

# Best of Laos & Vietnam | 15 Days



Vietnam & Laos the nations of Indochina, share common characteristics of stunning natural beauty, rich culture and history. Each of them, however, has their own unique strengths in the tourism map. Vietnam's unique natural and cultural history has endowed it with many world heritage sites and cultural values. Along its 1,700 km from north to south, amazing rice fields, un-spoilt beaches, centuries old temples and pagodas, elegant architectural works, colorful festivals, and diverse weather patterns can all be experienced. Vietnam is a country which has been open to the world for decades, and offers everything you may need. Laos remains relatively unexplored and is possibly the most overlooked country in Asia despite its reach in culture, history and the fact that it is home to some of the richest and most intact ecosystems in Southeast Asia.

### Trip Highlights

- Fascinated by hundreds of Buddha statues in Pak Ou Caves
- Behold the beauty of Kuang Si Waterfalls
- Explore Plain of Jars in Vang Vieng
- Explore Vientiane – The laid back capital, visit Wat Sisaket, Wat Prakeo, the COPE Centre, That Luang Stupa, Patuxay Monument and the Buddha Park
- Halong Bay Natural World Heritage
- Marvel the beauty of Mekong Delta
- Relax in Phan Thiet beach

### Detailed Itinerary

#### Day 1: Arrive in Luang Prabang

Welcome to Laos! Upon arrival, meet by *travel-to-nature Asia* representative/guide and transfer to your hotel. Please look out for your name-card once you exit out of arrival area.

Situated in the centre of northern Laos, Luang Prabang is classified as a UNESCO World Heritage Site for its outstanding cultural, historic and architectural values and its harmonious relationship between the natural and built environment.

You are free to stroll around the city on your own. Overnight in Luang Prabang.

**Accommodation:** Grand Luang Prabang Hotel

#### Day 2: Visit Pak Ou Caves

After breakfast, you will first visit Royal Palace Museum, which was built in 1904 during the French colonial era for King Sisavang Vong and his family. We then embark on a leisure cruise upstream on the Mekong River, which also gives us a breathtaking view of the tranquil countryside, before reaching the mysterious Pak Ou Caves, two linked caves crammed with thousands of gold lacquered Buddha statues of various shapes and sizes left by pilgrims. Along the way, we stop at the village of Ban Xanghai, where they make the local rice wine.

On arrival back in the city, we will visit magnificent



Wat Xiengthong a superb piece of Lao temple architecture, which presents a sweeping two-tiered roof and ornate mosaics including a beautiful 'tree of life' glass montage on the rear temple wall. Afterwards, we will visit the Traditional Art and Ethnology Center (closed on Monday) to learn about

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Laos' many ethnic cultures. From there, we will transfer to visit Wat Prabath to admire the sunset; this is the really peaceful place to catch the last beauty of the day. The tour ends after a visit to the famous Night Market, where you can find a lovely collection of handmade textiles made by local and hilltribe people surrounding Luang Prabang.

**Accommodation:** Grand Luang Prabang Hotel

**Meal:** Breakfast



### Day 3: Visit Kuang Si Waterfalls

Wake up as the sun rises, we will prepare to join the most sacred tradition of Laos, the daily morning alms giving, which dates to the 14th century. More than 200 Buddhist monks depart from various temple to gather their daily meal from the faithful residents sitting quietly on the streets.

From there, we will visit the temporary morning market near the former Royal Palace. Just set on the ground, the local people come here to barter their day's catch from rice, to vegetable, to fish, or chicken. This is the best chance to experience the flavor of local life

After breakfast at the hotel, we ascend the 329 steps to the top of Phousi Hill for a panoramic view of the city and the Mekong River. From there, we drive to the Kuang Si Falls Butterfly Park (closed from 15 Apr – 30 Jun; 01-14 Sep, & 01 Jan every year), whose mission is to create a research centre studying and publishing about Laos butterflies, host plants and preservation.

