

NTREPUD Peal life experience & THE SUBCONTINENT



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Welcome

to the Intrepid way of travel

Like for many of you, travel means more to me than just a holiday. It's introduced me to some wonderful people, taken me around the world and saved me from a finance job I didn't enjoy.

Travel is more than just the where. It's also about the how. That's why our commitment to responsible travel is so important to me. I like coming to work every day knowing that I'm doing my bit to deliver the best travel experience ever for our customers, and at the same time our business is giving back to the places we visit and the locals we meet along the way.

We're now the world's largest provider of adventure travel experiences, and that means it's our responsibility to be a leader in sustainable tourism. We're always looking for ways to improve, from carbon-offsetting our trips and putting a stop to elephant rides to recycling around the office.

This year I got to spend some time in Galle, Sri Lanka. I loved the food, the fresh seafood and spices, and I'll always remember that game of cricket with the locals in the fort. In 2017 we'll be adding a little zing to our classic Asia itineraries. There's the new Yoga and Bollywoodthemed adventure in the Golden Triangle and a very special Mongolian Naadam Festival trip, complete with hands-on training in wrestling and archery. Personally, I'm excited by the ground we're breaking in a few old favourites, like Vietnam: visiting remote communities in the picturesque Dalat Highlands. Turn to page 29 for that one.

Enjoy this brochure. I hope it sparks a flash of inspiration or maybe stokes a little Asia wanderlust.

James

James Thornton Managing Director



Real life experiences

Sure, the highlights still take our breath away, but travel should be more than just ticking boxes. We think the real magic happens off the beaten track: joining a family for dinner in Thailand or bonding with locals on a train in India. Because it's those real life travel experiences – the most spontaneous and simple of moments – that stay with you long after you've returned home.

Eat, stay and live local

We design our trips from the ground up, which means using an experienced local leader, local transport and – wherever possible – small, locally run accommodation. Many of our trips include a night or two in a homestay, be it a family-run guesthouse in China or a community lodge in Myanmar. The best bit? You're getting an authentic experience while also contributing to the local economy.

Just the right balance

The best small group adventures strike the perfect balance between included activities and 'you time'. So while there's always an itinerary in place, we like to keep things flexible by giving you plenty of free time to explore on your own. After all, this is your adventure!

Travel made easy

We'll deal with the logistics of travel – organising itineraries, transport and accommodation – so you can focus on the fun stuff. Why spend hours agonising over every detail of your trip when you can leave it to the experts?



Small groups...

An average group size of 10

We take small-group travel literally. Numbers will vary depending on where and how you're travelling, but the average size of a tour is about ten people. We've found this is the perfect number to make new friends, without feeling like just another face in the crowd.

Fewer people means greater mobility

While larger tour groups are confined to big tourist sights and even bigger hotels, we're able to get around quickly and easily. Which means greater access to family homes, backstreet bazaars and truly local experiences.

...with local leaders

We realised early on that the best folks to show you the heart of a destination are, funnily enough, the ones that live there.

These are our leaders: travel experts and friendly locals who know their countries better than anyone. Whether it's helping you order off the menu in Hanoi or introducing you to the best masala in Madurai, they're enthusiastic purveyors of grassroots experiences and your connection to the local community. Want to meet them?



Kuldeep Pujari, India

"Kuldeep is amazing and so generous! I was impressed with how calm and organised he was in the face of buzzing India and zillions of questions coming at him."

~ Marj Kleinman, North India Highlights



Guowen Jiang (Jay), China "Best tour guide in the world, literally. Anyone would be lucky to have Jay as a leader."

~ Araixa Ruiz, North China Getaway

Trip Styles

Every one of our trips has a particular style. It's a way to help you pick the adventure that suits you best. Just the essentials, a bunch of inclusions or a little of both? The choice is yours.







Basix

FOR TRAVELLERS ON A BUDGET

These are amazing experiences at a great price. Basix trips use simple, convenient accommodation, travel on local transport where possible and include plenty of free time. Pick and choose inclusions to fit your budget.

Original

THE ORIGINAL INTREPID STYLE

These are the trips we built our reputation on! Original trips offer a great mix of included activities and free time to explore on your own. They use centrally located hotels sometimes come with meals here and there.



We've smoothed away adventure travel's rougher edges to craft a style of travel that has an added degree of... well, comfort. Enjoy a more relaxed pace, comfortable accommodation and lots of included activities.

INCLUSIONS

Lots of free time and optional extras, so you can tailor your trip to suit your budget. Each trip has an expert local leader and is full of real life experiences.

ACCOMMODATION

Clean, central, budget accommodation. Sometimes with shared facilities. Some itineraries feature homestays or unique accommodation, such as a raft house or riverboat.

TRANSPORT

We use local transport, wherever practical.

INCLUSIONS

A balance of free time and added inclusions, sometimes with a few meals along the way. Each trip has an expert local leader and is full of real life experiences.

ACCOMMODATION

Simple, tourist-class hotels, usually close to the action. Some itineraries feature as an Indian haveli or Mongolian ger.

homestays or unique accommodation, such

TRANSPORT

A mix of local and private transport. Think buses, subway, trains and tuk tuks.

INCLUSIONS

Plenty of included activities and some meals. Each trip has an expert local leader and is full of real life experiences.

ACCOMMODATION

Comfortable hotels with private amenities and often with plenty of local character. Some itineraries feature homestays or unique accommodation, such as a heritage property.

TRANSPORT

More private transport than Original and often shorter travel days.

SACK TO MAIN MENU

Adventures for all tastes

Like our travellers, our trips come in all shapes and sizes – from active tours to family-friendly journeys, short breaks to epic overland adventures. In fact, we've dedicated whole sections of this brochure to our Asia Food, Cycling and Sailing trips. Whatever flavour, tempo or activity floats your boat, we've got it covered.

SAILING

Explore the hard-to-reach parts of a destination by sailboat. No traffic jams, no delays – just endless horizons. **Page 62.**

FOOD

All the highlights of an Explorer tour, seasoned with street food crawls, cooking classes and home cooked meals. **Page 112.**

CYCLING

See the world on two wheels. Active, expertly guided cycling trips designed for all experience and fitness levels. **Page 120.**

Plus a whole lot more...

Can't decide where to go? See it all on one of our epic **Multi Country** adventures (page 10).

Get the blood pumping on an active adventure such as the **Kokoda Track (page 50)** or **Borneo – Hike, Bike & Kayak (page 46)**, just to name a couple.

Got limited time but keen to explore a new place? Jump on one of our **Short Breaks (pages 42, 56 & 84).**

Look out for these symbols



We have no minimum numbers on most of our trips. Once you've booked, your trip will run as scheduled.



We offset our emissions each year by investing in highly accredited renewable energy products.

PHYSICAL RATING

Each of our trips has a physical rating, so you can tell how physically exerting a trip is and how fit you'll need to be to enjoy it. As a guide:

00000	Easy and relaxing
00000	Bring your walking shoes
00000	An average level of fitness required
00000	Action packed, physically demanding
00000	Full-on active adventure for the more agile travelle





Responsible travel

The world's an amazing place and we do what we can to keep it that way. Travel should benefit the places it touches, and we've made a commitment to be a responsible business and live this promise every single day.







BEING A RESPONSIBLE BUSINESS

Being a responsible business is ingrained in who we are and what we do. As part of our commitment to the United Nations Global Compact (www.unglobalcompact.org), we report every year on our pledge to tackle global sustainability issues like climate change, labour standards, human rights and corruption. We also support the UN Sustainable Development Goals to end poverty, protect the planet and ensure prosperity for all.

INTREPID AND CARBON EMISSIONS

When you travel with us, you can relax in the knowledge that the main carbon emissions your trip generates have been offset. We offset our emissions each year by investing in highly accredited renewable energy projects. In Asia, we're investing in a program that provides energy-efficient cook stoves and water filters to households in Cambodia. These prevent deforestation by reducing the volume of household firewood required. Our global offices have been carbon neutral since 2010.

ELEPHANT WELFARE

Since 2014, our trips in Asia (and globally) no longer include elephant rides. This decision was the result of a research initiative with World Animal Protection, which determined that elephants used for rides and entertainment are often kept under inadequate conditions. We hope this move will spread awareness of the harmful impact elephant rides can have and put a spotlight on animal welfare issues in entertainment venues across Asia and globally.

THE INTREPID FOUNDATION

The Intrepid Foundation was created in 2002 with a simple mission: empower travellers to give back and positively impact the local communities they visit. We do this by investing in innovative grassroots projects that contribute to advancing the planet, people, peace and prosperity. In 14 years we've raised over \$4.7 million for more than 75 different non-for-profit organisations in 25 countries. The Intrepid Group matches every donation from our travellers dollar for dollar* and covers all administration costs, effectively doubling your donation!

HOW TO DONATE

You can donate to The Intrepid Foundation anytime: through your travel agent or Intrepid specialist, on The Intrepid Foundation homepage or during the online booking process. Learn more at **theintrepidfoundation.org**



^{*}up to AUD 1,000 per donor and a total of AUD 400,000 for all donors each financial year (excludes emergency appeals).

Photo competition

Like what you see in this brochure? We're always on the lookout for great shots from our travellers. Enter our monthly photo competition for the chance to be featured in our brochures and social media, plus you'll go in the draw to win a swag of travel prizes*.

To enter, visit intrepidtravel.com/photo-competition

* Terms & conditions apply

Intrepid loyalty

Loyalty should be rewarded don't you think? And a reward should be a bit better than a hug coupon or a free cup of coffee. If you suffer from incurable wanderlust and end up taking nine Intrepid trips, we'll give you the tenth for FREE^, plus the coveted title of Intrepid Legend. We'll even throw in that hug coupon for good measure (you deserve it). It's just our little way of saying thanks.

Find out more at intrepidtravel.com/loyalty

^See website for terms & conditions

Private groups

If you'd like to adventure with your best buddies, your sports team or even a school group, most of our trips are also available as private departures. They come with all the excitement and inclusions of a regular departure, but we can tweak and adjust the details until they fit you just right.

Contact our team at groups@intrepidtravel.com for more details.





So you've just arrived in the Big City. You step outside the hotel, take a deep breath and... then what? Wouldn't it be great to have a local on-tap to show you all their favourite spots – the little bars, best cafes and cool underground galleries the tourists never find? Enter Urban Adventures, our day tours with a difference.













BIKE TOURS

DRINK TOURS

FOOD TOURS

HIKING TOURS

KAYAKING TOURS

CULTURAL TOURS

KEEP AN EYE OUT

We've scattered Urban Adventures throughout this brochure in boxes just like this one. They're like little red Easter eggs, only way more delicious.



Moscow

St Petersburg

What's hot in 2017?

There's a lot to cover in this brochure, so here's a taste of what we're most excited about for 2017. We've got shiny new trips and beloved classics, pint-sized journeys and epic overland tours covering big chunks of the continent. Flip to the end of the brochure and you'll find all of our Asia Food and Cycling adventures divided into delicious, handy sections. Now for the hard part: deciding where to start.



TIBETAN ADVENTURE

Satisfy your spiritual curiosity on this overland journey from Beijing to Lhasa, finishing in Chengdu. Page 97

HANOI TO HONG KONG

Experience eclectic South China on our new journey through Yuanyang, Jianshui and Kunming. Page 14

MONGOLIA'S NAADAM FESTIVAL

The Greeks had the Olympics; the Mongols have Naadam. Get behind the scenes at this warrior festival. **Page 101**



CLASSIC RAJASTHAN

With nights spent in ancient forts and camping under the stars, it's no surprise this is one of our most popular trips. **Page 67**



DESTINATION TAIWAN

Lush landscapes, tranquil temples, delicious street food...Taiwan is Asia's most up-and-coming destination. **Page 110**



ACTIVE IN INDONESIA

You could sleep away your holiday...or you could spend it biking, kayaking and rafting around Bali and Lombok. **Page 48**

< BACK TO MAIN MENU



When you're hungry for travel why limit yourself to only the one country? Our Multi Country adventures are designed to showcase the varied nature of this vast and everchanging continent, from two-week journeys to epic three-month overland odysseys. Circle South East Asia, encompass India, explore the Malay Peninsula and Indonesian archipelago by rail, air and road, or traverse Central Asia along the famous Silk Road.

×

Get an insight into the three countries and cultures that share the one peninsula on the top-selling Bangkok to Singapore trip (page 12).



For all their traveller popularity, India and Nepal still resound with history. If you're going to travel the sub-continent why not go all in with an 82-day circumnavigation (page 16).



Embark on our new month-long trip that crosses the vast expanse between Beijing and Tashkent along the iconic Great Silk Road (page 19).

Weather



WHERE IN THE WORLD

Bhutan Cambodia China India Laos Malaysia Mongolia Nepal Russia Thailand Vietnam





DEPARTURE

136

Angkor Wat, Cambodia - Tara Buffington

Hoi An, Vietnam - Steven Clarke

Great Indochina Loop

30 DAYS, BANGKOK TO BANGKOK

Discover South East Asia's incredible cities, from the calming canals of the Thai capital to the laidback exotica of Laos' riverside gem Luang Prabang.

Be dazzled by limestone karst scenery and turquoise waters, then fall asleep beneath the peaceful night sky on a junk-boat trip over Vietnam's Halong Bay.

Angkor must be seen to be believed. Explore Cambodia's mind-boggling Khmer temple complex in depth and witness the sunset of a lifetime.

Days 1-2 Bangkok Explore beguiling Bangkok and take a longtail boat ride along the city canals. Don't miss the street food. Days 3-4 Chiang Mai Admire sweeping views of Chiang Mai from the elevated temple complex of Doi Suthep. Day 5 Chiang Khong Journey through the countryside to peaceful Chiang Khong. Day 6 Pakbeng Take a slow boat down the magnificent Mekong River. Days 7-9 Luang Prabang Visit the sacred Pak Ou Caves and take a refreshing dip in the turquoise pool beneath beautiful Kuang Si Falls. Days 10-11 Vang Vieng Admire dramatic limestone cliffs, clamber into nearby caves or float in refreshing waterholes. Day 12 Vientiane Spend some time exploring Laos' laidback capital. Day 13 Hanoi Vietnam's capital is as charming as it is picturesque. Days 14-15 Halong Bay/Overnight Train Visit this stunning harbour dotted with thousands of limestone islands. Days 16-17 Hue Appointed as the imperial capital due to its beauty and isolation, Hue is bound to enchant. Days 18-19 Hoi An Traverse the spectacular Hai Van Pass to Hoi An, one of Vietnam's most charming old towns. Days 20-22 Ho Chi Minh City Following a short flight, take to the vibrant streets of Ho Chi Minh City on an urban tour. Days 23-24 Phnom Penh Continue on to Phnom Penh, where a visit to the Tuol Sleng Genocide Museum and the Killing Fields provides a glimpse into Cambodia's tragic past. Days 25-27 Siem Reap/Angkor Wat Learn from a local guide how the great Angkor temples were created in perfect balance and symmetry, representing the cosmic world. Day 28 Battambang Appreciate classic French architecture and the mellow country pace. Days 29-30 Bangkok Cross back into Thailand and watch the scenery change on the return to Bangkok.









15 DAYS, BANGKOK TO SINGAPORE

olin Talbot

TOP

Head down to the Krabi province for taste of true Thai hospitality, learning how to cook an authentic Southern Thai dish with a village homestay host.

Khao Sok National Park, Tha

Discover a slice of paradise on an included sea kayaking trip through the stunning inlets, caves and hidden lagoons of the Ao Thalane mangrove forests.

A fusion of cultures gives Penang a unique atmosphere; wander the backstreets where colonial buildings and tumble-down shops meld with stylish street art.

Days 1-2 Bangkok Escape the hustle and bustle of Thailand's fast-paced capital with a cruise along the Chao Phraya River and a visit to the impressive reclining Buddha. Travel by overnight train to Surat Thani. Days 3-4 Khao Sok National Park Travel into the verdant Khao Sok National Park and spend a night in a rustic hut amid ancient gnarled rainforest trees. Explore this dense and mysterious jungle and cruise the Cheow Lan Lake. Day 5 Homestay Travel to Krabi province. Upon arriving at a village homestay, take a walk through the surrounding area and enjoy local food in a cooking demonstration with your hosts. This is a wonderful opportunity to absorb some of the daily rituals of Thai culture. Days 6-7 Ao Nang The stunning limestone karst scenery and unspoilt beaches around Krabi are perfect for both relaxing and getting active. Take a kayaking trip through the mangrove forest at Ao

Thalane. Days 8-9 Penang Travel into Malaysia. Explore Penang and enjoy a walking tour through the streets of heritage Georgetown. Days 10-11 Kuala Lumpur Absorb the multicultural mix that is Kuala Lumpur on a half-day city tour. In free time, stroll Dataran Merdeka, shop in Suria KLCC, or perhaps scale the 272 steps up to the Batu Caves. Be sure to indulge in some of the many tasty street foods for which Kuala Lumpur is famous. Days 12-13 Melaka Get to know the historic port city of Melaka and admire Chinatown's unique Peranakan architecture from the back of a trishaw. Perhaps jump on a bike for an optional eco bike tour around the city. Days 14-15 Singapore Arrive in Singapore where the journey ends. While here, why not pay a visit to Raffles Hotel for a Singapore Sling - this is where the famous drink was invented. Alternatively, hunt down a bargain or two on Orchard Road.





Bangkok to Bali

DEPARTURE

Bangkok 🗘

Penand

Singapore

Jakart

Kuala Lumpu

Homestav

STYLE

ORIGINAL

Ao Nano

Yogyakarta

Melaka

THAILAND

INDONESIA

Seloliman Nature Reserve

🗘 Ubud

Kalibaru

BALL

PHYSICAL

••••00

MALAYSIA

Pangandaran

JAVA Mt Bromo

TRIP CODE

TTSIC

Hotel (21 nts), guesthouse (4 nts),

homestay (1 nt), overnight train (1 nt)

18 Breakfasts, 3 Lunches, 2 Dinners

Maximum group size 12

28 DAYS, BANGKOK TO UBUD

Be enchanted by towns such as Melaka and Yogyakarta, and soak up the stunning natural beauty of Khao Sok National Park and Green Canyon.

Work up a sweat trekking to the top of Mt Borneo for sunrise, then reward yourself with a few days chilling on Pemuteran's beaches.

Days 1-2 Bangkok Kick off the adventure in exciting Bangkok. Days 3-4 Khao Sok NP Travel into this vivid and verdant national park. Day 5 Homestay Experience Thai culture first hand at a village homestay. Days 6-7 Ao Nang Enjoy pristine beaches and go kayaking. Days 8-9 Penang Take a walking tour of this enchanting gem. Days 10-11 Kuala Lumpur Relish a spicy smorgasbord of food options. Days 12-13 Melaka Visit this historic port city and go on a trishaw tour. Day 14 Singapore Why not sip a Singapore Sling. Days 15-16 Jakarta Walk through the old town of Kota. Days 17-18 Pangandaran Head to the Indonesian coast. Days 19-21 Yogyakarta Discover Borobudur temple. Day 22 Seloliman Nature Reserve Get back to nature. Day 23 Mt Bromo Discover the landscapes of the Tengger Valley. Day 24 Kalibaru Trek up misty Mt Bromo. Days 25-26 Pemuteran Take a ferry across the Java Strait to idyllic Pemuteran. Days 27-28 Ubud Soak up Bali's cool cultural hub.

VIEW DATES AND PRICES



Private bus, public bus, taxi, minivan, train, ferry, boat, kayak, bike, trishaw

Singapore to Bangkok Adventure

13 DAYS, SINGAPORE TO BANGKOK

CARBON DEPARTURE GUARANTEED

Escape to the fresh air and rolling hills of the Cameron Highlands. This is where the British found reprieve from the balmy the jungle during colonial times.

With two weeks of Singaporean, Malaysian and Thai food, discover a world of flavour. Hit the night markets of Bangkok and KL for world-class street food.

Day 1 Singapore Immerse yourself in Singapore's vibrant culinary scene. Day 2 Melaka Say 'selamat detang' to Malaysia and absorb the easygoing vibes of historic Melaka. Days 3-4 Kuala Lumpur Combining Indian, Chinese and Malay cultures, Kuala Lumpur is a veritable melting pot of cosmopolitan activity. Make the most of a worldclass street food scene. Day 5 Cameron Highlands This is a wonderful place to enjoy a relaxing stroll among the tea plantations. Days 6-7 Penang Discover the wonders of Penang in the temples, museums and food stalls of Georgetown, the town's heritage heart and soul. Days 8-9 Ao Nang Settle in with a stroll along the tranquil beach. Days 10-12 Khao Sok National Park Surrounded by thick jungle, towering limestone cliffs and fastflowing waterfalls, Khao Sok has something for everyone. Spend a night in a raft house. Day 13 Bangkok End your adventure in Thailand's fast-paced capital. Bangkok has a wealth of sights, shopping and a vibrant nightlife.





HONG KONG AFTER DARK

See a different side to this city after the sun's gone down. Get a local's perspective on this sprawling metropolis, exploring the famous Temple Night Market, the high fashion of Hong Kong's 'Fifth Avenue', and visiting a secret vantage point for a spectacular view of the glittering skyline.

For more info head to urbanadventures.com



Hanoi to Hong Kong



12 DAYS, HANOI TO HONG KONG

Explore idyllic Yuanyang in China's Yunnan province, taking a guided walk around the spectacular rice terrace landscapes built by the local Hani people.

Step back in time in Jianshui Old Town and Tuanshan Village, whose cobbled lanes and grand architecture offer a vivid sketch of Ming- and Qing-era China.

Finish up in Hong Kong, a perfect playground for urban adventures. Ride the ferry for spectacular city views, or hit the harbour for an incredible light show at night.

Day 1 Hanoi Welcome to Vietnam. Why not check out the French colonial architecture of the Old Quarter or sample some delicious Banh Mi. Days 2-3 Mengzi Journey into China via Lao Cai. Visit the Bisezhai Station, the finest surviving station on the Frenchbuilt Vietnam-Kunming railway. In addition to its French architecture, Mengzi is also known for its famoun Yunnan rice noodles. Days 4-5 Yuanyang Travel to Yuanyang, where photographers will be in heaven. Discover the eye-popping Yuanyang rice terraces, idyllic scenery, and local Hani culture. Stay in the Duoyishu Scenic Area, where a spectacular sunset view awaits. Go on a trek around the rice terraces, enjoying the leisurely pace and stopping to snap photos of the fields and villages. Days 6-7 Jianshui Head to Jianshui and discover the 1,200-year-old ancient town. This veritable outdoor museum of

Ming and Qing buildings is sure to impress. A walking tour reveals Zhu's Family Garden, and the incredible Jianshui Confucius Temple. Visit Tuanshan Village, the only village of the Qing Dynasty that's still intact. Day 8 Kunming Set off for Kunming, visiting the Stone Forest en route. This is a real highlight of the region; an old local saying says that 'If you have visited Kunming without seeing the Stone Forest, you have wasted your time'. Explore large but laidback Kunming. The 1,000-year-old Yuantong temple is well worth a visit. Day 9 Kunming - Overnight Train Explore Kunming, stock up on snacks, then take a sleeper train to Guangzhou. Travelling with the locals like this is a great way to discover 'real' China. Days 10-12 Hong Kong Take in the lights and sights of HK. Tour the city on a guided walk and ride the famous Star Ferry around the islands for beautiful harbour views.



MILLINE,



Kolkata to Paro

From the bustling streets of Kolkata to the cool, tea-growing hills of Darjeeling, experience India from its most chaotic to its most serene.

Overland through the foothills of the Himalayas to the extraordinary and mysterious mountain kingdom of Bhutan, often described as the last Shangri-La.

Paro Dzong, Bhutan

Climb to the iconic Tigers' Nest Monastery, visit impressive dzongs, enjoy Himalayan vistas, hike lush green valleys and discover this enchanting land's unique culture.

Day 1 Kolkata Board an overnight train to Siliguri. Days 2-3 Darjeeling Head up into the cool climes of Darjeeling - a collection of villages on a high ridge, linked by winding lanes and surrounded by rice and tea terraces. Take in the stunning scenery by riding the Darjeeling Himalayan Railway or taking a predawn jeep ride to Tiger Hill for a Himalayan sunrise. Day 4 Siliguri Climb aboard your overland truck for the first time and travel to the Gangaram Tea Plantation. Day 5 Phuntsholing Cross the border to leave India, and get your first taste of life in Bhutan. Days 6-7 Thimphu Head up to the Himalayan foothills and the Bhutanese capital. Soak in the country's relaxed atmosphere and laidback way of life. Take a full day to explore with a local guide, visiting the iconic National Memorial Chorten, the evocative outdoor market, and the 17th-century Buddhist fortress of Tashichho Dzong. Day 8 Punakha

Enjoy panoramic views of the Eastern Himalaya ranges when crossing the 3,100m Dochula pass to the old capital. Visit the Punakha Dzong, then take a walk across terraced fields to the fertility temple of Chimi Lhakhang. Days 9-10 Bumthang Drive to the Bhutan royal family's ancestral home, Trongsa Dzong, set amid spectacular scenery. Continue through idyllic landscapes to Bumthang and experience Bhutanese life and hospitality in a homestay. Tour the area's sacred sites the following day. Days 11-12 Gangtey Take in immense views of the remote Phobjikha Valley and the Black Mountains, then visit one of Bhutan's oldest monasteries. Walk the Shasi La Nature Trail – full of stunning vistas. Days 13-15 Paro Trek to the village of Rinchengang, visit the impressive Paro Rinpung Dzong, and hike to the country's most glorious sight - the cliff-clinging Taktsang monastery aka Tiger's Nest. Finish with a Drukgyel Dzong ruins visit.







Udaipur, India - Justin Pearson

Nepal & India Overland

82 DAYS, KATHMANDU TO KATHMANDU

Experience India's magnificent metropolises. Mix it up in Mumbai, dive into the chaos of Delhi, get spiritual in Varasani and see the exquisite palaces of Jaipur.

Discover icons like the Taj Mahal but also get off the beaten track – cruise the backwaters of Kerala and journey through the less-visited east coast.

En route back to Kathmandu, explore the epic outdoor wonderland that is the Nepalese mountains at an eco-adventure camp.

Days 1-3 Nepal After getting acquainted with Kathmandu, travel down to Royal Chitwan National Park in search of rhinos and tigers. Days 4-32 Northern India Crossing into India, prepare to be dazzled by age-old temples, exceptional food and mesmerising landscapes. Experience the spiritual vibe of Varanasi and marvel at the magnificent temples of Khajuraho. Watch an unforgettable sunrise over the Taj Mahal before visiting the 'pink city' of Jaipur. Dive into the chaos of Delhi and journey out to beautiful Bikaner, then clamber atop a camel for a safari through the Thar Desert. After exploring the forts and palaces of Jodphur and Udaipur, veer off the tourist trail to ancient Mandu and Ajanta. Contrast the calm atmosphere of Ellora with the mayhem of Mumbai. Days 33-54 Southern India Bliss out on Goa's beaches and head to the historic town of Hampi. Continue to

attractive Mysore, travel into the hills of Wayanad and take a boat out to Fort Cochin. Meander along the backwaters of Kerala and soak up the sun in worry-free Varkala. Journey down the coast to the southernmost point of India, making stop-offs in Madurai, Puducherry, Mamallapuram and Chennai. Days 55-77 Eastern India Travel overland through the remote state of Andhra Pradesh into the heart of rural India, mingling en route with locals of the Odisha Tribal Area. Follow the old pilgrim route by rickshaw in pretty Puri, then take a train out to Kolkata. Drive along the narrow, winding roads to delightful Darjeeling, hike around Karmi Farm Lodge and venture to hilltop Gangtok. Days 78-82 Nepal Cross the back border into Nepal, visiting Khatauti Khola on the way back to Kathmandu. Why not make a toast with new friends and celebrate one epic journey.



VIEW DATES AND PRICES

сомво



Dragoman



Our expansive overland trips are operated by Dragoman – look out for the black Dragoman icon on the trip pages. These larger group itineraries offer freedom, flexibility, and time to explore. Due to the amount of camping and truck travel, they're ideal for those who don't mind 'roughing it' in the great outdoors.

Xi'an to Istanbul



80 DAYS, XI'AN TO ISTANBUL

Encounter some of the world's most remote and untouched wildernesses and cultures on this epic overland adventure along the famed Silk Road route.

Xi'an, China

Explore the temple and pagoda studded Kongtong Mountain, climb deserted sections of the Great Wall of China, and marvel at the Terracotta Warriors in Xi'an.

Cross the infamous Torugart Pass, be dazzled by glaciers and lakes, meet shepherds on a yurt stay, and explore the architectural marvels of Bukhara, Khiva and Samarkand.

Days 1-39 China Begin your adventure in the famed Silk Road city of Xi'an. Admire the 2,000-year-old army of Terracotta Warriors that guard Qin Shi Huang's tomb. Xi'an. Overland through the province of Gansu to Pingliang, then travel down the fertile Gansu Corridor - a rugged stretch of the famed Silk Route. At the crossroads of Qinghai and Gangsu, arrive at Liujiaxia. Continue the journey west to Jiayuguan, then head to the ancient oasis town of Turpan. Travel towards the Tian Shan mountain range and arrive at pristine Heavenly Lake. A two-day wild-camping adventure leads to exotic Kashgar and the stunning Lake Karakol. Days 26-41 Kyrgyzstan Travel from Kochkor to bustling Bishkek. Travel along Chong Kemin River, then continue to picturesque Karakol, skirting the northern shore of Lake Issyk-Kul. Hike through dramatic canyons and sandstone cliffs in Jeti-Oghuz Valley. Journey through the stunning

mountains and lakes of Fergana Valley - one of Central Asia's most lush, fertile regions. Days 42-53 Uzbekistan From Tashkent, travel to Samarkand, the photogenic crown-jewel of Uzbekistan. Get to know Central Asia's holiest city, Bukhara, then visit the Old Town of Khiva. Follow a local trading route through harsh desert sands, then drive the Karakum Desert. Days 54-60 Turkmenistan Travel across the Karakum Desert and, if there's time, see the blazing Darvaza Gas Crater. Spend time in fascinating Ashgabat. Days 61-75 Azerbaijan/ Georgia Experience the best of Azerbaijan, from the rapidly evolving capital of Baku to the regal Tbilisi. Dip a foot into the warm waters of Kow Ata, an underground lake. Travel across the Caspian Sea to Baku. Days 76-80 Turkey Admire the otherworldly cone formations of Goreme, then finish up in Istanbul, that eclectic metropolis at the crossroads of East and West.





Ger camp, Mongolia - Tara Kennaway

Beijing to St Petersburg



St Petersburg, Russia - Jana Shaffner

23 DAYS, BEIJING TO ST PETERSBURG

Experience this incredible 'bucket list' rail adventure through three of the world's most sprawling, far-out countries: China, Mongolia and Russia.

Visit an 'Old Believer's Village' in Ulan-Ude and attend a local folk performance to discover way of life that has changed little since the 18th century.

Stop in sleepy Suzdal, part of Russia's historic Golden Ring, and visit a local residence for a hearty regional feast and some hands-on baking.

Days 1-2 Beijing/Train Perhaps begin the adventure with a visit to the Great Wall of China or the Forbidden City, before jumping on a train to Mongolia. Days 3-5 Ulaanbaatar/Ger Camp Travel to Terelj National Park for an overnight stay in a ger camp. This is a taste of the traditional nomadic life. Days 6-9 Ulan-Ude/ Lake Baikal Journey into Russia by train. Visit an Old Believers' village and spend time by the Lake Baikal, the world's oldest and deepest freshwater lake. Days 10-12 Trans-Siberian Railway Experience one of the great rail routes. Mingle with locals on a train through Russia. Days 13-14 Kungur Break up the journey with a stop in Kungur. Visit a local family and learn to make traditional gingerbread. Days 15-16 Moscow Wander the streets of Moscow, Russia's capital, and take in the famous Red Square and St Basil's Cathedral. Visit the Armoury Museum, Kremlin and Lenin's Mausoleum for

a dose of history. Day 17-18 Suzdal Join a cooking class to learn how to make traditional pastries. Day 19 Moscow Enjoy a walking tour of Suzdal in the morning, marvelling at this former capital that makes up part of Russia's Golden Ring of ancient cities. Stroll past decorative wooden cottages and the crumbling churches that line the town's narrow streets and alleys. Return to Moscow and catch an overnight train to the oldest city in Russia. Day 20 Novgorod Travel back in time with a visit to the Millennium of Russia monument and the Cathedral of St Sophia, both concealed within the walls of Novgorod's Kremlin. Days 21-23 St Petersburg Hear tales about the colourful characters associated with each historic attraction on a walking tour of St Petersburg. Join a local family for a Russian tea party before the adventure draws to a close.





The Great Silk Road



29 DAYS, BEIJING TO TASHKENT

Visit the incredible UNESCO World Heritage site of the Mogao Caves – a fantastic depiction of Buddhist culture at a key spot along the Silk Route.

Zhangye, China

Stay overnight in a yurt camp – the traditional dwelling of nomadic Kyrgyz people, made of felt and tarpaulins on a round frame.

Uncover all facets of Samarkand's Registan, probably the most recognisable of all Central Asia's monuments.

Day 1 Beijing Explore the zigzagging hutongs of this mega-city. Days 2-3 Xi'an Take a ride on the high speed train and then explore the Muslim Quarter. Day 4 Xi'an/ Overnight Train Visit the 'other' terracotta warriors at Hanyangling Mausoleum, then board the overnight train. Days 5-6 Zhangye See the picture-perfect danxia landscapes at the geological park. Days 7-8 Jiayuguan Travel to Jiayuguan, the site of the last pass of the Great Wall. Day 9 Dunhuang Travel to Dunhuang and check out the hundreds of Buddhist murals in the Mogao Caves. Days 10-11 Turpan Famous for its vineyards and the nearby Flaming Mountains, Turpan is filled with interesting sights. Day 12 Overnight Train Take a spectacular 24-hour train ride, travelling across mountain passes and skirting deserts to Kashgar. Days 13-14 Kashgar Delve into the Sunday markets, a whirlwind adventure for food lovers, shopaholics and culture buffs

alike. Day 15 Tash Rabat Cross the border and head into Kyrgyzstan. Days 16-17 Song-Kol Lake Sleep in a yurt by the lake shore for a taste of the nomadic life. Day 18 Suusamyr Valley Marvel at the mountainous landscape on the journey to Chychkan Gorge. Day 19 Sary Chelek NP Discover Arkyt Village, situated deep in the heart of the Sary-Chelek National Park. Day 20 Osh Wander around the Jayma Bazaar and visit Suleiman-Too. Days 21-22 Tashkent Cross the border into Uzbekistan and discover Tashkent's trove of treasures. Days 23-24 Samarkand Go on a city tour that includes the magnificent (and highly photogenic) Registan and other historic sites. Day 25 Shakhrisabz Visit the birthplace of Tamerlane. Days 26-27 Bukhara Enjoy a guided tour of the old town and perhaps pick up some handicrafts from local craftsmen. Days 28-29 Tashkent Return to Tashkent, where this trip comes to an end.





Vietnam, Cambodia & Laos

Crammed with diverse cultures and awash with natural wonders, Vietnam, Laos and Cambodia are bound together by the Mekong and shared histories as former French colonies. From the buzzing streets of Hoi Chi Minh City to the misty mountain villages of Sapa and staggeringly beautiful Halong Bay; the saffron-robed monks, rolling hillcountry of Laos; the temples, beaches and charming villages of Cambodia – these three countries never fail to enchant.

Discover Vietnam's lesser-known attractions, meeting different ethnic groups and trekking through lush central highlands on our new in-depth Vietnam trips (pages 28 to 29).



Stay with local families and uncover the knockout beaches of Ko Kong and Ko Chang on a unique journey along Cambodia's stunning coast (page 36).



Two weeks is enough to see two countries – Angkor Wat, Phnom Penh, Vang Vieng and Luang Prabang are all visited on the 13-day Cambodia and Laos Encounter (page 37).

