



Les Foulées de la Soie
du 7 au 16 avril 2024

LES FOULEES DE LA SOIE 2024

LAOS - VIETNAM

10 days / 9 nights from April 7 to 16, 2024



« Kilometers of adventure, pleasure, pleasure, on dirt roads, paved roads, through country side, villages. Surroundings of a captivating beauty, uncommon landscapes »



MAIN PROGRAM LAOS - VIETNAM



Number of Participants:

Guest names:



Arrival and departure details:

Arrival flight: 07APR 24
Departure flight: 16 APR 24

Arrive LPQ :
Depart HAN :



Accommodation

City	Hotel	Category	Room Category	Status
Luang Prabang	The Grand Luang Prabang	★★★★★	Deluxe	
Xiang Khouang	Vasana Plain of Jars	★★★	Standard	
Con Cuong (Pu Mat)	Muong Thanh Con Cuong	★★★★★	Superior	
Puloung	Puloung Retreat et Amigo	★★★★★	Bungalow	
Hoa Lu	Ninh Binh Hidden Charm	★★★★★	Superior	
Halong	Orchid Classic Cruise	★★★★★	Deluxe Balcony	



Price per person in twin share room in EURO:

Based Price	Price per pax
Price per person	2249 euros
Supplement Single	490 euros
Supplement for extra night in Luang Prabang (Deluxe room)	120 euros
Supplement for extra night in Luang Prabang (Mekong Deluxe room)	140 euros
OPTIONS	
Visa upon arrival into Laos	50 euros
Visa upon arrival in Vietnam (if required)	55 euros

Our prices include:

- Accommodation in twin shared room at hotels selected.
- Transfer by private air-conditioned vehicle as per program
- **English** speaking guide for each area as per program
- Entry fees for all sightseeing as mentioned on the program.
- 2 complimentary bottles of drinking water (50cl) per person and per day.
- Meals as mentioned on the program: (B) for breakfast, (L) for lunch or (D) for dinner
- **Mentioned running races**
- Government taxes currently in force (VAT...).

Our prices do not include:

- Visa authorization letter.
- International flights and domestic flights not mentioned.
- Insurances.
- Drinks, tips, personal expenses and all services not clearly mentioned.

Note:

- Offer subject to availability.
- Make sure that visa expiration date of clients is 6 months or more after the entry date into each country, otherwise entry will be denied.
- Standard check-in is at 2pm. Standard check out is 12 noon (Except mentioned otherwise)
- **Price is net price and non-commissionable.**
- **For payment by credit card of AMEX card, payment fees (3 percent for normal credit card and 4 percent for AMEX) will not be included in our total rates.**
- Program is subject to change without prior notice due to airlines unexpected changes of schedule or flight cancellations.
- We reserve the right to adjust the prices at any time in the event of an increase of the fuel surcharge applied by airlines companies or any other transport companies.
- For those nationalities who require visa to Vietnam, Visa should be obtained before travelling or upon arrival with prior arrangement – Please check with us for details.

Cancellation:

- No charge for any cancellation 31 days prior arrival date except for flights, cruises, or exceptional services which will be advised separately
- For cancellation requested less than 31 days before arrival, the cancellation charges set out below will be payable:

Period before arrival date	Cancellation charges
30 days to 15 days	25 % of the total amount
14 days to 8 days	50 % of the total amount
7 days to 3 days	75 % of the total amount
Within 3 days	100% of the total amount



PROGRAM FOULÉES DE LA SOIE 2024

Day 1 Sunday 07/04/24 - LUANG PRABANG / ARRIVAL

(D)

Upon arrival, **welcome by the driver at Luang Prabang airport**, transfer and check-in at the hotel.

Note: Room available from 14H00

Lunch at your own arrangement

In the afternoon, depart to discover Luang Prabang which today is listed as World Heritage Site by UNESCO. Start the day by the **former Royal Palace, now a National Museum**, which has a collection of personal items that used to belong to the Lao Kings. Continue with the visit of the famous **Vat Xiengthong**, considered as the most beautiful temple of Luang Prabang. Its layered roofs going down to the ground make it one of the icons of the city.

For those who are energetic, they may climb on top of **Phousi Hill** to admire the panoramic view of the peninsula and the Mekong. End the beautiful day with a stroll to the city night market where many hand-made items from ethnic groups are available.

Dinner at hotel

Overnight in Luang Prabang.



VAT XIENG THONG

Day 2 Monday 08/04/23 - LUANG PRABANG / PAK OU CAVE / LUANG PRABANG

(B/L/D)

Depart from the hotel in the early morning to **watch the daily procession of the monks**. The people of Luang Prabang rise up at dawn and respectfully wait for the procession to give alms to the monks (in the form of food, rice, cakes, fruits...). Walk through the morning market to discover the local products. Return back to the hotel for the breakfast. After breakfast, **depart to the sacred site of Pak Ou Caves**.



BUDDHIST PRIEST

RACE 1 – Pak Ou Caves - 15 km

Lunch is at a local restaurant.

Continue to visit the caves inside a cliff overlooking the river, at the exact spot where the Nam Ou flows into the Mekong. **Pak Ou** is renowned for housing thousands of Buddha sculptures, where hundreds of various small and wooden Buddhist figures are exhibited in the wall shelves. Follow your exploration cruising back to Luang Prabang.

