

EXPLORE!

Book with confidence



Burma in Depth + Ngapali Beach Extension

BURMA (MYANMAR) - TRIP CODE BUIB

DISCOVERY

Why book this trip?

This in-depth trip around Burma (Myanmar) takes us to fascinating sights beyond the classic highlights. We also spend longer in each place to really soak up the culture, sample tasty Burmese food and spend time with locals.

- **Bagan** - Watch the sun dip into the vast temple-studded plains of ancient Bagan
- **Kyaikhtiyo** - Climb the mystical Mount Kyaikhtiyo to see the pagoda precariously balanced on a golden rock
- **Myeik** - Explore local markets and visit a shipyard for the chance to witness traditional shipbuilding methods.



INCLUDED MEALS
Breakfast: 23



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



TRANSPORT
Bus
Boat
Flight
Train



ACCOMMODATION
23 nights
comfortable hotel



TRIP PACE:
Moderate



GROUP SIZE:
10 - 16

Itinerary

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

DAY 1 - Join tour Yangon (Rangoon)

Although not the capital, Yangon is the cultural and commercial heart of Myanmar. Colonial architecture faces onto the bustling streets, which are often filled with markets and tasty pop-up street food stands. Interspersed within all of this are the glittering golden pagodas which pepper the city's skyline.

For those arriving on time our Leader plans to meet you in the hotel reception at 5pm for the welcome meeting and for those that wish, there is the chance to go out for dinner. There are no other activities planned today, so you are free to arrive in Yangon at any time. If you would like to receive a complimentary airport transfer today, you'll need to arrive into Yangon International Airport (RGN), which is 30 minutes from our hotel. Should you miss the welcome meeting, your Leader will inform you of any essential information as soon as you catch up the next morning, after breakfast.

If your flight arrives earlier in the day, you might choose to visit the lively downtown area of Yangon. Here you will find an abundance of colonial buildings, which can be taken in from the circular train ride of Yangon. Perhaps even, finish with High Tea at the historic Strand Hotel.



ACCOMMODATION:
Pacific Hotel (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

DAY 2 - Morning walking tour of Rangoon. Visit Shwedagon Pagoda for sunset

Today we take a walking tour of Rangoon. Starting with a stroll along the banks of Kandawgyi Lake in the centre of the city we continue on to Botataung Pagoda. This pagoda is unique in that it is hollow - as we walk through we can see many ancient relics and artefacts displayed in glass cases. Later on we walk along Pansodan Street through downtown Rangoon, taking in the rich colonial architecture and bustling street markets. In the afternoon we make our way to the Chaukhtatgyi Paya, home to a giant 70 metre long reclining Buddha. The highlight of the day, though, is a visit to the magnificent Shwedagon Pagoda, the most revered Buddhist temple in Burma, whose golden stupa dominates the city skyline making it the ideal spot from which to watch the sunset.



ACCOMMODATION:
Pacific Hotel (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 3 - Fly to Bagan to take in the vast stupa-filled plains

We take an early morning flight to Bagan. Without doubt one of the most impressive religious sites anywhere in Asia, Bagan is an ancient city dating from the 9th to the 13th centuries with thousands of temples, stupas and monasteries covering an area of 140 square kilometres. A half-day tour of some of its most distinctive pagodas include visits to the Shwezigon Pagoda, the 13th century frescoes and cave temple of Wetkyi-in-Gubyaukgyi and the Ananda Pagoda, one of the best preserved monuments in the entire city. Late in the day we watch the sunset from a panoramic viewpoint on one of the upper terraces overlooking the temple site.



