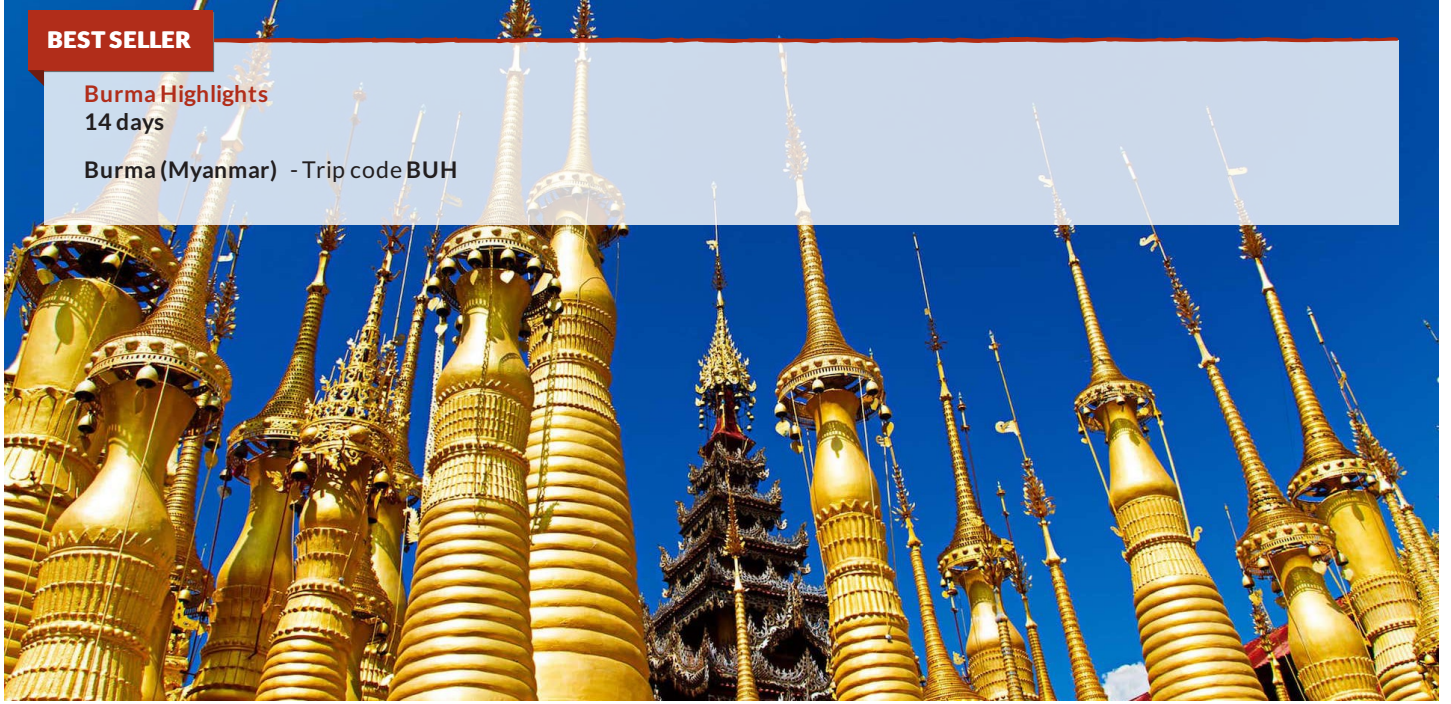


EXPLORE!

