

# Luang Prabang Natural Explore

## 7 days

(Luang Prabang)

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### Itinerary Overview

Day	Destination	Meals
Day 1	LUANG PRABANG ARRIVAL	/
Day 2	LUANG PRABANG – KUANG SI WATERFALL & COUNTRYSIDE	B/L
Day 3	LUANG PRABANG TO THE DENSE JUNGLE	B/L/D
Day 4	PADDLE THROUGH NAM OU'S LIFE AND CULTURE – LUANG PRABANG	B/L
Day 5	LUANG PRABANG – ELEPHANT CONSERVATION CENTER	B/L/D
Day 6	ELEPHANT CENTER – LUANG PRABANG	B/L
Day 7	LUANG PRABANG - DEPARTURE	B

**Note\*:** B: Breakfast / L: Lunch / D: Dinner

### Detailed Itinerary

#### Day 1      LUANG PRABANG - ARRIVAL

Arrive Luang Prabang. After taking a soft break, you will start your first tour in Luang Prabang with a visit to [Royal Palace](#) Museum, which hosts a range of interesting artifacts. Our next stop is Wat Mai, a temple renowned for its golden bas-relief, which is one of the most beautiful temples in town.

In the late afternoon, we climb up to the top of Mount Phousi for an enjoyable exploration of the sacred, gilded stupa as well as a panoramic sunset view of the city and the Mekong River.

**Meal:** n/a

**Accommodation:** Hotel in Luang Prabang

## Day 2

### LUANG PRABANG – KUANG SI WATERFALL & COUNTRYSIDE

We depart from Luang Prabang by minivan and drive to an ethnic Khmu village where we will start our adventure. We start by trekking to a nearby Hmong village. You will be able to learn about the lifestyles of Khmu and Hmong people, these two culturally very different minorities and see how, despite their differences, they work together on a daily basis and even share the same school.

As we continue onwards the trail leads through rice paddies and vegetable fields before reaching the mountainous forest. Along the way we explore a cave which was used as a bomb shelter by the local villagers during the second Indochina War.

After visiting the cave we continue trekking to one of the many springs which feeds Kuang Si waterfalls, where we can see a beautiful pool full of sacred fish. After descending from the top of the waterfall we enjoy a Lao style lunch amongst some beautiful settings!

After lunch we will relax by the waterfall with plenty of time for swimming and taking pictures of the magnificent falls and the turquoise pools.

Before leaving Kuang Si Waterfalls we will pass through a rescue and refuge centre for bears saved from the illegal wildlife trade. On our way back to Luang Prabang we will also have the opportunity to visit Lao's only buffalo dairy and try some of their buffalo cheese. We will then drive back to Luang Prabang. Arrive the hotel in late afternoon.

**Meal:** Breakfast/Lunch

**Accommodation:** Hotel in Luang Prabang

## Day 3

### LUANG PRABANG TO THE DENSE JUNGLE

We depart Luang Prabang at 8:30AM before heading north for approximately 1.5 hours. Once we reach the village, we begin our trek through local farms before arriving at the edge of the dense jungle.

We will immerse ourselves in the beauty and diversity of the local flora and fauna. It is like venturing into another world under the canopy of huge trees where we will discover orchids, ferns, creepers and more. If we are quiet we might be able to hear the sounds of birdlife, adding to the unique atmosphere in this wonderful forest.

We will stop at a beautiful spot in the jungle for a Lao style picnic lunch. For the next one and a half hours we continue trekking through a bamboo forest before the trail starts making its way downhill to farming plots along the banks of the Nam Ou river. We cross the river on a longtail boat to reach a

village on the other side where a local Tai Lue family will be our hosts for the night.

**Meal:** Breakfast/Lunch/Dinner

**Accommodation:** Homestay at local village

## Day 4

## PADDLE THROUGH NAM OU'S LIFE & CULTURE - LUANG PRABANG

After breakfast, the guide will give you an introduction to the basics of kayaking and a safety briefing. We then head off downstream along the Nam Ou and will quickly encounter the first easy rapids! Along the way we pass majestic cliffs and villages almost untouched by modern civilization. We paddle further downstream before pausing for a delicious picnic lunch at a beautiful white sandbank amidst really amazing surroundings!

After lunch we have some time to relax and swim in the cool waters of the river. The afternoon is spent paddling on a calmer section of the Nam Ou before the river joins the Mekong. Along the way you have the opportunity to watch villagers fishing and harvesting river weed which is then dried and fried to become one of Luang Prabang's most famous, and delicious dishes. We have the option to stop at the famous Pak Ou (Buddha) Cave to see the hundreds of Buddha statues.

We continue paddling down the Mekong to visit a weaving and Lao whisky making village. After a short stop here we continue for another 30 minutes downstream to Pak Xeung where our transport is waiting to pick us up and drive us back to Luang Prabang.

