



AMANTAKA

Experience Guide

Experiences at Amantaka

Experiences are personal journeys. Our goal at Amantaka is to introduce you to Luang Prabang's deeply-rooted cultural heritage, natural wonders and contemporary attractions, and help you establish a personal connection with its warm and friendly people.

As part of the Unesco, Luang Prabang has 32 temples and 111 historic Lao-French buildings throughout the town, citing Luang Prabang as the best-preserved traditional town in Southeast Asia. The new construction is limited, and development must be in keeping with the spirit of the town.

Luang Prabang is small in scale and easily explored either on foot or by bicycle that point out notable architectural landmarks and other distinctive attractions in town.

At Amantaka, tailor-made itinerary can be made to embrace your passions and interests. From a traditional Lao cooking class on our organic farm to a sunset cruise on the majestic Mekong, from a tour of the most sacred temples to a walk-through surrounding villages, our team at Amantaka are here to help you create your own journey into the heart of this fascinating town.





Luang Prabang – a UNESCO town

Luang Prabang city tour

Half-day excursion

We begin the tour at Amantaka, and our first stop is Wat Visoun and Wat Aham. Within their precincts stands the gigantic that Makmo (Watermelon), originally known as That Patum or Lotus Stupa, built in 1503 A. D. We make our way towards Mount Phousi, bearing right to follow the Nam Khan River flanked by small vegetable gardens along its banks. After reaching the end of the peninsula, we visit Wat Xieng Thong, Luang Prabang's most famous Wat, known as the "Temple of the Golden City" and considered the main gateway of the town.

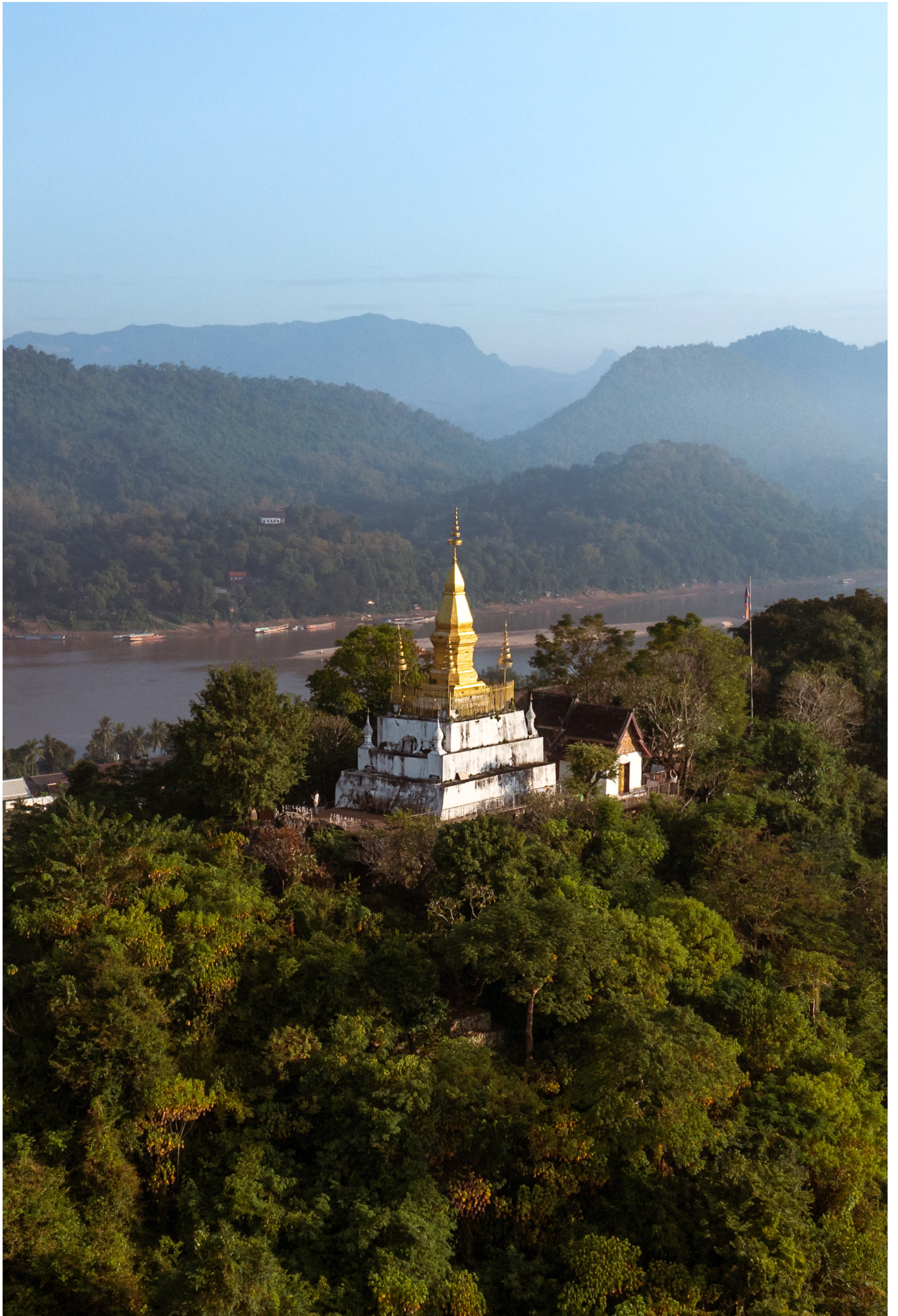
As we walk through the winding streets, we will observe small storefronts preparing rice cakes and homemade paper products before reaching the main artery of the town to visit the golden Buddha at Wat Sene. We continue to Wat Nong and follow the Mekong to Royal Palace which now houses the National Museum. The most important exhibit in the Pra Bang (Golden Buddha Stupa) for which Luang Prabang (City of the Golden Buddha), was named. We end our tour at Wat Mai, one of the grandest and most impressive temples in Luang Prabang with its golden frontage and unique five-tiered red roof, before returning to Amantaka.

