



SANCTUARY

LUANG PRABANG HOTEL



ACTIVITY GUIDE

WWW.SANCTUARYHOTELSANDRESORTS.COM

CONTENTS

HALF DAY – FULL DAY TOURS

P2

- KUANG SI WATERFALL P2
- ORANGE ROBE TOURS P3
- LAOS BUFFALO DAIRY P4
- KHOPFA MEKONG CRUISE P5
- PAK OU CAVE LUNCH CRUISE P6
- MANDALAO ELEPHANT CONSERVATION
1/2 DAY P7
FULL DAY P8
- LIVING LAND FARM
RICE EXPERIENCE P9

WORKSHOPS

P10

- OCK POP TOK
NATURAL DYEING CLASS P10
SILK WEAVING CLASS P10
- TAMARIND COOKING SCHOOL
DAYTIME COOKING CLASS P11
- BAN CHAN POTTERY VILLAGE
1/2 DAY POTTERY EXPERIENCE P12
- HEUAN CHAN HERITAGE CENTER
1/2 DAY LUANG PRABANG "THE WAY OF LIFE EXPERIENCE" P13
- BAMBOO EXPERIENCE
1/2 DAY BAMBOO WEAVING & COOKING CLASS P14

SIGNATURE EXPERIENCE

P15

- MEKONG ELEPHANT PARK
HALF DAY AND FULL DAY TOURS P15
DELUXE ELEPHANT JUNGLE PACKAGE (2N/1D ON SITE) P17
- THE NAM NGUM LAKE P18



—
Please scan
this QR code and access
our price list

HALF DAY – FULL DAY TOURS



KUANG SI WATERFALLS

MAGICAL WATERFALLS & LUSH JUNGLE: DISCOVER THE UNTOUCHED NATURE OF LAOS

Kuang Si waterfalls are the biggest in the Luang Prabang area with three tiers leading to a 50-metre drop into spectacular azure pools before flowing downstream. Walk through the jungle, take a dip in dazzlingly blue waters, visit the bear sanctuary and relax within this incredible nature.

Tip: The pools make great swimming holes and are very popular to both tourists and locals. You can change clothes and jump into your swimming gear at the wooden huts located close to the entrance.

• ITINERARY •

- Set off from the hotel either early morning or afternoon and head towards the waterfall (roughly a 50-min drive by minivan).

Duration: 1/2 day.

Exclusions:
• English speaking guide

Inclusions:

- Local private driver.

Remark: In case of rain, this trip may be cancelled.

HALF DAY – FULL DAY TOURS



ORANGE ROBE TOURS

Orange Robe Tours is a profit-for-purpose social enterprise, based in Luang Prabang. They employ former Novices and Monks who have recently left the temple to lead culturally appropriate tours.

• OPTION 1 • CULTURAL TEMPLE TOUR

DURATION: 1h (09:00-10:00/13:30-14:30)

A guided tour of a local temple, focusing on Buddhist culture, architecture, appropriate temple etiquette and the daily life of Novices and Monks. This is your opportunity to find out everything you would like to know about Buddhism in Laos

• OPTION 2 • GUIDED MEDITATION EXPERIENCE

DURATION: 45min (10:10-11:10/14:40-15:40)

Held inside a local temple, this experience gives you the opportunity to learn and practise the same meditation techniques taught inside the temple and will give you a better understanding of the importance of meditation in Buddhism

• OPTION 3 • COMBINED EXPERIENCES

We highly recommend that guests do both tours combined to gain a full understanding and appreciation of Buddhist Culture in Laos.



Child policy:

- Age 5-12 half price, under 5 free.
- Available daily Monday to Saturday.

Starting point: Wat Pa Phai.

Note: Please have appropriate dress code prior to the beginning of the tour (shoulders and knees covered).

Inclusions: English speaking guide.

