

# Laos Bike

Luang Prabang to Vientiane



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## Luang Prabang to Vientiane

Despite isolation from the outside world for many years, Laos remains one of Indo-China's most entrancing countries. This unspoiled 'earthly paradise' has enormous appeal. From the incomparable architecture and ancient Buddhist traditions of Luang Prabang, to the charming capital of Vientiane, the mysterious Plain of Jars and the waters of the mighty Mekong River, it is little wonder that writers since Victorian times have been inspired by this magical country.

We start our biking challenge in Luang Prabang, a favourite for every visitor to Laos due to its rich combination of natural beauty, elegant architecture and exotic local colour. With its well-preserved blend of traditional Lao and European architecture, the picturesque city is a UNESCO World Heritage Site. The former royal capital is nestled among the mountains on the banks of the Mekong River and exudes an alluring charm.

Our ride ends in the capital city Vientiane. Vientiane feels more like a market town than a capital city, and therein lays its charm. The temples, markets and monuments can easily be discovered on foot. From the attractive mix of French colonial architecture and fine temples to the lively scenes along the riverfront, Vientiane retains its old-world charm in an increasingly modern country.



# Detailed itinerary

## Day 1: London – Bangkok

### Day 2: Arrive Bangkok, fly to Luang Prabang

Upon arrival in Luang Prabang, we will be met and transferred to a hotel. The afternoon is ours to explore or just rest. A briefing will be given this evening about the challenge ahead.

### Day 3: Luang Prabang to Kuang Si Waterfall Approx. 64km

After breakfast and bike fittings we'll hop on our bikes and begin a 32 km undulating ride over tarmac roads through the countryside to the beautiful Khuang Si Waterfalls. On arrival, we'll trek to the top of the falls via a steep track and, weather permitting, swim in the cool, clear water at the base of the cascade. Lunch will be taken at the waterfall before starting on the ride back to Luang Prabang.

This evening there is an option (to be paid by individuals) to visit the Royal Ballet Theatre (something not to be missed). Founded in 2002 in co-operation with the Institute of Cultural Research, the Ballet aims to preserve the Lao cultural heritage.

### Day 4: Luang Prabang to Kiew Ka Cham Approx. 80km

Today will be one of the toughest days on this cycle challenge. We will cycle mostly up through the mountainous region of the Tran Ninh Highlands. Even though tough, today will be amazing cycling through minority villages of Khmu, Mhong, and low land Lao on the way. We will enjoy a picnic lunch before cycling uphill all afternoon, gaining over 1000m in altitude before reaching Kiew Ka Cham where we will overnight. This area is located at the top of the mountain, with the views from the top being spectacular, including the sunset and sunrise.



### Day 5: Kiew Ka Cham to Kasi Approx. 90km

Today is mostly undulating with a couple of tough climbs to our lunch spot after 50km. On-route we will stop to visit the Hmong Hill Tribe at Phousoung village, Khmu hill tribe at Phangngang village and Phoukhoun village where we will have a break from cycling to explore the market. Our lunch will be at a fantastic restaurant at Phoukhoun, from the restaurant you can see the beautiful valley and Buddha Mountain standing in front of you. After lunch we descend all the way to Kasi, which we will reach late afternoon.



# Detailed itinerary

## Day 6: Kasi to Vang Vieng

Approx. 57km

Today we cycle out of the hills along a flat paved road. We pass lush green rice paddies surrounded on all sides by mountains. We have lunch by a river and spend an hour of so exploring the caves in these mountains. After lunch we cycle on to Vang Vieng, one of the most famous places in Laos. start cycling on the flat paved road, passing the rice field and villages to Vang Vieng. Once in Vang Vieng, we can visit some historical caves such as Tam Chang, or spend some time relaxing at our hotel watching the world go by on the river.

## Day 7: Vang Vieng to Ban Kheune

Approx. 65km

After breakfast, we head to Ban Tha Heua, a fishing village on the banks of Ang Nam Ngum Lake, where fish shops line the streets. Here we will leave our bikes behind for a two hour boat cruise across the biggest lake in Laos. There are many islands on the lake and you will see the locals using traditional methods to catch their fish. After lunch on the shores of the lake we continue to our overnight stop beside the Nam Lik River in Ban Kheune.

## Day 8: Ban Kheune to Vientiane

Approx. 65km

Today is the first day that we have no hills to contend with. We stop about 40km outside of Vientiane at Ban Tha Ngon where we will have lunch by the side of the river. After lunch we cycle on towards our final destination of Vientiane. Regrouping just outside the city we cycle the last few kilometres peloton style towards Vientiane's Arc de Triomphe, Patuxi.

The celebration dinner will be held in local restaurant, where we experience and take part in traditional performances.



## Day 9: Vientiane to Bangkok

Today there is time to do some shopping for souvenirs or just rest until we have to depart for the airport for our connecting flight to Bangkok.

## Day 10: Arrive London

### Challenge grade

Tough

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*This itinerary is complex and subject to change*

