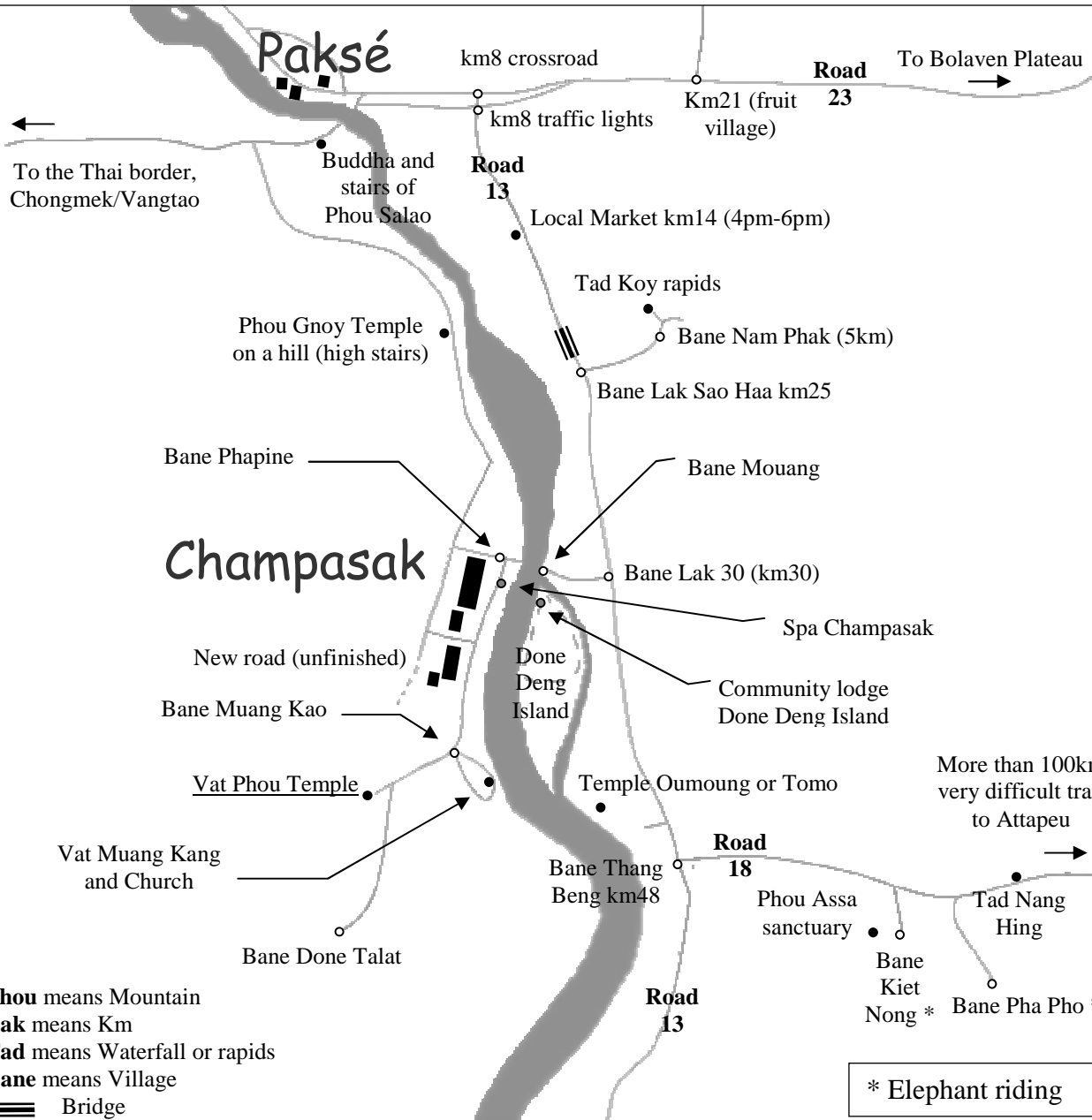


# Champassak and surroundings

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 Much more info: [champasakprovince.99k.org](http://champasakprovince.99k.org)



**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

Don't put/use <b>garlic</b>	L A O	ບໍ່ໃສ່ຜັກທຽມ
Don't put/use <b>peanuts</b>		ບໍ່ໃສ່ຖົ່ວດິນ
Don't put/use <b>MSG</b>		ບໍ່ໃສ່ແປ້ງນົວ
Don't put/use <b>soya beans</b>		ບໍ່ໃສ່ຖົ່ວເຫຼືອງ
Don't put/use « <b>Padék</b> » (fermented Lao fish sauce)		ບໍ່ໃສ່ປາແດກ
<b>No spicy</b>	L E X I C O N	ບໍ່ເຜັດ
Don't put <b>pork</b>		ບໍ່ໃສ່ຊີ້ນໝູ
I am <b>vegetarian</b> (No meat)		ຂ້ອຍກິນເຈ (ບໍ່ໃສ່ຊີ້ນ)

4	5
Road 13	To French Bridge
3	1 ETC
2	1 ETC Bus Tickets & @ 2 Nazim Restaurant 3 Jasmin Restaurant 4 Miss Noy rentals 5 Royal Pakse Hotel
ETC & Tha Luang School	

The French author of this map can be met at ETC school from 6pm to 9pm on weekdays.