HALF DAY – FULL DAY TOURS



LAO BUFFALO DAIRY FARM

Laos Buffalo Dairy is a socially responsible, sustainable farm, and social enterprise. The aim is to improve the rural prosperity, welfare, nutrition, and health of the local population, with a focus on buffalo farming, and childhood nutrition

• **Tour availability: 9.30am – 5.00pm, everyday** •

• SCHEDULED TOUR • THROUGH MINI - FARM

Tour Details – approx. 50 mins:

- Join a scheduled tour of the farm every 20 minutes starting from 9.30am.
- Cuddle up to and feed our beautiful buffalos at 450 kilos and see the size of our growing cross breeds!
- After eating, our buffalo's next favourite activity is having a bath. You'll get to wash them and give them a scrub. It's like a "day spa" for buffalo.
- Learn how to milk a buffalo and why buffalo milk is so good for you!
- The Buffalo may be the stars of the show but our playful pigs, galloping goats and rollicking rabbits are also plenty of fun for the young and young at heart!

• GUIDED TOUR • THROUGH MINI - FARM

Tour Details – approx. 60mins:

- A trained guide will be ready to show you around the Dairy and answer any questions.
- Cuddle up to and feed our beautiful buffalos at 450 kilos and see the size of our growing cross breeds!
- After eating, our buffalo's next favourite activity is having a bath. You'll get to wash them and give them a scrub. It's like a "day spa" for buffalo.
- Hands on milking demonstration! Learn how to milk a buffalo and why buffalo milk is so good for you.
- The Buffalo may be the stars of the show but our playful pigs, galloping goats and rollicking rabbits are also plenty of fun for the young and young at heart!
- Nobody can resist a giggle when bottle feeding our very cute calves!
- Relax in the café and enjoy the home-made 'cake of the day' served with delicious ice cream and tea or locally grown coffee.

Child policy:

Children under 12 - 50% of adult entry fee
Minimum one adult per 2 children.

Exclusions: Transportation ((may be organized by the hotel upon request with an extra fee)

HALF DAY – FULL DAY TOURS



KHOPFA MEKONG CRUISE

SUNSET CRUISE ON THE MAJESTIC MEKONG RIVER

Enjoy the beauty of the Mekong and relax as the boat takes you along stunning sunset scenery in the Luang Prabang areas.

The Khopfa boat is specially designed to give you 360° views of the scenery from its terraces, so that you can enjoy every minute of your Sunset Cruise.

While on board, you will be served you a refreshing welcome drink and snacks so that you start the Sunset Cruise serenely. The boat sails for 2 hours, and the Sunset Cruise starts between 4.15pm and 5.30pm depending on the season and the sunset time. Guests need to arrive at the pier 20 min prior to departure.

Sunset Cruise duration: 2 hours.

Inclusions:

- Cruise entrance fee.
- Welcome drink.
- Snacks.
- Available blankets in case of cold weather.
- Mosquito repellent.

Exclusions: Food and beverage. There is a restaurant on board.

HALF DAY – FULL DAY TOURS



PAK OU CAVE LUNCH CRUISE

THE THOUSAND BUDDHA CAVE

25 Kilometers North of Luang Prabang in the limestone cliffs overlooking the Mekong river are the Pak Ou caves, a 16th century cave monastery filled with thousands of Buddha images.

Getting to the caves across the Mekong river means a scenic boat ride with great views of the limestone mountains and riverside life. Embark on our beautiful boat and enjoy the ride to this sacred site.

- Departure from Vat Nong Pier Luang Prabang at 10:00
- Visit Xang Hai Village
- Visit Pak Ou Caves
- Lunch set menu on board
- Return to Luang Prabang around 14:30

Inclusions:

- Visit to Xang hai village.
- Entrance fees to the caves.
- Meal on board.

Exclusions:

- Beverages.
- Transport to the pier.

Child policy:

- 0 – 4: free of charge
- 2 – 11: - 50% of adult entry fee

HALF DAY – FULL DAY TOURS



MANDALAO ELEPHANT CONSERVATION

AN INTIMATE NON-RIDING EXPERIENCE FOCUSED ON EDUCATION AND ELEPHANT WELFARE

1/2 DAY - THERAPEUTIC TREK

You will trek through the jungle alongside two adult elephants, surrounded by jungle streams and luscious rice fields as you trek (2.5km round trip). Once your trek is completed, a delicious lunch will follow at the Mandalao property.