ACCOMMODATION:
Thazin Garden Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 4 - Continued exploration of Bagan, with the option to visit Mount Popa

After breakfast we continue our exploration of Bagan with visits to the Sulamani Temple of King Narapatisithu and the finely crafted brickwork of the Dhammayangyi Temple, the largest shrine on the site. This afternoon has then been left free to enjoy as you wish. There is a chance to take an optional trip out to Mount Popa, Burma's sacred abode of the Nats (spirit gods). A volcanic plug that rises some 1,500 metres above the surrounding landscape, the summit provides some fine panoramic views of the surrounding hills. The journey also travels via a local farm producing traditional toddy palm juice.



ACCOMMODATION:
Thazin Garden Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 5 - Irrawady River Cruise to Pakkou and drive to Monywa

This morning we enjoy a two to three hour boat ride along the Irrawaddy River to Pakkou, a bustling

tobacco trading centre. From here we continue by road for about 3 hours to Monywa in the Chindwin Valley. This afternoon offers us the chance to visit the colourful Thanbuddhay Pagoda (home to more than 500,000 images of Buddha) and the Hiaungdawmu Buddha, the second largest reclining Buddha in Burma.



ACCOMMODATION:

Win Unity Resort Hotel - Monywa (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 6 - Morning visit to Po Win Daung Caves. Afternoon drive to Mandalay

Crossing the Chindwin River this morning we visit the cave chambers of Po Win Daung and Shwe Ba Daung. A system of nearly 500 sandstone caves that honeycomb the Po Win Hills, these extraordinary caverns contain around 450,000 paintings, statues and carvings, representing what many experts believe to be the most comprehensive collection of Buddhist art anywhere in South East Asia. After our visit we continue by road to Mandalay, Burma's last royal capital and, for many, the centre of its most historic and culturally rich region. En route we hope to (depending on the season) stop in Monywee Kayemon village to visit a blacksmith and a local cottage industry where they make slippers.



ACCOMMODATION:

Victoria Palace Hotel (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE





SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 7 - Explore the ancient Kingdoms of Inwa and Amarapura

A short distance to the south of Mandalay lies Inwa (Ava). Here we take a horse cart ride around the old city (which can be a little bumpy), visiting the monasteries of Manu Ok Kaung and Bagaya Kyaung and the 'Leaning Tower of Inwa'. In the afternoon we head on to the former royal capital of Amarapura, perhaps best known for the 19th century, 1.2 kilometre giant teak footbridge of U Bein that spans Lake Taungthaman. We also visit some local cotton and silk weavers, before driving back to Mandalay.



ACCOMMODATION:
Victoria Palace Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 8 - Cruise out to Mingun village. Take in the sunset up Mandalay Hill

This morning we take a short cruise to Mingun village and the ruins of the unfinished Mingun Pahtodawgyi (pagoda) which, had it been completed, would have been the world's largest pagoda. Begun by King Bodawpaya in 1790, the pagoda work on the monument ceased with the king's death in 1890. Nearby we also visit the giant 90 tonnes bronze Mingun Bell - considered to be the largest uncracked bell on the planet. Returning to Mandalay we then spend this afternoon exploring some of the city's major highlights, including the world's largest book at the Kuthodaw Pagoda and the intricate wooden majesty of the Shwenanda (Golden Palace) Monastery. We also plan to include visits to craft shops where you can observe traditional and skilled gold-leaf making, tapestry making and wood carving as well as the fascinating jade market. If time allows we then head up Mandalay Hill for sunset and views across the river and over the city.



ACCOMMODATION:
Victoria Palace Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 9 - Fly to Heho and then drive to Kalaw via the caves of Pindaya

This morning we fly to Heho. From here we drive through villages and endless fields of dry cultivated mountain rice and potato. We make a stop at Pindaya noted for its extensive limestone caves filled with nearly 8,000 Buddha images of different sizes and made of various materials. Nearby we have the opportunity to visit a local family to see how they make paper umbrellas from the bark of a mulberry tree. In the afternoon we continue on to Kalaw. Set in the edge of the Shan Plateau this charming Colonial town was popular with the British during their time in Burma. The remainder of the day is free for you to Explore Kalaw.



