

Mekong Authentic Sampan – 3 days 2 nights

(Mekong Explorer: Saigon – Cai Be – Vinh Long – Ben Tre – My Tho – Cai Be)

Itinerary Overview

Day	Destination	Meals
Day 1	CAI BE – VINH LONG	L/D
Day 2	CHO LACH – BEN TRE – MY THO – CAI BE	B/L/D
Day 3	CAI BE DEPARTURE	B

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

Detailed Itinerary

Day 1

CAI BE – VINH LONG

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

11h00 A.M: Welcome you at Café du Mékong.

Boarding on Mekong Authentic Sampan boat for a welcome drink and check-in.

Cycling or hiking all along the Mekong from Cai Thia to My Thuan which helps you to explore the daily life of the locals and contemplate the beautiful scenery of the countryside. A stop on the way to visit the garden, the old brickyard or the old house of the village.

Return to our boat for lunch. The Mekong Authentic Sampan continues towards the Co Chien River where you will take a short tour in the brickyards which are considered “the red capital of the province of Vinh Long”.

After a bike or walk, you will return to the boat to enjoy a therapeutic massage on the upper deck by

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

taking a cocktail in the beautiful Mekong scenery.

Dinner and overnight on board.

Meals: Lunch/Dinner

Accommodation: Mekong Authentic Sampan

Day 2

CHO LACH – BEN TRE – MY THO – CAI BE

The sunrise on the Mekong will give you unforgettable impressions if you may get up early in the morning to contemplate it.

During breakfast, our boat will cruise to the Cho Lach canal where you may see flower gardens and bonsai bordered by the canal.

Disembarkation for a visit by bike or on foot through the flower gardens and bonsai. You will have the opportunity to learn how to plant flowers and bonsai.

Back to the Mekong authentic sampan. The boat sails in the direction of Ben Tre.

Under the shade of the rows of coconut trees, a local boat welcomes you for the discovery of Ben Tre by visiting: the bee farm, the local market, a trolley ride in the village, a craft workshop, and listening to the traditional music of South Vietnam...

Return on board. On your way to Cai Be, you will take part in a cooking class which will give you the opportunity to make the typical dish of the Mekong Delta: "The pumpkin flower stuffed with fish from the Mekong".

Dinner and overnight on board in Cai Be.

Meals: Breakfast/Lunch/Dinner

Accommodation: Mekong Authentic Sampan

Day 3

CAI BE DEPARTURE

After breakfast, you leave for the visit of Cai Be.

Taking a rowing boat (3 people on a boat) for the discovery of the nature of Cai Be through orchards of longan, mango, star apple trees...

Continuation to the Cai Be market which is not very big but very specific because it presents a typical pattern of commerce of the aquatic region.

Visit the ancient house of a mandarin – Mr. Kiet in the colonial era give you leave to understand the typical architecture of the garden house of South Western Vietnam at that time.

11h00 A.M: Landing at Café du Mékong where you will have lunch before leaving for Saigon by bus (**note***: bus transfer is included if you book shuttle service)

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*:

- 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.