SPICE ROADS
CYCLING



TOURING

MEANDERING THE MEKONG DELTA

Tour Code
VNM-VMD

4 DAYS
3 NIGHTS

Destinations	Vietnam
Tour Meets Tour Ends	At your hotel in Saigon Back at your hotel in Saigon
Fly in to Fly out of	Tan Son Nhat International Airport (SGN) Tan Son Nhat International Airport (SGN)
Group Size Minimum Age	2-16 riders 12 (on scheduled departures)

ACTIVITY PROFILE

4 Cycling days	**153** km Total cycling distance
38 km Avg distance / day	**162** m Avg climbing / day

PRICING

Price	US$ 1,275
Bike Hire (Mountain Bike)	Included
Bike Hire (E-Bike)	US$ 150
Single Supplement	US$ 125

**E-bikes are in limited supply, please enquire to reserve one.*

DEPARTURES

17 Nov - 20 Nov 2026
01 Dec - 04 Dec 2026
15 Dec - 18 Dec 2026
05 Jan - 08 Jan 2027
19 Jan - 22 Jan 2027
02 Mar - 05 Mar 2027
23 Mar - 26 Mar 2027
06 Apr - 09 Apr 2027
20 Apr - 23 Apr 2027
06 Jul - 09 Jul 2027

See website for later departures

WHAT'S INCLUDED

- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Hotel pick up
- ✓ Hotel drop off
- ✓ Accommodation
- ✓ Bike and helmet
- ✓ Snacks and drinks
- ✓ Ferry/boat fares

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Airport pick up
- ✗ Airport drop off
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

TRIP PROFILE

We ride a total of 153 km over 5 cycling days. This tour has been designed for the leisure cyclist looking to go off the tourist track in southern Vietnam. Our rides are flat on a mix of paved tarmac and concrete roads. With several vehicle transfers before and/or after our rides, we avoid busy main roads and focus on the most enjoyable routes.

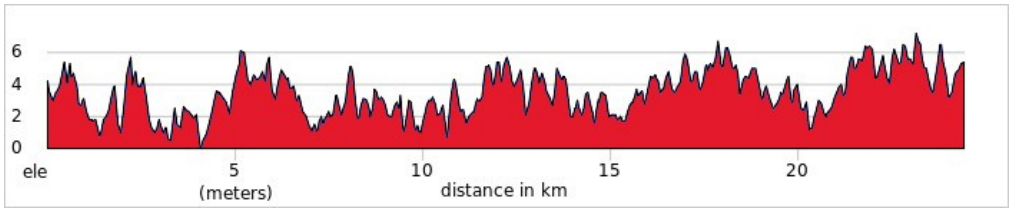
The trip is fully supported, and your guide's expert knowledge of the area and terrain means that you always know what is coming up in terms of distance and difficulty. This makes a tremendous difference, as does the constant supply of water and refreshments along the way.

Suitability: This trip is suitable for anyone with a reasonable level of fitness. Besides a few inclines here and there, there are no sustained climbs and the rides are predominantly flat throughout. Daily distances average around 40 km, allowing ample time for immersion, sightseeing, and relaxation. Navigating narrow lanes and occasional gravel, sand, or cratered country roads requires some handling skills but does not involve technical maneuvering. The main challenge of the tour is keeping up stamina over back-to-back riding days and cycling in the tropical heat. The pace is leisurely and with plenty of refreshment stops so riders with less experience are more than welcome to join. A support vehicle follows the group throughout the journey but be aware that it cannot always follow directly, instead meeting the group at intervals.

