

7 Days Spicy Laos

Tour Code: VTL07/VATL160601445

You will be able to take delicious Lao flavors home with you after attending a tasty, aromatic and healthy Luang Prabang cooking class. Attend a whole day class, or for those with less time, evening classes are available. Have fun learning more about Lao cuisine and surprising your family and friends when you cook your favorite dishes at home. Learn how to cook spicy Lao papaya salad with our experienced local chefs.

Day1. Arrival – Vientiane

Upon arrival at Wattay International Airport, you will be met by your local guide and transferred to your hotel.

Time permitting (depending on your arrival time). You are seeing the major temples of Vientiane including the oldest, **Wat Sisaket**, with its thousands of miniature Buddha statues, and the former royal temple of **Wat Prakeo**, which housed the famous Emerald Buddha Image. We also visit the national icon of Laos, **That Luang Stupa**, stopping along the way to take some pictures of the imposing **Patuxay Monument**, which is Vientiane's own Arc de Triumph, from there you visit **COPE Center**. The COPE was created in response to the need to provide **UXO** survivors with the care and support they required, namely by way of orthotic and prosthetic devices. This museum was set after in 1997 to help covering the victim during Indochina war. Overnight in Vientiane (B)

Day2. Vientiane – Luang Prabang – Half day city tour

This morning you will be transferred to Wattay Airport for your flight to Luang Prabang. On arrival, you will be met by your Local Guide and transferred to your hotel. We will give you time to rest and freshen up before we head off on bicycles to see some of the highlights of Luang Prabang including a visit to the **Royal Palace Museum**, which hosts the city's oldest temples, the magnificent **Wat Xiengthong** with its roof sweeping low to the ground, representing classical Lao architecture, the impressive stupa of **Wat Visoun** and the shrine of **Wat Aham**.

We end the day by climbing up **Mount Phousi** to explore the sacred gilded stupa and to enjoy the panoramic view of the city and the sun setting over the Mekong River. Descending the mountain you will find yourself in the midst of the famous Luang Prabang **Night Market**, where you can find a unique selection of handmade textiles and handicrafts locally made by both ethnic Lao and hill tribe people surrounding Luang Prabang. Overnight in Luang Prabang (B)

Day3. Luang Prabang – Cooking Class

Optional: This morning you have the option and opportunity to rise early and participate in the daily morning ritual of **Alms Giving**, you will experience saffron-clad monks collecting offerings or 'Alms' from faithful local residents. This tradition is unique to Laos, being the only Buddhist nation still preserving the daily procession.

Following breakfast at your hotel you will embark on a full day cooking class by starting at the local market where your chef will explain the different herbs and spices used in Lao cooking and purchase ingredients for today's dishes. From the market you will head out to **Tamarind Gardens Cooking School** set out of town amongst fish ponds and tropical gardens.

Your menu today will include:

- ✓ Varieties of jeow: the fundamental Lao spicy dipping sauces
- ✓ Mok Pa, a popular dish of fish steamed with herbs in banana leaves
- ✓ Tamarind's specialty: lemongrass stuffed with chicken & herbs
- ✓ Orlarm, Luang Prabang's eggplant based specialty: delicious & unusual
- ✓ Dessert course: a surprise!
- ✓ And of course you'll learn the art of perfecting sticky rice and its eating etiquette.

Following the class, and with full stomachs, we will head back to town where you will have the option of joining a **Sunset Cruise (Nava Mekong)** on the Mekong River, taking just a relaxing at your hotel. Overnight in Luang Prabang (B, L)

Day4. Luang Prabang – Elephant Village + Kuang Si Fall

This morning we head to **Elephant Village** approximately 45 minutes' drive out of Luang Prabang, to experience elephant riding through the teak forests and along the riverside. These elephants were once employed in the logging industry but now enjoy a much easier life in the village.

From the Elephant Village we drive on to the stunning **Khouangsi Waterfall** where you will have the opportunity to cool off with a refreshing swim in the topaz pools below the falls, walk along the forest trails and visit the Bear Sanctuary, home to Asiatic Bears rescued from poachers in the forests of northern Laos.

