

MANGO CRUISES – 2 DAYS

(Ben Tre – Phong Nam – Mo Cay)

Itinerary Overview

Day	Destination	Meals
Day 1	BEN TRE – MO CAY	L/D
Day 2	VAM NUOC TRONG – MO CAY	B

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

Detailed Itinerary

Day 1 BEN TRE – MO CAY

Upon arrival, you will board your Mango Cruises Sampan at Mango Home Pier in Ben Tre and head to An Hoa River. Enjoy your welcome drink and peaceful scenery while crew members board your luggage. The cruise will take you to Phong Nam village in Giong Trom, where you will take the cycling trip through the Village to explore more of the local daily life.

Stop at a local house to taste the tropical fruits and chat with the farmer. Visit the rice noodle factory which supplies to most local markets in the area. Continue to take a rowing sampan boat through the small canals, which are covered green by the water coconut plants.

Row through these canals until you head back to the big river where your sampan is awaiting for you and lunch will be served on board.

After lunch, your boat will bring you to My Long village where you will meet with a local family, Mr Sau Tuong, a former Vietcong soldier who survived two years fighting the Khmer Rouge in Phnom Penh. Now he and his wife live on making rice paper, which is the most famous specialty of My Long village. Have a chat with him and enjoy the crispy rice paper made by his wife, and observe the process of how it is made. Get back on the boat and continuing to cruise to Con Oc, the island which is famous with

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

coconut products. Take the bicycle to Ms Dung house, her family has been well-known of making handicrafts from coconut shell. Have a chat with the locals and get back to your boat to enjoy the sunset in the late afternoon. Our staff will then prepare your cooking demonstration and dinner on board. The rest of the evening will be spent at your leisure.

Overnight at Vam Nuoc Trong canals.

Meals: Lunch/Dinner

Accommodation: Mango cruises

Day 2 | VAM NUOC TRONG – MO CAY

In the morning, breakfast will be served on board before starting to explore the Mo cay wet market. Then continue to visit the coconut processing workshop where you can see how the locals utilize every bit of the coconut. Take the biking trip along the canals to the village to explore more of the local life. After that resume your cruise, refresh and prepare to check out for your onward trip or return to Saigon. You will be dropped off at Mo Cay Bridge.

Meals: Breakfast

Accommodation: n/a

Inclusions & Exclusions

Inclusions:

- English speaking guide
- Boat trips as mentioned
- Meals : All meals included in selected program
- Admission fee to indicated sights
- Overnight on luxury sampan
- All activities as mentioned
- Gov't tax

Exclusions:

- Car transfer
- Travel insurance of any kind
- Tip, beverages, personal expenses
- Others services not mentioned
- Trishaw-motor Instead: 80,000 VND/pax/day (Minimum 2pax)

Note:

- PROGRAMS & SCHEDULES SUBJECT TO CHANGE BASING ON ACTUAL SITUATION DUE TO THE WATER LEVEL. WE WILL KEEP YOU UPDATED 2 WEEKS BEFORE DEPARTURE.
- 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.

Important Information

What should I wear during on-shore excursions

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.

Will I encounter 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.

Are there any foods that I should avoid during my cruise (on & off – shore)

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!

Are there any health risks that I should be aware of?

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.

Do I need insurance? If so, which ones are recommended?

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.

Do I need to bring 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.

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.

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.