

## Le Cochinchine Cruise – 3 days 2 nights

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**Note\*:** the itinerary as following are applied for **Le Cochinchine**, **Mekong Melody** and **Mekong Douce** Cruise.

### Itinerary Overview

Day	Destination	Meals
<b>Option 1: Saigon – Cai Be – Sa Dec – Can Tho</b>		
Day 1	CAI BE – SA DEC – CAI BE	L/D
Day 2	CAI BE – MANG THIT – TRA ON	B
Day 3	TRA ON – CAN THO	
<b>Option 2: Saigon – Can Tho – Sa Dec – Cai Be</b>		
Day 1	CAN THO – TRA ON – CHO LACH	L/D
Day 2	CHO LACH – HOA KHANH – SA DEC	B/L/D
Day 3	CAI BE DEPARTURE	B

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

### Detailed Itinerary

#### Option 1: Saigon – Cai Be – Sa Dec – Can Tho

##### Day 1 CAI BE – SA DEC – CAI BE

Pickup at the hotel in Saigon. Transfer to Cai Be (**note\*:** transfer is included if you book the shuttle service)

10h30-11h00 A.M: Welcome you at our Cai Be pier. Join Le Cochinchine Cruise for a welcome drink and check-in your room. Le Cochinchine continues to Cai Thia.

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

Landing at the island of Cai Thia where you will have a lovely cycling or walking excursion through the villages bordered by green orchards, rice fields...

Come back to our boat for lunch while the boat cruises toward Sa Dec, a charming and quiet town located on the bank of the Tien River.

On arrival, we visit a brickyard at the entrance of the village. Continuation to the lively market of Sa Dec followed by a visit to the old house of Huynh Thuy Le – the lover of the French novelist Marguerite Duras, as well as Trung Vuong primary school founded at the beginning of the 20th century by Marguerite Duras's mother. In the heart of the village of Sa Dec, we discover the Cao Dai temple, the garden of bonsai and flowers.

Return to Le Cochinchine Cruise and enjoy the foot massage while watching the sunset over the Mekong River and sipping an aperitif.

**Meals:** Lunch/Dinner

**Accommodation:** Le Cochinchine cruise

## Day 2

## CAI BE – MANG THIT – TRA ON

Get up early in the morning to contemplate the sunrise on the romantic river before breakfast on board Le Cochinchine Cruise.

Transfer by junk to explore the floating market of Cai Be which is specific to the aquatic area. Continuation by a visit of sumptuous traditional residence, former imperial residence where the descendants of the Kiet family open their doors to welcome you to discover the sublime interior and walk through the garden strewn with fruit trees. Tea is offered, accompanied by a tasty selection of tropical fruits.

Continuation to the artisanal villages where we have the chance to discover products made from rice and coconut: rice alcohol, puffed rice cake, rice paper, coconut candy.

Return to the boat, lunch on board while the boat is heading for the Co Chien River.

In the afternoon, a walk or bike along the paths through the countryside and villages will allow you to discover the orchards, the river activities and get in touch with the local population.

The boat continues in the direction of Tra On. The aperitif is offered on the upper deck while the sun sets on a splendid landscape.

Taking part in a cooking class on Le Cochinchine cruise, you will have the chance to try to make Pumpkin flower stuffed with That Lat fish and learn how to cut vegetables for decorating dishes.

**Meals:** Breakfast/Lunch/Dinner

**Accommodation:** Le Cochinchine cruise

### Day 3

### TRA ON – CAN THO

Breakfast on board. The morning bobbling commotion of Mekong river life comes to life for another lovely day. Our boat sets sails to Can Tho through tributaries, canals and arroyos.

Transfer by local boat to visit the market of Cai Rang, one of the most important floating markets of the region, crowded with small and big boats zigzagging on the animated waters.

Following along the coves shaded by fruit trees, palm trees ... you will come to an orchard where you will find many kinds of fruits: mango, star apple, papaya, dragon fruit, and coconut.

