

Itinerary (2010)

Northern Laos Cycling and Kayaking Adventure



Difficulty: Moderate-Strenuous

Synopsis:

This customized program allows you to experience some of the best kept secrets that Laos has to offer. You will fly in to Vientiane, the capital of Laos for your connection to Luang Prabang. Situated about 420km north of Vientiane, Luang Prabang is said to be one of the most beautiful town in South-East Asia. You will have a 1-day free and easy cycling to explore the town. You will see monks in saffron robes, historic temples with golden roofs, French colonial architecture and the Mekong River. Next, get ready for a fun-filled 3-day cycling trip from Luang Prabang to Vang Vieng. It is a fully-supported trip with logistics vehicle, mountain bikes, light refreshments and fruits. Admire the beauty of the lime-stones peaks, rustic villages and padi fields along the journey. Your adventure will end with a nice one day caving and kayaking trip along the Nam Song River, where you will paddle through both easy rapids and calm waters to explore life around the banks of the river.

SHANGRILA ADVENTURE PTE LTD

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Itinerary: (Ex-Vientiane)

Day1 – Arrive at Vientiane Wattay International airport (D)

Connect to your internal flight to Luang Prabang on Laos Airlines.

Luang Prabang is about 420km north of Vientiane, across the mountainous region of Vang Vieng.

Connecting time: 0910, 1150 or 1630hrs. Pickup from airport, transfer for check-in to a boutique hotel. In the evening, take a walk up Phousi Hill to have a good view of the town and watch the sunset. After that, enjoy our specially selected traditional Laos dinner at a chic riverside restaurant bar (boutique hotel, twin-share)



hotel in Luang Prabang



hotel rooms in Luang Prabang

Day2 – Luang Prabang city cycling tour (B)

In the morning, wake up to watch the alms giving procession of the monks in saffron robes. After which, spend some time to prepare your bikes and we will take you on a half-day city cycling tour. Explore this world heritage UNESCO city, visiting the more significant temples such as *Ban Xieng Tong* and *Wat Phol Phao*, the Golden Pagoda, meeting the monks, paper-making village, the old communist bridge and peddle your way through the back streets. Enjoy a sumptuous lunch at the same riverside restaurant. The afternoon is free for your own time (boutique hotel, twin-share)



Alms giving



Sunset at Mekong River



Night street market in Luang Prabang



city tour through back streets and villages



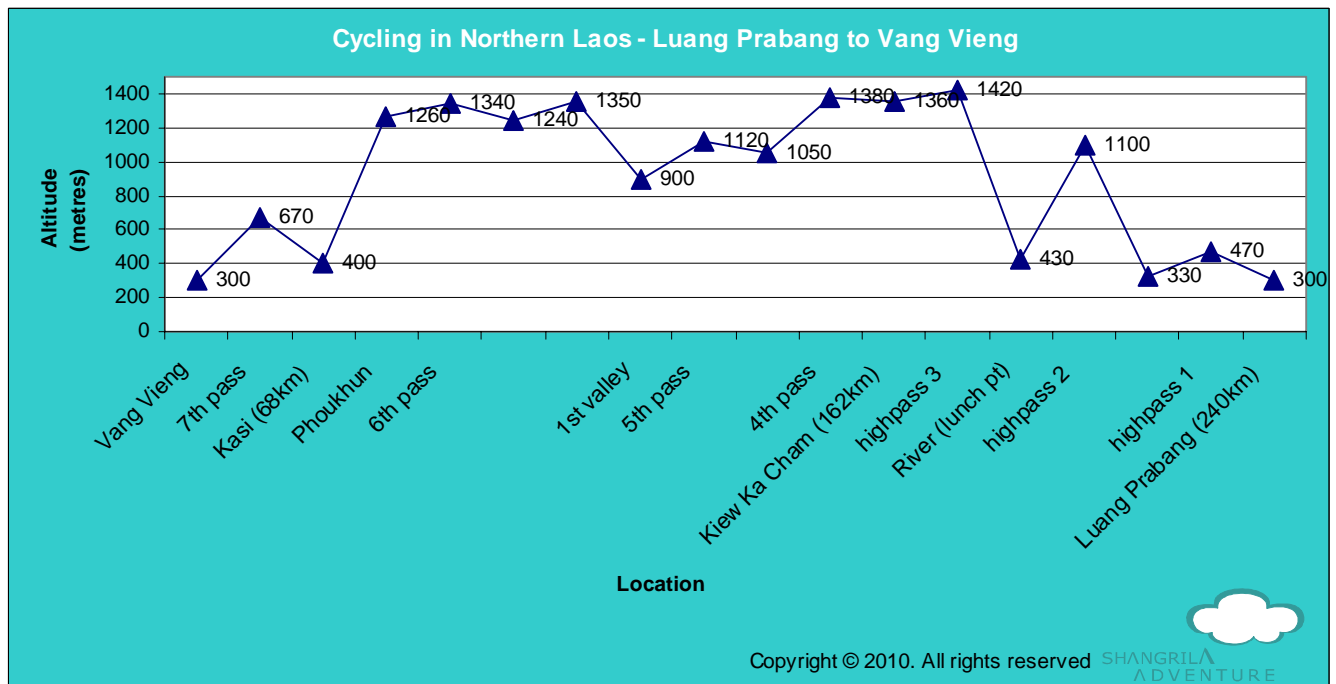
Ban Xieng Tong

Day3 – Luang Prabang / Kiew Ka Cham (cycle 78km, est.10hr) (B,L,D)

Start cycling from Luang Prabang to Vang Vieng today!

