

# MYANMAR (BURMA)

## Pagodas, Boats, Bikes, and Hikes



January 21 - February 1, 2018

# MYANMAR

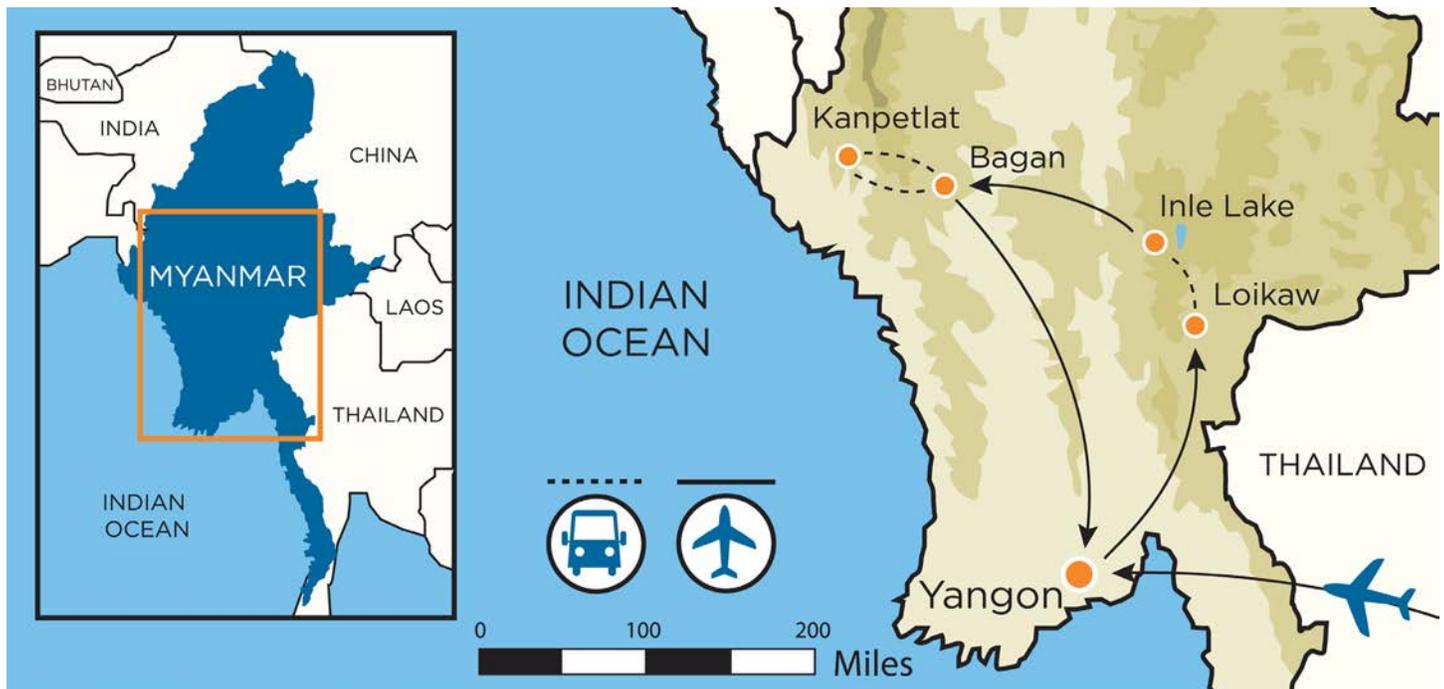
## Pagodas, Boats, Bikes, and Hikes

January 21 - February 1, 2018

### TRIP HIGHLIGHTS

- ▶ Explore golden pagodas and ancient Buddhist temples while learning about Myanmar's history and cultural traditions
- ▶ Climb Nat Ma Taung, one of the most prominent- and sacred- peaks in Southeast Asia
- ▶ Enjoy a cooking class from a local chef and savor traditional Burmese cuisine
- ▶ Bike along scenic paths through rural villages and expansive rice fields
- ▶ Meet women weavers and learn about their unique artistry

