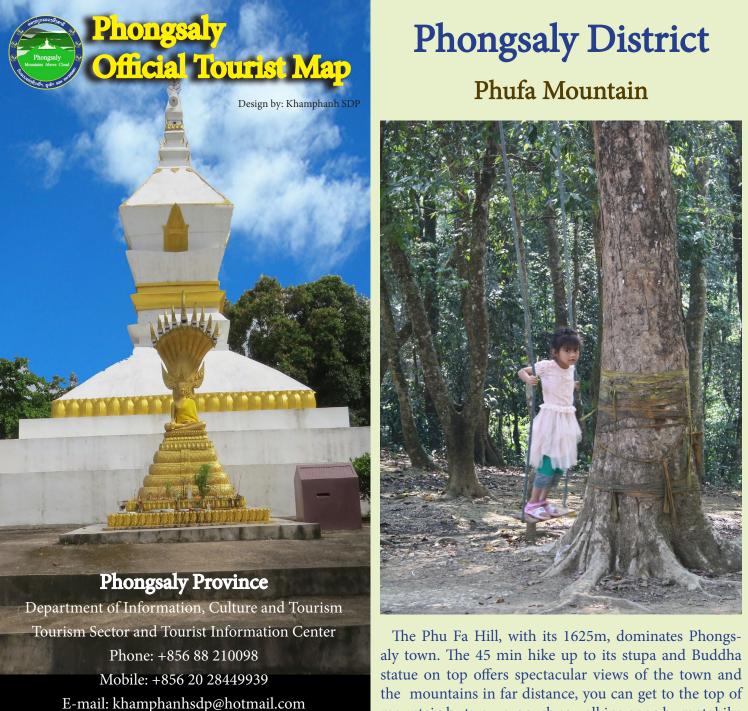
PHONGSALY TOURIST MAP China Muang God Ou Nam Ou River Phou Dene Din NPA Şamakixay village PHONGSALY Muang Boun Neua Nam Ou River Nam Boun River Muang Boun Tai Muang Samphan Luang Namthaamtha Nam Pok River Vietnam Muang Mai Paknamnoi Muang Khua Nam Pak River Nam Ou River To Nong Kiew & Luangprabang Oudomxay Luangprabang Legend Capital City Tea Plantation Village District City Domestric Airport Province Border Forest • District Border Historic Town International Border Crossing Boat Ride Local Border Crossing www.phongsalytourism.org Hot Spring \ Handiscraft Village Bus Stop for eating



Basic Vocabbulaeis Helpful words to get you started:

Hospital : Hong mo : Khop Chai Hetel : Hong hem : Hong nam Post office : Paisanee Zero Neung : Nam Kon : Deum Nam Four : Ha : Hok : Chet One nunarea: Neung noi : Than Mo One thousand : Neung pan : Tam luoad tong thieu

: Sanambin Airport : Sathani lot mae Bus tation

Market

Useful and Telephone Number Country code : 856

: Ta lad

Time zone Gmt +7. Same as Vietnam and Thailand Department of Information, Culture and Tourism. Tel / Fax: 088 210098 www.phongsalytourism.org

Phongsaly Laos Sky Way office: 02055514858 Amazing Phongsaly of travel agency 020 55774354

www.explorephongsalylaos.com

Tourism Police: 020 29804143

E-mail: info@explorephongsalylaos.com Phongsaly bus station: 088 210456

Hatsa bus station: 020 22934161 Phongsaly hospital: 088 210108

Embassies



Tel:+856 21 312219

Tel:+856 21 315100 Chinese embassy Singaporean embassy Tel:+856 21 315100

₩ South Korean embassy French embassy Tel:+856 21 215253 Tel:+856 21 352031 German embassy
Tel:+856 21 312110
Tel:+856 21 214581 German embassy Indian embassy

Thai embassy

Tel:+856 21 352301 Tel:+856 21 214582 Indonesian embassy USA embassy Tel:+856 21 413909 Tel:+856 21 267000

Japanese embassy Tel:+856 21 414400 Vietnamese embassy Tel:+856 21 413409 Malaysian embassy
Tel:+856 21 414205

