



Southeast Asia

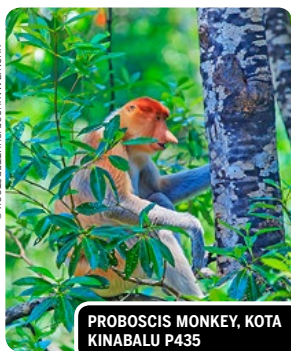
on a Shoestring



Brett Atkinson, Lindsay Brown, Jayne D'Arcy, David Eimer, Paul Harding, Nick Ray, Tim Bewer, Joe Bindloss, Greg Bloom, Celeste Brash, Austin Bush, Ria de Jong, Michael Grosberg, Damian Harper, Ashley Harrell, Trent Holden, Anita Isalska, Mark Johanson, Hugh McNaughtan, Rebecca Milner, Simon Richmond, Iain Stewart, Andy Symington, Phillip Tang

PLAN YOUR TRIP

Welcome to Southeast Asia	6
Southeast Asia Map.....	8
Southeast Asia's Top 20.....	10
Need to Know	20
First Time Southeast Asia	22
If You Like.....	24
Month by Month.....	27
Itineraries	31
Big Adventures, Small Budget	40
Activities	42
Countries at a Glance... ..	54



PROBOSCIS MONKEY, KOTA KINABALU P435



CORON ISLAND, PALAWAN P608

ON THE ROAD

BRUNEI	
DARUSSALAM	58
Bandar Seri Begawan ...	61
Temburong District ...	66
Bangar	67
Ulu Temburong National Park	67
Understand Brunei Darussalam	68
Survival Guide	69
CAMBODIA	71
Phnom Penh	73
Koh Dach	89
Tonlé Bati	89
Phnom Tmao Wildlife Sanctuary	89
Siem Reap & the Temples of Angkor	90
Siem Reap	90
Temples of Angkor	102
Northwestern Cambodia	110
Battambang	110
Kompong Thom	116
South Coast	118
Koh Kong City	118
Koh Kong Conservation Corridor	120
Sihanoukville	120
Southern Islands	128
Kampot	130
Kep	134
Bokor Hill Station	135
Eastern Cambodia	136
Kompong Cham	136
Kratie	137
Stung Treng	139
Ratanakiri Province	140
Mondulkiri Province.....	143
Understand Cambodia	146
Survival Guide	153
INDONESIA	159
Java	161
Jakarta	162
Bogor	172
Bandung	174
Pangandaran.....	175
Batu Karas.....	177
Wonosobo	178
Dieng Plateau	178
Yogyakarta.....	179
Prambanan	189
Borobudur	190
Solo (Surakarta).....	191
Around Solo	194
Malang	195
Gunung Bromo	197
Bondowoso	198
Ijen Plateau	198
Banyuwangi	201
Bali	201
Kuta & Legian	204
Seminyak & Kerobokan	207
Canggu & Around.....	210
Bukit Peninsula.....	210
Denpasar	213
Sanur	214
Nusa Lembongan.....	215
Nusa Penida	216
Ubud.....	216
Semarapura (Klungkung)	224
Sideman	224
Padangbai	225
Tirta Gangga & Around	225
Gunung Batur Area	226
Munduk & Around	226
Lovina.....	227
West Bali	228
Pemuteran.....	229
Nusa Tenggara	230

Contents

Lombok	231	LAOS	317	Pulau Langkawi	417
Gili Islands	237	Vientiane	319	Peninsular Malaysia –	
Sumbawa	244	Northern Laos	331	South & East Coast ...	420
Komodo & Rinca	246	Vang Vieng	331	Johor Bahru	420
Flores	247	Luang Prabang	336	Mersing	422
West Timor	254	Nong Khiaw	345	Pulau Tioman	423
Sumba	256	Muang Ngoi		Kuantan	425
Sumatra	258	Neua	347	Cherating	426
Medan	261	Phonsavan	348	Kuala Terengganu	426
Banda Aceh	264	Plain of Jars	351	Kuala Besut	428
Pulau Weh	265	Sam Neua	352	Pulau Perhentian	428
Bukit Lawang	267	Vieng Xai	353	Kota Bharu	430
Berastagi	268	Northwestern Laos ...	354	Peninsular Interior ...	433
Danau Toba	269	Udomxai	354	Jerantut	433
Bukittinggi	273	Luang Namtha	355	Taman Negara	433
Danau Maninjau	275	Huay Xai	357	Malaysian Borneo –	
Padang	276	Central &		Sabah	435
Kalimantan	280	Southern Laos	359	Kota Kinabalu	435
Central Kalimantan	282	Tham Kong Lor &		Mt Kinabalu & Kinabalu	
East Kalimantan	283	Around	359	National Park	443
Sulawesi	285	Tha Khaek	360	Sandakan	445
Makassar	287	Savannakhet	363	Sepilok	447
Tana Toraja	289	Pakse	366	Sungai Kinabatangan	448
Poso	291	Champasak	369	Semporna	449
Ampana	292	Wat Phu World		Semporna Archipelago ...	451
Togean Islands	292	Heritage Area	370	Pulau Labuan	452
Gorontalo	293	Si Phan Don	371	Malaysian Borneo –	
Manado	293	Don Khong	371	Sarawak	453
Pulau Bunaken	294	Don Det & Don Khon	373	Kuching	453
Maluku	295	Understand Laos	376	Sibu	464
Pulau Ambon	296	Survival Guide	378	Batang Rejang	465
Banda Islands	297	MALAYSIA	384	Bintulu	466
Papua (Irian Jaya) ...	299	Kuala Lumpur	387	Niah National Park	467
Jayapura	299	Peninsular Malaysia –		Lambir Hills	
Sentani	301	West Coast	398	National Park	468
Baliem Valley	301	Melaka City	398	Miri	468
Sorong	302	Cameron Highlands	405	Gunung Mulu	
Raja Ampat Islands	303	Ipoh	407	National Park	470
Understand		Penang	409	Kelabit Highlands	472
Indonesia	304	Alor Setar	417	Understand	
Survival Guide	310			Malaysia	474

