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Sorry! There are no remaining departures for "Myanmar: Hilltribes & Sunrises" (ATTB), [but here are some similar trips](#).



Myanmar: Hilltribes & Sunrises

14 days, Chiang Mai to Bangkok

Trip code ATTB

What's included

- Your G for Good Moment: Meal at Sanon Restaurant and Culinary Training School, Bagan
- Your Welcome Moment: Meet Your CEO and Group
- Your First Night Out Moment: Connect With New Friends
- Your Big Night Out Moment: Celebrate New Adventures, Yangon
- Full-day trekking excursion (Kengtung)
- Sunrise temple tour (Bagan)
- Orientation walk in Yangon
- Internal flights
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing September 11th, 2019 and onwards

Itinerary



NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

Chiang Mai

Arrive at any time and welcome to the ancient city of Chiang Mai in the mountains of northern Thailand.

After the welcome dinner, venture into the crowds of the buzzing night bazaar for your first night out with your fellow travellers and CEO. Wander through the stalls indulging in local delicacies and souvenirs. Grab a nightcap at a riverside bar and cheers to new adventures and friends!



Today's Activities

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

ACTIVITY

Connect with new friends on your first night out in a new destination. Only available on 18-to-Thirtysomethings tours.

Day 2

Chiang Mai/Kengtung

Cross the border into Myanmar (Burma) before heading to Kengtung, a remote inland town nestled by lush hilly country. This evening, watch the sun set on Naung Tung Lake and have a relaxing night to conserve energy for your hike tomorrow.



Today's Activities

Private Vehicle

Chiang Mai - Mae Sai

4h

Settle in and scan the scenery from the convenience of a private vehicle.

Border Crossing (Thailand - Myanmar/Burma)

Mae Sai - Tachileik

Ready for a little more ink in your passport? Grab your bags and get ready to check another country off your bucket list.

Private Vehicle

Tachileik - Kengtung

3h30m

155km

Settle in and scan the scenery from the convenience of a private vehicle.

Day 3

Kengtung

Find peace among the rice paddies and rolling hills on an included trek to meet hilltribe communities in the countryside. Savour a taste of Shan khao swè, a traditional Burmese rice noodle dish that's full of local flavour.



Meals included

Breakfast | Lunch



Today's Activities

Hilltribe Trekking

Kengtung

Drive approximately 1 hr north of Kengtung, passing through Shan villages and rice fields. Visit the Pin Tauk area with Lahu, Akha, and Ann villages. Trek for 3 hrs along hills and beautiful countryside to reach hilltribe villages of two different tribes. Learn about local customs, traditional dress, and daily life in this rural area. Time allowing, we will also visit a Shan village with a rice distillery.

Day 4

Kengtung/Inle Lake

During your free morning, grab a bite at Kyaing Tong Market. This lively market is host to colourful local produce and delicious food stalls. Later this afternoon, fly to Inle, a serene lake dotted with temples and floating villages.



Meals included

Breakfast



Today's Activities

Free Time

Kengtung

Discover more of Kengtung with a free morning.

Plane

Kengtung - Heho

2h30m

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Private Vehicle

Heho - Inle Lake

1h

30km

Settle in and scan the scenery from the convenience of a private vehicle.



Optional Activities - Day 4

Kyaing Tong Market Visit

Kengtung

Explore the Kyaing Tong Market, a lively place to take in the local atmosphere. As you stroll around, peruse the "Akha" shop, where the Akha women buy decorations for their headdresses, the pottery shops, and check out the local blacksmith.

Day 5

Inle Lake

Stretch out your legs a bit – it's another day on Inle Lake. Choose between taking a bike around the lake or up to the local winery, taking a cooking class, or touring the lake by boat to take a closer look at the floating villages and gardens.



Meals included

Breakfast



Today's Activities

Free Time

Inle Lake

Get out and explore the area—there are options aplenty.



Optional Activities - Day 5

Biking

Inle Lake

Hop on a rented bike and enjoy the ride!

Cooking Class

Inle Lake

Learn how to make local specialties in this cooking class and remember what you've learned -- you can use your new-found skills to impress your friends and family back home.

Boat Tour

Inle Lake

Jump in a boat and enjoy the ride on Inle Lake and its floating villages. Get a taste of the way of life in this unique location.

Cheroot Factory Visit

Inle Lake

Learn about how these typical Burmese cigars are rolled by hand at a factory where they're produced.

