



Earthbound Expeditions

Myanmar, Cambodia and Laos Tour

14 days, from US\$0 per person

Duration

14 days

Group size

15 People

Country

Cambodia

Myanmar

Day by day

Day 1

Arrival Yangon

Arrive in Yangon where you will be welcomed by your local tour guide and transferred to your hotel to drop off your luggage. Start exploring Yangon's colonial city style, Mahabandoola Park and Town Hall near Sule Pagoda, dating back over 2,000 years ago. Then visit the Bogyoke Aung San Market (Scott Market) for souvenir shopping (which is closed on Monday) and to Chaukhtutgyi, a huge reclining Buddha image. In the afternoon visit the magnificent Shwedagon Pagoda of Rudyard Kipling fame and one of Myanmar's most sacred places. The massive bell shaped stupa is plated with gold and the tip of the stupa is set with diamonds and rubies, sapphires. After a photo stop at the Karaweik Hall, a hamsa-bird-shaped floating barge on Kandawgyi Lake is waiting for your embark. Over the lake, shadow of the grand Shwedagon Pagoda reflects its majesty in a quite different yet amazing way. We will drive back to hotel with a lovely sunset. Overnight at the Hotel

Altitude: 30 m On foot: Easy walking, 2–3 hrs Night: Hotel, Yangon Meals: None

Day 2

Yangon – Bagan

After early breakfast at the hotel, transfer to airport for your flight to Bagan. Upon your arrival start your Bagan tour with a visit to the vibrant Nyaung Market, unveil the glory of Bagan's history by visits to archeological treasures such as the Shwezigon Pagoda for its impressive bell-shaped stupa, graceful Htilominlo Temple with its delicate plaster carvings and glazed sandstone decorations. Continue to discover the ancient and most treasured handicrafts of lacquering by a demonstration from skilled artisan. Explore the amazing mural paintings under the protection of UNESCO at MyingabaGuByaukgyi Temple, and enjoy your soothing sunset at Shwesandaw Pagoda. Overnight in Bagan

Altitude: 50 m On foot: Easy walking, 2–3 hrs Night: Hotel, Bagan Meals: Breakfast

Day 3

Bagan discovery tour

Breakfast at hotel Proceed to the Nanpaya Temple. The masonry work is outstanding, as well as its interior design. It reflects the strong Brahman influence that affected the Teravadin Mon kings. Also, do take note of the relief of the god Brahma. There are three faces that can be discerned, all of which have the typical facial features of Mon. These are said to be representations of King Manuha. It is sometimes called the Ganesh or Mahapeine Temple, named after the elephant-headed Hindu god whose image once stood at the corners of its five successively diminishing rectangular terrace. In the afternoon, sightseeing start with many of the old murals and friezes can still be discerned, as can several old horoscopes, painted to protect the building from damage. After that proceed to Ananda Temple constructed in 1091, and is considered the masterpiece of Mon architecture. Evening board a local sunset boat for a slow cruise down in the Irrawaddy River. As you cruise the waters, observe the lifestyle of the fishermen and riverside villagers as well as enjoying the unique perspective of Bagan's temples. Overnight in Bagan

Altitude: 50 m On foot: Easy walking, 3–4 hrs Night: Hotel, Bagan Meals: Breakfast

Day 4

Bagan - Heho - Inle

After early breakfast, transfer to airport for your flight to Heho on the Shan plateau. Upon arrival, we will drive to NyaungShwe, gateway to Inle Lake. Observe the leg-rowing fishermen and see their floating gardens built up from strips of water hyacinth and mud and anchored to the bottom with bamboo poles. Visit NgaHpeChaung Monastery, which houses dozens of Shan Buddha Images. Continue to PhaungDawOo Pagoda, the lake's main sanctuary, which contains five sacred Buddha images covered in gold leaf. Explore the local crafts of Inle Lake with a stop at the cheroot factory, where the typical Burmese cigars are made by hand. We can also visit a local silk weaving 'factory' which sits on stilts on the lake and where they still use old style hand looms. Stay overnight in Inle Lake

Altitude: 880 m On foot: Easy walking, 1-2 hrs Night: Hotel, Inle Lake Meals: Breakfast

