



"Your expert ground handler in Laos"

Northern Laos Trekking (9days/8nights) Huay Xai-Luang Namtha-Oudomxay-Muang Ngoi-Luang Prabang

Laos is a wonderful country for trekking and the northern part of the country offers the best choice. This tour cuts across northern Laos taking in some challenging treks and beautiful boat rides along the way before finishing in the old royal capital of Luang Prabang.

Day1. Chiang Khong - Huay Xai – Luang Namtha ((Road)

Note; it is recommended for arriving at Huay Xai border early around 8.00am-9.30am.

Following your completion of border formalities, we head out of the town to Luang Namtha. This road has recently been improved, and is now a very smooth and comfortable drive. We visit **hill tribe villages** including **Khmu** and **Lu** minorities. In the afternoon, we visit **Kao Rao Cave** with its impressive limestone formations. We arrive in Luang Namtha mid afternoon where you have the rest of the day at leisure. *(The road journey today takes approximately 4-5hours depending on stops on the way)*

Overnight in Luang Namtha.

Meals: _/_/_

Day2. Luang Namtha Jungle trekking

This full day trekking take you passing through some minority villages of Khmu, Sida and Lanten, primary forest, waterfall, jumping and Namha conservation views.

At 8.30am. your local guide will meet you at hotel and together you will travel by local vehicle ' Tuk-Tuk' to the ethnic house where to prepare and get introduction for your trekking. Around 9.00am. Continue on Tuk Tuk driving about 30 minutes to Namdee village (Lantan tribe) where to start trekking and meet with a local village-guide. We explore the village and meeting with some of the villagers and then start trekking through to the primary forests, for about 2 ½ hours, in this part of your journey the local guide will share his personal experiences and explain the customs and lifestyle of the Lantan tribe. After trekking through the primary and thick forest we will arrive at the top of the mountain in NamHa protected area, a beautiful view point where we stop to relax and picnic lunch (lao traditional food). After lunch the journey continues once through the forest for another 1 ½ hours before arriving at the Namdee waterfall, we stop to relax and enjoy the water fall and jumping, later we continue to visit Sida village and Khmu village on the way back, we finish trekking around 4.00pm. and take tuk-tuk back to your accommodation.

*(*Things to bring for trekking; good walking shoes, long sleeve t-shirt, warm sweater, long pants, hat or cap, sunscreen, mosquito repellents, money for purchase handcrafts and your camera, medicines, snack-food)*

Grade easy to moderate, approximately 1hour transferring, 4-5hours trekking)

Overnight in Luang Namtha.

Meals: Breakfast/Lunch/_

Day3. Luang Namtha – Oudomxay (Road)

You have the morning at leisure to relax in beautiful surroundings, before we get back on the road, heading south to the town of Oudomxay. After making a number of stops to admire the scenery, we reach Oudomxay by late afternoon. *(The road journey today takes approximately 4-5hours depending on stops on the way)*

Overnight in Oudomxay.

Meals: Breakfast/_/_

Day4. Oudomxay – Muang Khua – Muang Ngoi (Road and Boat)

The local market also attracts numerous ethnic minorities who converge from the surrounding mountainsides or valley to barter and trade their goods. We visit this congregation before setting off on our journey east to the riverside town of Muang Khua. En route we have the chance to visit the intriguing **Pra Xack Kham Temple** with its sacred Buddha image. The 400 years old legendary statue is said to have many supernatural powers, and is widely worshipped among the faithful local Buddhists. We also stop at the market of Xin Sai, which is very colourful as many of the ethnic minorities meet to exchange goods here. Upon arrival in Muang Khua, we board our **private boat for the cruise down the Nam Ou River** to Muang Ngoi, arriving there early evening. (*Approximately 2-3hours driving, 5-6hours boating depending on stop on the way*)

Overnight in Muang Ngoi.

Meals: Breakfast/_/_

Day5. Muang Ngoi – trekking and homestay

This morning, we begin trekking for two hours to Ban Houay Boor (a Khmu and T'ai Deng ethnic village). After lunch at villager's home in Ban Houay Boor, continue trekking another two hours to Ban Na (a T'ai Deng village) and Ban Houaisene, where we stay overnight at community bamboo guesthouse. Before dinner, enjoy a **Baci ceremony** and traditional music show with the villagers. (*Easy to moderate trekking, approximately 4-5hours trekking*)

Overnight in village home-stay.

