



Adventurous & Thrilling Laos

- *Please note that this proposed itinerary is subject to availability. We will only proceed with all reservations upon receiving your written confirmation. We recommend your confirmation as early as possible.*
- *All flight times are local.*
- *Flight times and the daily order of sightseeing are subject to change.*
- *Transfer times are approximate and subject to local conditions at the time of travel.*
- *Please refer to the pre-departure guide which has been provided with this proposal.*

ITINERARY



Day 01: Luang Prabang Arrival

Upon arrival, our guide will greet and transfer you from the airport to your hotel for check-in. Free at leisure.

The regular check-in time is at 1400; early check-in is NOT included and subject to availability

Meals: None

Accommodation: Sanctuary hotel & resort/Deluxe (www.sanctuaryhotelsandresorts.com)

Day 02: Luang Prabang

HALF DAY TOUR 'TEMPLES OF LUANG PRABANG'

Meet with your guide at the hotel and start with a relaxing walk around the ancient town of Luang Prabang, a **UNESCO World Heritage city** and outstanding example of the fusion of Lao traditional architecture and its urban structure built by the European colonial authorities in the 19 century. Pay a visit to the **Royal Palace**, which is now a **National Museum** and houses the precious exhibits that used to be possessions of the former Lao Royal family. Drive or enjoy a leisurely walk to the magnificent stupa of **Wat Visoun** and pass by **Wat Aham** along the way. Continue to **Wat That Luang**, monastery of the big stupas, and **Wat Mai**, Luang Prabang's oldest Pagoda. Continue to one of the most beautiful sights in town; **Wat Xiengthong**. The so-called 'Temple of the Golden City' is located on the northern tip of the peninsula and remains a significant monument to the spirit of religion, royalty and traditional art.

End your tour with a short climb to the top of **Mount Phousi** and admire the wonderful view across the **Mekong** and **Khan rivers** as well as the surrounding mountain ranges.

NOTES

- Availability: Morning or Afternoon
- Suggested Time: 08:30 – 12:30 or 13:30 - 17:30
- Duration: 4 hours
- Please dress appropriately for visits to religious sights – shoulders, chest and legs should be covered.

KAYAKING: NAM KHAN EXPERIENCE (JOIN-IN TOUR)

In the afternoon, depart from your hotel for a transfer to our **kayaking** starting point at **Pick Noi**. After an introduction it is time to practice. We start paddling downstream through some rapids known as the **“funny” rapids**. We take a short visit to the **tomb of the 19th century French explorer Henri Mouhot**; the first European to rediscover Angkor Wat and to visit the Royal Kingdom of Luang Prabang. Then continue paddling to **Ban Had Hien, an iron knife making village**. Afterwards, we return to Luang Prabang and arrive in the late afternoon.

NOTES

- Suggested Time: 14:00 - 18:00
- Duration: 4 hours
- Capacity: max 8 Pax
- The rivers are very low and much slower towards the end of the dry season. The best time for kayaking and rafting is from June to December.

Meals: Breakfast

Accommodation: Sanctuary hotel & resort/Deluxe (www.sanctuaryhotelsandresorts.com)

Day 03: Luang Prabang

FULL DAY ‘LUXURY ON THE MEKONG’ CRUISE WITH ELEPHANTS ON THE MEKONG

The ‘Dok Keow’ boat is 28 meters in length and can be best described as a mix of Lao tradition and Western style. Dok Keow was constructed and designed by Captain Jason Deshay, a 15 year veteran of the private mega yacht industry around the world.

This specialized full day **excursion with elephants** enjoying their daily activity on the Mekong is really something quite unique. Enjoy **riding one of these friendly giants on bare back along the Mekong River bank** (weather permitting) and learn more about elephants, how their caretakers provide them with a healthy life and maybe even some commands. After the ride, get into the water with the elephants and **give them a well-deserved bath**. A spacious **shower is available on-board** the boat afterwards for you to freshen up and then **lunch is served, with Champagne of course!**

This is a combination of a **luxury riverboat experience and a unique introduction to Lao’s Elephants**, who have inhabited the country for thousands of years.

Itinerary includes:

- Welcome Champagne Mimosa
- Fresh cookies, coffee, tea, juice and organic fresh fruits
- Selection of beverages and gourmet lunch

NOTES

- Suggested Time: 09:00 – 15:00
- Duration: 6 hours
- Capacity: Min. 2 pax and max. 8 pax (extra charge will apply for more than 2 guests)
- Included Meal: Lunch

A LAO EVENING - TRADITIONAL STORYTELLING AND FOOD

Why is Mount Phusi called Mount Phusi? What has it got to do with mushrooms and the Ramayana? Who established the ancient city of Luang Prabang, and what is his story? If you are curious to discover the answers to these questions, **Garavek** is the place for you!

