

# Mekong to Central Highlands Cycle: Self Guided



## trip highlights

Explore Vietnam's hidden routes from the Delta to the Highlands at your own pace

Ride quiet backroads past rice paddies, coconut groves and fruit farms

Visit Khmer temples and soak up Tra Vinh's local culture

Explore Cai Rang's floating market by traditional boat  
Cycle through tea and coffee estates in the misty highlands

Luggage transfers and 24/7 local support throughout

Experience Vietnam's landscapes and culture—at your own pace



Trip Duration	12 days	Trip Code: FSG
Grade	Moderate	
Activities	Cycling	
Summary	9 nights hotel, 2 nights homestay	

## welcome to World Expeditions

For over 50 years, we've been creating high-quality, expedition-style adventures for active travellers with a curious spirit. From our very first trek in the mountains of Nepal to pioneering remote routes across all seven continents, our journeys are built for those who want to truly explore – not just visit.

At the heart of what we do is a simple philosophy: take the paths less travelled.

This means travelling with care, supporting local communities, minimising our impact, and unlocking experiences that most travellers will never have.

If you're ready to go further and dig deeper, we invite you to join us on the Mekong to Central Highlands Cycle: Self Guided, a journey that captures the essence of a unique adventure.

## why travel with World Expeditions?

Our self-guided cycling trips in Vietnam offer the freedom to ride independently with the reassurance of well-planned routes and local support. You follow curated itineraries through rural landscapes, villages and regional highlights, with logistics, accommodation and navigation handled in advance. Luggage transfers and on-ground support allow you to focus on the ride without managing the details. Backed by World Expeditions' operational expertise, these journeys provide a flexible and reliable way to explore Vietnam by bike.



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Single travellers are required to pay a single supplement when joining this adventure. Please refer to our website for the additional cost.

## the trip

Discover the striking contrasts of southern Vietnam on a self-guided cycling adventure that blends riverland serenity with cool highland charm - designed for confident travellers who value freedom, cultural immersion and expertly managed logistics.

Pioneers of active travel in Vietnam since the early 1990s, World Expeditions draws on decades of on-ground experience to offer a seamless self-guided journey from the lush Mekong Delta to the misty Central Highlands. This is a route few travellers take, revealing a quieter, richer Vietnam away from the well-worn paths.

Begin in the Mekong Delta, where peaceful backroads wind past coconut groves, rice paddies and Khmer pagodas. Ride at your own pace through vibrant fruit farms and canal-side villages, and explore floating markets that still shape life in this fertile region. It's a region best explored slowly, and by bike.

Then, leave the lowlands behind and climb into the Central Highlands, where the air cools and the scenery transforms. Ride through tea and coffee plantations, remote valleys and quiet mountain towns, finishing in Da Lat—the "City of Eternal Spring"—famed for its colonial villas, alpine charm and fresh local produce.

With daily luggage transfers, 24/7 local support, detailed route notes and handpicked stays, this is independent travel made easy. Designed by our in-house self-guided specialists, each day balances cultural highlights with off-the-radar cycling on peaceful, rural roads.

Expect remote daily distances between 40–70km (25–43.5mi), giving you time to absorb your surroundings and linger where the moment calls. There's no group, no fixed pace - just the open road and a thoughtfully crafted route backed by over 30 years of Vietnam expertise.

A rewarding journey for confident, capable travellers seeking a deeper, more flexible way to experience Vietnam - far from the crowds, and entirely your own.

## at a glance

DAY 1	ARRIVE HO CHI MINH CITY (SAIGON)
DAY 2	CYCLE FROM LONG AN TO BEN TRE (CYCLE APPROX. 2-4 HRS)
DAY 3	CYCLE FROM BEN TRE TO TRA VINH (CYCLE APPROX. 2-3 HRS)
DAY 4	CYCLE TO CAU KE (CYCLE APPROX. 3-4.5 HRS)
DAY 5	CYCLE TO CAN THO (CYCLE APPROX. 3-4.5 HRS)
DAY 6	VISIT CAI RANG FLOATING MARKET, TRANSFER TO SAIGON
DAY 7	TRANSFER TO TRI AN LAKE, CYCLE TO CÁT TIỀN NATIONAL PARK (CYCLE APPROX. 3-4 HRS)
DAY 8	CYCLE FROM CÁT TIỀN NATIONAL PARK TO BAO LOC IN TWO PARTS (CYCLE APPROX. 1/1.5HRS & 4HRS)
DAY 9	CYCLE FROM BAO LOC TO LAM HA (CYCLE APPROX. 4-5 HRS)
DAY 10	CYCLE FROM LAM HA TO DA LAT (CYCLE APPROX. 4-5 HRS)
DAY 11	EXPLORE DA LAT, TRANSFER TO HO CHI MINH CITY
DAY 12	HO CHI MINH CITY, TRIP CONCLUDES