Phaung Daw Oo Pagoda Visit

Inle Lake

Visit the Phaung Daw Oo Pagoda monastery. While open to everyone, only men are allowed to place a gold leaf on the images. Look through the shops selling traditional Shan and Myanma items.

Morning Market Visit

Inle Lake

Explore this daily market, which attracts people from the lake's shore who gather to buy and sell their wares. Keep an eye out for Pa-Oh, Inthar, and Shan people in their traditional outfits. Wander amid the stalls where your guide will explain what the local produce and goods for sale are.

Nga Phe Chaung Monastery Visit

Inle Lake

This beautiful monastery houses dozens of amazing Shan Buddha images.

Take your time to unwind with your final day on Inle Lake. Admire the pagodas and monasteries or lay back and watch the fishermen with their unique techniques. Later, hop on an overnight bus and wake up in the temple town of Bagan, a UNESCO World Heritage Site.



Today's Activities

Free Time

Inle Lake

Get out and explore the area—there are options aplenty.

Overnight Bus

Inle Lake - Bagan

9h

320km

Curl up and catch a snooze en route to the next stop.



Optional Activities - Day 6

Cheroot Factory Visit

Inle Lake

Learn about how these typical Burmese cigars are rolled by hand at a factory where they're produced.

Nga Phe Chaung Monastery Visit

Inle Lake

This beautiful monastery houses dozens of amazing Shan Buddha images.

Phaung Daw Oo Pagoda Visit

Inle Lake

Visit the Phaung Daw Oo Pagoda monastery. While open to everyone, only men are allowed to place a gold leaf on the images. Look through the shops selling traditional Shan and Myanmar items.

Day 7

Bagan

Start your day with some serenity during a tour of the mesmerizing Sunrise Temple. See the ancient site's ornate pagodas brighten up with the glow of the sun for that envy-worthy Insta shot. The rest of the day is yours to enjoy as you wish.



Meals included

Breakfast



Today's Activities

Free Time

Bagan

Head out and discover all this area has to offer.

Sunrise Temple Tour

Visit the ancient site of Bagan for a beautiful sunrise viewing. Along with Angkor in Cambodia, this is the most important temple and pagoda complex in Asia.

Day 8

Bagan

If you're an early bird not afraid of heights, opt to watch the sunrise from an unforgettable hot-air balloon flight over the temples and plains of Bagan (only available Oct-Mar). Or choose to spend the day exploring nearby villages and ruins. Go a little farther out by renting a bike, or e-bike, to see the more distant sites.

If you're visiting between October to March and have always dreamed about floating in a hot air balloon, pre-booking the "Balloons Over Bagan" activity to include this exciting experience on your tour.



Meals included

Breakfast



Today's Activities

Free Time

Bagan

Enjoy a free day and continue your exploration of this gorgeous area or take some time to relax.



Optional Activities - Day 8

Guided Bagan Cycling Tour

Bagan

3h-4h

25km

Enjoy a cycle tour around stunning Bagan. Visit the colourful Nyaung Oo Market and the golden stupa of Shwezigon Pagoda to get an introduction to Bagan's rich history. Explore Wetkyi-In Gubyaukgyi, a cave temple with exquisite jataka mural paintings, and the elegant Htilominlo Temple, noted for its fine plaster carvings and glazed sandstone decorations.

Nyaung Oo Marketplace

Bagan

Visit the colorful Nyaung Oo Market where, each day, the locals come to buy and sell fresh produce and other goods. It provides a window into everyday life in Bagan.

Ballooning in Bagan (Oct - Mar)

Bagan

Wake up early and enjoy light refreshments before your hot air balloon launch. Take to the air with a skilled pilot and experience the beauty of early morning Bagan. Drift over villages, temples, and serene

landscapes as the sun rises in the sky. After landing, toast the unforgettable journey with a glass of champagne.

Please note that passengers must weigh less than 125kg (280 lb) to participate.

Bagan Temple Pass

Bagan

Enjoy a guided tour of beautiful Bagan. Visit the colourful Nyaung Oo Market and the golden stupa of Shwezigon Pagoda for an introduction to Bagan's rich history. Explore Wetkyi-In Gubyaukgyi, a cave temple with exquisite jataka mural paintings, and the elegant Htilominlo Temple, noted for its fine plaster carvings and glazed sandstone decorations.

