

Contents

On the Road	4	Vang Vieng	130
		Vang Vieng Towards Luang Prabang	139
Laos Highlights	5	Northern Laos	141
Destination Laos	11	LUANG PRABANG & AROUND	143
Getting Started	13	Luang Prabang	143
Itineraries	18	Around Luang Prabang	169
History	23	THE MIDDLE MEKONG	171
The Culture	43	Huay Xai (Hoksay)	172
Food & Drink	61	Around Huay Xai	177
Environment	72	Pak Beng	179
Vientiane & Around	83	Tha Suang	181
VIENTIANE	84	Hongsa	181
History	84	Muang Ngeun	182
Orientation	84	Luang Prabang to Sainyabuli	183
Information	85	Sainyabuli (Xaignabouri)	183
Dangers & Annoyances	89	South of Sainyabuli	186
Sights	89	XIENG KHUANG & HUA PHAN PROVINCES	187
Activities	97	Phu Khoun to Phonsavan	189
Monument to Mekong Cycling Tour	98	Phonsavan	189
Courses	99	Around Phonsavan	193
Festivals & Events	100	Sam Neua (Xam Neua)	196
Sleeping	100	Around Sam Neua	199
Eating	104	Sam Neua to Vietnam	201
Drinking	109	Sam Neua to Nong Khiaw	201
Entertainment	110	MUANG NGOI DISTRICT	204
Shopping	112	Nong Khiaw	204
Getting There & Away	113	Muang Ngoi Neua (Ban Ngoi Kao)	207
Getting Around	116	Around Muang Ngoi	208
AROUND VIENTIANE	118	NORTHWESTERN LAOS	209
Phu Khao Khuay NPA	118	Udomxai (Oudomsay, Muang Xai)	209
Vientiane to Vang Vieng	120	Around Udomxai	213
Land of a Million Elephants	121	Boten	215
		Luang Namtha (Namtha)	216
		Around Luang Namtha	221
		Luang Namtha to Muang Sing	223
		Muang Sing	223
		West of Muang Sing	226
		PHONGSALI PROVINCE	227
		Pak Nam Noi	227
		Muang Khua	227
		Pak Nam Noi to Phongsali	230
		Phongsali	231
		Around Phongsali	233
		North of Boun Neua	235

Central Laos **237****BOLIKHAMSAI & KHAMMUAN PROVINCES** 239

Paksan 239

Paksan to Lak Sao 240

Lak Sao 243

Tha Khaek 244

Around Tha Khaek 249

SAVANNAKHET PROVINCE 254

Savannakhet 254

Around Savannakhet 259

Dong Phu Vieng NPA 262

Phu Xang Hae NPA 262

Sepon (Xepon) & the Ho Chi Minh Trail 263

Southern Laos **265****CHAMPASAK PROVINCE** 267

Pakse 267

Around Pakse 275

Champasak 276

Wat Phu Champasak 278

Don Daeng 281

Uo Moung (Tomo Temple) 282

Kiet Ngong & Ban Phapho 283

Se Pian NPA 285

Si Phan Don (Four Thousand Islands) 285

Bolaven Plateau 298

SALAVAN PROVINCE 301

Tat Lo 301

Salavan 303

Around Salavan 304

SEKONG PROVINCE 304

Sekong (Muang Lamam) 306

Around Sekong 306

ATTAPEU PROVINCE 307

Attapeu (Samakhi Xai) 308

Around Attapeu 310

Dong Amphan NPA 311

Directory **312****Transport** **332****Health** **345****Language** **355****Glossary** **362****The Authors** **364****Behind the Scenes** **366****Index** **369****GreenDex** **375****Map Legend** **376****Regional Map Contents**