BEST SELLER

Burma Highlights
14 days

Burma (Myanmar) - Trip code BUH



Burma Highlights

Half-hidden from the world for decades, Burma (Myanmar) is an exciting and adventurous destination. On this journey we admire the gold-encrusted Shwedagon Pagoda in Rangoon and cruise past floating gardens and stilt villages on Inle Lake, as well as exploring the vast temple plains of Bagan. We take a boat on the Irrawaddy River and visit the fabled city of Mandalay, from where we walk over the iconic U-Bein teak bridge in nearby Amarapura. We also explore the Shan Highlands, discovering the old British hill station of Kalaw. Sadly, recent events surrounding the Rohingya minority have seen Burma thrust into the international spotlight again. The areas of unrest are concentrated within the north of Rakhine state, far away from any location our itineraries visit. We actively monitor the situation on the ground and closely follow the advice of the Foreign and Commonwealth Office (FCO). We also remain acutely aware of our ethical responsibility; and in order to ensure that the local communities benefit the most from our trips, we use a privately-owned Burmese local ground agent for all of our local services. Our itineraries have been carefully planned to limit the use of services owned by, or affiliated with, the government. This ensures that the Burmese people benefit as much as possible from our tours. We strongly believe that we contribute positively to the local economy, whilst providing our customers with the privilege of direct and genuine interaction with the local people, as well as an insight into the country's unique culture and heritage.

Trip highlights

- ★ **Rangoon (Yangon)** - British colonial heritage and the golden Shwedagon Pagoda
- ★ **Inle Lake** - Floating gardens, stilted villages and leg-rowing fishermen
- ★ **Shan State Highlands** - Walk in the countryside around the former British hill station of Kalaw
- ★ **Mandalay** - Cruise on Irrawaddy River and visit nearby U-Bein Bridge
- ★ **Bagan** - Vast plain studded with thousands of ancient temples

ACCOMMODATION GRADE:

Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

TRIP PACE:

Moderate

Moderate pace tours are ideal if you want a holiday which combines exciting activities and experiences with plenty of time to relax and unwind. Typically you'll be active and busy for part of the day but then also have time to rest and recharge your batteries.

GROUP SIZE:

10 - 16

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Join tour Rangoon (Yangon)

Arrive in Rangoon and check-in to our hotel. The rest of your day is free to relax after your flight. Alternatively, you may choose to venture out into Burma's largest city. Although replaced by Naypyitaw as the capital in 2006, it remains the industrial and commercial centre of the country.



Accommodation: Panda Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 2 - Discover the sights of Rangoon; fly to Inle Lake

This morning's sightseeing takes us by foot and vehicle to Rangoon's major sights, starting with the magnificent Shwedagon Pagoda - the most revered temple in the country, which all Burmese Buddhists hope to visit at least once in their lifetime. Containing the relics of the past four Buddhas, its shimmering, 100 metre-high central stupa spire is covered in gold leaf and 4,531 diamonds, well and truly dominating the city skyline. We continue to the downtown area to walk along Pansodan Street, where we will see some impressive British colonial architecture and pass by street markets. Indeed, years of Burmese isolation have resulted in Rangoon preserving the largest number of colonial buildings in Southeast Asia. Our next stop is the Chaukhtatgyi Paya. Home to a giant 70 metre-long reclining Buddha, its serene features are topped by a crown encrusted in diamonds and other precious stones. This afternoon, we take a short flight to Heho, from where we drive to the idyllic setting of Inle Lake. Our base is in the nearby town of Nyaung Shwe for the next couple of days.



Accommodation: Hupin Nyaung Schwe Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 3 - Full day to explore Inle Lake by longtail boat

Inle Lake enjoys a picturesque, high-altitude setting on the Shan Plateau, surrounded by hills and home to the Intha people, as well as some Shan, Taungyo, Pa-o and Danu ethnicities. Local communities are devout Buddhists that live in simple houses of wood and woven bamboo, raised above the water on stilts. They are mostly fishermen, skilled artisans and self-sufficient farmers, whose vegetables are grown on floating gardens made of grass and seaweed. The local fishermen are known for practicing a distinctive rowing style which involves standing at the stern of their boat on one leg and wrapping the other leg around the oar. We spend time amongst these village communities and visit their cottage industry workshops, admiring their talents for silk and cotton weaving, as well as paper and silver production. We are also likely to visit a local market over the course of the day.



Accommodation: Hupin Nyaung Schwe Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 4 - At Inle Lake; boat to visit Shwe Indein pagoda complex

This morning's boat trip takes us up a small creek in the western part of the lake to Indein village. Here, we visit a complex of about 1,000 stupas of varying sizes built between the 17th and 18th centuries. We can enjoy wandering around these overgrown ruins before returning to the hotel in the afternoon, the rest of the day is free. You may choose an optional excursion to visit one of Burma's first wineries, or you may choose to sample a traditional massage in town.



