

Hiking in Northern Laos

📍 Night Market, Sisavangvong Road, Luang Prabang, Luang Prabang District, Luang Prabang, 06000, Laos



For adventure seekers, hiking in northern Laos is an experience like no other. This region, filled with rugged mountains, verdant forests, and serene valleys, offers some of the best hiking trails in [Southeast Asia](#). Whether you're a beginner or an experienced hiker, northern Laos caters to all skill levels, offering everything from short treks to multi-day adventures. One of the most popular destinations for [hiking in northern Laos](#) is Luang Namtha. The trails here take you through picturesque landscapes, remote villages, and dense jungles. In addition, the Nam Ha National Protected Area is a hiker's paradise. Its well-preserved ecosystem is home to diverse flora and fauna, providing a unique opportunity to connect with nature. Trekking through this protected area, you'll discover cascading waterfalls, serene rivers, and panoramic views that will leave you in awe. Moreover, for those seeking a spiritual touch, some trails lead to sacred caves and temples nestled in the wilderness. These serene spots offer a chance for reflection and a deeper connection to the spiritual heart of Laos. Hiking in northern Laos is more than just an outdoor activity; it's a journey of discovery. It not only allows you to explore the natural beauty, but also the cultural diversity and rich heritage of this captivating region. Lace up your hiking boots and embark on an adventure that promises unforgettable memories.

Tour Facts

Group Size:
20

Language:
English, French, German, Italian, Spanish

Duration:
7

Tour Type:
continuous

Tour Itinerary

Day 1 : Direct Flights to Luang Prabang



Upon arrival at Luang Prabang airport, a tour guide will welcome you and arrange for your transfer to the hotel. You'll have free time to relax and unwind at your leisure. Overnight stay at your accommodation in Luang Prabang

Duration
2 Hours

Day 2 : Discovering Luang Prabang on Foot



Discover the rich history and picturesque setting of Luang Prabang with a half-day walking tour. Highlights include visits the National Museum, morning market, Hean Chan traditional Lao wooden house, and the 16th-century Buddhist temple Xieng Thong. After the tour, take some time to relax or explore on your own, perhaps by climbing Phousi Hill for breathtaking views. Spend the night at your chosen accommodation in Luang Prabang.

Duration
4 Hours

Day 3 : Scenic Journey to Nong Khiaw



After breakfast, head to Nong Khiaw to take in the breathtaking views along the Nam Ou River. Along the way, you'll have the chance to visit charming, remote villages and experience the local way of life. Upon reaching Nong Khiaw, spend the afternoon exploring the historically significant Pha Tok Cave. Later, spend the night at your accommodation in Nong Khiaw.

Duration
4 Hours

Day 4 : Embrace Homestay Trekking



Note: 4-5 hours walking

Following breakfast, we'll travel by traditional boat up the Ou River to Ban Had Sapheuy (Khmu village), then hike uphill to Ban Kioukham.

A Lao-style picnic lunch with panoramic views will be enjoyed. In the afternoon, we'll explore the village before having a traditional Khmu dinner prepared by the villagers. Overnight accommodation will be at the homestay in Ban Kioukham.

Duration
5 Hours

Day 5 : Second day Homestay Trekking



Note: 4 hours of walking

After waking up early in the Khmu village, we will trek through the natural surroundings to visit Hmong and Khmu villages.

During the trek, we'll have a Lao-style picnic lunch with scenic forest. Later, we walk to the Thai Deng village of Ban Houais for a traditional dinner cooked by the villagers, and spend the night at a homestay there.

Duration
5 Hours

Day 6 : Exploring the Peace of Muang Ngoi and Heading Back to Luang Prabang



Note: 3-4 hours of walking

After waking up to the sound of the rooster, we will say goodbye to Thai Deng people and their unique village life, then begin walking through the rice fields and beautiful natural surroundings to Muang Ngoi.

Along the way, we will take a break at a cave and have the option to swim before continuing to Muang Ngoi. Finally, we will take a traditional boat downstream to Nongkhiaw and then travel by road back to Luang Prabang.

Duration
4 Hours

Day 7 : Exploring stunning Waterfall and departure



Following breakfast, in this morning depart Kuangsi waterfall, swim in the turquoise waters, or simply explore the beautiful small forest surrounds.

Enjoy free time before visiting a nearby sanctuary which cares for and rehabilitates bears rescued center from animal traders, or from deforested habitat and transfer to the airport for your next destination.

Duration
4 Hours