

Day 1. Arrive Vientiane

Welcome to Laos!

Upon arrival in Vientiane. Laos' national capital Vientiane offers a blend of French-colonial architecture and Asian spirituality, most notably the golden 16th-century Pha That Luang – the nation's symbol of independence and sovereignty. Visitors can stroll along smart tree-lined boulevards and enjoy drinks at Fa Ngum, a pleasant road adjoining the Mekong River.

Dinner at a local restaurant – Western set menu

Overnight in Vientiane

Meal(s): Dinner

Day 2. Vientiane – Buddha Park – City tour

8.30: Excursion to the open-air museum Wat Xieng Khuan (Buddha Park) with an interesting collection of original statues of Buddhist and Hindu deities.

Lunch at a local restaurant – Lao set menu

Visit the capital Vientiane. Wat Ho Pha Keo, once a temple of the Lao royal family, built in 1565, now converted into a museum, with beautiful Buddhist sculptures. Continue by walk to Wat Si Saket was built in 1818 in the Bangkok style. The interior walls of the monastery are littered with more than 2,000 small niches containing Buddhas made of silver and ceramics.

We head to the COPE Visitor Centre to learn about the devastating consequences of war, the country's sobering unexploded ordnance problem, the struggle of survivors and innovative work to combat these issues.

That Luang Stupa (Great Holy Relic) was built between the 11th and 13th centuries and is considered a national monument of Laos. At the end of the boulevard is Patuxai, a monumental building inspired by the Arc de Triomphe in Paris.

Overnight in Vientiane

Meal(s): Breakfast. Lunch

Day 3. Vientiane – Vang Vieng by train

Transfer by air-conditioned vehicle to Vientiane train station for your departure to Vang Vieng by C92 at 10.20-11.32. The new Lane Xang Fast Train will take approximately one hour from Vientiane to Vang Vieng. Upon arrive to Vang Vieng, transfer to your hotel for check in.

Visit at Tham Chang Cave with its stunning view over the valley, home for migrating people, who settled near the town's southern Meuang Xong Village to rise vegetables. Continue to PouKham cave. Tham Phu Kham is considered sacred by Lao and is popular largely due to the lagoon in the cave. The beautiful green-blue waters are perfect for a dip after the stiff climb. The main cave chamber contains a Thai bronze reclining Buddha, and from here deeper galleries branch off into the mountain.

Overnight in Vang Vieng

Meal(s): Breakfast

Day 4. Vang Vieng – Discovery

9.00: Local car and English-speaking assistant guide will pick you up at the hotel and We depart from Vang Vieng and head north, where we visit the first cave, Tham Xang (Elephant Cave). This cave owes its name to a remarkable limestone formation and lies on the banks of the Nam Song River.

The nearby Tham Hoi Cave (Snail Cave) winds its way deep into the mountain. We'll float through the cave on inflatable tubes, exploring its long corridors and wonderful limestone formations. A pool of cool spring water lies at the mouth of Tham Nam (Water Cave), giving us a great opportunity for a swim.

After a picnic lunch we will trek to a Hmong village, passing through rice paddies and vegetable gardens. We return to Vang Vieng by kayaking down the Nam Song, taking us through idyllic scenes of rural life, with limestone mountains in the background.

Approximately: 25 minutes transfer, 1.5-hour trekking, 2 hours kayaking, 2 hours caving

What to bring: Hat, sunscreen, comfortable clothes, trekking shoes, refillable water bottle, insect repellent, small personal bag

Overnight in Vang Vieng

Meal(s): - Breakfast. Lunch

Day 5. Vang Vieng – Luang Prabang by train

We leave Vang Vieng and continue to Luang Prabang by train C92 at 11.32-12.24. The new Lane Xang Fast Train will take approximately one hour from Vang Vieng to Luang Prabang. Upon arrive to Luang Prabang, transfer to your hotel for check in

Lunch at a local restaurant – Western set menu

Visit the National Museum and Wat Mai, a modest but graceful building which combines traditional Lao and French beaux-arts motifs. This turn-of-the-century royal residence has been preserved as it was when the royal family last lived here and provides unique insights into the history of Laos. Then, visit Hor Phrabang. In the right front corner room of the Palace which opens to the outside, is a collection of the palace's most prized art pieces, including the Phrabang, cast of a gold, silver and bronze alloy. This Buddha stands at 83 cm tall and weighs around 50 kg. Continue to Wat Mai, which was constructed in 1821 during the reign of King Manthatourath, and was once the residence of Phra Sangkharaj (the Patriarch of the Buddhist clergy).

Visit Wat Xieng Thong, which was built in 1560 and is situated on the banks of the Mekong River. It is the most beautiful monastery in Luang Prabang and features the typical Lao art style with old religious artifacts and some ancient masterpieces of Lao art.

In the evening, we will visit Mount Phousi for the sunset. Climb 328 steps starting from the entrance on the opposite side of National Museum, or 410 steps on the other side of Khan River to the small temples atop Phou Si. The hill is 150m high and sits in the middle of the town, offering beautiful views over the temples and river.

Transfer to/from Talat Night Market (Hmong Market).

Overnight in Luang Prabang.

Meal(s): Breakfast. Lunch

Day 6. Alm Giving – Kuang Si Waterfall - Pak Ou Cave

05:45 early this morning, give alms to the monks before starting your tour of Luang Prabang. Begin your excursion with a visit to the local market to see the bustle and activity of the early morning. Return to the hotel for your breakfast.

Continue to Kuang Si Waterfall is the biggest waterfall in the Luang Prabang area with three tiers leading to a 50-metre drop into spectacular azure pools before flowing downstream. The pools also make great swimming holes where both tourists and locals can enjoy a refreshing dip. Once there, take also the opportunity to visit the Bear Rescue Center founded by "Free the Bears" Foundation. The Foundation helps to rescue bears held in horrifying conditions throughout Asia, and regularly milked for their bile to be used in traditional medicines. It also provides ongoing care to hundreds of rescued bears and operates rescued bear sanctuaries in several countries.

Let's get spiritual as we follow in the footsteps of the pilgrims to the Pak Ou Caves by private local boat with lunch on board-Lao set menu. These ancient limestone caves are crammed full of thousands of Buddha statues, many broken and crumbling, covered in dust and cobwebs. But first, relax on a cruise down the Mekong River by private luxury local boat with lunch on board, observing life on the sleepy riverbanks. On the return journey, stop at Ban Xang Hai Village. This village has for centuries made the earthen jars used as fermenting containers for Lao wine. It specializes in producing a wide range of lau lao (Lao whisky) and lau hai (Lao wine).

Dinner at Manda de Laos restaurant – Western set menu

Overnight in Luang Prabang

Meal(s): - Breakfast. Lunch. Dinner

Day 7. Luang Prabang – Departure

Transfer to the airport for your departure flight. End of services

Meal(s): - Breakfast