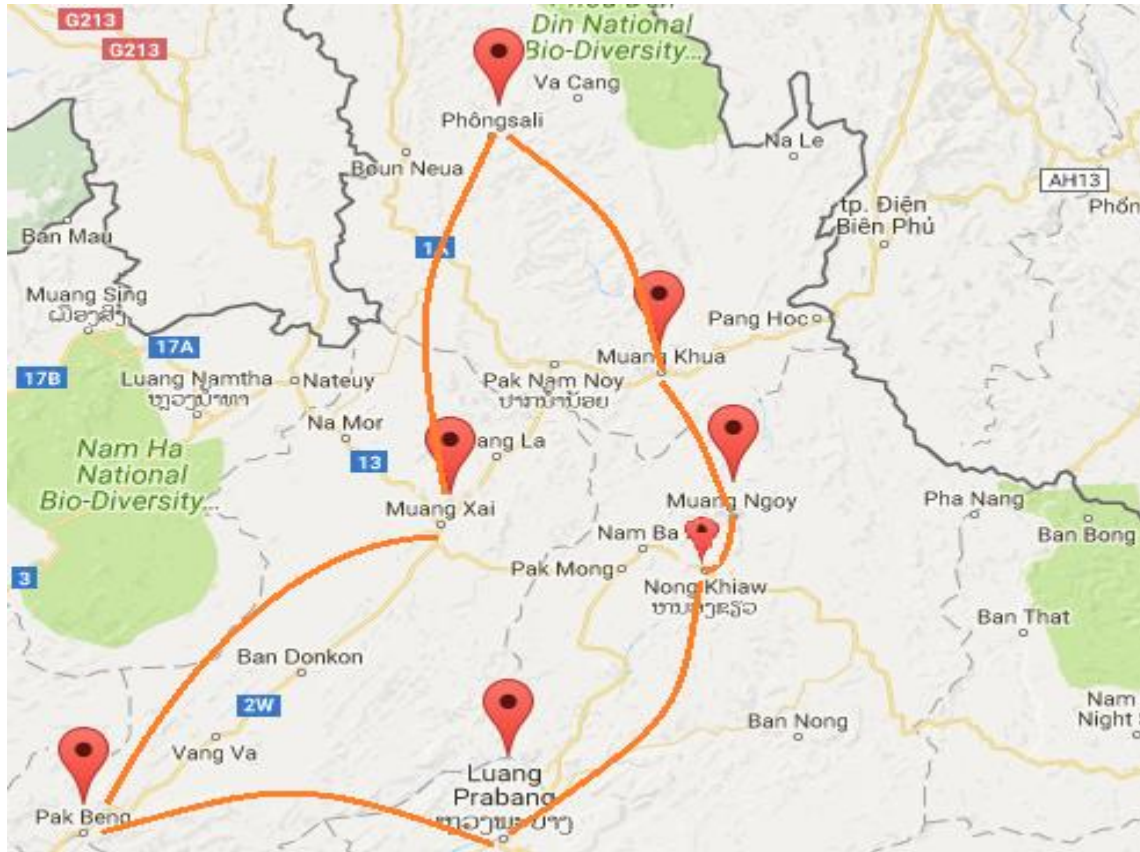


TREKKING, NORTHERN LAOS JUNGLE & TRIBES
14 Days / 13 Night



Trip Highlights

Experience Laos' cultural diversity

Visit villages inhabited by the Hmong, Akha Mouchee, Lao Loum and more, learning about their unique customs and traditions.

Trek in Phongsaly's tea plantations

Take a walk through tea plantations, seeing some of the oldest trees in the world and sampling Laos' tea.

Come face-to-face with elephants

Spend a morning at Mekong Elephant Camp, interacting with elephants, watching them bathe and joining them for a trek.

