



Signature Sabbatical Itinerary: Intrepid Laos

Introducing LiNGER

We are an independent travel company, specialising in tailor-made sabbatical travel and extended holidays throughout the world.

Whether you are a solo traveller on holiday, a family with children on sabbatical, friends seeking an epic break or a couple celebrating a milestone, we would be thrilled to plan your trip.

LiNGER was born out of a passion for travel and a desire to do a little more to help protect our planet. Our philosophy is to engage you in a richly authentic and contrasting travel experience which balances meaningful, active and altruistic experiences.

Our travellers LiNGER longer, travel responsibly, immerse themselves in the culture, absorb, engage and explore.

Call, e-mail or request a call-back from us. We love to talk about travel and inspire you with our knowledge.

www.LiNGER.co.uk | travel@LiNGER.co.uk

ADVENTURE



AUTHENTIC



RESPONSIBLE



EXCLUSIVE



ETHICAL



Introducing Laos

This serene landlocked country offers a very different experience of Southeast Asia than its neighbours. Far less touristy and developed than Thailand, Vietnam and Cambodia, it's a place for really rewarding slow travel. Its landscapes span soaring limestone mountains, lush jungle, intricate cave systems and endless waterfalls, cut through by the meandering Mekong Delta. But it's the culture most come for: orange-robed monks, exquisite food, rural villages, and a gentle Buddhist calm. Languid capital Vientiane is a perfect introduction; hire a bike and cycle to the gilded stupa, Pha That Luang and Buddha Park on its outskirts. UNESCO-listed Luang Prabang is incomparable, with its French-colonial style and vibrant markets. Elsewhere you can zipline through a tropical jungle, ride a moto up to the remote border with China, trek to hidden waterfalls and visit indigenous hill tribes for a truly authentic experience. With a real focus on eco and community-based tourism, travelling here feels like discovery rather than a well-trodden path.

Getting Around

You can travel overland from neighbouring countries Thailand, Vietnam and Cambodia. If you're flying in from overseas, you'll likely land at Vientiane or Luang Prabang's international airports. There are no direct flights from Europe or the USA; most involve one stop. Once you're here, there are a few domestic airports such as Savannakhet, but most people travel around overland or on the river. There are VIP buses plying the main routes; in the rural areas you're more likely to see sawngthaews – converted pick-up trucks.

Who will Laos Appeal To?

The stunning natural landscapes, rich culture and easy, friendly atmosphere is particularly suited to: Solo travellers, families, keen photographers, culture vultures, active travellers, wildlife enthusiasts, honeymooners.

Accommodation

Luang Prabang is home to the country's most luxurious hotels and outside we work with a variety of boutique B&Bs, eco lodges and simple guesthouses.

Off The Beaten Path

Swap touristy Vang Vieng for Don Det, a laidback haven near the Cambodian border where you can tube down the Mekong River at sunrise

Visit Vat Phou (Wat Phu), an ancient 11thC Khmer temple complex that's often called a mini Angkor Wat

Take a hot-air balloon ride over the Song River at dawn

Hike through unbroken emerald jungle in the north around Nong Khiaw

Wildlife

Climb the observation tower at Pung Xai in Ban Na and you may see a wild herd of Asian elephants

Freshwater dolphins leap around the Si Phan Don archipelago (4,000 Islands).

The Nam Et-Phou Louey forests are home to clouded leopards and wild Indochinese tiger; there are various eco-tourism options to safari through the park

Laos Experiences you shouldn't miss

- Giving alms to saffron-robed monks at the dawn procession in Luang Prabang
- Cycling around charming Vientiane, and visiting the golden Pha That Luang
- Exploring the mysterious Plain of Jars
- Riding a moto through the lush green Bolaven Plateau past traditional villages
- Climbing Mount Phousi at sunset for a 360 panorama over Luang Prabang

