



# Hidden Treasures of Myanmar

Classic Tour | 17 Days | Physical Level 2

Yangon - Pyay - Mandalay - Monywa - Bagan - Kalaw - Inle Lake

A more in-depth journey through Myanmar, this 3-week adventure takes you along the route through Yangon, Bagan, Mandalay and Inle Lake but also heads off the trail to encompass lesser discovered destinations such as Pindaya and Kalaw.

- Discover Sri Ksetra by ox cart
- Explore Prome's countryside
- Wander majestic Mandalay
- Admire Bagan's temples
- Ascend stunning Mt Popa
- Watch the 'Leg Rowers'
- Marvel at Shwedagon Pagoda



# Hidden Treasures of Myanmar Tour Inclusions:

- Return international economy flights, taxes and current fuel surcharges (unless a land only option is selected)
- All accommodation
- All meals
- All sightseeing and entrance fees
- All transportation and transfers
- English speaking National Escort (if your group is 10 or more passengers) or Local Guides
- Visa fees for Australian passport holders
- Specialist advice from our experienced travel consultants
- Comprehensive travel guides

The only thing you may have to pay for are personal expenditure e.g. drinks, optional excursions or shows, insurance of any kind, customary tipping, early check in or late checkout and other items not specified on the itinerary.

#### Classic Tours:

These tours are designed for those who wish to see the iconic sites and magnificent treasures of Myanmar on an excellent value group tour whilst travelling with like-minded people. The tours are on a fully-inclusive basis so you'll travel with the assurance that all your arrangements are taken care of. You will be accompanied by our dedicated and professional National Escorts or local guides, whose unparalleled knowledge will turn your holiday into an unforgettable experience



# Physical Level 2:

All our tours feature a physical rating to help you select the right holiday for you. To travel on any of our tours requires unaided mobility and the ability to stroll around the sights.

'Hidden Treasures of Myanmar' is rated as a **physical level 2** tour. A reasonable level of fitness is required but it's more about spending time on your feet rather than covering large distances. You'll be getting on and off coaches, walking around the sights and climbing some steps.

- There will be long periods of walking whilst sightseeing, often on steep or uneven ground.
- At Mt Popa there are more than 750 steps to climb.
- You will be required to get on and off varying sizes of boats often without assistance.

Of course, our National Escorts and local guides will always endeavour to provide the highest level of service and assistance; however, they cannot be expected to cater for customers who are unfit to complete the itinerary.

## Country Profile: Myanmar

Myanmar is a spiritual country, largely unexplored by tourists until recently. It is known as the Golden Land because of the countless number of pagodas and temples that dominate the landscape. In Myanmar, 89% of the population is devoutly Buddhist, which is reflected in their gentle and welcoming nature.

## **Joining Your Tour**

The tour is 17 days in duration including international flights. Please note that depending on flight schedules passengers may arrive/depart on Day 2.

Travellers booked on 'Land Only', the price includes visa fees and your arrival/departure airport transfers if arriving/departing on the start and conclusion date of your tour. Please advise your international flight times to reservations. Join the tour on Day 1 in Yangon and end the tour on Day 16 in Yangon. Please refer to your final itinerary for more specific meeting instructions pertaining to your departure.

# **Itinerary Changes**

It is our intention to adhere to the day-to-day itinerary as printed; however, the order of events or sightseeing may change as we look to improve our tours or as local conditions dictate. In these circumstances we will make the best possible arrangements maintaining the integrity of your trip.



# Itinerary – Hidden Treasures of Myanmar

# Day 1: Yangon

Fly to Myanmar and together with those arriving at a similar time you will be met by your guide or driver in the arrivals hall at Yangon airport to travel to your hotel for check in.



#### **Destination Information**

**Yangon** - With a population of over 5 million, Myanmar's former capital possesses a peaceful atmosphere with colonial boulevards and tranquil lakes. This charming city thrives by night with bustling streets filled with stalls selling everything from locally made handicrafts to fruit and cigars.