Returning to Luang Prabang late afternoon you have the evening free to explore the **Night Market**, dine in one of the many restaurants in town or relax at the hotel. Overnight in Luang Prabang. (B)

Day5. Luang Prabang – Ethnology Centre – Ock Pop Tok

Today is a day for the culture and handicrafts enthusiasts, beginning with a visit to **The Art and Ethnology Centre** to learn about the culture and history of some of the diverse ethnic groups that make up the rich tapestry of the population of Laos. The Centre also have a shop where you can purchase quality gifts and souvenirs and a café where you can enjoy a morning coffee and cake.

Next we move to the **Ock Pop Tok Living Crafts Centre & Shop**, where you can see the silk weaving process in action and purchase some exquisite examples of traditional Lao textiles. The Centre also has a restaurant where you can enjoy traditional and fusion dishes with the gentle melody of weaving looms humming in the background.

We will end our culture and handicrafts day at **Yen Sabai Book and Arts Centre** where you have the opportunity to participate into a **traditional Paper Stenciling class** (only available Monday – Friday). Using traditional stenciling tools and patterns for the murals at Wat Xiengthong you will create your own paper stencil as a reminder of your visit to Luang Prabang.

Returning to the hotel the rest of your afternoon and evening is free to relax or explore. Overnight Luang Prabang (B)

Day6. Luang Prabang – Living Land Farm

This morning we head out to Living Land Farm, a working community farm approximately 5kms outside the town. There you will learn all about the rice growing process and have an opportunity to participate in seasonal farm activities such as identifying viable rice seeds, ploughing with a buffalo, hand planting, weeding and harvesting rice and threshing rice seed.

You may be picking vegetables from the organic garden or catching fish to cook for your all natural, organic lunch where there will be a variety of local rice products for you to sample.

We will return to Luang Prabang late afternoon. Overnight in Luang Prabang (B, L)

Day7. Luang Prabang – Departure

After breakfast, you are free until transfer to airport catching your departure flight.

Prices below are quoted in USD per person, valid till **September 2020**

Group of:	2-2	3-4	5-8	9-12	13-16	17-20	21-24	25-29	Single suppl.
3-Star Hotel	1353	1219	1142	1107	1060	1050	1048	1032	437
4-Star Hotel	1436	1302	1225	1190	1142	1133	1131	1115	519
5-Star Hotel	1662	1529	1452	1416	1369	1360	1357	1134	745
Alms Giving	Additional charge US\$30.00/person								

Cities	3-Star Hotel	4-Star Hotel	5-Star Hotel
Vientiane	Season Riverside	Lao Plaza	Settha Palace

	Standard	Regular	Deluxe
Vang Vieng	Vieng Tara Bungalow Riverview	Silver Nagas Deluxe	Riverside Boutique Deluxe
Luang Prabang	Sada Hotel Deluxe	Vangthong Hotel Deluxe	Luang Prabang View Superior

Included in above prices:

- Accommodation in twin shared basis
- Private, Airconditioned Transport
- Boat trips as stated in the itinerary
- English speaking guide
- Admission fees to sites stated in the itinerary
- Meals: As indicated in above itinerary = B, L, D
- Cooking class
- **Alms Giving**
- Living Land farming activities
- Gov't taxes and service charges
- Luggage handling
- Drinking water

Exclusive of above prices:

- Visas and Immigration fees on arrival
- Domestic airticket
- Int'l air tickets to/from Laos
- Travel and/or Medical Insurance
- Lunch or dinner unless stated in the itinerary
- Single suppl. room accommodation (quoted separately)
- Child or adult in triple share accommodation
- Foreign language guides other than English
- Peak Season or Special Events Surcharges
- Tip, drinks and other personal expenses

Additional Remarks:

- Itinerary is subject to change depending on flight availability, road and/or weather conditions and room availability.
- Group of 10 persons and above will use separate vehicle in Luang Prabang due to UNESCO restrictions on large coaches entering downtown Luang Prabang.
- Hotels listed above may not meet international star rating standards, especially in the remote areas where accommodation options are limited.
- Room rates quoted above do not include compulsory fees for special events, peak season such as Christmas and New Year or Gala Dinners etc.
- Prices are subject to change at any time as a result of VAT, Fuel Excise or other tax increases and USD currency fluctuations.

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(LHV - 11/12/2019)