

LAOS

ROCK VIEWPOINT



Interactive
Travel Guides

2026 UPDATE

Plus
The Rock
Half Day
Challenge



**Your Interactive
Travel Guide Specialist**

MEGAWORLD ASIA ROCK VIEWPOINT



[Megaworld Asia Facebook Link](#)

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This Interactive Travel Guide Promotes:

12GO ASIA

VERIFIED AFFILIATE

Your LAOS Travel Specialist

FOREWORD



Thanks for downloading this FREE interactive travel guide. You've made an excellent choice if you plan on **GETTING OFF THE BEATEN TRACK** in (add country). Before you delve into the content of this travel guide, please take a few minutes to read this foreword. It outlines how to make the best use of the information contained within.

First-hand experience: This travel guide has been put together using first-hand experience gained from traveling to, and exploring, all the locations presented within. The information and photos featured in my travel guides, have been collated over years of putting boots on the ground. There is no second-hand information, or information which is plagiarized from other travel sources, within this guide. Every cave, waterfall, river, viewpoint, jungle trail, temple site, guesthouse and restaurant presented, or promoted, I have been to and seen and/or experienced myself.

Getting off the beaten track: The primary focus of my travel guides is **ADVENTURE TRAVEL** (and activities) to locations which are non-mainstream tourist destinations. As an example, there is no information for mainstream tourist locations (except as transit hub's before heading off to a more remote location) listed in this travel guide. As such, the information in this guide is directed towards travelers (not tourists) who are keen for a bit of adventure - caving, climbing, jungle trekking, kayaking - in an off the beaten track location, of South East Asia. If these types of activities aren't to your liking, then this travel guide won't be much use to you. There's no information in here about the party towns in South East Asia.

Budget travel: Knowing the importance of making the most of your hard-earned currency, my travel links (**12GO ASIA**) and accommodation links (**AGODA**) are predominantly budget oriented. They provide a range of options for getting to a central hub, or base, from which you can make your daily explorations.

Independent sightseeing: Instead of going on group tours, I strongly promote the idea of renting your own vehicle (car or motorbike) and venturing out yourself. To help you get to the exact location, there's always a **GOOGLE MAPS** link to show the route from a hub (hotel or guesthouse) to the sightseeing attraction. If there's a local tour operator offering excellent adventure type tours, or activities, I'll provide links to their website. A good example of a great adventure tour operator is **GREEN DISCOVERY LAOS**, who offer excellent caving, kayaking and trekking tours throughout Laos.

The Table of Contents: This is page four of the travel guide and has a sequential list of sections, which you can go to directly by clicking on the **GREEN** numbered tab.

YouTube Links: These take you directly to my YouTube Vlog (**Megaworld Asia**) where you can see short, high quality travel videos of the numerous attractions listed in my travel guides. If you enjoy the videos, please hit the like button and don't forget to **SUBSCRIBE** to see my upcoming adventures.



Megaworld Asia Facebook Link

MEGAWORLD ASIA WEBSITE

Your next adventure is just one click away

Safe travels,

MEGA

ROCK VIEWPOINT

Table Of Contents

General Info = Getting There, Accommodation, Transport & Dining

Foreword.....	Page	3
Table of contents.....	Page	4
How to use this interactive travel guide.....	Page	5
The Rock Viewpoint: History & Activities.....	Page	6
The Rock Viewpoint: General Information.....	Page	7
The Rock Viewpoint: Ziplining Activities.....	Page	8
The Rock Viewpoint: The Nature Trail.....	Page	9
The Rock Viewpoint: Nang Long Cave Tour.....	Page	10
The Rock Viewpoint: Pong Cave Tour.....	Page	11
The Rock Viewpoint: Photos.....	Page	12



Your Next Adventure Is Just One Click Away

How To Use This Interactive Travel Guide

The Table Of Contents: To effortlessly move from the TOC to the page you want to view, simply click on the **page number**: 

YouTube Links: These will take you to a short highlights video, of the sightseeing attraction, in the section you're looking at:



Other Links: These take you to ancillary services such as recommended restaurants, or car and motorbike rental agencies, in the location you're traveling to:

ANCILLARY SERVICES

Travel Links: This takes you to **12GO ASIA**, an excellent travel group which provides a range of options for getting around the region:



The Table Of Contents: To move back to the TOC, click on the **yellow arrows**, at the bottom of each Page: 

Google Maps Links: These provide a route from a designated location (e.g., a hotel) to a particular sightseeing attraction:



Information Links: These links take you to information sites, such as Wikipedia or Wiki-voyage, to provide more in-depth info on a particular subject or location:



Accommodation Links: This takes you to the Agoda website to check accommodation availability and make bookings:



It's Time To Get Off The Beaten Track



THE ROCK VIEWPOINT: HISTORY & ACTIVITIES

About: The Rock Viewpoint is an adventure activity base on Hwy # 8 (the top of the loop) owned and operated by GREEN DISCOVERY LAOS. Click the link below for the location of the Rock Viewpoint:



History: A lot has happened at the Rock Viewpoint since it first opened in December 2019. The COVID era may have slowed things down for a while but the development, since its humble beginnings. The primary adventure activity is still the zipline circuit. However, the original five line circuit has now been extended to fifteen and includes a climbing section, a cave traverse, a canopy walk, and an abseil/repel. For those up for the challenge, there's also a ninety meter abseil into a vertical cave. Additionally, there's also couple of excellent adventure cave tours available.

