

Treasures of Laos

Trip Code: SGLP

Version: Treasures of Laos



CULTURE



SELF-GUIDED



LEISURELY



HIGHLIGHTS

- Immerse yourself into UNESCO-listed Luang Prabang, the pearl of Laos
- Discover the flavours of Laos on a traditional cooking class
- Bathe in the aquamarine pools of the Kuang Si Waterfalls
- Explore the foothills and countryside around Vang Vieng on foot
- Relax surrounded by wild nature in Oudomxay

AT A GLANCE

- 9 days sightseeing
- 2 guided excursions
- Cooking class
- Daily departures available
- Join at Luang Prabang / End In Vientiane

ACCOMMODATIONS & MEALS

- 10 Breakfasts
- 2 Lunches
- 1 Dinner
- 5 nights Hotel
- 5 nights Hotel with swimming pool

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

Landlocked between big name destinations such as Thailand, Vietnam, Cambodia and China, Laos receives comparatively fewer visitors than its neighbours; however, it has an unassuming wealth of culture and alluring natural beauty to reward those who make the sojourn. Spending time in Laos, you will feel like you have stepped back in time to a slower and simpler life, shaped by beatific Buddhist philosophy. Everything in Laos runs at a laid back tempo of its own - embrace the change of pace, succumb to slow travel, let go of any stresses, and make your soul feel all the lighter for it.

On this self-guided holiday, you will have the opportunity to discover the historical gem that is Luang Prabang, rejuvenate in wild nature within the forested mountains of the north, and journey through the plains of the Mekong River, along which the majority of the country's population reside. Your self-guided adventure through the northern heart of the country utilises the modern Laos-China Railway that connects the capital Vientiane to Boten, on the border with China. Travelling independently with the guidance of a self-guided travel app, you decide on the pace of your explorations on your holiday in Laos. With a carefully balanced itinerary combining self-guided discovery, guided experiences and optional activities that you are free to choose as you prefer, this is your holiday your way.

Is this holiday for you?

This holiday is perfect for you if you enjoy the freedom of travelling independently from a group, while having the ease of holiday planning and logistics taken care of for you. With your self-guided travel app, you will have a local guide in your pocket to help you along your way as you explore the sights, tastes and culture of Laos at your own pace. On your self-guided walking tours, you can go at your own pace and linger at any sights as you wish, or even take a tuk-tuk if you would like a break from walking. The itinerary also incorporates some timely free days to give you a chance for some rest and relaxation, or alternatively additional activities are available if you prefer to be active.

Itinerary

Version: Treasures of Laos

DAY 1

Arrive in Luang Prabang and settle in to your hotel.

The enchanting city of Luang Prabang, nestled on the bank of the Mekong River among the emerald mountains of northern Laos, waits with open arms to welcome your arrival. Formerly the ancient capital of Laos, this UNESCO-listed city has a distinctive style seamlessly fusing traditional Lao architecture with structures from the French colonial era, alongside numerous Buddhist temples.

Arriving at the airport, you will find your driver waiting to transfer you to your hotel where you can settle in and enjoy the day at your leisure. Check in is usually available from 14:00. You will have a welcome meeting with your self-guided assistant at your hotel in the early evening; they will be happy to share their tips and suggestions and answer any questions you might have. For your evening meal tonight, you might like to take a short tuk-tuk ride to a local restaurant for your first experience of the flavours of Laos.



Accommodation
Hotel

DAY 2

Explore Luang Prabang on a self-guided walking tour. In the evening, embark on a guided street food tour to stimulate your senses.

This morning, we recommend an early start to observe the daily Alms Giving Ceremony. In this traditional rite, Buddhist monks in their distinctive saffron-coloured robes walk the streets at dawn to meet the faithful, who give offerings of food to the monks in return for a blessing. Your self-guided travel app will contain more information about this ceremony along with the locations where you can respectfully witness the spiritual experience. After this tranquil start to your morning, you can return to your hotel for breakfast before exploring the city on foot with your self-guided app.

