

## RELIGIONS & SPIRITUALITY ESCAPADE IN LUANG PRABANG

### 4 days / 3 nights

#### D1 LUANG PRABANG: ARRIVAL AND BACI CEREMONY

Upon arrival welcome by the local guide at Luang Prabang airport, transfer and check-in at the hotel.  
Note: Rooms are available from 2pm.

Depart for a first discovery of Luang Prabang, the former royal capital which today is listed as World Heritage Site by UNESCO. Visit Vat Visoun and its Singhalese-style stupa, then the That Makmo, and Vat Aham, one of the main shrines of the city that is dedicated to the ancestors.

Transfer, late in the afternoon, to attend a traditional Baci ceremony. This is a collective ritual asking the spirits to bring good luck, happiness and prosperity to those who are present. It is practiced on many occasions, from the birth of a child to an inauguration. After the young people pay respect to the elders, a mantra reciting begins to summon the spirits to join the participants. It is also an opportunity to discover traditional Lao dances.



#### Overnight in Luang Prabang.

#### D2 LUANG PRABANG: EXCURSION TO PAK OU CAVES

(B/L)

After breakfast, explore the city with the famous Wat Xieng Thong, considered as the most beautiful temple of Luang Prabang. Its layered roofs going down to the ground make it one of the icons of the city. Founded in 1560, for centuries it has been considered as an important Buddhist symbol and was also spared during the looting in the city in 1887.



Then depart by boat to the temple of Vat Longkhoun, famous for its frescoes of the eighteenth century. This will be followed by an excursion on a traditional boat along the Mekong River, toward the sacred site of Pak Ou. Along the way, stop at Ban Xang Hai Village, specializing in the sticky rice wine distillation.

Inside a cliff overlooking the river, at the exact spot where the Nam Ou flows into the Mekong, Pak Ou consists of two sacred caves housing thousands of Buddha statues.

**Lunch at local restaurant.**

In the afternoon, continue by boat toward Ban Xang Khong, a weaving village also renowned for their papermaking.

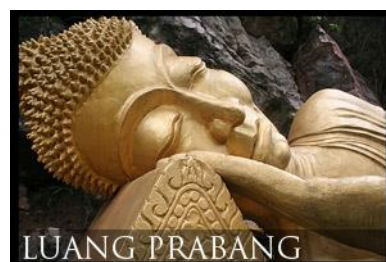
Finally, return back to Luang Prabang by road.

**Overnight in Luang Prabang.**

**D3 LUANG PRABANG: MONKS PROCESSION & INTRODUCTION TO MEDITATION (B/L)**

Depart from the hotel in the early morning to watch the daily procession of the monks. The people of Luang Prabang rise up at dawn and respectfully wait for the procession to give alms to the monks (in the form of food, rice, cakes, fruits...). Return back to the hotel.

After breakfast, transfer to one of the city temples for an introduction to meditation techniques with a monk, an opportunity to clear the body and the mind. In Laos, the monks believe in Theravada Buddhism and every day they practice their faith at the Vipassana, a form of meditation. It aims to remove impurities and to establish peace and serenity.



**Lunch at local restaurant.**

In the afternoon, visit the former Royal Palace now a national Museum, which has a collection of personal items that used to belong to the Lao kings.

**Overnight in Luang Prabang.**

**D4 LUANG PRABANG (B)**

After breakfast, free time at leisure. Note: Rooms shall be released by 12pm (noon). Depending on the flight schedule, transfer to the airport for the departure the flight. End of our services.



**Number of participants:** 2 – 4 persons

**Name of the participants:** To be advised upon booking



**Selected accomodation:** Standard Category

| City          | Hotel        | Category | Room category | Status |
|---------------|--------------|----------|---------------|--------|
| Luang Prabang | Villa Maydou | ***      | ROH           | TBC    |

**Superior Category**

| City          | Hotel       | Category | Room category | Status |
|---------------|-------------|----------|---------------|--------|
| Luang Prabang | Villa Mally | ****     | Superior      | TBC    |

Please note that here we give the official classification of the hotels and resorts based the local standard.



**Price per person in USD:** Standard Category

| Base                                    | 2 pax        | 3 – 4 pax    |
|---|--------------|--------------|
| From September 1st to October 31st 2016 | 540.-/person | 415.-/person |

### Superior Category

| Base                                    | 2 pax        | 3 – 4 pax    |
|---|--------------|--------------|
| From September 1st to October 31st 2016 | 625.-/person | 495.-/person |

*\*We reserve the right to adjust the prices at any time in the event of an increase in the fuel surcharge applied by the airlines.*

#### Our price include:

- Accommodation in a shared double or twin room at selected hotel.
- Transfer by a private air-conditioned vehicle as per program.
- English speaking guide except during free time.
- Entry fees for all sightseeing as mentioned on the program.
- Cruises in a private boat
- Meals as mentioned on the program: (B) for breakfast, (L) for lunch or (D) for dinner.
- Government taxes currently in force (V.A.T.).

#### Our price do not include:

- Visa fee (possible at arrival with 2 ID photos. Fee depending on nationality).
- International flights and airport taxes.
- Drinks, tips, personal expenses and all services not clearly mentioned.

#### Note :

- The offer is subject to availability.
- Upon booking, a deposit of 30% is required.
- The program is subject to change without prior notice due to the changes in the airline schedules or flights cancellations.
- We reserve the right to adjust the prices at any time in the event of an increase in the fuel surcharge applied by the airlines.

**VALIDITY:** From September 1st to October 31st 2016.



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