Accommodation: Hupin Nyaung Schwe Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 5 - Train and drive to hill station of Kalaw

This morning we will enjoy a colourful train journey sitting among the locals to the town of Aung Ban. Although scheduled to take two hours, a relaxed timetable and frequent delays sometimes result in the journey taking longer, but this is all part of the experience and the stunning scenery that we journey through more than makes up for it. Next we drive to Kalaw, which sits high on the western edge of the Shan Plateau and became a popular hill station in British colonial times for the escapism it provided from the searing summer heat. Nowadays, having maintained a sense of quaintness reminiscent of the colonial era, it serves as an ideal base for hilltribe treks. The rest of our day is free to explore the town or simply enjoy the peace and tranquillity of the area.



Accommodation: Dream Villa (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 6 - Walk in Shan Highlands; free afternoon in Kalaw

Today we can look forward to a gentle four-hour trek through the Kalaw tribal heartlands. Starting in the village of Say Wingabar, we ascend through pine forest to Lu Pyi village. Our trail passes through rural countryside and provides us with views of the valley - a picturesque patchwork of rice and vegetable fields. We might see tribal villagers working on their farms, or en route to the market with their produce. At the end of our walk we make a stop at Myinmathi Cave to see its many Buddha images and small stupas. After a lunch stop, we have a short transfer back to the hotel where we can relax for the rest of the day. For those who would prefer not to take part in the trek, there is the option to relax at the hotel for the day.



Accommodation: Dream Villa (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast & Lunch

DAY 7 - Drive to Mandalay

Leaving the Shan mountain scenery behind us, we embark on an interesting land journey to Mandalay, making our own version of Kipling's famous journey to the gateway to the north. The condition of the road can be poor in places, so we expect the 160 mile journey to take about 9 hours in total. We will make short stops where we can along the way. Mandalay was the last royal capital of the Burmese kingdom and is considered to be Burma's most historical and culturally-rich region. We spend time discovering its rich and beautiful heritage, much of which is represented in intricate and skilled local arts and crafts.



Accommodation: Victoria Palace Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 8 - Explore Mandalay; boat trip to Mingun village

We begin day by exploring Mandalay. Today we view the world's largest book at Kuthodaw Pagoda, where the entire Buddhist scripture sits on 729 marble slabs. Our next stop is the magnificent Shwenandaw Monastery, originally a 19th century royal palace and famed for its teak carvings of Buddhist myths which adorn its walls and roofs. Mahamuni Paya is the city's holiest temple where we can witness the local people paying their respects by applying gold leaf to an ancient Buddha image. We also plan to make stops at craft shops to watch skilled workers making gold leaf, ornate tapestries and intricate wood carvings. After lunch, we take a short and pleasant boat journey upriver to Mingun - the site of what would have been the world's largest pagoda, had King Bodawpaya not died, thus halting all further work in 1819. What remains is the giant core of a brick pagoda, dramatically split by an earthquake

in 1838 and towering 50 metres above the Irrawaddy (Ayeyarwady) River. The original plans would have created a structure three times this height. A nearby shrine houses the 90-tonne bell that was cast to be hung in the finished pagoda, now considered to be the world's largest uncracked bell. As the sun sets over the surrounding hills, we make the seven mile journey back down the river. On our return to Mandalay we have the opportunity to walk through the evening fish market, a lively hub of activity located close to the jetty and a fascinating place to visit.



Accommodation: Victoria Palace Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast & Lunch

DAY 9 - From Mandalay, visit Inwa and U-Bein Bridge

After a leisurely start this morning we drive four miles southwest of Mandalay, we visit the ancient capital of Inwa (Ava), which had the longest stint of any royal capital between the 15th and 19th centuries. Our visit is conducted by horse-drawn cart along bumpy dirt roads. We plan to stop-off at the yellow stucco monastery of Manu Ok Kaung and Bagaya Kyaung Monastery, famous for its enormous teakwood foundation pillars. The Leaning Tower of Inwa is our final stop. As its name suggests, its precarious angle was the result of a 19th century earthquake. After lunch in a local restaurant (not included), we head to Amarapura. Just seven miles south of Mandalay, this was Burma's penultimate royal capital from 1783 to 1863. We plan to walk through the serene confines of the expansive Mahagandayon Monastery complex, perhaps catching a glimpse of monks going about their evening rituals. We end the day at the 1.3 km-long teakwood footbridge of U Bein. Here we join the locals on their evening promenade across the lake as the sun begins to sink in the sky.