This then takes us to to the beautiful Kuang Si waterfalls which is the biggest in the Luang Prabang area with three tiers leading to a 50-metre drop into spectacular azure pools before flowing downstream. The pools also make great swimming holes and are very popular with both tourists and locals. There is also the chance to walk to the nearby village of Ban Thapene, and explore the hidden waterfalls, which is rarely visited by other tourists

If you wish, we will also take a short visit to the Bear Rescue Center, which houses a couple of dozen animals rescued from the hands of poachers and traffickers. On the way back to Luang Prabang, we will take a short visit to the Ock Pop Tock Living Craft Center, set serenely close to the Mekong, this beautiful, traditionally styled workshop, where weavers, spinners and batik makers produce top-quality fabrics, offers free tours every half-hour. This is also one of the best spots to admire the sunset in Luang Prabang

**Accommodation:** Grand Luang Prabang Hotel

**Meal:** Breakfast

Departure Schedule of Shompoo Cruise: Monday, Wednesday, Sunday

### Day 4: Drive Luang Prabang – Xieng Khuang (334 km | 8 hrs)

After breakfast, we make our way over the mountains to Xieng Khuang, the province which is best-known for having been heavily bombed during Indochina War. But of course it is also famous for the historic Plain of Jars. The journey takes about 8 hours and we can make some stops at villages to observe the rural life of local people, including ethnic minorities such as the Hmong people. Our first stop is at Ban Kiew Nya for the panoramic view before continuing down to Ban Phoudam, where we can see the two hill tribe minorities of H'Mong and Khamu living in harmony. After that we visit the H'Mong market at the junction of Phoukhoun. From there, we will drive further to visit Tham Pra, which served as the hospital for the army during Indochina Wars. Arrival in Phonsavanh, the capital of Xiengkhouang province and check into your hotel. Overnight at hotel in town!

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**Accommodation:** Vansana Hotel Plain of Jars

**Meal:** Breakfast

### Day 5: Drive Xieng Khuang – Vang Vieng (306 km | 7.5 hrs)

The “Plain of Jars” is an impressive archaeological site where hundreds of large stone jars are scattered all over a plateau. These huge jars are supposedly over 2,000 years old, but most of archaeologists still question their purpose. We have time today to explore the Plain of Jars site 1 and some nearby villages, populated by the Hmong hill tribe and Tai Dam people; they are very poor but possess a vibrant local culture and an interesting history.

We leave Xieng Khuang for our scenic drive to Vang Vieng, a small town, which is nestled on a bend of the Nam Song River. Its stunning scenery with its limestone outcrops remains unspoiled, despite recent developments with the advent of tourism.

From there, we will stop at the peak of Phou Piengpha, which offers the panoramic view over the region. Our next photo stop is Phatang Mountain view point to admire the beautiful scenery before reaching Vang Vieng. Overnight in Vang Vieng.

**Accommodation:** Riverside Boutique Resort

**Meal:** Breakfast



### Day 6: Drive Vang Vieng – Nam Ngum – Vientiane (318 km | 4 hrs)

In the morning, we will first stroll around the town to visit the local market to catch a glimpse of everyday

life in a typical Lao rural area. After breakfast, we transfer to visit the cave of Tham Jang, which was used in the early 19th century in defense against the Chinese invaders.

After that, we head out of the city and make our way to Nam Ngum, a huge reservoir created by damming the Nam Ngum River. On the way, we'll stop at a fish market in Ban Tha Heua where you can view the abundance of fish indigenous to Laos. On arrival at Nam Ngum Lake, we embark on a long tail boat enjoying a leisurely cruise on the lake and having lunch on boat. Along the way back, we will stop at Ban Keun, which is famous for its salt extraction plant and a village that distills the local Lao whiskey. From there, we drive further to Dong Makkhai Market, where various hill tribes come to trade goods and buy provisions. We arrive in Vientiane in time to catch the sunset. Overnight in Vientiane.