Day 9

Bagan/Mandalay

Begin your final day in Bagan with an included breakfast at Sanon, a G Adventures-supported restaurant and culinary school. Afterward, travel to Mandalay - a cultural capital on the Irrawaddy River. The day is yours: you can climb Mandalay Hill, visit the Golden Monastery, or end the day by watching the sunset at U Bein Bridge.



Meals included

Breakfast



Today's Activities

ACTIVITY

Sit down with your group and dig into breakfast at Sanon. This restaurant helps underprivileged youth develop culinary skills and practice their English, increasing the opportunities available to them in the tourism industry.

Private Vehicle

Bagan - Mandalay

5h-6h

270km

Settle in and scan the scenery from the convenience of a private vehicle.

Free Time

Mandalay

Enjoy some free time to explore.



Optional Activities - Day 9

Shwenandaw Kyaung (Golden Palace Monastery) Visit

Mandalay

Enjoy your visit to this stunning monastery, known as the "Golden Monastery," that was originally part of the royal palace at Amarapura. Admire its delicate wood carvings of Buddhist myths. The monastery is a fantastic example of traditional Myanmar architecture.

Mandalay Hill Climb

Mandalay Hill - Mandalay

Enjoy the climb up this 240m (790 ft) hill known for the plethora of pagodas and monasteries sitting atop it. Enjoy the view you've earned on the steep hike. Of course, if you prefer to save your energy, feel free to take the elevator to the top.

Day 10

Mandalay/Yangon

Your last free day in Mandalay is full of options. Check out Mandalay's ancient temples, the nearby royal capital of Amarapura, or the world's longest teak bridge. Visit the nearby market for local eats and enjoy your accommodation's rooftop restaurant for those unforgettable city views. This evening, board an overnight bus and head south to Yangon.



Meals included

Breakfast



Today's Activities

Free Time

Mandalay

Do as much or as little as you'd like on your final day in Mandalay.

Overnight Bus

Mandalay - Yangon

9h

590km

Curl up and catch a snooze en route to the next stop.



Optional Activities - Day 10

U Bein Bridge Walk

Amarapura

Enjoy a walk on the U Bein Bridge, which is a 1km bridge in believed to be the oldest and longest teak bridge in the world. This bridge is still an important connection for the local people and is busiest during July and August when the lake is most full.

Built from reclaimed wood from a royal palace, there are 1,086 pillars rising from the water, though, not all are original.

Shwenandaw Kyaung (Golden Palace Monastery) Visit

Mandalay

Enjoy your visit to this stunning monastery, known as the "Golden Monastery," that was originally part of the royal palace at Amarapura. Admire its delicate wood carvings of Buddhist myths. The monastery is a fantastic example of traditional Myanmar architecture.

Amarapura Visit

Amarapura

Explore Amarapura, the former capital whose name means "city of immortality." Visit a silk-weaving workshop and then visit Mahagandayon monastery, where over 1,000 monks reside. Enjoy the magnificent view from U Bein Bridge, which is over 200 years old and made of teak.

Kyauk Taw Gyi Pagoda Visit

Mandalay Hill - Mandalay

View the massive marble Buddha at this beautiful pagoda. The marble is from Sagyin quarry and took 10,000 men almost two weeks to transfer from the riverside to its current location.

Kuthodaw Pagoda Visit

Mandalay Hill - Mandalay

Visit this stunning pagoda with its gold and white buildings in a traditional Myanmar style. Kuthodaw Pagoda is a Buddhist stupa that claims the honour of housing the world's largest book. A spiritually significant place for followers of Theravada Buddhism, this site will be fascinating to all visitors regardless of religion.

Mandalay Hill Climb

Mandalay Hill - Mandalay

Enjoy the climb up this 240m (790 ft) hill known for the plethora of pagodas and monasteries sitting atop it. Enjoy the view you've earned on the steep hike. Of course, if you prefer to save your energy, feel free to take the elevator to the top.

Mahamuni Pagoda (Buddha Temple) Visit

Mandalay

Visit the 100-year-old legendary Arakan Buddha, which stands at 3.5m (11.5 ft) tall. Made of bronze and covered in gold leaf, this gorgeous Buddha is a major pilgrimage site. Gaze up at the stunning statue and learn more about the significance of this temple.

