



5D4N Vientiane & Luang Prabang

Day 01 Arrival – Luang Prabang

(Dinner)

On arrival at Vientiane Airport , by domestic flight transit to Luang Prabang (own expenses) . you will meet and transferred to your hotel. Dinner at your hotel . If Time Permit – we have time visit to the famous **Night Market**, where you can find a lovely selection of handmade textiles made by local and hilltribe people surrounding Luang Prabang.

抵达永珍国际机场后，接着步行到永珍国内机场续程前往琅勃拉邦(自费)，乘搭内陆航班飞往在东南亚是世界遗产文化之一的城市-琅勃拉邦，拥有大自然的美丽，丰富的文化遗产古迹、传统服饰等。抵达后，当地导游将于机场欢迎您抵境，并由专车接往下榻酒店休息。晚餐后，时间允许的或 - 可到当地的**夜市逛逛**，在这里你可以找到由本地和周围的山族人琅勃拉邦的手工纺织品，您可以买些回国送给亲朋戚友。

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THE JOURNEY GOES ON



After breakfast, we enjoy a short-guided tour seeing the city's oldest temple **Wat Sene** and the magnificent **Wat Xieng thong** with its roofs sweeping low to the ground, representing classical Laotian architecture. We then board a cruise upstream on the Mekong River, which gives us a panoramic view of the tranquil countryside as well as an interesting visit to the mysterious **Pak Ou Caves**, two linked caves crammed with thousands of gold lacquered Buddha statues of various shapes and sizes left by pilgrims. En route, we stop at the village of **Ban Xanghai**, where the local specialty of rice wine is produced. Once back in Luang Prabang city we take a short drive to **Ban Phanom**, a village well known for its hand weaving. We also have time to visit **Ban Xangkhong**, **Ban Xienglek**, small villages well known for silk weavings and for Saa (jute) Papermaking . We then climb up to the top of **Mount Phousi** for an enjoyable exploration of the sacred, gilded stupa as well as a panoramic view of the city at sunset and the Mekong River.

早餐后，琅勃拉邦,全城群山环绕，城中郁郁葱葱的树木依稀掩映着寺庙、佛塔还有平凡的住家，这一切都使琅勃拉邦的空气中散发出平和而又迷人的气息。1995 年 12 月，琅勃拉邦被联合国教科文组织列入世界历史遗产。今天首先参观城中最古老的**萨恩寺**和**香通寺**。其中香通寺的大殿凸显了琅勃拉邦古老典型的寺庙建筑风格，其后墙上镶嵌着壮观的生命之树图案。随后搭乘渡船沿湄公河到对岸南乌江河口处的帕乌最著名的**石窟岩洞**。之中有两个山洞，一个在半山腰上叫塔丁(Tham Ting)，一个近山顶，称为**塔蓬**(Tham Phoum)，这曾是国王祈雨的地方，每年雨季来临前，这里都会举行盛大的祈雨仪式，祈求佛祖保佑来年风调雨顺。大多渡船都会在沿途的小村庄停留，其中一个最受欢迎的停留点就是 **BanXangHai 村**，船夫都把它称为“威士忌村”。这座现在被游客们占据的村庄专门生产大坛的老挝酒。若时间允许，可前往极富盛名的手工编织村庄-**Ban Phanom** 逛逛。**Ban Xangkhong** 和 **Ban Xienglek** 则是著名的丝绸与萨阿造纸手工制造村庄。回返琅勃拉邦市攀爬**普西山捕捉日落**景观。普西山脉正好位于琅勃拉邦的中部，海拔 372 米，原意为“光辉祥瑞”。相传佛祖曾在此留下一个 3 米长的脚印而闻名。瓦宗寺就位于这座山的顶部，从山脚到山顶共修筑了 328 级台阶。

THE JOURNEY GOES ON



An optional early start gives you the fantastic opportunity to participate in the daily morning rituals of saffron-clad monks collecting offerings of Alms (often in the form of sticky rice) from the faithful residents. This tradition is very unique in Laos, being the only Buddhist nation still preserving the ritual. First we visit the **Phousi Market**, where you will see such diverse offerings as dried buffalo skin, local tea and saltpeter among the chickens, vegetables and hill-tribe weavings. Laos is also known for its traditional crafts. After breakfast, with a visit to the former **Royal Palace and Houses (Museum)**, which hosts a range of interesting artifacts. We also visit the impressive stupa of Wat Visoun and following lunch. Afternoon you will visit local villages of Lao ethnic minority groups at Ban Ouay, a Hmong village, Ban Ou a Laoloum village and Ban Thapene, a Khmu village. This then takes us to the beautiful **Khuang Si Waterfall** where you can cool off with a refreshing swim in the pools or walk along the forest trails. We then return to We return to the city by late evening to admire the sunset at **Watthabath Tai**.

