



ADVENTURE ASSOCIATES

www.AdventureAssociates.net

PO Box 16304 • Seattle WA 98116 • 206-932-8352

info@AdventureAssociates.net



LAOS & CAMBODIA: CULTURAL IMMERSION & MULTI-ADVENTURE

An unforgettable 22-day tour through Northern Laos and the heart of Cambodia, combining travel by riverboat, cycling, trekking, kayaking and the spectacular ruins of Angkor Wat. Enjoy two wonderful days hiking through the Nam Ha Protected Area and into the world of the Akha people; walk with birdcallers and eat homemade meals using the special spices of these famous woodsmen. Bicycle with a support vehicle through the silk and paper-making villages of Black Tai and Lanten. Kayak to hidden caves where Lao-style sculptures are carved into the walls. Follow this with 5 days in Cambodia! Tour Phnom Penh and the Killing Fields, hike through the ancient jungles that have grown around the hidden temples of Angkor Wat and discover the solitude of lesser-known ruins of Angkor Obscura. From night markets to picnic lunches on sandbars, bamboo guesthouses and famous temples, this is a once-in-a-lifetime active journey through the rivers, roads and cultures of Laos and Cambodia!

Trip Dates: Nov 6 – Nov 28, 2008

Laos: 14 In-country Days

Cambodia: 7 In-country Days

Land Costs: \$3375

DAY 1

USA / Bangkok: Please check in three hours prior to departure. On your own.

DAY 2

Arrive Bangkok: On your own.

DAY 3

Bangkok to Chiang Rai (flight arranged on your own or with AA)

Our representative will receive the 1:15 pm arrival at the airport and drive you to the border. Upon crossing into Laos, meet your Lao guide and proceed to a local guesthouse. Enjoy a trip orientation with your guide over dinner. Overnight: Guesthouse. (D)

DAY 4

Houeisai to Ban Khon Kham

After breakfast, meet your guide and the boatman in Houeisai. Sail down the Mekong for 1 hour through the old trading town of Pak Tha to the confluence of the Nam Tha and

Mekong River. The boat will turn and proceed up the Nam Tha. The Nam Tha is one of the last remaining rivers of Southeast Asia where people depend upon the river as their sole route of communication. While plying the river with a local boatman, pass remote rustic villages along the banks that can only be accessed by river or footpath. Stop on a sand bar for a Lao style picnic lunch. Near the village of Ban Peng, view Buddhist cliff art. Stop in the village of Ban Peng for a break and to view the small village temple. If we're lucky, there will be a traders' fair in the Ban Peng on that day. Arrive in Ban Khone Kham in the late afternoon. The boatman's family will cook a traditional Lao family meal for you. Bedding and mosquito nets will be provided by the family. This will be your only accommodation with pit toilets. Overnight: dormitory style on the floor of the boatman's home. (BLD)

DAY 5

Ban Khone Kham to Luang Namtha

Depart from Ban Khone Kham after breakfast. It is a 3-hour trip to the district town of Nalè. Enjoy lunch in the local market before cycling for 5 hours to Luang Namtha (your guide will fit you to your bikes and give you a short orientation before departure). Your bags will be placed on a support vehicle that follows the group. The ride will wind along the rugged Namtha River road through Black Tai, Lanten, Khmu Rok and Tai Leu villages where local crafts include silk weaving and paper making. The road skirts the edge of the Nam Ha Protected Area, which you will be able to see from the opposite bank. If the timing is right, you may see the monthly traders rendezvous in Ban Nam Jaleng. After a great day of biking, arrive at the Luang Namtha boat landing in the late afternoon. Traditional Lao Dinner with local orchestra. Overnight: Guesthouse. (BLD)

DAY 6

Free Day at the Boat Landing.

Optional Day Excursions and lunch and dinner on your own. Overnight: Guesthouse. (B)

DAY 7

BEGIN NAM LAI TREK

This 2-day trek through the Nam Ha Protected Area (NPA) takes you into a mountainous forest camp and the world of the Akha people, where you will learn about the lives and culture of these famous woodsmen. Your guide will tell you about the rare birds, animals, plants and trees of this forest. Walk along a stream to a small but refreshing waterfall. Spend the night with your Akha hosts and enjoy a home cooked meal with their special forest spices before retiring in the forest camp lodge. (BLD)

DAY 8

NAM LAI TREK

For early risers, wake up and see the birds with an Akha bird caller. After breakfast, walk with the bird caller and learn about all of the birds in the forest. See how many different ones he can call. Meet your Akha hosts by the side of a stream for a forest lunch. After lunch climb the last big hill before leaving the forests of the NPA and heading back down to the fields and villages of the lowlands. Back at the Boat Landing guesthouse, meet one of the proprietors for dinner and enjoy learning about responsible and community-based tourism. (BLD)

DAY 9

Luang Namtha to Nong Khieo

After breakfast, travel by van to Nong Khieo (5 hours). The scenery is lush mountainous. En route, stop for a picnic lunch by a lovely waterfall. Other possible stops include Hmong and Khmu villages. Overnight in a riverside lodge. (BLD)

Continued...

