an adapter on board, but these may be limited.

Electricity

Indochina Countries use 220V, and a mixture of flat 2-pin, round 2-pin or 3 pin plugs. It is recommended to bring a universal plug adapter.

Tipping

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. Recommendations for tipping drivers and local guides would range from \$3-\$5 USD per person per day depending on the quality and length of the service.