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UPPER MEKONG AND LAOS - 8 DAYS

Known in Laos as the "Mae Nam Khong" ("Mother of Water"), the upper Mekong meanders through fascinating riverine scenes, filled with scenes of captivating and unchanged local life in various settings. This 7-Night itinerary named "Laotian Serendipity" offering enjoyable and leisure sailing southbound through secluded areas. See isolated local riverside villages and witness how the residents' daily life unfolds, experience long-standing cultures and traditions, and enjoy active adventures as well as the enchanting laid-back life on board vibe - all while indulging in luxury aboard the river ship Anouvong. A full sightseeing of Luang Prabang is included in this cruise.



ITINERARY

DAY 1 Huay Xai - Khon Tuen - Huay Ting

Once all passengers have arrived, we travel by minivan to the ship, moored at Huay Xai Pier. Our team assists with your check-in and takes care of your luggage. While 'Avouvong' makes its way to its first stop, our expert guide holds an interesting lecture about the intricate tapestry of Laos' diverse ethnic groups living along the Mekong River. Over the next few



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days, you will get to know all these fascinating varieties of different cultural lifestyles, characteristics, and traditions in real life. As we reach the confluence of the Mekong and a significant tributary, let the river's gentle currents carry you downstream, granting you the gift of uninterrupted natural beauty. Our upcoming destination is a fairly modern village compared to the ones we are about to experience later, inhabited by 800 residents belonging to the Tai Lu ethnic group. This ethnic group spans across China, Laos, Thailand, Burma, and Vietnam. We walk through the village and gather together for a Baci ceremony. This is a heartfelt Laotian ritual conducted by local elders (and maybe monks), gracing your journey with their blessings.

Our vessel continues its journey downstream, reaching our overnight spot at Huay Ting. For the first time, we moor one of these wonderful sandbanks, which sets the stage for a welcome cocktail followed by a welcome dinner with a background of astounding natural beauty. Welcome to the memorable Laotian Mekong.

Dining: Lunch, Dinner

Day 2: Huay Ting - Pakbeng - Khok Ek

For those who rise with the sun, we extend a warm invitation to our daily morning yoga class on the terrace deck, where the stunning Mekong scenery serves as a backdrop.

Our voyage brings us in the morning to the charming town of Pakbeng. Nestled on the starboard side lies Laos' best-managed elephant sanctuary. We have the privilege of visiting these magnificent creatures in an almost complete natural habitat. All the elephants residing here were born once in Laos and toiled mostly as logging elephants. Since finding refuge in this sanctuary, they've been embraced by peace and

security, living in very natural territory. Why not release them into the freedom of Mother Nature? The answer lies in their past as working animals: they've lost to some extent the ability to thrive in the wild, where few of their kind remain. The sanctuary stands as a beacon of ecotourism and sustainability, embodying a profound commitment to these principles. It is a one-of-a-kind encounter to see these gentle creatures appear out of nowhere in the rainforest and learn so many interesting things about them. If we have enough time, we will take you up to the hilltop vantage point located at Pakbeng town (by vehicle) that offers breathtaking panoramic views, perfect for capturing lasting memories through the lens of your camera. After lunch, we ask for a touch of creativity: through a Bamboo weaving workshop, you can learn this widespread traditional craft and take home your own little bamboo basket as a wonderful memory. The sailing time into the afternoon offers a breathtaking riverine cinema. We arrive then at a village that has a very interesting character to it. In this place, three distinct ethnic groups - Hmong, Lao Loum, and Khamo - live together almost under "one roof". Each possesses its unique history, traditions, ways of life, family dynamics, and housing styles. We venture into the village to a family home where representatives from each of these ethnic groups are going to show and explain to us their differences and characteristics in day-to-day life. The theory provided the day before, through our lecture, suddenly comes alive in front of your eyes. If time permits and the season allows, we may offer a glimpse of the organic gardens where villagers nurture their crops (and we can try one or other local produce). Back on the ship, when the afternoon gives way to the evening, gather at the bar to indulge in snacks while receiving a preview of the upcoming day's program. Before dinner time, some villagers join us to witness on the terrace deck a performance of

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the traditional instrument named "Kene, and then let us listen to the hypnotic melodies of this flute along with very unique movements. After dinner, feel free to come to the lounge for a cosy cinema setting featuring "Chiang" (Laotian for "elephant"). This cinematic gem, shot in this very region in 1927 and produced by the same visionary behind the first King Kong movie, promises to set you in the mood for our next day's adventure.