# Day 2: Yangon

After breakfast, you will start your walking tour of Yangon at the Central Post Office, and then stroll down Strand Road and observe the locals going about their daily lives. Continue walking up Pansodan Street, famous for some of Yangon's most impressive colonial architecture, before arriving at Mahabandoola Park, with perfect views of City Hall and the High Court. Later explore Maha Bandoola Garden. Visit the National Museum, home to priceless ancient artefacts and Karaweik Hall before watching the sunset at the magnificent



Shwedagon Pagoda located on top of Singuttara Hill, where many locals and Buddhists come to worship.

## **Destination Information**

**Strand Road and Pansodan Street** – Many fine examples of British colonial architecture, dating from the mid 1800's, are located downtown. Pansodan Street intersects Strand Road, which runs parallel to Rangoon River and where Pansodan Jetty is located. This is a great opportunity to witness a hive of activity along the riverfront.

**National Museum** – Housing works of art and historic memorabilia. Here you will learn the history and tradition of Myanmar.

**Shwedagon Pagoda** - Located on top of Singuttara Hill, where many locals and Buddhists come to worship. Shwedagon Pagoda is thought to have been built between the 6<sup>th</sup> and 10<sup>th</sup> centuries; however it has been rebuilt many times. It is here that eight strands of Buddha's hair are said to be kept. The pagoda is covered in gold and contains diamonds, rubies and emeralds.



# Day 3: Yangon – Pyay

Drive 6 hours to Pyay with a stop for lunch. After a visit to the local museum, travel by ox cart around the old city wall for approximately 2 hours. Visit Hmawzar village for around 30 minutes on foot to observe the life of the Burmese people and continue to the hotel.



## **Destination Information**

**Pyay** - Situated near the ancient capital of Sri Ksetra (Thayekhittaya), the town of Pyay flourished between 5th and 9th century, more recently extensive archaeological excavations have taken place.

# Day 4: Pyay – Yangon

Visit Pyay central market, home to several ethnic minority populations. Then continue your visit to Shwe San Taw Pagoda and enjoy the great views of the town and river from the viewing platform of the pagoda. Drive back to Yangon stopping at a local restaurant for lunch.



## **Destination Information**

**Shwe San Taw Pagoda** – Situated on the banks of the Irrawaddy river, the Shwe San Taw pagoda is Pyay's most prominent landmark at 88m tall.

# Day 5: Yangon – Mandalay

Transfer to airport for your 1 hour and 20-minute flight to Mandalay. This morning, visit Amarapura with its working monastery dating back to 1783 and walk along the U Bein Bridge, the longest teakwood bridge in the world. Later travel to Sagaing, a former Shan capital in the 14th century with many impressive stupas scattered on its hill, and on to Inwa with highlights such as the 'leaning tower of Ava' and the Maha Aungmye Bonzan, which is a beautiful brick-and-stucco monastery. Return to Mandalay for your overnight stay.



#### **Destination Information**

**Mandalay** - Is the second largest city and the last royal capital of the Burmese Kingdom. Located along the Irrawaddy River and centred around the Royal Palace, Mandalay is within easy distance to former colonial hill stations and ancient cities.

**U Bein Bridge** - This teak wood bridge built 200 years ago spans 1.2km across the Taung Thaman Lake and is the longest teak bridge in the world.

# Day 6: Mandalay

After breakfast experience the sights and sounds of Mandalay including one of the most revered religious monuments in Myanmar, the Mahamuni Pagoda. Visit the Shwe Inbin Monastery and the Golden Palace Monastery, which is a superb example of a traditional wooden building. Stop at Kuthodaw Pagoda, the world's largest book consisting of 729 marble slabs on which the entire Buddhist Canon is inscribed. Visit a traditional handloom silk workshop as well as a Kalaga tapestries craftsmen's shop and continue on to Mandalay Hill.



#### **Destination Information**

**Mahamuni Pagoda** - Enshrining the Mahamuni Buddha - a highly revered image in Myanmar. It is covered in thick layers of gold leaf applied by male devotes. As a result, this has started to distort its shape.

