

**Round trip: Laos - Thailand - Myanmar programme**

**Duration: 42 Days - 41 Nights**

**Itinerary:**

**Day 1: WELCOME TO VIENTIANE, LAOS ( G )**

Arrive in Thanaleng railway station or Vientiane airport from Bangkok, meet guide then transfer to hotel in centre of Vientiane. Overnight in Vientiane.

**Day 2: VIENTIANE ( B,L,G )**

After breakfast at the hotel, continue our trip to visit some attractive places for instance: Wat Sisaket, Wat Prakeo, That Luang Stupa and Patouxai then explore Central Markets of Talad Sao and Talad Konadin. Visit Buddha Park in the afternoon. Overnight in Vientiane.

**Day 3: VIENTIANE- VANG VIENG ( B,G )**

Take a bus from Vientiane to Vang Vieng (140 km- 3 hours) early morning. Welcome by our guide and transfer to the hotel to check-in. Free afternoon in Vang Vieng. Overnight in Vang Vieng.

**Day 4: VANG VIENG ( B,L,G )**

After breakfast, take a biking tour to visit Tham Chang caves, then cross to right side of Nam Song river to discover rice fields and every life of villagers.

Afternoon, take a tubing package on Nam Song river with some bar stops.

Overnight in Vang Vieng.

**Day 5: VANG VIENG ( B,L,G )**

Excursion to Vangvieng Organic Farm ( 3 Km ) that promotes the use of natural materials and traditional methods to produce silk, wine, and mulberry tea. Visitors could participate in the operation of the farm and provide an opportunity for those who wish to learn more about organic farming.

Profits from the farm are used to support and educate the local villagers through projects that include a community center, English school, and a school bus. Overnight in Vang Vieng.

**Day 6: VANG VIENG ( B,L,G )**

Full day rock climbing in Vang Vieng. Overnight in Vang Vieng.

**Day 7: VANG VIENG ( B,L,G )**

You will be transferred from Vang Vieng to the Khmu village of Vieng Samay, about 10 km north of Vang Vieng. After an introduction to the basics of kayaking, the Nam Song offers various small but fun rapids on the way to the first stop at the cave of Tham Nam Thaem. This cave cuts straight through the mountain, so one emerges on the other side of the range for some panoramic views of the Nam Kouang valley.

A trek back over a small pass leads up to a Lao style picnic lunch on the riverside.

The Tham Non Cave lies further downstream. As one of the biggest caves in Vang Vieng, it

served as a rescue shelter for the villagers during the Second Indochina War. Today it is home to a bat colony and 'The Magic Stone of Vang Vieng'.

The final leg is a gentle paddle - before returning to Vang Vieng in time to catch the sunset from the terrace of the Ban Sabai Riverside Bungalows.

**Day 8: VANG VIENG- LUANG PRABANG ( B,G )**

Take a bus from Vang Vieng to Luang Prabang ( 6 hours ). Meet guide at the bus terminal then transfer to hotel. Overnight in Luang Prabang.

**Day 9: LUANG PRABANG ( B,L,G )**

After breakfast at the hotel, visit the National Museum, stupa of Wat Visoun, the shrines of Wat Aham and Wat Mai. Afternoon, climb up to the top of Mount Phousi, explore gilded stupa, view the whole view of Luang Prabang city.

Overnight in Luang Prabang.

**Day 10: LUANG PRABANG ( B,L,G )**

After breakfast, excursion by boat trip on the Mekong River to the famous caves of Pak Ou, full of Buddha images of all styles and sizes. Stopover at Ban Sang Hai – a Lao rice whiskey distillation village. Back to the town in late afternoon. Overnight in Luang Prabang.

**Day 11: LUANG PRABANG- TREKKING ( B,L,D,G )**

We depart from Luang Prabang towards the southwest. After a drive, the trekking starts at a Lao Loum village situated in the mountain range along the Mekong. The trail ascends into areas with re-growth forests and passes through several valleys, before arriving in at the Khmu village of Ban Nong Haeo.

