

## Mekong Authentic Sampan – 3 days 2 nights

(Upstream or Downstream)

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### Itinerary Overview

Day	Destination	Meals
<b>Upstream: Saigon – Cai Be – Sa Dec – Long Xuyen</b>		
Day 1	CAI BE – SA DEC	L/D
Day 2	SA DEC – LONG XUYEN	B/L/D
Day 3	LONG XUYEN DEPARTURE	B
<b>Downstream: Long Xuyen – Sa Dec – Cai Be</b>		
Day 1	LONG XUYEN – SA DEC	L/D
Day 2	SA DEC – MY THUAN – CAI BE	B/L/D
Day 3	CAI BE DEPARTURE	B

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

### Detailed Itinerary

#### Upstream: Saigon – Cai Be – Sa Dec – Long Xuyen

##### Day 1 CAI BE – SA DEC

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

Arrival at the Mekong Delta at the end of the morning, around 10h30-11h00 A.M.

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

Discovery trip on a junk to a sumptuous traditional residence, former imperial residence, where the descendants of the Kiet family open their doors to you to discover the sublime interior and to cross the garden strewn with fruit trees. Tea is offered, accompanied by a tasty selection of tropical fruits.

Cruise direction to the artisanal factories of rice and coconut products: rice alcohol, puffed rice cakes, rice paper, sweets made from coconut milk.

Embarkation on Mekong Authentic Sampan with a welcome cocktail.

Lunch on board while the barge sails on the wide river in the direction of Cai Thia.

Cycling along the Cai Thia islands, taking picturesque views of the rural activities of local life.

Participation of a cooking class that allows you to try to prepare the typical dish of the Mekong Delta: "the pumpkin flower stuffed with Mekong That Lat fish".

Dinner and overnight on board in Sa Dec.

**Meals:** Lunch/Dinner

**Accommodation:** Mekong Authentic Sampan

## Day 2

## SA DEC – LONG XUYEN

Rising up early for another nice day. We contemplate sunrise while having breakfast on mekong authentic sampan.

Visit of a brickyard at the entrance of the Sa Dec city. Then, we continue to the lively Sa Dec market followed by a pleasant stroll in the direction of the old house of Mr. L'Amant, the school of Trưng Vương where the mother of Marguerite Duras was a teacher.

Discover the temple of Caodaism and the gardens of flowers and bonsai where you will find many kinds of flowers and bonsai planted in Sa Dec "garden of Cochinchine in the 19th century".

Back to our boat. Lunch on board while the boat takes the cruise toward Long Xuyen through the inverted channel of Lap Vo which is bordered by magnificent scenery along the banks: flower and vegetable gardens, floating fish farms, as well as river activities...

A short walk to visit a crocodile farm where you will see the process of booking crocodiles, from very large to very small.

Back to the boat to sip an exotic aperitif at sunset on the upper deck and enjoy a traditional foot massage.

Dinner and overnight on board in Long Xuyen.

**Meals:** Breakfast/Lunch/Dinner

**Accommodation:** Mekong Authentic Sampan

### Day 3

### LONG XUYEN DEPARTURE

After breakfast on board, a local boat takes you to the floating market of Long Xuyen, certainly the most authentic delta. The boats on which fruit and vegetables clump together cluster on the waters to trade from the first light of day.

Walking or cycling through the villages of Ong Ho Island which will allow you to understand the life of the local inhabitants, as well as visit the museum of 2nd Vietnamese President Ton Duc Thang.

Disembark for your departure around 11h00. End of our services with unforgettable memories of the Mekong.

**Note\*:** from Long Xuyen, you can get back to Saigon, travel to Can Tho for flight to other destinations, or transfer to Chau Doc for Speedy boat to Phnom Penh. All activities/transfers after the cruise are not included.

**Meals:** Breakfast

**Accommodation:** n/a

### Downstream: Long Xuyen – Sa Dec – Cai Be

### Day 1

### LONG XUYEN – SA DEC

Embark on our Mekong Authentic Sampan around 11:00 A.M and enjoy a welcome drink. (Please manage yourself to the pointed place in time. We could also help arrange transfer with extra cost)

Transfer by a local boat to visit Long Xuyen floating market which is undoubtedly the most authentic of the Mekong Delta.

Back to boat to have lunch. Visit Ong Ho Island, a small island in Long Xuyen, enjoy the scenery and walk/ cycle to visit villages on the island. See local farmers trading their produce on the water as they

have done for centuries. You will have a unique opportunity to discover a side of Delta life. Visit the museum of 2nd Vietnamese President Ton Duc Thang.

A short walk to visit a crocodile farm where you will see the process of booking crocodiles, from very large to very small.

Come back to our boat to enjoy traditional herbal foot massage. Dinner while the boat cruises toward Sa Dec.

Mekong Authentic Sampan drops anchor for the night. Overnight on boat.

**Meals:** Lunch/Dinner

**Accommodation:** Mekong Authentic Sampan

## Day 2

## SA DEC – MY THUAN – CAI BE

Rising up early for another nice day. We contemplate sunrise while having breakfast on board.

A new day of discovery begins with the visit of a brickworks at the entrance of the Sa Dec city. The local boat will take you to the heart of the city where you will visit the local market of Sa Dec, the old house of Mr. Huỳnh Thủy Lê (Mr. L'Amant), Trung Vuong primary school which was the workplace of Marguerite Duras's mother, the temple of Caodaism-a new religion of the South Western Vietnam, walk in the flowers and bonsai of the city.

Back to Authentic sampan for lunch on board. Our boat continues its journey on the river Tien towards My Thuan where you will take a bike ride along the islands of Cai Thia to the island of Binh Hoa Phuoc, through the fruit orchards and fruit gardens.

Back to the boat, leisure time at sunset on the upper deck.

Participation of a cooking class that allows you to try to prepare the typical dish of the Mekong Delta: "the pumpkin flower stuffed with Mekong That Lat fish".

Dinner and overnight on boat.

**Meals:** Breakfast/Lunch/Dinner

**Accommodation:** Mekong Authentic Sampan

## Day 3

## CAI BE DEPARTURE

Breakfast on the boat.

Check-out mekong authentic sampan, say "goodbye" to our friendly staff, we transfer you by a local boat for exploring Cai Be floating market, local pop-rice, coconut candy and rice paper manufacturers.

We continue to explore evergreen islands and visit the former Imperial residence the traditional House, where surviving members of the Kiet family will welcome us with tea, and we can wander in the fruit orchards around the house.

Disembark in Cai Be around 11:00 A.M. End of our services.

**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\*:**

- PROGRAMS & SCHEDULES SUBJECT TO CHANGE BASING ON ACTUAL SITUATION.
- 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

### 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 acupuncture 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.