

### a 9 day Laos Bicycle Tour

The northern reaches of Laos are well off the beaten path, a region that sees very few tourists. But it is a land of beauty, culture and history that fascinates those that do find their way to explore it's realms. Pedalers offers cyclists a chance to get off the beaten path and come discover the quiet villages, dramatic vistas and colonial towns of the region ... by road bike.

Our journey begins in Luang Prabang, a UNESCO World Heritage City, with quiet streets lined by colonial buildings and sidewalk cafés. We warm up with a bicycle exploration of town, before pushing off for a boat trip up the mighty Mekong River to quiet Pak Beng, perched on its banks. Our riding takes us north from Pak Beng through rural areas, that see very few visitors, especially those riding bikes. The kids line the road, shouting "sabai dee" and holding their hands up a high five as we bike past. As the area doesn't see many tourists, most overnight stops are simple, but there are some hidden luxury resort surprises awaiting us.

The second half of our trip loops back south following the course of the scenic Nam Ou (river) lined by towering limestone cliffs and mountains. The landscapes are unmatched in beauty, peace and quiet. We will stop a visit small ethnic tribal villages and old temples. Some of the area along the river is roadless, so we will switch to river boats to explore these hidden reaches beyond pavement's end. The trip winds back down in Luang Prabang, perhaps you might want to stay a couple more days to relax in this delightful town.

## **Day by Day Itinerary**

**Day 1** - Your guides will meet you upon arrival at Luang Prabang's airport. Its a short drive to town, where you will have the balance of the day free to explore and relax. Tonight, you will head out for a welcome dinner with your guide at Roots & Leaves, an outdoor restaurant offering traditional dance demostrations and delicious Laotian cuisine.

**Day 2** - Explore the backroads of Luang Prabang, a UNESCO World Heritage site. You will see parts of Luang Prabang only few tourist visit. Our half day bike trip will take you to the secrets of the town's wetlands, centuries old temples, a household industry, a Vietnamese-Chinese cemetery, and an orphanage school. At the orphanage school, you will visit the small gallery and the vegetable gardens, which are managed by the children. Before going back to the town, you will visit a weaving centre, where you get a short explanation of the silk weaving process. Look at silkworm, natural dyes and meet the weavers. 30 kms



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- **Day 3** Today, we will board a traditional Mekong River long boat for the trip to Pak Beng. The voyage takes most of the day, slowly traveling upstream through beautiful mountain landscapes and past small villages growing peanuts on the sandy beaches. We'll stop to visit one of these villages and also enjoy a Laotian lunch prepared fresh by the boat captain's wife. Upon arrival in Pak Beng we will relax in our delightful resort overlooking the Mekong as sun sets to the west.
- **Day 4** Probably on one of the best roads of Laos, you start in the narrow valley of the Beng River following its course north through the mountain valleys. Soon, the countryside opens up and we enjoy spectacular views over rice fields and surrounding mountains. Take your time in villages and local markets to see to daily life in the country side. And prepare to "High 5" every school kid along the roadside. We end our day with a short transfer to Oudomxai. 70 kms
- **Day 5** A short but scenic ride today, takes us through more emerald rice paddies to the small picturesque village of Muang La, where we relax this afternoon at an unexpected luxury resort in this rural area. Enjoy their outdoor tub, sauna and perhaps a massage. The lush green vegetation and houses made of wood and bamboo are contrasted by the two rushing rivers: the Nam Phak and the smaller Nam La. Aside of its overall beauty and interesting ancient wat, the main reason for foreigners to visit this town is the hot springs. 35 kms
- **Day 6** Our ride today is a bit longer, winding through remote rural valleys en route to the village of Muang Khua. As with our previous rides, this area doesn't see a lot of foreigners, so we will be the center of attention as we pedal. Our overnight stop is located on the banks of the beautiful Nam Ou (nam means river in Laotian). 70 km
- Day 7 Today the Nam Ou awaits, which is one of the most beautiful rivers in the region. Here, there are no roads, life feels completely different from that which we have been cycling through. The river is lined by towering limestone cliffs, interspersed with lush forests and villages. We'll stop on the way to visit and discover some of these remote villages. The boat ride will take around 4 to 5 hours downstream, including stops on the way. Our overnight stop is in Nong Khiaw, a popular jumping off spot for trekking trips, boasts a gorgeous backdrop of the limestone mountains, picturesque river views and genuine local color.



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**Day 8** - The last ride of the tour takes us back towards Luang Prabang. We start pedaling through rice paddies and small villages, then pick up the scenic Nam Ou again. The landscapes are reminiscent of what we saw by boat yesterday, but accessible by bike. In early afternoon, we will shuttle to Pak Ou (pak means mouth in Laotian, used here as in mouth of the Ou river) to explore Wat Tham Ting at the Pak Ou Caves and then into Luang Prabang, for our trip's end dinner at one of our favorite restaurants in the old colonial city center. 70 kms

**Day 9** - As all good things must come to an end, we will be shuttling folks to the airport for your flights home or on to more adventures elsewhere. Sabai Dee.

**Day 9 thru 13** - Continue your exploration of Laos with a four day add-on, pedaling from Luang Prabang to Vientiane. Email us for more details (requires at least 2 persons).

#### **Private Dates**

This tour is only available as a Private Date, the route and details have been perfected, all we need is for you to pick a date for you and your gang. A tip from our local experts, this tour is best enjoyed fro November through March dry conditions and cooler evening temperatures

Contact us for current pricing for this tour.

### **Lodging:**

Boutique Hotels, Inns & Resorts



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#### What's Included:

- 8 nights Accommodation in the area's better hotels (double occupancy)
- All meals from Dinner on Day 1 until Breakfast on Day 9
- Water, sodas or beer included at dinner
- Service of bilingual Team Pedalers Guide(s)
- Boat passage on Mekong & Nam Ou Rivers
- Full Van Support
- Daily route directions and maps
- · Sightseeing and cultural activities
- Airport pick up & drop off

### **Meeting & Flights:**

The tour meets in the afternoon of Day 1 at Luang Prabang Airport. Guides will meet all incoming flights between until 5 pm, please plan your flights to arrive accordingly. The trip ends at Luang Prabang Airport on Day 9.

Fly into Luang Prabang (LPQ) before 4 pm pm on Day 1 Fly out of Luang Prabang (LPQ) after 10 am on Day 9

### **Inter SE Asia Flights:**

We suggest booking your flight between Luang Prabang and either Bangkok or Hanoi separately from your international flight, as it will usually work out much more economical. For guests coming from North America, the flight schedules to Luang Prabang will probably require overnighting in both directions in either Hanoi or Bangkok.



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#### **Route Conditions:**

The entire ride is on paved roads. Traffic is light to moderate and very bike friendly. The route is suitable for sport road and touring bikes. Terrain is hilly throughout. Due to the long distances between villages with suitable accommodations, shuttles will be used on Day 4 & 8, the distance listed for those days is our suggested cycling section.

#### **Visas & Travel Documents:**

Passports are required for all guests. Your passport should have at least 6 months validity past your intended travel dates. Visas are required for citizens of most countries, a 30 day Visa can be obtained upon arrival at the Luang Prabang Airport.