Get to know Yangon, Myanmar's largest city, on an orientation walk. Spend the rest of the day exploring. Choose to visit the incredible, gold-plated Shwedagon Pagoda for the perfect photo op or have a picnic on Kandawgyi Lake. Tonight, immerse yourself in the nightlife and enjoy a drink on us to celebrate all the life-changing adventures you've just shared with newfound friends.



Today's Activities

Orientation With CEO

30m-1h

Enjoy a brief walk with your CEO. He/she will give you some tips on finding things like supermarkets, main squares, and ATMs. For more specific or in-depth information, an official guided tour is recommended.

ACTIVITY

Settle in to the best street bar to take in the fast-paced city nightlife and people watch. Enjoy a drink on us and toast to all the life-changing adventures you've just shared with newfound friends. If you're feeling wild, head out into the bumping night and dance to your heart's content.



Optional Activities - Day 11

Shwedagon Pagoda Visit

Yangon

Enjoy your visit to this gorgeous pagoda, which is believed to be 2,500 years old. The central stupa, glittering in the soft morning light, is surrounded by dozens of intricately decorated buildings and statues and is considered to be the symbol of Yangon.

Day 12

Yangon

Continue exploring the country's former capital on this free day or lounge around with delicious local delicacies recovering from last night's festivities. Head to the temple with an intricate reclining Buddha statue or feed the catfish at Yangon Lake. The day is yours!



Meals included

Breakfast



Today's Activities

Free Time

Yangon

Get out and explore Yangon.



Optional Activities - Day 12

Shwedagon Pagoda Visit

Yangon

Enjoy your visit to this gorgeous pagoda, which is believed to be 2,500 years old. The central stupa, glittering in the soft morning light, is surrounded by dozens of intricately decorated buildings and statues and is considered to be the symbol of Yangon.

Day 13

Yangon/Bangkok

Fly to Thailand and land in the booming capital - Bangkok! Take in this massive metropolis and wander through the ornate temples and towering buildings. Make the most of your last evening with fellow travellers and be sure to end this amazing journey with a bang(kok)!



Meals included

Breakfast



Today's Activities

Plane

Yangon - Bangkok

4h-5h

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Day 14

Bangkok

Today is departure day, but do not fret! There is no such thing as goodbye, only until next time. Be sure to sneak in some last-minute photos and exchange social medias before heading on your way. Depart at any time.

What's included

- Your G for Good Moment: Meal at Sanon Restaurant and Culinary Training School, Bagan
- Your Welcome Moment: Meet Your CEO and Group
- Your First Night Out Moment: Connect With New Friends
- Your Big Night Out Moment: Celebrate New Adventures, Yangon
- Full-day trekking excursion (Kengtung)
- Sunrise temple tour (Bagan)
- Orientation walk in Yangon
- Internal flights

- All transport between destinations and to/ from included activities

What are the main highlights of this trip?

Experience the ancient ruins of Bagan, trek amongst rice paddies and hilltribes, stroll Mandalay's temples, relax at Inle Lake.

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Experience the ancient ruins of Bagan, trek amongst rice paddies and hilltribes, stroll Mandalay's temples, relax at Inle Lake.

Is there a disclaimer I should read before booking this trip?

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VERY IMPORTANT: Please ensure that you view a final copy of your Trip Details a couple of days prior to travel, in case there have been changes that affect your plans.

Is there an itinerary Disclaimer?

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

What important notes should I be aware of before the trip?

1. LUGGAGE

There are some very long travel days on public buses.

As we frequently get on and off sometimes crowded local transport please note backpacks are much more suitable than suitcases for this style of trip. Also note that in some major cities in Vietnam, many hotel rooms do not have windows.

2. COMBO TRIP

Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour.

4. SEASONAL ITINERARY (MAY - SEPTEMBER)

Please note that for departures between May to September, the following seasonal itinerary applies. While the order of destinations visited from Days 4-10 will change, all inclusions stay the same. The flight from Kengtung to Inle Lake operates seasonally, so we will be rerouting during this period.

Day 1: Chiang Mai

Arrive at any time.

Day 2: Chiang Mai/Kengtung

Cross the border into Myanmar (Burma), then travel inland to the ethnically diverse town of Kengtung.

Day 3: Kengtung

Enjoy an included trek through rice paddies along a countryside dotted by various hilltribes. Try Shan khao swè, a noodle soup and regional staple—it's delicious.

