



**TOUR INTRODUCTION**

About more than 200km from Ho Chi Minh city, Hau Giang is one of the many provinces in the south-east, potential but untouched by tourists. Lies hiding between lush orchard, thick canals, Long My is a small city surrounded by serene villages.

Anh Duong (Sun ray) Centre, the partner of Mekong Plus, was established here more than 17 years ago with the aim to help the poorest and most unlucky people through small to micro loans, training programs and job support.

The biking excursion starts from late noon. Ms. Sang, the guide will bring you through many small paths, covered by green, to the families that got supported by the project, each family brings you different story about their life in the rural area of southern Vietnam, and they never lack of laughter, optimist and hospitality.

See this clip (1') <https://youtu.be/xxR2gbcFHLw>

**HIGHLIGHTS:**

- Emerging yourself to the lush green of Southern Vietnam
- Tasting local food
- Discovering the local life and understanding the Mekong Plus Project

**PRODUCT CLASSIFICATION**

<b>Culture</b>	*	*	*	*	
<b>Nature</b>	*	*	*		
<b>Physical</b>	*	*	*	*	*

## DETAILED PROGRAM:

### Day 1. Ho Chi Minh city – Long My

07.00: Meet at Notre Dame Cathedral of Saigon, (01, Công xã Paris, Ben Nghe, District 1, HCMC) – transport by private coach to Long My, Hau Giang.

12.00: Arrive to Long My, welcomed in Anh Duong Center and short rest

12.30: Lunch

Biking is one of the most interesting, and also the main activity here. Each bicycle, with the bamboo frame, brings you a story about the people of Anh Duong throughout more than 10 years of operation. Gradually the bamboo bikes, bamboo helmet... became part of Mekong Plus and Anh Dung Centre's "branding". There are many sizes, from small for children to big for adult. Please inform us about your desired size.



14.00: Biking to the village and visit project families (about 20km):

- Visit the quilting group
- Visit poor households raising chicken
- Visit poor households with children receiving a scholarship from Anh Duong
- Visit concrete bridges and roads supported by Anh Duong
- etc.

The most fascinating experience here maybe the "ferry-boat" to cross the canal. A small raft by bamboo and wood with the pulley and a "pulley driver" – or "ferry driver" will help you cross the river the most unexpected.



15.30: Rest during the way for fruit and water.  
17.00: Back to Anh Duong Center  
18.00: Check-in hotel  
19.00: Dinner in local restaurant  
21.00: Back to hotel.

*Meals: Lunch, dinner*

Please go to bed early, because next morning will start at 5am (optional), to visit one of the most untouched floating markets in Mekong.

## **Day 2. Nga Nam floating market – Long Mỹ - Ho Chi Minhcity**

05.00: Wake-up call  
05.30: Transfer to Nga Nam floating market

Nga Nam market appears splendid under the early morning sunshine, but so vibrant with the sound of motorboat, the sound of people negotiating, the sound of water flapping around the boat... end up by visiting a family the lives along the river, and a Khmer pagoda.



06.00: Arrive to the market, breakfast with local food (bún, hủ tiếu)  
07.45: Visit the floating market in motor-boat, visit a family the lives along the river, stop to visit a Khmer pagoda.  
09.00: Back to Long My

09.30: Continue biking and visit the families in the project:  
- Visit a family with a biogas system  
- Visit a family raising worms  
- Visit a poor family raising pigs  
- Visit a family raising fish

12.00: Lunch in Long My and back to Ho Chi Minh city  
17.30: Arrive to Ho Chi Minh.

*Meals: Breakfast, lunch*

*Noted: The visits to families in the project might be changed, depending in time*

**The package provided includes:**

- Transport by private coach
- Local 2 star guest house
- Water bottle of 20l on the car
- Meals as mentioned in the itinerary
- Bamboo bike, bamboo helmet
- Water bottle (plastic bottle of 500ml) and a bag
- Fruit and snack during the biking tour
- Motor to escort the group
- Tour leader
- Tour guide in English and Vietnamese to welcome in Anh Duong Center

**Is not included in the package :**

- Personal water bottle is recommended to reduce the use of plastic
- Personal stuff
- Sun cream and hat
- Other expenses that are not mentioned in the itinerary
- Beverage during meals
- Insurance