• ITINERARY •

- **8:30am or 9:15am.** Set off from Luang Prabang. Your tour guide will pick you up from the Sanctuary Luang Prabang Hotel and drive you to the Conservation Center.
- **Arrive at Mandalao.** Get an in-depth introduction into elephant behavior and communication.
- **Meet the Elephants.** Cross the river for a first introduction to the elephants.
- **Begin Trek.** Pass beautiful Lao gardens before exploring the jungle. (The trek is 2.5 Km and takes about 1.5 Hr it is flat and shaded most of the way)
- **Say Goodbyes.** After some final treats for the elephants, begin the trek back to Mandalao.
- **Lunch.** Enjoy traditional Lao cuisine made primarily from our own organic produce.
- **Around 1.30pm or 1.45pm** Head back towards.

Inclusions:

- Roundtrip transportation.
- Well trained English speaking tour guide.
- In-depth introduction to the elephants.
- Trekking with elephants.
- Trekking boots and socks.
- Sunscreen.
- Fresh lunch, coffee, tea, drinking water and snacks.

HALF DAY – FULL DAY TOURS



MANDALAO ELEPHANT CONSERVATION

1 DAY INSIDE THE HEARTS OF ELEPHANTS

This highly personalized full-day expedition begins with the Therapeutic Trek described previously followed by another half-day of incredible experiences. The Inside the Hearts of Elephants tour ensures you to deeply connect and interact with your own special elephant. After you enjoy a fresh, traditional Lao lunch in the jungle, you will start off on a walk to a seldom-seen and hidden gem of a waterfall. You will end this full and deeply satisfying day by escorting your elephant companions to their feeding grounds before honoring them with your friendship and bidding them farewell.

• ITINERARY •

- **12:00.** Split off from Therapeutic Trek and continue walking up the 5.5km trail. The trek is flat and goes at a slow pace.
- **Lunch.** A traditional Lao lunch will be served in banana leaves in the jungle.
- **Visit of Tad Kuang Song Waterfall.** Take a cool refreshing dip in this hidden treasure.
- **Visit of Ban Hua Tad Khmu Village.** Walk through the village and see local life.
- **Mahout Demonstration.** Watch and learn as the mahouts demonstrate how they communicate with their elephants. Use what you have learnt to try the same.
- **Walk back to feeding grounds.** Guests leave the elephants and mahouts at the night enclosure and begin the trek back to Mandalao with their guide. Enjoy a drink and snack as you recollect on the day.
- **Around 4pm or 4:45pm** head back towards the hotel.

Inclusions:

- Roundtrip transportation.
- Well trained English speaking tour guide.
- In-depth introduction to the elephants.
- Trekking with elephants.
- Trekking boots, socks and sun lotion.
- Coffee, tea, water and snacks.
- Lunch in the Jungle.
- Visit Tad Kuang Song waterfall, and Ban Hua Tad village.
- Mahout demonstration.
- Increased interaction with elephants.

HALF DAY – FULL DAY TOURS



LIVING LAND FARM

LIVING LAND FARM

This entirely organic farm is a Community Enterprise, run by a local team and for the benefit of Lao people

1/2 DAY RICE EXPERIENCE

Learn all about the process of planting and harvesting rice in the rice paddy.

On this tour, discover the "Rice Experience": situated in an idyllic countryside setting surrounded by mountains in the middle of ancient rice terraces, discover how rice is grown on the farm and experience the life of a traditional rice farmer.

Duration: 1/2 day.

Two Tours Daily:

Morning: 8:30am > 11:45pm

Departure from the hotel

at 8:00am / 8:15am

Afternoon: 2:00pm > 5:00pm

Departure from the hotel

around 1:15pm-1:30pm.

Inclusions:

- English speaking guide.
- Drinking water, tea or coffee.