Day	Destination	Activity	Difficulty	Transfer	Meals	Hotels
1	Arrival Luang Prabang	-	-	15 mins	-/-/D	Sala Prabang Hotel
2	Luang Prabang	Walking & City Tour 5 hrs	Very Easy	-	B/L/-	Sala Prabang Hotel
3	Luang Prabang - Pakbeng	-	-	6 hours	B/L/D	Sanctuary Pakbeng Lodge
4	Pakbeng	Trekking up to 3 hours	Easy	-	B/L/-	Sanctuary Pakbeng Lodge

5	Pakbeng - Oudomxay	-	-	3 hours	B/L/D	Nam Kat Yola Pa Resort
6	Nam Kat Yola Pa	Trekking up to 6 hours	Medium	-	B/L/D	Tree House
7	Nam Kat Yola Pa	Trekking up to 5 hours	Medium	-	B/L/D	Nam Kat Yola Pa Resort
8	Oudomxay - Phongsaly	-	-	7 hours	B/L/D	Phou Fa Hotel
9	Phongsaly	Trekking up to 5 hours	Medium	1 hour	B/L/-	Phou Fa Hotel
10	Phongsaly - Muang Khua	-	-	5 hours	B/-/D	Phongadit Guesthouse
11	Muang Khua – Muang Gnoi	-	-	4 hours	B/L/-	Ningning Guesthouse
12	Muang Gnoi - Nong Khiaw	Trekking up to 5 hours	Medium	1 hour	B/L/-	Phaxang Resort
13	Nong Khiaw - Luang Prabang	-	-	3 hours	B/-/-	Sala Prabang Hotel
14	Luang Prabang Departure	-	-	15 mins	B/-/-	-

Day 1: Arrival Luang Prabang

(-/-/D)

Upon arrival to Luang Prabang, our local adventure guide will be waiting to provide transport to the hotel for check in. After checking in, enjoy the remainder of the day free at leisure to explore town or relax at the hotel.

In the evening, enjoy a welcome dinner at Tamarind, one of Luang Prabang’s most famous restaurants offering a great introduction to traditional Lao cuisine. The hotel is a short stroll to the restaurant, both situated in the historical town Centre.

Overnight in Luang Prabang.

Distance & journey times:

Transfer from Airport to Hotel: 15 minutes

Day 2: Luang Prabang Full Day Walking City Tour

(B/L/-)

Wake up early for a pre-dawn experience of Luang Prabang.

Begin by climbing the 365 steps of **Mount Phousi**, getting to the top before the sun comes up. At the top, enjoy a breathtaking sunrise accompanied by panoramic views of the town below.



From here, continue with an interactive tour of the town, exploring its architectural and historical wonders on foot. From colonial French buildings to ancient Buddhist temples, discover what makes this UNESCO city so unique.

After pausing for breakfast, continue the tour to the former **Royal Palace** (now the National Museum), followed by **Wat Mai**, a temple renowned for its golden bas-relief, and **Wat Sene**.

Next stop is the **Wat Xieng Thong**, the most revered temple in Luang Prabang. Located at the end of the peninsula, the temple dates all the way back to the 16th century.

Lunch will be at a famous noodle soup shop where it is possible to sample Khao Soy, a local favourite.

After lunch, **Wat Visoun**, the holiest temple in the city, which was entirely rebuilt in 1887 after being destroyed by the invading Black Flags from Southern China. Continue passed **Wat Aham** and on to **Wat That** where the ashes of King Sisavang Vong are kept inside the large central stupa.

Finish with the **Traditional Arts & Ethnology Centre**, a museum dedicated to exploring the rich diversity of Laos' ethnic minorities.

(Note: closed on Monday)

Dinner is at leisure this evening. For a unique alternative evening, visit the Storytelling Theater. From 17:00-18:00, observe a unique show from **Garavek**, with the aim of promoting and preserving the traditional stories, myths, legends, and folktales. *(not included in cost)*

Overnight at Luang Prabang.

Distance & journey times:

Walking and City tour up to: 5 hours

Difficulty: Very Easy

Day 3: Luang Prabang - Pak Ou - Pakbeng

(B/L/D)

Pick up this morning will be at 07:00 from the hotel. Take a short drive to the pier to board a private boat for the tour to Pakbeng. Two stops will be made en route, the first being 2 hours upstream at the Pak Ou Caves. Locally referred to as Tam Ting, these two caves are carved out of towering limestone cliffs and contain thousands of gold lacquered Buddha statues. The second stop is at the village of Ban Baw, where it is possible to witness the processing of traditional rice alcohol.

Enjoy a delicious buffet lunch onboard as the boat continues to cruise along the scenic Mekong River.

