

LA RÉSIDENCE  
PHOU VAO

A BELMONT HOTEL  
LUANG PRABANG

*Extraordinary*

LAOTIAN  
EXPERIENCES

To help you make the most of your stay in Luang Prabang, we've compiled a collection of experiences that bring our destination to life.

Whichever activities you choose, we are here to take care of everything!

**Culture & Heritage**

*Immersions in culture and history*

**Nature & Adventure**

*Adrenaline-fuelled adventures*

**Wellness & Healing**

*Recalibrate in our sanctuary*

**Community**

*Immerse with our local community*

**Gastronomy**

*Exploring legendary Laotian gastronomy*

# Culture & Heritage



*Immersion in culture and history*

Culture & Heritage

# A LIVING TRADITION



**T**he daily ritual of almsgiving, Tak Bat, is a sacred and symbiotic ceremony that allows devout Buddhists to earn merit by providing the monks with their only meal of the day. For the past 40 years, the family of one of our associates, Madame Lar, has participated in Tak Bat every day. We are honoured to help support her family's ongoing tradition and invite you to witness how locals prepare for this timeless ritual.

Your personalised journey starts in our kitchen garden. Learn how to prepare traditional sticky rice with the help of our culinary team. While the rice cooks, you can enjoy traditional Lao coffee by

the fireplace and cultural stories from our resident experts, before heading into the heart of Luang Prabang to meet Madame Lar.

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**LAK 2,005,000 FOR UP TO 2 PEOPLE**  
DURATION - 2 HOURS, 4.30AM TO 6.30AM

*Please reserve at least 48 hours in advance and cancel more than 24 hours in advance to avoid disappointment and cancellation fees.*

*Ask Reception to personalise your experience.*

# BACI: A CUSTOM OF BLESSING



**E**ngage in a traditional good luck ritual. Baci is a centuries-old ceremony designed to garner good fortune and celebrate life events, such as weddings and births. It also serves as a friendly way to welcome honoured visitors.

The ceremony revolves around a tray of food and objects decorated with banana leaves and flowers representing love and longevity. A respected elder in the community, Master Morphone, welcomes and blesses you, tying white cotton threads around your wrists to symbolise peace, health and prosperity. Afterwards, enjoy some delicious local snacks crafted by our chef.

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**LAK 5,655,000 FOR 1-6 PEOPLE**  
**LAK 7,197,000 FOR 7-15 PEOPLE**  
DURATION - 1 HOUR

*Please reserve at least 48 hours in advance and cancel more than 24 hours in advance to avoid disappointment and cancellation fees.*

*Ask Reception to personalise your experience.*



# LUANG PRABANG CITY TOUR



Uncover the most compelling treasures of the UNESCO Heritage Site of Luang Prabang from our idyllic resort. A great way to discover the city's culture, history and timeless traditions is through its iconic temples, or wats.

Join our experienced tour guide to explore exceptional sites including Wat Xieng Thong, Wat Mai, Wat Chom Si, Wat Sene and the Royal Palace, built in 1904 during the French Colonial era for King Sisavang Vong and his family. Lose yourself in Laos' incredible culture on this insightful tour. Discover beautiful temples, and mingle with locals.

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Customise your tour, choosing from:

**LAK 5,397,000 FOR 2 PEOPLE**  
FULL-DAY TOUR WITH 7 TEMPLES  
(9.00AM - 3.30PM)

**LAK 4,369,000 FOR 2 PEOPLE**  
HALF-DAY TOUR WITH 4 TEMPLES  
(9.00AM - 12.30PM)

*Please reserve at least 48 hours in advance and cancel more than 24 hours in advance to avoid disappointment and cancellation fees.*

*Ask Reception to personalise your experience.*

Culture & Heritage

# LOCAL VILLAGE TOUR



**H**op into a vintage jeep for an enthralling adventure. Visit rural villages, farms and gardens for an insight into daily local life.

Stop at scenic viewpoints for the best panoramas and capture your own magical photos as you stroll around a village.

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**LAK 8,738,000 FOR 2 PEOPLE**  
HALF-DAY TOUR (8.00AM - 12.00PM)

*Please reserve at least 48 hours in advance and cancel more than 24 hours in advance to avoid disappointment and cancellation fees.*

*Ask Reception to personalise your experience.*

LOCAL MARKET IN LUANG PRABANG.





