

Highlights of Laos

7 days | Vientiane to Luang Prabang



From the remarkably relaxed capital of Vientiane, to enchanting, beautifully preserved former capital of Luang Prabang. Discover the spellbinding magic of Laos. Timeless temples, saffron clad monks and spectacular scenery abound!

HIGHLIGHTS AND INCLUSIONS

Trip Highlights

- Vientiane – Explore Laos' capital on a guided city tour including the iconic golden Pha That Luang and the Patuaxi Monument
- Khouangsi Waterfall – Swim in the turquoise pools, enjoy stunning scenery and meet ethnic minority villagers en route
- Thalot – Browse the stalls at the colourful market where various hill tribes come to trade goods
- Vang Vieng – Visit the Tham Jang Caves and relax or opt to explore the lush countryside by bicycle
- Luang Prabang – Ride on a tuk-tuk around the old town and visit the striking Wat Xiengthong Monastery
- Living The Land Farm Experience – Plough a rice paddy with a water

buffalo and enjoy a delicious lunch of local cuisine

What's Included

- Breakfast daily, 1 lunch and 2 dinners
- 6 nights 4 star and special class hotels
- Airport arrival transfer day 1 and departure transfer day 7
- Guided sightseeing – Vientiane, Vang Xang, Vang Vieng, Tham Jang Caves and Luang Prabang
- Excursion to Khouangsi Waterfall and ethnic minority villages
- Half day living land farm experience
- Escorted by English speaking Laotian tour guide
- All relevant transfers and transportation in private air-conditioned vehicles

What's Not Included

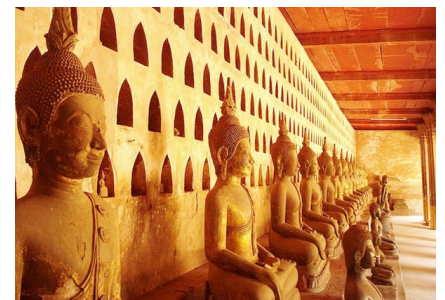
- Tipping Kitty: USD\$20-30pp, paid in USD
- Entrance Fees: USD\$20-30pp, paid in USD
- International flights and visa
- Tip for your tour guide. We recommend you allow USD\$3-6 per day, per traveller. Tipping your guide is an entirely personal gesture

DETAILED ITINERARY

Day 1 : Vientiane

Sunday. Welcome to Laos! Enjoy an airport arrival transfer and hotel check in. Spend the afternoon and evening at leisure. **Overnight - Vientiane**

Day 2 : Vientiane city tour



After breakfast we explore the charming and laid-back capital of Laos with a city tour. We visit the oldest Buddhist monastery temple in the country – Wat Si Saket – and the former royal temple of Haw Pha Kaeo, built to house the famed Emerald Buddha. Today it serves as the national museum of religious art. Learn about Laos' tragic past and present suffering at the COPE Centre, an organization that works with victims of unexploded bombs and mines. Next visit Pha That Luang, the most important monument in Laos and a symbol of both Buddhist religion and Lao sovereignty.

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We also stop to view the imposing Patuxay monument – Vientiane’s own Arc de Triomphe. Later in the afternoon enjoy time exploring the hundreds of Hindu and Buddhist sculptures scattered throughout Buddha Park. End the day with a sunset dinner besides the Mekong River. **Overnight – Vientiane (B, D)**

Day 3 : Vang Vieng



Vientiane – Vang Vieng. We leave the capital early and journey north through lush countryside to Vang Vieng. Along the way we visit Ban Keun, famous for its salt extraction plant and a village of local Lao rice wine whiskey distillation. Our next stop is the busy and colourful market of Thalot, where local hill tribes come to trade and shop. Finally we visit the archaeological site of Vang Xang, which dates back to the 11th century. Arriving at Vang Vieng we check in to our delightfully rustic hotel, nestled on the banks of the Nam Song River. The remainder of the day offers free time, perhaps opt to explore the local caves or take a bicycle ride through the surrounding countryside. **Overnight – Vang Vieng (B, D)**

