

RIVER POWER ADVENTURE

1 Day Kayak Nam Tha River

TRIP OVERVIEW



River: Nam Tha River

Departure: Daily

Paddle approx. 4-5 hours, 20 Km

Difficulty: Moderate

Come join an adventure & challenge yourself kayaking on the Nam Tha River! We will explore colorfully dressed ethnic minorities along the river such as: Black Tai, Mien Hmong (Lanten) & Mon-Khmer (Khmu). Each group has distinct ways of life & culture, which can be experienced on our adventure. During your journey, you may be able to see diverse wildlife and paddle many exciting rapids.



TRIP ITINERARY

To Start

The day begins at the boat landing with basic paddle and equipment instruction before taking to the river in single or double kayaks.

Morning

The Nam Tha meanders through a variety of forest types, inhabited by wildlife, including tigers, barking deer and a great variety of birds. We reach the border of the Nam Ha Protected Area at the Lanten village of Ban Sope Tud. Various sets of exciting but safe rapids lead up to a lunch break of delicious, local food served on banana leaves near the riverside.

Afternoon

After this typical Lao picnic, there is time for relaxation and a refreshing swim. The next paddling stretch takes the group to the Khmu village of Ban Sop Sim Noy. Kayaking continues through lush scenery and ends after the confluence of the Nam Ha and Nam Tha Rivers. Here, a pick-up takes us back to Luang Namtha.

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WHAT TO BRING

Good walking shoes, swim suit long sleeve t-shirt, warm sweater, long pants, hat or cap, sunscreen, mosquito repellent, money for purchasing handicrafts, camera, medicines, snacks, and fruit.

PRICE INCLUDES

Kayak permit and village conservation fund, local government taxes, food and first aid kit.

Please let us know if you are a vegetarian!



PRICES

# of people	2	3	4	5	6	7	8
Easy/ Moderate (Kip)	300.000 400.000	280.000 350.000	260.000 320.000	240.000 290.000	220.000 270.000	200.000 250.000	180.000 230.000
Easy/ Moderate (USD)	35 48	33 42	30 38	28 35	25 32	23 29	20 27

Where Does Your Money Go?

