



**KarmaQuest Ecotourism and Adventure Travel**  
**A Women's Journey Along Burma's Textile Trail**  
**January 19 to February 8, 2013**



**Terra Nova Travel** is pleased to present another **KarmaQuest trip** specially designed for **Christina Wilson** and friends. Please join **Christina** and **Wendy Brewer Lama**, Director and Ecotourism Specialist of **KarmaQuest Ecotourism and Adventure Travel** on this third in a series of women's trips to Asia's centers of hand-produced textiles and centuries-old bazaars.

With a small group of women textile arts and crafts enthusiasts, we'll venture off the beaten track to **village settings** and **artisan workshops** to learn about Burma's age-old methods of hand-loom, silk and lotus root weaving **with arts and crafts experts**. We'll attend quiet monasteries, tour magnificent ancient capital and temple sites – crowned as **UNESCO World Heritage Sites** – and travel by air, ground and water to see the colorful and undiscovered cultural landscapes of Burma.

South East Asian textiles are known for their beauty and intricacy. **Design and production methods in Burma have been influenced by over 2000 years of cultural and trade relationships** with neighboring India and South East Asian countries. Traditionally, these intricate textiles have been made on a back-tension (back strap) loom with homegrown cotton, flax or hemp, often dyed with indigo or other locally produced natural dyes. They served as clothing and badges of identity and status -- cultural markers that are little known to the outside world.



Weaving as a cottage industry plays an important part in the economy and life of many Burmese and ethnic families. Our attention to the textiles and their producers brings not only pleasure to us but encourages and gives status to the weavers who uphold these traditions. In the tradition of past women's trips, we'll research and select a worthy **Social Service Project** to visit and support through our donations, purchases and contacts.

To sign up, please contact Nancy Pole Wilhite at  
**Terra Nova Travel, LLC, 2154 NW Aspen Ave, Portland OR 97210**  
Telephone: (800)267-8002 or (503)296-7913 / Fax: (503)292-4314  
Email: [nancy@terranovatour.com](mailto:nancy@terranovatour.com) [www.terranovatour.com](http://www.terranovatour.com)





### Trip Highlights:

- ≈ **Yangon:** Stroll barefoot on the pilgrim-swept marble promenade circling the glistening Golden Shwedagon Pagoda
- ≈ **Bagan:** Marvel at the stone architecture and stunning temple art among the best of 2500 ancient Buddhist stupas along the Ayeyarwaddy (Irrawaddy) River
- ≈ **Mandalay:** Observe daily life of monks and nuns, imagine a regal past at ancient capitals
- ≈ **Inle Lake:** Paddle among villages built on stilts, floating gardens, and lively weekly markets; relax in luxury at water's edge
- ≈ **Sittwe and Mrauk U:** Glide up river to the temple of 90,000 Buddha images; delight in the lively weaving and ornamental traditions of the western Chin state.

### Trip Itinerary:

**Day 1 / January 19 (Saturday) -- Depart US, overnight en route.**

**Day 2 / January 20 (Sunday) -- Arrive and overnight in Bangkok.** Transfer from the airport to your hotel and overnight at the gracious **Shangri-La Hotel**, overlooking Bangkok's central skyline and the Chao Phraya River. Assistance with transfer and check in. **(B/-/-)**

**Day 3 / January 21 (Monday) -- Bangkok:** after a leisurely morning and a delicious breakfast, take a **sightseeing tour** of Bangkok's backwater canals, the Grand Palace, temples and/or the Jim Thompson house. Dinner by candlelight at riverside or at any of Bangkok's many spectacular dining establishments. Overnight in Bangkok. **(B/-/-)**

**Day 4 / January 22 (Tuesday) – The arts and temples of Yangon.** Fly from Bangkok to Yangon and check into your hotel. Visit the home-based **Na Gar glass factory**, producing hand-blown glass ware, from local street lamps to beer mugs, in all manner of decorative designs. Then proceed to the magnificent **Shwedagon Pagoda**, shining golden over the city (*photo right*). In the local Buddhist tradition, remove your shoes and join pilgrims on a stroll around the stupa, past many shrines and worship sites. This evening, enjoy a sumptuous **welcome dinner**. Overnight at the **Savoy Hotel**, Yangon (or equivalent). **B/-/D)**



**Day 5 / January 23 (Wednesday) -- Yangon museum and a visit with craft artisans and a historian.** The **National Museum** introduces the ethnic peoples and dress of Burma. Next, see cotton wear made on hand looms by today's women at a 'women center'. A special treat waits: a **visit to the renowned Madame Thaire's home** filled with antiques, tapestries, fabrics and ceremonial dress, and explained by family members. At another stop, we'll have a chance to see and purchase hand-designed cotton sheets and traditional dresses made by the shop weavers. Return to the hotel for a rest and perhaps tea in the garden. Overnight in Yangon. **(B/-/-)**