WHERE IN THE WORLD

Vietnam Cambodia Laos





Monsoon 25-35°C
Very hot & dry 35°C+
Hot & dry 25-35°C
Hot & wet 25-35°C
Pleasantly warm 20-30°C
Warm & wet 20-25°C
Cool 15-20°C
Cold & dry 0-15°C
Cold & wet 0-15°C
Below freezing -0°C

Vietnam Express Southbound

10 DAYS, HANOI TO HO CHI MINH CITY

Halong Bay, Vietnam

The bustling markets, tree-lined boulevards and peaceful lakes of Hanoi are a great introduction to modern Vietnam.

Hoi An, Vietnam

Explore the old imperial capital of Hue in typical Vietnamese fashion – from the back of a motorbike.

Often referred to as the 'rice bowl' of Vietnam, cruise the waterways of the Mekong Delta in sampan boats and sample exotic fruits and fish.

Day 1 Hanoi With its French-colonial buildings, graceful boulevards and aromatic cafes, Hanoi has an elegant timelessness. Get lost in the hubbub of Hanoi's streets, visit the Temple of Literature, or enjoy Vietnam's fusion of traditional European and modern Asian cuisine. Days 2-3 Halong Bay/Overnight Train Set sail on an overnight Halong Bay cruise. Kick back and enjoy the dramatic scenery, take a dip in the balmy waters, and sleep under a star-studded sky. Return to Hanoi the following day and, in the evening, climb aboard the famed Reunification Express for an overnight train ride. Days 4-5 Hue Appointed as the imperial capital due to its beauty and isolation, Hue will enchant. See Hue's royal past come to life on a city motorbike tour that includes a visit to the Thien Mu Pagoda. Unwind on a dragon boat cruise down the Perfume River. Davs 6-7 Hoi An Traverse the spectacular Hai Van Pass to Hoi An - once a thriving port town. See how trade remains central to everyday life, with shops offering everything from tailored clothes to custom-made shoes and silk lanterns. Perhaps sign up for an optional cooking class, or simply relax with a drink in one of the many riverside restaurants. Days 8-10 Ho Chi Minh City After a short flight, take to the vibrant streets of Ho Chi Minh City on an urban tour, taking in the War Remnants Musem. Drive down to the Mekong Delta and board a boat for Ben Tre. Visit a coconut factory, tour a remote village by tuk-tuk, sample Elephant Ear fish and jump into sampans for a padde through the delta's mangrove tributaries via the stunning Dragon, Unicorn, Tortoise and Phoenix islets. Return to Ho Chi Minh City, enjoying a final group dinner at KOTO, a restaurant that provides hospitality training to former street kids.





REVERSE



Vietnam Express Northbound

10 DAYS, HO CHI MINH CITY TO HANOI

There's no view of Vietnam quite like from the back of a motorbike; take a Hue motorbike tour and boat trip down the Perfume River.

Hue, Vietnam

Spend the night on one of the iconic junk-style boats that cruise between the limestone peaks of Halong Bay.

End the trip with a memorable farewell dinner at KOTO restaurant, which serves up delicious meals and supports underprivileged kids at the same time.

Days 1-2 Ho Chi Minh City Welcome to Vietnam! If arriving early, explore a range of exciting cultural attractions, get a bird's-eye view from a rooftop restaurant, visit the stalls of Ben Thanh Market, or sip a bowl of steaming pho at a kerbside restaurant. Then, head outside of the city to experience life on the Mekong Delta. Days 3-4 Hoi An Travel to the old port hub of Hoi An and discover centuries-old temples, charming houses and gilded community halls on a walking tour. While away time in the many art galleries, markets and cafes of this enchanting town, or perhaps roll up your sleeves in an interactive cooking class. Days 5-6 Hue/Overnight Train Enjoy a stop at Lang Co Beach en route to Hue. Sense the spirits of the Nguyen Dynasty while exploring intricate tombs and pagodas within the crumbling citadel walls. Take in the serenity of this area while gliding down the Perfume

River. Day 7 Hanoi Arrive into Vietnam's enthralling capital city by train. Visit the Temple of Literature and Ho Chi Minh's stilt house, and perhaps take a walk through the Old Quarter in search of a bargain or two. Day 8 Halong Bay Embark on an overnight Halong Bay cruise aboard a traditional junk boat. Float across turquoise waters between weathered limestone peaks and secluded lagoons on what is sure to be a highlight of the trip. Days 9-10 Hanoi Leave the water behind and return to the city. Use some free time this afternoon to indulge in some last-minute shopping or perhaps pay a visit to one of the many fascinating museums like the Fine Art Museum. Enjoy a farewell dinner at the delicious KOTO restaurant, a long-time Intrepid Foundation-supported restaurant that trains underprivileged children in hospitalityrelated vocations.



REVERSE



Breakfast with the Dragon

Our Scenic Vietnam and Indochina Discovery tours (below & p41) visit Blue Dragon in Hanoi, which supports children who have been trafficked or live in extreme poverty. Enjoy breakfast and meet those who have benefitted from the program.

Scenic Vietnam

15 DAYS, HANOI TO HO CHI MINH CITY

Travel like the locals and see Vietnam in a variety of different ways as you catch an exciting mix of transport, including motorbike, dragon boat and junk boat.

Start the day breakfasting with local kids at the Blue Dragon Children's Foundation, a community project dedicated to educating orphaned and underprivileged children.

Spectacularly set against the South China Sea, Nha Trang comfortably straddlles the line between relaxing tropical escape and late-night party town. Bottoms up!

Halong Bay, Vietnam

Davs 1-2 Hanoi Get lost in the whirl of colour. commotion and horn-tooting traffic that is Hanoi. Visit the mausoleum complex of Ho Chi Minh and join the locals paying respect to the revolutionary leader. In the evening, be entertained by a traditional water puppet show. Days 3-4 Halong Bay Eat breakfast with local kids at the Blue Dragon Children's Foundation, a community project dedicated to educating orphaned and underprivileged children in Vietnam. Travel to Halong Bay and spend an unforgettable evening floating atop shimmering waters, eating fresh seafood and trading stories on deck. Return to the city for some further explorations before travelling overnight on the Reunification Express, bound for Hue. Days 5-6 Hue Relive the opulence of imperial Vietnam within the Thai Hoa Palace and see the scars of former wars in the Forbidden Purple City. Be driven around the

city by a skilled driver, visiting the scenically-set royal tomb of Emperor Tu Duc and Thien Mu Pagoda before chilling out with a cruise down the Perfume River. Days 7-9 Hoi An Pass through coastal rice paddies to the fishing village of Lang Co before venturing into the mountains and across the breathtaking Hai Van Pass. Step back in time in the ancient streetscapes of Hoi An, a charming town of centuries-old French architecture, narrow backstreets and mouth-watering regional delicacies. Days 10-12 Nha Trang Head out by boat for a full day of swimming and snorkelling in the waters of this tropical bayside playground, perhaps finishing the day with a soak in some natural mud baths. Days 13-15 Ho Chi Minh City Take a half-day city tour that stops in at the War Remnants Museum and embark on a boat tour down the Mekong. End this adventure back in the hustle and bustle of Ho Chi Minh City.



SACK TO MAIN MENU





Explore Vietnam



11 DAYS, HANOI TO HO CHI MINH CITY

Cruise a sea of limestone karsts, blue-green waters, mysterious caves and ancient jungle on an unforgettable boat trip around Halong Bay.

Enjoy a free day to explore the ancient trading port of Hoi An, savouring the blended influences of Europe and Asia and relaxing on nearby beaches.

What better place to finish up than in Ho Chi Minh City, where you'll have free time to see the Cu Chi Tunnels or join the locals exercising in the park.

Day 1 Hanoi Arrive early to explore the chaotic capital of Vietnam. Hanoi is an alluring city best discovered on foot. Walk along Hanoi's pagodastudded lake and perhaps visit some of its rich cultural sights. Days 2-3 Halong Bay With more than 3,000 spectacular limestone islands, Halong Bay is one of the most stunning places in Vietnam. After an afternoon spent cruising around these islands, spend the night on a boat in the Bay. The next day, jump on a bus back to Hanoi, fuel up with a group dinner, and then catch an overnight sleeper train to Hue. Day 4 Hue Make the most of some free time to explore the beautiful countryside around Hue by bike, or take a boat cruise down the majestic Perfume River and discover royal relics. If time permits, meander through the bustling Dong Ba Market and pick up a delicious royal rice cake or three. Days 5-7 Hoi An Preserved in all its

perfection, Hoi An is as charming as it is pretty. Step back in time as you stroll the city's lantern-lit streets and soak up the ambience of the colourful markets. Why not take a trip out to beautiful Cua Dai Beach, cycle through lush rice fields, or explore the array of art galleries before boarding an overnight train to Nha Trang. Days 8-9 Nha Trang Home to picture-perfect beaches, vibrant nightlife, amazing snorkelling and consistently superb weather, Nha Trang dazzles with its myriad delights. Tear yourself away from its sandy shores in time to catch an overnight train to Ho Chi Minh City. Days 10-11 Ho Chi Minh City Lose yourself in the hubbub of Vietnam's largest city. Wander streets lined with stalls, listen to the chatter of vendors and smell the fragrant aromas of some of the best street food in the country. Be sure to sample some before the tour comes to an end!





HANOI STREETFOOD By Night

Join this Hanoi tour to source the best street eats from markets, food carts and other hard-to-find-but-totally-worth-it secret spots.

For more info head to **urbanadventures.com**

URBAN Adventures

Vietnam Discovery

CARBON OFFSET

On the Mekong River, Vietnam

15 DAYS, HO CHI MINH CITY TO HANOI

Experience life with the locals and enjoy a delicious home-cooked meal on a Mekong Delta homestay – a regular trip highlight.

Get a feel for Hoi An's picturesque surrounds on an included bike ride through rice paddies and idyllic village scenes.

Pull up a stool at a Hanoi streetside cafe and watch local life unfold over an iced coffee, big hoi or steaming bowl of pho.

Day 1 Ho Chi Minh City Get a bird's-eye view of the city from a rooftop bar or slurp down a bowl of pho at a street stall. Days 2-3 Mekong Delta Cruise the mighty Mekong River before spending the night at a homestay by the water. Return to Ho Chi Minh City for some further exploration before boarding an overnight train to Nha Trang. Days 4-5 Nha Trang Bask on Nha Trang's golden beaches, meander through local markets, or explore the ancient Cham Towers. In the evening, why not feast on scrumptious seafood at one of the local restaurants. Later, board an overnight train to Hoi An. Days 6-8 Hoi An Fall in love with Hoi An's delightful Old Town on a walking tour that takes in atmospheric Phung Hung Old House and Quan Cong Temple. The next day, get a dose of rural charm on an included bike ride through the countryside. There'll also be plenty of free time to hit up the

town's world-famous tailors. Days 9-11 Hue Home to an array of ancient imperial ruins, Hue is also the centre of Vietnamese Buddhism. Perhaps visit the Forbidden Purple City, cruise down the Perfume River on a dragon boat and take a wander through the bustling Dong Ba market. Day 12 Hanoi Soak up the effervescence of the Old Quarter on an orientation walk and hear the local legends about majestic Hoan Kiem Lake. Day 13 Halong Bay Visit a handicraft village run by people who experience a disability. Enjoy an overnight cruise among the magnificent limestone islands of Halong Bay aboard a junk boat. Days 14-15 Hanoi Return to Hanoi and make the most of everything it has to offer. Perhaps explore the 36 streets of Hanoi's Old Quarter, including the Dong Xuan Market, Hoan Kiem Lake and the unique architecture nearby.





Classic Vietnam

15 DAYS, HO CHI MINH CITY TO HANOI

Experience Vietnam the local way on an overnight train journey and Mekong Delta homestay, then unwind in style with plush accommodation and sumptuous banquets.

Set out to sea from the Nha Trang coast for a day of swimming, snorkelling and island hopping, finishing with an onboard seafood lunch.

Day 1 Ho Chi Minh City Watch daily life unfold in Vietnam's biggest city. Day 2 Mekong Delta Cruise the matrix of waterways that are the lifeblood of this lush and fertile region. Days 3-4 Ho Chi Minh City Get to know Ho Chi Minh City on a half-day tour, then visit the mind-boggling Cu Chi Tunnels. Days 5-6 Nha Trang With its cosmopolitan vibe and superb beaches, Nha Trang makes for the perfect beach break. Spend daylight hours snorkelling vivid coral reefs, and balmy evenings exploring a city often referred to as 'the Cannes of the Orient'. Days 7-9 Hoi An Walk through the Hoi An Old Town, then perhaps book some time with local tailors. Days 10-11 Hue See the ruins of Hue's Imperial Citadel before gliding peacefully down the Perfume River by dragon boat. Day 12 Hanoi Attend a water puppet performance. Day 13 Halong Bay Cruise the jade waters of Halong Bay by junk boat. Days 14-15 Hanoi End your Vietnam adventure in the heart of Hanoi's Old Quarter.

VIEW DATES AND PRICES



Treasures of Vietnam



Crawl through the Cu Chi Tunnels and see old military equipment on display in Ho Chi Minh City's War Museum for an insight into Vietnam's tumultuous history.

In Hanoi, witness a traditional waterpuppet show and learn about the history of this ancient art from the masters.

Days 1-2 Ho Chi Minh City Welcome to Vietnam! Visit the Reunification Palace and the War Remnants Museum before heading out to the incredible Cu Chi Tunnels. Days 3-4 Hoi An Make tracks to Hoi An and discover a port town of centuries-old temples, charming houses and gilded community halls. Wander through the atmospheric Phung Hung Old House and check out the Japanese covered bridge. Day 5 Hanoi Take a guided tour of Hanoi including the Temple of Literature, Ho Chi Minh's former house that's built on stilts, and the historic Old Quarter. Day 6 Halong Bay Board a junk boat and take a slow cruise around one of the world's most beautiful waterways – be sure to have the camera handy when passing though the dramatic karst scenery. Days 7-8 Hanoi Back in the city, choose to visit one of the many fascinating museums or just kick back with a bia hoi in a streetside bar and recount highlights of the trip.







Pho noodles, Ho Chi Minh City

Best of Vietnam

Phong Nha Cave, Phong Nha-Ke Bang National Parl

20 DAYS, HO CHI MINH CITY TO HANOI

The drive to Quy Nhon features some of the best scenery in Vietnam. Sit back, relax and enjoy the ride.

Visit the mind-boggling Phong Nha and Thien Duong Caves. These labyrinthine systems were used to shelter civilians and win the war against the Americans.

Get to know local families, participate in their daily activities and enjoy homestyle meals during overnight homestays in Mai Chau and the Mekong Delta.

Days 1-2 Ho Chi Minh City Unearth a world of underground mystery at the Cu Chi Tunnels, a vast subterranean network that connected Ho Chi Minh City to the Cambodian border. Explore the south's capital on a city tour that takes in the chilling War Remnants Museum. Day 3 Mekong Delta Homestay Wind through the intricate waterways of the Mekong Delta, staying overnight with a local family. Day 4 Ho Chi Minh City Head out to the fascinating Cai Be Floating Markets before returning to Ho Chi Minh City. Days 5-6 Nha Trang Often referred to as the 'Cannes of the Orient', Nha Trang's tree-lined white beaches and warm tropical waters beg to be wandered. Take a boat trip to snorkel around islands off the coast and ride in a traditional 'basket boat'. Day 7 Quy Nhon City Stop by the seventh-century Po Nagar Cham Tower en route to the coastal city of Quy Nhon. Days 8-9 Hoi An Make tracks to World Heritage-listed Hoi An and seek out some classic Vietnamese fare. Days 11-12 Hue Continue on to Hue, Vietnam's former imperial capital. Visit the Imperial Citadel and mysterious Royal Tomb on a guided tour, then take a cruise along the Perfume River. Days 13-14 Phong Nha-Ke Bang National Park Admire the stunning Phong Nha Cave and Paradise Cave. Day 15 Hanoi Pay your respects to Vietnam's revered revolutionary at Ho Chi Minh's Mausoleum and Museum. Day 16 Mai Chau Head into the hills and gain insight into the lives of the region's ethnic people. Spend the night in a local stilt-house homestay in the village of Poom Coong. Day 17 Hanoi Return to Hanoi for further exploration. Day 18 Halong Bay Settle back and savour the serene setting of this World Heritage site. Days 19-20 Hanoi Return to Vietnam's historic capital.





Northern Vietnam Adventure

11 DAYS, HANOI TO HANOI

Marvel at the dramatic mountains of Heaven's Gate, which soar above the green forests and rice paddies of Ha Giang.

Float along the river, viewing magnificent waterfalls and wildlife in Ba Be National Park. A traditional homestay is the perfect way to access the remote parts of this region.

Days 1-2 Hanoi Kick off this Vietnamese adventure in the relaxed capital of Hanoi. Discover the Temple of Literature, the One Pillar Pagoda and Ho Chi Minh's stilt house on the way to the 36 Streets of the Old Quarter. Days 3-4 Sapa Swap the city streets for the foothills of Sapa. Walk past sweeping rice terraces, tea plantations and locals farming their fields. Day 5 Ha Giang Journey north to the Ha Giang province, soak up the beautiful forests and undulating mountains surrounding this place, then explore the markets and shop fronts.
Days 6-7 Dong Van Browse the local wares at Minh Tao market and check out the peaceful Nam Luong village.
Day 8 Bao Lac Pay a visit to the bustling marketplace of Bao Lac and learn about the local Black Lo Lo people.
Day 9 Ba Be Lake Cruise across the still waters of Vietnam's largest lake and visit Ba Be waterfall. Stay with a local family and enjoy a home-cooked dinner. Days 10-11 Hanoi Return to the bright lights and busy streets of Hanoi.

VIEW DATES AND PRICES

Central Vietnam Adventure

10 DAYS, HOI AN TO HANOI



Learn the ways and history of the ethnic Co Tu people during an overnight stay in the village of Bho Hoong.

Sample the literal life underground on a two-day spelunking adventure through Phong Nha-Ke Bang National Park.

Days 1-2 Hoi An Begin your journey in Hoi An, a riverside town often touted as the country's most enchanting. Day 3 Bho Hoong Village Travel to the small highlands village of Bho Hoong, home of the ethnic Co Tu people. Gain insight into their traditional way of life. Days 4-5 Hue Packed with temples, tombs, palaces and pagodas, Hue is the gateway to the treasures of Vietnam's royal past. Tour the Imperial Citadel and its Forbidden Purple City, then hop on a motorbike for a tour of Tu Duc Tomb and lunch in a Buddhist monastery. Days 6-8 Phong Nha-Ke Bang National Park Get set for one truly unique overnight stay! Venturing underground in Tu Lan cave, spend two days trekking along rock corridors, clambering over boulders, dodging stalagmites, and camping out by jungled waterfalls. Day 9-10 Hanoi Spend more time exploring the galleries and handicraft stores that make up Hanoi's Old Quarter.







Southern Vietnam Adventure

10 DAYS, HO CHI MINH CITY TO HOI AN

Discover a slice of Paris in the East in the picturesque town of Dalat. Explore the opulent summer palace of Bao Dai and stop in at the mouth-watering local market.

Trek through the lush forests of the Central Highlands, where homestays in tiny villages give you a rare insight into rural life and ethnic minority cultures.

Days 1-2 Ho Chi Minh City Explore the famous Ben Thanh market, which is awash with tasty street food. Enter the Cu Chi tunnels and spend an afternoon taking in the sights of old Saigon on a walking tour. Days 3-4 Dalat Drive to Dalat, Vietnam's honeymoon capital for very good reason. See Bao Dai Palace on a city tour. Day 5 Buon Ma Thuot Visit the Ethnographic Museum to learn more about the Dak Lak province. Day 6 Rai Village Trek to Rai village. Be invited into the home of the local Ede people, a friendly ethnic minority. Enjoy a home-cooked meal and take the chance to interact with your hosts. Day 7 Buon Triet Hike through lush forests and quaint villages to Buon Triet lake. Rest your weary legs with a paddle boat ride and take a refreshing swim. Spend the evening in Jatu village with your M'Nong hosts. Days 8 -10 Hoi An Be dazzled by Hoi An, one of Vietnam's standout destinations. Beautifully preserved, this World-Heritage listed area oozes the atmosphere of a bygone time.

VIEW DATES AND PRICES



Vietnam - Hike, Bike and Kayak

10 DAYS, HANOI TO HANOI



Trek through lush valleys, ride through the karst surrounds of Ninh Binh and kayak across the velvety waters of Halong Bay on this active adventure.

Gain a greater insight into life in northern Vietnam with an itinerary that explores not just Hanoi, but also heads out into the pastoral countryside.

Day 1 Hanoi Get lost in Hanoi's whirl of colour and commotion. Days 2-3 Sapa Trek through valleys and past grazing water buffalo to the tribal village of Cat Cat. Be greeted by the friendly H'mong people and learn about traditional life in the mountains. Days 4-5 Hanoi Trek through the lush valleys of Su Pan before returning to Hanoi for a warm-up cycle around West Lake. Afterwards, perhaps get a bird's eye view of the city from a rooftop bar. Day 6 Mai Chau Cycle to the Mai Chau valley. Gain real insight on a homestay experience and learn the secrets of local cuisine by helping the family cook dinner. Day 7 Ninh Binh Enjoy another scenic bike ride through Ninh Binh, a region famous for its green valleys, karst mountains and conservation areas. Day 8 Halong Bay Kayak across turquoise waters, past weathered limestone peaks and secluded lagoons in Halong Bay. Day 9-10 Hanoi Return to Hanoi for a final night in Vietnam's atmospheric capital.







Classic Cambodia & Vietnam

20 DAYS, PHNOM PENH TO HANOI



Wander among the extravagantly decorated temples of Angkor and learn about the site's rich interweaving of history and legend.

Enjoy a relaxing boat ride down the Mekong River before stopping to experience a slice of local life on a family homestay.

Cruise among the islands off Nha Trang and meet the colourful array of fish waiting just below the surface.

Days 1-2 Phnom Penh Explore this unique riverside city on a full-day guided tour. Take the opportunity to wander through the Royal Palace and see its spectacular Silver Pagoda, then get a sobering insight into Cambodia's tragic history with some time at the Killing Fields and the Tuol Sleng Genocide Museum. Days 3-5 Siem Reap/Angkor Wat Discover the fascinating history and mythology of Angkor Wat and the intriguing faces that line the entrance to the Bayon and tree-clad Ta Prohm. Day 6 Ho Chi Minh City Get immersed in the intensity of Vietnam's biggest city. Day 7 Mekong Delta Satisfy your tastebuds and your conscience at KOTO, then cruise the scenic waterways of the Mekong Delta. Days 8-9 Ho Chi Minh City Mingle with locals in the Mekong's famous floating markets before paying a visit to the Cu Chi Tunnels. Days 10-11 Nha Trang With a dramatic mountain backdrop and a shimmering sea, Nha Trang is the perfect place for a beach break. Explore the nearby islands, stopping to swim and snorkel. Days 12-14 Hoi An Wander among colourful market stalls and stroll through the Old Town. Perhaps cycle out to nearby Cua Dai Beach to soak up some rays. Days 15-16 Hue See the ruins of the Imperial Citadel and a spectacular royal tomb before embarking on a tranquil trip down the Perfume River. Day 17 Hanoi Despite the bedlam, Vietnam's bewitching capital retains its Frenchprovincial air. Get a fix of traditional culture at the Temple of Literature and a water puppet show. Day 18 Halong Bay Board a junk boat and set sail across the jade waters of Halong Bay. Discover secluded beaches, secret grottoes and soaring karst peaks. Fall asleep to the sound of water lapping the side of the boat. Days 19-20 Hanoi Finish up in the heart of Hanoi's Old Ouarter.







Bun Bo, Hue, Vietnam

Best of Vietnam & Cambodia

18 DAYS, HANOI TO BANGKOK

CARBON DEPARTURE GUARANTEED

Take in the sights of Hue – the Imperial Citadel, Forbidden Purple City, Thien Mu Pagoda and Perfume River – by foot, motorbike and boat.

Get a taste of French-inspired riverside life in the mellow city of Battambang and savour idyllic rural scenes in the surrounding countryside.

See the incredible temples of Angkor Wat and learn about the intricate architectural details designed to reflect the Hindu cosmic order.

Day 1 Hanoi Immerse yourself in the eclectic air of the Vietnamese capital. Get lost in the hubbub of Hanoi's streets, visit the Temple of Literature, or enjoy Vietnam's fusion of traditional European and modern Asian cuisine. Days 2-3 Halong Bay Set sail on an overnight Halong Bay cruise. Kick back and enjoy the dramatic scenery, take a dip in the balmy waters and sleep under a star-studded sky. Later, catch an overnight train to Hue. Days 4-5 Hue Watch the past come to life in the Imperial Citadel. Unwind on a dragon boat cruise down the Perfume River. Days 6-7 Hoi An Traverse the spectacular Hai Van Pass to Hoi An, once a thriving port town. Sign up for an optional cooking class or simply relax with a drink in one of the many riverside restaurants. Days 8-10 Ho Chi Minh City/Mekong Delta Head out to the Mekong Delta for a fascinating day tour and sample local specialties.

Days 11-12 Phnom Penh Get a glimpse of Cambodia's tragic past on a visit to the Killing Fields. Take a late afternoon sojourn down to Sisowath Quay and watch locals going about their business from a riverside cafe. Days 13-15 Siem Reap/Angkor Wat Learn from a local guide how Angkor's temples were constructed to reflect the cosmic order. Perhaps journey to the floating villages of Tonle Sap and learn about the inhabitants' water-based lifestyle. Day 16 Battambang Soak up the peaceful atmosphere of this riverside city. Make the most of the rural surrounds with a ride on the Bamboo Train or excursion out to nearby villages. Days 17-18 Bangkok Skip across the border into tantalising Thailand and watch the scenery change on the home stretch to Bangkok. Spend a night under the neon lights of Bangkok, dining on pad thai, taking a river cruise or partying with new friends.



SACK TO MAIN MENU





Cambodian Traveller



9 DAYS, HO CHI MINH CITY TO BANGKOK

Confront the sobering history of the Khmer Rouge in Phnom Penh with included visits to the Tuol Sleng Genocide Museum and Choeung Ek Memorial.

Benefit from the guidance and knowledge of a local expert as you temple-hop at the dazzling Angkor complex, one of South East Asia's premier sights.

Acquaint yourself with frenetic Bangkok, a wonderland of excellent food, winding canals and sprawling night markets.

Day 1 Ho Chi Minh City Xin chao! Welcome to Vietnam. Touchdown in the country's largest city and enjoy a delicious bowl of pho or go bargain hunting in Ben Thanh Market. Pay a visit to popular cultural sites such as Notre Dame or the eerie Reunification Palace. which has remained empty since the fall of Saigon in 1975. Days 2-3 Phnom Penh Join locals on a public bus across the border to Phnom Penh. A sobering visit to the infamous Killing Fields provides a glimpse into Cambodia's tragic past. In spare time, head to the Russian Market or Silver Pagoda to experience a lighter side of Cambodian history. Alternatively, take a late afternoon sojourn down to Sisowath Quay and watch locals going about their business from a riverside cafe. Days 4-6 Siem Reap/Angkor Wat Wind the clock back to a time in Cambodia's history when it was the preeminent influence in South East Asia. Relish the sacred

beauty of Angkor Wat, then perhaps take a trip out to the floating villages of Tonle Sap and see local life. In free time, perhaps visit the Landmine Museum and, by night, enjoy the carnival atmosphere of Pub Street, ramble through the Old Market or catch a traditional Apsara dance performance. Day 7 Battambang Cherish the mellow pace and graceful architecture of Battambang. Make the most of the rural surroundings with a ride on the Bamboo Train, or perhaps sign up for an optional cooking class to learn the secrets of local dishes like amok, Khmer curry and spicy fried chicken. Days 8-9 Bangkok Skip across the border into Thailand and watch the scenery change on the final stretch into Bangkok. For a fitting end to this journey, why not limber up with a massage and then head out for a night on the tiles with new tour friends and sample some of Bangkok's legendary nightlife.





Best of Cambodia

DEPARTURE

14 DAYS, PHNOM PENH TO PHNOM PENH

Get your palate around traditional Cambodian cuisine with dinner at a Sambor Prei Kuk homestay and kampot pepper plantation visit.

Beach-lovers rejoice! Two days in Sihanoukville is your chance to discover secluded sweeps of sand on paradise-like islands.

Days 1-2 Phnom Penh Visit the chilling Tuol Sleng Museum and Killing Fields of Choeung Ek. Days 3-4 Battambang See how this city's facades evoke a certain elegance, with French-colonial shopfronts lining the riverside. Explore on a half-day bike tour. Days 5-7 Siem Reap/Angkor Wat Witness a spectacular sunrise over the Angkor Wat temple complex and spend two days exploring with a guide. Day 8 Sambor Prei Kuk/Homestay Experience rural life in a homestay with a local family. Explore the nearby ruins of Sambor Prei Kuk. Days 9-10 Kampot Pay a visit to the famous Phnom Chhnork Caves and stop by several villages to enjoy Khmer hospitality. Days 11-12 Sihanoukville See how the Cambodians do beach culture in idyllic Sihanoukville. Seek out nirvana on nearby islands, explore the tropical Ream National Park or relax under a swaying palm. Days 13-14 Phnom Penh Perhaps check out the capital's vibrant marketplaces.

VIEW DATES AND PRICES



Classic Cambodia



Bask in the serene beauty of the Royal Palace and Silver Pagoda, a stark contrast to the sobering history evoked in Tuol Sleng Genocide Museum and the Killing Fields.

Visit important community projects across the country, from those training disadvantaged youth to organisations helping wildlife.

Days 1-2 Phnom Penh Welcome to Cambodia - a nation with a turbulent past but effusive charm. Learn about the tragedy of the Pol Pot era during a tour of the Tuol Sleng Museum and Killing Fields of Choeung Ek. Then discover a more illustrious chapter in the country's history on a visit to the Royal Palace and National Museum. During free time, delve deeper into Khmer history at the National Museum or hunt for locally made goods in the Russian Market. Days 3-6 Siem Reap/Angkor Wat Fly to Siem Reap and join forces with a local guide to discover the fascinating history and mythology of Angkor Wat. Hear about the important work being done to protect native Cambodian wildlife on a visit to the Intrepid Foundation-supported Angkor Centre for Conservation of Biodiversity. Make good use of free time indulging in a massage, venturing further afield to Banteay Srei or tucking into a sumptuous Khmer feast with the group and recalling the highlights of this adventure.

Angkor Wat Siem Reap 🐱 CAMBODIA Phnom Penh TRIP CODE STYLE PHYSICAL COMFORT тккѕ ••000 Maximum group size 12 Hotel (5 nts) 5 Breakfasts, 1 Lunch, 2 Dinners

Plane, private minibus







Cambodia Adventure

12 DAYS, BANGKOK TO HO CHI MINH CITY

Travel into Kampong Speu – a region replete with waterfalls, swimming holes and bat caves – and be treated to Khmer hospitality on a village homestay in Chambok.

Enjoy the guidance of a local expert while temple-hopping between the ruins of the dazzling Angkor complex, one of Southeast Asia's greatest man-made spectacles.

Day 1 Bangkok Start the journey among exotic markets, weaving tuk-tuks and serene temples. Shop up a storm, enjoy a massage or savour the flavours of Thai cuisine. Days 2-4 Siem Reap/Angkor Wat Explore the epic structures of Angkor Wat by day and check out Siem Reap's lively restaurant strip by night. Day 5 Kompong Cham Enjoy a fusion of frontier charm and French-colonial character in Kompong Cham. Day 6 Phnom Penh In free time, pay respects at the Choeung Ek Museum or ramble through the goods on offer at the Central Market. Day 7 Homestay Make tracks into the countryside for a local village homestay. Days 8-9 Sihanoukville Laze on the secluded beaches of Sihanoukville or set out on a tropical safari through Ream National Park. Day 10 Phnom Penh Brush off the sand and board a bus back to the capital. Days 11-12 Ho Chi Minh City Explore the sights and scents of this fast-paced metropolis and its delectable cuisine.

VIEW DATES AND PRICES



Cambodia – Hike, Bike & Kayak

9 DAYS, PHNOM PENH TO SIEM REAP



Explore the ancient city of Angkor at a more leisurely pace, cycling along forest paths to such sites as towering Phnom Bok and the many-faced temple of Angkor Thom.

Paddle by kayak through the bird-filled wetlands and spectacular flooded forests of the Anlung Cheuteal Dolphin Pool in search of the rare Irrawaddy dolphin.

Days 1-2 Phnom Penh Explore Cambodia's picturesque capital. Cross the Mekong by local boat and cycle through orchards, rice paddies and villages. Tour the Tuol Sleng Genocide Museum and the Choeung Ek Memorial. Day 3 Kratie/Koh Trong Pass through the small town of Skuon en route to Kratie. Take a short boat ride to Koh Trong for an island homestay. Days 4-5 Stung Teng Enjoy a guided morning walk then return to Kratie. Head to Stung Treng for dinner at the Tonle Tourism Training Centre. Travel to the famous Sopheak Mitt Waterfall, then hike to Preah Rumkel and have lunch with locals. Visit the Anlung Cheuteal Dolphin Pool to view rare Irrawaddy dolphins, then head through spectacular flooded forests to Veun Sien village. Days 6-9 Siem Reap/Angkor Wat See the quieter side of Siem Reap with a scenic walk. Explore the incredible Angkor complex on foot and by mountain bike.






BANGKOK CHINATOWN FOOD DISCOVERY

Had your fill of pad Thai and coconut curries? Join this Bangkok tour to experience the authentic Chinese food, culture and architecture of the Chinatown area.

For more info head to urbanadventures.com



SACK TO MAIN MENU



WETNAM

Cambodia Discovery

DEPARTURE

12 DAYS, HO CHI MINH CITY TO BANGKOK

Starting in Ho Chi Minh and finishing in Bangkok, you'll get the perfect glimpse of Cambodia's neighbouring countries.

Spend a couple of days unwinding amid the swaying palms and colourful beach shacks of Sihanoukville, or venture into the wilds of nearby Ream National Park.

Day 1 Ho Chi Minh City If arriving in Ho Chi Minh City early, perhaps check out the Reunification Palace or Notre Dame Cathedral. Day 2 Phnom Penh Travel by bus to Phnom Penh and spend spare time perusing the stalls of Psar Thmei Market or getting a traditional massage. Day 3 Homestay Enjoy a delightful change of pace - and the spoils of home cooking - on a rural homestay. Days 4-5 Sihanoukville Hit the beach in one of the country's most popular holiday spots. Perhaps explore the wilds of Ream National Park. Day 6 Phnom Penh Learn about Cambodia's tragic history at Tuol Sleng Genocide Museum and the Killing Fields. Day 7 Kompong Cham Soak up the faded French architecture of Kompong Cham. Days 8-10 Siem Reap/Angkor Wat Spend three days discovering the extraordinary temple complex of Angkor. Days 11-12 Bangkok Cross the border for a final night in bustling Bangkok before this adventure ends.

VIEW DATES AND PRICES



DEPARTURE

Angkor Trails

9 DAYS, BANGKOK TO HO CHI MINH CITY

Experience rural Cambodian life from a local's perspective with a homestay in a traditional village in Kampong Thom province.

Get a different angle on the country as you travel through the Cambodian countryside, from Thailand right the way through to Vietnam.

Day 1 Bangkok Tap into the buzz of Thailand's frenetic capital on a tuk-tuk ride through crowded city streets. Days 2-4 Siem Reap/Angkor Wat Arrive in Cambodia and follow a winding road into the former kingdom of the Khmers. Marvel at the exquisite beauty of these intricately carved ancient relics with a local guide. While in the area, perhaps head out to the floating village of Tonle Sap or visit the Landmine Museum. Day 5 Homestay Get in touch with rural Cambodian life on an overnight village stay. Relax and unwind with a traditional Khmer dinner with your host family. Days 6-7 Phnom Penh Discover the chilling events of Cambodia's past at the Tuol Sleng Genocide Museum and the Choeung Ek Killing Fields. In free time, perhaps explore the Royal Palace or delve into Phnom Penh's legendary nightlife. Days 8-9 Ho Chi Minh City End the adventure amid the overflowing streets and boisterous vendors of Vietnam's largest city.