Day 4: Kengtung/Mandalay

Opt to soak up the lively atmosphere of Kyaing Tong Market with a free morning. This afternoon, travel in style with a quick flight to Mandalay, the last royal capital of Myanmar and home to the sprawling Mandalay Palace.

Day 5: Mandalay

Enjoy free time. Opt to climb Mandalay Hill or visit the Golden Monastery.

Day 6: Mandalay/Bagan

Travel to Bagan, an ancient city in central Myanmar where hundreds of Buddhist monuments and sacred temples dot the landscape. Enjoy free time.

Day 7: Bagan

Early in the morning, visit the ancient site of Bagan for a sunrise temple tour. Enjoy an included breakfast at Sanon, a G Adventures-supported restaurant and culinary training school. Opt to relax or get active with free time for the rest of the day.

Day 8: Bagan/Inle Lake

Enjoy a free day to visit nearby villages or further explore the ruins.

Day 9: Inle Lake

Enjoy free time to explore the area. Opt to rent a bike, take a cooking class, or tour the lake by boat, visiting some of its floating villages and gardens.

Day 10: Inle Lake/Yangon

Enjoy a free day before boarding an overnight bus to Yangon.

Day 11: Yangon

Enjoy an orientation walk in the country's largest city, and opt to visit the incredible Shwedagon Pagoda.

Day 12: Yangon

Spend a free day exploring the country's former capital.

Day 13: Yangon/Bangkok

Fly back to Thailand. Enjoy a final night with the group in the country's capital city.

Day 14: Bangkok

Depart at any time.

What is the group leader like?

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to see and do, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

How large will the group be?

Max 18, avg 12

What meals are included in this trip?

9 breakfasts, 1 lunch

What are the meals like on this trip?

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. Included breakfasts will usually be asian style consisting of noodles or congee (rice porridge) or bread and eggs. Vegetarians will be able to find a range of different foods, although in some areas the choice maybe limited. While trekking in remote regions food is included, plentiful and made of fresh local ingredients. For all trips please refer to the meals included and budget information for included meals and meal budgets.

What are the modes of transportation on my trip?

Private vehicle, public bus, plane, walking.

Are local flights included in the cost of the trip?

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

Is there an extra cost for travelling solo?

We believe solo travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and solo travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Simple hotels (twin-share) (11 nts), sleeper bus (2 nts).

What kind of accommodation can I expect on this trip?

A variety of styles of hotels/guesthouses are used on this tour. In many instances they might not be like what you are used to back home, as service and efficiency can vary. In some areas we stay in simple local guesthouses in stunning locations – rooms are small and basic, may be multi-share, and there may be shared toilet facilities and showers.

Multi-share Accommodation: Multi-share same-sex accommodation is used on this tour, as such, if you are travelling with someone of a different gender you will not be in the same room. For private accommodation please see tours in our Classic Travel Style.

What is the joining hotel?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

What are the joining instructions?

When arriving to Chiang Mai Airport, You can take a taxi from the entrance of Airport to your hotel. The cost of this transport should be between 300 - 500 THB.

If you are arriving into the Chiang Mai Train Station or Bus Station, you have two transport option. Public Pick-Up taxi or a Tuk Tuk taxi. Public Pick-Up Taxi is about 60 THB per person. The Tuk Tuk Taxi price is to be negotiated. Please note, this option can be very expensive and you may get taken to a shop along the way.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that Day 1 is an arrival day and no activities have been planned for that day other then your welcome meeting in the evening, so you can arrive at any time.

A G Adventures Representative will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call the G Adventures Local Office and then our G Adventures Local Representative (if one is listed below). If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS

G Adventures Office Bangkok, Thailand

During Office hours (Weekdays, 9am-5pm Local Time)

From outside Thailand: +66 2 508 8630

From within Thailand: 02 508 8630

After hours emergency number:

From outside Thailand: +66 87 049 6074

From within Thailand: 087 049 6074

G Adventures Local Representative (Burma)

Emergency Number: +95 1 293 464

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What should I take on my trip?

What you need to bring depends on the trip you have chosen and the countries or regions you are planning to visit. We suggest that you pack as lightly as possible as you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes with your bags which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb. Suitcases are not recommended for G Adventures trips! Most travellers carry a backpack or rolling bag of small to medium size (no XXL ones please!) as they need to fit under the beds when travelling on sleeper trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones. If your trip involves overnights in homestays, villages or camping then you usually have the opportunity to rent sleeping bags if need be instead of bringing them with you.

