



SANCTUARY

LUANG PRABANG HOTEL



---

# ACTIVITY GUIDE

---

[WWW.SANCTUARYHOTELSANDRESORTS.COM](http://WWW.SANCTUARYHOTELSANDRESORTS.COM)

# CONTENTS

<b>HALF DAY – FULL DAY TOURS</b>	<b>P2</b>
• KUANG SI WATERFALL	P2
• KHOPFA MEKONG CRUISE	P3
• SUNDOWNER SUNSET CRUISE	P4
• MANDALAO ELEPHANT CONSERVATION	
1/2 DAY - THERAPEUTIC TREK	P5
FULL DAY - 1 DAY INSIDE THE HEARTS OF ELEPHANTS	P6
• LIVING LAND FARM	
RICE EXPERIENCE	P7
• SKETCH WALK LUANG PRABANG	P8
<b>WORKSHOPS</b>	<b>P9</b>
• TAMARIND COOKING SCHOOL	
DAYTIME COOKING CLASS	P9
• BAMBOO EXPERIENCE	
1/2 DAY BAMBOO WEAVING & COOKING CLASS	P10
• OCK POP TOK	
NATURAL DYEING CLASS	P11
SILK WEAVING CLASS	P11
• BAN CHAN POTTERY VILLAGE	
1/2 DAY POTTERY EXPERIENCE	P12
<b>SIGNATURE EXPERIENCES</b>	<b>P13</b>
• MEKONG ELEPHANT PARK	
HALF DAY AND FULL DAY TOURS	P13-P14
DELUXE ELEPHANT JUNGLE PACKAGE (2N/1D ON SITE)	P15
• THE NAM NGUM LAKE	P16



—  
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



## 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



ແສງວາງ  
Singtao  
CAFE & CRUISE

### SUNDOWNER SUNSET CRUISE

#### SUNSET CRUISE ON THE MAJESTIC MEKONG RIVER

Set off at 4:30 PM for a peaceful 1.5-hour journey along the Mekong River as the sun dips below the horizon. This immersive cruise invites you to take in the beauty of the golden hour while enjoying the atmosphere of traditional Lao hospitality. Sip on a welcome drink, sample refined Lao canapés, and relax to the sound of live music and classical dance performed onboard. For those seeking a deeper culinary experience, a traditional Lao Khan Tok dinner is available by advance reservation. The setting, service, and cultural touches make this an ideal way to end the day in elegance and serenity.

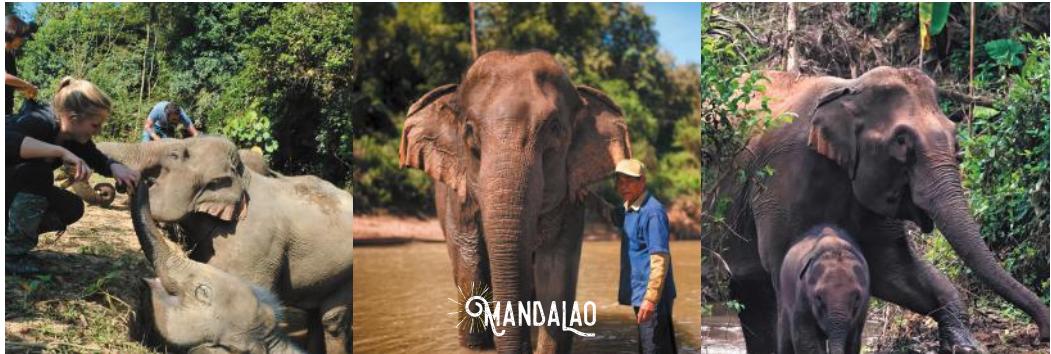
##### Inclusions:

- Welcome drink.
- Lao canapés.
- Traditional Lao music & dance performance.

