

INDEPENDENT TRIPS

## Laos Active Adventure 7D/6N

Nature & Adventure

7 Days / 1 Country

Laos

Departure city: **Vientiane, Laos**

End city: **Vientiane, Laos**



### HIGHLIGHTS

- Go kayaking, tubing, and ziplining in pristine nature
- Explore the amazing town of Luang Prabang by bicycle
- Trek to a Khmu village to immerse yourself in local culture

Discover an intimate view of Lao life on this action-packed trip full of cycling, kayaking, tubing, zip-lining and trekking through stunning nature and enchanting villages, complete with a homestay or overnight in a traditional bamboo hut for an immersive cultural experience.

### MAP



## What is included



### Independent Trips

Include all of your accommodation, transport and experiences on a pre-set trip that you can customize to perfectly suit your travel needs.

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### Accommodation: 6

- 1 Luang Prabang Double room
- 2 Luang Prabang Double room
- 2 Vang Vieng Double room

### Included in Homestay & Hiking Adventure 2D/1N

- 1 Night in Homestay
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### Transport: 3

- Luang Prabang to Vientiane
  - Vang Vieng to Luang Prabang
  - Vientiane to Vang Vieng
- 



### Meals: 6

- 1 Breakfast(s), 4 Lunch(es), 1 Dinner(s),
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### Experiences: 3

- Homestay & Hiking Adventure 2D/1N
  - Luang Prabang City Bike Explorer
  - Kayaking, Tubing & Zipline Adventure
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## What is not included

- Guide throughout the trip
- Meals not mentioned in the itinerary
- Travel Insurance
- Tips
- Personal Expenses
- Accommodation pick-up drop-off from Bus Stations

\*Prices for optional activities are subject to change at any time without prior notice. Please confirm these prices before departing on your trip.

# Experiences Included

## Kayaking, Tubing & Zipline Adventure



Enjoy an action-packed adrenaline-pumping day paddling through rapids, visiting caves, ziplining through magnificent scenery, kayaking, and more - all in one incredible day!

### INCLUDED

- All transport per itinerary
- Meals: 1 lunch + bottled water
- Waterproof bag
- English-speaking guide
- Entrance fees per itinerary

### NOT INCLUDED

- Other meals & drinks
- Optional activities
- Tips
- Personal expenses
- Travel insurance

## Luang Prabang City Bike Explorer



If you want to get close to local Lao people and their lifestyle, then this is the tour for you! Explore the surroundings of Luang Prabang on this bicycle tour that will take you to see hidden areas only few tourists will ever visit!

### INCLUDED

- Good quality bike and safety equipment
- English-speaking guide
- Lunch at local noodle shop
- Drinking water
- Entrance fees
- All permits and taxes

### NOT INCLUDED

- Other meals/drinks
- Personal expenses
- Travel insurance
- Tips

## Homestay & Hiking Adventure 2D/1N



On this 2-day trip you will be hiking through forest landscapes and interacting with local people in their rural villages. You will walk the hills of the large Laos mountain range and explore the Hmong and Khmu villages. Spend a night in a family homestay and learn about the Lao Loum, Lao Theung, and Lao Sung people, and understand the cultures of Laos ethnic minorities.

### INCLUDED

- 1 Night in Homestay
- Transfer to trek start
- Local river boat services on Nam Khan
- 1B / 2L / 1D
- Lao Loum
- Lao Theung
- Sung village encounter
- Knowledgeable, local English speaking guide
- Local village guide where needed
- Refreshments, fund, fees
- Fruit, drinking water
- Fair Trek village fund contributions
- Entrance fees
- Local permission
- Taxes

### NOT INCLUDED

- Tips for guides
- Any meal or drink not stated in the itinerary
- Travel Insurance

# Itinerary

## Day 1: Vientiane - Vang Vieng, Laos



### Vientiane to Vang Vieng

Type: **Transfer**

DepartureTimes: **10:00, 14:00**

Duration: **3 hrs.**



### Check-In Vang Vieng 2\* Hotel

## Day 2: Vang Vieng, Laos



### Kayaking, Tubing & Zipline Adventure

DepartureTimes: **09:00**

Duration: **7 hrs.**

Get ready for an action-packed day full of adrenaline-pumping adventure! Your tour starts from Wonderful tours office at 9:00 am with a 10 km ride on a truck up north to the starting point. Here your instructor will give you basic instructions for kayaking before you begin your adventure paddling down the small rapids of Nam Song River, enjoying incredible mountain scenery along the way. Visit the Tham None Cave, famous for being used as shelter during the Indochina War, and tube inside the cave to see its beautiful stalactites and stalagmites. Next have lunch at the river bar while enjoying the magnificent scenery around Phar None Cliff.