The trek continues to two villages inhabited by Khmu and Hmong people. These people are your hosts for the night in bamboo house Khmu style. In a home-stay, you will experience the life styles of two culturally very different ethnic minority groups. These people work together in the field and share the same school.

Accommodation: Home stay

**Day 12: LUANG PRABANG- TREKKING ( B,L,G )**

After breakfast, we follow a trail that reaches some forest with steeper parts. A cave is explored on the way, which during the Second Indochina War, served as a bomb shelter for the villagers living in this valley.

One more hour of trekking takes you to the crystal clear water of just one of the springs that feed Tad Kuang Xi: a beautiful pool full of big sacred fish. After descending from the top of the waterfall, a Lao-style lunch is served in its lush setting.

The afternoon is spent bathing and relaxing by the turquoise pools below. Make sure, you visit Phet, the orphaned tiger and a young bear living just by the entrance gate. Also walk around nearby Ban Thapene, a Khmu village that lies nestled around some of the most beautiful pools of Tad Kuang Xi. We return to Luang Prabang by Tuk Tuk. Overnight in Luang Prabang.

**Day 13: LUANG PRABANG ( B,G )**

Take a Yoga as Meditation 90 minutes course

Schedule: Every Tue – Sat

Time: 07:00 to 08:30 am.

Venue: Dhammada Massage Place,

Near the water lily pond

Fee: ask info. at Dhammada Massage Place Tel. 071 212 642

Rest of the day – free at leisure.

**Day 14: LUANG PRABANG- MOUNTAIN BIKING TOUR ( B,L,G )**

Depart from the town, we cycle through Luang Prabang, onwards to Ban Phanom, a weaving village at the Khan River, and then turn to the Henri Mohot tomb. We continue to Ban Pick Noi village of the Youane ethnic minority and cross the Nam Khan River with a fishing boat to Ban Pick Nyai village of the Youane & Leu ethnic minorities. The cruise passes some rural villages and rice fields to Ban Kokvan village of the Khmu ethnic minority, then makes headway to a Hmong village, Ban Bohae.

Finally, we tailgate one and half hours back to Luang Prabang. On this return journey we will pass by Ban Xang Hai, where Lao whisky is produced, and Ban Xang Khong, a Sa paper making village. The tour ends at the town. Overnight in Luang Prabang.

**Day 15: LUANG PRABANG ( B,L,G )**

Excursion to Tad Sea falls ( 13 km ), take a short boat trip to elephant camp then take an 1 hour elephant riding – then free at leisure to enjoy the falls, swimming or trekking around. Transfer back to the town in the afternoon.

**Day 16: LUANG PRABANG- CHOMPHEP ( B,L,D,G )**

The tour starts from Lao Jewel Land office. We walk down to the Mekong, to cross it in a fisher boat. On the other side lies Xieng Man village, where we start trekking up and down the hills, passing villages and temples until we arrived at Na Kham village. Test your skills and try to produce some sugar cane. We keep trekking further passing the rice fields to Houay Tan village (Khmu tribe). Take a short break to have a look around before we continue to Ban Somsisomphou village for lunch.

After lunch we walk on and cross the stream. The last part of two days trek takes us about 2 ½ hours up hill until we finally arrive in Phou Luang Tai village (Hmong), where we will stay overnight.

Accommodation: Home stay

**Day 17: CHOMPHEP- LUANG PRABANG ( B,L,G )**

Breakfast, before we we embark on an approximate three hours odyssey through thick forests to Houay Pong village (Khamu tribe), where we relax and have lunch at the hall sustained by SNV. Our legs will carry us to Muang Kham village (you can produce seaweed during the dry season), where we will go on a 20 minutes by boat ride back to Luang Prabang.

**Day 18: LUANG PRABANG- PAKBENG ( B,G )**

Transfer to local boat pier for public boat for cruise to Pakbeng village.

Arrive in Pakbeng in late afternoon, transfer to local guest house for overnight.

**Day 19: PAKBENG- HOUAY SAY ( B,G )**

Breakfast. Continue boat cruise from Pakbeng to Houay Say. Arrive in Houay say in late

afternoon. Overnight in Houay Say.