VIEW DATES AND PRICES





THAILAND





Cambodia Temples & Beaches

14 DAYS, BANGKOK TO BANGKOK

Get a double dose of Angkor greatness, exploring not only the world-famous complex outside Siem Reap but also the incredible (and remote) Banteay Chhmar.

Venture off the beaten track in the Cardamom Mountains, trekking to rapids and a waterfall and staying overnight with a local family.

Day 1 Bangkok Touch down in tantalising Thailand. Day 2 Banteay Chhmar Cross into Cambodia and visit the remote Banteay Chhmar temple. Stay overnight in a local wooden-stilt home for taste of rural Khmer life. Days 3-5 Siem Reap Venture to Siem Reap, gateway to the magnificent Angkor complex. Stop in at the Green Gecko Project, a local initiative supported by The Intrepid Foundation. Day 6-7 Phnom Penh Take a boat over the Mekong River for some mountain biking. Pedal along peaceful backroads and snap photos of lush orchards and rice paddies. Day 8 Chi Pat Trek to the Chhay Chrey rapids for a refreshing swim before settling into a heartwarming overnight stay with a local family. Day 9-12 Koh Kong City Hike to the awesome Tatei waterfall and journey to Ko Kong on the Cambodia – Thailand border. Spend time relaxing on lovely white beaches or go snorkelling and cycling. Day 13-14 Bangkok Return to the big city and soak up the nightlife.

VIEW DATES AND PRICES

Cambodia Encompassed



10 DAYS, PHNOM PENH TO SIEM REAP

Kick things off with dinner at the Friends restaurant, combining an excellent local cause with a memorable dining experience.

Get behind the scenes of small industry in and around historic Battambang, from pottery and silversmithing to sticky rice and fish paste production.

Day 1 Phnom Penh Touch down in Phnom Penh, a capital city both gritty and charming. Day 2-3 Kampot Take a walk along the river promenade, then set out on a country drive to see pepper farms, salt fields, a limestone cave and beautiful local beach. Day 4 Phnom Penh Return to Phnom Penh for a poignant day visiting memorials and museums and learning about the horrific genocide that took place here. Day 5-6 Battambang Get a feel for local life in French-laced Battambang. Hop in a remork for a half-day tour of the surrounding countryside, visiting the stilt-house village of Wat Kor and touring local cottage industry initiatives. Days 7-10 Siem Reap/ Angkor Wat Spend two days exploring the jungle paths and ornate stone carvings of the awe-inspiring Angkor temple complex. Early risers are rewarded with glorious sunset views over the temples. In the evenings, seek out delicious Khmer specialties and the happening bar scene.







Cambodia & Laos Encounter

13 DAYS, SIEM REAP TO LUANG PRABANG

Angkor Wat, Cambodia

Combining two great countries in a two-week trip, discover the best of both worlds, from Cambodia's incredible Khmer temples to Laos' riverside exotica.

A full day's guided exploration of Angkor – plus a day of free time – allows you to get the most out of this incredible ancient world.

Discover the splendour of Vang Vieng's limestone landscapes. A cycling and hiking excursion takes you to a stunning hidden waterfall via an ethnic tribal village.

Days 1-3 Siem Reap/Angkor Wat Arrive in the small but rapidly expanding town of Siem Reap - the gateway to Angkor. Pick up some treats in the bustling markets and snack on delicious hawker food. Temple hop through the world-famous Angkor complex. Once set in perfect balance, symmetry and composition, the ruins may not still be perfectly aligned but are great for exploring. Don't miss the amazing archaeological sites of Angkor Wat, the Bayon and the jungle-covered Ta Prohm. Day 4 Kompong Thom Travel by bus to Kampong Thom and experience local Cambodian life on an overnight family homestay. Day 5 Phnom Penh After a local breakfast, it's time to say goodbye to your hosts and head to Phnom Penh, the capital of Cambodia. The city is full of Frenchinspired architecture, beautiful temples and Khmer craftsmanship. Days 6-7 Vientiane Pay a visit to Wat Si

Saket, a Buddhist temple believed to be the oldest still standing in Vientiane. Later, jump into a jumbo (local transport) for a visit to COPE, an Intrepid Foundationsponsored organisation dedicated to helping rehabilitate Cambodians who have been injured by unexploded ordinance. Days 8-9 Vang Vieng Arrive in this picturesque and laidback riverside town. Take to bikes for a more extensive exploration of Vang Vieng's surrounds, paying a visit to a Khmu village and making the short trek to Keng Yui waterfall. Days 10-13 Luang Prabang Journey through amazing mountain scenery to the former royal capital of Luang Prabang. Three days here will allow plenty of opportunities for getting to know the town and its attractions. Travel out to the Kuang Si Falls for a dip, take a tour of the Traditional Art and Ethnology Centre and perhaps visit a Bear Rescue Centre.







Indochina Unplugged

Hop on a trip that takes in the best of Indochina, from the majestic Angkor ruins and pristine beaches of Sihanoukville to the frenetic pace of Bangkok. Soak up Hoi An's laidback vibes and the riverside beauty of Luang Prabang on this allencompassing South East Asian adventure.

For more info enter **TTRDC** on intrepidtravel.com



Thailand & Laos Adventure

13 DAYS, BANGKOK TO VIENTIANE

Discover the highlights of refined Luang Prabang with a guide, plus enjoy free time to make your own explorations and discover why UNESCO rate this city so highly.

There are many chances to do good while you travel, like the Intrepid Foundation supported COPE, dedicated to helping those injured by unexploded ordinance.

Days 1-2 Bangkok Set the scene for this Thai adventure by cruising down the Chao Phraya River and visiting the country's largest reclining Buddha. Days 3-4 Chiang Mai Renowned for its dazzling beauty and extremely welcoming locals, the 'Rose of the North' will leave you spellbound – particularly its lively Night Bazaar. Day 5 Chiang Khong Explore the tranquil riverside town of Chiang Khong and hear Laos call from across the Mekong. Day 6 Mekong River/Pakbeng Sit back, relax and watch the Mekong scenery pass by from a boat. Days 7-9 Luang Prabang Enjoy a guided tour around the Traditional Art & Ethnology centre and visit the Kuang Si Falls. Days 10-11 Vang Vieng Creep through caves, swim in natural springs or pick berries at a local mulberry farm. Days 12-13 Vientiane Discover the delights of Laos' capital, hunting for treasures at the local market or admiring old Buddhist temples as this adventure wraps up.

VIEW DATES AND PRICES



сомво

DEPARTURE

Laos Traveller – Bangkok to Vientiane

14 DAYS, BANGKOK TO VIENTIANE

CARBON CARBON GUARANTEED

Laos is one of the most relaxed countries around, and the pace of this trip is the same, with plenty of free time to choose your own options in each destination.

Get a good taste of Thailand, with time in Bangkok, Chiang Mai and Chiang Khong, then undertake one of South East Asia's classic journeys on a slowboat down the Mekong.

Days 1-2 Bangkok This South East Asian adventure begins in the gloriously chaotic Thai capital of Bangkok. Days 3-4 Chiang Mai Arrive in a city famous for its temples and friendly people. Day 5 Chiang Khong Continue towards the Laos border, spending the night in peaceful Chiang Khong. Day 6 Mekong River/Pakbeng Board a boat at Huay Xai and begin a leisurely cruise down the Mekong, savouring beautiful scenery and the slow pace of life along the river. Day 7 Mekong River/Luang Prabang The former royal capital is an enchanting fusion of traditional Lao architecture and French colonial buildings. Days 8-9 Luang Prabang Learn more about Lao culture at the temple of Wat Pha Mahathat, later visiting the Kuang Si Falls. Days 10-11 Vang Vieng Head to the beautiful surroundings of Vang Vieng and explore its caves. Days 12-14 Vientiane Drive past roadside villages to the Lao capital, Vientiane, where this South East Asia exploration ends.





SACK TO MAIN MENU

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Halong Bay, Vietnam

Experience Indochina



26 DAYS, BANGKOK TO HANOI

Homestays in the rural village of Chambok, Cambodia, and in the Mekong Delta will give you the chance to really experience life with the locals.

Kompong Cham, Cambod

This trip's unhurried approach to Indochina is highlighted by the amount of wonderful beach time spent in coastal Sihanoukville and Nha Trang.

Hoi An is another idyllic pocket of Vietnam that's best experienced from the seat of a bike. Take a guided bicycle tour through the rolling countryside.

Day 1 Bangkok Touch down in Thailand. Days 2-4 Siem Reap/Angkor Wat Temple hop through the world-famous Angkor complex. Dating back to when the Khmer Empire ruled the region, this site's complexity, detail and composition are mindblowing. Don't miss the great archaeological wonders of Angkor Wat, Ta Prohm and the Bayon. Day 5 Kompong Cham Visit Koh Paen Island or head into the surrounding mountains. Day 6 Phnom Penh Get to know the Cambodian capital. Visit memorials and museums and learn about the horrific genocide that took place here. Day 7 Homestay Experience rural life and a home-cooked dinner. Days 8-9 Sihanoukville Lap up long, lazy beach hours. Day 10 Phnom Penh Return to the nation's capital. In free time, perhaps explore the Royal Palace or delve into Phnom Penh's legendary nightlife. Days 11-12 Ho

Chi Minh City Explore the sights and scents of this fast-paced metropolis and its delectable cuisine. Days 13-14 Mekong Delta Cruise down the Mekong River. Days 15-16 Nha Trang Unwind on Nha Trang's shores. Days 17-19 Hoi An Be enchanted by lovely Hoi An, an old port town that feels untouched by time. Go on a wander through the atmospheric Phung Hung Old House and soak up rural scenes on a bike ride. Days 20-22 Hue Feel the past come to life in Vietnam's former imperial cpital. Day 23 Hanoi Experience the energy of this frenetic city. Day 24 Halong Bay Board a junk boat and sail across the jade waters of Halong Bay, discovering secluded beaches, secret grottoes and soaring karst peaks. Days 25-26 Hanoi Get lost in the hubbub of Hanoi's streets, sampling Vietnamese delicacies, strolling around Hoan Kiem Lake and perhaps visiting the Temple of Literature.





Best of Cambodia & Vietnam

18 DAYS, BANGKOK TO HANOI

DEPARTURE

After exploring some of the oldest ruins in Cambodia, sit down to a traditional Khmer feast with a local family on a homestay.

This trip involves a day on the winding waterways of the Mekong Delta, the lifeblood and 'rice bowl' of South East Asia.

Day 1 Bangkok Tap into the buzz of Thailand's hedonistic capital on a tuk-tuk ride through crowded city streets. Days 2-4 Siem Reap/Angkor Wat Follow a road into the former kingdom of the Khmers. Day 5 Homestay Learn about Cambodian life firsthand on a homestay with a local family. Days 6-7 Phnom Penh Delve into Cambodia's history at the Tuol Sleng Genocide Museum and Choeung Ek Killing Fields. Days 8-10 Ho Chi Minh City Wander eclectic city streets. Days 11-12 Hoi An Take a guided tour of the Old Town, checking out its art galleries and cafes. Days 13-14 Hue Sense the spirits of the Nguyen Dynasty while exploring the palaces and pagodas within the crumbling citadel walls. Day 15 Hanoi Haggle for souvenirs in the local market and visit the Old Quarter and Temple of Literature on a guided tour, Day 16 Halong Bay Float between the limestone lagoons of World Heritage-listed Halong Bay. Days 17-18 Hanoi Spend free time sourcing out the city's tastiest snacks.

VIEW DATES AND PRICES



DEPARTURE

Explore Indochina



Climb aboard Vietnam's famous Reunification Express for an overnight train ride in the company of locals along the country's most iconic train route.

A homestay in the remote village of Chambok puts you right in the heart of rural Cambodian life.

Day 1 Hanoi Hanoi is an alluring city of contrasts, best discovered on foot. Walk along Hanoi's pagoda-studded lake and perhaps visit some of its rich cultural sights. Day 2 Halong Bay Enjoy cruising between the islands of Halong Bay. Day 3 Hanoi Catch an overnight train to Hanoi. Day 4 Hue Visit royal relics. Days 5-7 Hoi An Step back in time in Hoi An. Days 8-9 Nha Trang Beaches and relaxation await in Nha Trang. Days 10-11 Ho Chi Minh City Wander busy city streets and savour fragrant aromas. Day 12 Phnom Penh Learn about Cambodia's tragic history. Day 13 Homestay Be spoiled with a home-cooked meal. Days 14-15 Sihanoukville Rest up in this beach town. Day 16 Phnom Penh Wander through the bustling Psar Thmei Market. Day 17 Kompong Cham Enjoy time out in quaint Kompong Cham. Days 18-20 Siem Reap/Angkor Wat Take in the temples of Angkor. Days 21-22 Bangkok Give in to the energy of Thailand's capital.











Cambodia & Vietnam Discovery

13 DAYS, PHNOM PENH TO HANOI

Zip from sight to sight, spectacle to spectacle, on this comfort-style adventure that takes long travel days out of the equation by working in a few flights.

Go back in time at the ancient trading port of Hoi An. Experience the blend of influences from Europe and Asia on the nearby beaches and markets.

Days 1-2 Phnom Penh Jump straight into the thick of things in historic Phnom Penh. Days 3-5 Siem Reap/ Angkor Wat Fly into Siem Reap. Temple-hop through the Angkor complex and discover the intriguing mythology of Angkor Wat. Days 6-7 Ho Chi Minh City Embark on a tour of the city and take in the smell of fresh herbs at the Binh Tay Market before heading to the Cu Chi Tunnels. Days 8-9 Hoi An See the Marble Mountains en route to lively Hoi An. Meander past low-tiled houses, visit the Japanese Covered Bridge and perhaps stroll through the local market. Day 10 Hanoi Embark on a half-day city tour, visiting Ho chi Minh's stilt house and the One Pillar Pagoda before sitting down to lunch at KOTO. Day 11 Halong Bay Drift away on an overnight cruise in beautiful Halong Bay, perhaps venturing out by kayak. Days 12-13 Hanoi Return to Hanoi and take in a water puppet performance, perhaps rounding out the trip with a few bia hois at a street cafe.

VIEW DATES AND PRICES



DEPARTURE

Indochina Discovery

23 DAYS, HANOI TO BANGKOK

Encounter the eclectic fusing of eastern traditions with western cultures on this extensive adventure through Vietnam, Cambodia and Thailand.

Spend a day in Hue, touring the city's sights on a motorbike, cruising down the Perfume River and eating lunch at a serene nunnery.

Days 1-2 Hanoi Get lost in the whirl of colour, commotion and horn-tooting traffic that is Hanoi. Days 3-4 Halong Bay Spend an unforgettable evening floating atop the shimmering waters of Halong Bay. Days 5-6 Hue Relive the opulence of imperial Vietnam within the Thai Hoa Palace and Forbidden Purple City. Days 7-9 Hoi An Step back in time in the ancient streetscapes of Hoi An. Days 10-12 Nha Trang Visit the sweeping beaches of Nha Trang and snorkel off its nearby islands. Days 13-15 Ho Chi Minh City Enjoy a guided city tour. Later, travel into the Mekong and learn about the production of longan honey from a family of beekeepers. Days 16-17 Phnom Penh Travel on to the Cambodian capital. Days 18-20 Siem Reap/Angkor Wat Relish the sacred beauty of Angkor's temples. Day 21 Battambang Unwind in peaceful Battambang. Days 22-23 Bangkok Skip across the border into Thailand and its glitzy capital.







Short Break Adventures



Classic Laos 5 days, vientiane to luang prabang

TRIP CODE PHYSICAL

VIEW DATES AND PRICES

Experience the dreamy essence of Laos on this short yet enlightening trip. See how colonial mansions, tree-lined boulevards and gilded Buddhist temples impart a unique timelessness to charming Vientiane. Journey to Luang Prabang, which never fails to enchant visitors with its abundance of temples, faded French architecture, meditating monks and friendly inhabitants. Stroll through the Royal Family's regal former residence, count the hundreds of Buddha statues inside the Pak Ou caves, and join pilgrims for a sunset display from atop Phu Si Temple. Sample the very best Laotian cuisine, including lam (green vegetable stew) and Mekong fish stew. This journey is packed with arresting sights and wonderful flavours, which creates the perfect introduction to a land seemingly lost in time.



South Vietnam Getaway 4 days, ho chi minh city to ho chi minh city

TRIP CODE PHYSICAL

VIEW DATES AND PRICES

Observe the contrast between Vietnam's urban and rural regions while taking in the cultural highlights of the south. Jump aboard a boat and explore the meandering waterways, islands and fruit orchards of the Mekong Delta and stay with a local family. Then negotiate the labyrinthine streets of Ho Chi Minh City on a morning walk, have a sobering visit to the War Remnants Museum and make your tastebuds swoon over lunch at a traditional Vietnamese restaurant. Get to know the streets of Vietnam like a local, heading out on a bike ride through the colourful markets. Visit the infamous Cu Chi Tunnels before returning to the chaos of Ho Chi Minh City. Without a doubt, this short getaway will tingle your taste buds, stimulate your senses and leave you craving to see more of this exciting country.



Secrets of Angkor 3 days, siem reap to siem reap

TRIP CODE PHYSICAL

VIEW DATES AND PRICES

Uncover the secrets of Cambodia's mystical Angkor region on this fascinating adventure. Investigate the sacred temples of Angkor Thom, Angkor Wat and Banteay Srei in the informed company of a knowledgeable local guide. Pay a visit to Ta Prohm and the octopus-like trees that have reclaimed the temple. Built in the 12th century, this is the largest religious monument in the world. Be awed not only by the ruins, but by stories of god-kings and lost civilisations, ancient mythology and fascinating folklore. Trek through the steamy Cambodian jungle to admire Hindu sculptures that were carved into a riverbed more than a thousand years ago, sample plenty of spicy Khmer dishes, and meet locals who reside in stilted villages atop Tonle Sap. This is the perfect addition to any holiday in Cambodia.



Halong Bay Junk Cruise 2 days, hanoi to hanoi

TRIP CODE | PHYSICAL

VIEW DATES AND PRICES

Prepare to be whisked away from the cosmopolitan streets of Hanoi to the serene World Heritage-listed Halong Bay. Cast away on a traditional wooden junk boat and set sail through limestone karsts that rise dramatically from emerald waters. Get active and explore hidden caves by kayak or swim in the Bay's silky waters. Opt for a slower pace of life and sit back, relax and soak up this epic landscape while enjoying scrumptious meals cooked on board. Lounge on deck with friends, chat to the friendly crew or bargain for goods with locals as they row their boats by. This is one of the most photographed locations in the world, so make sure the camera is charged. This short trip is the perfect way to add a few days of well-deserved relaxation to any of your Vietnam adventures.



Sapa Adventure 5 days, hanoi to hanoi

TRIP CODE PHYSICAL

VIEW DATES AND PRICES

North-west Vietnam is a captivating mix of dramatic mountainscapes, crisp fresh air and colourfully clothed hilltribes. Set on the slopes of a beautiful emerald-green valley, Sapa is the heart of this unique region of Vietnam. Get a real glimpse of life in the mountains with a traditional homestay experience. Meet ethnic minorities at the local market, visit neighbouring villages and hike through iridescent rice terraces, where mist clings to the upper reaches, witnessing how the relaxed current of life has bubbled along here for centuries. Be sure to pick up some handmade goods from the villagers on the way; their textiles are dyed with regional plants. This trekking adventure is full of opportunities to be immersed in traditional hilltribe culture, while relishing the striking landscapes of Sapa and its surrounds.





Mekong Delta Farmstay 2 days, ho chi minh city to ho chi minh city

TRIP CODE **TVAI-B** PHYSICAL

VIEW DATES AND PRICES

With its meandering canals and flourishing farms, the Mekong Delta encompasses more than 39,000 square kilometres of south-western Vietnam and shouldn't be missed. Venture down this iconic river and discover landscapes dotted with coconut palms swaying in the breeze and sprawling rice fields sparkling in the sun. Be dazzled by a collage of coloured orchards, marvel at ramshackle houses on stilts and travel among waterways bursting at the seams with boats of every conceivable size and shape. Stop off at luscious tropical fruit gardens, learn how pastel-coloured coconut candy is made, and catch the buzz at a honey farm. Then learn about life on the delta from local hosts, savour freshly picked fruit and gain a true appreciation of why this area is known as the 'Rice Bowl of Vietnam'.



Mai Chau Adventure 2 days, hanoi to hanoi

TRIP CODE PHYSICAL

VIEW DATES AND PRICES

Escape the beeping horns and bikes of Hanoi by venturing to the serene Mai Chau region. Make the acquaintance of curious locals, learning about their lifestyle and culture over a traditional lunch. Snack on delicacies and discover a slice of rural paradise while cycling through remote villages and along paths that border lush rice paddies. Hike through rarely visited parts of this region that's home to the minority White Thai group, and learn about their culture and customs. After the sun sets on an action-packed day, fall asleep in a village homestay before waking early to see this region bathed in morning light. Then wave goodbye to new friends and make tracks back to the enigmatic Vietnamese capital. Hanoi will pick up the pace, but there is always time for a relaxed iced coffee overlooking the city from a terraced balcony.

South East Asia & Papua New Guinea

With tens of thousands of islands scattered across Asia's tract of the Indian and Pacific Oceans, there's always something more to discover. These islands highlight the diversity of their countries – from deserted to densely populated, traditional to modern, small villages to bustling metropolises, mountainous highlands to sprawling beaches. This region is a collision course of cultures that makes for an endless supply of discoveries for even the widest-travelled adventurer.

Bali isn't just about beach chilling; it's also a place for those with adventure in mind. Whitewater rafting and trekking through forests are just a taste of what's on offer (page 48).



X

Resplendent reefs, sun-kissed sands, turquoise waters, secluded coves and scrumptious cuisine – few places in the world do paradise like Thailand's east coast (page 53).



Explore Luzon, the Philipines' largest island. Escape the city crowds and rejuvenate the soul among the stunning rice terraces of Banaue and the crater lake of Mt. Pinatabo (page 55).

WHERE IN THE WORLD

Indonesia Malaysia Papua New Guinea The Philippines Thailand

Weather



Monsoon 25-35°C Very hot & dry 35°C+ Hot & dry 25-35°C Hot & wet 25-35°C Pleasantly warm 20-30°C Warm & wet 20-25°C Cool 15-20°C Cold & dry 0-15°C Cold & wet 0-15°C Below freezing -0°C



Best of Borneo

Go from west to east and get the best of Malaysian Borneo on this complete trip from Kuching to Kota Kinabalu, taking in the Headhunters' Trail, Mt Kinabalu and Turtle Island. Spiritual and wild, colourful and mysterious, and full of tantalising secrets, this is a trip to remember.

For more info enter **TMSXC** on intrepidtravel.com

A BACK TO MAIN MENU



Poring Hot Springs

Turtle Island

Kinabatangan

River

Sandakan

Sabah Adventure

12 DAYS, KOTA KINABALU TO KOTA KINABALU

Experience next-level vistas from the top of Mt Kinabalu after a two-day climb that will really get the heart pumping.

Visits the Orangutan sanctuary in Sepilok and spend some special time in the company of these 'men of the forest'.

Day 1 Kota Kinabalu Experience the charm of the capital city of Sabah. Day 2 Dusun Village Spend the night in a local homestay. Days 3-4 Mt Kinabalu Head into the World Heritage-listed Kinabalu National Park and set off on a hike up Mt Kinabalu. Days 5-6 Poring Hot Springs Complete the final ascent up Mt Kinabalu, then soak in the rejuvinating waters of the Poring Hot Springs. Day 7 Kinabatangan River Explore the jungle by boat. Day 8 Sandakan Enjoy a morning wildlife cruise, then head to the busy city of Sandakan. Day 9 Turtle Island Spot hawksbill turtles and giant green sea turtles coming ashore to lay their eggs under the moonlight. Day 10 Sepilok Orangutan Reserve See the soulful eyes of Borneo's famous creatures on a visit to the Sepilok Orangutan Rehabilitation Centre. Days 11-12 Kota Kinabalu Fly back to Kota Kinabalu and spend a final day exploring this laidback capital.

VIEW DATES AND PRICES



Sepilok Orangutan Reserve STYLE TRIP CODE PHYSICAL ORIGINAL TMSC PHYSICAL Maximum group size 16 Output Output Chalet (1 nt), homestay (1 nt), hostel (4 nts), hotel (3 nts), resort (1 nt), jungle lodge (1 nt) Output Output Wassing and the second secon

Mt Kinabalu

MALAYSIA

(BORNEO)

Dusun Village

Kota Kinabalu

Wild Sarawak



10 DAYS, KUCHING TO KOTA KINABALU

Discover the colourful history of the Iban people and spend the night in a traditional longhouse with a local family.

Follow in the infamous footsteps of tribal warriors on a trek through the wild, dense jungle on the Headhunters' Trail.

Day 1 Kuching Soak up the vibe of relaxed Kuching before heading out into the wilds of Sarawak. Day 2 Bako
National Park Hike along pristine jungle trails in the Bako National Park. Look to the trees to try and spot the
quirky proboscis monkeys who call the park home. Day 3 Kuching Travel to Semenggoh Orangutan Sanctuary, a
rehabilitation centre set in lush surrounds. Day 4 Iban Longhouse Spend an evening learning about the culture
of the Iban people. Visit nearby caves on a guided jungle walk in Niah National Park. Days 5-7 Mulu National
Park Explore the lush jungle and dark caves. Head downriver by longboat and hike to a jungle camp to spend
the night on raised open-air platforms. Day 8 Headhunters' Trail/Limbang Trek along a section of the ominously
named Headhunters' Trail. Take to the river in a longboat before transferring to Limbang. Days 9-10 Kota
Kinabalu Make the final leg of the journey to Kota Kinabalu, Sabah's seaside capital.

VIEW DATES AND PRICES







TMSW

ORIGINAL



Java & Bali Explorer

Combining Java's collection of earthy volcanoes and pre-historic jungles with Bali's stunning beaches, this trip is a good way to experience the incredible scenery of Indonesia's two most celebrated islands.

For more info enter **TISJC** on intrepidtravel.com



Classic Borneo



сомво

10 DAYS, KOTA KINABALU TO KOTA KINABALU

Look over gloriously verdant rolling hills of tea with a night at a tea plantation, including a tour and sampling of delicious local varieties.

Borneo offers rare treats for the nature lover – see Orangutans at the Sepilok Sanctuary and search for wildlife while cruising the Kinabatangan River.

Day 1 Kota Kinabalu Selamat datang! Welcome to Malaysia. Day 2 Kinabalu National Park/Ranau Venture into the Kinabalu National Park, Malaysia's first World Heritage-listed site. Days 3-4 Kinabatangan River Appreciate the local brew with a tour of a tea factory, then travel to a riverside lodge before taking a boat trip on the Kinabatangan River. Days 5-6 Sandakan/Sepilok Orangutan Sanctuary Visit the lively harbourside market in Sandakan and enjoy the local cuisine. Continue on to Sepilok Orangutan Rehabilitation Centre and fall in love with these beautiful, big-eyed creatures as they swing gleefully between branches or feed on their special diet of bananas and milk. Days 7-8 Manukan Island Swap jungle paths for the warm waters of the South China Sea and head for Manukan Island – a tropical paradise that is just a stone's throw away from Kota Kinabalu. Days 9-10 Kota Kinabalu As the adventure comes to an end, perhaps visit the Mari Mari Cultural Village to see how some Sabahan ethnic communities live.

VIEW DATES AND PRICES



Borneo – Hike, Bike & Kayak

9 DAYS, KOTA KINABALU TO KOTA KINABALU



This trip will get you biking village backroads, summiting the heights of Mt Kinabalu, trekking through rainforest and island-hopping by sea kayak.

Experience next-level vistas on Mt Kinabalu, descending by the via ferrata – a specially protected mountain pathway for climbers.

Day 1 Kota Kinabalu Begin this Borneo adventure in the capital of Sabah. Day 2 Kiulu Cycle towards Tuaran Town, travelling through the picturesque countryside, thick forest heartland and local villages. Day 3 Tanak Nabalu Enjoy some short, relaxing hikes before settling in at a homestay. Day 4 Mt Kinabalu Enter the World Heritage-listed national park and trek up Mt Kinabalu. Day 5 Mt Kinabalu/Poring Hot Springs Watch the sun rise over the peak of Mt Kinabalu, then descend by the thrilling via ferrata, allowing access to mountain sections normally only open to skilled climbers. Day 6 Lupa Masa Trek the short distance to Lupa Masa Rainforest Camp, a unique stop for the night. Day 7 Kota Kinabalu Return to Kota Kinabalu. Day 8 Tunku Abdul Rahman Marine Park/Sandakan Catch a boat to Manukan Island and go kayaking on the waters of Tunku Abdul Rahman Marine Park. Day 9 Kota Kinabalu This Borneo adventure ends after breakfast.







Beautiful Bali

9 DAYS, UBUD TO SANUR

Climb to the summit of Mt Batur, where, on a clear morning, dazzling sunrise vistas stretch across the Lombok Strait to the peaks of Mt Rinjani.

Get active on this trip and immerse yourself in Bali's shimmering underwater world with a snorkelling trip on the reef near Menjangan Island.

Days 1-2 Ubud Bali's largest Hindu town, Ubud, is also its artistic and cultural heart. Day 3 Sidemen Take to the backstreets of Ubud and beyond on a bicycle. Afterwards, head to the hills and the peaceful, scenic village of Sidemen, set against the backdrop of Mt Agung, Bali's highest peak. Day 4 Mt Batur Learn the art of songket weaving at a local workshop and venture into the mountains for wonderful views of Bali's volcanic landscape. Days 5-6 Lovina Rise early and venture out into the cool, eerie darkness to climb Mt Batur. Continue to the beachside fishing village of Lovina – a great base for exploring the north coast of Bali. Day 7 Bedugul Leave the coast behind and visit nearby hot springs and a waterfall en route to Bedegul. Head to Lake Bratan for delightful views of Pura Ulun Danu Bratan, a Hindu-Buddhist temple set on a small island in the lake. Days 8-9 Sanur Return to Sanur, then bid a fond farewell to fellow travellers the next morning.

VIEW DATES AND PRICES

Discover Lombok



8 DAYS, SANUR TO SENGGIGI

Lombok and the Gili Islands are less frequented than their Balinese neighbour, yet offer beautiful mountain scenery and pristine beaches.

Visiting the villages around Tetebatu and Senaru provides a fascinating insight into the customs and culture of the local Sasak people.

Day 1 Sanur Arrive in the picturesque beachside town of Sanur. Days 2-3 Tetebatu From Padang Bai, catch a ferry across the Lombok Strait to Tetebatu. Walk past lush rice fields, clove and coffee plantations to
Pringgasela village. Enjoy a Sasak feast and then head to the quiet coast for a night in a bungalow. Day 4 Labuan
Pandan Catch a boat to the nearby coral reef and snorkel in the bright blue waters. Stop in at a secluded island for lunch. Day 5 Senaru Travel onwards to the small village of Senaru and spend the night nestled between Mt
Rinjani and the steamy jungles of Lombok. Days 6-8 Gili Islands Hop aboard a boat to gorgeous Gili Air, where clear waters and white sands await. Laze about on isolated beaches, maybe spot turtles and reef sharks while snorkelling, or perhaps cruise over to the other islands of Gili Trawangan and Gili Meno to see who has the better beaches. On the evening of Day 7, join fellow travellers for an included dinner of delicious barbecued seafood.







Jakarta to Ubud

14 DAYS, JAKARTA TO UBUD

Yogyakarta is one of South East Asia's standout spots, and a cycling trip takes you through its backcountry, a world of flower-studded fields and smiling locals.

Climbing Mt Bromo in the early morning hours is an adventure to remember. If the conditions are right, you'll be rewarded with a dazzling sunrise over the volcano.

Days 1-2 Jakarta Tour temple-filled Chinatown, the old town of Batavia and Sunda Kelapa port, where the Dutch first landed. Days 3-4 Pangandaran Discover local cottage industries on a visit to a local market and find out about palm sugar and rice cracker production. Glide between the impressive caves and massive teak trees of the Green Canyon by boat. Days 5-7 Yogyakarta Visit the ancient Candi temple of Borobudur. Day 8 Seloliman Nature Reserve Get back to nature in Seloliman Reserve and enjoy a dinner of local produce. Day 9 Mt Bromo Discover secrets of traditional Javanese medicine on a morning hike. Day 10 Kalibaru Rise before dawn to trek up Mt Bromo. Days 11-12 Pemuteran Tour coffee, cocoa and rubber plantations before travelling to the picturesque beaches of Bali's Pemuteran. Days 13-14 Ubud With its vibrant local arts scene, bustling marketplace and lush rice paddies, Ubud is the ideal place to wrap up this Indonesian adventure.

VIEW DATES AND PRICES

Bali & Lombok – Hike, Bike & Raft

12 DAYS, UBUD TO GILI ISLANDS

Enjoy a mixture of adventurous activities, from snorkelling to hiking and rafting – perfect for those who love to get their pulse going.

Get well away from the tourist trail in Eastern Bali, visiting lesser-known temples and the villages of Pura Luhur Lempuyang and Tenganan Village.

Days 1-2 Ubud Hit the river for some white water rafting down class II and III rapids. Days 3-4 Candidasa Trek to Tirta Gangga Water Palace, a pristine water feature of importance to the Hindu Balinese. Take a minivan to Pura Luhur and climb the 1,700 or so steps to Lempuyang Temple. Days 5-6 Amed Cycle along the east coast to Amed, a ride of approximately 35 kilometres. In spare time, those looking to check out the US Liberty wreck can rent some snorkelling gear and go for it. Day 7 Senaru Travel by fast boat to Lombok then on to the hills of Senaru. Day 8 Mt Rinjani Walk through shadowy forests and open fields on the full-day trek to Mt Rinjani crater. Day 9 Senaru Get up early to catch the blazing sunrise across Mt Rinjani's crater. Days 10-12 Gill Islands Take a boat to Gili Air, a paradise of beautiful white beaches and blue-green ocean. Snorkel among sea turtles and colourful fish and explore a few different spots around the island.







Komodo & Flores Adventure

11 DAYS, SANUR TO SANUR

Explore the less-known Indonesian island of Flores and experience the traditional ethnic cultures that live here.

Be on the lookout for the largest living lizard in the wild on a dragon safari through the Komodo Islands.

Day 1 Sanur Arrive in the beachside town of Sanur. Day 2 Ende Discover the black-sand and cobblestone beaches of Ende, a spectacular port town nestled in the shadows of two volcanoes. Days 3-4 Riung Take in spectacular sunrise views of Mt Kelimutu's three brightly coloured lake craters. Travel on Riung to discover the pristine waters and vibrant coral reefs of 17 Islands National Park. Day 5 Bajawa Unwind in the soothing waters of a hot spring. Day 6 Ruteng Learn about the local customs of Bena's various tribes. Day 7 Wae Rebo Visit the incredible spiralling rice fields of Cancar before trekking deep into the rainforest for a homestay experience in traditional cone-shaped houses. Days 8-9 Labuan Bajo Swapping mountains for coastline, journey through rainforests to peaceful Labuan Bajo. Head out in search for giant Komodo Dragons. Days 10-11 Sanur Your adventure comes to an end back in Bali.

VIEW DATES AND PRICES

Best of Malaysia

15 DAYS, KUALA LUMPUR TO KUALA LUMPUR

Snorkel the turquoise seas around the Perhentian Islands, a paradise of unspoiled forests and white sands.

Spend time with a local family at a homestay, an authentic local experience that gives a real insight into village culture.

Day 1 Kuala Lumpur A finely woven tapestry of Indian, Chinese and ethnic Malay cultures gives Malaysia's Kuala Lumpur its distinct identity. Day 2 Melaka Climb into the backseat of a trishaw to explore the colonial streets of historic Melaka. Days 3-5 Taman Negara National Park Venture into ancient rainforest in Malaysia's Taman Negara National Park. Days 6-8 Perhentian Islands Swim in sparkling turquoise waters or snorkel among unspoilt reefs. Day 9 Kota Bharu Discover the secrets of local silversmiths, watch giant kites being flown or learn the art of batik. Days 10-11 Malay Homestay Stay in a traditional home and help your hosts prepare local dishes. Days 12-13 Penang Travel to Penang and explore historic Georgetown on a walking tour. Make the most of the island's famed hawker food and spot the unique street art. Days 14-15 Kuala Lumpur Return to Malaysia's capital and head out in search of the best bowl of mee goreng.







