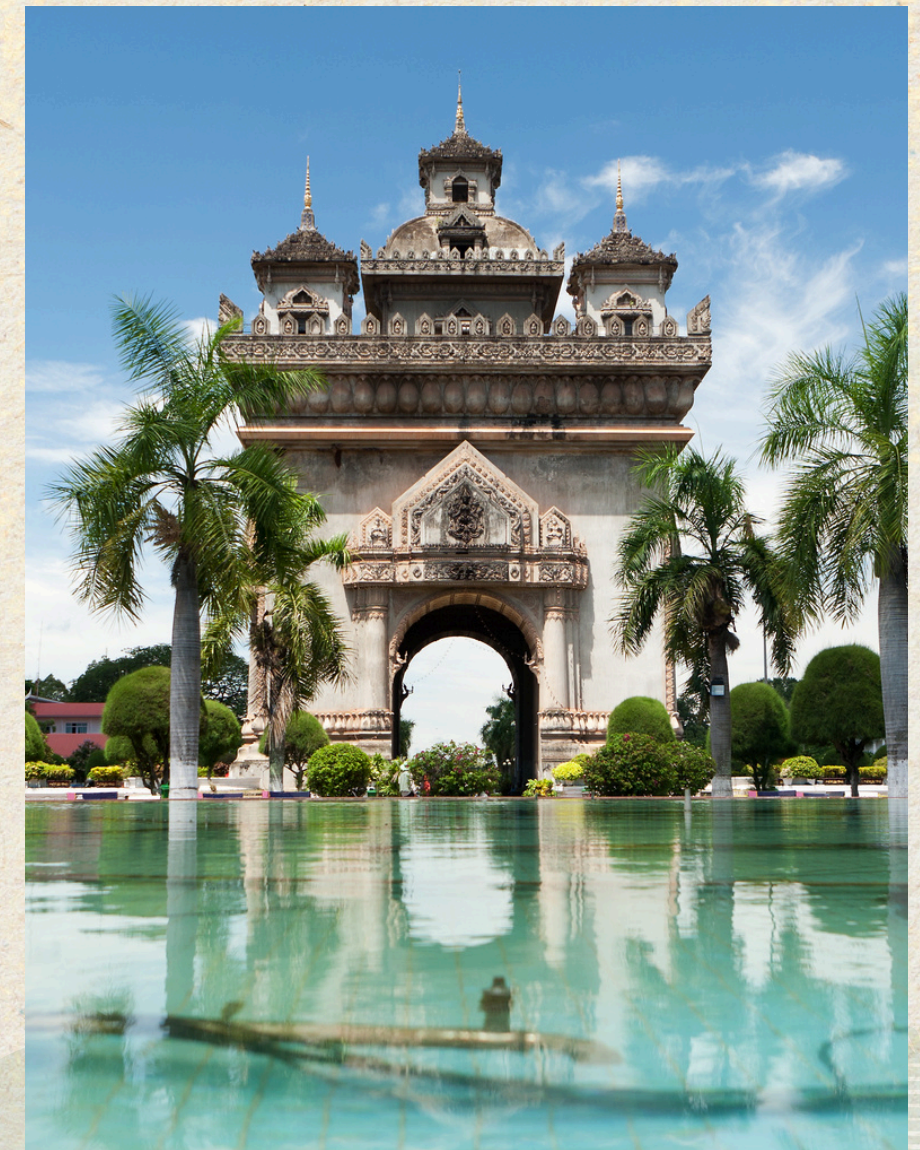
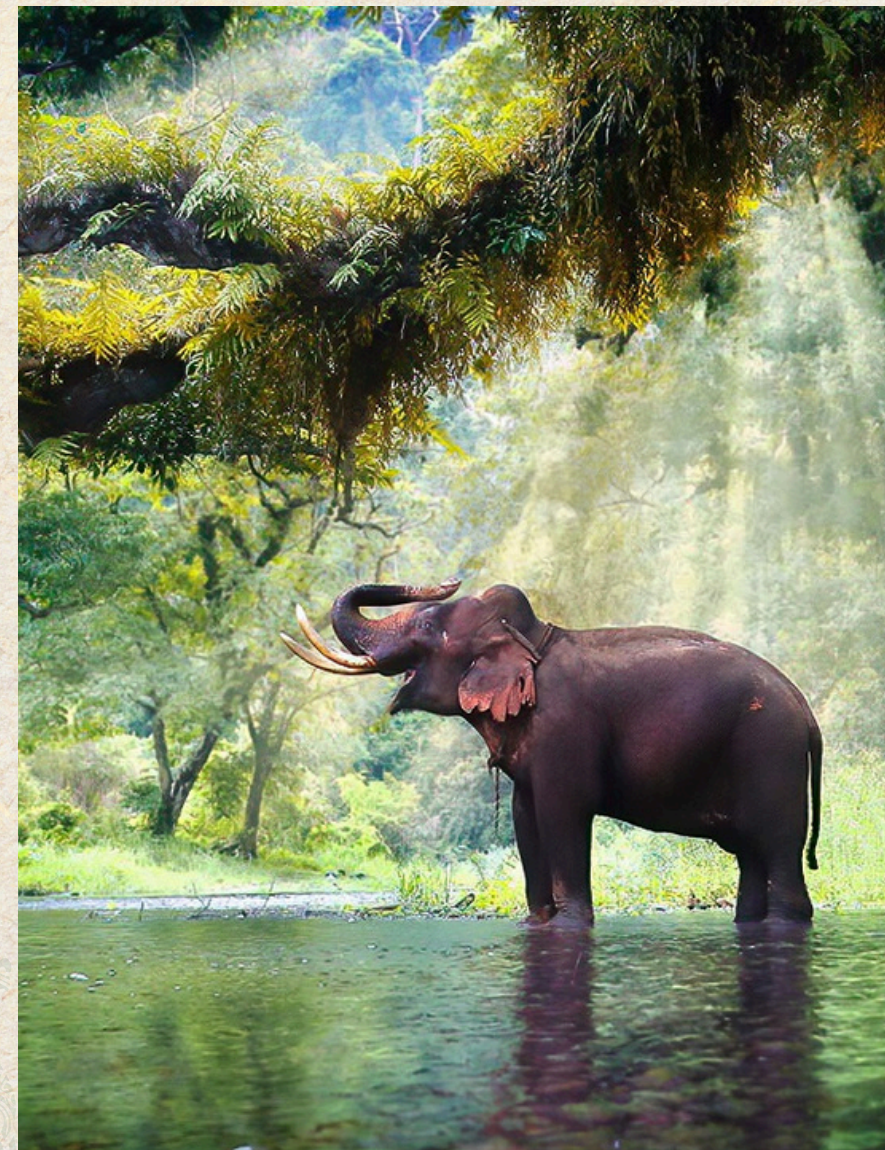