## what's included

- 11 breakfasts
- 9 nights comfortable hotel on a twinshare basis
- 2 nights traditional homestay on multishare basis
- Arrival airport to hotel transfer (if arriving on day 1 of the trip)
- Private air conditioned vehicle on transfer days 2, 6, 7, 8 & 11
- Modern mountain bikes, helmet, 1 waterproof pannier (10L), phone holder & basic repair kit (Option to upgrade to e-bike at additional cost; subject to availability)

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## trip dates

Departs daily except during Lunar New Year

## important notes

**Note:** - This trip is not suitable for solo travellers. Please contact our team for alternative tour suggestions.

**NB:** - Vietnam's Tet (Lunar New Year) falls from 16–21 February in 2026. Omitted dates may extend to the lead-up and days overlapping the holiday period.

## fast facts

**Countries Visited:**  
Vietnam

**Visas:**  
Yes\*

**Vaccinations:**  
Please consult a travel vaccination specialist for up to date information

**Private Groups:**  
Private group options are available for this trip\*

**Singles:**  
A single supplement is available for this trip\*

**Leader:**  
This journey is unescorted

**Advice for people with limited mobility**  
This trip is not suitable for people with limited mobility.

\*Ask our staff for more information.

- Hotel-to-hotel luggage transfer
- Sightseeing and entry fees as listed in itinerary
- Navigational App and route maps
- Emergency on-call support
- Introductory briefing and bike fitting on Day 1 of tour

Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

## what's not included

- International airfares
- Visa fees
- Travel Insurance (compulsory)
- Meals and beverages not mentioned in the itinerary
- Ferry journeys (between 5000 to 20000 VND depending on river width)
- Items of a personal nature such as laundry, phone calls, alcohol etc
- Tips and gratuities
- Return Transfer to airport
- Any items not listed as included

## detailed itinerary

### DAY 1 Arrive Ho Chi Minh City (Saigon)

On arrival at Tan Son Nhat International Airport, you will be met by your driver and transferred to your centrally located hotel. If you are arriving on the official Day 1, this transfer is included in your trip. Your hotel is conveniently positioned for easy access to many of the city's key cultural and historical sites.

After check-in, the remainder of the day is at leisure. You may wish to explore the local neighbourhood on foot or visit nearby landmarks such as Ben Thanh Market, the War Remnants Museum or Notre-Dame Cathedral. Formerly known as Saigon, Ho Chi Minh City is a vibrant metropolis where French colonial architecture, lively street life and modern development blend to create a dynamic first impression of Vietnam.

At 4:00pm, a trip briefing and bike fitting will take place at the designated bike shop. Please make your own way to the bike shop. Here, you'll meet your local support team, receive your bicycle and trip materials, and be guided through essential information to help prepare for your self-guided journey. This session is an important part of your trip. If you're unable to arrive by early afternoon on Day 1, we recommend arriving the day prior to ensure you don't miss it.

Overnight: The Odys Boutique or similar  
meals: NIL

### DAY 2 Cycle from Long An to Ben Tre (cycle approx. 2-4 hrs)

After an early breakfast, your journey begins with a road transfer out of the city. You'll be collected from your hotel around 7:30am by your support driver for the approximate 90-minute drive to the edge of Long An Province, the northern gateway

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## thoughtful travel

The environments we travel through are fragile. It is our responsibility as visitors to minimise the impact of our presence. World Expeditions were the proud recipients of the inaugural Australian National Travel Industry's Environmental Achievement award for our Responsible Travel Guidebook. This detailed guide to responsible and sustainable travel is provided to all World Expeditions clients before they travel. Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from our website [www.worldexpeditions.com](http://www.worldexpeditions.com)