Rabaul Mask Festival

You've heard it here first: there's more to Papua New Guinea than the Kokoda Trek. Snap up a July departure of TESR (see below) to experience the Rabaul Mask Festival. This fiery spectacle of costume and dance is a real highlight of the PNG cultural calendar.

For more info enter **TESR** on intrepidtravel.com



The Kokoda Track

11 DAYS, PORT MORESBY TO PORT MORESBY

Trek the famous Kokoda Track with a local cooperative that ensures local villages and communities benefit directly.

Hike up the spines of mountains and through valleys of lush rainforest. This adventure invites you to confront your own physical and mental limits.

Day 1 Port Moresby Arrive in Papua New Guinea's capital. Day 2 Kokoda Take a flight over jungle canopies and craggy peaks then drive to Kokoda where the trek begins. Day 3 Isurava Strap on sturdy boots and stride out on the first leg of the Kokoda Track, starting through palm oil and rubber tree plantations and ending with a steep climb. Day 4 Templeton's Crossing II Begin the day with a stirring visit to the Isurava Battlefield. Day 5 Diggers Camp Reach the highest point of the trek, Mt Bellamy. Day 6 Efogi Head downhill towards the friendly village of Efogi. Day 7 Menari Climb to Mission Ridge and follow the path taken by the retreating Australian soldiers, which ultimately lead to the ambush on top of Brigade Hill. Day 8 Nauro Set off from Menari Ridge for some spectacular views towards Nauro. Day 9 Uaule Tackle the Nine False Peaks to the top of Maguli Ridge on a serious uphill trek. Days 10-11 Owers' Corner/Port Moresby Return to Port Moresby.

VIEW DATES AND PRICES

Papua New Guinea Adventure

9 DAYS, RABAUL TO KOKOPO



Marvel at an active volcano, tuck into a shoreline barbeque and experience a traditional sing-sing in the Duke of York Islands.

Discover how the World Wars played out in the Pacific. Visit the War Museum in Rabaul and head underground for a tour of the Japanese tunnels in Kokopo.

Day 1 Rabaul Arrive in 'the Pearl of the Pacific'. Day 2 Bail Village Kinavai/Rabaul Witness a ceremonial reenactment of the landing of the Tolai People, then take an afternoon tour of Rabaul's Old Town. Day 3 Matupit Island Arriving at Matupit Island, be greeted by the island locals with frangipani leis (garlands) and taken on a village tour. Days 4-5 Duke of York Islands Cruise around the Duke of York islands. Enjoy a traditional welcome, sing-sing (tribal cultural performance) and a barbeque lunch. Learn about the local history, and keep an eye out for dolphins and dugongs out on the turquoise water, before returning to the mainland. Day 6 Kokopo Tour the Bitapaka War Cemetery for a versing in the conflicts that took place here. Day 7 Kokopo Spend the day swimming, snorkelling and dolphin-spotting. Day 8 Kokopo/Bainings Fire Dance Head to a village to watch men of the Bainings clans dancing through flames. Day 9 Kokopo Your Papua New Guinea ends this morning after breakfast.







CARBON

DEPARTURE

Explore Northern Thailand

8 DAYS, BANGKOK TO BANGKOK

Work up an appetite with a leisurely cycle through the ancient Buddhas and ruined temples of Heritage-listed Sukhothai Park.

Pick up some impressive new culinary skills and taste delicious local dishes in a Thai cooking class in Chiang Mai.

Day 1 Bangkok Nestled on the banks of the Chao Phraya River, Bangkok is a frenetic fusion of traditional and modern. Perhaps visit the Grand Palace or cruise around in a tuk-tuk. Days 2-3 Sukhothai Enjoy the tranquillity of one of Thailand's original capitals, which is set amid leafy forests. Take a guided cycling tour around the fascinating ruins and picturesque lakes of Sukhothai Historical Park. Stop for a home-cooked picnic lunch along the way. Day 4 Homestay Stop by the Friends of the Asian Elephant to learn about the important work done to rehabilitate and protect these amazing creatures. Get a first-hand experience of Thai rural life and be treated to a traditional Khantohk dinner. Days 5-7 Chiang Mai Bike between gold-gilded temples in Thailand's northern capital or enjoy a cooking class. Day 8 Bangkok After an overnight train journey from Chiang Mai, perhaps celebrate the end of this epic adventure with a delicious Thai meal.

VIEW DATES AND PRICES



Thailand – Hike, Bike & Kaya<u>k</u>

12 DAYS, BANGKOK TO BANGKOK



Get the heart pumping on a 3-day trek through scenic and enlightening northern hilltribe villages, and experience rural Thai life.

Uncover a different side to the River Kwai with two days peaceful kayaking down its waters, through tropical forest and with beautiful mountain views.

Days 1-2 Bangkok Explore quiet backstreets on a bicycle tour to see how the locals live in the Thai capital. Days 3-5 Hilltribe Trek Head up to Chiang Mai and spend three days trekking through the thick forests and lush rice paddies of northern Thailand. Stay overnight in traditional Karen villages, discovering intriguing hilltribe customs and dining with friendly locals. Days 6-8 Chiang Mai Cycle along country roads, through beautiful sceneries of fruit orchards and small villages. After the sun goes down, hit Chiang Mai's popular Night Bazaar. Days 9-11 Kanchanaburi/River Kwai Pay homage to those who perished during the construction of the Death Railway before exploring tranquil Kanchanaburi. After getting a history lesson at the Hellfire Pass Memorial, kayak along the River Kwai before spending a night in a classic jungle hut. Day 12 Bangkok The journey comes full circle in Bangkok, a city with many fascinating sights still waiting to be uncovered by those with the time.

VIEW DATES AND PRICES



Chiang Mai

Homesta

THAILAND

Sukhothai

🖒 Bangkok





Classic Thailand East Coast

17 DAYS, BANGKOK TO KO SAMUI

Support an important animal welfare initiative and get close to incredible creatures at the Hospital of the Friends of the Asian Elephant.

Cruise to Ko Pitak for a taste of real island life. Enjoy an overnight homestay, feast on fresh seafood and interact with local fishermen.

Day 1 Bangkok Set on the banks of the Chao Phraya River, Bangkok is a vibrant fusion of old and new. Days 2-3 Sukhothai Enjoy the tranquillity of the first capital of the kingdom of Siam, set amid leafy forests, perfumed gardens and rice paddies. Day 4 Homestay Visit the first elephant hospital in the world, then relax in a homestay. Days 5-7 Chiang Mai Bike between gold-gilded temples, enjoy a cooking class, and hone haggling skills at the markets. Days 8-9 Bangkok See the sights of Bangkok, perhaps exploring the city's khlongs and temples or hitting up Khao San Road. Day 10 Ko Phitak Enjoy a welcoming homestay on this wonderful island. Days 11-12 Chumphon Swim with tropical fish on a full-day snorkelling adventure. Days 13-14 Ko Tao Swim, snorkel, sunbathe and taste delicious local cuisine while in Ko Tao. Days 15-17 Ko Samui Leave one paradise and land in the lap of another. Choose to laze the day away in Ko Samui or get active in a kayak or with a forest walk.

VIEW DATES AND PRICES



Classic Thailand West Coast

16 DAYS, BANGKOK TO PHUKET



Experience daily rural life firsthand on a stay with long-time Intrepid friends in a small Thai village in the country's north.

Meet some furry friends and learn about the great work done at the Gibbon Rehabilitation Centre in Phuket.

Day 1 Bangkok Make the most of a day in bewitching Bangkok, a city of skyscrapers, temples, chaos and calm. Days 2-3 Sukhothai Hire bicycles and enjoy a few leisurely hours absorbing the history of this fascinating place by bike, stopping for a home-cooked picnic lunch along the way. Day 4 Homestay Spend the night at a traditional homestay. In the evening, be treated to a traditional Thai khantohk dinner and live music performances. Days 5-7 Chiang Mai Discover the secrets of Thai cuisine during a cooking class. Days 8-9 Bangkok Head out to Wat Pho to look at the famed reclining Buddha, then climb aboard a overnight train bound south. Days 10-11 Ao Nang/Krabi Hop into a sea kayak and explore the mangrove forest at Ao Thalane. Days 12-13 Ko Yao Noi Sail around Phang-Nga Bay, enjoying jagged cliffs and idyllic islands. Days 14-16 Phuket Visit the Gibbon Rehabilitation Centre before winding down on Phuket's beaches.

VIEW DATES AND PRICES





Public bus, songthaew, minibus, overnight sleeper train, ferry, bike, boat, taxi



52 Discover more trips and detailed information about this destination at intrepidtravel.com/thailand



Thailand Beaches East Coast

10 DAYS, BANGKOK TO KO SAMUI

Discover the best beaches and islands of Thailand's east coast, from popular Ko Samui to laid back Ko Tao and gorgeous Ko Phitak.

Two in-depth snorkelling trips, one in Chumphon and one in Ko Tao, give you plenty of time to explore underwater worlds alive with coral and colourful fish.

Days 1-2 Bangkok Fast-paced and fascinating, Bangkok's chaotic streets are a traveller's delight. Visit the incredible Wat Pho, then climb aboard a southbound overnight train. Day 3 Ko Phitak Cruise to nearby Ko Phitak for a welcoming homestay. Feast on fresh local seafood and interact with your friendly hosts. See how local fisherman live and how they make their ingenious fish traps. Days 4-5 Chumphon Spend free time enjoying this beautiful strip of shoreline. Explore marine life and swim with tropical fish on a full-day snorkelling adventure out on the boat. Days 6-7 Ko Tao Soak up the best of beach life on the white sandy shores of Ko Tao, and take advantage of the impressively colourful reefs with a snorkelling trip. There's also plenty of time to simply relax on the beach under swaying coconut palms. Days 8-10 Ko Samui Travel across to Ko Samui and enjoy long white beaches, ancient temples and cooling waterfalls – but this time with the addition of a lively nightlife.

VIEW DATES AND PRICES

Thailand Beaches West Coast

9 DAYS, BANGKOK TO PHUKET



Discover a true slice of paradise on an included sea kayaking trip through the stunning inlets, caves and hidden lagoons of the Ao Thalane mangrove forests.

Get into the indulgent beach-loving life on the still untouched, chilled out island of Ko Yao Noi, and explore the surrounding islands on an included boat trip.

Days 1-2 Bangkok Head out to Wat Pho to visit the reclining Buddha, named among ten of the world's most impressive religious statues, then climb aboard a southbound overnight train. Days 3-4 Ao Nang Soak up the sun on the beautiful beaches of Ao Nang, a lively beachside town in Krabi Province. Then take a sea kayaking trip through the towering limestone karst formations and wildlife-rich mangrove lagoons of Ao Thalane. Days 5-6 Ko Yao Noi Admire Phang-Nga Bay's spectacular jagged cliffs and islands on a boat cruise before pulling on a mask for fantastic snorkelling. A tour of Ko Yao Noi provides a fascinating glimpse of daily life on a tropical island. Days 7-9 Phuket Take a refreshing dip in a waterfall en route to Phuket's Gibbon Rehabilitation Centre. There is so much to see and do on Thailand's largest island, or you can simply take it easy with a cabaret show and kick back with a cocktail for a seaside sunset.

🗘 Bangi Surat Thani Ao Nano Ko Yao Noi STYLE TRIP CODE PHYSICAL ORIGINAL TTZT ••000 Maximum group size 12 Hotel (1 nt), overnight sleeper train (1 nt), guesthouse (2 nts), resort (4 nts) 4 Breakfasts, 2 Lunches Overnight sleeper train, van, speed boat, songthaew, taxi, boat, longtail boat

Bangkok

Chumphon Ko Tao

TRIP CODE

TTST

Maximum group size 12

🗘 Ko Samui

Overnight sleeper train (1 nt), hotel

(1 nt), homestay (1 nt), resort (6 nts)

7 Breakfasts, 3 Lunches, 1 Dinner

Overnight sleeper train, bus, songthaew, ferry, minivan, taxi, boat

THAILAND

PHYSICAL

••000

Ko Phital

STYLE

ORIGINAL



Thailand Adventures

Get the best of both worlds – the jungle of the north and the golden sands of the south – by joining Thai trips together. Combine Bangkok and the Golden Triangle hilltribe villages with either the islands of the east coast or the beaches of the west.

For more info enter **TTSEC** or **TTZEC** on intrepidtravel.com





11 DAYS, BANGKOK TO BANGKOK

Whip up a culinary storm and taste delicious local northern cuisine in a Thai cooking class in Chiang Mai.

Immerse yourself in the wonders of an ancient tribal culture with a night in the H'mong Lodge, treated to a BBQ dinner and H'mong Cultural show.

Day 1 Bangkok Arrive in the frenetic Thai capital. Day 2 Bangkok/Overnight Train Visit the Emerald Buddha, and take a cruise along the canals to see a different side of the city. Head north on an overnight train journey to Chiang Mai. Days 3-4 Chiang Mai Embark on a scenic drive up to Doi Suthep, a sacred mountain famous for its copper-plated chedi and sweeping views. In the evening enjoy a traditional khantohk dinner while being entertained by tribal dances. Day 5 H'mong Lodge See the embroidered dress and silver jewellery worn by the H'mong tribe. Days 6-7 Sukhothai Continue to Lampang and pay a visit to the Friends of the Asian Elephant Centre. Days 8-9 Kanchanaburi Boarding at Nam Tok station, take a ride along the historic tracks that follow the Kwai Noi River and cross the original wooden viaduct that became better known as the Bridge on the River Kwai. Days 10-11 Bangkok Return to Bangkok and enjoy a final dinner at a local restaurant supporting a good cause.

VIEW DATES AND PRICES

Beautiful Northern Thailand

15 DAYS, BANGKOK TO BANGKOK



Journey to Kanchanaburi and swim beneath the seven-tiered waterfall of Erawan National Park. These glacial blue falls are considered the most beautiful in the country.

Even the transport on this trip is an adventure – discover the joys of travelling on overnight sleeper trains, longtail boats, songthaew and a raft house.

Day 1 Bangkok Revel in the boundless energy of the Thai capital. Day 2 Kanchanaburi Gaze up at the reclining Buddha at Wat Pho on a longtail boat cruise. Days 3-4 Kanchanaburi Float down the Mae Glong River in a raft house and stop to see ancient cave temples. Day 5 Ayuthaya Continue on to Ayuthaya, an ancient capital city of many splendid temples. Days 6-7 Chiang Mai Perhaps choose to enhance culinary prowess in a cooking class. In free time there's also the option of visiting an Elephant Nature Park. Day 8 Doi Mae Salong Head through the undulating valleys of the Golden Triangle. Day 9 Homestay Experience village life on an overnight stay. Days 10 Hilltribe Trek Hike for two days through bamboo forests, tea plantations and terraced rice fields. Day 12 Chiang Rai Explore Chiang Mai's 'little sister'. Day 13 Chiang Mai</mark> Enjoy a traditional Thai massage or set off on a bike ride to nearby villages. Days 14-15 Bangkok Hit the Chatuchak Weekend Market or Chinatown.

VIEW DATES AND PRICES





Public bus, overnight sleeper train, songthaew, taxi, minivan, boat



Philippine Adventure

Be mesmerised by the magic of the Philippines on an 18-day trip from Manila to Puerto Princesa. See the fusion of past and present in Manila, be fascinated by the hanging coffins in Echo Valley, and relax on the beach in sunny El Nido.

For more info enter **TOSLC** on intrepidtravel.com





Philippines Palawan Island Getaway

9 DAYS, MANILA TO PUERTO PRINCESA



сомвс

Enjoy a full day of island hopping and snorkelling off the coast of El Nido. Look to the bottom of these clear waters, and glide among the coral and tropical fish.

Encounter the daily life of the Batak tribe, one of Palawan's indigenous peoples, on a unique village visit.

Day 1 Manila Arrive in the Philippines' chaotic capital. Day 2 Puerto Princesa Discover the sights of Manila on a jeepney tour, then fly to Puerto Princesa, a city considered one of the cleanest and greenest in the Philippines. Day 3-4 San Rafael Beach Hop in a boat for a cruise through Sabang's famous Subterranean River, an eight-kilometre passage of limestone cave that opens onto the ocean. Meet a local guide and set out on a trek. In the afternoon, chill out on a private beach. Days 5-7 El Nido Journey north to picturesque El Nido and revel in a couple of days of beachside bliss. Go island hopping, stretch out on soft white sands, or don a snorkel and discover a divine underwater world. Relax, unwind and soak up the tranquillity of this picture-perfect stretch. Days 8-9 Puerto Princesa See a mesmerising firefly show in the pale light of dusk and enjoy one last group dinner before this Philippines Island Getaway comes to an end.

VIEW DATES AND PRICES

Philippine Discovery



11 DAYS, MANILA TO MANILA

Be left breathless by the lush Banaue rice paddies, millennia-old terraces that stretch like stepping-stones towards the sky.

Just 25 years old, the lake-filled crater of Mt Pinatubo is a fresh wonder to explore. Trek to the summit and camp right next to pristine waters in the heart of the volcano.

Day 1 Manila Dive into this Philippines adventure in the country's heady capital. Day 2 Banaue Famous for its stunning rice terraces that appear to stretch like stepping-stones to the heavens, Banaue is sometimes referred to as the 'Eighth Wonder of the World'. Days 3-5 Ifugao Villages Set off on a trek through rice fields and forests. Stay overnight in local lfugao villages and meet people farming rice in the same way their ancestors did 2,000 years ago. Days 6-7 Sagada Travel across alpine mountains, stopping off in Bontoc to peruse its museum before arriving in the tranquil surrounds of Sagada. Day 8 Baguio Relish incredible vistas of tiny villages, deep valleys and verdant rice terraces on a drive through the Cordillera Central range. Day 9 Mt Pinatubo Trek to the summit of Mt Pinatubo and camp for the night near the crater's lake. Days 10-11 Manila Finish up back in the mega-city of Manila. Gather the group and head out for a final dinner to reflect on some of the trip's highlights.





Short Break Adventures





Chiang Mai & Golden Triangle 3 DAYS, CHIANG MAI TO CHIANG MAI

TRIP CODE PHYSICAL

VIEW DATES AND PRICES

Experience the serenity of northern Thailand on an in-depth exploration of the infamous Golden Triangle region. Beginning and ending in charismatic Chiang Mai, this includes a tour through the extensive Chiang Dao Caves and a night spent in the charming hill town of Doi Mae Salong. Learn about the region's chequered history on a visit to the House of Opium Museum, travel down the Mekong River by longtail boat, tuck into regional delicacies and enjoy a hot spring soak on this short but sweet adventure.

- Explore a hilltribe produce market
- > Take a boat ride down the Khong River
- > Sip tea in a traditional Chinese tea house



River Kwai & Ancient Thai Kingdoms 3 DAYS, BANGKOK TO BANGKOK

TRIP CODE PHYSICAL

VIEW DATES AND PRICES

Cover three eras of Thai history on this stimulating short break. Explore relics of one of the ancient kingdom of Siam capital's and bear witness to the temples, bell-shaped chedis and intricately carved artefacts of Thailand's golden era. Travel onwards to the town of Kanchanaburi and pay tribute to the brave POWs who built the infamous Hellfire Pass and Bridge on the River Kwai. Delve further into World War II history on a visit to the War Museum and Allied Cemetery before completing the loop back to Bangkok.

- Be humbled by the Hellfire Pass Memorial
- Swim in idyllic rockpools fed by waterfalls
- > Travel by sammlaw to the Bridge on the River Kwai

Safe Shelter - Intrepid Foundation

Friends of the Asian Elephant help to rehabilitate and care for elephants that were once used for entertainment throughout Thailand, often relocating them to Surin province where they can live in more natural surroundings.

For more info head to theintrepidfoundation.org







Hilltribe Experience 5 days, chiang mai to chiang mai

TRIP CODE

VIEW DATES AND PRICES

Pull on your walking boots, stretch out the leg muscles and take to the hills on a classic Intrepid trek through Thailand's northern hill country. Walk along winding jungle tracks and through green fields, learning what life is really like for villagers in this remote area and sleeping in traditional bamboo huts at night. If you're looking to experience a different side of Thailand and get out into nature, then this is the trip for you.

- > Trek along beautiful paths into the hills of Thailand
- Meet friendly villagers

PHYSICAL

- Feast on traditional hilltribe cuisine
- Learn about Thailand's ancient cultures



Chiang Mai & Elephants 3 days, chiang mai to chiang mai

TRIP CODE PHYSICAL

VIEW DATES AND PRICES

A BACK TO MAIN MENU

Hang out with the gentle giants of the Elephant Nature Park. Learn about the plight of this humble animal, whose mistreatment is sadly still common in many parts of South East Asia. Help out by feeding one of these friendly creatures from the viewing platform, then give them a good scrub behind the ears during bath time. Then it's time to feast on delicious Thai cuisine, ride a songthaew for a scenic drive to Kad Ton Payom flea market, visit Wat U-mong (with its painted pagoda and underground tunnel), and meditate with monks at Wat Suan Dok.

- Help bathe an elephant
- Mingle with monks and learn about Buddhism
- Delight in elephant feeding time
 - Visit the temples of Chiang Mai



Active Chiang Mai 4 days, chiang mai to chiang mai

TRIP CODE PHYSICAL

VIEW DATES AND PRICES

Delve into a world of ancient temples, lush forest trails and raucous markets in Chiang Mai. Tackle the world-famous Mae Taeng River rapids by raft, hike through local villages and temperate rainforests, cycle past temple ruins and climb the ancient staircase to the hilltop of Doi Suthep for a glorious view. Combined with shopping opportunities at Chiang Mai's famous Night Bazaar, this trip is a perfect blend of energetic pursuits and enchanting sights.

- Cycle along the Ping River
- Explore the incredible ruins of Wiang Kum Kam
- Tackle whitewater rapids on the Mae Taeng River
- Experience Thailand's rural charm

Discover more trips and detailed information about this destination at intrepidtravel.com/thailand 57

Myanmar

Beautiful Myanmar is stepping out of a chequered past into a new era of hope and optimism. Visitors can expect to be dazzled by shimmering cities of gilded temples, enlivened by emerald green landscapes and humbled by the warm smiles of gracious villagers. Now is the time to contribute to Myanmar's blossoming future – peaceful pagodas, sacred sites, ancient towns and monasteries await.

×

The lush valleys and rice paddies of Loikaw create the perfect setting for a wander. Join our hiking-focused tour and meet the people of regional Myanmar (page 61).



Visit a community project near Bagan that's helping local villages become self-sustainable by engaging in the local tourism trade (page 59).



Admire the ingenious floating gardens and stilt-houses of Inle Lake and see the Intha fishermen practising their unusual leg-rowing technique (pages 60 & 61).



Monsoon 25-35°C
Very hot & dry 35°C+
Hot & dry 25-35°C
Hot & wet 25-35°C
Pleasantly warm 20-30°C
Warm & wet 20-25°C
Cool 15-20°C
Cold & dry 0-15°C
Cold & wet 0-15°C
Below freezing -0°C



Micro-finance for Women

We've worked with ActionAid to develop a community-based tourism project in Myaing. Visit the village on our Best of Myanmar tour and support the community by donating to a microfinance program providing small loans to women.

For more info head to theintrepidfoundation.org



Best of Myanmar

15 DAYS, YANGON TO YANGON



Hsinbyume Pagoda, Mingun, Myanmar

Exploring the ancient city of Bagan by bicycle is a leisurely and magical way to access thousands of temples, stupas and pagodas.

Get off the tourist track and enjoy a uniquely local experience at an Action Aid community lodge at Myaing, near Bagan. Join local villagers for meals and activities.

A full day of walking through the hills and villages of Kalaw may require a bit of energy, but it's worth it. Get up-close to rural Myanmar.

Days 1-2 Yangon Delve into the heart of Myanmar's largest city. Discover a melting pot of Burmese culture and colonialism, and see how the city has endeavoured to modernise in recent years. Visit the world-renowned holy site of Shwedagon Paya and be dazzled by its riches - both physical and spiritual. Days 3-5 Bagan Travel by plane to Bagan and get the first taste of Myanmar's crowning glory on a sunset visit. Spend several days exploring this phenomenal region, which spans 42 sq km and comprises more than 2,000 gold-gilded stupas, plus a host of timeworn remnants of Myanmar's 'Golden Period'. Day 6 Community Lodge Take a bus ride to the Pakokku District, and see first-hand the work that Intrepid Travel is doing in conjunction with Action Aid to assist the local community in becoming self-sustainable. Days 7-8 Mandalay Head on to Mandalay, making a stop en

route to visit the stunning pagodas and monasteries of Sagaing Hill. Take a boat trip down the river to the crumbling ruins at Mingun. Days 9-10 Kalaw Travel via the world's longest teak bridge to the small town of Kalaw. Relish the temperate climate and stunning scenery of this mountain hideaway that serves as the launch pad for trekking adventures in the region. Days 11-13 Inle Lake Continue down winding mountain roads en route to Inle. Explore a labyrinth of caves with a local guide and admire over 8,000 images of Buddha contained inside. Make tracks to the scenic shores of Inle Lake and spend time visiting the floating markets, cruising around by longtail boat, and witnessing the handiwork of the skilled local 'leg rowers'. At night, be treated to a delicious Shan traditional dinner. Days 14-15 Yangon Farewell scenic Shan State and return to the vibrant city of Yangon.



Community Loda

Kalaw

A BACK TO MAIN MENU

TOP TRIP



Myanmar Short Break Adventures

If you want to extend your adventure in Yangon or to the Golden Rock enter TRAY-O or TRAC-O on our website. Or if you can't find a departure date that suits or want more flexibility, consider booking TRAB-O or TRAL-O for alternatives in Bagan and Inle Lake.

For more info head to intrepidtravel.com/myanmar



Myanmar Highlights

DEPARTURE

9 DAYS, YANGON TO YANGON

Join a homegrown master of Burmese cuisine as you stock up on market ingredients, cook up a storm in a cooking class, then feast on the results.

Explore Inle Lake on a peaceful canoe trip, followed by a boat tour of its floating islands and local village industries.

Day 1 Yangon Touch down and perhaps head out for your first taste of Myanmar cuisine – a heady combination of Mon, Indian and Chinese flavours. Days 2-3 Bagan Discover the staggering archaeological complex that is Bagan. Take up two wheels and explore thousands of temple ruins, including Ananda and other icons. The next day, take a cooking class with a local culinary wiz. You'll feast for a cause, with part of the proceeds going to a local children's library initiative. Days 4-5 Mandalay Snap photos of Myanmar's mythical landscapes en route to Mandalay. Cruise up the lovely Ayeyarwady River to the pagodas of Mingun. Visit the Mandalay Palace, Shwenandaw Monastery and historic U Bein Bridge. Days 6-7 Inle Lake Take a plane and transfer to Inle Lake. Canoe out on the water, then explore by motorised boat – see local craftspeople and the ingenious floating gardens. Days 8-9 Yangon Fly to Yangon, then discover the holiest shrine in the country, the Shwedagon Paya.

VIEW DATES AND PRICES

Classic Myanmar

12 DAYS, YANGON TO YANGON

Experience the incredible sight of Bagan's sea of temples and explore the best of the region's 4,000 temples and monasteries.

At Inle Lake, sample the hospitality of the Shan people, one of the many groups that contribute to the ethnic diversity of this colourful country.

Days 1-2 Yangon Soak up the unique atmosphere of this irrepressible city, kicking off with a walking tour of the colonial downtown area. Take in the history, spiritual significance and beauty of the ancient Shwedagon Pagoda complex. Days 3-4 Mandalay Fly to Myanmar's 'Jewel City'. Check out the local gold leaf industry, take a boat trip up to the Mingun archaeological site, and enjoy memorable river sunsets. Days 5-7 Bagan Explore Bagan's endless temples, pagodas and monasteries until dusk. You'll also enjoy lunch at a restaurant set up by Friends International. Days 8-10 Inle Lake Uncover the watery world of Inle Lake, the lifeblood of many ethnic communities. Take a boat out to see the local life that thrives around these waters. Hike through the forests and villages surrounding the Indein ruins complex, finishing with a traditional Shan dinner. Days 11-12 Yangon Fly back to Yangon and discover more of this beguiling city.







MYANMAR

Yangon C

TRIP CODE

TRRR

Hotel (11 nts), overnight sleeper

Private bus, ferry, overnight sleeper

Maximum group size 16

11 Breakfasts, 1 Lunch

train (1 nt)

train, plane

PHYSICAL

00000

STYLE

BASIX

Mandalay Kalaw Inie Lake

Mandalay, Myanmar - Quang Bui

Myanmar Experience

13 DAYS, YANGON TO YANGON

Get acquainted with the incredible city of Yangon, which is packed with beautiful pagodas, astounding giant Buddhas and countless historical sites.

Cruising up the Ayeyarwady River to Mandalay, watch the sun rise over the river and look out for some of the country's most incredible stupas and temples.

Days 1-2 Yangon Become immersed in the rich and complex history of Myanmar's former capital before catching an overnight train to Bagan. Days 3-4 Bagan A vast landscape strewn with thousands of ancient Buddhist constructions is yours to explore. Days 5-6 Mandalay Cruise up the Ayeyarwady River to Mandalay. Take a walking tour, perhaps checking out the puppetry of the Mandalay Marionettes or watching the sun set over Mandalay Hill. Days 7-8 Kalaw Travel along the Great Road of China to Kalaw. Take to the surrounding hills, which offer fantastic hiking opportunities and the chance to meet regional ethnic groups like the Palaung, Danu and Pa-O. Days 9-11 Inle Lake Explore a world of stilt-house villages, floating gardens, cottage industries, markets and unique Intha leg-rowers. Days 12-13 Yangon Marvel at the wondrous gem-encrusted Golden Pagoda, then toast the end of this Myanmar adventure with your group.

VIEW DATES AND PRICES

Myanmar & Thailand Traveller

12 DAYS, YANGON TO BANGKOK



This hiking-based itinerary is the ultimate way to get off the tourist trail. Visit small village communities and discover the Myanmar that few others see.

From remote Loikaw and scenic Kengtung to Chiang Rai's rolling flower fields, this is a superb overview of Myanmar and northern Thailand's beautiful landscapes.

Day 1 Yangon The former capital is a wonderland for the curious traveller. Days 2-3 Loikaw This is your remote stepping stone to far out hiking trails and tribal villages. Trek through the hills – meet fun-loving Kayan villagers and visit the dramatically perched Pan Pet. Day 4 Kalaw See odd-shaped stalactites and ancient Buddha images in Myin Mahti cave. Day 5 Pattubauk Trek through quaint villages where local artisans continue their proud traditions. Retire for the night in a village monastery or local house. Days 6-7 Inle Lake Trek along beautiful ambient trails, greeting smiling local faces along the way, then cruise to beautiful Inle Lake. Witness life on the lake unfold. Days 8-9 Kengtung Hike to villages where Lahu and Akha tribes live side-by-side. Day 10 Chiang Rai Visit the Golden Triangle and learn about its opium history. Days 11-12 Bangkok Finish up in Thailand's fastpaced capital.





Our Asian sailing trips follow a simple recipe. Start with a generous scoop of aquamarine water and secret strips of golden sand (remember to remove all traces of tourist crowds). Throw in a handful of rare corals and tropical fish, then leave to simmer while you work on that tan. Slow it right down with a guided trek to some jungle-covered ruins and serve with a sizzling stir-fry courtesy of your on-board chef. Want to try the recipe for yourself? We've got just the sailing tour for you...

Sail to Bo Cho Island and get a taste of island life with a visit to a Moken village, learning the history and customs of this nomadic tribe from a village elder (pg 64).



X

Thailand might be famous for its white sandy beaches and clear waters but neighbouring Myanmar is equally spectacular. See it for yourself on a Myanmar sailing adventure (pg 63).

Turn things up with an adventurous kayaking expedition, snorkelling safari or jungle trek, or simply kick back on deck with a book and soak up the good vibes. The choice is yours on our flexible itineraries.

Weather



WHERE IN THE WORLD

Indonesia Myanmar Thailand

Monsoon 25-35°C
 Very hot & dry 35°C+
 Hot & dry 25-35°C
 Hot & wet 25-35°C
 Pleasantly warm 20-30°C
 Warm & wet 20-25°C
 Cool 15-20°C
 Cold & dry 0-15°C
 Cold & wet 0-15°C
 Below freezing -0°C



SACK TO MAIN MENU



Myanmar Sailing Experience

9 DAYS, PHUKET TO PHUKET

Explore unspoilt paradises and remote locations that are yet to be discovered by mainstream tourism.

Anchor in the calm waters surrounding Palu Bada, where you can kayak, paddle board and snorkel among stunning marine life.

Embrace the special experience of interacting with the nomadic seafaring community of the Moken.

Day 1 Phuket Arrive in Phuket, arguably Thailand's best known island, and certainly its largest. Before setting sail for Myanmar, explore Phuket at your leisure, perhaps with an afternoon beach stroll or a meal or drink at one of the island's enormous array of restaurants and bars. Day 2 Thay Yae Island Transfer to Ranong to board your home for the next week: a superior 46-foot catamaran. Sail through clear turquoise waters to the long stretch of pristine beach at Thay Yae Island. Kayak, snorkel, swim or simply relax in the sun on the powder-soft sand. Day 3 Palu Bada Sail north towards Palu Bada, a group of islands with incredible snorkelling opportunities. After an underwater adventure, take a trek through the jungle. Day 4 Lampi Island Head ashore for a taste of village life in Ma Kyone Galet. Meet a local community of Moken, once seafaring nomads who were forced

ashore by the Burmese military in the 1990s. Day 5 Shark Island After breakfast, journey to Shark Island and go snorkelling, paddling, or just splash about in the crystal clear, coral-rich waters. Enjoy lunch before heading south to Pony Island to anchor overnight. Day 6 Swinton Island Cruise to Swinton Island and arguably the most beautiful beach in the archipelago (which is really saying something, considering the competition!). Snorkel, swim, swap travel stories and end the day with a bonfire on the beach, dining on freshly caught fish. Day 7 Myauk Ni Island Look out for the large fruit bats and abundant birdlife that call this island's trees home. Day 8 Ranong Start early to watch the sunrise, then farewell your skipper and return to Ranong in a longtail boat, then back to Phuket via private van. Day 9 Phuket This Myanmar sailing adventure ends this morning.





Myanmar Sailing Adventure

9 DAYS, PHUKET TO PHUKET

Disconnect from the modern digital world and find a different kind of buzz on an incredibly relaxing journey through the islands of Myanmar.

Sit back and soak up some of the best beaches in the world. Enjoy a BBQ on a secluded stretch of sand with fish caught fresh that day.

Day 1 Phuket Before making the journey into peaceful Myanmar, spend an evening in the hectic hub of Phuket. Day 2 Ranong/Thay Yae Island Set sail for the first island on this tour of the Mergui Archipelago – as many of the 800 islands here are deserted and still yet to be thoroughly explored. Days 3-7 Mergui Archipelago The next five days are full of great snorkelling, lazy sailing, stretching out on untouched, white-sand beaches, and gentle exploration of the islands. The marine life isn't used to many visitors, so be prepared to look for moray eels poking their head out of the coral and to pass flurries of large fish schools while swimming in the clear-blue waters of the region. Sailing with us in Myanmar is also special as you'll be some of the few people on earth to spend time with the Moken – a nomadic tribe who live their lives roaming the sea. Days 8-9 Ranong/Phuket Take a longtail boat back to Ranong and finish this sailing adventure on arrival in buzzing Phuket.

VIEW DATES AND PRICES



Phuket Sailing Adventure



7 DAYS, PHUKET TO PHUKET

Slip into the indulgent beach-loving life with walks on the finest white sand, and swimming and snorkelling in the inviting azure waters of Thailand's best beaches.

There are few things more relaxing than sleeping on deck beneath a blanket of stars, especially after feasting on the Thai favourites whipped up by the on-board chef.