Day 4 : Tham Jang Caves



Vang Vieng – Luang Prabang. This morning we explore the famous caves

of Tham Jang once used by the local people as a hideout during Chinese invasions. We observe the lifestyles of the local people at Ban Huai Ngai village before making our way further north to the UNESCO World Heritage listed city of Luang Prabang. **Overnight – Luang Prabang (B)**

Day 5 : Luang Prabang



Consider rising early this morning to view the daily ritual of saffron-clad monks and their procession down the streets of Luang Prabang collecting alms from the residents. Afterwards we hop on a vintage Tuk-tuk to venture in style around the old quarter of Luang Prabang. First stop on this unique sightseeing tour will be the bustling Morning Market where we learn about local products. Then we stop at the magnificent Wat Xiengthong temple with its classical Laotian architecture. We end our morning with a visit to the former Royal Palace, which is now a national museum and home to gilded rooms and Buddha artifacts.

This afternoon we visit ethnic minority villages en route to the beautiful Khouangsi waterfall. We wander around the H’mong Village of Ban Ou, Laoloum Village and the Khmu Village of Ban Thapene, meeting the locals and gaining a fascinating insight into the local culture. We then drive to the beautiful Khouangsi Waterfall where you can splash around in the turquoise pools or walk along the forest trails. **Overnight – Luang Prabang (B)**

Day 6 : Living Land Farm Experience



This morning we head into the countryside to visit the Living Land Farm for a fun and hands on half day farming experience. Learn how rice is planted and cultivated in the rice paddy, experience the life of a rice farmer and plough the rice paddy with a water buffalo. Then we enjoy a tasty lunch of traditional Lao dishes at the farm’s Rice House, while soaking up the spectacular views of rice terraces and mountains beyond.

The afternoon is free for you to independently explore more of Luang Prabang. Consider visiting the sobering UXO Centre to learn more about the Second Indochina War, take in more of the city’s beautiful temples or head to the Ock Pop Tock weaving centre set in beautiful tropical gardens. **Overnight – Luang Prabang (B, L)**

Day 7 : Farewell Laos

Saturday. Spend the morning further exploring this delightful city before hotel check out and an included departure transfer to the airport.(B)

ACCOMMODATION

Highlighted below are some of the accommodation/ hotels which we frequently use on this tour. We reserve the right to substitute these stays to ones of a similar standard.

Please refer to your Tour Voucher for your confirmed arrival hotel or start point and further arrival information.

Crowne Plaza Vientiane

Offering a fantastic city center location, Crowne Plaza Vientiane is within

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walking distance of attractions such as the Laos National Museum and Wat Sisaket. Its guestrooms combine traditional Lao and modern decor, with complimentary WiFi available throughout the hotel. A 24-hour fitness room is available for those keen to stay active or, if you're looking to unwind, choose between a soothing spa session or the waters of the outdoor infinity pool. Two restaurants serve local and international cuisine, with a cosy lounge bar offering live entertainment and excellent cocktails.



Vansana Vang Vieng Hotel

Nestled on the banks of the Nam Song River, the Vasana Vang Vieng Hotel is conveniently located close to the centre of town and offers spectacular views of the surrounding mountains. Guest rooms are clean and comfortable with complimentary wifi and modern amenities, with a taste of Laos cultural design. Why not sit back and relax in the pool overlooking the river after a day of sightseeing.



Santi Resort and Spa

Set just outside the main town of Luang Prabang, the Santi Resort and Spa is a modern property set in manicured gardens. Guest rooms are set on two levels and are spacious with excellent amenities. Meals are served in the main restaurant and the outdoor pool is perfect for a cooling afternoon dip. If you need to get into town then take advantage of the free shuttle service

that runs nearly every hour. Located on the outskirts of Luang Prabang.



BEFORE YOU GO

COVID-19 Vaccination Requirements

As of 01 November 2021 it is a condition of travel, as detailed in our Terms & Conditions that all travellers over 18 years provide proof of COVID-19 vaccination.

We recognise any vaccine that has been authorised for use in the country where the vaccine was administered. This includes vaccines such as AstraZeneca, Covaxin, Johnson & Johnson, Moderna, Pfizer-BioNTech, Sinopharm, Sinovac and Sputnik.

