



Northern Laos Trekking (9days/8nights)
Tour code: NLT9
Huay Xai-Luang Namtha-Oudomxay-Muang Ngoi-Luang Prabang

Laos is a wonderful country for trekking and the northern part of the country offers the best choice. This tour cuts across northern Laos taking in some challenging treks and beautiful boat rides along the way before finishing in the old royal capital of Luang Prabang.

Day1. Huay Xai – Luang Namtha

Following your completion of border formalities, we head out of the town to Luang Namtha. This road has recently been improved, and is now a very smooth and comfortable drive. We visit **hill tribe villages** along the road at **Muang Phouka** and other surrounding areas. We arrive in Luang Namtha in the afternoon where you have the rest of the day at leisure.

Day2. Luang Namtha –trekking (B,L)

This one-day tour is special trip for who have not enough time in Luang Namtha but you would like to get all experiences, leads you into the Nam Ha NPA, during this tour you might see sign of wildlife and you will see villagers collecting forest products along the way. You experience the Khmu's life in the forest and enjoy traditional Khmu-style picnic lunch in the forest (Cooking in the Bamboo pipe), before visiting Lanten Village (Bamboo paper people) on the way back to the town.

Itinerary 1 Day Trekking: This experience will take you about 3-4 hours in total.

At 9:00 am, pick-up from the Office and transfer by Truck or Tuk tuk (approx. 30 min) to the starting point of the trek: a traditional village of the Khmu ethnic group, called Ban Chaleurnsouk. Here, we meet our village-based guide, who will lead a short walk around the village to learn about the Khmu's lifestyle and culture. Then we will walk through the NPA with a stop for a picnic lunch, learning how to cook in the forest from the village guide. During the trek, we can also learn about some plants and the technique on how to hunt the animal from the local people. After that, we continue our trek to the Tuk Tuk where the Trekking tour and we continue our tour on Tuk Tuk to the Lantan ethnic group of Ban Namleu village, learn about the lifestyle of the Lantan people before we return to the town.

Tour information:

Departs from and returns to our Office

Meeting Time: 9:00 AM & returns at around 4:00 - 5:00 PM

Departure days: Daily departures

Time spent for activities: Trekking 90%, transport 10%

Level of Difficulty: Walking – Easy to moderate

Transport: Tuk Tuk or Minivan (local transportation)

Meals: 1 lunch

What to bring?

Hat, bandana, sunscreen, extra set of clothes and shoes in case to get wet, mosquito repellent, raining jacket (if raining season), money to buy handicrafts and extra drinks

Day3. Luang Namtha – Oudomxay (B)

You have the morning at leisure to relax in beautiful surroundings, before we get back on the road, heading south to the town of Oudomxay. After making a number of stops to admire the scenery, we reach Oudomxay by later afternoon. Overnight in Oudomxay.

Day4. Oudomxay – Muang Khua – Muang Ngoi (B,L)

The local market also attracts numerous ethnic minorities who converge from the surrounding mountainsides or valley to barter and trade their goods. We visit this congregation before setting off on our journey east to the riverside town of Muang Khua. En route we have the chance to visit the intriguing **Pra Xack Kham Temple** with its sacred Buddha image. The 400 years old legendary statue is said to have many supernatural powers, and is widely worshipped among the faithful local Buddhists. We also stop at the market of Xin Sai, which is very colourful as many of the ethnic minorities meet to exchange goods here. Upon arrival in Muang Khua, we board our **private boat for the cruise down the Nam Ou River** to Muang Ngoi, arriving there early evening.

Day5. Muang Ngoi – trekking and homestay (B,L,D)

This morning, we begin trekking 2 hours to Ban Houay Boor (a Khmu and T'ai Deng ethnic village). After lunch at villager's home in Ban Houay Boor, continue trekking in the afternoon to Ban Na (a T'ai Deng village) and Ban Houaisene, where we stay overnight at community bamboo guesthouse. Before dinner, enjoy a **Baci ceremony** and traditional music show with the villagers.

Day6. Muang Ngoi – Luang Prabang (by boat) (B,L)

This morning, after breakfast, we begin trekking through the rice fields and beautiful landscape back to Muang Ngoi. We then embark a long tail traditional boat for a leisurely trip downstream on the Nam Ou River, enjoying the lush green forests and landscape. Along the way we stop to visit the mysterious caves of **Pak Ou**, two linked caves crammed with thousands of gold lacquered Buddha statues of various shapes and sizes left by devoted pilgrims. We continue our trip down the river to the UNESCO World Heritage City of Luang Prabang. This former royal capital with its gleaming temple roofs, fading colonial architecture and stunning mountain backdrop retains a unique charm rarely found in all Asia. You transferred to your hotel by private vehicle by early evening.

Day7. Luang Prabang - half day city tour (B)

After breakfast we visit **the Royal Palace Museum** which hosts a range of interesting artifacts. We begin our walking tour taking in some of the city's most beautiful temples. Depending on the rest of your programme this may include the magnificent **Wat Xiengthong**, with its roofs sweeping low to the ground,

representing the classical Luang Prabang style, as well as **Wat Mai** and **Wat Sene**, the oldest temple in Luang Prabang. We also stop by at Kinnaly Gallery, where your guide will show you the different ethnic minorities that live in Laos. We end the tour with a climb up **Mt Phousi**, which offers a spectacular panoramic view over Luang Prabang and the Mekong River.

Day8. Luang Prabang – Kuang Si and Hmong Village (B,L)

After breakfast, we visit the local **Phosi Market**, this is the place where all the locals shop and your guide will show you the diverse offerings on display. We also stop at **Ock Pop Tock**, a silk weaving centre. Here you will be given a guided tour and the silk weaving process will be explained. Next we drive to **Ban Thinko**, a Hmong village and start trekking with the villagers. Your guide will explain to you the common use of the plants for the Hmong people. You will go to the garden and cut some vegetables and herbs with the local people. When you arrive at the village, learn to cook some local dishes in a traditional house. Lunch will be your collective efforts! Then, the villagers will show you a demonstration of Hmong Khene and local games. In the afternoon, drive to **Kuang Si** and relax at this magnificent multi tiered waterfall. We also have time to visit the local **Bear Sanctuary**, that helps rescue and rehabilitate endangered bears before returning to Luang Prabang.

Day9. Luang Prabang – departure (B)

You will be transferred to the airport for your departure.

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	2,045	1,104	855	786	166
4 Star	2,124	1,144	895	825	206
5 Star	2,333	1,248	999	930	310

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 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 • 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 Namtha	The Boat Landing	The Boat Landing	The Boat Landing
Oudomxay	Surinphone	Surinphone	Surinphone
Muang Ngoi	Lattanvongsa	Lattanvongsa	Lattanvongsa
Muang Ngoi	Village homestay	Village homestay	Village homestay
Luang Prabang	Mekong Riverside hotel (SUP)	Villa Santi Hotel (DLX)	Villa Maly (SUP)