Day 5

Inle Lake - Indein

Inle Lake - Indein (B) After breakfast at hotel, visit NgaHpeChaung Monastery, which houses dozens of Shan Buddha Images. Continue to PhaungDawOo Pagoda, the lake's main sanctuary, which contains five sacred Buddha images covered in gold leaf. Explore the local crafts of Inle Lake with a stop at the cheroot factory, where the typical Burmese cigars are made by hand. We can also visit a local silk weaving 'factory' which sits on stilts on the lake and where they still use old style hand looms. Continue Inle Lake sightseeing today with a memorable visit to Indein village with its idyllic 17th century pagodas. Indein is one of the small villages of the Inle Lake located on the western bank of Inle Lake. A Buddha image has enshrined at a whitewashed stupa, which is on the summit of a hill. Below the stupa around the hill are cluster of hundreds of ancient stupa most are ruins overgrown with bushes. The pagoda hill is quiet and clam. One could feel the pleasant cool breeze with the sweet ring of the bell hanging at the umbrella of the stupa. Mesmerizing view from the pagoda hill releases the fatigue and refreshes everybody who ascends to the peak. This mysterious place is at the end of the marvelous Indein creek, which connected with Inle Lake just after the PhaundDawOo pagoda. The creek is narrow with many twist and turns. Since the both side are paddy fields you can see the farmer ploughing and harrowing by water buffaloes. At many places in the creek the farmers dam up the water by bamboo barriers to irrigate the paddy fields. Indein water is not useful for irrigation also for bathing and washing clothes. It is compulsory to see Novice Monk, buffalo's boys and village girls wash and swim in the creek. Enjoy the sightseeing of Indein. Stay overnight in Inle Lake

Altitude: 880 m On foot: Easy walking, 2-3 hrs Night: Hotel, Inle Lake Meals: Breakfast

Day 6

Heho - Mandalay by flight

After breakfast at hotel, transfer to Heho airport for flight to Mandalay. When you arrive at Mandalay airport, drive to ancient capital of Amarapura, the city of Immortality for a visit to Bagaya Monastery with a famous collection of Buddha images; weaving industries, two-century old U-Bein teak bridge on the Taungtaman Lake and observe the lunch process of thousands of monks who take their last meal of the day at 10:00 am in total silence at Mahargandaryone Monastery. Proceed to Mandalay and check in at the hotel. After refreshment, you will take a sightseeing tour of Mandalay which includes Mahanumi, a life like Buddha image. Mandalay is the last capital of Myanmar and that make her to be the best place to see all the traditional arts and crafts. Start visiting gold leaf making work-place and see how the gold leaf is being made by hand in a traditional way. Continue visit the Old Palace grounds; Kuthodaw Pagoda, known as the world's largest book for its 729 marble slabs inscribed with the Buddha's Doctrine; Golden Palace Monastery, noted for its exquisite wood carvings and enjoy the panoramic view of the city from Mandalay Hill. Overnight at the hotel

Altitude: 80 m On foot: Easy walking, 2-3 hrs Night: Hotel, Mandalay Meals: Breakfast

Day 7

Mandalay – Flight to Siem Reap, Cambodia

After breakfast at hotel. We'll drive former capitals of Amarapura, visit Mahagandayon Monastery where more than a thousand monks live and study the Buddha scripture. Also visit to the world's longest teak bridge at U Bein Bridge. Proceed to Sagaing cross the bridge over the Irrawaddy River and continue to Sagaing. Covered with 600 white-painted pagodas and monasteries, Sagaing Hill is widely regarded as the religious centre of Myanmar and is home to 3,000 monks and 100 meditation centers. Early afternoon we will be met and transferred to the airport for the flight to Siem Reap with a stop in Bangkok. Connecting Flights: MDL-BKK BY PG 1405-1630 BKK -RGP BY PG 1750-1845 Welcome to Siem Reap, the entrance to the Angkor Temple complex and the legacy of Khmer Empire. Upon arrival, the local Cambodian English speaking tour guide will greet you and help you transfer to your hotel for check in. On the way your guide will deliver a very interesting briefing about the history of Cambodia, its culture, people and lifestyle.