### Elephant Welfare

For centuries throughout Asia the elephant has been revered, as well as utilised for the purpose of logging. However in the late 80s the use of elephants in the logging industry was banned because of over-logging, and so mahouts turned to the tourism industry for income. As a result elephant tourism experiences have popped up throughout Asia and it can be difficult for travellers to resist the temptation to ride these beautiful and incredibly intelligent creatures. In recent years there has been much research into the impact of tourism activities on elephants' well-being. From the brutal taming of baby elephants called 'the crush' to ongoing confinement and the mere fact that the elephants spine is not meant to carry heavy weights there are many instances where incorrect management results in a negative impact for the elephants. Because of this World Expeditions discourages travellers from riding on the back of elephants and we do not include elephant rides in our itineraries throughout our global program and across all World Expeditions brands. There are a few carefully selected elephant orphanages and sanctuaries in South East Asia and India that we include in some of our itineraries because we believe their operations put the elephants' well-being before the tourist experience.

## trip grading

to the Mekong Delta. En route, you'll stop at a local café for a short break and a traditional Vietnamese coffee, while your bike is prepared for the day ahead. Your luggage is transferred separately, allowing you to ride unencumbered.

Once on the bike, the scenery quickly changes. Leaving the urban bustle behind, you'll cycle through a patchwork of rice paddies and rural backroads flanked by expansive dragon fruit farms some of the largest in the country. The quiet roads offer a relaxed introduction to the rhythms of rural Vietnam.

In the afternoon, the route leads into Ben Tre Province, widely known as the "Coconut Kingdom" for its abundant coconut palms. You'll follow a mix of sealed and hard-packed local roads, cross narrow bridges, and take short ferry rides across the Mekong's network of channels and islands. In the final stretch, the ride winds along slender paths between waterways where you may find water shimmering on both sides of your wheels.

Driving: 50km / 31mi (± 1.5hrs)

Cycling: Approx. 65km/40mi, +256m/840ft, -240m/787ft

Overnight: Maison du Pays de Ben Tre or similar

meals: B

### DAY 3 Cycle from Ben Tre to Tra Vinh (cycle approx. 2-3 hrs)

Today's ride begins with a relaxed departure from Ben Tre, following a quiet route through lush countryside and alongside narrow canals that wind through the delta landscape. The scenery remains serene, with minimal traffic and regular glimpses of daily life in the delta locals tending to fields, children cycling to school, and shaded roadside stalls selling fresh fruit.

As you cross into Tra Vinh Province, a distinct cultural shift becomes apparent. This region is home to one of Vietnam's largest Khmer communities, and the influence is seen in the ornate Buddhist temples, bright pagodas and detailed sculptures that dot the route. You'll pass several traditional monasteries, often surrounded by serene palm groves and rice paddies.

Tonight's accommodation is in the heart of Tra Vinh, a tranquil town known for its strong Khmer heritage and welcoming atmosphere. After checking in, you may wish to explore the nearby streets or simply relax. In the evening, enjoy the chance to try local specialties many of which blend Vietnamese and Khmer culinary traditions unique to this part of the Mekong.

Cycling: Approx. 42km/26mi, +145m/475ft, -142m/466ft

Overnight: Cuu Long Hotel or similar

meals: B

### DAY 4 Cycle to Cau Ke (cycle approx. 3-4.5 hrs)

Today's ride offers a deeper exploration of the Khmer cultural landscape that defines much of Tra Vinh Province. Your self-guided route leads along quiet backroads through rural villages, peaceful rice paddies and shaded lanes dotted with ornate temples and colourful monasteries.

A key highlight is your visit to Ang Pagoda, one of the oldest and most revered Khmer temples in the region. Believed to be over 800 years old, the pagoda is beautifully situated beside Ba Om Pond a tranquil, lotus-filled basin surrounded by

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## Moderate

These adventures involve cycling for up to 6 or 7 hours a day at a steady pace. You will need a good level of fitness and be in good health. The majority of our moderately graded trips involve the carrying of a day pack only, though some may involve carrying a full pack. Be prepared for potential variable weather conditions.

Suggested preparation; 1 hour of aerobic exercise, three to four times a week and extended periods of exercise during the weekend will accustom you to regular exercise. This trip is not a race. There will be a support truck following the group on all cycling days should you choose to load your bike and watch the scenery pass from your private air conditioned group vehicle.

## adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

## important note

These trip notes represent the most current information for this itinerary, and may supersede any information on our website, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

centuries-old trees. The site remains an active centre of Khmer Buddhist worship and reflects the distinct spiritual traditions and architecture of the local Khmer community.

