

Lao National Flag



Laos Map



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General Information

Location and Geography

The Lao People's Democratic Republic (Lao P.D.R), more commonly referred to as "Laos", is located at the center of the Indochinese Peninsula, stretching 1,700 km from north to south.

At its broadest point the country spans some 500 km east to west, while at its narrowest point located just south of Vientiane, there are only 140 km separating Thailand from Vietnam. Laos has a total land area of 236,800 square kilometers characterized by three distinct regions - North, Central and South of Laos.

The country's main geological features include low calciferous mountains, limestone karsts formations, the Xieng Khouang and Bolaven plateaus and the Mekong River Valley.

The mountains and plateaus make up three-quarters of the total land area. Lao P.D.R. shares a 505 km border with China to the border with Vietnam to the east, 1,835 km border with Thailand to the west, and a 236 km border with Myanmar to the northwest.

The highest peak is Phou Bia reaching just over 2,820 meter.

History

The first Lao kingdom, Lane Xang was founded in the 14th century by King Fa Ngum after he conquered and unified the lands north of Vientiane, including Luang Prabang, Xieng Khouang and the Khorat Plateau stretching into what is today Nordeasten Thailand. Luang Prabang remained the capital of Lane Xang until King Phothisarath moved the Kingdom's administrative seat to Vientiane in 1545. Even after the capital moved to

Vientiane, Luang Prabang remained the country's spiritual and religious center. The country's first contact with western emissaries occurred in the mid 17th century during the reign of King Surigna Vongsa. After the death of Surigna Vongsa in 1694 Lane Xang broke up into three separate Kingdoms: Vientiane, Champasak and Luang Prabang.

Part of French Indochina during the 19th - early 20th century colonial period Laos achieved complete independence in 1975 with the founding of the Lao People's Democratic Republic.

Today Laos is comprised of 18 provinces. It is the least populated country in Southeast Asia, with nearly 6.7 million inhabitants in 2014 or about 26 people per km². In comparison, Vietnam has a population density of 230 people per km², and Thailand 120. Roughly 85% of the population lives in rural areas. Although few in absolute numbers, within the population of Laos there is tremendous ethnic diversity with 49 officially recognized ethnic groups speaking over 48 languages.

The largest contributor to the Gross Domestic Product is agriculture which provides a living for 80% of the population. The principal crop is sticky rice but corn, tobacco, cotton and coffee are also grown. Raising livestock for domestic and regional consumption is also an important economic activity. Harvest of non-timber forest products such as resins, herbal medicine and forest foods for commercial and home use is also a very important contributor to the Lao economy and rural people's livelihoods. The primary national industries include hydropower, garment manufacture, agro-forestry, tourism, mining and production of some common consumer goods.



Travel Information

Climate

Laos generally enjoys a mild tropical climate, but it can get quite chilly in the cool season. Temperatures range from 10 – 40 degrees Celsius in the Mekong Valley, and may dip below zero in the mountains and on the Xieng Khouang and Bolaven Plateaus. There are two distinct seasons - dry season from October - April, including cool from November - February and the rainy season which lasts from May - September.

Language

The national language is Lao, but English is commonly used in major tourist centers. Chinese, Vietnamese and Thai are widely understood. French, German, Russian and a number of other European languages are also spoken by many educated Lao as many students received university training in Europe during the 1970's-1990's.

Money

The official currency of the Lao PDR is the Kip. ATMs are available in major province. Major travelers checks can be cashed at banks. Credit cards are accepted in major hotels and a limited number of upscale shopping establishments and can be used to withdraw cash from ATMs.



Post and Internet Access

There are post offices in all provincial capitals where letters and parcels may be sent to your home country. At Vientiane's main post office there is a poste restante service. Both DHL and FedEx have offices in Vientiane. Internet access is available in all major tourist centers and towns except from the most remote population center.

Phone and Fax Services

International Direct Dial is widely available and you can send and receive faxes from all post offices and many private businesses. You can also purchase a local SIM card for your mobile phone. Mobile roaming is also available.

Electricity

24-hour electricity is available in all major population centers and many district capitals. Laos uses 220 volt AC.

Business Hours

Government offices are open from 8:30-12:00 and from 1:30 pm to 4:00pm on Monday through Friday. Private businesses are generally open later, especially restaurants and entertainment places.

Traveling with Children

Laos is a safe, quiet country with a lot to explore for both adults and children. Lao people love kids, and if you have yours along the attention and curiosity they arouse will open up many opportunities for you to interact and make friends.

Health

Laos has only basic healthcare. Precautionary measures like eating only well cooked food, drinking bottled water, staying hydrated, avoiding being bitten by mosquitoes and wearing protective clothing will help prevent most common ailments.

Transportation

Road

Getting around Laos is getting more and more convenient each year following major road and airport upgrades. There is daily bus service from Vientiane to all major provincial capitals and local buses and “songtaeow” available to more remote districts and villages with road access.

Air

Lao Airlines has flights to many domestic destinations and a number of regional capitals. The international airports in Vientiane, Pakse, Savannakhet and Luang Prabang have regular service to major cities in the region. From Wattay Airport in Vientiane you can reach Bangkok, Chiang Mai, Hanoi, Ho Chi Minh City, Danang, Siem Reap, Phnom Penh, Kunming, Chengdu, Changzhou, Singapore. Direct flights are available to Luang Prabang from Bangkok, Chiang Mai and Hanoi and Seoul.

Boat

Another way to travel around Laos is on the Mekong River or one of its many tributaries. Luang Prabang is commonly access by riverboat from Houay Xay, and if you are heading north to Luang Namtha a two-day journey on the Namtha River is a memorable adventure that takes you through lush forest and requires an overnight stay in your boatmen’s home. There is regular boat service on the Mekong from Pakse to the UNESCO World Heritage Site at Vat Phou and throughout the Four Thousand Islands in the far south.

Train

A train operates daily between Thanaleng Station near the Lao Thai Friendship Bridge (Vientiane Capital) and Nongkhai (Thailand) connecting Laos to Thailand.

Entering Laos

PASSPORT/VISA

All visitors entering Laos must possess valid passports and visitors from non-ASEAN Countries require a Visa. Visa can be obtained for 30 days from Lao Embassies and Consulates abroad. In addition, visa can also be obtained on arrival at international border checkpoints. The visa fee varies from between US\$20- 45 depending on the agreement with the various governments. It is possible to extend the visa at the Immigration Office in Vientiane and through travel agencies.

ENTRY POINTS

International Airports:

- Wattay International Airport in Vientiane Capital
- Luang Prabang International Airport in Luang Prabang Province
- Pakse International Airport in Champasak Province
- Savannakhet International Airport in Savannakhet province
- Attapeu Province International Airport



International Border Checkpoints

- Pakse International Airport (Champasak Province)
- Champasak Province (Nong Nok Khian) - Cambodia (Pra Preng Krian)
- Champasak Province (Vang Tao) - Thailand (Chong Mek)
- Salavanh Province (Lalai) - Vietnam (Lalai)
- Attapeu Province (Phou Keua) - Vietnam (Bo-Y)

Suggested Routes

Typical (1-2 Weeks)

Vientiane Capital – Vientiane Province – Bolikhamxay – Khammouane - Vientiane Capital - Vang Vieng - Xieng Khouang.

Off - The - Beaten Track (2-3 Weeks)

Vientiane Capital – Vientiane Province – Bolikhamxay – Khammouane – Savannakhet - Champasak - Vientiane Capital - Vang Vieng - Xieng Khouang - Xamneua - Viengxay.

From Vientiane North Or South (3-4 Weeks)

Northbound: Vientiane Capital – Vang Vieng – Xieng Khouang – Luang Prabang – Oudomxay – Luang Namtha – Houayxay.

Southbound: Vientiane Capital - Bolikhamxay - Khammouane - Savannakhet - Salavanh - Sekong - Attapeu - Champasak.



ສະບາຍດີ / Sa Bai Dee
Welcome to Lao PDR



Basic Vocabulary
Helpful words to get you started:

Hello	: Sabaidee	Hospital	: Hong mo
Thank you	: Khop Chai	Hotel	: Hong hem
Please	: Kaloona	Toilet	: Hong nam
Good-bye	: La Khon	Post office	: Paisancee
No problem	: Bo pen yang	Zero	: Soun
Eat	: Kin khao	one	: Neung
Water	: Nam	Two	: Song
Ice	: Nam Kon	Three	: Sam
Drink	: Deum nam	Four	: See
Yes	: Chao	Five	: Ha
No	: Bo	Six	: Hok
Rice	: Khao	Seven	: Chet
Where?	: Yoo sai?	Eight	: Paet
How much?	: Thao dai?	Nine	: Kao
Expensive	: Pheng	Ten	: Sip
Bus	: Lot mae	One hundred	: Neung Hoi
Doctor	: Than mo	One thousand	: Neung phan
Departmentstore	: Han sapha sin kha	Tourist Police	: Tam luon thong thieu
Market	: Ta lad	Airport	: Sanambin
		Bus station	: Sathani lot mae

Dos and Don'ts

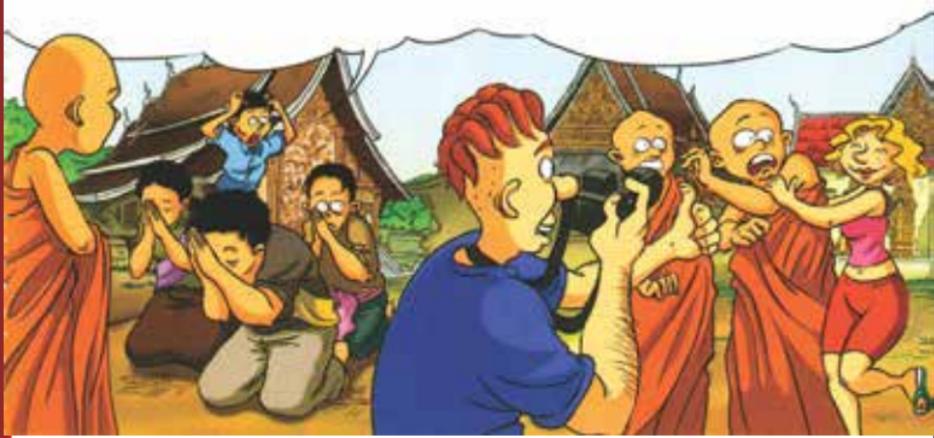
For culturally sensitive travel in Lao PDR

Using your eyes and common sense will help guide you - while in Laos, try and do as the Lao do, and you will be rewarded with hospitality and friendliness.

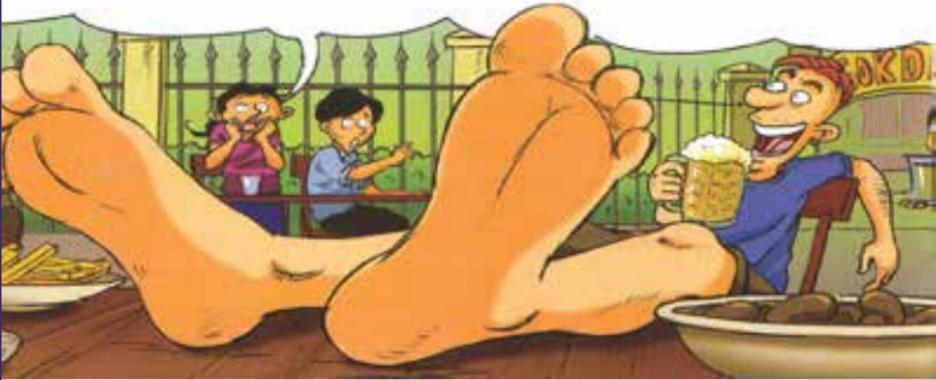
Wearing revealing clothing and showing your flesh (for women and men) is offensive to Lao. Whilst you may see some tourists wearing bikinis, crop tops, high shorts or taking their shirts off in public it does not mean that the Lao find it acceptable. Clean clothes are also appreciated.



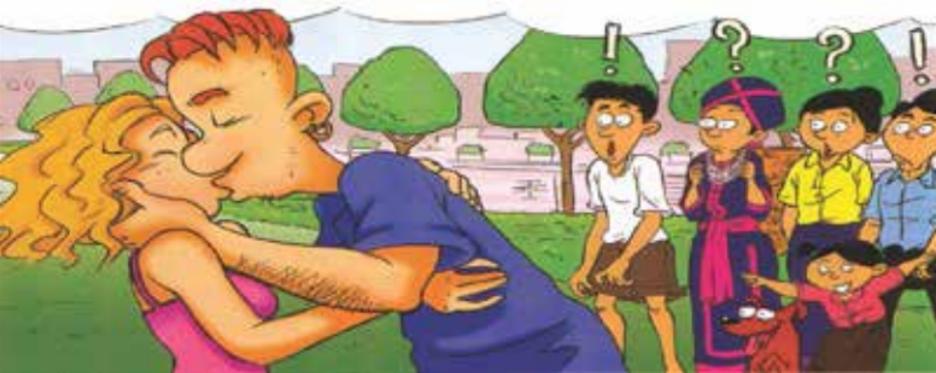
Monks are revered and respected in Laos, However women should not Touch a monk or a monk 's robes.