# LAOS

## *COUNTRY OVERVIEW*





# LAOS *INFOMATION*



- **Capital:** Vientiane
- **Population:** Approximately 7.87 million (as of June 25, 2025)
- **Area:** 236,800 km<sup>2</sup>
- **Official Language:** Lao
- **Administrative Divisions:** 17 provinces and 1 prefecture (Vientiane Capital)
- **Major Holidays:** Lao New Year (Pi Mai), mid-April. Boun Ok Phansa (end of Buddhist Lent), October. That Luang Festival, November. Lao National Day, December 2
- **Currency:** Lao Kip (LAK)
- **Geography:** Laos is a landlocked country in Southeast Asia, bordered by Thailand, Vietnam, Cambodia, China, and Myanmar. It features mountainous terrain, particularly in the north, with the Annamite Range running along the eastern border. The Mekong River forms much of its western boundary and is vital for transportation and agriculture. The country has a tropical monsoon climate, with dense forests, plateaus, and fertile plains.



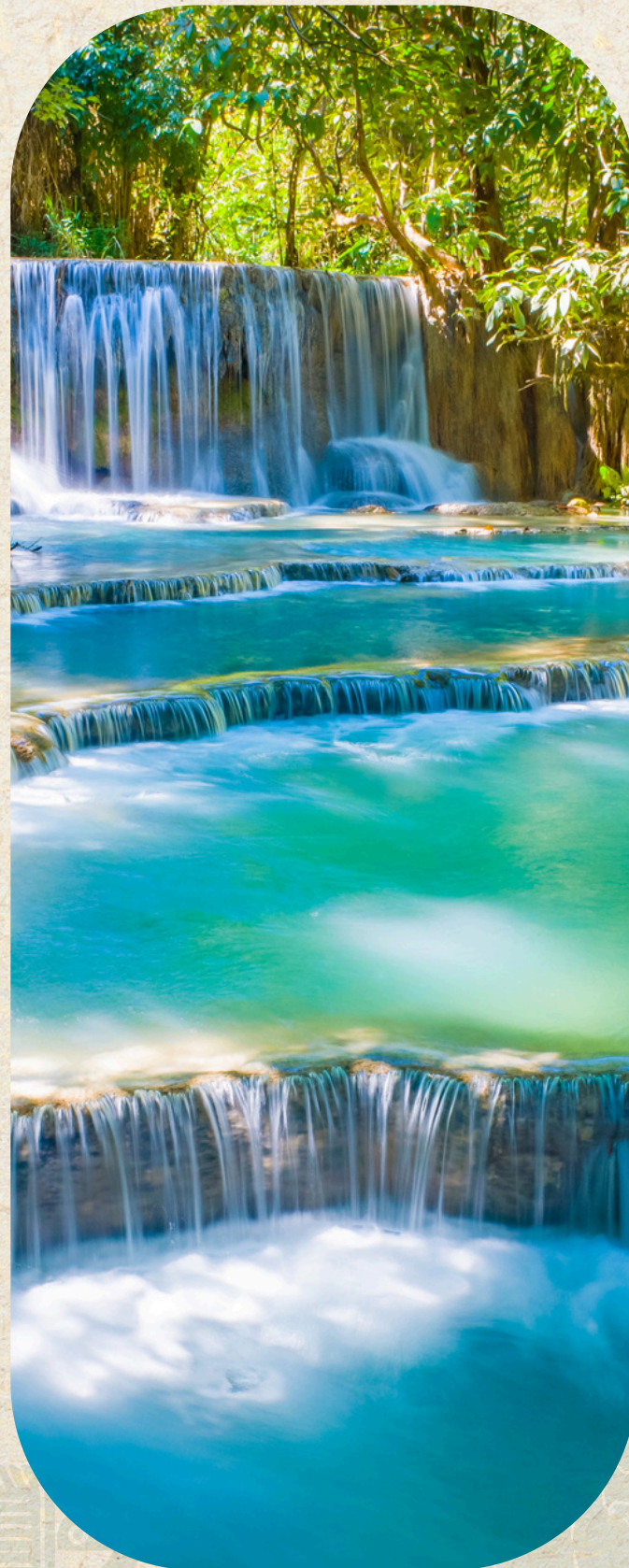
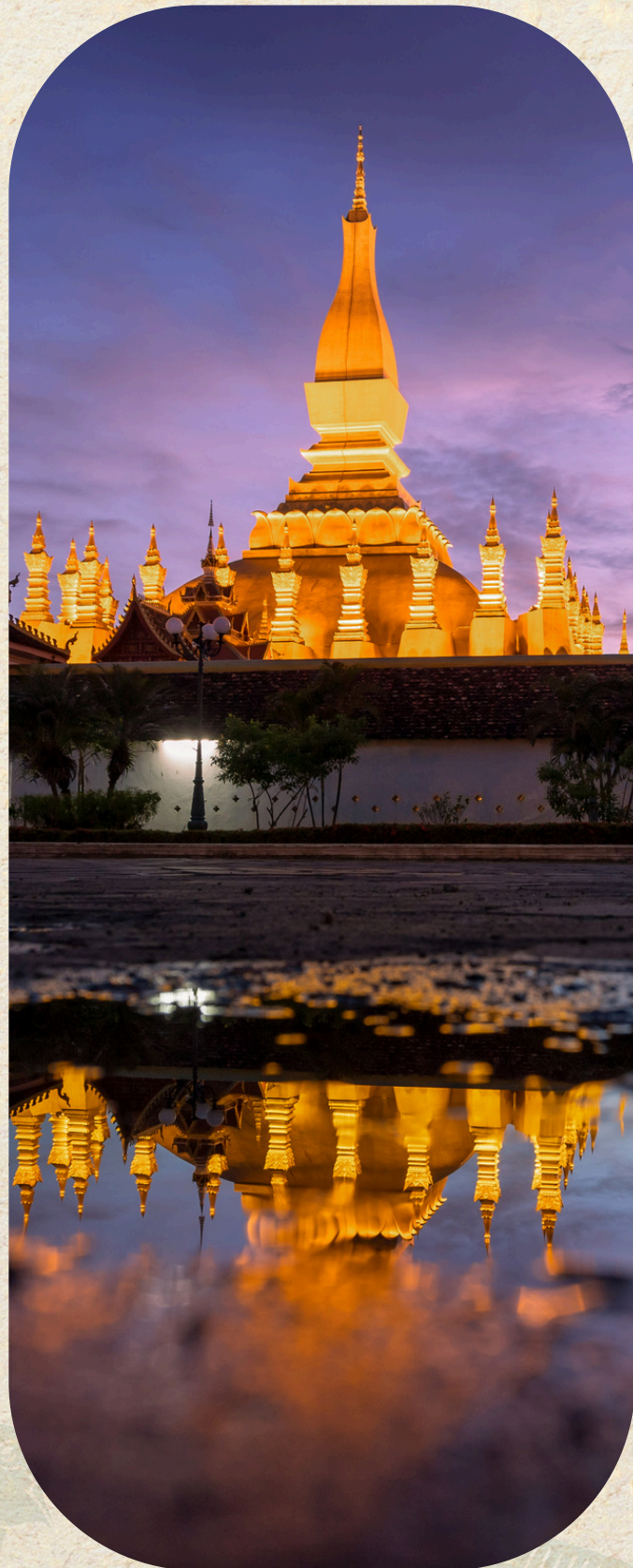
# LAOS *PEOPLE & HISTORY*

