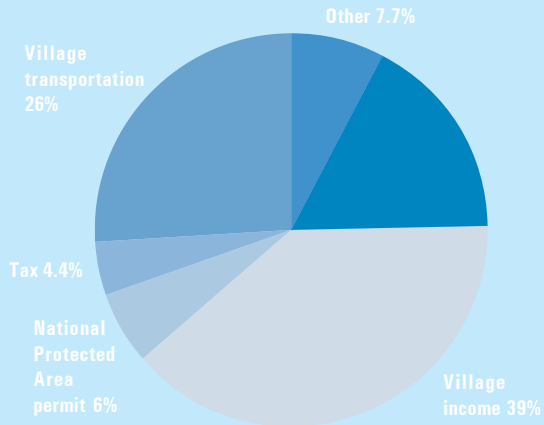
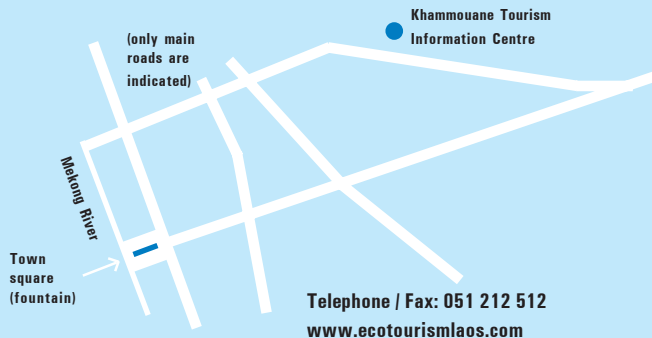


## Where does your money go?



## Where to book

Book your trek or obtain further information at the Khammouane Tourism Information Centre in Thakhek (note that this is in a separate location from the Provincial Tourism Office).



Telephone / Fax: 051 212 512  
www.ecotourismlaos.com

**SNV**



## Community-based tourism

These treks are operated by the Khammouane Ecoguide Unit, an initiative of the Khammouane Provincial Tourism Office. They have been developed using the principles of community-based tourism, the goals of which are to contribute to poverty reduction and nature conservation.

The treks have been established with the consent and involvement of all stakeholders, including villagers and tourism officials, and are designed to allow communities to maximise the socio-cultural, environmental and economic benefits of tourism whilst managing its negative impacts. Village development funds are used to ensure fair distribution of the income generated by the treks. National park fees are used to support forest and wildlife conservation.

Trained and certified guides will lead you through the forest and explain about the lives, beliefs and traditions of local people. Be sure to make the most of their knowledge, and consult with them about cultural protocols.

## What is included?

English-speaking guide from Thakhek	Torch / flashlight for caving
Village guides	Life jacket for boat trips
All transportation	All entrance fees
All accommodation on overnight trips	Hotel pickup
All meals and drinking water	Contribution to village development fund
Baci ceremony in host village	National park permit fees

## What to bring

**GOOD SHOES:** trainers, hiking boots or sandals with straps are recommended (flip-flops are not suitable).

**TORCH/FLASHLIGHT:** For overnight homestays.

**FIRST AID KIT AND MOSQUITO REPELLENT:** Bring your own. Guides also bring a basic first aid kit.

**RAINCOAT:** recommended, especially in the rainy season.

**WEAR:** A hat to protect from sunburn and sunstroke, trousers to protect your legs and a shirt that covers your shoulders (tank tops and vests are not considered polite in Laos).