DAY 10

Nong Khieo to Luang Prabang (via Pak Ou Cave)

Transport by van to Pak Ou to pick up your inflatable kayaks. Cross the Mekong River to the Pak Ou Caves, which are only accessible by boat. Inside, find Buddhist and Lao-style sculptures carved into the cave walls and hundreds of figurines on the floors and shelves. Departing the caves, paddle down the Mekong River. Have a picnic lunch on a sandbar. After lunch, stop at the Ban Hai to learn about Lao Whiskey-making. If time allows, other villages may be visited along the way. Arrive in the city center of Luang Prabang. Dinner on your own. Visit the night market! Overnight: Hotel. (BL)

DAY 11

Walking Tour of Luang Prabang

The day starts with breakfast at a riverside coffee shop under a mango tree. After breakfast, visit the Wat Mau before proceeding to the Royal Palace Museum and galleries. Next, for a broad view of the Luang Prabang Valley, we'll climb the Royal Mount Phousi. Walking down to Wat's Saen, stop to visit the Buddhas of the Days of the Week. For lunch, stop at a homemade noodle stand in front of the Royal Wat Xieng Thong Temple and continue with a visit to the temple itself. From the temple's boat landing, cross the river to Wat Loun Khun, a meditation temple with a sacred cave. Climb to the top of Wat Chomphet for an afternoon view of Luang Prabang across the river. Descending from Wat Chomphet, meander through Xieng Man village to the boat landing and cross the Mekong for one last time before returning to your hotel. Enjoy some free time this afternoon until a performance at the Royal Theatre followed by a traditional Luang Prabang dinner. Overnight: Hotel. (BLD)



DAY 12

Luang Prabang to Vang Vieng (5 hours)

Enjoy a leisurely morning and depart by van around 10:00 am for a day full of mountain views and valley vistas. Enjoy lunch in a mountaintop Hmong Village. Arrive in Vang Vieng in the late afternoon. Overnight: Hotel (BLD)

Continued...

DAY 13*Begin Secret Eden Trekking & Kayaking Tour*

The next two days of trekking and caving take you across the 1500 m high ridge of Vang Vieng to remote places that even some locals don't know about! The trek starts in the village of Phathao, some 12 km north of Vang Vieng. After reaching the mountain range, an upward climb leads to heights with spectacular panoramic views of the beautiful limestone mountains of this region. Near the top of the ridge lies the Tham Hok Cave. It contains some of the most impressive stalactites and stalagmites in Vang Vieng. After the descent down the far side of the mountain, you will reach "Secret Eden," where there will be time for a swim in cool pools near small rapids. The final leg of the loop passes through an unusual palm forest, and ends in a bamboo house by the Nam Song River for the night. (BLD)

DAY 14*Continue Secret Eden Tour*

After breakfast, a *songthaew* transfers you to the put-in for kayaking on the Nam Song river. The Nam Song proves exciting but manageable for most participants. For anyone having difficulties, an experienced and helpful guide will be alongside. We stop at the caves of Tham Nam Thaem and Tham None along the way. Both caves are filled with water and are great swimming holes. Paddling the last leg brings you back to Vang Vieng just in time to enjoy the sunset. Dinner on your own account and a free evening to explore town. Overnight: hotel. (BL)

DAY 15*Vang Vieng to Vientiane.*

Transfer by bus to Vientiane and enjoy an afternoon tour of the main sights of Vientiane. Visit the market for those last minute souvenirs and enjoy a farewell cruise on the Mekong. Overnight: Hotel. (BLD)

DAY 16*Vientiane to Phnom Penh, Cambodia (flight arranged by AA)*

Fly to Phnom Penh and enjoy a visit to the Silver Pagoda. Considering that over half of the pagoda's contents were destroyed under Pol Pot, these remains are spectacular; they embody the brilliance of the Khmer civilization. Afternoon tour of Choeng Ek, the Killing Fields. This excursion may be distressing for some, but it is a highly significant piece of Cambodia's history and culture. (B)