ON THE ROAD

MYANMAR

(BURMA) 483

Yangon 486

Ayeyarwady & Bago Regions 499

Chaung Tha Beach 499

Ngwe Saung Beach 499

Bago 500

Southeastern

Myanmar 501

Mt Kyaiktiyo 501

Mawlamyine 502

Hpa-an 504

Dawei 506

Inle Lake & Shah State 507

Inle Lake 507

Nyaungshwe 508

Kalaw 510

Pindaya 513

Mandalay Region 514

Mandalay 514

Amarapura 522

Inwa 523

Sagaing 523

Mingun 524

Pyin Oo Lwin 524

Hsipaw 526

Bagan & Around 528

Bagan 528

Western Myanmar 537

Sittwe 537

Mrauk U 537

Mt Victoria 539

Mindat 540

Kalaymyo 541

Tiddim 542

Understand

Myanmar 543

Survival Guide 546

PHILIPPINES 553

Luzon 555

Manila 555

The Cordillera 572

Vigan 577

Bicol 578

Mindoro 580

Puerto Galera 580

The Visayas 583

Boracay 584

Negros 587

Siquijor 589

Cebu 590

Bohol 596

Mindanao 598

Siargao 599

Camiguin 600

Palawan 601

Puerto Princesa 601

Sabang 604

Port Barton 604

El Nido 605

Busuanga & the

Calamian Islands 608

Understand the

Philippines 611

Survival Guide 614

SINGAPORE 620

Understand

Singapore 650

Survival Guide 651

THAILAND 656

Bangkok 660

Central Thailand 684

Ayuthaya 684

Lopburi 688

Phitsanulok 690

Sukhothai 691

Kamphaeng Phet 696

Northern Thailand 697

Chiang Mai 697

Chiang Rai 710

Golden Triangle 715

Pai 718

Mae Hong Son 719

Mae Sariang 721

Western Thailand 722

Kanchanaburi 722

Sangkhlaburi 725

Mae Sot 726

Northeastern

Thailand 728

Nakhon Ratchasima

(Khorat) 729

Khao Yai

National Park 730

Phanom Rung

Historical Park 730

Surin 731

Ubon Ratchathani 732

Mukdahan 734

Nakhon Phanom 735

Nong Khai 735

Eastern Gulf Coast... 737

Ko Samet 737

Chanthaburi

& Trat 738

Ko Chang 740

Southern

Gulf Coast 743

Hua Hin 743

Prachuap

Khiri Khan 744

Chumphon 745

Ko Samui 747

Ko Pha-Ngan 751

Ko Tao 757

Surat Thani 761

Hat Yai 762

The Andaman Coast... 763

Ranong 763

Ko Chang 764

Ko Phayam 764

Contents

UNDERSTAND

Khao Sok National Park	765
Hat Khao Lak & Around	766
Surin Islands Marine National Park	767
Similan Islands Marine National Park	767
Phuket	768
Krabi Town	776
Railay	777
Ko Phi-Phi	778
Ko Lanta	781
Ko Tarutao Maritime National Park	783
Understand Thailand	784
Survival Guide	791

TIMOR-LESTE 796

Dili	799
Ataúro	806
Eastern Timor-Leste	807
Baucau	807
Loi Hunu & Mundo Perdido	808
Mt Matebian & Around	809
Tutuala & Jaco Island	809
Western Timor-Leste	810
Liquiçá	810
Maubisse	810
Hatubuilico & Mt Ramelau	811
Oecusse	812
Understand Timor-Leste	813
Survival Guide	817

VIETNAM 821

Hanoi	823
Northern Vietnam	841

Halong Bay	841
Cat Ba Island	842
Ba Be National Park	845
Mai Chau	845
Lao Cai	846
Bac Ha	846
Sapa	847
Dien Bien Phu	850
Ha Giang Province	851

North Central Vietnam 852

Ninh Binh	852
Tam Coc	853
Cuc Phuong National Park	856
Phong Nha-Ke Bang National Park	856
Demilitarised Zone (DMZ)	859