UK embassy
Tol:+856 20 77 Tel:+856 21 414205 Tel:+856 30 7700000

Tel:+856 21 315220

Tel:+856 21 314910

Rusian embassy

Tel:+856 21 353939

Phongsaly District

Phufa Mountain

The Phu Fa Hill, with its 1625m, dominates Phongs-

mountain by two ways such as walking or go by motobike and on the way up to the top is covered by big trees and

Old Town (Phongsaly center)

400 Years Old Tea Plantation

The famous 400-year-old tea plantation is located

about 18 kilometers away in the Phunoy village of Ban

Komaen, which according to some tea experts has some

of the oldest tea trees in the world. The large root system

of the old trees extends deep into the mineral-rich soil

and gives 'Phongsaly Tea' its specific aroma and taste. The

oldest trees stand 6 m high with a stem up to 30 cm in

The Tea Pavilion's exhibition provides a peek into the

world of tea, from its legendary beginnings to its produc-

tion and consumption, and explains how the famous

400-year-old tea is picked and processed by the villagers

into "tea cigars". From there, you can take a 1 hour stroll

through the ancient plantation: just follow the Tea Trail

signs! The trail will lead you to the top of the tea mountain

to enjoy the stunning view of Phongsaly and then to the

village temple and its unique big-eared Buddha statue.

Museum of Tribe

the province and its people, their origin and way of life.

different aspects of their daily life: clothes, music,

it is one of the best museum in Laos and you will not find

this information anywhere else!

enjoy with singing of birds.



Phongsaly Market

own, up from Phongsaly tourism office about 140 m.

In the market have many things to sell such as cloths food, tea, Laokiew Phongsaly (Lao whisky) and many local foods, so when you arrive Phongsaly don't forget to go to see and try to tast of foods.

Nongkiew pond



Nongkiew pond is located center of Phongsaly towm, go down from Phongsaly tourism office a bout 150 m.

At the pond you can see over view up of the town and Phufa mountain and beautiful view between pond up to the town. Anotherway around the pond you can choose a restaurant to relext and some drink or you can buy some cooked food for you lunch or dinner.

Where to eat in Phonsaly town



Laocherm restaurant is Chinese food and quick service. to ask about information with tourism office.

Kounsouk Village (Green whisky producing village)



Walking to the green whisky producing village, enjoying because it is journey that give you the excitement of the the breathtaking view of endless mountain landscape, beauty of nature on both sides of the river, along the river-

Trekking



The museum of Phongsaly ethnic group' designed Phongsaly Tourism Office offers 1 to 4-day eco-trekbetween Hatsa to MoungKhua, when you cruise from exhibition has been inaugurated in January 2013. It also king tours to remote ethnic diverse villages. All of them Hatsa about 3 hours you will reach Moung Samphan's follow community-based ecotourism principles. You pier and then taking Songthaew enter the city, if you It also includes information and exhibits about can start from Phongsaly, Boun Neua and Boun Tai. want to change the atmosphere stay overnight it would agriculture, housing, social organization, their rituals and center and chousing the trekking program that you prefer people in the town, then you can go to do activities in

ceremonies, as well as about Buddhism. Don't miss it, or you can book trek by E-mail or WhatsApp and call: front of the dam such as riding boat, fishing and eating + 856 20 54284600 khamphanhsdp@hotmail.com



Moung Khua District

Moung Khua Town

The northern town of Muang Khua (Muang Khoua) si

at the crossroads of two major "roads", Highway 2E

Ou river, a waterway-highway through three provinces.

the confluence with the smaller Nam Phak river. The little

fown is a transit point, with options to go east (Vietnam)

the midway point and necessary layover on the scenic

two-day journey between Hat Sa and Nong Kiaow. For

those heading to Dien Bien Phu, it's the last major bump

Sikoun Moung Temple

Wat (temple) Sikoun Moung located in the center of

Moung Khua city, it is old and has a long history with

This temple is one that all Buddhists in the city, other

province and foreign respect because it is a temple very

Trekking in Moung Khua

Muang Khua Tourism Office proposes 2 and 3-day

Dam 4 (Nam Ou river)

Dam 4 is located only 4 km far from Moungkhua and

infront of the Dam there are many activities to do such

as riding boat to see view of the nature on both sides of

river, fishing, aeating fish and in the future will have div-

How to get there you can go by yourself or you should

go to ask about more information in Moung Khua tour-

Boat Racing Festival

A boats racing festival (Boun Souang Heua) is organized

with music as well as food and drink service.

