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## **Myanmar Islands: Snorkelling & Village Hikes**

11 days, Bangkok to Bangkok

Trip code ATBM

### **What's included**

- Your G for Good Moment: Kalontha Village Visit, Dawei
- Your First Night Out Moment: Connect With New Friends

- Your Welcome Moment: Meet Your CEO and Group
- Your Big Night Out Moment: Cheers to New Adventures, Kanchanaburi
- Speedboat snorkelling trip into the Mergui Archipelago
- Traditional boat trip on Tanintharyi River including kayaking
- Karst hike
- Dome waterfall visit
- Free time on islands for kayaking, snorkelling, swimming, and sunbathing
- Village hike, picnic and swim
- Visit to traditional village on stilts
- Dawei island snorkelling trip
- Big Night Out drink
- Internal flight
- 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 April 22nd, 2019 and onwards

# Itinerary

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**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

## Bangkok

Arrive at any time and welcome to Thailand's bustling capital and the starting line for your off-the-beaten path exploration into undiscovered Myanmar.

Tonight, get to know your fellow travellers at the best riverside restaurant, then head to the famous Khao San Road and cheers to new adventures!



## Today's Activities

### ACTIVITY

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

### 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.

Day 2

## Bangkok/Kawthaung District

Hop on a short flight to Ranong, where we'll cross the river by longtail boat into a new world landing in Kawthaung — Myanmar's southernmost point and gateway to Southeast Asia's forgotten frontier. Immerse yourself in this colourful port city, opt for a trek to one of the hilltop pagodas for a panoramic view, and begin exploring the time capsule that is Myanmar.

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### Meals included

Breakfast

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### Today's Activities

Plane

Bangkok - Ranong

1h30m

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

Private Vehicle

Ranong Airport - Ranong

1h

Head to the pier for a border crossing by boat into Myanmar.

Boat

Ranong - Kawthaung District

45m

Climb aboard and get your float on.

Day 3

## Kawthaung District/Tanintharyi

Embark on a guided walk through Kawthaung to learn about the area's history as a trading hub, why Burmese men stain their teeth red and women paint their faces yellow, and gain insight into daily life in this culturally diverse region. Afterward, settle into a first-class bus and get cozy with your seat mate for the journey to Tanintharyi.



### Meals included

Breakfast



### Today's Activities

Kawthaung Walking Tour

Kawthaung District

Uncover the city's history and cultural influences on a guided walking tour of Kawthaung, Myanmar's gateway to the Mergui archipelago. Head to a local market to check out products for sale and opt to sample local foods. Visit Pyi Daw Aye Pagoda, a glittering temple that houses a giant sitting buddha over three stories tall.

First-class Bus

Kawthaung District - Tanintharyi

8h

350km

Ride on in style. This sure isn't your grandmother's public bus.

Hop on a tuk-tuk for a rustic ride through the morning market waving back to the friendly local people. Set out on a traditional boat as the sun rises on the mighty Tanintharyi River and take in the humbling river life. Stop on a sandy bank for a swim and kayak as much or as little as you like, weaving through canals. Visit the village of Tagu for a local lunch and mingle with the villagers. Hike up a towering karst (limestone) mountain spotted with shimmering gold stupas and Buddha statues for a stunning 360-degree view of the surrounding scenery. Continue to Myeik and watch the sunset at the harbour.



## Meals included

Breakfast



## Today's Activities

Boat

Tanintharyi - Tagu

Climb aboard and get your float on.

Karst Mountain Hike

Tanintharyi

45m

See one of the region's many limestone (or karst) mountains up close on a short hike. Experience Myanmar's natural beauty as you trek along the karst trail, fitted with wooden ladders across some steep sections.

Private Vehicle

Tagu - Myeik

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



## Optional Activities - Day 4

Kayaking

Grab your life jacket and tour local waters by kayak. Get up close to marine life and see many sights you may miss on shore.