**Day 6 / January 24 (Thursday) -- Fly to Bagan, drive to Mt. Popa.**

After breakfast, transfer to the airport and fly to Bagan. The aerial view down upon **thousands of stupas** stretching as far as the eye can see is unforgettable. Drive an hour through picturesque countryside to Mt. Popa (*photo left*), a volcanic plug that rises majestically in the distance above the plains. It is home to some of Burma's whimsical **nats** to which local people often pray for specific requests. En route, visit a local **toddy palm farm** and see how toddy palm juice, sugar and local "hooch" are produced. Overnight at Popa Mountain Resort (*also in photo left*). **(B/-/-)**

**Day 7 / January 25 (Friday) -- Bagan temple tour.**

Return to Bagan by road and commence a tour of these spectacular 10<sup>th</sup> to 12<sup>th</sup> century Buddhist and Hindu temples. Sprawling across a vast plain flanked by the **Ayeyarwaddy River** lie 2500 clay and stone stupas (temples) of all sizes. Many were built by rulers seeking merit and to outdo each other with artistic splendor. We'll see examples of the various styles and materials, and will go inside to see magnificent **golden statues, frescoes and impressive stone arch supports**. Bagan is also known for superb **lacquer-ware**, delicately painted with single horse-hair brushes; we'll visit a lacquer workshop and shop. Overnight at the Tharabar Gate hotel (or equivalent), Bagan. **(B/-/-)**



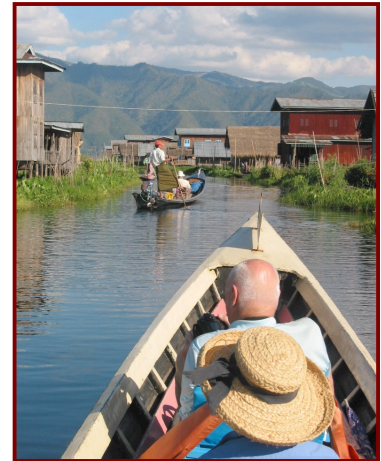
**Day 8 / January 26 (Saturday) – Bagan: handlooms, villages, a local market, and horse drawn sightseeing.** The **Nyaung U market** comes alive with hawkers of crafts, curios, textiles, vegetable and sundries in the morning: a great photo and bargaining op. Next, we'll travel across the Ayeyarwaddy River to Myitche where villagers make table clothes, blankets, napkins, etc. using **handlooms**. Return across the river to Bagan and drive to another village where to **cotton thread ride** is made from the cotton bulb in the traditional way. Later this afternoon, we'll take a **horse cart ride** to one of the ideal viewing sites for a panoramic view over the pagodas. Overnight in Bagan. **Optional:** take an early morning hot air balloon ride over Bagan for an amazing view. **(B/-/-)**

**Day 9 / January 27 (Sunday) -- Mandalay, a "great city," prophesized by the Buddha.** Take a morning flight 90 miles north to Mandalay, Burma's second largest city and the economic of the north. Today we'll visit the highly revered **Mahamuni Pagoda**, the holiest site in Mandalay where the devout perform daily washing of the millennia-old image of Buddha; a gold leaf hammering craft shop; **Shwenandaw Monastery**, noted for its exquisite wood carvings; and **Mandalay Hill** for a view over the city and Ayeyarwaddy River. Overnight at Mandalay Hill Resort (or equivalent), Mandalay. **(B/-/-)**



**Day 10 / January 28 (Monday) -- Mandalay: Burma's ancient royal capitals, an active monastery, and a picturesque teakwood bridge.** A morning outing takes us to the ancient royal capital of **Amarapura**, where we'll visit **Mahagandayon monastery**, a school for young monks and give alms to the Buddhist practitioners. Nearby stands the famous **U Bein Bridge**, built more than two centuries ago and at nearly 2 miles in length, the longest teakwood span in the world. Later, we'll visit **Inwa**, founded in 1364 as a royal capital and lasting nearly 400 years. Highlights include the 'leaning tower of Ava', a brick-and-stucco monastery, and an elegant teakwood monastery. Overnight at Mandalay Hill Resort (or equivalent). **(B/-/-)**

**Day 11 / January 29 (Tuesday) -- Inle Lake: living on the water.** Fly to Heho and drive one hour to Inle Lake. Set amidst a ring of hills, at 2950 feet above sea level, this elongated lake (35 miles by 19 miles) is the home of a unique lifestyle of living in **stilted homes** and fishing, farming and traveling by boat to market. Our stay will mimic this: **our accommodations for three nights are over the water!** We'll **travel by boat** a Buddhist monastery and a village that weaves cotton longyis (sarongs) using **harness floor looms**. We'll see the famous **ikat weaving** method at a silk weaving village (large houses on stilts) and return to our lakeside terrace to watch the sun set into the hills. Overnight at Inle Lake View Resort (or equivalent), Inle Lake. **B/-/D)**



