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Cycling for the Soul – Northern Laos

Duration : 11 Days/ 10 nights
Departure Dates : 17 Oct, 15Nov, 20 Dec 2011 and 09 Jan, 07 May, 15 Oct 2012

Day 1 : Arrive Luang Prabang

Check into our hotel which is a 25-room boutique property. Satri House was built at the turn of the last century as the residence of Prince Soupha nouvong and is designed with a style inspired by Lao culture and set in a truly relaxing environment. Enjoy a relaxing massage before a 'Welcome to Laos' dinner.

Overnight at Satri House – www.satrihouse.com – standard room **(D)**

Day 2 : Luang Prabang Past, Present and Future – 25kms option to extend

Start the morning with yoga and then we take a half day bike trip to settle in that will take you to the secrets of the town's wetlands, centuries old temples, a Saa Paper village, a blacksmith village, and an orphanage school. At the orphanage school, you will visit the small gallery and vegetable gardens that are managed by the children. Before going back to the town, you will visit a weaving centre, where you get an explanation of the silk weaving process. Look at silkworm, natural dyes and meet the weavers. Enjoy a local lunch at the weaving centre. This afternoon it's easy cycling around town visiting Wat Visun, Wat Aham, the beautiful Wat Xieng Thong, walking along the street, Wat Mai. Then climb Phusi hill to enjoy the view overlooking the city and watch the amazing sunset. From here we can see the magic Mekong and the small Nam Khan rivers. This evening you have to yourselves. Maybe explore the local restaurants or indulge in another massage, the choice is yours.

Overnight: Satri House **(B/L)**

Day 3 : Luang Prabang – Nong Kiaw - 70 km

We start today transferring by vehicle and then cycle 70 km to Nong Khiaw, a small town on the banks of the Nam Ou River. Nong Kiaow boasts a gorgeous backdrop of imposing limestone mountains, picturesque river views and genuine local colour. If time permits, explore the several caves in the immediate area, one of which was apparently the site of many deaths when local villagers sheltered there during the war. Alternatively relax, walk and play in the river with the local children.

Overnight: Nong Khiaw riverside – www.nongkiauw.com **(B/L)**

Day 4 : Nong Kiaw – Muang Khoua by boat on the Nam Ou River

Today the Nam Ou, which is one of the most beautiful rivers in the region awaits. We journey slowly upstream. Here, where there are no roads, life feels completely different from what we are accustomed! And, we want to share in this peace and tranquility. Let's stop on the way to visit and discover some remote villages.

Overnight: Senaly – basic room (best hotel in town) **(B/L)**

Day 5 : Muang Khoua – Muang La (70kms)

Today we cycle 70 km to reach the village of Muang La. The lush green vegetation and houses made of wood and bamboo are met by two rushing rivers: the Nam Phak and the smaller Nam La. Aside from its general beauty and attractive, ancient wat, the main reason for foreigners to visit this town is the hot springs.

Overnight: Muang La Resort - www.muangla.com **(B/L/D)**

Day 6 : Muang La

A free day to do whatever takes your fancy. Join in some yoga, meditation, enjoy a massage, sauna, hot springs bath, some life coaching or simply do nothing!

Hotel: Muang La Resort **(B/D)**



Day 7 : Muang La – Oudomxai - 30kms

Start the day with a yoga and meditation session and then in the afternoon we cycle to the town of Oudomxai. Maybe finish the day with a massage with one of our resident masseuses.

Overnight: Donsavanh Hotel **(B/L)**

Day 8 : Oudomxai – Muang Hong – Pak Beng - 52kms

After breakfast a transfer by minivan will bring you to Muang Hong, where you will start cycling for the day. This is probably one of the best roads of Laos. You will finish in the narrow valley of the Beng River at the northern section. This afternoon participate in a meditation session or enjoy a massage.

Overnight: Pakbeng Lodge **(B/L/D)**



Day 9 : Pak Beng – Pak Ou Cave & cycle to Zen Nam Khan Resort - 47km

As we make our way down river, we will pass areas of un-spoilt forest with little villages along the riverbanks and perhaps the odd elephant or two with his mahout. We will visit a fishing village and a rice winemaking village and perhaps even taste some the infamous beverage known as Lao Rice wine. You also visit the Pak-Ou caves, where thousands of Buddha statues are stored. From here we start cycling 47 km to the Zen Nam Khan Resort, a remote and peaceful resort, which we have all to ourselves!

Overnight: Zen Nam Khan Resort – www.zenamkhanresort.com **(B/L)**

Day 10 : Relaxing Day and optional activity

Our last day and it's a free day. Yoga by the pool, have one last massage or simply lie back, do nothing and enjoy the surroundings! If you are up for it tonight venture back into Luang Prabang and soak up the atmosphere one last time.

Overnight: Zen Nam Khan Resort **(B)**

Day 11 : Departure

End of program, transfer for flight to Bangkok for connecting flights or continue on with your travels. **(B)**