Day 5

## Mergui Archipelago Island Hopping

Venture to the Mergui Archipelago for a full-day of island hopping. Pass mangrove forests, traditional stilt houses, and fishing boats that dot the seascape. Stop by Dome Waterfall that cuts through the jungle before cascading into the ocean. Continue to Dome Island and enjoy lunch in the village of Nyaung Mine. Visit a local village where some members of the indigenous Moken community reside. Enjoy the wide variety of beaches on Smart Island before heading to camp on Thel Ni Aw like Robinson Crusoe where you'll have 24 hours to enjoy this castaway island life.



### Meals included

Breakfast | Lunch | Dinner



## Today's Activities

Boat

Mergui Islands

Climb aboard and get your float on.

Mergui Archipelago Island Hopping

Mergui Islands

Hop in a local jetty for an unforgettable day of island hopping. Visit Dome Island and its beautiful hidden waterfall. Meet members of the local Moken community (sometimes referred to as "sea gypsies") and learn about their semi-nomadic way of life. Visit Smart Island and enjoy a swim or snorkel around its pristine waters, before heading to camp on The Ni Aw Island.

Moken Community Visit

Mergui Islands

Visit a local village and meet members of the Moken community to learn about their semi-nomadic way of life. Sometimes referred to as "sea gypsies," many Moken families live on dugout boats (which serve as their bedroom, kitchen and living area) for most of the year. Learn about their incredible ability to free dive for extraordinary periods of time.

The Ni Aw Island Overnight Camping

Mergui Islands

Spend an evening under the stars on your private island paradise in Myanmar's Mergui Archipelago. Check in to your tent, relax, and settle into the rhythm of island life. Watch the local deer and monkeys wander out of the lush jungle. Take a kayak out on the sea or swim before a seafood buffet dinner and beach bon fire. Opt for a night swim, lighting up the fluorescence plankton.



## Optional Activities - Day 5

Swimming

Grab your bathing suit and go for a refreshing swim.

Day 6

## Mergui Islands/Myeik

Wake up to the sun warming your skin and the sound of lazy waves and singing birds. Enjoy breakfast on the beach and take advantage of your last day on this private, pristine island. Go for a morning swim, wander the jungle, or kayak and snorkel to nearby reefs. Return to Myeik in the afternoon and spend the rest of the evening as you please. Wander down Strand Road with your fellow travellers and venture into the night market.

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### Meals included

Breakfast | Lunch

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### Today's Activities

Free Time

Mergui Islands

Enjoy a morning of swimming, snorkelling or simply relaxing under the sun.

Boat

Mergui Islands - Myeik

1h

Climb aboard and get your float on.

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### Optional Activities - Day 6

Snorkelling

Slather on the sunscreen and head out into the tantalizing waters. Float effortlessly in the clear warm water and look for schools of fish, coral, sponges and more.

Day 7

## Myeik/Dawei

Spend the morning freely exploring Myeik, getting to know this town from a daytime perspective. Wander through the bustling waterfront and markets, visit the Thein Daw Gyi Pagoda, or choose to hit snooze. This afternoon, take in the scenery on a coastal drive north to Dawei - one of old Burma's best kept secrets.

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### Meals included

Breakfast

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### Today's Activities

Free Time

Myeik

Explore the lively seaside town of Myeik with a free morning.

Local Bus

Myeik - Dawei

5h

260km

Climb aboard a VIP bus or private van, grab a seat, and enjoy the ride.

Jump on a motorcycle taxi and head north of Dawei to visit a community based tourism project in Kalontha Village. Visit an ancient Pagoda, meet the head monk, and wander through lush fruit orchards and medicinal farms. Trek through the jungle with a wise elder where you'll experience a once-in-a-lifetime nature meditation session. Enjoy a cool swim in a hidden forest oasis and a charming picnic with the local people. Afterward, visit remote Nabule Beach - an isolated 12km stretch of white sand and translucent blue water. End the day at Dawei's more popular Maungmagan Beach sipping on fresh coconuts or a chilled drink as the sun goes down.