ACCOMMODATION:
Dream Villa (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 10 - Walk through the villages of the 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)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 11 - Discover the hill town of Kalaw before driving onto Inle Lake

This morning sees an opportunity to explore this engaging hill town, whose attractions include the gold lacquered bamboo Buddha of Nee Paya and the Catholic church of Christ the King. We then continue on by road for two hours to the beautiful setting of Lake Inle, high up on the Shan Plateau. Surrounded by hills and populated predominantly by the Intha people, Lake Inle is one of the highest lakes in the country. Devout Buddhists, the local population of self-sufficient farmers and fishermen live in simple stilted houses of wood and bamboo, growing their food on floating gardens of grass and seaweed. We plan to make a tour of some of the local villages by boat and pay a visit to the famous monastery of Nga Phae. Time permitting we will make a short visit to Leshae Village where you can see the making of Buddha images from dried flower powder.



ACCOMMODATION:
Immana Grand Inle Hotel (or similar)



Grade: Comfortable Hotel





SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 12 - Explore the villages and cottage industries of Inle Lake by longtail boat

Our boat takes us to the western part of the lake this morning, to a local Indein village, where we visit a hilltop complex of 1,000 stupas (places of worship). From up here we can enjoy some great views across the lake and on to the valley beyond. Continuing by boat on to the villages of Nanpan and Innpawkhone, we also get a chance later in the day to see some traditional boat making and silk weaving, and hopefully some local fishermen practicing their uniquely distinctive rowing technique.



ACCOMMODATION:

Immana Grand Inle Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 13 - Fly to Rangoon and drive to the Golden Rock via the ancient town of Bago

We take a morning flight to Rangoon. Leaving Rangoon behind we drive to the town of Bago. Founded in 573AD, it is home to a number of sacred shrines and pagodas, including the Shwemawdaw Paya (the Golden God Temple) the tallest pagoda in the country. We visit the pagoda, as well as the Shwethalyaung Reclining Buddha (the second largest in the world) and the Kyaik Pun Pagoda. In the afternoon we continue our drive to the foot of Mount Kyaikhtiyo, or Kin Pun 'base camp'. Upon arrival we continue in an open truck up a steep 11 kilometre track to the top. From here we walk for approximately 20 minutes to the mystical and highly revered Mount Kyaikhtiyo Pagoda in time for sunset. Also known as Golden Rock, this pagoda is a large boulder precariously balanced on the edge of a cliff near the top of the mountain, supposedly held in place by a hair of the Buddha.



ACCOMMODATION:

Mountain Top Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 14 - Travel overland to Mawlamyine, explore hidden caves on foot and by canoe

If our hotel is at the top of mountain we have a chance to view the sunrise before continuing on our way to Mawlamyine via the town of Tathon, where we will stop for lunch. If road conditions allow, we travel by way of Kawtgoon Cave, which has many intricate Buddha images carved into the walls, before proceeding on to Mawlamyine. The former capital of British Burma, Mawlamyine today is the capital of Mon State and the gateway to Burma's little visited south-eastern region. In the early evening we make visit to the 9th century Kyaikthanlan Phayar (Pagoda), the highest structure in the city, to enjoy the sunset.



ACCOMMODATION:
Attran Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 15 - Exploring Mawlamyine, the old colonial capital

After breakfast we take the bridge across to Bilu Gyun (Ogre Island) to visit some of the local communities that lie along the Thanlwin River. After a chance to explore some of the villages and watch traditional craftsmen at work, we head back to Mawlamyine for an afternoon tour of the city. The afternoon is left free perhaps to visit the 100-year old monastery of Seindon Minbaya Kyaung or a walk along the Strand Road to take in every day scenes.