### TRIP ROUTE



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### QUICK VIEW ITINERARY

- Day 1: arrive in Yangon, welcome dinner and trip orientation
- Day 2: explore historic Yangon, visit a local market and the Shwedagon Pagoda
- Day 3: fly to Loikaw, learn about natural fabric dyeing, enjoy the sunset at a local temple
- Day 4: experience life in a local village, hike to the original settlement of Pan Pet
- Day 5: visit the oldest pagoda on Inle Lake, explore local handicraft workshops
- Day 6: bike through rural villages and rice fields, kayak along the shoreline of the lake
- Day 7: morning bird watching adventure, traditional cooking class, fly to Bagan
- Day 8: walk the market in Chauk, drive to Kanpetlat
- Day 9: climb Mount Victoria, enjoy a picnic at the peak
- Day 10: drive to Bagan, enjoy sunset at a temple, dinner and experience a local puppet show
- Day 11: optional hot air balloon, visit pagodas, explore by horse cart, sunset boat ride
- Day 12: fly to Yangong, depart for the US

### TRIP PRICE

Main Trip: \$5,690

Internal Air: \$450

Optional Single Accommodations: \$1,000

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is this trip  
right for me?

We rate this trip as moderate. You should be able to hike two to five miles, kayak for two to three hours, and bike for the majority of a day. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you to ensure that you are prepared for the trip. Visit <https://fitfortrips.com/partners/adventure-women/> for more information.

the important  
stuff

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

how do I get  
there?

pack your  
bags!

the fine print

your adventure  
in depth

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### Forms and Final Payment:

Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Copy of Flight Information
- Copy of Issuing Page of Passport (photo page)

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before October 23, 2017.

### Passports and Visas:

Citizens of the United States must have a passport valid for six months beyond your travel dates and a minimum of six blank facing pages. If you do not have a passport, please apply now!

You must apply for a tourist visa to Myanmar. You should apply for an e-Visa no earlier than three months prior to your trip by visiting <https://evisa.moip.gov.mm/HowToApply.aspx>. Once your e-Visa is approved, you will receive a letter by email, which you must print and bring with you in order to enter the country.

The e-visa is only available for travelers flying into specific airports, including Yangon International Airport. If you enter Myanmar another way, you may be required to apply for a physical visa.

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is this trip right  
for me?

**Arrive:** Arrive at Yangon International Airport (RGN) on January 21, 2018 by mid-afternoon.

**Depart:** Depart Yangon on February 1, 2018 after 1:00pm.

the important  
stuff

We are happy to help you make your flight and travel arrangements. Please contact us at:

**(800) 804-8686 or (617) 544-9393**  
**email: [info@adventurewomen.com](mailto:info@adventurewomen.com)**

how do I get  
there?

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in.

pack your  
bags!

**Note:** The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last-minute registrants, we must release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.

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**Packing Considerations:** This is one of the cooler times to visit Myanmar, with temperatures ranging from the 60s to the 90s. This is the drier season, but don't be surprised by a stray shower!

Myanmar is a conservative Buddhist culture and improper dress can be offensive and inappropriate. Shorts, short skirts, or revealing clothing are not suitable, especially when visiting temples or any religious site. You will want sensible comfortable walking shoes, which can be easily removed when required. Sandals, thongs, or flip-flops are very convenient footwear, especially for visiting temples where shoes must be removed prior to entering.