**Accommodation:** Crowne Plaza Vientiane Hotel

**Meal:** Breakfast

### Day 7: Fly Vientiane – Hanoi

In the morning, we will first visit the major sights of the capital; including the oldest Wat Sisaket, the temple with thousands of miniature Buddha statues and the former royal temple of Wat Prakeo, which previously housed the famous Emerald Buddha Image.

On the way to Lao's national icon, the famous and sacred structure of That Luang Stupa, we stop en route to take some pictures of the imposing Patuxay Monument, which is well known as Vientiane's own Arc de Triumph.

Afterward transfer to airport for the flight to Hanoi. Arrival in airport Hanoi, you will be picked up by your guide and transfer to hotel.

**Accommodation:** Golden Silk Boutique Hotel

**Meal:** Breakfast

### Day 8: Drive Hanoi - Halong Bay (175 km | 2.65 hrs)

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In the morning you will depart Hanoi for a three and a half hour drive through the Red River Delta to Ha Long Bay City. On the way, you will stop for refreshments, and upon arriving in Halong City, you will take a tender transfer to your junk and set sail through the bay while lunch is served. As you cruise the magical bay, you will notice thousands of sculpted limestone islands rising from the waves like dragons' teeth.

Later in the afternoon, you'll visit a fishing village with the opportunity to interact with fishermen who have been living in the bay for almost three generations. Back on board, you'll enjoy cocktails or a cooking class while watching the sunset, and later you can unwind at a restaurant with a lavish dinner. To end the day, you can enjoy some evening activities such as movie night, board games, or a beauty treatment, before an overnight stay on the junk.

**Accommodation:** Emperor Cruise

**Meal:** Breakfast, Lunch, Dinner



### Day 9: Drive Halong Bay - Hanoi

After rising to the sound of the ocean coming to life, you'll enjoy breakfast, take a Tai Chi class and watch the sunrise over the bay (if you choose to get up that early!) You will visit a beautiful limestone grotto, and then head back to the junk for a final glimpse of Halong Bay while cruising back to the dock. Disembarking at the Cruise Café Lounge, you'll rejoin your private car for transfer back to Hanoi.

Visit Ngoc Son Temple and enjoy a water puppet performance.

**Accommodation:** Golden Silk Boutique Hotel

**Meal:** Breakfast

### Day 10: Fly Hanoi - Ho Chi Minh City

In the morning, you will transfer to the airport for a flight to Ho Chi Minh City (or Saigon).

In the afternoon, you will have a private tour of Ho Chi Minh City, the country's commercial center and home to a growing number of upscale restaurants and shops. You'll visit the Reunification Palace, the Opera House. If you desire, you can visit the powerful War Remnants Museum.

Later, explore outdoor markets and Dong Khoi Street, the city's main shopping boulevard, with fashionable boutiques and accessories designed by up-and-coming Vietnamese designers. There are also hill tribe crafts, high quality linens and house wares to be found before you settle in for an overnight stay in HCMC.

**Accommodation:** Saigon Prince Hotel

**Meal:** Breakfast

### Day 11: Drive Ho Chi Minh City – Can Tho (196 km | 4.35 hrs)

We pick you up at your hotel in Saigon and will take you back there after your cruise. The drive to Cai Be takes about 2 hours, to Can Tho about 4 hours.

You board your comfortable river cruiser. After a refreshing welcome drink we show you our on-board facilities and your cosy cabin. As lunch is served, the boat starts cruising. Sit back and watch the fantastic scenery and the daily life of the Mekong Delta people.

In the afternoon you can disembark for a guided leisurely stroll through a village and the surrounding fruit orchards or rice fields. Meet the friendly locals and taste the local produce and fruits.

Get back on board and enjoy a drink at the bar or relax on deck as the sun sets over the magnificent water landscape of the Mekong river. The cruise boat will anchor for the night. The day ends with a

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delicious on-board dinner. You stay overnight on board on your comfortable river cruiser.

**Accommodation:** Le Cochinchine Cruise

**Meal:** Breakfast, Lunch, Dinner

Note: Tours start in Cai Be on even dates, in Can Tho on odd dates.