South-Central Vietnam 860

Hue	861
Danang	871
Hoi An	874
Southeast Coast	880
Nha Trang	880
Mui Ne	882

Southwest Highlands 886

Dalat	886
-------	-----

Ho Chi Minh City 891

Cu Chi	903
Tay Ninh	903
Mekong Delta	903
Vinh Long	904
Can Tho	904
Chau Doc	905
Ha Tien	906
Phu Quoc Island	907

Understand Vietnam 910

Survival Guide	917
-----------------------	------------

Southeast Asia Today	926
History	928
People & Culture	932
Religion	935

SURVIVAL GUIDE

Responsible Travel	940
Directory A-Z	944
Transport	950
Health	957
Language	964
Index	974
Map Legend	988

SPECIAL FEATURES

Temples of Angkor	106
Wat Phra Kaew & Grand Palace	662
Thai Food Spotter's Guide	668
Hue's Imperial Enclosure	862

Itineraries



8 WEEKS The Best of Southeast Asia

This sampling platter for Southeast Asia hits all the highlights. Start in fun-filled **Bangkok**, then bus over to Cambodia to **Siem Reap** for Angkor's magnificent temples. Continue the party in **Phnom Penh**, then roll southeast to Vietnam's bustling **Ho Chi Minh City**. Head north to charming **Hoi An**, then hit the antique streets of **Hanoi** and the dramatic karst outcrops of **Halong Bay**.

Fly out of Vietnam to Laos' **Luang Prabang** for some laid-back river life, then fly on to chic **Chiang Mai** for fabulous food, terrific temples and jungle encounters. Loop back through Bangkok to **Ko Tao** and learn to dive before hitting the rock-climbing playground of **Krabi**. Cross the border from Ko Lipe to Malaysia's **Pulau Langkawi**, then tumble on to the foodie paradise of **George Town** (Penang) and overland to Malaysia's multi-ethnic capital **Kuala Lumpur**, with a stop in the lush **Cameron Highlands**.

Roll on to **Singapore**, for five-star food-court feasts, then fly to **Medan** in Sumatra and bus to **Bukit Lawang** to meet orangutans. Travel on by bus and boat to **Jakarta**, Indonesia's capital; soak up Java's renowned culture in **Yogyakarta**, then bus it to active volcano **Gunung Bromo**. Finally, leapfrog to **Bali** for sun, fun and surf.



Almost Everything

If you really want to immerse yourself in Southeast Asia, you'll need time to explore. Six months will give you room to roam, from mighty megacities to tropical islands and remote rainforests, with time in between to relax in some of Asia's favourite traveller hang-outs.

Start in **Bangkok** and follow the coast to forested **Ko Chang**, then zip across the Cambodian border bound for the up-and-coming beach islands of **Koh Rong** and **Koh Rong Sanloem**. Stop in French-influenced **Kampot**, then zip inland to battle-scarred but rebounding **Phnom Penh**. Now bus it to **Siem Reap** and admire the splendour of Angkor.

Board a flight to **Pakse**, gateway to the river islands of Si Phan Don, then a bus to gentle **Vientiane** and on via **Vang Vieng** to **Luang Prabang**. Trundle to Nong Khaiw for tribal trekking and follow the rugged revolutionaries' trail to **Hanoi**.

Roll south through Vietnam, sampling history, culture and beaches, then fly from **Ho Chi Minh City** back to temple-studded **Bangkok**. Now start your journey south along the Malay peninsula, snorkelling or diving around **Ko Pha-Ngan** and climbing at **Krabi**.

Slip over to Malaysia for the street eats of **Penang** and teeming coral reefs at **Pulau Perhentian**. Seek terrestrial wildlife inland at **Taman Negara**, and detour to the mist-shrouded hills of the **Cameron Highlands** before taking in the bright lights of **Kuala Lumpur**. A swift train ride will drop you in bright and bustling **Singapore**.

Fly on to **Jakarta** and admire the cultural treasures of **Yogyakarta** and Unesco-listed Borobudur. Bask on the beach in **Bali** or the **Gili Islands**, spot real-life dragons on **Komodo** and escape the crowds in **Flores**, or in **Dili** in little-visited Timor-Leste.

Alternatively fly from Jakarta to **Pangkalan Bun** to spot orangutans at **Tanjung Puting National Park**, then fly from Banjarmasin to **Pontianak** and bus to the border to reach Malaysia's **Kuching**, a gateway to more nature and former headhunting cultures.

Take a connecting flight onwards to **Yangon** and the beautiful Buddhist temples of **Bagan**. Take a trek to **Kalaw** or relax by the placid waters of **Inle Lake**. Finish up back in Bangkok for some last-minute souvenir shopping before flying home.



8

Weeks Islands, Beaches Jungles

Become a beach connoisseur by splashing along the coastline of Thailand, Malaysia and Indonesia, with some cultural and wildlife detours to keep things interesting.

Start in **Bangkok** and make a beeline for the islands in the Gulf of Thailand: dive-crazy **Ko Tao** and hippy-trippy **Ko Pha-Ngan**. Get certified on Tao, then head to the Andaman coast. **Hat Khao Lak** is the base for dive trips to the world-class Surin and Similan islands. Skip down to adrenaline-charged **Krabi** for rock climbing and cave exploring, then island hop to beach-bum-vibed **Ko Lipe**. Cross the border at Pulau Langkawi and bus south to graze at the famous hawkler centres of **Penang**.