**Kuthodaw Pagoda** - Famous for housing the world's largest book; Separated into 15 volumes each page is inscribed in marble and housed in its own stupa.

# Day 7: Mandalay

Take a short drive to the nearby jetty and board your boat trip on the Irrawaddy River; cruise approximately 1 hour to Mingun where the worlds' largest hanging bell is still on display. Return to Mandalay for an afternoon at leisure.



#### **Destination Information**

**Mingun** – It is in Mingun that a former king started construction on the greatest stupa in the world in the 18th century, however, when an astrologer predicted the king would die upon completion, construction was promptly stopped.



# Day 8: Mandalay - Monywa

Drive approximately 2 hours to Monywa, stopping at the Thaboddhay Pagoda en route. Take a walk through the nearby banyan tree grove Bodhi Taung and enjoy the panoramic view from Aung Setkya Pagoda, standing 130 meters high on the Po Khaung hills. Continue to Monywa to check into your hotel.



#### **Destination Information**

**Thaboddhay Pagoda** – A Buddhist temple home to 845 small stupas surrounding and rising up to the richly decorated central stupa.

# Day 9: Monywa – Bagan

This morning cross the Chindwin river with a short boat ride, and drive to the fascinating Po Win Daung Caves, a large complex of small sandstone caves containing many Buddha images and with decorative wall paintings. Drive 3 hours to Pakokku, a port city set south of the Chindwin confluence, and visit a lively local market by traditional trishaw bicycle taxis. Continue approximately 2 hours by boat on the Irrawaddy River to Bagan arriving in time for sunset.



#### **Destination Information**

**Bagan** - It is believed as many as 13,000 temples and stupas once stood in the area around Bagan; however, invasions, war and natural disasters have reduced most of these to rubble. Despite this, Bagan is home to more than 2,200 standing ancient temples and is Myanmar's greatest architectural site.

# Day 10: Bagan

Start your sightseeing tour with a visit to the colourful Nyaung U Markets before exploring the pagodas of Htilominlo and Shwezigon and the Ananda Temple. This afternoon explore some of the last of the remaining temples and visit a Lacquer workshop in the village of Myinkaba. Watch the sunset over this wondrous landscape from one of the many viewing points.





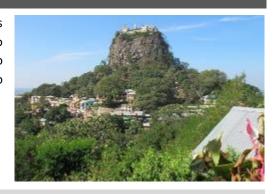
#### **Destination Information**

**Htilominlo Pagoda** –This pagoda built in 1218, marks the spot where King Nantaungmya was chosen to be the crown prince. Today it still has some of the original plaster and carved reliefs on display.

**Shwezigon Pagoda** - This beautiful pagoda was built by King Anawrahta in the 11th century to enshrine one of the four replicas of the Buddha's tooth found in Kandy, Sri Lanka. Today it is considered Bagan's main religious site rising from the earth in three separate terraces.

## Day 11: Bagan

Today drive 2 hours to Mt. Popa and climb more than 750 steps to the nearby temple of Taung Kalat, set atop an extinct volcano and said to contain 37 spirits, also known as 'nats'. Return to Bagan and take an Ox cart, the local method of transport, to visit some villages, monasteries and temples further afield.



#### **Destination Information**

**Mt Popa** - Formed by a volcano almost 250,000 years ago and a revered spiritual residence of the 37 'nats,' worshipped in Myanmar in unison with Buddhism. There are a number of statues and shrines that represent these spirits located along the mountain. Once you reach the top, the temple of Taung Kalat affords sweeping views of Myingyan Plain below.

# Day 12: Bagan - Kalaw

Transfer to the airport for your 50-minute flight to Heho. On arrival, travel a further 2 hours by road to Pindaya and visit Shwe U Min Caves, a unique site housing thousands of Buddha images placed there by pilgrims over the centuries. Continue the journey by visiting a Shan umbrella and mulberry paper production home before driving 2 hours to Kalaw for your overnight stay.