Accommodation: Victoria Palace Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 10 - By boat along the Irrawaddy River to ancient Bagan

Tours taking place from October to April plan to take the express boat service from Mandalay Port to Bagan. Although requiring an early start, we can look forward to a relaxed, full day's cruise down the fabled and mighty Irrawaddy River, observing the sights and sounds of river life. From May to September, and sometimes during April, water levels are too low for this boat trip, requiring us to fly to Bagan. If travelling by boat we arrive in Bagan in the early evening, we can look forward to a couple of days exploring this awe-inspiring site. As the stand-out highlight of the tour for a lot of our customers, many report that their photos do not do justice to Bagan's magnificence and scale. Without doubt one of the world's premier archaeological wonders, its vast plain is studded with literally thousands of 1,000 year-old temples and stupas. From the 9th to 13th centuries, Bagan was the capital of the Kingdom of Pagan - a precursor of modern Burma. During its height of success between the 11th and 13th centuries, over 10,000 buildings were constructed here, of which over 2,200 still remain. Its sheer magnitude can be realised when you consider that there are more temples, stupas and pagodas on this Manhattan Island-sized plain than there are medieval cathedrals in Europe.



Accommodation: Arthawka Hotel (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast & Lunch

DAY 11 - Explore the 1000 year old temples of Bagan

Before visiting the temples today, we stop in Phya Saw village to gain an insight into the traditional ways of life that have changed little over the centuries. We are likely to engage with the local people as they go about their daily business - cotton weaving by hand, grinding peanut oil with oxen and caring for various village animals. Moving on to the temples of Bagan, with so many to choose from, we plan to visit some of the most iconic and distinctive. These include Shwezigon - a prototype of later Burmese stupas; Wetkyi-in-Gubyaukgyi - a 13th century cave temple with some interesting frescoes and Ananda Pagoda - one of the finest, largest and best preserved in Old Bagan. We are also likely to visit Ananda ok Kyaung - a former monastery with spectacular 18th century wall paintings. In the late afternoon, a horse drawn carriage will take us through the temple complex to help us to gain a greater appreciation of the scale of the site. As we travel on and on, amongst a seemingly infinite number of temples and stupas, it is easy to understand why Bagan is known as 'The City of Four Million Pagodas.' We hope to finish our day with a memorable sunset view from an upper terrace of one of the temples.



Accommodation: Arthawka Hotel (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast & Lunch

DAY 12 - In Bagan; optional visit to Mount Popa

A tremendous panoramic view of the temple-studded plain provides a great photo opportunity to kick-start our day before we continue with our visits to the most interesting sites. This will include Manuha Temple - built by King Manuha to represent his displeasure of captivity; Nanpaya - Bagan's first cave-style shrine and Gubaukgyi Temple - an early period temple with well-preserved paintings. The afternoon is free. You can choose to take an optional bike ride around the ruins, a sunset cruise, or simply explore more of the temples in your own time. Alternatively, you can take an optional trip to Mount Popa, about 30 miles from Bagan. At a height of 1,518 metres, Mt Popa juts impressively out of the tropical landscape. It is the famous home of the Nats (Spirit Gods) and, as such, Burmese superstition recommends that you don't wear red, black or green on your visit, for fear of offending the Nats. If you choose to climb the 777 steps to the stunning gold-tipped monastery perched on top of the mount, you will be rewarded with panoramic views. This trip also includes a visit to one of many toddy farmers to witness how toddy palm juice and sugar is produced.