Temple and village walk

Half-day excursion

Your adventure begins with a short river-crossing from the boat jetty behind the Palace Museum. After disembarking at Xieng Mene's makeshift boat landing, walk through an open market and you'll soon find a wooden sign that directs you to the temples. A narrow yet well-kept footpath unfolds, and you are soon greeted with a chorus of "Sabaidee!" from children of the local village. Wat Xieng Mene is the first of our temples and a living complex restored by UNESCO.

Continuing through the next village, climb over a hundred steps to Wat Chomphet – stopping to catch your breath and marvel at the panoramic view of Luang Prabang embraced by the Mekong. Upon entering the temples, you will see a seated Buddha and intricate altar space. Though abandoned, it is scheduled for restoration and easy to imagine its importance to residents of the area in years gone by. As you descend the stairs, the trail winds through a canopy of large trees to Wat Long Khouan, you will reach Wat Tam Xieng Mene. Your unique discovery of their four temples is now complete, and you walk back to Long Khouan to access your boat and cross the river once more.





Amantaka and Buddhist Community

Lao Buddhism is a special form of Theravada Buddhism where monkhood plays a central role. Luang Prabang has been its historic centre, and today experiences an astonishing revival of Buddhism with more than 1000 young novices and monks studying at the monk's school. Visitors usually just get a glimpse of the historic temples, while highly interesting aspects of Buddhist life are hidden. Amantaka has developed a special and respectful relation with the Buddhist community which we are proud to share with our guests. We suggest three meaningful ways to approach contemporary Buddhist life and its part of the fee comes to the involved projects.

Buddhist pilgrimage to the Budding Buddhist Academy *Share and see real Buddhist life of today's Laos*

This is probably one the most heart-warming experience you may have with today's Buddhist life while you are in Luang Prabang: accompanied by dozens of novices, you offer a locally made, large wooden Buddha statue and your donation to the budding Buddhist Academy, a place built in a rice field north of Luang Prabang, where hundreds of farmer's boys are given free education by the monks. You pick up the statue at Wat Khilli and take it in procession to a boat that takes you up the Mekong for 40 minutes. The monks receive you with bells and gongs and auspicious chanting at the academy. In local belief, you acquire through your gifts karmic energy that may benefit you directly, or that you may transmit to a person in need, a loved one or your ancestors. A most joyful occasion is when the pilgrimage is done in memory of a happy event in your family life, birth or anniversary or marriage.

Your significant donation helps with the construction and upkeep of the academy and feeds the numerous novices who live and study there. The pilgrimage is organised by the Buddhist Heritage Project that is part of the Buddhist Sangha.

Pilgrimage takes one half day, best is the afternoon with departure from Amantaka at 12:30pm. Amantaka will provide you with ceremonial scarfs and flower offerings.