Exclusions: Roundtrip Transportation (may be organized by the hotel upon request with an extra fee)

Remarks:

- Children between 6-16 years: 50% discount.
- Children under 5 years: Free

WORKSHOPS



BAMBOO EXPERIENCE

1/2 DAY BAMBOO WEAVING & COOKING CLASS

(Morning class: 8.30am-1.00pm or Evening class: 4.00-8.00pm, open every day)

You will be transferred to the Bamboo Experience's venue where you will have an interactive cooking class and 'bamboo weaving' exercise to learn about the importance of the ubiquitous bamboo plant to Lao culture..

Your Experience

- 'The Bamboo Experience', a rustic pavilion modeled on a traditional Lao house, perched in a picturesque setting next to rice fields.
- An introduction to the importance of bamboo to Lao culture and to the use of bamboo in a diverse range of household items found in rural Lao dwellings.
- A relaxing bamboo weaving activity, where you'll weave a souvenir mat made from strips of the bamboo plant, using a technique which has been practised for centuries.
- A fun, interactive cooking class, using the bamboo plant as a key ingredient; make dishes such as bamboo shoot soup, bamboo shoot steamed in banana leaf, and bamboo shoot dip and more.
- A delicious meal (made by you), and photo opportunities of semi-rural Laos, from the relaxing pavilion terrace.

Inclusions:

- English speaking Instructor
- One meal included either Lunch or Dinner & Drinking water or tea
- All activities as stated as above

Exclusions: Roundtrip Transportation (may be organized by the hotel upon request with an extra fee)

Child policy: -50% for children under 12 years old. Free of charge for children under 2

WORKSHOPS



DISCOVER LAOS THROUGH TEXTILES

Set in lush tropical gardens and located on the banks of the Mekong, the Living Crafts Center is the perfect place to learn more about the fascinating world of Lao textiles and handicrafts. The Centre brings the concept of "East Meets West" alive.

Alongside our Master Weavers and experienced teachers, learn more about the textiles and traditional crafts of Laos. Try your hand at silk weaving, natural dyeing, batik drawing and bamboo weaving and bring home a one-of-a-kind souvenir

NATURAL DYEING CLASS

Get your hands dirty! Experience the colours of Laos during this introduction to natural dyeing and learn how the Lao have been using plants and other ingredients from nature for generations to colour textiles.

Gather plants and bark from our garden, and crush roots, seeds & leaves whilst following traditional dye recipes. Leave with your own naturally-dyed set of napkins, t-shirt or scarf.

SILK WEAVING CLASS

How would you like to bring back home your very own silk scarf that you wove yourself? Alongside a master weaver and a guide — for translation — learn the art of silk weaving. Spend the day in a lovely riverside sala and learn how to weave your own textile on a traditional floor loom from start to finish.

Inclusions:

- Transportation
- Lunch in full day tours
- Homemade creation

WORKSHOPS



EXPERIENCE A UNIQUE COOKING CLASS WITH A LOCAL CHEF

DAYTIME COOKING CLASS (JOIN-IN)

- Set off from Tamarind Restaurant at approximately 8:45 am to the cooking class venue.
 - Visit the major food market: discover the main ingredients used in Lao authentic recipes before heading to the 'Tamarind Gardens' to cook:
 - ✓ Varieties of Jeow: the fundamental Lao spicy dipping sauces
 - ✓ Mok Pa, a popular dish of herbed fish steamed in banana leaves
 - ✓ Tamarind's speciality: lemongrass stuffed with chicken & herbs
 - ✓ Laap, a national favorite of herbs with minced meat, fish or tofu & mushrooms
 - ✓ Dessert: a surprise!
- Of course you'll learn the art of making the perfect sticky rice and its eating etiquette. The lesson ends by a degustation of the homemade dishes.

- Monday - Saturday 9am-3pm.
- Not appropriate for children under the age of 10 years old
- Maximum 12 people

Exclusions: Transport to Tamarind Restaurant

WORKSHOPS



BAN CHAN POTTERY VILLAGE

This village has a longstanding tradition of pottery making; however, the way of life is slowly fading and today only six families are still producing. By visiting this village you will learn the story of pottery in Laos, its role in daily life and finally get a feel of this ancient craft than by getting down and dirty with our master pottery in a workshop where you will get to make your own earthenware

1/2 DAY POTTERY EXPERIENCE (MIN 2 PEOPLE)

Create your own unique souvenir from clay, learn about traditional Lao pottery techniques and about the history of their village.