Laos Dry Season: For anyone considering hiking or caving activities in Laos, the best months are probably December, January, and February. These three months are notable for cooler, dryer conditions, with no rainfall. The hiking tracks are dry underfoot and the streams and rivers are at much lower levels than the rainy season months.



The Rock Zip-lining

Caving activities: These are safe to undertake due to internal surfaces being dry and free from mud. At this time of the year, morning temperatures - around sunrise - can often get down to less than 20 Deg C. If you're doing an overnight hike - camping out - don't forget to pack a warm jacket. In central Laos, thick fog often lingers around the karst peaks until 8.00 am. In elevated areas, such as the Rock Viewpoint Adventure Base, the northerly winds which blow from China can rather chilly once the sun goes down.



The view across the limestone forest

THE ROCK VIEWPOINT: GENERAL INFORMATION

Getting There: If you don't have your own transportation (motorbike or car) getting there, from Vientiane, can be a bit of a mission. There are local buses which run from the VIENTIANE SOUTHERN BUS TERMINAL. However, be warned, don't expect any degree of comfort if you choose this option of getting to the Rock Viewpoint.

A Long Ride: The bus services which run to KONG LOR CAVE, or LAK XAO, can drop you at the Rock but, being a local bus service, there's no air-conditioning and there can be up to fifty stops en-route - picking up and dropping off passengers and goods. The price for a one way ticket is 360k Laotian Kip (LAK). If you book through an agent in town, they will provide transportation from your hotel to the southern bus terminal. **Note:** To get back to Vientiane, you can use the same service in reverse or (do as I did) have the manager at the Rock arrange a private taxi ride (in a 4 x 4 vehicle) for three million Laotian Kip (approximately 135 USD).

The Rock Lodge: For those who want to stay a bit longer (overnight or an extended stay) the ROCK LODGE has some unique accommodation. The Capsules are twin bunk, air-conditioned accommodation which seem to be a good fit for the forested location.



Khop Chai Deu Cafe

Prices: Capsules without showers and toilets are priced at US 40 a night (note: there's a communal shower and toilet block for these capsules). Capsules with inbuilt showers and toilets are US 50 per night.

Khop Chai Deu Cafe: For those who just want to chill out and watch the sunset, with a cold Beer Lao, the restaurant/cafe has a fantastic viewing platform providing a magnificent panorama across the limestone forest. The restaurant also has an excellent menu and great coffees.



The Capsule Accommodation

ZIPLINING ACTIVITIES

Activities: The primary activities at the Rock are the zipline circuits through the karst terrain. These continue operate without any issues during the rainy season. Albeit, in the afternoons, once the sun comes out. During the dry season, there's more activities available IE., Caving and trekking.

The Zipline circuits: There are three zipline circuits on offer. Note: The price includes a short training session (and briefing) prior to getting underway.

- **Basic Circuit**
- **The Half Day Challenge**
- **The Full Day Challenge**

The Basic Circuit: For most loopers the basic five zipline circuit is still the popular choice, due to price and time considerations. This circuit has a low degree of difficulty and can be completed in 2 - 3 hours. The price is US 30 per person.

This circuit includes:

- Five ziplines (90 - 250 meter spans)
- A spider net bridge crossing (62 meter span)
- A suspended bridge crossing (80 meter span)

The Rock Half day Challenge: This circuit has a moderate degree of difficulty and can be completed in four to five hours. The price is US 120 per person (solo) or 60 US per person, for two people.



The Half Day Circuit

This circuit includes:

- Twelve ziplines (90 - 480 meter spans)
- A spider net bridge crossing (62 meter span)
- Suspended bridge crossings (60 - 80 meter spans) x 2
- A Via Ferrata climb to a high point giving a 360 degree view
- A V-shaped rope bridge crossing (10 meters)
- A 600 meter jungle hike

Click the following link for a highlights video of the Half Day Challenge:



Two of the bridges on the circuit

ZIPLINING ACTIVITIES

The Rock Full Day Challenge: The ultimate zip-lining and adventure experience is the Rock Full Day Challenge. The price for the full day challenge is US 150 per person (solo) or 75 US person, for two people. This circuit has a higher degree of difficulty and can be completed in eight hours.