In all instances, you must be fully immunised. This means you must receive the full dosage of the COVID-19 vaccine and allow a minimum of 14 days before travelling in order for immunity to take effect. Each COVID-19 vaccine has different dosages and timeframes for immunisation, so please check the related medical advice associated with your vaccine. Children under 18 years are not required to provide evidence of vaccination to travel at this time.

If you are unable to be vaccinated due to medical reasons, you may apply for an exemption. Exemptions will be assessed on a case-by-case basis. To apply, you must provide supporting documentation from a medical professional.

Proof of COVID-19 immunisation must be provided to us **no less than 4 weeks prior to travel**. We accept COVID-19 digital certificates, NHS Covid Pass or

Vaccination Record Cards e-mailed to info@onthegotours.com or you can upload your vaccination history yourself via our traveller login. <https://www.onthegotours.com/Login>

The information you will need to upload includes: Administering national authority or government, document No, name of Vaccine, date/s of vaccination.

Entrance Fees

Entrance fees to most sites are not included, although reasonably priced. The entrance fee amount is noted under exclusions on page one of this document and a breakdown of the entrance fees is provided upon arrival in your Welcome Letter.

For tours starting in Vietnam and Myanmar we collect from all tour participants the entrance fees on Day 2 of the tour. All funds collected in Vietnam are payable in either US dollars (USD) or Vietnamese dong (VND).

Multi-country tours starting in Laos: Please note if you are travelling on our Laos to Vietnam, Inside Indochina or Indochina Discovery tour your entrance fees will be split into two separate payments. Entrance fees for Laos will be collected on day 2 of the tour in Vientiane and entrance fees for Vietnam/Cambodia/Thailand will be collected on day 8 in Hanoi.

Tipping Kitty

At the start of your tour, we collect from all tour participants a small tipping kitty (the amount is noted under exclusions on page one of this document). This kitty covers tips throughout your holiday and saves you the hassle of knowing when and how much to tip bellhops, luggage handlers, bus drivers, train conductors and other support staff throughout the tour.

This amount does not include a tip for your tour guide/s. For a job well done, we would suggest USD \$3-6 per

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traveller, per day. Tipping your guide is an entirely personal gesture and ultimately the amount is up to you.

Multi country tours starting in Laos: Please note if you are travelling on our Laos to Vietnam, Inside Indochina or Indochina Discovery tour your tipping kitty will be split into two separate payments. The tipping kitty for the Laos section of your tour will be collected on day 2 of the tour in Vientiane.

Then, on day 8 in Hanoi the Vietnam/Cambodia/Thailand tipping kitty will be collected for these onward touring arrangements.

Groups & guides

The longest *Signature Range* tour we offer in Southeast Asia is our *Indochina Discovery 23 day tour*. All other *Signature Range* tours we offer (with the exception of the family tours) are sectors of this larger tour.

The longest *Essentials Range* tour we offer in Southeast Asia is our *Hanoi to Bangkok 19 day tour*, all other *Essentials Range* tours are sectors of this longer tour.

As our tours are modular, travellers may join you part way through your holiday, for example in Hanoi, Ho Chi Minh City or Phnom Penh on our *Signature Range* tours, or in Ho Chi Minh City our *Essentials Range* tours. There will also be travellers who end their tour when you continue on.

Myanmar:

Our longest tour in Myanmar is *Best of Myanmar & Beach - 14 day tour*. All other tours in Myanmar are sectors of this longer tour. All our Myanmar trips operate together from day 1 - day 7, then from day 7 some in your tour group may leave and others continue on. Our *Yangon City Stay* travellers will also join our tour arrangements of day 1 and day 2.

Guides:

In Laos, a Lao national guide escorts our tours from Vientiane through to Luang Prabang.

In Vietnam a Vietnamese national guide escorts our tours from Hanoi through to Ho Chi Minh City.

In Cambodia, our tours have two guides, a Cambodian national guide in Phnom Penh and a specialist regional guide in Siem Reap.

Our tours that end in Bangkok are not fully escorted for the Thailand sector. On our *Signature Range* tours there is a local Thai guide for the Bangkok city tour. If you are travelling on one of our *Essentials Range* tours, a local guide will meet you at the Cambodia border and escort you to the hotel, the remainder of your Bangkok stay is unescorted with free time to independently explore.