You'll have time to explore the temple grounds, observe daily monastic life, and take in the calm atmosphere before continuing your ride through the surrounding countryside.

Cycling: Approx. 59km/37mi, +260m/853ft, -259m/850ft

Overnight: Suonsia Homestay or similar  
meals: B

### DAY 5 Cycle to Can Tho (cycle approx. 3-4.5 hrs)

Today's route leads you from the quiet rural landscapes of Tra Vinh into the vibrant heart of the Mekong Delta. As you approach Can Tho the region's largest city and economic hub you'll notice the scenery gradually shift from peaceful farmland to the urban buzz of riverfront commerce, scooters, and lively street scenes.

After checking in to your centrally located hotel, the rest of the afternoon is free to explore at your own pace. A stroll along Ninh Kieu Quay is highly recommended. This riverside promenade is especially atmospheric in the early evening, when local families gather, food vendors set up along the boardwalk, and the adjacent night market springs to life. It's a fitting contrast to the stillness of the delta roads and a rewarding way to round out the day.

Cycling: Approx. 56km/34mi, +255m/837ft, -250m/820ft

Overnight: Ninh Kieu Riverside Hotel or similar  
meals: B

### DAY 6 Visit Cai Rang Floating Market, transfer to Saigon

After an early breakfast, you'll board a local boat for a visit to the Cai Rang floating market one of the Mekong Delta's most iconic and enduring trading hubs. As you cruise through the busy waterways, you'll see vendors selling fresh produce and household goods directly from their boats, continuing a way of life shaped by the region's rivers. It's a fascinating glimpse into the daily rhythm of commerce on the water and a memorable cultural highlight.

After returning from the market, your self-guided cycling journey through the delta concludes. A private van transfer takes you back to Saigon, covering approximately 160km (100mi) over three hours. Upon arrival, you'll check in to your hotel and have the remainder of the day free to relax or explore the city at your own pace.

Driving: Approx. 160km/100mi (± 3hrs)

Overnight: The Odys Boutique or similar  
meals: B

### DAY 7 Transfer to Tri An Lake, cycle to Cát Tiên National Park (cycle approx. 3-4 hrs)

After breakfast, you'll be transferred by private vehicle from Ho Chi Minh City to the starting point of today's ride. The drive takes approximately three hours, with

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your luggage transported separately to your next hotel. The day begins at Tri An Lake a peaceful setting where calm waters and surrounding greenery provide a gentle introduction to Vietnam's rural interior.

From here, your ride follows quiet backroads through a landscape shaped by agriculture and village life. You'll pass through rubber plantations, cassava fields and small farming communities, with glimpses of daily life along the way locals tending crops and buffalo grazing in the shade.

As the ride continues, the terrain gradually begins to rise, marking the approach to the southern highlands. As you arrive at Cát Tiên National Park, you'll find yourself surrounded by dense lowland forest, home to a rich variety of wildlife and rare bird species. In the evening, you may like to join a guided night walk to spot some of the park's nocturnal animals in their natural habitat. If you're keen, head to the ticket booth near the main accommodation area before 5 PM to check availability and secure your place.

Driving: Approx. ± 111km/70mi (± 3hrs)

Cycling: Approx. 48km/30mi, +295m/968ft, -269m/882ft

Overnight: Green Bamboo Lodge Resort or similar

meals: B

## DAY 8 Cycle from Cát Tiên National Park to Bao Loc in two parts (cycle approx. 1/1.5hrs & 4hrs)

Your ride today is split into two distinct sections – designed to balance enjoyment, safety, and scenery.

Part 1: Cát Tiên National Park to transfer meeting point

Departing this morning at around 8am, you'll follow a quieter route through farmland, gentle hills, and remote ethnic minority villages. This section is a gentle introduction to the day's adventure, rural and quiet, with minimal traffic and plenty of time to soak in the rich greenery and glimpses of daily life in southern Vietnam's countryside.

After about an hour of easy riding you will reach the junction with QL20, a busy highway that connects Da Lat with Ho Chi Minh City and your cycling for this leg will conclude. Here, your support vehicle will be waiting at 'Best Coffee in Town' to transfer you to the next stage of your ride (approx 1.5hr journey), giving you a chance to rest and hydrate.