Day 1 Phuket Cast away on a tropical journey across the Andaman Sea, from the scenic spoils of Phuket to lush Ko Phi Phi. Days 2-7 Sailing Phuket Islands Sail the paradisiacal waters of southern Thailand, where pristine ocean, gorgeous swimming spots and idyllic islands are the order of the day. Over the next few days, delve into mysterious sea caves around the base of Ko Hong, snorkel and mingle with a wealth of curious marine life, chill out on deck with a good book, practice some paddleboarding, and enjoy group dinners ashore amid clusters of lively restaurants and bars. There's also the lush jungle, velvety sandbars and blue waters of Ko Phi Phi, the beautiful bays of Ko Yao Yai, where there's excellent snorkelling, leafy forest trails and sea kayaking to choose from, and beachside bonfires at night. Add spectacular sunsets and lazy days and you have the perfect sailing holiday in Thailand.









Escape to the Gili Islands

Set in the bright blue waters between Bali and Lombok are the idyllic Gili Islands, a perfect getaway for divers looking to explore the underwater treasures of Indonesia. Make friends with the island's many turtles, visit the underwater sculpture park, or simply bliss out on deck.

For more info enter **TSSI** on intrepidtravel.com

SACK TO MAIN MENU



Sail Phuket to Ko Phi Phi

4 DAYS, PHUKET TO KO PHI PHI

Leave behind the vibrant, modern pizazz of Phuket and set sail on the beautifully calm waters of the Andaman Sea.

Duck your head as you pass under the low entrance to Ko Hong's mysterious sea caves. Discover bright blue lagoons waiting inside.

Day 1 Phuket Sail towards Ko Rang Yai island and drop anchor in front of a secluded beach. Day 2 Phang Nga Bay Explore the famous Phang Nga Bay, where spectacular karst peaks rise out of the turquoise waters. Enjoy kayaking and gorgeous swimming spots, before anchoring well off the 'beaten path' in the north-east part of the bay. Watch the sun set from the boat's deck. Day 3 Ko Hong/Railay Delve into mysterious sea caves around the base of Ko Hong, before making the most of a full day on the sea. Strap on a snorkel and mingle with a wealth of curious marine life, or perhaps chill out on deck with a good book and a bowl of fresh fruit. If you're feeling adventurous, perhaps head out on a paddleboarding expedition. Later, enjoy a group dinner at one of the lively restaurants and bars. Day 4 Ko Phi Phi Make a beeline for the tropical haven of Ko Phi Phi, where this Andaman seafaring odyssey comes to an end.

VIEW DATES AND PRICES

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Sail Ko Phi Phi to Phuket



Discover a true slice of paradise while kayaking and paddle boarding through the stunning inlets, caves and hidden lagoons of Ko Yao Yai's mangrove forests.

Sip cocktails on the beach while watching the sun slip below the waves over Phi Phi Island's iconic seashore.

Day 1 Ko Phi Phi This water-bound adventure gets underway on the tropical island of Ko Phi Phi, where lush jungle meets velvety sandbars and blue waters blend seamlessly into an even bluer sky. Day 2 Ko Yao Yai Cruise on to Ko Yao Yai, stopping at one of the beautiful bays on the west coast of Phi Phi island where you can experience excellent snorkelling. Head ashore to wander down leafy forest trails or choose to stay by the water, lapping up all the spoils. Maybe grab a sea kayak and check out nearby mangroves, before capping off another unforgettable day with a beachside bonfire. Day 3 Ko Racha Set sail across a postcard landscape of shimmering waters and island-studded bays. Flop straight into the sea for lazy bouts of snorkelling, or maybe just float across the top of the water as the sun beats down from above. Day 4 Phuket Enjoy the last leg of the journey, which sees the bow aimed at Phuket. Stop for a final paddle or snorkel before docking.







Ahilya Ghat by the Ganges, Varanasi, India

India & Nepal

Stitched together by the jagged seams of the Himalayas, India and Nepal have more in common than just this spectacular mountain range. They're also home to rich natural landscapes, bucolic villages and historical treasures. Be inspired by the fusion of old and new in colourful India, listen to rainbow flags flapping in the wind outside Everest base camp, and meet the stoic people of Kathmandu. From the steamy jungles of India, to the golden pagodas of Nepal, this region will leave you stirred.

Can't decide whether to trek the Annapurnas or Everest Base Camp? Why not do both (with a well-earned break in between) on our combined trekking adventure (page 81).



Despite the devastating earthquakes that shook Nepal in 2015, the Nepalese people are just as resilient and welcoming as ever. See for yourself on our Classic Nepal tour (page 83).



Encounter life and death on the banks of the Ganges in Varanasi, where holy men cleanse their souls and the deceased are given a fiery send-off. Confronting, emotional and spirtual, this is travel at its most eye-opening (page 84).

Weather



WHERE IN THE WORLD

India Nepal

Monsoon 25-35°C Very hot & dry 35°C+ Hot & dry 25-35°C Hot & wet 25-35°C Pleasantly warm 20-30°C Warm & wet 20-25°C Cool 15-20°C Cold & dry 0-15°C Cold & wet 0-15°C Below freezing -0°C Rajasthan, India - Dheeraj Paul

Classic Rajasthan



Ranthambhore National Park, India

15 DAYS, NEW DELHI TO NEW DELHI

Get the adrenaline pumping with a tiger spotting adventure among the lakes and crags of Ranthambhore National Park.

Explore Rajasthan's incredible architecture, from the sprawling Amber Fort to Udaipur's royal palace and, of course, the unforgettable Taj Mahal.

Ride camels through the desert in Pushkar, gaining insight into the life of rural Rajasthan and witnessing a magical sunset among the dunes.

Days 1-2 New Delhi Get caught up in chaotic New Delhi, a city brimming with historical sites, museums and markets. Take a cycle rickshaw tour then join the crowds and scout for a bargain in the many bazaars. Day 3 Agra Jump aboard a train bound for the Mughal city of Agra and be amazed by the iconic Taj Mahal. Day 4 Rural Heritage Stay Leave the city behind and stay at a former royal residence. Explore the village, meet the locals and chat with traditional craftspeople for a unique insight into Indian life. Days 5-6 Jaipur Climb to the hilltop Amber Fort before making tracks to Jaipur, the 'Pink City' of Rajasthan. Bursting at the seams with markets filled with jewellery, textiles and folk-based arts, Jaipur is the perfect place to spend some time bargaining for souvenirs and exploring lively bazaars. Day 7 Ranthambhore National Park Safari into the heart of the Indian bush on the look

out for tigers and discover tranquil lakes and ruined palaces. Day 8 Bundi Travel out to charismatic Bundi. Admire stunning murals at the palace that presides over the town's Brahmin-blue rooftops, explore the enchanting alleyways and experience life in remote India. Days 9-10 Rural Heritage Stay Journey through rural Rajasthan to the quaint town of Bassi. Spend the first night in a deluxe tent camping under the stars, then the second night sleep in a beautiful fortified mansion. Days 11-12 Udaipur See Udaipur's rolling hills, white marble palaces and blue lakes combine to form the most romantic city in Rajasthan. Days 13-14 Pushkar Journey to pious Pushkar and see India's only Brahma temple. For a change of pace, take a camel ride into the desert and witness a magical sunset amid the dunes. Day 15 New Delhi Come full circle and return to the hum of New Delhi.



SACK TO MAIN MENU





Golden Triangle: Yoga & Bollywood Edition

Travel the famous Golden Triangle – Delhi, Agra and Jaipur. Peel back the curtain on Bollywood with a dance class in New Delhi and film screening in Jaipur, then get a taste of village life in rural Suroth and unwind in the home of yoga – Rishikesh.

For more info enter **HHSB** on intrepidtravel.com



North India Revealed



NEW TRIP

22 DAYS, NEW DELHI TO NEW DELHI

Discover the ancient forts, lake palaces, rural villages and colourful cities of Rajasthan: sandy yellow Jaisalmer, blue Jodhpur, white Udaipur and pink Jaipur.

Pushkar and Varanasi are among India's holiest cities. Climb to hilltop temples at sunrise and observe pilgrims praying and bathing along Ganges River ghats.

Days 1-2 New Delhi Discover the beating heart of Old Delhi in its narrow streets. Day 3 Jaisalmer/Thar Desert Experience nomadic life on an overnight camel safari. Days 4-5 Jaisalmer Visit Jain temples or admire the city's ornate havelis (traditional Indian houses). Days 6-7 Jodhpur Wander among colourful saris and sparkling bangles in the Sadar Bazaar. Days 8-10 Udaipur Maybe visit the dramatic Monsoon Palace of India's most romantic city. Days 11-12 Pushkar Mingle with holy men and seek out a bargain in side-street bazaars. Day 13 Jaipur See the intricate, pink sandstone latticework of the 'Palace of the Winds'. Day 15 Abhaneri Visit the awesome sight of the town's 20-metre deep step-well. Days 16-17 Agra Sunrise over the Taj Mahal is worth the early rise. Days 18-20 Varanasi Walk the ghats for a holy experience or hire a boat and see the city from the water. Days 21-22 New Delhi Say goodbye to incredible India on return to the capital.

VIEW DATES AND PRICES

HIGHLY

DEPARTURE

Golden Triangle

8 DAYS, NEW DELHI TO NEW DELHI

Experience authentic Rajasthani luxury with a heritage stay at the lavish Bhanwar Vilas in Karauli.

For those with limited time, long travel days are kept to a minimum, which is perfect for visiting several icons in northern India.

Days 1-2 New Delhi Welcome to the capital of India, New Delhi. A chaotic medley of bazaars, temples, mosques and colonial buildings, New Delhi is an ideal place to kick-start this adventure. Days 3-4 Jaipur The gem of Rajasthan, Jaipur's pink sandstone 'Palace of Winds', Amber Fort and lively streets make the city a colourful destination. This friendly town is brimming with bazaars full of jewellery, textiles and local art. Day 5 Rural Heritage Stay Visit a village, learn about life in rural India, sample some seasonal local sweets and maybe enjoy an evening of traditional music and food during a heritage stay in a palace. Day 6 Agra This former Mughal capital is home to some impressive buildings, including the romantic, iconic Taj Mahal. Days 7-8 New Delhi Visit the massive Agra Fort before returning to New Delhi for a final taste of the capital. Perhaps feast on traditional aloo gobi – the perfect way to end this tour of India's Golden Triangle.

VIEW DATES AND PRICES



Auto rickshaw, bus, camel, car, cycle rickshaw, local bus, metro, overnight sleeper train, private vehicle, taxi, train





Southern India

15 DAYS, KOCHI TO KOCHI

Known as the 'Queen of the Arabian Sea', Kochi is a fascinating blend of Chinese, Portuguese, Dutch and English influences, and is best explored by ferry.

Spot tigers, elephants and sloths on safari around two of the best places in India to observe wildlife up close – Mudumalai National Park and Periyar Tiger Reserve.

Days 1-2 Kochi Visit fragrant spice bazaars, antique shops, Mattancherry Palace and Fort Cochin. Days 3-4 Coonoor Ride the famous Ootacamund toy train through rolling plantations and learn the secret of making the perfect brew at a tea garden. Day 5 Mudumalai National Park Stay in a jungle retreat at the foot of the Nilgiri Hills. Days 6-7 Mysore View the stained glass windows of the ornate Palace of Mysore and take the opportunity to dine with a local family. Day 8 Mamallapuram Travel to Mamallapuram and cycle around the Shore Temple. Day 9 Puducherry Follow the scenic south coast of India to French-influenced Puducherry. Day 10 Madurai Witness mysterious rituals in the Sri Meenakshi Temple. Days 11-12 Periyar Wildlife Sanctuary Join a guide and explore the jungle of Periyar National Park. Day 13 Kerala Backwaters Homestay Take a sunset boat tour through the Kerala backwaters. Days 14-15 Kochi Enjoy free time to explore the vibrant streets of Kochi.

VIEW DATES AND PRICES

Indian Getaway



11 DAYS, NEW DELHI TO NEW DELHI

Travelling across India wouldn't be complete without a sleeper train journey. With padded bunks and vendors selling chai, they're a quintessential Indian experience.

The village of Tordi Garh is a place few travellers get to see. Spend a night in a Heritagelisted palace in this peaceful town.

Days 1-2 New Delhi With the help of your local guide, avoid the persistent touts and make tracks to the impressive Red Fort, Akshardham Temple and Gurudwara Bangla Sahib. Days 3-5 Varanasi There is no place in the world quite like Varanasi. Each year, tens of thousands of Hindus make a pilgrimage to Varanasi to devoutly bathe in the Ganges River and pay homage to their ancestors. Day 6 Agra Take an overnight train to Agra and ponder the incredible beauty of the mighty Taj Mahal. Day 7 Tordi Travel through the countryside to Tordi, the friendliest village in Rajasthan. Scramble onto a camel cart for a village tour around the beautiful surroundings. Days 8-9 Jaipur Head out on a guided tour of the medieval Amber Fort and hunt through the Old Bazaar in search of the perfect pottery. Days 10-11 New Delhi After a long journey back to New Delhi, soak up the last days of this adventure. Wander the streets, shop 'til you drop, explore a few more sights and eat, eat, eat.







DEPARTURE

South India Revealed 16 DAYS, TRIVANDRUM TO GOA

A homestay with a local family is a special experience, especially in the serene backwaters of Kerala.

Visit the World Heritage-listed Virupaksha Temple in Hampi, a spectacular monument surrounded by ruins.

Day 1 Trivandrum Hang out with the locals on Kovalam Beach or check out the museums, palaces and bazaars. Days 2-3 Varkala Take a dip in the Arabian Sea, practise some yoga or visit the ancient Janardhana Temple. Day 4 Kerala Backwaters Homestay Cruise past palm trees, rice fields and coconut groves on a sunset boat trip. Days 5-6 Kochi Explore this colonial island on a local ferry, then perhaps catch a Kathakali dance performance. Days 7-8 Periyar National Park Journey to a lush park in the Western Ghats Ranges to spot elephants and monkeys at play in the wild. Days 9-10 Madurai Weave through chaotic streets filled with bazaars, pilgrims and rickshaws. Days 11-12 Mysore Famous for its silk, incense and sandalwood, relaxed Mysore also boasts amazing temples. Days 13-14 Hampi Wander through the ruins of the Vijayanagar Empire. Days 15-16 Goa Perhaps enjoy a final group dinner before this southern adventure concludes in relaxing Goa.

VIEW DATES AND PRICES

Rajasthan Experience



15 DAYS, NEW DELHI TO NEW DELHI

A camel safari through the remote Thar desert is not only a highlight, it also provides the perfect relief from the frenetic streets of New Delhi and Jodhpur.

The tantalising tastes of North Indian cuisine are many and varied, from spicy stuffed bati to sweet saffron-scented kulfi.

Day 1 New Delhi Welcome to New Delhi, India's rambunctious capital. Day 2 Agra Visit the iconic Taj Mahal.
Days 3-4 Jaipur Explore the deserted Mughal kingdom of Fatehpur Sikri before continuing to the 'Pink City' of Jaipur. Days 5-6 Mandawa Beautifully decorated havelis make for a spectacular open-air museum in Shekhawati.
Day 7 Bikaner Venture deep into the Thar Desert and enjoy an evening of Rajasthani food and dance.
Days 8-10 Jaisalmer/Camel Safari Travel through the Jaisalmer desert to a sandstone trading centre. Explore markets hidden among the twisting alleys and take an overnight camel safari out into the dunes. Day 11
Jodhpur Soak up grand views of India's 'Blue City' from the Mehrangarh Fort ramparts. Days 12-13 Udaipur
Rajasthan's artistic heart is a vision of splendour with white marble palaces and a sparkling lake. Days 14-15
New Delhi This magical Rajasthan experience comes to a close back in New Delhi.






North India Highlights

12 DAYS, NEW DELHI TO NEW DELHI

Discover the man-made wonders strewn across India's north, from Jaipur's 'Palace of the Winds' and Agra's iconic Taj Mahal to the palaces of Orchha.

Be immersed in the country's spirituality – New Delhi's mosques, Varanasi's ghats, evening prayer calls, ancient bathing rituals and Ganges candle flower ceremonies.

Days 1-2 New Delhi Travel to Old Delhi to explore timeless bazaars and scented spice markets. Days 3-4 Jaipur Climb to the hilltop Amber Fort before visiting magical Hawa Mahal. Watch as the building's ornate architecture provides a sublime backdrop to an evening sunset. Day 5 Agra Learn the tragic story behind the Taj Mahal's construction before visiting the enormous Red Fort. Days 6-7 Orchha Visit a local community project, then discover why charming Orchha is the perfect spot to learn the art of Indian cuisine. Day 8 Khajuraho Admire carvings that depict ancient Hindu legends and the fabled Karma Sutra. Days 9-10 Varanasi Arrive in one of India's most sacred cities and discover a riotous canvas of temples, shrines and pilgrims. Take a sunrise boat ride on the Ganges. Days 11-12 New Delhi Haggle with vendors in colourful bazaars before catching a flight to the capital. Perhaps head to legendary Connaught Place for some last-minute shopping.

VIEW DATES AND PRICES

Classic South India



15 DAYS, CHENNAI TO KOVALAM

With its idyllic lifestyle and contemporary feel, Puducherry is a beautiful seaside town to explore. Go for a boardwalk stroll, kulfi in hand.

Set out on a guided nature walk in Periyar Wildlife Sanctuary, a haven for tigers, spotted deer, Indian elephants and gaur – the world's largest species of buffalo.

Day 1 Chennai Soak up the tropical heat of Chennai, India's fourth-largest city. Days 2-3 Puducherry Embrace the relaxed fishing-village vibe of Mamallapuram before driving to Puducherry via the experimental township of Auroville. The next day, enjoy the distinctly European feel of Puducherry on a walking tour. Day 4 Thanjavur Visit the World Heritage-listed Hindu marvel, Brihadeeswarar Temple. Day 5 Karaikudi Step inside the grandiose havelis of Karaikudi. Days 6-7 Madurai Wander through colourful bazaars and visit Sri Meenakshi Temple, a maze of lamplit corridors leading to shrines. Days 8-9 Periyar Wildlife Sanctuary Pass through lush pineapple plantations on the way to Periyar. Days 10-11 Kochi Encounter Chinese, Portuguese and Dutch influences in delightful Kochi. Day 12 Kumarakom Cruise the backwaters of Kerala to Kumarakom and discover one of rural India's hidden treasures. Days 13-15 Kovalam Sitting on the Arabian Sea, Kovalam Beach is a great spot to unwind.





Coconut climber, Kerala, India

Iconic India



Jaisalmer, India - Dennis Walton

37 DAYS, NEW DELHI TO GOA

Experience old and new India in the bustling streets of New Delhi, where ancient temples stand against billboards advertising Bollywood films.

The city of Madurai showcases southern India at its liveliest. Explore the city's bazaars and discover the colourful, intricately carved Sri Meenakshi Temple.

Golden beaches and age-old fishing villages make Goa one of India's most tranquil retreats – and the perfect last stop on this epic adventure.

Days 1-2 New Delhi Discover narrow streets filled with stores selling silk, copper and spices. Days 3-5 Jaisalmer/Thar Desert Sleep under a blanket of stars on an overnight camel safari through the Thar Desert. Days 6-7 Jodhpur Sip on a lassi and admire views of the colossal Mehrangarh Fort. Days 8-10 Udaipur Explore the white marble palaces and twisting alleys, then perhaps take a boat ride on the lake. Days 11-12 Pushkar Mingle with holy men in spiritual Pushkar. Days 13-14 Jaipur Witness the gorgeous Palace of the Winds and then why not see a Bollywood film. Day 15 Bharatpur Don't miss the forests and wetlands of the Keoladeo Bird Sanctuary. Days 16-17 Agra Stand in awe of the grand Taj Mahal. Days 18-20 Varanasi Walk the ghats or hire a boat and see the city from the water. Day 21 New Delhi Hunt down a curry or three, or maybe pick up some trinkets for friends back home. Day 22 Trivandrum Join the locals for a stroll down Kovalam Beach. Days 23-24 Varkala Sip chai at a cliff-top cafe or visit the colourful Janardhana Temple. Day 25 Kerala Backwaters Homestay Enjoy a relaxing rural homestay. Days 26-27 Kochi Shop spice bazaars or see the beautiful Dutch Palace. Days 28-29 Periyar National Park Visit elephant and tiger reserves to better understand the plight of these endangered animals. Days 30-31 Madurai Discover the Sri Meenakshi Temple. Days 32-33 Mysore Famous for its silk, incense and sandalwood, relaxed Mysore also boasts amazing temples. Days 34-35 Hampi Chill in a cafe sipping chai or head to Hampi's impressive Vittala Temple. Days 36-37 Goa This adventure ends in Goa, famed for its beaches and relaxed pace. Laze on the beach, check out the markets, and indulge in Goa's delicious cuisine.



Ngh yuga yaansi India - Partha Mondal

Unforgettable India 15 DAYS, NEW DELHI TO NEW DELHI

15 DAYS, NEW DELHI TO NEW DELHI

See a different side of India hidden from most travellers with a stop in the small medieval town of Chanderi.

Bandhavgarh National Park is truly one of India's most magnificent wildernesses, with a relative abundance of tigers compared to other national parks.

Days 1-2 New Delhi The labyrinthine streets and lively markets of Old Delhi are a perfect introduction to India. Day 3 Agra Take a train south and visit the breathtaking Taj Mahal. Days 4-5 Chanderi Soak up the small-town charm of Chanderi. Days 6-7 Orchha Travel to Orchha, a town little changed over the centuries. Enjoy an evening puja ceremony and perhaps delve into local flavours on an optional cooking demonstration. Day 8 Alipura Dine at the Alipura Palace. Day 9 Khajuraho The intricate carvings of the Khajuraho temples celebrate Hindu legends, epic battles, and the famed Karma Sutra. Day 10 Bandhavgarh National Park Safari through the wilds in a jeep, looking for tigers. Day 11 Overnight Train Overnight to Varanasi after another safari drive. Days 12-13 Varanasi Ramble the ghats, attend a sunset Ganges candle ceremony, and cruise down the holy river. Days 14-15 Overnight Train/New Delhi Take one last walk around spiritual Varanasi, then return to colourful New Delhi.

VIEW DATES AND PRICES



DEPARTURE

Rajasthan Adventure

15 DAYS, NEW DELHI TO NEW DELHI

The world famous Keoladeo Bird Sanctuary is home to hundreds of bird species. Be pedalled around in a cycle rickshaw and share in the knowledge of local twitchers.

The Rat Temple in Bikaner is a place even the squeamish will appreciate. If brave, pay homage to the goddess of the temple among running rodents.

Days 1-2 New Delhi Explore Old Delhi and visit the impressive Jama Masjid. Day 3 Agra Discover the Red Fort, deserted city of Fatehpur Sikri and stunning Taj Mahal. Day 4 Keoladeo Bird Sanctuary Take a rickshaw ride through the wetlands and forests of this serene bird sanctuary. Days 5-6 Jaipur Drop by the majestic Amber Fort and discover the Hawa Mahal. Day 7 Mandawa Explore ornate havelis dating back to the days of the great camel caravans that travelled between China and the Middle East. Day 8-9 Bikaner Journey into the Thar Desert to Bikaner, then visit the infamous 'Rat Temple'. Days 10-12 Jaisalmer/Camel Safari Get a taste of Rajasthani nomadic life on an overnight camel safari. Discover temples, markets and vast sand dunes. Days 13-14 Jodhpur Venture into Sadar Bazaar, one of the oldest and most interesting markets in India, then visit the colossal Mehrangarh Fort. Day 15 New Delhi This adventure ends on arrival back in the capital.







Hidden Gems of India

Take in the clash of sights, cities and cultures that make this colourful country famous. Travel across Gujarat, marvel at Sasan Gir's wildlife, and head into the Himalayas and be introduced to the mountains and mystics of this incredible country.

For more info enter HHSAC on intrepidtravel.com



Gujarat Adventure



14 DAYS, AHMEDABAD TO NEW DELHI

Get up close to nature on safaris in the Wild Ass Sanctuary and Sasan Gir National Park, final refuge of the Asiatic Lion.

Stay in the charming walled city of Bhuj and meet local communities on a day trip to the Banni Grasslands.

Days 1-2 Ahmedabad Welcome to Gujarat's major city. Visit the famous Sabarmati Ashram and learn about the Jain way of life at the Hathi Singh Temple. Days 3-4 Sasan Gir Take a guided jeep safari in this sanctuary, home to Asia's largest population of wild lions. Day 5 Dwarka Visit one of the holiest hindu pilgrimage sights in the country. Day 6 Jamnagar Browse for souvenirs in the city's intriguing bazaars. Days 7-9 Bhuj Stop by the old walled citadel of Darbargadh, then meet local communities in the Banni grasslands. Maybe feast on the legendary street food of Shankar Vadapav. Day 10 Dasada Jump in a jeep and take a safari into the Wild Ass Sanctuary. Days 11-12 Udaipur With fairytale-like palaces, colourful bazaars, narrow alleys and beautiful gardens to discover, this is a memorable town. Days 13-14 New Delhi Take an overnight train back to bustling New Delhi, where this trip comes to an end.

VIEW DATES AND PRICES

Mountains & Mystics



13 DAYS, NEW DELHI TO NEW DELHI

The colonial charm of Shimla Hill Station offers a great introduction to the Himalayas, and the World Heritage-listed 'toy-train' is a great way to get there.

As the home of the Dalai Lama, tranquil Dharmasala is the ideal place for an enlightening experience of Tibetan spirituality, culture and history.

Days 1-2 New Delhi Be amazed by the sights, sounds and smells of Old Delhi on a walking tour. Days 3-4 Shimla Journey on the 'toy train' to the colonial mountain town of Shimla, where British viceroys once gathered to escape the monsoonal heat. Day 5 Mandi Descend to the banks of the Beas River and discover a town that was once a prominent stop on the salt trading route to Tibet. Days 6-7 Dharamsala/McLeod Ganj Navigate across mountainous roads to the home of the exiled Dalai Lama. Stroll the beautiful gardens of the Norbulingka Institute, which offers a range of on-site workshops and the chance to see the creation of traditional Tibetan art. Days 8-9 Amritsar Visit the Golden Temple, situated in the middle of a sacred lake. Travel to the Wagah border to witness the daily flag ceremony. Days 10-11 Rishikesh Get in touch with spiritual pursuits on a tour of the 'yoga capital of the world'. Days 12-13 New Delhi Return to India's lively capital for one final curry.

VIEW DATES AND PRICES



Metro, private vehicle, train, steam train, auto rickshaw, jeep, overnight sleeper train







Delhi to Goa

15 DAYS, NEW DELHI TO GOA

Jaipur and Udaipur are two of India's most delightful destinations. Take the time to stroll the enchanting, and very different, streets of these must-see favourites.

Explore the incredible heritage guarter and circus-like Chowpatty Beach on a guided walking tour in Mumbai.

Days 1-2 New Delhi Arrive in the fun and frenetic Indian capital, then explore the old market streets. Day 3 Agra Take a fast, air-conditioned train south, then set eyes on the great Taj Mahal. Days 4-5 Jaipur Settle into a beautiful, family-run heritage hotel. Visit the hilltop Amber Fort. Days 6-7 Pushkar Wander past the holy city's bustling ghats and temples, observing the devout as they worship. Days 8-9 Udaipur Discover the 'Venice of the East' and lose yourself in twisting alleyways and bazaars. Days 10-12 Mumbai Glimpse old colonial and art deco buildings and be sure to sample some spicy street food. Visit Chowpatty beach where palmists, magicians and acrobats vie for your attention. Day 13-15 Goa Take in the Portuguese influence of this relaxed tropical town. Perhaps visit a local spice farm, cycle the lush countryside, try some yoga, relax on the beach or sip cocktails at a small bar.

VIEW DATES AND PRICES



DRAGOMAN

Auto rickshaw, bus, camel, cycle rickshaw, metro, private vehicle, shuttle bus, taxi, train, van

Hotel (12 nts), overnight sleeper train

New Delhi

Udaipur

Overnight Train 🖬

Overnight Train 🔒

(2 nts)

STYLE

BASIX

Mumhai

Goa 🕻

TRIP CODE

HHRG

Maximum group size 12

No meals included

Anra .Jàin

INDIA

PHYSICAL

••000



Mumbai to Chennai

24 DAYS, MUMBAI TO CHENNAI

With two nights in the north and two in the south, there's plenty of time to get the most out of the incredible beaches of Goa.

Nestled at the foot of the Western Ghats, the mist-clad peaks and rolling green hills of Wayanad are a great place to trek and look out for wild elephants.

Days 1-2 Mumbai Begin your trip in Mumbai. Days 3-4 North Goa Take a train to gorgeous Goa. Lap up the laid back atmosphere. Days 5-6 South Goa Watch local fisherman land their haul. Days 7-8 Hampi Discover a picturesque town in the ruins of Vijayanagara. Days 9-10 Mysore Breathe in the scent of sandalwood on a visit to the Maharaja's Palace. Days 11-12 Wayanad Explore tea and coffee plantations and take treks in search of wildlife. Days 13-14 Kochi Take a boat tour. Day 15 Alleppey Cruise the canals of the picturesque backwaters. Days 16-18 Varkala Unwind with a beach break in Varkala and sample the justifiably famous Keralan cuisine. Day 19 Kanyakumari Visit the southernmost point of India. Day 20 Madurai Shop up a spice-storm in the streets of Madurai. Day 21 Puducherry Soak up the French atmosphere of Puducherry. Day 22 Mamallapuram Visit the shore temples in laidback Mamallapuram. Days 23-24 Chennai Finish in humid and historic Chennai.



India Horizons

Tour the famous Golden Triangle of New Dehli, Agra and Jaipur, and delve into the verdant foothills of the Himalavas before visiting Sikhism's holiest temple. This is truly an essential tour of India for anyone looking to visit both the iconic and hidden destinations of India.

For more info enter **HHSGC** on intrepidtravel.com



India South & North



29 DAYS, KOCHI TO NEW DELHI

Ballooning over the ancient forts, rivers and fields of Jaipur while the sun rises is an unforgettable experience.

Keep on the lookout for Baloo, Bagheera, Shere Khan and the other members of The Jungle Book on safaris through Periyar, Ranthambhore and Mudumalai National Parks.

Feel energy radiate from the world's largest solid crystal in the experimental utopian city of Auroville.

Days 1-2 Kochi Explore the Dutch Palace and witness a Kathakali dance performance. Days 3-4 Conoor Take a ride on Ooty's famous toy train and visit a tea garden. Day 5 Mudumalai National Park Head out on a safari in search of tigers, elephants and spotted deer. Days 6-7 Mysore Discover the riotously colourful interior of the Maharaja's Palace. Day 8 Mamallapuram Cycle around the Shore Temple and see the massive rock carvings. Day 9 Puducherry Visit the Sri Aurobindo Ashram. Day 10 Madurai See the Sri Meenakshi Temple and the Gandhi Memorial Museum. Days 11-12 Periyar Wildlife Sanctuary Inhale the scents of a spice farm and seek out elephants. Day 13 Kerala Backwaters Homestay Share a traditional feast with a local family. Day 14 Kochi Admire the colonial Portuguese, Dutch and British Raj-era architecture of the city. Days 15-16 New Delhi Take a cycle rickshaw

tour through Old Delhi. Day 17 Agra Be amazed by the iconic Taj Mahal and Red Fort. Day 18 Rural Heritage Stay Journey to rural Rajasthan and stay at a former royal residence. Days 19-20 Jaipur See the Hawa Mahal, the jewel of the 'Pink City'. Day 21 Ranthambhore National Park Safari into the heart of this stunning park to discover lakes and exotic wildlife. Day 22 Bundi Explore the decorative alleyways and get acquainted with the locals. Days 23-24 Rural Heritage Stay Spend one night camped under the stars and the next in a mansion. Days 25-26 Udaipur Fall in love with charming Udaipur. Days 27-28 Pushkar See one of India's few Brahma temples and take a camel ride out into the desert. Day 29 New Delhi Come full circle and return to the hum of New Delhi. Perhaps farewell India by treating the tastebuds to one last curry.



Sri Mishee temple, Madurai, India - Mark Cox



Chennai to Kolkata

14 DAYS, CHENNAI TO KOLKATA

Trek through the rarely-visited hinterlands of the Odisha Tribal Area, a region home to over 60 tribal communities each with their own indigenous cultures and traditions.

Travel along Puri's old pilgrim route by cycle-rickshaw, taking in Chilika Lake, the artisan village of Raghurajpur, Konark Sun Temple and a palm leaf manuscript library.

Day 1 Chennai Chennai is hot, humid but full of life – admire the colonial architecture and soak up the atmosphere of this frenzied city. Day 2 Thirupathi Head off the beaten track and into the heart of rural India, travelling overland through the remote state of Andhra Pradesh. Day 3 Vijayawada Stay in Vijayawada, a small city situated on the banks of the Krishna River. Day 4 Visakhapatnam See preserved submarines at the Kursura Submarine Museum, visit the elaborate Kali Temple or stretch out on the city's renowned beaches. Days 5-9 Odisha Tribal Area Visit the small markets of Chatikona, hike through the scenic reaches surrounding Goudaguda and call in on a local charitable trust. Days 10-12 Puri Explore an old pilgrim route by cyclerrickshaw, taking in ashrams, Hindu monasteries and the towering Jagannath Temple. Days 13-14 Kolkata Arrive in the former British colonial capital and explore the sights, sounds and flavours of Kolkata.

VIEW DATES AND PRICES



DEPARTURE

REVERSE

Kathmandu to New Delhi

15 DAYS, KATHMANDU TO NEW DELHI

Forget about setting an alarm, there's only one way to wake up in this corner of the world and that's with a sunrise sail along the Ganges.

Come face-to-face with black-horned rhinos in Chitwan National Park and perhaps even see the 'King of the Jungle' – the Bengal tiger.

Days 1-2 Kathmandu Arrive in Nepal's energetic capital and see the burning ghats at Pashupatinath. Days 3-5 Chitwan National Park Explore Chitwan National Park and experience some of Asia's best wildlife viewing. Look out for rhinos, monkeys, deer and the infamous Nepalese wild chickens. Day 6 Lumbini The final stop in Nepal is the border town of Lumbini. Day 7 Varanasi Get a glimpse of holy cows ambling along the highway en route to the sacred city of Varanasi. Day 8 River Ganges Boat Trip Journey down the iconic Ganges and spend a night camping on the riverbank. Days 9-10 Varanasi Uncover a hive of religious life while walking through a maze of alleyways, shops and stalls. Days 11-12 Orchha Explore historical palaces and grand buildings. Day 13 Agra Discover the huge Red Fort and embark on a rickshaw tour. Days 14-15 New Delhi The adventure concludes in India's capital, which boasts vibrant museums, galleries and bazaars.







Highlights of India & Nepal

Adventure and discovery await in this fascinating region. From the sacred River Ganges to the summits of the Himalayas, the bustling streets of New Delhi and temples of Kathmandu, discover a unique combo of spirituality, culture and nature.

For more info enter **HHSEC** on intrepidtravel.com



New Delhi to Kathmandu



сомво

New Delhi

15 DAYS, NEW DELHI TO KATHMANDU

Get a real insight into local Indian life in Orchha – witness a cooking demonstration with a local family and visit a community project.

Fall in love with Nepal, its towering peaks, prayer flags and spicy chai in stunning, legendary Kathmandu.

Day 1 New Delhi The colourful capital of India will leave a lasting impression. Day 2 Agra Visit the Taj Mahal of Agra – the ultimate monument to love and loss. Days 3-5 Orchha Take a train across classical Indian terrain to one of the most incredible tourist spots in Madhya Pradesh. Day 6 River Ganges Boat Trip Sail down India's Ganges and see life on the holy Indian river up close. Days 7-8 Varanasi Nestled on the banks of the Ganges, Varanasi is the ultimate destination for Hindu pilgrims. Day 9 Lumbini Cross the border into Nepal and travel to the birthplace of Buddha, the beautiful town of Lumbini. Days 10-12 Chitwan National Park Look out for tigers, rhinos, monkeys, deer and Nepalese wild chickens on safari through Chitwan National Park. Days 13-15 Kathmandu Pass rice terraces, deep gorges, pounding rivers and the snow-capped peaks of the Himalayas en route to Kathmandu. Farewell this adventure in this enigmatic city.