• ITINERARY •

MORNING TOUR

• **8:30 - 9:00.** Set off from the Hotel. A TukTuk will pick you up from the Sanctuary Luang Prabang Hotel to take you to Luang Prabang boat pier. Once settled on a traditional boat, you will cross the Mekong river to reach Ban Chan Village (15-min crossing).

- **9:30 - 10:15.** Tour the pottery centre and the village to learn about the local life.
- **10:15 - 11:00.** Hands-on pottery making along with a local Lao pottery maker.
- **11:00 - 12:00.** Return to the hotel.

Inclusions:

- Round-trip transportation
 - English speaking guide
- Optional, upon request: Lunch (+12\$/pers)

WORKSHOPS



HEUAN CHAN HERITAGE CENTER

Heuan Chan Heritage is a centre reflecting the beautiful way of life of Luang Prabang

• 1/2 DAY LUANG PRABANG • "THE WAY OF LIFE EXPERIENCE" (1 TOUR DAILY FROM 9AM TO 2PM)

This Exclusive Tour celebrates the traditional lifestyle of Luang Prabang's residents.

- Explore a traditional and historical Lao House built in the 1900. Learn more about local customs and traditions through architecture, daily activities, ceremonies, traditional costume, and important festivals.
- Participate in 3 hands-on activities below the house: weaving, basketry, making offerings or handmade paper (30 min/ each).
- Learn how to make family-style Lao cuisine and enjoy your makings onsite.

Children policy:

- -50% for less than 8 years old
- Free for children less than 3

Inclusions:

- Welcome Drink
- Museum visit
- All workshops and cooking class
- Garden tour for cooking class
- Lunch

UNIQUE EXPERIENCES



MEKONG ELEPHANT PARK

A sanctuary in Northern Laos where elephants are rehabilitated in their natural environment

LOCATION: PAKBENG

How to reach the Sanctuary: By private minivan or Mekong cruise
(please ask the reception for further information as we may take care of your bookings)

• HALF DAY PACKAGES •

• Morning only - From 9.00am to 1.00pm •



Elephant Wonders

EPH01

9:00 AM - 1:00 PM

- In-depth presentation of the elephants (+/- 25 min)
- Elephant encounter in the forest (+/- 45 min)
- Walk by the elephant's side (+/- 30 min)
- Observation of Elephant Bath (20 min)
- Lunch (full menu) at the restaurant of the park

***Inclusions:** All tours are with private guide



Elephantastic Instants

EPH02

9:00 AM - 12:00 PM

- In-depth presentation of the elephants (+/- 25 min)
- Elephant encounter in the forest (+/- 45 min)
- Walk by the elephant's side (+/- 30 min)
- Observation of Elephant Bath (20 min)
- **Lunch (full menu)** at the restaurant of the park

***Inclusions:** All tours are with private guide

UNIQUE EXPERIENCES



MEKONG ELEPHANT PARK

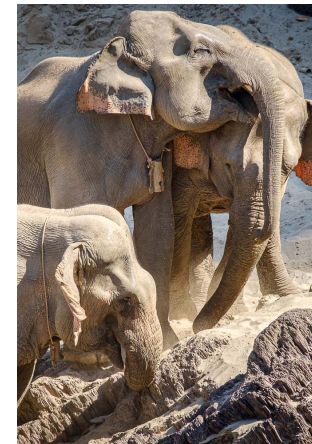
A sanctuary in Northern Laos where elephants are rehabilitated in their natural environment

LOCATION: PAKBENG

How to reach the Sanctuary: By private minivan or Mekong cruise
(please ask the reception for further information as we may take care of your bookings)

• FULL DAY TOUR •

• From 9.00am to 4.00pm •



Elephant Herd Day Tour

EPHFD

MORNING

- In-depth presentation of the elephants (+/- 25 min)
- Elephant encounter in the forest (+/- 45 min)
- Walk by the elephant's side (+/- 30 min)
- Observation of Elephant Bath (20 min)
- Lunch (full Menu) at the Park's restaurant