Dress simply, preferably with light colours (no black) with solid shoes, bring your donation in an envelope. A representative of the Buddhist Heritage Project will accompany you and give an explanation on the ritual you are taking part in, and on the meaning of the academy in the social context of the town. Return to town either by boat or bus, as you wish.

Buddhist learning session at Amantaka Buddhist Learning Centre

Designed to educate visitors in the principles of Buddhism, the Buddhist Learning Centre is located within Amantaka, providing Buddhist learning sessions led by the abbot head of the monks.

Taking place at the resort's Buddhist Learning Centre, daily private lessons run for 90 minutes, offering insights and knowledge of Buddhism. In addition, the Senior Monk offers personalised tours of Wat Siphouthabath temple, giving a glimpse into his world and creating a truly authentic travel experience.

Buddhist practice is experienced through a variety of moments at the resort. Every evening, for 45 minutes, an abbot makes his way through the property chanting, demonstrating Luang Prabang's deep spirituality and commitment to faith, while at dawn, 70 monks walk their daily route past the entrance of Amantaka, offering an opportunity for guests to donate alms.

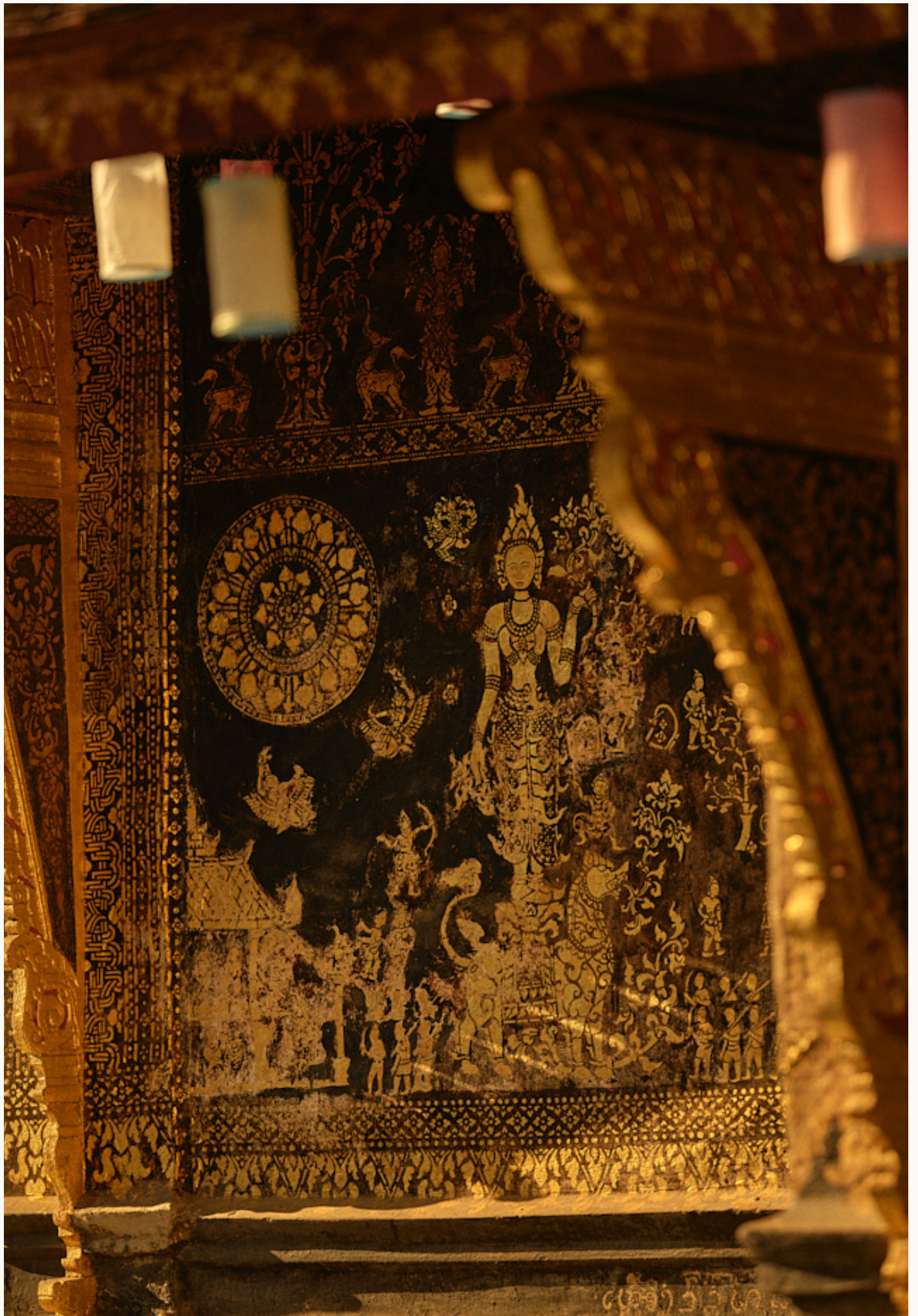
Temples are decorated with colourful candles, garlands and paper stars, but the highlight is the paper boat parade that makes its way around the town, towards the Mekong River.