**Meal:** Breakfast/Lunch

**Accommodation:** Hotel in Luang Prabang

## Day 5

## LUANG PRABANG – ELEPHANT CONSERVATION CENTER

Gather at the meeting point then we travel on the share minivan to the Sayaboury province, from there we will transfer you to the Center by boat. You will have time to settle into your private bungalow before your guide takes you to the forest. Along the way, you walk past the different enclosures where our main activities take place. After enjoying a Laotian style picnic, you can watch the resident mother and baby at the nursery. The mahout of the mother stays close by while she and her baby have a bath and play. The mother trusts the mahout around her offspring and even lets him play with her a little bit.

When the mother and baby have drunk enough and returned to the forest, you will take the boat back to the Center for the hospital visit. Our Laotian Vet Assistant or our Biologist will Introduce you to their world and tell you more about common and uncommon injuries and their respective treatments. It is

also the perfect time to ask any questions you have about the biology of the elephants. You will then observe the elephants' daily bath and learn more about our giant guests' playful characters. Elephants are surprisingly good swimmers and love water. They also use bath time to socialize and strengthen ties in the herd.

After the elephants have washed themselves, you will have the opportunity for some soft interaction with the mahouts by your side. Get a feel for the elephant's amazing skin and prickly hair, and experience up close the dexterity of their trunk. Now it's time for them to walk back to the forest. After a short trek the mahouts will decide on a place where the elephants can graze for a while. The guide will tell you a little about the background of each elephant. They have all worked hard before they came here. See if you are already able to recognize the elephants while observing them.

Before dinner, take a moment to take in the surroundings from one of our viewpoints. You can also go for a swim in the lake, take out a canoe, or visit the museum where one of the staff will give a small presentation on our conservation efforts. During meal time, feel free to ask your unresolved questions to the staff and share one of our delicious Lao style cocktails!

**Meal:** Breakfast/Lunch/Dinner

**Accommodation:** Traditional Bungalow in ECC

## Day 6

## ELEPHANT CENTER – LUANG PRABANG

On the second day, you will pick up the elephants in the forest. Enjoy strolling together with these magnificent animals through their natural habitat. After spending the night in the jungle, it is time for the morning bath.

When they have had their fill of water they are brought to the Socialization Area. This is an area where the elephants can freely interact during a big part of the day, recreating a semi-natural living environment. Here the elephants can enjoy being elephants. Follow the guide around the perimeter to learn more about the group and its dynamics. Take your time on the different platforms to see how a new herd is being formed. This rare opportunity will bring you closer to their natural life, something which is very special about our program and difficult to find anywhere else.

Lunch is served at the center. You have some time to relax before we bring you back to Luang Prabang by minivan. You can say your goodbyes to the staff at the restaurant or walk around the center one last time.

**Meal:** Breakfast/Lunch

**Accommodation:** Hotel in Luang Prabang

## Day 7

## LUANG PRABANG - DEPARTURE

Free and easy to explore Luang Prabang till airport transfer for departure flight. Trip ends.

**Meal:** Breakfast

**Accommodation:** n/a

### Important Note\*

- PROGRAMS & SCHEDULES SUBJECT TO CHANGE WITHOUT PRIOR NOTICE
- The itinerary can be customized basing on your interests (you can extend your stay at each location, add/remove activities)

## Inclusions & Exclusions

### *Inclusions:*

- Overnights in selected hotels or similar
- Homestay at the local village and traditional bungalow ECC
- All in-tour stationed local English speaking guide.
- Entrance fees for sightseeing mentioned in the itinerary
- Excursions as mentioned in the itinerary
- Private transfers as mentioned by private air-conditioned vehicles (including pick up & see off)
- Meals as indicated in the itinerary

### *Exclusions:*

- Meals and services other than those noted in the itinerary
- Visa stamping fee
- International flights pre/post tour
- Laundry, telephone calls, and personal expenditures
- Gratuities for guides, drivers, porters, boat crew, and personal, non-itinerary services

## Cancellation Policy

- Cancellation received 60 days or more before arrival date: 15% of total rate
- Cancellation received from 30 days to 59 days prior arrival date: 25% of total rate
- Cancellation received from 15 days to 29 days prior arrival date: 50% of total rate

- Cancellation received from 7 days to 14 days prior arrival date: 70% of total rate
- Cancellation received less than 7 days prior arrival date or No show: 100% of total rate

## Children Policy

- For infant (<02 years old): FOC
- 02 – 10 years old without bed: 35% adult rate
- 02 – 10 years old with extra bed: 75% adult rate
- 02 – 10 years old in twin share: 90% adult rate
- from 11 years old: 100% adult rate

## Important Information

### Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call the travel consultant whom you deal with and then our hot line contacts. If for any reason you do not receive an immediate answer, please send us a detailed message and contact information by email to the agent and to [info@indochinatreks.com](mailto:info@indochinatreks.com), we may check and return your call and assist you as soon as possible.

Our all travel consultants use WhatsApps. Please ensure that you have the contact number. It's best to buy a local sim-card upon arrival. Most hotels offer free wifi. So it's very easy to contact in urgent case.

