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WILDCHINA

South by Southeast: Yunnan & Laos with Georgia Freedman

Trip length:
9 days

Group size:
≤ **10**

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Spring

Best for: Food, Culture
Price from: USD \$6,280 / person

ABOUT THIS TRIP

Under the erudite guidance of Georgia Freedman, this journey through Southern China and Northern Laos explores the histories, migrations, and cultures of the various minorities that populate the region. Start in Jinghong and explore a local market before immersing yourself among the myriad of plant species in the tropical botanical garden. Head across the border into a minority village before washing off the road in Muang La's famous hot springs. Trek along a mountain trail into lush rainforests to sit down for lunch with local farmers. Visit the mysterious Pak Ou Caves on the Mekong River, home to thousands of Buddha statues. Rise early in Luang Prabang to partake in *tak bat*, the daily ritual of giving alms to monks, then explore the city's temples and art centers. Round off this incredible experience by learning to make typical Lao noodles before getting hands-on with clay as a master potter explains the history of Ban Chan village.

WHAT WE LOVE

- Watching master chefs create their favorite regional dishes
- Participating in a traditional Baci ceremony
- Trekking through rainforests to get to remote villages for lunch

ITINERARY

Day 1-2: Jinghong

Welcome dinner with Georgia | Local wet market | Explore ethnic minority villages | Jinghong Tropical Botanical Garden

Day 3: Jinghong – Muang La

Lanten minority village of Namdeng Nua | PraXack Kham Temple | Hot springs in Muang La

Day 4: Muang La

Pak Khai and Nan Pak River | Trek to Ban Phavie, a Khamu village

Day 5: Muang La – Nong Khiaw

Riverside town of Muang Khua | Cruise down Nam Ou River

Day 6-9: Luang Prabang

Pak Pu Caves | Baci ceremony | Early morning *tak bak* ritual | Laotian history tour | Make *kapoen* rice noodles | Picnic lunch overlooking Kuang Si Falls | Pottery-making at a local village

EXPERT GUIDE

Georgia Freedman is a writer and recipe developer from the United States. Her culinary and travel insights have been featured in the *Wall Street Journal*, *Afar*, *Martha Stewart Living*, and the award-winning food magazine *Saveur*, where she was previously the Managing Editor. She first became enamored with Yunnan's diverse minority groups and their unique culinary cultures while traveling the region in 2000 and has returned regularly ever since to continue her exploration of China's foodways. Freedman is the author of the recently published *Cooking South of the Clouds: Recipes and Stories from China's Yunnan Province* (Kyle Books, 2018).



DEPARTURES

Monday 23 – Tuesday 31, March 2020