Temple visit: price on request

Mindfulness and meditation practice at Amantaka Buddhist Learning Centre

Experience Theravada Buddhist experience with a mindfulness and meditation practice and discover the spiritual traditions of Laos on this unique experience. This experience offers the opportunity to participate in the custom of the spiritual connection that exists between the monastic communities and local folk.

Led by monastic Nun MeaKao Si from Hadsiew temple and Ms Korn, a Luang Prabang-based certified meditation practitioner, this spiritual journey commences with an introduction of Theravada Buddhism and its relationship and influence to the spirituality, beliefs, and the Lao culture. MeaKao will also explain her monastic life and demonstrate the three meditation practices of her daily routine.





Buddhist rituals

There are two main types of festivals in and around Luang Prabang – A ‘Bun’ is attended by Lao people and A ‘Phiti’ is reserved for the monastic community. Both are fascinating insights into the rich cultural heritage of daily Lao life. Many ‘Bun’ events are small in scale and not widely publicised. We are happy to consult the changing Lao calendar upon which these festivals are based to see what events are occurring during your stay.

Alms offering ‘Sai Bat’

For centuries monks and novices have left their temples every day and walked through the town, accepting alms from the local townsfolk: a way for people to gain merit and for the monastic community to maintain contact with their community. At dawn, the locals place sticky rice and other foods into their alms bowls before the monks return to their temples with the collected food for breakfast. This walking meditation occurs at first light in different locations throughout Luang Prabang. There is a procession along the town’s main street, but we prefer the quieter and less frequented Sai Bat in front of the resort. We invite you to join us for this contemplative and spiritual experience.

Floral temple offering

This hands-on experience in traditional religious floral decoration uses banana leaves and local flower from the lush jungles that surround in this art form, and will help you create a religious offering, or Vahn-Cornet, to offer to monks at our village temple of Wat That Noi.

Baci ceremony

A traditional Baci or ‘Sou Khouan’ ceremony is a brahmin-influenced ritual that has been practiced in Luang Prabang for hundreds of years. Sadness and general malice in everyday life. Their influence works best if all the Khouan are working together, but from time to a new environment. The blessing is a community affair, overseen by a master of ceremonies or ‘Mo Phone’ who repeats the rhythmic ritual words and chants to the spirits, reminding them of their duties. Baci strings are then around your wrists symbolising the bonding together of all the 32 Khouan. A tray of floral decorations, candles, baci strings and offerings will be prepared for you.



Food offering to one chosen monastic community

The monasteries are often home to a large number of novices, mostly poor boys from faraway villages who study at the Buddhist schools, and who are supported by the town's population. To bring food to the temples for them is an essential participation in the life of a monastery.

This is done mid-morning for lunch: Amantaka can prepare this with you, and we will suggest a temple further away from the normal tourist paths where we conduct this in the correct and respectful manner.

Price on request

Prices are subject to local taxes and service charge.

Monk blessing at Wat That Luang

Escorted by Amantaka staff, we arrive at Wat That Luang (the monastery of the royal stupa). We respectfully remove our shoes before entering the sim, and once inside, we sit quietly with offering of flowers, incense and candles before Ancient Buddha Statues. The monk will bless you with fragrant water as you kneel before him.

At the end of this blessing, he will tie string bracelets on your wrists. Unlike the Baci strings, the bracelets are to be kept on indefinitely.





Lao culinary experience

Organic farm tour & Lao cooking class

Only a short drive from Amantaka, you will be settled amidst the organic farm with an open view of rice fields and lush forest against a beautiful backdrop of the mountain from a distance. The farm is entirely organic, supports the education of the farmers' children and assists the local community in improvements to the village infrastructure.