VIEW DATES AND PRICES



rickshaw, train, overnight sleeper train private vehicle, jeep, local bus, canoe

Kolkata to Kathmandu

16 DAYS, KOLKATA TO KATHMANDU

Gain a fascinating insight into the lives of Indian hill farmers by staying at the Karmi Farm tea plantation.

Stay in the foothills of the wild Himalayas and enjoy a spectacular sunset framed by this phenomenal mountain range.

Days 1-2 Kolkata Begin your overland journey in Kolkata, the artistic and cultural hub of India. Days 3-5 Darjeeling Take the narrow winding roads up to tranquil Darjeeling. Days 6-8 Karmi Farm Journey to Karmi Farm tea plantation and witness a day in the lives of Indian hill farmers. Days 9-11 Gangtok Considered one of the last Himalayan Shangri-las, this is a place of pilgrimage for many Buddhists. Day 12 Barhara Cross the border into Nepal. Day 13 Chitwan National Park Venture out on a nature walk through Chitwan National Park and be entranced by a magical Tharu culture show. Day 14 Khatauti Khola Let the river guide you through deep gorges and past lush rice farms to Khatauti Khola. Those feeling adventurous might want to try their hand at whitewater rafting. Days 15-16 Kathmandu Complete your adventure in Kathmandu. Search hole-in-the-wall shops for souvenirs or trek to a nearby lookout for spectacular views of the Himalayas.

VIEW DATES AND PRICES



Overland vehicle, overnight sleeper train, 4x4 safari vehicle

Hotel (9 nts), overnight sleeper train (1 nt), guesthouse (3 nts), bush camp

with no facilities (1 nt), camping with

facilities (1 nt)

All meals when camping



NEPAL





Everest Base Camp



15 DAYS, KATHMANDU TO KATHMANDU

View the mighty Himalayan Mountains like never before on a spectacular flight over the mountain range.

Trek to Everest Base Camp, the starting point for all mountaineering expeditions to Everest's highest peak.

Help Nepal get back on its feet and discover how Kathmandu remains a legendary destination while post earthquake rebuilding continues.

Day 1 Kathmandu Rich in artistic and cultural heritage and full of fascinating sights, vibrant Kathmandu is an excellent launching point for the adventure ahead. Early arrivals should stroll to Durbar Square, relax in a cafe with a cup of chai, wander the markets, or tuck into some Nepalese cuisine. Join your group this evening at a welcome meeting and perhaps head out for dinner at a local restaurant. Days 2-13 Everest Base Camp Trek Catch an early morning flight to Lukla and prepare to embark on the adventure of a lifetime. Surrounded by some of the world's most untouched and breathtaking scenery, rest overnight in local teahouses and explore the diversity of Himalayan traditions and faiths. Follow remote mountain paths, crossing glaciers, traversing valleys and climbing vertiginous passes to the foot of Mt Everest, while acclimatising to the high altitudes. From Everest Base

Camp, head back down to Gorak Shep and make the tough trek to Kala Patar (5,545 metres) for exceptional views of Everest, Lhotse and the other jagged peaks of this awe-inspiring region. No doubt this will be an emotional moment, so take some time soaking it all in. On the descent, call in at Tengboche Monastery and the Sherpa Heritage Foundation along the way to learn about Sherpa culture. Return to Lukla for the flight back to Kathmandu. Days 14-15 Kathmandu The flight from Lukla to the capital is nothing short of spectacular, with impressive views back across the Himalayan slopes. Soak up more of Kathmandu's unique atmosphere with a spot of shopping clothing, carpets and ceramics are all on offer here. Alternatively, take a trip over the Bagmati River to the adjacent city of Patan, a maze of temples and monasteries.





19 DAYS, KATHMANDU TO KATHMANDU

Take the ultimate trek, walking in the Himalayas surrounded by some of the most incredible scenery on Earth.

Learn about the traditions and cultures of the famous Sherpa while relaxing in the tea houses of small Himalayan villages.

Call in at a mountainside monastery, home to Buddhist monks and nuns, and see such treasures as (the supposed) scalp and hand of a Yeti.

Day 1 Kathmandu Explore Kathmandu's legendary streets. Day 2 Phakding Take a memorable flight from Kathmandu to Lukla, flying parallel to the giants of the Himalayas. Days 3-4 Namche Bazaar Follow a trail lined with blue pine forest and glimpse Everest for the first time. Day 5 Mongla Trek the slopes of towering Khumbilya and look across to picturesque Phortse village. Day 6 Dole Rise above the tree line and pass yak herding settlements, then spend the night at nearby Dole. Day 7 Machhermo Enjoy a short walk day, climbing out of the Dole Valley and passing through barren alpine scenery to Luza, then reach the lodge at Machhermo. Day 8 Gokyo Climb steeply out of the Machhermo Valley. Look out for Tibetan snow cocks. Day 9 Machhermo Rise early to hike up Gokyo Peak for stunning panoramas. Day 10 Phortse Make your way to hidden Phortse, where the dramatic

mountain views make this a highlight of the trek. Day 11 Dingboche Pass tea houses, old glacial moraines, and a beautiful patchwork of small fields. Day 12 Lobuje Climb to the top of the moraines and see the little memorials built to honour those lost on expeditions. Day 13 Gorak Shep - Everest Base Camp Follow yaks and porters to Base Camp and see glorious glaciers, lakes and caves. Day 14 Kala Patar -Pheriche Cross the Khumbu Khola and head down the valley to Pheriche. Day 15 Namche Bazaar Descend through beautiful juniper forest to Phunkitenga for a cup of tea. Day 16 Phakding Take one last chance to browse the shops in Namche on the return journey to Phakding. Day 17 Lukla Farewell the porters, then celebrate conquering the Himalayas with a hot shower. Days 18 -19 Kathmandu This adventure through the Himalayas comes to an end.







Fishtail Mountain, Annapurna Range, Nepal - Farah Khan

> CARBON OFFSET

DEPARTURE

Annapurna & Everest

31 DAYS, KATHMANDU TO KATHMANDU

Sharing the trail with yaks, sherpas and local villagers, pass epic glacial fronts and some of the world's highest lakes to Everest Base Camp.

Learn about the illustrious history of the once prosperous trading town of Bandipur, forgotten by most travellers and a delight to wander.

Uncover a different side of the Himalayas – terraced rice fields and rhododendron forests surrounded by stunning peaks – on a trek through the Annapurnas.

Day 1 Kathmandu Begin your adventure in the country's colourful capital. Explore the bustling streets, visit vibrant craft stalls in Thamel, and dive into the delicious local cuisine at a rooftop restaurant. Days 2-13 Everest Base Camp Trek Standing at a towering 8,848 metres, Mt Everest is the highest peak in the world. First conquered by Tenzing Norgay and Sir Edmund Hillary in 1953, Everest remains the ultimate mountaineering experience. Over 12 outstanding days, make the journey from Lukla up to Everest Base Camp at 5,364 metres and back, crossing icy glaciers, traversing broad plains, hiking through deep valleys and conquering steep passes. Days 14-16 Kathmandu Fly back to Kathmandu for a few days of rest. Day 17 Bandipur Jump on board a local bus to the little-known Newari trading village of Bandipur. Be warmed by the friendly welcome and

soak up the tranquil vibe as you explore the streets. The mountains looming in the distance include the Annapurna Ranges - your next destination. Days 18-28 Annapurna Circuit Trek Ready yourself for another journey into the magnificent mountains of Nepal. The Annapurna Ranges offer jaw-dropping scenery, magical landscapes, a curious spiritual aura and friendly people. Cross swaying suspension bridges, pass through dense forests, discover stunning waterfalls, stay in inviting villages and say namaste to yak-herding locals. Stare out in wonder at the vista from Thorung La Pass (5,416 metres), the highest elevation that you'll reach in the Annapurna. Day 29 Pokhara This quaint lakeside town is the perfect place for a post-trek rest. Days 30-31 Kathmandu Return to Kathmandu and lap up its urban luxuries before farewelling this adventure.





COMBC



Discover more trips and detailed information about this destination at intrepidtravel.com/nepal **81**



Annapurna Explorer

16 DAYS, KATHMANDU TO KATHMANDU

Conquer the climb to the highest point on the Annapurna Circuit, crossing the Thorong La Pass at 5,416 metres.

Contrast the silence and solitude of the mountains with the wonderfully chaotic streets of Kathmandu.

Day 1 Kathmandu Dive into the hustle and bustle of Kathmandu. Explore its vibrant city centre and make sure you try a steamy plate of traditional momos. Day 2 Bandipur A little known gem, beautiful Bandipur has stunning views of the Annapurna and Manaslu mountain ranges. Chat to the friendly locals and soak up the incredible vistas with a warm cup of chai in hand. Days 3-13 Annapurna Circuit Trek Wander through rice paddies, follow winding trails through sub-tropical forest, cross suspension bridges swaying over raging rivers, pass waterfalls of melted snow and climb steep mountain passes. The next ten days will inspire, mesmerise, challenge and delight. Day 14 Pokhara Fly to the lakeside town of Pokhara – the perfect place to put your feet up and take a well-earned rest after days of trekking. Days 15-16 Kathmandu Jump back into the pandemonium of Kathmandu – a vivid and wonderful contrast to time spent in the mountains.

VIEW DATES AND PRICES



DEPARTURE

Annapurna Sanctuary

16 DAYS, KATHMANDU TO KATHMANDU

Enjoy the amazing views in Bandipur, a low key, local town with few international travellers.

Rise early and hike to Poon Hill to catch the unforgettable sight of the sun rising over the Annapurna range.

Day 1 Kathmandu Nepal's capital swarms with life and colour. Day 2 Bandipur Leave Kathmandu and make tracks for beautiful Bandipur. Stay at a restored Nepalese mansion nestled in the heart of the city's old bazaar Day 3 Pokhara Venture closer to the alluring mountain ranges, stopping at picturesque Pokhara, the gateway to some of Nepal's greatest treks. Days 4-13 Annapurna Sanctuary Trek Hike through lowland pastures and peaceful villages, and be surrounded by beautiful landscapes. The ever-changing scenery covers some of the most ruggedly beautiful mountains in the world and it's easy to understand why hiking in Nepal has long been revered by adventure travellers. Day 14 Pokhara Return to Pokhara and enjoy a well-earned warm shower and post-trek feast (dal bhat anyone?) Days 15-16 Kathmandu Journey back to bustling Kathmandu and see the city in a whole new light after days of rugged mountain wilderness.







Experience Nepal

Nuwako

Kathmand

10 DAYS, KATHMANDU TO KATHMANDU

Discover the hidden town of Nuwakot and stay in charismatically restored farmhouses. Enjoy a farm breakfast before taking a stroll through historic bazaars.

Raft the rapids of the Trisuli River before setting up camp on the bank and sleeping out under the stars.

Days 1-2 Kathmandu Discover colourful bazaars, labyrinthine alleys, bustling squares and ancient palaces in Nepal's capital. Day 3 Bhaktapur Venture out to the medieval town of Bhaktapur and lose yourself in the quiet, old-world charm. Day 4 Balthali Hike out to the hilltop village of Balthali. See sprawling green hills and tranquil farms nestled beneath the mighty Himalayas. Day 5 Namobuddha Traverse terraced fields, trek through open pastures, past quaint villages and through dense forest up to Namobuddha, a sacred Buddhist site. Days 6-7 Nuwakot Cut through scenic hills to Nuwakot, a place hidden from the mainstream tourist routes and home to a forgotten historic citadel. Enjoy a farmhouse breakfast on the sunny terrace before strolling to the historic Nuwakot Bazaar. Day 8 Trisuli River Raft down the Trisuli River and sleep under the stars. Days 9-10 Kathmandu Jump back on the water for a morning of white-water fun before returning to Kathmandu.

VIEW DATES AND PRICES

Classic Nepal

11 DAYS, KATHMANDU TO KATHMANDU

Whether it's flying, hiking, driving or canoeing, this trip will let you experience Nepal's stunning natural beauty from all angles.

Take a jeep safari and jungle walk with an expert resident naturalist through Chitwan National Park, a beautiful sanctuary brimming with exotic birdlife and game.

Days 1-2 Kathmandu Hit the streets of Thamel to see why this openly touristy town is sometimes known as a backpackers' Disneyland. Days 3-4 Pokhara Take a boat ride on a lake so still it reflects the mountains and visit the Peace Pagoda. Days 5-6 Bandipur Take in the views and explore this incredible settlement – virtually unchanged for centuries – while witnessing the workings of a traditional Newari village. Days 7-8 Chitwan National Park Get to know the residents of this region – rhinos, deer, birdlife and more – on a wildlife-spotting safari by jeep and dugout canoe. Day 9 Bhaktapur Visit the former capital of Nepal, Bhaktapur. Spend some time meandering the streets and temples of this quaint town, making sure to explore the 15th-century palace and the five-storey pagoda at Bhaktapur Durbar Square. Days 10-11 Kathmandu Explore Bhaktapur further before returning to Kathmandu in the late afternoon for a final group dinner celebrating the colours of Nepal.

VIEW DATES AND PRICES



Mt Everes

NEPAL



Short Break Adventures





Taj Mahal Extension 3 days, new delhi to new delhi

TRIP CODE PHYSICAL

VIEW DATES AND PRICES

Experience the Taj Mahal, India's enduring monument to love. Watch the shimmering marble change in colour beneath the hot sun, and hear the heartfelt story of its purpose as a shrine to a lost queen. Then experience the expansive Red Fort and deserted city of Fatehpur Sikri.

- Explore Old Delhi with a local guide
- > Tour the beautiful Taj Mahal and Agra's Red Fort
- Visit the ghost town of Fatehpur Sikri



Varanasi Extension 3 days, varanasi to varanasi

TRIP CODE PHYSICAL

VIEW DATES AND PRICES

See life and death collide on the banks of the Ganges. An atmospheric blend of temples, lanes and bazaars, Varanasi is one of the world's true holy cities. Sail the river at dawn for a magical experience as the sun rises over pilgrims absolving their sins, and witness a cremation on the banks of this sacred river.

- Cruise along the Ganges at sunrise
- Wander through fascinating Varanasi
- > See where Buddha held his first sermon at Sarnath



Walking Annapurna 5 days, pokhara to pokhara

TRIP CODE PHYSICAL

VIEW DATES AND PRICES

Hike through rolling fields while trekking in the shadows of snowcapped peaks. Seek refuge at rural villages, meet friendly locals, observe the traditional Nepalese way of life, and enjoy panoramic views of the Annapurna region on this unforgettable journey through Nepal.

- Admire wildflowers and lush scenery
- Stay in Nepal's remote villages
- Behold the glory of the Annapurnas



Inside-out Kathmandu 4 days, kathmandu to kathmandu

TRIP CODE PHYSICAL

VIEW DATES AND PRICES

Trek from Shivapuri to Bhaktapur and meet with monks, watch a spectacular sunrise and explore medieval towns – always in view of the vast Himalayas. Along the way, stay in simple yet comfortable teahouses, and get an up-close look at Nepalese life.

- Dive into the colour of Kathmandu
- Trek through the Himalayas
- Stay in a traditional teahouse



Everest in Full Picture 5 days, kathmandu to kathmandu

TRIP CODE PHYSICAL

VIEW DATES AND PRICES

Perfect for those with limited time in their schedule, this short-but-sweet trek through remote villages and up twisting stone staircases is a great way to get up close and personal with the world's tallest mountain and meet some friendly locals along the way.

- Visit the highest hotel in the world
- See Everest in all its glory
- Stroll the markets of Namche Bazaar



Chitwan Extension 4 days, kathmandu to kathmandu

TRIP CODE PHYSICAL VIEW DATES AND PRICES

Once home to a royal hunting reserve, this premier nature park is now the place to spot rhinos, elephants, crocodiles, sloth bears, deer, pythons and – fingers crossed – the elusive Bengal tigers. Conclude this wild adventure with your own exploration of Kathmandu.

- Safari to see wildlife up close
- Spot up to 400 species of bird
- Enjoy a traditional Tharu tribe dance

Sri Lanka & Bhutan

No longer obscure to the inquisitive traveller, nor overshadowed by heavyweight counterparts India and Nepal, these smaller South Asian siblings are studded with their own natural, architectural and cultural highlights. Sri Lanka's blissful beaches, rolling green landscapes and delectable food will blow the mind of even the most seasoned adventurer. Up north, in the high Himalayas, the magic of Bhutan is found in awesome cliff-side monasteries and the smiling faces of Buddhist pilgrims.

Discover the small villages of Sri Lanka's gorgeous highlands. A cooking class in Bandarawela and guided hikes offer close-up glimpses of daily life (page 87).

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Travel to the Tamil town of Jaffna, on Sri Lanka's far-north peninsula, and Trincomalee, where snorkelling and dolphin-spotting are about as tough as it gets (page 88).



From the capital of Thimphu to riverside Paro, discover all sides of Bhutan's ancient soul. On the way, trek to the Tiger's Nest Monastery, which clings spectacularly to the side of a cliff in the upper Paro Valley (page 89).

Weather



WHERE IN THE WORLD

Bhutan Sri Lanka

> Monsoon **25-35°C** Very hot & dry **35°C+**

Hot & dry 25-35°C

Hot & wet 25-35°C

Pleasantly warm 20-30°C Warm & wet 20-25°C Cool 15-20°C Cold & dry 0-15°C Cold & wet 0-15°C Below freezing -0°C



Circle Sri Lanka



15 DAYS, NEGOMBO TO COLOMBO

Explore the ruined cities of Anuradhapura and Polonnaruwa, and wander through the Temple of the Sacred Tooth Relic in Kandy.

Lion Rock at Sigiriya is an amazing rock fortress, one of the true highlights of this country. Ready your camera for the superb views from the top.

Trek through lush tea plantations, indulge in seafood feasts in quaint fishing villages, and dip your toes in the clear waters off the beach at Mirissa.

Day 1 Negombo Get into the spirit of seaside Sri Lanka in Negombo, surrounded by a fascinating network of canals teeming with rural life. Days 2-3 Anuradhapura Journey to Sri Lanka's most extensive and important ancient city and take a guided cycling tour of the sprawling ruins. This site is one of South Asia's real treasures. Day 4 Polonnaruwa The 1,000-year-old remains of Polonnaruwa feature beautiful palaces, temples, stupas and massive stone Buddhas. Day 5 Dambulla Discover Dambulla's beautifully preserved complex of cave temples, which contain paintings and ancient Buddha statues. Days 6-7 Kandy Rise early to climb to the top of Sigiriya for glorious views. Head to Kandy, Sri Lanka's culture capital, stopping en route at an aromatic spice garden. Witness a performance of Kandyan dancers and fire-walkers, and visit the Temple of the Tooth Relic. Days 8-10 Bandarawela/Haputale

Embark on a scenic train journey into the highlands. Learn the secrets of Sri Lankan cuisine in a cooking class. Lace up your boots for a hike through tea plantations and small villages. On a clear day enjoy views all the way to the coast. Days 11-12 Mirissa Drop by a project that rehabilitates injured and orphaned elephants, then continue to the beautiful beach town of Mirissa for some serious R&R. The beach is a long curve of sand with lovely clear waters for swimming - a great spot to watch the sunset. Day 13 Galle Used by the Portuguese, the Dutch and the British during its colourful history, the port town of Galle features an impressive Dutch fort. Take an evening stroll around the ramparts at dusk. Days 14-15 **Colombo** Take a guided tour through cosmopolitan Colombo, including a stop at bustling Pettah bazaar. Why not enjoy one last grand Sri Lankan feast with fellow travellers before the end.







Sensational Sri Lanka

12 DAYS, NEGOMBO TO COLOMBO

Head into the newly reopened north of Sri Lanka, which is almost a world of its own. This amazing part of the country was closed to tourists for some 30 years.

The best way to discover the once lost city of Anuradhapura is by bicycle. Pedal around to the stupas, citadel and monasteries of this ancient capital.

Day 1 Negombo Welcome to Sri Lanka! Days 2-3 Anuradhapura Browse stalls of shark, squid and barracuda at the Negombo fish market, and visit a coconut plantation. Travel north to the sacred city of Anuradhapura. Tour archaeological sites by bicycle and see the sacred Bodhi Tree Temple. Days 4-5 Jaffna Journey around the Jaffna Peninsula, tour Jaffna city, and visit the Hindu temple complex of Nallur. Cook traditional cuisine with a local family. Days 6-7 Trincomalee Relax in the shade of a palm tree and drink 'toddy' straight from its flowers. Spend free time snorkelling or dolphin-spotting. Day 8 Batticaloa Head down the coast to the home of delicious kottu roti. Day 9 Mahiyangana Visit Mahiyangana temple and the country's first dagoba. Day 10 Kandy Observe locals worshipping in Kandy's Temple of the Tooth. Days 11-12 Colombo Wander the colourful Pettah bazaar and the grand Parliament buildings.

VIEW DATES AND PRICES



DEPARTURE

Simply Sri Lanka

8 DAYS, NEGOMBO TO COLOMBO

Wander through Kandy's golden-roofed Temple of the Sacred Tooth, home to one of Sri Lanka's most important Buddhist relics – a tooth of the Buddha.

Step back in time in Nuwara Eliya, the best-preserved English colonial town in Sri Lanka, and now the centre of the country's famous tea-growing industry.

Day 1 Negombo Welcome to Negombo! Pull up a deck chair on the beach and look out over the Indian Ocean.
 Days 2-3 Kandy Explore the Negombo fish market, then head to Kandy, stopping at an aromatic spice garden en route. Witness Kandyan dancers and fire-walkers do their thing, and maybe visit the Temple of the Tooth Relic.
 Day 4 Nuwara Eliya Pass lush green hills and gushing waterfalls on a scenic rail journey to Nuwara Eliya. This quirky town, famous for its tea, feels like a little slice of England. Days 5-6 Unawatuna Spend free time exploring the palm-tree beaches and unhurried streets of Unawatuna. Perhaps make a side trip to Galle, an atmospheric town of Dutch colonial-era buildings and boutique cafes, and take a stroll around the city's 16th century fort.
 Days 7-8 Colombo Tour cosmopolitan Colombo, including a stop at bustling Pettah bazaar. Why not enjoy one last delicious Sri Lankan feast with fellow travellers.







Bhutan Discovered



7 DAYS, THIMPHU TO PARO

One of the happiest places on earth, Bhutan is a hidden paradise with no traffic lights, laws governing minimum forest coverage, and some amazing feats of archery.

Tiger's Nest Monastery

Only a small number of visitors are allowed into Bhutan each year – such is the special nature of this distant land of mountains and monasteries.

The climb to the Tiger's Nest may not be an easy one, but it's a rich, rewarding and sobering experience that may well be the highlight of your journey.

Day 1 Paro - Thimphu Embark on a winding trip to the valley of Thimphu. Keep an eye out for Bhutan's famous traffic light-replacing policemen. Visit Nado, Bhutan's renowned traditional incense maker and the colourful Gagyel Lhendup weaving centre. Day 2 Thimphu Enjoy an early morning nature walk to Cheri monastery, then return to Thimphu to visit the Memorial Chorten, Dubthob nunnery, School of Arts and Crafts, Textile Museum, Folk Heritage Museum and Bhutan's National Library. Check out Thimphu Handicraft Emporium, and Kuenselphodrang, site of the world's largest sitting Buddha. Days 3-4 Punakha Drive to the ancient winter capital of Bhutan. On the way, stop at Dochu-La pass (3,048 m) for a breathtaking view of the eastern Himalayas. Visit Chimi Lhakhang, a fertility temple built in 1499 by lama Drukpa Kunley. On Day 4, head down to the

convergence of the Pho Chu and Mo Chu Rivers, two of the main rivers of Bhutan. There are lovely views of the majestic Punakha Dzong, considered by many to be the most beautiful of Bhutan's 21 Dzongs. Be sure to keep an eye out for the cantilever bridge spanning the river. Day 5 Paro This morning, continue back to Thimphu. After lunch, continue by vehicle into the Paro Valley. It's a long day of driving but the views are spectacular. Enjoy a local homestay in Paro with a home-cooked meal. Day 6 Tiger's Nest Monastery -Paro Hike to the Taktsang (Tiger's Nest), a magnificent monastery that clings on a rock cliff 900 metres above the valley floor. This legendary place is a highlight of any trip to Bhutan. Day 7 Paro Enjoy a leisurely breakfast at your hotel before a departure transfer to Paro airport for your flight out of Bhutan. All travellers in the group will leave today, due to visa requirements.



Embark on a journey into lands overflowing with ancient history, myth and legend... and, in China's case, modern wonders. In the world's most populous nation, ancient villages and temples stand alongside megacities defined by space-age skylines. In Tibet, centuries of isolation, both chosen and imposed, have manifested in a kingdom steeped in spirituality and mysticism. Known for its lonely peaks, Buddhist beliefs and welcoming people, Tibet is a place unlike any other.

Discover the mellow pace of southern China, exploring Xiamen and Yangshuo, trekking through the Longji Rice Terraces, meditating in Emei Shan and cruising down the Yangzi.



Few places are as intertwined with a faith as Tibet is with Buddhism. Tour Potala Palace, admire Mt Everest from Base Camp, and join pilgrims on their prayer wheel walks (page 97).



Be awed by the striped, candy-coloured mountains of the Zhangye Danxia Landform, meet Muslim Uyghur people in Turpan and explore a seriously remote segment of the Great Wall at Jiayuguan Pass on a 15-day Silk Road adventure (page 96).

Weather



WHERE IN THE WORLD

China Nepal Tibet

Monsoon 25-35°C Very hot & dry 35°C+ Hot & dry 25-35°C Hot & wet 25-35°C Pleasantly warm 20-30°C Warm & wet 20-25°C Cool 15-20°C Cold & dry 0-15°C Cold & wet 0-15°C Below freezing -0°C



China Highlights

9 DAYS, SHANGHAI TO BEIJING

See both sides of China's complex personality, from the age-old traditions and tranquil canals of Xitang to the modern thrills and bustling streets of Beijing.

Like everything it does, China's ancient history unfolds on an epic scale - see it when face-to-face with thousands of Terracotta Warriors with a local guide.

Explore the Jinshanling section of the iconic Great Wall and stay at a family-run guesthouse where home-style cooking and warm hospitality await.

Days 1-2 Shanghai Journey to Shanghai, the vibrant pulse of new China. Stroll through modern Pudong explore the Bund waterfront, or scope out the city's buzzing nightlife at a rooftop bar. Make an optional visit to the Shanghai Museum and browse an impressive collection of artwork and bronze. Day 3 Xitang Get a taste for traditional China on a day trip to a water town. Chill out by the canals, sip steaming cups of tea at a local teahouse or learn about local history at one of the many museums. Get lost among the maze of peaceful cobblestone streets lined with village buildings. In the afternoon, board an overnight train bound for Xi'an. Days 4-5 Xi'an Arrive in Xi'an, the capital of Shaanxi province and the beginning of the ancient Silk Road. Explore this vibrant, modern city that is bursting with some of China's most famous cultural and historical attractions. Come face to

face with the imposing Terracotta Warriors, a stoic army set out in battle formation and complete with horses and chariots. Learn about this incredible archaeological site before making a stop at Huiling an Intrepid Foundation-supported project that assists people in the local community who have intellectual disabilities. Day 6 Great Wall Catch a high-speed train to Beijing and then head to the famous walled wonder of the world. Stay at a family-run guesthouse and sit down to a delicious dinner of local cuisine. Days 7-9 Beijing Spend time ambling along the ancient stone pathways of the Jinshanling section of the Great Wall before returning to Beijing. Visit Tiananmen Square and the spectacular Forbidden City, made up of cavernous halls and temples, beautiful gardens and courtyards, all of which are enclosed by a wide moat.







China Experience

21 DAYS, BEIJING TO HONG KONG

Find peace in one of the holiest places in China as you trek around Emei Shan and stay in a monastery, waking to the sound of drums and morning prayers.

Chengdu, Chir

Step back in time with a cruise along the scenic Yangzi River, which meanders through the dramatic Three Gorges.

Gain an insight into rural Chinese life on a scenic bike ride past Yangshuo's riverside villages, lush rice paddies and limestone mountains.

Days 1-4 Beijing/Great Wall Walk a stretch of the Great Wall of China, check out Tiananmen Square and explore the Forbidden City before boarding an overnight train for Xi'an. Days 5-7 Xi'an The ancient capital of Xi'an is abundant with cultural marvels, including the famous Terracotta Warriors. Explore these astounding statues with a guide. In free time, perhaps walk or cycle the city walls, then devour some tasty morsels at the Muslim Quarter night markets. Days 8-10 Emei Shan Witness golden summits, monks and pilgrims at Emei Shan. This is one of the most famous Buddhist sites in China. Spend nights in monasteries and wake up in the morning to the sound of drums and prayers. Explore on foot the beautiful mountains, taking in awesome natural scenery. Days 11-12 Leshan/Chengdu Marvel at the world's largest carved-stone Buddha in Leshan on the

way to Chengdu. This region is home to spicy Sichuan cuisine, including the much-loved hot pot. Visit the furry residents of the Giant Panda Breeding Research Base. Days 13-16 Yangzi River Travel to Chongqing, gateway to the Yangzi River. Cruise the river and witness the dramatic scenery of the Three Gorges as you head through the ship locks. Relax onboard or perhaps enjoy a side trip down a tributary of the river. Days 17-19 Yangshuo With limestone mountains towering over rice paddies and the meandering Li River, Yangshuo is a traveller's delight. Cycle through the idyllic countryside passing villages, rivers and farms. Days 20-21 Hong Kong Experience the dynamic atmosphere of Hong Kong, where skyscrapers nestle alongside ancient temples. Perhaps stay a bit longer to go shopping, sample street food or venture up Victoria Peak for fabulous views across the city.



VIEW DATES AND PRICES

high-speed train, taxi, local train

North China Getaway

CARBON OFFSET

Huangshan, China - Andrea Campbell

12 DAYS, BEIJING TO SHANGHAI

The Bund cityscape, Shanghai, China

Stay overnight at the Great Wall at a family run guesthouse, and watch the sunrise from a perch on the wall itself.

Discover the mountain heights of China in Huangshan, where the stunning rock pinnacles of Yellow Mountain peek through atmospheric mists.

With journeys on two overnight sleeper trains included, maximise your time at destinations, get a chance to interact with locals, and see some beautiful countryside.

Day 1 Beijing Arrive in China's grand capital, a city that harbours an impressive mix of ancient citadels and architectural marvels. Days 2-4 Great Wall Travel by private bus out to the Great Wall. Following a trail that alternates between the wall itself and the surrounding countryside, see sections that have never been restored, and score some unpeopled snaps of one of the world's greatest architectural wonders at sunrise. Days 5-6 Xi'an Discover a plethora of fascinating historical sites and modern big city conveniences in Xi'an. Sample street food on a walk through the lively Muslim Quarter, pay a visit to the Great Mosque or climb to the the top of the Bell and Drum towers for impressive views. Pay a visit to emperor Qin Shi Huangdi's famous Terracotta Warriors. Day 7 Shanghai Visit China's most dynamic city, Shanghai. Embark on a walking tour of the city's historical

quarters, such as The Bund and the Europeaninfluenced French Concession. Days 8-9 Huangshan Catch a local bus out to Huangshan. Also known as Yellow Mountain, the dramatic peaks populating this superbly beautiful area make for some of the country's most breathtaking scenery. Perhaps take the cable car to the summit and snap photos of awe-inspiring landscapes as you explore. Day 10 Hongcun Pass through verdant bamboo and pine forests en route to the age-old village of Hongcun. Amble along the quiet cobblestone streets, or take the true Chinese mode of travel and hire a bike to pedal out to surrounding villages. Days 11-12 Shanghai Return to the bustle of Shanghai. After freshening up at the hotel, why not head out as a group to one of Shanghai's many rooftop bars and toast the conclusion of this memorable Chinese journey.









South China Getaway

DEPARTURE

12 DAYS, SHANGHAI TO HONG KONG

Hike across the beautiful Longji Rice Terraces that snake through the mountains of Longsheng, and visit local hill tribe communities.

Visit a Tulou village for a unique and memorable cultural experience. Stay in an earthern dwelling for a night to experience how the Hakka people traditionally live.

Day 1 Shanghai Kick off the journey in China's most dynamic city. Day 2 Shanghai - Overnight Train Catch an overnight train to Guilin. Days 3-4 Longji Rice Terraces Hike around the land known as the 'Dragon's Backbone'. Like an undulating dragon's tail, the terraces make fascinating patterns following the contours of the steep hillside. Day 5-7 Yangshuo Welcome to some of China's most epic landscapes. Take a river cruise, jump on a bike and pedal through the rice fields, or stroll along the river. Day 8 Tulou Village Head back to Guilin, fly to Xiamen and transfer to a Tulou village. See architecture made from a mixture of earth, sand, lime rice, bamboo and wood chips. Tour the community and meet the locals. Days 9-10 Xiamen Stroll through Music Square and past countless gardens before dining on Xiamen's regional delights. Spend a free day exploring the trendy bars and cafes. Days 11-12 Hong Kong Take in the many lights and sights of HK and perhaps see the city from the water.

VIEW DATES AND PRICES

Explore China

13 DAYS, SHANGHAI TO BEIJING

This trip is a fascinating story book of ancient and 20th-century history. The Longmen Grottoes are the most stunning remnants of Tang-era Buddhist art in existence.

Mingle with monks and experience the enchanting ambience and mountain scenery in Xiahe. This Tibetan pilgrimage town is the stuff of legend.

Days 1-3 Shanghai See the Art-Deco-style buildings of the Bund and admire the feng shui at Yuyuan
Gardens. Board an overnight train to Luoyang. Day 4 Luoyang Visit Shaolin Temple, the birthplace of kung
fu. Meander through the Pagoda Forest and explore the nearby Longmen Grottoes before a bullet train to
Xi'an. Days 5-7 Xi'an Tour this ancient Silk Road city and visit the renowned Terracotta Warriors, unearthed
by farmers in the 70s after being buried for thousands of years. Take a high-speed train to Lanzhou.
Day 8 Lanzhou – Xiahe Travel to the scenic Tibetan town of Xiahe and watch saffron-robed monks stroll
about. Day 9 Xiahe Spend some time with a Tibetan family to learn the local way of life, then visit the Labrang
Monastery. Days 10-13 Beijing Return to Lanzhou and fly to Beijing. Explore Tiananmen Square, enter the
Forbidden City and walk the Great Wall at Mutianyu.





Beijing to Hong Kong

23 DAYS, BEIJING TO HONG KONG

hai, China – Chloe Ferres

See the contrasts between north and south China, from the chaotic and exciting capital Beijing, to the pristine natural landscapes of Yangshuo.

Tulou Village, Fujian, Chin

Get a taste of 1920s Shanghai along the Bund where a spectacular array of art deco style buildings line what was once the most important financial street in all Asia.

Cycle past Yangshuo's riverside villages, lush rice paddies and limestone mountains and gain an insight into rural Chinese life.

Day 1 Beijing Arrive in China's grand capital, a city that harbours an impressive mix of ancient citadels and modern architectural marvels. Days 2-4 Great Wall Trek one of the less-visited sections of the Great Wall - from Gubeikou to Jinshanling - and enjoy a family homestay. Days 5-6 Xi'an Sample street food on a guided tour in Xi'an's lively Muslim Quarter and discover an array of fascinating sites including the Great Mosque and Terracotta Warriors. Day 7 Shanghai Embark on a tour of the city's historical quarters, such as The Bund, Nongtang and the European-influenced French Concession. Days 8-9 Huangshan Also known as Yellow Mountain, the dramatic limestone peaks populating this beautiful area make up some of the country's most arresting scenery. Day 10 Hongcun Pass through verdant bamboo and pine forests en route to the age-old

village of Hongcun. Days 11-12 Shanghai Return to the big-city bustle. Visit the Yuyuan Gardens or stop by the Shanghai Museum to better understand China's intriguing history. Day 13 Overnight Train Travel by train to Guilin. Days 14-15 Longji Rice Terrace Hike along the Longji rice terraces, a landscape of stepped rice paddies known locally as the 'Dragon's Backbone'. 16-18 Yangshuo Discover this epic landscape either on a river cruise, by bike or with a stroll along the riverbank. Day 19 Tulou Village Fly to Xiamen and transfer to a Tulou village for an overnight stay in one of the community's traditional earthen buildings. Days 20-21 Xiamen Stroll through Music Square and past countless gardens before dining on Xiamen's regional delights. Later, check out the night market or enjoy an open-air barbecue in the university guarter. Days 22-23 Hong Kong Explore this fascinating city.