#### **Destination Information**

**Shwe U Min Caves** – Is a unique site housing thousands of Buddha images placed there by pilgrims over the centuries.

Kalaw - A hilltop town in the Shan State of Myanmar, Kalaw offers a refreshing climate and scenic views.



# Day 13: Kalaw – Inle Lake

Drive one and a half hours to Inle Lake and transfer by boat to your hotel to check in. Begin your visit on the lake by long tail boat, seeing the floating gardens and Intha fisherman. Later visit Phaungdaw Oo Pagoda, one of Myanmar's most sacred shrines before admiring the collections of ancient Buddhas at Nga Phe Monastery. Finally visit the weaving village of Inpawkhon.



\*Please be aware there is no shade on the boat trip on Inle Lake, so please bring a hat and wear sun protection.

#### **Destination Information**

**Inle Lake** - Located 900m above sea level and approximately 22km long and 11km wide, this water paradise is inhabited by over 200 villages constructed on stilts. The lake is most famous for the extraordinary lives of the people who live on and around it, known as the 'Intha'.

**Phaungdaw Oo Pagoda** – One of the most sacred shrines in Myanmar dating back to the 18th Century. Inside the tiered pagoda, devotees await an opportunity to place gold leaf on one of four ancient Buddha statues housed here.

**Nga Phe Monastery -** A beautiful collection of Buddha images depicted in the Shan, Tibetan, Bagan and Inwa styles are displayed inside the expansive wooden meditation hall.

# Day 14: Inle Lake

Sightseeing today will be on the western shore of the lake at the Indein Pagoda complex. Take a leisurely walk along a creek, passing through rice fields to the village of Sae Ma and visit the village primary school.



#### **Destination Information**

**Indein Pagoda Complex** – One of the amazing historical sites in Inle Lake, where hundreds of small stupas decorated in sculptures of mythological animals and beings lay overgrown by moss and vegetation.



# Day 15: Inle Lake - Yangon

This morning transfer to Heho airport for your 1 hour and 10-minute flight to Yangon. On arrival visit the Bogyoke Market, then continue to Botataung Pagoda to observe the daily life of the local people. In the evening, visit the busy area of Chinatown including a Chinese Temple.



#### **Destination Information**

**Botataung Pagoda** – A famous pagoda in downtown Yangon which was destroyed in World War II. Rebuilding of the pagoda began the day the country gained independence.

Bogyoke Market – A vast covered marketplace selling an array of handicrafts, food, jewellery and clothing.

# Days 16-17: Depart Yangon

Any time before your flight is free at your leisure today. You will be transferred from the hotel to Yangon Airport for your onward flight.

Late check-out is not included in our Southeast Asia group tours. If you wish to book a late check-out for your final day, please contact our reservations department who can confirm additional pricing and make this arrangement for you, subject to availability at the hotel.



# Hidden Treasures of Myanmar Travel Information

## Visas

Entry visas are required by all visitors to Myanmar and Wendy Wu Tours Visa Department can assist you with the process of obtaining a visa. Please be advised that your passport must have at least six months validity left on it when you arrive back into Australia.

For the latest information on visa procedures, processing times and requirements, please kindly refer to our website <a href="https://www.wendywutours.com.au/help-and-advice/passports-and-visas/">https://www.wendywutours.com.au/help-and-advice/passports-and-visas/</a>

Please note the visa procedures and requirements may change at any time. These changes are often made by the relevant embassy or consulate, Wendy Wu Tours acts as a third party and has no influence on the process of a visa.

Wendy Wu Tours does not accept responsibility for lost or undelivered items.

All information with regards to visas will be updated regularly on our website as we find visas process' are changing on regular basis.

#### Insurance

We strongly recommend that you take out a policy as soon as you pay your deposit. Wendy Wu Tours cannot in any way be made liable for any additional cost incurred by the customer on any tour due to the customer not having adequate travel insurance.