Altitude: 20 m On foot: Easy walking, 2-3 hrs Night: Hotel, Siem Reap Meals: Breakfast

Day 8

Siem Reap – Treasure Hunting in Angkor Thom & Angkor Wat

The morning after breakfast at our hotel, we begin another magical day at the mystical Ta Prohm temple, where ancient stones and massive tree roots engulf the ruins. These trees and stones provide a stunning temple experience while also enjoying with sound of birds and nature; this is a wonderful place to start the temple tour. The exploration will take approximately one hour, walking through this jungle temple after weaving our way through the beautiful Ta Prohm we journey into the ancient city of Angkor Thom. After exploring the treasures of this ancient walled city, we continue with a visit to the mystical Bayon temple adorned with its smiling faces. The journey through the jungle to the famous Bayon which stands in the middle of the city of Angkor Thom is now everyone's favorite site, surrounded by hundreds of smiling faces engraved on the pieces of gigantic sand stone; the temple is definitely one of the most stunning and mysterious. We head further into the temple complex and visit Baphoun, a hill top pyramid-temple, consecrated to the God Shiva that just opened to the public recently after renovation. We also visit the Elephant and leper king terraces, the royal enclosure temple of Phimean Akas and the serene Preah Pithu groups of smaller temples. We will enjoy a walk along the ancient walls of this city and relax with a hot Cambodian style picnic lunch in a shaded area or alternatively we will have lunch at a local restaurant. Following Angkor Thom we head to the jewel of the Khmer Empire and visit the amazing Angkor Wat. The amazing temples of Angkor were constructed to express the wealth and power of the Khmer Empire at the time. Many stone inscriptions describing the foundations of the temple have been found but Khmers left no word to tell how this great empire collapsed. Come and dig out some secrets of Angkor with our experienced guide, reveal the stories and legends behind the sandstone carved bas-reliefs, gables and lintels. Stroll around this massive monument to admire the Khmer architectural masterpiece and engineering. Enjoy watching the sunset over the temples before getting back to the hotel. Overnight in Siem Reap

Altitude: 20 m On foot: Easy walking, 3-4 hrs Night: Hotel, Siem Reap Meals: Breakfast

Day 9

Siem Reap – Walking In the Jungle & Kayaking at Floating Village

Optional: Starting early we enter the Angkor Archeological Park to experience the sunrise behind the temple of Angkor Wat with soft light against the towers reflecting in a large lily pond, one of the best views of the temple you will get. Next we return to our hotel for breakfast before continuing to explore Preah Khan Temple. It's located 2 kilometers northeast of Angkor Thom on the Grand Circuit and was built in the second half of the 12th century in AD 1191 by King Jayavarman VII, dedicated to his father Dharanindravarman. The inscriptions indicate that Preah Khan was built on the battle site where King Jayavarman VII finally defeated the Chams. In those days it was known as Nagarajayacri, which means the City of Sacred Sword. Leaving from the rear exit of Preah Khan temple, we then walk through the dense tropical jungle for approximately 3.5KM to enjoy nature along the tree-lined paths, taking a rest at the French dam, which was constructed in 1960, and enjoy a water break. We continue with a visit to Prasat Tanai; this temple seems lost in the jungle and gets very few visitors; it's a 12th century temple and was constructed by King Jayavarman VII, dedicated to his ancestors. If time permits will visit the pyramid temple of Ta Keo. In the afternoon you will transfer to the floating village on the great Tonle Sap Lake. Our journey begins by witnessing the beautiful rice paddies and the daily lifestyles of the local people. Here we will board a long tail wooden boat which will take us to the amazing floating village. You will be amazed as the boat man will take you through the fresh water mangrove. Return to hotel for freshens up before going for dinner. Tonight, your sumptuous dinner will be accompanied by a Classical Apsara Performance depicting scenes from Khmer mythology. Overnight in Siem Reap

Altitude: 20 m On foot: Easy walking, 3–4 hrs Night: Hotel, Siem Reap Meals: Breakfast

Day 10

Siem Reap – PM flight to Luang Prabang

Free morning to relax and chill out in Siem Reap. Check out of the hotel room at mid-day. Late afternoon a private driver will pick you up and transfer you to the airport for a short flight to Luang Prabang (VN930 REP-LPQ 1655 1855), the ancient first capital of Lane Xang kingdom. It is the centre of religious life in Laos and a World Heritage City. Upon arrival at the airport, you will be met by the local guide and transferred (30 minutes) to the hotel to check in. Evening is yours to relax and chill out. Overnight in Luang Prabang