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## Meals included

Breakfast | Lunch

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## Today's Activities

Motorcycle Taxi

Dawei

Our transport for the day is a local motorcycle taxi. Jump on and hang on tight for a ride through the streets and dirt roads aboard this two-wheeled vehicle.

### ACTIVITY

Take part in a community based tourism project led by Kalontha Villagers. Visit a 100-year-old pagoda and meet the head monk and his deer. Learn about local life and customs as you stroll through a fruit orchard and medicinal farms. Visit a hidden forest oasis, experience a once-in-a-lifetime nature meditation session, and take a dip in a natural waterfall pool. Then enjoy a delicious picnic lunch and get to know the local people.

Nabule Beach Visit

Dawei

Head to the remote beaches of Nabule, a 12km stretch of unspoiled beauty along the coast of western Myanmar.

Maungmagan Beach Visit

Dawei

Visit the popular Maungmagan Beach, where you can kick back, relax and enjoy a drink as the sun goes down.

Day 9

## Dawei

Dawei is yours to discover with a day to freely explore this estuary town. Check out the reclining Buddha at Shwe Thalyaung Pagoda, cross the bridge to Myaw Yit Pagoda on a rock island, or boat around exploring all of Dawei's islands. Wander around the markets and indulge in fresh seafood.

If you want to experience all this coastal area has to offer, pre-book the Dawei Island Hopping activity on the checkout page to include this chill boat day on your trip.

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### Meals included

Breakfast

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### Today's Activities

Free Time

Dawei

Enjoy a full free day in Dawei.



## Optional Activities - Day 9

Local Market Visit

Dawei

Stop by the main market for a taste of everyday life in Dawei. Get friendly with the locals, wander around and opt to gorge on fresh seafood or visit a traditional teahouse.

Teyzit Beach Visit

Dawei

Want to go really off the beaten track? Head south of Dawei to Teyzit Beach. With its beautiful stretch of white sand and only a local fishing village nearby, this is about as far away from crowds as you can get.

Dawei Islands Excursion

Dawei

Set out for a full-day excursion around the Dawei Islands. Wake early to visit the traditional fishing village of San Hlan as locals bring in their daily catch, then cruise towards Loung Lone Bok Island. Don a snorkel and experience underwater life with colourful clownfish and corals. Enjoy breakfast on the boat as we pass the untouched beaches of Passion Island and Tizit. At Loung Lone Bok, relax under the shade of trees and enjoy a BBQ on the beach.

Day 10

## Dawei/Kanchanaburi

Take in the Tanintharyi Mountains lush scenery as we cruise past local rubber tree and betel nut plantations. Cross the border back into Thailand and arrive in Kanchanaburi, famous for the iron bridge over River Kwai. Opt to learn about this town's dark history at the Allied War Cemetery and Museums, stroll along the train tracks, or just relax by the river sipping a cool drink. For your big night out, enjoy a drink on us and celebrate the end to an amazing adventure.



### Meals included

Breakfast



### Today's Activities

First-class Bus

Dawei - Kanchanaburi

5h30m

Ride on in style. This sure isn't your grandmother's public bus.

Border Crossing (Myanmar - Thailand)

Kanchanaburi

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

#### ACTIVITY

Grab a drink on us at a riverside bar and cheers to all the life-changing adventures you've just shared with newfound friends. The perfect nightcap to a perfect trip.



### Optional Activities - Day 10

Thai/Burma Railway Centre and Allied War Cemetery Visit

Kanchanaburi

Visit the Thai-Burmese Railway Museum to learn about the Death Railway's dark history, and the Allied War Cemetery where more than 6,000 prisoners are buried.