11h00 A.M: Disembark at the pier in Can Tho. Transfer back to Saigon (note\*: transfer is included if you book the shuttle services)

**Note\*:** The floating markets in the Mekong Delta are no tourist markets but wholesale markets where produce of the Mekong Delta like fruits and vegetables are traded. For this reason the number of boats on the market fluctuates depending on harvesting seasons and market demand. Furthermore, modern wholesale markets are becoming more popular in Vietnam. This can result in decreasing numbers of boats being present on the markets.

**Meals:** Breakfast

**Accommodation:** n/a

### Option 2: Saigon – Can Tho – Sa Dec – Cai Be

### Day 1

### CAN THO – TRA ON – CHO LACH

Pick up at the hotel in Saigon to transfer to Can Tho (**note\*:** transfer is included if you book shuttle services)

10h30-11h00 A.M: Arrival at our pier in Can Tho. Transfer by local boat to explore the Cai Rang market, one of the most bustling floating markets in the whole Mekong Delta.

Embarkation on Le Cochinchine cruise with a welcome drink.

Le Cochinchine continues to Tra On. Lunch served on board. Leisurely cruise down the Mekong while enjoying fabulous scenery.

Walk or cycle on the green paths, crossing the countryside and villages to discover the orchards, the local river life style on the Mekong Delta and get in touch with the local people.

Back to our boat for your relaxation with a foot massage. You will enjoy an aperitif at the magnificent sunset.

Dinner and overnight on board, on the Co Chien River, near Cho Lach.

**Meals:** Lunch/Dinner

**Accommodation:** Le Cochinchine Cruise

## Day 2

## CHO LACH – HOA KHANH – SA DEC

Wake up early in the morning to admire splendid sunrise on the Mekong River with songs of birds, the animation of the boats characterizing the life of river region.

Breakfast is served on board. Walk/ cycle amongst the lush vegetation to visit the fruit farm and meet the local people on the small island in Cai Be.

Come back to the boat. Le Cochinchine cruise sails on Co Chien River in the direction of Sa Dec while lunch is served on board.

In the afternoon, we will visit a local brickyard on the banks of the river at the entrance of the village. In the heart of the village, a bike ride or a walk to visit the local market, the old house of Huynh Thuy Le, Trung Vuong primary school, founded at the beginning of the 20th century by the mother of the French novelist Marguerite Duras. Continue to the Cao Dai Temple and the blossoming flowers and bonsai garden of Sa Dec.

Return on board with an exotic aperitif on the upper deck before dinner.

Taking part in a cooking class on the boat, you will have the chance to try to make Pumpkin flower stuffed with That Lat fish and learn how to cut vegetables for decorating dishes.

Dinner and overnight on board.

**Meals:** Breakfast/Lunch/Dinner

**Accommodation:** Le Cochinchine Cruise

### Day 3

### CAI BE DEPARTURE

After the breakfast on board, transfer to discover the Cai Be.

Transfer to a local boat for an extensive visit of Cai Be: the floating market, the old house of Mr. Ba Kiet, delightful flower garden and orchard, local pop-rice, coconut candy and rice paper manufacturers. Sample local sweets and fruits during the trip.

The local boat sails through tiny canals and arroyos before bringing you back to the shore. Get off around 11h00 A.M at Cai Be harbor. Pickup and transfer to Saigon (note\*: transfer is included if you book shuttle services)

**Meals:** Breakfast

**Accommodation:** n/a

## Inclusions & Exclusions

### ***Inclusions:***

- All meals included in selected program by Le Cochinchine Cruise
- Accommodation on board based on twin share
- English speaking guide during the cruise
- Sight-seeing of Mekong Delta
- Biking and sampan boat rides.
- 1 complimentary foot massage on board.

### ***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 shows in the calendar is proposed rate for Saigon – Mekong 2 days. 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 acupressure 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.