

5 days in Muang Ngoy district

DAY 1: Nong Khiaw – NK SEEDS

Meeting at NK SEEDS site for lunch with the volunteers and the team.

After a good meal, discover **the NK SEEDS site** and immerse yourself in our team's daily life. You will get to see the backstage our organization, know more about our projects such as English education, plastic recycling and communities' support.

After that, take some time to discover the village and walk on the famous bridge surrounded by plenty of gorgeous riverside guesthouses and local restaurants.

Then, let's take a 1-hour hike up to **Pha Daeng Peak Viewpoint** to watch the sunset on ragged mountain views on either side of the town.

Enjoy a barbecue while watching one of the most photogenic spots in Laos.

Overnight in tents on the top of the mountain.



DAY 2: Muang Ngoy - Ban Na

Watch the sunrise on the sea of clouds that covers the city before hiking down go for 1-hour boat trip up north to **Muang Ngoy**.

Take a village tour before to start walking to **Tham Kang Cave** to explore the depths and take a bath in the cool water.

Keep trekking through the rice fields and mountains until the beautiful **Ban Na** is just in time for lunch.

Take the afternoon to explore the areas and the villages around. Dinner and overnight in homestay.



Day 3: Sopong - Yensabai organic farm

Enjoy a local breakfast surrounded by green nature and rice field before leaving this charming village to Muang Ngoy.

Then, let's kayak to **Sop Kong**, a village with an **organic farm**. Make yourself at home and settle for the next day.

Head to **Tad Mook waterfall** and have some time to relax and take a bath.

Back to the farm. Have lunch with the family and spend the rest of the day at the farm and discover rice cultivation, and farm products. Learn also fishing and cook delicious typical Lao dishes.

Dinner together while enjoying a **campfire**, beers, and music under the stars.



DAY 4: Na Luang

Breakfast at the farm.

Slowly wake up with a peaceful boat ride on the river before beginning the adventure to **Na Luang** village. Boat moored, let's trek for 4 hours in the deep greenish jungle and rice fields.

Pic Nic lunch on the way.

Dinner and **overnight in homestay**.

DAY 5: Nong Khiaw

Start the day with a delicious local breakfast. Then, prepare for a 2-hour trek back to **Nong Khiaw**.

Lunch at couleur café.

Spent the rest of the afternoon at the hotel's pool.

This evening, enjoy dinner overlooking the sunset on **a boat cruise on Nam Ou River**.



Prices:

2 pers: \$420/pers

4 pers: \$360/pers

6 pers: 350\$/pers

8 pers: \$340/pers

What's included ?

- **All hotel accommodation** in shared twin/double room with daily breakfast (homestay, guestouse + hotel (Mandala Ou)
- **All meals**
- **In-trip transportation** as mentioned in the itinerary
- English speaking **local guide**
- **All activity fees** as indicated in the itinerary
- Daily **drinking water**