Day 1: Ho Chi Minh City (a.k.a Saigon) → Cai Lay → Cai Be

We leave the concrete jungle of Saigon behind and transfer 2.5 hours into the Mekong Delta. Our first ride takes us through the district of Cai Lay, where abundant fruit orchards grow tropical delicacies like durian, jackfruit and rambutan. Taking a leisurely pace, we get accustomed to scenes of daily life in the Delta as we ride through a labyrinth of country roads beneath a lush canopy of trees arcing over irrigation canals and quiet rural hamlets. From time to time, farmers on scooters zip past us, and children on bicycles may try to race us! Before reaching the hotel, we skirt along the riverside promenade of Cai Be, a small, bustling town where you can see a French colonial-era church towering over the water, filled with boats and ferries carrying local goods or tourists. We may also stop to sample the beloved regional snacks of coconut candy and crispy puffed rice. In the mid-afternoon we reach a cosy ecolodge nestled on the banks of the mighty Mekong River, where we spend the night.

Mekong Lodge Lunch, Dinner

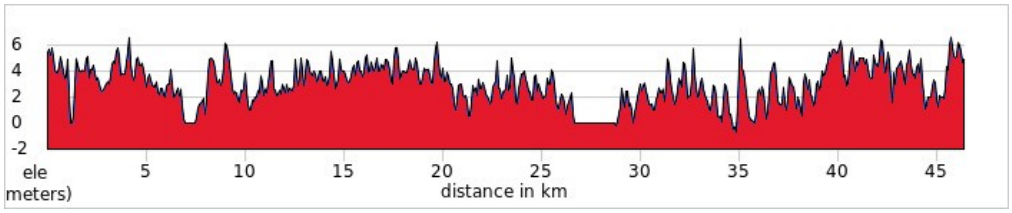


Ride 24km +85m -83m

Day 2: Cai Be → Tra Vinh

The Mekong Delta rises early and so do we, avoiding riding during the hottest hours of the day to make the most of our time in the saddle. From Cai Be we hop across a large Mekong island via river ferries on either side and enter a serene world of coconut farms, banana plantations, sugarcane fields, small bridges, and criss-crossing canals and rivers. Should the occasion present itself, we may stop to learn more about the local cottage industries that line our route, such as coconut husking, terracotta brick making, or the crafting of traditional nipa palm thatch. Around halfway through the ride we take a ferry across the Co Chien River – a major arm of the Mekong – and ride south along its floodplain towards the city of Tra Vinh. Traffic picks up as we approach the city, so we load our bikes and transfer roughly 30 minutes to tonight's lodging: another lovely riverside lodge nestled in the countryside.

Coco Riverside Resort Breakfast, Lunch, Dinner

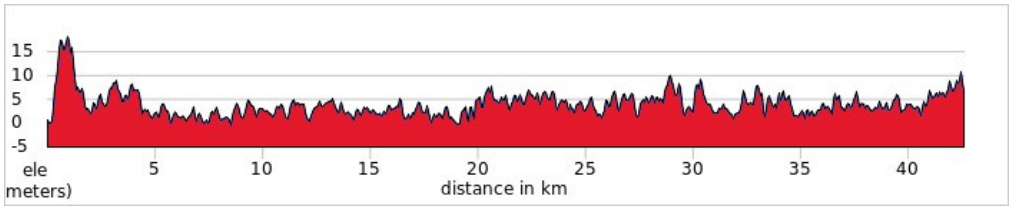


Ride 46km +173m -174m

Day 3: Tra Vinh → Can Tho

Today begins with a 30-minute transfer to our cycling start point just outside Tra Vinh. From here we head westward along a fertile floodplain nestled between the Co Chien and Hau Rivers. The route winds through an extensive patchwork of rice paddies, highlighting why the Mekong Delta is known as Vietnam's "rice bowl"! Taking a leisurely pace, we soak in scenes of daily life amidst the fields, waterways, fruit orchards, and villages. Along the way, we'll also encounter numerous Khmer-style Buddhist temples, a testament to centuries of Cambodian presence in the heart of the Mekong Delta. We end our ride at one such temple before transferring around 1.5 hours to Can Tho. As the largest city in the Mekong Delta, Can Tho serves as a bastion of the region's waterborne lifeways and thrives as a bustling commercial hub.