We also encourage all customers to take a copy of their travel insurance documents (especially relevant international contact numbers) with them while on tour. We advise that you check the inclusions and procedures for lodging claims prior to your departure. These documents should be stored separately from the original.

## Eating in Southeast Asia

Southeast Asia is home to an incredibly rich food history. The local cuisine is known for its intense flavours, spices and some of the freshest ingredients you can find. In general, meals include either rice or noodles and are packed full of flavour. Lemongrass, ginger, lime leaves, coriander, fish sauce and soly sauce are used in most local dishes. Whilst Southeast Asian food has a reputation for being hot and spicy, each region actually has its own distinct characteristics. Myanmar, for example, is perhaps best known for its fresh and aromatic dishes – such as the iconic tea leaf salad, and most Burmese dishes are a result of many regional influences, particularly from neighbouring China and India.

Your itinerary has been carefully crafted to introduce you to a range of local dishes and we hope that you enjoy the culinary adventure ahead. All meals (excluding drinks) are included in our fully inclusive group tours from dinner on the day of your groups' arrival until breakfast on your day of departure.

Determining when it's appropriate to use chopsticks, forks or spoons can be challenging for some travellers, even other Asians, as each country has different customs. In Thailand and some other countries in Southeast Asia, fork and spoon are used for most dishes and chopsticks are typically provided to eat noodles. Usually chopsticks or other utensils are provided to scoop the food into your bowl to prevent your own chopsticks



from touching the food that remains on the table. Dining in Southeast Asia is fairly casual with not too many rules. Leaving food on the plate is not considered rude.

Those with dietary requirements will be well catered for - just make sure to inform your booking agent of any specific requirements well in advance of your trip.

All the restaurants we visit will be researched and inspected regularly to ensure that they follow the strictest health, cleanliness, and safety guidelines. All waiting staff will wear face masks and gloves and self-service buffets will be avoided in favour of à la carte dining, waiter-served meals, or waiter-assisted buffets. Hand sanitiser will be provided to the group before and after every food and beverage service.

Please read your travel guide, which you will receive with your final documents for more information about eating in Southeast Asia. We recommend that when it comes to Asia food, you stay open minded and try to be adventurous!

#### Accommodation

Your accommodation is selected for convenience of location, comfort or character, and can range from a business hotel in one city to a family run guesthouse in a smaller town. In more remote areas, accommodation may be of a lower standard and may not have all western amenities. Hotels are generally rated as local three to four-star standard, but please note that there is no international classification system for hotels and differences in facilities and quality do exist between Australia and Southeast Asia. All group tour hotels have private western bathroom facilities, air conditioning, TV and telephone. Plumbing and electricity supplies can be erratic and quite often the power in hotel rooms is turned off while guests are out of the room. If you experience any difficulty, please speak to your National Escort or Local Guide. Please note that double bed requests can be made at time of booking but can't be guaranteed.

Rest assured that all hotels used by Wendy Wu Tours are regularly inspected by our staff and our partners to ensure that standards meet your needs.

#### Porterage

Please be aware that porterage is not included on our tours in Southeast Asia. You will therefore need to be able to handle your own luggage within the hotel and when using transportation like trains and coaches.

## Transport

Coaches: Coaches with air conditioning are used on our group tours for city sightseeing, short excursions to the countryside and longer transfers where necessary. However, mini-buses may be used for smaller groups (under 10 passengers). Roads in Southeast Asia have generally improved over recent years, but traffic and/or weather conditions may extend driving times. Road construction work usually covers an enormous section of road - not just one or two kilometres as you may be used to. For this reason, the timings listed in the itinerary are approximations only.

**Seatbelts:** Please note that seatbelts are not compulsory by law in Southeast Asia and therefore the local people largely choose not to wear them. For this reason, some vehicles may not be fitted with seatbelts or they may be hidden underneath protective seat covers. It is recommended that customers use seatbelts where available and remain seated while the vehicle is moving. If you have any concerns, please notify your National Escort/Local Guides.