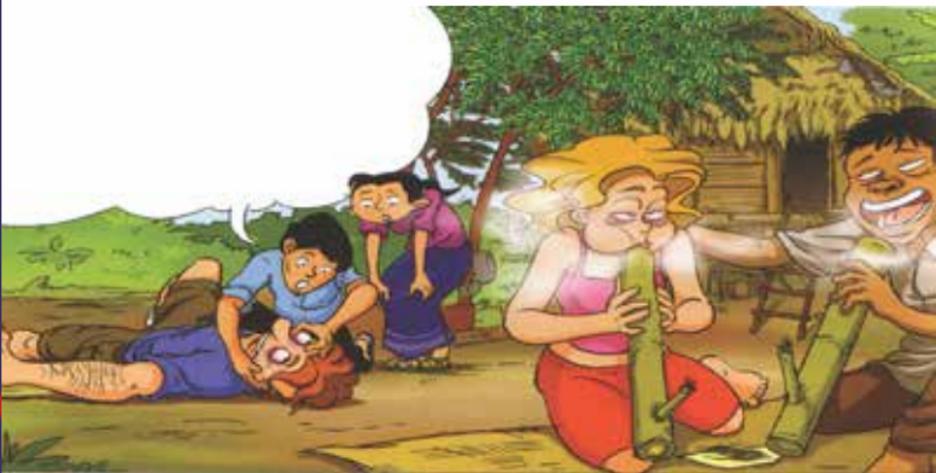
In Laos, your head is "high" and your feet is "low" don't gesture with your feet or put your feet on the furniture. Also don't touch someone else's head.



Kissing and hugging in public is impolite - Please be discrete.



The use of drugs is illegal in Laos. The consequences may be severe for you and Lao society.



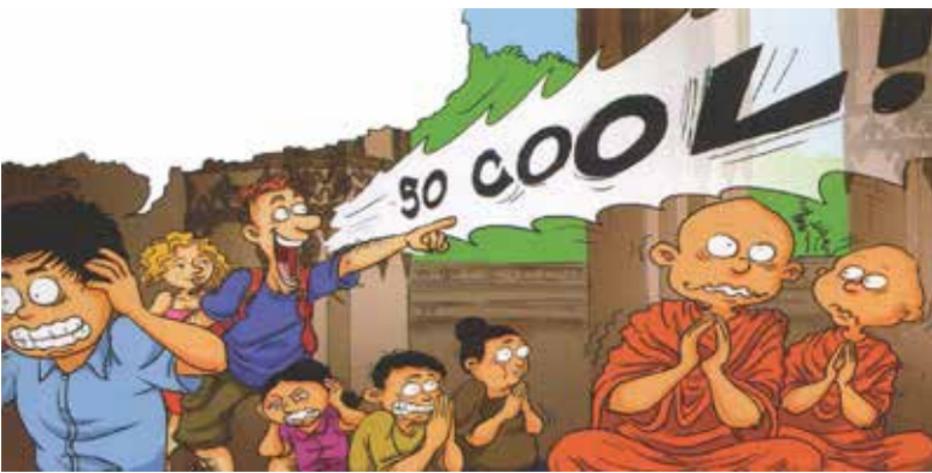
Try eating Delicious Lao food whenever you can.
It help local business and Lao farmers.



Before taking a photo of someone, please
ask if he/she is ok.



Lao people speak softly and avoid confrontation.
Please don't shout or raise your voice.



THE SOUTH

The Southern Green Paradise

The Southern part of Laos consists of four provinces such as: Champasak, Salavan, Sekong and Attapue. The geography and nature of the south is extremely diverse. There are so many different interests with world heritage site of Pre-Angkorian Vat Phou, nature, mountains, waterfalls, the famous fresh water dolphins, elephants, temples and variety of minorities.

The Bolaven Plateau is well known for its coffee plantations, cascading waterfalls and cool climate.

The ancient Vat Phou Temple complex in Champasak, a UNESCO World Heritage Site, is an exceptional archaeological site originating from the 6th century.

The 4,000 Mekong River Islands feature extensive wetlands, world class rapids and riverside beaches.



Salavan Province

Sekong Province

Champasak Province

Attapeu Province



Southern Green Paradise



Email: info_salavanh@tourism Laos.org

Legend

	Road		International Border Crossing
	Route Indicator		International Border
	Capital of Province		Provincial Border
	District		Information Center
			National Protected Area (NPA)

Salavan Province

Location: in the Southern part of Laos.

Total area: 10,691 square kilometers.

Population: 366,723(2010).

Districts: Salavanh, Ta-Oy, Toumlane, Lakhonepheng, Vapi, Khongxedone, Lao Ngarm and Samouay.

Capital: Salavan.

Located in southern Laos, Salavan is bordered by Savannakhet Province to the north, Vietnam to the east, Sekong Province to the Southeast, Champasak Province to the south, and the Mekong River and Thailand to the west. Salavan municipality sits in the province's heart, about 115 km from Pakse, the region's largest urban center. Salavan is divided into eight districts: Salavan, Khongxedon, Toumlan, Lakhonpeng, Laongarm, Samouay, Ta-Oy, and Vapi.

Flat, fertile terrain with rich volcanic soil covers some 40% of the province in its western Mekong River Valley, while the Bolaven Plateau's northern tip rises to 1,000 meters and higher in Salavan's southwest Laongarm District. The Annamite Mountains climb higher than 2,000 meters in the east near the Vietnam border, and scores of rivers and streams crisscross the province's 10,691 km, including the Xe Don, Xe Set, Xe Lanong, and Xe Kang Rivers. Salavan is also home to three National Protected Areas (NPAs): Phou Xieng Thong, Xe Bang Nouan, and Xe Sap.

Places to Visit

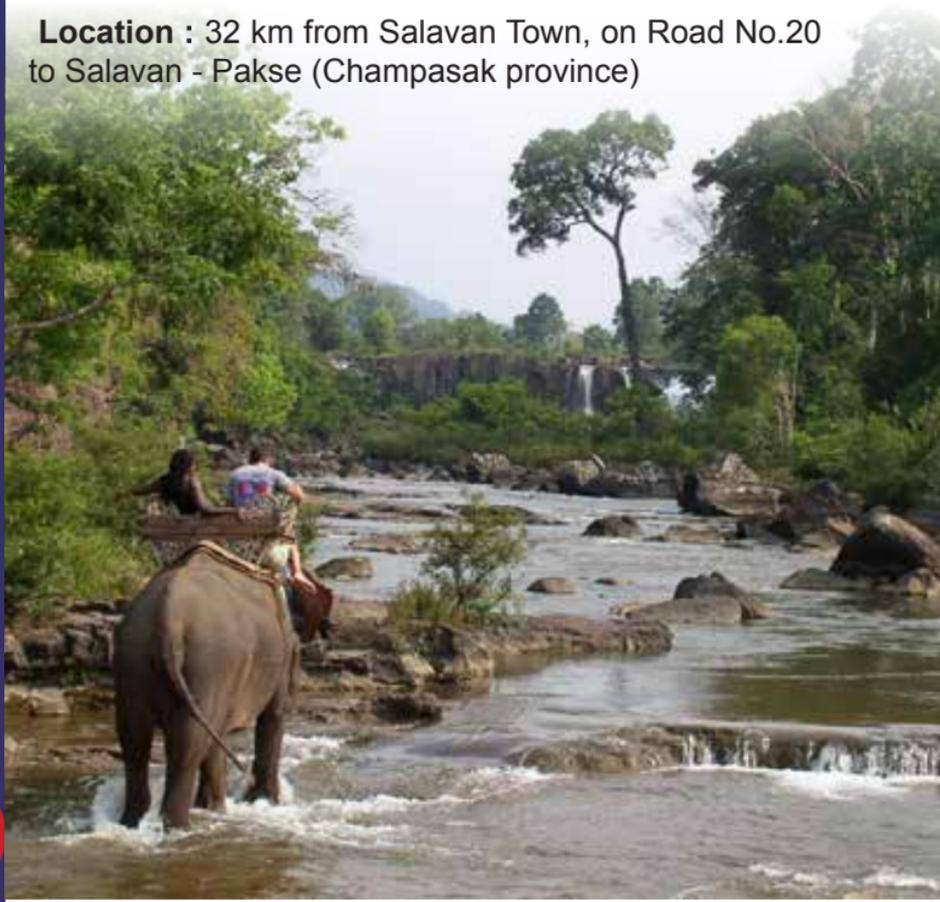
Tad Lo and Tad Hang Waterfall

Imagine waking up, stepping outside your room, walking a few steps, and finding yourself facing a 30-meter-wide, tree-lined waterfall crashing over a 10-meter, tiered-rock wall into a series of rapids before settling into a calmly flowing river. This vision turns into reality when staying in Tad Lo.



A handful of guesthouses and resorts on the Xe Set River just below Tad Hang offer exactly that, and for those staying in the Ban Senvang tourist enclave, a bridge spanning the Xe Set River offers a direct view of the falls and rapids that follow. And knowing that the more dramatic Tad Lo Waterfall is around 500 meters upriver beckons visitors to hike closer to Tad Hang and beyond.

Location : 32 km from Salavan Town, on Road No.20 to Salavan - Pakse (Champasak province)





Tad Soung Waterfall

The Xe Set River originates in the Bolaven Plateau's north and continues in the same direction to the highland's edge before plummeting 90 meters off a totally vertical cliff at Tad Soung Waterfall, and then continues for a couple of kilometers before it cascades, through Tad Lo and Tad Hang waterfalls (see page 18)

Reaching the head of the falls is quite easy; a walk of less than 1 km from Saneum Nai leads to a set of natural stairs descending to Tad Soung. French colonials built a series of ladders along a similar route, but a rock-slide destroyed them decades ago.

The dazzling valley panorama and mountains beyond is well worth the walk, and though maneuvering to view the waterfall can be tricky, each angle presents a different scene. Stand a few meters upriver, and the water vanishes into a great void. Move to the right, and watch the quiet flow transform into turbulent foam as it jumps from the cliff. Look straight down, and the rocky river gives no signs that it acts as a basin for a towering flume.

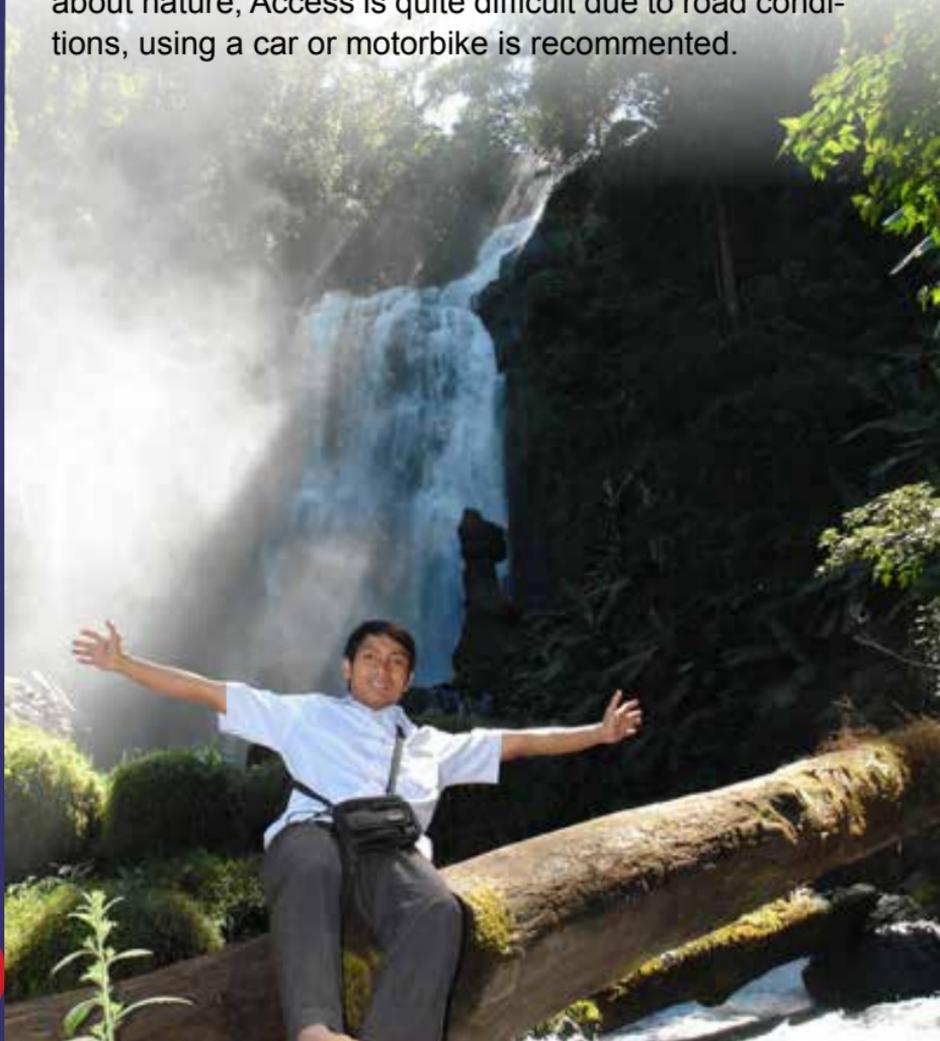
Location : 32 km from Salavan Town, travel on the road no.20 to Salavan - Pakse District, Champasak Province.





Tad Tevada Waterfall

Tad Tevada is located in Viengkham village on road N. 20 around 15 km from Saravan town in the direction to Pakse (champasak province) at Phao Village on the left handside and continue to 19 km, the fall is 30 meters high and 5 meters wide on the top of the hill crift, Due to the derse green forest cover, Tad Tevada is one of the most beautiful waterfalls in Salavan Province . The area suitable for picnics , relaxing, adventure and to study about nature, Access is quite difficult due to road conditions, using a car or motorbike is recommented.