# TRADITIONAL DANCE SHOW



**W**ith its enchanting temples, natural landscapes and village life, Laos is a mystical land where time stands still.

Traditional dances are performed to age-old music, with graceful steps, movements and mysterious meanings holding audiences rapt with the storytelling.

Lam Vong, the country's national dance, encapsulates Laotian history. This slow revolving folk dance reflects the bountiful traditions of our exceptional nation.

Enjoy this unforgettable dance show during a private dinner with your nearest and dearest.

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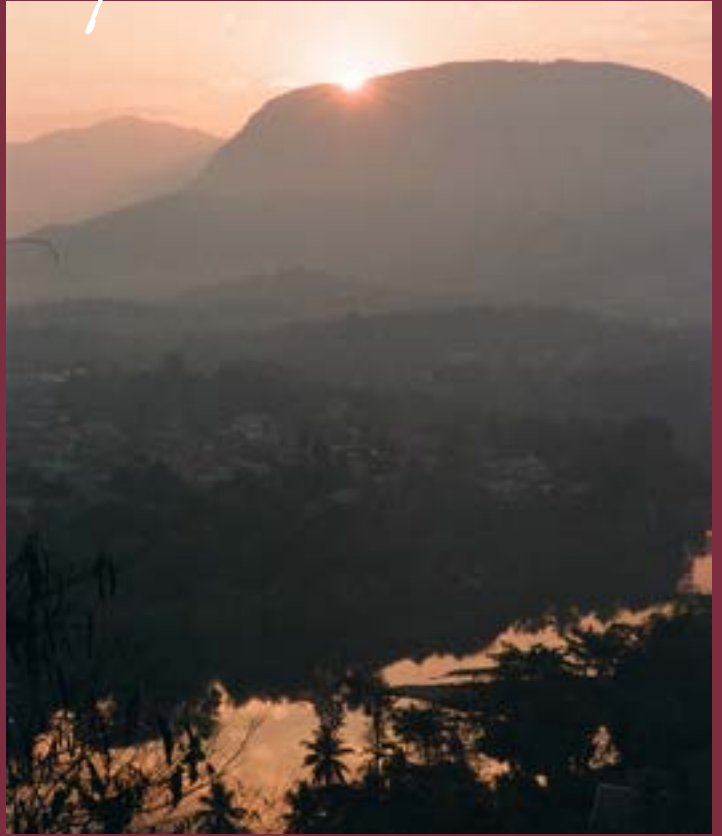
**LAK 8,224,000**

**DURATION - 2 HOURS**

*Please reserve at least 48 hours in advance and cancel more than 24 hours in advance to avoid disappointment and cancellation fees.*

*Ask Reception for details.*

# Nature & Adventure



*Adrenaline-fuelled adventures*

Nature & Adventure

# KUANG SI WATERFALLS



**A**round 29km from Luang Prabang, amble through the jungle to begin this inspiring adventure. Visit the celebrated, three-tiered Kuang Si Waterfalls (Tat Kuang Si) and experience the serene beauty of the cascades. Set off at dawn to hear the early morning breeze rustle through the natural plantations at the top of the hill.

Walk the trails of the nature reserve and swim in the refreshing turquoise pools, enjoying a breakfast picnic prepared by our chef. On the way back to the hotel, discover traditional embroidery handicrafts in local villages.

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**LAK 10,280,000 FOR 2 PEOPLE**  
**LAK 4,369,000 PER ADDITIONAL PERSON**  
HALF-DAY TOUR (5.30AM - 9.30AM)

*Please reserve at least 48 hours in advance and cancel more than 24 hours in advance to avoid disappointment and cancellation fees.*

