



Laos And Cambodia Adventure

Note: Price printed on this PDF is valid until **02-05-2025** and is subject to change without notice due to Partner changes and currency fluctuations

Visit: Luang Prabang - Kuang Si Falls - Vang Veing - Vientiane - Phnom Penh - Siem Reap - Temple Safari

Tour Vehicle

Car or Small Van AC

Tour Guide

Local English only guide

Detailed Itinerary

Day 01: Day 1: Arrival in Luang Prabang (-/-/-)

Welcome to Laos! You are greeted by your driver at the airport and driven into town. Check-in your private room with en-suite bathroom (check-in available from 14.00) and take the rest of the day to enjoy a first immersion on your own into the lively town. In the evening, go wander around the night bazaar and stop at local food stalls to sample bites of Laos' street-food.

Day 02: Day 2: Luang Prabang orientation and the Kuang Si falls (B/L/-)

An optional early start gives you the fantastic opportunity to participate in the daily morning rituals of saffron-clad monks collecting offerings of Alms (ubiquitous sticky rice) from the faithful residents. This tradition is very unique in Laos, being the only Buddhist nation still preserving the procession. At about 9am, we hop on a gleaming vintage Tuk-tuk to venture in style around the old Luang Prabang town. First stop of this original sightseeing tour will be the Morning Market, where guide will help you immerse in this joyful atmosphere and learn more about local products. We then stop at the magnificent Wat Xiengthong temple with its roofs sweeping low to the ground, which represents classical Laotian architecture. We end our morning with the visit the former Royal Palace, now a National Museum (close Tuesday) where you will find ornate, gilded and brocaded reception rooms, as well as Buddha and Spectacular artefacts including the Prabang, a large holy image, which was given in the 14th century by the Khmers to King Fa Ngum. Lunch is served in town. In the afternoon we continue our excursion toward Kuang Si Waterfalls, en route, we visit local villages to discover more about the local ethnicity. We stop at the H'mong Village of Ban Ou, Laoloum Village and later on at the Khmu Village of Ban Thapene. Wander around these villages, meet with locals and let your guide introducing the cultures to you. We then drive to the beautiful falls where you can splash around in the turquoise pools or walk along the forest trails. We return to Luang Prabang by late afternoon, end of the day at leisure.

Day 03: Day 3: Luang Prabang at leisure (B/-/-)

Enjoy a full day at leisure in Luang Prabang. This town has an enchanting atmosphere which lends itself to the more relaxed way of life. Meander through the narrow alleys of the peninsula; put your feet up while sipping a coffee on a quaint terrace overlooking the Mekong River; or venture across the bamboo bridge over the Nam Khan River and simply take the time to absorb the peaceful atmosphere of the town. Two lovely places that are definitely worth a visit are: the Ock Pop Tock Centre, for people who are interested in crafts and local products; as well as the UXO Centre where you can learn more about war history in Laos.

OPTIONAL TOUR #1: UNVEIL THE SECRETS OF RICE FARMING (LUNCH INCLUDED) Depart your hotel and we head out to a local farm of Luang Prabang, where we will learn and experience the local way of rice cultivation. After having an overview by visiting a small rice museum, we learn how rice is farmed, using water buffalo for ploughing together with the traditional manual processes of ranking, transplanting, sowing, grinding, and pounding. We end with a hands-on cookery session at the farm and the resulting lunch before heading back to the hotel. **INCLUDED:** English Speaking Guide, Private Transfer, Lunch, Farming Experience

Day 04: Day 4: Luang Prabang – Vang Vieng (B/-/-)

Guide and driver meet you in the lobby after breakfast and you hit the road to the South and Vang Vieng. We should arrive around mid-day, the time to drop the luggage at the hotel, for you to grab some lunch, and off we go on a nice and easy cycling tour to explore the surroundings. Vang Vieng is made of Limestone Mountain, blue lagoons and peaceful countryside. This whole set offers a very pleasant ride with an opportunity to end up with a dip into a lagoon to cool off. We return to the hotel in the late afternoon, take the time to refresh, end of the day at leisure.

Day 05: Day 5: Vang Vieng – Vientiane (B/-/-)

Morning is at leisure for you to enjoy extra time in this beautiful natural environment and charming town. In the afternoon, drive to Vientiane, the capital city of Laos. Arrival is expected in the late afternoon, check-in at the hotel, end of the day at leisure.