Bridge on the River Kwai Visit

Kanchanaburi

Take in a piece of World War II history on this visit. We're sure you've seen or at least heard of the famous movie "Bridge on the River Kwai." Well, now you can tour the real thing. It's massive, majestic, and imposing, offering fabulous views of the river below.

Day 11

## Kanchanaburi/Bangkok

Today, it's time to say goodbye to your fellow travellers as this journey comes to an end in Bangkok around noon. Be sure to exchange social medias and sneak in some last-minute photos and smiles before you head on your way.

### Today's Activities

Private Vehicle

Kanchanaburi - Bangkok

2h-3h

130km

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

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

## What's included

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## What are the main highlights of this trip?

Snorkelling and island hopping in the Mergui Archipelago, Traditional boat trip on Tanintharyi River including kayaking, Hike to the top of a limestone karst formation, Enjoy free time on islands to kayak or sunbathe, Kalontha Village visit and trek through orchard and forest to a natural pool, Thel Ni Aw Island overnight camping, Big Night Out and drink with newfound friends

## What are the main highlights of this trip?

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## 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 a travel disclaimer for my itinerary I should review before booking this trip?**

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 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, 3 lunches, 1 dinner

## **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?**

Plane, speed boat, private van and minibus, traditional boat, 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/guesthouses (twin-share) or hostels (multi-share) (9 nts), tent (1 nt)

## **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.

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.

## What are the joining instructions?

When arriving at Suvarnabhumi Airport (pronounced 'su wan na poom') in Bangkok proceed to the Arrivals Hall where you can change money into Thai Baht. (You may be approached by nicely dressed, official looking touts offering an expensive limousine service to your hotel; ignore these offers.)

You have three transport options; public bus, the Airport Train & MRT or public taxi. All transportation is located on the 'ground' floor.

### TAXI

The airport is located 30kms away from downtown Bangkok. Approach the taxi counters, advise them where you are going and they will write this information down for you along with the taxis registration details. Taxis should always use the meter and you are required to pay a 50 Baht airport surcharge on top of the metered fee plus any tollway fees (approx 70 Baht depending on the route taken). Total journey will cost between 350 THB – 500 THB, depending on traffic and toll fees. The expressway is substantially faster, so tell the taxi driver to use the expressway, you can say either "kuen ton-way" (from 'tollway') or "kuen taang duan" in Thai (but most understand tollway/express way in English).

### ARRIVAL TRANSFERS

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you (go to gate number 4). 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 than 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 either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. 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

## Are there any additional packing suggestions I should consider?

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

### **Sleep Sheet and Pillow:**

- Sleeping bag liner/sleep sheet
- Travel pillow

### **Warm Weather:**

- Sandals/flip-flops
- Sturdy water shoes/sandals
- Swimwear Note: Please bring 3 copies of your passport page to cross the border into Myanmar.
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana

## **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 are 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](#)

**THAILAND** - Most nationalities do not need a visa for Thailand for stays of 30 days or less but if you do they are available on arrival at Bangkok Airport. If staying in Thailand for more than 30 days, you will be required to obtain a tourist visa in advance. Only 15 day tourist visas are issued when entering Thailand overland.

### 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.

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: Jade Flower Travel and Tours

Agency Contact Number: +95 (0) 9 780 980 607, +95 (0) 9 254 207 077

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.

It is also required to have 3 copies of your passport page to enter Myanmar.

## What should I consider when planning my personal expenses and discretionary spending for this itinerary?

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](http://www.xe.com) for the Thai baht and Burmese kyat. 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!

## **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?

### Tanintharyi

- Kayaking

### Myeik

- Swimming

### Mergui Islands

- Snorkelling

### Dawei

- Local Market Visit
- Teyzit Beach Visit
- Dawei Islands Excursion

### Kanchanaburi

- Thai/Burma Railway Centre and Allied War Cemetery Visit
- Bridge on the River Kwai 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 jewellery 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?

Earn 5% off your next G Adventures Tour (up to \$100 USD)\*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

## 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/](http://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.