Giving back

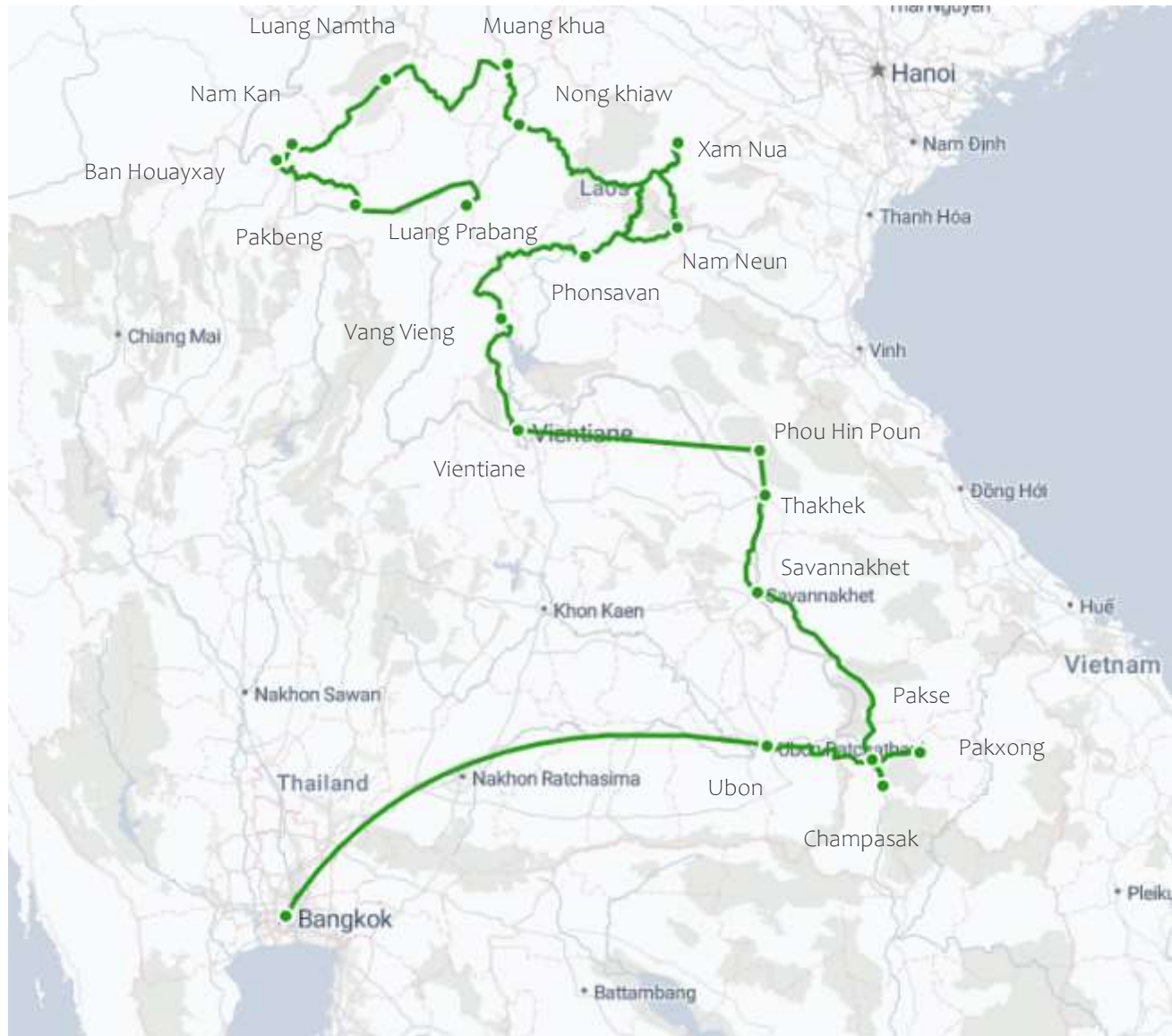
Laos is the most heavily bombed country in the world per capita. Venture to the Plain of Jars (a mysterious megalithic archaeological landscape dotted with thousands of huge stone jars) and the gateway town of Phonsavan. In Phonsavan, visit and donate to the [MAG International \(Mines Advisory Group\)](#) visitor centre which shows a documentary of the history of the Laos bombings and the harrowing ongoing work of MAG to clear the unexploded ordnance (UXO).



