



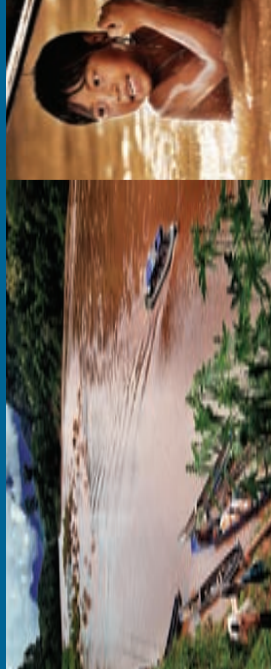
This trek can be arranged by the **Luang Prabang Provincial Tourism Department**. For more information please contact staff at the **Tourist Information Center**, opposite the **Ethnic Handicraft Market** or call **071 212 487**.

After breakfast the trek leaves Ban Kiew Kan, climbing briefly then descending through a forest to a stream before arriving at **Hadsapeuy**, a village on the **Ou River**. After a break, hikers make the final leg of the trip by boat along a beautiful stretch of the river, back to Muang Ngoi.

Day 2
The village is home to a friendly **Khmu** community who welcome visitors with a traditional baci ceremony and a meal. They are happy for people to take photographs and bathe in the springs near the village. Guests stay overnight in one of the simple Khmu style community lodges.

Day 1
The trek starts from **Ngoi Kao** and heads along a trail for about 2 kilometers, arriving at **Tam Gang**, a large network of caves and waterfalls which was used by villagers as a shelter during the Indochina War.

The trek continues through fields and forests and past the high limestone cliffs that typify the landscape in this part of Luang Prabang Province. After 4 - 5 hours, hikers end the first day, arriving at **Kiew Kan**.



MUANG NGOI TREK

VISIT LAOS

Trekking in Luang Prabang Province
MUANG NGOI
2 DAY TREK



Produced by the Luang Prabang Provincial Tourism Department, 2006. Design: Paul Bloxham/Pankham Jampa. Photos: Paul Wagner

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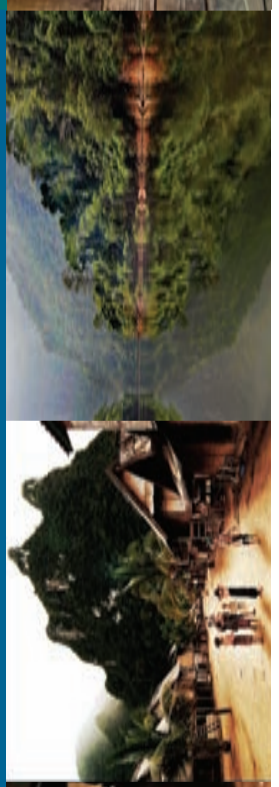
The Khmu in Ban Kiew Kan

The Khmu are the largest ethnic minority in Luang Prabang province. Part of the Mon-Khmer group of people found throughout Cambodia and Laos, the Khmu have several sub-groups and language dialects. Nowadays very few Khmu communities wear traditional clothes; they have adopted the 'sinh' (skirt) and western-style clothing of the Lao.

However, the Khmu are famed for their bamboo and rattan basketry. Other ethnic groups, will specially buy woven products from Khmu villages, including Kiew Kan and Hadsapeuy. The Khmu are upland rice farmers. Unlike the irrigated paddy rice fields, upland rice is 'dry' cultivated, and harvested after the rainy season. The Khmu are very skilled at utilizing the forest for subsistence by hunting and gathering wild food and medicine. In recent years, more Khmu villages have been resettled in lowland areas, where the people can also grow vegetables and fish and have access to better roads and services.



Ngoi Kao is situated on the banks of the **Ou River** in the north of **Luang Prabang Province**. This two day trek from **Ngoi Kao** follows trails through dramatic landscapes and includes an overnight stay in a **Khmu** village.



MUANG NGOI TREK

VISIT LAOS

Trekking in Luang Prabang Province
MUANG NGOI
2 DAY TREK

Level of difficulty and safety

Moderate-Difficult: Steep climbs make this trail challenging. Trekkers must be in good physical shape.

What to bring

One change of clothes, good shoes, sandals, a sarong for bathing (for women), mosquito repellent, flashlight, hat or sunscreen, camera and money to buy handicrafts.

Village meal

A typical meal includes chicken, soup, sticky rice, vegetables and chilli. Vegetarian food is available upon request.

Do's and Don'ts for cultural sensitivity

- Please dress modestly and wear shirts that cover the shoulders and pants that cover your knees. Shirts with a low neck line are not appropriate.
- Please respect local traditions when visiting a village. Do not touch anything that may have religious significance such as buddha statues, altars or burial grounds. Please take off your hat and shoes when entering temples.
- Please ask people before taking their photograph.
- Please do not bathe nude in public.
- Please do not give anything to children as this encourages begging.
- Please respect the environment. Do not litter. Please do not buy wildlife or wildlife products.
- Please support local producers by buying new handicrafts. Do not buy antiques or family heirlooms.
- Please avoid drugs. Drug tourism does damage and sets a bad example for Lao youth.