## Day 12: Drive Can Tho – Ho Chi Minh City

Wake up well rested to the sound of the river and get ready for another exciting day of sightseeing in the Mekong Delta. At 6.30 am the cruise vessel sets off for a sunrise cruise. Watch the locals go about their daily work drying exotic fruits and building ships on the wooden yards while enjoying an early breakfast.

After breakfast, we explore the canals of the Mekong Delta around Cai Be with a small sampan or by foot. After the excursion it is time to start the journey back to Saigon.

From Cai Be we travel by road transfer back to Saigon.

In Vinh Long you say good by to the Mekong Delta with a lunch break offering typical Mekong Delta dishes.

**Accommodation:** Saigon Prince Hotel

**Meal:** Breakfast, Lunch



## Day 13: Drive Ho Chi Minh City – Phan Thiet (196 km | 4 hrs)

Drive to Phan Thiet for beach vacation, where endless white dream beaches await you. Spend a dream

holiday among palm trees, sun and sea for next couple of nights. After check-in at the resort, the rest of the day is yours to swim and relax.

**Accommodation:** Coco Beach Resort

**Meal:** Breakfast

## Day 14: In Phan Thiet

Day at leisure at Phan Thiet.

Today we spend relaxing at the beach, pool or spa. Optionally, we can take part in various excursions, such as a visit to the sand hills and the pink river or a trip to the Ham Tien coconut forest and much more. For all adrenaline seekers, a wide variety of leisure sports activities are offered, such as surfing and kite surfing on the beach.

Accommodation: Coco Beach Resort

Meal: Breakfast

## Day 11: Drive Phan Thiet – Ho Chi Minh City | Depart Vietnam

Transfer to Saigon international airport for your homeward-bound flight.

**Meal:** Breakfast

### Includes

- Airport (pick up/drop off) transfers by private A/C vehicle
- Twin-Sharing accommodation in all Hotel/Cruise as mentioned or similar with daily breakfast
- All sightseeing and long-distance transportation in a private air-conditioned vehicle (cars/SUVs or mini/micro-van etc. depending on group size). This includes toll taxes, parking, allowance for the driver, outstation overnight charges for the driver
- Halong Bay cruise program shared in double cabin
- Boat in Pak Ou Cave (Mekong River) and Vang Vieng (Nam Song River)

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- Experienced English speaking local guide
- All sightseeing tickets
- One bottle water per person per day
- Services charges and government tax

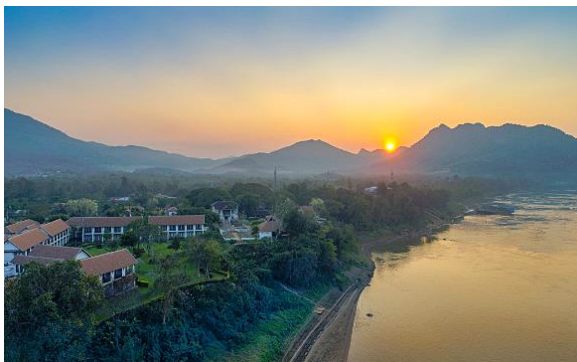
### Excludes

- International flight tickets
- Visa fees
- Travel insurance & vaccinations
- Meals not mentioned in the itinerary
- Personal clothing and equipment
- Tips for trip leader/guide, driver, hotel staff, and porters
- Items of personal nature such as alcoholic beverages, soft drinks, laundry, telephone calls and other unforeseen expenses
- Items/services not listed in the "included"
- Compulsory gala dinner on Christmas or New Year (if applicable)
- Extra expenses/payment for 'Optional' activities/programs if participated

### Accommodation

#### The Grand Luang Prabang Hotel

The Grand Luang Prabang Hotel is located on the banks of the grand Mekong River with a spectacular panoramic view of the picturesque mountains surrounding Luang Prabang, approximately 4 kms southwest of Luang Prabang town centre. The resort is situated on the 59 thousand square meters' estate of Xiengkeo Palace which belonged to the nationalist hero Prince Phetsarath.