**BATHING/SWIMMING:** Women must wear a sarong for bathing or swimming, whilst men should wear shorts. Bring a towel.

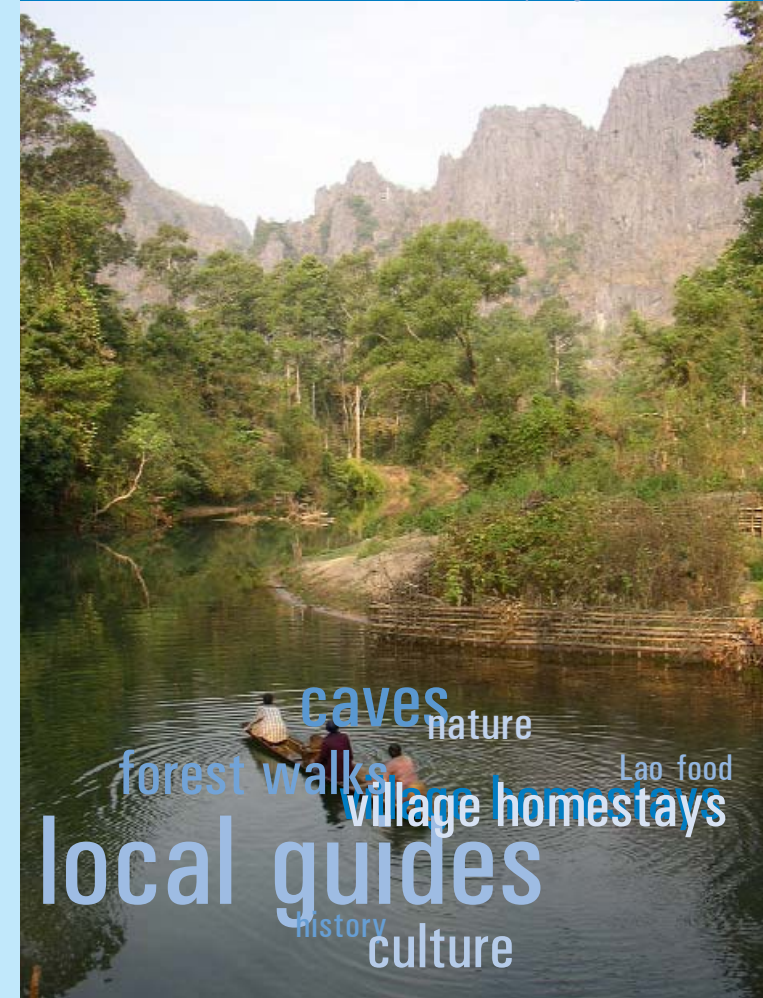
**SLEEPING BAG:** This is optional - there are blankets in the homestays.

**WATER BOTTLE:** Use your own water bottle if you wish to reduce waste.

**TRAVEL LIGHT:** Use a small backpack and do not bring too much (one change of clothes for the evening is adequate).

# Community-based trekking in Khammouane Province

Departing from Ban Na Hin



# Tad Nam Samam and Tad Mouang waterfalls

One day trek

## Morning: forest walk to Tad Nam Sanam

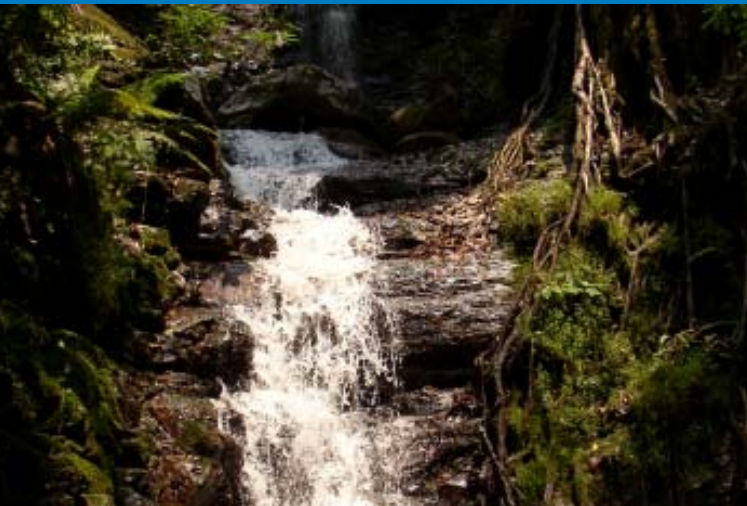
Departing Na Hin early morning with your local English-speaking guide, you enter the Provincial Protected Area. Your guide will tell you about the pristine tropical forest, the wildlife inhabiting it and local medicinal plants.

The trail follows the river at first, then climbs steeply to a view point and wooden sala where you will stop for a picnic lunch overlooking the Tad Nam Sanam waterfall. The falls themselves cascade from the sandstone massif above and are most spectacular during the rainy season (May– October).