**Day 12 / January 30 (Wednesday) -- Inle Lake: sightseeing to Indain village and a floating market:** We'll travel in a long boat to a **local market** (subject to the rotating weekly schedule) and to a village where women weave products from the **lotus blossom root**. The finished products (mostly shawls) look much like linen and are unique. We'll glide by boat up a small scenic creek to the **village of Indain**, to see how local ethnic people live. Overnight at Inle Lake. **(B/-/D)**



**Day 13 / January 31 (Thursday) – Inle Lake: a rest day.** A full day to sit by the lake, have a massage, walk or bicycle into town, hire a boat, or **do nothing!** Overnight at Inle Lake. **(B/-/D)**

**Day 14 / February 1 (Friday) -- Back to Yangon for a night.** Well rested, we'll fly back to Yangon for a night before heading southwest. We'll visit the **famous Scott Market**, a sprawling covered market complex built in 1926 and stocking everything imaginable and more: an excellent opportunity for a shopping spree. We'll also visit **Chinatown**, with its sidewalk markets and small Chinese temples. Overnight in Yangon. **(B/-/-)**



**Day 15 / February 2 (Saturday) – Sittwe, base for river travel to textile and cultural centers.**

Fly to Sittwe and transfer to our hotel before setting off by boat to **Wanbo village** where weavers produce the famous raking longyi on **hand looms**. Walking through the village, we'll get a feeling for life in **rural Burma** and have a chance to **engage with local people**. Return to Sittwe to enjoy the sunset from a viewpoint. Overnight at Shwe Thazin Hotel (or equivalent), Sittwe. (B/-/-)

**Day 16 / February 3 (Sunday) – Travel to Mrauk U by boat (5 hours).**

Today we'll transfer to the jetty and proceed by boat up river to the last royal capital of Rakhine state, Mrauk U. River travel promises fascinating scenes and photo ops along the way. Overnight for three nights in the Mrauk U Princess Resort, Mrauk U. (B/-/-)

**Day 17 / February 4 (Monday) – The splendours of Mrauk U.**

Like ancient capital cities of South East Asia (Angkor, Cambodia and Ayuthaya, Thailand) Mrauk U is the home of many temples, pagodas and monasteries built by the best artisans of the times and commissioned by kings to please the gods (*photo right*). We'll sample these including **Zee Nar Manaung Pagoda** and **Bandoo Hla Monastery**, and the cultural museum with displays of ancient stone inscriptions and **Rakhine-style Buddha images**. One of the most notable sites is the **Kothaung Temple** of 90,000 Buddha images which resemble the **Borobudur Temple** of Indonesia in style. Overnight at Mrauk U. (B/-/-)



**Day 18 / February 5 (Tuesday) -- Day trip to Chin village.**

This morning we'll travel by boat to a Chin village where the ethnic Chin peoples wear tattoos and make their living by fishing, farming, and weaving. Some women have their **faces tattooed since their childhood**, the patterns varying from village to village. We'll observe ways of life including the use of small weaving handlooms and river commerce. We'll return to Mrauk U for a **Farewell Dinner** and a celebration of who we are, and all that we've seen. Overnight at Mrauk U. (B/-/D)

**Day 19 / February 6 (Wednesday) -- Travel day: Mrauk U to Sittwe by boat, to Yangon by air.**

We'll return downriver to Sittwe and transfer to the airport for an afternoon flight to Yangon. Enjoy last minute shopping and dinner on the town at your leisure. Overnight in Yangon. (B/-/-)



**Day 20 /February 7 (Thursday) – Yangon to Bangkok.**

Depart for the airport for our flight to Bangkok. Overnight at the excellent **Novotel Suvarnabhumi hotel near Bangkok airport**, convenient for our next day departures for home. (B/-/-)

**Day 21 / February 8 (Friday) -- Depart Bangkok**

Arrive home on the same calendar day (depending upon your flight routing and schedule). Or, extend your stay in South East Asia with a customized extension trip. (B/-/-)

**Estimated Trip Cost**

No. of persons	US \$ per person including 1 single room rotation
8	US \$ 10,044/person
9	US \$ 9,651/person
10	US \$ 9321/person
11	US \$ 8861/person

**Estimated airfare on economy class within Burma: \$676.00**

**Deposit and full payment are accepted by check payable to Terra Nova Travel, LLC, wire transfer or credit card (Visa, Master Card or Am Express). If you wish to pay your land package and domestic airfare (within Burma and Bangkok-Yangon-Bangkok) by check or wire transfer, we are happy to deduct the credit card company processing charges (average 4%) from your trip total. We feel it is important to identify just how much you are paying in credit card charges and ultimately leave the decision in your hands.**

**Note:** The above **Estimated Trip Cost** is subject to change based upon 2013 hotel costs. Final trip prices will be available in June 2012. Domestic flight costs will be charged as per the cost at the time of flight booking.