After lunch you'll receive instructions from your zip-line guide before having an amazing adventure in the forest canopy in a circuit of 8 lines and 3 bridges around Phar None. Finally, get back to your kayak and paddle your way back to Vang Vieng, where you will overnight.



### Vang Vieng 2\* Hotel

## Day 3: Vang Vieng - Luang Prabang, Laos



### Vang Vieng to Luang Prabang

Type: **Transfer**

DepartureTimes: **10:00**

Duration: **7 hrs.**



### Check-In Luang Prabang 2\* Hotel

## Day 4: Luang Prabang, Laos



### Luang Prabang City Bike Explorer

DepartureTimes: **08:15**

Duration: **4 hrs.**

Start the day with a visit to the morning market to explore the unique selection of local goods. Next we'll ride around the city center and peninsula, stopping to view where the Nam Khan and Mekong Rivers meet and to visit the famous Wat Xieng Thong Temple. From there we'll wind our way through the backroads of Luang Prabang to see a special selection of city highlights and rarely visited cultural and craft-making sites for an intimate view of Lao life. Sites include a sample

of Luang Prabang's oldest and most beautiful temples, traditional craft homes, music centers, spirit house craftsmen, funeral pyres, and the UXO Museum for a sobering look at the devastation of the Indochina war in Laos and the many undetonated bombs that still litter the countryside.

We'll top the tour off with a well-earned meal at an authentic local noodle shop. Finally, we'll make our way back to city center around 1:00 p.m. (times vary depending on biking speed).

The route is about 16 km (10 mi) on paved roads mostly flat with some low-grade hills.

Please Note: Since we are visiting people's homes, some sites may be closed without notice and substitutions will be made as necessary.

 **Luang Prabang 2\* Hotel**

## Day 5: Khmu Homestay, Laos

 **Homestay & Hiking Adventure 2D/1N**

Departure Times: **08:30**

Luang Prabang-Hiking & Homestay (L/D)

(6-7 hours trekking, depending on season and trail conditions)

After pick-up you will be transferred to the starting point of the trek. Begin your adventure with a two hours hike through rice paddies, middle canopy and steep slopes to arrive to a Khmu Village where you will be greeted by joyful children. Continue your trek ascending one more hour along ridges, limestone grottos and rocky slopes. Stop for lunch at a Hmong Village. During your hike through the mountains and valleys you will have the chance to experience a variety of flora and fauna. Immerse yourself in nature and ask your guide about the abundant life that surrounds you. In the evening you will arrive to a Khamu village for the overnight homestay. Have dinner with the villagers and have the opportunity to participate in a variety of cultural activities. Spend the night in a traditional bamboo hut or a family home after tasting the local Lao Whiskey. (Houses in Laos are simple and come with outside shared facilities)

## Day 6: Luang Prabang, Laos

 **Homestay & Hiking Adventure 2D/1N**

Departure Times: **08:30**

Hiking & Waterfall- Luang Prabang (B/L)

(4-5 hours trekking, depending on season and trail conditions)

After breakfast set out for a two hour hike along the river bed before heading to a Khmu village community. Enjoy a boat ride on Nam Khan river to the Tad Sae Waterfall (seasonal) or another local village for a visit. Return transfer to your own accommodation in Luang Prabang or departure point.

 **Check-In Luang Prabang 2\* Hotel**

## Day 7: Vientiane, Laos

 **Luang Prabang to Vientiane**

Type: **Transfer**

Departure Times: **07:30, 08:30**

Duration: **9 hrs.**