ACCOMMODATION:
Attran Hotel (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 16 - Scenic drive to Dawei, visiting the Burmese end of the Death Railway en route

Today will be a long but rewarding day, with a total driving time of approximately eight hours on roads which will be bumpy and unsurfaced on occasion. We will stop at Thanbyuzayet Station, known to be the western terminus of the infamous Death Railway that was built to connect British Burma with Siam during the Second World War. Much of the railway on the Burmese side of the border has now been reclaimed by jungle, but the Thanbyuzayet terminus remains, with a well-kept Allied War Memorial containing the grave stones of 3512 POW's that tragically died during its construction.

We continue south, with our road winding its way through the lush forested Southern Plateau, which acts as a natural divide between Tanintharyi State and Mon State. Stopping in the town of Ye for lunch, we try some traditional Burmese dishes at a local restaurant. After lunch, we continue our drive onto the small town of Dawei.



ACCOMMODATION:
Golden Guest Hotel (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 17 - Discover the small town of Dawei on foot

Previously known as Tavoy under colonial rule, Dawei was one of the first cities settled by the British after the first of three Anglo-Burmese wars, and as a result the town is rich in history and colonial architecture. We set off on foot to explore the downtown area where most of the grand old buildings

stand, resplendent in their fading elegance. We then continue on to the busy market where locals complete their daily shop, purchasing fresh fruit, vegetables, and locally caught fish. It is a town that receives very few tourists, so we are likely to find ourselves as a local tourist attraction! The remainder of the afternoon is free to spend at leisure, soaking up the unique atmosphere of this historic town.



ACCOMMODATION:
Golden Guest Hotel (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 18 - Drive to Myeik and explore the Southern-most frontier of Burma

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We set off this morning for a full day's drive to Myeik, a journey of approximately 7-8 hours. The condition of the roads in the south is fairly inconsistent, so we will ensure the journey is punctuated with plenty of comfort breaks.

Known as 'Beik' by its locals, Myeik is located in the far south of the country, on a small peninsular that juts out into the Andaman Sea. The charming town is dotted with gleaming pagodas, Buddhist temples and beautiful wooden houses from its historic days of being a significant fishing port. Myeik is also famous for the Burmese pearls harvested by the Moken people, otherwise known as the Sea Gypsies that inhabit some of the islands that lie off the coast of Myeik. Here we learn about the harvesting of bird nests to make bird nest soup, considered a delicacy in many parts of China and believed to have wonderful health benefits. The swiftlets make their nests in empty buildings, and in some buildings loudspeakers, or tweeters as they are commonly known, have been installed to try and entice the birds in to build their nests. We also plan to visit a working boatyard, where fishing vessels are brought in for repair, and new teak vessels are built. There is no modern equipment used, all of the repairs are done by hand using traditional methods passed down from generation to generation. This evening we set off to Thain Taw Gyi Lan, an area that is full of beautiful old monasteries where we hope to encounter local Buddhist monks collecting alms. Our day's end is atop Phayargyi Pagoda for sunset, where we can enjoy vast panoramic views of the surrounding islands as the sun dips into the Andaman Sea.



ACCOMMODATION:
Eain Taw Phyu Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 19 - Optional day trip to the islands of the Mergui Archipelago

Today has been left free, with the option to take a boat trip out to the stunningly beautiful Mergui Archipelago, an area almost entirely undiscovered by tourism. The Archipelago consists of some 800, mostly uninhabited islands nestled within the warm waters of the Andaman Sea. Of the few communities that are found in the area, most are Moken people, more commonly known as Sea Gypsies. They are a sea-faring people that spend large portions of their lives out at sea, fishing with spears rather than nets.

We spend the day navigating the warm waters, stopping off for opportunities to snorkel the colourful reefs. Masks, snorkels and flippers will be provided on the boat. A picnic lunch will be taken on one of the deserted white sand beaches, where there will also be some time to relax before heading back towards the mainland. It's highly likely that we'll see fisherman docked off of the various coastlines, both the Moken and Burmese squid fisherman frequent these rich waters. The squid fisherman are easily recognisable by their huge bulb-laden outriggers, and they will often congregate together, waiting until nightfall. When the sun goes down the bulbs all burst into life, bringing a plethora of inquisitive squid up to the surface and into their nets.