DAY 3: Khok Ek - Pak Ou - Luang Prabang Ban Gaeng Hang Ngai - Luang Prabang

Wake up early to catch the sun's first rays on the river and join our daily yoga class if you like. As we sail through the outskirts of the Golden Triangle towards Luang Prabang you have time this morning to relax or listen to our interesting presentation about an enthralling presentation that unravels the intricate history of the Golden Triangle, composed of its complexities of colonialism, opium, conflicts, and the multifaceted roles played by Burma, Thailand, Laos, Britain, China, and more. The Golden Triangle is the area where Myanmar, Thailand, and Laos meet, but it also extends far into each country. The name "Golden Triangle" inventory by the CIA refers to this vast area. The ship zig-zags down the river with plenty of time to observe the river life. After lunch, we reach the Pak Ou Caves, nestled on the Mekong's rocky shore, just opposite the Ou River's mouth. There are two limestone grottoes that house approximately 4,000 sacred Buddhist statues and images ranging from mere centimetres up to 2m (7ft) in height. We are going to visit the lower cave, which is the most impressive one and relatively easy to reach. After the cave visit, Heritage Line offers two optional choices to continue the excursion: For those seeking adventure, a kayak tour along the serene Nam Ou River offers a riverine experience in total symbiosis with the peaceful flowing stream

and the stunning surrounding mountainous scenery. Alternatively, you can opt for a short, tender boat ride to the nearby village of Ban Muang Keo to witness the local artistry of traditional silk weaving. In the village, we also meet a local "medicine man" who explains the local and traditional ways of treatment using simple mother nature as a natural pharmacy. After the outing, we take the course to one of (if not the) most enchanting towns in Southeast Asia. We arrive in Luang Prabang in the early evening. There is still time to have a first stroll through the streets of downtown Luang Prabang after dinner. We highly recommend just taking a place in one of the nice little coffee shops and letting the time and on-goings float by. You will feel instantly that this town has a therapeutical aura that slows you down to the depth of your soul.

Dining: Breakfast, Lunch, Dinner

DAY 4: Luang Prabang

Begin your day with the serene beauty of a sunrise, accompanied by the aroma of freshly brewed coffee and a selection of teas, all waiting for you in the bar lounge. While sipping your morning beverage, prepare to rejuvenate your mind and body with our daily Yoga class on the terrace deck right at the footstep of one of the most iconic temples in Laos. Following breakfast, we will embark on an enchanting walking tour through Luang Prabang. Our morning venture takes us along various of the very calm streets of this UNESCO World Heritage Site. Our experienced guide leads you through the old town and its scenic peninsula, where the Mekong and Nam Khan Rivers converge. Marvel at the distinctive architecture that graces Luang Prabang's streets and immerse yourself in fascinating tales of the houses and landmarks you encounter. As we stroll leisurely along the crisscross of small roads adorned with antique



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structures and majestic mango trees, you'll find the perfect opportunity to pause and refresh. One of the houses, the 'Lamache', was once home to noble families and later was the appointed ice cream supplier to the royal family. There is no better place to have a "Lao Tea Break" accompanied by traditional snacks and some artisan ice cream. We get back onboard for lunch and some refreshment time. The afternoon is dedicated to the rich cultural heritage of Luang Prabang, with a visit to the former Royal Palace, now transformed into the National Museum. On display is local art and historical treasures that once belonged to the esteemed Lao royal family. Following the museum tour, feel free to explore the city centre further at your own pace, perhaps opting for a visit to one of the inviting street cafes and embracing the laid-back, "sabai-sabai" atmosphere. As the day transitions into the evening, we leave the ship once more for an outside dining experience at the renowned 'Le Caloa' restaurant with some entertainment to it. Return to the ship after to rest or continue your exploration of the town, including a visit to the nearby vibrant Night Market. **INSIGHT:** If you visit the Wat Xieng Thong temple, you may see that the rear wall of the main building is encrusted with coloured glass pieces on a red background, representing the Bodhi Tree. According to Buddhists, this is the Tree of Enlightenment under which Gautama Buddha attained enlightenment. The Bodhi Tree is considered a place where one can seek refuge from worldly desires.

