



TRAVEL PROPOSAL

# Wake up and Smell the Coffee

## Laos

Duration	8 Days / 7 Nights
Travel Period	Anytime
Destinations	Laos
Tour Type	Private leisure

## Itinerary

DAY 01

Pakse – Bolaven – Tea introduction

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Greeting on arrival at the airport. We will then leave Pakse and head to the highlands of the **Bolaven Plateau**. Stopping at **Ban Lak 40 tea shop**, Mrs South will give you an introduction walk of what is growing in the surrounding garden before a Tea processing demonstration. We surly end testing the different varieties of Tea growing all over the Plateau. After a short drive, we will reach the stunning **Tad Fan waterfall (Twin Waterfalls)**, we will end our day in a nice resort with the fresh air of the Bolaven Plateau.

DAY 02

Coffee Farm

(B, L, D)

This morning we drive to the **village of Ban Pohkhem** (85km) in the heart of the Bolaven where we will meet the team of **CPC (Coffee Producers Cooperative)** where you will be told how small farmers from the Bolaven Plateau work together to produce high quality coffee.

During the morning, you will visit an **organic coffee plantation** and try picking coffee cherries with the farmers.

Lunch will be served in the family house where you will spend the night (max. 4pax per house), it's to get introduce to your host and learn about their daily life.

After a rest, you will go for a **small trek to Tad Maihia waterfall** located in bamboo forest where a refreshing swim is recommended, along the way you will see some recently discovered Ancient Stones probably dating from the Pre-Angkorian period.

Back in the village around 17:00, it's time for the reception of the fresh daily coffee cherries at the CPC centre, were you will learn how coffee is pulped, fermented, washed and dried before being delivered for transformation.

The dinner will be served with family before a good night rest.

DAY 03

Coffee Farm – Champassak

(B, L, -)

Rise to the sounds and activities of daily local life, after breakfast, you will start for a **3 hours hike along Houai Xeset stream** through coffee plantation and natural protected jungle forest. Along the way, you will **pass 3 waterfalls** and arrive at the top of **Phu Donmanad Mountain** where you can enjoy the beautiful panoramic view over the valley.

The trek will end at the village where your last meal with the local family will be served.

Leaving the **village of Ban Phokhen** you will stop for a visit at the **“Lak 40 coffee shop”** where you can try some local organic tea, coffee and other specialty of the Bolaven Plateau.

Your last visit will be made at the **CPC factory**, where the guide will explain how the coffee is prepared for export. The master roaster will then make a demonstration on how to roast coffee and the visit will end with a Cup-Testing in the Laboratory before heading back to Champassak.

*\*Depending on the evening, we recommend joining the Shadow Puppet Show, formally perform for the royal family.*

DAY 04

Champassak – Luang Prabang

(B, -, -)

The highlight of the day is the **Vat Phou ruins** - the majestic pre-Angkorian 10th century temple complex and boat's namesake. You have time to visit the **museum** at the ruins site, walk up to the highest temple and take as many photos as you would like.

In the afternoon we will drive back to Pakse for flight departure to Luang Prabang

Suggested flight: QV514 PKZLPQ 16:20 18:00

Transfer to hotel for check-in.

DAY 05

Luang Prabang

(B, -, -)

Starting from your hotel at 8:00, we'll drive to the **Morning Market by local TukTuk**. Unlike the large grocery stores you might be familiar with back home; the food here is still produced by small farming families and villages and brought to Luang Prabang from the surrounding Northern provinces. From here your guide will bring you to a **local coffee shop**.

The way coffee is prepared in Laos isn't quite different from what you may know. A lot of stuff is added to boost flavors, each roaster has its own recipe but here are the most common: coffee, rice powder, roasted tamarind seeds, Ovaltine, sugar and salt. Added when beans are still warm after roasting, the mix is stirred to allow proper mixing and cooling. Put the powder in a cotton bag then pour hot water over the top, stirring regularly until the coffee become black, add sweet milk and try.

We then walk along the streets to arrive at **Wat Mai** ("New Monastery" built in 1796). After a short ride, we will arrive at **Wat Xieng Thong**. This is one of the most important temples in the entire country of Laos and the most important one in Luang Prabang.

Now we will get to **Saffron Coffee shop**, meeting Mr. Derek he will give information on the Saffron Coffee's sustainable coffee farming approach. Then observe a coffee roasting with some specialty brewing options. Derek is a coffee lover and he will be please to answer all your questions. This will end by a private tasting session.

Afternoon journey by boat to the secluded **Pha Tad Ke Botanical Garden**, you will then engage in a plant scavenger hunt where you will learn about medicinal plants and conservation efforts in Laos. Embrace the tranquillity offered by this ecotourism destination.

DAY 06

Luang Prabang – Kuang Si

(B, -, -)

After a 20min drive, we meet with Mr Lee a young Hmong farmer, he will first show you around is farm and introduce his family. It's now time to interact, **still using an ancient machinery you will follow all the step of the noodle fabrication. You will end around noon with nice fresh noodles to try.**

Then we'll travel by car to **Kuang Si waterfalls**, which takes on a striking turquoise color in the dry season. Before taking the road back, we'll have a look at "**Free the Bears**", a **rescue center for Asiatic Black Bears** where 23 members are now living in peace, most of them having been confiscated by Lao Government from illegal poaching and trading.

On our way back, we visit **Ock Pop Tok weaving center**.

DAY 07

Luang Prabang

(B, L, -)

We'll start with a visit to the major food market; explain the local produce and what it is used for. Then we'll take you to the **cooking school**.

- Varieties of *jeow*: the fundamental Lao spicy dipping sauces
- *Mok Pa*, fragrant fish steamed with herbs in banana leaves
- Tamarind's speciality: lemongrass stuffed with chicken & herbs
- *Orlarm*, Luang Prabang's eggplant-based speciality: delicious & unusual
- Dessert course: a surprise!
- And of course, you'll learn the art of perfecting sticky rice and its eating etiquette.

(Vegetarian Option, Take home recipes)

From 9am to 3pm

Around 4pm, we will embark for a **Sunset Cruise on the Mekong River**.

DAY 08

Luang Prabang

(B, -, -)

Free Leisure before transfer to the airport for departure.

End of services