

# 1-Day Trekking to Kuang Si Waterfall

📍 2501, Thapene, Luang Prabang District, Luang Prabang, Laos



**MST010****1-Day Trekking to Kuang Si Waterfall**

A scenic jungle trek through villages, forests, and mountains to Luang Prabang's most beautiful waterfall

**Duration:** 1 Day  
**Time** 08:30 AM – 03:30 PM

**Group Size:** Max 20 People

**Tour Type:** Soft Adventure, Nature & Cultural Experience Moderate Trekking (Approx. 8–9 km)

**Languages** EN, FR & Others

**Overview**

Escape the city and discover the natural beauty surrounding **Luang Prabang** on this rewarding full-day trekking adventure to the spectacular **Kuang Si Waterfall**.

This immersive experience combines soft adventure, mountain landscapes, ethnic village encounters, jungle trekking, and refreshing waterfalls into one unforgettable day.

Starting from the rural village of **Long Lao Village**, the trek leads through orchards, rice fields, bamboo forests, and mountain trails before arriving at the famous turquoise pools of Kuang Si. Along the way, learn about local hill tribe culture, explore hidden forest scenery, and enjoy panoramic views of the Lao countryside.

Perfect for active travellers seeking a deeper connection with nature and rural life in Laos.

**Important Notes**

- Total trekking distance: approximately 8–9 km
- Difficulty: Moderate
- Trail conditions may become slippery during rainy season
- Suitable for active travellers with basic fitness
- Comfortable walking shoes are strongly recommended

**What to Bring**

- Trekking or walking shoes
- Light breathable clothing
- Swimwear & towel
- Sunscreen & insect repellent
- Hat & sunglasses
- Camera or phone for photos

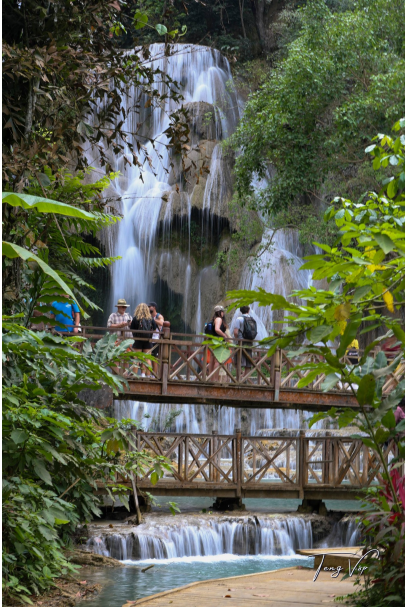
**Tour Facts**

Group Size:  
**10**  
Duration:  
**1**

Language:  
**EN, FR & Others**  
Tour Type:  
**continuous**

## Tour Itinerary

### Day 1 : Trekking to Kuang Si Waterfall



## Morning: Village Life & Trekking Adventure

Your private guide will meet you at your hotel in Luang Prabang before departing by comfortable air-conditioned vehicle toward the peaceful countryside southeast of the city.

After approximately one hour, arrive at Long Lao Village, home to both Khmu and Hmong communities. Before beginning the trek, take time to explore the village and learn about the daily life, traditions, and culture of the local hill tribe families.

Following a short trekking briefing, begin your scenic hike through the rolling countryside of northern Laos.

The trail passes through orchards, rice paddies, vegetable gardens, bamboo groves, and forested mountain paths. Along the way, enjoy spectacular natural scenery and observe local farmers working in the fields much as they have for generations.

Some sections include moderate uphill climbs and uneven jungle terrain, adding a sense of adventure while remaining accessible for most active travellers.

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## Midday: Forest Trails & Hidden Cave

As the trek continues deeper into the mountains, the landscape becomes increasingly wild and untouched.

Before reaching Kuang Si, stop at a hidden cave once used as a shelter during the Indochina War. Your guide will explain the historical significance of the site and how local villagers survived during this difficult period.

Continue trekking through shaded forest trails while listening to birdsong and the sounds of flowing

streams hidden within the jungle.

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## Afternoon: Kuang Si Waterfall

By early afternoon, arrive at the breathtaking Kuang Si Waterfall, one of the most beautiful waterfalls in Southeast Asia.

The brilliant turquoise pools, created by mineral-rich limestone water, provide the perfect reward after the morning trek. You will have plenty of time to:

- Swim in the refreshing natural pools
- Relax beside the waterfalls
- Explore forest walking trails
- Hike to the upper viewpoint for panoramic scenery

Enjoy a traditional Lao lunch surrounded by the peaceful sounds of the forest and waterfalls.

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## Bear Rescue Centre

Before departing, visit the nearby Bear Rescue Centre, home to rescued Asiatic black bears — also known as moon bears.

Learn about the conservation efforts protecting these endangered animals from illegal wildlife trade while observing them play and forage in spacious forest enclosures.

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## Late Afternoon: Return to Luang Prabang

After time to relax and explore, return comfortably by private minivan to Luang Prabang, arriving at your hotel in the late afternoon.