This is the toughest day of the entire cycling trip! The destination for today is Kiew Ka Cham village (cycle 78km). The total time needed is about 10hr, including a 1hr lunch break at the 55km mark. Fully-supported by our support truck, mountain bikes, and equipment, you shall continue to tackle the tougher 2nd ascend over 20km. We should reach the rest point of the night at about 6pm. Kiew Ka Cham is just a small rest-stop village. Due to the nature of the journey, the guesthouse is very basic but do trust us that it is already the best you can find!

(very basic guesthouse with shower)



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Passion for Outdoors

Day4 – Kiew Ka Cham to Kasi (cycle 94km, est. 10hr) (B,L,D)

You start the day From Kiew Ka Cham on a long 480m descent down to the valley. From the valley, it is a climb back up to the high point of about the same altitude. At this altitude, you will be cycling along the undulating slopes for about 2hrs to come to the main junction at Phoukoun town. This is also the T-intersection of Highway 13 with Highway 7 (which leads to the eastern part of Laos to Phonsavanh, famous for the Plain of Jars in Xieng Kouang). You will have lunch here at Phoukoun town. The distance covered in 1st part is about 50km.

After lunch, it is a short uphill before reaching the highest point at about 1420m and a nice scenic vista point further down the road. From here, the road goes downhill to the small river and ascend for a short but steep uphill climb (a few km), before flattening out to Kasi. There are several padi fields around Kasi and sunsets here are splendid. The distance covered in 2nd part is about 44km

Kasi is another small town slightly more developed than Kiew Ka Cham. Accommodation is still basic, though better than the previous one (guesthouse with shower, twin-share)



Basic guesthouse in Kiew Ka Cham



Our support vehicles and bikes



Day5 – Kasi to Vang Vieng (cycle 61km, est. 5hr) (B, D)

Complete the cycling journey from Kasi to Vang Vieng (cycle 68km)!

This is the easiest of the 3-day, you cycle almost on relatively flat road in the morning, and just need to ascend to a small pass of about 670m before descending. The rest of the road is relatively flat with slopes not exceeding 30m changes. Do spend some time with the Laos children running out from their houses and lined up alongside the road to do a high-five with you as you cycle past. Do make an effort to slow down for them!

After arriving to Vang Vieng, we will have a celebration dinner in your boutique hotel by the Nam Song riverside (boutique hotel, twin-share)



Young monks



Laos children at the villages

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Passion for Outdoors

Day6 – Vang Vieng Kayaking and Caving (B, L)

Pick up from your hotel for transfer to the local Laos village, 18km north of Vang Vieng. Your English-speaking guide will explain to you about the cultures of Laos. Hike to the Elephant Cave, where there are many Buddha statues dated back a few centuries. After this, your adventure and fun begins! Explore the 200m Water Cave in a rubber tube (*tubing*).

Enjoy a BBQ lunch with rice, baguette and jam. After the sumptuous lunch, visit Hmong village where the local hill tribe people lives. Later in the afternoon, begin your kayaking down the Nam Song with stunning views of the sunset (boutique hotel, twin-share)



Day7 – Vang Vieng / Vientiane (B)

After breakfast at hotel, land transfer in mini-van to Vientiane (drive 160km). As you leave Vang Vieng, you will see plots and plots of padi fields, water buffaloes and rustic villages. Free and easy.

(B) (boutique hotel, twin-share)



Day8 – Depart Vientiane (B)

Send-off to Vientiane airport for your departure

Trip Cost (2010): SGD1390 / CNY6900

(minimum:4pax)

**prices is subjected to final changes without prior notice*

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Includes:

- 1) 1 internal flight from Vientaine to Luang Prabang
- 2) All returned land and airport transfers
- 3) Support vehicles
- 4) All accommodations (hotel in Vientaine, Luang Prabang Vang Vieng, guesthouses along the way)
- 5) Meals and light refreshment as stated
- 6) Entrance and Conservation fees
- 7) English-speaking guide
- 8) mountain bikes with helmets, and equipment for kayaking

Excludes:

- 1) Airfares to Vientaine Laos
- 2) Items not mentioned

Payment

A deposit **50%** of trip cost is required 5 business days after booking for confirmation of trip. Please make the remaining balance payment within the next 7 business days. A confirmation email with receipt will be sent to you upon receiving your deposit.

Mode of Payment: Cheque/Bank Transfer/Telegraphic Transfer to:

Bank Name: OVERSEA-CHINESE BANKING CORPORATION LIMITED (OCBC, Singapore)
BIC/SWIFT Code: OCBCSGSGXXX
Address: OCBC CENTRE FLOOR 9, 65 CHULIA STREET, SINGAPORE 049513

Account Name : **SHANGRILA ADVENTURE PTE. LTD.**
Account No. : **629-031295-001**

Cancellation Policy & Fees

- Notice of cancellation or any other changes in itinerary must be made in writing to **SHANGRILA ADVENTURE PTE LTD**
- 45 to 31 days from departure date: cancellation fee of 50% of total price
- 30 to 15 days from departure date: cancellation fee of 75% of total price
- Less than 14 days from departure date: cancellation fee of 100% of total price
- other non-recoverable costs incurred (eg. airline charges) shall be borne by the participants

Terms and Conditions

- **SHANGRILA ADVENTURE PTE LTD** reserves the right to amend any part of the itineraries due to unforeseen situations and/or safety of the participant(s). In such situations, there will be NO allowance or refunds of any part of the trip cost.
- It is agreed that there will be NO allowance or refund for meals/accommodations/activities that the participant choose not to take part or participate in.
- Participants agree that under certain unforeseen circumstances, the accommodation and meals may vary.
- Participants are required to have a valid travel insurance during the entire duration of the official trip as stated (excludes personal extension thereafter). Failure to do so, the participant shall be solely responsible for damages/costs that are due to unforeseen circumstances
- Participants are required to have signed the indemnity form, and are responsible for their own health conditions prior to the trip.