



Exotic Laos (7days/6nights)
Tour code: VVL7
Vientiane-Vang Vieng-Luang Prabang

This tour is ideal for anyone looking for an active adventure holiday. Laos is perfect for soft adventure activities and this itinerary shows you why; cycle rides through beautiful scenery, Elephant riding and kayaking are all on the menu.

Day1. Arrival – Vientiane (B,D)

Upon arrival, you will be met and transferred to your hotel. Time permitting, we explore Vientiane capital by visiting the major sights of the capital; including the oldest **Wat Sisaket** with thousands of miniature Buddha statues and the former royal temple of **Wat Prakeo**, which previously housed the famous Emerald Buddha Image. . Enroute to Lao's national precious heritage, the famous and sacred structure of **That Luang Stupa**, you will have the opportunity to take some pictures of the imposing **Patuxay** Monument, which is well known as Vientiane's own Arc de Triumph. The final visit of the day will be the excellent **COPE** exhibition centre, highlighting a much overlooked aspect of Laos and a major problem many of the local people face on a day to day basis in the form of unexploded ordnance as a result of heavy bombing campaigns during the Vietnam War era. In the evening enjoy a delicious Lao style meal with local dance and music performances at Kua Lao Restaurant. Overnight in Vientiane.

Day2. Vientiane – Vang Vieng (B)

We leave the capital early for our journey northbound; we will see some breathtaking scenery enroute as we pass through spectacular countryside towards the mountainous region. Along the way we visit the busy and **colourful market at KM52** where various hill tribes come to trade goods and buy provisions. A next stop of our trip is **Vang Xang**, famous for the archeological site dating back 11th century. We reach our final destination Vang Vieng, which is nestled on a bend of the Nam Song River. Its stunning scenery with limestone outcrops remains unspoiled, despite recent developments with the advent of tourism. After checking into your hotel you are at your own leisure. Overnight in Vang Vieng.



Vang Vieng and rural villages

Day3. Vang Vieng – cycling (B,L)

After crossing Nam Song River on a bamboo bridge, we start the day with the exploration of one of the most unusual caves in the area: Tham Poukham, the highly auspicious and venerated "Cave of the Golden Crab".

The mountain **bike tour covers approximately of 26 km** behind the karst range of the Nam Song and Vang Vieng. After reaching the far side of the ridge, a steep hike leads to the main **Tham Poukham Cave**. It's hidden corridors are filled with an endless array of stalagmites and stalactites, besides underground lakes, deep wells and up to 80 m high chimneys.

Continuing westwards, the trail gets increasingly rough. We follow the narrow valley of the Houay San stream until the Pha Deng, namely "red cliff", comes into sight to your right. Depending on the season, the bikes have to be carried across short distances (muddy patches).

The village of **Phonxay** is the first on the banks of the Nam Khouang. The road continues south as a dirt track in good condition running parallel to the Nam Khouang. At the crossroads in Ban Nathong Tai, the road to the Nam Song Bridge is met again. Back in Vang Vieng, a sunset drink by the river marks the end of a great cycling adventure. Overnight in Vang Vieng.

Approximately: 6 hours cycling/ 2 hours walking

Day4. Vang Vieng – Luang Prabang (B)

This morning we wind our way through the mountains to Luang Prabang making numerous stops at viewpoints and villages along the way. This town with its gleaming temple roofs, fading colonial architecture and stunning mountain backdrop has been claimed by UNESCO to be "the best preserved traditional city in South East Asia". We arrive in Luang Prabang by mid afternoon. Overnight in Luang Prabang.

Day5. Luang Prabang – Gecko Cliff (B,L)

An optional early start gives you the fantastic opportunity to participate in the daily morning ritual of saffron-clad monks **collecting offerings of Alms** from the faithful residents. This procession is very unique in Laos, being the only Buddhist nation still preserving the tradition.

This morning we visit the **National Museum** (closed Tuesdays) at the former Royal Palace. It displays a collection of artefacts reflecting the richness of Lao culture dating from the days of the early kings right through to the last sovereign. We can also visit the magnificent **Wat Xiengthong** with its roofs sweeping low to the ground, which represents classical Laotian architecture.