From Penang, take a bus to **Kota Bharu**, jumping-off point for the fabulous dive islands of **Pulau Perhentian**. Head south to **Mersing**, the mainland port for sleepy, beachy **Pulau Tioman**, then head to **Kuala Lumpur** to pick up a flight to Indonesia.

From Indonesia's tip in **Medan**, visit the orangutan reserve of **Bukit Lawang** and hike up a volcano in Berastagi. From Medan fly to less-visited **Banda Aceh** and dive offshore near **Pulau Weh**.

Say goodbye to Sumatra and buzz over to Java, touching down in **Jakarta**, Indonesia's intense capital. Explore **Yogyakarta** and take a day-trip to the giant Buddhist stupa of **Borobudur** and the ancient Hindu temple of **Prambanan**. Continue eastwards to the volcano **Gunung Bromo** for a sunrise spectacle over a lunar landscape.

Leapfrog to **Denpasar** to nuzzle the sandy beaches of the Bukit Peninsula or get cultured in Ubud. Party in **Gili Trawangan**, spot dragons on **Komodo** and go rustic on the beaches of **Flores**. You may need to extend your visa in Denpasar before flying to **Makassar**. Pay your respects in **Tana Toraja**, famed for its surreal funeral rites travel to the remote and pristine **Togaan Islands** and **Pulau Bunaken**; it's well worth the trip.

To close the loop, fly from **Manado** to **Balikpapan** on Kalimantan and head overland to reach the orangutan reserve at **Tanjung Puting National Park**. Roll on to Pontianak and cross the border to reach **Kuching** in Sarawak, Malaysia, for one last flight to finish up in calm and comfortable **Singapore**.



4

WEEKS **Mekong Meander**

This trip follows Southeast Asia's signature river downstream from northern Laos all the way to Vietnam's Mekong Delta, offering a mesmerising window onto ever-changing landscapes and cultures.

From the bustling international gateway of **Bangkok**, make a beeline for **Chiang Rai**, near the Golden Triangle, where the borders of Laos, Myanmar and Thailand converge. Cross over into laid-back Laos at **Huay Xai** and step back in time. Take a slow boat down the Mekong to **Luang Prabang**, stopping overnight in **Pak Beng**. Soak up the magic before leaving the river for some relaxation in **Vang Vieng**.

Continue to **Vientiane** and reunite with the mighty waterway. The Lao capital has some great cafes, restaurants and even a sprinkling of nightlife (the last you'll encounter for a while after leaving). Board a bus and follow the river southeast, stopping off in **Tha Khaek** and **Savannakhet** before arriving in **Pakse**, jumping-off point for the imposing Khmer sanctuary of **Wat Phu Champasak**. Detour to the waterfalls and villages of the **Bolaven Plateau** then drift south to the laid-back islands of **Si Phan Don**.

Cross into Cambodia. If you missed the Irrawaddy dolphins near Si Phan Don, you'll get a second chance to spot them further south in the laid-back riverside town of **Kratie**. From Kratie, consider a visit to the mountains of **Mondulkiri province**, home to elephants, hill tribes and untamed jungles.

After weeks in rural provinces, it's back to big-city living in **Phnom Penh**, where the Mekong merges with another vital regional waterway, the Tónlé Sap, a riverine link to Siem Reap and the majestic temples of Angkor. See the waters turn gold on a sunset cruise and hit the bars for a well-deserved night on the town.

Suitably recharged, board a fast boat downstream to **Chau Doc** (Vietnam), gateway to the Mekong Delta. Continue to **Can Tho**, commercial heart of the Delta, then hotfoot it to **Ho Chi Minh City** for food and fun. Delve deeper into the Delta with a homestay around **Vinh Long**, or make for the tropical retreat of **Phu Quoc Island**, a well-earned reward. If you still have time and stamina, the rest of Vietnam beckons.

6
WEEKS

Where the Wild Things Are

Southeast Asia is home to a magical menagerie of signature wildlife: tigers, elephants, whale sharks, orangutans and the Komodo dragon.

Start in **Bangkok**, and roam east to explore **Khao Yai National Park**, home to wild elephants and Asian black bears. Follow the peninsula south to **Khao Sok National Park** to see gibbons and macaques, then explore the underwater wonderland of the **Similan Islands**.

Continue to **Kuala Lumpur** to board a flight to **Kuching** in Borneo. See rare proboscis monkeys in Bako National Park and gentle orangutans in Semenggoh Wildlife Centre. Cross over to **Kota Kinabalu**, Sabah, to explore the Sungai Kinabatangan and perhaps see rare pygmy elephants. Wind down on the beaches and reefs of the **Semporna Archipelago**.

Head south into Kalimantan (Indonesia) and explore the jungle waterways of **Tanjung Puting National Park**. Stay overnight in a *klotok* riverboat and visit the orangutan research station at **Camp Leakey**. Fly on to **Bali** then head east to the rocky outcrops of **Komodo** and **Flores**, home to the Komodo dragon.

6
WEEKS

Temple Trails

Southeast Asia sets the bar high when it comes to tremendous temples for travellers to explore.