**Tour Cost Includes**

- 19 nights’ accommodations on twin sharing bed basis as per the itinerary (including two nights in Bangkok on arrival and one night on departure), with opportunity to rotate into a single room (as available)
- All transfers and travel in a private air-con bus with drivers as per the itinerary
- Guided sight seeing tours, with entrance fees and zone fees as per the itinerary
- Private boat tours on Inle Lake as per itinerary
- Wendy Brewer Lama, KarmaQuest Director, as Trip Leader
- An English speaking local guide throughout the trip.
- All breakfasts and other meals as specified
- Welcome dinner (Yangon) and farewell dinner (Mrauk U)
- Cultural show
- One bottled water and two wet towels per person on sightseeing days



### **Tour Cost does not include:**

- Domestic airfare within the itinerary (Yangon/ Bagan/ Mandalay/ Heho/ Yangon and Yangon/ Sittwe/ Yangon)
- International airfare from US to Bangkok to US, Bangkok to Yangon to Bangkok
- Meals not included in itinerary (generally, lunch & dinner)
- All beverages, including drinks at those meals included in tour package
- Early check-in and late check-out where flights require such
- Expenses of personal nature including drinks, phone calls, laundry, excess baggage, etc.
- Massage treatments (optional)
- Hot air ballooning (optional)
- Transportation, sightseeing and entry fees for independent exploration during free time
- Visa fees (approximately US\$ 30 per person, subject to government regulation)
- Tips for meals and for services not specified above
- Trip cancellation insurance (optional)
- Medical and emergency evacuation travel insurance (mandatory)
- Camera /video fees at monuments
- Temple and social service donations (individual and group)
- Any other services not mentioned above
- Social service donation (group/and or individual)

### **Bookings and Deposits**

To confirm your participation on this trip, please send a payment of \$2,900 per person as a non-refundable deposit to Terra Nova Travel, LLC along with your completed **Booking and Deposit Form**, a copy of your passport picture page, **Release of Liability** and a signed **Cancellations and Refunds** form.

Since space is limited, **please send your deposit and completed forms as soon as possible and no later than February 1, 2012** to reserve your place. **Full payment will be due by October 1, 2012.**



Send to:

**Terra Nova Travel, LLC, 2154 NW Aspen Ave, Portland OR 97210**

Telephone: (800)267-8002 or (503)296-7913 / Fax: (503)292-4314

Email: [nancy@terranovatour.com](mailto:nancy@terranovatour.com) [www.terranovatour.com](http://www.terranovatour.com)



Upon receiving your deposit we will send you the following:

- A receipt for your deposit
- A Pre-Departure Information packet
- A Suggested Reading List for the country/region you will visit
- An Emergency Contact and Health Questionnaire to fill out and return
- In-Country Contact Information

## Practicalities

### Rooming Arrangements/Group Size

Trip participants will share a room with other participants on a rotation basis, and may have the opportunity to rotate into a single room time to time. There are no single supplements. The maximum group size is 11 (including Christina Wilson) plus the Trip Leader, Wendy Lama.



### Facilities, Services and Expectations

Travel conditions in Burma have improved remarkably in recent years. Airport facilities, roads and air service, hotels and sightseeing venues in the main tourist sites are now approaching standards found elsewhere in Southeast Asia.

We have selected generally three and four star standard hotel accommodations to provide you a very comfortable environment that reflects Burma's unique culture flavour as well as for their varied and optimal locations.

Occasionally, due to circumstances beyond our control, the selected hotel or the preferred room standard is not available. Every effort will be made to provide the utmost level of comfort and satisfaction at all times.

Some textile and crafts-production sites require overland travel in rural settings, where road conditions are generally good but always subject to construction or other interruptions. Boat travel is on safe and comfortable watercraft; for example, the photo above shows the type of boat used for a short ride to Wanpo village on day 15; the boat plying from Sittwe to Mrauk U is operated by the Mrauk U Princess Resort.

None-the-less, Burma is very much a developing country with a young tourism industry. Service staff is exceptionally friendly and accommodating, and will surely capture your heart. Travelers will be pleasantly surprised at the level of comfort afforded while maintaining a spirit of adventure and readiness for unanticipated opportunities and change of plans. Our follow-up pre-departure information will provide additional tips for traveling, packing, and knowing what to expect.





### **Misc**

In general the check-in and check-out times at all hotels, unless otherwise stated in this itinerary, is between 1200 noon and 1400 hours. Whenever possible, we will arrange for suitable locations for rest and respite should flight schedules and the itinerary require otherwise.

### **Social Service Project**

In keeping with the tradition of supporting social service programs in the countries we visit, this trip will feature the opportunity for trip members to visit and contribute to a yet-to-be-identified program that benefits cultural conservation, education or livelihood improvement in Burma. Donations are optional and may include delivery of needed items (such as eye glasses for women weavers in Laos, Vietnam and India, as in past trips) and/or cash donations during or after the trip. Stay tuned for more information.