Keng Ku Waterfall

Kengku is located in Suliya Village, Vapi District, Road No.15B (dirt Road), about 40 km from Salavan town. This waterfall is generated by two Rivers: Xedone and Xe set which come to flow together at an intersecting point. It is about 3 km long and 1 km wide. The area is very suitable for sight seeing and picnic.



The Khoua Ban Danh Broken Birdge

Designed by Prince Souphanouvong – Laos' first president – and built in 1942, the Khua Ban Danh Bridge spanned the Xe Done River to connect Salavan Town to Toumlan Town. The bridge was destroyed by American bombers in 1968 in an attempt to cut off an offshoot supply route of the Ho Chi Minh Trail during the Indochina War. Visitors can examine the bridge's remains, which protrude from the Xe Done River's northern bank.

It is located 25 km from Salavan Town, you can travel on the road to Vapi/Toumlan Districts to the Ban Nakhuang then turn on the right and continue along route 23 to Ban Danh Nyai Village. From here, a barge crosses the Xe Done River close to the bridge's remains.



Ong Keo Stone Stupa

This one-of-a-kind stupa commemorates Ong Keo, one of Laos' first revolutionaries to fight against the French colonialists. He played a major role in encouraging Salavan residents to fight for independence at a time when they were frightened and forced into labor.

Though the date remains elusive, Salavan's elders place the local hero's death in the late 1960s or early 1970s. To honor Ong Keo, villagers around Salavan Town decided to build a stupa during the war, and they did so in a most unusual way.

They constructed a short, square stone wall, but lacking cement, they simply began placing rocks inside. The pile turned into a pyramid, and locals returned over the years to place rocks on the ad-hoc stupa to make merit while paying respects to Ong Keo.

Location: The stupa is located in Salavan Town's north-east next to the hospital.





Handicraft Centre



A new handicraft center sits near to the Phong-savanh Bank in Salavan town and sells a variety of products including woven fabrics, *sins* (traditional Lao skirts), shoulder bags, baskets, bamboo and rattan goods and more.





Ban Houay Houn

Katou weavers in Ban Houay Houn. (about 10 km southwest of Laongarm Town on Route 20 and exactly half way between Salavan Town and Pakse). use the *mat mee* method employing laptop looms held taut by the feet to transform tie-dyed cotton threads into intricate fabric designs. If no one is working the looms during your visit, kindly ask a villager to find someone to show you. The village also has a small shop to buy the finished products such as handbags and scarfs.





Napong Village (Ping kai Napong)

Napong Village is located in Kongsedone District, Savan Province. From Vientiane Capital on the road No.13 South. It is very famous for very delicious grill chicken (*Ping kai*), When you travel to the Southern Laos don't miss to stop at Ban Napong Village to try and taste grill chicken(*Ping Kai*), with Lao whiskey (*Lao Ded*). It is prepared from local ingredients and cooked in typical style.



Eco-Trekking

Salavan Tour Circuits

To better explore Salavan Province, base your stay in easy-to reach Salavan Town. From here, you can embark on several simple one-day tour circuits, most of which follow paved and gravel roads, and a few of which require brief treks. The circuits scour Salavan Town's attractions, venture to Toumlan's Katang weaving villages and longhouses, and explore Laongarm's waterfalls, ethnic villages, and magnificent Bolaven Plateau viewpoints. Self-transportation by bicycle or motorcycle is currently required for most circuits in this pristine province

Salavan Town Biking Tour

A sense of newness envelops visitors stepping into Salavan Town, as it appears construction was completed the day before they arrived, and to some extent this is true. The provincial municipal center was completely leveled in 1971-1972 during the Indochina War, but a carefully designed urban development plan gave it a new life.

However, remnants of its war-torn past can still be seen on a short biking tour, including the source of the carnage at the UXO Lao Office, which houses scores of defused unexploded ordinances (UXOs). Tourists can also inspect the skeletons of two bombed temples and admire a stupa built with small rocks to honor a local national hero. Though many sites can be reached by foot or tuk-tuk, having a bicycle opens up all the attractions, and makes for a pleasant day tour.

Toumlan Weaving Trail

Weaving fans can find distinctive ethnic Katang methods and looms 52 km north of Salavan Town on Route 23 at a cluster of villages called Koum-Ban Toumlan. Nearby in Ban Heuan Nyao, visit a longhouse in which all the inhabitants are cousins! Also on the trail is Khoua Ban Danh, a bombed out bridge crossing the Xe Done River. Guesthouse accommodation and restaurants are available in Ban Nakan, Toumlan's administrative center.

Coconut Road

Coconut lovers and the curious must stop at Ban Naxai, a simple village that evolved into a coconut capital with stand after stand selling this massive hard-shell fruit. Word spread of the village's bounty, placing "Coconut Road" on Lao travelers' itineraries as a pause for a refreshing drink, and to buy a bunch to take home. Today, vendors from Xekong Province and Pakse Town purchase this treat by the truckload.

The dry season presents the largest choice of coconuts, which come in two types: the brown variety is grown in a specific area outside the village with a small number of trees, thus slightly more expensive than the green coconuts.

The younger brown coconuts are somewhat sour, while riper ones taste sweet, and are said to bring fevers down. The larger green coconuts also taste sweet, and many consider it a hangover cure. But hangover or not, Coconut Road is a must stop to ponder the endless piles, and purchase a few to drink, while coconut connoisseurs can compare the tastes.

Katang Cousin community

Several generations ago, a Katang man named Mr. Lue had seven wives, and he built a longhouse in Ban Heuan Nyao (Longhouse Village) for his families, apportioning five meters for each plus a common room, kitchen and veranda. His wives had several children, who intermarried, and the newlyweds added five more meters. Cousins continued marrying, having children, and extending the longhouse.

Mr. Lue's extended family eventually reached 103 households, an astronomic figure for a longhouse, prompting the construction of 17-family longhouses from 85-100 meters long. In 1982, families began seeking privacy, and started disassembling the longhouse and reconstructing them as single homes.

Today's longhouse stretches some 40 meters, which still presents an impressive structure, and the common room holds several relics, including shields used during sword fights. The current village chief, selected because he looks most like family founder Mr. Lue, is quite proud of his fate even though he has but three wives. Aside from the diminished size of the longhouse, life in Ban Heuan Nyao remains much the same as in Mr. Lue's day.

There is no electricity, and young girls still mill rice with a giant log hammer attached to a fulcrum that allows the heavy head to drop with force. Unshelled rice is placed in a hollowed out tree trunk, and the girls control the hammer by foot, releasing it to drop on the rice in a show witnessed mostly by wandering pigs, chicken and geese, which eat the rice husks.

The village remains mostly self-sufficient, growing their own rice and raising livestock and poultry. They also make a bit of income from selling rice, geese, and some of their woven goods.

Location : From Koum-Ban Toumlan, turn south for 2 km to reach Ban Toumlan

Restaurants

Vilayvone

Restaurant (American, Thai & Lao)

Nalex Village, next to Salavanh Market and across from
Department of Finance

Tel : +856-34-211014, +856-20- 99930040

Bausai

Restaurant (Lao and Thai)

Lak 2 Village, Route 15 A near the Salavan Bus Station

Tel : +856-20-55648297

Philai

Restaurant (Lao and Thai)

Lak 2 Village, Route 20 A From Salavan Bus Station 1
Km, (Salavan to Pakse district)

Tel : +856-20-55848948

Asim

Restaurant (Lao and Thai)

Nadon Village, No.15A near The Salavanh Teacher
Training School.

Tel : +856-20-54154999, 99993747

Where to Stay



Phoufa Hotel

Laksong Village, Salavan district.
Tel: +856-30 5370799



Saise Tadlo Hotel

Senvangyay Village, Salavan district.
Tel: +856-34 211886
Email: souriyavincen@yahoo.com



Tadlo Lodge Hotel

Senvangyay Village, Salavan district.
Tel: +856-34 211889



Taosavan Hotel

Laksong Village, Salavan district.
Tel: +856-20 22289799



Sypaseuth Guest house

Senvang Village, Salavan district.
Tel: +856-34 211890



Sisomvang Guest house

Nongsung Village, Laongam district.
Tel: +856-34 300017



Tavanyen Guest house

Khuaset Village, Laongam district.
Tel: +856-20 55548800



Thatha Guest house

Laksong Village, Salavan district.
Tel: +856-34 211558



Tim Guest house

Senvang Village, Salavan district.
Tel: +856-34 211885



Tiphaphone Guest house

Nalek Village, Salavan district.
Tel: +856-34 211063



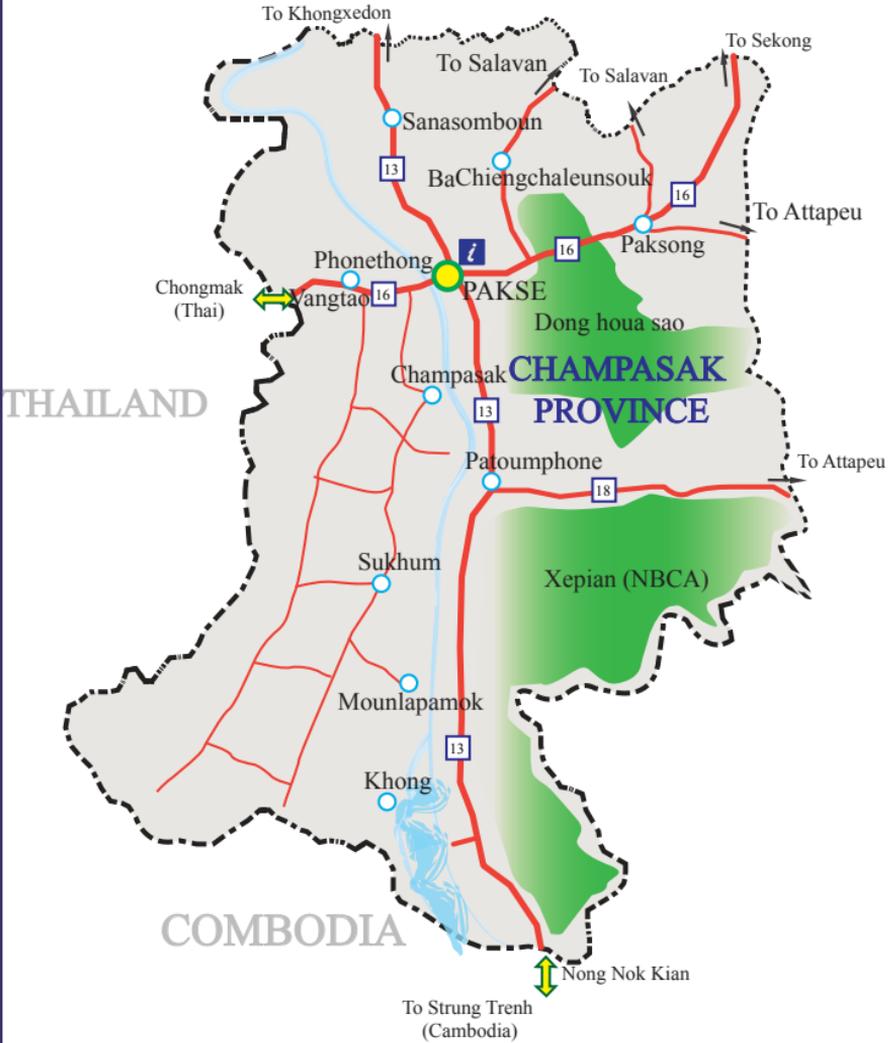
Xaichaleun Guest house

Pakthor Village, Laongam district.
Tel: +856-20 56766390



Xokmixay Guest house

Laksong Village, Salavan district.
Tel: +856-34 211755



Email: info_champasack@tourismlaos.org

Legend

Road

Route Indicator

Capital of Province

District



International Border Crossing



International Border



Provincial Border



Information Center



National Protected Area (NPA)

General Information

Champasak Province

Location: Southern part of Laos.

Total area: 15,415 square kilometers.

Population: 652,552 (Year 2010).

Districts: Pakse, Sanasomboun, Bachaingchaleunsouk, Paksong, Pathoumphone, Phonthong, Champasak, Sukhuma, Mounlapamok and Khong.

Capital: Pakse.

Champasak lies to the Southwest of Laos. The capital city is Pakse, located at the confluence of the Mekong and the Sedon rivers. Southeast Asia's biggest waterfall, Khone Pha Pheng, is within easy reach by boat or by road.

This is one of the main political and economic centers of Lao PDR. The people of Champasak Province settle along the bank of Khong Xe Don.

In this province you will find ancient Khmer temples some predating the famous temples at Angkor in Cambodia.

There are several different minorities in Champasak who have their own language, culture and lifestyle.

The distance from Vientiane to Pakse, the provincial capital of Champasak is 610 kilometers by Route 13 (south) via the provinces of Bolikhamxay, Khammouane, Savannakhet and Salavan.

Places to Visit



Vat Phou Champasak

(UNESCO World Heritage Site)



The Vat Phou Temple Complex is one of Southeast Asia's best examples of both early and classic Khmer architecture dating from the 7th to 12th centuries in year 2001. This UNESCO World Heritage Site includes the ancient city of Shestrapura and many little known but interesting archeological sites along the banks of the Mekong River. There are also many fine examples of traditional Lao homes and buildings from the colonial period. If you are in Champasak during February, don't miss the Vat Phou Festival.



