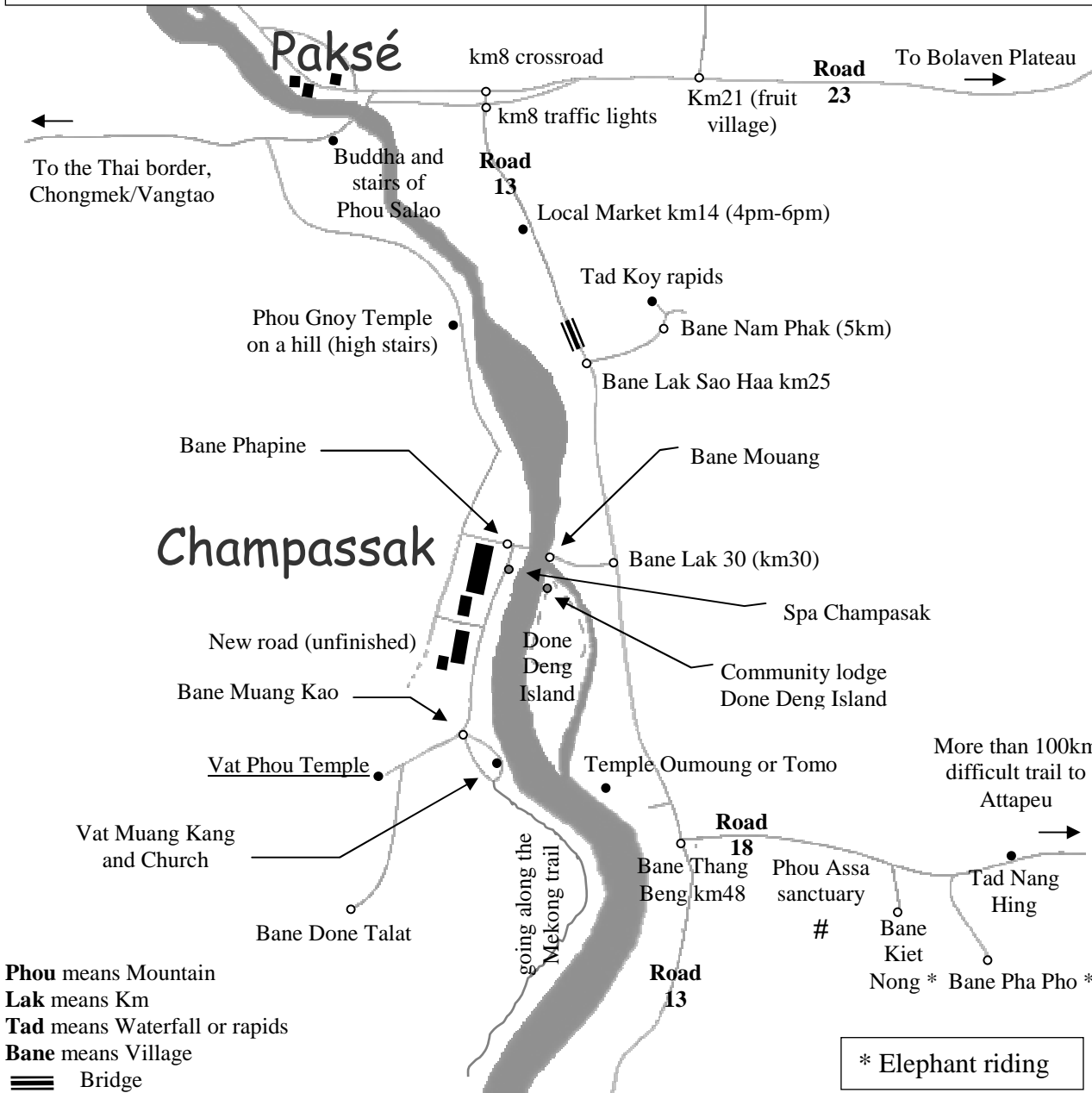


Champassak and surroundings

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Champassak 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

	ບໍ່ໃສ່ຜັກທຽມ	ບໍ່ໃສ່ຖົງດິນ	ບໍ່ໃສ່ແປ້ງນົວ	ບໍ່ໃສ່ຖົງເຫຼືອງ	ບໍ່ໃສ່ປາແຕກ	ບໍ່ເຜັດ	ບໍ່ໃສ່ຊີ້ນໝູ	ຂ້ອຍກິນເຈ (ບໍ່ໃສ່ຊີ້ນ)
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)								