The Iris Signature Hotel and Spa Breakfast, Lunch, Dinner

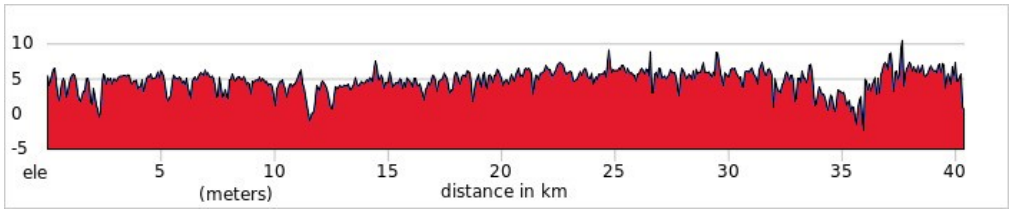


Ride 43km +226m -219m

Day 4: Can Tho Floating Market & Bike Loop → Saigon

We have an early start as we board a boat to visit bustling Cai Rang, the Mekong Delta's largest floating wholesale market. Here we discover a lively aquatic scene as vendors navigate their brightly adorned boats, displaying goods for sale on tall poles. From the comfort of our chartered boat, you can join the locals for a morning coffee, a bowl of rice noodles, and some fresh fruit. Back on dry land we then hop on our bikes and enjoy our final green and meandering Mekong Delta ride in the countryside surrounding Can Tho. Our tour ends with a celebratory farewell lunch before driving 3.5 hours back to Saigon where you will be dropped off at your hotel. If you are flying out today, please ensure your departure is after 20:00 (8:00 PM). Let us know if you need assistance with post-tour hotel bookings or airport transfers.

Breakfast, Lunch



Ride 40km +165m -169m

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

Included in this tour are well-known makes of hard tail mountain bikes.

We also have E-Bikes available for hire, but they are limited in number & size - please send an email to us to check on availability.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

The visa requirements for Vietnam can be divided into three sections, dependent on your nationality and the point of entry/exit. Please review the details below to determine which applies to you. Visa policies are subject to change, and it is the traveler's responsibility to confirm their visa requirements for Vietnam before departure.

E-Visa

The Vietnam e-visa is now available to almost all nationalities. You can apply for a single or multiple-entry visa valid for up to 90 days. Application is through the Vietnam **visa portal**. Please note that e-visas cannot be used if you are joining Road Biking from Saigon to Angkor (more information in the **Visa on Arrival** section below).

Please carefully fill out the form and check the information you have entered. Even minor spelling errors will render the visa invalid and your entry to Vietnam will be denied.

For peace of mind, we suggest applying for your e-visa as early as possible, and no later than 2 weeks before your expected arrival in Vietnam. While processing time is generally no more than 1-3 working days (not including weekends and Vietnamese holidays), it is wise to give yourself some buffer time in case there are any issues.

If you are joining a multi-country trip beginning in Vietnam, please be sure to select the correct exit point from the list below:

- Saigon to Bangkok by Bicycle and Biking Saigon to Angkor Wat: Vinh Xuong Landport

- Remote Vietnam and Laos by Bike: Na Meo Landport
- Biking Hanoi to Luang Prabang: Tay Trang Landport
- Cultural Road from Hoi An to Angkor Wat: Le Thanh International Border Gate

If your SpiceRoads trip will end in Vietnam, please choose your point of exit as the airport, port or land border through which you have arranged to leave Vietnam.

Please keep a printed copy of your e-visa with you at all times, as it may be requested at some exit points.

Visa Exemption

Citizens of certain countries (including many European and Asian nations) can enter Vietnam visa-free for up to 45 days. Please check if your nationality is exempt here before applying for an e-visa. If you are on the exemption list, you still need to make sure that your passport is valid for at least 6 months from your date of entry and has at least two blank pages. You do not need to apply for anything in advance; you will simply receive an entry stamp at immigration upon arrival.