## Afternoon:

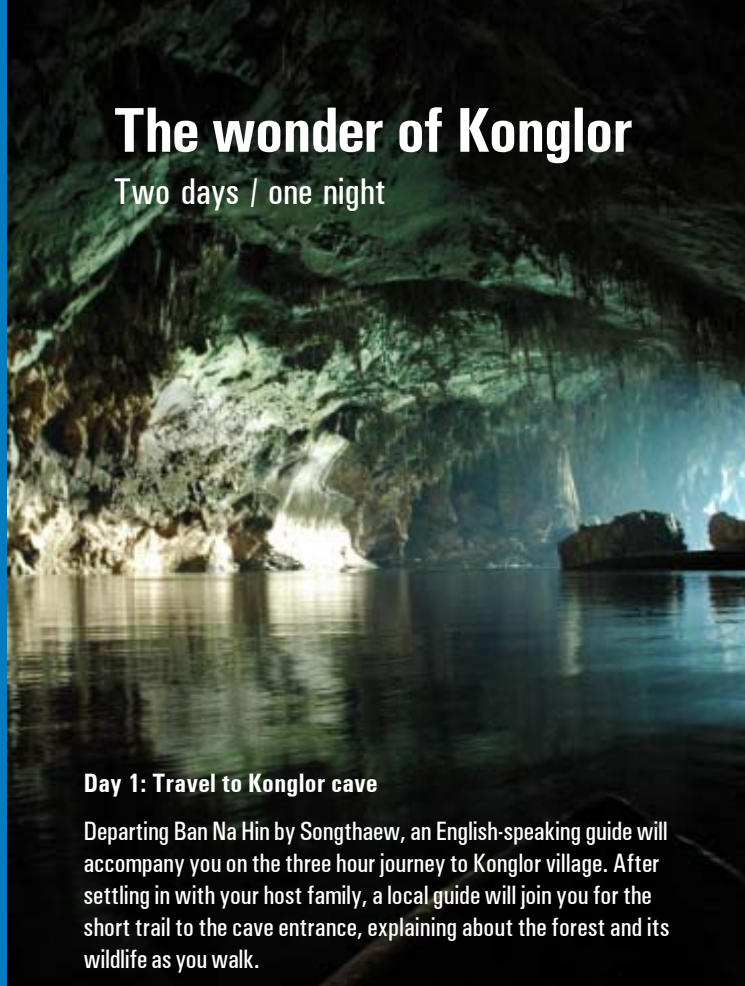
You will return by a different route, following the riverbed to a trail junction for Tad Mouang waterfall. This area is sometimes visited by elephants as there is a natural salt lick — keep your eyes open for signs they have been there recently.

Tad Mouang (mango waterfall) is named after the wild mango trees along this trail. The waterfall itself has eighteen tiers and flows year-round. You can enjoy a refreshing swim in the lower pool before returning to Na Hin and your guest house.



# The wonder of Konglor

Two days / one night



## Day 1: Travel to Konglor cave

Departing Ban Na Hin by Songthaew, an English-speaking guide will accompany you on the three hour journey to Konglor village. After settling in with your host family, a local guide will join you for the short trail to the cave entrance, explaining about the forest and its wildlife as you walk.

Traveling by local boat you will explore the 7.5 km long cave, stopping for short walks inside to observe sand beaches, stalactites and other limestone formations. The cave is used everyday by local villagers as an access route to villages in the valley beyond.

Later in the afternoon you will return by the same route to Konglor village.

Before dinner the villagers will prepare a traditional Baci ceremony to welcome you to their village and wish you safe travels!

## Day 2: Return to Na Hin

In the morning there will be time to wonder around the village and observe traditional activities (such as weaving and rice polishing) before returning to Ban Na Hin where your guide can assist with onward travel.

# Konglor Cave / Natan Village Homestay

Three days / two nights

## Day 1: Travel to Konglor cave

Departing Ban Na Hin by Songthaew, an English-speaking guide will accompany you on the three hour journey to Konglor village. After settling in with your host family, a local guide will join you for the short trail to the cave entrance, explaining about the forest and its wildlife as you walk.

Traveling by local boat you will explore the 7.5 km long cave, stopping for short walks inside to observe sand beaches, stalactites and other limestone formations. The cave is used everyday by local villagers as an access route to villages in the valley beyond.

Your trek now continues to the traditional village of Ban Natan where you will stay in a homestay for your first night. A local family will prepare your meal. The villagers will organise a traditional baci ceremony to welcome you to their village and wish you a safe journey for the next day!

## Day 2: Mountain trail

After breakfast you will return to the mouth of Konglor cave and ascend the mountain by a steep trail. This 5 hour walk (which is moderately difficult) rewards with spectacular views of the Karst mountain landscape. The trail eventually brings you back to Konglor village (or you can return by boat for an additional fee) where you will sleep in a homestay.

## Day 3: Return to Ban Na Hin

In the early morning there will be time to explore Konglor village and observe traditional activities such as weaving and rice polishing, before returning to Ban Na Hin by Songthaew where your guide can assist with onward travel.