**Planes:** Internal flights are based on economy class, with reputable airlines. Pre-flight seat allocation is not available on international and internal flight sectors.

# Development in Southeast Asia

Although Southeast Asia is developing quickly, it still lacks the international standards of civil infrastructure and tourist facilities. Concepts of personal responsibility are also different to those in Australia. Consequently, tourist and public facilities may not uphold the same safety standards as in Australia; for example, you may see a hole in the road without a warning sign or safety barricade. All of our suppliers meet local safety standards as a minimum. We want you to have an enjoyable holiday so we ask that you take extra care, use your common sense, refer to notices and follow advice from your National Escort or Local Guides.

#### Myanmar Public Holidays

If you are travelling within the below Myanmar Public Holiday please note that celebrations can last a couple of days and during these times some businesses will be closed and coach, air and train travel may be affected. Tourist attractions will be open, but may be crowded. Water Festival is celebrated between  $13^{th} - 16^{th}$  April. Myanmar New Year Holiday is between  $17^{th} - 20^{th}$  April 2021.

#### Souvenirs

We want to be able to give you an opportunity to buy souvenirs, so we include some stops at museums or exhibitions which demonstrates a craft or product unique to that region with pieces available to buy. We understand that souvenir hunting is not for everyone, so we aim to take you to places, which hold local interest. We trust you will enjoy these opportunities to learn about local arts and crafts and understand their historical and cultural importance.

## **Group Size**

The group size on our Classic Tours is on average 21 passengers, with a maximum group size of 28. You may encounter other Wendy Wu tour groups while you are travelling. On our group tours we operate a seat-and-a-half policy, allowing you to travel in greater comfort.

All our departures are guaranteed to operate with a minimum of 8 travellers booked (unless cancelled due to factors beyond our control). A national escort will accompany each group of 10 or more. However, at our discretion we may operate departures with a smaller group size as we try to operate advertised departures wherever it is viable to do so.

# **Tipping Policy**

Local tipping is customary in Asia. However, this can often lead to awkwardness in knowing when it is appropriate to tip and how much, as well as ensuring you have a suitable amount of change available at the time. For your convenience, with years of experiences in providing the best customer service, Wendy Wu Tours operates a kitty system on our Group Tours so your National Escort will look after this aspect of your trip for you. It also ensures that the amounts paid are reasonable for you but still fair for the local people. The amount is stated on each Group Tour page will be advised again on your final documentation. Tipping is in US Dollars and will be collected by your National Escort on arrival and distributed throughout the tour on your behalf. Any additional tipping on any of our tours is welcomed at your discretion. Further guidance for tipping contributions will be outlined in your final documentation.



We generally find that most customers appreciate the convenience of our tipping policy, but we do recognize that it may not suit everyone. However, as this is a group tour we ask that everyone follows the same protocol to be fair to other group members and to ensure smooth operation of your tour.

## Packing List & Climate

You will find a complete packing list and a helpful climate chart in the 'Suggested Packing List', which will be included in the pre-departure information link sent within your deposit documentation. Seasonal weather patterns can be quite unpredictable. Up to the minute information on worldwide weather can be found on www.weather.com

#### Luggage

All travelers are limited to two items of luggage each; a suitcase with a maximum weight of 20kg and one piece of hand luggage with a maximum weight of 5kg. It is essential that your luggage is lockable.

## **Exchanging Cash**

The local currency in Myanmar is the Kyat (MMK), however you cannot buy this in Australia. As US Dollars are the preferred currency to exchange in Myanmar, it is suggested that customers obtain US Dollars before travel and exchange their US Dollars into Myanmar Kyat once arrived in country. This is because The Central Bank of Myanmar has withdrawn all foreign currency exchange licenses for business including hotels, restaurants, airlines and souvenir shops may only accept local currency.