*Ask Reception to personalise your tour.*

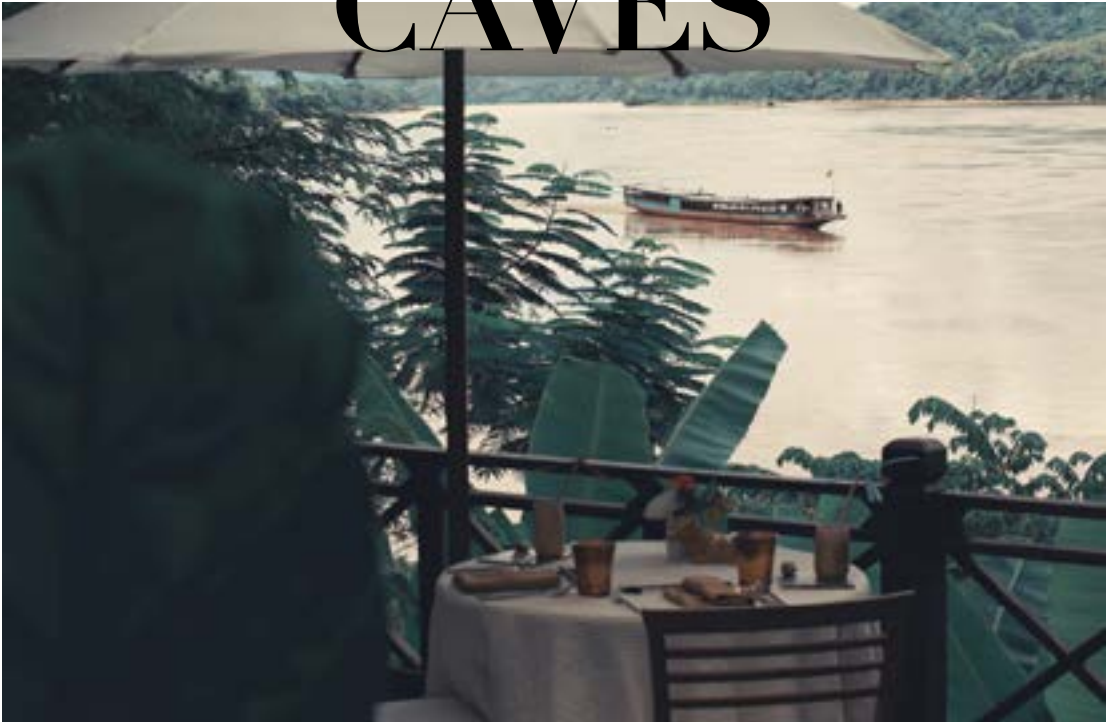
A photograph of a sunset over a wide river. The sun is a bright, glowing orb in the upper center, casting a long, shimmering path of light across the water's surface. The sky is filled with soft, golden clouds. In the middle ground, a dark boat with several windows is silhouetted against the water. The background shows dark, forested hills under the twilight sky.

MEKONG RIVER.



Nature & Adventure

# PAK OU CAVES



**C**ruise along the Mekong River and explore the sacred Buddha caves of Pak Ou aboard our luxury Long Boat du Phou Vao. Arrive at a small landing dock where stairs lead you straight up to the caves. A place of worship for thousands of years, the limestone caverns have gradually become home to around 4,000 Buddha statues and idols, filling the natural setting with spirituality.

Enjoy songs and drumming performed by our staff, witness traditional local life and stop for a picnic lunch, pre-prepared by our chef, on a

private sandy island. A nature expert will be your guide throughout.

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**LAK 20,046,000 PER TRIP FOR UP TO  
4 PEOPLE, ALL INCLUSIVE**  
FULL DAY EXCURSION (8.00AM - 3.30PM)

*Please reserve at least 48 hours in advance and cancel more than 24 hours in advance to avoid disappointment and cancellation fees.*

*Ask Reception to personalise your tour.*

Nature & Adventure

# RICE FARMING EXPERIENCE



**T**ake an immersive look into the Lao way of life and discover how rice, a key part of the culture, is grown and harvested.

You can learn the ins and outs of rice cultivation, ranging from watching the seeds being planted to a more hands-on experience in the paddy fields.

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**LAK 1,182,000 PER PERSON**  
HALF-DAY GUIDED TOUR (OPTIONS OF  
8.00AM - 12.00PM OR 1.00PM - 4.30PM)

*Please reserve at least 48 hours in advance and cancel more than 24 hours in advance to avoid disappointment and cancellation fees.*

*Ask Reception to personalise your tour.*

Nature & Adventure

# MOTORBIKING ADVENTURE



Embark on a leisurely one-day motorcycle adventure to explore completely different facets of Lao life. Your journey begins with a ferry trip to the other side of the Mekong. You then ride through truly stunning countryside on a winding paved road, gaining 360-degree views of the landscapes.

Loop back to the ferry and experience a traditional Lao lunch and the chance to interact with local people. Afterwards, head south on a dirt road, mainly uphill, visiting authentic Hmong village. Before sunset, drive back to absorb the view along the mighty Mekong River.