Late this afternoon, reach the town of Pakbeng. Located halfway between Houay Xay and Luang Prabang this small town is lined with wooden houses along a steep street on the hillside. Depending on the river's current, the boat may reach Pakbeng in time to watch the sun set over the river.

Dinner and overnight in Pakbeng



Distance & journey times:

Transfer: 6 hours

Day 4: Pakbeng - Mekong Elephant Camp and Trek

(B/L/-)

Begin the day by crossing the river to Mekong Elephant Camp to view and assist with bathing the Elephants. The camp's pool is designed to allow all 8 elephants to bathe at the same time. For those who would prefer to not take part, they can view the elephant bathing from a nearby platform.

After bathing, visitors are helped on to the Elephants backs to begin the trek.

The trek starts off with a ride down the river bed surrounded by bamboo plants and then continues into the forest. Wind through the surrounding foliage, riding along paths connecting various different villages. There will be a chance to guide the elephants along the path, taking them down to the river to feed. The trek will also train in the basic mahout techniques.



Alternating between walking and riding on the back of the elephant, the trek passes through countryside typical to this region of Laos. The valleys provide panoramic views over several alluvial plains where sweet corn and tobacco grow along with traditional houses and gardens.

The view then opens out to the surrounding countryside.

****Elephant ride is not a mandatory, you can skip this as you wish and participate and trek only required activities***

Return to the Mekong Elephant Camp and enjoy the rest of the day and Dinner at leisure.

Overnight in Pakbeng.

Distance & journey times:

Trekking distance up to: 3 hours

Difficulty: Easy

Day 5: Pakbeng - Oudomxay

(B/L/D)

This morning, enjoy breakfast overlooking the Mekong before a late (10:00) check out, heading away from the river towards Oudomxay. This is a reasonably straight forward journey, where the landscape is covered with a variety of agricultural farming. There will be a chance to stop at the Ban Yor Pottery village en route along with a few photo stops.

Upon arrival in Oudomxay, enjoy lunch followed by a walk up the town's highest temple, Wat Phu Tat, to get a panoramic view of the surrounding town and countryside.

The rest of the day is spent at leisure.

Overnight in Nam Kat Yola Pa Resort

Distance & journey times:

Transfer: 2.5 hrs -3 hrs

Day 6: Udomxay - Nam Kat Yola Pa

(B/L/D)

The next two days exploring is Ecotourism at its best! It's perfect for those seeking a true experience of the Laos rainforest. Journey through some of the most stunning scenery in the Nam Kat Protected Rain Forest Area. Cross rivers and streams, trek through dense forest and experience true natural beauty. It is predominantly spent trekking through the forest and mountains of pristine trees and designed for moderately active people who love getting into the great outdoors.



Departing from the resort at around 9:00, trek uphill to Houay Soum waterfall. This waterfall has two levels and a chance to walk under the falls. A refreshing swim is always a good option to help cool down.

Trek onwards to a part of the park famous for its many bee hives. This will take about one hour and will be followed by a lunch break. Note: this activity mostly takes place during the dry season from November to May.

Dinner and overnight at the Tree House

Distance & journey times:

Trekking distance up to: 6 hours

Difficulty: Medium

Day 7: Phouppapak Mountain - Sightseeing the Wildlife

(B/L/D)

This morning, after breakfast, depart around 08:30 and delve further into the densely forested mountainside. Whilst trekking, there will be an opportunity to see animal tracks from monkeys, squirrels and a variety of birds.

It may be possible to spot monkeys that venture out of the high canopy looking for food. After lunch, continue trekking downhill, reaching the resort around 17:00.

Dinner and overnight at Nam Kat Yola Pa Resort

Distance & journey times:

Trekking distance up to: 5 hours

Difficulty: Medium

Day 8: Oudomxay - Phongsali

(B/L/D)

After breakfast, depart for Phongsaly. The road is situated on the mountain slopes and is in good condition. The drive will pass by beautiful landscapes, banana plantations, local rural life in the villages that border the road and panoramic views over the surrounding mountains.

Make a stop at Ban Bountai around 12:30 and enjoy a picnic lunch or a local soup delicacy. There is also a chance to visit the local market.

Continue to Phongsaly for about 4 hours. Arrive around 16:30 and check-in at the hotel.