Laos, a captivating nation in Southeast Asia, is celebrated for its deep cultural heritage and enduring spirit. With a history stretching over two millennia, Laos tells a story of resilience through ancient kingdoms, foreign influences, and a steadfast desire for sovereignty. From the legendary rulers who established the Lan Xang Kingdom to the struggles against colonial powers and regional challenges, the Lao people have demonstrated remarkable courage and cohesion. Today, Laos merges its rich traditions with contemporary development, welcoming visitors with ancient temples, French colonial remnants, and lively markets.





# LAOS *WHY VISIT LAOS*



- **Soulful Connection:** Laos is deeply spiritual, with glittering temples like Wat Xieng Thong, the golden Pha That Luang, and the serene morning alms ritual in Luang Prabang. Lantern-lit festivals like Boun Ok Phansa highlight its vibrant Theravada traditions.
- **Wild Beauty:** From Kuang Si Falls to the 4,000 Islands, Laos dazzles with limestone peaks, lush forests, and the Mekong's timeless flow. The Bolaven Plateau offers waterfalls, coffee groves, and pure relaxation.
- **Bold Flavors:** Sticky rice, spicy laap, tam' mak hoong, and smoky grilled meats define Lao cuisine, all enhanced by the pungent padaek sauce. Pair it with a cold Beerlao by the river for the full experience.
- **Wallet-Friendly Vibes:** Budget travel is easy: guesthouses \$8–\$25, street food under \$4, tuk-tuks and entry fees often less than \$2. Perfect for backpackers and explorers alike.
- **Vibrant Traditions:** Home to 49 ethnic groups, Laos shines with colorful textiles, lively New Year celebrations, and rich folklore. Discover the Plain of Jars, bike misty highlands, or join the fun in Vang Vieng.



# LAOS *EXPLORE MORE*



**Traditional Clothing**

The Sinh is a traditional tube skirt worn by Lao women, made of silk or cotton with elaborate patterns reflecting regional and ethnic identities. Comprising the hua sinh (waistband), phuen sinh (body), and tin sinh (ornate hem), it's a daily and ceremonial garment, handwoven to showcase craftsmanship.

The golden stupa in Vientiane is Laos' national symbol, representing Buddhist culture and national identity. Built in the 16th century, it is a sacred site and a major attraction with its stunning architecture, especially during the That Luang Festival in November.

**Pha That Luang**



**Tuk-Tuk**

These iconic three-wheeled vehicles are a primary mode of transport in Laos, especially in cities like Vientiane and Luang Prabang. Affordable and versatile, tuk-tuks navigate bustling streets and rural roads, offering a fun, local way to explore sights like temples or markets.