AFTERNOON

- Activity of the day
- Observing traditional craft workshops: bamboo weaving, loom weaving, blacksmith
- Elephant check-up
- Elephant Treats

***Inclusions:** All tours are with private guide

UNIQUE EXPERIENCES



MEKONG ELEPHANT PARK

A sanctuary in Northern Laos where elephants are rehabilitated in their natural environment

LOCATION: PAKBENG

*How to reach the Sanctuary: By private minivan or Mekong cruise
(please ask the reception for further information as we may take care of your bookings)*

• ELEPHANT JUNGLE PACKAGE (2N/ID) •



EPHJUN

Day 1

Welcome and 1st introduction to the sanctuary preservation project

16:30 Transfer by boat to the Mekong Elephant Park. Installation in your bungalow

17:30 Introduction and snack to the matriarch Mae Kham

19:00 Dinner at the restaurant and overnight stay

Day 2

07:30 Morning good wishes to Mae Kham

08:00 Breakfast at the restaurant

09:00 Departure for a full day at the park

12:00 Lunch at the park's restaurant

From 14:00 Activities of the day on site

17:30 Time for Mae Kham's snack

19:00 Dinner at the restaurant and overnight stay

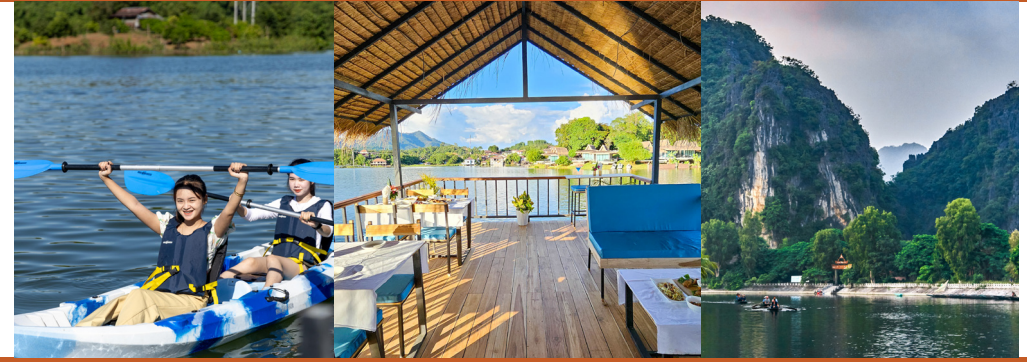
Day 3

07:00 Breakfast at the restaurant

08:00 Farewell to the elephants and transfer by boat to Pakbeng

Tip: A discounted extra night in a luxury eco-lodge with all comforts at the Sanctuary Pakbeng Lodge before or after the programme

UNIQUE EXPERIENCES



THE NAM NGUM LAKE

A HIDDEN GEM

LOCATION: ON THE OUTSKIRTS OF VANG VIENG

*How to reach the Sanctuary: By private minivan or train
(please ask the reception for further information as we may take care of your bookings)*

Transfer by train to Vang Vieng!

The town of Vang Vieng is most famous for its lagoons, its caves and the splendid karst landscapes that surround it, reminiscent of a land-based Halong Bay.

The Nam Ngum Lake has a rich history and is actually a large artificial lake dating back to the early 1970s when the first hydroelectric dam was built in Laos on the Nam Ngum River.

The Sanctuary Nam Ngum Resort is a little piece of paradise still unknown to travelers, nestled in the middle of nature. It offers a superb environment for non-motorized activities (swimming pool, pedal boats, kayaks, bicycles...) and allows an immersion with the possible meeting of locals including a community of fishermen installed on its banks. A space dedicated to nature that calls for relaxation



SANCTUARY

LUANG PRABANG HOTEL



KITSALAT ROAD, BAN AHAM, LUANG PRABANG, LAOS.

Tel +856 (0) 71 213 777

info@sanctuaryhotelsandresorts.com

WWW.SANCTUARYHOTELSANDRESORTS.COM