Meals: Breakfast/Lunch/Dinner

Day6. Muang Ngoi – Luang Prabang (Boat and Road)

This morning, after an early breakfast, we begin trekking through the rice fields and beautiful landscape back to Muang Ngoi for about two hours. On the way, we will stop at the Cave, where we will take a break for relaxing, we arrive at Muang Ngoi by late morning. We then embark a traditional long-tail boat for a leisurely trip downstream on the Nam Ou River to Nong Khiaw, from here we head south by road to Luang Prabang. The drive brings us out into rolling countryside where you can admire the beauty of the **Nam Ou River** and the surrounding rice paddy fields. Along the way we make our way to visit the mysterious caves of **Pak Ou**, two linked caves crammed with thousands of gold lacquered Buddha statues of various shapes and sizes left by devoted pilgrims. We arrive in Luang Prabang by late afternoon. Luang Prabang is a tranquil town with gleaming temple roofs, fading colonial architecture and stunning mountain backdrop and has been claimed by UNESCO to be 'the best preserved traditional city in South East Asia'. This former royal capital with its gleaming temple roofs, fading colonial architecture and stunning mountain backdrop retains a unique charm rarely found in all Asia. (*Approximately 2hours trekking, 1hour boating and 4-5hours driving*)

Overnight in Luang Prabang.

Meals: Breakfast/Lunch/_

Day7. Luang Prabang - half day city tour

An optional early start gives you the fantastic opportunity to participate in the daily morning ritual of saffron-clad monks **collecting offerings of Alms** from the faithful residents. This procession is very unique in Laos, being the only Buddhist nation still preserving the tradition. Afterwards, we have the option of visiting the local morning market, before returning to the hotel for breakfast.

After breakfast we visit the **Royal Palace Museum** which hosts a range of interesting artifacts and a guided audio tour (*closed on Tuesday*). We then begin our temple tour taking in some the cities most beautiful, including the nearby **Wat Mai**, next the magnificent **Wat Xiengthong**, with its roofs sweeping low to the ground, representing the classical Luang Prabang style, as well as **Wat Visoun**, known as 'The Water Melon Stupa' due to its shape. Then we visit the excellent **Arts and Ethnology Centre** which gives us a further insight into the ethnic mix and culture of Laos (*closed on Monday*).

Overnight in Luang Prabang.

Meals: Breakfast/_/_

Day8. Luang Prabang – Kuang Si and Hmong Village

After breakfast, we visit the local **Phosi Market**, this is the place where all the locals shop and your guide will show you the diverse offerings on display. We also stop at **Ock Pop Tock**, a silk weaving centre. Here you will be given a guided tour and the silk weaving process will be explained. Next we drive to **Ban Thinkeo**, a Hmong village and start trekking with the villagers. Your guide will explain to you the common use of the plants for the Hmong people. You will go to the garden and cut some vegetables and herbs with the local people. We then continue to **Kuang Si Waterfall**, where you will enjoy a picnic lunch overlooking the beautiful multi tiered falls. You also have the opportunity to cool off in the turquoise blue pools. Afterwards you return to Luang Prabang in time to catch the sun setting over the Mekong.

Overnight in Luang Prabang.

Meals: Breakfast/Lunch/_

Note: during rainy season (May-September) the itinerary is subject to change due to the weather conditions, an alternative programme is available.

Day9. Luang Prabang Departure

You guide will meet you at hotel and assist with the transfer to the airport for your departure.

Meals: Breakfast/_/_

END OF SERVICES

Hotels quoted in above package

Location	3Star	4Star	5Star
Luang Namtha	The Boat Landing Guesthouse (Standard bungalow)	The Boat Landing Guesthouse (Standard bungalow)	The Boat Landing Guesthouse (Standard bungalow)
Oudomxay	Charming Lao Hotel (Deluxe room)	Charming Lao Hotel (VIP corner Suite)	Charming Lao Hotel (VIP corner Suite)
Muang Ngoi	Lattanavongsa Guesthouse (Standard room)	Lattanavongsa Guesthouse (Standard room)	Lattanavongsa Guesthouse (Standard room)
Muang Ngoi	Village homestay	Village homestay	Village homestay
Luang Prabang	Mekong River Side Hotel (Superior room)	Villa Maly (Superior room)	Satri House (Deluxe room)
Vientiane	City Inn Vientiane (Deluxe room)	Green Park Boutique (Deluxe room)	Settha Palace (Deluxe room)

**** Prices please contact directly sales@viengchampatour.com ****