**Day 20: HOUAY SAY- THAILAND ( B,G )**

Transfer to Lao immigration post for ferry crossing to Thailand at the town of Chiang Khong for your next destination. Arrive at Thai border at HOUSAI - Chiang Khong. From there then transfer to Chiang Rai City and Dinner.

**Day 21: CHANG RAI- CHIANG MAI ( B,G )**

After breakfast leave for Chiang Mai on the way stop at Long Khun Temple, it's an unique temple in white color, we continue to some hot spring and have lunch nearby later we continue to Chiang Mai where we stay overnight.

**Day 22: CHANG MAI- YANGON, MYANMAR ( B,G )**

After breakfast in Chiang Mai we transfer to airport for flight to Yangon. Arrive Yangon by international flight. Meet by your guide and transfer to hotel. Overnight in Yangon.

**Day 23: YANGON ( B,L,G,D )**

A full day tour to discover the colorful capital of Myanmar with a close look at the local life of this historical city. By car and partly on foot this tour takes in the Sule pagoda in the middle of the city, walk around to see the Mahabandoola Park, the colonial courthouse and the city hall. From there a rickshaw tour around the colonial area with the historical buildings will start, breaking at a local teashop to enjoy Burmese tea and the typical atmosphere. Continue by rickshaw along the famous Strand Road and visit the bustling Yangon harbor. In the afternoon excursion to Myanmar's holiest monument the Shwedagon Pagoda with its golden stupa covered with 60 tons of pure gold leaf. Continue to Bogyoke Aung San Market (formerly Scott's market, close on Monday and public holidays) for shopping and free time. Visit the colorful local Theingyi Market where fish, fruit and vegetables are sold. Continue to Yangon's oldest Chinese temple, Kheng Hock Keong, in China town. Overnight in Yangon.

**Day 24: YANGON-MANDALAY- AMARAPURA ( B,L,D,G )**

After breakfast, fly to Mandalay (about 0700 hr flight). On arrival Mandalay, directly proceed to Amarapura. Visit MAHAGANDAYON, a famous Buddhist monastery, where more than a thousand monks live and study; continue to the 200-year-old U BEIN teak bridge, built in 1782 at the time when Amarapura was the royal capital. Visit of BAGAYA MONASTERY, with a superb collection of Buddha statues. En route stop at a traditional hand-weaving silk workshop. Afternoon sightseeing tour including MAHAMUNI PAGODA with its spectacular Buddha image covered with thick layers of gold leaves, visit to Gold Leaf Making Workshop and one of the most outstanding monasteries in the country, SHWE NAN DAW KYAUNG or GOLDEN PALACE MONASTERY, a superb example of a traditional wooden building and KUTHODAW PAGODA, known as the world's largest book, consisting of 729 marble slabs engraved with Buddhist scriptures. Sunset on the Mandalay Hill and overnight in Mandalay.

**Day 25: MANDALAY ( B,G )**

After breakfast, visit NGOs. (name of NGOs to be advise later). Overnight in Mandalay.

**Day 26: MANDALAY- MINGUN- MANDALAY ( B,L,G )**

After breakfast, boat trip on the AYEYARWADDY RIVER to MINGUN about 11 km (1 hour) upriver from Mandalay with visits to the MINGUN BELL, weighing 90 tons and being the largest uncracked bell in the world, to HSINBYUME PAYA and the unfinished MINGUN PAYA, built as one of the world's largest chedis by King Bodaw Paya. Return back to Mandalay. Overnight in Mandalay.

**Day 27: MANDALAY- HEHO- PINDAYA- INLE LAKE ( B,L,D,G )**

After breakfast, transfer to Mandalay Airport for domestic flight to Heho. Upon arrival in Heho, overland drive to PINDAYA (90 km - 2 ½ hours). Visit of the unique PINDAYA CAVES with thousands of Buddha images placed there by pilgrims over many centuries. Continue drive by road to INLE LAKE (120km-3 hours). Upon arrival Inle, transfer by boat to Hotel. Overnight on the lake. Lunch and dinner at local restaurant.