\* Elephant riding

# THE BOLAVEN PLATEAU MAP

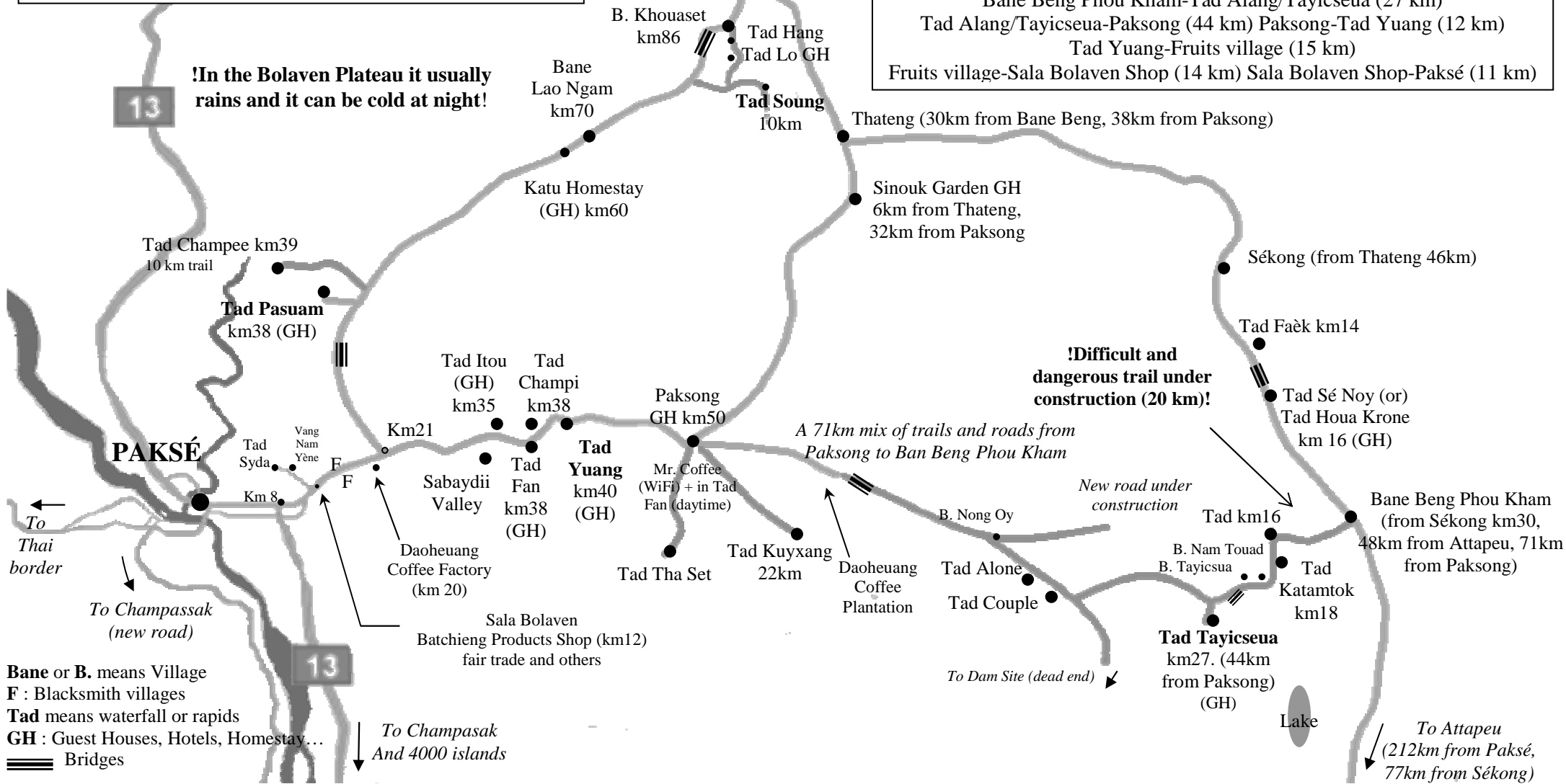
(Eastern Champasak province)

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Much more info: [champasakprovince.99k.org](http://champasakprovince.99k.org)

**!In the Bolaven Plateau it usually rains and it can be cold at night!**

**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 Beng Phou Kham (76 km)  
 Bane Beng Phou Kham-Tad Alang/Taicseua (27 km)  
 Tad Alang/Taicseua-Paksong (44 km) Paksong-Tad Yuang (12 km)  
 Tad Yuang-Fruits village (15 km)  
 Fruits village-Sala Bolaven Shop (14 km) Sala Bolaven Shop-Paksé (11 km)



**!Difficult and dangerous trail under construction (20 km)!**

*A 71km mix of trails and roads from Paksong to Ban Beng Phou Kham*

**Bane or B.** means Village  
**F** : Blacksmith villages  
**Tad** means waterfall or rapids  
**GH** : Guest Houses, Hotels, Homestay...  
 Bridges

To Champasak  
 And 4000 islands

Notes:

The French author of this map can be met at ETC school from 6pm to 9pm on weekdays.

4	5
Road 13	
3	1
2	<b>ETC</b>
To French Bridge →	
1 ETC Bus Tickets & @ 2 Nazim Restaurant 3 Jasmin Restaurant 4 Miss Noy rentals 5 Royal Pakse Hotel	