Dining: Breakfast, Lunch, Dinner

DAY 5: Luang Prabang – Kuang Si – Xayabouri

Before the daylight basks the town in warm golden tones, the morning alms round, referred to as "Tak Bat" in Lao, is a spiritual Buddhist tradition for Lao people and dates back

generations. Wake up before dawn to witness a procession of hundreds of saffron-robed monks in the early morning light. We say goodbye to Luang Prabang and continue our cruise further downstream on the Mekong River. At the first stop, we set out for a sightseeing of an innovative and socially responsible Laos Buffalo Dairy Farm. Having almost no dairy products some decades ago, these milk-based products have become more and more popular in recent years in Asia and also in Laos. Various dairy products, such as cheeses, ice cream and yoghurt are made locally and distributed to the markets. We continue our tour to the nearby cascading Kuang Si waterfalls. Famed for its beauty and with its rushing turquoise waters it is an amazing park hiking post (leisurely) to marvel at Mother Nature's creativity. You can also refresh yourself with a swim in the shallow pools of water at the waterfall's base. Back on the vessel, the cruise carries on towards the nation's first famous dam and hydroelectric power plant. Before we arrive at the dam, we offer an interesting lecture about the role of energy production in Laos' economy and how the country is set to become the 'battery' of Southeast Asia. Eventually, we arrive at the Xayaburi Hydroelectric Dam. We take our mooring position nearby the dam to be ready for next days' early passage. After the dinner, we set up again our lounge cinema screening another movie classic. ****Dining: Breakfast, Lunch, Dinner****

DAY 6: Xayabouri – Don Saynhan

In the morning, our guests can witness the passing of the structure of Xayaburi Hydroelectric Dam which stands tall at an impressive 32.6 meters (107 feet). It is an imposing elevation that the ship has to overcome with the help of this massive water gate.

Also, during the morning sailing time, we have two offerings in



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regards to onboard activities. Our guide presents a lecture on the history of Lao royalty with a focus on King 'Anouvong' - this vessel's namesake. We also would like to make Lao-Thai cuisine more accessible for you by offering another cooking class with a different dish that you can copy easily later at home. Food brings back memories don't it. The shorelines become a bit rockier with some narrow passages to navigate through. In the afternoon we reach Don Saynhan. We moor our ship nicely and set out to explore the village and area. From the village, we take a local "Tuk Tuk" and travel inland to visit the so-called 'Khao Cave'. Travelling by a local means of transportation through the jungle-like surroundings and plush vegetation is an adventure in itself. The cave has been home to a large bat population for generations and is a vital source of potent fertilizer for the village. You can stroll inside to see stalagmites and stalactites as well. The ship moors here overnight. Join us for some prelude snacks at the bar with our guide to provide you with an outlook for the next day. Enjoy the evening on the deck or opt for an after-dinner reflexology to find your slumber easily.

Dining: Breakfast, Lunch, Dinner

DAY 7: Don Saynhan - Pha Liep - Sandbank

Today, on our final full day of this expedition, the journey takes us to the lovely village of Pha Liep, where the landscape is adorned with majestic limestone mountains, forming a magnificent, picturesque and picture-perfect backdrop. The ethnic Lao Loum live in this region mostly making their living in agriculture. However, today we get to know two other "industrial" businesses. The first one is the craftsmanship of a producing traditional longtail boat. Call it factory, but the process of constructing these typical water vehicles which are nowadays

still the primary modes of transportation found in Laos, is very much down to hard manual work. The other "business" is perhaps a more enjoyable one to run. To be an owner of a local whiskey distillery does not only allow the craftsman to have one or other tempter double checking the quality of the product, but it is also a business that surely never runs dry in Laos. The Lao whiskey is a national establishment and every Laotian has a bottle at home. We recommend obtaining a bottle mixing the classic "Laotian whiskey cola", a good copy of the well-known Cuba Libre. After this mix of entertaining local culture on the ground, we set sail once more, gliding along the Mekong's gentle currents to a very special mooring location for the night. We will be cast away at a remote and terrific sandbar on which the journey comes to an end with us on a high note. We invite you to a cocktail reception, toasting the memories collected along the Mekong, and enjoy a great and romantic barbecue dinner under the Laotian sky.

Dining: Breakfast, Lunch, Dinner

DAY 8 Sandbank - Vientiane

Enjoy your last sunrise aboard with a morning Yoga outside on the deck. We have set up breakfast on the terrace deck this day (if weather permits) to enjoy the last sailing hours with views until we reach Pak Lay. We kindly ask you to prepare your luggage and be ready for check-out by 9 a.m. We transfer you in minivans to Vientiane. You will reach the city around 12:30 hrs.

Dining: Breakfast

Please Note:

Itineraries are subject to change.