According to Buddhists trust, any married couple with

beatiful sculpture and unique shapes.

old and sacred Buddha image.

them find that they are satisfied.

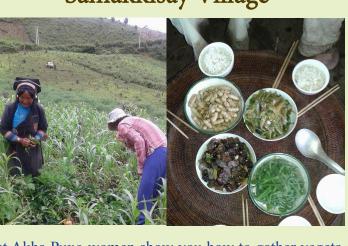
rectly to have more information

start the following day.

ing activity as well.

Mr Bounma +856 (0) 20 58021794.

of civilisation before the border 66 km away.



Let Akha Puxo women show you how to gather vegetables and cook them!

You are short of time or want to discover Akha culture without walking too much? 30mn by bus or private tuktuk, 1 hour walking and you find yourself in another world. After a short break in the village, Akha Puxo women will lead you to their fields and show you how to gather vegetables for lunch. Back in the village, you cook them together. This also gives you the chance to discover an Akha house and its kitchen. After lunch, a 5mn walk brings you to the ritual swing in the spirit forest., a specificity of akha villages. You will then find yourself on the trail leading you back to the road

Dam 6 (Nam Ou river)



you can go to the Dam 6 (in lao: Kuen Nam Ou Hok). It is far from Phongsaly town 36 km and same way to go to Hatsa with beautiful view on the way, when you arrive there you can do activities: fishing, eat fresh river fish, boat riding and camping over there.

How to go there: you can contact to the tour agency in Phongsaly or tourism office to ask them arrange the activities for you or you can rent motobike to go by your self but you will not be in the impressive.

Hatsa Village



Hatsa village is far from Phongsaly 21 km, with beautiful view on the way and you can get there by yourself or go with public bus, the bus leaves from Hatsa bus station at

This village is only one boat landing of Phongsaly Nangsone Lao coffee and breakfast is also interesting.. town, boat leaving from Hatsa at 9:30 am every day and Other restaurants you can find on the town map or going the boat will bring you go along on NamOu river with beautiful view of the river bank to Samphan district and the you can take public bus to Moungkhua.

Boat riding on Nam Ou river



Riding a boat along the Nam Ou river is one of the activity that tourists are interested in wanting to experience before trying a shot of the country-wide famous alcoho side you will see the lifestyle of the people on your journey.

Samphan Town



fish and the next day you can take public bus to go to

Moung Khua.

every year in Muang Khua for the end of Buddhist lent (full moon day in October) Moungsamphan is located in the center on the way On the first day in the morning mostly people in the town will go to the temple to give alms to the monks, during the day there are a flea market to sell products from the countryside and also have entertainment event Please come directly to Phongsaly' tourist information be nice because here you can experience the lifestyle of celebrating the Buddhist lend day. On the second day following the end of Buddhist lent

Pak Nam Noi



Pak Nam Noi is located at the junction between Phongsaly, Oudomxay and Moung Khua, it is a bus stop and meals for travelers, there are seasonal dishes of the area and fast foods for service, in it there outstanding foods such as riverweed, fried insects, river fish, bamboo inking Udomxai to the Vietnamese border, and the Nam shoots and other, at the same time you will able to see the colourful dressing Akha tribe coming from the villages Muang Khua is located on the banks of the Nam Ou, at to sell vegetables, if you are lucky on the day you will experince the atmosphere of the flea market in this place, where there will be merchants in this area bring the local south (Muang Ngoi, Nong Kiaow), southwest (Muang foods to sell as well. La, Udomxai) or north (Ban Samphanh for the boat to Hat Sa and Phongsali). For those travelling by boat, it's

Moung Mai District Moung Mai Town



Moung Mai is a district that shere border with Vietnam and also have a international border (Pang Hok border) out a child can come and pray for a son and mostly of There are many tribes live together in this city such as Kmu, Tai Dam, Lao and other, which be an outstanding dress and each tribe has own tradition in each year, in it will be Tai Dam new year festival it held same time with Chinese new year festival and Kmmu new year festival held during December to January every year.