Part 2: Countryside Ride to Bao Loc

The elevation steadily increases, and with it, the climate shifts replaced by crisp, refreshing mountain air and wide, sweeping views of the highland terrain. The route follows quiet country roads lined with tea bushes, fruit orchards and coffee plantations, where the rich greens of the foliage contrast beautifully with the mist-draped slopes of the highlands. The riding is peaceful, with little traffic and a steady rhythm as you wind through rural villages where locals often greet cyclists with a smile or wave.

Arriving in Bao Loc, you'll find a laid-back town known for its tea production and relaxed atmosphere. After checking in, there's time to explore the area on foot, browse local markets, or simply enjoy a freshly brewed cup of locally grown tea as the sun sets over the hills.

Cycling Part 1: 18km/11.2mi, +171m/561ft, -114m/374ft

Driving: Approx. ± 60km/37mi (± 1.5hrs)

Cycling Part 2: 44km +623m/2044ft, -617m/2024ft

Overnight: Sandal Vista Hotel or similar

meals: B

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## DAY 9 Cycle from Bao Loc to Lam Ha (cycle approx. 4-5 hrs)

Today's ride unfolds at a gentler pace as you continue through the tranquil highlands of Vietnam. The route meanders past low hills blanketed with tea bushes, coffee plantations and patches of tropical vegetation, where banana trees and mist-shrouded slopes create a distinctly local landscape.

Riding along quiet rural roads, you'll share the way with farmers on their morning commute and children cycling to school, often offering a cheerful wave as you pass. With less elevation gain than previous days, there's time to pause, take in the scenery, and enjoy the unhurried rhythm of life in the highlands.

By late afternoon, you'll arrive at your homestay in Lam Ha a welcoming and peaceful setting surrounded by gardens. This evening offers more than just a comfortable place to rest: you'll enjoy a home-cooked meal and the chance to chat with your hosts, offering insight into the region's culture and a more personal connection to the journey.

Cycling: Approx. 69.5km/43.2mi, +1132m/3714ft, -999m/3277ft

Overnight: Trang Nguyễn Garden House or similar

meals: B

## DAY 10 Cycle from Lam Ha to Da Lat (cycle approx. 4-5 hrs)

Today marks the final stage of your highland journey as you ride toward Da Lat, perched at over 1,500 metres (4,900ft) in the Central Highlands. The route features a mix of steady climbs and rolling hills, offering a satisfying challenge balanced by spectacular scenery throughout.

As you gain altitude, the landscape transforms once more tropical vegetation gives way to pine forests, flower farms brighten the hillsides with bursts of colour, and expansive views stretch across the valleys below. The cooler mountain air and sweeping panoramas provide a refreshing contrast to the warmer, flatter terrain of the Mekong.

Arriving into Da Lat, known as the "City of Eternal Spring," you'll be welcomed by its temperate climate, serene lakes, colonial architecture and bustling markets. With the most demanding climbs behind you, there's time to enjoy a sense of achievement and indulge in the local atmosphere perhaps with a cup of highland coffee or a punnet of Da Lat's famous strawberries.

Cycling: Approx. 60km/37mi, +1,076m/3530ft, -552m/1,810ft

Overnight: Du Parc Hotel or similar

meals: B

## DAY 11 Explore Da Lat, Transfer to Ho Chi Minh City

Enjoy a relaxed start to the day with time to explore Da Lat at your own pace. You might stroll the city's tree-lined streets, browse the lively central market, or take in the tranquil setting of Xuan Huong Lake. If you're in the mood for a treat, don't miss two of Da Lat's local favourites: fresh strawberries and creamy avocado ice cream both regional specialties thanks to the city's cool highland climate.

Hotel check-out is at 11:30am, after which you'll begin your transfer back to Ho Chi Minh City. The drive covers approximately 330km (205mi) and takes around six hours,

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with an expected arrival in the early evening. Upon arrival, check in to your hotel and farewell your driver marking the end of a memorable self-guided ride through Vietnam's contrasting landscapes, from delta lowlands to highland peaks.