Upon arrival, you will be greeted by our chef who will talk you through vegetables and herbs growing in the farm, as well as their health benefits. Then, partake in picking some of the fresh ingredients for food preparation.

Your chef will provide an overview of the basic tenets of Lao cuisines. Following this, we begin with the steaming of Lao staple of sticky rice. As your sticky rice gently steams, your chef will take you through the preparation of all ingredients that will make up your feast, from a spicy green papaya salad (Tam Mak Hoong) through to an aromatic pork curry (Moo Phak Sikai). Once all the hard work is done, it is time to enjoy the fruits of your labour in our dining Sala overlooking the farm's rice paddies.

Prices are subject to local taxes and service charge.



Morning market walk with chef

Lao cuisine is a blend of Chinese, Thai and Vietnamese with local influences strongly emphasised on fresh herbs and salads. A wonderful way to delve into the Lao culinary experience is to visit a morning market where ingredients are explained.

The morning market is just a short walk from Amantaka and adjacent to the former Royal Palace Museum. One of our chefs will escort you for an early morning tour to see the variety of vegetables, spices, freshwater fish and meat on display.

This colourful and exotic cornucopia is a cook's and a photographer's delight. Walk through each stalls of Khai Phaen (freshwater nori), Jeow Bong (chilli paste), garlic, ginger and bright red chillies to handpick and engage with local villages.



Romantic Dinner

In the embrace of a candlelit setting, a romantic dinner unfolds with breathtaking views of mountains and serene rice fields.

Amidst this picturesque backdrop, you and your loved one savour the exquisite flavours of authentic Laos cuisine, crafted from locally sourced ingredients, including the richness of produce cultivated from nearby plantations and the bounties of the Mekong River.

A night of enchantment, where love and nature intertwine, creating cherished memories under the stars.





The Mekong – Cruise, Caves and Sunsets

The mighty Mekong River starts its journey in the Tibetan Plateau and passes through Laos on its way to the South China Sea. One of the most scenic places to enjoy the river is around Luang Prabang, and there is no better way to absorb the atmosphere than on one of Amantaka's private boats. We suggest several cruising itineraries for you to choose

