

# LAOS

Laos is one of the lesser visited SE Asian nations and even fewer venture into its misty blue hills.

The Lao countryside is strikingly beautiful. There are thick forests, limestone caves and powder blue waterfalls.

From the UNESCO town of Luang Prabang to the fishing villages along the Mekong to the hill tribe villages set around rice fields, it's a beautiful and tranquil place to explore.

Much of the country is rural and lacks modern road infrastructure but this makes for fantastic journeys through little visited regions.



LAO PEOPLE'S  
DEMOCRATIC REPUBLIC

VIENTIANE

7,000,000

LAO



Lao New Year  
APR



DEC-FEB



At its Best  
NOV-MAR

## GETTING THERE



Vientiane (VTE)  
Luang Prabang

## GETTING AROUND



Mini bus is generally faster than local bus on Laos' unpaved roads. Slow boats ply the Mekong to Thailand.

HELLO:  
"SABAI DEE"

THANKYOU:  
"KHORP JAI"

GOODBYE:  
"SOHK DEE DEUH"

LAO KIP  
(LAK)

MALARIA  
(LOW-HIGH)

## SEE & DO

4000 ISLANDS: Chillax on river islands  
CENTRE : OTBT adventures & legends  
VIENTIANE: Fusion food in the capital  
LUANG PRABANG: UNESCO heritage, royal temples, theatre and art.



To Lao, the head is high and feet are low. Touching someone's head (even children's) is impolite. And never step over someone in your path.

Get away from the tourist scene. Explore Laos stunning countryside with locally run and community based treks, mountain biking, caving and kayaking.



Sticky Rice is an ancient glutenous variety of rice that is a staple in Lao diets. Lao call themselves "the children of sticky rice"



Laos is one of only 5 single party communist states. The others are: Vietnam, China, Cuba and North Korea.



Nearly every day a person is injured or killed by unexploded bombs. Find out more: [Copelaos.org](http://Copelaos.org)



The Mekong River runs the entire length of Laos and defines Laos' borders with Myanmar & Thailand.