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GreenDex

GOING GREEN

The following attractions, accommodation, organisations and restaurants have been selected by Lonely Planet authors because they demonstrate a commitment to sustainability. We've selected restaurants for their support of local producers – so they might serve only seasonal, locally sourced produce on their menus. In addition, we've covered accommodation that we deem to be environmentally friendly, for example for their commitment to recycling or energy conservation. Attractions are listed because they're involved in conservation or environmental education or have been given an ecological award. For more tips about travelling sustainably in Laos, turn to the Getting Started chapter (p13). We want to keep developing our sustainable-travel content. If you think we've omitted someone who should be listed here, email us at www.lonelyplanet.com/contact. For more information about sustainable tourism and Lonely Planet, see www.lonelyplanet.com/responsibletravel.

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MAP LEGEND

ROUTES

	Primary		Mall/Steps
	Secondary		Tunnel
	Tertiary		Pedestrian Overpass
	Lane		Walking Tour
	Under Construction		Walking Trail
	Unsealed Road		Walking Path
	One-Way Street		Track

TRANSPORT

	Ferry		Rail
	Bus Route		Rail (Underground)

HYDROGRAPHY

	River, Creek		Canal
	Intermittent River		Water
	Swamp		Lake (Dry)
	Mangrove		Lake (Salt)
	Reef		Mudflats

BOUNDARIES

	International State, Provincial		Regional, Suburb
	Disputed		Ancient Wall
	Marine Park		Cliff

AREA FEATURES

	Airport		Land
	Area of Interest		Mall
	Beach, Desert		Market
	Building		Park
	Campus		Reservation
	Cemetery, Christian		Rocks
	Cemetery, Other		Sports
	Forest		Urban

POPULATION

	CAPITAL (NATIONAL)		CAPITAL (STATE)
	Large City		Medium City
	Small City		Town, Village

SYMBOLS

Sights/Activities		Entertainment		Bank, ATM	
	Beach		Shopping	Embassy/Consulate	
	Buddhist		Sleeping	Hospital, Medical	
	Christian		Camping	Information	
	Monument		Transport	Internet Facilities	
	Museum, Gallery		Airport, Airfield	Police Station	
	Point of Interest		Border Crossing	Post Office, GPO	
	Pool		Bus Station	Telephone	
	Ruin		General Transport	Toilets	
	Zoo, Bird Sanctuary		Cycling, Bicycle Path	Geographic	
Eating	Eating		Petrol Station		Mountain, Volcano
	Drinking		Parking Area		National Park
	Café		Taxi Rank		Pass, Canyon
					River Flow
					Spot Height
					Waterfall

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HOW TO USE THIS BOOK

Sleeping and Eating reviews are listed in budget order. For details of map symbols, see the Map Legend on the last page of this book.

	telephone	f	family rooms
	opening hours	q	quad rooms
	air-con available	r	rooms
	internet available	s	single rooms
	wi-fi access	ste	suites
	swimming pool	tr	triple rooms
d	double rooms	tw	twin rooms
dm	dorm beds		

EXCHANGE RATES

Prices in this book are quoted in Lao kip (K) and US\$, unless otherwise stated. For current exchange rates see www.xe.com.

Australia	A\$1	7515K
Canada	C\$1	7980K
China	RMB10	12,100K
Euro zone	€1	10,850K
Thailand	10B	2580K
UK	UK£1	13,050K
US	US\$1	8200K
Vietnam	10,000d	4300K

PRICE RANGES

Budget	Sleeping <US\$20
Midrange	\$US20-80
Top end	>\$US80

Prices in this book are full price in high season and include bathroom. Exceptions are noted in specific listings.

LONELY PLANET INDEX

1L petrol	7000-10,000K
1.5L bottled water	3000-5000K
660mL bottle of Beerlao	8000-15,000K
Bowl of <i>fôe</i> (noodle soup)	5000K
Souvenir T-shirt	25,000K

For additional price information see Getting Started.

BUSINESS HOURS

Banks	8.30am-4pm Mon-Fri
Businesses & shops	8.30am-5pm
Restaurants	10am-10pm

Exceptions are noted in specific listings.

TELEPHONE

To dial listings in this book from outside Laos, dial your international access code, the country code then the number (minus '0', which is used when dialling domestically). All regular phone numbers have an area code followed by a six-digit number. All mobile phone numbers are preceded by 020, and WIN numbers are preceded by 030.

Country code	856
International access code	00
Operator assisted calls	170
Directory assistance/information	178 or 179
Ambulance	195
Fire	190
Police	191

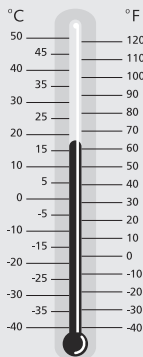
PHRASES

Greetings.
Thank you very much.
It's nothing (no problem).
How much?

sábqai-dii
kháwp jai lái lái
baw pen nyáng
thao dái?

CONVERSIONS

1in = 2.54cm
1cm = 0.39in
1m = 3.3ft = 1.1yd
1ft = 0.3m
1km = 0.62 miles
1 mile = 1.6km
1kg = 2.2lb
1lb = 0.45kg
1g = 0.04oz
1oz = 28g
1 imperial gallon = 4.55L
1L = 0.26 US gallons
1 US gallon = 3.8L
1L = 0.22 imperial gallons



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