### Clothing and Gear:

- 2-3 short-sleeve shirts
- 2-3 long-sleeve shirts
- 1 pair of knee-length shorts
- 2-3 pairs of pants. Convertible, light-weight zip-off pairs are convenient
- 1-2 sets of nicer, casual clothes for evening meals
- 5 pairs underwear (synthetics are easier to wash/dry)
- 2-3 bras/sports bras
- 1 bathing suit
- 1 fleece sweater or jacket
- 1 Gore-Tex rain jacket and/or poncho to protect daypack and camera gear from rain
- Hat for sun protection
- Sleepwear
- 5-6 pairs of socks
- Comfortable, lightweight walking shoes. Must be comfortable all day
- Sandals for visiting temples

### AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- 2-3 spare passport photos (in case of lost passport)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Your AdventureWomen insulated bottle (good for hot or cold drinks!)

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### Essentials Continued:

- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at [www.earplugstore.com](http://www.earplugstore.com)
- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buff
- Reading material/journal and pens

### Personal First Aid Kit:

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

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for me?

### Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

the important  
stuff

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

how do I get  
there?

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

### Switching Trips

If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you.

pack your  
bags!

### No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

### Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

the fine print

### Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

**good-natured realist and have a sense of humor!** Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

your adventure  
in depth

In this spirit, the successful adventure traveler should be a

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### your adventure in depth

#### DAY 1

Sunday  
1/21/18

### Arrive Yangon

Located in the fertile delta region of central Myanmar, Yangon served as the capital of the country until 2006. With its wide streets, parks, and lakes, Yangon has the sleepy charm of a provincial town. Its colonial core is well-preserved, and has the largest number of colonial-era buildings in the region.

#### Pick-up and Transfer

You will be picked up at the Yangon International Airport and transferred to your hotel.

#### Check-in and Relax

Check into your hotel and relax before dinner.

#### Trip Orientation

Late this afternoon, meet your group, your AdventureWomen Associate, and your guide in the hotel lounge. Your guide and Associate will give you a trip briefing so you know what to expect along the way!

#### Welcome Dinner

Enjoy a Welcome Dinner with your group this evening.

#### Accommodations

Kandawgyi Palace Hotel

Meals Included  
dinner

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your adventure  
in depth

### DAY 2

Monday  
1/22/18

### Yangon

Old British colonial mansions stand beside glittering pagodas, including one of the most remarkable religious shrines in all of Asia – the magical Shwedagon Pagoda. Much of Yangon’s allure stems from its colorful street life: the food peddlers on the sidewalk, gems in the gem market, rickshaw drivers in striped longyis (sarongs) peddling lazily through tree-lined streets, and locals drinking endless cups of sweet, milky tea at roadside tea stalls.

#### Yangon Heritage Trust Walk

Start your tour of Yangon this morning. You will visit the Sule Pagoda, a stupa in the heart of downtown. According to legend, it was built more than 2,500 years ago, in the time of the Buddha. The Pagoda has served as a rallying point during past political upheavals. Stop at City Hall to see an example of Burmese architecture, and continue on to the High Court and the former Burma Railways Company headquarters. Learn about the unique history of the area along the way.

#### Lunch at Yangon Bake House

Enjoy a delicious lunch at this local restaurant. The restaurant is a social enterprise dedicated to working with disadvantaged women, providing them the skills they need to earn a livelihood, and then helping to place them in culinary jobs.

#### Visit Bogyoke Market

Visit this craft market, where you can find everything from lacquerware to shoulder bags to puppets to jewelry.

#### Shwedagon Pagoda

Shwedagon is the most sacred Buddhist pagoda in Myanmar. Partake in an ancient ritual practiced since the time of Buddha. Watch the red-robed monks chant ancient Pali scriptures as 1,500 oil candles are lit around the pagoda.

#### Dinner

Dinner is on your own this evening.

### Accommodations

Kandawgyi Palace Hotel

### Meals Included

breakfast, lunch

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your adventure  
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### DAY 3

Tuesday  
1/23/18

### Yangon to Loikaw

Loikaw is the capital of Kayah State, located in the Karen Hills area near the state's northern tip. The inhabitants are mostly the Kayah (Karenni) people. Due to conflict with the military regime in Myanmar, many Kayan tribes fled to the Thai border area in the late 1980s and early 1990s, where they continue to live with an uncertain legal status. Women of the Kayan tribes identify themselves by their forms of dress and well known for wearing neck rings, brass coils that are placed around the neck.