04:00 PM RACE 2 – Bank of Mekong River - 10 km

Dinner at local restaurant

Overnight in Luang Prabang.

Day 3 Tuesday 09/04/24 - LUANG PRABANG / XIENG KHOUANG (PHONSAVAN)

(B/L/D)

After breakfast, **transfer to Xieng Khouang (long transfer - 263 km - 08H30 drive)**

Then, stop to visit the **mulberry farm**.

Lunch at local restaurant.

Arrive late, **dinner at overnight at Xieng Khouang**.

Day 4 Wednesday 10/04/24 - XIENG KHOUANG (PHONSAVAN)

(B/L/D)

After breakfast, transfer to the start of the race.

RACE 3 - The Plain of Jars - 21 km (site 3)

Lunch at hotel

In the afternoon, visit **The Plain of Jars** which extends in the vicinity of Xieng Khouang and includes a dozen sites ranging from a few jars to hundreds of jars of mysterious origin. Some of them weigh up to 7 tons and are spread over a plateau located several tens of kilometres away from where the jars dug out. Continue to **site 1** of the Plain of Jars, located 6 miles from Phonesavanh with over 300 jars.

Dinner and overnight at the hotel



Day 5 Thursday 11/04/24 - XIENG KHOUANG (PHONSAVAN) / NẬM CẦN (border Vietnam) – CON CUONG (B/L/D)

After breakfast, go through immigration to enter Vietnam, welcome by your Vietnamese French-speaking guide and continue to **Nam Can** (133km - 3h30 drive)

Lunch at local restaurant.

Continue the road to **Con Cuong** (130km – 3h). Possibility to visit **some minority villages** of the Thai minority.

Upon arrival at Con Cuong, check-in hotel and free time to relax.

Dinner at hotel

Overnight at Con Cuong.



Day 6 Friday 12/04/24 - CON CUONG

(B/L/D)

After breakfast, to the start of the race.

RACE 4 – Semi marathon at Khe Kem waterfalls - 21km

Lunch at hotel.

In the afternoon, visit the **Nature and Culture Museum et Pumat Nature Reserve**. Then, visit the **village of Khe Ran** specialized in the production of traditional silk of the Thai minority.

In the evening, dinner with traditional dance show at the locals' house.

Overnight at Con Cuong.



Day 7 Saturday 13/04/24 - CON CUONG / PU LUONG (B/L/D)

After breakfast, transfer to the start of the race.

RACE 5 - Con Cuong 15km – Walkers 10km

Lunch at Muong Thanh Con Cuong Hotel.

Then drive to **Pu Luong Nature Reserve** (270km – 5h30 drive) via a route offering a breathtaking panoramic view over the entire stunning valley.

Dinner and overnight in Pu Luong.



RIZIERE EN TERRASSE



Day 8 Sunday 14/04/24 - PU LUONG / HOA LU

(B/L/D)

RACE 6 - 6 to 10 km of hiking or short race of 12 of 15km (to be confirmed after inspection)

After breakfast, depart for a hike to **Dong Dieng Village**. Descent to the most beautiful valley of Pu Luong. The hike continues to admire the luxuriant rice terraces and soak up in the natural splendour of the surrounding mountains... passing through paths of some small hamlets. A possibility to stop at a family home to learn more about the way of life and customs of the villagers.

Transfer back to hotel for lunch.

After lunch, drive through the countryside to **Hoa Lu** (135km – 3h30 drive), the ancient 10th century capital of Vietnam.

Dinner and overnight in Hoa Lu.



MAISON SUR PILOTIS



Day 9 Monday 15/04/24 - HOA LU / HALONG

(B/L/D)

After breakfast, at 07:00 AM, board on a sampan boat for a spectacular trip along the river and through beautiful rural landscape of limestone cliffs and rice paddies to the stunning **Tam Coc caves**.

Then transfer to the majestic **Halong Bay** (3h drive), listed as the World Heritage Site by UNESCO. Upon arrival on board, check-in and enjoy the welcome drink before cruising and exploring Halong Bay - one of the Seven Wonders of the World.

The boat heads to Da Chong islet, where clients can see a lighthouse built by the French over 100 years ago.

Lunch on board before continuing the journey via the unspoiled islets of Con Vit and Gia Luan.

RACE 7 - Cat Ba Island - 15km (Cat Ba National Park - 10 km of hiking)

Race in the middle of Cat Ba National Park with Kim Giao forest around the cave. The junk gets in the less populated area at Tra Bau.



Return to the boat to enjoy the magnificent sunset view over the Gulf of Tonkin. Then, **join a traditional cooking class.** The Chef will demonstrate how to cook some Vietnamese dishes

The award ceremony will be held on the upper deck of the boat in the magical environment of Halong Bay. Farewell dinner and overnight on boat



Day 10 Tuesday 16/04/24 - HALONG / HANOI / DEPARTURE

In the early morning, delight in an invigorating Tai Chi session on the sundeck before breakfast.

After breakfast, continue the journey and explore the bay and its dozens of karst rocks emerging from the emerald coloured water. Possibility of kayaking. A brunch will be served before disembarking at the pier.

Continuation to the Hanoi airport for the departure flight.

(B/Brunch)



End of our services