Altitude: 300 m On foot: None, flight day Night: Hotel, Luang Prabang Meals: Breakfast

Day 11

Luang Prabang City tour – Boat trip to Pak Ou Caves

In the morning we tour the sacred city of temples by visiting the National Museum and the former Royal Palace. The latter houses a collection of valuables including the famous Prabang Buddha statue and gifts from foreign dignitaries. The tour continues to the Wat Visoun, entirely rebuilt in 1887 by the invading Black Flags from southern China. In the courtyard of Wat Visoun stands the Watermelon Stupa shaped like the fruit for which it is named. We also visit the Wat Aham where we will find the alter of Luang Prabang and finish with a visit to Wat That where the ashes of King Sisavang Vong are kept. After lunch we will embark on a long-tailed boat on the Mekong River, visitin the mysterious Pak Ou Caves in the side of a lime stone cliff opposite the mouth of the Mekong and Nam Ou rivers. We visit Ban Xanghai, well-known for its Laotian traditional rice Our return to Luang Prabang we visit Ban Xangkhong, a village known for its wood paper making and naturally dyed silk weavings. Overnight in Luang Prabang

Altitude: 300 m On foot: Easy walking, 2–3 hrs Night: Hotel, Luang Prabang Meals: Breakfast

Day 12

Luang Prabang – Kuang Si Waterfall

An option to visit a local market followed by breakfast at the hotel. At mid-morning we leave the Old Town behind and drive to the outskirt to visit the Kuangsi Waterfall, a three tier waterfall about 29 kilometres south of Luang Prabang. These waterfalls are a must-see for Luang Prabang. After touring the site you can swim in the falls as well, which is the coolest part. Please make sure you've some swim gear if you want to go for a swim. After a picnic lunch near the Falls, we wind our way back to town. Stop en route to visit Ban Na Oune, a small village where the Hmong people live, and Tha Pane village where the Khmu people. Late afternoon we will climb the Mount Phousi to enjoy the stunning view below and the sunset. The rest of the day is yours to relax and chill out. Overnight in Luang Prabang

Altitude: 300 m On foot: Easy walking, 2–3 hrs Night: Hotel, Luang Prabang Meals: Breakfast, Lunch

Day 13

Luang Prabang – Living Land Farm – UXO Centre

This morning we head out to the Living Land Farm, a working community farm approximately 5kms outside the town. There you will learn all about the rice growing process and have an opportunity to participate in seasonal farm activities, such as identifying viable rice seeds, ploughing with a buffalo, hand planting, weeding and harvesting rice and threshing rice seed. You may be picking vegetables from the organic garden or catching fish to cook for your wholesome lunch. There will also be a variety of local rice products for you to sample. In the afternoon we return to Luang Prabang. Visit UXO Laos Information Centre and learn about this most bombed history country during the Indochina War. The rest of the day is free at leisure. You can just relax, experience a spa treatment or massage. Overnight in Luang Prabang

Altitude: 300 m On foot: Easy walking, 2–3 hrs Night: Hotel, Luang Prabang Meals: Breakfast, Lunch

Day 14

Luang Prabang

Breakfast is included and check out at mid-day. The whole day is free until a private driver will pick you up from the hotel and transfer you (30 minutes) back to the Luang Prabang airport for your departure flight. Namaste!

Altitude: 300 m On foot: None, departure day Night: No overnight Meals: Breakfast

What's included

- 13 night accommodation on half-twin room basis with daily breakfast
- English speaking station guide. Different guides at each site.
- Porter fees at the airport
- All transfers and excursions with private air-conditioned vehicles with drivers
- Sunset boat in Bagan.
- Private motorized boat in Inle Lake Myanmar, Tonle Sap Lake Cambodia and Mekong River Laos.
- Entrance fees for the visits mentioned in the program
- Internal and inter-country flights

Not included

- International flights and flights that do not mention in the itinerary.
- Meals not mentioned (B = Breakfast, L = Lunch, D = Dinner)
- Visa to Myanmar, Laos and Cambodia
- Visits not mentioned in the program
- Drinks and personal expenses
- Tips and porters at the hotels
- Any other items not mentioned
- International departure Airport Tax Yangon (USD 10/pax at present)
- Guide and car service at Yangon International airport on departure day