**Flight to Loikaw** Fly from Yangon to Loikaw this morning.

**Natural Dyeing Path** Enjoy a tour of the weaving center with the master weaver to discover the art of natural dyeing. You will learn about the natural colors of the traditional Kayah longyi, and you will experience and try each step of the dyeing process.

**Lunch** Enjoy lunch at the Potepa Yone monastery.

**Afternoon Pagoda Visit** Visit Hawnan, Taung Kwe Zadi, and Mya Ka Latt Taung - twin hills which each have a pagoda on top. These pagodas are more than 100 years old and are some of the most iconic temples in the area. Enjoy a magical sunset view from Mya Ka Latt Taung Zedi.

**Dinner** Enjoy dinner at the hotel this evening.

### Accommodations

Kayah Resort

### Meals Included

breakfast, lunch, dinner

your adventure  
in depth

DAY 4

Wednesday  
1/24/18

Accommodations  
Kayah Resort

Meals Included  
breakfast, lunch, dinner

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### Loikaw

Set off for Pemsong Village today where you will learn more about the Kayan people.

**Village Tour** Begin your visit to Pemsong Village by visiting a local home where you will enjoy a hot drink and a local snack.

**Hike to Pan Pet** Climb for about 30 to 40 minutes to a ridgeline. Enjoy a three-hour trek with stunning views. Your guides will teach you about the traditional edible and medicinal plants along the way. Arrive at the original settlement of Pan Pet, perched on a mountaintop. Pan Pet was one of the first Kayan settlements of Kayah state.

**Boxed Lunch** Enjoy a boxed lunch along the way in the jungle.

**Visit Kan Kohn Na Sint** Visit Kan Khon Na Sint and Htee Pwint Lake this afternoon. According to legend, it is the birthplace of Dwe Mae Naw, a mythical half-human, half-bird creature. Dwe Mae Naw and her sisters live in Silver Cloud Land. Locals believe that the seven angel sisters often visit Kan Kohn Na Sint to play in the water.

**Dinner** Enjoy dinner at the hotel this evening.

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### your adventure in depth

#### DAY 5

Thursday  
1/25/18

### Loikaw to Inle Lake

Inle Lake is Myanmar's second largest lake, measuring about 43 square miles. At an elevation of just under 3,000 feet, the lake is one of the highest in the country, with a cool climate and exceptional flora and fauna. The 200-odd villages on or around the lake are home to an estimated 70,000 people.

#### Explore Around Inle Lake

Drive about four hours to Inle Lake where you will begin your visit. See floating gardens and villages on your way to Phaungdaw Oo Pagoda, the oldest pagoda on the lake. The pagoda houses five completely gilded Buddha images. Explore Heya Ywama Village and its traditional handicraft workshops. You'll see traditional silk weaving on wooden hand looms and visit a local blacksmith.

Enjoy lunch at a local restaurant, and then continue your journey around the lake. See how cheroot (untapered, cylindrical cigars) are made, and visit a goldsmith and silversmith.

#### Dinner

Enjoy dinner at your hotel this evening.

#### Accommodations

Inle Resort & Spa

#### Meals Included

breakfast, lunch, dinner

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### your adventure in depth

#### DAY 6

Friday  
1/26/18

### Inle Lake

Inle Lake is home to silk and lotus weaving craft shops located on stilts on the lake. The people who live around this serene 13 mile-long lake are known for their peculiar style of rowing: they stand on one leg and use the other leg to row.

#### Biking at Inle Lake

After an early morning bike fitting and safety briefing, bike out of town on a paved road before starting on the narrow trails that make up most of today's riding surface. These paths are not technically difficult, but you do need to be confident on your bike. You will see different small industries along the way, including molasses production, rice harvesting and milling, rice cracker production, tofu making, a baker, and a rice alcohol distillery.

