

6-Day Mekong Delta: Water and Ways of Life

A regional journey through mangrove forests, community tourism, river commerce and wetland landscapes.

Duration 6 days / 5 nights	Route Ho Chi Minh City - Ba Tri - Tra Vinh - Can Tho - Chau Doc - Ho Chi Minh City
Focus Water, communities, livelihoods and everyday resilience	Best for Adult cultural groups, alumni travel and curious travellers

Why this route works

Rather than treating the Mekong Delta as a landscape of boats and orchards, this journey follows the relationship between water, livelihoods and community life. Hosted conversations and carefully selected experiences provide context without turning communities into attractions.

Day-by-day itinerary

Day 1 — Ho Chi Minh City to Bình Định and Ba Tri

Depart Ho Chi Minh City in the morning and travel toward the coastal district of Bình Định. At Ngã Hai Giồng, meet the local team and learn how mangrove protection, natural aquaculture and tourism are combined within one working landscape. Depending on the season and local conservation programme, guests may participate in an appropriate activity such as mangrove planting or site care before enjoying a seafood lunch sourced from the surrounding coastal environment. Continue to Ba Tri during the afternoon. Visit Phú Lễ to learn about traditional rice liquor production before meeting local practitioners for an introduction to hát sáo bùa, presented through its cultural history and contemporary preservation.

Overnight: Ba Tri | Meals: Lunch and dinner

Day 2 — Ba Tri, Ben Tre Waterways and Trà Vinh

Begin the morning with a carefully selected Ben Tre experience centred on household livelihoods rather than tourism demonstrations. Travel through canals, gardens and village roads while exploring how families combine agriculture, processing and small-scale tourism as part of everyday life. After lunch continue toward Trà Vinh. Arrive at the Nhị Hòa Community Tourism Village for an introduction to how local households collectively organise tourism while preserving village traditions and sharing economic benefits. The evening remains relaxed within the community.

Overnight: Trà Vinh | Meals: Breakfast and lunch

Day 3 — Nhị Hòa, Ao Bà Om and Cần Thơ

Spend the morning experiencing selected activities within the Nhị Hòa community. Rather than visiting every household, the programme focuses on several meaningful encounters that explain how local families organise community tourism, maintain cultural traditions and adapt to changing rural economies. Continue to Ao Bà Om. The visit introduces the Khmer cultural landscape of Trà Vinh and explores the relationship between temples, community space and everyday life. After lunch travel to Cần Thơ. Arrive during the afternoon with time to settle into the hotel before a gentle orientation walk along the riverfront.

Overnight: Cần Thơ | Meals: Breakfast and lunch

Day 4 — Cái Răng Floating Market and Châu Đốc

Begin early at Cái Răng Floating Market. Rather than presenting the market as a nostalgic attraction, the visit examines how river commerce continues to evolve alongside expanding road transport and changing agricultural supply chains. Return for breakfast before departing toward Châu Đốc. The journey north introduces another face of the Delta, where rice cultivation, canals and borderland trade increasingly shape the landscape. Arrive in Châu Đốc during the late afternoon for a relaxed orientation of the riverfront.

Overnight: Châu Đốc | Meals: Breakfast and lunch

Day 5 — Châu Đốc, Cham Communities and Trà Sư

Begin at Núi Sam, where local pilgrimage traditions illustrate the continuing relationship between religion, commerce and everyday life. Continue to a nearby Cham community to better understand minority culture, religious practice and river-based

livelihoods. In the afternoon explore Trà S■ Cajuput Forest by small boat. The wetland provides an opportunity to discuss seasonal flooding, biodiversity, conservation management and the ways local communities continue working within this unique environment. Return to Châu ■■c.

Overnight: Châu ■■c | Meals: Breakfast and lunch

Day 6 — Châu ■■c to Ho Chi Minh City via The Mango Trail

Depart Châu ■■c after breakfast. Travel toward Cao Lãnh for lunch and a visit to The Mango Trail. Rather than simply visiting an orchard, the experience explores how farming families diversify their income through agriculture, hospitality and rural tourism while maintaining productive landscapes. Continue to Ho Chi Minh City during the afternoon. The journey concludes in the city.

Meals: Breakfast and lunch

Journey principles

Communities before attractions

Water as the organising lens

Conservation through practice

Realistic daily pacing

Flexible activity levels

Practical details

Accommodation

The journey combines the best suitable regional hotels with carefully selected local accommodation where it enhances the experience. Standards vary across the Delta and are presented honestly according to each destination.

Seasonal conditions

Water levels, agricultural activities, mangrove work and Trà S■ experiences vary throughout the year. Equivalent seasonal activities are confirmed before departure.

Community visits

Hosted encounters are arranged in advance and adapted to local availability, community schedules and privacy.

Boat travel

Small boats are used only where waterways remain central to understanding the destination. Boarding assistance and alternatives can be provided where required.