Garavek is a new company based in Luang Prabang, with the aim of promoting and preserving the local traditional stories - myths, legends, and folktales. Every evening, from 6.30-7.30pm, they present a selection of **traditional Lao stories** in their intimate theatre in Luang Prabang's historic old town. The stories are told in English, by a Lao storyteller, with the live musical accompaniment of the khene - the quintessential Lao folk instrument.

After the performance, transfer to 'Tamarind', one of the **best Lao restaurants** in the country. Choose between a typical Luang Prabang meal, a 'buffet' of all the **local specialties, or be adventurous** and try foods usually only found in local markets & private homes... or out in the jungle! After dinner, return to your hotel with your private car and guide.

NOTES

- Availability: Evening
- Suggested Time: 18:00 - 21:00
- Duration: 3 hours
- Please note that between April 1st and September 30th the theater closes every Wednesday and Saturday, and there are no performances on public holidays.

Meals: Breakfast, Lunch, Dinner

Accommodation: Sanctuary hotel & resort/Deluxe (www.sanctuaryhotelsandresorts.com)

Day 04: Luang Prabang

JUNGLE 'SURVIVOR PICNIC' AND VISIT TO KUANG SI WATERFALLS

Depart in the morning and drive about 40 minutes to Kuang Si waterfalls (25 km from Luang Prabang) Meet your **local expert guide** on arrival and trek with him to the top area of the **Kuang Si Waterfall**. Along the way, learn how to collect **herbs, mushrooms, bamboo shoots and other vegetables**. You will even have the opportunity to try the **local way of fishing**. Then, help to prepare your truly local Laos '**jungle**' picnic lunch.

After lunch, enjoy a walk at the Kuang Si Waterfall or a **refreshing swim**. We will also stop by the **Bear Rescue Center** close to the entrance gate, where more than 10 animals, including Sun Bears and Malayan Black Bears, are cared for after they've been rescued from bile farms or wildlife traffickers. In the early afternoon, return to Luang Prabang by private transfer.

NOTES

- Duration: 6 hours
- Suggested Time: 08:30 – 14:30
- This tour includes approximately 1-2 hours of easy trekking and it is recommend to take walking shoes, sunscreen, and repellent on tour.

Meals: Breakfast, Picnic Lunch

Accommodation: Sanctuary hotel & resort/Deluxe (www.sanctuaryhotelsandresorts.com)



Day 05: Luang Prabang – Pakse - Champassak

Free at leisure until our guide pick you up and transfer from your accommodation to the airport for flight to Pakse.

Upon arrival Pakse airport, our local guide will greet and transfer you to Champassak. We will have a stop to visit Wat Phou before checking in hotel.

TRANSFER FROM PAKSE TO CHAMPASSAK

Leave the second biggest city in Laos, Pakse, and drive south on the local highway to Champassak.

NOTES

- Duration: 30 minutes
- Please note the roads in Laos can be quite bumpy and transfer times are approximate but road construction or heavy rain fall can cause slight delays along the way.

WAT PHOU HALF DAY TOUR

Transfer through pleasant rural scenery of hills and **local villages towards Champassak**, the former Royal Capital. Reach the picturesque pre-Angkorian **Wat Phou temple**, which was built between the 6th and 13th centuries. Listed as a **UNESCO World Heritage Site**, Wat Phou was part of the greater **Khmer Empire** and is linked through ancient highways to Angkor Wat in Cambodia. The temple is divided in two parts of which the lower part consists of two ruined palace buildings at the edge of a pond and the upper section, which is the temple sanctuary itself. Climb the crumbling stairway adorned with **“nagas” or snake heads**, and admire the serene surroundings. Later, head back to your hotel or onwards to another site.

NOTES

- Availability: Morning or Afternoon
- Suggested Time: 09:00 – 12:00, 13:30 – 16:30
- Duration: 3 hours
- It is recommended to wear proper walking attire for your visits as the climb up to the main temple can be slippery at times.

Meals: Breakfast

Accommodation: Residence Sisouk hotel/Superior (www.residence-sisouk.com)

Day 06: Pakse – Ban Nongluang – Tree House

TREE TOP EXPLORER 3 DAYS AND 2 NIGHTS (JOIN-IN)

The Tree Top Explorer, a new jungle adventure in the mountains of Champassak province **is blending fun with real nature experience**. The project delivers its promises of being something hilariously exciting – and strictly adhering to international safety standards, without any compromise! The main attraction is a **system of zip-lines traversing steep gorges** in touching distance to the waterfalls. The **canopy walkway** gives the visitor the chance to see the forest from a completely different and usually elusive angle.

Located inside a valley basin of the **Dong Hua Sao National Protected Area**, the Jungle Hotel Paksong is actually **a tiny village in the midst of dense forest** and surrounded by sky-reaching cliffs with thundering waterfalls. It comprises **six tree houses, a restaurant and some service facilities**.

