

Pedal Through the Mekong Delta - Cycling Tour 5 Days

Trip overview

Let's embark on an unforgettable 5-day cycling adventure through the heart of Vietnam's Mekong Delta! Designed for thrill-seekers and nature enthusiasts, this journey takes you beyond the beaten path - where emerald rice fields stretch endlessly, floating markets come alive at dawn, and charming villages invite you to experience their timeless traditions. You can pedal through peaceful back roads, glide across picturesque waterways, and savor the region's rich flavors as you immerse yourself in the rhythm of Delta life.

- **Durations:** 5 days
- **Trip outline:** Ho Chi Minh City - My Tho - Can Tho - Chau Doc - Cao Lanh
- **Price from:** US \$1004/person
- **Tour inquiry:** <https://besttratetours.com/vietnam-tours/pedal-through-the-mekong-delta-cycling-tour-5-days.html>

Trip outline

day	Activities	Accommodations	Meals
Day 1	Ho Chi Minh City - My Tho - Tra Vinh (Cycling 50 km)	Hotel in Tra Vinh	Lunch, Dinner
Day 2	Tra Vinh - Can Tho (Cycling: 80 km)	Hotel in Can Tho	Breakfast, Lunch, Dinner
Day 3	Can Tho - Chau Doc (Cycling: 50 km)	Hotel in Chau Doc	Breakfast, Lunch, Dinner
Day 4	Chau Doc - Cao Lanh (Cycling: 60 km)	Hotel in Cao Lanh	Breakfast, Lunch, Dinner
Day 5	Cao Lanh - Ho Chi Minh City (Cycling: 40 km)	NA	Breakfast, Lunch

Itinerary

Day 1: Ho Chi Minh City - My Tho - Tra Vinh (Cycling 50 km)

Kick off your journey with a morning transfer from the vibrant streets of Ho Chi Minh City to **My Tho**, the gateway to the Mekong Delta. Here, a scenic ferry ride across the **Tien River** sets the stage for your cycling adventure.



As you start pedaling, tranquil countryside roads guide you through a patchwork of banana groves, sugarcane fields, and picturesque villages. The landscape comes to life with winding canals, rustic wooden bridges, and the soothing presence of nature. Venture off the beaten path, navigating hidden trails that lead deep into lush greenery and quiet hamlets, offering a genuine glimpse into the rhythms of Delta life.

As the sun sets, cross the **Co Chien River** by ferry and arrive in **Tra Vinh** - a serene town where Khmer culture thrives, promising a peaceful and culturally rich end to your first day.

Meals: Lunch, Dinner

Accommodation: Hotel in Tra Vinh

Day 2: Tra Vinh - Can Tho (Cycling: 80 km)

After a hearty breakfast, set off on a captivating ride through Khmer-inhabited villages, where ancient traditions and spiritual heritage thrive. Your journey leads you to the tranquil **Ba Om Pond**, a picturesque oasis adorned with blooming lotus flowers. Take a moment to explore the surrounding Khmer temples, where the air is filled with the scent of incense and echoes of age-old fortune-telling practices.



Pedal further along scenic countryside paths, passing Buddhist temple schools and lively markets brimming with fresh produce and local delicacies. As the day unfolds, make your way to **Can Tho** - the bustling heart of the Mekong Delta - where the Can Tho and Hau Giang Rivers merge, setting the stage for the next chapter of your adventure.

Meals: Breakfast, Lunch, Dinner

Accommodation: Hotel in Can Tho

Day 3: Can Tho - Chau Doc (Cycling: 50 km)

Start your day early with a visit to the vibrant [Cai Rang Floating Market](#), where boats filled with fresh produce create a colorful spectacle on the water. Immerse yourself in the lively atmosphere as local traders haggle and customers enjoy breakfast from floating food vendors.



Next, delve into a traditional craft at a family-run workshop, where artisans skillfully craft rice noodles by hand. Afterward, set out on a peaceful ride through **Phong Dien** lush orchards and serene village paths, taking in the natural beauty of the countryside.

Continue your journey toward **O Mon**, cycling past quiet villages and stunning landscapes. Afterward, relax during a comfortable van transfer to **Chau Doc**, a culturally rich riverside town near the Cambodian border, renowned for its diverse heritage and vibrant local life.

Meals: Breakfast, Lunch, Dinner

Accommodation: Hotel in Chau Doc

Day 4: Chau Doc - Cao Lanh (Cycling: 60 km)

Morning

Start your day with a peaceful ferry ride across the Mekong River, setting the tone for a scenic journey toward **Cao Lanh**. Cycle along tranquil riverside paths, taking in the lush greenery and serene waterways as you pedal at a relaxed pace, soaking in the rhythm of daily life in the Delta.



Afternoon

Around midday, stop for a delicious lunch at a local restaurant, savoring traditional Mekong flavors made from fresh, regional ingredients. Refuel and prepare for the afternoon leg of your ride as you continue through the charming town of **Cho Moi**, where vibrant villages and endless rice fields offer a picturesque backdrop.

As the day winds down, arrive in **Cao Lanh**, where you'll have the chance to try a local delicacy - rat meat, a bold and unique dish cherished by the locals. This culinary adventure, combined with a day of cycling and cultural exploration, leaves you with unforgettable memories of the Mekong Delta.

Meals: Breakfast, Lunch, Dinner

Accommodation: Hotel in Cao Lanh

Day 5: Cao Lanh - Ho Chi Minh City (Cycling: 40 km)

Morning

On your final day, set off early in the morning and pedal through the peaceful, rural landscapes of the Mekong Delta, as you make your way toward **My Tho District**. As you ride along quiet, tree-lined paths, take in the tranquil surroundings and savor the fresh air of the countryside. After an invigorating ride, treat yourself to a well-deserved coffee break at a local café, where you can relax and enjoy the rhythm of the region.

Next, continue your journey to **Xeo Quyt**, a historically significant site nestled deep within a dense forest. Once a secret stronghold used by the Viet Cong during the Vietnam War, Xeo Quyt is a place where the past comes to life. With an expert guide leading the way, you'll uncover the stories of this once-hidden military base, learning about its strategic importance and the resilience of those who fought there.

After exploring the site, embark on a peaceful sampan boat ride along the serene waterways, gliding through the lush greenery and quiet surroundings that now conceal this rich history.

Afternoon

Following this fascinating historical experience, enjoy a delicious, traditional lunch at local restaurant, where you can sample regional specialties made with fresh, local ingredients. As the day comes to a close, relax as a comfortable transfer takes you back to Ho Chi Minh City.

With the sights and sounds of the Mekong Delta still fresh in your mind, you'll return to the vibrant city, bringing with you memories of a truly unforgettable journey through one of Vietnam's most beautiful and culturally rich regions.

Notes:

- Tour includes bicycle rentals, an English-speaking guide, meals as specified, and accommodations.
- Suitable for cyclists of all levels with support vans provided during the trip.
- Don't forget your camera to capture the stunning landscapes and vibrant local life!

Meals: Breakfast, Lunch

Accommodation: NA

Booking Policy

Inclusion

- Air-conditioned bus
- Support vehicle to carry gear, luggage, first aid
- English speaking tour guide
- Entrance fees
- Boat trips and ferries
- Pick up & drop off at your hotel
- Meals as mentioned
- All biking gear (bike, helmet, tool kit, water cage)
- Water, snacks, soft drinks, and fresh fruit on cycling days
- Accommodation

Exclusion

- Travel insurance
- Airport transfer in/out
- Visa
- Personal expenses

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 v

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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Local consultants with rich of knowledge will give you the most suitable itineraries for you.

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