This circuit includes:

- Fifteen zip-lines (90 - 480 meter spans).
- A spider net bridge crossing (62 meter span).
- A Via Ferrata climb to a high point giving a 360 degree view.
- Forrest canopy walks (total = 2130 meters).
- A 30 meter abseil down a cliff
- A 100 meter cave penetration
- A suspended bridge crossing (80 meter span)
- A V-shaped rope bridge crossing (10 meters)

All in all, this is an excellent adventure challenge and a great workout, as it involves a substantial amount of climbing and trekking.

The Nature Trail: For those looking for something a bit more sedate than the zip-line circuits, a 650 meter nature trail has been installed. The trail is constructed of steel and timber and is configured in a loop which takes you down into the karst terrain, via a series of stairways and boardwalks.



The nature trail

Ideal time: The best time for doing the nature trail is late in the afternoon (16:30 - 17:00). This is when there's a higher probability for a sighting of the Langurs (Monkeys) which live in the area. The price for the nature trail is 50,000 Laotian Kip per person. **Note:** This walk is unguided and can be completed, at a leisurely pace, in one hour.



A Langur's Habitat

CAVING TOURS: NANGLONG CAVE

Caving activities: As of March 2025 there are two dedicated caving activities at the Rock Viewpoint. THAM PONG CAVE, which is within walking distance of the office, is a thrilling adventure which features a 90 meter drop (abseiling) into a vertical cave. NANGLONG CAVE, located a few kilometers from the office, is a more conventional cave tour which features a short abseil and substantial amount of swimming.

Nanglong Cave: This tour starts with a thirty minute hike through farmland and forests before a short ascent to the cave entrance. Because the cave is contracted to Green Discovery, there are locked gates at each end to ensure no unsupervised adventurers cannot enter. From the entry gate, a stairway takes you down to a series of net bridges, which span a void. All sightseers are required to be clipped on to a span wire, with a double lanyard, when crossing the net bridges. Once off the net bridges, you unclip and enter the upper section of the cave.

Abseiling: After approximately thirty minutes hiking through the upper section of the cave, you'll arrive at the abseiling point. This is 20 meter vertical drop to the river. The Green Discovery guides will set everything up for you, and provide instruction, to ensure you have a safe abseil experience.



The Swim Section

Swimming: Once you're at the bottom, the fun part begins. The distance to the exit point is approximately one km and getting there involves a good deal of swimming through the water filled cave rooms. The final 100 meters is a climb through a dry section to the exit point. The tour will take approximately three hours to complete, and the price is US 90 per person. **Click the link below to see a highlights video of the Nanglong Cave Tour:**



A twenty meter abseil

CAVING TOURS: PONG CAVE

ABOUT: This is advertised as a canyoning activity but it's actually a free fall abseil into a 90 meter deep, vertical cave. It definitely is a thrill, but the price isn't cheap. If you're doing it solo, as I did, the 120 USD price tag pays for the two trained guides which must accompany you. The cave is located behind, and downhill, from the Rock Lodge. Getting to the jump off platform involves a scramble down a steep slope, and then a short climb down a set of steel rungs, embedded into a vertical rock face. During this climb down you are required to be clipped on with double lanyards, attached to your harness, at all times. The jump off platform is built of steel and protrudes out from the rock face, and over the center of the drop.

Making the drop: The Green Discovery Guides are fully trained, and experienced, for this activity and set up the drop ropes with the utmost safety in mind. One of the guides will descend first. Once at the bottom, it was my turn. The abseil was set up with a brake rope, attached to my harness, so that I could control the speed of the descent at all times. Once I got the hang of it I was able to keep just the right amount of tension on the brake rope and do a slow, continuous slide to the bottom of the cave. It was an exhilarating experience and well worth the 120 USD price tag.



Leaving the platform

Ascending: To come out, the Green Discovery Team have made it easy. They've installed an electric winch on the platform which hauls you back up effortlessly in around five minutes. This is a half day activity which can be completed in 3 - 4 hours. **Note:** If there's two customers paying, the price is only 60 USD per person. **Click on the following link to see a highlights video of the Pong Cave Adventure:**



The drop

THE ROCK VIEWPOINT PHOTOS



Khop Chai Deu



Coffee time



Limestone forest



Nature trail



Sunset over the rock

MEGAWORLD ASIA

Off The Beaten Track Travel & Adventure

With
Bonus
Locations

- CAMBODIA
- INDONESIA
- LAOS
- MALAYSIA
- MYANMAR
- SINGAPORE
- THAILAND
- VIETNAM

For use with
Mobile Phones
and Tablets

With Interactive Links To Google Maps, YouTube Videos
& Additional Information

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