Following the guidance of your app, you have the whole day to explore this beautiful city on a self-guided walking tour, taking in the most emblematic sights such as Wat Visoun (the oldest temple in Luang Prabang), the splendid Royal Palace Museum, and the stunning temples of Wat Xieng Thong and Wat Mai. Also included in your app are several restaurant recommendations that you are free to stop at for lunch as you discover the jewels of the city at your own pace. For those feeling energetic, there is also an option to climb Phousi Mountain for wonderful panoramic views over the valley.

Self-guided walking tour: 10km / 83m ascent / 83m descent / 6-7 hours including stops.

Self-guided walking tour with Phousi Mountain: 11km / 148m ascent / 148m descent / 7-8 hours including stops.

This evening, you have a guided street food tour to delight your taste buds. Your guide will meet you at your hotel and take you on a flavour adventure to explore the buzzing night market and sample some of the most famous sweet and savoury street food snacks of Laos. On your tasting tour you will have the chance to enjoy barbecued specialties such as Khaojee Lao (skewer of sticky rice mixed with egg), Ping Khai (barbecued egg) and Ping Kwai (barbecued banana) along with some of the staples of Lao cuisine such as Khao Soi or Khao Piak (noodle dishes), Nem Khao (rice crepe stuffed with vegetables), Lao Omelette and Luang Prabang Sausage. At the end of the tour, enjoy a refreshing Beerlao from the terrace overlooking the night market as you take in the sights, sounds and smells of this hive of activity in the heart of the city. If you are still feeling peckish, the night market is the place to be to sample even more delicious tidbits!

Meals: **B D**



Accommodation

Hotel

DAY 3

Optional activities: kayaking on the Nam Ou River; or bike and boat adventure.

Today is a free day for you to enjoy as you please, with a couple of options of full-day guided activities available to book in advance - please contact our sales team for prices.

The first activity option is kayaking on the Nam Ou River. In the morning, you will be collected from your hotel and taken to the meeting point for a safety briefing before launching your kayaks on the Nam Ou River. As you paddle leisurely down the calm waters, you will pass small villages, farms and lush vegetation, before arriving at towering limestone karsts near the confluence of the Nam Ou with the larger Mekong River. Stopping for a rest on the riverbank, refuel on a picnic lunch (included) before continuing your journey beneath the beautiful cliffs. Shortly after merging with the Mekong, you will hop off your kayaks at the Pak Ou Caves to discover the thousands of Buddha statues that watch silently out of the cave entrance over the Mekong. Paddling gently downstream, you will also stop at the village of Ban Xang Hai and learn of the cottage industries here, as well as the charming island of Don Khoun that is home to the only island temple in the Luang Prabang region. At the end of your kayak journey, you will be transferred by vehicle back to your hotel.

This kayaking activity is suitable for beginners but it is a requirement that all participants must be able to swim confidently. This activity can be subject to river levels and conditions during the wet or the dry season.

The second activity option is a bike and boat adventure, ideal for those who love to explore on two wheels. A short transfer from your hotel takes you to the ferry pier to cross the Mekong, before hopping on mountain bikes and pedalling through the village of Chompet. Paved road soon gives way to dirt

road, and your adventurous ride will take you through jungle-clad mountains and traditional villages and farms. You will tackle a challenging climb to the top of a ridge for far-reaching views, followed by the reward of a fun descent of around 7km in length to reach the village of Ban Khaeng Khaen on the banks of the Mekong. Here, a boat will be waiting to transport you downriver for a leisurely cruise in comfort and style, including a delicious lunch, and an optional visit at the Pak Ou Caves before arriving back in Luang Prabang.

Cycling activity: 28km / 575m ascent / 483m descent / 4 hours cycling.

This cycling activity is suitable for regular cyclists who are accustomed to riding mountain bikes on hard packed track in hilly terrain. E-bikes (e-MTB) are also available for a supplementary cost if you would like the additional boost of power.

Meals: **B**



Accommodation
Hotel

DAY 4

Guided visit to Hmong ethnic community and the famous Kuang Si waterfalls. Afternoon at leisure.