Driving: Approx. 330km/205mi (± 6hrs)

Overnight: The Odys Boutique or similar

meals: B

## DAY 12 Ho Chi Minh City, trip concludes

This morning is free at leisure in Ho Chi Minh City. Trip concludes.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

## cycling

Self guided cycling requires individuals to use problem solving skills, be adaptable and have a keen eye. On self guided cycling tours it is expected that you will know how to repair punctures and make minor adjustments to gears, handlebars and seats. For anything more serious, our local partner will be able to assist. It is recommended that you are comfortable map reading, referring to route notes and that you have a good sense of direction (or are willing to work on improving this!). Sometimes route finding, losing your way, finding it again and asking the locals for help is all part of the adventure. If you've never been on a self guided trip, after the first couple of days you will get the hang of it as the vast majority of our first time travellers attest. Please be assured that our written material issued to you for route finding is updated regularly and we provide a 7 day service hotline in the event of any problems. Using directions and maps can be more difficult for solo travellers as often two heads are better than one when it comes to finding your way. There is a certain level of the unknown that comes with self guided trips, however with a methodical approach potential problems will be averted. The freedom of a self guided trip is something that, once experienced, is sought time and time again.

## country information

Vietnam is a country of remarkable cultural richness and natural beauty, stretching over 1,600km (1025 mi) kilometres from the cool mountains of the north to the tropical waterways of the Mekong Delta. Its landscapes are wonderfully diverse, ranging from terraced rice fields and forested highlands to limestone karsts, sandy beaches and bustling river systems. Cities such as Hanoi and Ho Chi Minh City offer a lively mix of French colonial heritage, modern energy and traditional Vietnamese charm. Vietnamese culture is shaped by a long history of regional influences, including Chinese, Cham and French traditions, blended with a strong national identity. Buddhism, Confucian values and ancestor worship all play a role in daily life, reflected in temples, family rituals and the country's strong sense of community. Food is a highlight of any visit, fresh, fragrant and regionally distinct, with northern, central and southern kitchens each offering their own memorable flavours. Travel in Vietnam is increasingly smooth thanks to good infrastructure, reliable domestic flights and well-connected transport networks. While major cities are vibrant and fast-paced, much of the countryside remains relaxed and deeply traditional. With its friendly people, rich cultural heritage and striking variety of landscapes, Vietnam offers a rewarding and engaging travel experience for visitors.

## climate

Vietnam's climate can vary markedly from region to region due to its extreme latitudinal span. You can go from soaring temperatures and extreme humidity in Ho Chi Minh City to cool and mild conditions in Dalat to frosts and even occasional snow in the mountains of the north. Generally two distinct seasons prevail in Vietnam: from November to April, the temperatures are usually

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fairly cool, especially in the north of the country. In the mountain areas temperatures can be as low as 0°C (32°F) and there can be a constant light drizzle. Hotter temperatures and heavy monsoon rains characterise the months from May to October, although you can experience rain at any time. The hottest months of the year are June, July and August. Southern Vietnam's weather patterns are more constant with a rainy season from May to October and a relative dry season from November to February. The temperatures in the south can rise as high as 35°C (95°F) from March to May.

## dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

## equipment provided



We provide high-quality, modern equipment designed for comfort and reliability. Please provide your height to your consultant prior to departure to ensure the correct frame size is reserved for you.

### Standard Bicycle (MTB)

The standard bikes used are modern Trek Marlin mountain bikes with aluminum frames and front suspension. Disc brakes ensure consistent safety, and a wide gear range allows you to tackle hills with confidence. Included: 2 standard water bottle holders, 1 waterproof 10L pannier, and a phone holder for easy navigation.

### Electric Bike (e-Bike) Upgrade

Giant e-Bike Class 1 models are available for rent at an additional cost. Equipped with hydraulic disc brakes and powerful motors, these allow you to enjoy mountainous terrain without physical strain. Availability is limited, so please enquire early.

### Maintenance & Adjustments

Our bikes are used by different riders throughout the season and may require slight adjustments before you commence. At least one additional replacement bicycle is supplied for each group as a backup. Basic tools are provided, and emergency on-call support is always available.

### Personal Comfort & Safety

**Saddles & Pedals:** You are welcome to bring your own saddle or clip-in pedals; our team will gladly fit them for you. If you have a saddle you are comfortable with for long distances, we highly recommend bringing it.

**Gel Seat Covers:** These are highly recommended for added comfort and are well worth the small investment.

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Helmets: Standard cycling helmets meeting international safety requirements are provided. However, for the best fit and personal comfort, we recommend bringing your own.

## accommodation on the trip



Hotels: in cities and large towns you will be accommodated in 3 to 4 star properties that are generally well located, atmospheric and reliable and where we have seen a good track record with traveller satisfaction over many years.

