

# EXPLORE!



**BEST SELLER**

## Burma in Depth

BURMA (MYANMAR) - TRIP CODE BUI  
DISCOVERY

DAYS	DEPOSIT FROM	PRICE FROM	FLIGHTS INCLUSIVE
<b>21</b>	<b>£323</b>	<b>£3230</b>	

## Why book this trip?

This adventurous trip around Burma (Myanmar) takes us to fascinating sights beyond the classic highlights. We travel deep into the Mon State to Ogre Island and join local pilgrims as they admire the sunset from the sacred Golden Rock at Mount Kyaikhtiyo. We marvel at the grandeur of Bagan, discover colonial Pyin Oo Lwin and witness the fascinating world of Inle Lake.



**INCLUDED MEALS**  
Breakfast: 20  
Lunch: 1



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



**TRANSPORT**  
Bus  
Boat  
Flight  
Train



**ACCOMMODATION**  
20 nights standard  
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 Rangoon (Yangon)

Arrive in Rangoon and check-in at the hotel. The rest of the day is free. You may wish to venture out and take in your first impressions of the city.



**ACCOMMODATION:**  
Panda Hotel (or similar)

**Grade: Standard Hotel**



**SINGLE ROOM AVAILABLE**



**MEALS PROVIDED: NONE**

### DAY 2 - Sightseeing in Rangoon

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:  
Panda Hotel (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 3 - Drive to Golden Rock via Bago

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: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 4 - Drive to Mawlamyine

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: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 5 - Morning ferry to Bilu Island; Free afternoon

After breakfast we take a ferry 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: Standard Hotel



SINGLE ROOM AVAILABLE







MEALS PROVIDED: BREAKFAST

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### DAY 6 - Drive back to Rangoon

Today we spend the day returning to Rangoon by road stopping off along the way for photo opportunities, including a visit to the Allied War Memorial Cemetery in Taukkyan which commemorates over 30,000 British Commonwealth soldiers who died in Burma during World War II. There are over 6000 beautifully well-kept graves in all (along with 52 graves of WWI soldiers). Furthermore 27,000 names of fallen soldiers with no known graves are engraved on the Rangoon Memorial, an imposing and sombre memorial pillar.



ACCOMMODATION:  
Panda Hotel (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 7 - Fly to Bagan; Half day sightseeing

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:  
Hotel Umbra Bagan (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 8 - Half day sightseeing in Bagan; Optional visit to Mt 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:  
Hotel Umbra Bagan (or similar)



**Grade: Standard Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 9 - Irrawaddy Cruise to Pakkou; Afternoon 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: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 10 - 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 plan to 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: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 11 - Visit to 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: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 12 - Irrawaddy River cruise to Mingun; Afternoon sightseeing in Mandalay

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: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 13 - Visit Tey Yar Zay Market, then drive to Pyin Oo Lwin (Maymyo)

After breakfast we take a short walk from our hotel to Tey Yar Zay market. This is a local market selling



fresh produce and street food and we will have time to explore the stalls and perhaps sample a few treats before driving to Kyaukse. In Kyaukse we visit the Tamote Shwegugyi Temple, estimated to have been built in the 11th century the one-storey temple was well hidden until fairly recently. The masonry work and carvings depicting mythical creatures are similar to those found in Bagan. We continue driving north to the former British Hillstation of Pyin Oo Lwin in the Shan Hills. Formerly known as Maymyo, after Colonel May of the 5th Bengal Infantry, it was the perfect retreat to escape the heat of Mandalay.



ACCOMMODATION:  
Royal Park View Hotel (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

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### DAY 14 - Explore the hillstation of Pyin Oo Lwin

We explore this Colonial town to see the Purcell Tower, a clock tower that was a gift from Queen Victoria; the morning vegetable market; the 100 year old Church of the Immaculate Conception and the National Kandawgyi Botanical Gardens, built by Turkish prisoners of war during WWI. We also stop at Naung Kan Gyi Paya, a hilltop pagoda, from where we can enjoy panoramic views of town.



ACCOMMODATION:  
Royal Park View Hotel (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 15 - Free day in Pyin Oo Lwin; optional walk in surrounding countryside

Today is a free day with the option for a day walk amongst the surrounding countryside. The walk takes us through the patchwork of rolling hills found in this area, and past rural villages inhabited by the Danu and Shan ethnic groups. The highlight of this walk is enjoying a hearty and home-cooked lunch in the house of one of the villages, offering an insight into the daily lives of these remote communities. The walk will take approximately 4-5 hours in duration and is graded moderate, with no steep ascents or descents but rolling terrain.

As an alternative to the walk it is possible to hire bicycles to further explore the town and its immediate surroundings, or you could simply choose to relax and soak up this town's sleepy atmosphere.

Later in the afternoon we will leave Pyin Oo Lwin and make the short drive of around 2 hours back to Mandalay.



ACCOMMODATION:  
Victoria Palace Hotel (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 16 - Fly to Heho; drive to Kalaw via 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:  
Green Haven Hotel (or similar)



Grade: Standard Hotel





SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 17 - 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:

Green Haven Hotel (or similar)



**Grade: Standard Hotel**



SINGLE ROOM AVAILABLE



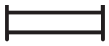
MEALS PROVIDED: BREAKFAST

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### **DAY 18 - Sightseeing in Kalaw; drive to Lake Inle**

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:  
Hupin Nyaung Schwe Hotel (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 19 - Sightseeing in Lake Inle

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:  
Hupin Nyaung Schwe Hotel (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 20 - Fly to Rangoon; Free afternoon

We take a morning flight to Rangoon. The remainder of the day is free for further sightseeing. You may like to visit the immense Bogyoke Market, formerly known as Scott's Market, to search for some last minute souvenirs (closed on Mondays, full moons and public holidays).



ACCOMMODATION:  
Panda Hotel (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 21 - Tour ends Rangoon

Tour ends after breakfast.



MEALS PROVIDED: BREAKFAST

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## Trip information

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### 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

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### 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  
Pyin Oo Lwin - Horse and carriage hire approx. US\$ 11-14 per carriage (half day)  
Pyin Oo Lwin - Half day walk US\$ 40 per person (minimum 2 people)

## **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.

## **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 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

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.

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## **Transport, Accommodation & Meals**

### **Transport Information**

Bus, Boat, Flight, Train

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## **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.

### **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 consider applying through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://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 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, 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.

 <p><b>AWARD WINNING EXPLORE LEADERS</b></p>	 <p><b>PRICE GUARANTEE PROMISE</b></p>	 <p><b>AIRPORT TRANSFERS</b></p>
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