#### Vansana Plain of Jars Hotel, Xiengkhouang

Conveniently located just 30 min from the Plain of Jars and 15 min from the Airport, the Vansana Plain of Jars Hotel (VPH) is the only first-class hotel in Phonsavan city. The VPH is located on a hilltop near the center of the city with 360 degree beautiful views of Phonsavan and the surrounding mountains.

#### Riverside Boutique Hotel, Vang Vieng

Ideally located on the bank of the Nam Song River, multi-award winning Riverside Boutique Resort is a luxury hotel with charm and character. It is laid out around one of the most inviting swimming pools to be found in Laos, and offers stunning views of the surrounding forest-clad limestone mountains.



#### Crowne Plaza Vientiane

Crowne Plaza Vientiane is conveniently located near the city centre of Vientiane, the capital of Laos. Crowne Plaza Vientiane is one of the most sought-after luxury hotels in the region, known for its immaculate rooms and professional staff. The hotel is conveniently located for seamless transfers to and from Wattay International Airport, just 15 minutes away.

#### Golden Silk Boutique Hotel, Hanoi

Rising over the heart of Hanoi's central old quarter and famous Silk Road, with a 3-minute walk to HoanKiem Lake, Water Puppet Theatre, St Josephs Cathedral, Night Market, Hanoi Post Office, Trang Tien Plaza shopping center etc.. The luxury and impressive designed Golden Silk Boutique Hotel features stunning views and gracious style – a

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remarkable luxury experience with graceful Asian style.

### Emperor Cruises

Emperor Cruises introduces the first ever exclusive all-inclusive Vietnamese cruise experience, a world where everything is included in the price. Our personal service on board our elegant ships will exceed your expectations, allowing you to indulge yourselves as you explore Halong Bay and Nha Trang Bay in comfort and style. You can expect the utmost in luxury and top-notch service.

### Saigon Prince Hotel

Located right in the heart of Ho Chi Minh City, on the picturesque and vibrant Nguyen Hue Boulevard, the Saigon Prince Hotel is a well-appointed 4-star hotel offering a refined and comforting environment for leisure travelers. We offer unique range of room types along with The Grill Restaurant, Lobby Bar, a modern and fully equipped Gymnasium, Swimming pool, Spa etc.

### Le Cochinchine Cruise

Le Cochinchine is a modern and tastefully designed river barge. Built in traditional style, Le Cochinchine measures around 30 meters long from bow to stern and has two 420 HP engines, one in back up, making Le Cochinchine a very powerful and safe river vessel. It offers an elegant, relaxing and fulfilling ways to explore endless water way of Mekong River.



### Group/Individual

On this trip you will be traveling privately with your family & friends. Our representative/tour partner will look after your transfers to and from the airport and will be around to answer other questions you may have about your trip.

### Accommodation – Hotel, Resort

Your accommodation has been selected for convenience of location, comfort or character, and can range from a business hotel in one city to a fine heritage hotel in another or a family-run guesthouse or lodges in a smaller town. Accommodation in remote areas tend to be basic and may not have western amenities.

### Single Accommodation

Single (room) supplements are provided on request (single supplement charge applies) and are subject to availability.

### Food & Transport

All breakfasts throughout the trip are included .

**LAOS:** Fiery and fragrant, with a touch of sour, Lao food owes its distinctive taste to fermented fish sauce, lemongrass, coriander leaves, chillies and lime juice. Eaten with the hands along with the staple, sticky rice, much of Lao cuisine is roasted over an open fire and served with fresh herbs and vegetables. Pork, chicken, duck and water buffalo all end up in the kitchen, but freshwater fish is the main source of protein in the Lao diet.

Food is generally very inexpensive in Laos, with the cheapest options those sold by hawkers – usually fruit, small dishes like papaya salad, and grilled skewered meat – and the most expensive being the upmarket tourist restaurants (usually French or European) in Luang Prabang and Vientiane.