Life Experiences & Encounters in Laos



Laos - Journey Map



Flight Details

Day	Airline & Flight Number	Departure City	Departure Time	Arrival City	Arrival Time	Class	Baggage Allowance	Journey Time
1	TBC	TBC	TBC	BANGKOK	TBC	TBC	TBC	TBC
2	TBC	BANGKOK	TBC	UBON RATCHATHANI	TBC	Economy	TBC	1 HR 10 MINS
40	TBC	LUANG PRABANG	TBC	TBC	TBC	TBC	TBC	TBC

Your trip in a nutshell

Day 1

Arrive in Bangkok for overnight
Siam Hotel

Day 2

Morning flight to Ubon, Laos and transfer to the peaceful island of Don Daeng near the Thai-Lao border. *La Folie Lodge*

Day 3

Day at leisure with Mekong Sunset Cruise
La Folie Lodge

Day 4

Explore the Temples and historical town of Champasak
La Folie Lodge

Day 5

Explore the 4000 Islands by boat and mountain bike
La Folie Lodge

Day 6

Transfer to the Bolaven Plateau, admiring waterfalls enroute, before continuing by vintage jeep to an organic coffee farm. *Sabaidee Valley Resort*

Day 7

Enjoy sunrise over the coffee fields, before heading by jeep to Tad Lo waterfall, arriving in Pakse late afternoon. *Residence Sisouk*

Day 8

Head north to Savannakhet, exploring some of the local villages enroute
Pilgrim's Kitchen & Inn

Day 9

Stroll around the French Quarter before driving north to the riverside town of Thakek. *Le Bouton D'Or Boutique Hotel*

Day 10

Trek through secondary forest and spectacular scenery to explore several caves including the Buddha Cave. *Le Bouton D'Or Boutique Hotel*

Day 11

Head north to HinBoun, stopping at the Rock Viewpoint enroute for spectacular views. *Spring River Resort*

Day 12

Explore Kong Lor Cave by boat
Spring River Resort

Day 13

Travel from Hin Boun to Vientiane by road
The Jungle House

Day 14 & 15

Exploring Vientiane
The Jungle House

Day 16

Travel to Van Vieng, and board a private boat down the Nam Song River at sunset
Riverside Boutique Resort

Day 17

Explore Van Vieng and surrounding villages
Riverside Boutique Resort

Day 18

Depart Vang Vieng and Head to Phonsavan
Vansana Plain of Jars Hotel

Day 19

Visit the Plain of Jars and learn about some of the local community initiatives
Vansana Plain of Jars Hotel

Day 20

Drive from Phonsavan to San Neua with sightseeing enroute
Xayphasouk

Day 21

Visit Sam Neua's local markets followed by the Vieng Xai Caves
Xayphasouk

Your trip in a nutshell

Day 22

Travel by road and boat to Nam Et-Phou Louey National Park. Evening night safari
Jungle Hut

Day 23

Morning exploration of the jungle and transfer to Nong Khiaw
Mandala Ou Resort

Day 24

100 Waterfalls Trek and Longtail Boat Trip
Mandala Ou Resort

Day 25

Day at leisure
Mandala Ou Resort

Day 26

Cruise up the Nam Ou River and travel by road to Nam Kat Yola Pa
Nam Kat Yorla Pa

Day 27

Meet the ethnic groups of Northern Laos by 4WD
Nam Kat Yorla Pa

Day 28

Enjoy a leisurely cycle ride around the local area
Nam Kat Yorla Pa

Day 29

Road transfer to Luang Namtha, with sightseeing enroute
Pou Villa

Day 30

Kayaking on the Nam Tha followed by a scenic cycling ride
Pou Villa

Day 31

Full day of forest adventure with trekking and ziplining to observe the gibbons
The Gibbon Experience

Day 32

Enjoy a second day in the forest canopy hanging out with the gibbons.
The Gibbon Experience

Day 33

Bid farewell to the gibbons and commence your zipline and hike back to the village. Continue to Huay Xay for overnight. *Huay Xay Riverside*

Day 34

Private full day boat trip down the Mekong River to Pakbeng, passing by tribal villages en route. *Sanctuary Pakbeng Lodge*

Day 35

Continue cruising downstream on your private boat to Luang Prabang
Satri House

Day 37

Morning alms giving ritual to the monks followed by sightseeing to a waterfall and a buffalo dairy. *Satri House*

Day 38

Spend the morning visiting an Elephant Sanctuary helping to care for these majestic animals. *Satri House*

Day 39

Private culinary masterclass learning how to source, prepare and cook Lao cuisine in an idyllic lakeside kitchen. *Satri House*

Day 40

Say goodbye and board your flight home
overnight flight

Travelling Responsibly

At LiNGER we firmly believe that in travel we can do more to help protect our planet.