Start out in **Bangkok**, home to iconic Wat Pho, Wat Phra Kaew and Wat Arun, before heading north to the stupa-studded former capital **Ayuthaya** and the ancient Khmer-era capital of **Sukhothai**.

See gems of the northern Lanna temple style in **Chiang Mai**, then continue through **Chiang Rai** to cross the Mekong River border at **Huay Xai**. Cruise on to **Luang Prabang**, Laos' gilded city of step-roofed temples and saffron-robed monks. Travel on to Laos' deep south to see the Khmer mountain temple of **Wat Phu Champasak**.

Continue into Cambodia, pass through **Phnom Penh** to the pre-Angkorian temples of **Sambor Prei Kuk**, and make an adventurous diversion north to the mountain temple of **Prasat Preah Vihear** before hitting the big league at the **temples of Angkor**.

Fly onwards from Siem Reap to **Yangon**, home to the shimmering Shwedagon Paya, then finish up the temple trail at **Bagan**, where a veritable garden of stupas stretches to the horizon.

WITAYA BATTANASIRIKULOHAI/SHUTTERSTOCK ©



Top: Bagan (p528),
Myanmar

Bottom: Phong Nha
cave (p857), Phong
Nha-Ke Bang National
Park, Vietnam.

JEFF GALE/SHUTTERSTOCK ©



Off the Beaten Track: Southeast Asia



UPPER AYEYARWADY (MYANMAR)

While the crowds cruise the southern stretches of the Ayeyarwady, adventurous souls head north to the serene stretches between Bhamo and Mandalay. Local ferries drift from town to town, mobbed at stops by vendors, breaking the trip at sleepy settlements such as Katha, where writer George Orwell was posted in the 1920s by the imperial police force. (p522)

KO TARUTAO (THAILAND)

The island heart of a peaceful marine national park, Tarutao is so far south it's practically in Malaysia. But with gorgeous reefs and beaches, inexpensive national park lodgings and low-key backpacker bungalows, it's a top castaway contender. (p783)

MONDULKIRI PROVINCE (CAMBODIA)

Cambodia's up-and-coming adventure centre, Mondulkiri offers walking with a herd of elephants, ziplining over a waterfall, quad-biking, and authentic encounters with indigenous Bunong people. (p143)

BA BE NATIONAL PARK (VIETNAM)

A stunning landscape of limestone mountains, sloping valleys, mist-shrouded lakes and evergreen forests provides a full dose of nature exploration. For a cultural hook, ethnic minorities host rustic homestays. (p845)

THAM KONG LOR (LAOS)

A watery underworld awaits at this 7.5km-long cave explored by longtail boat. Daylight recedes as you putter deep into the darkness and bulbous-shaped calcified sculptures decorate the vaulted ceiling. (p359)

SIARGAO (PHILIPPINES)

Famous for its surf breaks, this Catholic island in northern Mindanao is blessed with pretty coves, sand-dusted beaches and laid-back villages. Nearby Camiguin has hikes and off-road motorcycling on the slopes of four volcanoes, and reef dives offshore. (p599)

ULU TEMBURONG NATIONAL PARK (BRUNEI DARUSSALAM)

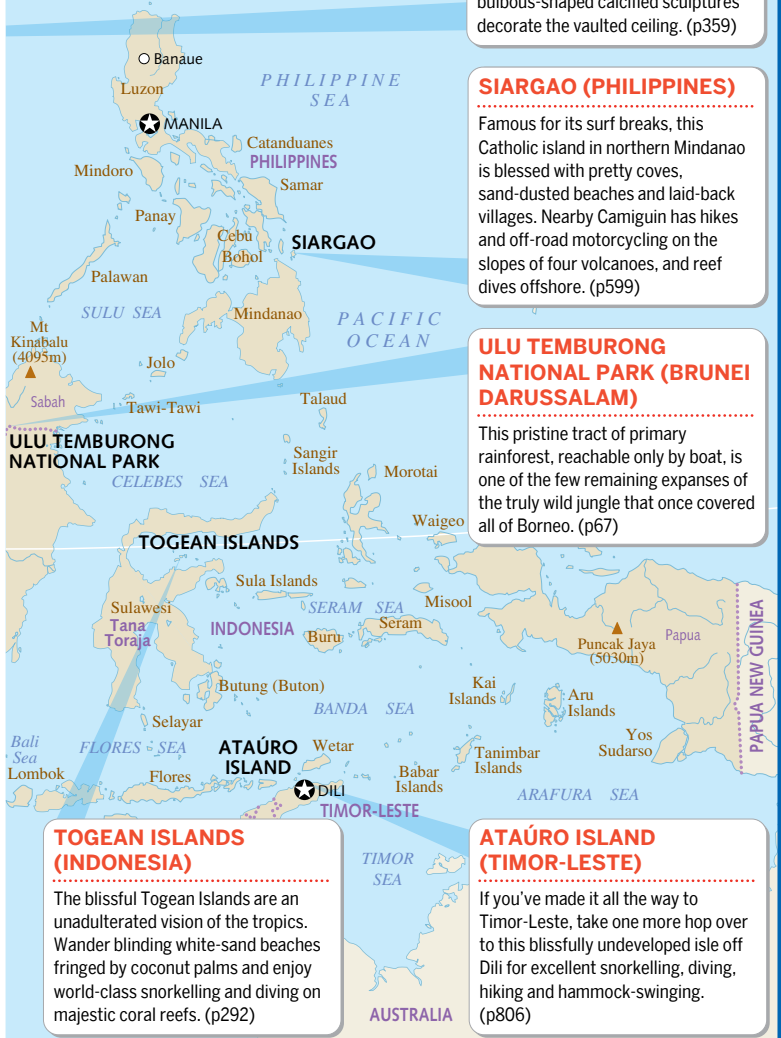
This pristine tract of primary rainforest, reachable only by boat, is one of the few remaining expanses of the truly wild jungle that once covered all of Borneo. (p67)