### **Travelling in Burma**

#### ***What to call it?***

The ruling military junta changed the country's name from Burma to Myanmar in 1989. The United Nations recognizes the change, but the US and UK do not. A statement by the British Foreign Office says: "Burma's democracy movement prefers the form 'Burma' because they do not accept the legitimacy of the unelected military regime to change the official name of the country. Internationally, both names are recognized." For more discussion, please see <http://news.bbc.co.uk/2/hi/7013943.stm> and [http://en.wikipedia.org/wiki/Names\\_of\\_Burma](http://en.wikipedia.org/wiki/Names_of_Burma)

#### ***The ethics of traveling to Burma***

Over the past fifteen years, travelers have debated the ethics of visiting Burma. Some have boycotted travel to Burma, suggesting that tourism unduly benefits the military government and its cronies. Others see the value of bringing tourism-related jobs to local populations and enabling two-way communications with the outside world.

Recently, the National League for Democracy (NLD), Aung San Suu Kyi's party which supports restoration of democracy and human rights in Burma, issued a public statement that "visitors were once again welcome – so long as they eschewed large-scale package tours in favor of gaining 'an insight into the cultural, political and social life of the country while enjoying a happy and fulfilling holiday in Burma.'" (<http://www.nldburma.org/media-press-release/press-release/316-nld-statement-no-100511-released-on-20th-may-2011-regarding-tourism-in-burma-.html>).

KarmaQuest's long standing commitment to the ethics of ecotourism supports the generation of equitable economic and educational opportunities to local populations, as well as conservation of the natural environment and cultural heritage of places we visit. In Burma, we select in-country travel partners and hotels that are not affiliated with the government, military or associates of either. Furthermore, on this trip, by visiting villages and families that produce textiles, arts and

craft, we'll "encourage the preservation of time honored techniques and designs while stimulating innovation and experiment," spawning economic as well as cultural and artistic benefits (NLD



website: *ibid*). We welcome your ideas and sources of discussion material on this subject. We will provide a reading list and suggested informational websites in our forthcoming pre-departure information packet, provided at the time of trip sign-up.

### **Travel Security**

Each year, thousands of U.S. citizens travel to Burma for tourism, to visit family, and for other reasons. The U.S. Department of State has no travel warnings for Burma. Crime rates are lower in Burma than in many other countries in the region. Violent crime against foreigners is rare.

Burma's political climate occasionally erupts into localized conflicts between the government and ethnic minority groups along the country's border regions. We will closely follow media reports and public information about the security situation in Burma before and during our travels. Additional information regarding wise travel practices in Burma will be included in the Pre-Departure Information packet, distributed when you book the trip.

Please see the following website for additional information.

[http://www.travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_1077.html](http://www.travel.state.gov/travel/cis_pa_tw/cis/cis_1077.html)

Regarding health safety: medical facilities and personnel training in Burma are inadequate. We require that you have medevac insurance in case you need to be transported to a regional medical center outside of Burma for emergency care. We will provide additional information on medevac insurance once you sign up for the trip. We will also provide information on vaccinations and other health precautions via the CDC website.

Having traveled to Burma several times in the past decade, Christina Wilson and Wendy Lama convey a sense of ease and confidence about returning to one of their favorite Asian destinations. Wendy remains in contact with diplomatic friends who work and travel there frequently; in fact, we hope to meet some fascinating Burmese artists and newsmakers through those associations.

### **Optional Extensions**



**Ngapali Beach, Burma:** Considered the most beautiful beach in Burma, on the Bay of Bengal in Rakhine state. It is 45 minutes by air from Yangon. Apart from relaxing at beachside and enjoying spa treatments, you can take excursions to small fishing villages and local markets, explore the countryside by bicycle or take a boat trip to the offshore islands. There is also an 18-hole golf course.



**Bangkok, Chiangmai or beach resorts of Thailand:** Extend your stay in Thailand with a number of one or more night options: relax at a beach resort with snorkelling, kayaking, spas or jungle safaris; visit Chiangmai in northern Thailand, center of arts and crafts, botanical gardens and a unique cuisine; or take an overnight (or day) trip from Bangkok to Ayuthaya (*photo right*), ancient capital of Siam and shop in Bangkok's markets for silks, carved wooden products and countless exotic treasures, with a return via a deluxe river boat.



**Cambodia, Vietnam, or Laos:** With Bangkok as your hub, explore the World Heritage Sites and cultural history of neighboring countries on customized trips to suit your schedule and interests.

## Profiles of Key Trip Personnel

### Christina Wilson, Trip Organizer

Christina has been interested in traveling her entire life. In 1982 she took her first trip to Nepal and India. Since then, she has been going to every exotic place she can find in the world. Her goal is to visit all the interesting places including her own back yard during her lifetime.

