

VIETNAM & CAMBODIA – CYCLE THE MEKONG

8-Day / 7-Night, Easy to Moderate **GUIDED** cycling tour from Hoh Chi Minh to Phnom Penh



Vietnam is a destination where rich history, vibrant culture, and picturesque rural landscapes combine to create a unique cycling experience. This eight-day journey begins in the bustling streets of Ho Chi Minh City before following scenic backroads through the fertile Mekong Delta and crossing into neighbouring Cambodia, finishing in the capital of Phnom Penh.

Along the way, cycle through peaceful villages, past lush rice fields, winding waterways, and lively local communities, gaining a genuine insight into everyday life in both countries. A highlight in Vietnam is a visit to the Cu Chi Tunnels, an extensive underground network used during the Vietnam War, offering a fascinating glimpse into the country's modern history. After crossing into Cambodia, the journey continues through tranquil countryside, charming colonial towns, and the coastal region of Kep, combining scenic cycling with cultural encounters, historical landmarks, and authentic local experiences.

Throughout the journey, you'll enjoy comfortable accommodation, regional cuisine, experienced local guides, and the reassurance of vehicle support, allowing you to focus on the ride while discovering the diverse landscapes, cultures, and traditions of Vietnam and Cambodia.

Departure: Saturday 16 January 2027
Saturday 20 February 2027
Saturday 20 March 2027

Cost From: Per Person, Twin Share: **\$3195**
Single Supplement: **\$895**
Upgrade to e-Bike: **\$350**

Includes: 7 nights' accommodation in a 4-star hotel or equivalent; Daily breakfast, 6 lunches and 2 dinners; Luggage transfers and vehicle support; Professional tour guide; Bike hire, including a helmet, and water bottle; Drinking water and fresh fruit; Airport transfers on arrival and departure; Entrance fees and excursions as outlined in the itinerary.

Not included: Meals not mentioned; Other drinks; Gratuities and personal expenses; Other entrance fees and excursions.

Grade: Daily cycling distances range from approximately 30 to 60 km on mostly quiet roads. The terrain is predominantly flat to gently rolling, with no major climbs, making this an easy to moderate cycling journey. You should be comfortable cycling for several hours a day, with regular stops to enjoy local experiences and scenery. A support vehicle is available throughout the tour for assistance and transfers when required.

Call OUTDOOR TRAVEL on 03 5750 1441 for details or reservations

Suggested Itinerary: The itinerary is subject to change based on local conditions and weather. The tour guide reserves the right to adjust the itinerary as necessary.

Day 1: Arrival in Ho Chi Minh City

Arrive in Ho Chi Minh City, where your transfer will be waiting to welcome you and take you to your accommodation. Once settled in, meet your guide and fellow travellers before stepping out to experience the vibrant energy of this city. In the evening, gather for your first group dinner at a local restaurant; a chance to get to know one another and enjoy your first taste of Vietnam.

Day 2: Ho Chi Minh - Cu Chi Tunnels - Cai Be

cycling @30 kms

After breakfast, we leave Ho Chi Minh City behind and transfer out of the busy traffic to visit the historic Cu Chi Tunnels, where we explore part of the underground network and learn about the lives of those who lived and worked there. From there, ride on quieter roads towards Trang Bang, through rural landscapes to Hau Nghia and Duc Hoa, stopping at a local farm to discover the traditional process of making rice paper. Continue towards the Mekong Delta, following peaceful waterways and countryside roads before arriving in Cai Be for the evening.

Day 3: Cai Be - Can Tho

cycling @60 kms

After breakfast, cycle through the countryside around Cai Be, past fruit orchards, local workshops, and small villages experiencing everyday life in the Mekong Delta. Visit a local candy workshop and continue through peaceful backroads lined with rice paddies, coconut trees, and waterways. Away from the main roads, the journey offers a closer look at farming communities and the traditional lifestyle of the delta. After lunch at a local restaurant, continue through the countryside before transferring onwards to Can Tho, the largest city in the Mekong Delta, where we spend the night.

Day 4: Can Tho - Ha Tien

cycling @60 kms

Begin the day with an early visit to the famous Cai Rang Floating Market. Travel by local boat and experience one of the Mekong Delta's most iconic sights, as traders sell fresh produce and goods from their boats along the river. After returning to the hotel for breakfast and a refresh, head off on bikes through the quieter corners of the delta. Cycle along rural roads, past villages, farms and waterways before stopping for lunch at a local restaurant. In the afternoon, continue towards Rach Gia, a coastal town overlooking the Gulf of Thailand, before transferring to Ha Tien, a border town near Cambodia where we spend the night.

Day 5: Ha Tien - Kep

cycling @40 kms

Today leave Vietnam and head towards Cambodia, riding through the countryside on quiet roads before reaching the border. Complete immigration formalities and cross into Cambodia where we meet our Cambodian riding team and continue through rural landscapes, past farmland, villages, and local communities. The route offers a first glimpse of Cambodia's countryside before arriving in the seaside town of Kep, where we spend the next two nights.

Day 6: Kep - Kampong Trach - Phnom Wur - Kep

cycling @60 kms

After breakfast, transfer to Kampong Trach to explore the local markets before beginning our ride through the surrounding areas. The route takes us along quiet roads towards Phnom Wur, an area known for its limestone landscapes and scenic views. Stop by the lakeside for a picnic lunch, with time to swim and enjoy the surroundings, weather permitting. After taking in the scenery, return to the hotel in Kep for a second night stay.

Day 7: Kep – Kampot - Phnom Penh

cycling @30 kms

After breakfast, ride from Kep to Kampot, a riverside town known for its French colonial heritage. Along the way, visit a local pepper farm to learn about its production and sample this celebrated local product. After exploring Kampot and enjoying lunch, transfer to Phnom Penh. In the evening, experience a guided Tuk Tuk food tour through the capital, discovering local flavours and enjoying the vibrant atmosphere as we celebrate our last night.

Day 8: Departure from Phnom Penh

After breakfast, the tour comes to an end in Phnom Penh. Airport transfers are available on this day.

This tour can **be combined with our Guided Cycling Holiday in Cambodia: Through Kingdom, Culture & Countryside**, extending your holiday into a 15-day journey from Ho Chi Minh City to Siem Reap. Ask for details.

Contact Outdoor Travel for more details and reservations:

- Call: 03 5750 1441
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