Lodges and homestays: in Asia we only use good quality lodges situated in natural environments. They are not luxury lodges, but what they do offer is comfortable accommodation which is well maintained and with good facilities. Homestays provide an excellent insight into local lives. Facilities are basic, with a mattress, sheets and mosquito net provided. However, the cultural experience is well worth the basic amenities.

## what you carry

In your daypack or provided waterproof pannier you will need to carry a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc.

## luggage

Your luggage will be transferred between each hotel. Please keep your luggage to one bag per person, that weighs less than 20kg.

## vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided, on occasion some vehicles may not have seat belts fitted.

## visas

If you have a valid Australian, New Zealand, Canadian or United States passport, you are eligible to apply online for an E-visa. This can be a single-entry or multiple-entry electronic tourist visa, valid for a maximum of 90 days. It allows you to enter Vietnam via the port of entry indicated in the visa approval notice only. Apply for an E-visa through the Vietnamese Government's e-visa portal <https://www.xuatnhapcanh.gov.vn/>

United Kingdom – British Nationals can enter Vietnam for up to 45 days without requiring to apply for a visa. For stays longer than 45 days a visa must be obtained prior to arrival in Vietnam, apply for an E-visa online through the online portal <https://www.xuatnhapcanh.gov.vn/>

E-visas are issued for stays of up to 90 days of entry only and are valid for multiple entries. A Vietnam eVisa typically requires 4-6 working days for processing.

For stays longer than 90 days, please contact the nearest Embassy or Consulate of Vietnam.

To apply for an E-Visa for Vietnam, you must make sure that:

Your passport is valid for at least 6 months following arrival date and has at least 2 blank pages;

You have a soft copy (ideally JPEG format) of a passport-size photo;

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Experience the very best of Vietnam on a self-guided cycling journey through the vibrant Mekong Delta and into the Central Highlands.



You have a soft copy (ideally JPEG format) of your passport personal data page which must be full and clear;

You have an exact entry port;

You have a credit/debit card to make payment online for E-visa fee.

From 15 April 2026, all foreign nationals entering Vietnam via Tan Son Nhat Airport (SGN), Ho Chi Minh City, are required by the Vietnamese Government to complete a pre-arrival digital card online generating a QR code for immigration. This can only be done 72hrs before arrival. This does not replace visa requirements and transit passengers not passing through immigration are exempt.

Please bear in mind that visas may be required for countries you are visiting en route or transiting through on the way to your destination. It is important that you check the requirements of all countries you will visit. Visa costs and requirements do change regularly so we suggest you check with your travel agent or World Expeditions reservations consultant. It is your responsibility to obtain all necessary visas.

## webinars & events

Catch a Webinar – Live or On Demand - to learn more about a particular trip. Make sure the trip you choose is right for you. Watch them live, so you can ask our presenters a question, or catch the recording later at your leisure and watch it On Demand. Visit our website or keep an eye on our newsletter for upcoming presentations.

## private groups

The adventures that you see on our website are just a starting point. We operate many of our trips, which means we can be flexible and create an itinerary to suit your interests and dates. Talk to our team, you'll be surprised how much more affordable it can be when you get a group of friends, colleagues, a club – you name it, to travel with you!

## subscribe to our e-newsletter

Never miss another deal or spot on an exciting new trip! Be part of our adventure community, head to our website to subscribe to our free newsletter.

## social networking

Connect with our community @

FACEBOOK: @worldexpeditions

facebook.com/worldexpeditions

INSTAGRAM: @worldexpeditions

Follow us at [instagram.com/worldexpeditions](https://www.instagram.com/worldexpeditions)

YOUTUBE: World Expeditions

Subscribe to our channel at [youtube.com/worldexpeditions](https://www.youtube.com/worldexpeditions)

Share the love

Use the hashtag #WorldExpeditions on your best travel photos and videos to be featured.

## trip availability

We operate small group adventures, which means availability is always worth checking early. Check trip availability online or call our team who might be able to dig a little deeper for you to find what you want, when you want.



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Many adventures require services that, if not available at the time you book (like an internal flight or permit) could mean the trip is unavailable. So, book early to avoid missing out on your dream adventure.

## how to book

Check trip availability and book your tour online, or call or visit one of our offices. To book a trip, you will need to complete a Booking Form (online or request a PDF) and pay a non-refundable deposit. Please note that when booking our tours to not confirm any additional arrangements until all services related to your tour are confirmed by your dedicated Reservations Consultant.