Christina worked with Outward Bound for many years and it was there, putting women's trips together, that she found her passion. Outward Bound taught her that it was the journey, not the destination that was important; and about the importance of giving back to the community that she visits. The trips she puts together always include a service project or a contribution to a local organization.

Christina has led many trips all over the world. Her trips are usually small so that the group travels intimately and easily. For the last twenty years she has led many groups to interesting places, including Peru, Bolivia, Ecuador, Italy, England, Tibet, Bhutan, Nepal, Thailand, Burma, Micronesia, Bali, and Indonesia, to name a few. Her most recent trips, operated by KarmaQuest, are with a small group of women who toured Laos and Vietnam in February 2009, and India in January 2011. Christina is a National Tropical Botanical Gardens member and is currently on the Board of Trustees. She led her third trip for NTBG in November 2008 to Madagascar and South Africa and has recently returned from the NTBG-sponsored Amazon cruise led by NTBG Fellow and former head of Kew Gardens, Sir Ghilliean Prance.

**Please contact Christina Wilson with general questions about the trip.**

Tel: (503) 297-3234 or [bumpus@pacifier.com](mailto:bumpus@pacifier.com)



**Wendy Brewer Lama, On-the-Trip Manager and  
Director of KarmaQuest Ecotourism and Adventure Travel**

KarmaQuest Ecotourism and Adventure Travel founders Wendy and Karma Lama have been organizing special interest, educational, adventure, eco-, and cultural trips to Asia for more than 20 years. KarmaQuest trips visit: Nepal, India, Bhutan, China (and Tibet), Thailand, Burma, Laos, Vietnam, Cambodia, Kyrgyzstan and Mongolia.

KarmaQuest's unique and award winning trips draw upon the expertise and relationships Wendy Lama has nurtured as an Ecotourism Specialist for international organizations since the 1980s. She has worked throughout the Himalayan region for The Mountain Institute to manage the impacts of tourism and to promote conservation of natural and cultural resources and improved local livelihoods through ecotourism. She developed an ecotourism management plan in support of panda conservation in Wanglang Nature Reserve for the World Wild Fund for Nature (WWF) in Sichuan, China. She helped develop a tourism master plan for Central Tibet for the United Nations Development Program (UNDP), and trained Tibetans in participatory ecotourism planning. In Kyrgyzstan, Wendy assisted women's groups and tour operators in the beginning stages of a successful Community-Based Tourism (CBT) initiative that is now a standard for Central Asia and beyond. She advised the UNESCO Cultural and Ecotourism in Mountain Regions of Central and South Asia program in Iran, Pakistan, Nepal, Bhutan, India, Tajikistan, Kyrgyzstan and Kazakhstan. She has also advised tourism development in Mongolia and Siberia. She continues to guide tourism development in Nepal. Besides planning and operating KarmaQuests, she has introduced ecotourism to farmers, fisher-people, wineries, nurseries, and Main Street entrepreneurs in Half Moon Bay.

KarmaQuest designs and operates customized ecotourism and adventure travel for individual and group travelers as well as organizations and universities. This is the tenth trip it has organized in collaboration with Christina Wilson and Terra Nova Travel, LLC. KarmaQuest Ecotourism and Adventure Travel ([www.karmaquests.com](http://www.karmaquests.com)) is based in Half Moon Bay, California.



**Nancy Pole-Wilhite, Travel Resource Person, Terra Nova Travel, LLC**

Nancy has worked as a travel consultant since 1978 specializing in exotic destinations. Since 1999 she has been an independent agent/trip designer operating her own company, Terra Nova Travel, LLC. Her keen interest in adventure travel and endangered cultures lead to her connection with Christina Wilson. For the last ten years she and Christina have collaborated on such trips as Baja kayaking, a trek to Machu Picchu, and NTBG Friends' trips to Bhutan in 2002, Thailand/ Myanmar in 2004, Madagascar/South Africa in November 2008, and an Amazon River cruise in June 2009. In October 2008, Nancy visited Iguassu Falls and Buenos Aires, aptly named Paris of South America, to research a visual arts tour for a Portland art gallery. On her most recent she spent 3 ½ weeks on safari exploring Northern Kenya, Tanzania and Zanzibar. Her expertise also extends to Nepal, Tibet, Bhutan SE Asia, China as well as Africa, Chile, Argentina, Brazil, Peru and Ecuador.

Nancy has a BA from the University of California at Berkeley in English Literature and French. Her passion for Renaissance literature and art extends into the music world. For the past twenty years she has been a member of the liturgical choir, Cantores in Ecclesia [www.cantoresinecclesia.org](http://www.cantoresinecclesia.org). Cantores is devoted to the performance of polyphonic music from the Renaissance as well as Gregorian Chant. Nancy also currently serves on the Board of the women's *a capella* group, In Mulieribus ([www.inmulieribus.org](http://www.inmulieribus.org)). She enjoys cooking French and ethnic foods, as well as gardening.