We take our responsibilities to the environment, local communities, customers, suppliers, partners and employees very seriously and our intention is to constantly review our policies and strive to make improvements where we can.

We offer the opportunity to Give Back by partaking in a meaningful activity in an area that matters to you or where you may have a skillset.

This could be as simple as a beach clean in Sri Lanka to help protect our oceans or caring for orphaned sloths in a wildlife sanctuary in Costa Rica.

LiNGER longer on a sabbatical and devote time to teaching in a village school in Nicaragua or help with a conservation project researching plant species in the Amazon. LiNGER and Enrich Life through Travel.

Our Responsible Travel Policy can be viewed on our website:

<https://linger.co.uk/responsible-travel/>



The Nitty Gritty

Included

- Accommodation on a double/twin basis
- Daily breakfast
- Other meals as described
- Local English speaking private guides
- Private and shared transfers with air-conditioned vehicles
- Entrance fees for included activities
- Private and small group excursions
- Domestic flights

Excluded

- International flights
- Visas
- Tips / Gratuities
- Items of a personal nature - minibar, laundry, etc
- Any activity listed as optional
- Early check-in & late check-out at all hotels
- Meals and drinks where not mentioned in the itinerary
- Travel Insurance

Quotation

- From GBP £18,994.00 per person, based on two travelling together .

Booking Terms & Conditions:

www.linger.co.uk/terms-and-conditions/

Start Planning

Our experienced team will guide you through a number of ideas based on how you would like to experience Laos. Consider visiting Laos in combination with other countries in South-East Asia or add a relaxing and contrasting beach stay in Thailand or Indonesia.

Contact

Email: Travel@linger.co.uk

Telephone: +44 (0) 207 039 9240

Financial Protection

ATOL Protected Holidays

Many of the flights and flight-inclusive holidays are financially protected by the ATOL scheme. But ATOL protection does not apply to all holiday and travel services. Please ask us to confirm what protection may apply to your booking. If you do not receive an ATOL Certificate then the booking will not be ATOL protected. If you do receive an ATOL Certificate but all the parts of your trip are not listed on it, those parts will not be ATOL protected. Please see our booking conditions for information or for more information about financial protection and the ATOL Certificate go to: www.atol.org.uk/ATOLcertificate



Travel Regulation Insolvency Protection

LiNGER Travel Ltd is a company committed to customer satisfaction and consumer financial protection. We are therefore pleased to announce that, at no extra cost to you, and in accordance with “The Package Travel and Linked Travel Arrangements Regulations 2018” all passengers booking with LiNGER Travel Ltd are fully insured for the initial deposit, and subsequently the balance of monies paid as detailed in your booking confirmation form. The policy will also include repatriation if required, arising from the cancellation or curtailment of your travel arrangements due to the insolvency of Linger Travel Ltd. This protection has been arranged by means of a Trust Account held with Protected Trust Services.

Full details regarding Financial Protection can be viewed at: <https://linger.co.uk/financial-protection/>

Full details regarding the Package Travel and Linked Travel Arrangements Regulations 2018 can be viewed at: <https://linger.co.uk/package-travel-regulations/>



Privacy Policy

LiNGER respects your privacy and is committed to protecting your personal data. This privacy notice will inform you as to how we look after your personal data when you visit our website (regardless of where you visit it from) or when you otherwise provide personal data to us via other means (such as over the telephone) and tell you about your privacy rights and how the law protects you.

Full details regarding our Privacy Policy can be viewed at: <https://linger.co.uk/privacy-policy/>



“Unrivalled, intimate knowledge of destinations way beyond the obvious, with a genuine focus on sustainability”.

Anna Guyer



Contact

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