早餐后，在寮国，僧侣们被禁止使用任何方式谋取生活费，因此「托钵」是他们主要粮食来源。每天清晨信徒们将食物布施予僧侣们，僧侣们再将多余的份量赠予有需要的其他平民。在施与舍、感恩与惜福中，充分展现出寮国独有的托钵文化。沿着大街步行到当地的**谱西早市**。这里有琳琅满目的商品，如晒干的牛皮、当地的茶叶、用硝石煮的鸡肉和菜，还有当地的编织品，无奇不有，让您大开眼界。早餐后，前往参观**皇宫博物馆**。之后到访寮国少数民族的苗族村、老龙族村、和达阪族村。继而前往美丽的**光西瀑布**，您可在清凉的流水里尽情地耍乐或在深林小径上漫步散心。续前往 **Watthabath Tai 看日落**。



After breakfast, transfer to the airport for your domestic flight to Vientiane city (own expenses). Upon arrival, meet and greet by your guide and commence city tour, visit 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 precious heritage, the famous

and sacred structure of **That Luang Stupa**, we stop enroute to take some pictures of the imposing **Patuxay Monument**, which is well known as Vientiane's own Arc de Triumph. Next we drive to see the **Buddha Park**, an enchanting collection of Buddhist and Hindu sculptures on the Mekong Riverside meadow, near the Friendship Bridge. There are approximately 200 religious images dating back over 500 years, which were created by a mysterious monk spreading his philosophy on life and to reveal his ideas about the universe. A spectacular view of over the Mekong River.

早餐后，前往机场乘搭客机返回永珍(自费)，之后乘车前往游览最古老的寺庙 - **西萨格寺** (Wat Sisaket)，坐落在玉佛寺的对面。建立于公元 1818 年的西萨格寺是永珍（万象）保留最完整的寺院。西萨格寺周围院墙的回廊里，整齐安放了许多大小不等的佛像超过万尊，其年代有远至 1200 年前，都是战后收集而来的。寺中主尊大佛重十多万公斤所以又称“十万佛寺”。接着参观点国著名神圣的**大佛塔釜** (That Luang Stupa)。塔釜是佛教文化艺术的结晶，被视为寮国的国宝。是寮国教徒和民众顶礼膜拜的中心。现在的塔釜是一座砖石结构的佛教建筑群，是一组塔群建筑，在建筑艺术上享有盛誉。接着参观著名地标感受法国气息 - **凯旋门** (Patuxay Monument)，是一座大型的纪念碑。原是纪念战争中牺牲人员。1975 年解放时，万象市群众庆祝胜利的游行从这里通过，为了纪念着历史性事件而将其称为凯旋门。它的四面是拱形门与雕饰，远看像法国巴黎的凯旋门。但在它的拱门基座上，是典型寮国寺庙雕刻和装饰，充满佛教色彩的精美雕刻，展示了寮国传统的民族文化艺术。



Day 05 Vientiane – Departure

(Breakfast)

After breakfast, check out of hotel and transfer to the airport for your departure flight.

早餐后由专人送往机场，并带着甜蜜的回忆，乘搭飞机回家。

备注：若中英文行程出现不符之处，将以英文版本为依据

PACKAGE INCLUDED

- ✓ Meet and greet by local representative
- ✓ All meals as per itinerary (non halal or vegetarian)
- ✓ Escorted orientation tour by English speaking guide
- ✓ All entrance fees as per itinerary

PACKAGE EXCLUDES

- ✗ All personal expenses & portorage
- ✗ Entry visa application (if applicable)
- ✗ Travel insurance coverage i-e RM43/pax
- ✗ High season surcharge (if applicable)

For bookings, Please call @ +603-9074 8699//016-2224621



Please Click here

Email : info@reliancepremiertravel.com // reliancepremiertravel@gmail.com

Tel : +603- 9074 8699

Fax : +603- 9074 8599

H/P : +6016-222 4621

Website : www.reliancepremiertravel.com

RELIANCE PREMIER TRAVEL

KL Eco City

SO-13A-7, Menara 1
No. 3 Jalan Bangsar
Kuala Lumpur 59200

Cheras Outlet

46C Jln Suasara 8/4, Bdr Tun Hussein Onn,
43200 Cheras Selangor, Malaysia.