**Day 28: INLE LAKE ( B,L,G )**

After breakfast, an excursion by boat on Inle Lake will include sights of the famous leg rowers, typical floating gardens, local methods of fishing and village life. In the afternoon, further visits are made to PHAUNGDAW OO PAGODA, the weaving village of INPAWKHON and other sights. Overnight on the lake.

**Day 29: INLE LAKE ( B,L,D,G )**

Experience at staying village. Working and sleeping as same life of villager. Overnight at village. (Simple breakfast, lunch and dinner)  
Home stay in village.

**Day 30: INLE- TAUNGGYI ( B,L,D,G )**

After breakfast, transfer to jetty. Proceed to Taunggyi and staying hotel in Taunggyi. Daily visit to Orphanage school to teach student and to help their education and daily work (as making food, making cloth and cleaning the compound and renovation for school..etc..)  
(Simple breakfast, lunch and dinner)

**Day 31: TAUNGGYI- HEHO- MANDALAY ( B,G )**

Morning Farewell events. Transfer to Heho airport for afternoon domestic flight to Mandalay. Upon arrival Mandalay, transfer to hotel and overnight.

**Day 32: MANDALAY- BAGAN ( B,L,G )**

Transfer to jetty. Take a boat trip to Bagan. Upon arrival Bagan, transfer to hotel. Overnight in Bagan.

**Day 33: BAGAN ( B,L,D,G )**

Today sightseeing starting with the busy local market and continuing with visits to a diverse selection of the most important pagodas and temples such as SHWEZIGON PAGODA, built by King Anawrahta in the early 11th century, KU BYAUK GYI, a temple with exquisite murals of Jataka scenes, KHAY MIN GA TEMPLE, noted for its spectacular panoramic view of the area's many monuments and ANANDA TEMPLE with four huge standing Buddha images and numerous seated figures in niches around the galleried interior.

Afternoon a visit of a lacquer craftsmen's workshop in nearby MYINKABA village and

sightseeing to MANUHA TEMPLE, built in Mon style in 1059, NANBAYA TEMPLE, a unique sandstone monument, said to have been the palace of King Manuha and MYINGABA GU BYAUKGYI TEMPLE, noted for its ancient mural paintings. In the evening, join Balloon over Bagan ride.

Overnight in Bagan.

**Day 34: BAGAN- NAT HTAUNG KYAUNG- BAGAN ( B,G )**

Sightseeing with an excursion by boat on the Ayeyarwaddy River to the nostalgic NAT HTAUNG KYAUNG, a wooden monastery built in 1781 by a group of monks, famous for woodcarvings, a collection of ancient Buddha statues and lacquer boxes. Overnight in Bagan.

**Day 35: BAGAN ( B )**

Visit important pagodas in Bagan by horsecart.

Overnight in Bagan.

**Day 36: BAGAN- YANGON- NGWE SAUNG BEACH ( B,G )**

Transfer to Bagan Airport for domestic flight to Yangon. Upon arrival Yangon, transfer to Ngwe Saung Beach. Overnight in Ngwe Saung Beach.

**Day 37: NGWE SAUNG BEACH ( B )**

Free day in Ngwe Saung Beach. Overnight in Ngwe Saung Beach.

**Day 38: NGWE SAUNG BEACH ( B )**

Free day in Ngwe Saung Beach. Overnight in Ngwe Saung Beach.

**Day 39: NGWE SAUNG BEACH ( B )**

Free day in Ngwe Saung Beach. Overnight in Ngwe Saung Beach.

**Day 40: NGWE SAUNG BEACH ( B )**

Free day in Ngwe Saung Beach. Overnight in Ngwe Saung Beach.

**Day 41: NGWE SAUNG BEACH- YANGON ( B,G )**

Afternoon, drive back to Yangon. En route visit Elephant Camp. Transfer continue to Yangon and overnight in Yangon.

**Day 42: WELCOME HOME ( B )**

Free time until transfer to Yangon airport for your flight back to Bangkok, Thailand or next destination.

End of service.

**CONIFER TRAVEL**

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