DAY 17*Phnom Penh to Siem Reap*

Transfer by bus to Siem Reap and transfer to your Angkor Wat villa. Settle in, relax, do some laundry if you wish. Afternoon visit to the monuments of Roluos, all that remains of the early 9th century Khmer capital city. In its center is the magnificent five-stepped pyramid of Bakong, surrounded by a wide moat. Overnight: Villa (BLD)

DAYS 18-19*Angkor Wat & Angkor Obscura*

Depending on our pace and the desire of the group, we will remain flexible to see the most popular sites, the little-known temples and the completely hidden ruins of Angkor Wat and surrounds. Options include Preah Khan, Ta Keo, Thommanon, East Mebon and more. Walk through Banteay Kdei to Ta Prohm with its spectacular ruins and strange root formations. Enjoy the quiet and remoteness of Preah Pallilay with fewer visitors wandering to these often-unseen sites. Overnight: Villa (BLD)

Continued...

DAY 20*Banteay Srei & Kbal Spean*

An early start today, as we head for the delightful temple of Banteay Srei, where some of the most spectacular carvings in all of the Angkor temples still exist. Continue on with a 45-minute jungle hike to Kbal Spean. Commonly known as the Valley of 1,000 Lingas, this walk leads to a riverbed where hundreds of phalluses are carved into the rock. There's also a lovely waterfall nearby which is topped by various carved animals. This unique site has only been open to tourism since 1998. Overnight: Villa. (BLD)

DAY 21*Tonle Sap Lake by riverboat*

After breakfast, we head into the mangrove forests on the margins of Tonle Sap Lake. By riverboat, we pass houseboats and floating schools, visiting the Gecko Environmental Centre along the way. Enjoy a visit into the friendly and remote stilt-village of Kompong Phluk, where a traditional fishing community thrives. Next, we visit one of the largest communities on Tonle Sap Lake: Kompong Khleang. Meaning "Harbor of the Storehouses," 20,000+ people live here in spectacular stilt-houses built up to 30 feet above the river. Overnight: Villa (BLD)

DAY 22

Siem Reap to Bangkok and transfer to flight home. (Flights on your own or arranged by AA)

Enjoy a relaxing morning at the villa and pack for your evening flight. Visit the Old Market in Siem Reap and Les Artisans d'Angkor. This school and shop was designed to help young Cambodians find craft and artisan work in their home villages, providing them with prosperous vocations and roles in society. It is dedicated to renewing the Khmer cultural identity by connecting Khmer traditions to the latest innovations. Transfer to Siem Reap airport. End of AA Services. If you are flying onto Bangkok, overnight arrangements are on your own. (B)

DAY 23*Bangkok to USA*

Transfer for your flight on your own or have us make other arrangements in Asia. (Transportation and meals on your own.)

NOTE: While as accurate as possible, this itinerary should be considered an approximate indication of the schedule and scope of the trip route and activities, rather than an inflexible schedule. The itinerary, hotels and flights are subject to change due to circumstances beyond our control. Any additional costs incurred due to circumstance beyond Adventure Associates of Washington's (AAW) control are the responsibility of the individual passengers. AAW does not accept any responsibility for refunds of unused arrangements due to any change in itinerary in any way by clients after the commencement of the journey or strike action prior to departure and while overseas.

Land Costs	Deposit	Flights: BKK/CEI VTE/PNH REP/BKK	Single Supple- ment	2008 Trip Dates	Group Size	Difficulty	Activities
\$3375	\$1000 (\$200 non- refundable)	Approx. \$438 (Due at registra- tion, non- refundable)	\$450	Nov 6 - 28	5-12	No Experience Needed	Cultural Exchange, Kayaking, Trekking, Biking, Lodges

Continued...

Prices are subject to change.

Land Package: **\$3375**

Single Supplement (Optional): **\$450**

Internal Flights

BKK/CEI): Approx. **\$118** (Arranged on your own or by AA)

VTE/PNH: Approx. **\$170** Arranged by AA (non-refundable)

REP/BKK: Approx. **\$150** (Arranged on your own or by AA)

Approx. International Air (LAX/BKK **and** BKK/LAX): **\$1090** Arranged on your own

Airport codes:

BKK – Bangkok

CEI – Chiang Rai

LAX – Los Angeles

PNH – Phnom Penh

REP – Siem Reap

SEL – Seoul

VTE – Vientiane



A FEW IMPORTANT DETAILS ABOUT YOUR TRIP...Read carefully

Included in your Trip Fee: Standard accommodations (twin share); meals as indicated on itinerary B=Breakfast, L=Lunch, D=Dinner; van transfers, ground transportation with driver; sightseeing with a national English-speaking guide and entrance fees, government taxes.