**Please contact Nancy Pole-Wilhite to book the trip, and for questions and assistance in pre-trip tour logistics, including flight bookings, the day to day itinerary, extensions, and other general travel questions.**

Nancy Pole-Wilhite, Terra Nova Travel, LLC.  
2154 NW Aspen Ave., Portland OR 97210  
Telephone: (800)267-8002 or (503)296-7913 / Fax: (503)292-4314  
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**A Women's Journey Along Burma's Textile Trail**  
**January 19 to February 8, 2013**

**BOOKING and DEPOSIT FORM**

To confirm your participation on this trip, please complete, sign, and return this form along with a **non-refundable deposit payment of \$2,900** per person and a copy of your passport picture page to Terra Nova Travel, LLC by **February 1, 2012**. Please send your booking and deposit in early to secure your space, as space on the trip is limited.

**Please print clearly your name as it appears on your passport:**

Name: \_\_\_\_\_

Nationality and passport number: \_\_\_\_\_

Passport place and date of issuance \_\_\_\_\_

Passport date of expiry \_\_\_\_\_

Birth date \_\_\_\_\_

Age \_\_\_\_\_ Sex \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_

Your mailing address:

\_\_\_\_\_  
\_\_\_\_\_

Work phone \_\_\_\_\_ Home phone \_\_\_\_\_

Email \_\_\_\_\_ Cell phone \_\_\_\_\_

Frequent flyer airline \_\_\_\_\_ Frequent flyer number \_\_\_\_\_

Originating city \_\_\_\_\_ Port of arrival in India \_\_\_\_\_

Seating and other in-flight preferences \_\_\_\_\_

In case of emergency, please contact: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Please initial this page: \_\_\_\_\_



I have read, understand and accept the Karma Quest /Terra Nova Travel, LLC Cancellation and Refund Policy and other terms and conditions there-within, and the Release of Liability.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Deposit and full payment are accepted by check payable to Terra Nova Travel, LLC, wire transfer or credit card (Visa, Master Card or Am Express). **If you wish to pay your land package and airfare within Burma by check or wire transfer, we are happy to deduct the credit card company processing charges (average 4%) from your trip total.** We feel it is important to identify just how much you are paying in credit card charges and ultimately leave the decision in your hands.

Enclosed is my payment of \$2,900.00 per person.

Total number of persons on this booking: \_\_\_\_\_

Total amount of deposit enclosed \$ \_\_\_\_\_

**Note: Full payment is due by October 1, 2012**

*Checks should be made payable to Terra Nova Travel, LLC.*

Please return **BOOKING and DEPOSIT FORM** to:

Terra Nova Travel, LLC  
2154 NW Aspen Ave  
Portland OR 97210

Please contact Nancy Pole-Wilhite with any questions at:

Terra Nova Travel  
Voice (503) 296-7913 Fax(503) 292-4314  
email: Nancy@terranovatour.com



## **A Women's Journey Along Burma's Textile Trail** **January 19 to February 8, 2013**

### **RELEASE OF LIABILITY AND ASSUMPTION OF RISK**

I understand that the tour to which I am a party demands that I be in good health and physical condition. I acknowledge the risk and hazards of travel in remote areas where injury, delay or unanticipated events may occur. I am aware that in participating in the trip titled **A Women's Journey Along Burma's Textile Trail, January 19 to February 8, 2013**, under the arrangements of *Terra Nova Travel LLC, and KarmaQuest Ecotourism and Adventure Travel* (hereafter referred to as *KarmaQuest*) and its agents, employees, or associates, I may be subjecting myself to dangers and hazards which could result in illness, injury, or death. I recognize that such risks, dangers, and hazards may be present at any time during the trip. I also realize that medical services or facilities may not be readily available or accessible during some or all of the time in which I am participating in the tour.

In consideration, and as part payment for the right to participate in the trip/tour, and the associated activities, services, and food arranged for me by *Terra Nova Travel LLC, and KarmaQuest* and its agents, employees, affiliates or associates, I have and do hereby fully assume all risk of illness, injury, or death, and hereby release, hold harmless, and discharge *Terra Nova Travel LLC, and KarmaQuest* and its agents, employees, affiliates or associates from all actions, claims, demands, or lawsuits for any accident, injury, property damage or personal loss to me or to those traveling with me in connection with any accommodation, transportation or other travel service, resulting from, related to, or arising in any manner out of my participation in the tour, as well as from any act of terrorism, defect in vehicle, break down in equipment, strike, theft, delay or cancellation of or changes in itinerary or schedule.

**I agree** that I will not sue *Terra Nova Travel LLC, and KarmaQuest* and its agents, employees, affiliates or associates for damages incurred as a consequence of my participation in tour caused by the negligence or other acts of *Terra Nova Travel LLC, and KarmaQuest* and its agents, employees, affiliates or associates or any employee, agent or contractor thereof.