Visa on Arrival

If you are joining "Road Biking from Saigon to Angkor", **e-visas are not permitted for the exit through the land borders we cross during the tour.** Before the tour, our sales team will collect your passport and flight information from you, and we will provide you with the Visa on Arrival letter within 10 business days.

When you arrive in Vietnam, you will need to present the following at the Visa on Arrival counter:

- a printed copy of the Visa on Arrival letter, which we will have sent to you by email. You will also likely need this printed letter to check in and board your flight to Vietnam.
- the visa stamping fee (USD $25 for a single-entry visa). Please prepare the visa fee amount in cash, using USD or the equivalent in Vietnam dong to avoid unfavourable airport exchange rates.
- two printed passport photos.

Your Visa on Arrival will be processed quickly, and you may then proceed to immigration to enter Vietnam.

Please ensure that you update our sales team if your passport or flight details change before the tour, as mismatched information will result in entry to Vietnam being denied. Changes to this information when a Visa on Arrival letter has already been issued will result in a charge for a new letter to be processed.

Important Update: Effective immediately, all non-Vietnamese nationals entering the country in Hanoi (Noi Bai International Airport - HAN), Danang (Danang International Airport - DAD), Ho Chi Minh City (Tan Son Nhat International Airport - SGN) and Phu Quoc (Phu Quoc International Airport - PQC), must complete the **Digital Pre-Arrival Declaration** form before arrival. Please fill out the details on the official website here **within three (3) days before your arrival in Vietnam**. This is a free process - beware of fake websites that charge a fee. If you are already travelling within the three days before your planned arrival in Vietnam, then we suggest completing the form while you are at a hotel with reliable Wi-Fi. It only takes a few minutes. After submission, you will receive a QR Code. Please save a screenshot of this code on your phone to present at immigration.

Health

See here for recommendations and detailed information.

Weather

Weather in Vietnam is divided into 4 main regions - the far north, north, central and south.

The far north can get very cold in December and January while the dry season runs from October to late March and the wet season between April to September.

In Hanoi & the north, it is hot, wet and humid from May to October while November to April is cooler and dry.

Central Vietnam experiences hot, dry weather between January & August with temperatures ranging in the mid 30°C. High levels of rainfall are during September - November.

Southern Vietnam is dry and hot from November to April, and warm and wet between May & October, with the highest rainfall in June, July & August.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Most meals are Vietnamese food and features noodles, rice curries and soups. Vietnamese cuisine is world famous and we make sure you sample as much variety as possible. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Drink

Keeping you completely hydrated is a job we take very seriously. Cold water, some energy-restoring local fruit, and soft drinks are included in the tour price while riding. Soft drinks and other beverages during meals are not included. Beer is freely available everywhere in Vietnam but is NOT included in the price.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for traveling alone. We will arrange for you to share accommodation with another traveler of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Extra Expenses

We recommend that you tuck away a few extra dollars, perhaps US$10, for incidentals. It is customary to tip local tour guides and drivers, however, the amount you give should be dependent on the level of service you receive. We will send you a tipping guideline before the tour begins.

Money

The official national currency is the Vietnam dong (d), but the US dollar is widely accepted in tourist centers. However, in smaller towns and villages the dong is preferred. ATMs are available in all major tourist destinations and big cities. Vietcombank has the best network with a single withdrawal limit of 2,000,000d (about US$125). Most major currencies can be exchanged at leading banks in Vietnam, but the US dollar is preferred away from the tourist centers. Changing US$100 will make you an instant millionaire! You cannot legally take the dong out of Vietnam but you can reconvert reasonable amounts of it into US dollars on departure.

GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our Booking Conditions in full before you make your payment and should you require further clarifications of any of the conditions below, please email us or call our office.

TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please email us or call our office.

BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people

travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into Manage My Trip (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems please send us an email, or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our cancellation policy.

Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your travel insurance that you acquired when you booked your holiday.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

CONTACT US

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