Getting to and Around Vat Phou Champasak

From Pakse, Cross the Mekong bridge and turn left after a couple of kilometres on the new road that follows the Mekong all the way to Champasak Town. Alternatively, from Pakse take Route No.13 south, turning right at (Lak samsive) km 30 (look for the sign pointing the way to “Vat Phou”). Follow the road to its end at Ban Mouang village. From Ban Mouang, take a ferry across the Mekong River to Ban Phaphin (Champasak District). Public transportation leaving from Pakse to Champasak is available from the km2(Lak 2) and km8 (Lak 8) bus terminals all day starting from 8am to approximately 4pm. To allow for more flexibility in your travel plans, you may consider hiring a tuk tuk to take you directly there, or rent a motorbike in Pakse and ride there yourself.



Mekong Island



Khone Pha Pheng Waterfall

South of Kong Island (the largest in Laos) are the 4000 Islands, or Si Phan Don in Lao. This area of extraordinary beauty is known for its fine food-especially fish dishes-distinct temple architecture and warm hospitality. On Don Det and Don Khone, remnants of an early 20th century railway and steamship port can be visited. At Hang Khone village or at the Lao-Cambodia border local boats can be hired to observe the endangered freshwater dolphins that inhabit this section of the Mekong.





Liphi Waterfall

Accessible from tiny Don Lai Island, just 1 km from Don Khone, West of Ban Khone Tai Village, Som Pha Mit (Liphi) Waterfall is another amazing natural site to visit. Here you can relax, enjoy the scenery, watch people fishing, and enjoy a dish of freshly caught Mekong fish. This waterfall is named after a sacred Buddha image (pha), which was dropped in the water never to be found again by the first King of Laos, Chao Fa Ngum, who was travelling through the region by boat. Many people have erroneously called it Li Phi, which actually refers to the entire 20 km east-west stretch of waterfalls and rapids of Si Phan Don (including both Khone Pha Pheng and Li Phi).

The name Li Phi was given to the area because it acts like a giant fish trap (Li) and will kill any of those who dare to navigate it (Phi means ghost or dead person). Hence, to avoid becoming like a fish in a giant fish trap, please be cautious around the falls and watch your step.



Don Khong

Don Khong is the largest and northernmost of the 4000 Islands. It is also the capital of Khong District and is the logical jumping off point for trips to the rest of the islands. The island boasts having 99 mountain tops; a rich heritage of temples (15 in total) and French colonial buildings. It is 24 km long and 8 Km wide and has a total of 19 villages, many of which derive their livelihood from fishing. The main market in Ban Kang Don is a great place to visit in the early morning to see the many varieties of fresh Mekong fish available.

Other specialty products of the island include palm sugar, palm leaf hats, and Lao Kao Gum - a potent alcohol. Two of the island's mountains, Phou Kyo and Phou Kew, each have sacred caves and offer a refreshing walk in the forest with clear views of the island. A fantastic way to see the island is by bicycle or motorbike, following the paved ring road around. To get to Don Khong, from Pakse take Route 13 south of about 130 km and turn right at the sign pointing to "the Don Khong Ferry Boat". Follow the paved road straight ahead for 4 km to the boat pier from where you cross over by ferry to Don Khong.

It is recommended to visit "Historical Museum of Don Khong" located in the center of the island. It accommodates several objects that reflect the lifestyle of Don Khong people.

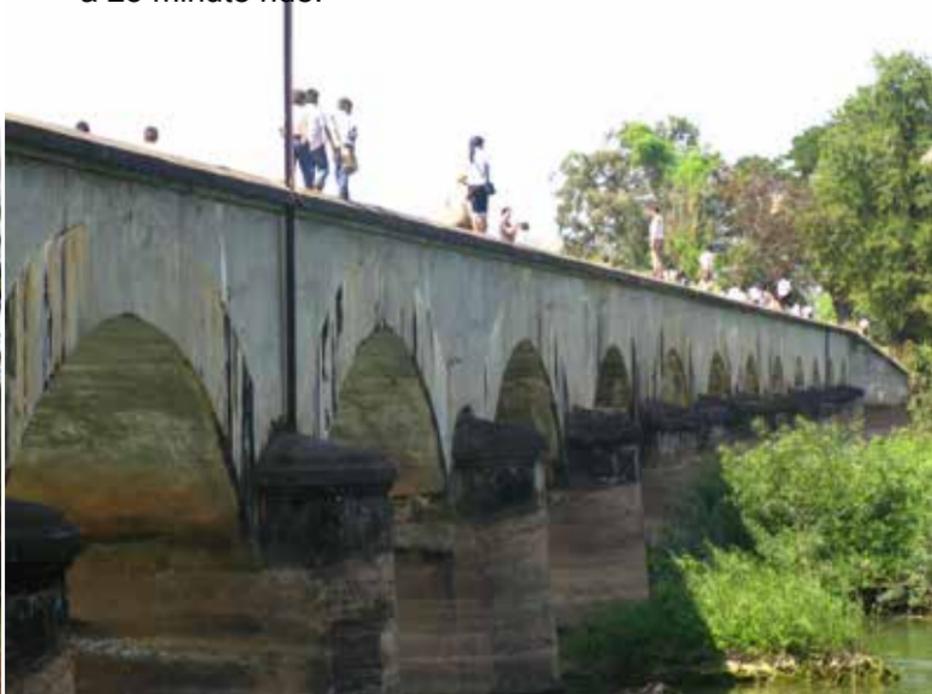


Don Det and Don Khone

Don Det and Don Khone are the most popular of the islands after Don Khong. Both islands offer relaxing bungalow accommodation and a island pace of life. From Don Det rafting and kayaking trips can be arranged that take you into the heart of the 4000 Islands.

Place of Interest

Don Khone is joined with Don Det by a historic railway bridge built by the French in 1910. Next to the bridge sits an old locomotive, one of the last remnants of the railway. In addition to the main activity of relaxing by the Mekong, visitors can walk or ride bikes to Don Lai Island to see Li Phi Waterfall or take a trip to see the freshwater dolphins from the tip of Don Khon. To get to Don Det/Don Khone, from Pakse take Route 13 south about 141 km and turn right on to a dirt road at the sign pointing to Nakasang (the end of the road). From the pier you can take a boat to Don Det, which is about 15 minutes away. From the pier at Don Det, take a shuttle bus to Don Khone Island, about a 25 minute ride.



Xe Pian

National Protected Area

Xe Pian NPA : The 2.400 km² Xe Pian National Protected Area is one of the most biologically important and diverse protected areas in the country. Home to 51 key species of birds including the Giant Ibis and Sarus Crane, as well as 36 species of mammals. Xe Pian is one of the province's premier ecotourism destinations. Kiet Ngong Village is the jump off point for nature walks, bird watching, trekking, elephant rides and day trips to the Phou Asa archaeological site.



Phou Asa Mountain and

Kiet Ngong Wetlands

A top Phou Asa Mountain, above Kiet Ngong Village, stands an ancient and magnificent stone structure called Vat Phou Asa. It is believed to be a temple and is surrounded by distinctive, unique columns made of plate-like rocks which stand proudly as if guarding the temple. The summit of Phou Asa opens out to provide a stunning view over large areas of the southern part of Laos. The forests of Xe Pian and Dong Hua Sao NPAs appear to stretch out endlessly from the Kiet Ngong wetland. To the north is the Bolaven Plateau, and on a clear day waterfalls can be seen cascading from it. Ahead to the east is the Xe Kong floodplain in Attapeu, and lining the horizon is the Annamite Mountains on the Vietnamese border. At the top of the outcrop is a ring of stone pillars. Legends abound about these remains, but it is unknown if the structure was built for religious or military reasons.



Phou Asa is reached by a short walk with a local guide or elephant ride along a forest trail from the village. Elephant-back trips can also be arranged to other places such as nearby forests and wetlands. Village guides are available to take visitors on half or full day walks to Phou Asa and its surroundings, interpreting its many medicinal plants and non-timber forest products. The 7 km long eco-trail begins at the foot of Phou Asa and offers 3-4 hours of steady walking through tall semi-evergreen forest.



Also from Kiet Ngong village is an extensive wetland, which is good for birdwatching and day hikes. During the dry season (November-April) there is a trail around the wetland to Don Lai Island, which takes about two hours if walked slowly. Many waterbirds can be seen, so bring binoculars if you have them. On the way you will pass the Giant Rock (Hin Huoa Yak in Lao), a sacred place with a superb view.

The trail continues to Phapho Village, but you will probably want to return the way you came. Donlai Island can also be reached by canoe. Your boatman will take you slowly around the edge of the wetland, where a passage through the thick mats of floating vegetation is kept open by boats and water buffaloes. A canoe trip offers a closer look at the birds and local fishing techniques than a walk around the wetland.

Tad Fane Waterfall

This natural tourism site is located within the Dong Hua Sao NPA at Ban Lak 38 Village (km 38) along Route 23 heading towards Paksong (look for the signs on your right). The Champee and Pak Koot rivers flow off the plateau and come together here to create the Tad Fane Waterfall, which falls an impressive 120 meters. The real beauty of this waterfall stems from its two branches of water, which divide as they spill over the steep cliffs. A seemingly endless flow of water is created and if windy, the mist sprays create spectacular rainbows. Visitors can sit and enjoy the view from Tad Fane Resort (www.tad-fane.com), which has a restaurant in addition to comfortable cabin-like bungalows. One-day guided treks around coffee plantations and forests inside the Dong Hua Sao NPA can be arranged from the resort.



Tad Nguang Waterfall



Just a couple kilometres past the Tad Fane at km 40 on Route 23 is the amazing Tad Nguang Waterfall. This waterfall is 42 metres in length, and offers up-close views from the top, middle and bottom of the falls. A path can be followed around the side to reach different lookout points good for picture taking and or just plain marvelling at this extraordinary natural site. At the top of the waterfall is some well maintained picnic areas popular with the locals.



Tad Champee Waterfall

Less frequented than the other main waterfall attractions on the Plateau, Tad Champee waterfall offers a quiet and peaceful retreat into nature, suitable for picnicking or quiet meditation. A path to the left of the parking lot can be followed down to the edge of the stream (watch your step on the

handcrafted stairway), where you can relax on either long wooden benches or on its natural round boulders. The access way to Tad Champee starts from km 38 on the left-hand side of Route 23, directly across the street from the

Tad Fane Waterfall access road. The waterfall is a few turns and a few kilometres down the way. Follow the signs that point the way.

Pha Suam Waterfall

This majestic waterfall, located 33 kilometres north of Pakse in Bachieng District, gets its name from its rectangular room-like shape, as “suam” literally means “room” in Lao. The falls stand about 6 metres high and flow all year round from the Houay Champee River as it descend across the Bolaven Plateau from the north is Salavan Province. The beauty of this waterfall is mesmerizing and offers a great spot to spend a lazy afternoon and enjoy a picnic or dine at the nearby restaurant of the Uttayan Bachieng Resort. You can also stay here overnight in either the resort’s unique tree-top bungalows or the cultural setting of a family homestay in an on-site ethnic Lavae village. To reach the waterfall, follow Route 23 north turning

left at km 21 and following Route 20, heading towards Salavan Province, another 12 kilometres. Look for signs to Pha Suam waterfall on your left.



Festivals in Champasak Province

Boun Vat Phou (Vat Phou Festival)

Date: End of February (or the third lunar month of the Lao calendar)

This is the largest festival in the province and one of the largest festivals in the entire country. It is annually held on the grounds of the enchanting pre-Angkorian Vat Phou remains in Champasack. This festival attracts thousands of people each year, who come for prayer ceremonies and to enjoy the festivities. There are elephants racing, buffaloes fighting, cocks fighting and performances of Lao traditional music and dances. The trade fair showcasing the products from the southern province of Laos, Thailand, Cambodia and Vietnam is also held.



February

Boun Maka Boucha

This festival is held on the full moon to commemorate the speech given by the lord buddha to 1,250 enlightened monks that gathered spontaneously, without prior notice. In the evening, the faithful visit local temples and circumambulate the *vat* for three times with candles in a ceremony known as *vien tian*.

Boun Khao Chi

A special offering of sticky rice is coated with eggs then roasted and offered to monks. This ceremony is associated with Maka Boucha.

April

Boun Pi Mai Lao (Laos' New Year)

Date: 14th - 16th April

This is the biggest celebration of the year throughout the country and is a fun event to take part in. During the New Year, people partake in a ritual of splashing water and powder on each other in what seems to be a giant water fight.

The New Year celebrations officially last three days, however, many children eager to start the water throwing begin celebrating early. On the second day people go on a pilgrimage from temple to temple making offerings to each. Annual Village celebrations are also celebrated during April, not necessarily coinciding with the official New Year's holiday. Be advised that during Pi Mai Lao most businesses and government offices are closed.

May

Boun Visakha Boucha

This festival celebrates the birth, enlightenment and death of the Lord Buddha. It is held on the 15th day of the sixth lunar month. Beautiful candlelit processions take place in the evening.

May - June

Boun Bang Fai (Rocket Festival)

During this exciting festival, giant rockets constructed out of bamboo are shot into the sky making quite a spectacular site and a lot of loud bangs. Each Village traditionally parades its rocket to the temple first, making offerings, before setting it into the sky.



July

Boun Khao Pansa (Buddhist Lent)

This festival held on the full moon, marks the beginning of Buddhist lent, a three month period where monks are required to stay within their *vat* (temple) to meditate and focus on *dama* studies. Lao men are traditionally ordained as monks during this time.

August

Boun Khao Padabdin

Boun Khao Padabdin starts in the middle of the rainy season. Khao Padabdin festival is held in commemoration of dead ancestors. Over 2 days Buddhist devotees flock to the Vats carrying silver trays of offerings for monks and deceased ancestors. Music is traditionally performed in the grounds of the Vat while people make their donations.

