



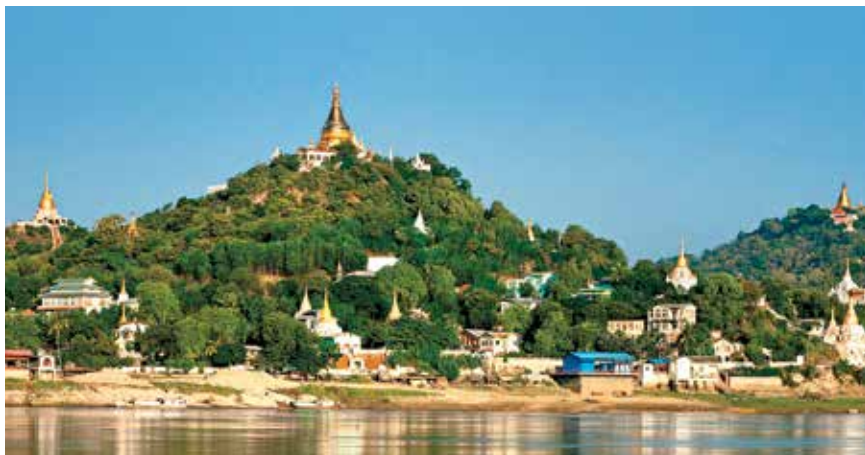
AMAWATERWAYS™

LEADING THE WAY IN RIVER CRUISING



WELCOME ABOARD

TIPS YOU NEED TO KNOW
BEFORE YOUR CRUISE



Sagaing is home to hundreds of monasteries and meditation centers.

Dear Traveler,

Thank you for choosing AmaWaterways! Your itinerary has been meticulously planned to ensure that you have the most memorable vacation possible, and we hope that you enjoy it as much as we enjoyed putting it together.

This booklet contains some practical information to help you prepare for your trip. We encourage you to read it carefully and bring it with you as a handy reference. Please keep in mind that patience, understanding, and a sense of adventure will greatly enhance your vacation experience. There may be unavoidable circumstances that require last minute changes to your itinerary, yet we've learned that such deviations often result in unexpected discoveries and serendipitous encounters.

Myanmar is rich with timeless and exotic sights. The Ayeyarwady (Irrawaddy) river offers an ideal way to see this enchanting country in a leisurely and up-close manner.

Wondrous experiences await you on your upcoming AmaWaterways adventure including different cultural traditions and tantalizing cuisine —prepare to be amazed! Our friendly and resourceful overseas staff will be with you every step of the way to ensure you have the journey of a lifetime.

Bon Voyage! We look forward to welcoming you aboard.

Rudi Schreiner
President



Bagan archaeological zone

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PREPARATIONS FOR YOUR TRIP

Passports & Visas

A passport is required for all AmaWaterways river cruises and must be valid for at least six months after you return home. It is your responsibility to ensure that your passport is valid and contains enough empty pages to accommodate any necessary visa entry/exit stamps. A valid entry visa is required in order for U.S. citizens to travel to Myanmar. The visa should be obtained from the Myanmar Embassy (or consulate) prior to your arrival in Myanmar. Non-U.S. citizens must consult with the appropriate consulates to determine if any visas are needed.

Vacations can be disrupted or altered if the correct documents cannot be presented at airports or border crossings. We recommend photocopying the first page of your passport, airline tickets, driver's license and/or birth certificate to expedite the process of replacing any documents lost while traveling. Keep the originals separate from the copies and pack some extra passport photos as well. Another option is to scan your passport, airline tickets and credit card numbers and email them to yourself as attachments. Please be sure to fill out the "Emergency Next of Kin" section in your passport (in pencil) as well.

TSA Secure Flight Program

The Transportation Security Administration (TSA) requires all passengers to provide Secure Flight passenger data when booking airline travel. This includes your full name, date of birth and gender as it appears on non-expired government-issued travel documents (e.g., passport, re-entry permit, alien registration card, "green card," photo ID, etc.). Any missing or incorrect information can cause unnecessary delays at the airport. If you booked your airline tickets through AmaWaterways and have not yet provided us with this Secure Flight passenger data, please contact our office as soon as possible at 800-626-0126 or 818-428-6198 (if dialing from outside of the U.S.).

Travel Protection

If you purchased travel protection insurance, please make sure to write down important information such as the insurance company's telephone number and your policy number.

Baggage

International air carriers are often very strict about the size and weight of baggage and carry-on luggage. Please contact your air carrier or visit its website for specific requirements prior to your departure, as size and weight limitations vary according to the airline and destination. Passengers on international flights are usually allowed one piece of checked luggage and one carry-on bag per person. Some airlines limit each checked bag to a maximum of 62 linear inches (length + width + height) and 50 lbs. (23 kg). Your carry-on should not exceed 45 linear inches (22 x 9 x 14) or weigh more than 15 lbs. (7kg). International air carriers may impose fees for baggage that is too large or heavy and/or require you to remove certain articles in order to meet weight restrictions. Please check airline websites for specific baggage limits for your flight and the TSA website for carry-on restrictions: www.tsa.gov/traveler-information.

Intra-Myanmar Air Luggage Restrictions: Guests that have booked a cruise & land program are allowed one piece of checked luggage and one carry-on bag per person. Checked luggage cannot exceed a total of 44 lbs. (20 kg). Carry-on baggage is limited to 45 linear inches (9 x 14 x 22) and cannot exceed 11 lbs. (5kg). Intra-Myanmar air carriers may impose fees for baggage that is too large or heavy and/or require you to remove certain articles in order to meet weight restrictions.

Important: AmaWaterways is not responsible for any additional fees imposed by air carriers. In addition, during your cruise and when traveling by motor coach, storage space may be limited and porters may decline to carry extra heavy suitcases for health and safety reasons. We recommend bringing only one suitcase and one carry-on bag per guest. We included luggage tags with your travel documents and also recommend putting your contact information (name, cell phone number, email) and the hotel and/or ship contact information inside your bags, just in case they are delayed.

Mobile Phones

Your phone will need to be set up for international roaming. Please contact your service provider for information on overseas usage.

TRAVEL 101

It may be helpful to learn a bit about the places you plan to visit before you get there. Getting acquainted with the geography, top sights and basic words and phrases in the local language will greatly enhance your travel experience.

When traveling, please remain aware of your surroundings and try to be prepared for anything. Use common sense – avoid exploring unfamiliar areas on your own and don't display excessive amounts of jewelry or money. Despite language barriers, a friendly smile and a sincere thank you are recognized and welcomed around the world.

Patience, understanding and respect towards others, including your fellow travelers and ship personnel, is essential for everyone's enjoyment!



HEALTH & WELL-BEING

All North American residents should consult the latest vaccine recommendations issued by the Centers for Disease Control (CDC). Visit www.cdc.gov/travel or call 1-800-232-4636 (toll free in the U.S.). Residents of other countries should contact the appropriate government agency in their home country to determine what, if any, vaccinations are recommended. Depending on your health history, your physician may also recommend malaria pills or certain booster shots, such as tetanus and/or hepatitis A and B. Anti-diarrhea medicine may also be advised, in case you are sensitive to certain spices or unfamiliar ingredients commonly used in Southeast Asia.

Physical Requirements

Our land programs and shore excursions in Myanmar require a moderate-to-challenging amount of walking. Streets, temple complexes, landing stages, and other sites may have steps and/or uneven terrain. The embarkation and disembarkation points between ship and shore may present a challenge to some guests or may not be appropriate for guests with certain medical conditions or physical restrictions. Facilities and services for guests with disabilities may sometimes be limited or non-existent. Guests requiring special assistance must be accompanied by a person who is physically able to provide such assistance since crew availability is severely limited in most circumstances. In fairness to other guests, transfers and shore excursions adhere to a set schedule and cannot be delayed to accommodate those with physical limitations. AmaWaterways and its affiliates are not responsible for any denial of services by airline carriers, cruise vessels, hotels, motor coaches, any form of transportation, local guides/operators or other independent suppliers.

Medical

Unlike other countries in Asia, Myanmar lacks modern medical facilities and infrastructure. There is no doctor or nurse aboard your cruise, and hospitals are few and can only be found in the cities of Yangon and Mandalay. Air transportation is required in order to reach neighboring countries such as Thailand and Singapore. Please consult with your physician prior to traveling if you have a medical condition that might pose limitations during your trip. If you haven't already done so, please advise us before your departure date if you have any medical conditions requiring special attention during your trip.

Handicapped Facilities

Your ship is not equipped with handicapped facilities such as ramps or elevators, and hallways and doorways may not be wide enough to accommodate wheelchairs or scooters. Motorcoaches, minibuses, minivans, local boats, trishaws and horse-drawn carriages used for transfers and shore excursions also may not be handicap accessible.

Special Diets

Please let us know prior to your departure date if you have any special dietary requirements (e.g. vegan, diabetic, gluten-free, etc.). We will make every effort to accommodate your requests, with the resources available to us.

Drinking Water

We recommend using bottled water for drinking and brushing your teeth when you travel to Southeast Asia. A supply will be readily available on board during your trip. If you have a meal in town on your own, ask that bottled drinks be opened at the table (to ensure purity) and refuse ice cubes. Drink often to avoid dehydration.

Street Food

Please be cautious when sampling any food purchased from street vendors. It's best to avoid dairy products, salads, and any food that is uncooked or fruit that you have not peeled yourself.

Shopping

Be aware that it is prohibited to export antiques. The exportation of gemstones, jewelry and silver is also not recommended.

Making the Most of Your Trip

Experienced travelers know that flexibility is key. The more you can adapt to constantly changing conditions, the less stressed you'll be and the more you will enjoy your journey. This is especially true when traveling in developing countries such as Myanmar. Because you will have an up-close experience with the local people, it's very important to respect their unique traditions, cultures and religions. Some areas are off limits to foreigners, and so it's important to follow the guidelines for the restricted area. When in doubt, speak to your tour guide regarding restricted areas.



MONEY MATTERS

Currency

The local currency in Myanmar is the Kyat (pronounced as “chat”). Very recently The Central Bank of Myanmar (CBM) has decided Myanmar will no longer accept transactions made in any foreign currencies. This means shops and street vendors may not accept \$US dollars anymore, and your onboard purchases will be charged in local currency. They have not declared when this will take effect, it could be any day. Therefore please be prepared upon arrival in Myanmar to change money into Myanmar Kyats for any purchases you may make.

ATM (Automated Teller Machine)

There is limited access to ATMs in major cities such as Yangon and Mandalay. Please note that these ATMs dispense the local currency (Kyat). A service fee may apply. Your ship does not have cash dispensing machines on board.

Credit Cards and Travelers Checks

It is important to note that credit cards are not generally accepted in Myanmar. Visa and Master Card are accepted only at major tourist hotels, shops and restaurants in Yangon and Mandalay. Vendors who do accept credit cards usually post a handling and/or currency exchange fee.

Travelers checks are not accepted anywhere in Southeast Asia. Be sure to bring two credit cards, as some places may accept one type but not the other. Before traveling, ensure your credit cards are activated and valid for at least 30 days after you return home. It's a good idea to let your credit card company know you will be traveling, and to inquire about any transaction fees and/or restrictions.

Settling Your Bill On Board

Your ship does not have a currency exchange service on board. The day before your cruise ends, you will receive an invoice for any charges you've made since boarding the ship. Please make sure all charges are correct before settling your account at the reception desk. All onboard charges may be paid with a credit card (Visa or Master Card) or with cash in Kyat only. Debit cards, pre-paid credit cards, personal and travelers checks are not accepted.

TRAVEL ESSENTIALS

What to Pack

It is always advisable to travel light in Southeast Asia, so “if in doubt, leave it out.” Myanmar has a tropical climate with hot and humid weather and is sometimes affected by monsoons. Bring lightweight easy-care clothing that includes long-sleeved items for protection from mosquitoes and sun, rain gear, as well as sturdy and comfortable walking shoes that you won't mind getting wet or muddy. You might also want to pack a few smart casual items to wear at the Welcome and Farewell Dinners.

Current airport security regulations require that any liquids and semi-liquids (e.g., lotions, gels, etc) stored in your carry-on bag **MUST** be in a container no larger than 3 oz. (88 ml) and all items must fit into a clear quart-sized plastic bag. Any items exceeding this limit may be confiscated by TSA personnel. Some suggestions for what to pack:

- » Shorts and/or long cotton pants
- » T-shirts and long-sleeved cotton shirts
- » Sweater, sweatshirt, or warm wrap for chilly nights during the cold months (October to February)
- » Bathing suit, cover-up and flip flops and a comfortable pair of strong slip-on shoes
- » Small flashlight
- » Camera equipment and extra batteries/accessories
- » Converter, electrical adapter (220v) and chargers
- » Travel-sized deodorant, toothpaste, disinfecting wipes, insect repellent, etc. Prescription medications in original containers (to be packed in carry-on bag, not checked luggage)
- » Non-prescription medications; cold and fever medication; upset stomach medication.
- » Small first-aid kit with aspirin, antibacterial cream, etc.
- » Feminine products and cosmetics
- » Hat with brim, sunscreen, lip balm, sunglasses
- » Day pack large enough to hold camera, binoculars, etc.
- » Photocopies of your passport and other important documents

Note: Pack a sufficient supply of any medications you are taking, copies of the prescriptions and the telephone/fax numbers of your doctor. Some countries require that prescription drugs be carried in their original container with the label clearly visible.

Important: When visiting religious sites, shoulders and knees should be covered, and feet must be bare when entering.

TRAVEL LOGISTICS

Airport Security and Check-in

Most airlines recommend being at the airport at least three hours before international flights and two hours before domestic flights. This allows enough time to check your baggage, present your passport and ticket, confirm seat assignments and boarding passes and clear security procedures before proceeding to the boarding area. Airport security regulations require that sharp objects of any kind be stored inside your checked luggage, not your carry-on bag. You may be asked to put your shoes and/or coat through an X-ray scanner, so be prepared to remove them.

Tips for Long Flights

- » Wear loose-fitting clothing and comfortable shoes.
- » Avoid caffeine, alcohol and carbonated drinks and drink plenty of water.
- » Alleviate pressure in ears by chewing gum, yawning, swallowing or gently blowing your nose.
- » Periodically walk up and down the aisle to stretch your limbs and get blood circulating.
- » Do a few isometric exercises while seated.
- » Try to sleep during your overnight flight so you can acclimate to the local time more quickly.
- » Avoid wearing contact lenses during your flight, as recirculated air tends to dry them out.

Late or Missed Flights

If you miss a flight, immediately advise an airline representative that you are a cruise passenger bound for a specific location/date/time to meet your ship. If your flight is cancelled, await instructions from the airline regarding alternate travel arrangements. Typically airlines will do everything in their power to get you on the next available flight. Please refer to the phone numbers listed in your travel documents and advise the ship of any delays or changes to your schedule. These phone numbers are also listed in the GENERAL INFORMATION section on page 24 of this booklet.

Delayed Baggage

Baggage can sometimes be delayed during air transport. Pack a change of clothing in your carry-on bag or your traveling companion's bag just in case. Place a copy of the hotel and ship contact info inside each piece of checked luggage, as this will help the airline locate you should your bags be delayed. Please note that it is the responsibility of the airline to deliver any delayed bags to you. Claims for reimbursement for lost or delayed luggage should be submitted directly to the airline. Fill out a claim form at the appropriate airline desk before leaving the airport.

AIRPORT TRANSFERS

IMPORTANT INFORMATION IF YOU HAVE AN ARRIVAL TRANSFER PROVIDED BY AMAWATERWAYS:

Arrival Transfers

If AmaWaterways arranged your arrival transfer, pass through Customs with your luggage and proceed to the meeting point indicated for your arrival airport. You will be met by an AmaWaterways representative holding an “AmaWaterways” sign.

Guests Without Pre-Arranged Transfers

If you do not have an arrival transfer provided by AmaWaterways, please make your own way to the hotel or ship using the information provided in this booklet.

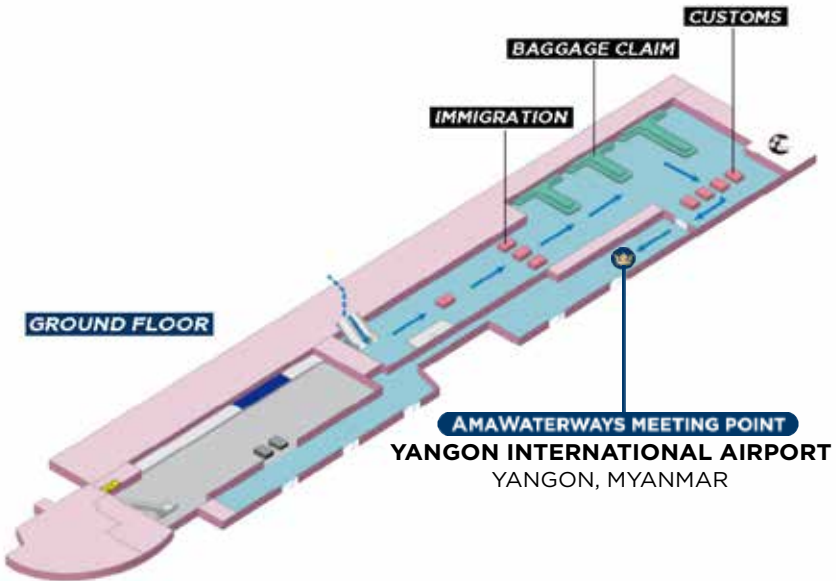
AIRPORT INFORMATION

Yangon International Airport (RGN)

Yangon International Airport is located 12 miles (19 km) northwest of the city center, approximately 50 minutes from your hotel depending on traffic conditions. There is no AmaWaterways Welcome Desk at this airport. Upon arrival, please pass through Immigration and Customs with your luggage and proceed to the meeting point. The Meeting Point is directly in front of the main exit hall as indicated on the map below. You will be met by an AmaWaterways representative holding an “AmaWaterways” sign.

Local emergency contact number: +95-9-254955743 (locally dial 09-254955743)

Note: The instructions above apply only to guests who purchased an AmaWaterways transfer.



Mandalay International Airport (MDL)

Mandalay International Airport is situated 22 miles (35km) south of the city center, approximately 90 minutes from the ship depending on traffic conditions. There is no AmaWaterways Welcome Desk at this airport. Upon arrival, please pass through Immigration and Customs with your luggage and proceed to the meeting point. The Meeting Point is located in front of the main exit hall as indicated on the map below. You will be met by an AmaWaterways representative holding an "AmaWaterways" sign.

Local emergency contact number: +95-9-254955743 (locally dial 09-254955743)

Note: The instructions above apply only to guests who purchased an AmaWaterways transfer.



Bangkok Suvarnabhumi Airport (BKK)

Suvarnabhumi Airport is located 19 miles (30 km) east of the city center, approximately 60 minutes away from the hotel depending on traffic conditions. Please note that Suvarnabhumi Airport is a single terminal airport with THREE exits leading from the secure area to the public arrivals hall. Domestic arrivals will exit through Zone A. International arrivals will exit through Zone B or C.

There is no AmaWaterways Welcome Desk at this airport. Upon arrival, please pass through Immigration and Customs with your luggage and proceed to the meeting point. The Meeting Point is directly in front of the main exit hall (Zone B) at Gate 5 as indicated on the map below. You will be met by a hotel representative holding an "Sofitel Bangkok Sukhumvit Hotel" sign.

Local emergency contact number: +66-81-890-9098 (locally dial 081-890-9098)

Note: The instructions above apply only to guests who purchased an AmaWaterways transfer.



Departure Transfers

If AmaWaterways arranged your departure transfer, you will be notified of your pick-up time by your Cruise Manager.

If you do not have a departure transfer provided by AmaWaterways, please make your own way to the hotel or airport.

LAND EXTENSIONS

Yangon Arrival & Departure Information for Pre/Post-Cruise Programs

Hotel check-in time is 3:00 p.m. If your flight arrives in the morning, your luggage can be stored at the hotel before check-in and delivered to your room later.

Check-out times vary but are typically between 11:00 a.m. and 12 noon. If you have a late afternoon or evening flight, please contact the hotel concierge desk to store your luggage until you depart for the airport.

Hotel Welcome Desk Information

For pre-cruise land programs that include a hotel stay in Yangon, an AmaWaterways Welcome Desk will be located in the hotel lobby area. Normal operating hours are from 10:00 a.m. to 6:30 p.m. If you arrive outside of these operating hours, please proceed to the hotel's reception desk to check-in.

Hotel Contact Information

Yangon

Sule Shangri-La Hotel
#223 Sule Pagoda Road
G.P.O Box 888
Yangon, Myanmar
Tel: +95-1-242-828

Inle Lake:

Myat Min Inle Lake Resort
Mine Thauk Village, Nyaung Shwe Township
Inle Lake, Shan State, Myanmar
Tel: +95-9-251-041-570

Bangkok:

Sofitel Bangkok Sukhumvit
189 Sukhumvit Road Soi 13-15
Klongtoey Nua, Wattana
10110 Bangkok, Thailand
Tel: +66-2-126-9999



EMBARKATION & DISEMBARKATION

EMBARKATION IN YANGON (YANGON TO MANDALAY)

Embarkation time is 3:00 p.m. at the Botahtaung Jetty. A transfer from Yangon airport to the ship can be pre-arranged. Guests that do not have a pre-arranged transfer on embarkation day may take a taxi from Yangon airport to the ship.

EMBARKATION IN PYAY (PYAY TO MANDALAY)

Guests with Pre-Cruise Package: Embarkation time is 3:00 p.m. in Pyay. Guests that have booked a pre-cruise package with AmaWaterways will be transferred at 8:00 a.m. from the hotel in Yangon to the ship in Pyay.

Cruise Only Guests: Guests that have not booked a pre-cruise package with AmaWaterways can purchase a transfer from the Sule Shangri-La Hotel in Yangon to the ship in Pyay on embarkation day. Please meet at the AmaWaterways Welcome Desk located in the lobby of Sule Shangri-La Hotel in Yangon by 7:30 a.m. on embarkation day. This transfer service can be purchased prior to your departure.

Note: Transfer is approximately 6-8 hours long, depending on traffic conditions.

EMBARKATION FOR MANDALAY (MANDALAY TO PYAY / MANDALAY TO YANGON)

Guests with Pre-Cruise Package: Embarkation time is 3:00 p.m. at the GeWein Jetty. During low water season, your ship embarks at Htone Bo Jetty in Sagaing (please refer to your cruise voucher for the exact location in Mandalay). Guests that have booked a pre-cruise package with AmaWaterways will be transferred from Mandalay airport to the ship in Mandalay on embarkation day.

Cruise Only Guests: Guests that have not booked a pre-cruise package with AmaWaterways can purchase a transfer from the airport in Mandalay to the ship on embarkation day. This transfer service can be purchased prior to your departure.



DISEMBARKATION IN MANDALAY (PYAY TO MANDALAY / YANGON TO MANDALAY)

Guests with Post-Cruise Package: Disembarkation time is 9:00 a.m. Guests that have booked a post-cruise package with AmaWaterways will be transferred to the airport in Mandalay for an intra-Myanmar flight to Yangon or Heho.

Cruise Only Guests: Guests that have not booked a post-cruise program with AmaWaterways can purchase a transfer from the ship to the airport in Mandalay on disembarkation day. This transfer service can be purchased prior to your departure.

DISEMBARKATION FOR PYAY (MANDALAY TO PYAY)

Guests with Post-Cruise Package: Disembarkation time is 9:00 a.m. Guests that have booked a post-cruise package with AmaWaterways will be transferred from the ship in Pyay to Sule Shangri-La Hotel in Yangon.

Guests with Own Post-Cruise Arrangements in Yangon: Guests that have made their own post-cruise arrangements can purchase a transfer from the ship in Pyay to the Sule Shangri-La Hotel in Yangon on disembarkation day. This transfer service can be purchased prior to your departure.

Note: Transfer is approximately 6-8 hours long, depending on traffic conditions.

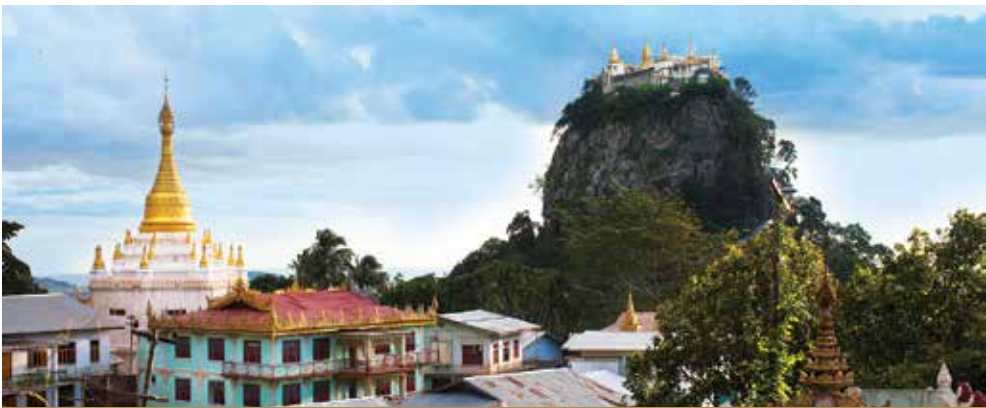
DISEMBARKATION IN YANGON (MANDALAY TO YANGON)

Guests with Post-Cruise Package: Disembarkation time is 9:00 a.m. Guests that have booked a post-cruise package with AmaWaterways will be transferred to the airport.

Cruise Only Guests: Guests that have not booked a post-cruise package with AmaWaterways can purchase a transfer from the ship to the airport in Yangon on disembarkation day. This transfer service can be purchased prior to your departure.

DOCKING LOCATIONS

There may be times when multiple ships are tied together and views from your stateroom are temporarily restricted. These are typical situations beyond the control of AmaWaterways. Docking locations may also change without notice. We ask that all guests making their own way to the ship please contact the ship on embarkation day to verify its exact location.



Yangon Docking Location

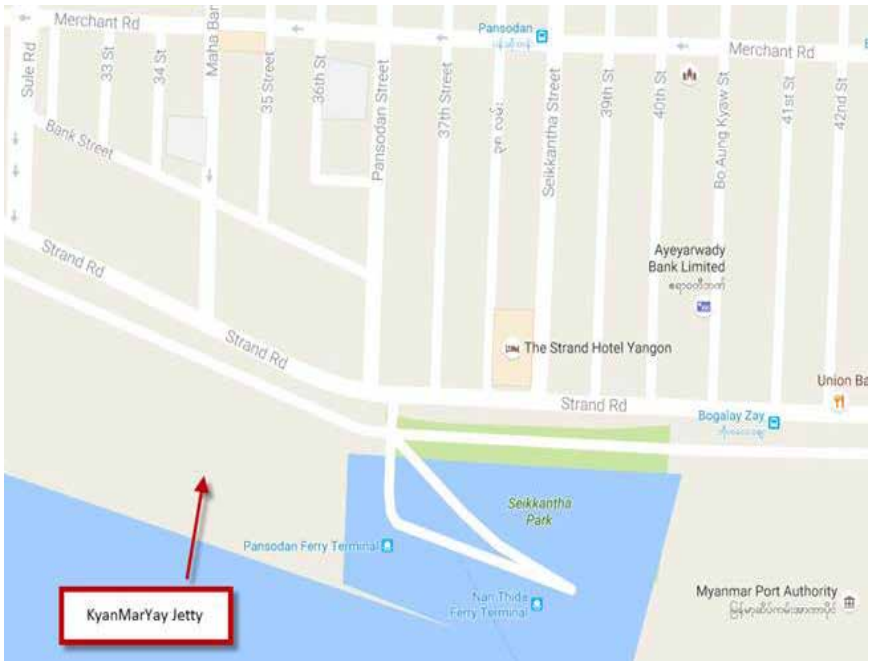
Docking Area: Kyan Mar Yay Jetty

Street Address: The ship is located on Strand Road, between Pansoedan Jetty and Sule Jetty.

The closest international airport is the Yangon International Airport (RGN), approximately 13 miles (21 km) from the ship.

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(ပန်းဆိုးတန်း ချယ်ရီဆိုင်ကမ်းအနီး)ရန်ကုန်မြို့။



Pyay Docking Location

Docking Location: Pyay Jetty

Street Address: The ship is located along Strand Road, between Anauk Zaungtan St. and Old Post Office Road.

The closest international airport is the Yangon International Airport (RGN), approximately 167 miles (270 km) from the ship.

Note: A canopy tent will be set-up near the ship to designate the exact docking location.

ပြည်ဆိပ် မီး

လိပ်စာ - အနောက်ဆောင်းတန်းလမ်းနှင့်စာတိုက်ဟောင်းလမ်းအတွင်း၊ မီးနားလမ်း၊ပြည်မြို့။



Mandalay Docking Location

Docking Location: Gaw Wein Jetty

Street Address: The ship is located along Myo Patt Road, just south of 35th St.

The closest international airport is the Mandalay International Airport (MDL), approximately 26 miles (42 km) from the ship.

Note: A canopy tent will be set-up near the ship to designate the exact docking location.

ဂေါ်ဝါန်ဆိပ် မီး

လိပ်စာ - မြို့ပတ်လမ်း(၃၅လမ်းတောင်ဘက်) မနွေ လေး။



DURING THE CRUISE

Cruise Manager's Office

Should you need any assistance during your cruise, please contact the Cruise Manager's Office.

Onboard Staff

The onboard staff consists of 30 Burmese crew members. Key English-speaking personnel include the Cruise Manager and Hotel Manager.

Smoking

Smoking is not permitted anywhere inside the ship. Smoking is only allowed outside on the Sun Deck. For the safety and comfort of all guests on board, your cooperation in observing the no-smoking policy is greatly appreciated.

Ship Schedule

The ship departs promptly from each port in accordance with its cruising schedule. The ship is unable to delay departure for guests who may not be on board. Unless you are on a shore excursion accompanied by an AmaWaterways guide, it is your responsibility to make your own way to rejoin the ship at a subsequent stop. Without limitation, AmaWaterways is not liable for any costs incurred if you miss the ship's departure for any reason.

Gratuities

Gratuities to your Cruise Manager and the ship's crew for services rendered are not included in your cruise fare. While the amount of these gratuities depends upon your degree of satisfaction, many guests have asked us for some general tipping guidelines.

PRE- AND POST-CRUISE

Tour Manager:	\$2 per person per day
Local Guides:	\$1 per person for each half-day tour \$2 per person for each full day tour
Bus Drivers:	\$.50 per person for each half-day tour \$1 per person for each full day tour

CRUISE

Cruise Manager:	\$2 per person per day
Assistant Cruise Manager:	\$2 per person per day
Crew:	\$10 per person per day

STATEROOM INFORMATION

In-Room Entertainment

Each stateroom is equipped with an LCD TV that can be used for playing in-house documentaries.

Telephone

Each stateroom is equipped with a telephone that may be used to make calls within the ship. An emergency cell phone may be available for an additional fee. Please note there may be times when cell reception may not be available.

Climate Control

Each stateroom is equipped with adjustable climate control. Please refer to the instructions provided or check with the service crew if you have any questions regarding its use. It takes about 20 minutes to completely cool your room.

Electricity

The electricity on board is 220v/50hz. Each stateroom is equipped with 5 universal sockets and a USB socket. You may need an adapter and converter depending on your particular appliance(s).

Bathroom Amenities

Each stateroom provides bathrobes, slippers, a hair dryer, soap, body wash and shampoo.

Water

All water on board is purified and filtered, suitable for washing. Complimentary bottled water will be provided daily for drinking and brushing your teeth. We do not recommend drinking the tap water.

In-Room Safe

All staterooms are equipped with a safe. We recommend placing your passport and other valuables in the safe whenever you are away from your room.



ONBOARD FACILITIES & AMENITIES

Medical Facilities

There is no doctor or nurse aboard your cruise. In the event you need medical assistance, the closest medical facility will be contacted. Guests are strongly urged to secure adequate travel insurance for medical emergencies.

Gift Desk

The Gift Desk is located in the Lounge and carries a selection of accessories, souvenirs and gifts.

Laundry

Onboard laundry services are available for a fee. A price list can be found in your stateroom. Please note that dry cleaning is not available during your cruise.

Sun Deck

The Sun Deck is furnished with comfortable lounge chairs for your enjoyment. For safety reasons, there may be times when access to the Sun Deck is restricted, such as late evening or during inclement weather.

Lounge

Your ship has a large, comfortable lounge with a bar. The lounge serves as a gathering place for announcements, lectures and entertainment.



ONBOARD DINING

All meals on board are included in the brochure price and are served in the dining room in a single seating. Open seating allows you to sit wherever you wish and to meet fellow travelers. Table reservations are not accepted.

Meals are prepared by our chef and offer a choice of Western or Asian cuisine. Breakfast is served buffet style. Lunch offers a selection of hot menu items and salads, soups and desserts are served buffet style. Dinner is a multi-course meal with a choice of delicious entrées.

Beverages

Complimentary bottled water is restocked in your stateroom on a daily basis. Coffee and tea is available any time of day and complimentary house wine, local beer and soft drinks are included with lunch and dinner. Premium wine and brand name liquor are available for purchase. Soft drinks and alcoholic beverages are also available outside of meal times for an additional charge.

SAFETY PRECAUTIONS

Embarkation & Disembarkation Points

There are very few proper embarkation/disembarkation points along the Ayeyarwady River. You may need to embark or disembark via a narrow gangway or a local tender boat, or occasionally cross a dirt, or grass-covered surface and sandy river bank to reach the ship. Our helpful and friendly staff will always be on hand to assist you.

Transportation Safety

To avoid injury, please remain seated whenever riding in a motor coach, minibus, minivan, Jeep, truck, small tender boat, trishaw, tuk tuk, ox cart or horse-drawn carriage. Day packs and other personal items should be stowed in the overhead racks of the motor coach or under your seat to keep the aisles clear. Heavy or fragile items should never be stored overhead. Do not leave any valuables behind during sightseeing tours. Please watch your step when exiting any of these forms of transportation and always check for oncoming traffic. All guests must wear life jackets anytime they are in a tender boat. AmaWaterways reserves the right to prevent any guest refusing to comply with this requirement from participating in the scheduled excursion.

Moving Around On Board

Please exercise caution when moving around the ship, especially when it is in transit and/or when you are navigating stairs and floors.

SHORE EXCURSIONS

Daily Activities

The Daily Cruiser, available at the Manager's Office, contains updated information about each day's itinerary including scheduled activities, shore excursions, tour departure times and more.

Sightseeing tours are included throughout your itinerary. These tours can involve walking and/or travel by motor coach, minibus, minivan, Jeep, truck, trishaw, tuk tuk, ox cart, horse-drawn carriage or a small tender boat. Each tour is led by a qualified English-speaking guide. Note that scheduled activities and tours are always subject to change, particularly in the event of low water levels or inclement weather.

Religious Site Visits

When visiting religious sites, we kindly ask guests to be respectful of the local culture and its customs. Shoulders and knees should be covered, and some sites may require you to remove your shoes upon entry. Shoes that can be easily slipped on and off are useful during these excursions.

Village and Town Visits

As in many touristic destinations worldwide, pick-pocketing is something to remain vigilant of while traveling. It is not advisable to carry passports or other valuables (i.e. jewelry, money) on your person during excursions. Whenever possible, valuables should be kept in the safe available in your hotel room or stateroom. Stay alert while out on your own or in the evening, especially if venturing solo.

Water Levels

In the event of fluctuating water levels on certain stretches of the river, embarkation and/or disembarkation locations may vary. It may be necessary to operate part of your planned itinerary by motorcoach, or to alter the daily program as determined by the ship's Captain.

Local School Visits

Your cruise program may offer you the choice of visiting a local village school or monastic school. This special opportunity allows you to get a closer look at what life is like for school-age youth in rural Myanmar.

If you wish to bring some items from home to donate to the school, here are a few suggestions. Very simple story books with lots of pictures, UNO cards, wooden jigsaw puzzles, pencils with erasers, jumbo felt tip pens, dry erase markers, highlighters, Post-It notes, small notebooks, building blocks, toothbrushes, and small tubes of toothpaste, soap and shampoo.

GENERAL INFORMATION

Contact Information

Your final travel documents contain important phone numbers and other information you may need during your vacation. Some tips for making calls:

Replace the “+” symbol with the international access number for the country you are in (e.g., for international calls from North America, dial 011+ country code + city code + number).

Please refer to the phone numbers below and/or in your travel documents and advise us of any delays or changes to your schedule. If for any reason you require assistance, our representatives are at your service:

AmaWaterways Headquarters

1-800-626-0126 or 1-818-428-6198

Monday-Friday: 6:00 a.m.-6:00 p.m. Pacific Standard Time

Saturday: 7:00 a.m.-1:00 p.m. Pacific Standard Time

EMERGENCY CONTACT INFORMATION

Please call the AmaWaterways Headquarters number listed above during normal business hours for any non-urgent matters that do not require an immediate response.

The emergency contact numbers listed below should be reserved for genuinely urgent situations only. To better assist you, we recommend using the AmaWaterways Headquarters Emergency phone number if an emergency occurs prior to your embarkation or while in transit to Southeast Asia.

- » AmaWaterways Headquarters Emergency phone number:

1-818-428-6198 or 1-800-626-0126

From Monday-Friday, 6 a.m. - 6 p.m. P.S.T. and Saturday, 7 a.m. - 1 p.m. P.S.T.

- » Outside of these times, please call the US emergency phone number:

1-818-398-1921

- » Emergency email address: emergency@amawaterways.com
(Please put “**EMERGENCY**” in the subject line of your email.)

- » AmaPura Emergency contact numbers:

+ 95-9-2549-55728 (locally dial 09-2549-55728)

+ 95-9-2592 58178 (locally dial 09-2592 58178)

- » Land Extensions and Transfers emergency contact numbers:

Myanmar: **+ 95-9-254955743 (locally dial 09-254955743)**

- » Bangkok Extension and Transfers emergency contact numbers:

Airport Transfer: **+ 66-81-890-9098 (locally dial 081-890-9098)**

Sightseeing Program Thailand: **+ 66-81-812-2917 (locally dial 081-812-2917)**

COUNTRY AND CITY CODES

Myanmar country code:	95
Yangon City Code:	1
Mandalay City code:	69 or 90
Thailand Country code:	66
Bangkok City Code:	2

Time Zones

Myanmar: UTC*/GMT + 6:30 hours

Thailand: UTC*/GMT + 7:00 hours

*UTC = Coordinated Universal Time

These countries do not observe Daylight Saving Time

TEMPERATURE CONVERSIONS

40 Celsius	=	104 Fahrenheit
35 Celsius	=	95 Fahrenheit
30 Celsius	=	86 Fahrenheit
25 Celsius	=	77 Fahrenheit
20 Celsius	=	68 Fahrenheit
15 Celsius	=	59 Fahrenheit
10 Celsius	=	50 Fahrenheit
5 Celsius	=	41 Fahrenheit
0 Celsius	=	32 Fahrenheit

METRIC CONVERSIONS

1 kilometer (km)	=	0.62 (mi)
1 mile	=	1.609 kilometer (km)
1 centimeter (cm)	=	0.39 inches (in)
1 inch	=	2.54 centimeters (cm)
1 meter (m)	=	3.28 feet (ft)
1 foot	=	0.30 meter (m)
1 pound (lb)	=	0.452 kilogram (kg)
1 kilogram (kg)	=	2.20 lbs

To see current weather conditions, log on to www.weather.com

WEATHER AND AVERAGE TEMPERATURES

Generally Myanmar enjoys a tropical monsoon climate which is roughly divided into three seasons:

Summer Season: March – May

Rainy Season: June – September

Cool Season: October – February

MONTH	YANGON	BAGAN	MANDALAY	INLE LAKE AREA	BANGKOK
	Hi/Lo °F	Hi/Lo °F	Hi/Lo °F	Hi/Lo °F	Hi/Lo °F
January	89/65	90/64	84/60	72/45	90/72
February	94/67	95/66	90/59	76/47	93/75
March	97/71	97/72	96/68	81/52	95/77
April	99/76	99/76	101/77	84/60	96/79
May	92/78	91/77	98/78	81/63	95/79
June	86/77	86/77	94/79	77/64	93/79
July	85/76	86/76	94/79	75/64	92/79
August	85/77	86/76	91/77	76/64	92/78
September	86/77	86/75	92/77	76/63	91/76
October	88/76	90/75	90/75	75/61	90/77
November	89/73	90/72	86/67	74/52	89/75
December	88/67	90/66	83/59	71/47	88/72

To see current weather conditions, log on to www.weather.com

TRAVEL TIPS

- » Respect different cultures and their unique traditions.
- » Don't take any photos that may make people feel embarrassed.
- » A smile is welcome all over the world!
- » Do not point with your foot.
- » Wear modest clothing when visiting religious sites.
- » Do tuck away your feet when in front of Buddhist relics.
- » Do not touch anyone on the head.
- » Do not kiss in public.
- » Do not disturb people praying or meditating.
- » Calling with your finger pointed up means calling for a challenge.
- » Do try to be understanding when experiencing power outages.
- » Do not touch the robe of a monk.
- » Myanmar's currency should be exchanged at official exchange counters and banks only.
- » Do consider creative ways to contribute to communities, not to individuals.
- » Giving money or sweets to children is not advisable.
- » People in Myanmar are delighted when tourists participate in their festivals.
- » Help protect Myanmar's wildlife by refusing to purchase wildlife products.
- » To maintain Myanmar's unique heritage, do not buy antiques.
- » Do not go where you are advised not to go.
- » Relax and enjoy your holiday!

NOTES



WWW.AMAWATERWAYS.COM