Tiger Leaping Gorge

13 DAYS, KUNMING TO KUNMING

Experience the legendary Tiger Leaping Gorge in depth, with two days of guided exploration of China's most breathtaking hiking trails.

In Shaxi, you'll see an older, slower side of China. Stay in a friendly, family-run guesthouse and sample some authentic local cuisine.

Day 1 Kunming Begin this adventure in buzzing Kunming. Days 2-3 Nuodeng The journey out to the remote Nuodeng village is well worth the effort. Nestled in the mountains, this quaint Yunnan village has existed for over one thousand years. Days 4-5 Dali Explore the cobblestone lanes of Dali Old Town, set between Erhai Lake and the snowcapped Cangshan Mountains. Travel to Xizhou, an ancient Bai town, for its bustling market and intriguing architecture. Days 6-7 Shaxi Step back in time while relishing the peaceful village vibes of Shaxi. Hike the Shibaoshan trails. Days 8-9 Tiger Leaping Gorge Take a rewarding trek, staying in simple guesthouses en route, and take in the jaw-dropping vistas of one of the world's deepest gorges. Days 10-11 Lijiang After an orientation walk, bliss out in Lijiang, home to the Naxi people, and enjoy a delightful snapshot of the past. Days 12-13 Kunming Reward yourself with a foot massage and the last chance of a tasty Yunnan dinner.

VIEW DATES AND PRICES



Travel the Silk Road



15 DAYS, BEIJING TO KASHGAR

Follow the route of the ancient Silk Road, travelling in the footsteps of countless generations of nomads and traders.

Explore the incredible, World Heritage listed Mogao Caves – a beautiful reminder of the Silk Road's Buddhist history.

Day 1 Beijing Touch down in China's alluring capital. Days 2-4 Xi'an Discover this former imperial centre. Walk through the Muslim Quarter and perhaps visit the important Great Mosque and the tomb of Emperor Jingdi. Board an overnight train to Zhangye on Day 4. Days 5-6 Zhangye Explore Zhangye's picture-perfect danxia landscapes of earthy colours. Day 7 Jiayuguan Catch the sunrise, then a train to Jiayuguan. Day 8 Jiayuguan – Dunhuang Look out into the desolate Gobi desert from the ancient battlements of Jiayuguan Fort. Visit the western end of the Great Wall, straddling the Jiayuguan pass. Day 9 Dunhuang Explore hundreds of stunning Buddhist murals and stone carvings contained in the nearby Mogao Caves. Days 10-12 Turpan Visit the Ancient City of Jiaohe and perhaps join in the dancing in the evening. Days 13-15 Kashgar Arrive in Kashgar after an epic overnight train journey through the Tian Shan mountains. Delve into Kashgar's Sunday markets.







Tibetan Adventure

17 DAYS, BEIJING TO CHENGDU

Experience one of the greatest train journeys on Earth – the railway to the 'Roof of the World', up the breathtaking Tibetan Plateau.

Stand in the shadow of the world's mightiest mountain, Mt Everest – or Qomolangma as it is called in Tibetan – on a visit to Everest Base Camp.

Days 1-3 Beijing/Overnight Train Welcome to China! Hike the well-preserved Mutianyu section of the Great
Wall. Settle in for an epic high-altitude sleeper train trip, past mountains dotted with yaks, lakes and streams.
Days 4-7 Lhasa Visit Potala Palace and Drak Yerpa Monastery and enjoy breathtaking views. Try your hand at making delicious momos. Day 8 Samye Spend the night in the atmospheric shadow of Samye Monastery.
Day 9 Gyantse Listen to monks' morning prayers and traverse the Kamba-La Pass. Day 10 Shigatse Enjoy lunch with a local family before heading to Shigatse. Day 11 Sakya Visit the friendly nuns in this ancient fortified town.
Day 12 Everest National Park Cross the spectacular Pangla Pass to the highest monastery in the world. Hike to Everest Base Camp and back. Day 13 Shigatse Visit Tashilumpo Monastery. Day 14 Lhasa Rest up or shop for souvenirs in the market. Days 15-17 Chengdu Make furry friends at the Giant Panda Breeding Research Base.

VIEW DATES AND PRICES

Tibet Uncovered

CARBON OFFSET

15 DAYS, KATHMANDU TO KATHMANDU

Flanked by the majestic Himalayan Mountains, Kathmandu is nothing short of a legendary destination, a world of temples, monks and incense.

An overnight stay at Everest Base Camp, in the midst of the world's highest peaks, is truly an experience to remember.

Days 1-2 Kathmandu Discover Nepal's capital. Days 3-7 Lhasa Visit Jokhang Temple, stop in at Braille Without Borders, check out Sera Monastery, take a cooking class, and discover Potala Palace – perched on misty Red Mountain. Head for the hills to see dramatic Drak Yerpa Monastery. Day 8 Gyantse Take in spectacular views and snap photos en route to Gyantse. Day 9 Shigatse Home to the best-preserved Monastery in Tibet, Shigatse is the seat of the Panchen Lama. Day 10 Sakya Witness medieval Mongolian architecture and mingle with locals. Day 11 Everest National Park Make the exhilirating drive up to Everest National Park and take the scenic hike to breathtaking Base Camp. Day 12 Shigatse Return to Shigatse and visit Tashilhunpo Monastery. Afterwards, why not join the pilgrims on their kora. Day 13 Lhasa Journey back to Lhasa. Days 14-15 Kathmandu Back in Kathmandu, chill out in a cafe and reminisce about this incredible adventure.





Central Asia & Mongolia

Steeped in Silk Road history, these far-flung lands hold a special allure for today's traveller. See the mysteries of Central Asia unravel in spice-filled bazaars, dreamlike Islamic architecture, and impossibly remote mountains and valleys sprinkled with lakes, yaks and yurts. Further east, discover the stark beauty of Mongolia, where traditional nomadic culture still thrives, and endless plains are dotted by the occasional ger.

30°C 10°C



Ger Camp, Mongolia – Oliver Pelling

If there's a window to Mongolia's national psyche, it's the Naadam Festival, so we've built a new trip around it (page 101).



New to Central Asia? Look no further than the Central Asia Explorer. From dazzling Uzbeki architecture to Kyrgyzstan's alpine lakes, this classic is full of highlights (page 103).



Azerbaijan and Georgia will take your breath away. Lose yourself in the streets of Baku and Tbilisi, and sip tea with villagers in the Caucasus Mountains (page105).

WHERE IN THE WORLD

Azerbaijan China Georgia Kyrgyzstan Mongolia Russia Tajikistan Turkmenistan Uzbekistan

> Monsoon **25-35°C** Very hot & dry **35°C+**

Hot & dry 25-35°C

Hot & wet 25-35°C

Cold & dry 0-15°C

Cold & wet **0-15°C** Below freezing **-0°C**

Cool 15-20°C

Warm & wet **20-25°C**

Pleasantly warm 20-30°C

Weather





Beijing to Moscow

16 DAYS, BEIJING TO MOSCOW

Embark on one of the world's most epic train journeys. Cross off that bucket list as you ride the rails through remote China, Mongolia and Russia.

Experience traditional nomadic life on an overnight stay in a ger camp out in the starkly beautiful Mongolian wilderness.

Discover a way of life that has changed little since the 18th century, with a visit to the Orthodox Christian's 'Old Believers Village' in Ulan-Ude.

Days 1-2 Beijing/Overnight Train Welcome to the irrepressible capital of China. If you'd like to explore Beijing's myriad incredible sights, why not arrive a few days earlier to witness icons such as the Forbidden City and Great Wall of China. On Day 2 board a train that will carry you on the first leg of this 9,000 kilometre journey to St Petersburg. Days 3-5 Ulaanbaatar/Ger Camp Cross the border into Mongolia and spend a day getting to know the country's capital city. Next, journey into the grasslands of Genghis Khan for an overnight stay in a ger camp. Walk through alpine meadows and learn to cook Mongolian dumplings. Days 6-7 Trans Mongolian/Ulan-Ude Travel through expansive Siberian landscapes to Ulan-Ude, the capital of the Republic of Buryatia and homeland of the Buryat people and their culture. Days 8-9 Lake Baikal Enjoy feasting on local food at a homestay on the shores

of the sparkling Lake Baikal, the world's deepest lake. Perhaps steam away that travel dust in a banya (Russian sauna). Days 10-12 Trans-Siberian Railway The route of the famed Trans-Siberian Railway covers vast terrain, crosses the taiga, and travels through five time zones on its way from Asia to Europe. Watch the world go by, chat with your fellow passengers and perhaps even learn a word or two of Russian on this famous locomotive adventure. Days 13-14 Kungur Break up the journey by stopping in tranquil Kungur for gingerbread and tea with a local family. See one of the world's biggest ice caves. Days 15-16 Moscow Wander the streets of Moscow, Russia's capital, and take in the famous Red Square, St Basil's Cathedral and the magnificent Kremlin. Perhaps visit Lenin's Mausoleum for a dose of history, or stop by the Izmailovo Market to pick up some final souvenirs.



In transit, Russia - Oliver Pelling

Trans-Mongolian Experience

HYMAT6-

HOPMA

ЭТО

20 DAYS, ST PETERSBURG TO BEIJING

Soak up the fairytale-like atmosphere of Suzdal. Part of Russia's historic Golden Ring, this town is one of many old-world treasures to be found along the Trans-Siberian Railway.

Prayer yurts, Mongolia

Experience a night in a Mongolian national park, staying in a ger camp, surrounded by rolling green meadows and forests.

Cross 8,000 kilometres to end in buzzing Beijing and discover China's ancient past and contemporary culture.

Days 1-3 St Petersburg With its baroque architecture, opulent palaces, sprawling squares and canals, it's easy to see why St Petersburg is often referred to as 'The Venice of the North'. Day 4 Suzdal Part of the Golden Ring, Suzdal retains the charm of old-world Russia. Go on a guided exploration of the town's monasteries, cathedrals and ornate cottages before relaxing with a glass of honey mead on the riverbanks. Days 5-6 Moscow See Red Square and the Kremlin. Perhaps visit Victory Park, the site where the Russians overcame Napoleon in 1812. Completed in the midnineties, the park contains chapels, statues, obelisks and over 1,400 fountains. Days 7-10 Trans-Siberian Railway Settle in for four nights aboard the famous Trans-Siberian railway. Days 11-12 Lake Baikal Arrive at the world's largest freshwater lake. Stay on Baikal's tranguil banks for a firsthand experience of life in

provincial Russia. In free time, explore the lake at your own pace or perhaps get steamy in a traditional Russian banya (bath house) before sitting down to a hearty Siberian meal in the guesthouse. Days 13-14 Irkutsk/Trans-Mongolian Railway Explore the historic streets of this former boomtown. Day 15 Ulaanbaatar Explore Ulaanbaatar and visit its fascinating ger district. Day 16 Terelj National Park/Ger Camp Rolling green meadows, thick forests and spectacular rock formations all make up this incredible national park. Hike to a Buddhist temple before spending the night in a ger camp. Tonight, learn how to make buuz - traditional Mongolian dumplings. Days 17-18 Ulaanbaatar Visit the imposing Genghis Khan monument and maybe check out Mongolia's largest monastery. Days 19-20 Beijing Explore this ancient city in your free time and perhaps visit the Great Wall of China.







Mongolia's Naadam Festival

Embrace the festive atmosphere at the Naadam Festival, a spectacle of wrestling, horse racing and archery that's changed little since the 12th century. Attend the opening ceremony and get behind the scenes by visiting athletes' training camps.

For more info enter **CBSOS** on intrepidtravel.com

Wild Mongolia

15 DAYS, ULAANBAATAR TO ULAANBAATAR

Experience Mongolia's incredible landscapes by jeep, camel and on foot, from the rolling dunes of Karakorum to the volcanic craters of the Great White Lake.

Two homestays with local families allow you to experience nomadic life from the inside – a rare, rewarding cultural experience to remember.

Situated in the valley of the Delger River, the Tsenkeher Hot Springs are the perfect place to unwind after some long hours on the road.

Day 1 Ulaanbaatar Arrive in Mongolia's capital, a city where stark Soviet architecture sits alongside palaces and monasteries. Day 2 Amarbayasgalant Monastery Drive through open grasslands to a remote Manchu-style monastery dedicated to the great Buddhist and sculptor Zanabazar. Spend the night in a ger camp. Days 3-4 Selenge River Relax in the stunning surrounds of the Selenge River or perhaps walk up the extinct volcano of Togoo Uul. Enjoy some warm hospitality and learn to make traditional foods during a homestay. Days 5-6 Lake Khovsgol Drive on to Khovsgol Lake and discover a pristine wilderness area home to ethnic minorities, spectacular fir forests, rolling grasslands, and meadows peppered with wildflowers. This is perhaps Mongolia's most beautiful destination. In spare time, perhaps go for a hike up to one of the nearby peaks, visit a local shaman, or take

a boat trip out on the lake. Days 7-9 Terkhiin Tsagaan Lake Set in picturesque mountains, the Great White Lake is a beautiful place to walk or just sit and watch the native birds. Gaze over the surreal landscape and enjoy a Mongolian barbecue with a local family. Days 10-11 Tsenkher Visit the hot springs, then head to a museum featuring traditional Mongolian costumes, weaponry and art. Enjoy a free day for exploring the surrounding landscape or relaxing in the thermal waters of natural hot springs. Days 12-13 Karakorum/ Khogno Khan Continue to Karakorum, a town built by the legendary Genghis Khan in the 13th century. Visit the Erdene Zuu Khiid, birthplace of Mongolian Buddhism. Hop on a camel for a ride through the sprawling desert dunes. Days 14-15 Ulaanbaatar Return to the capital via roadside shrines and ger communities.



SACK TO MAIN MENU





Gobi Desert, Mongolia - Mikey Sadowski

Mongolia Overland



ormick

21 DAYS, ULAANBAATAR TO ULAANBAATAR

Discover ancient Karakorum, quirky Ulaanbaatar, and the uniquely beautiful sprawl of Mongolia's countryside on this adventurous overland journey.

Soak up the splendour of the Orkhon Valley, bathe in effervescent hot springs in Tsenkher, and hike awe-inspiring landscapes such as the Khorgo Volcano.

Learn about the conquests of Genghis Khan, visit the fascinating Erdene Zuu Monastery, and stay in yurts for a genuine slice of traditional nomadic life.

Days 1-2 Ulaanbaatar Take a guided tour of the Gandan Monastery, the largest Buddhist Monastery in Mongolia, and visit the city's infamous Black Market. Day 3 Ogii Lake Check out the crumbling ruins of Khar Bukh Balgas and learn about the various kingdoms that ruled from here during the Kitan period. Day 4 Karakorum Wander the ruins of Mongolia's ancient capital and tour its very first Buddhist monastery. Days 5-6 Orkhon Valley Hike to the 17th-century Tuvkhon Monastery for a spectacular view of this verdant valley. Days 7-8 Tsenkher Hot Springs Cross the Khangai Nuruu Mountains and visit a nomadic family or bathe in hot springs. Day 9 Tamir River Spend a night camped out by the Tamir River. Day 10 Chuluut River Set off across Arkhangai Province, soaking up spectacular views of vast green meadows, gently flowing rivers and rolling hills. Day 11 Khorgo

Volcano Hike to the summit of Khorgo Volcano and savour astonishing views down into its deep crater and across its barren lava fields. Stop by Yellow Dog Cave en route to a night spent in a traditional ger camp. Day 12 Lake Zuun Enter the Mongolian highlands. Day 13 Murun Browse bustling markets. Days 14-15 Lake Khovsgol Arrive at Lake Khovsgol and meet some of the nomadic ethnic groups that roam this area. Day 16 Murun Hike through the meadows and forests of 'The Blue Pearl'. Days 17-18 Selenge River/ Bulgan Traverse the central-northern steppes to Bulgan. Day 19 Amarbayasgalant Monastery Visit the Amarbayasgalant Monastery - one of the few Buddhist monastic centres to have survived the Stalinist purges of the 1930s - and perhaps meet some of the resident monks. Days 20-21 Ulaanbaatar Return to eclectic Ulaanbaatar where the trip come to an end.

oute to Lake Khovsgol, Mongolia - Mary







Central Asia Explorer



16 DAYS, BISHKEK TO TASHKENT

Stay in a yurt at beautiful Song Kol Lake, where in mid-summer you may see herds of sheep, goats and horses watched over by nomadic herdsmen and their families.

Uncover Samarkand's incredible Registan. This much-photographed public square is one of the true pinnacles of Islamic architecture.

Travel to Bukhara, a standout Silk Road city for many travellers. Check out its incredible medressas and minarets and browse the local bazaars for handmade carpets.

Days 1-2 Bishkek Get your bearings with a short tour of Kyrgyzstan's chilled-out capital. Stroll through Ala-Too Square, watch the world go by in Dubovy Park, or relax with a drink in an open-air cafe. Days 3-4 Song-Kol Lake Stop at Issyk-Kul – one of the largest alpine lakes in the world - and the village of Kochkor en route to Song-Kol Lake. See ancient petroglyphs and visit a nomad camp for an insight into local culture. Day 5 Suusamyr Valley/Chychkan Gorge A remote high steppe plateau, Suusamyr Valley is a sight to behold. Marvel at the mountainous landscape on the way to Chychkan Gorge. Day 6 Sary Chelek National Park/ Arkyt Village Drive to Arkyt Village, deep in the heart of the Sary-Chelek National Park (a UNESCO nature reserve). Day 7 Osh Located in the Fergana Valley, Osh dates back to the 5th century BC. Wander around the Jayma Bazaar, pop your head into the famous three-

storey yurt, or pay a visit to Suleiman Too. Days 8-9 Tashkent Cross the border into Uzbekistan. Admire traditional handicrafts at the Applied Arts Museum, visit Independence Square and perhaps catch a performance at the Opera and Ballet Theatre. Days 10-11 Samarkand Take a guided tour of the city, visiting the sacred Shah I Zindah Mausoleum complex, the Bibi Khanum Mosque and the magnificent Registan. Day 12 Shakhrisabz The birthplace of Tamerlane, Shakhrisabz is steeped in history. Visit the ruins of Ak-Saray Palace. Days 13-14 Bukhara Enjoy a guided tour of this old Silk Road city. This is one of the best places to pick up local souvenirs like embroidered hangings, silk, carpets, pottery, woodwork, miniature paintings and jewellery. Days 15-16 Tashkent Return to the busy metropolis of Tashkent where your adventure ends.





Bishkek to Ashgabat

30 DAYS, BISHKEK TO ASHGABAT

Visit the wilds of Chong Kemin National Park, practice your echoes in the canyons of Jeti-Oghuz, and experience the romance of the Central Silk Road in Samarkand.

Uncover Soviet memorabilia in Chorsu Bazaar, be amazed by the eternal flames of the Darvaza Gas Crater, and watch local shepherds playing polo.

Day 1 Bishkek Stroll around the Kyrgyz capital. Days 2-3 Chong-Kemin Valley/Ala Archa Gorge Camp out in Ala Archa NP. Day 4 Karakol See petroglyphs near Cholpon-Ata. Days 5-6 Jeti-Oghuz Valley Hike dramatic canyons. Day 7 Kochkor Sample local Kyrgyz life on a homestay. Days 8-9 Song-Kol Lake Set out and explore on foot or horseback. Days 10-13 Arslanbob/Fergana Valley Be awed by spectacular valley vistas and chill out on tranquil lakes shores. Day 14 Fergana City Cross into Uzbekistan. Days 15-16 Tashkent Delve into the Chorsu Bazaar. Days 17-19 Samarkand Discover the city's majestic architecture. Day 20 Nurata Eat lunch amid the desert dunes. Days 21-23 Bukhara Visit the Kalon Mosque and Ark Fortress. Days 24-25 Khiva Explore the Old Town. Day 26 Konye-Urgench Uncover the ruins of Old Urgench. Day 27 Darvaza If time permits, travel to the Darvaza Gas Crater. Days 28-30 Ashgabat Explore the streets of Turkmenistan's capital.

VIEW DATES AND PRICES





DEPARTURE



Tajikistan Discovery

13 DAYS, BISHKEK TO DUSHANBE

Kyrgyzstan and Tajikistan are still a mystery to many travellers, despite offering outstanding beauty, simplicity, and a feeling of complete isolation.

Enjoy homestays in the Pamirs, skirt the Afghanistan border over breathtaking mountain passes, and experience the famously remote Wakhan Corridor.

Day 1 Bishkek Arrive in Kyrgyzstan's capital, a city with Russian traits and a dramatic mountain backdrop. Day 2 Chychkan/Toktogul The expansive terrain of the Jalal-Abad Province exudes a rugged beauty and feels a million miles from anywhere. Day 3 Osh Climb up Suleiman's Mountain, then explore the stalls of Osh's great bazaar. Day 4 Sary Tash Cross the Taldyk Pass and then settle in for a homestay at this Silk Road junction. Day 5 Murgab No matter the weather, Karakul Lake's beauty is breathtaking. Day 6 Langar Drive through the picturesque Alichur valley and over the Khargush Pass to the Wakhan Corridor, with views of the Pamirs to the right and the Hindu Kush to the left. Day 7 Ptup Hike to see petroglyphs, then travel to Vrang to visit a Buddhist complex. Days 8-9 Khorog Spend time souvenir-hunting in the bazaar. Day 10 Kalai-Khum Hit the road again along the scenic Pamir Highway. Days 11-13 Dushanbe Check out local sights before the trip comes to an end.





Tbilisi to Istanbul

15 DAYS, TBILISI TO ISTANBUL

This trip has something for everyone, from foodies to history buffs and active types. Cook kubdari, take in Azerbaijan's heritage marvels, and hike a Georgian glacier.

Venture into the Svaneti region in Georgia, a remote land of snow-capped mountains where medieval tower-houses loom and the locals speak their own dialect.

Days 1-2 Tbilisi Become acquainted with Tbilisi's Old Town on a guided sightseeing tour. Day 3 Kutaisi Visit the UNESCO World Heritage sites of Jvari Church and Svetitskhoveli Cathedral – where the robe of Christ is supposedly buried. Days 4-5 Mestia Journey into the Svaneti region and hike one of the highest inhabited areas in the Caucasus. Day 6 Ushguli Call in at the Lamaria Church and explore the area's many watchtowers. Day 7 Mestia Greet the day with a walk through wooded forests to Mt Shkhara. Days 8-9 Batumi Explore the waterfront parks and beaches of Georgia's Black Sea city. Day 10 Ayder (Georgia–Turkey Border Crossing) Celebrate your first day in Turkey with a BBQ dinner. Day 11 Ayder Pack your camera for a picturesque hike around Ayder. Day 12 Uzungol Embark on a trek to Soganlı Mountain. Day 13 Trabzon Visit beautiful monasteries and indulge in a local tea tasting. Days 14-15 Istanbul Finish this adventure in vibrant Istanbul.

VIEW DATES AND PRICES



Highlights of Azerbaijan & Georgia

10 DAYS, BAKU TO TBILISI

Azerbaijan's cosmopolitan capital of Baku is often referred to as the 'new Dubai'. Enjoy a guided walking tour around the city's World Heritage-listed Old Town.

Feast on a lunch with a local family in the Kakheti region, sampling delicious homemade food, wine and Georgian 'chacha' grape water.

Days 1-3 Baku Welcome to Baku, Azerbaijan's bold and brash capital. Stand on the white steps of the impressive Shirvanshakhs' Palace and see rock art dating back 40,000 years at the Gobustan Reservation. Day 4 Lahij Learn the secrets of yoghurt-making and the art of copper production on a visit to the Caucasus Mountains. Take a break by sharing some tea with the locals. Days 5-6 Sheki Journey to the village of Nidj and meet the native Udin people. Walk across rainbow-coloured floors created by the colourful frescoes at Sheki Khans Palace. Visit craft workshops in the nearby Kish village and learn how 'Shebeke', intricate handmade vitrages, are made. Day 7 Azerbaijan–Georgia Border (Lagodekhi) - Sighnaghi Welcome to Georgia! Learn about the provincial way of life on a visit to a local Georgian family. Days 8-10 Tbilisi Visit the David Gareja cave complex and climb the steps of Narikala fortress for incredible panoramic views. Wander the narrow streets of Tbilisi's Old Town.



Japan, Taiwan <mark>& North Korea</mark>

Up in the north east of Asia sit three very different countries. Behind the communist propaganda and Soviet architecture, North Korea is bursting with picturesque landscapes. Head further south and you'll see the mist-shrouded forests, soaring peaks and coastal cliffs of Taiwan, as well as the innumerable scenic vistas of Japan. These unique destinations, each with their own customs, culinary quirks and spiritual practices, belie their modest size and pack a serious punch for any traveller.

Japan's neon cities are a large part of its appeal, but perhaps see a different side of this diverse country with a Southern Japan exploration – art-filled Naoshima island is a wonder (page 108).



Taiwan is Asia's next big food destination, home to both street 'small eats' and Michelin-starred restaurants. Luckily there's also hiking and biking to work off those extra calories (page 110).

×

Travel is all about eye and mind opening experiences, and there are few more so than a trip to North Korea. Take the unique chance to uncover this mysterious country for yourself (page 111).

WHERE IN THE WORLD

Japan North Korea Taiwan

Weather



Monsoon 25-35°C
 Very hot & dry 35°C+
 Hot & dry 25-35°C
 Hot & wet 25-35°C
 Pleasantly warm 20-30°C
 Warm & wet 20-25°C
 Cool 15-20°C
 Cold & dry 0-15°C
 Cold & wet 0-15°C
 Below freezing -0°C
Floating torii gate, Miyajima

Land of the Rising Sun



14 DAYS, TOKYO TO KYOTO

Traditional Japanese ryokans are an experience in themselves. Sleep on the floor on a tatami mat, keep warm beside an irori hearth, and bathe in an onsen.

Japan's famous railway system is the best way to see the country. It's clean, efficient, and a 14-day Japan Rail Pass is included in the trip price.

Relax beside stunning mountain scenery on a visit to one of Hakone's outdoor onsen. A chance to soak in one of the unique hot springs is an unmissable Japanese experience.

Day 1 Tokyo Arrive in Japan and explore the bustling, neon-lit streets of central Tokyo. Beneath the bright lights, high-tech gadgetry and crowded suburbs is a city steeped in ancient tradition. Days 2-3 Nikko Experience Japan's sleek, modern trains while watching the breathtaking Japanese scenery fly by on your way to charming Nikko. Boasting some of Japan's most renowned shrines and temples, Nikko is home to several sacred sites including Toshu-gu Shrine, the resting place of the founding Tokugawa shogun. Days 4-5 Hakone Relax on a boat trip across Ashinoko, before enjoying picturesque views of the region with a cable car ride through the surrounding mountains - perhaps catch a glimpse of Mt Fuji looming in the distance. Don't miss the chance to soak in one of Hakone's many outdoor onsen (hot springs). Days 6-7 Takayama Traditional markets and food

festivals make Takayama a treat to visit all year round. Nestled in the Japanese Alps, the Hida Folk Village is a great place to see traditional thatched-roof houses and artisans at work. Spend the night in a family-run ryokan. Days 8-10 Hiroshima This reborn city has a vibrant energy that belies its tragic history - sights like the A-Bomb Dome and Peace Memorial Park make for a moving experience. Perhaps visit the nearby island of Miyajima to see its famous 'floating' torii gate, catch a cable car to the top of Mt Misen, or meet friendly, free-roaming deer. Days 11-14 Kyoto En route to Japan's ancient capital, Kyoto, gain insight into feudal history at Himeji Castle. Later, temples framed by golden trimming, like the magnificent Kinkaku-ji, are on the agenda, followed by a wander through the geisha district of Gion. Bid new friends farewell as the sun sets over the Land of the Rising Sun.







Japan's Winter Festivals

Follow the Winter Festival around Japan's northernmost island. See the world's biggest snow sculptures in Asahikawa, bask in the glow of lanterns in Otaru, and discover the secrets of Hokkaido's stunning capital, Sapporo.

For more info enter **CJSW** on intrepidtravel.com



TRIP CODE

CJRB

Bullet train, train, metro, public bus

Maximum group size 16

Hotel/ryokan (8 nts)

No meals included

Kyoto 🔿

STYLE

BASIX

JAPAN Nikko

Tokyo

PHYSICAL

Japan Express 9 DAYS, ТОКУО ТО КУОТО

If you're the independent type, this is the trip for you. While we'll get you from A to B and show you around, you'll have plenty of free time to do exactly what you like.

There are no meal inclusions on this trip, meaning you're free to customise your own foodie adventure in one of the world's most acclaimed culinary destinations.

Days 1-3 Tokyo Explore Japan's pulsating capital – a bright, bold and busy collection of frenetic downtown streets and serene suburban temples. In free time, perhaps visit the world's biggest fish market, hit the shops in Shibuya or discover traditional Tokyo in Asakusa. Days 4-5 Nikko Travel on a scenic train ride from Tokyo to Nikko, then stroll through forests of towering cedars that conceal splendid shrines and temples. A visit to Tosho-gu Shrine in particular is highly recommended while here. Days 6-9 Kyoto Ride the bullet train to Kyoto. Featuring over 2,000 temples, shrines and gardens, Kyoto has a picture-postcard vista around every corner. Maybe head over to Gion, the famous geisha district, to observe the traditional teahouses and elusive kimono-clad residents. Then, perhaps end the adventure with a quintessential Japanese experience – a night out at a karaoke bar!

VIEW DATES AND PRICES

Southern Japan Experience

9 DAYS, OSAKA TO OSAKA



Cycle into remote life on the far west island of Ojika, where the scenery is windswept not neon-signed, where a slow pace among beautiful surroundings is prioritised.

Explore the unique island of Naoshima, transformed from a sleepy fisherman's haunt to a world class art destination, with sleek and stylish museums and artworks.

Days 1 Osaka Arrive in the country's unofficial culinary capital and perhaps get to know your group over dinner. Days 2-3 Ojika Board trains from Osaka to Sasebo on the west coast of Kyushu island, then take a ferry to small, remote Ojika. Take in the natural beauty, historical sites and unhurried pace of life on a bike ride. Day 4 Nagasaki Indelibly linked with the devastating atomic bombs of 1945, this beautifully located city has much to offer. Day 5 Naoshima Train and ferry to tiny Naoshima, transformed into a shrine to art. Days 6-7 Iya Valley Explore the island's world-class museums and art installations, then transfer to the Iya Valley, a remote retreat of deep gorges, lush mountains, hot springs and vine bridges. Days 8-9 Osaka Leave the valley and travel to Osaka, a city that runs on its own kind of rhythm, a place that's more experienced than seen. Finish up this Southern Japan adventure with an Okonomiyaki dinner – it's delicious, different, and uniquely Japanese; the perfect way to end.





Classic Japan 12 DAYS, KYOTO TO TOKYO

Surrounded by tranquil scenery, an overnight temple stay in Koya-san is as peaceful and unique as it sounds.

Spend the night in a traditional Japanese ryokan sleeping on a tatami mat. These family-run inns are a true travel experience.

Walk back in time with a wander along a short section of the old Nakasendo Highway from Tsumago to the Edo period village of Magome.

Days 1-3 Kyoto Discover Kyoto's luxuriously landscaped Zen gardens, its enchanting temples and intriguing handicraft centre on a guided orientation walk. Take a free day to explore this town that's made for walking, and visit the famous Gion area – better known as the geisha district. Day 4 Koya-san Steeped in mysticism and religious history, the Koya-san temples provide a tranquil setting for trying shojin ryori (Buddhist cuisine) and witnessing the resident monks in meditation. Meet the monks and learn about traditional customs during an overnight stay at Shukubo Temple. Days 5-6 Hiroshima Visit the Atomic Bomb Museum and Peace Memorial Park for a sobering glimpse into Japan's darkest moment. Catch a ferry out to Miyajima Island for some hiking, or ride a cable car up Mt Misen for exceptional views of the bays and islets way down below. Day 7 Tsumago

Head for the mountains and experience an overnight stay in a traditional ryokan. Spend the day exploring quaint villages and pristine forests on a walk along the Nakasendo Highway. Day 8 Matsumoto Journey further into the Japanese hinterlands to the charming mountain town of Matsumoto. Shop for crafts in the merchant district of Nakamachi and marvel at the imposing but beautiful Matsumoto Castle. Days 9-12 Tokyo Arrive in space-age Tokyo. Lap up all the treasures and spectacles that this astonishing neon-lit capital has to offer. Take a tour of the historic Asakusa area, cruise down the Sumida River, and take in the glitz of the Ginza shopping district. Amble through the heavenly gardens of Hama Rikyu, or perhaps head to Harajuku for an insight into eclectic Japanese youth culture, before dining out at a final group dinner.





Classic Taiwan



10 DAYS, TAIPEI TO TAIPEI

Get behind the scenes of Taiwan's food culture – go oyster picking in Wangong, sip Yuchih black tea at a plantation, and learn to cook spring onion pancakes.

The jagged bluffs of the Qingshui Cliffs are just one of the memorable natural landscapes you will encounter.

Hike, ride and kayak around the stunning Sun Moon Lake. Taiwan's one and only natural lagoon doubles as one of the world's top-rated cycling spots.

Days 1-2 Taipei Explore Taipei on a walking tour, tasting Taiwanese tea at the city's oldest tea store and stepping back in time on historic Dihua Street. Day 3 Hualien Head to the 1,000-metre-long Qingshui Cliff, which drops dramatically into the Pacific Ocean. Continue to Taroko National Park and walk the riverside Shakadang Trail. Day 4 Yilan Visit the Seven Star Lake (Qixingtan) and soak up the beautiful beachside scenery on a bike ride. Stop in at a farm and venture into the fields for some spring onion picking. Afterwards, head to the kitchen to cook delicious pancakes from the day's yield. Day 5 Jiufen/ Taipei Today's highlight may well be a Turtle Island boat tour and whale-watching excursion. Continue to Jiufen and relax among the heritage marvels of its hill-side Old Street. Days 6-7 Sun Moon Lake Enjoy an active day at the idyllic Sun Moon Lake. Hike the

Ci En Pagoda Trail, then jump on a bicycle for a twowheeled adventure into the lake's lush surrounds. The next day, kayak on the Lake for yet another perspective of Taiwan's pristine natural lagoon. Travel to the Chung Tai Chan Monastery to witness its original blending of Chinese and Western styles. Day 8 Lukang Continue into Changhua county, the 'bread basket' of Taiwan. Take a walking tour through Lukang's winding streets and beautiful heritage buildings, then continue to the mangrove forests of Wangong and try oyster picking with local farmers. Day 9 Miaoli/Taipei Discover wood sculptures, rail history, lakeside views and delicious Hakka cuisine in Miaoli. Perhaps join in an indigo-dyeing session, where you can fold, twirl and tie your own knit. Return to Taipei for a final feast. Day 10 Taipei Your trip comes to an end this morning after breakfast.





Pyongyang Marathon

Runners and non-runners alike will have plenty to do on this North Korea trip. Begin and end in Beijing, sightsee around Pyongyang, visit the demilitarised zone (DMZ) in the south and stop by Pyongsong, all after the famous marathon.

For more info enter **CJSNC** on intrepidtravel.com

North Korea Highlights





CHINA

9 DAYS, BEIJING TO BEIJING

North Korea is a country that's shrouded in mystery and doesn't open its borders widely to the rest of the world – this is a unique travel experience.

North Pyongan is a spectacular region to explore, full of picturesque landscapes and waterfalls that dispel the image of a concrete state of communist flags.

A visit to the demilitarised zone (DMZ) between North and South Korea is eye-opening. Learn about the history of the Korean War and the on-going tension between the two.