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YOUR SHIP: ANOUVONG MEKONG CRUISE SHIP IN LAOS

YOUR SHIP:

Anouvong Mekong cruise ship in
Laos

VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:

Anouvong is Heritage Line's first ever vessel to cruise the majestic Mekong River in Laos. This lesser-travelled stretch of one of the world's most spectacular waterways is home to serene nature, quaint villages and stunning temples. It is only fitting that a boat cruising this pristine and beautiful region of Laos should be named after the Vientiane Kingdom's last monarch, King Anouvong, who so loved his country that he bravely fought for its independence from neighbouring Siam. To create a true boutique sailing experience, Anouvong has only eight spacious staterooms and two luxurious suites. All cabins feature floor-to-ceiling windows and open onto elegant French balconies or a private terrace overlooking the verdant shores of the Mekong River. What makes Anouvong unique is the blend of traditional Laotian artwork with French-colonial accents. From the intimate onboard restaurant to the refined setting of the lounge which opens onto the expansive terrace deck, this design theme creates an atmosphere of luxury and *savoir-vivre*. Set at the stern of the ship, Anouvong's luminous spa adds a distinctive lifestyle element for endless hours of blissful relaxation.

CAFÉ-BAR LOUNGE The indoor cafe-bar and lounge is

situated on the terrace deck and welcomes guests at any time of the day with elegantly designed sofas and cushioned rattan chairs. This lounge is the perfect setting to while away time, read and relax in an air-conditioned environment. Floor-to-ceiling glass windows encircle the lounge, allowing fantastic views of the dramatic backdrops. The lounge's doors open wide onto the terrace deck, creating a pleasant commute between these two public facilities on Anouvong. The lounge is also used for activities on board such as lectures, demonstrations or evening cinema screenings.

BODHI SPA The state-of-the-art spa is located on the upper deck and occupies the ship's entire stern. Designed with a Laotian spiritual theme and grand tree of life mural, the spa atmosphere evokes a sanctuary of well-being. Guests find three treatment rooms in the Bodhi Spa. Comfortable chaise lounges for reflexology, manicures and pedicures alongside wonderful window outlooks comprise one part of the spa, whilst two private single rooms, which can be combined for couples treatments, complete the Anouvong's spa haven.

TERRACE DECK Anouvong's terrace beckons guests to enjoy the outdoors while on board. Comfortable sun loungers make for a flawless place to take the weight off your feet and marvel at the breath-taking views while creme-coloured sun sails provide cooling shade. Two sheltered cabanas offer a hideaway for couples wishing to cherish a special moment together in privacy.

DE-LAGRÉE DINNING HALL The dining hall, named after the leader of the French expedition which fully explored the Mekong River, evokes the beauty of the temples of Luang Prabang paired with French-style tile flooring. The entire rear wall is covered in intricate gold leaf artwork depicting



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traditional Laotian patterns, while two carved wooden statues inspired by Buddhist mythology adorn the opposite side of the room. The dark brown colonial furniture along with the gold tones of the restaurant give the room a timeless elegance, while massive full-sized windows on both sides of the vessel flood the dining hall with sunlight. CUISINE Aboard Anouvong, we take pleasure in presenting the rich and flavourful cuisine of Laos and Southeast Asia. Whether our chefs prepare traditional Laotian recipes passed down for generations or treats from around the world, we use the best and freshest ingredients to please even the most particular of palates. Your voyage comes with a variety of culinary occasions - whether dining a la carte or bountiful buffet with the spectacular ambiance of the De Lagree Dining Hall, open-air barbecues, al-fresco breakfasts, sandbank aperitifs or in-suite afternoon teas. ACTIVITIES Local dance & music performances, sandbank barbecue and cocktail events, Tai Chi class, interesting lectures and presentations by local experts and historians, cooking class, evening cinema, kayaking, traditional welcome ceremony, board games, public Wi-Fi (subject to mobile network availability), small library & boutique



shop corner.



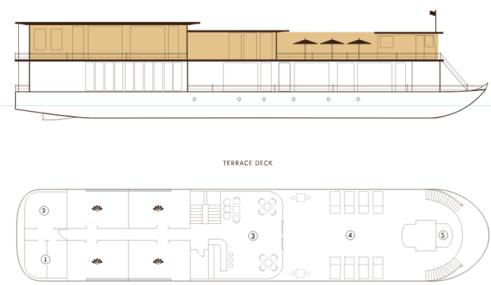
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