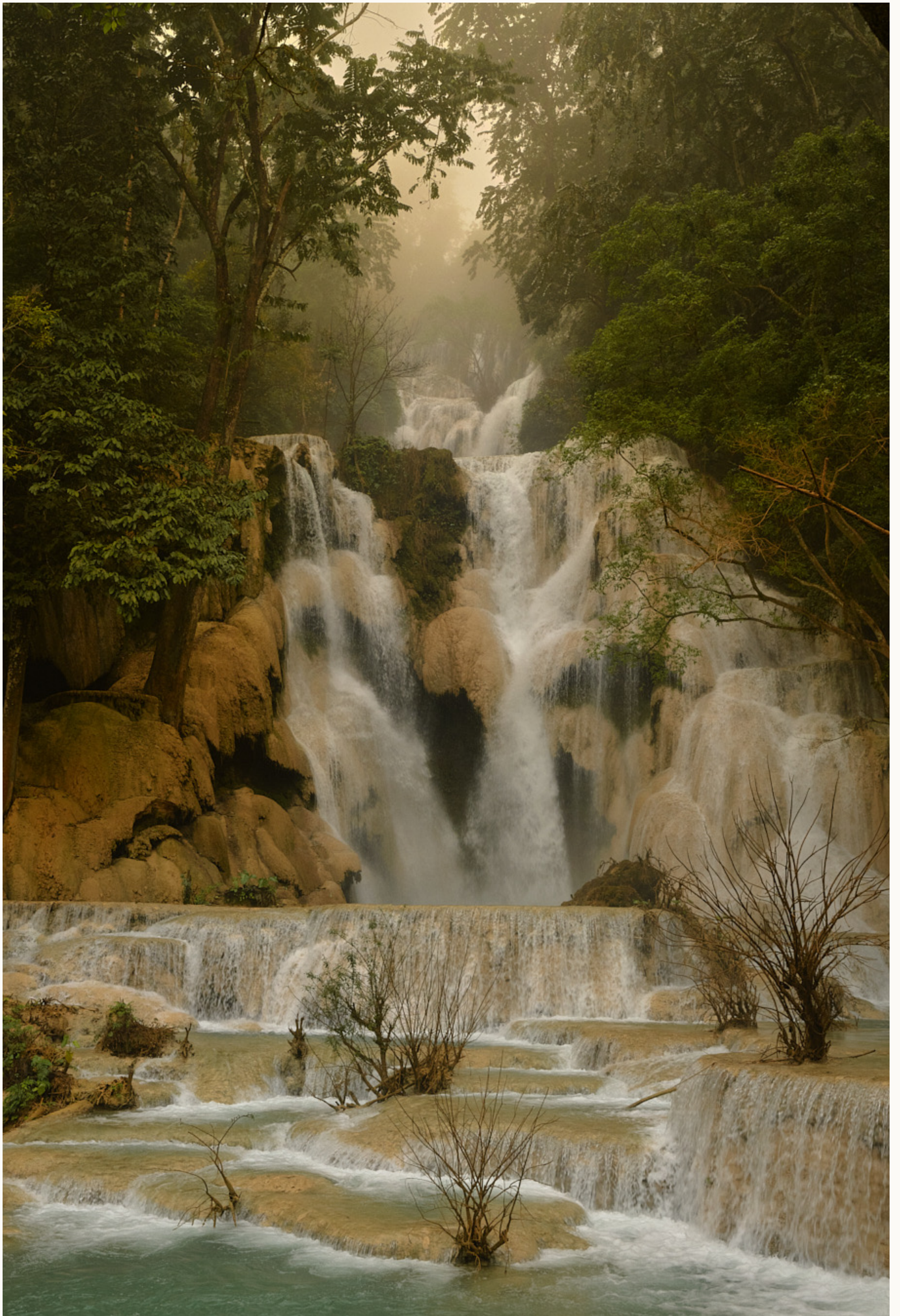
Cruise to Pak Ou caves

Morning or afternoon

Cruise leisurely along the Mekong River on your private Amantaka boat to the caves at Pak Ou where pilgrims have been visiting and offering Buddha statues for hundreds of years. The caves are believed to have been discovered in the 16th century and were possibly a centre for spirit worship prior. Cruise along the Mekong observe village life as children play on the river bank, women do laundry and men fish for some of the large catch that live deep on the river floor. Reaching the caves, you will then ascend a flight of stairs to see the lower and upper-level limestone caves filled with thousands of Buddha statues.

Sunset Mekong cruise

Absorb the magic of dusk in Luang Prabang on a private cruise as the sun sets behind forested mountains. Enjoy some snacks and drinks served by your personal bartender as you float down the river. Witness the end-of-day local rituals as villagers return home on small boats and fishermen check their catches. After the cruise, guests can walk leisurely through the streets part the part the bustling night market en route to Amantaka.



Waterfalls & Wildlife

Trip to Kuang Si waterfall (Tad Kuang Si)

A winding road takes you through small villages and rice paddies into the lush area of Kuang Si. As you wander through the cool rainforest, you will come upon a majestic tiered waterfall tumbling 100 metres over white limestone formation into multi-level turquoise pools. It is possible to cool off in some of the pools below, or just wade in the water. Walk down the path that follows the stream, passing small pools and ancient trees.

Breakfast at Kuang Si waterfall

Savour your breakfast in the midst of this serene oasis, where the cascading waters and lush greenery provide a captivating backdrop. Our carefully crafted menu offers a delightful array of options, from freshly baked pastries and artisanal bread to a vibrant selection of fruits, yogurt, and granola, all designed to satisfy your palate.

Lao bear sanctuary

Amantaka has arranged a unique experience for our guests. On arrival at the rescue centre you will receive a “behind the scenes” tour, including time with some of the centre’s newest arrival (these bears, and cubs are usually raised away from general visitors with a little human contact as possible). After rewarding the bears with a banana or two you will then join the keepers as they hide the bear’s lunch time food around their enclosure. Finally, from a safe vantage point, watch the bears return from their dens to forage for the treats you have hidden.

Free the Bears Fund relies on generosity in order to continue their work and would like to kindly thank guests for their donation which is included in your visit and added to your personal account.