ACCOMMODATION:
Eain Taw Phyu Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE





MEALS PROVIDED: BREAKFAST

DAY 20 - Fly to Rangoon and onto Thandwe, transfer to Ngapali Beach

Today we fly back to Rangoon before taking a connecting flight to Thandwe. Please be aware that the beach extension is unescorted. At the airport in Thandwe you will be met and driven to the hotel where you spend the next three nights. The rest of the day is then free.



ACCOMMODATION:
Amata Resort and Spa (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 21 - At Ngapali; free time to relax on the beach

Today is left free to relax on Ngapali beach. There are various optional excursions, such as boat trips or snorkelling, which can be arranged and paid for locally. The nearby fishing village also offers an interesting insight into local life.



ACCOMMODATION:
Amata Resort and Spa (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 22 - Ngapali beach at leisure

There is more free time today to try optional excursions, explore the local area or simply relax on the beach.



ACCOMMODATION:
Amata Resort and Spa (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 23 - Fly back to Yangon

You leave the beach behind and make your way back to Rangoon by plane. The rest of the day is left free for further sightseeing in the sprawling city. You may like to visit the immense Bogyoke Market, formerly known as Scott's Market, for souvenir or gift hunting (closed on Mondays, full moons and public holidays).



ACCOMMODATION:
Panda Hotel (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 24 - Tour ends Yangon

The trip ends after breakfast at our hotel in Yangon.

There are no activities planned today, so you are free to depart from Yangon at any time. If your flight is departing later in the day luggage storage facilities are available at our hotel. If you would like to receive a complimentary airport transfer today, you need to depart from Yangon International Airport (RGN), which is 30 minutes from our hotel.



MEALS PROVIDED: BREAKFAST

Trip information

Climate and country information

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 | Plugs | Religion | Language |
|------------------------|------------|------------------------------|----------|
| +6 | 3 Pin Flat | Theravada Buddhism, Hinduism | Burmese |

Budgeting and packing

Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Rangoon - Scott Market and sunset visit to Shwedagon Pagoda US\$4 transfer plus US\$ 10 entrance fees
Bagan - Visit to Mt Popa US\$ 50 inc guide (Please be aware that this price may vary based on the number of people who choose to take up the visit)
Inle Lake - Traditional massage US\$ 8
Mandalay - Moustache Brothers Alternative Comedy show US\$ 12; Traditional dance performance US\$ 12
Myeik - Day trip to Mergui islands by private speedboat - US\$ 80 (based on a minimum of 4 participants)

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, a daypack and an overnight bag for your visit to Golden Rock. Remember you are expected to carry your own luggage so don't overload yourself.

Equipment

Mobile phones: Your mobile will not work in Burma. It is possible to buy a local SIM card for US\$ 20 in order to make/receive international calls, as long as your phone is un-locked. SMS messaging is not possible. WiFi is available in most hotels.

We advise taking a water bottle for day to day use.

Tipping

Explore leader

Tipping isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. You may

however, want to recognise a leader that's done a great job or really added to your trip by giving them a tip. We're often asked about the recommended amount. It's a tricky one, and down to personal preference, but we'd recommend between £15 to £20 per person per week as a guideline.

Local crew

Although entirely voluntary, tipping is a recognised 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. Accordingly please allow US\$ 60 for tipping. 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.

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 | Dinner price | Beer price | Water price |
|--------------------|---------------------|-------------------|--------------------|
| £3 | £5 | £1.8 | £0.7 |

Foreign Exchange

Local currency

Kyat.

Recommended Currency For Exchange

US Dollars often get the best exchange rate (try to bring newer dollar bills, in larger denominations and in good condition) but GBP is widely accepted.

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.