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**LAK 5,654,000 PER PERSON**  
FULL-DAY TOUR (8.00AM - 4.00PM)

*Easy level tour available upon request.*

*Please reserve at least 48 hours in advance and cancel more than 24 hours in advance to avoid disappointment and cancellation fees.*

*Ask Reception to personalise your adventure.*

Nature & Adventure

# SUNRISE HIKE



**H**iking at sunrise allows you to enjoy the most striking, tranquil light, which puts you in a positive mood all day. Join a professional English-speaking guide on a trek to discover new perspectives and panoramas.

Begin with a freshly brewed coffee and a short 5-minute boat ride over the Mekong, after which you trek up to Phahoung Mountain. Bathed in the morning glow, enjoy the fresh air and a healthy breakfast on reaching the hilltop.

Tours accommodate walkers of various abilities

and paces, appealing to both the casual, enthusiastic walker and the experienced hiker.

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**LAK 7,710,000 PER TRIP FOR 2 PEOPLE**  
DURATION - 4 HOURS (4.00AM - 8.00AM)

*Please reserve at least 48 hours in advance and cancel more than 24 hours in advance to avoid disappointment and cancellation fees.*

*Private tour available upon request.  
Ask Reception to personalise your adventure.*



Nature & Adventure

# MUAY LAO BOXING



**T**ry the Laotian combat sport in a private class with a former Muay Thai boxer, who has over 45 fights under his belt.

Start with mobility and joint warm-up exercises, learn various drills and techniques, and work on perfecting your posture and flowing movements. Then finish with a 10-minute stretching session.

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**LAK 2,570,000 PER SESSION**

**DURATION - 1 HOUR**

*Please reserve at least 48 hours in advance and cancel more than 24 hours in advance to avoid disappointment and cancellation fees.*

*Questions about the level of fitness required?  
Simply ask at Reception.*

# Wellness & Healing



*Recalibrate in our sanctuary*

Wellness & Healing

# PRIVATE YOGA & MEDITATION



**N**eed a digital detox? Leave your devices behind and enhance your wellbeing. Join our advanced yoga teacher by the serene pond for a private class.

Relax your mind and body with breathing exercises, before moving into Vinyasa yoga for breath-synchronised movements or Hatha yoga to stretch out your muscles and experience deeper relaxation. Finish with a 15-minute meditation session to rejuvenate your inner self.

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**LAK 2,570,000 PER PERSON**  
DURATION - 1 HOUR  
(TIMING ON REQUEST)

*Please reserve at least 48 hours in advance and cancel more than 24 hours in advance to avoid disappointment and cancellation fees.*

*The qualified instructor holds a Yoga Alliance certification. Questions about the level of fitness required? Simply ask at Reception.*

OUR ZEN GARDEN.





# Community



*Immerse with our local community*

# ELEPHANT SANCTUARY



**S**pend half a day at Manifa Elephant Sanctuary with these beautiful creatures. Have an intimate interaction with one of our elephant families, explore the jungle with your elephant. These interactions and provide elephants with opportunities for exercise and stress relief. During this experience, you will get to feed and care for your elephant.

Follow the ancient tradition of scrubbing your elephant to care for her skin. Learn how elephants eat the jungle vegetation and how they take advantage of nature to care for their body and make herbal medication by themselves.

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**OPTION 1:  
ELEPHANT JUNGLE WALK & BATHING  
LAK 19,275,000 - 23,901,000 FOR UP TO  
4 PEOPLE**

**- LAK 19,275,000 BY VAN**

**- LAK 21,331,000 BY VINTAGE JEEP  
- LAK 23,901,000 BY BOAT**

**DURATION - FULL DAY (9.30AM - 3.00PM)**

**OPTION 2:  
ELEPHANT JUNGLE WALK & BATHING,  
CAVE DISCOVERY AND LUNCH PICNIC  
LAK 27,757,000 FOR UP TO 4 PEOPLE**

**- LAK 5,140,000 PER EXTRA PERSON**

**DURATION - FULL DAY (9.30AM - 3.00PM)**

*Please reserve at least 48 hours in advance and cancel more than 24 hours in advance to avoid disappointment and cancellation fees.*

*A room is available to freshen up after activities  
Ask Reception to personalise your experience.*

# Gastronomy



*Exploring legendary Laotian gastronomy*

Gastronomy

# FIRST LIGHT BREAKFAST CRUISE



**S**oak up the early morning calm as you cruise along one of the world's greatest rivers.

Board our hotel's exclusive long boat for an energising sail in the cool morning breeze. Breakfast is perfectly paired with spectacular views of the passing jungle and a glass of sparkling wine.

