

Mekong Song Xanh Sampan – 3 days 2 nights

(Upstream or Downstream)

Itinerary Overview

Day	Destination	Meals
Upstream: Cai Be – Sa Dec – Long Xuyen – Chau Doc		
Day 1	CAI BE – SA DEC	L/D
Day 2	SA DEC – LONG XUYEN – PHU TAN	B/L/D
Day 3	PHU TAN – CHAU DOC	B
Downstream: Chau Doc - Long Xuyen – Sa Dec – Cai Be		
Day 1	CHAU DOC – LONG XUYEN	L/D
Day 2	LONG XUYEN – SA DEC	B/L/D
Day 3	SA DEC – CAI BE	B

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

Detailed Itinerary

Upstream: Cai Be – Sa Dec – Long Xuyen – Chau Doc

Day 1 CAI BE – SA DEC

Your trip starts from Phu An Jetty at 10:00 am. After lunch at Le Longanier Restaurant, the crew welcomes you on board the Song Xanh sampan with chilled towels and a refreshing drink as the boat begins its leisurely cruise on the river.

Head ashore at local cottage industries that utilize products from the Delta like rice and coconuts to

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

make tasty snacks including puffed rice and chewy coconut candy.

Visit a traditional brick factory where everything is made by hand.

Visit the historic house of "The Lover", a real-life character in the acclaimed novel and film by Marguerite Duras.

Enjoy your night on board your sampan as it moors on the Mekong River.

Meals: Lunch/Dinner

Accommodation: Song Xanh Sampan

Day 2

SA DEC – LONG XUYEN – PHU TAN

Rising up early for another nice day. We contemplate sunrise while having breakfast on Song Xanh Sampan.

Visit of a brickyard at the entrance of the Sa Dec city. Then, we continue to the lively Sa Dec market followed by a pleasant stroll in the direction of the old house of Mr. L'Amant, the school of Trưng Vương where the mother of Marguerite Duras was a teacher.

Discover the temple of Caodaism and the gardens of flowers and bonsai where you will find many kinds of flowers and bonsai planted in Sa Dec "garden of Cochinchine in the 19th century".

Breakfast is served on board as you cruise towards Long Xuyen along narrow canals past several rustic monkey bridges and pristine countryside scenes.

Arrive in Long Xuyen to visit Tiger Island, birthplace of Vietnam's second president.

Back on the Song Xanh sampan, dinner is served as the boat makes its way to Chau Doc, close to the border with Cambodia. Settle down for your second night on the river.

Meals: Breakfast/Lunch/Dinner

Accommodation: Song Xanh Sampan

Day 3

PHU TAN – CHAU DOC

Breakfast is served on board while your sampan cruises towards Chau Doc. Known throughout Vietnam for its pagodas and temples, Chau Doc is also famous for the Tra Su Bird Sanctuary, a superb

eucalyptus mangrove.

Disembark at Victoria resort's private pier at approximately 10:00 am.

Note*: From Chau Doc, you can take the Speedy boat to Phnom Penh. All activities/transfers after the cruise are not included.

Meals: Breakfast

Accommodation: n/a

Downstream: Chau Doc – Long Xuyen – Sa Dec – Cai Be

Day 1

CHAU DOC – LONG XUYEN

Your crew welcomes you at the Victoria Chau Doc Hotel jetty at 10:00am with cold towels and a refreshing drink as your Song Xanh private sampan sets off for its leisurely cruise on the waterways around Chau Doc towards Long Xuyen, traveling along a narrow canal past monkey bridges and peaceful villages.

Lunch is served on board before arriving in Long Xuyen. Visit Tiger Island (Cu Lao Ong Ho), a small island that was once the home of Vietnam's second president – Ton Duc Thang. Take a stroll around the park surrounding the museum and cycle around the island for a better look.

Your last stopover before sunset is at a Vietnamese home to gain insight into how the locals live. The owner will welcome you and a candlelit dinner will be served.

Enjoy your first night on board the Song Xanh on the Hau River.

Meals: Lunch/Dinner

Accommodation: Song Xanh Sampan

Day 2

LONG XUYEN – SA DEC

Breakfast is served on board at 7:00 am while your Song Xanh sampan cruises downstream. Arrive in Sa Dec in time for a stroll around this charming town. Visit one of the town's highlights, the ancient house of Huynh Thuy Le, a real-life character in the celebrated novel and film "The Lover" by Marguerite Duras. The small town is well worth exploring as it played an important role in the development of the Mekong Delta. Large Chinese and Khmer communities were established here, while the French also left their mark on the local architecture. As a result, many religions are represented side by side: a Cao Dai temple, a Catholic church, a Chinese temple and Vietnamese pagodas. Lunch and dinner are served on board. Enjoy your second night aboard the Song Xanh Sampan on the Mekong River.

Meals: Breakfast/Lunch/Dinner

Accommodation: Song Xanh Sampan

Day 3

SA DEC – CAI BE

We begin cruising at 6:00 am towards Cai Be. Observe life as it plays out on shore – people going about their daily activities against picturesque landscapes – while your crew serves breakfast onboard. Stop at various points along the way for a look into some of the cottage industries of the region: a brick factory and local food production like coconut candy and puffed rice (the local equivalent of pop corn), small home-based businesses that provide a living for the river people. Your cruise ends at Le Longanier Restaurant. Lunch is served in this exquisite colonial-style villa set in a lush tropical garden by the river, surrounded by fruit plantations, a glimpse into the Indochina of yesteryear.

Meals: Breakfast/Lunch

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.