MEKONG DELTA TO PHNOM PENH

6 DAYS 5 NIGHTS

If you're one of those people who loves experiencing lots of new and distinct cultures, you should definitely consider this adventure! You will definitely sense the difference between Vietnam and Cambodia quickly after you cross the border on the mighty Mekong River. Whereas Vietnamese land tends to be busier, greener, and more vibrant, Cambodian land tends to be dryer, have more wide open space, and give off a peaceful energy that you have to experience to understand.

There is truly no better way to explore the Mekong Delta region and the land that lies beyond it than on the back of a bike. The land tends to be relatively flat, but the narrow dirt paths through coconut plantations and the raised wooden platforms through flooded rice paddies will still provide enough varied terrain to keep any level of biker focused on the ride. Set that unique challenge with the breathtaking vistas the area provides, and you've got an experience that you'll take with you forever!

Distance per day: 60-100 km per day

Total cycling distance: 310 km

Difficulty: Moderate

Tour details

Tour meets: Saigon

Tour ends: Chau Doc

Group size:

Minimum 02 - Maximum 16 riders

Minimum age: 16

FIXED DEPARTURE DATES in 2023

Month	Trip	Departure date	End dates
June	1	18 June	23 June
July	2	20 July	25 July
August	3	20 August	25 August
September	4	18 September	23 September
October	5	20 October	25 October
November	6	19 November	24 November
December	7	10 December	15 December

Note: In the rare event that only 1 person signs up for a given departure date, the fixed departure date will be canceled. To guarantee your tour will leave on the fixed date, book for at least 2 people or contact us before booking to make sure others have already signed up.

ITINERARY

DAY 1 - ORIENTATION (HO CHI MINH CITY)

No cycling
Meals provided: Welcome dinner
Accommodation: not included

On your first day in Ho Chi Minh City, also known as Saigon, you will meet the Mr Biker team of guides, mechanics, and drivers who will support you throughout your exciting adventure from Saigon to Phnom Penh.

A bike fitting is scheduled at 4PM (Mr Biker Trung Son: 24 Street No.6, Trung Son Residence, Binh Chanh District) followed by a welcome dinner with our team.

DAY 2 - HCM - BEN TRE - TRA VINH

Cycling distance: 70km
Meals provided: Lunch, dinner
Accommodation: Cuu Long Hotel

In the morning, riders will van transfer to a local cafe in the Mekong Delta where their fitted bikes will be waiting. After a short trip briefing at the cafe, we'll hop on and start our adventure.

Riders will traverse numerous small canal bridges and admire the lush greenery of the area while riding beneath the shade of coconut trees. This view of the area's agriculture will lead to a coconut byproducts factory, where we'll take a short tour.

After lunch, riders will continue their adventure and watch the coconut fields give way to charming delta homes and villages. As we progress, we will continue on routes that are generally flat and paved, but there will be some opportunity to challenge ourselves on narrow sections through the coconut plantations.

We'll end up in Tra Vinh City, where we will relax before enjoying a community dinner and an evening of exploration.

DAY 3 - TRA VINH - CAN THO

Cycling distance: 80km
Meals provided: Breakfast, lunch
Accommodation: Iris Hotel Can Tho

Whereas the first day of the journey was spent in the Coconut Kingdom, today we will see rice paddies take prominence in our landscape views.

In the morning, we will cycle a short distance to Ba Om Pond, an 800 years old Khmer architectural beauty, to see its famous seasonal lotus flower.

After that, we will spend the rest of the morning cycling through flat lands next to rice paddies and canals. This region is renowned for being the second largest producer of rice in Vietnam.

In the afternoon, we'll van transfer to Can Tho city, where we will take in the nightlife and rooftop views from restaurants in the city centre. Be sure not to miss out on Can Tho's well-known night markets!

DAY 4 - CAN THO - RACH GIA

Cycling distance: 80km
Meals provided: Breakfast, lunch, dinner
Accommodation: Hoa Binh Rach Gia Resort

Today's excursion will be divided into two parts: the morning on water and the afternoon on land. Departing Can Tho, we will take a boat to explore the famous Cai Rang floating market and more of the Mekong Delta's canal system.

After the Mekong Delta boat tour, we will head off along the river on paved and isolated roads where we will be treated to views of the region's fruit gardens growing alongside the countryside trails. Eventually, the forested riverside trails will give way to the same wide-open rice fields we passed through on day 3. As we ride through this area, we often are the only people within view for kilometres at a time. It is peaceful, tranquil and a great chance to meditate on the value of solitude and community.

Riders get the choice to either cycle or van transfer the remaining distance to Rach Gia City..

DAY 5 - RACH GIA - CHAU DOC

Cycling distance: 80km
Meals provided: Breakfast, lunch, dinner
Accommodation: Chau Pho Hotel

After another filling and delicious local breakfast, we will transfer 60 minutes via our private shuttle to the seat of the Southern Kingdom of Vietnam as it was recognized 2000 years ago. We'll visit a museum in the area to learn more about the history.