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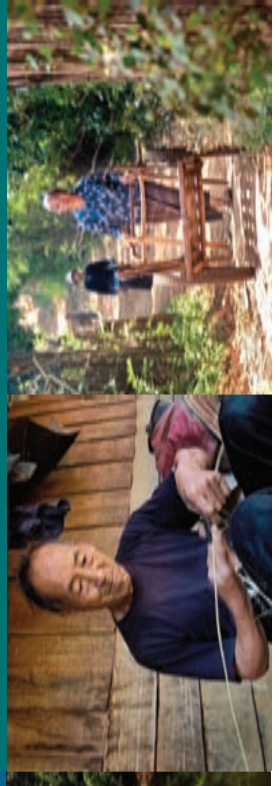
The Hmong of Long Lao

The Hmong ethnic group originated from Tibet and Laos in the early 19th century. They live and work in upland areas, mostly in the northern provinces. The Hmong in Long Lao belong to a subgroup known as the **White Hmong**. They speak a Hmong dialect and are animists, worshipping the spirits of their ancestors and their environment. They often wear black with coloured bands around the wrist and collar. The women are known for their brightly coloured embroidered textiles. Like most Hmong, the people of Long Lao are expert farmers, raising livestock and growing rice and other crops on the steep hillsides beyond the village.

The Hmong traditionally eat white rice rather than sticky rice and their upland varieties are regarded as having a good flavour and fetch high prices in local markets.



This short trek provides an alternative route to **Khuang Si** waterfall. The hike begins in a Hmong village, passes through rice fields and ascends forested slopes before arriving at one of the springs that feed the waterfall.



KHUANG SI TREK

VISIT LAOS

Trekking in Luang Prabang Province
LONG LAO to
KHUANG SI

Level of Difficulty and safety

This trek is easy-moderate with steep climbs in parts. Trekkers must be in good physical shape.

What to bring

Good shoes, sandals, a sarong for bathing (for women), mosquito repellent, flashlight, hat or sunscreen, camera and money to buy handicrafts.

Village style lunch

A typical meal includes chicken, soup, sticky rice, vegetables and chilli. Vegetarian food is available upon request.

Do's and Don'ts for cultural sensitivity

- Please dress modestly and wear shirts that cover the shoulders and pants that cover your knees. Shirts with a low neck line are not appropriate.
- Please respect local traditions when visiting a village. Do not touch anything that may have religious significance such as buddha statues, altars or burial grounds. Please take off your hat and shoes when entering temples.
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Who are the Khmu, Hmong and Lao Loum?

The Lao Loum, Khmu, and Hmong are the three largest ethnic groups in Luang Prabang province. The **Lao Loum** are lowland dwellers, cultivating paddy rice, fishing, and tending vegetable gardens. In Ban Som, a small stream is filled with fresh watercress; when in season, this nutritious vegetable is picked just before your meal for soups and salads. The **Khmu** are famous for their bamboo and rattan weaving skills. In Ban Houaypong, baskets, musical instruments, and toys are all expertly fashioned out of natural products and on sale in their community sala. The **Hmong**, traditionally residing on mountaintops and cultivating upland white rice, are a proud and distinct ethnic group. Older people in particular will still wear their traditional black wide legged trousers and shirts accented with bands of colour and embroidery at the wrist and collar.

This two day trek in the hills of Chomphet district, across the Mekong from Luang Prabang offers great variety: green forests, challenging climbs, swimming and an overnight stay in a Hmong village.



CHOMPHEH TREK

VISIT LAOS

Trekking in Luang Prabang Province
CHOMPHEH
2 DAY TREK

Level of difficulty and safety

Moderate-Difficult: Steep climbs make this trail challenging. Trekkers must be in good physical shape.

What to bring

One change of clothes, good shoes, sandals, a sarong for bathing (for women), mosquito repellent, flashlight, hat or sunscreen, camera and money to buy handicrafts.

Village meal

A typical meal includes chicken, soup, sticky rice, vegetables and chilli. Vegetarian food is available upon request.

Do's and Don'ts for cultural sensitivity

- Please dress modestly and wear shirts that cover the shoulders and pants that cover your knees. Shirts with a low neck line are not appropriate.
- Please respect local traditions when visiting a village. Do not touch anything that may have religious significance such as buddha statues, altars or burial grounds. Please take off your hat and shoes when entering temples.
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- Please avoid drugs. Drug tourism does damage and sets a bad example for Lao youth.

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