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South East Asia
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Tour #4 Tabitha Mekong Adventure - Thailand, Laos & Cambodia

20 days - Chiang Mai to Phnom Penh.

For 4-8 people US\$2500, for 8+ US\$2250 (full board except lunch on days 9, 18 & dinner on days 9, 13, 15)

Follow one of the world's greatest rivers - the Mekong: all the way from the Golden Triangle in the far north of S. E. Asia, where the borders of Thailand, Burma and Laos meet, through the heart of Indochina to Cambodia's capital Phnom Penh.

An unforgettable voyage by road and by river across Thailand, Laos and Cambodia - through some of the region's most remote areas and amongst some of Asia's most sublime scenery and spectacular sights.

Day 1 Arrival in Chiang Mai, the cultural and historical capital of Northern Thailand. Afternoon free to relax or explore this charming, friendly city and an evening tour of the famous night-bazaar.

Day 2 Leisurely morning to recover from your jet-lag by the pool or wander around one of the local markets before an afternoon drive through the mountains to neighbouring Chiang Rai Town, main commercial centre for the infamous 'Golden Triangle' region - so called because of it's former notoriety for warlords and opium cultivation.

Day 3 Day tour of some of the main sites of this far northern region: beginning at the bustling trading town of Mae Sai on the Burmese Border and on to Sob Ruak where Burma, Laos and Thailand meet, for a visit to the unusual Opium Museum, before following the Mekong River via the historic, ruined city of Chiang Saen to our day's destination, the scenic riverside town of Chiang Khong.



Day 4 Time to cross the Mekong into Laos itself where we'll begin with a visit to a traditional village of the Lanten people led by our host, the local school teacher, before continuing upcountry with a scenic drive through mountains and dense jungle to the remote town of Luang Nam Tha near the Chinese border. Accommodation at a beautifully situated eco lodge on the banks of the Tha River.

Day 5 Day trip into the surrounding Nam Ha National Protected Area to hike through some of the spectacular scenery and visit some of the local hill-tribe villages to discover the traditional way of life of the area's ethnic Akha people. (Or alternative minority village depending upon weather conditions.)

Day 6 Drive across the mountains of Oudom Xai Province to the picturesque village of Nong Khiaw on the banks of the Ou River. Stop-offs to visit a Hmong village and a hill-tribe market on the way and overnight in traditional Lao style wooden chalets set high on the banks overlooking the river.

Day 7 Day relaxing in this superb mountain setting; discover the area on foot or bicycle or just sit back on your balcony and admire the mountains and river below.



Day 8 Boat ride down the picturesque Ou River, winding through mountains, limestone escarpments and pristine forests to the ancient Lao capital of Luang Prabang.

Day 9 Nestled in the mountains, long isolated from the outside world, we'll discover World Heritage Site, Luang Prabang's fabulous temples, French colonial architecture and taste Lao delicacies (and the famous Lao beer!) in riverside cafes. Morning walking tour of the town including the National Museum & former king's palace, Wat Xiengthong and Phu Si Hill Temple and afternoon at leisure to wander the quiet lanes or check out the hill-tribe handicraft market?



Day 10 Day trip through the surrounding hills to visit the spectacular Kuang Si Waterfalls and to discover the fascinating, traditional village life of some of the local peoples.

Day 11 Morning flight to the Lao capital of Vientiane and afternoon tour of some of the city's fascinating sites; markets, temples and museums.

Day 12 Time to head south with a morning flight to Pakse - an old river port on the Mekong in Southern Lao. Afternoon to check out the market and bustling waterfront area of this old port.



Day 13 Day tour of some of the sites of the Boloven Plateau, home to numerous ethnic minorities and the centre of Lao's coffee growing industry including visits to one of the area's coffee plantations and a chance to bathe in the Tad Yeuang Falls.

Day 14 Boat trip down the Mekong River south to the small town of Champassak. Afternoon trip to the UNESCO World Heritage Site of Wat Phu - a pre-Angkor, Khmer temple dramatically situated on a mountain side overlooking the valley of the Mekong.

Day 15 Morning transfer to Kietngong village for an elephant trek to some hilltop ruins and on to the delightful Kingfisher Eco Lodge on the edge of the Sepian national Biodiversity Area for our night's accommodation. Afternoon hike to discover the area, bird watching in the nearby wetlands or simply resting up on the balcony admiring the superb view.

Day 16 Continuing south to the Four Thousand Islands - a stretch of the Mekong River of truly outstanding natural beauty straddling the Lao/Cambodian border. Accommodation on floating raft houses on Don Khone Island.

Day 17 Explore some of the islands by boat, kayak and on foot. Visit SE Asia's largest waterfalls - the stunning Khon Phapaeng Falls - and with luck catch a glimpse of some of the rare freshwater dolphins which still inhabit this stretch of the river.



Day 18 Free day to relax on the islands or a hike to discover some of the local scenery and villages.

Day 19 Continuing down the Mekong we'll follow the picturesque jungle-lined river into Cambodia and the remote town of Stung Treng. From here we'll continue overland, south to the old French port of Kratie for our night's accommodation. Afternoon to wander the bustling river front area.

Day 20 The final leg of our journey will take us overland via Kompong Cham and a visit to the Angkor era temple of Wat Nokor to Cambodia's capital Phnom Penh.

Fitness: easy to moderate - maximum walking approx. 5 hrs on day 5.

Transport: Minibus, boat, tuk-tuk, flight

Accommodation: hotel, guesthouse, eco lodge, floating raft houses

Highlights: Chiang Mai, Golden Triangle, Nong Khiaw, Ou River trip, World Heritage Luang Prabang, Vientiane, Wat Phu, Four Thousand Islands, elephant riding, Phapaeng Falls, kayaking on the Mekong, Mekong River trip, Phnom Penh, S.E.Asian food.

All Points East

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