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, Flight, Train

Essential Information

Government Travel Safety 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, Commonwealth & Development 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.

Price Guarantee

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 and Passport 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 be able to apply 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.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

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 receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

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, Polar, 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. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. 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.

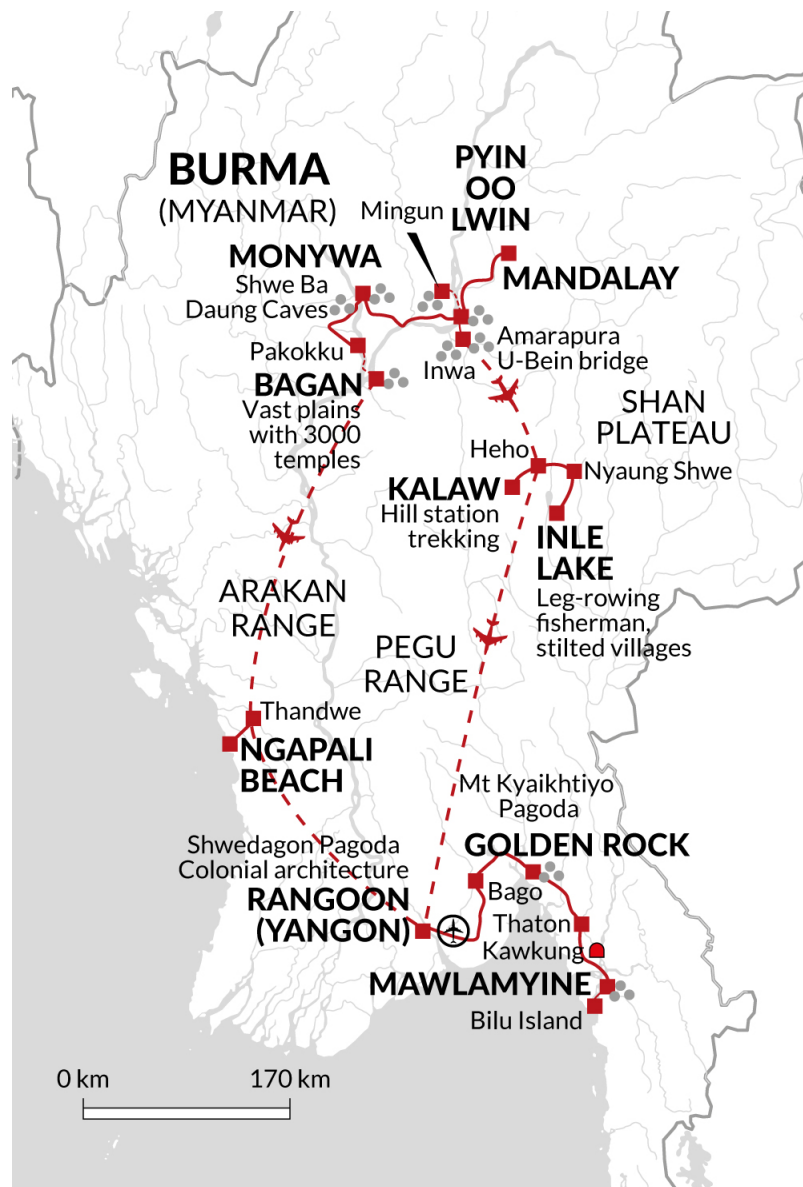
On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

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. Please check the latest requirements with your travel clinic or doctor prior to departure. 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 Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

Additional Information



Why book this trip

This three week adventure is perfect for travellers with more time to spare and who want to really get under the skin of the destination. The tour features all the main sights of our Burma Highlights (BUH) holiday, but also takes you deeper into less visited areas such as Mawlamyine in the south east and Pyin Oo Lwin in the north. You will have the chance to discover caves in Monywa and to walk up to the iconic Golden Rock as well as discover Burma's classic sights.

Reviews



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