TOGEAN ISLANDS (INDONESIA)

The blissful Togeian Islands are an unadulterated vision of the tropics. Wander blinding white-sand beaches fringed by coconut palms and enjoy world-class snorkelling and diving on majestic coral reefs. (p292)

ATAÚRO ISLAND (TIMOR-LESTE)

If you've made it all the way to Timor-Leste, take one more hop over to this blissfully undeveloped isle off Dili for excellent snorkelling, diving, hiking and hammock-swinging. (p806)



Behind the Scenes

SEND US YOUR FEEDBACK

We love to hear from travellers – your comments keep us on our toes and help make our books better. Our well-travelled team reads every word on what you loved or loathed about this book. Although we cannot reply individually to your submissions, we always guarantee that your feedback goes straight to the appropriate authors, in time for the next edition. Each person who sends us information is thanked in the next edition – the most useful submissions are rewarded with a selection of digital PDF chapters.

Visit lonelyplanet.com/contact to submit your updates and suggestions or to ask for help. Our award-winning website also features inspirational travel stories, news and discussions.

Note: We may edit, reproduce and incorporate your comments in Lonely Planet products such as guidebooks, websites and digital products, so let us know if you don't want your comments reproduced or your name acknowledged. For a copy of our privacy policy visit lonelyplanet.com/privacy.

OUR READERS

Many thanks to the travellers who used the last edition and wrote to us with helpful hints, useful advice and interesting anecdotes:

Laura Child, Francesca Harber, Andy Hughes, Tom Jeffcoate, Oliver Neff, Kajsa Nilsson, Carina Pellar and Sheila Robinson.

WRITER THANKS

Brett Atkinson

It's always a thrill and pleasure to return to one of my favourite countries, and my thanks go to Mark Zazula in HCMC, Ben, Bich, Seamus and the gang in Phong Nha, and the Hoi An crew of Neil, Caroline, Mark and Leanne. Cheers also to Tam in Dong Ha and Sy in Dong Hoi, and it was great for my wife Carol to finally meet my good friend Kien and his family in Hanoi.

Lindsay Brown

I am very grateful for the assistance provided by numerous friendly folks across Borneo. In particular, I thank Carmalita Goh and the excellent staff at the Sabah Tourism Board in Kota Kinabalu, Leslie Chiang and the friendly folks at Borneo Guide in Brunei, Johnny Lim in Sandakan, and Jacqueline Fong in Kuching. Last but not least, thanks to Jenny for being the best travelling companion.

Jayne D'Arcy

Massive appreciation to Dora Ball and Clifton Wilkinson for the opportunity to return to Timor-Leste. Thanks to my dear friends Atoy and Julio: watching the magical journey of your country through you is a joy. Thanks to oracle Tracey Morgan, Nela Slezak in Oecussi and Matt Wilkinson on his bike. Thanks again Professor Damien Kingsbury. Thanks Rich, the dugong hunter, for keeping the kettle warm, and to Miles and Ruby, who, one day, I'll bring to the country I love.

David Eimer

Thanks to the other Myanmar writers for their sterling work and to Laura Crawford and all the LP crew. Thanks also to Htwe Htwe in Hsipaw, John in Tiddim and Jochen in Yangon for their assistance. As ever, much gratitude to everyone I met on the road who passed on tips, whether knowingly or unwittingly. Thanks to my fellow island writers and all the LP crew in London. Thanks also to Alex and co for the nights out on Phuket.

Paul Harding

Thanks to the many people who helped with advice and information during my travels in Indonesia, including Johan and Lola in Medan, Leisa in Kalimantan, Michael in Maluku and Roni and Michael in Bukittinggi. Big thanks to Laura Crawford, Dora and Clifton at Lonely

Planet, and to fellow writer Greg Bloom for help and support. In the Philippines, thanks to Jay, Elvie and friends, Meann and Martine in Legazpi and Harvey in Caramoan. But most of all, thanks to my patient and supportive wife Hannah and my super intrepid travelling daughter Layla.

Nick Ray

A huge and heartfelt thanks to the people of Cambodia, whose warmth and humour, stoicism and spirit make it such a fascinating place to live. Biggest thanks are reserved for my lovely wife Kulikar Sotho and our children Julian and Belle, as without their support and encouragement the adventures would not be possible. Thanks also to Mum and Dad for giving me a taste for travel from a young age. Thanks to fellow travellers and residents, friends and contacts in Cambodia who have helped shaped my knowledge and experience in this country. Finally, thanks my fellow Cambodia author Ashley Harrell and to the Lonely Planet team who have worked on this title. The author may be the public face, but a huge amount of work goes into making this a better book behind the scenes and I thank everyone for their hard work.

