

Package No. 1:

3-Day / 2-Day Khamu Trekking tour in La District



This community based trekking tour is designed for people who want to discover the real life in Oudomxay province as well as visit some natural attractions. On this tour you will spend two nights in two different Khamu ethnic villages. You will learn about Khamu traditions, lifestyle and handicrafts.

On the slightly challenging trek you will pass several natural attractions like the Singkham Buddha Cave, the Luang Cave, a limestone pristine forest area and the Houai Kahi

waterfall. Along the way the local guides will explain traditional hunting, share their knowledge about the secrets of medicinal plants, and provide details on their cultivation habits.

What to bring:

- Raincoat / umbrella (during rainy season, June to October)
- Warm clothes
- Long pants
- Hat
- Good Walking Shoes
- Sandals for the Village
- Bathing equipment (Towel, toothbrush/ toothpaste, Soap/ shampoo, etc.)
- Sarong (for woman)
- Sunscreen
- Mosquito repellent
- First aid kit
- Flashlight
- Guidebook
- Camera and binoculars

3 - day Khamu Trekkong tour in La District

Schedule

1st Day

- 8:15 Meet at the Tourist Information and buy food for picnic
- 8:30 leave the Tourist Information to Muang La by public transport
- 9:00 visit Samakkhixay village (Lak 15 Km)
- 9:30 start walk up the Valley by passing rice fields to water ground and Singkham Buddha Cave
- 12:00 Rest and Picnic on the way
- 14:00 visit Luang cave

16:00 come back to stay overnight at Tanong po village

19:00 eat dinners with villages

2nd Day

7:30 Have breakfast in the village

9:00 start walking up a valley by passing nice jungle forest

12:30 Rest and Picnic on the way

16:30 getting to Phavi village

3rd Day

8:30 have breakfast in the village

9:00 start leaving from Phavi Village

12:00 Rest and picnic on the way

15:00 come back to Tourist information in Oudomxay town

2-day Khmu Trekking Tour in La District via Tanongpo

Schedule

1st Day

8:00 Meet at the Tourist Information and buy food for picnic

8:30 leave the Tourist Information to Muang La

9:00 visit Samakkhixay village (Lak 15 Km)

9:30 start walk up the Valley by passing rice fields to water ground and SingKham Buddha Cave

12:00 Rest and picnic on the way

15:00 walk to the Khmu village' Ban Tanong Po'

17:00 visit the villagers as they come back from the rice fields

17:30 learn about traditional cooking and walking style

19:00 Eat dinner with the family

2nd Day

7:30 eat breakfast

9:00 start walk up the valley by passing nice jungle forest

10:00 visit Luang cave

11:30 come back to the village 'Tanongpo'

12:00 eat lunch at the village

13:30 start walking down to the main road at 'samakeexai' village (Lak 17 Km)

15:00 Take TukTuk to Oudomxay Town

16:00 Arrive at the Tourism information in Oudomxay Town

2-day Khmu Trekking Tour in La District via Phavi

Schedule

1st Day

- 8:00 Meet at the Tourist Information and buy food for picnic
- 8:30 leave the Tourist Information to Muang La
- 9:30 visit the market in Muang La
- 10:00 visit the vongvan villages and handicraft
- 11:00 visit hot spring and Singkham Buddha Temple
- 12:00 Rest and have lunch in Mung La
- 13:00 start walk up the Valley of Pak River
- 16:00 getting to Phavi village
- 17:00 visit the villagers as they come back from the rice fields
- 17:30 learn about traditional cooking
- 19:00 Eat dinner with the villagers

2nd Day

- 8:00 eat breakfast
- 9:00 start walk up the valley by passing rice fields
- 10:00 Arrive at a pristine forest
- 11:00 Picnic at the waterfall
- 12:30 Go back to Muang La
- 15:00 Take TukTuk to Oudomxay Town
- 16:00 Arrive at the Tourism information in Oudomxay Town

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Contact:

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