**I agree** that if I suffer injury or illness, *Terra Nova Travel LLC, or KarmaQuest* and its agents, employees, affiliates or associates can, at my cost, arrange medical treatment and emergency evacuation service, as *Terra Nova Travel LLC, and KarmaQuest* and its agents, employees, affiliates or associates deem necessary for my safety.

**I agree** that the foregoing obligation, release, and assumption of risk shall be binding upon me personally, as well as upon my heirs, executors, assigns, and administrators, and for all members of my family, including any minors accompanying me. I have carefully read this

**Your initials** \_\_\_\_\_





agreement and fully understand its contents, terms, and conditions. I am aware that this is a release of liability and contract between me and *Terra Nova Travel LLC, and KarmaQuest* and/or its affiliated organizations or representatives, and I sign it of my own free will

Dated: \_\_\_\_\_ Signature: \_\_\_\_\_

(Name in Block Letters) \_\_\_\_\_

Please sign and return this form to

**Terra Nova Travel, LLC**  
**2154 NW Aspen Ave.**  
**Portland OR 97210.**

Your initials \_\_\_\_\_



**A Women's Journey Along Burma's Textile Trail  
January 19 to February 8, 2013**

**CANCELLATIONS AND REFUNDS**

Please read the following carefully. Please initial each page at the bottom, sign the last page, and return the entire document to Terra Nova Travel with your deposit. We suggest that you keep a copy for yourself.

If it becomes necessary for you to cancel your trip, please notify us immediately by phone or email, followed by a signed statement by email scan, fax or certified mail. Once a booking is made, any cancellation is subject to the following cancellation fees based upon the date of receipt of the written cancellation notice:

**Cancellation Fee Schedule**

<b>Days prior to trip departure</b>	<b>Cancellation fee</b>
Any time after initial booking	No refund of non-refundable deposit
60 to 90 days prior to trip departure	65% of total land cost
01 to 59 days prior to trip departure	100% of total land cost

**We highly recommend that you purchase trip cancellation insurance to protect your investment in the trip.**

**Cancellation and Refund Policy**

Terra Nova Travel and KarmaQuest Ecotourism and Adventure Travel (hereafter referred to as KarmaQuest) reserve the right to cancel any trip prior to departure for any reason, including insufficient sign-ups. If Terra Nova Travel and KarmaQuest cancel a trip, you will receive a full refund of all land payments you have made (including any non-refundable deposit) releasing Terra Nova Travel and KarmaQuest from any further liability.

If a trip must be cancelled or if Terra Nova Travel and KarmaQuest are forced to modify the trip prior to trip departure (i.e., Day 1 of the itinerary) for reasons of *force majeure* (namely acts of God, war or threats of war, labor strikes, riots, civil strife, terrorist activity, health epidemic, or natural disaster such as tsunami, earthquake, flooding, or fire), Terra Nova Travel and KarmaQuest will refund the portion of the trip cost that is available as refund from in-country suppliers and will use its best efforts to recover and refund the balance as promptly as possible. Terra Nova Travel's and KarmaQuest's own non-refundable deposit will not be refunded. No refund will be given on final payment or deposit if *force majeure* results in the cancellation or change in the trip following trip departure. Travelers will be responsible for any additional costs of returning home or for travelling to another destination (including extra or rescheduled

Your initials \_\_\_\_\_



flights, cancellation or re-scheduling fees, hotels and meals, transportation, and incidental costs) that arise due to the change in scheduling/routing by the *force majeure* situation.

Terra Nova Travel and KarmaQuest are not responsible for expenses incurred by trip members in preparing for a trip cancelled for reasons of *force majeure*, or cancelled by Terra Nova Travel and KarmaQuest for any reason, including nonrefundable advance purchase air tickets, air ticket cancellation or change fees, visa fees, inoculations, equipment, etc., or for any additional arrangements trip member have embarked upon prior to the scheduled group trip departure date.

Terra Nova Travel and KarmaQuest are not responsible for additional travel services initiated by trip members while on the tour. Trip members will be responsible for paying for these additional services on the spot.

Terra Nova Travel and KarmaQuest are not liable for any claims of damage in respect to any cancellation on any account whatsoever.

#### **Changes to the Itinerary and Pricing**

While we endeavor to make the itinerary as accurate as possible, it should be considered as an approximate schedule of activities rather than a rigid schedule of events. Trip itineraries are subject to revision due to weather, trail and road conditions, government restrictions, local conditions, and other reasons beyond our control. In addition, current reconnaissance of routes sometimes determines a better routing - we do our best to ascertain that the best route possible is taken into the area.

We will endeavor to provide the hotels as indicated in the Trip Itinerary but cannot guarantee this. If a named hotel is not available, a comparable one will be provided. We will do our best to secure the best available accommodations.

I understand and agree to the above Cancellation and Refund policy and fees, and other terms and conditions.

Name: \_\_\_\_\_

Signature and date: \_\_\_\_\_

Trip name and dates: \_\_\_\_\_

Your initials \_\_\_\_\_