Tim Bewer

A hearty *kōrp jāi* to the many people along the way who answered my incessant questions or helped me out in other ways during this update. In particular Nicolas Papon-Phalaphanh, Latanakone Keokhamphoui, Yves Verlaine, Khun Buasone, and Prapaporn Sompakdee provided great assistance while Laura, Nick, Rich and the rest of the Lonely Planet team were a pleasure to work with, as always. Finally, a special thanks to my wife Suttawan for help on this book and much more.

Joe Bindloss

I'd like to dedicate my work on this project to my son Benjamin, who arrived while I was working on this update. Thanks to all of my co-writers on this project, who provided invaluable tips and recommendations for their varied corners of Southeast Asia, often squeezing this in around their own deadlines.

Greg Bloom

A giant thanks to my crack research assistants in Manila: Windi (fountain of knowledge on all things drinking and dining), Anna ('Manila for Kids' guinea pig) and Callie (baby-related stress relief and laughs). Couldn't have done it without you guys. Also to Will and LT for the (costly) casino research. To Bart for accommodating LP writers when needed. To Pia for

Palawan tips. And to Luc for doing yeoman's work post-hockey on QC nightlife.

Celeste Brash

Thanks to Chiang Mai University and my beloved professors; to Samui Steve, Iain Leonard, Frans Betgem, Lee at Akha Ama and Catherine Bodry. A huge hug to Janine Brown of the Smithsonian Conservation Biology Institute for passion and insight on a tricky subject; and my family, Josh, Jasmine and Tevai who I wish could come with me on every trip. Thanks to Andrea, Raf and Rafael. To Mon in Pagudpud; Francis and Archie Baccoy and his family in Kalinga; Grail in Batad; Siegrid and Ryan in Sagada; Ryan Baldino and his uncle in Kabayan; policeman Peter in Abatan; and a huge thanks to Tuyvan Savoy in Baguio. Mostly thanks to my coauthor Greg and DE Laura for dedication and know-how, to my family for understanding and the people of North Luzon for unfaltering friendliness.

Austin Bush

A big thanks to DEs Dora Ball and Clifton Wilkinson, as well as to all the people on the ground in Bangkok and northern Thailand. I'm grateful for all the wonderful people on the ground in northern Vietnam, but my trip was made especially easier and more enjoyable by Mr Tung at Cat Ba Ventures, James and Mr Minh at Vision Travel, and the villagers of Na Hu, as well as my helpful Destination Editor, Laura Crawford.

Ria de Jong

Thank you to my destination editors Clifton Wilkinson and Tanya Parker for all their help guiding me through my Lonely Planet adventure, and to all those I met along my travels who kindly shared their knowledge, time and Singapore secrets with me. To Craig, Cisca and William, my travelling circus tribe.

Michael Grosberg

Thanks to all the kind people I met on the road. Especially to folks at the Iloilo provincial tourism office; Jac Señagan in Dumaguete; Ulrika, Julia and Fiona in Dauin; Mike of Coco Grove on Siquijor; Arno and Kaisa on Camiguin; Gerry and Susan for their warmth and friendship in Siargao; Princess Villarama, Sarah Sapu, Angelo Balao and Joaquin de Jesus on Boracay for their insight on Filipino music. To Carly, Rosie and Boone for making me never feel far from home.

Damian Harper

Huge thanks to the late Neil Bambridge, much gratitude for everything, may you rest in peace. Also thanks to Neil's wife Ratchi, to Maurice Senseit, the jolly staff at Nira's in Thong Sala, Piotr, Gemma, James Horton,

George W, Celeste Brash and everyone else who helped along the way, in whatever fashion.

Ashley Harrell

Thanks to: wise editors Laura Crawford and Clifton Wilkinson, and coauthor Nick Ray for the faith and guidance; Lauren Gurflein for introducing me to Cambodia; Andy Lavender for the dog-sitting; Peyton Bowsher for the dog-tolerating; Jess in Kampot for going above and beyond; Nicole and Alex for excellent company on Koh Totang; Ben, Sharyon, Amelie, Jarrah and Georgie for my favourite 'research' day, Lim for the hospitality/volcano sauce, and Nick Berry for showing me real Cambodia and teaching me to ride a motor-bike. Thanks also to beautiful surfer Shaina Miller, monkey harasser Andy Wright, safety patrol Sean Abrams, penis gourd model Dustin Weatherford, magical Baliem Valley guide Antoni Sitepu, expert Raja Ampat guy Stuart Wilkinson, Lonely Planet loyalists Mac and John, parents Ronni and Mack, brothers Evan and Alex, and grandmother Adele Fox, the best Gumpy a girl could have asked for, who I refused to depart this world before I could return home for a proper goodbye. Love you always.