This morning, your guide will meet you at your hotel. A short trip through the scenic countryside takes you to the Hmong ethnic community of Ban Long Lao Kao, where you can explore and take in the sights of the village with your guide. Embarking on a walk through verdant landscapes of vegetable gardens, rice fields and forests, your objective is the beautiful Kuang Si waterfalls where tiered cascades and aquamarine pools set amid the lush forest form a dreamscape that would not look out of place in a fantastic movie scene. At this idyllic spot, you can enjoy a delicious lunch and the chance to relax and have a paddle in the pools, before heading back to Luang Prabang. The rest of the day is free to enjoy as you please. Perhaps a return to the night market is in store this evening for you to tuck in to more local specialities.

Meals: **B L**



Accommodation
Hotel



Time
4 hours walking



Distance
8KM

DAY 5

Experience a traditional cooking class in the morning. In the afternoon, take the train to Oudumxay province in the mountainous north.

Check out of your hotel after breakfast. You have an exciting immersion into traditional Lao cuisine today! A short transfer takes you to the handicraft village of Ban Nongxay, to meet the chef who will introduce you to some traditional ingredients straight out of the kitchen garden. You will accompany the chef on an excursion to the market to procure the rest of the ingredients for you to make up your tasty lunch together - what a way to discover the wide variety of local fruits, vegetables, herbs and spices, meat and fish that you will use during your cooking class. With the assistance of the chef and their team, you will create fragrant and flavoursome dishes, using traditional recipes and techniques that have been passed down through generations. No doubt you will have a sense of pride and achievement as you tuck in to your culinary creations while exchanging stories and smiles with your hosts.

After lunch, you will be taken with your luggage to the station to catch the train to the province of Oudomxay in the mountainous north of Laos. The train journey usually takes around an hour. You will be met on arrival and be transferred to the remote eco-tourism resort of Nam Kat Yorla Pa, set amidst the forest along the Nam Kat River. Here, you can take a deep breath of the fresh air and enjoy a slower pace after a busy few days of exploration.

Meals: **B L**



Accommodation

Hotel with swimming pool

DAY 6

Free day at the Nam Kat Yorla Pa eco-tourism resort.

During your stay at this resort, there are no scheduled activities so you are free to enjoy your time here as you wish.

You might simply like to bask in the tranquillity of your natural surroundings with a good book by the pool or in the gardens. You might even like to indulge yourself with a massage or other wellness treatments available at the resort. For those that prefer to keep active and explore, the resort offers a multitude of additional outdoor activities and excursions; these can be booked with the hotel staff on arrival, payable directly.

Meals: **B**



Accommodation

Hotel with swimming pool

DAY 7

Free day at the Nam Kat Yorla Pa eco-tourism resort.

This is another free day for you to enjoy as you wish, whether that is with one of the additional activities offered through the hotel, or just to rest and unwind in the serenity of the natural environment.

Meals: **B**



Accommodation

Hotel with swimming pool

DAY 8

Morning at leisure. Take the afternoon train to Vang Vieng.

Luxuriate in a final relaxed morning in tranquil forest surroundings before checking out of your room. In the early afternoon, you will be transferred to Oudomxay train station to travel to Vang Vieng, a small riverside town surrounded by limestone cliffs blanketed in lush greenery. This sleepy town, famed as a mainstay on the "Banana Pancake" backpacker trail, is now a more laid-back affair and entices travellers to experience its natural beauty. From the train station, you are transferred to your hotel to settle in. With views west over the Nam Song River, you can be treated to a dazzling sunset over the dramatic mountains. This evening, take your pick from the many eating options available in town.

Meals: **B**



Accommodation

Hotel with swimming pool

DAY 9

Discover the peaceful countryside of Vang Vieng on a self-guided walking tour.

Enjoy a leisurely breakfast before heading out on your self-guided walking excursion today. From Vang Vieng, take a tuk tuk ride upriver to the Hmong village of Ban Phathao, where your walk commences. Armed with your self-guided app on your phone and the friendly greeting of "Sabaidee!", you will set off on foot to explore the countryside trails at your own pace, walking through picturesque rice fields and pockets of forest around the base of the towering karsts that stand silent guard over the town. Within many of these limestone hills, hidden caves house fascinating forms, shaped by the course of calcium-rich water over millennia. There are a number of caves in the area that are open for visitors; please note that any cave visits are optional excursions and any entrance fees are payable locally.

