Discover Vat Phou and Champasak’s cultural and historical landscape by exploring thematic trails

Archaeological & Natural Trails

1. Trail Hong Nang Sida + Thao Tao + extension
   - From 1 to 4 hours - Easy trail - Guide required

2. Trail Oub Moung + Tam Lek + Phou Phae
   - 4 hours - Medium trail - Guide required

3. Trail Ancient City - Vat Louang Kao
   - From 1 to 2 hours - Easy trail

4. Trail Vat Tomo - Mekong
   - From 2 to 3 hours - Easy trail - Guide required

Local Life & Cultural Trails

5. Mekong bank + Vat Meuang Kang
   - From 1 to 2 hours - Easy trail

6. Don Daeng island
   - From 3 to 5 hours - Easy trail

7. Champasak city
   - From 1 to 4 hours - Easy trail

8. Rice fields - Vat Pa Phonsamek
   - From 2 to 3 hours - Easy trail
Local life & Cultural trails
4 trails let tourists immerse themselves in the diverse architecture of the town, explore ancient and modern temples, discover local village life and traditional bamboo handicraft along Mekong river, learn about rice farming and processing.

Archaeological & Natural trails
4 trails take visitors deep into archaeological World Heritage sites, with Angkorian and Pre-Angkorian temples, inscriptions in a small cave, stone quarry, carved stones, Baray and Pre-Angkorian ruins in Ancient City. Extensions to very specific places are proposed but require the assistance of a local guide to show the way.

8 trails are opened to visitors to discover the main archaeological sites of Vat Phou World Heritage and to see Champasak highlights: temples, Mekong river, rice fields, nature, culture, history, handicraft and local life.
Ancient city - Vat Louang Kao
Discover Ancient City, founded in the mid-fifth century by the King Devanika. Observe some Pre-Angkorian remains like subdivision walls, some architectural elements of pedestals. Visit two *baray* (ancient ponds) *Nong Saphang Noi* and *Nong Saphang Ngai*, walk along the ancient structures of the city (ancient wall) and through rice fields.

Archaeological & Natural Trails

Oub Moung - Tam Lek - Phou Phae
Start from *Vat Phou* northern big *baray*, trek along rice fields and small forests to reach a specific geological area. Then, climb a small hill to arrive to *Oub Moung* Pre-Angkorian temple and see its small brick tower and sandstone entrance. Continue until Tam Lek small cave to see Khmer inscriptions before going to Phou Phae waterfall following a small river to see more Khmer inscriptions that dedicated this area to Vishnu. On the way back to Vat Phou, observe a spirit sala still used by the villagers for ceremonies.

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Tomo Temple
Embark on a cruise on the Mekong from Vat Louang Kao or Champasak city pier to reach Ban Tomo located on the east bank of the Mekong, in the middle of a wild forest, and explore *Tomo* Angkorian temple, also known as a worship from 7th to 9th century AD. Observe the ruins of this temple, protected by gigantic spaced trees, partly covered by vegetation and appreciate its mysterious and majestic atmosphere. In dry season, you can have the chance to see Angkorian carved stones on the Mekong-*Khan Mak Houk*. On your way back, you can stop on Don Daeng beach and also visit *Vat Meuang Kang temple* (18th-19th centuries) to see its monumental architectural constructions.
Local life & Cultural trails

Vat Louang Kao - Vat Meuang Kang
Enjoy a relaxing journey along the banks of the Mekong following a quiet and authentic shaded bamboo path located about 2.5 km from the Ancient City. Stop to visit ancient and modern temples: Vat Louang Kao Temple (modern temple), Vat Pha Non Tai and its surprising mixed architecture with modern, ancient and old construction elements and Vat Meuang Kang, the oldest active temple of Champasak (19th century). Meet villagers along the way, observe the fabrication of traditional bamboo rice baskets, fish traps in a traditional wooden stilt house decor. Visit the Catholic Church (19th century) to complete your trip.

Don Daeng Island
Set off to explore the preserved and peaceful Don Daeng Island starting by crossing the Mekong on a Lao traditional boat. Visit the island, by walk, by bicycle or motorbike. Relax on white sand beaches and admire a beautiful panoramic view on the Mekong and on the west bank of Champasak: roofs of temples among the trees that border the shore and mountain range with its highest point in the shape of natural linga (Phou Kao) compose an unforgettable picture.

Champasak City
Take an excursion into Champasak city and its 9 villages located on the west bank of the Mekong. Follow the main road from Ban Paphin to Sisoumang Buddha (about 6.5 km), visit 9 Buddhist temples. Along the way, observe local traditional architecture like a traditional royal house, traditional wooden houses and colonial buildings inspired by the French and dating from 1950 to 1965. Local productions can be found along the road: rice noodles, bamboo sala, a potter and many local restaurants to stop for a rest with a view on the Mekong. The trip ends at Sisoumang Buddha (dating from 19th or early 20th century), a huge sitting Buddha, located on the remains of a Pre-Angkorian temple.

Rice Fields - Vat Pa Phonsamek
Escape to a magnificent landscape of rice fields and mountains in a calm and peaceful atmosphere, to discover nature and Lao local life. Start this 12 km loop from Champasak tourism office and then follow the irrigation channel in a wild plain full of rice fields between the Mekong and mountains. Observe the preparation of rice fields, the transplantation of seedlings, the harvest or the transformation of rice with rice mill. Make a stop at the Forest Temple (Vat Pa) to visit this particular temple and its small paths that lead to meditation rooms.
For more information and bookings, please contact:

**Vat Phou Museum**
**Opening hours:** Daily 8:00 a.m. to 4:30 p.m.
**Phone:** Mr Soubanh : 020 55 76 92 21
**Email:** informations@vatphou-champassak.com
**Website:** www.vatphou-champassak.com

**Champasak District Tourism Office**
Phone : 020 97 404 986

Trails will be opened during the first quarter of 2016