Tourists can also withdraw local currency at any ATM's with their credit card, however these may be limited in availability outside the major cities. We suggest you bring enough US Dollars in cash to exchange to last the duration of your trip. For your convenience, please ensure that US Dollars are from the new series (2003 onwards), and in good condition to avoid any difficulties exchanging money during your trip. Old series notes can be difficult to exchange.

It is highly recommended that extra care and attention is paid when exchanging money. For your convenience, please ensure that US Dollars should be from the new series from the year 2003 onwards and in good condition to avoid any difficulties exchange money during your trip. We suggest exchanging your money before travelling to remote areas and smaller towns, as exchange facilities can be limited in these areas. Your National Escort will remind you to do this before departure.

## Personal Expenses & Optional Tours

Personal Expense - You will need to take some extra money to cover drinks, laundry and souvenirs, plus any additional sightseeing that may be offered to you. Based on the advice of previous customers an approximate amount of AU\$250.00 per person, per week should be sufficient; however, for those that can't resist a bargain or may wish to participate in all of the optional excursions, consider allocating a higher amount.

Optional tours may be offered in each city you visit during your tour at an additional cost. These are not included in the standard itinerary and will only be available if time permits. Each option will be arranged locally by your National Escort/Local Guide.



# Climbing Steps

Sightseeing at nearly all of the palaces, fortresses and some temples involves climbing quite a number of steps. These palaces were built to provide defense against potential invaders so nearly all of them stand on top of a hill, while the interiors have layers of narrow hallways and steps to slow down the advance of enemies once they were inside. The steps tend to be quite large, not level and sometimes without handrails. Hindu and Buddhist temples or pagodas also tend to be built at an elevation, as this is the most auspicious position according to ancient beliefs. This means you sometimes need to walk from the bus park to the entrance, and/or need to climb some steps inside.

People with knee or hip injuries, who have poor balance or are otherwise unable to complete these activities independently should consider the suitability of this itinerary carefully.

# **Cultural Difference**

Myanmar is predominantly Buddhist; however, it is a nation with many cultures and histories. Please be considerate of the local beliefs and customs and dress with consideration.

## **Appropriate Dress**

When visiting temples or mosques, both men and women should dress in conservative, non-revealing clothing. Full-length trousers with a shirt or t-shirt for men; and pants or skirts well below the knee with a top that covers the shoulders and upper arms for women. Women might also consider carrying a 'modesty shawl' in their daypack – this could be a sarong or light scarf – which they can wear over their shoulders and heads to feel more comfortable while sightseeing at mosques.

Religious sites and homes throughout Southeast Asia – for Hindus, Muslims or Buddhists to name a few – require all visitors to remove their shoes to enter. Even if you then need to walk outdoors, over hot or rough ground, you will not be allowed to wear shoes. You will often find shoe storage rooms near the entrance of a site where it is customary to leave your shoes near the entrance. Occasionally there are 'shoe minders' who will offer to keep your shoes safe for a 'tip' – this is not compulsory, so each customer can choose to tip for this service or not. If you do not want to remove your shoes, you will have to remain outside.

We recommend shoes that easily slip on and off and carry a pair of thick socks in your daypack, which you can wear to protect your feet from any rough or hot surfaces. The following itinerary will indicate when you need to consider this.

# Vaccinations & Your Health

We recommend that you contact either your GP or Travelvax (1300 360 164) for advice on vaccinations and travel health. Travelvax has a comprehensive website that you may also find useful <a href="www.travelvax.com.au">www.travelvax.com.au</a>

#### Before You Leave

We strongly recommend registering your travel plans with <a href="www.smartraveller.gov.au">www.smartraveller.gov.au</a> as in the event of an emergency, Australian Consular assistance will be more readily available. You can also access the Australian Government's travel advisory service for up to date information about your destination on the same website.



# After Your Booking

Once you have booked with Wendy Wu Tours, you will receive a confirmation invoice, which includes a link to our Visas, Passports and Health page. Here you will find the applicable visa application form, and a help sheet (if required). Your final documentation pack will be sent to you approximately 2-3 weeks prior to departure.

Last updated: September 2020