

AMANTAKA

Three-Night Itinerary

Amantaka

A journey to Amantaka, your peaceful home in the Unesco-protected town of Luang Prabang

Amantaka derives its name from the Sanskrit-derived word for 'peace' and *taka*, from Tipitaka, meaning 'the teaching of the Buddha' in Theravada scholastic literature. Set on a garden estate with a serene swimming pool at its heart, the 24-suite property is housed in graceful French colonial buildings in Laos' spiritual and cultural capital of Luang Prabang.

A Unesco World Heritage Site and one of the best-preserved traditional towns in Southeast Asia, Luang Prabang is home to 32 temples and 111 historic Lao-French buildings. New construction is limited, and development must be in keeping with the spirit of the town. Amantaka is perfectly positioned to offer easy exploration of Luang Prabang's most notable landmarks and attractions either on foot or by bicycle. Car transfers and outings further afield – on the Mekong and into the countryside – are also easily arranged.

Rate Inclusions

- Three nights' accommodation
- Daily breakfast and choice of lunch or dinner (excluding alcoholic beverages)
- Cultural experiences including a Baci ceremony, alms offering and a Luang Prabang city tour
- One 60-minute Lao Massage
- Mekong sunset cruise
- Complimentary bicycle use, tuk tuk and car transportation within Luang Prabang
- Laundry (excluding dry cleaning)
- Private return airport transfers with fast-track immigration on arrival at Luang Prabang Airport

Reservations

Tel: +856 71 860 333

amantaka@aman.com



វត្ត អំរិយ្យកុំ ខ្មែរសារាម
WAT SIRIMONGKHUN SAVARAM

Three-Night Itinerary



Day one

On arrival at Amantaka, take part in the traditional Baci (Sou Khouan ceremony hosted by our Mo Phone (master of ceremonies). After settling in, savour the delicious Lao and Western dishes served at our poolside Restaurant while enjoying a traditional Lao performance.

Day two

Awaken to the serene atmosphere of Luang Prabang at dawn and join our Amansanti at the main gate in an early morning alms offering. Later, explore the city and its many temples with a personal guide.

Day three

Spend the morning exploring, then take some time out in the afternoon to rejuvenate body and soul with a 60-minute traditional Lao massage. In the late afternoon, board Amantaka's private boat for an unforgettable sunset cruise on the Mekong River

Day four

Check out and depart for Luang Prabang International Airport.

Day One

Arrival in Amantaka



Arrival at Amantaka

On arrival you will be greeted by Amantaka's airport representative and enjoy fast-track immigration assistance. The scenic, 10-minute drive to the resort will take you past classic Lao and French colonial buildings, golden-spired temples and beautiful natural scenery.

4pm

Traditional Baci ceremony

A traditional Baci ceremony or 'Sou Khouan' is a centuries-old Brahmin-influenced ritual practiced to protect the blessed from illness, sadness and general malice in everyday life. Strings are tied around the wrist to preserve this good luck.

7pm

Welcome dinner at the Restaurant

Tonight's welcome dinner takes place at the Restaurant with its lofty ceiling, white and rattan palette and antique tile floors. Choose between dining on authentic Lao or comforting Western cuisine as you enjoy a live performance by local musicians and dancers.

Day Two

Spiritual & Cultural Immersion



5.30 to 6am
Alms offering

For centuries monks and novices have left their temples at dawn every day and walked through the town, accepting alms from the local townsfolk; a way for people to gain merit and for the monks to maintain contact with their community. 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.

6.30am
Breakfast
at the Restaurant

Enjoy a delicious breakfast prepared to your liking.

8.30 to 12pm
City & temple tour

Experience the city up close and personal on this fascinating private walking tour that takes in Vat Visoun and Vat Aham, as well as Mount Phousi and other attractions.

After strolling the banks of the Nam Khan River, visit the magnificent Wat Xieng Thong, Luang Prabang's most famous temple, then follow the Mekong to the Royal Palace which now houses the National Museum.

2pm
The Buddhist Learning Centre

Embodying the living spirituality of the Unesco town of Luang Prabang, Amantaka has partnered with three monasteries to create a Buddhist Learning Centre, designed to educate and immerse guests on the practice and principals of Buddhism, bringing the resort closer to the local community and its customs.

Visit the centre to learn more about Buddhism and the role it has played in Luang Prabang's history.



Day Three

Nature Adventures



6.30am onwards
Breakfast
at the Restaurant

11am
Traditional Lao massage
at the Aman Spa

Take some time out this morning and enjoy a traditional Lao massage. This ancient massage technique has been passed down through the generations as a way of treating imbalance. It is an arrhythmic oil-free treatment performed over loose comfortable clothing and involves a gentle series of stretches that open the body to enhance mobility while deep pressure point stimulation eases tension.

4pm
Mekong sunset cruise

Absorb the magic of dusk in Luang Prabang from the water as the sun sets behind forested mountains. Witness the end-of-day local rituals as villagers return home on small boats and fishermen check their catches. After the cruise, enjoy a meal beside the Mekong River.

Day Four

Departure

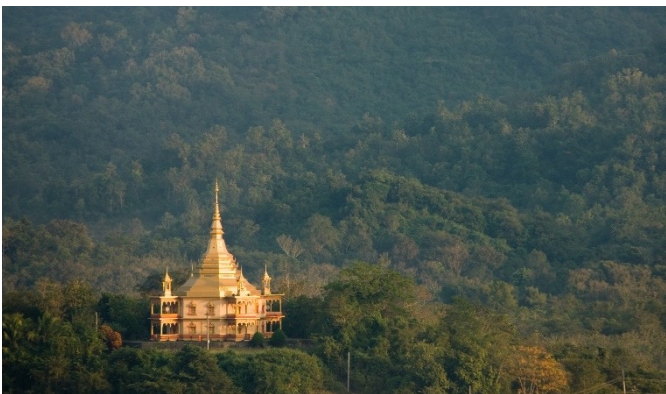


7.30am
Breakfast
at the Restaurant

Enjoy a hearty breakfast to set you up for a day of travelling.

A farewell from Amantaka

Check out and depart for Luang Prabang International Airport.





AMANTAKA
55/3 Kingkitsarath Rd, Ban Thongchaleun,
Luang Prabang,
Laos LDR

amantaka.com