Champassak and surroundings

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Champasak LOOP:
Pakse-Phou salao 3km-Phou Gnoy Temple 12km
Phou Gnoy Temple-Bane Phapine 18km
Paksé- Bane Phapine 30km-Phapine-Vat Phou 12km
Done Deng Island is 8 km long
Bane Mouang-Bane Lak30 (km30) 4km
Bane km30-Bane Thang Beng 18km
Bane Thang Beng-Kiet Nong 11km
Kiet Nong-Pha Pho 11km
Bane Thang Beng –Tad Ning Hing 25km
Bane Lak Sao haa (km 25)-Nam Phak village 5km
Nam Phak village-Tad Koy 1km
Bane Thang Beng-Paksé 48km

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Buddha and stairs of Phou Salao
Phou Gnoy Temple on a hill (high stairs)
Vat Phou Temple
Done Deng
Island
Bane Lak 30 (km30)
km8 crossroad To Bolaven Plateau
Local Market km14 (4pm-6pm)
Bane Nam Phak (km25)
Bane Lak Sao Haa km25
Bane Thang Beng km48
Phou Assa sanctuary
Bane Kiet Nong
Bane Pha Pho

Road 13
Road 23
Km21 (fruit village)

Don’t put/use garlic
Don’t put/use peanuts
Don’t put/use MSG
Don’t put/use soya beans
Don’t put/use « Padék » (fermented Lao fish sauce)
No spicy
Don’t put pork

I am vegetarian (No meat)

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Phou means Mountain
Lak means Km
Tad means Waterfall or rapids
Bane means Village
Bridge
THE BOLAVEN PLATEAU MAP
(Eastern Champasak province)
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The large loop (270 km)
- Paksé- Fruits village (21 km) Fruits village-Tad Pasuam (13 km)
- Tad Pasuam-Tad Lo (48 km) Tad Lo-Thateng (32 km)
- Thateng-Bane Feng Phou Kham (76 km)
- Bane Feng Phou Kham-Tad Alang/Tayicsuea (27 km)
- Tad Alang/Tayicsuea-Paksé (44 km) Paksé-Tad Yuang (12 km)
- Tad Yuang-Fruits village (15 km)
- Fruits village-Sala Bolaven Shop (14 km) Sala Bolaven Shop-Paksé (11 km)

Notes:
- In the Bolaven Plateau it usually rains and it can be cold at night!
- Difficult and dangerous trail under construction (20 km)!