Not Included in your Trip Fee: Internal flights from Bangkok to Chiang Rai, Vientiane to Phnom Penh, Siem Reap to Bangkok (Approx. \$438 non-refundable and due at registration– AA will book the flight from Vientiane to Phnom Penh, and will optionally book the other two flights); International airfare from USA to Chiang Rai and Siem Reap to USA and any accommodations en route (i.e. Bangkok); visa fees; Laos airport departure tax (\$10), Bangkok international airport departure tax if applicable (\$20); Seoul International airport departure tax if applicable (\$10); any meals not included in itinerary; camera/video fees at monuments; tips to your wonderful guides; travel/medical/evacuation insurance and items of a personal nature.

Single Supplement: If you are traveling alone and would like single accommodations where available, you will be asked to pay a single supplement fee of US\$450. If you wish to share accommodations, we will assign you a roommate if one is available. If a roommate cannot be assigned, you will be asked to pay the single supplement fee regardless.

How Strenuous are the activities: Age and experience are not important. However, you must have a reasonable level of fitness to enjoy yourself on this tour. You don't have to be young and extremely fit, but you should be in the habit of doing at least some exercise each week. If you are concerned about your fitness level, give us a call with your questions. Our experienced guides are highly trained and will look after you well.

Weather: Laos and Cambodia both have tropical climates. Temperatures in the 80s with a high amount of humidity can be expected during the days, dropping into the 60s and 70s at night. Our trip occurs during the best time to visit this region, with the coolest and driest conditions most likely. Of course, in the tropics, rainfall is a possibility at any time of year.

Medical Issues: Hospital facilities for serious problems are likely to be unavailable and emergency evacuation can be expensive. All costs of evacuation, hospitalization, and other medical expenses are the responsibility of the individual. For this reason, Adventure Associates strongly recommends that you purchase travel insurance. See below.

Travel & Trip Insurance: We strongly recommend that travel insurance be purchased immediately following your registration. The time and expense that you have put into planning and paying for your trip warrant protection through the purchase of travel insurance. Our primary interest in the Access America travel Insurance package is that it covers "emergency medical transportation" - this is important when traveling and preparing for the unexpected. Emergency services are very costly. This coverage is very inexpensive in comparison. The insurance also

protects you and your money from late cancellations, accidents or illness in remote areas, loss of baggage, airline flight changes and other unexpected delays. The particular program we recommend (Access America) will cover "preexisting" conditions, if you purchase full coverage within fourteen (14) days following your registration or flight purchase. Information available upon request.

Do I need a Visa for travel to Laos and Cambodia: Yes, for US Citizens, visas for Laos and Cambodia can be obtained in-country. You will pay the visa fees, US\$35 and US\$25, respectively, upon arrival. You must hold a passport that is valid for at least 6 months after the end of the tour.

Transportation/Flight Arrangements: Upon your registration, Adventure Associates will work closely with you on your individual flight plans. You are responsible for flying from the US to Chiang Rai and from Siem Reap to the USA. Certain programmed activities are dependant on flight schedule - you should verify your flight itinerary with Adventure Associates before purchase.

How to Register: If you have not downloaded an application form from our website, please contact our office for a complete registration packet. Complete the application form and return it to our office along with the appropriate deposit. Upon receipt of your application, we will send you a confirmation and final details about your pre-trip preparation will follow in a timely manner. For immediate confirmation, you may charge your deposit to Visa, Master Card or American Express by phone or fax.

Payment Schedule:

We accept checks, Visa, MC, or Am Ex payments.

\$1000 deposit and \$438 internal flights: due at time of registration (\$638 non-refundable)

\$1200 - due six months prior to departure

Final payment - due three months prior to departure

Cancellation & Refund Policy

If you must cancel prior to departure, the following fee will be assessed based upon our receipt of your written cancellation request:

Days Prior to Departure (trip destination)

90 or more \$530

60 to 89 \$1030

30 to 59 50% fee

1 to 29 100% fee

Itineraries are subject to change.

No partial refunds are possible for any unused portion of your trip.

Penalties on airline tickets are subject to the individual air carrier's rules and regulations. Departure is defined as the date of the first flight, or the trip departure date as indicated on our Trip Schedule, whichever comes first.

Once a trip has been confirmed medical circumstances will not be considered as exceptions to our cancellation policy. However, if you have purchased a comprehensive Travel Insurance plan that covers cancellation, you may be able to retrieve some of the funds.