We then walk to the boat pier where you board our **comfortable private boat** for a cruise down the Mekong to **Ban Chan Tai** where we start our **2 hour trek** to Gecko Cliff. This gentle trek takes us along the banks of the Mekong River before climbing up a forested hill to a stunning view point of the Mekong and the beautiful surrounding countryside. Following a well earned rest we continue to the second sight of the day, an unexplored cave, before we head down to the Mekong River where our boat will be waiting to take us further downstream to **Ban Pak Leuang**. Here we begin our 20min cycle ride, taking in a Lao Loum village and paddy fields before reaching **Hoy Khua Waterfall**, where we stop for a picnic lunch of traditional Lao food. After lunch we have chance to admire the multi tiered waterfall before returning by bicycle to our boat. We return to Luang

Prabang by river, arriving back in the town by around 4pm. Overnight in Luang Prabang

Day6. Luang Prabang – Elephant riding, Tad Sae and Kayaking (B,L)

After we pick you up from your hotel (8:15AM) you will proceed to the Nam Khan valley about 15 km out of town. The rugged mountains in front of you and the green lush countryside is the setting for the **Elephant Village**. Here we find time to relax and the right place for great activities. You will be introduced to our protected Asian elephants in the project area and go out for a **scenic ride**. Enjoy the new perspective and the wonderful nature on this **1 hr. ride** through the Nam Khan River and forest. Afterwards a boat will take you to the amazing cascades and pools of the **Tad Sae waterfalls**. (*waterfall dried out between February & August.*)

Lunch break on **mountain view terrace** of the **Elephant Village**. Lunch will be served at the Elephant Village with views over the river and into the surrounding landscapes and mountains.

After a short instruction you will experience the life along the Nam Khan river. It will be a soft **4 hr. kayaking** back into town with a few small rapids (*depending on season*). Even for inexperienced paddlers, this is an option to get into it. Village stops along the way are included as well as a pick up service at the arrival point in Luang Prabang.

Full day activity plus soft Kayaking Grade 1-2

Trip includes

- PRIVATE pick up from and to the hotel 8:15 a.m.
- Briefing, information and guiding in English
- Elephant riding about 1 hr.
- Kayaking and gear rental (paddle, helmet, life jacket)
- Set lunch in Elephant Village, water and fruits
- Drinking water and fruits
- Waterfall park entry fees
- All permissions and taxes
- Elephant Park Project contribution fee
- Motorboat charge

Overnight in Luang Prabang.

Day7. Luang Prabang - departure

Depending on your departing flight you may have time at leisure before your transfer to the airport for departure.

END OF SERVICES

Tour price per person in US\$:
Price valid from 01-Oct-09 to 30-Sep-2010

Hotel	1	2	3-4	5-9	Single Supplement
3 Star	1,251	694	563	494	167
4 Star	1,434	795	664	595	249
5 Star	1,691	924	792	723	378

Inclusive of above prices:	Exclusive of above prices:
<ul style="list-style-type: none"> • Transportation in private vehicle • Accommodation in twin shared room • Domestic air ticket as stated only • Private Boat trip as stated in above sights • English speaking guide • Admission fee to indicated sights • Meals: daily breakfast at hotel, lunch/dinner where stated only • Gov't tax and service charge • Luggage handling and drinking water 	<ul style="list-style-type: none"> • Visa stamping fee on arrival • Int'l air tickets to/from Laos • Travel Insurance in all kinds • Single room (quoted separately) • Other foreign language guide • Peak tourist season or special event rates • Child or adult in triple sharing room • Tip, drinks and other personal expenses

Hotels quoted in above package

Location	3 Star	4 Star	5 Star
Vientiane	City Inn (DLX)	Green Park (DLX)	Settha Palace (DLX)
Vang Vieng	Thavonesouk (Riverfront Suite)	Villa Namsong (SUP)	Villa Namsong (SUP)
Luang Prabang	Mekong Riverside Hotel (SUP)	Villa Santi Hotel (DLX)	Villa Maly (SUP)