We'll then set off on the 55 km journey to Tra Su National Reserve and Bird Sanctuary. The farmland along the way floods frequently, so the majority of the ride will be on raised reinforced platforms above the fields.

We'll arrive at Tra Su in the early afternoon, when the majority of the tourists have departed. There, we'll have the opportunity to walk along a floating bridge past vibrantly-coloured algae. There will be guided boat tours available through the shaded canals of the reserve.

Lunch will be served after this relaxing experience before getting back on your bikes for a 25km segment to our overnight location in Chau Doc City.

DAY 6 - CHAU DOC - PHNOM PENH BY SPEED BOAT

No cycling
Meals provided: Breakfast, lunch
Accommodation: Ohana Hotel (superior room) or a similar standard hotel

Today, your legs will get a well-deserved rest after you board a comfortable speed boat heading to Cambodia at 6:45am. You will also have the option to be driven back to Saigon at this point instead of continuing on to Cambodia.

For those who choose to explore Cambodia, the boat ride will take about 4 hours and 30 minutes, during which time you will be able to enjoy some snacks. Visa at the border will be arranged by the crew. Please prepare a passport photo with a white background and 35 USD in undamaged cash for the border.

Once the boat docks in Phnom Penh's Mekong port, we'll disembark and be transported by van to a hotel in the city's downtown. From that point onwards, you are free to explore Phnom Penh at your own pace.

PRICE USD/PAX (MIN 2 PAX, MAX 16 PAX/GROUP)

Price	Single Supp	E-BIKE Surcharge
990	115	60

Tour inclusive of:	Tour exclusive of:
• Accommodations at 3 star hotels/homestay with daily breakfast (twin/double sharing) • Air-conditioned van for transfers and support • Support vehicle to carry gear, luggage, first aid • Cycling guides and mechanics dependinging on group size • Entrance fees, boat trips • All meals mentioned 4 X B = Breakfasts 4 X L = Lunches 4 X D = Dinners • All biking gear (bike, helmet, tool kit, water cage) • Water, snacks, soft drinks, fresh fruit on biking days • High quality mountain bike all sizes + helmet	• Visa • Airport transfer • International airfares • Hotel early check-in / late check-out • Overweight luggage • Personal expenses • Travel insurance • Tipping

Notes: Please be aware that flight times, hotels and all other logistics, services and days of travel are subject to availability. If the listed hotel is fully booked, alternate accommodation will be offered. All hotels are rated according to local standards. All itineraries are flexible and can easily be altered to suit your needs and interests. Contact one of our travel consultants for more information.

Things to think about:

Even though we provide modern bikes and safety gear, we understand that sometimes customers wish to have their own personal items. We would suggest customers bring their own helmet and cycling gloves for comfort. Regardless if you are using one of our high-quality bikes or your own, we recommend taking advantage of a personal bike fitting session available 48 hours before the onset of the expedition. All bikes will be labeled with the rider's name so that you have the same bike each day and ensure the safety of your journey.

Transportation arrangements:

Whenever possible, we will cycle completely from the day's outset to the final destination with limited transfers. Our core belief is that cycling is an act of empowerment for both the rider and the community and we strive to provide the most meaningful and immersive cycling experience for our guests. However, as noted in certain itineraries, we will occasionally use our comfortable and modern 16-seater minivan to transport guests safely to either the beginning or end of the day's route.

Also, taking into account your safety, this transport shuttle acts as a support vehicle to provide care for unforeseen emergencies. Riders who wish to take a break from the bicycle after our designated lunch stop will have the opportunity to be transported in our support vehicle to our final destination for the day. We know that occasionally a journey is more difficult than it appears and we are happy to work with each individual group to tailor our programs to your group needs.

Food and Dietary Requirements:

We, at Mr Biker Saigon, believe in supporting locally-owned, eco-friendly and sustainable businesses to provide a unique and memorable excursion for your group, For this reason, we partner with local restaurants and community members in order to ensure that you have delicious, locally-sourced and unique food experiences on our journey together.

As always, we are happy to provide support for riders with specific food allergies and dietary requirements by providing vegan and vegetarian options. If your group has specific nutrition requirements please let us know when booking, so we can make sure we have the opportunity to meet your needs.

Liability and Personal Health Insurance:

Mr Biker Saigon does not provide personal liability insurance to the guests on the trip. We recommend that each rider has the relevant Personal Health Insurance for travelling in Asia and coverage of activities such as cycling.

As we generally cycle in remote and seldom-visited areas of Vietnam, immediate access to critical care infrastructure such as ambulances is often not available. To ensure your safety, we provide a support vehicle for our excursions. Your safety comes first to us and we plan ahead to make sure that you have everything you need to cycle at your best.