September

Boun Khao Salak

Boun khao Salak is the day for offerings, including daily necessities such as books, pens, sugar and coffee are made to specific monks based on a lottery system. Lao people also give beautiful wax flower candles to the monks to gain merit.

October

Boun Ork Pansa (End of Buddhist Lent)

Held on the full moon that marks the end of the rainy season, monks who were ordained for the three month lent period leave the *vat* and rejoin their families. During the evening of Boun Ork Pansa, in a charming ceremony small banana leaf boats called *heua fai* are launched on rivers with offerings of incense, candles and small amounts of money to bring luck and prosperity.

Boat Racing Festival (Boun Xouang Heua)

This festival follows Boun Ork Pansa and is celebrated throughout the province (in addition to other provinces in Laos). Teams from each village and each district compete with each other, racing in long boats that seat up to twenty paddlers. Pakse is typically the location of the first boat races in the province and where the largest races occur between district teams. After the Pakse races, each district opens its own competition between village teams, making this festival goes on for days throughout the provinces

Eco-Trekking

Ecotourism Highlights in Champasak Province

Xe Pian Protected Area

Xepain NPA was established to conserve biodiversity and is considered to one of the most important areas in Indochina, particularly for its many species of large mammals and water birds. Water birds include the critically endangered Giant Ibis and White-winged wood duck, and the other globally threatened species like White shouldered Ibis, Sarus Crane and Lesser adjutant, which may still visit Kiet Ngong march.

Almost 10,000 people live with Xe Pian and close to 50.000 within 5 km of its boundary, many practicing traditional agriculture and collecting forest plants to supplement their diet. They benefit from the biodiversity of the area and are called upon to maintain it for future generations.

Ban Kiet Ngong and Phou Asa Mountain

The Suay village of Ban Kiet Ngong (12km east of Route13) in Pathoumphone District is one of the last places in Southern of Laos. The elephant trek typically goes to the summit of a hill called Phou Asa named for a 19th-century war hero who fought against the Siamese. From the flat hill crest there is a good view of village pond and rice fields below you also explore the remains of a bizarre assemblage of stone on the top of the hill. The slate-brick columns, mounted by lipped slabs sat and

about 2m high and are arranged in a semi-circle. Some locals say the pillars date from 19th century and we possibly built in defence of the area. The origins of the site are clouded by legend, speculation and many years of war.

Booking An Elephant Ride

It is best to book an elephant ride in advance. The simplest way to do this is to book through a tour company or Eco-guide Service Unit at Tourist Information center in Pakse Tel/Fax: +856-31-254202, 212021. If you are travelling to the village on your own, without a guide or tour company, you can visit tourism office in Pakse or in Champasak district and ask for help to contact the village as elephant might be out in the forest or fields doing elephant things .



Accommodation in Kiet Ngong

There are three choices of accommodation in Kiet Nong (1) Sleeping huts operated by the village, which sleep two and overlook the wetland, (2) Home-stay with local families, (3) the King Fisher Eco-lodge, located just 1km outside the village, which offers luxury bungalows overlooking the wetland.

Directions to Ban Kiet Ngong

From Pakse, take Route 13 south to km 48 then turn left (look for the sign pointing the way to Attape and Xepain NPA). Follow the dirt road around 8km down, until you see the sign where you turn right. The village is just a one kilometer from turn off.

Ta Ong Trail 2-day Jungle Trek

This trail starts further down the road from Ban Papho and is one of the most remote experiences in Xe Pian NPA. During this 2 day trek you will explore the protected area's diverse forests with knowledgeable village guide(s), who will teach you about medicinal plants and non-timber forest products and point out signs of wild life (tracks, scat and habitats). This trek provides a unique overnight stay at ethnic Lavae village Ban Ta Ong's community guesthouse. On the second day get up early and take a walk to the nearby forest with local guide to listen to the sound of the birds, squirrels and to possibly hear to song like calls of the endangered Yellow-cheeked Crested Gibbons (weather permitting). In the afternoon you will finish your journey by riding canoes (water levels permitting) down the Ta Earng River , which has a variety of colorful birds, bamboo forest and monkeys.

3 or 4 Day Camping Explorer

Camping is a new activity in Xe Pian NPA with trails to take you deep into the jungle far away from the village and is best for those who would like a chance to experience old grown forests and signs of wildlife. Those who choose camping programs should be in good condition and ready for adventure as the area is wild and remote. All camping tours require that you travel with a local guide, available from Kiet Ngong village or by booking tour with Eco-guide Unit Service in Pakse Tourism Department.

Booking Camping Activity and the Ta Ong Trek.

The Ta Ong trail is a remote area (approximately 80 km south of Pakse) and requires the assistance of a tour company or certified guide. This can be booked at the Eco-guide Service Unit at the Tourist Information Center in Pakse Tel/Fax: +856-31-212 021, 254 202 or mobile phone call: +856-20-56764144
more information: www.xepian.org

Ban Saphai Village, Don Kho Island and Community Lodge

Don Kho and Ban Saphai are located in the island which is the original capital of Champasak Province during the French colonial period. Don Kho today a quiet and peaceful island and best well-known for silk and cotton weaving. Ban Saphai village has a community lodge located next to the community forest and Mekong beaches. Don Kho is a great place to relax, stay overnight, learn how to weave and learn about southern Lao culture.

Getting there: Hike a *tuktuk* or motorbike froms Dao Heuang market, center of Pakse town, to Ban saphai (16 km). From Ban Saphai hire a boat across the Me-kong River to Don Kho island.

Phou Xieng Thong Protected Area and Kong Mountain Trek

Kong mountain is located inside Phou Xieng Thong National Protected Area is known for its wild orchids, rocky outcroppings, cultural and religious sites as well as stunning views of Laos and Thailand. A day hike to Phou Xieng Thong is a moderate 4-6 hours. A two-hour walk to 'Hin Kong' (Fish basket rock) and back is also possible. During the trek, you can visit a cave where two nuns lives in peaceful harmony with nature, learn about plants and orchids and see ancient remain of a former Khmer Kingdom, Local guides and tours are available from Ban Mai Sing Sam Phanh village or Tourism Department Eco guide Service Unit in Pakse Tourist Information Center.



Restaurants

Dokkhoun Restaurant

Phabarth Village, Pakse District, Champasak Province.
Tel: (856-31) 212 340.

Saise Restaurant

Donesamsip Village, Pakse District,
Champasak Province.
Tel: (856-31) 212 563.

Heuaphakhamphong Restaurant

Pakse Village, Pakse District, Champasak Province.
Tel: (856-20) 5543 0069.

Keothip Restaurant

Huayangkham Village, Pakse District, Champasak
Province.
Tel: (856-31) 214 343.

Champasak Palace Restaurant

Phabarth Village, Pakse District, Champasak Province.
Tel: (856-31) 212 263.

Pakse Restaurant

Watluang Village, Pakse District, Champasak Province.
Tel: (856-31) 212 131.

La Folie Restaurant

Done Daeng Village, Phonethong District, Champasak
Province.
Tel: (856-20) 5550 8719

NaZim Restaurant

Thaluang Village, Pakse District, Champasak Province.

Where to stay

Champasak Grand Hotel

No. of Rooms : 215
Room Rate: USD 50 - 1,500
Address: Lao-Nippon Bridge Mekong
Riverside P.O.Box 419.
Tel: +856-31 255 111-8
Fax: +856-31255 119
E-mail: res@champasakgrand.com
www.champasakgrand.com



Khone Phapheng Resort And Golf Club

No. of Rooms : 40
Room Rate : USD 26 - 33
Address: 13 South Road,
Napeng Village, Khong District.
Tel:+856-30 516 0777
E-mail: info@khonephaphengresort.com



Champasak Palace Hotel

No. of Rooms : 115
Room Rate: USD 23 - 200
Address : Road No.13 Prabath Village,
P.O.Box 718 Pakse, Lao PDR.
Tel: +856-31-212 263
Fax:+856-31-212 781
E-mail: chapasak_palace_hotel@yahoo.com



Champa Residence Hotel

No. of Rooms : 35
Room Rate: USD 20 -26
Address: 13 Road Pakse, Phonsaad Village
Tel: +856-31-212 120
Fax: +856-31-212 120
Email: champaresidence@yahoo.com



Pakse Hotel



No. of Rooms : 64
Room Rate: USD 25 - 106,25
Address: Street N5, Watlouang Village,
Pakse Province, Lao PDR.
Tel: +856-31-212 131.
Fax: +856-31-212 719.
E-mail: info@paksehotel.com

Seng Aloun Hotel



No. of Rooms : 78
Room Rate: USD 15 - 18
Address: Road 13 south, Thalouang,
Champasak Province Lao PDR.
Tel: +856-31-252 333, 31-252 111
Fax: +856- 31-252 555
E-mail: hotelsengaroun@hotmail.com

Sabaidy 2 Guest House



No. of Rooms : 15
Room Rate: UDD 4 - 10
Address: Road 24, Thaluang Village, Pakse
District, Champasak Province, Laos PDR.
Tel: +856-31-212 992
Fax: +856-31-212 992
www.sabaidy2tour.com

Alavanh Hotel

Kangkong Village Khong District.
Tel: +856-31 260345

Bounpon Hotel

Kangkong Village, Khong District.
Tel: +856-31 214037

Bounyong Hotel

Khone Village, Khong District.
Tel :+856-20 5080759

Champa Hotel

Phonsavanh Village, Pakse District.
Tel: +856-31 213649

Champasaise Hotel

Done30 Village, Pakse District.
Tel: +856-31 212563

Champhameungxam Hotel

Sanamxay Village, Pakse District.
Tel: +856-31 212342

Daovieng Hotel

Huayyangkham Village, Pakse District.

Tel: +856-31 214331

Daovieng 2 Hotel

Phonxay Village, Pakse District.

Tel: +856-31 214331

Dokkoon Hotel

Phonsaead Village, Pakse District.

Tel: +856-31 212440

Huayangkham Hotel

Huayangkham Village, Pakse District

.Tel: +856-31 212755-56

Inthira Hotel

Amad Village, Champasak District.

Tel: +856-31 214059

Khamchaleun Hotel

Phonsaead Village, Pakse District.

Tel: +856-20 55530020

Khamfongsihavong Hotel

Thaluang Village, Pakse District.

Tel: +856-20 99920180

Lankham Hotel

Luk meung Village, Pakse District.

Tel: +856-31 213314

Laochaleun Hotel

Vatluang Village, Pakse District.

Tel: +856-31 251333

Malila Hotel

Huayangkham Village, Pakse District.

Tel: +856-31 251080

Mayli 2 Hotel

Hongkayom Village, Pakse District.

Tel: +856-31 213322

Mayli I Hotel

Huayangkham Village, Pakse District.

Tel: +856-31 214322

Mekong Hotel

Kangkong Village, Khong District.

Tel: +856-31 213668

Mekong Resort

Kangkong Village, Khong District.

Tel: +856-31 213011

Othong Hotel

Keosamphan Village, Pakse District.

Tel: +856-31 212343

Oudomsomvang Hotel

Oudomsavanh Village, Pakse District.

Tel: +856-31 213523

Paithavone Hotel

Phonsaead Village, Pakse District.

Tel: +856-31 212729

Pakse Mekong Hotel

Pakse Village, Pakse District.

Tel: +856-20 22309889

Pakse royal Hotel

Watluang Village, Pakse District.

Tel: +856-31 254059

Paradise resort Hotel

Phonsavang Village, Pakse District.

Tel: +856-31 212120

Phetsanumthavyysub Hotel

Done 30 Village, Pakse District.

Tel: +856-30 2579468

Phommala Hotel

Phonsavanh Village, Pakse District.

Tel: +856-20 55632977

Phonesavanh Hotel

Thaluang Village, Pakse District.

Tel: +856-31 212842

Phoutevada Hotel

Bunglieng Village, Pakse District.

Tel: +856-31 212434

Rattanasin Hotel

Huay Village, Khong District.

Tel: +856-20 22203184

Saylomyen 2 Hotel

Huayangkham Village, Pakse District.

Tel: +856-31 212439

Sansodseun Hotel

Kangkong Village, Khong District.

Tel: +856-20 5516608

Salachampa Hotel

Lukmeung Village, Pakse District.

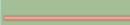
Tel: +856-31 212273

Saylomyen 3 Hotel

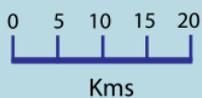
Phonsavanh Village, Pakse District.

Tel: +856-31 213308

Champasak Province Map

	Asphalt dual carriageway
	Asphalt main road
	Asphalt minor road
	Dirt road all weather
	Dirt road 4WD only
	Wet season often impassable
	Route Indicator
	Provincial capital
	Town / village
	River
	Waterfall
	Cave
	Elephant Camp
	Temple / Chedi
	Other Attraction
	Peak with height in metres
	Airport
	International Border Crossing
	Local Border Crossing
	NBCA National Bio-Diversity Conservation Area

THAILAND





Email: info_sekong@tourismlaos.org

Legend

	Road		International Border Crossing
	Route Indicator		International Border
	Capital of Province		Provincial Border
	District		Information Center
			National Protected Area (NPA)

Sekong Province

Location: Sekong is situated in the South of Laos, bordering with Vietnam to the east, Champasak Province to the west, Salavan Province to the north and Attapeu Province to the south.

Total area: 7,665 square kilometers.

Population: 97,900 (Year 2010).

Districts: Lanam, Kaleum, Dakcheung and Thateng.

Capital: Lamam.

From 1962 until 1975 this province was named Eastern Province. The capital was at Bantok village of Lamam district.