Take your time on your walk and drink in the peaceful rural scenes, maybe enjoy a sandwich in one of the farmer's huts along the way. This is a slice of authentic Lao country life. At the end of your walk, catch a tuk tuk to return to your hotel in Vang Vieng.

Meals: **B**

**Accommodation**

Hotel with swimming pool

**Time**

2 hours walking

**Distance**

6KM

DAY 10**Travel by high-speed train to Vientiane, the capital city of Laos. Self-guided walking tour of Vientiane.**

Pack up your bags, today you will hop back on the high-speed Laos-China Railway to head to Vientiane, steeped in legend and history. On a much smaller scale in comparison to the cosmopolitan capital cities of Bangkok or Hanoi, Vientiane has a charm of its own and represents a true Lao pace of life.

A car will pick you up from the train station and take you to your hotel to check in, before you head out to explore the city on a self-guided walking tour. Loaded into your travel app are the most important cultural and historical sites of the capital, giving you the chance to see the different facets of the city from the ancient to the modern, as skyscrapers and shopping malls juxtapose with serene temples centuries old. The golden stupa of Pha That Luang, gleaming in the sun, is the most important national monument in Laos - in fact, the stupa is enshrined on the national emblem. The French influence on Vientiane is probably most evident in the Patuxai monument echoing the Arc de Triomphe of Paris. For a small entry fee, it is possible to climb to the top of the monument to gain an elevated view of the city. Take your time and enjoy the hustle and bustle of the streets as the population go about their daily business. Tuk-tuks are readily available if you wish to take a break from walking too. There are a number of restaurants loaded into your app for lunch and dinner recommendations; the night market is also a failsafe destination for plentiful options of casual street food.

Meals: **B****Accommodation**

Hotel

DAY 11**Departure day.**

Before departing from Vientiane, you might like to have a wander along the Mekong River, or visit the morning market abuzz with activity as locals pick up the day's fresh produce. A transfer is included to take you from your hotel to Vientiane Airport for your onward flight.

Meals: **B**

Holiday Information

What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided travel app
- Self-guided assistance throughout
- An airport transfer on arrival
- Cooking class in Luang Prabang
- Guided street food tour in Luang Prabang
- Guided excursion to Kuang Si Waterfalls
- Transfers and train journeys as described in the program
- An airport transfer on departure day

What's not Included

- Travel insurance
- Travel to Luang Prabang
- Travel from Vientiane
- Visas (if applicable)
- Some meals as described in the Meal Plan
- Personal equipment
- Entrance fees and tickets on self-guided excursions
- Any transport required on self-guided excursions
- Any additional activities/excursions indicated as optional

GPS Travel App

This holiday is led by a self-guided travel app, which contains the personalised details of your complete holiday itinerary. This includes the GPS-led routes for you to follow on your self-guided walking tours, as well as attractions, coffee stops and points of interest in the towns and cities along the way. The app does not need to have Wi-Fi connection to work, you simply follow the instructions we provide you to download the app to your personal smartphone device before you leave home and you are ready to go.

Alongside the self-guided app, you will also have support from our local self-guided assistant with a welcome briefing on arrival in Luang Prabang. Our local partners can be easily reached by phone, text or on WhatsApp at any point during your holiday and they will be happy to assist you.

While the travel app is running, your phone battery charge can be consumed faster than normal, so we strongly recommend that you pack a power bank with you just in case you require it.

Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's walking if a day of building sand castles, swimming in the pool, or visiting museums is calling instead.

Please discuss this further with our Sales Team who will be happy to assist in picking the best trip for your family.

Joining Arrangements & Transfers

The trip starts in Luang Prabang and ends in Vientiane. All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you.

For this trip, we have included a pick up transfer from Luang Prabang International Airport to take you to your hotel in Luang Prabang on Day 1 of the itinerary. A driver will be waiting to meet you upon exiting the airport.

At the end of the trip, a transfer is included on Day 10 to take you from your hotel in Vientiane to Vientiane (Wattay) International Airport.

Please ensure you inform our customer sales and support team as early as possible of your flight times so that we can arrange your transfers for you.