Day 1 Beijing Touch down in China's massive capital city. Perhaps head out with the group to sample some tasty street food. Days 2-3 Pyongyang Fly to Pyongyang and meet your North Korean guides. Visit the Mansudae Grand Monument to lay flowers at the feet of the immortalised great leaders, then ride on the Pyongyang Metro - the world's deepest. Stop by the Arch of Triumph, the Victorious Fatherland Liberation War Museum to get an idea of the Korean War from a local's perspective, and the captured USS Pueblo. Then take a bike ride around the city. Day 4 Kaesong - DMZ Travel down to the border with South Korea and check into a traditional Korean guesthouse. Get a look into the past at the Koryo Museum, fill up on traditional food for lunch, then visit the Tomb of King Kongmin, the 31st King of the Koryo Dynasty. Day 5 Pyongyang Take a walking tour of Kaesong this morning, heading up Janam Hill

to look out across the city like the giant President Kim Il-sung statue does. Return to the capital and get an insight into the personality cult that surrounds the former President with a visit to Mangyongdae Native House, where he was born and raised. It's almost a holy site for North Koreans. Later, enjoy a Taekwondo demonstration. Day 6 Pyongyang - Myohyangsan Travel north to the mountains, visiting a Buddhist temple and a exhibit of the international gifts given to North Korea's leaders. In the afternoon, follow a trekking route along the Manphok Valley, a lush, idyllic landscape filled with waterfalls. Return to Pyongyang for a final farewell dinner. Day 7-9 Overnight train/Beijing Take the train across the Chinese border to Dandong, then board an overnight train to Beijing. Return to the capital in the morning. The rest of your time is free to explore before this trip comes to an end on the morning of Day 9.



戻 Overnight Train

NORTH KOREA



Adventures

There's a sure fire way to get to the heart of a country, and that's through its food. Asian food's ginger, cinnamon, pepper and turmeric were the stuff of legends in the 1600s, and sticky stir-fries, fragrant curries and juicy dumplings have all made their mark on today's global palate. But nothing beats the real thing, fresh from the wok. Join us for these food adventures and discover how one of life's great pleasures – tasty food shared with friends – is all the better in an exciting new country.

Bite into the incredible world of Indian food – Delhi's legendary chaat (savoury snacks), the west's seafood and the Tamil south's distinct flavours (page 116).



Discover the difference between sushi and sashimi, soba and udon, tempura and yakitori on a food safari through one of the world's most refined cuisines in Japan (page 118).



Get the lowdown on Korean food – from BBQ to bibimbap, KFC (Korean Fried Chicken) to seafood broth, plus all the sides and sauces (page 119).

WHERE IN THE WORLD

Cambodia China India Japan South Korea Sri Lanka Thailand Vietnam



Weather





Real Food Adventure – Vietnam

12 DAYS, HANOI TO HO CHI MINH CITY

CARBON CARBON GUARANTEED

Get an insider insight into northern, central and southern Vietnamese cooking with some of the country's leading food experts.

Hanoi, Vietnam

A street food tour in Hanoi takes you to the best spots in town to sample northern specialties like pho, bun cha and the golden-yellow xoi xeo.

With two nights in Hoi An, there's lots of time to take in its magic. Take a cooking class, cycle through herb gardens and be dazzled by the Ancient Town.

Days 1-2 Hanoi Celebrate the start of this tantalising journey with dinner and a bia hoi (beer) at a local institution - an open beer hall. Embark on a delicious street food crawl, join a cooking class and learn to make northern Vietnamese specialties, then sig fragrant teas in a hidden teahouse. Days 3-4 Halong Bay/Overnight Train Set sail on emerald-green waters, gliding between limestone karsts and soaking up the old-world tranquillity of Halong Bay. Indulge in a delicious feast that has been exquisitely prepared by an onboard chef. Day 5 Hue This former royal capital is a treat for the tastebuds. Try the local specialty bun bo hue (beef and vermicelli noodle soup), and take a motorbike ride around the city's imperial sites. Days 6-8 Hoi An Enjoy a delicious Buddhist lunch at a local pagoda before departing for Hoi An. Dine on delectable banh xeo (savoury crispy pancake)

in a buzzing local hangout. Cycle through the herb gardens of Tra Que village before donning an apron and chopping, stirring and rolling up a colourful banquet of regional specialties at the Morning Glory Cooking School. Day 9 Ho Chi Minh City Lunch on mouth-watering banh canh (thick noodle soup) before going on an enlightening city tour. Finish up at the expansive Ben Thanh Market, exploring its myriad stalls and alleys. Day 10 Mekong Delta Homestay Cruise through floating markets and visit local food producers before arriving at tonight's homestay. Help your hosts to prepare dinner and learn what it's like to live along this vibrant river. Days 11-12 Ho Chi Minh City Return to bustling Ho Chi Minh City for a final masterclass in southern Vietnamese cuisine with a celebrated Vietnamese chef. In spare time perhaps pay a visit to the impressive Notre Dame Cathedral.







Indochina combo

Embark on a tasty quest through two of South East Asia's most delectable destinations by combining the Vietnam trip on page 113 with the Cambodia journey below.

For more info enter **TVZKC** on intrepidtravel.com

Real Food Adventure – Cambodia

10 DAYS, PHNOM PENH TO SIEM REAP



'Eat for a cause' with dinner at a Phnom Penh restaurant that not only serves delicious modern Cambodian cooking but also helps out local youth.

Angkor Wat, Cambodia

Visit the famous pepper plantations outside of Kampot, considered by many to produce the best in the world.

Dine on local favourites by torchlight in the atmospheric grounds of the ruined Angkorian temple complex Banteay Chhmar.

Day 1 Phnom Penh Discover one of the world's oldest living food cultures in the 'Pearl of Asia'. Meet your group, then enjoy modern Cambodian fare at an inspirational restaurant and hospitality school set up to provide vocational training to former street kids. Head out and sample some of the city's legendary nightlife. Days 2-3 Kampot Visit the haunting Tuol Sleng Genocide Museum, then continue on to the pretty town of Kampot, famous for its pepper trade. Later, head to a local bar to sample some popular Khmer drinks, from Angkor beer to tarantula wine. Cheers to that! Stop by a Kampot pepper project, enjoy a walk through rice fields to the Phnom Chhnork limetone caves, then hit up the lively Kep Crab Markets for a 'sea to plate' lunch. Day 4 Phnom Penh Jump in a cyclo and ride around the capital, taking in the central market's atmosphere and food stalls. Be daring and try

a deep-fried cricket. Day 5 Battambang Cycle through the countryside, starting from the timeless Frenchcolonial city of Battambang. Stop in at local villages to see how prahok (fish paste) is made and discover how translucent sheets of rice paper become noodles. Day 6 Banteay Chhmar Head to the ancient Angkor temple complex Banteay Chhmar to explore the tranguil ruins. Join a family for a homestay in a Khmer stilted house. Hit the village market ingredients then help prepare a traditional lunch, before departing for Siem Reap. Days 7-10 Siem Reap Take a guided tour of the World Heritage site, Angkor Wat, followed by an afternoon street-food tour (fried tarantula, anyone?). Join a final cooking class to master classic Khmer dishes such as amok trey (fish curry) and pleah (beef salad), then sit down to a final feast to farewell this Cambodian food adventure.





Red curry chicken, Thailand

Real Food Adventure – Thailand

8 DAYS, BANGKOK TO CHIANG MAI

CARBON CARBON GUARANTEED

Experience Thai food markets in all their fiery flavours – and odd locations. Some are set up floating down a river, others over a railway track!

Boat noodle vendor, Bangkok

Get ready for a hands-on masterclass in central Thai cuisine in Kanchanaburi, browsing the market to pick fresh produce before feasting on your creations.

Whip up northern Thai khantohk specialties with our friend Aoi outside of Chiang Mai, and live Thai life from a local's perspective by staying in her home.

Day 1 Bangkok Welcome to Thailand! Jump in a tuk tuk for a moveable feast through Bangkok's sizzling streets. Try pork satay at a restaurant that's a royal family favourite, and finish with a dessert of toast topped with cream! Days 2-3 Kanchanaburi Head to the Mae Glong Railway Market for a breakfast of khnom krok (rice pudding) and watch as stalls are quickly pulled to one side when the train, if it's running, quite literally passes through. Wind through the Tha Kha Floating Markets, then travel to Kanchanaburi. Learn to make central Thai specialties with a local expert. Day 4 Ayutthaya Snack on sweet roti sai mai, which is like a candy-floss-filled crepe and a firm favourite of the city. Visit Ayutthaya's famed boat noodle restaurants for a sublime Thai food experience. Discover the city's historic temples in the afternoon before boarding an overnight train

to Chiang Mai. Day 5 Chiang Mai Head to a local khao soi restaurant for lunch and discover why this is considered the signature dish of Chiang Mai. Day 6 Homestay Meet Aoi, our gracious homestay host, and stop by food producers to pick up some supplies. Journey on to Aoi's home and get ready to cook up a Khantohk feast. Cut, chop and sizzle the day away, then tuck into dishes like northern-style hung lay curry and gai tod (fried chicken), all while listening to the sounds of local musicians. Days 7-8 Chiang Mai Cook a traditional northern Thai breakfast then farewell your homestay hosts and travel back to Chiang Mai. Explore the Warorot Markets for tasty goodies, including sai ua (north Thai sausages), spicy noodles or, for the adventurous, bamboo worms. Enjoy dinner by the banks of the river and finish this tasty Thailand trip with a happy heart and a full belly.



Chiang Mai 🐲 Homestay





India north to south

Have some extra time up your sleeve and hungry for a taste of the subcontinent? Cover the north and south of India by linking the two below trips and travelling from Delhi to Chennai, getting a real overview of this diverse cuisine.

For more info enter **HHZIC** on intrepidtravel.com



Real Food Adventure – North India

15 DAYS, DELHI TO GOA

Get an insight into the food traditions of Delhi's Sikh residents over a vegetarian lunch at a local temple, where thousands of people are fed every day.

Learn the secrets to preparing a traditional north Indian thali meal during a cooking class in Udaipur.

Days 1-2 Delhi Weave through Old Delhi's morning streets, stopping at a chaiwala for a theatrical morning brew.
Tuck into a vegetarian feast at a local Sikh temple and meet a spice trader among Chandi Chowk's bustle. Day 3
Agra After clapping eyes on the Taj Mahal, wander between food stalls on a chaat (snack) crawl. Day 4 Karauli
Stay at a heritage farm property that grows its own produce and pick up a few tips on how to prepare Rajasthani
delicacies. Days 5-6 Jaipur Be welcomed into a local home for a cooking class. Days 7-8 Heritage Stay Stay in a
17th-century fortress and dine on traditional desert dishes such as ker sangri and lal mass. Days 9-10 Udaipur
Take an orientation walk around this 'City of Lakes' and learn to whip up a thali. Days 11-12 Mumbai Stroll along
Chowpatty Beach, snacking on bhel puri before stopping for lunch at a restaurant dedicated to Parsi cuisine.
Days 13-15 Goa Stop past the Panjim fish market, learn to prepare a classic Goan curry and tour a spice plantation.

VIEW DATES AND PRICES



Real Food Adventure – South India

12 DAYS, CHENNAI TO KOCHI

Taste India's answer to French toast at a Puducherry coffee house made famous in the book The Life of Pi.

Among the swaying palm trees, lush rice paddies and winding waterways of the Kerala backwaters, learn to whip up regional favourites with a local family.

Day 1 Chennai Get your first taste of South Indian fare with dosa and idili at a local institution. Days 2-3 Puducherry Head to the Shore Temple in Mamallapuram, an incredible ancient monument overlooking the Bay of Bengal, before tucking into a home-cooked sapaad feast served on a banana leaf. Day 4 Karaikudi Try some vegetarian thali at a roadside dhaba and, in the evening, take part in a spicy Chettinad cuisine demonstration. Days 5-6 Madurai Discover Madurai's buzzing bazaars and embark on a street food tour. Days 7-8 Periyar Visit an aromatic spice plantation. Head to Periyar Wildlife Sanctuary for a guided nature walk and learn to make parotta at the family home of a Keralan cook. Day 9 Kerala Backwaters Taste tea among the leaves, then prepare paysam, a delicious jaggery and coconut dessert, on a Kerala backwaters homestay. Days 10-12 Kochi Take part in one last cooking class before sitting down to a farewell dinner.





TOP TRIP



Fenugreek fish curry

Real Food Adventure – Sri Lanka

12 DAYS, NEGOMBO TO COLOMBO

CARBON CARBON GUARANTEED

Enjoy local hospitality in a variety of Sri Lankan kitchens – learning to prepare Tamil, Sinhalese and Burgher flavours.

Head to the heartland of Sri Lankan tea in the rolling green highlands of Bandarawela, and get a taste of the country's signature brews.

Spoil your tastebuds with snacks from the streets of Colombo, trying 'short eats' like hoppers, sambal roti and the famous kotthu roti.

Day 1 Negombo Pull up a beach deck chair and relish the Indian Ocean views before a welcome dinner. Days 2-3 Dambulla Wake early to catch the Negombo seafood auctions on the beach. Drive to a coconut plantation for a toddy tasting and join a local family for lunch. See Sigiriya's fortress and learn about an ancient farming system. Back in Dambulla, wander through a wholesale market and perhaps set out on an evening street food crawl. Days 4-5 Kandy En route to the spiritual heart of the country, stop for lunch at a spice garden. Next, slide in alongside worshippers in Kandy's Temple of the Tooth, where Lord Buddha's sacred molar lives. Days 6-7 Bandarawela Spot little mountain villages and waterfalls on the train ride to the cool highlands once popular with British plantation managers. This is the heartland of Sri Lanka's famous tea production, and you'll take a walk

through the verdant surrounds to get a crop-tocup experience. Savour traditional Tamil cuisine in Haputale, eating dosa (crispy rice pancake) and idli (savoury steamed rice cake) served with curry sauces. Day 8 Yala NP Visit a farm to sample buffalo curd and dodol (toffee-like confectionary). Search for leopards that lounge in trees, crocodiles that patrol the river and the wild elephants that graze the savanna of Yala National Park. Days 9-10 Mirrissa Relax on the southern coast's long sandy beaches, spy stilt fishermen, and enjoy a seafood lunch straight from the water. Admire Galle's Royal Dutch Fort before returning to Mirissa. Days 11-12 Colombo Head north to the Sri Lankan capital of Colombo. In the evening, share a traditional Dutch Burgher feast with new friends. This food adventure ends on the morning of Day 12.









South Korea combos

If you want to add an extra helping of deliciousness to your Japan or China Food Adventure, then upsize your trip with a side order of South Korea. CJZF and CBZF departures sync up with CJZK, so just pick your dates, book a connecting flight and get your appetite ready.

For more info head to intrepidtravel.com/FOOD



Real Food Adventure – Japan

12 DAYS, ΤΟΚΥΟ ΤΟ ΚΥΟΤΟ



Join the local bustle in Memory Lane – one of the best places in Tokyo to savour yakitori.

Stay alongside the brothers of a monastery in Koya-san and discover shojin ryori – vegetarian Buddhist food that seeks enlightenment through perfection in cooking.

Experience the simple pleasures of obanzai ryori – the traditional home cuisine of Kyoto – in a cooking class, and snack on adventurous street food in Osaka.

Days 1-2 Tokyo Take a walk down Shinjuku's Memory Lane and dine on yakitori, then head up to the Metropolitan Government Building's observation deck for stunning skyline views. Learn the art of making soba noodles, then take a walking tour of the historic Asakusa district, seeing the city's largest Buddhist temple and the restaurant-centred shopping district of Kappabashi. Days 3-4 Takayama Dodge bargain hunters and fishmongers at Tokyo Fish Market, then enjoy a deliciously fresh sushi breakfast. Take a bullet train to Takayama and sip the local drop at a sake brewery. Stay at a traditional ryokan and enjoy a multi-course dinner prepared using locally-sourced ingredients. Explore the centuries-old morning farmers markets and visit the nearby Hida Folk Village. Days 5-6 Kanazawa Take the train to Kanazawa, celebrated for its locally caught seafood. Head over to the Omicho market, where the city's best producers have gathered since the Edo period. Perhaps visit one of the 'Great Gardens of Japan', or gain insight into the city's history walking through the historical samurai district. Later, take a Japanese wagashi sweet making class. Day 7 Osaka Take the train to Osaka, Japan's unofficial culinary capital. Savour takoyaki and kushikatsu on a street food tour. Day 8 Koya-san Stay alongside Buddhist monks, bathe in an onsen and eat traditional shojin ryori (monastic cuisine). Days 9-12 Kyoto Explore the food wonderland of Nishiki Market, then learn about the city's geisha culture in the Gion district. Uncover the traditions, culture and history of tea at a local farm, then prepare obanzai ryori, Kyoto's traditional home cuisine, in a enlightening cooking class. Explore some of the city's 2,000 temples before this trip ends on Day 12.





Real Food Adventure – China

12 DAYS, CHENGDU TO SHANGHAI

Savour the spicy flavours of Sichuan, like the fiery, tingling, tongue-numbing sensation of the famous Sichuan Pepper at Chengdu's spice market.

Get a hands-on experience with everyone's favourite Chinese specialty – dumplings – as you learn to make this iconic dish in Shanghai.

Days 1-2 Chengdu Start off with a hotpot dinner in this UNESCO City of Gastronomy. Tour the spice market then create Sichuan specialties in a cooking class. Grab a tea in the People's Park. Days 3-4 Emei Shan Stop in to see the Giant Pandas, then visit a tea plantation for a crop-to-cup experience and overnight in a monastery. Catch an overnight train to Xi'an. Days 5-6 Xi'an Tour the streets for Shaanxi pork sandwiches and persimmon pastries. Visit the Terracotta Warriors, then learn noodle-making from a local family. Days 7-9 Overnight train - Beijing Transfer to the capital. Enter the hutongs for a traditional breakfast of congee or youtiao. See the Forbidden City, then taste iconic Peking Duck for dinner. Head outside of the city to walk along the legendary Great Wall. Days 10-12 Shanghai Take the fast train to the international foodie hotspot of Shanghai. Slurp up a bowl of famous xiolongbao then learn how to create the perfect dumpling.

VIEW DATES AND PRICES



Real Food Adventure – South Korea

8 DAYS, SEOUL TO SEOUL

Wash down the other version of KFC – Korean Fried Chicken – with a glass of soju, Korea's most popular drink.

Share a traditional temple meal and cup of tea with Buddhist monks on an overnight stay in a monastery.

Day 1 Seoul Get your first taste of KFC. Day 2 Jeonju Take a train to Jeonju and learn to prepare Korea's most famous dish, bibimbap, in a cooking class. Day 3 Sunchang Browse food stalls at the Nambu Market, then taste Korean pickles and other typical condiments at the Sungchang Traditional House Village. Day 4 Daegu Hike up Mt Gangcheon to the Byeongpung Waterfall, then refuel with a delicious rice dish. Later, head to Daegu. Stop by the Oriental Medicine Market then finish up at a restaurant renowned for its galbijjim (braised beef ribs). Day 5 Gyeongju Tour a shitake mushroom farm, stroll through rice fields and then dine on soondubu (soft tofu stew). Spend the night in a temple, enjoying a monastic meal and martial arts display. Day 6 Busan Maybe rise early to meditate with the monks. Stop by a craft brewery and marvel at Korea's largest seafood market. Days 7-8 Seoul Select top-grade cuts for your final meal at the Majang Dong Beef Market.

Seoul 6 Daequ Gveonaiu Jeonii Busan Sunchand SOUTH KOREA TRIP CODE STYLE PHYSICAL ORIGINAL CJZK 0000 Maximum group size 12 Hotel (6 nts), temple (1 nt) 2 Breakfasts, 5 Lunch, 2 Dinners Train, public bus, private vehicle

Adventures

In Asia, cycling is much more than a pastime or excuse to wear lycra. From the buzzing backstreets of Hanoi to tropical Thai beaches, Bagan's pagoda-studded landscape to Sri Lanka's hill country, the humble bicycle is how millions in Asia get around. If you want to experience Asia at a local level, there's no better way. Be it wheeling alongside rickshaws in India or weaving between the Wats of Angkor, hitting Asia by bike opens the continent up like few ever see it.

*

With the Arabian Sea on one side and palm-shaded fishing villages on the other, coast along the coast to Alleppey for a night drifting through the Kerala backwaters (page 124).



Ride through idyllic village scenes and towering palm groves to Mount Popa's Taung Kalat Monastery, the revered home of Myanmar's 37 spirits (page 126).



Take a guided cycling tour of Anuradhapura, an ancient city once the centre of Theravada Buddhism and now a UNESCO World Heritage site (page 125).

WHERE IN THE WORLD

RJ-19.10

Vietnam Cambodia Thailand India Sri Lanka Myanmar Japan

> Monsoon **25-35°C** Very hot & dry **35°C+**

Hot & dry 25-35°C

Hot & wet 25-35°C

Cold & dry **0-15°C** Cold & wet **0-15°C** Below freezing **-0°C**

Cool 15-20°C

Warm & wet **20-25°C**

Pleasantly warm 20-30°C

Weather



Cycle Vietnam

al children, Sapa, Vietnam - Rachel Lewi



Mai Chau, Vietnam - Lisa Matuze

15 DAYS, HANOI TO HO CHI MINH CITY

A bike lets you see Vietnam like never before – you'll go from road to beaten track to something way beyond.

Think of all the calories you'll burn and the appetite you'll work up cycling around Vietnam's incredible landscape – all the more reason to indulge in the local food.

This two-wheeled adventure will show you all the different sides of this country – from small villages and ancient ruins to the region's liveliest cities.

Days 1-2 Hanoi Visit the Ho Chi Minh Mausoleum complex and perhaps enjoy a coffee by the lake. Day 3 Mai Chau Cycle past spectacular karst cliffs and admire the lush Mai Chau valley en route to Cun Pass. Enjoy a homestay in a small rural village. Day 4 Ninh Binh Pass pineapple farms, lush green fields, towering limestone mountains, tranquil waterways and charming historic sites to Mai Ha and on to Co Luong. Day 5 Ninh Binh/Overnight train Explore Tam Coc and ancient Hoa Lu, then settle in on an overnight train to Hue. Day 6 Hue Hop back into the saddle and explore the magnificent tombs, temples, palaces and pagodas of this former imperial capital. Days 7-8 Hoi An Conquer the Hai Van Pass and be rewarded with stunning coastal views. Continue working those legs cycling to Cua Dai Beach. Join a boat tour on Thu Bon River or simply enjoy some rest

in historic Hoi An. Day 9 Quy Nhon Cycle the road less travelled all the way to Quy Nhon. A city of long beaches and relaxed boulevards, this is a great place to get an authentic slice of coastal life. Days 10-11 Nha Trang Relax on a boat tour of the many nearby islands and, in free time, perhaps let a masseur soothe away sore muscles. Day 12 Dalat Tackle challenging mountain roads or choose to flag down the bus en route to Dalat. Visit the striking Cham Tower. Day 13 Ke Ga Make the journey to Bao Dai's regal summer palace before discovering the wacky and weird architecture of Hang Nga Crazy House. Pedal to Ke Ga, a delightful seaside village. Days 14-15 Ho Chi Minh City After a final two-wheeled stint, arrive in exciting Ho Chi Minh City and take a cyclo tour around some of the city's famous attractions.





Cycle Indochina



13 DAYS, HO CHI MINH CITY TO BANGKOK

Explore Vietnam, Cambodia and Thailand in just 13 days on this comprehensive southeast Asian adventure.

Angkor Wat, Cambodia

Fuel up on some of south-east Asia's famously delicious regional foods, including banh mi, pad Thai, and steamed custard.

Get among nature, wildlife, small villages and ancient ruins, as well as the region's most lively cities.

Day 1 Ho Chi Minh City Stretch out your hamstrings on a walk through the city's maze of alleyways. Day 2 Mekong Delta Ride past farms, through rural villages and along narrow paths, then travel by boat to an island homestay on the Mekong Delta. Day 3 Chau Doc Shake out your sea legs and pedal through bustling settlements along the river before heading to Chau Doc. Days 4-6 Phnom Penh Cycle to the Cambodian border and then transfer to Phnom Penh. Enjoy a leisurely ride around Mekong Island. Visit local artisans selling quality silks, and stop for a refreshing drink at a roadside food stall. Days 7-9 Siem Reap Head out on a two-wheeled temple tour of Ta Prohm and Angkor Wat. Trees and creepers are now slowly overrunning the ancient ruins, which were once residential palaces and government buildings. The temples were rediscovered in 1914 and restored

several years later using traditional techniques. Day 10 Sa Kaew Cross the border into Thailand. Visit a wildlife sanctuary and enjoy a lunch stop before heading to the Tha Krabak dam for a refreshing dip. Ride to Sa Kaew for the night. Day 11 Kabinburi Rise with the sun and give alms to the monks at the morning market. Spend the day cycling mostly flat terrain, passing rubber trees, tapioca and rice fields en route to the small district of Kabinburi. Days 12-13 Bangkok The last full day of riding cycles past small villages, paddy fields, farms and shops as we make our way to the Khun Dan Dam, the largest dam in Thailand. Stop for lunch along the way, then enjoy a quick swim. Cap off your active cycling adventure with a stroll through the tiny lanes of Chinatown, a trip to the Temple of the Reclining Buddha, or head to the Or Tor Kor market for a spicy lunch.



Cycle Southern Thailand



9 DAYS, BANGKOK TO AO NANG

Escape the chaotic Bangkok traffic with a cycling tour that get away from the tourist traps and into the heart and soul of Thailand's south.

ngkok, Thailand

Ride through a sea of greenery on the way to Thailand's West Coast, then wind down on the famous white sand shores.

There's no need for artificial sports drinks here – rehydrate with fresh coconut water and fruit juices straight from the plant.

Day 1 Bangkok Tuk tuks, khlong boats, the Grand Palace, Khao San Road, endless stalls of street food there's plenty of entertainment on offer in Thailand's frenetic capital. Day 2 Bangkok/Surat Thani See the daily lives of those who call Bangkok home on a ride around the city's backstreets, then board an overnight train south to Surat Thani. Days 3-4 Khao Sok National Park Ride west from Surat Thani to Ratchaprapha Dam, where hundreds of tiny islands jut out from emerald waters, and then on to Khao Sok. Enjoy free time to explore one of the oldest rainforests in the world, looking out for wildlife and taking cooling dips in the river. Days 5-6 Khao Lak Leaving the verdant forests and hills behind, drive west to the nearby town of Takua Pa. Jump on the bike and pass numerous flowing rivers, palm-fringed roads and smiling local children on a ride down the Andaman

Coast. Arrive in the laid-back beach town of Khao Lak and relax after a day in the saddle. Take a free day to enjoy this beautiful town on the Andaman Coast. There are waterfalls to swim in, bike trails to ride, and underwater worlds to explore by scuba or snorkel. Maybe taste the local delights with a Thai cooking class. Day 7 Phang Nga Passing through forests, orchards, and rubber plantations, cycle inland through rolling hills to Phang Nga. Cruise out onto the bay and visit the famous islands, including 'James Bond Island' and the extraordinary floating village of Koh Panyee. Days 8-9 Krabi/Ao Nang Ride through beautiful inland landscapes to the classic Thai beachside town of Ao Nang. After the slow pace of the last few days, Ao Nang has a lively main street with many open-air restaurants, shops that light up the sidewalk and bars for kicking back with a beer.







Cycle Rajasthan

15 DAYS, NEW DELHI TO NEW DELHI

Take the road less travelled as you cycle through the rural villages and majestic countryside of Rajasthan.

Discover the rich history and architecture of Amber Fort, just outside of Jaipur, with the expertise of a local guide.

Day 1 New Delhi Get a feel for Old Delhi on a cycle rickshaw tour through its streets. Days 2-3 Jaipur Climb to the hilltop Amber Fort before making tracks to 'the pink City' of Jaipur. Day 4 Pushkar Passing several old forts and the holy Pushkar Lake, cycle to sacred Pushkar. Days 5-6 Udaipur Spend a day cycling to the 'Venice of the East' and visit City Palace. Day 7 Pangarh Cycle through the Chittorgarh countryside to Pangarh Lake. Day 8 Bijaipur Stay overnight in Castle Bijaipur. Day 9 Bundi Admire stunning murals at the palace that presides over the town's Brahmin-blue rooftops. Days 10-11 Ranthambhore National Park Embark on a safari in search of deer, monkeys and the elusive Bengal tiger. Day 12 Madhogarh Cycle to rural Rajasthan and stay in a former royal residence. Day 13 Agra Be amazed by the iconic Taj Mahal, a monolithic marvel constructed from sparkling marble and inlaid with crystals. Days 14-15 New Delhi Visit the Red Fort, then return to the hum of New Delhi.

VIEW DATES AND PRICES

Cycle South India



Spend a night on a houseboat cruising through the backwaters of Kerala, where children often learn to row boats before they ride a bike.

Encounter life along the west coast of India with a ride through four different states: Kerala, an enclave of Pondicherry, Karnataka and Goa.

Day 1 Trivandrum Perhaps begin your Indian odyssey with an explore of Puthenmalika Palace.
Day 2 Varkala Take a coastal route to Varkala, a town with bars and eateries set along a cliff. Day 3 Kerala
Houseboat Board a Keralan houseboat for an overnight cruise. Days 4-5 Kochi Ride through the countryside to Kochi. Day 6 Trissur Visit a 1,300 year old Hindu Temple and perhaps see the Athirappilly Waterfalls.
Day 7 Kozhikode Explore the serene Mananchira Lake on an orientation walk. Day 8 Mahe Watch the sun set over the Arabian Sea from 'the Hillock'. Day 9 Bhatkal Cycle along the coast to the small port town of Bhatkal.
Days 10-11 Gokarna End the day in Gokarna, where excellent beaches and food await. Day 12 Agonda Take in lush scenery on a ride to waterside Agonda. Day 13 Panjim Enjoy a final ride to a city known for its sandy beaches and Portuguese old quarter. Days 14-15 Goa Get to know Goa on a guided walking tour.





Yala National Park, Sri Lanka

Cycle Sri Lanka



14 DAYS, NEGOMBO TO COLOMBO

Cycling allows you to get closer to the real Sri Lanka, with a leopard-spotting safari and scenic train trip taking the sightseeing to the next level.

Jungle ride, Sri Lanka

From the sensational seafood of Negombo to the pulsing night markets of Colombo, Sri Lanka is a feast for the senses.

Step back in time as you explore Sri Lanka's most important religious and heritage sites, including the Temple of the Sacred Tooth Relic and Kataragama.

Day 1 Negombo Ayu-bowan! Welcome to Sri Lanka! Days 2-3 Anuradhapura Kick things off with a test-ride through the city streets, from the hotel to the busy fish market. Cycle on to Chilaw, past gorgeous fishing villages, the scenic Dutch canal, and coconut plantations. The next day, ride to the UNESCO World Heritage site of Anuradhapura. Day 4 Polonnaruwa Cycle through paddy fields and patches of vivid green jungles to Polonnaruwa, stopping en route at Ritigala Monastery. Day 5 Dambulla Explore the Vihara temple, Parakrama statue and Siva temple. Transfer to Dambulla and perhaps browse the colourful wholesale vegetable market. Days 6-7 Kandy Perched among lush greenery, Sigiriya's ancient rock fortress strikes an awesome pose against the skyline. Hard-core cyclists can venture out to Knuckles

Conservation Forest before re-joining the group and heading to Giragama for a tea factory tour. Vist the Temple of the Sacred Tooth, an impressive Buddhist site. Day 8 Hatton Saddle up for a day-trip through leafy tea plantations en route to Maskeliya. Day 9 Tissamaharama Cycle along one of the most beautiful stretches of road in Sri Lanka, passing lush pine forest on the way to Balangoda. Visit an elephant sanctuary. Day 10 Yala National Park Colourful and vibrant, the holy city of Kataragama rivals Adam's Peak in terms of national importance. After some exploring, take a jeep safari through Yala National Park. Day 11 Mirissa Catch an amazing sunset from this lovely long curve of coastline. Day 12 Mirissa & Galle Stroll around the ramparts of Galle's Dutch fort. Days 13-15 Colombo Celebrate the end of your adventure with a final food crawl in the capital.







Inle Lake, Myanmar - Rong Jin

Cycle Myanmar



13 DAYS, YANGON TO YANGON

Get off the beaten track and discover Myanmar's past by cycling around Bagan's temple-strewn landscape.

Ride through toddy forests towards Mount Popa, a volcano in the Pegu Range that's revered as the spiritual home of Myanmar's 37 nat spirits.

Cruise along the Ayeyarwady River to Mingun, a small riverside town situated at the base of an enormous temple.

Days 1-2 Yangon With its charmingly colonialera architecture and pagoda-etched skyline, Yangon bristles with activities and attractions. Day 3 Bagan Catch a flight north to Bagan, an ancient city home to the world's largest collection of Buddhist temples, pagodas and stupas. Spend a day exploring Bagan's major sites. Day 4 Mount Popa Cycle past small villages and through groves of towering palm trees to Mount Popa. Sitting 1,518 metres above sealevel, Mount Popa is actually a volcano in the Pegu Range (and the mythical home of nats, Myanmar's 37 spirits). Day 5 Myingyan Today's scenic ride to Myingyan follows narrow, quiet roads typical of Myanmar's central dry zone. Though mostly flat, the route passes many unbridged sand creeks that wind through toddy forests. Day 6 Mandalay After cycling through several small villages to Myitthar,

take the highway north to Mandalay. Day 7 Mingun/ Mandalay Board a boat for a cruise along the Ayeyarwady River to Mingun, a small riverside town situated at the base of a temple that, had it been completed, would have been the world's largest. Day 8 Pindaya Drive on to Pindaya, a town famous for the thousands of Buddha effigies stocked inside its limestone caves. Days 9-11 Inle Lake Cycle over the rolling hills of the Shan plateau to Nyaung Shwe, the gateway to Inle Lake. Cruising around Inle Lake by boat offers a chance to see local life from a different angle. Pass cottage industries, see the lake's iconic leg-rowing fishermen, and perhaps visit some floating markets. Day 12 Inle Lake/Yangon Enjoy a morning soaking up the serenity of Inle Lake before transferring to Heho for the flight to Yangon. Day 13 Yangon This cycling adventure concludes today in Yangon.







Cycle Japan 14 days, osaka to tokyo



, Cycling allows you to get closer to the real Japan – from bicycles to Pokemon, serene

temples to the organised chaos of the big cities, this classic adventure has it all. End rewarding days in the saddle with amazing Japanese feasts of sushi, unagi, tempura or even fugu, all washed down with a traditional sake or Sapporo beer.

Leave the neon buzz of Tokyo and Osaka behind and experience the peaceful landscapes and coastal scenery of the Noto Peninsula.

Day 1 Osaka Fuel up for this cycling adventure by mingling with the locals eating street food and perhaps try some raw squid. If you're arriving early, catch a baseball game or visit the exquisite Osaka castle. Days 2-3 Kyoto See the temples and shrines of Kyoto's lively Gion district, which is also well-known for its Geisha and Maiko (apprentice Geisha). Cycle to the famous bamboo forests of Tenryuji Temple and Ryoanji Temple, with its calming white Zen rock garden, before completing a scenic loop back to Kyoto. Day 4 Nara/Kyoto Enjoy a beautiful riverside ride to the ancient capital of Nara and see the city's Giant Buddha housed in the largest wooden structure on Earth. Days 5-6 Kanazawa Ride past the Kenrokuen Gardens, one of Japan's greatest gardens, and explore the old Geisha and Samurai districts. Days 7-10 Noto Peninsula Over the next three days, discover the

heart of the rustic Noto Peninsula and its rugged coastlines, rice paddies, and endless farmland. Visit asaichi (morning markets) housing everything from lacquerware and sake to fresh fish and vegetables, and ride along the scenic coast to Sojiji Temple. Stop for a local lunch, head to the hot spring town of Wakura Onsen, and dine on traditional Japanese meals along the way. Days 11-14 Tokyo No trip to Japan is complete without experiencing the country's legendary train system. See it for yourself with a train journey from Shinkansen to Tokyo. Watch the scenic landscape fly by and remember to keep an eye out for Mt Fuji. After exploring the city by bike, literally eat and drink your way across Tokyo sampling food in Ginza and seeing the latest tech at the Sony building. Cycle along the city's river and coastline waterways, encountering a blend of modern and ancient architecture along the way.