In 1976 it was combined with Salavan until 1984 when it was separated from Salavan province again and received its current name Sekong.

Sekong, best known for the Bolaven Plateau, It has a total population of around 64,200. Sekong province is rugged, wild and very scenic, but transportation is very difficult, especially by land in the rainy season. Dotted through out are villages and small towns; such as Lave, Lanam, Kaleum, Dakchung and Thateng, where the majority of people practise traditional farming. The Sekong river valley is characterized by a landscape of a fertile plain patterned with a patchwork of rice paddies and fruit orchards. Sekong is also home to untouched tropical forest, excellent for ecotourism featuring many rare species of flora and fauna.

Places to Visit



Lak Mouang Park

Located in the central of town, it's a symbol of the province reflecting the culture and lifestyle of various ethnic groups. It constitutes a new face of Sekong province and it's suitable for relaxing, walking around and take a rest.



Darklan Village



Tad Faek Waterfall

Located in Darn village, Lamam District along Route 16 with direction to Attapeu province, 18 km from the Capital of the province (20 minute car-ride).

Tad Faek has long been locally popular. As access road has been improved recently, there are more tourists come to visit the area.

The waterfall has three levels with water cascading down 10 meters across a width of about 200m.

Tad Faek is the most beautiful waterfall of Sekong province, especially in the wet season is the ideal time to visit the waterfall as the increased water levels make it a truly spectacular sight.

Local people often visit the waterfall on weekends and holidays for picnic with families and friends. In addition, there are restaurants which offer local foods and drinks.

Visitors can also observe the lifestyle of various ethnic groups and visit areas of historical interest. The province is home to 10 ethnic groups and has much untapped potential in terms of culture, eco-tourism and archaeology.

Visitors can also visit a cultural village in Thateng District where local women weave garments and make handicrafts.



Waterfall at Ban Kandonemai

Eco - Activities

Program 1: Visit Thateng District

In Thateng District in Huase village where you can see the imposing Tad Pao waterfall which is 50 meters high 40 meters wide, continue another 2 km to reach Tad Tamohone waterfall which is even wider.

Don't miss Ban Kandonemai a Katou Ethnic village moved from the mountains to its current location in 1995. In addition, there are traditional ways of life from other ethnic groups such as: ethnic festival held on 5 March every year. To extend your visit to stay at the local ecolodge.

Program 2: Visit Kaleum District

When you arrive in Kaleum district visit the market which sell vegetables, clothes and ethnic handicrafts such as *sinh lao* (Lao skirt) and unique ethnic clothes. Visitors can stay overnight at one of the centrally located guest-houses. Next day visit natural sites such as Vanghai pool located 4 km from town. hot springs (8 km) Tham Daeng Cave (5 km) and see local people's life style as well.

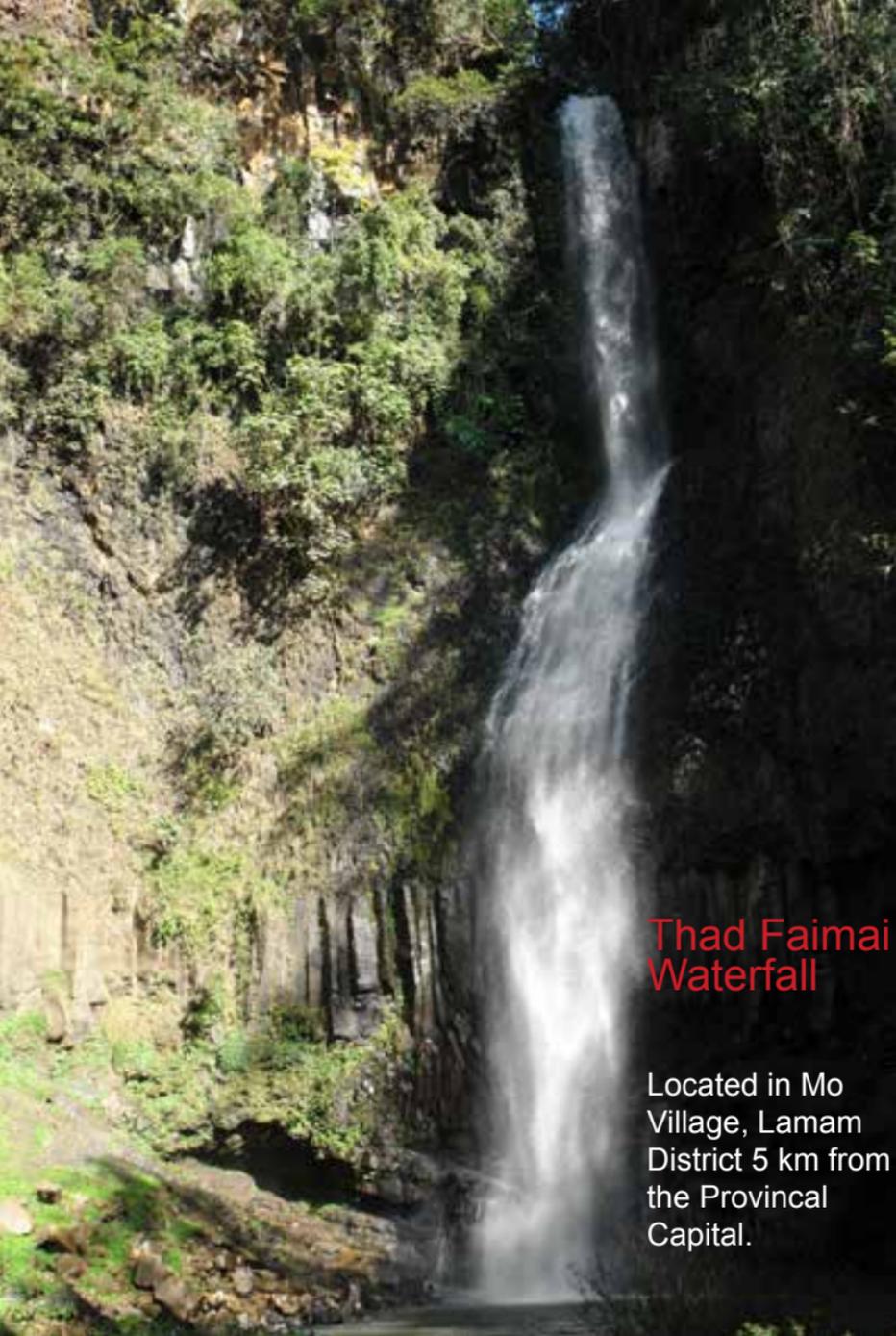
Program 3: Darkcheung District

In Dark Cheung District you can relax at Huoyhi Pool for about 30 minutes and its natural surroundings. Nearby, you can visit historic tourist sites such as Dinyathongko in Darkpok village, Chavan camp in Darklarn village, Ironing Plateau in Darkpok village. You can stay overnight at the District Administration Office guest house. The next day stop by at the market followed by Darkmouan Cultural village.

Before returning to Sekong town along the same route but turn right after about 7 km at Nongbu village to visit Patao bridge a historic site located around 3 km from the village. if you have enough time visit the Darktaok Lao - Vietnamese border check point.

Note: For more information please visit tourism unit or travel agents in Sekong town.





Thad Faimai Waterfall

Located in Mo Village, Lamam District 5 km from the Provincial Capital.



Other tourist attractions

Tad Maihia waterfall

Located in Mo village, Lamam District 5 km from the Provincial Capital.

Keangluang rapid

Located in Nava village, Lamam District 16 km from the Provincial Capital.

Tad Mohone Waterfall

Located in Senetai village, Thateng District 54 km from the Provincial Capital.

Tad Pa Ao Waterfall

Located in Senetai village, Thateng District.

Thong Lek (Ironing Plateau)

Located Darkpok village, Darkcheung District.

Vang Ngai Pool

Located in Proy village, Kaleum District.

Hot Spring

Located in Bark village, Kaleum District.

ThongNeum Plateau

Located in darkran village, Kaleum District.

Tad Oak Waterfall

Located in Darkcheung village, Darkcheung district.

Tad Nokkhao Waterfall

Located in Nong bong village, Lamarm District.

Tham Deng Cave

Located in Tham Deng village, Kaleum District.

Tad Lavan waterfall

Located in Café village, Thataeng District.

Chavarn Camp

Located in Darklan village, Darkcheung District.

Dinyathongko Plateau

Located in Darkpok village, Darkcheung District.

Lavi Village

Located in Lavi village, Darkcheung District.

Darklan village

Located in Darklan village, Darkcheung District.

Darkmouan Village

Located in Darkmoaun village, Dark Cheung District.

Hochiminh Trail

Located in Navanua village, Lamam District.

Tham Tokongkeob Cave

Located in Tokongkeo village, Lamam District.

Restaurants

Whether it's a traditional Lao meal in a restored Lao town house or just a cold Beer Lao, dining in Sekong can be an experience in itself. There are restaurants serving a wide variety of eastern and western cuisine including Vietnamese, Swiss and French and of course, most places serve Lao food.

Pho Thip Restaurant

Little more than a wooden shack, the friendly Viet owner cooks up tasty, fresh dishes, including Lao and Vietnamese favourites. Try the deep-fried fish with vegetables or sour fish soup. The bathrooms are somewhat less memorable than the food.

Open: 7am-8pm

Where to stay

Vangxangsavan Hotel



Address: Phiamay Village, Lamam District,
Sekong Province, Lao PDR.
Tel: +856-20 22705113

Hongkham Hotel

Vatluang Village, Lamam District.
Tel: +856-38 211777

Thida Hotel

Phiamay Village, Lamam District.
Tel: +856-38 211063

Anmanee Guesthouse

Thateng Village, Thateng District.,
Tel: +856-38 211954



Kaithong Guesthouse

Thateng Village, Thateng District.
Tel: +856-20 55734325

Phetkhouanchay Guesthouse

Nonmixay Village, Lamam District.
Tel: +856-38 211277

Phongpaseuth Guesthouse

Vatluang Village, Lamam District.
Tel: +856-20 99911811

Phonevantha Guesthouse

Houaixai Village, Thateng District.
Tel: +856-20 54898999

Pixaxay Guesthouse

Nonmixay Village, Lamam District.
Tel: +856-38 211271

Sackda Guesthouse

Vatluang Village, Lamam District.
Tel: +856-20 55148444

Somchay Guesthouse

Vatluang vVllage, Lamam District.
Tel: +856-20 55634731

Theokham Guesthouse

Thateng Village, Thateng District.
Tel: +856-38 22277616

Thiansavan Guesthouse

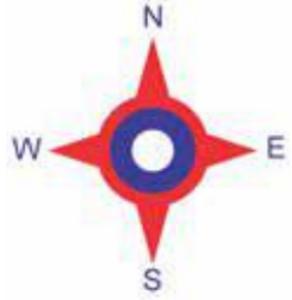
Phiamay Village, Lamam District.
Tel: +856-20 99837024

Viphavan Guesthouse

Thateng Village, Thateng District.
Tel: +856-38 211970

Xockxay Guesthouse

Vatluang Village, Lamam District.
Tel: +856-20 55161307



Email: info_attapeu@tourismlaos.org

Legend

 Road

 Route Indicator

 Capital of Province

 District

 International Border Crossing

 International Border

 Provincial Border

 Information Center

 National Protected Area (NPA)

Attapeu Province

Location: South of Laos.

Total area : 10.320 square kilometers.

Population : 127,285 (2010).

District : Samakkhixay, Xaysettha, Sanamxay, Sanxay and Phouvong.

Capital : Samakkhixay.

Attapeu is the province located in the most south-eastern tip of Laos. It is also the best known for the Bolaven Plateau, sharing borders with Sekong in the north, Champasak in the west, Viet Nam in the east and Cambodia in the south. The Bolaven Plateau is located in Champasak Province and easily accessed from Pakse. Attapeu is where one can find many ethnic minority peoples. Nine major tribes are in Attapeu: Alak, Katang, Kaleum, Katou, Suay, Nge, Lavae, Ta Oy, Nyajeung. The capital town, Samakkhixay, is built in a large picturesque valley surrounded by mountains and the loop upstream. Attapeu Province is rugged, wild and very scenic. Transportation is very difficult, especially by land in the rainy season. Parts of the Ho Chi Minh Trail can be explored from Attapeu, although using a local guide is essential. In the early morning you can visit the traditional market, where many different minorities go to buy and sell their products.



Places to Visit

Tad Saephe Waterfall

Tad Saephe waterfall 23 meters high and 120 meters wide is situated in the Xe Pian National Protected Area, around 60 Kilometers from Samakkhixay, the provincial capital.



Nong Fa Lake



It used to be a 3-day walk from Sanxay District in the northeast of Attapeu, to Nong Fa Lake. Situated amid serene natural beauty and fenced by peaks of mountains, this virgin lake has all year round sky blue water. Nowadays, the lake can be reached by dirt road.

It was formed by volcanic eruption over 1000 years ago. It was located on the top of a mountain 1200-1500 above sea level, and in the boundary of Dong Ampham National Protected Area. It is thought to be the biggest in Asia. Currently its depth and width have not yet been measured.

Villagers believe the lake is sacred. Its banks and surroundings are green year - round, the stream coming off it provides irrigation. the area contains minerals, such as sapphire and gold provding excellent livelihood opportunities for the locals.

Tad Huakhon Waterfall



Huakhon waterfall is located in the north of Samakkhixay District approximately 60 km from the District capital. It's a site endowed with nature which is situated in old growth forest. The waterfall is on the Xe-Nam-Noi River in Meunhuamouang village.