The pha biang is a silk shawl or scarf, often draped over the shoulder, complementing the traditional sinh. Woven with intricate patterns, it symbolizes modesty and cultural pride, varying by region and occasion, such as festivals or ceremonies.

**Sin Ho – Traditional Scarf**



**Beerlao**

This national beer is the most popular drink in Laos, cherished for its light, refreshing taste, ideal for the tropical climate. Produced since 1973, Beerlao is often enjoyed chilled by the Mekong River, particularly with dishes like laap or at street food stalls.



# LAOS VISA



## Laos Visa Exemption

Eligible countries: Citizens of certain countries, mostly ASEAN members and a few others.

Duration of stay:

- Brunei, Myanmar: 14 days
- Japan, Luxembourg, South Korea, Switzerland: 15 days
- Cambodia, Indonesia, Malaysia, Mongolia, Philippines, Russia, Singapore, Thailand, Vietnam: 30 days

Note: Always double-check before traveling, as policies may change.



## Laos Visa On Arrival

Duration: 30 days, extendable up to 2 times (total of 90 days) at the Immigration Department in Laos.

Entry points:

- VOA & e-Visa: Luang Prabang, Pakse, Vientiane (Wattay), Friendship Bridge I, II, IV, Boten checkpoint.
- VOA only: Friendship Bridge III, Samliemkham, Khamsavath, Daensavan, Veunkham, Vang Tao.

Requirements:

- Passport valid at least 6 months, 2 blank pages.
- Passport-size photo (4×6 cm, white background).
- Completed application form and cash payment (USD or Kip).
- Fee usually around USD 20–40 depending on nationality.



## Laos E-Visa

Duration: Up to 30 days, single-entry, not extendable inside Laos.

Validity: 60 days from the date the approval letter is issued.

Entry points: Same as VOA (Luang Prabang, Pakse, Vientiane, Friendship Bridge I, II, IV, Boten, Boten railway, etc.).

Requirements:

- Passport valid at least 6 months, with blank pages.
- Digital photo (4×6 cm, white background).
- Scanned passport information page, travel plan, email, and credit/debit card for online payment.

Processing time: Around 3–5 business days.