**VIETNAM:** Thanks to the tropical climate, the long coast and the gigantic range of mountains, Vietnam is blessed with numerous varieties of culinary offerings

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and consequently maintains its reputation as one of the healthiest cuisines in the world that still packs a punch with delicious, fresh and fiery flavours.

Food is cheap in Vietnam and you can generally avoid the spicier food if you wish. Western food is readily available almost everywhere, with the exception of the night in the Mekong Delta.

Vegetarian food is widely available; however, the offering will be fairly similar in most places. Please advise at time of booking if you have any dietary requirements.

For airport, sightseeing transfers, and for long drives we use a private air-con car, jeep, van depending upon group size.

### Weather

**LAOS:** The climate in Laos is generally very warm, with an annual average of 32 degrees Celsius, but has few truly tropical and sticky months. It is warm or hot yearlong. The warmest and rainiest part of the country is Champasak and the coldest is Xiagnabouli. If you are hoping for cooler temperature dry season is the best time to travel which is from November to March. Month of May through September get maximum rain.

**VIETNAM:** The weather will be hot and humid throughout with temperatures during the day usually 28C-34C (82F-93F). It is only a little cooler at nights.

There is quite a range of seasons between the north and the south: the south up to Hue has a distinct dry season between December to April and then a rainy season from May to November when it tends to come in short heavy bursts with bright sunshine in between. Hanoi is cool in autumn, and even gets chilly between November and February (with drizzly rain).

There is no ideal time to visit Vietnam; it is quite pleasant any time of year, though due to the shape of the country it is unlikely the weather will ever be perfect for the entire duration of any trip.

The dry season is as it sounds, with hot days and generally clear skies, though you can expect the odd shower. The monsoon is characterised by short, sharp bursts of rain and is generally overcast all day though this does not detract from the enjoyment of the place; you just need to take an umbrella or buy a cheap local poncho.

### Baggage Allowance

The standard baggage weight limit on international flights (generally from Europe) is one checked baggage of 25kg (55lb) and hand baggage 7kg (15lbs). However, if your journey involves domestic connecting flights weight limit can be limited/restricted. We recommend packing only one piece of checked baggage. Luggage allowances for both hand and checked luggage are subject to change, we suggest you check the airline's website for the latest information prior to your departure or purchasing your flight tickets.

## ESSENTIAL/PRACTICAL INFORMATION

### Passport & Visas

All nationalities require a passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, in accordance with the regulations of the country you are to visit. The information below is primarily for EU passport holders, and other nationalities should check with the relevant embassies. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

**LAOS:** Visas are required to enter Laos for most of European/American nationals. The Laos visa policy allows three different types of visa: electronic visas, visas on arrival, and tourist visas. Usually, within 3 working days after approval, the applicant receives the approved eVisa by email.



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For further information on eVisa or visa in general please refer to this link: <https://laoevisa.gov.la/index>.

**VIETNAM:** Visas are not required to enter Vietnam for German nationals for up to 15 days. However, some other European nationals still need to obtain a visa.

An electronic visa (e-Visa) is also available and you can find further information on this link: <https://www.evisagov.vn/official/en-us/>. Please note, e-Visas are not accepted at all border checkpoints when travelling overland.

**Please note:** Visa regulations can change without notice, therefore please check the current regulations or contact us.

## Vaccination & Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad and enjoy holidays to the fullest.

There are no required vaccinations. However, recommended vaccinations include hepatitis A, hepatitis B, typhoid, cholera, Japanese encephalitis, rabies, meningitis, polio, measles, mumps, rubella (MMR), Tdap (tetanus, diphtheria, & pertussis), chickenpox, shingles, pneumonia and influenza. You will also need a yellow fever vaccination certificate if you're arriving from a country with risk of yellow fever transmission or transiting for more than 12 hours through a country with risk of yellow fever transmission. Please confirm your vaccine recommendations and requirements with your doctor or travel clinic.