Day 06: Day 6: Vientiane at leisure (B/-/-)

Enjoy a full day at leisure in Vientiane. This is definitely not a city for adrenaline seekers, it is a quaint capital where you can actually take the time to seize any opportunity to be amazed simply by the local life. Besides the classic touring, here come a few tips to spice up your stay in Vientiane and have some fun. First you might want to try a traditional Lao herbal sauna and massage, it is generally pretty rustic but that's exactly why it is worth the experience. To learn more about the war History of Laos, pass by the COPE visitor center, it will take you through the effects of the bombings and gives an overview of the amazing work it does to help the victims. End up your day joining locals in a fun and original outdoor aerobics class on the riverside before going treating you with some nice foods at the night market. **OPTIONAL TOUR #2: MINDFUL MEDITATION WITH MONKS** This afternoon you'll travel out of Vientiane to Wat Sok Pa Luang, a forest temple that is famous for its work in Engaged Buddhism. No prior meditation experience is needed as the resident monk will be your teacher for the day, as you practice Therevada meditation under the monk's guidance. The tranquil surroundings and serene atmosphere provide the perfect environment for you to gain further understanding of Buddhism and meditation. After the meditation course, the monk is available for open discussions about Lao culture to how to live a mindful and happy life. End this experience with a water blessing ceremony for your health and a safe onward journey. Return to your hotel late in the afternoon. **INCLUDED:** English Speaking Guide, Private Transfer, Donation for Temple, Meditation

Day 07: Day 7: Vientiane – Phnom Penh (B/-/-)

In the mid-morning, you are driven to the airport to take a flight to Phnom Penh, another capital of Southeast Asia. Welcome to Cambodia. You are greeted at the airport and taken to the hotel to check-in. Take the time to refresh a bit and hop on a tuk-tuk for an orientation tour of the city. Along the way, let the guide introduce

you about Phnom Penh's History and point out some sights of interest as we go including the Independence Monument, Wat Phnom (the most important religious site in the city) and some iconic pieces of architecture such as the Raffles hotel or the art-déco Psar Thmei market. Before returning to the hotel, the guide will take you to Tuol Sleng genocide museum, a must-see for you to understand the recent dark history of Cambodia and its consequences of today country's situation. The tour ends at your hotel, evening at leisure.

Day 08: Day 8: Phnom Penh at leisure (B/L/-)

A day at leisure in Phnom Penh, the opportunity for you to explore further the capital city. Besides its main cultural sites, Phnom Penh is a city of markets. We recommend you to start your day at Phsar Chas, the Old Market. Get there as early as possible (it starts from 5am) and soak up this truly local atmosphere, grab some fresh fruits and find a great spot to watch life buzzing around. The rest of your day could be made of a spa treatment (we recommend La Rose Spa at the 164B Norodom Blvd), a visit to the Russian market bazaar and a lunch at the social enterprise Friends restaurant with its beautiful yard. In the late afternoon, take in the gleaming lights of sunset while treading lightly along the river, or sit down at Le Moon rooftop lounge to end the day as it started, smooth and easy.. **OPTIONAL TOUR #3: CYCLING KOH DACH WITH HOME-HOSTED LUNCH** Exit the bustle of Phnom Penh on a 30-minute drive and head to Koh Dach, a large island of the Mekong River. We start there a 15-kilometer cycle ride all around the island. The ride promises pleasant and very authentic moments, taking us along fruit trees, fields and small hamlets where some of the 20.000 islanders preserved for generation the art of silk weaving. We will indulge breaks along the ride to visit weaving workshops and enjoy cool drinks. Our loop ends with a home-hosted lunch, an opportunity to learn more about the daily life on the island. We return to Phnom Penh afterwards. **INCLUDED:** English Speaking Guide, Private Transfer, lunch, bike, entrance fee

Day 09: Day 9: Phnom Penh – Siem Reap (B/-/-)

You are met by your driver at the hotel and start an approximate 6-hour drive to Siem Reap. We will make several stops en-route including one at Skuon, a town made famous for its very particular gastronomic speciality: the deep-fried tarantula. Upon arrival in Siem Reap you are dropped off at the hotel. Check-in and make yourself comfortable. Enjoy the evening to go on your own walking the narrow alleys and lovely riverside of Siem Reap's old town.