Tad Samongphak Waterfall



Samongphak waterfall exists at the confluence of the Houay Samong stream and the Xe plane River. it is 10 meters high and 30 meters wide.



Missile



Located in Paam village, Sanxay District, 35 km away from the provincial Capital was used to target B 52 bomber planes. The missile, a type 11 DMP 912 during the national second Indochina War. This war relic is kept as a memorial.

Brao Ethnic Group



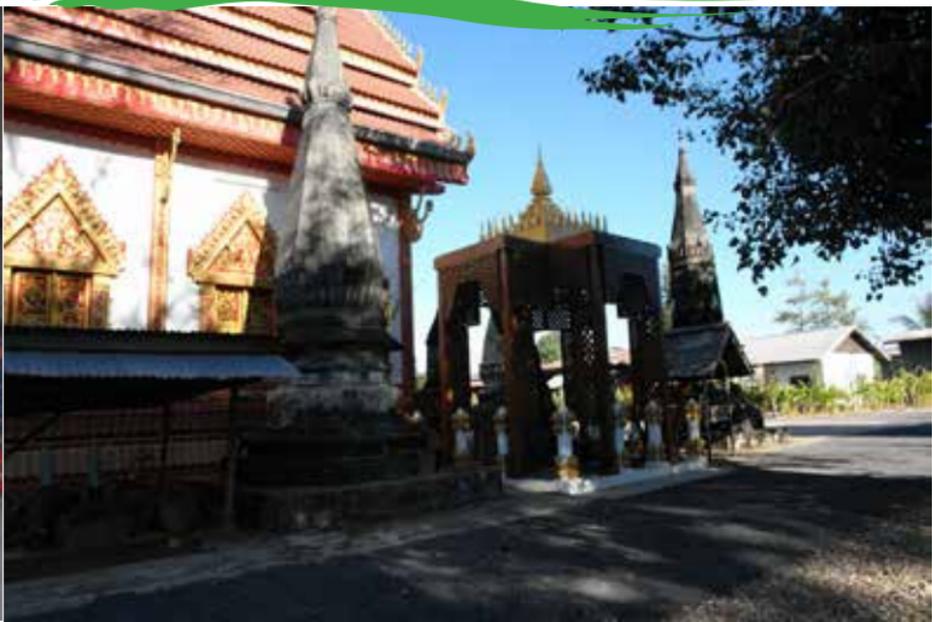
In regards to their culture of dressing ornaments and make up, Brao men traditional wore (katiaw)loincloth. They tied up their hair, pierced a large hole in their ear to wear large earring or ivory or wood, and tattooed their chest, back and cheeks. They also have a traditional of cutting their teeth. Women wore the Kado Sihh (traditional skirt), with a black shirt. They rolled up and tied their hair with red and white strings, or used a wooden or ivory comb. They also tattooed their bodies like brao men and wore large earring.



Xaysettha Stupa



Previously called “Chounlamani temple” it was built in 1577 and is associated with king Xaysetthathirath it is located at Vatthad village, Xaysettha District 12 km from Samakkhixay.





Vat Sakhae Temple

The ancient temple of Attapeu, the sacred Buddha image of Ongsene is one of the holiest of relicts.

Located at Ban Sakhae Village Xaysettha District far from Attapeu town about 23 km on the road direction to Sekong province then turn right drive on dirt road about 5 km then take boat across a river to the temple.



Eco-Trekking

Embark on an adventure in remote Attapeu province with a choice of 1- to 5-day and longer, self-guided and guided treks to waterfalls, national protected areas and ethnic villages. These trekking areas offer off-the-beaten track travel that is free of the typical tourist fare and filled with untouched natural and cultural experiences.

Sanexai District

Embark on a 2 to 5-day trek into the old district capital, passing through ethnic Alak villages on the way. From Muang Khao, visitors can go to a nearby waterfall (4 km away).

There is also an option to continue back to Pa'am on foot or by vehicle.

Another option is to continue for another 3 days to Nong Fa, a crater lake located in the heart of Dong Ampham NPA.

Tad Phaphong Waterfall

Head off on a one-day (6 km) trek to nearby waterfall created by the Xe Xou River, and see many colorful rocks are along both sides of the river.

Tad Phaphong can also be accessed by boat on a 5-hour trip.



Where to stay

Phetsoukxay Resort



No. of Rooms: 27
Room Rate: USD 5 - 32
Address: Veunkhen Village, Samakxixay district, Attapeu Province.
Tel: +856-20 55635438
E-mail: resortphetsoukxai@hotmail.com

Phuongmixay Hotel



No. of Rooms: 27
Room rate: USD13 - 19
Address: Xeyay Village, Samakxixay district, Attapeu Province.
Tel: +856-30 9012888
+856-20 99569999

Alounsothsai Hotel

Watluang Village,
Samakxixay District.
Tel: +856-36 211250

Dokchampa Hotel

Boungxai Village,
Samakxixay District.
Tel: +856-20 55636311

Hung Ang attapeu Hotel

Watluang Village,
Samakxixay District.
Tel: +856-20 23033777

Phetdalay Hotel

Laksam Village,
Samakxixay District.
Tel: +856-20 55635438

Phoudthavong Hotel

Xekong Village,
Samakxixay District.
Tel: +856-20 55517871

Phoukham Hotel

Muangmai Village,
Samakxixay District.
Tel: +856-36 211105

Sayphousaphong Hotel

Xeyay Village,
Samakxixay District.
Tel: +856-20 55614750

Souksimone Hotel

Xaisaath Village,
Samakxixay District.
Tel: +856-36 211092

Chanthavone Guesthouse

Muangmai Village,
Samakxixay District.
Tel: +856-20 99191619

Deuk Lok Guesthouse

Muangmai Village,
Samakxixay District.
Tel: +856-20 99191619

National Protected Areas



The Lao system of 20 National Protected Areas covers nearly 14% of the country and is recognized as one of the best designed protected areas systems in the world. With large tracts of tropical monsoon forest, diverse wildlife populations and bizarre karst limestone formations riddled with caves, Lao protected areas have an abundance of extraordinary things to see. Although most Lao protected areas are remote and difficult to reach, there are many existing opportunities for ecotourism activities such as trekking, rafting, bird watching and camping that allow you to experience first-hand the country's magnificent natural and cultural diversity.

From Vientiane, the most accessible protected area offering a variety of ecotourism activities is

Phou Khao Khouay, where you can trek, visit spectacular waterfalls and spend the night in an elephant observation tower on the edge of the park. In the provinces, visit Nam Ha in Luang Namtha for trekking, watch birds at the Pha Pho wetland in Champasak's Xe Pian

NPA, trek Dong Phou Vieng in Savannakhet for a chance to see the beautiful Douc Langur.

If you are interested in caves, don't miss the Phou Hin Poun NPA in central Khammouane Province. More activities are being developed in a number of other NPA's; be sure to check with the information staff for news on new ecotourism programs around the country.

Wildlife

Laos is home to over one hundred species of large mammals. Many of these are familiar Asian species such as Tiger, Asian Elephant and Gaur (a species of wild cattle). Lao also holds an impressive diversity of primates including five species of gibbon, five species of macaque and four species of leaf monkey including the incredibly beautiful Douc Langur.

In recent years Lao has received international attention after the discovery of an incredible variety of species new to science. These recent discoveries include the Saola, a strange and beautiful forest dwelling antelope like creature, many small deer species known as muntjacs, a small striped rabbit and a completely new family of rodent known locally as the Kha-nyou that is closely related to porcupines.

In addition to mammals, Lao supports over 165 species of amphibians and reptiles including such impressive species as Rock and Burmese Pythons, King Cobras and the large and noisy Tokay Gecko (Gekko gekko) a formidable resident of many Lao houses.



Opportunities to view this incredible diversity of wildlife are steadily growing. A long history of market and subsistence hunting has depressed many wildlife populations across the country. The increase in ecotourism and traveler's interest in viewing wildlife now provides positive financial reinforcement for residents to conserve many of these species. Let people in Laos know that you want to see wildlife in its natural habitat and visit natural areas.

Laos does have some of the best to offer in the entire world in terms of wildlife and biodiversity. However, many wildlife species are threatened by illegal hunting and the illegal trade in wildlife and wildlife products. The Lao government takes these offenses very seriously and asks that you refrain from purchasing wildlife and wildlife products.

If you see wildlife being traded, please report it. The Vientiane Capital Division of Forestry and the Wildlife Conservation Society are monitoring the illegal wildlife trade and conducting public awareness about the problem. We would appreciate photos of any wildlife you encounter while in Laos – both captured and in the wild. Please send photos by email to wildlifephotos@wcs.org and be sure to include a short description on where and when the animal was encountered.



Birds

With over 700 species recorded to date and new species being added to the country list almost monthly, Laos is one of the most exciting and least known birding locations in the world. In recent years as the country has embraced ecotourism the opportunities are expanding rapidly for visitors to see a variety of beautiful and rare species.

The Northern Highlands of the country hold numerous species associated with Northern Thailand and the North Eastern Himalayas. A huge diversity of babbler as well as Blyth's Kingfisher, Rufous-necked Hornbill, Beautiful Nuthatch, Short-tailed Parrotbill and Yellow-vented Warbler can be found in the forests of the north.

The Mekong Plain supports areas of dry deciduous forest inhabited by Rufous-winged Buzzards, Black-



headed Woodpeckers and Small Minivets. Ban Sivilai is a community owned and operated bird conservation zone in this area.

The Mekong itself provides an important flyway for migratory shorebirds and waterfowl as well as localized sandbank species such as Small Pratincole, River Lapwing, Great Thick-knee and River Tern. The southern portion of the Mekong Plain along the Cambodian border is home to the incredibly rare White-shouldered and Giant ibis as well as small populations of White-rumped and Red-headed vultures, Lesser Adjutants, Sarus Cranes and White-winged Ducks. The most exciting discovery in the area in recent years has been the description of a new species to science, the Mekong Wagtail. This species was found, within the past decade, to live on sandbanks in the Mekong and a few of its tributaries in southern Lao and Cambodia.

Perhaps the most exciting area for birding in the country is along the Annamite Range that marks the border with Vietnam. In recent years many species once thought to be found only in Vietnam have been discovered in Lao. Species such as Short-tailed Scimitar Babbler, Yellow-billed Nuthatch and the recently described Black-crowned Barwing are all readily found. Slightly more widespread species include White-winged and Indochinese Green Magpies as well as the shy and difficult to see Crested Argus and Blue-naped Pitta.

Another area worthy of mention is the impressive strip of karst limestone that divides the Mekong Plain from the Annamite Range in central Laos. This beautiful landscape is

home to the enigmatic Sooty Babbler. Despite being locally common this species went unseen for decades until being “rediscovered” in the 1990’s.





Handicrafts



Textiles, basketry, silver, woodcarvings and hand-made paper are some of the most popular handicrafts in Laos. Lao weavers are known for producing intricate fabrics in home-spun silk and cotton, most notably, complex mut mee (ikot) patterns based on folklore and natural themes. Some of the best weavers come from the Tai ethnic groups in Houaphan Province. If you are planning a visit to Luang Prabang and are interested in weaving, don't miss Ban Phanom or the night market in the center of town. When visiting one of the country's charming villages, be sure to ask to see local crafts being produced using traditional technologies. Purchasing a handicraft directly from artisans that use natural, traditional production methods supports both local economies and the survival of indigenous knowledge. If you are unable to make it out to the villages, there are handicraft shops in almost every provincial capital selling distinct local products.

Lao Food

Lao cuisine may be little known outside the country, but it is considered one of the healthiest cuisines.

This is due to its affection for fresh vegetables and herbs, which appear in almost every Lao meal. Both meat and fish are usually grilled or steamed and as a result, the flavours are fresh and the dishes are low in fat.

Walk around the numerous food markets and stalls that dot Luang Prabang and Vientiane and you'll be confronted by the fragrances of galangal, lime, lemongrass, basil, coriander, garlic, ginger, mint and dill.

Lao cuisine has many regional variations, due in part to the fresh foods local to each region. You can either enjoy an authentic Lao meal (khao niew or sticky rice is a staple) in many of the restaurants or spend a morning learning to cook delicious Lao dishes for your lunch.

An essential part of enjoying Lao food is Beer Lao. Described as the Dom Perignon of Asian beers, it can be found anywhere throughout the country, from the corner shops to the five-star hotels.

Lao Coffee, strong, sweet and delicious, is another must-try. Laos produces some of the finest Arabica in the world, and whether you like hot or cold, black or milky, a cup of this fine stuff will set you up for the rest of the day.

Laap, a traditional Lao food is made from chopped meat, chicken or duck is a favourite. The finely chopped meat, spices and broth is mixed with uncooked rice grains that have been dry fried, and crushed. Laap is eaten with a plate of raw vegetables and sticky rice.



