



## **Northern Laos – Soft Adventures – 8 Days** (trip code: LSNE)

*Luang Prabang the World Heritage town – Vangvieng – Vientiane*

Exploring the charming city by cycling to visit the highlights of Luang Prabang. Spend another day on riding the Elephant before go on the Kayaking along peaceful Nam Khan river. Transfer by land to Vangvieng visit many Tribe villages and Tam Jang caves on the way. Continue to Vientiane visit chorological site of Vang Xang which dates from the Mon-Khmer period of the 8–11th century. Exploring the capital by bike including the oldest temple Wat Sisaket, Museum Ho Prakeo, National Monument, That Luang Stupa and Arc de Triomphe.

### **Itinerary:**

- Day1 Luang Prabang arrival (-/-/D)**  
Transfer from Luang Prabang airport (or boat/bus terminal) to ..... (or equivalent)  
Group meeting and welcome dinner
- Day2 Luang Prabang's Highlights (B/L/-)**  
Morning After Breakfast exploring Luang Prabang the most charming city in Southeast Asia by bike to visit the National Museum, Wat Mai, Wat Xiengthong the wonderful patchwork of traditional Lao wooden houses and hints of European architecture, Wat Visoun, the fabrication of Posa paper and Disability Center.  
Evening Enjoy your dinner/free at leisure or choose to support the local economy by shopping the verity of the million handicraft from many different communities at the city famous night market.
- Day3 Elephant camp & Kayaking in Luang Prabang (B/L/-)**  
Morning Today you will do more exercise after breakfast at the guesthouse get yourself ready for 22 kms cycling to Elephant Camp experience Mahout stay. Visit the weaving village Ban Phanom. After refill your energy with delicious lunch we will Kayaking on Nam Khan River: the river join in with Mae Khong river at Luang Prabang. Return to Luang Prabang.  
Evening Enjoy your dinner /stay one more night at Luang Prabang.
- Day4 Luang Prabang – Vangvieng (B/L/D)**  
Morning Breakfast at the guesthouse.  
Transfer by private A/C minibus to Vang Vieng 240 kms .  
Lunch At local restaurant. After lunch continue our journey stops on the way at Tribe villages : the mixed of Hmong and Khmu village Ban Kiou Kajamb and Sala Phou Khoun the Hmong Village as well as Tam Jang caves  
Evening Arrival Vangveing and end up your day at Villa Vangvieng Riverside Hotel /free at leisure.
- Day5 Vangvieng (B/-/-)**  
Enjoy your breakfast.  
Free day or optional tours: boating, kayaking or tubing on Nam Song River or cycling.

- Day6                    Vangvieng – Vientiane    (B/L/D)**  
Morning                    After breakfast, transfer by private A/C minibus to Vientiane 150 kms .  
                                  Visit the small archeological site of Vang Xang and the Hmpng market at km 52 .  
Lunch                      At the local restaurant.  
Afternoon                Arrive Vientiane. Check into ...guest house and free at leisure.  
Evening                    Dinner at the Local restaurant.
- Day7                    Vientiane’s Highlights    (B/L/D)**  
Morning                    After breakfast, visit Vientiane’s main attractions by bike included: the oldest  
                                  temple Wat Sisaket, Museum Ho Prakeo, National Monument, That Luang Stupa  
                                  and Arc de Triomphe .  
Afternoon                Visit by Tuk Tuk the Buddha Park.  
Evening                    Farwell dinner at Tamnak Lao, the traditional Lao food restaurant.
- Day8                    Departure day    (B/-/-)**  
Morning                    Breakfast / free day.  
Noon                        Check out / transfer to bus terminal or airport.

**Physical grading: 2**

**Culture shock grading: 2**

**Service includes:**

- Accommodation in Twn sharing at Hotel , Guesthouse , Homestay with breakfast .
- Meals : as per mentioned in the itinerary
- Transfers by private minibus , boat .
- Sightseeing
- English speaking guide
- mineral water

**Service excludes:**

- Visa fee
- Meals not specified in the itinerary
- Travel insurance
- Beverage

## Terms and conditions

Special occasion and compulsory dinner

Please note that the additional cost will be applied for passengers who travelling during the following periods;

- "Christmas Eve" compulsory Gala dinner is applied.
- "New Year" compulsory Gala dinner is applied.
- The rate of compulsory Gala dinner will be issued case by case according to the travel period of passengers.

The "Thai CBT Extreme community and Adventure trip" is inclusive of the following services;

- Thai tour leader (English speaking)
- Transportation with professional driver 1 van : 6 passengers
- Accommodations 2-3 star Hotel and Resort available for 2 pax / room with ABF.
- Provide accommodation in
  - o Bangkok 1 nights
  - o Krabi 3 nights
  - o Total night stay 4 nights
- Meals included as mentioned in the program
- Insurance is covered for the whole period of traveling from day 1 until day 21
- Fees are included for the following activities;
  - o Tour in
  - o CBT package as mentioned included
    - CBT in Trang 2 nights
    - Overnight camping on Island 1 night
    - Homestay fishery village in Pang Nga 1 night
    - Total stay with communities 4 nights
- CBT activities includes;
  - o Contribution towards thorough ground preparation
  - o licensed guide + community development experience);
  - o An extra translator during the village stay for groups of over 6 guests;
  - o All meals\*, accommodation, and transport as indicated from the group's arrival in Bangkok until their departure in Bangkok;
  - o CBT Thai-English Language Sheet
  - o \*(B L D) = Breakfast, lunch, dinner are included)
  - o Vegetarians can be catered for.

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