Dengue fever, a tropical viral disease spread by daytime biting mosquitoes, is a known risk in places visited. There is currently no vaccine or prophylaxis available, so take the usual precautions to avoid mosquito bites.

## Local Time

GMT/UTC + 7 hours.

## Electricity

**LAOS:** Laos operates on the standard voltage of 230 V and the frequency is 50 Hz. There are five plug types in Laos - A, B, C, E & F. Type A is the plug which has two flat parallel pins, type B is similar to A with extra pin for grounding, type C & F plug has two round pins. Plus, E also fits with type C & F.

**VIETNAM:** 220 volts AC, 50 Hz. There are three plug types in Vietnam - A, C, & F. Plug type A is the plug which has two flat parallel pins, type C & F plug has two round pins.

## ATM | Credit Cards

**LAOS:** ATMs can be found in major towns and most ATM's around Laos will offer you the option of withdrawing in LAK or USD.

While using ATM please be mindful of your surroundings.

Major credit cards such as MasterCard and Visa are becoming more widely accepted around Laos but you should be prepared to use cash in almost every situation. Major hotel chains and fancy restaurants will undoubtedly take your card, and a service charge of 3 percent is often added.

To get the best exchange rates for Kip, bigger denominations Euro/US\$ that are in pristine conditions (no fold, no mark, no tear, no stain) are required.

**VIETNAM:** ATMs are a common sight in Vietnamese cities, and you should have no trouble locating one in most destinations. International cards such as Visa are accepted at more than 20,000 ATMs nationwide. Withdrawal limits per transaction range between 2 million VND (just under 100 dollars) and 3 million VND with local bank ATMs; and between 5 million VND to 10 million VND with international bank ATMs.

While using ATM please be mindful of your surroundings.

Credit cards are not widely accepted, but some hotels and businesses in larger cities will accept them.

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To get the best exchange rates for Dong, bigger denominations Euro/US\$ that are in pristine conditions (no fold, no mark, no tear, no stain) are required.

### Extra Expenses & Spending Money

You will need to bring some extra money to cover drinks, laundry, souvenirs and any other personal expense, plus any additional sightseeing that may be offered to you. Though it totally depends on individual but generally an approximate (rough estimate) amount of Euro 150 (US\$165) per person, per week should be sufficient (more if you enjoy a few beers); however, for those that can't resist a bargain or may wish to participate in all of the optional excursions, consider allocating a higher amount. Or if you are the one frugal with money probably allocating less would also suffice.

Optional Tours may be offered in some city you visit during your tour. These are not included in the standard itinerary and will only be available if time permits and if seats are available. Please ensure you have additional funds available if you feel you may wish to participate in any extra activities. Each optional tour/activity will be arranged locally by our local partner/guide, participation and tipping for optional excursions is completely at your discretion.

### Tipping

Tipping isn't customary and traditionally not expected both in **Laos** and **Vietnam**, but it is always appreciated. If you're happy with the services provided by waiters, drivers and other service workers, leaving a small tip is a good way to show your appreciation.

### Itinerary Change

In case of some unusual events/incidents the order of programs (sightseeing, excursions etc.) might have to change in order to accommodate the local situations. In these circumstances we will make the best possible arrangements while maintaining the overall integrity of your trip.

The domestic airlines (if your program includes) may change their schedule frequently and, in such cases, our local partner/guide will inform you about the changes.

### Travel Insurance

We highly recommend to choose/get an insurance plan/policy that covers your requirements/needs. And please make sure to keep/carry a hard-copy of your travel insurance documents on your person while on tour. It's prudent to check thoroughly the inclusions and procedure to file claims prior to purchasing insurance coverage. *travel-to-nature Asia* will not be responsible for any costs incurred by you due to your failure to purchase appropriate travel insurance from the date of booking.

### Important Information

On all guided trips although our guides (leaders) are well trained to deal with different capabilities, if they have any concerns about someone's ability to safely partake in an activity, or their impact on other people's enjoyment, we authorize them to take necessary action which, in some circumstances, may involve asking someone to miss that activity.