



5 Days Spiritual Laos  
Valid for travel: 01 April 2015 – 30 April 2016

## Itinerary – Laos 5 Days Spiritual Laos



On any journey in life there are in fact two parallel paths – the one we walk on and the one within. Respect for spirits figures deeply in all of Laos different ethnic cultures. Imagine a country where people don't shout at one another, shoot each other or beat their children; a place where spirits both benevolent and benign are acknowledged and given offerings as a matter of everyday life. We have created an itinerary to introduce you to the harmony of Laos where you will not only observe, but experience the spirituality of diverse cultures. We will take you into the heart of the matter, beginning in the true heart of Laos, Luang Prabang. With the help of our guides you will be introduced to different aspects of the deeply spiritual nature of this serene country where animist traditions that have existed for thousands of years walk hand-in-hand with Buddhist belief, which arrived here in the 13th century. You will see evidence of this everywhere you go. Offerings of flowers, incense, rice and alcoholic spirits are made to trees, rocks, caves and water as well as Buddha images. Participate in living Buddhist tradition as well as animist aspects of Laos. You will be introduced to monks and shamans, see the most revered temples, visit a meditation center and experience the incredible warmth of the definitive Lao ceremony, the 'Baci.' Lao people believe the human body and soul houses 32 different protective spirits which can get lost or be in danger of straying. The Baci Ceremony calls these protective spirits home and instills a sense of well-being in all those who participate. You will not only see Laos – you will feel it!

In Vientiane, the present day capital you will visit Wat Srimuang Temple, the living centre of Lao Buddhism spiritual belief and the best place in Laos to witness and experience the strong beliefs and old fashioned religious customs still practiced and thriving.

This journey will leave you feeling richer in spirit when you leave than when you arrived and will whet your appetite to return to Laos to spend more time here in the future. May the spirits be with you!

# DESTINATION ASIA

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## Day 1 Luang Prabang

Welcome to Luang Prabang! Upon arrival to Luang Prabang Airport and after customs & immigration formalities, you will be met by a Destination Asia local guide and transferred to your hotel for check-in.

**Meals included** None  
**Accommodation** Satri House – Deluxe room

## Day 2 Luang Prabang

Begin the day early with one of the most memorable sights of Luang Prabang – the 'Tak Bat'. At dawn processions of saffron robed monks move silently through the streets to collect alms (offerings of food). Your guide will explain the background and significance behind this ritual which is still very much a part of everyday Lao culture. You can augment good karma by participating in this essential Buddhist tradition. It's an early wake-up call but well worth it!

After breakfast, visit Vat Mano ancient temple – senior monk at this temple is renowned for dispelling evil and pay important ceremony to protect local people from spirit. Later, visit meditation centre before transfer to Ban Xang Khong village and where you board cross the Mekong River to Wat Hat Seo, located in the middle of a tranquil, tropical forest. Meet with the monks, novices to receive an introduction to the customs of Buddhism and learn to chant and be instructed on the principles of meditation. Lunch is included at local restaurant.

Later in afternoon, transfer to local village outside of Luang Prabang and participating in Traditional Laotian Baci Ceremony. Animism has always played an integral part in the religious life of Lao people and the 'Baci' plays an important role even today to welcome or bid farewell, to bring good luck and ward of bad spirits or for any significant event in the lives of local people.

Return to hotel to relax or taking traditional Lao herbal sauna.

**Meals included** Breakfast, Lunch  
**Accommodation** Satri House – Deluxe room



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## Day 3 Luang Prabang

After breakfast. Take the journey out of Luang Prabang 150 km and approximately 3 hours, passing through remote with spectacular mountainous scenery, rivers to Nongkhiaw. Later embark on a superb river cruise. The descent of the Nam Ou River with comfort of your private boat, you see numerous villages dotted along the banks of the river and some stunning limestone formations as the sheer cliffs rise from the water's edge. Stop at one of local village for visit and meet with spiritual leader (shaman) and get a chance to talk or discover the way of life and belief of local.

The river cruise finishes at Ou River Dam, where you will take short transfer about one hour return to Luang Prabang.

The remainder of the day and dinner is at own arrangements.

**Meals included** Breakfast, Lunch  
**Accommodation** Satri House – Deluxe room



## Day 4 Luang Prabang Vientiane

After breakfast, you will be free or exploring on your own – lunch is not include or on your own arrangement. 11:20 AM Pick-up at your hotel transfer to the airport for departure flight Vientiane by QV102 LPQ-VTE at 13:05/13:50.

On arrival you will be met by a Destination Asia local guide and transferred to your hotel for check-in. After refresh up, transfer to Vat Simuang the centre of spiritual and only place in Laos where strong belief and old fashion still alive and practiced [www.watsimuang.com](http://www.watsimuang.com)

The remainder of the day and dinner is on your own.

**Meals included** Breakfast  
**Accommodation** Ansara Hotel – Deluxe room



## Day 5 Vientiane

Breakfast is included at your hotel. Transfer to Airport for your departure flight to next destination

**Meals included** Breakfast

~ END OF SERVICE ~