Once settled, take a guided walk through the streets of Phongsaly. The charm of the town is made by the narrow paved streets bordered by traditional Chinese houses in wood. The guide will explain about the history and culture of this multicultural city and the harmony that reigns between Lao people and Chinese immigrants.

There will also be a visit made to a Chinese temple where some beautiful views await. Finally, walk to Wat Keo where the monks can be seen playing petanque or football in the early evening.

After the tour, enjoy dinner in a local restaurant.

Overnight in Phongsaly

Distance and journey time:

Transfer from Oudomxay to Phongsaly: 7-8 hours

Day 9: Phongsaly – Multiple Tribe Trek

(B/L/-)

After breakfast, drive to Bountai and meet the local guide for the day. Then, transfer to Ban Aya, the H'mong village where the trek begins. After a tour of the village and an opportunity to meet the people, take a guided trek through the amazing jungle and amongst paddie fields.

Stop en route to enjoy a typical Lao picnic lunch.

After lunch, descend to Ban Aneng, another Hmong village located in a lower area. Explore the village and learn more about their cultures and traditions.

Visit some other tribal villages of Akha Mouchee, Tai Yag, Laopan and Tai Yue, before going back to Bountai by private car.

Transfer back to the hotel in Phongsaly. The rest of the day is free at leisure.

Overnight in Phongsaly

Distance and journey time:

Transfer from Boun Neua to Phongsaly (42 km): 1 hour

Trekking distance up to : 4-5 hours

Difficulty: Medium



Day 10: Phongsaly – 400 years old Tea Plantation – Muang Khua

(B/-/D)

After breakfast, visit the famous 400-year-old tea plantation, located in the village of Ban Komaen, about a 30 minute drive south of Phongsaly.

According to some tea experts, this village has some of the oldest tea trees in the world. The large root system of the old trees extends deep into the mineral-rich soil and gives 'Phongsaly Tea' its specific aroma and taste. The oldest trees stand 6 m high with a stem up to 30 cm in diameter. These are regularly cut and kept to a reasonable size by the Phunoy people, climbing to pick the precious leaves. They then process and sell this rare tea in cigar-shaped tubes.

The road to Ban Komaen passes through more recent tea plantations and offers a stunning view of Phongsaly and surrounding mountains. In the village a newly built tea-tasting shop serves food and sells the 400-year-old tea. You can also explore the temple with its characteristic Buddha statue with big ears.



Next take a 4 hour drive to Muang Khua with a stop en route to have lunch in a local restaurant (not included). Upon arrival, check-into the hotel until dinner.

Tonight's dinner is included at a local restaurant, overlooking the Nam Ou River.

Overnight in Muang Khua

Distance and journey time:

Transfer from Phongsaly to Ban Komaen: 30 mins

Transfer from Ban Komaen to Muang Khua: 4.5 hours

Day 11: Muang Khua – Muang Ngoi

(B/L/-)

After breakfast at a local restaurant, board a private longtail boat for a cruise down one of the most scenically beautiful stretches of river in Laos. Compared to the Mekong, the Nam Ou is considered more dramatic and wild and also has far less traffic.

Enjoy a picnic lunch along the way and spot various local villages while cruising downstream.

In the late afternoon, reach the destination of Muang Ngoi, famed for the dramatic limestone mountains which surround it. Disembark and check in to the accommodation on the banks of the Nam Ou River.

Overnight in Muang Ngoi

Distance and journey time:

Transfer from Muang Khua to Muang Ngoi by boat: 4 hours

Day 12: Muang Gnoi - 3 Minorities Trek - Nong Khiaw

(B/L/-)

First thing in the morning, take a fishing boat about 15 minutes downstream to Ban Sopkhan, a Lao Loum village. After visiting the village, begin a 2 hour trek through rice fields to Ban Pha Yoong (a Hmong ethnic village), and Ban Tad Lene (a Khmu village). After a picnic lunch, continue trekking to the village of Ban Sopkong.

From Ban Sopkong, float downriver to Nong Khiaw by boat.

Overnight in Nong Khiaw

Distance and journey time:

Transfer from Muang Gnoi to Nong Khiaw by boat: 1 hour

Trekking distance up to: 5 hours

Difficulty: Medium

Day 13: Nong Khiaw – Luang Prabang

(B/-/-)

After breakfast, the guide and private driver will provide a transfer back to Luang Prabang which will take approximately 3 hours.

