

DAY TRIPS IN LAOS

TOURS ESCAPE FROM LUANG PRABANG

OVERVIEW

Situated in northern Laos at the confluence of the Nam Khan and Mekong Rivers, the ancient town of Luang Prabang was declared as UNESCO World Heritage Site in 1995. The small city is an outstanding example of the fusion between traditional architecture and Lao urban structures with those built by the European colonial authorities.

Luang Prabang was the ancient royal capital of the Lan Xang Kingdom until 1545 when Vientiane was chosen the capital. The myriad temples, saffron-robed monks, sacred caves and colonial buildings, hill tribes, the well-recognized hand-woven silk and cotton textiles with local patterns which deeply reflect century-old tradition, cozy atmosphere and laid-back pace of life, all become the undeniable trademarks of this ancient town. Cascading waterfalls and the mighty Mekong River with plenty of opportunities to unwind and sail your way through the town are some of other highlights the town has on offer. Luang Prabang is simply a must for any first-time visitors to the country.

COOKING CLASS AT TAMARIND GARDEN

<u>Tour code:</u>	LPQ-L16
<u>Tour type:</u>	Culinary & Cultural
<u>City:</u>	Luang Prabang
<u>Time:</u>	8:30-17:30

Overview:

This is a cooking class with different. You will cook traditional dishes and learn about the habits and customs at the heart of Lao cuisine: fresh ingredients combined with intriguing and unfamiliar flavors. You will start with a visit to local market; hear our guide explain what the foods are and what they are used for. Last but not least is to enjoy your self-cooked meal in a picturesque setting of the restaurant.

Itinerary:

Today, your guide will wait for you at your hotel lobby to join the cooking class at Tamarind Restaurant.

You will start with a visit to the major food market. The chief will explain what the foods are and what they are used for the receipt. You then transfer back to Tamarind Garden to cook and eat. What you experience should be:

- Varieties of Jeow: the fundamental Lao spicy dipping sauces
- Mok Pa, a popular dish of herbed fish steamed in banana leaves
- Tamarind's speciality: lemongrass stuffed with chicken & herbs
- Laap/koy, a minced meat salad, fragrant with herbs
- Dessert course: a surprise!
- Of course you'll learn the art to perfect sticky rice and its eating etiquette.

The lunch should be finished at around 2:30. You're then transferred back to hotel. End of service

Group	1	2	3-4	5-6	7-9	10-12	13-15
Price	85	48	42	36	31	29	22

Included: Private transportation with English or French speaking guide/Entrance fee & mineral water/ lunch, cooking class fee