Tad Sae waterfalls

Available from August to December

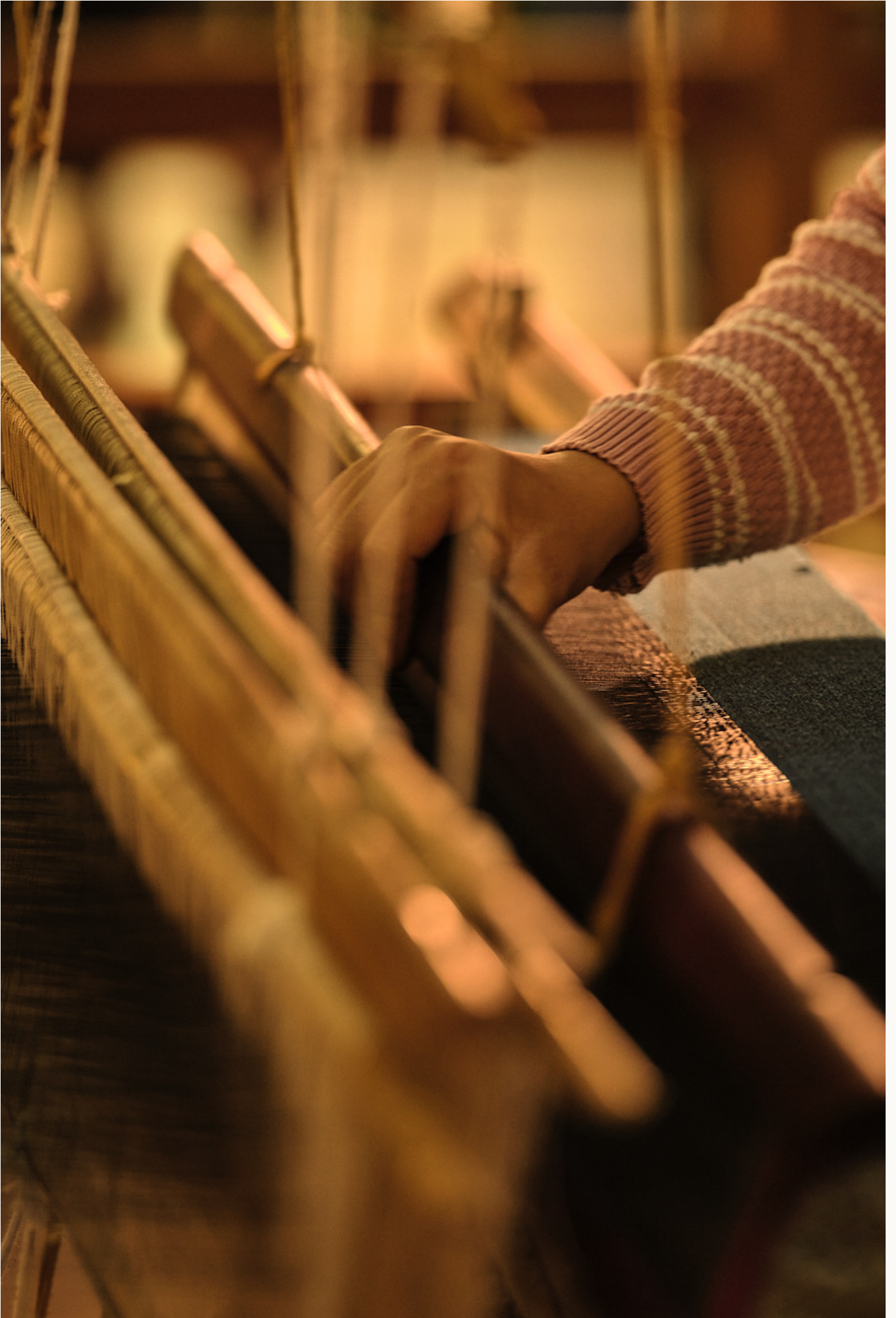
Tad Sae Waterfalls flow out of the forest and into the Nam Khan River. A short drive north takes you to the upper Khan River. At the small village of Ban Aen, join a ten-minute local boat ride through dense jungle to the waterfalls of Tad Sae. Here, as you make your way towards the main falls, stroll past a herd of local elephants. As you draw closer, you will encounter a waterfall that flows out of the jungle. The limestone pools are much more numerous than at Kuang Si, although lower in height: and they offer a refreshing swim on a hot day. If you feel inclined on the way back, feed an elephant or two.