Meal Plan

This trip is arranged on a bed and breakfast basis to give you the most flexibility during your holiday. In Luang Prabang, you also have two lunches and one evening with street snacks included during your guided excursions and cooking class.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

It is not recommended to drink untreated water from the taps. You should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water. We do not encourage the purchasing of single use plastic bottles.

While Lao cuisine may not be as well-known internationally as that of its neighbours, it has a unique identity and we think that makes the gastronomic discovery even more exciting. Lao food is full of complex flavours and fragrances utilising local herbs and chilies, and infused with a subtle hint of smoke from the ubiquitous means of cooking over charcoal. The Mekong River and its myriad tributaries flows the length of the country and affords this landlocked nation a bounty of fish. And, as to be expected, rice is a staple and is consumed at all meals, particularly sticky rice known as *khao niao*.

Unmissable dishes to sample include *laab*, a dish of minced meat that positively sings with flavour from a clever blend of fish sauce, zingy lime juice and fresh herbs; the fiery green papaya salad known as *tam mak hoong*; and *mok pa*, a deliciously fragrant dish of fish wrapped in a banana leaf and steamed.

French colonial legacy melds into modern-day Lao culture, especially in Vientiane, with fresh baguettes assimilated into everyday cuisine and readily available at bakers, street stalls and restaurants alike.

Accommodation

For this holiday, we have chosen a selection of typically 3* standard hotels, all offering rooms with air conditioning and private bathrooms. Rooms are on twin or double sharing basis, with breakfast included. Single rooms can also be arranged at a supplementary cost. All hotels offer Wi-Fi connectivity and serve up a buffet breakfast with a mix of traditional Laotian cuisine alongside more familiar international fare. Some hotels even have pools if you wish to cool off after a day of exploration, or simply spend a relaxed afternoon with a book.

For the first four nights in Luang Prabang, your base will usually be a charming hotel with rustic styling, in a quiet area just a short way from the centre of town.

In the mountainous Oudomxay province, you will stay three nights at a remote eco-tourism resort nestled amid the rainforest, on the banks of the Nam Kat River. At this secluded location, you will have a riverside bungalow with views out to the lush rainforest. The resort is well equipped with amenities such as a pool, wellness facilities, fitness centre and a shop. The hotel also offers various additional activities and excursions that you can book directly on arrival, or you might simply like to relax by the pool or in the gardens, and bask in the peaceful surroundings.

In Vang Vieng, nestled in the valley of the Nam Song River, you will stay two nights in a comfortable hotel with views over the verdant karst peaks that surround this small town.

Finally, in the modern-day capital of Vientiane, positioned on the mighty Mekong River and the border with Thailand, you will stay in a modern hotel close to the river, a perfect base for exploring the city as well as being conveniently located for the airport.

We have carefully balanced comfort and amenities with accommodation that reflects the character of the destination. Tourism in Laos is still up and coming and accommodation could be perceived as a slightly lower standard when compared to its more developed neighbours Vietnam or Thailand.

Accommodations are subject to availability and can change. Any alternatives offered will be of a similar standard.

It is possible to extend your stay with additional nights in Luang Prabang and/or Vientiane if you would like a little more time to soak in the beauty of Laos and do some further exploration. Just contact our Sales team for further information.

Additional Information

Please note that train stations in Laos operate airport-style security checks. Any sharp objects, flammable materials (including aerosols), explosives or hazardous materials, and any controlled substances are not permitted on the trains and may be confiscated. Any liquids such as shampoo, sun cream etc should be in containers under 100ml.

Baggage Allowance

For this holiday you should take one piece of luggage and a day pack for your daily essentials. Luggage with wheels may be useful for this holiday.

For international flights please check your baggage allowance with your airline.

Please note that train stations in Laos operate airport-style security checks. See the Additional Information section for more details.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates (see *Health & Vaccinations below*), **and visas for your holiday**. Please ensure that you check the [FCDO](#) for the latest advice for **each country visited** before travel.

Most nationalities including UK and USA passport holders require a visa for entry into Laos. A visa on arrival is available at all major ports.

