

Cycling Through the Heart of the Mekong 4 days

Trip overview

This cycling journey for 4 days lets you explore the heart of the Mekong Delta, where winding village paths, lush rice paddies, and serene waterways create a stunning backdrop. You will pedal through local villages and savor delicious local cuisine along the way. With each day bringing new cultural encounters and breathtaking scenery, this tour offers an unforgettable adventure through one of Vietnam's most picturesque regions.

- **Durations:** 4 days
- **Trip outline:** Ho Chi Minh City - Cai Be - Can Tho - Mekong Delta
- **Price from:** US \$550/person
- **Tour inquiry:** <https://besttratetours.com/vietnam-tours/cycling-through-the-heart-of-the-mekong-4-days.html>

Trip outline

day	Activities	Accommodations	Meals
Day 1	Ho Chi Minh City - Cai Be (30km+ cycling)	Hotel in Cai Be	Breakfast, Lunch, Dinner
Day 2	Cai Be - Tra Vinh (45 - 65km cycling)	Hotel in Tra Vinh	Breakfast, Lunch, Dinner
Day 3	Tra Vinh - Can Tho (65 - 85 cycling)	Hotel in Can Tho	Breakfast, Lunch, Dinner
Day 4	Can Tho - Ho Chi Minh City (25km cycling)	NA	Breakfast, Lunch

Itinerary

Day 1: Ho Chi Minh City - Cai Be (30km+ cycling)

Morning

As the morning sun rises over Ho Chi Minh City, your adventure begins with a hotel pickup, followed by a scenic transfer to **Cai Lay**. Upon arrival, cross a local ferry, then pedal roads toward **Cai Be** for approximately **1.5 hours**. The tranquil rhythm of rural life unfolds around you as farmers tend to their fields and friendly locals greet you with warm smiles.



Finish the morning ride at another ferry, take a boat to a local industry, where you can explore a traditional craft village, local artisans make rice paper, crispy pop-rice, and coconut candy. Watch as generations-old techniques come to life, and savor the rich cultural heritage of the region. Afterward, enjoy a delightful lunch on a serene island, indulging in fresh Mekong specialties while surrounded by lush greenery.

Afternoon

The afternoon is yours to explore at leisure - stroll through the village, meet friendly locals, or simply relax in the peaceful surroundings. As the sun sets, join a hands-on cooking class with your hosts, learning to prepare traditional Mekong dishes using fresh, locally sourced ingredients.

End the day with a delicious homemade dinner, sharing stories and laughter in the warm embrace of your hosts. With **30km of cycling** across concrete paths and dirt roads, this journey immerses you in the charm, culture, and flavors of Vietnam's enchanting Mekong Delta.

Meals: Breakfast, Lunch, Dinner

Accommodation: Hotel in Cai Be

Day 2: Cai Be - Tra Vinh (45 - 65km cycling)

Morning

Embark on your day with a scenic cycling journey from the homestay to one of the Mekong Islands, pedaling along narrow village paths that wind through lush riverside orchards.

As you ride, the peaceful charm of the **Mekong Delta** unfolds before you with fruit orchards and the hospitality of locals along the way.

Afternoon

After a delicious lunch, continue cycling through endless coconut plantations, where towering palms create a refreshing canopy overhead. The winding backroads, shaded by dense greenery, offer a relaxing and immersive experience of the Mekong's natural beauty.



Then, you'll reach the ferry crossing over the expansive **Co Chien River** - a brief but memorable ride before the final stretch towards **Tra Vinh**, a town rich in Khmer heritage and cultural traditions.

With a cycling distance of **45 - 65 km** on a mix of concrete paths and dirt roads, this journey offers an incredible way to experience the soul of the Mekong Delta. End your day with a restful night at your accommodation, recharging for the adventures ahead.

Meals: Breakfast, Lunch, Dinner

Accommodation: Hotel in Tra Vinh

Day 3: Tra Vinh - Can Tho (65 - 85 cycling)

Today cycling adventure takes you through the heart of the Khmer communities, where ancient temples, ornate pagodas, and vibrant local culture create a truly unique experience. The peaceful roads wind through lush rice paddies and traditional Khmer villages, offering a glimpse into a way of life that has remained unchanged for generations.



Along the way, make a stop at **Ao Ba Om**, a breathtaking lotus pond surrounded by centuries-old trees. If possible, visit a local Buddhist Temple School to gain insight into traditions deeply rooted in the region.

The ride continues along tranquil countryside paths, where every turn reveals new landscapes and architectural wonders of Khmer heritage. With a flexible cycling distance of **65-85 km**, you can ride at your own pace, soaking in the serene beauty of the Mekong Delta.

Arrive in Can Tho, the dynamic heart of the delta, nestled at the confluence of the Can Tho and Hau Giang rivers. Conclude the day with a restful stay at your hotel, recharging for the experiences ahead.

Meals: Breakfast, Lunch, Dinner

Accommodation: Hotel in Can Tho

Day 4: Can Tho - Ho Chi Minh City (25km cycling)

Morning

Wake up early for an unforgettable visit to [Cai Rang Floating Market](#), where boats brimming with fresh fruits, vegetables, and local delicacies create a vibrant scene on the river.



Along the riverbanks, small-scale industries come to life - coconut shredders, timber merchants, and rice traders, all contributing to the morning's energetic atmosphere.

After soaking in the lively market, hop back on your bike for a scenic ride along narrow village paths, passing lush gardens. Stop by a local rice noodle workshop, watching skilled artisans craft delicate noodles from fresh rice flour.

The journey continues to meet a friendly farmer - renowned for his unique "snake wine" - who welcomes you with a tasting of homemade wine and a stroll through his verdant garden.

Afternoon

Your final cycling stretch takes you along peaceful backroads before meeting the support vehicle. Enjoy a delicious lunch at a local restaurant before embarking on a four-hour drive back to Ho Chi Minh City, concluding a day rich in cultural discoveries and stunning landscapes.

Meals: Breakfast, Lunch

Accommodation: NA

Booking Policy

Inclusion

- A/c Van support for the whole trip
- Boat trips in Cai Be
- Ferries during the trip
- Meals as mentioned (L=lunch, B= breakfast, D= dinner)
- Snacks, fruits, water, sodas, towels for cycling times (at dinners and lunches we can not our own drinks ,so please pay for your beers !)

- Accommodations
- Bicycles for the group
- Entrance fees
- English – biking guide

Exclusion

- Insurance (strongly advise you to purchase trip insurance before traveling)
- Tip for guide and driver (it is volunteer and up to your satisfactory of the trip)

Cancellation Policy

- Cancellation received before 60 days: FREE of charge
- Cancellation received from 30 days to 59 days prior arrival date: 10% of total rate
- Cancellation received from 15 days to 29 days prior arrival date: 30% of total rate
- Cancellation received from 7 days to 14 days prior arrival date: 50% of total rate
- Cancellation received less than 7 days prior arrival date or No show: 100% of total rate

Children Policy

- The rate for children applicable for one child sharing a twin or double cabin with two adults.
- For infants (<04 years old): FOC except for domestic flight tickets.
- 04 - under 11 years old without bed: 50% adult rate.
- 04 - under 11 years old with extra bed: 75% adult rate.
- 04 - under 11 years old in twin share: 90% adult rate.
- From 11 years old: count as an adult.

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