Amantaka elephant experience

With their mission to demonstrate respect for the elephants through interactive learning experience, Manda Lao Elephant Sanctuary is inviting you to participate in this new training process largely pioneered by Khun Prasop Tipprasert in hope that these techniques will be adopted throughout the region and in other elephant-inhabited countries. You will have an intimate and exclusive while hiking up a cool mountain stream in the jungles of Laos.

This is a unique chance to participate in something entirely new with a potential to change the future of elephant welfare in Laos and abroad. The journey concurs with Lao lunch, freshly prepared from the sanctuary's own organic vegetables farm.





Cultural experiences

Lao textile experience

Unlock the secret of Lao Textile in one afternoon at Ock Pop Tok's Lining Crafts Centre. Bringing alive the concept of "east meets west", the Centre is an ideal venue to learn about the origin of silk, interact with master weavers and a Hmong batik-artist, and increase your appreciation of Lao's diverse textiles and cultural heritage.

A short drive will take you to Ban Saylom, where you will be welcomed by Ock Pop Tok's Cultural Guide in a beautifully-restored wooden house over refreshing tea. You will be guided to a description of the silk-making process and an explanation of the three distinct types of Lao weaving.

Soon it's time to get creative, and you are led to the dyeing shed where you are coached through dyeing your own colourful silk scarf, using all-natural materials. Then it's over to the weaving studio where you can see the master weavers working using techniques and weaving patterns unique to Laos. A master weaver will accompany you to the riverside sala where you will try your hand at using a loom, while leaning the master's techniques.

You will then be escorted to a nearby sala, where you will meet Mrs. Suxiong, the only Hmong batik teacher in Luang Prabang. After an introduction to batik print, Mrs. Suxiong will prepare a clean piece of hemp and will guide you as you design your own batik masterpiece.

Village Tour to Ban Pa Noh and Ban Long Lao

First, you will drive south out of the town in direction of Kuang Si Waterfalls, then take a left turn southeast through winding unpaved roads, allowing you to take in the beautiful panorama of the mountainous countryside. On the way you will drive past a small hydropower dam and vegetable farms and then past sprawling pineapple & banana plantations before arriving at Ban Pa Noh.

This is a traditional Khmu village where culture is passed down by the recital of stories around evening fires, typically, entire Khmu villages are enclosed in fences with three or four gates which separate the Khmu from their granaries and barns.



Altars are placed outside the perimeter to ward off fires and storms. Traditionally, the homes have two rooms, one for unmarried girls and one for the rest of the family.

The Khmu do not generally believe in rebirth. Traditional Khmu animism puts emphasis on the concept of taboo, as villagers believe that violations of taboo result in vengeance of spirits. Forbidden actions include touching the altars or the amulets representing the house's spirit, birth ceremonies for children born feet-first, and entering a house without permission.

We will then continue higher up into the mountain to visit the small village of Ban tin Pha, to meet another hill tribe group known as the "Hmong", probably the best-known minority group in Laos. Several Hmong fought against the communist-nationalist Pathet Lao during the Laotian Civil War. After this village, you will continue your drive to the road where you can enjoy a visit to the last village, Ban Long Lao.





Family Adventure

Organic farm tour & cooking class

On arrival of the Amantaka's organic farm, you will be taken on a short tour of the farm and its open-air kitchen overlooking eight hectares of sticky rice fields as your chef provides an overview of the basic tenets of the Lao cuisine. Then, prepare all the ingredients that will make up your feast. Once all the hard work is done it is time to enjoy the fruits of your labour overlooking the rice fields, fishpond and the mountains in the distance.

Rice planting experience

In the midst of ancient rice terraces, embrace Luang Prabang way of life on rice planting experience. Learn the life of a rice farmer and have hands-on experiences with family including planting seedlings, cutting and bundling rice, ploughing a rice paddy with a buffalo, and threshing rice.



Buffalo farm experience

In Laos, Buffalo is known as a friend of farmer family not only for draught power and fertiliser but also for taking full advantage of feeds resources, free time and subsidiary labours etc. At the farm, you will be shown around the dairy, learn how to milk a buffalo and try some delicious ice cream.

Family cycling tour

Discover historical temples and embrace locals way of life on two wheels with your family. Visit the National Museum, witness Buddhist monks chanting at temples, children getting home from school, or have a chat to the locals. A private tour guide is also available to provide riding tips and insights about notable architectural landmarks and other distinctive attractions in town.

Complimentary

The tour guide is available at extra cost

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