

Planeta First

Solidarity ecotourism

Cultural tour in Laos

A week in Luang Prabang to see Laos from the inside: crafts with villagers, a Lao cooking class, UNESCO-listed temples and a swim at Kuang Si Waterfall.

Laos 5 days **From €480 per person**

The tour

Laos, the old kingdom of a million elephants, is still one of Southeast Asia's most overlooked countries. This week in **Luang Prabang** gives you the keys: customs, the dos and don'ts, a few words of the language, and plenty of time spent with local people.

You spend a day in a village to see rural life up close and try **traditional crafts** with local artisans, take part in a **flower offering ceremony** at a temple and join a **Lao cooking class**. The next day takes in UNESCO-listed historic temples, the morning market, a forest temple, a swim at **Kuang Si Waterfall**, the bear conservation centre and a hill tribe village. The end of the week introduces you to a local community project.

It suits travellers, on their own, with friends or as a family, who want to take time to understand the country, and anyone about to stay on for longer.

What makes it different

- Traditional crafts in a Lao village
- Luang Prabang's UNESCO-listed temples
- A visit to a bear conservation centre
- A Lao cooking class and a shared barbecue
- A swim at Kuang Si Waterfall







Day by day

Monday: Welcome to Luang Prabang

Welcome breakfast and a chance to meet the other travellers. A briefing on Lao culture, customs, rules, health and safety, then a guided walk around the area. Group dinner.

Tuesday: Village life

A village visit to learn about rural life, a crafts session with local artisans, a flower offering ceremony at a temple and a Lao cooking class. Barbecue back at the accommodation in the evening.

Wednesday: Temples and Kuang Si Waterfall

Historic temples and UNESCO World Heritage sites, the morning market, a forest temple, a swim at Kuang Si Waterfall, the bear conservation centre and a hill tribe village. The night market before dinner.

Thursday: First steps on a local project

An introduction to the project after breakfast, first activities with the community, then a group dinner to share the day.

Friday: Wrapping up the week

Back to the project, lunch and planning for the following week for those staying on, then a farewell dinner.

The programme may change depending on the weather and local conditions.

On site

Accommodation

Accommodation in a shared house in Luang Prabang for the whole week.

Meals

Meals are included, with a welcome breakfast on Monday, a barbecue on Tuesday evening and a farewell dinner on Friday.

Arrival

Airport pick-up and transfer to the accommodation are included; the return transfer is not. The programme starts on Monday morning.

Departures

Departures every week, on Mondays

Included

- ✓ Airport welcome and transfer
- ✓ Accommodation in a shared house
- ✓ Meals
- ✓ All activities in the programme
- ✓ 24/7 support and supervision
- ✓ A donation to the local project

Not included

- × Flights
- × Travel and repatriation insurance
- × Return transfer

Ready to go?

The Freepackers team arranges your trip and answers your questions, with no commitment.

freepackers.com/en/planeta-first/cultural-tour-laos/, **info@freepackers.com**

Prices and dates are indicative as of 31 October 2026 and confirmed by the team when you enquire.