The tree houses are simply romantic and privacy is guaranteed! These single-room huts, wholly made of indigenous materials high in the crowns of the trees, will give you the feel of being transferred into another world, completely unified with nature. Some of the houses are up to more than 20 m above the ground. Beds, mosquito nets, everything is there for a smooth night. No air-con or fridge, however, but your own toilet! Get up with a hot early morning tea shaker (from a thermos) before you zip – the only way to get in or out - to the restaurant to enjoy a hot or cold shower and usher the dawning day with a hearty breakfast in the jungle. Since the construction materials used for the houses are natural but inflammable (wood, grass roofs), the use of candles is strictly prohibited.

Arrive at **Ban Nongluang** after a 1 hour drive from Pakse, stroll. The village guides who will accompany us for the next three days give important **first safety instructions**.

We then **hike through coffee plantations and vegetable gardens** until wild semi-evergreen forest gradually takes over. The trail winds down for a while, sometimes quite steeply, passing ravines, **beautiful waterfalls and flower-studded plateaus**. Along the way, the guides explain the plants traditionally used in the village kitchen or as herbal medicine.

A breath-taking **canopy walkway high in the trees** and crossing a steep river valley is a first challenge. We pass the huge 'Tiger' waterfall and reach the giant 'Kamet' fall (name of a monkey), where the water plunges more than 100 m down into a relatively narrow, densely forested valley basin with waterfalls apparently everywhere. Here is where the **zip-lines start** and the real thrill takes its course!

We take our **lunch in the wilderness**, explore the forest secrets of the area and may take a cooling swim before mastering the unbelievable zip-lines. The cables crisscross the valley in front of the majestic water wall, stunningly high and us perfectly cooled by the spray of the water. Enjoy the sensation of being weightless and truly one with nature. Let your adrenaline rush come to a maximum. After a day of great activity, we finally settle for the night in the **wonderful camp with restaurant** nearby. For dinner, local food and absolutely delicious barbecues are on the menu. Chatting and recollecting the gorgeous experiences of the day, or just relaxing and dreaming under the stars about the incredible wonders of life, you finally retire into your own **tree house almost 10 meters above ground**.

Meals: Breakfast, Lunch, Dinner

Accommodation: Tree House

Day 07: Tree House

We wake up amidst the warbling, piping, chirping, twittering of the **innumerable birds** in the dense canopy around us. A simple European-style breakfast prepares us for an **easy 30-minute trek** through great forest before reaching the first cable. Be ready for **extended flights through the jungle** with the **longest about 400 meters** as a real highlight. The proximity to the usually invisible upper stratum of the forest is an amazing and unforgettable experience. A **picnic lunch** is served in the best of nature. We return to the camp in the later afternoon by passing the '**Red Rock**' stream, where we will have time for some rest and **swimming** before dinner. Fall asleep in your **tree house** for another night.

Meals: Breakfast, Lunch, Dinner

Accommodation: Tree House

Day 08: Tree House – Ban Nongluang – Pakse

After breakfast, we slowly **trek uphill**, passing a section of forest where **gigantic trees** dominate. Then it gets a bit tough and jaw-dropping when the trail suddenly "ends" at a **steep rock wall**, only passable on a '**via ferrata**', where iron U-bolts are glued into the rock.

There's no way of getting around but to overcome this obstacle in order to get to the other side. Don't worry, it's all safe and you are secured by **state-of-the-art safety gear**. It's not really long either, just thrilling. Upon reaching the top of the mountain, one of the **highest peaks** in the area, an open plateau rewards everyone for all the 'hardship' – and for a last time – with **stunning views of three waterfalls** and vistas over the Mekong deep into neighboring Thailand. We'll take our lunch here before an easy **1.5 hour hike back to Ban Nongluang**, where a car is waiting to bring you to **Pakse**.

Important: Each visitor is required to have contracted an own valid insurance suitable for this kind of adventure. Participation is solely on one's own risk. The Tree Top Explorer is applying highest international safety standards and using equipment accordingly, the project is not responsible for lack of proper insurance and accidents occurring due reckless behavior or not following the instructions of the project personnel (guides).

NOTES

- Suggested Time: 08:30
- Duration: 3 Days and 2 Nights
- Included Meals: Lunch and Dinner (Day 1), Breakfast, Lunch and Dinner (Day 2) Breakfast and Lunch (Day 3)
- All equipment and gear like harness, helmets etc, as well as expert supervision by English speaking guides is included on all three days.

Meals: Breakfast, Lunch

Accommodation: Residence Sisouk hotel/Superior (www.residence-sisouk.com)

Day 09: Pakse Departure

Free at leisure until our guide meet and pick you from your hotel to leave Champassak and drive North on the local highway. Cross the bridge over the Mekong before arriving in the second biggest city in Laos, Pakse. Then, heading straight to the airport for your flight to next destination.

NOTES

- Duration: 30 minutes
- Please note the roads in Laos can be quite bumpy and transfer times are approximate but road construction or heavy rain fall can cause slight delays along the way.

The regular check-out time is at 1200. Late check-out is NOT included and subject to availability

Meal: Breakfast

End of services!

TOUR COST

This itinerary is provided for example only.

For full details including pricing, please contact us at info@toiinternational.com.