

5-Day Mekong Delta Foodways and River Life

SGN-SGN-05-RE

Duration 5 days / 4 nights	Route Saigon - Ben Tre - Long Xuyen - Chau Doc - Saigon
Focus Markets, river trade, Khmer foodways and household production	Best for Food-curious private, affinity and hosted groups

Food, trade and everyday life across the Upper Mekong

This five-day journey follows the movement of food, produce and everyday trade through the Upper Mekong Delta, from Ben Tre's household production to Long Xuyen's river commerce, Chau Doc's borderland markets and the agricultural landscapes around Cao Lanh.

Food is the connecting lens, but the programme is broader than a tasting route. Coconut landscapes, floating trade, Khmer foodways, fermentation, orchards and household livelihoods reveal how agriculture, culture and commerce meet across the Delta.

Designed as a complete regional journey from and back to Saigon, the route gives Long Xuyen and Chau Doc enough time to work as destinations in their own right while keeping the overall programme compact and practical.

Day-by-day itinerary

Day 1 - Saigon through Ben Tre to Long Xuyen

Leave Ho Chi Minh City and travel into Ben Tre for a quieter Mekong experience through coconut landscapes, gardens, small waterways and rural communities. Depending on local conditions, explore by bicycle, on foot and by small boat, with supported alternatives available. Visit households or producers whose livelihoods combine agriculture, household food production and local trade, then continue by private vehicle to Long Xuyen.

Overnight: Long Xuyen | Meals: Lunch

Day 2 - Long Xuyen Floating Market and Chau Doc

Rise early for a private boat visit to Long Xuyen floating market, where agricultural produce moves between farms, traders and riverside communities. Return for breakfast before travelling toward Chau Doc. An orientation to this borderland town introduces the Vietnamese, Khmer, Chinese and Cham influences that shape its markets, waterways and food culture.

Overnight: Chau Doc | Meals: Breakfast and lunch

Day 3 - Bay Nui, Khmer Foodways and Palm Sugar

Travel into the Bay Nui region, where mountains, rice fields and rows of palmyra palms create a distinct landscape. Visit a Khmer community and a household or small producer working with palm sap and sugar. A locally prepared meal connects the day's ingredients, agricultural practices and cultural exchange across the lower Mekong.

Overnight: Chau Doc | Meals: Breakfast and lunch

Day 4 - Chau Doc Markets, Fermentation and Mango Country

Explore Chau Doc market with attention to freshwater fish, preserved foods, fermentation and products moving through the border region. Continue toward Cao Lanh for a private orchard visit, walking or cycling among mango trees and meeting local growers when available. Return to Ho Chi Minh City in the late afternoon.

Overnight: Ho Chi Minh City | Meals: Breakfast and lunch

Day 5 - Departure from Saigon

The morning is free according to flight time. A private transfer is arranged to Tan Son Nhat International Airport, with late check-out or additional arrangements available on request. No essential activity is fixed on the final morning.

Meals: Breakfast

Journey principles

- A complete Upper Mekong journey operating independently from Saigon
- One early floating-market morning
- Two nights for the Chau Doc borderland chapter
- Cycling and small-boat alternatives available
- Inspected hotels and operationally reliable local partners

Practical notes

Markets and trusted meals. Market visits are interpretive. Included meals favour vetted homes, restaurants and producers rather than indiscriminate sampling.

Boats, cycling and mobility. Small-boat boarding and orchard paths are reviewed against the group profile. Cycling can be replaced by supported transport.

Season and household availability. Palm sugar, orchard and hosted experiences depend on season and local availability. Equivalent visits are confirmed before travel.