Stop mid-morning at a local restaurant for a snack - it has great Shan food and drinks! Take a short boat ride (with your bikes!) to start a countryside bike tour through local villages and rice fields.

#### Afternoon Kayaking

After lunch, swap your bike for a kayak. Explore the beautiful shoreline of Inle Lake by kayak this afternoon. You may want a change of clothes for the drive back to the hotel.

#### Evening at the Hotel

Relax and enjoy dinner at the hotel this evening.

### Accommodations

Inle Resort & Spa

### Meals Included

breakfast, lunch, dinner

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### your adventure in depth

#### DAY 7

Saturday  
1/27/18

### Inle Lake to Bagan

Spend most of the day exploring the local wildlife and culture around Inle Lake before flying to Bagan.

#### Morning Bird Tour

Visit the Inle sanctuary area to learn about local birds. You might see rare species such as Jerdon's Bushchat, Sarus Crane, Collared Myna, Glossy Ibis, Purple Swamphen, Clamorous Reed Warbler, and many more. Altogether 225 woodland birds and 90 wetland birds have been spotted here.

#### Cooking Class

Learn how to make a traditional meal at Inthar Heritage House, using seasonal fruits and vegetables from the traditional organic garden project. The house was inspired by the culture of Inthar art and traditions.

#### Fly to Bagan

Fly to Bagan this afternoon and settle into your hotel.

#### Accommodations

Aureum Palace Bagan

#### Meals Included

breakfast, lunch, dinner

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### your adventure in depth

#### DAY 8

Sunday  
1/28/18

### Bagan to Kanpetlat

Kanpetlat is a jumping off point for Natma Taung National Park. In British colonial times it was used as the region's administration headquarters.

- Visit Chauk** Stroll around the Chauk market this morning. This is an excellent place to see where locals shop on a daily basis.
- Drive to Kanpetlat** Cross the Ayeyarwaddy River and continue your drive to Kanpetlat. The drive will take most of the day. Enjoy a delicious lunch at a local restaurant along the way.
- Relax This Afternoon** Enjoy the rest of the day at your hotel. This is a wonderful place to relax.

#### Accommodations

Pine Wood Villa Resort

#### Meals Included

breakfast, lunch, dinner

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### your adventure in depth

#### DAY 9

Monday  
1/29/18

### Natma Taung

Natma Taung, or Mount Victoria, at over 10,000 feet is one of the most prominent peaks of Southeast Asia. The National Park is known for its plant life, which is highly diverse and provides insight to the biogeographical history of Asia. It is also an important site for wildlife conservation, containing multiple threatened birds, mammals, and reptiles.

#### Climb Mt. Victoria

Drive about two hours to the National Park, where you will begin your climb of Mount Victoria. This easy hike will take about two or three hours. Enjoy lunch on the mountaintop and take in the spectacular views before beginning your descent.

#### Afternoon at Leisure

Finish your hike around 3:00pm and head back to your hotel for the afternoon and evening.

#### Accommodations

Pine Wood Villa Resort

#### Meals Included

breakfast, lunch, dinner

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### your adventure in depth

#### DAY 10

Tuesday  
1/30/18

### Kanpetlat to Bagan

Bagan was the capital of the Pagan Empire from the 9th to 13th century. This empire was the first kingdom that unified the regions that would become Myanmar. During the kingdom's height, more than 10,000 Buddhist temples were built. More than 2,200 remain in the Bagan plains alone, all with unique design characteristics. This is sure to be a highlight of this adventure!

#### Drive Back to Bagan

Drive back to Bagan today, passing typical villages along the way. Enjoy another delicious local lunch.

#### Sunset Temple Visit

This evening, take in the sunset from one of the local temples. This is a view you won't forget!