##### Duration: 1h30

Khan Tok Dinner (Extra fee)

## HALF DAY – FULL DAY TOURS



### MANDALAO ELEPHANT CONSERVATION

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

#### I/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.

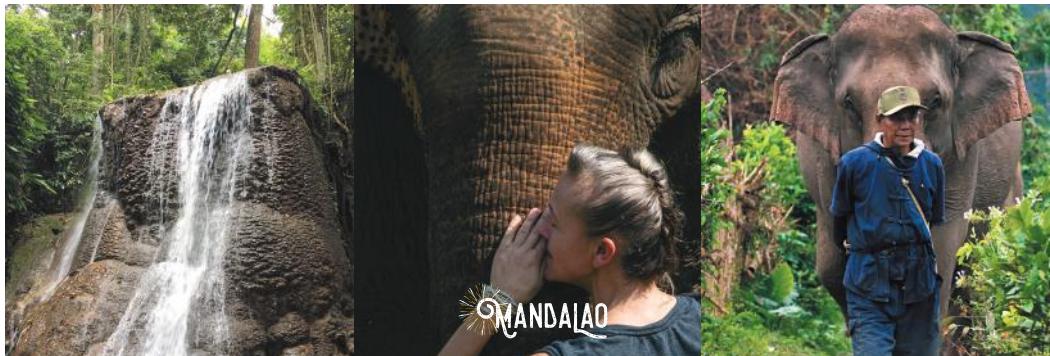
#### • ITINERARY •

- **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

#### I 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.



### 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



### SKETCH WALK LUANG PRABANG

**Sketch Walk Luang Prabang** is a half day long sketching workshop led by local expatriate artist, **Paul Bloxham**. The workshop focuses on observational drawing so you will be working on location, be it in front of a colonial shophouse or the grounds of a temple. For sketchers of all levels, this relaxed workshop offers guidance tailored to your needs and is a great way to experience and record what you see in this beautiful town.

Who is Paul Bloxham: Paul has 40 years of experience working in illustration and graphic design and has exhibited in galleries in London and in Laos. He has a postgraduate art and design teaching qualification and experience lecturing in the UK. He has lived in Laos since 1997.

**Duration:** 3 to 4H.

- **Choice of 2 sessions:** 8.15am or 1.15pm
- **Meeting point:** Lobby of the hotel

**Inclusions:**

- English speaking instructor.
- Lao speaking guide.

**Remarks:**

24h prior notice needed for bookings.

## HALF DAY – FULL DAY TOURS



### 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



### 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 weave your own textile on a traditional floor loom from start to finish.

#### Inclusions:

- Transportation
- Lunch in full day tours
- Homemade creation

## WORKSHOPS



Pottery House

WORKSHOPS MOLD & PAINT

### 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

- **9:00.** Meet at the ferry boat pier, behind the Museum.
- **9:30.** Welcome to Lao Pottery House.
- **9:50.** Tour our pottery center and our village to learn about Lao life.
- **10:45.** Hands-on pottery making lead by local Lao pottery maker .
- **11:45.** Return to Luang Prabang.

##### Inclusions:

- Round-trip transportation
  - English speaking guide
- Optional lunch upon request

## SIGNATURE 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 PACKAGE •

• Morning only - From 9.00am to 1.00pm •



#### Elephant Wonders

##### EPH01

9:00 AM - 1:00 PM

- In-depth presentation of the elephants
  - Elephant encounter in the forest
  - Walk by the elephant's side
  - Observation of the Elephant Bath and/or their Snack time
  - 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
- Elephant encounter in the forest
- Walk by the elephant's side
- Observation of the Elephant Bath and/or their Snack time
- Lunch (full Menu) at the Park's restaurant

##### AFTERNOON

- Activity of the day: Making energy balls for elephants
- Observing traditional craft workshops: bamboo weaving, loom weaving, blacksmith
- Elephant check-up
- Observation of the Elephant Bath in the Mekong

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

\*Times may vary depending on weather conditions and any special needs of elephants or mahouts

## 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 lagons, 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



---

KITSALAT ROAD, BAN AHAM,  
LUANG PRABANG, LAOS

Tel +856 20 55 220 803  
[info@sanctuaryhotelsandresorts.com](mailto:info@sanctuaryhotelsandresorts.com)

---

[WWW.SANCTUARYHOTELSANDRESORTS.COM](http://WWW.SANCTUARYHOTELSANDRESORTS.COM)

---



This booklet is made from  
FSC certified-paper