Pang Hok International Border



Pang Hok border is international immigration check point, it is located far from Moung Mai 23 km and share border with Tay Trang border to Dien Bien Phu, Vietnam. You will definitely get to cross border from Pang Hok

border to Dien Bien Phu with your international passport as it is open to foreigners passport now. Just make sure you have Vietnam Visa as it may not be available at the border and also make sure you have Lao Visa before you will cross this border to Laos because now you can not buy Visa arrival at the Border.

Boun Tai District

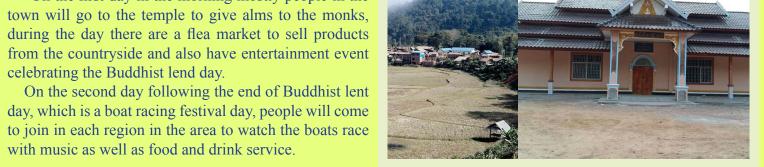
Boun Tai Town



Boun Tai located on Route No. 4, from Phongsaly around 93 kilometers and 160 kilometers away from Oudomxay city and in the town have many interesting place to see laxed hike through a valley with rice paddies. such as French fort, local market, people lifestyle.

Another option when you arrive Bountai don't forget to do trekking, you just go to visit the tourism office to talk about a good trekking, you can do 2 - 4 days trek to visit Akha villages with beautiful nature.

Longnai Village and Museum



raditional and the outstanding is weaving; in, one might believe in the spirits of the forest, like In the village also has a museum of Tai Yang tribe your hosts do. This is a true nature experience and rare exhibition; their origin and way of life. It also includes in SE Asia! The trek ends in a beautiful valley with

Long Nai village is located in Boun Tai district, 15 wealth of the household. The mountain footpaths wind

km away from the town, mostly people in the village are mostly through untouched virgin jungle and offer

Tai Yang ethnic group, there are own their lifestyle and splendid view as far as Phongsaly town. If mist crawls

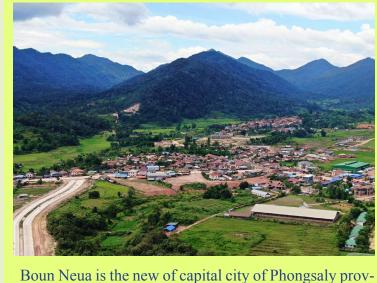
nformation and exhibits about different aspects of their rice paddies.

Nam Lan Conservation Area



Treks in BounTai district head into the Namlan conservation area through thick jungle abundant with bird speccies. The journey stops at Ban Nataen to enjoy some of the best hot spring in the country and include over night stay in Akha, Tai Yang and Lue villages. Treks are two and three days long and require the service of a trianed local guide from the district tourism office.

Boun Neua District How to do in Boun Neua City



ince, it is located on the way conect 40 km to Phongsaly, 77 km to Yord Ou and 51 km to BounTai town.

950 m in height, with rice paddies and agricultural land. footprints, etc. It is surrounded by forested mountains where people of different ethnic groups live in their villages. The 2-daysungle-Trek starting and ending in Boun Neua offers wonderful insight into this life. etting to Boun Neua by Air:

Domestic Airline 'Lao Capricorn Air' flies twice a week from Vientiane. Schedule in 2020 is Mon, Tue, Thu and Sat, Depature from VTE at 9:30 – Arrival PSL at 10:30 and Departure from PSL at 11:00 - Arrival VTE at 12:30. Flight time is 1.5 h. Price one way is around 1 Mio Kip (about US\$ 120). It is a panoramic flight!

Boun Pieng Village



Boun Pieng village is located far from Boun Neua about 16 km and be the most perfect of trekking, homestay and the area. do activities in 2 days.

and discover the Akha culture and farming. On the first day, after a snack in a quiet Phunoy village, climb one of the highest mountain ridges in the area Bus From Phongsaly to Other Provinces and enjoy your lunch watching the breathtaking view of endless mountain landscape. Descend through the

ungle and its wild orchids and overnight in an Akha

A unique opportunity to explore the mountain-jungle

Married women wear self-crafted indigo colored raditional dress with a trapeze-like cap.