#### Dinner and Puppet Show

Enjoy dinner at Nandar Restaurant. Experience a traditional puppet show during the meal!

#### Accommodations

Aureum Palace Bagan

#### Meals Included

breakfast, lunch, dinner

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### your adventure in depth

#### DAY 11

Wednesday  
1/31/18

### Bagan

This ancient city, situated in central Myanmar on the plains next to the Ayeyarwaddy River, is dotted with thousands of stupas and temples from different eras. It is one of the most remarkable archaeological sites in Asia. The villages surrounding Bagan are great to soak up local rural life and to learn more about the daily activities of the Burmese people.

#### Optional Hot Air Balloon

This morning you can join an optional hot air balloon ride to see the temples of Bagan from the air. (Additional cost: \$350. Please contact us for advance reservations). The aerial view of the pagodas is stunning.

#### Morning Cycling Tour

Visit the local Nyaung U market by bicycle. You will see locals from the surrounding villages trading and bartering for products such as vegetables, beans, and other household utensils.

Continue on to visit Schwezigone Pagoda, built in the early 11th century, Ku Byauk Gyi, a temple with exceptional mural paintings, Htilominlo Temple, famous for its unique fresco work, and Ananda Temple, which boasts four standing Buddha images and a huge teak door.

#### Lunch

Enjoy lunch at the Green Elephant Restaurant.

#### Afternoon Exploration by Horse Cart

Explore the Bagan area by horse cart.

#### Sunset Boat Ride

End your day by taking in a stunning sunset from a boat on the Irrawaddy River.

#### Accommodations

Aureum Palace Bagan

#### Meals Included

breakfast, lunch, dinner

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### DAY 12

Thursday  
2/1/18

## Bagan to Yangon and Depart

Begin your journey home today via Yangon, the former capital and commercial hub of Myanmar. Bid farewell to your AdventureWomen friends you have met along the way!

**Fly to Yangon** Fly from Bagan to Yangon.

**Flight Home** Connect with your flight home from Yangon International Airport.

Meals Included  
breakfast

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

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### Accommodation Details

#### Kandawgyi Palace

The Kandawgyi Palace Hotel, situated on the shores of the Kandawgyi Lake, is within walking distance of the famous Shwedagon Pagoda. It is a majestic hotel, with traditional golden teak architecture, and is set amongst tropical gardens. It is a peaceful sanctuary close to the heart of Yangon.

#### Kayah Resort

Kayah Resort is a wonderful base from which to explore this vibrant area. The rooms are comfortable and the hotel has a stunning outdoor pool, which is the perfect place to relax at the end of an active day.

#### Inle Resort & Spa

Magnificently located on the shores of Inle Lake, this unique Boutique Eco-Resort & Spa is one of the finest resorts in the area. The resort was designed with the unique flair of traditional architecture and is fully committed to responsible tourism practices to protect the cultural and environmental integrity of the area around Inle Lake.

#### Aureum Palace Bagan

The Aureum Palace is set within the Bagan Archaeological Preservation Zone, amongst the ancient temples of the Kingdom of Bagan. The 27 acres of landscaped tropical gardens offer a unique place to relax after exploring the nearby temples. Antiques, artifacts, and local arts adorn the property, complementing the majestic setting.

#### Pine Wood Villa Resort

Your stay at Pine Wood Villa Resort will be relaxing. This property is elegantly furnished and boasts a welcoming atmosphere and excellent service.

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### Included/Not Included

#### Included:

- ▶ All hotel accommodations throughout the trip
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ Entrance fees
- ▶ Fully-guided sightseeing as indicated in the itinerary
- ▶ Complimentary drinking water
- ▶ English-speaking guides throughout the trip
- ▶ One AdventureWomen Associate

#### Not Included:

- ▶ International airfare to and from Myanmar
- ▶ Domestic airfare
- ▶ Optional hot air balloon flight
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages
- ▶ Fees for passport, visa, or immunizations
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities