TOUR CODE

JHAS

ADVENTURESABROAD

YUNNAN, LAOS & MYANMAR

with Jonathan Hodgson

31 days

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Day 1 *Arrival in Hong Kong*

Welcome to Hong Kong!

Hong Kong is a place with multiple personalities, as a result of being both Cantonese Chinese and under a long-time British influence. It is a unique destination that has absorbed people and cultural influences from places as diverse as Vietnam and Vancouver and proudly proclaims itself to be Asia's "World City."

Overnight in Hong Kong. Meal plan: Dinner, if required.

Day 2 *Hong Kong: City Touring*

Hong Kong Island is what gives the territory its name; although it is not the largest part of the territory, it is the place that many visitors regard as the main focus.

As such, we begin our day at Victoria Peak for a panoramic view of the city and its spectacular harbour. We continue to Repulse Bay and the colourful fishermen's village at Aberdeen, named after Lord Aberdeen, Secretary of State for the Colonies in the mid 19th century. Aberdeen is situated at the southwestern corner of Hong Kong Island and is one of the earliest settlements on the island. Once said to have been a hideout for pirates dealing in "Heung Kong" (perfumed water), it is now the largest fishing "village" in the former colony. We will enjoy a short sampan tour around the Aberdeen typhoon shelter before continuing to Stanley.

This afternoon your Tour Leader will take you on a stroll through Kowloon. A short trip on the Star Ferry takes us to Kowloon Peninsula; the promenade here is a great place for a stroll and provides wonderful views of Victoria Harbour.

Overnight in Hong Kong. Meal plan: Breakfast and dinner.

Day 3 *Hong Kong - Kunming*

Today we arrive in Kunming, the provincial capital of Yunnan Province. The city lies 1891m (6,200 ft) above sea level and is majestically crowned on three sides by the dramatic mountain ranges of the Yunnan-Guizhou plateau. Marco Polo made reference to this place as one of the most pleasant cities in China -- 'very great and noble' -- when he journeyed through it in the 13th century.

As we drive in from Kunming's new airport, you are immediately struck by the modern highways and city infrastructure that China has put in place in a short span of two decades. Kunming is now designated a special tourism center.

Overnight in Kunming. Meal plan: Breakfast and dinner.

Day 4 *Kunming: The Stone Forest*

Today we drive 120 km east from Kunming to visit the impressive UNESCO designated World Heritage Site of The Stone Forest, or Shilin National Park. According to an old local saying, if you have visited Kunming and not seen the Stone Forest, you have "wasted your time." Tall rocks seem to emanate from the ground like stalagmites; many of these look like petrified trees creating the illusion of a forest made of stone.

The Stone Forest National Scenic Area covers an area of 350sq km and is divided into several scenic areas including the Major Stone Forest, the Minor Stone Forest, and the Naigu Stone Forest, all of which feature rocks of various formations. Walking through the Stone Forest, you marvel at the natural stone formations and the clever manner in which visitor walkways have been built to allow you to experience the best parts. Legend has it that the Forest was the birthplace of Ashima, a beautiful girl of the Yi ethnic minority. When she was forbidden to marry her lover, she turned into a stone in the forest that still bears her name.

Mongol and Chinese dynasties have left their mark here in the form of pagodas and the magnificent Yuantong temple in Kunming, the largest Buddhist shrine in Yunnan and a popular destination for pilgrims who come to marvel at the dragon sculptures and huge golden Maitreya (Future) Buddha statue. Time permitting, we will briefly visit the old wooden-alley district of old Jini Lu, a lively and colourful place with many shops, bars, and restaurants.

Overnight in Kunming. Meal plan: Breakfast and dinner.

Day 5 *Kunming - Dali*

Today we travel by road (+/- 5 hours) across the plateau toward the stunning Cangshan Mountains that rise to 4000m (13,200 ft) from the shores of tranquil Lake Erhai. Our destination is the quiet lakeside city of Dali (1992 m / 6,500 ft).

Dali's mountainous setting, it's proximity to the huge Lake Erhai, and traditional stone buildings that line the cobbledstreets combine to give this historic city an enchanting ambience. We will take time to meander down Hugo Lu and other ancient streets, dawdling in stone built cafes and generally soaking up the atmosphere.

Located in a dramatic setting at the foot of the towering Cangshan Mountains are the Three Pagodas, built from the 9th Century onwards. In 1978, more than 700 Buddhist antiques, including sculptures made of gold, silver, wood or crystal and documents were found in the structure of the main pagoda during major repair works. The designers of the pagoda are supposed to have come from Xi'an, the capital of Tang Dynasty of the time and the location of another pagoda, The Small Wild Goose Pagoda, which shares a similar style.

Overnight in Dali. Meal plan: Breakfast and dinner.

Day 6 *Dali: Erhai Lake & Xizhou - Lijiang*

Down at Erhai Lake, the 7th largest in China, wooden junks peacefully ply the calm waters in search of the day's catch. Local fishermen still use the traditional method of using trained cormorants to fish. We will go on a boat ride on the lake to see this fishing technique up close.

Later we visit a typical Bai minority residence in the village of Xizhou where we enjoy a refreshing tea and observe Bai architecture, art, and culture. The distinctive Bai race (Bai comprise nearly half of the Dali population) are of Tibeto-Burmese origin and have long established roots in the Erhai Lake region stretching back 3,000 years.

We continue northwards to the delightful alpine town of Lijiang (elevation 2400m / 7,900 ft). The Old Town of Lijiang, which is perfectly adapted to the hilly topography of strategic site, has retained a historic townscape of high quality and authenticity. Its architecture is noteworthy for the blending of elements from several cultures that have come together over many centuries. Lijiang also possesses an ancient water-supply system of great complexity and ingenuity that still functions effectively today. It is for these reasons that Lijiang was designated as a World Heritage Site.

Overnight in Lijiang. Meal plan: Breakfast and dinner.

Day 7 *Lijiang Old Town & The Black Dragon Pool*

Lijiang town grew up as a migration centre for Tibetan nomads; however, the matrilineal Naxi tribe were the most significant settlers in the area. Today the women can still be seen in their blue cotton trousers and sheepskin capes. Much of Naxi architecture remains preserved and the distinctive two storey wood framed Naxi houses with earthen sidewalls can readily be seen alongside the criss-crossed canals and red granite streets that dominate old Lijiang.

From our hotel located in the heart of the old town we will do a walking tour to explore the canal lined alleyways of Lijiang and the Mu Family mansion, once the residence and office of the Naxi rulers of Lijiang. The Mansion was built during the Ming Dynasty (1368-1644) for the ruling family of the area who governed the Lijiang region during Yuan, Ming and Qing Dynasties, lasting for 22 generations.

This afternoon we will visit the Black Dragon Pool and the Jade Spring Park. The place derives its name from waters that 'sparkle like jade'. The entire park is grassy and shaded by swaying willow trees. Under the Shuocui Bridge, a waterfall creates a constant roar as it cascades downstream. The park has some stunning photographic opportunities with the pond and Five Phoenix Pavilion in the foreground and the summit of the Jade Dragon Snow Mountain as a backdrop.

This evening we plan to head out 16 kms north to the rural countryside to visit the Naxi village of Baisha where life has largely been unaffected by the changes that have transformed most of China. Baisha is well known for its Ming Dynasty era frescoes, 600 year paintings on a wall that combines the religious icons of three religions that thrived together -- Taoism, Mahayana Therawada Buddhism and Tibetan Buddhism.

Overnight in Lijiang. Meal plan: Breakfast and dinner.

Day 8 *Lijiang: Tiger Leaping Gorge*

Today we drive to the first bend of the Yangtze River and Tiger Leaping Gorge. At the village of the Stone Drum we will have a look at the first great bend of the Yangtze River. Here the river makes a 180 degree turn over 20 km, first flowing south, then north, running parallel to itself. Locals say if it were not for their village standing guard at the bend, China would lose the water of the Yangtze to southeast China.

The Tiger Leaping Gorge is one of the deepest in the world. During the millennia, the Yangtze has carved a gorge into the massifs of the Haba and Jade Dragon Snow Mountains, both over 5000m (16,400 ft) high with glacier peaks towering over rice terraces on the Yangtze banks.

Return to Lijiang.

Overnight in Lijiang. Meal plan: Breakfast and dinner.

Day 9 *Lijiang - Zhongdian*

Today we drive to the ethnic Tibetan town of Zhongdian, located at at 3300m (10,800 ft) above sea level. Zhongdian (Gyalthang in Tibetan) is often referred to as "the Land of Limitless Bounty," and is the capital of the Diqin Tibetan Autonomous Prefecture. This is an idyllic town rumoured to be the model for the utopian "Shangri-la" described in James Hilton's 'The Lost Horizon.' Indeed the government has officially renamed Zhongdian "Shangri-la" in 2001 in order to enhance its tourism trade.

Overnight in Zhongdian. Meal plan: Breakfast and dinner.

Day 10 *Zhongdian Area: Songzanlin Monastery*

Bordering Tibet and Sichuan Province, Zhongdian occupies a spectacular high plateau at the heart of the Hengduan Mountains. Today we visit the largest Tibetan Buddhist monastery in Yunnan, Songzanlin Monastery, also known as Guihua Monastery or the 'Little Potala', located near Shangri-La County at the foot of Foping Mountain.

Since the 5th Dalai Lama chose the site through divination in 1679, the monastery has grown into the most important community of its kind in Yunnan. Naturally, throughout its history spanning 325 years there have been ups and downs -- the Cultural Revolution (1966-1976), for instance, saw the lamasery almost completely destroyed -- but the strong faith of the people of Shangri-La has always prevailed and today Songzanlin once again houses more than 700 monks and lamas.

Built in the style of Potala Palace in Lhasa, Tibet, the magnificent monastery complex resides on top of a hill and consists of the two Zhacang and Jikang lamaseries -- which take on the form of five-story Tibetan watchtowers -- five gates, numerous sub-lamaseries and hundreds of rooms for the monks. Walking up the 146 steps that lead to the main prayer hall is a tiring exercise at 3300 m (10,400 ft) above sea level, but it allows you to trace mentally the pilgrimage route that generations of devout Buddhists living on the plateau take on their knees and foreheads every year.

We return to Zhongdian with leisure time to enjoy this charming town.

Overnight in Zhongdian. Meal plan: Breakfast and dinner.

Day 11 *Zhongdian - Kunming*

Today we fly to Kunming. On arrival we travel to the Western Hills, site of a great system of temples and alleyways carved into the towering rocks by a Taoist monk. Weather permitting, we will have wonderful views over Dian Chi Lake and Kunming City and its environs.

Overnight in Kunming. Meal plan: Breakfast and dinner.

Day 12 *Kunming, China - Bangkok, Thailand*

Today we fly from Kunming to Bangkok (possibly via another Chinese city).

Overnight in Bangkok. Meal plan: Breakfast and dinner.

Day 13 *Bangkok, Thailand - Luang Prabang, Laos*

Today we fly to Luang Prabang, Laos, a World Heritage Site.

In the 14th century, this city was established as the royal capital by Fa Ngoum, the first monarch of Lan Xang, the "Land of a Million Elephants." By this time, the city had already been the seat of local kingdoms for 600 years. According to legend, the site of the town was chosen by two resident hermits and was originally known as Xieng Thong -- "Copper Tree City".

We have an orientation of this charming town, with its one main street lined with colonial era buildings housing shops and cafes. We have a chance to explore the town on foot and to climb to the top of Phu Si Hill. Looking directly downwards you can see that the former royal palace has a cruciform ground plan. We finish at Ban Phanom, a 300 year old weaving village is where shawls and sarongs are made from silk and cotton. The people in this area were originally from South China and were traditionally the King's weavers, soldiers and palace servants. The inhabitants make sarongs with dragon motifs, and shawls which are often dyed an indigo colour using a natural dye extract from a local plant. Some of the cloth woven in the village is embroidered with delicate silver and gold thread. Girls are taught from a very young age the skills which have been handed down from their forebears in Xishuangbanna District in China's Yunnan Province.

NOTE: The order of our sightseeing in Luang Prabang may vary depending on flight schedules that are subject to change.

Overnight in Luang Prabang. Meal plan: Breakfast and dinner.

Day 14 *Luang Prabang Area*

An early departure today takes to the Mekong River for a boat journey to visit the Pak Ou Caves. The boat is long and quite large, covered, with comfortable seat cushions, life jackets and a WC.

The Pak Ou Caves are two clefts in the side of a mountain stuffed with thousands of old Buddha images. The site has long been sacred for the Lao, even prior to Buddhism, when they worshipped spirits. The lower cave has over 4,000 images, ranging from 3 inches to 9 feet tall, stuck into nooks and crannies. The upper cave's Buddha images are placed far back into the cliff, so it's handy to have a flashlight. A real highlight of a trip to the caves is the breathtaking view of the mountains, villages, and fishermen during the 2-hour boat ride.

We return to Luang Prabang and visit the Royal Palace, a museum containing a collection of 15th-17th century Buddha statues including the significant Golden Buddha. The last member of the Lao royalty to live here was Sisavang Vong's son, Crown Prince Sisavang Vatthana. The private chapel is one of the most interesting wings of the palace. Here you will see the priceless gold Phra Bang Buddha in Abhayamudra (dispelling fear). It is made from 90% pure gold and is said to weigh 50 kg (110 lb).

We finish with a tour of the 16th-century Wat Xieng Thong with its richly decorated wooden interior. Wat Mai is another old temple of classic Luang Prabang design with gracefully curved roofs. We see many 400 year old wooden Buddha statues at Wat Wisunalat.

Overnight in Luang Prabang. Meal plan: Breakfast and dinner.

Day 15 *Luang Prabang - Xieng Khouang (Plain of Jars) - Phonsavan*

Today we travel by road to Xieng Khouang and the Plain of Jars.

Overnight in Phonsavan. Meal plan: Breakfast and dinner.

Day 16 *The Plain of Jars*

In the 18th and at the beginning of the 19th century, Xieng Khouang was the center of a kingdom of the Hmong (Meo). In 1832, it was conquered by the Vietnamese, annexing the entire region. The town of Xieng Khouang was totally destroyed during the Vietnam War. Even though it has been rebuilt in 1975, the name Xieng Khouang is now primarily used in reference to the province of the same name.

The highlight of our visit here is the "Plain of Jars." Scattered over the plain are hundreds of enormous limestone jars, each about 1 to 2.5 metres high, with a diameter of about 1 meter. There is still no explanation as to how the clay jars found their way onto the plain, nor what purpose they served. Archaeologists have come up with the wildest theories, among them a claim declaring them brewery cauldrons. More likely, the jars are enormous urns. Many jars were destroyed or damaged during the Vietnam War, when American planes bombed positions of the communist Pathet Lao.

Overnight in Phonsavan. Meal plan: Breakfast and dinner.

Day 17 *Phonsavan - Vang Vieng*

Today we travel by road to Vang Vieng, a small village nestled in a scenic bend in the Nam Song River and surrounded by breathtaking limestone scenery. This is rapidly becoming Laos's premier destination for eco-tourism. The outcrops have inspired many Lao legends and stories in Lao literature and are known as "Phou Suan Mon Nang Eua", meaning "Silk Tree Garden Mountains of the Princess". The area also contains an extensive network of caves some of which are outlets for underground streams.

The latter part of our drive is truly spectacular -- limestone cliffs and sheer drops. About 20 kms before Vang Vieng, we'll stop at a bridge with a lovely view of karsts. There's also an attractive immediately before the bridge.

Overnight in Vang Vieng. Meal plan: Breakfast and dinner.

Day 18 *Vang Vieng - Viangchan*

Today we travel by road to Viangchan (Vientiane), the capital and largest city of Laos, situated in the Mekong River. Vientiane became the capital in 1563 due to fears of a Burmese invasion. During French rule, Vientiane was the administrative capital and due to economic growth in recent times, it has become the economic centre of Laos.

Overnight in Viangchan. Meal plan: Breakfast and dinner.

Day 19 *Viangchan: City Tour*

Today we will visit the morning market and allow time here for shopping and absorbing the local colour. We will then drive to Pha That Luang, the most important Stupa in the city/country. Legend dates its founding from 3rd century BC Asokan missionaries who erected a shrine here to enclose a breastbone of the Buddha. The earliest physical remains of a religious structure on this site, however, seem to date from a Khmer monastery around the 12th century.

We also stop at Haw Pha Kaew, a temple now serving as a museum of religious artifacts.

Balance of the day at leisure to enjoy Viangchan's charming laid-back atmosphere.

Overnight in Viangchan. Meal plan: Breakfast and dinner.

Day 20 *Viangchan, Laos - Bangkok, Thailand*

Today we fly from Viangchan to Bangkok.

Overnight in Bangkok. Meal plan: Breakfast and dinner.

Day 21 *Bangkok, Thailand - Yangon, Myanmar (Burma)*

Today we fly to Yangon (Rangoon).* Yangon is Myanmar's former capital and main port. Founded in 1755 by King Alaungpaya, it grew into a trading port after the British annexed lower Burma in 1826 and became the capital after the whole of Burma fell to the British in 1890.

Later we visit the Shwedagon Pagoda. This golden stupa dominates Yangon, and it is the spiritual rallying point for much of the population. Somerset Maugham said it was "like a sudden hope in the dark night of the soul". The Pagoda is said to date back 2,500 years, and was built to house eight sacred hairs of the Buddha. Its bell-shaped structure is covered in almost 60 metric tonnes of gold-leaf, and on top of the Pagoda there are gold and silver bells studded with rubies, sapphires and topaz. The diamond orb is encrusted with 4,350 diamonds and crowned with a 76 carat diamond. Legend has it that two Burmese merchants travelled to India and met the Buddha under the sacred bodhi tree.

*NOTE: The flight between Bangkok and Yangon (return) is provided by Thai Airways or code- share with Myanmar Airways International (MAI), NOT to be confused with Myanma Airways (MA) which we do NOT use. Flights within Myanmar provided by Yangon Airways or Air Mandalay (private airlines) which usually operate French-built ATR 72 aircraft.

Overnight in Yangon. Meal plan: Breakfast and dinner.

Day 22 *Yangon - Bagan: Site Tour*

Today we fly north to Bagan, where across 40 sq km stand thousands of pagodas and temples. Bagan was once the largest and most splendid city ever built in Burma and it was a rival to Angkor Wat in Cambodia. Its pure Hinayana Buddhism had no rituals, no sacrifices and no priests; only monks, vowed to poverty and meditation.

Upon arrival we'll begin our sightseeing program,* which will include several temples that are unique or important in some way. Many of the monuments are undergoing restoration, and may be either closed or obscured on a rotating basis, but there are plenty to choose from! Our program usually includes Sulamani Temple, restored after the 1975 earthquake, utilising brick and stone, with frescoes in the interior; and Ananda, as important as it is huge. Considered to be the best surviving masterpiece of Mon architecture, Ananda is the finest, largest, best-preserved and most revered of the Bagan temples. We'll aim to be at Shwesandaw Paya at the end of our day -- an excellent place from which to view the sunset.

* The exact order and content of our Bagan area sightseeing will likely vary depending on restorations, weather, group interest, and Tour Leader preference.

Overnight in Bagan. Meal plan: Breakfast and dinner.

Day 23 *Bagan Area*

From the 9th to 13th centuries, this was the capital of the Kingdom of Pagan, the first kingdom to unify the regions that would later constitute modern Myanmar. During the kingdom's height between the 11th and 13th centuries, over 10,000 Buddhist temples, pagodas and monasteries were constructed in the Bagan plains alone, of which the remains of over 2200 temples and pagodas still survive to the present day.

We have another full day to enjoy the wonders of this important and expansive site, with visits to Payathonzu, with its outstanding wall paintings. Sula Mani is enormous and impressive. We finish at Ananda, as important as it is huge. Considered to be one of the most surviving masterpiece of the Mon architecture, Ananda is the finest, largest, best-preserved and most revered of the Bagan temples. At some point, we will likley be able to stop at a viewpoint overlooking the Irrawaddy River.

Overnight in Bagan. Meal plan: Breakfast and dinner.

Day 24 *Bagan - Mt Popa*

Today we travel by bus to visit the monastery at the summit of Mt Popa. On the way, we stop at one of the roadside mills where you may watch docile buffalo slowly circumnavigating the central stone, grinding palm seed into oil. This is a good opportunity to taste some 'jaggery', the local candy made from palm sugar.

Mt Popa is an incongruous extinct volcano that dominates the area. However, Popa's attraction today lies not so much in its geological aspect, but more in its religious and mystical attributes that are still prevalent. Popa is popularly recognized as an abode of many "Nats" (spirits of ancient ancestors) who dwell in various parts of the mountain. In the days of old, it also used to be referred to as the "Mountain of Spirits". The evidence of these beliefs is abundant in the form of Nat shrines, ceremonial offerings, annual representative festivals, and a never-ending stream of pilgrims. We will have time to ascend the hill on foot before continuing to our nearby hotel (Mt Popa Resort) featuring spectacular views.

Overnight near Mt Popa. Meal plan: Breakfast and dinner.

Day 25 *Mt Popa - Mandalay*

This morning we travel by bus to Mandalay, the "Golden City", founded in 1857 by King Mindon after a legend that told of the Lord Buddha's visit 2,400 years previously when he prophesied the founding of a holy city. It lies on the east bank of the Irrawaddy, about 805 km (500 miles) north of Yangon. It was Burma's last capital before it came under British rule. The magnificent Mandalay Palace was burned down during the Second World War and only a scale model remains in the palace grounds, which are surrounded by a moat. However, many pagodas and monasteries still stand.

Time permitting today (or tomorrow), we will stop at the U Bein Wooden Bridge (named after the former town mayor), constructed out of materials salvaged from the forsaken Ava Palace. The bridge, the longest made from teak in the world, is about three-quarters of a mile in length.

This evening we can travel to the summit of Mandalay Hill for sunset and city views.

Overnight in Mandalay. Meal plan: Breakfast and dinner.

Day 26 *Mandalay: Amarapura*

This morning we drive to the ancient capital of Amarapura, the "city of immortality," described in its heyday as a microcosm of Burmese civilization. As a capital it was founded by King Bodawpaya in 1783, the year after he came to the throne. Bodawpaya died in 1819 and his grandson Bagyidaw shifted the capital back again to Ava in 1823. That was not the end of Amarapura though, for in 1841, during the reign of Tharrawaddy (the brother of Bagyidaw), it became the capital once more. Sixteen years later, with King Mindon in power, Amarapura was finally displaced by Mandalay.

Back in Mandalay we visit Bagaya Monastery with its myriad Buddha images and vast collection of various antiques. During our time in Mandalay, we will also visit Shwenadaw Monastery, Mandalay Palace, and see how gold leaf is produced.

Overnight in Mandalay. Meal plan: Breakfast and dinner.

Day 27 *Mandalay - Heho - Kalaw*

Today we fly from Mandalay to Heho from where we continue by road to the quiet summer resort town of Kalaw, nestled amidst pine-clad hills of the Shan State. There are several hill tribes that inhabit the nearby mountain villages and their presence at the local streetside markets of Kalaw gives this town its unique flavour.

Overnight in Kalaw. Meal plan: Breakfast and dinner.

Day 28 *Kalaw - Inle Lake*

A brief drive east brings us to Inle Lake.

Inle Lake actually has two meanings: "little lake" and "four lake" (because there are four big villages on the lake, though 200 in all). People began migrating to the lake area as early as the 14th Century, completing their resettlement during the 18th Century. To survive, they became fishermen and developed their unique style of leg-rowing and catching fish in conical traps. Since the land fronting the lake belonged to the Shans, they were forced to build their homes and villages on the water itself.

Today we enjoy a leisurely boat tour on which we witness the local way of life and visit numerous islets, settlements, and sacred sites. The people of Inle Lake (called Intha), some 70,000 of them, live in four cities bordering the lake, in numerous small villages along the lake's shores, and on the lake itself. In addition to fishing, locals grow vegetables and fruit in large gardens that float on the surface of the lake. The floating garden beds are formed by extensive manual labor. The farmers gather up lake-bottom weeds from the deeper parts of the lake, bring them back in boats and make them into floating beds in their garden areas, anchored by bamboo poles. These gardens rise and fall with changes in the water level, and so are resistant to flooding.

Overnight at Inle Lake. Meal plan: Breakfast and dinner.

Day 29 *Inle Lake - Yangon*

Today we fly back to Yangon.

Depending on flight schedules, we may accomplish any Yangon sightseeing missed during our first visit. Time-permitting we'll visit the National Museum and other sites, such as the Sule Pagoda and / or Reclining Buddha.

Overnight in Yangon. Meal plan: Breakfast and dinner.

Day 30 *Yangon, Myanmar - Bangkok, Thailand*

Today we fly from Yangon to Bangkok with the balance of the day at leisure.

Overnight in Bangkok. Meal plan: Breakfast and dinner.

Day 31 *Departure*

Departure from Bangkok.

BON VOYAGE!! Meal plan: Breakfast.