Day 10: Day 10: Temples safari on the back of Vespa scooters (B/L/-)

Get ready to explore the temples of Angkor as very few other do. Ride pillion on the back of a scooter and embark on what is the most original and exciting way to dodge the crowds and enjoy Angkor. On this adventure, we visit the major highlights of Angkor Wat, the walled city of Angkor Thom, the Bayon and Ta Prohm (the "Tomb Raider" temple), as well as some lesser known gems. The most important temples are always busy nowadays, but our tour focuses not only on the temples, but also the amazing surroundings. We

dodge the big buses by leaving the busy roads behind using hidden trails through the jungle, villages and rice fields. These villages and trails have existed since the time of the temples and it's a unique experience that visitors on 4 wheels simply cannot recreate! We guarantee you will love the temples, however, it's the ride on past ancient ruins, through the jungle and along ancient city walls that becomes the real highlight. A local lunch will be served en-route. We will be back at the hotel in the mid-afternoon, end of the day at leisure.

Day 11: Day 11: Siem Reap at leisure (B/-/-)

Enjoy a full day at leisure in Siem Reap. Explore any of the city's numerous markets, they are all well worth a visit and a photographic spectacle. If you're into crafts, do not miss the Made In Cambodia market, as well as some craftsmen workshops such as the Artisans d'Angkor. For delicious food and a break from the iconic fried noodles and num pang sandwiches that you'll find in the street, we recommend visiting one of the social restaurants of Siem Reap. Our top suggested restaurant is Spoons Café with its beautiful bamboo structure and fine Cambodian cuisine. For those interested in learning more about the tragic history of Cambodia, we suggest a visit to the Cambodian Landmine Museum and Relief Centre. Engage in discussions with locals who are passionate about educating visitors about the past as well as the continued issues of landmines that many Cambodians still face today. **OPTIONAL TOUR #4: ECO-ADVENTURE AND BANTEAY SREI TEMPLE (LUNCH)** Let's kick off today's eco-adventure with a short car transfer to the Kbal Teuk forest. Locals have created this forestry project in order to prevent the expansion of rapid urbanisation and to preserve the rich natural habitat of the area. We will actively support the initiative by planting some young trees. The second part of our morning includes a leisurely bicycle ride from the forest to a small rural village engaged in community-based tourism. We are welcomed by a family into their home and join hands in preparing lunch with them before we eat together. In the afternoon, we take a short car transfer to Banteay Srei temple and visit what is reputed as the finest of all temples, The Citadel of Women. We return to Siem Reap afterwards and should arrive back at the hotel at about 17.00pm.

Day 12: Day 12: Departure (B/-/-)

You are picked up at the hotel in time for your transfer to Siem Reap's airport for your outbound flight. Rooms are available until 12.0

Inclusion

- 11 nights shared Accommodation in twin/double room with daily breakfast at the below indicated room types (see hotel category list) (check in and check out around noontime)
- All transfers and transportation with air-con vehicles (depends on group size)
- Local **Stationed ENGLISH** speaking guide on touring days
- All entrance fees as program
- 11 breakfasts at hotels + Lunch mentioned at local restaurant
- Traditional Herbal Sauna & Massage
- 02 bottles of mineral water per person per day on days of transfer and sightseeing only

Exclusion

- Air-tickets
- Meals (other than mentioned in the program)
- Drinks
- Mineral water beyond that supplied
- Tips
- Early check in or late check out
- Insurances
- Optional excursions and activities
- Additional transfer required due to any emergency situation
- Items of a personal nature (Phone calls, laundry, beverages...)
- Peak season surcharges if any
- All not mentioned above

Note

Hotel Accommodations:

City	Hotel Name	Room Type
Luang Prabang	My Lao Home Hotel	Superior
Vang Vieng	Simon Riverside	Standard
Vientiane	Family Boutique Hotel	Deluxe
Phnompenh	Cardamom Hotel & Apartment	Superior
Siem Reap	New Riverside Hotel	Superior

Rates Available on request for Surcharge Peak Period and Optional Tours

Surcharge for Peak Period

Hotel	From	To
My Lao Home	24-Dec-20	01-Jan-21
My Lao Home	10-Feb-21	18-Feb-21
My Lao Home	12-Apr-21	16-Apr-21
My Lao Home	24-Dec-21	31-Dec-21

OPTIONAL TOUR:

Tours

Day 3 - Optional tour #1: Unveil the secrets of rice farming (1)

Day 6 - Optional tour #2: Mindful meditation with monks



Day 8 - Optional tour #3 Cycling koh dach with home-hosted lunch

Day 11 - Optional tour #4: Eco-adventure and Banteay Srei temple (L)

Tour Dates & Pricing