You can also speed up your arrival process by applying and making payment online for an e-visa through <https://laoevisa.gov.la/index>. Applications must be made at least 5 days in advance (no more than 60 days before arrival). The e-visa is single entry only and is accepted at major entry points, and is valid for a stay of up to 30 days.

Visa conditions can change regularly so please check the latest advice with your nearest consulate.

Effective from 1st September 2025, Laos will replace the traditional paper-based immigration forms for all foreign travellers with the **Lao Digital Immigration Form (LDIF)** – a **mandatory online form** that must be completed prior to both **arrival** and **departure**.

The LDIF must be submitted within 3 days before arrival, and again within 3 days before departure. A QR code will be generated after submission, which travellers must present to immigration officers.

Visit the official Department of Immigration website for more information and to submit your registration: <https://immigration.gov.la/en/home>

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the [FCDO](#) and [Travel Health Pro](#). For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The unit of currency in Laos is the Lao Kip.

Preparing for your Holiday

The advantage of a self-guided holiday is that you decide the pace, however getting some additional exercise before coming on an active holiday would be a good idea. The walking tours in the itinerary are typically gentle and allow many opportunities for stops.

Climate

Being a tropical country, Laos has a warm climate, with a dry season running from October to April, and the rainy season from May to September. Temperatures are generally warm or hot year round, typically averaging around 31C during the day and a relatively more comfortable average of around 21C at night. The hottest time of the year is usually between March and June. The north of the country, being at a higher altitude, will feel a little cooler than Vientiane, located the humid basin of the Mekong valley.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

Love Began in Laos: The Story of an Extraordinary Life - Penelope Khounta

One Foot in Laos - Dervla Murphy

Voices from the Plain of Jars: Life Under an Air War - Fred Branfman

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

- Comfortable walking shoes

- Functional base layer
- T-shirts
- Lightweight travel trousers/shorts
- Lightweight loose-fitting shirt / shawl to cover shoulders for temple visits
- Scarf / neck buff
- Hat
- Windproof jacket
- Fleece / extra layer
- Rain protection
- Rucksack (approx. 20 l)
- Small first aid kit for your rucksack
- Sunscreen
- Water bottle or hydration pack (we encourage re-filling water bottles rather than single use plastic)
- Camera (batteries/memory card)
- Mobile Phone (unlocked to accept an additional SIM card)
- Power bank
- Sun glasses
- Personal wash kit
- Hand sanitiser

- Toilet paper (in case these are not available at public conveniences)
- Face mask (you may be asked to wear a mask in train stations and on the trains)
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics
- Swimsuit
- Small travel towel
- Sandals
- Insect repellent
- Headtorch & batteries

*Please dress respectfully and modestly when visiting temples and religious sites. Loose fitting clothing that covers shoulders and knees are best. Avoid wearing clothing with religious themes (e.g. images of Buddha or Hindu deities).

**If you plan to book the optional cycling activity on Day 3, you may wish to pack a pair of padded cycling shorts for your comfort. Helmets rated to EN1078 safety standard are provided locally for this activity.

***Please note that there will be airport-style security checks when entering train stations. Dangerous and flammable items will be confiscated. Please do not take items such as spray cans of deodorant, spray shampoos, knives, alcohol, flammable mosquito sprays etc.

Land Only Information

Please note our 'from price' listed is based on 4 persons in twin or double occupancy, however we can quote for any number of travellers, including solo travellers - contact our Sales Team for a quote.

When considering your travel dates, you might like to investigate any seasonal opening times of attractions and points of interest.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights' accommodation before or after your self-guided trip - ask our Sales Team to find out more about this.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

Our Sales Team will also be happy to provide you a quote for scheduled flights from your nearest regional airport (where possible). Flight prices are subject to change depending on availability and seasonality. Flight prices will only be confirmed to you when all services have been arranged and confirmed for your requested dates.

Why Choose KE

Why KE

Named as one of the best countries to visit in Lonely Planet's Best in Travel 2025. Get ahead of the curve and get under the skin of this beguiling country on our exclusive itinerary in Laos, blending self-guided discovery with guided experiences and authentic cultural immersion.

Please Note This document was downloaded on 16/06/2026 and the trip is subject to change