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**LAK 13,878,000 FOR UP TO 4 PEOPLE**  
DURATION - 4 HOURS (5.15AM - 9.00AM)

*Please reserve at least 48 hours in advance and cancel more than 24 hours in advance to avoid disappointment and cancellation fees.*

*Ask Reception to personalise your experience.*



Gastronomy

# AFTERNOON TEA & SUNSET CRUISE



**E**xplore the spellbinding beauty of the mighty Mekong River. Board our private boat and glide into the sun's warm rays.

Share afternoon tea and a bottle of sparkling wine with someone special. Stop at a magical viewpoint to absorb the mesmerising sunset as our staff and a drummer perform a local song.

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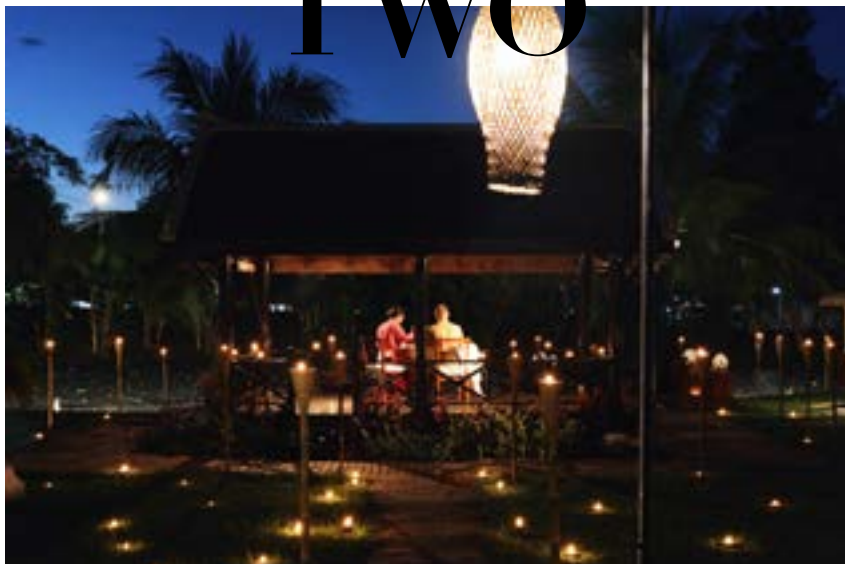
**LAK 12,336,000 FOR UP TO 4 PEOPLE**  
DURATION - 2 HOURS (4.30PM - 7.00PM)

*Please reserve at least 48 hours in advance and cancel more than 24 hours in advance to avoid disappointment and cancellation fees.*

*Ask Reception to personalise your experience.*

Gastronomy

# STARLIT ROMANCE: DINNER FOR TWO



Indulge in an exquisite private dinner for two under the stars. Your venue can be found by our lush pond, where oil lanterns, torches and fire pits create an irresistibly romantic setting. You are welcomed by local musicians playing traditional Laotian music. A private chef and personal crew cater to your every need. Sip a delicious glass of sparkling wine and let the five-course signature feast begin.

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**LAK 12,336,000 FOR UP TO 2 PEOPLE**  
AVAILABLE DAILY FROM 7.30PM

*Please reserve at least 48 hours in advance and cancel more than 24 hours in advance to avoid disappointment and cancellation fees.*

*Drinks pairing available for a supplement.*

*Ask Reception to personalise your experience.*

Gastronomy

# LAO COOKING CLASS



**S**tarting at 07:30 or 16:30, visit the morning market with our chef's team to discover popular foods and handpick your own fresh ingredients.

Learn about the customs at the heart of Lao cuisine before creating three much-loved local dishes: orlam (stew), Mekong fish larb (salad) and our signature papaya salad. Our chef will guide you through techniques such as sun drying, bamboo on charcoal and wok frying.

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**LAK 3,855,000 FOR UP TO 2 PEOPLE**

**DURATION - 4 HOURS**

**(STARTING 7.30AM OR 4.30PM)**

*Please reserve at least 48 hours in advance and cancel more than 24 hours in advance to avoid disappointment and cancellation fees.*

*Menus are subject to change due to seasonality and availability.*

*Ask Reception to personalise your experience.*



CHEF LARISA VESTERBACKA HOSTING  
A COOKING CLASS.



**LA RÉSIDENCE  
PHOU VAO**  
A BELMOND HOTEL  
LUANG PHABANG