THE BOLAVEN PLATEAU MAP

(Eastern Champasak province) Update : April 2014

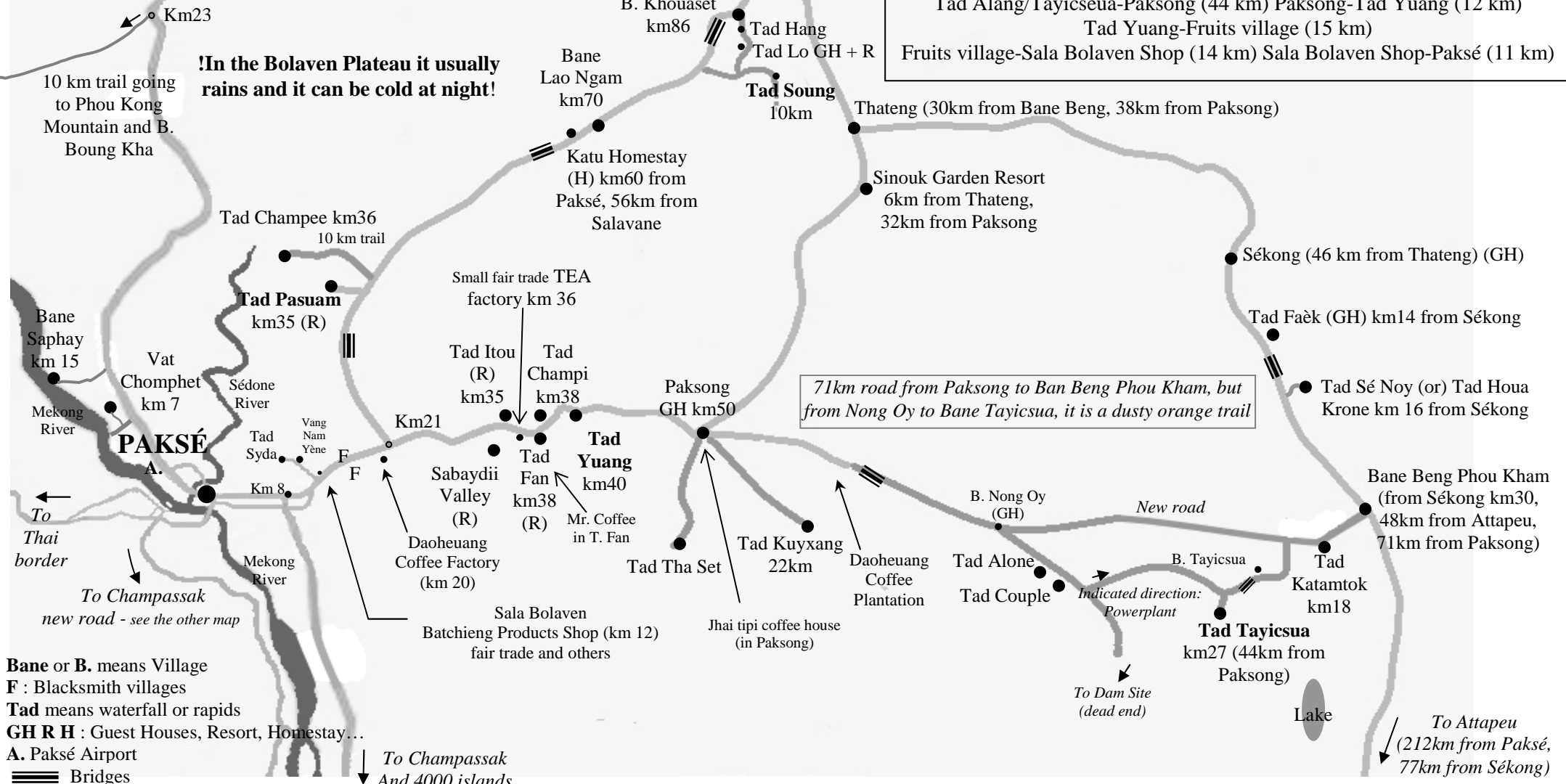
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!In the Bolaven Plateau it usually rains and it can be cold at night!

10 km trail going to Phou Kong Mountain and B. Boung Kha

The large loop (320 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/Tayicseua (27 km)
 Tad Alang/Tayicseua-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)



Bane or B. means Village
F : Blacksmith villages
Tad means waterfall or rapids
GH R H : Guest Houses, Resort, Homestay...
A. Paksé Airport
 Bridges

To Champassak
 And 4000 islands

Notes:

After Bane Beng, on the road to Salavane, there is a sign "Tad Téveda" on the right... It is a very difficult 20 km trail. Be very careful.

Please lock properly your motorbike and use the chain wherever you stop for a while, especially at night, put the engine in the guesthouse or ask for the safest place to park :-)
 Flat tire maintenance: 5.000 to 7.000 kip, or 25.000 kip to change the whole air tube.
 On your way to the large loop, before the 71km trail/road, fill full your petrol tank while you can, around Sékong or Paksong for instance (depending on the direction you choose). Carte compilée et éditée librement par provincedechampassak : .free.fr ou facebook