Accommodation: Arthawka Hotel (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

DAY 13 - Fly to Rangoon; free afternoon

Leaving the temples and pagodas of Bagan behind us, this morning we make our way back to Rangoon by plane. The rest of the day

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is left free for us to explore more of this sprawling city. You may like to visit the immense Bogyoke Market, formerly known as Scott's Market, for souvenir or gift hunting, although please note that it is closed on Mondays, full moons and public holidays. You may also wish to experience the serene surroundings of Shwedagon Pagoda one last time.



Accommodation: Panda Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 14 - Tour ends Rangoon

Our tour ends after breakfast.



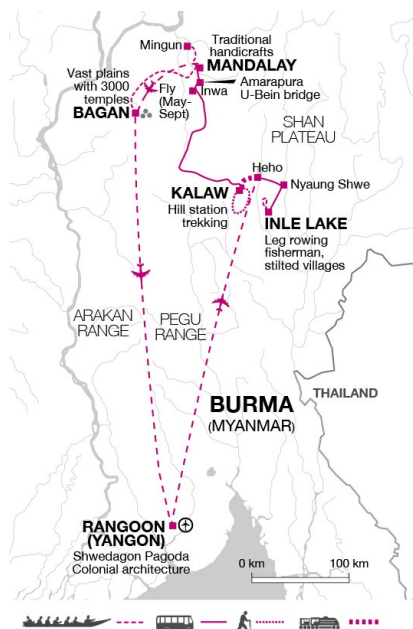
Meals Provided: Breakfast

Tourism in Burma

Sadly, recent events surrounding the Rohingya minority have seen Burma thrust into the international spotlight again. The areas of unrest are concentrated in the north of Rakhine state, far away from any location our itineraries visit. We actively monitor the situation on the ground and closely follow the advice of the Foreign and Commonwealth Office (FCO). We also remain acutely aware of our ethical responsibility; and in order to ensure that the local communities benefit the most from our trips, we use a privately-owned Burmese local ground agent for all of our local services. Our itineraries have been carefully planned to limit the use of services owned by, or affiliated with, the government. This ensures that the Burmese people benefit as much as possible from our tours. We strongly believe that we contribute positively to the local economy, whilst providing our customers with the privilege of direct and genuine interaction with the local people, as well as an insight into the country's unique culture and heritage.

Why book this trip

Our best selling tour is guided by our expert and award-winning local leaders. This holiday focusses on the main highlights of this fascinating country for travellers interested in history and culture. Most days are full with some early starts; however, you will have some free afternoons with options to explore further. Not only will you visit places with evocative names and discover iconic sights, you will also have opportunity to meet some of the friendliest people in the South East Asia region.



What's included?



Included meals

Breakfast: 13
Lunch: 4



Transport

Bus
Boat
Ferry
Flight
Train



Trip staff

Explore Tour Leader
Boat Crew
Driver(s)
Local Guide(s)



Accommodation

13 nights standard hotel

Trip information

Country information

Holidays to Burma (Myanmar)

Climate

Burma is a tropical country and has three seasons. Temperature and rainfall varies across the country; Rangoon, Bagan and coastal areas tend to have higher temperatures and rainfall. Cool season = October to February with average temperatures from 18-24C; at higher altitudes (Inle Lake, Kalaw) the temperature is slightly cooler and temperatures can drop down to about zero at night. Hot season = March to mid-May 25-38C; particularly hot in Bagan and Rangoon. Rainy (Southwest Monsoon) = mid-May to September 23-33C; practically all of the country's rain falls in this period.

Time difference to GMT

+6

Plugs

3 Pin Flat

Religion

Theravada Buddhism, Hinduism

Language

Burmese

Budgeting and packing

Optional activities

Bagan - Sunrise visit to Temples from US\$ 8; Mount Popa Excursion approximately US\$ 42 (based on 3-4 participants); Traditional Massage US\$ 10; Rangoon - Scott Market and sunset visit to Shwedagon Pagoda US\$ 4 transfer plus US\$ 5 entrance fees Inle Lake - Traditional massage US\$ 8 Mandalay - Traditional dance performance US\$ 12

Clothing

You will need loose fitting, comfortable clothes for hot, humid conditions. Sunhat, sunglasses, long trousers and long sleeved shirt essential for protection from the sun. Warm weather clothing is suitable for Rangoon, Mandalay and Bagan. The Shan highlands, Inle Lake and Kalaw are cooler and in the winter season and temperatures may reach near zero at night, with the mornings often remaining cold. Please dress respectfully when visiting temples and religious sites, covering your torso, shoulders and legs to below the knee and easily removable footwear for convenience as you can only enter sacred sites barefoot. In general, as Burma is a traditional, conservative and largely Buddhist culture we recommend you do not wear revealing clothing.