Emergency contact numbers

Mr. Kelvin Do: +84 986759655

Ms. Thuy Pham: +84 984654964

### Internal Flights

For all internal flights, we would use Vietnamairlines, Vietjesair, Jestar, Cambodia Angkorair or Laos Airlines. Most domestic flights in Laos, Cambodia and Myanmar, airlines would use small 70 seat ATR72 for short distances. Most airlines in Vietnam use the Airbus A321. 20kg for checkin luggage and 7kg for hand-bag is included in the price.

International flights before/after the tour must be booked by yourself before travelling date.

### Accommodation

We would use different hotel categories and you can select any basing on your budget. So your travel companions would not stay at your hotel. A Hotel Voucher will be provided once your tour is confirmed with all hotel details.

## Packing List

### Conservative Dress

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

**Note\***: Please pack clothing for the season in which you will be travelling. From Dec-Feb weather can be cold, so please pack warm clothing. From May-Nov it is the wet season, so please bring waterproof clothing.

### Documents

- All tickets (required)
- Passport (required) (With photocopies)
- Required visas
- Hotel & Tour Vouchers
- Meeting sign (with your names and flight details that we will use for transfers)

## Train Travel

Train travel in Vietnam is very basic and train cleanliness is often not a priority for train staff. Sleeper trains normally have 4 seats per compartment, which convert into sleeping bunks (two upper and two lower). A sheet, pillow and blanket are provided, although many people prefer to bring their own sleeping sheet. At times, passengers of different genders may be required to share a sleeper train berth and/or share a compartment with people not travelling in your group. For short distance - 3 hours (as Hue to Danang or vv), you will do the trip on soft/hard seat carriage.

Simple food is available on the train but many people like to stock up on freshly baked bread, cheese and fruit prior to departure. Water should also be bought before the journey.

Train journeys in Vietnam are an experience and allow you to get a real taste of Vietnam.

### Airport transfers

All airport transfers are included in the tour price. You should provide us your arrival/departure flight details and we will arrange things basing on the information. A meeting sign with your name and all flight details will be sent to you. Please be ready at the lobby at pointed time for pickup.

Driver/guide should always be present at the airport before your arrival time. If you could not find the driver, please contact your travel consultant who you deal with. For any reason that airport transfer could not be arranged, please take the taxi to the hotel. We will refund the money then.

### Travel insurance

Travel insurance is not included in our tour price. When travelling with us, you are suggested to buy insurance that covers all medical coverage, cancellation, personal liability, curtailment and loss of luggage and personal effects.

## Trip Specific Safety

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Be aware that petty theft can be an issue in some towns and cities especially late at night. A common tactic is opportunists on motorbikes that drive by and snatch bags. Please always leave valuables and passports etc in your hotel in safety boxes if available and only carry with you enough cash to spend for the day. Bags should always be carried over the neck and not left to sit on your shoulder.

## Warming

Please do not buy gems unless you know what you are doing. Even if genuine you should not expect to be able to sell them at home. If you fall victim to a gem scam, we are unable to assist you.

## Visas and Entry Requirements

Please note that visas for Vietnam, Cambodia and Laos are the responsibility of the individual traveller. The visa requirements for your trip vary depending on where you are from and where you are going. For the most up to date information please check your Government's Foreign Ministry website or with your travel agent as rules do change.

CAMBODIA - Visas can be obtained at the Cambodian border or Siem Reap Airport for approx. \$35 USD very easily. Please have \*at least\* 2 passport photos with you as well.

VIETNAM - As of March 2017, a select 80 nationalities are now eligible to enter Vietnam with an E-Visa. Please contact your Foreign Ministry or Vietnamese consulate to see if your nationality is eligible. Please note that you should ONLY apply for a Vietnam E-Visa if you are entering Vietnam by international airport - either Noi Bai International Airport (Hanoi) or Tan Son Nhat International Airport (Ho Chi Minh City).

If you are entering Vietnam by land border, please apply for a regular visa for Vietnam. Many of the land borders we travel through do not accept the Vietnam E-Visa. Please view this link to apply E-Visa: <https://evisa.xuatnhapcanh.gov.vn/web/guest/trang-chu-ttdt>

LAOS - Visas are issued upon arrival in Laos. You will need two passport size photographs and approx \$35. Tourists are generally admitted to Laos for 15 days with a visa on arrival or for 30 days with a visa issued at a Lao embassy. Please bring visa photos with you.

Please be aware that you will require four clean pages (minimum) in your passport and at least six months validity.

## Tipping

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several

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times during the trip where there is opportunity to tip the local guides or drivers we use. Recommendations for tipping drivers and local guides would range from \$3-\$5 USD per person per day depending on the quality and length of the service.

## **Electricity**

Indochina Countries use 220V, and a mixture of flat 2-pin, round 2-pin or 3 pin plugs. It is recommended to bring a universal plug adapter.