



## Community based Ecotourism Tour Program for 2006/2007

If you are interested in participating in one of these package tours, or if you wish to get more information about our program, please contact the Provincial Tourism Office of



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Starting in November 2006 the Oudomxay Provincial Tourism Office will be providing five distinct tour packages. The following tours, all starting from the Provincial capital Oudomxay town (also called Muang Xay) are organized and guided by trained people in cooperation with the provincial tourism office:

- **3-Day Khamu Trekking tour in the La District** (Package No. 1)
- **One-day walk around Oudomxay town** (Package No. 2)
- **Take a day-trip to Muang La and experience the peaceful life of the river** (Package No. 3)
- **One day exploration of Chom Ong Cave** (Package No. 4)
- **A day trip to Nam Kat waterfall and pristine forest** (Package No. 5)



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#### **Package No. 1**

### **3-Day Khamu Trekking tour in the La District**

This community based trekking tour is designed for people who want to discover the real life in Oudomxay province as well as visit some natural attractions. On this tour you will spend two nights in two different Khamu ethnic villages.

You will learn about khamu traditions, lifestyle and handicrafts.

Though the trek is challenging you will pass several natural tourist attractions like the Singkhma Buddha Cave, the Luang Cave, a limestone pristine forest area and the Houai Khai waterfall. Along the way the local guides will explain their traditional hunting skills, share their knowledge about the secrets of medicinal plants, and provide details on their cultivation habits.

#### **Package No. 2**

### **One-day walk around Oudomxay town**

Explore the nature near Oudomxay capital town and enjoy the wonderful panorama over the Nam Ko basin from neighboring mountains. During this one-day trip you will visit a Hmong village and the market of Phuu Khiew, the Phou Toa cave and the ethnic school of Oudomxay province in Ban Viengsa.

#### **Package No. 3**

### **Take a day-trip to Muang La and experience the peaceful life of the river**

Muang La, only 28 km from Oudomxay town, is a small idyllic district town situated in the splendid Nam Phaak valley. Favored locations of Joe Cummins, author of Lonely planet, include cultural, ethnic, and natural tourist sites such as the famous Thai Lu Temple, Vat Prachao Singkham, the Muang La mineral water hot springs, traditional salt production activities in villages throughout the area, and typical Thai Lu architecture. Muang La can also serve as the starting point for impressive excursions to remote ethnic and cultural villages nestled among rice fields, forests and mountains.

On the way to Muang La you have the opportunity to stop for an agreeable 2-hour walk to the Singkham Buddha Cave and to visit the Khamu village Samakhisay.

#### **Package No. 4**

### **One day exploration of Chom Ong Cave**

Chom Ong cave is a recently rediscovered natural attraction located about 45 km from Oudomxay town near the Khamu Lu village of Chom Ongthai. In the village you can see traditional handicraft production. From the village it is a one-hour walk, to the cave up the creek through rice fields and lovely forest with various animals, insects and small birds. The cave is the source of the Nam Kaang River. Entering the cave you can follow the spring for 1600 m passing through large halls with heights of 35 m and 20 m wide. The exploration of Chom Ong Cave takes about four hours and is a real adventure as the cave is still in its natural state.

#### **Package No. 5**

### **Day trip to Nam Kat waterfall and pristine forest**

Take a day-trip from Oudomxay town (Muang Xay) to the wild valley and beautiful waterfall in the Houay Nam Kat Reserve, among pristine forests. Enjoy a picnic lunch in the beautiful scenery of the Nam Kat Waterfall.

Unfortunately, due to bad weather and very bad road conditions (the dirt road is regularly washed away by the Nam Kat river), access can't be guaranteed throughout the year.

**All tours will be guided by Lao nationals with proficient language skills and unbounded enthusiasm to continue learning.**