What should be on my packing list?

Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Passport (required) (With photocopies)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

Light Hiking:

- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Walking poles

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear Note: Please pack clothing for the season in which you will be travelling. From Nov-Feb weather can be cold, so please pack warm clothing. From May-Oct it is the wet season, so please bring waterproof clothing.

When can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

What the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

MYANMAR/BURMA - All travellers will need a visa in advance and should apply for one at the closest Myanmar Embassy to your country of origin. You will need to obtain the one-month visa prior to your trip start.

Starting September 1, 2016, e-visas can be used to enter Myanmar at certain land borders, including the Tachileik checkpoint used on this trip.

Please visit <http://evisa.moip.gov.mm/> for the full details of the E-Visa approval letter process.

The cost of the visa is approximately \$50 USD.

When filling in the form please enter the following:

Purpose of Entry: Tourism

Address in Myanmar: please use the address for the first night in Myanmar on tour day 2, provided in the G Adventures app

Agency Name: SunBird Tours

Agency Contact Number: 0095 1 293464/ 294050

The approval process may take up to 5 business days and the letter is valid for 90 days from the date of issue. Once the evisa approval letter is received by email, print out the approval letter and bring it with you to present upon arrival.

How much spending money do I need for my trip?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

What should I know about currency, credit cards, and exchanging money while on this tour?

As currency exchange rates in South East Asia do fluctuate, we ask that you refer to the following website for the most up to date daily exchange rates: www.xe.com for each of the above mentioned currencies. The best way to carry your money is in debit cards, withdrawing cash in local currencies from ATM machines. ATMs are found throughout South East Asia and will generally accept cards on the Visa and Mastercard networks. It is a great idea to travel with both a Visa and Mastercard if at all possible in case of loss or problems with one card, you will have a back up. Please note, your bank will charge a fee for overseas withdrawals. USD Cash is recommended for times when ATMs are not accessible. You should bring some cash with you for emergency situations (please refer to our trip dossier) but carrying only cash is a high safety risk. ATM card/s and some cash is the ideal mix. Travellers cheques can be tricky, timely and expensive to exchange. While we do not recommend that you bring them as your primary source of funds, it is great to have one or two cheques in case of emergency. Thomas Cook or American Express travellers' cheques in US currency are the easiest to exchange. Cash advances can also be made with some banks but are time consuming and tend to have high fees attached. Credit cards can be used at some upmarket restaurants, and at some larger stores if shopping for big items. If you are bringing US Dollars, please make sure that the notes are new and in good condition. Notes older than 2003, or with any tears or blemishes may not be accepted. Be fussy with your bank when buying cash!

How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Should I be tipping on my trip?

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group.

Recommendations for tipping drivers and local guides would range from \$1.5-\$3.5 USD per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-25 USD per person, per week can be used.

What activities are optional on this trip?

Kengtung

- Kyaing Tong Market Visit

Inle Lake

- Biking
- Cooking Class
- Boat Tour
- Cheroot Factory Visit
- Phaung Daw Oo Pagoda Visit
- Morning Market Visit
- Nga Phe Chaung Monastery Visit

Bagan

- Guided Bagan Cycling Tour
- Ballooning in Bagan (Oct - Mar)

Bagan

- Nyaung Oo Marketplace
- Bagan Temple Pass

Mandalay

- Shwenandaw Kyaung (Golden Palace Monastery) Visit
- Mahamuni Pagoda (Buddha Temple) Visit

Mandalay Hill

- Mandalay Hill Climb
- Kyauk Taw Gyi Pagoda Visit
- Kuthodaw Pagoda Visit

Amarapura

- U Bein Bridge Walk
- Amarapura Visit

Yangon

- Shwedagon Pagoda Visit

Are there any health considerations I should know before travelling?

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our CEO's are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

What do I need to know to about safety and security on my trip?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewelery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

Is travel insurance required for my trip?

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

How should I dress to respect local customs during the tour?

In Asia the dress standard is more conservative than it is back home. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. In predominately Buddhist, Hindu and Muslim countries we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting temples, mosques or other holy sites.

How can I share feedback about my trip experience?

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customersolutions@gadventures.com and we will send it on to you.

Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

How old must I be to join this trip?

Minimum age of 18 years for this trip.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.