

Natural Laos (easy trekking/nature programme)

Tour code: NLV7

7 Days/6 Nights

Following the route of the 'classic' Luang Prabang and Vientiane tour in Laos, this programme is ideal for anyone with an interest in trekking and nature, and forms an ideal varied 1 week itinerary

Day 1: Arrival – Luang Prabang

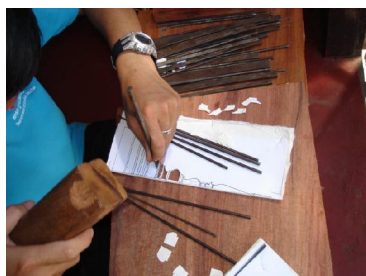
On arrival at the airport, you will be met and transferred to your hotel. Overnight in Luang Prabang.

Day 2: Luang Prabang full day tour (B)

Your local guide will pick up you at your hotel. Start to visit the **Royal Palace Museum** (close on Tuesdays), which hosts a range of interesting artifacts.

On the main street stop at **Kinnaly gallery** where your local guide will show you the different ethnic minority through high quality black and white picture. Then visit **Kimthong gallery** where you can see some piece of textile coming from Samneua, a province well known for weaving. In the end of morning we visit the **Arts and Ethnology Centre** to learn about Laos' many ethnic cultures.

In the afternoon, visit **Wat Mai** and the magnificent **Wat Xiengthong** with its roofs sweeping low to the ground, which represents classical Laotian architecture. Then you will discover the Lao traditional stencil made with Saa paper.



Lao Xiengthong Stencils

The fine arts of Laos have been developed over centuries and reflect the values and traditions of this gentle but lively culture. Both curving and straight lines, soft and hard contours blend harmoniously in the patterns that feature in Lao arts. The skill of Lao artists from the past to the present can be seen in the delicate use of these patterns in the architectural features of the heritage town of Luang Prabang. The warm, courteous nature of Lao people is reflected in the soft, gentle curves of the motifs, giving a restful, pleasing visual experience.

Option: Lao traditional Stencil class

Discover and learn how to produce a Lao Stencil. Mr Anousith will teach you how to do it and how you can use it when you come back to your own country.

- Make your own stencil
 - Demonstration with gold painting and Saa paper
- Duration: around 1h20 minutes
 Number of pax: 3 pax maximum
 Net cost: 15 USD/pax

On the main street stop at **Naga Creation** where you will see some reproduction of Ethnic minorities' jewel. Then drive to **Ban Nong Xai** where you can see the process of Saa paper. In the end of afternoon, climb up to the top of **Mount Phousi** for an enjoyable exploration of the sacred, gilded stupa as well as a panoramic view of the city at sunset and the Mekong River. The tour ends after a visit to the famous **Night Market**, where you can find a lovely selection of handmade textiles made by local and hilltribe people surrounding Luang Prabang. Overnight in Luang Prabang

Day 3: Luang Prabang – Gecko Cliff Adventure (B, L)

After your breakfast, Your guide will pick you up from your hotel this morning at around 9am and transfer you 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.

Day 4: Luang Prabang – Kuang Si waterfall (B, L)

After your breakfast, road to **Phousi Market**, where you will see such diverse offerings as dried buffalo skin, local tea and saltpeter among the chickens, vegetables and hill-tribe weavings. Then stop at **Ock Pop Tok** where we will explain you how the local people weave and dye Lao textile. Road to Kuang Si waterfall. On the way stop at **Ban Thinkeo**, a Hmong village, where you will start a short trekking through the paddy field with a rattan basket to get the plants and vegetables. Your guide will explain you the common use of the plants and roots for the villagers. When you arrive at the village, learn to cook some local dishes with the villagers. Lunch in a traditional house (local style set up)



Ban Thinkeo

This Hmong village located on the way to Kuang Si waterfall exists for almost 3 years. Viengchampa promotes 'responsible a tourism' excursion here and supports the village. A part of the cost of the trip goes back to this village to improve water supply and way of life of the villagers.

In the afternoon reach the beautiful **Kuang Si Waterfall** where you can cool off with a refreshing swim in the pools or walk along the forest trails. Drive back to the town where you have some free time.

Overnight in Luang Prabang

Day 5: Luang Prabang – Vientiane (B)

After your breakfast, free time before your transfer for your flight to Vientiane. Upon arrival, we start visiting the major sights of the capital; including **Wat Sisaket**, the oldest temple with thousands of miniature Buddha statues, and the former royal temple of **Wat Prakeo**, which previously housed the famous Emerald Buddha Image. En route to Lao's national icon, **That Luang Stupa**, you will have the opportunity to take some pictures of the imposing **Patuxay Monument**, which is known as Vientiane's own Arc de Triumph. The Mekong river side is the perfect place to end the day and admire the sunset. Overnight in Vientiane

Day 6: Vientiane – Orchid Trek (B,L)

After your breakfast, departure at 7.30 AM from your hotel to Ban Hatkhai (1h30 mn by road from Vientiane). Start trekking at the Phu Kwa Kway conversation area to reach Pha Say waterfall. Your guide will explain to you the different species of orchid you will find along the way (1h30 min walk). Lunch at a nearby a river. In the afternoon, walk to Tad Xai waterfall. Free time to relax. The trekking finishes around 4.30 pm. Arrival in Vientiane at 6.00 pm. Overnight in Vientiane.

. A part of the cost of the trip goes back to this village. It helps the local villagers to get a monthly income and also to improve the school, temples and roads. Any donations like schoolbooks, pen or pencils are highly appreciated.

Day 7: Vientiane – departure (B)

After your breakfast, free time before your transfer to the airport for your international flight.

END OF SERVICES

Tour price per person in US\$:

Price valid from 01-Oct-09 to 30-Apr-2010

Hotel	1	2	3-4	5-9	Single Surcharge
3 Star	1,128	730	616	566	144
4 Star	1,435	844	731	680	237
5 Star	1,740	997	883	833	389

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 • Boat trip as stated in above sights • English speaking guide • Admission fee to indicated sights • Meals: daily breakfast at hotel, lunch where sated 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 • Lunch or dinner unless where stated • 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
Luang	Mekong Riverside hotel (SUP)	Villa Santi hotel (DLX)	Villa Maly

Prabang	www.mekong-riverside.com	www.villasantihotel.com	(Superior Room) www.villa-maly.com
Vientiane	City Inn (DLX) www.cityinnvientiane.com	Green Park (DLX) www.greenparkvientiane.com	Settha Palace (DLX) www.setthapalace.com