

Mekong Delta Cycle: Self Guided



trip highlights

Explore Vietnam's hidden backroads through the Mekong Delta 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

Luggage transfers and 24/7 local support throughout

Experience Vietnam's landscapes and culture at your own pace



Trip Duration	7 days	Trip Code: MSG
Grade	Moderate	
Activities	Cycling	
Summary	5 nights hotel, 1 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 Delta 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

Uncover the beauty and culture of southern Vietnam on a self-guided cycling trip designed for independent travellers who enjoy exploring at their own rhythm. With reliable local support and carefully planned logistics, this journey offers the perfect balance of freedom and confidence on the road.

World Expeditions has been creating active travel experiences in Vietnam since the early 1990s. This itinerary showcases the lesser-seen side of the Mekong Delta, offering a slower, more personal way to experience its rich landscapes and traditions.

From your first pedal stroke, you'll ride through a patchwork of waterways, rice fields, and fruit orchards. Quiet village paths lead past Khmer temples and stilt houses, with time to pause at local markets or enjoy a coffee along the canals. The delta's charm lies in its pace and simplicity perfectly suited to two wheels.

You'll enjoy the freedom of travelling independently, with daily luggage transfers, detailed maps and route notes, handpicked accommodation, and around-the-clock support if needed. The riding is varied but achievable, with daily distances averaging 35–55km (22–34mi) along backroads chosen for scenery and safety.

This is not a group tour, and there's no fixed schedule just you, the bike, and a carefully crafted route that invites you to take your time and soak it all in. This trip offers an engaging and flexible way to experience the real Vietnam beyond the usual trail.

at a glance

DAY 1	ARRIVE HO CHI MINH CITY (SAIGON)
DAY 2	TRANSFER FROM HO CHI MINH CITY & CYCLE 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 HO CHI MINH CITY
DAY 7	HO CHI MINH CITY, TRIP CONCLUDES

what's included

- 6 breakfasts
- 5 nights comfortable hotel on a twinshare basis
- 1 nights traditional homestay on multishare basis
- Airport to hotel transfer (if arriving on day 1 of the trip)
- Private air conditioned vehicle on transfer days 2 & 6
- 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)
- 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.

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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.

what's not included

- International airfares
- Visa fees
- Travel Insurance (compulsory)
- Meals and beverages not mentioned in the itinerary
- 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 Transfer from Ho Chi Minh City & Cycle Long An to Ben Tre (cycle approx. 2-4 hrs)

You will be collected from your hotel early this morning by your support driver and transferred to the bike shop for your trip briefing and bike fitting. Here, you'll meet the local support team, receive your bicycle and trip materials, and be guided through essential information to prepare for your self-guided journey. This session is an important part of your trip.

If you have arranged your own pre-tour accommodation, please ensure your reservations consultant has these details so we can coordinate your pick-up. If you are arriving in Ho Chi Minh City the day before prior to 4pm, we recommend scheduling your bike fitting and briefing on that day. Please speak with your consultant if you'd like us to arrange this.

After your bike fitting, your journey begins with a private road transfer of approximately 90 minutes, taking you out of the city to the edge of Long An Province, the northern gateway to the Mekong Delta. En route, you'll stop at a

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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

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

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, +197m/646ft, -200m/656ft

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

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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.

by 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, +147m/482ft, -140m/459ft

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 Ho Chi Minh City

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 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

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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 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

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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.

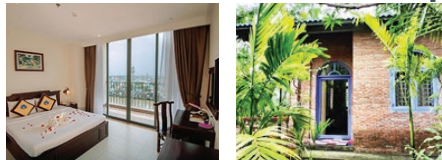
Personal Comfort & Safety

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.

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.

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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;

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 a 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.

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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 e-newsletter.

social networking

Connect with our community @

FACEBOOK: @worldexpeditions

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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.

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.