Lao PDR, Embassies and Consulates Abroad

AUSTRALIA

Embassy of the Lao PDR.1 Dalman Crescent Omalley,
Canberra
ACT 2606, Australia.
Tel: (61 2) 6286 4595, 6286 6933
Fax: (61 2) 6290 1910

BELGIUM

Embassy of the Lao PDR.
Avenue de la Brabanconne
19-21bis,1000 Bruxelles.
Tel: (322) 740 0950
Fax : (322) 734 1666

BRUNEI

Embassy of the Lao PDR.
Simfong 480 Jalang Kebang S
aan Lama 3786 off Jalan Muara
Bandar Seri Begawan 3786
Tel : (673 02) 345 666
Fax: (673 02) 345 588

CAMBODIA

Embassy of the Lao PDR.
15-17 Mao Tse Tung Bld 245,
Phnom Penh, Cambodia.
Tel: (855 23) 982 632
Fax: (855 23) 720 907

CUBA

Embassy of the Lao PDR.
7 Ave Calle 36 A 505 Miramar,
La Havana,Cuba.
Tel: (53 7) 241 056
Fax: (53 7) 249 622

CHINA, PEOPLE'S REPUBLIC OF

Embassy of the Lao PDR.
11 Salitun Dongsie Jie,
Beijing 100600.
Tel: (86 1) 6523 1224.
6523 5173, 6523 5652
Fax: (86 1) 6532 6748

KUNMING:

Consulate General of Lao PDR.
Camellia Hotel Room 3226,
154 East Dong Feng Road,
Kunming 650041, PDR. of China.
Tel: (86 871) 317 6623-24
Fax: (86 871) 317 8556

Nanning:

Consulate General of the Lao PDR.
16 Guihua Road Qingxiu, Nanning, Guangxi China
Tel: (+867) 7156 72501 / 72502
Fax: (+867) 7156 72503

Shanghai:

Consulate General of the Lao PDR.
Fax: (+866) 9189 80669

HONG KONG

Consulate General of the Lao PDR.
Room 1402, Arion Commercial Centre
2-12 Queen's Road West
Hong Kong
Tel: (+852) 2544 1186 / 1129
Fax: (+852) 2544 1187
E-mail: lao01_cons@ctimail.com
Office hours: 09.00-12.00 and 13.30-17.00
Head of mission: Leokham Inthavong, Vice-Consul

FRANCE

Embassy of the Lao PDR.
74 Ave Raymond Poincare,
75116 Paris, France.
Tel: (33 1) 4553 0298, 4554 7047
Fax: (33 1) 4727 5789

GERMANY

Embassy of the Lao PDR.
Botschaft der Demokratischen Volk republil Laos
Bismarccrallee 2a, 14193 Berlin
Tel: (49 30) 8906 0647
Fax: (49 30) 8906 0648-49

INDIA

Embassy of the Lao PDR.
A-104/7, Parrmanand Estate,
Maharini Bagh, New Delhi 110065, India.
Tel: (9111) 632 3048, 693 3319
Fax: (9111) 632 3048, 693 3320

INDONESIA

Embassy of the Lao PDR.
Ji. Kintamani Raya C 15 No 33 Kuningan
Timur Jakarta 12950, Indonesia.
Tel: (62 21) 522 9602
Fax: (62 21) 522 9601

JAPAN

Embassy of the Lao PDR.
3-3-22 Nishi-Azabu
Minato-Ku, Tokyo 106
Tel: (81 3) 5411 2291, 5411 2292
Fax: (81 3) 5411 2293

KOREA, DPR OF

Embassy of the Lao PDR.
MunhungDong, Talelonggan
District, Pyongyang.
Tel: (00850 2) 381 7363
Fax: (00850 2) 381 7722

THE REPUBLIC OF KOREA

Embassy of the Lao PDR
657-9 Hannam Dong,
Yongsan-Gu, Seoul, Korea.
Tel: (0082 2) 796 1713-4, 797 1971
Fax: (0082 2) 796 1771

MALAYSIA

Embassy of the Lao PDR
No. 25 Jalan Damai 55000 Kuala Lumpur, Malaysia.
Tel: (60 3) 4251 1118, 4260 3058
Fax: (60 3) 4251 0080

MONGOLIA

Embassy of the Lao PDR
Ikhtoiruu, 59 Ulan Bator.
Tel: (976 1) 326 440, 329 898
Fax: (976 1) 132 084

MYANMAR

Embassy of the Lao PDR
A-1 Diplomatic Quarter,
Taw Win Road, Dagan Township,
Yangon, Myanmar.
Tel: (95 1) 222 482, 227 445
Fax: (95 1) 227 446

PHILIPPINES

Embassy of the Lao PDR
34 Lapu-Lapu Street, Magallanes Village,
Makati City, Metro Manila.
Tel: (63 2) 852 5759, 852 5979
Fax: (63 2) 852 5759

POLAND

Embassy of the Lao PDR
Ul Regtana 15/26, 02-516
Warsaw, Poland.
Tel: (48 2) 848 949
Fax: (48 2) 497 122

RUSSIA

Embassy of the Lao PDR
Moscow 131940 UL Malaya,
Nikitakay 18, Moscow Russia.
Tel: (7 095) 203 1454, 291 7218
Fax: (7 095) 290 4246, 203 0158

SINGAPORE

Embassy of the Lao PDR
479-b Gold Hill Center,
Thomson Road, Singapore.
Tel: (65) 250 6044, 783 0503
Fax: (65) 250 6014

SWEDEN

Embassy of the Lao PDR
S-11265 Stockholm,
Badstrandvagen 11, 112-65
Stockholm, Sweden.
Tel: (46 8) 618 2010, 695 0160
Fax: (46 8) 618 2001

THAILAND

Embassy of the Lao PDR
520-522/1-3Ramkhamhaeng
Soi 39, Bangkapi, Bangkok 10310, Thailand.
Tel: (66 2) 538 3696,
539 7341, 539 3642
Fax: (66 2) 539 6678, 539 3827
Consulate: (66 2) 538 3735

KHONKAEN:

Consulate General of Lao PDR
171/102-3 Prachasamosorn Road,
Khonkaen 40000, Thailand.
Tel: (66 43) 230 110, 242 858
Fax: (66 43) 244 918

THE UNITED KINGDOM (LONDON)

Embassy of the Lao PDR
49 Porchester Terrace
London W2 3TS
United Kingdom
Tel: (+44) 20 7402 3770

UNITED STATES OF AMERICA

Permanent Mission of Lao PDR
317 East 51 ST Street,
New York, NY 10022, USA.
Tel: (1 212) 832 2734
Fax: (1 212) 750 0039

Embassy of Lao PDR
2222 S Street N.W
Washington D.C 20008, USA
Tel: (1 202) 332 6416, 332 6417
Fax: (1 202) 332 4923

VIETNAM, SOCIALIST

REPUBLIC OF
Embassy of the Lao PDR
22 Tran Bing Trong Road,
Hanoi, S.R Vietnam.
Tel: (84 4) 942 4576, 942 2435
942 9746, 942 2253
Fax : (84 4) 822 8414

HO CHI MINH City:

Consulate General of Lao PDR.93 Pasteur St, District 1,
Ho Chi Minh City, S.R Vietnam.
Tel: (84 8) 829 7667,828 9275
Fax: (84 8) 829

DANANG City:

Consulate General of Lao PDR
12 Tran Quy /Cap Street,
Danang City, S.R Vietnam.
Tel: (845 11) 821 208, 822 628
Fax: (845 11) 822 628
Canberra,

Foreign Embassies and Consulates in Lao PDR

AUSTRALIAN EMBASSY

Km 4, Thadeua Road Sisattanak District
Vientiane, Lao PDR.
Tel: (856-21) 353 800
Fax:(856-21) 353 801

BELGIUM EMBASSY

(Development Cooperation)
3rd Floor VTCB Building,
33 LaneXang Avenue,
Ban Hatsadi, Vientiane.
Tel: (856-21) 222 712
Fax : (856-21) 218 796

BRITISH EMBASSY VIENTIANE

Rue J. Nehru
Phonexay,
Saysettha District,
Vientiane Laos
BritishEmbassy.Vientiane@fco.gov.uk
Telephone +856 (0)30 770 0000

BRITISH TRADE OFFICE

Nehru Street, Ban Phonxay,
Vientiane Municipality.
Tel: (856-21) 413 606
Fax: (856-21) 413 607

BRUNEI DARUSSALAM EMBASSY

Ban Xieng Ngun, Chanthabouly District
Setthathirath Road
Vientiane, Laos PDR
Tel: (856-21) 255231-4
Fax : (856-21) 255234
Email: vientiane.laos@mfa.gov.bn

CAMBODIA EMBASSY

Thadeua Road Km 3, Sisattanak District
Vientiane Lao PDR.
Tel: (856-21) 314 952
Fax:(856-21) 314 951

CHINA, PEOPLES' REPUBLIC OF, EMBASSY

Watnak Street Village, Sisatanak District,
Vientiane Lao PDR.

Tel: (856-21) 315 100, 315 103, 315 105

Fax:(856-21) 315 104

CUBA EMBASSY

Bourichane Rd, Naxay Village, Saysetha District,
House No.422 Unit3, Vientiane, Lao PDR

Tel: (856-21) 314 902

Fax : (856-21) 314 901

FRENCH EMBASSY

Setthathirath Road,
Ban Sisaket, Vientiane.

Tel:(856-21) 267 400, 215 257-9

Fax: (856-21) 267429, 267 439

GERMAN EMBASSY

26 Sokpaluang Road,
Vientiane, Lao PDR

Tel: (856-21) 312 110, 312 111

Fax : (856-21) 351 152

INDIAN EMBASSY

Unit 7, Ban Saphanthong Kang
opp. Wat Saphantong Neua
Vientiane, Lao PDR

P.O.Box: 225

Tel: (856-21) 352 301-3,

Fax: (856-21) 352 300

Email: info@indianembassy Laos.org

INDONESIAN EMBASSY

Kaysone Phomvihane Avenue,
Vientiane, Lao PDR

Tel : (856-21) 413 900, 413 909, 413 910

Fax:(856-21)214 828, 2188 527

JAPANESE EMBASSY

Sisangvone Road,
Vientiane. Lao PDR

Tel: (856-21) 414 400-3

Fax: (856-21) 414 406

KOREA, PDR OF, EMBASSY

Ban Thaphalansay,
Vientiane Capital.
Tel: (856 21) 315 261
Fax : (856 21) 315 260

KOREAN REPUBLIC EMBASSY

Ban Watnak, Sisattanak District, Vientiane.
Tel: (856-21) 352 031-3
Fax: (856-21) 352 035, 352 743

MALAYSIA EMBASSY

23 Rue Singha, Ban Phonxay, Saysethha District
Vientiane, Lao PDR
Tel: (856-21) 414 205-6
Fax : (856-21) 414 201

MONGOLIA EMBASSY

Ban Watnak, Thadeua Rd. Km 3,
Vientiane, Lao PDR
Tel: (856-21) 315 220
Fax : (856-21) 315 221

MYANMAR EMBASSY

Ban Watnak, Lao-Thai Roak, Vientiane, Lao PDR
Tel: (856-21) 314 910-1
Fax:(856-21) 314 913

PHILIPPINES EMBASSY

Ban Saphanthong kang,
Sisattanak District,
Vientiane, Lao PDR
Tel: (856-21) 452 490-1
Fax: (856-21) 452 493

POLISH EMBASSY

263 Thadeua Road, Ban Watnak,
Vientiane, Lao PDR
Tel: (856 21) 312 940
Fax : (856 21) 312 058

SWEDISH EMBASSY

01-36 Sokpaluang Street, Ban Watnak,
Vientiane, Lao PDR
Tel: (856-21) 313 772
Fax : (856-21) 315 001

RUSSIA FEDERATION EMBASSY

Sisattanak District, Ban Thaphalansay
Vientiane, Lao PDR
Tel: (856-21) 312 219, 312 222
Fax: (856-21) 312 210

SINGAPORE EMBASSY

Thadeua Road, km 3, Unit 4m, Watnak Village,
Vientiane, Lao PDR
Tel: (856-21) 353 939
Fax: (856-21) 353 938

ROYAL THAI EMBASSY

Kaisone Phomvihane Avenue, Saysettha District
Vientiane, Lao PDR
Tel: (856-21) 214 581-3
Fax: (856-21) 214 580

UNITED STATES OF AMERICA EMBASSY

Ban Somsanouk, Thadeua Road,
Vientiane, Lao PDR
Tel: (856-21) 267 000
Fax: (856-21) 267 190

VIETNAMESE EMBASSY

Ban Phonsay, Saysettha Sistrict,
Vientiane, Lao PDR
Tel: (856-21) 413 401, 413 409
Fax: (856-21) 413 379

VIETNAMESE CONSULATE

Ban Watphabat, Pakse,
Champasak Province.
Tel: (856 31) 212 058
Fax: (856 31) 214 140, 212 058

Useful Links and Telephone Numbers

Country code: 856

Lao National Tourism Administration (LNTA)

Tel: (21) 212 248, 212251

Fax: (21) 212 769

www.tourismlaos.org

www.ecotourismlaos.com

Email: tmpd_inta@yahoo.com

Tourist Police: (21) 251128

Vientiane Governor office: 412 502

Immigration Head office: (21) 212 520

Wattay Airport: (21) 512 012

Friendship bridge: (21) 812 040

Thanaleng Train Station: (21) 820228

Lao Association of Travel gents(LATA)

Tel: (21) 251 769, Fax: (21) 251 770

Email: info@latalaos.org

www.latalaos.org

Lao Hotel and Restaurant Association(LHRA)

Email: laohra@lanexangnet.com

Tel: (21) 241 017, Fax: (21) 262 542

Email: bookings@laos-hotel-link.com

Lao Airline

Tel: (21) 212 057

Fax: (21) 212 065

www.laoairlines.com

Email: reservation@laoairlines.com

Bus Station in Vientiane:

Bus Station: Northern Bus: (21) 261 905

Southern Bus: (21) 740 521-2

Morning Market: (21) 216 507

Hospital in Vientiane:

Hospital: Mahosot Hospital: (21) 214 024

Sethathirat Hospital: (21) 351 156

Mittaphab Hospital: (21) 710 006

Emergency

Police : 1191

Fire : 1190

Ambulance: 1195

Electricity: 1199