On the second day, get a deeper insight into local culture: follow Akha women to their upland fields and gather vegetables and herbs with them. Back to the village, cook and eat lunch together before enjoying a re-

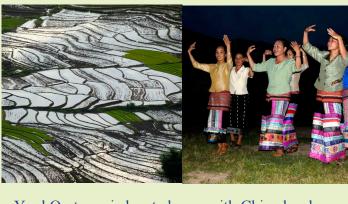
Phapoun Mai Village



Phapounmai village is another good for visit and do rekking, it is located farfrom BounNeua about 18 km. Enter the deep jungle and find the unique Akha Pixo People in their high villages. Especially the women wear their self-crafted indigo colored traditional costume with a trapeze-like cap, whose attached silver coins show the

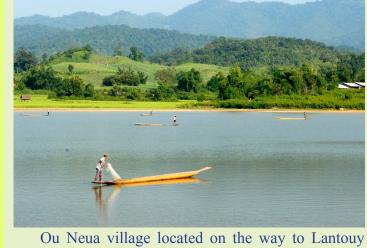
Yord Ou District

Yord Ou Town



Yord Ou town is located near with China border and 77 km far from Boun Neua town, the town is plain along of valley and larg rice paddies, mostly of the people are Tai Lue, their main occupations are farming and they respect Buddhism. Yord Ou is a city with a long history, with evidence of ancient sites such as Ung Hai stupa, Wat Luang temple, That Kiuw Ek stupa and other temples that are hundreds of years old.

Ou Neua Village



border and 33 km far from Ou Tai town and 19 km to border, people are Tai Lue and lifestyle mostly the same with Ou Tai people, their main occupations are farming and they respect Buddhism; on the side of village have a lake, being a fishing area for local people and suitable for doing activies for fishing, eating fish Boun Neua is the commercial center of the province bear and boat riding; There are also many interesting ing the link to China. The area of Boun Neua is a valley, tourist attractions, such as Wat Luang Ou Neua Temple,

Lan Touy Border



Lan Touy border is located far from Yord Ou town 52 km, share border with Moung Kham border, China. Nowaday allow only Lao and Chinese that using border pass but it is not open for foreigners passport yet. Anyways, you can go to the border to travel around and seing the people life and doing activities around

Transportation Time Table

Starting Point	Destination	рер	Cost
Phongsaly	Luangnamtha	8:30	130,000 k
Phongsaly	Uodomxay	8:00	80,000 ki
Phongsaly	Luangprabang	10:00	130,000 k
Phongsaly	Vientiane 8:30	/14:00	250,000 k
Phongsaly	Dien Bien Phu	7:00	130,000 k

Bus From Other Provinces to Phongsaly

Starting Point	Destination	1 Dep	Cost
Luangnamtha	Phongsaly	8:30	130,000 kip
Uodomxay	Phongsaly	8:30	80,000 kip
Luangprabang	Phongsaly	16:00	130,000 kip
Vientiane	Phongsaly	7:00/18:00	250,000 kip
Dien Bien Phu	Phongsaly	7:00	130,000 kip
D E D1	1 .	0.1 D	

Bus From Phongsaly to Other District Starting Point Destination Dep Cost Boun Nuea Any bus 15,000 kip Yord Ou 8:00 60,000 kip Phongsaly Phongsaly Boun Tai 7:30 35,000 kip

Muang Khua 7:00 65,000 kip Muang Mai 7:00 110,000 kip Phongsaly

Starting Point Destination Dep cost Boun Nuea Phongsaly Any bus 15,000 kip Phongsaly

Phongsaly Boun Tai

8:00 60,000 kip 7:30 35,000 kip 11:30 65,000 kip

Bus From Other Districts to Phongsaly

Muang Khua Phongsaly

11:00 110,000 kip Muang Mai Phongsaly

Puxo village, sitting on a hill offering nice views on