Footwear

Lightweight walking/hiking boots with good ankle support, trainers and/or sandals for travelling.

Luggage

20kg

Luggage: On tour

One main piece of baggage and daypack. Remember you are expected to carry your own luggage so don't overload yourself.

Equipment

Mobile phones: Mobile coverage in Burma is improving but be aware that your mobile may not work. It is possible to buy a local SIM card for around \$4 in order to make/receive international calls, as long as your phone is un-locked. SMS messaging may not be possible. WiFi is available in most hotels. Torch/Batteries/Bulb: A small torch is recommended for travel in Burma. Street lighting in both cities and rural areas can be very poor so a torch is useful to help light your way while out at night. Additionally power cuts can occur from time to time, particularly in rural areas. Remember to bring some spare batteries. Cycling Helmets: If you wish to take part in the optional bike ride we advise that you bring your own helmet with you. Helmets are not available locally.

Tipping

Explore leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

Local crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour. Accordingly you should allow approximately US\$ 40 for this purpose.

Local fees

Cameras and video-cameras are permitted in Burma for which some sites charge a small fee. Restrictions on photography include military facilities and any structure considered strategic (including bridges and train stations though this last may be loosely enforced).

Country Information

Holidays to Burma (Myanmar)

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price

£3

Dinner price

£5

Beer price

£1.8

Water price

£0.7

Foreign Exchange

Local currency

Kyat.

Recommended Currency For Exchange

Carry all your funds in U.S. Dollars cash, larger denominations tend to get better exchange rate. NB - PLEASE ONLY BRING NEW U.S. DOLLAR BILLS (BIG HEADS INSTEAD OF SMALL) AND THEY SHOULD BE NEW AND IN A PRISTINE STATE. ANY OLD, TORN OR MARKED NOTES WILL NOT BE ACCEPTED. U.S. Dollar bills with the series CB will not be accepted for exchange.

Where To Exchange

The official rate is far different from the market rate, we recommend you consult your tour leader for advice regarding the best place to exchange. The exchange booth at airport offers a very poor rate so we recommend you wait until getting into town (taxis accept dollars if agreed beforehand).

ATM Availability

ATMs are becoming more widely available and some hotels may have them, including the Panda Hotel in Yangon. You are more likely to find them in the larger cities, but they are now starting to appear in some of the smaller towns and villages. Please be aware that they are prone to occasional breakdowns so you would be wise to top up your cash before it runs out completely.

Credit Card Acceptance

Credit cards are becoming more widely accepted but you should not rely on them. The places where you are most likely to be able to use them are in the cities of Yangon and Mandalay and there may be a charge.

Travellers Cheques

Not accepted.

Transport, Accommodation & Meals

Transport Information

Bus, Boat, Ferry, Flight, Train

Essential information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Essential Information

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa Information

Burma: An e-visa is required to enter Burma and must be arranged prior to travel through the following website: <http://evisa.moip.gov.mm/>. Visas are valid for 90 days from issue and allow a 28-day, single-entry visit.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

Booking conditions

Before booking your Explore trip, please ensure that you read both our [Essential Information](#) and [Booking Conditions](#).

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Holidays to Burma (Myanmar)

Vaccinations

Nothing compulsory, but we recommend protection against malaria, tetanus, typhoid, hepatitis A plus Polio and diphtheria. Consult your travel clinic for latest advice on different prophylaxis available against malaria. Following the advice given by the Government's Foreign and Commonwealth Office, we strongly recommend the wearing long sleeved shirts and the liberal application of insect repellent as a precautionary measure to avoid being bitten by mosquitoes. These precautions should be taken at all times as the mosquitoes are also active during daylight hours. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed before departure.