What to pack

Please check local temperatures so you can pack accordingly. Visit www.worldclimate.com

- Lightweight cotton garments. Ladies may need to have their shoulders and legs (to below the knee) covered when visiting certain sites, so please pack accordingly
- Comfortable walking shoes in addition to flip flogs/thongs
- DEET based mosquito repellent and antihistamine cream
- Universal travel adaptor
- Lightweight, fold up raincoat/poncho/umbrella
- Tour Voucher and a copy of your travel insurance policy, spare passport photos and a photocopy of your passport
- A small daypack for your day-to-day needs
- Sunglasses, hat, sunscreen, swimming costume and torch
- Sleep sheet if taking an overnight sleeper train in Vietnam. These also can be easily purchased in Hanoi at an approx. cost of USD\$5

- An overnight bag, if your tour includes a night aboard a Junk boat in Halong Bay. As we will be returning to Hanoi, it is not essential that you take your big bag/suitcase with you

It's not like home

Travel to far-flung corners of the earth involves lifestyles and conditions that are sometimes very different from what you are used to back home. You must come prepared to cope with unusual situations, local inadequacies and unpredictable events, as and when they occur. Foreign travel is definitely not suitable for people who expect or demand everything to go exactly as planned. With the greatest respect and in the interest of your ultimate enjoyment you must understand this. Things can and do change in foreign countries.

Shopping experiences on your tour

All shopping experiences on your tour have been noted in the itinerary and they have been carefully selected based upon positive feedback from On The Go travellers. You are under no obligation to partake in a listed shopping experience and you are most welcome to wait inside or outside the premises.

In the tourism industry it's common practice for commission to be offered in exchange for recommending particular shops or suppliers. This can become an issue when clients feel obliged to purchase goods. We do our best to avoid this by monitoring all shopping experiences offered.

Although we only visit reputable retailers, please note that we cannot explicitly guarantee the quality of their products. All purchases made whilst on holiday with us are at your own discretion. Please make sure that you are completely happy with your purchase. On The Go cannot be held responsible for any items that you buy if they fail to meet expectation, or any

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shipping arrangements. Proceed with caution.

Laos Country Guide

Welcome to Laos – Arrival transfer

A complimentary airport arrival transfer is provided on all Signature tours, Private Tours and Short Stays if you are arriving on day 1 or you have booked pre tour accommodation with us.

Arrive into Laos at Wattay International Airport, attend to immigration by completing an immigration form and submitting your photograph and visa fee, then collect your luggage and proceed to the arrivals hall. As you enter the arrivals hall, look for our On The Go representative. He/she will be holding a prominent On The Go Tours logo signboard. After meeting you will be escorted to our awaiting transportation and transferred to our tour start hotel.

If, for any reason you have trouble locating our representative (after waiting 20 minutes) or your flight is delayed, please call or send a text message (standard text message, not Messenger or WhatsApp) to the emergency contact number as stated on your Tour Voucher.

Please note: If you are arriving prior to 9am on day 1 (essentially on a flight that arrives very, very early in the morning) you will need to purchase a night of pre-tour accommodation to save you waiting until standard hotel check in time, which is generally 2pm.

Visas & passports

Visa requirements are subject to change and visa procurement is the responsibility of the traveller and not On The Go Tours. Please also ensure that your passport is valid for at least 6 months from your planned date of departure from Laos.

After booking your holiday, please provide us with your passport details as soon as possible so that we can

proceed to book all services. Please be advised visa requirements are subject to change, therefore it is essential that you check current visa requirements with the embassy before travel. For information about visas, head to www.onthegotours.com/Laos/Visas

Health requirements

You should seek medical advice for vaccinations and about medications before travelling.

Water

Tap water in Laos is not considered safe to drink. It's recommended to only drink bottled mineral water, which is readily available in hotels, shops and restaurants.

What to expect in Laos

Please visit www.onthegotours.com/Laos/Travel-tips-and-useful-info for local customs, currency, WiFi and other helpful information to prepare you for an enjoyable holiday.

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