# LAOS *WEATHER & WHEN TO GO*



	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
NORTH												
SOUTH												



Hot



Hot - Rain



Cold - Dry



Cold - Rain

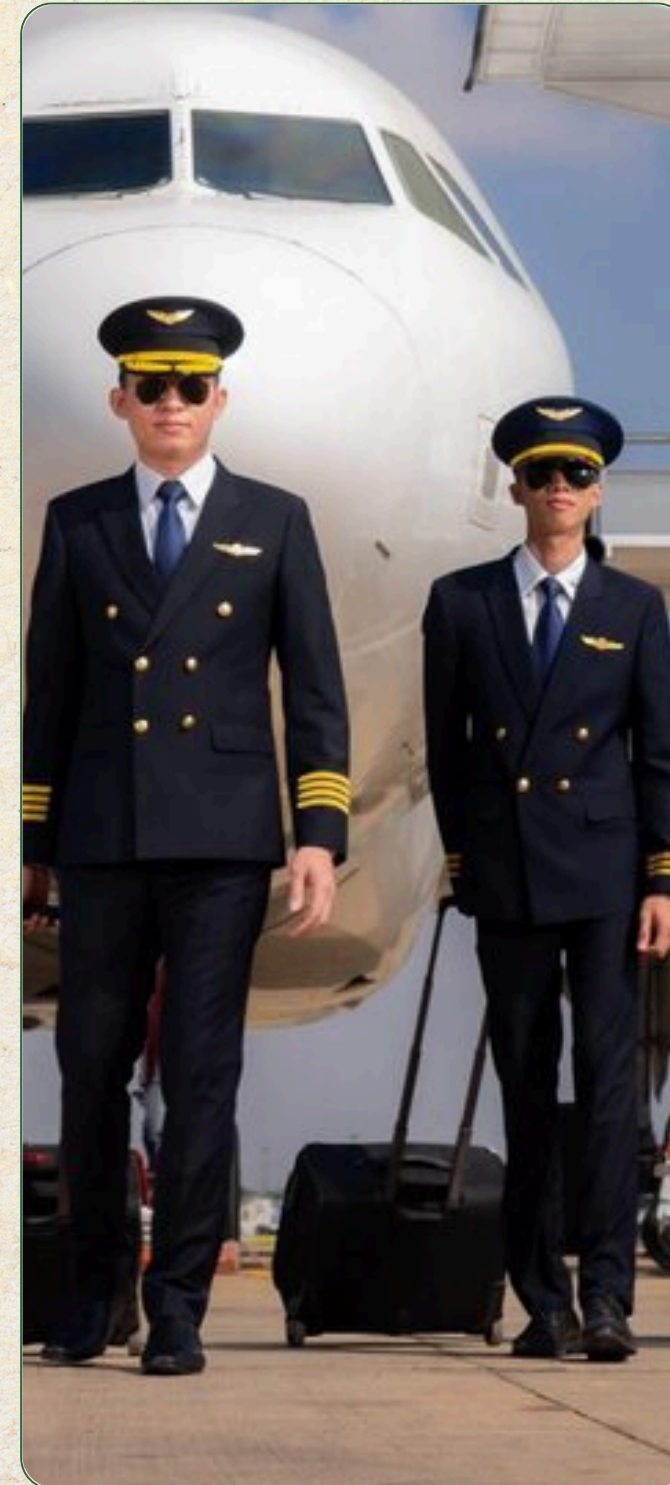


# LAOS *LOGISTIC*

**Road Way**

**Rail Way**

**Air Way**





# LAOS ROADWAY TRANSPORTION

**Road Conditions:** Roads are improving, but rural areas may have unpaved or uneven surfaces.

**Mountain Routes:** Northern routes to Luang Prabang and Vang Vieng are scenic but winding and slow.

**Traffic & Regulations:** Drive on the right; traffic is busier in Vientiane, quieter in rural areas. Vehicles over 25 seats are restricted in Luang Prabang city center.

## Transport Options (Ftrip Vietnam):

- 7 & 16-seaters: Best for towns and mountain roads.
- 29, 35 & 45-seaters: Suitable for larger groups between major cities.
- All vehicles are air-conditioned, well-maintained, and designed for comfort and safety.





# LAOS *ROADWAY TRANSPORTION*

## Experience Riding a Tuk-Tuk on a Tour

**Experience:** Ride through Vientiane to visit Pha That Luang, Patuxai, and bustling night markets like Ban Anou. Enjoy sunset views along the Mekong and discover hidden temples and eateries with a local driver's insights.

**Capacity:** Tuk-tuks seat 4–5 people, perfect for small groups. The open-air ride offers a breezy, immersive way to experience the city's tropical vibe.

**Affordability:** Short rides cost 20,000–50,000 LAK (\$1–\$2.50 USD), while half-day tours range from 100,000–200,000 LAK (\$5–\$10 USD) per group, making it a budget-friendly adventure.





# LAOS RAIL WAY TRANSPORTION



**Fast Connections:** The Laos–China Railway links major cities like Vientiane, Vang Vieng, and Luang Prabang with high-speed service. A trip from Vientiane to Luang Prabang takes only about 1 hour 45 minutes.

**Comfort Onboard:** Trains feature modern amenities including air-conditioning, clean restrooms, and comfortable seating, making long journeys easier.

**Ticketing & Access:** Tickets can be purchased at train stations or booked online in advance for convenience.





# LAOS AIRWAY TRANSPORT

**Domestic Routes:** Lao Airlines provides quick and convenient connections between key cities like Vientiane, Luang Prabang, Pakse, and Savannakhet..

**International Flights:** From Vientiane and Luang Prabang, travelers can fly directly to nearby countries such as Thailand, Vietnam, Cambodia, and China.

**Budget-Friendly:** Air travel within Laos is usually reasonably priced, making it a time-saving alternative to longer journeys by bus or train.





# VIETNAM



## *CONTACT US!*

**Head Office:** 3rd Floor, Building E, 98 To Ngoc Van St,  
Tay Ho Dist, Hanoi, Vietnam

**Tel:** +8490 638 88 47

**Email:** [info@ftripvietnam.com](mailto:info@ftripvietnam.com)

**Website:** <https://ftripvietnam.com/>