

## Dos and Don'ts on the Tour

### Dress Modestly

Please wear shirts that cover shoulders and pants or skirts that cover your knees. Shirts with a low neckline are not appropriate.

### Public Bathing

Please do not bathe in the nude in public. Women should cover up with a sarong when bathing in public.

### Photographs

Please ask before taking close-ups or portraits. Respect those who choose not to be photographed.

### Gifts

Please do not give anything to children as this practice encourages begging. Also, do not give medicine to anyone but a doctor or nurse.

### Body Language

In Lao, your head is "high" and your feet "low" don't gesture with your feet, and don't put your feet on furniture. Also do not touch someone else's head. Kissing and hugging in public is impolite please be discreet.

### Respect Local Traditions

Please do not touch anything that may be of religious significance, such as Buddha statues, altars, and burial grounds. Please take off hats and shoes when entering temples.

### Environment

Do not litter on land or in water: take all your garbage with you. Do not buy wildlife or wildlife products.

### Purchasing Local Crafts

Please support local products by purchasing newly made quality handicrafts. Do not purchase unique items such as antiques or family heirlooms that are irreplaceable.

### Drugs

Please do not do drugs in Laos. Drug tourism does damage and sets a very bad example for Lao youth.

## To book or for more information, please contact the

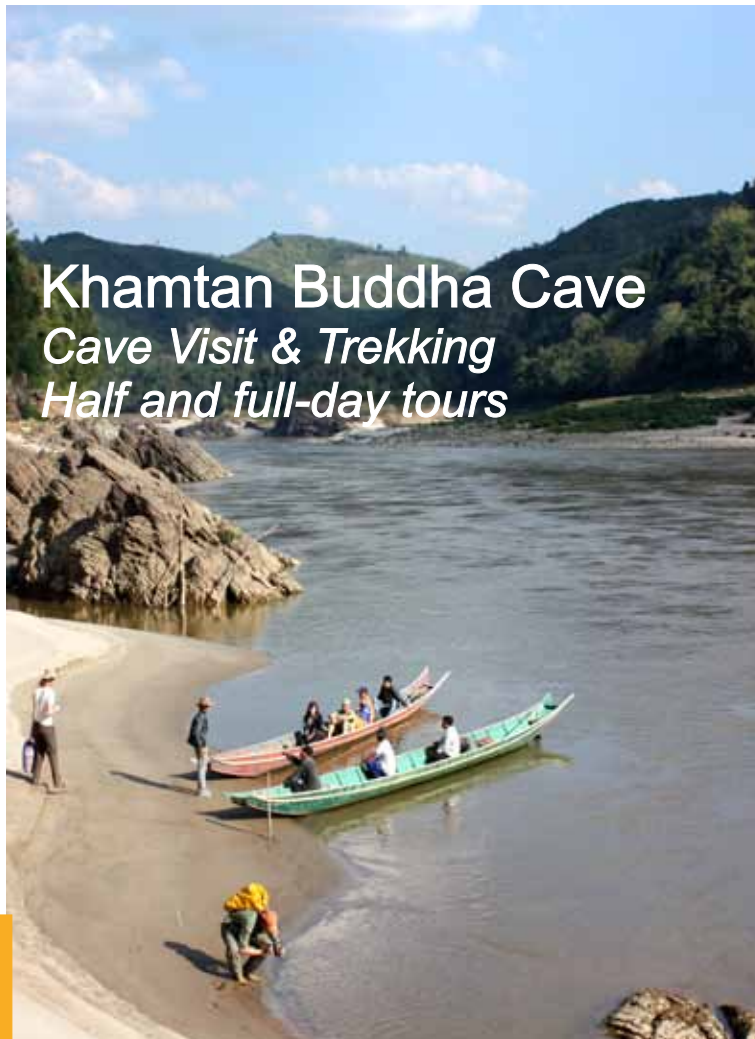
Pak Beng Tourism Office  
Mobile phone: 020 5548 13 04

## or the

Oudomxay Provincial Tourism Department  
Telephone: 081 212483; Fax: 081 212482  
Mobile: 020 22148679  
Email: [ptdoudomxay@yahoo.com](mailto:ptdoudomxay@yahoo.com)  
Website: [www.oudomxay.info](http://www.oudomxay.info)

Also check: [www.laoscaveproject.de](http://www.laoscaveproject.de)

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## Khamtan Buddha Cave Cave Visit & Trekking Half and full-day tours

Pak Beng -  
Scenic Hub of Northern Laos

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THE HEART OF NORTHERN LAOS



## Phachao Khamtan Cave Legend

A long time ago local people from the area used to go to the forest to collect food and firewood for their livelihood. During one of these sometimes extended trips, one group from Ban Pak Ngeuy found a cave. In order to protect their discovery from being exploited by others, they kept it a secret. For them the cave provided guano from bats for sale (e.g. for gunpowder production) and as a fertilizer for their gardens.

However, during the turmoil from the Indochina Wars the veil was lifted and the cave was used as shelter from the bombings for everyone in the area.

The people sheltering in the cave prayed to the great spirit asking for protection in the form of a shield over the area that would deflect the bombs. It was during these hard times that the cave was given its name "Phachao Khamtan". "Phachao" means great or strong spirit and "Khamtan" stands for golden protective shield. In this combined word "tan" means block, in this case for blocking the bombs, and "kham" literally means gold but also has a more general meaning of something very valuable.

Still today, when visiting the cave, you can ask for protection or another wish, and you can be sure it will be fulfilled.



## Cave Visit / Trekking

The tour can be done as a half-day tour to the cave or in combination with half-day trekking making it a one-day tour.

### Half-Day Cave Visit:

From Pak Beng, you will go by *tuktuk* or by boat to Pak Ngeuy and observe village life. After a visit to the two temples in the village you will take a boat to the cave.

On the way you may be able to see local gold panning activities. From the Mekong bank, 30 minutes from Pak Ngeuy, it is a 15 minutes walk to the cave. After a picnic at the cave the boat will bring you back to Pak Beng.

### One-Day Trekking and Cave Visit:

If you choose the trekking activity it will be combined with a visit to the cave.

The first part of the tour will be the same like the Half-Day Cave Visit. After the picnic at the cave you will start a 5 to 6 hours trekking tour back to Pak Ngeuy including an afternoon picnic. From Pak Ngeuy you will go back to Pak Beng by boat.