The rest of the day is at leisure to enjoy the hotel facilities or wander around the town before the trip back home.

Overnight in Luang Prabang

Distance and journey time:

Transfer from Nong Khiaw to Luang Prabang (134 km): 2.5-3 hours

Day 14: Luang Prabang - Departure

(B/-/-)

The day is free at leisure until the transfer to the airport and onward flight.

Distance and journey time:

Transfer to airport: 15 mins

*******END OF SERVICES*******

**An itinerary may at times be altered by our guides due to local conditions, the skill of participants and other unexpected circumstances. Our priority is always the experience and safety of our clients.*

RATES AND CONDITIONS

Accommodation

City	Hotel	Hotel Category	Room Type
Luang Prabang	Sala Prabang Hotel	First Class	Classic Room
Pakbeng	Sanctuary Lodge	First Class	Superior Room

Oudomxay	Nam Kat Yola Pa Resort	First Class	Superior Room
Nam Kat Yola Pa	Tree house	Basic	Tree house
Phongsaly	Phou Fa Hotel	Standard	Standard Room
Muang Khua	Phongpadit Guesthouse	Standard	Standard Room
Muang Gnoi	Ningning Guesthouse	Standard	Standard Room
Nong Khiaw	Phaxang Resort	First Class	Bungalow
Luang Prabang	Sala Prabang Hotel	First Class	Classic Room

Check in time is from 14.00pm/ Check out time is at 12.00pm

PRICING – in US Dollars per person for shared twin/double

Rates are valid from 01 Jan 2020 until 31 December 2020

Number of persons	1	2	3-4	5-6	7-10	SGL Supp
Price per Person in USD Jan 2020 – Dec 2020	5,939	3,695	2,935	2,395	2,225	599

Note: Reservations during peak times (Christmas, New Year, National Holidays) may be subject to supplementary charges and compulsory meals

Our services include:

- Luggage transfer
- Vehicles: (varies based on local conditions and vehicle sizes available). Private air-conditioned vehicle for transfer and back up as itinerary.
- 1 refillable personal bottle per person
- Plenty of water provided throughout the day when hiking
- Snacks and local fruits
- 1 Adventure Certified English Speaking Guide
- 1 first aid kit per guide
- Tips for Drivers and Porters
- Meals as mentioned in the itinerary (B – Breakfast, L – Lunch, D – Dinner)
- Sightseeing tickets where mentioned in the itinerary.
- Accommodation as listed above.
- Flight reconfirmations

Our services don't include:

- Visa arrangement
- International and domestic flights
- Meals other than mentioned above
- Soft drinks, or beverages beyond water – we can add this into costs at agents request
- Beverage and alcoholic drinks at mealtimes
- Tips for Guides, Drivers and Porters
- Energy drinks or powders, performance bars, or performance gels (Gatorade, Powerbars, Gu, Isostar, etc)

- Personal Travel Insurance
- Personal expenditure (Laundry, telephone)
- Any other services not clearly mentioned in the itinerary and in the inclusive portion.
- Other language speaking guides

Important Notes:

- We strongly recommend the purchase of travel insurance (covering emergency medical evacuation) for trips to Thailand and Laos.
- Valid 30 days from date of offer. Past this date price and conditions may be readjusted
- This trip can be done by Road Bike as well, but clients need provide their own bikes.
- Reservations during peak times (Christmas, New Year, National Holidays) may be subject to supplementary charges
- Rooms at hotels are available only from 1400 on arrival day till 1200 on departure date. A supplement will be added if early check-in or late check-out is desired
- Please note that all the above services & tours have yet to be booked, they are proposed for your information only and we will not make any reservations before we receive your confirmation to do so
- If one or some proposed service(s) is (are) not available at the moment of booking, we will try to find other possibilities/options or other similar service(s) in order to avoid changes to the program.
- **Payment/ cancellation:** 30% non-refundable deposit at the time of booking, balance due 60 days prior to departure. All payments to be made in NZ\$ using latest exchange rates at the time of booking/ balance due date. Cancellation conditions/ charges per our [T&Cs](#).