Trent Holden

First up thanks very much for Dora Ball for giving me an opportunity to cover such a cool destination like Java. Thanks also to all the production team for putting this book together. On the ground a massive thanks goes to Gusri Tri Patra and Zulfindo 'Ajou' Koto for helping me getting around, and the many laughs along the way. Also thanks to Laura from Laura's Backpacker 523 in Yogyakarta and Yoppie from the Attic in Bandung for your help in piecing together vital travel info. Finally lots of love to my family and my partner Kate.

Anita Isalska

Huge thanks to everyone who generously gave time, tips or a warm welcome during my time in Malaysia. I'm especially grateful to Isabel Albiston, Alex Yong, Marco Ferrarese, Narelle McMurtrie and Howard Tan. Big thanks to Dora and Cliff. And endless gratitude to my write-up champion, Normal Matt.

Mark Johanson

I owe a huge debt of gratitude to the lovely people in Laos who not only made the country such a joy to revisit but either knowingly or (more often) unwittingly helped me along.

Special thanks go out to Miss Noy, Mr Ping, Kaz Kumrunrotschna, Michel Marcel Saada, Lara Picavet and Tom Chanthaphone for unlocking the secrets of their respective regions. Thanks to Felipe Bascuñán for tolerating my long absences and to Laura Crawford for taking a chance on a guidebook newbie.

Hugh McNaughtan

I'd like to thank Agus, Hernan, Edwin and all the other kind people who helped me get to grips with Nusa Tenggara and Sulawesi; Cliff and everyone I worked with at LP for the opportunity and support; and, most of all, Tas, Maise and Willa for their endless forbearance.

Rebecca Milner

I am indebted to the journalists, scholars and bloggers who cover the region with insight, fearlessness and compassion.

Iain Stewart

I was lucky to have a wonderful research trip along Vietnam's stunning coastline. Thanks to Mark, Lu and Matt Cowan in Saigon, Caroline Mills, Neil Fraser and Travis in Hoi An, team Nha Trang and Grazina, Thomas and Julia. My appreciation as well to Laura Crawford and my coauthors. Thanks to Laura for the commission, to Greg Bloom for help and contacts in the region, to Jamie Marshall for sharing some of the hard yards on the road, to Gino and Nikki in Bantayan and Cebu, Jacques and Lucia in Tacloban for expert advice and to the good folk of Calicoan Island, particularly Luna Beach resort. Many tourist information staff helped me on the way across the region, and I am grateful to you all.

Andy Symington

A great number of people, from taxi drivers to information officers, gave me excellent advice and help along the way; I'm very grateful to all of them. Specific thanks go to Siriporn Chiangpoon, Ian on Ko Chang, Maitri in Si Racha, Chayanan in Chanthaburi and the friendly Ang Sila volunteers.

Phillip Tang

Many thanks to the Vietnamese people and friends, especially Pham Hoang Manh in Hanoi, Nam, Tri and Liam Le in Saigon, Mr The for Ha Tien and Hon Chong, Nghiêm Nguyen and Anthony in Can Tho, Phuc Anh for the adventure to Tra Vinh. Thank you Laura Crawford for having me on board again. Thanks to Daniel Belfield for dressing gowns, bao, cocktails and *xe om* teaming.

ACKNOWLEDGEMENTS

Climate map data adapted from Peel MC, Finlayson BL & McMahon TA (2007) 'Updated World Map of the Köppen-Geiger Climate Classification', *Hydrology and Earth System Sciences*, 11, 163344.

Illustrations pp106-7, pp662-3, pp862-3 by Michael Weldon.

Cover photograph: Traditional puppet show, Thailand, saravutvanset/Getty©

THIS BOOK

This 19th edition of *Lonely Planet's Southeast Asia on a Shoestring* guidebook was researched and written by Brett Atkinson, Lindsay Brown, Jayne D'Arcy, David Eimer, Paul Harding, Nick Ray, Tim Bewer, Joe Bindloss, Greg Bloom, Celeste Brash, Austin Bush, Ria de Jong, Michael Grosberg, Damian Harper, Ashley Harrell, Trent Holden, Anita Isalska, Mark Johanson, Hugh McNaughtan, Rebecca Milner, Simon Richmond, Iain Stewart, Andy Symington and Phillip Tang. The previous edition was written by Nick Ray, Isabel Albiston, Greg Bloom, Ria de Jong, David Eimer, Sarah Reid, Simon Richmond, Iain Stewart, Ryan Ver Berkmoes, Richard

Waters and China Williams.

This guidebook was produced by the following:

Destination Editors Dora Ball, Laura Crawford, Tanya Parker, Clifton Wilkinson

Senior Product Editor Kate Chapman

Product Editor Kate Kiely

Senior Cartographer Diana Von Holdt

Book Designer Clara Monitto

Assisting Editors Sarah Bailey, James Bainbridge, Judith Bamber, Imogen Bannister, Janice Bird, Nigel Chin, Katie Connolly, Melanie Dankel, Andrea Dobbin, Emma Gibbs, Carly Hall, Jennifer Hattam, Gabrielle Innes, Helen Koehne, Kellie Langdon, Jodie Martire, Lou McGregor, Kate Morgan, Rosie Nicholson, Kristin Odijk,

Monique Perrin, Christopher Pitts, Tamara Sheward, Sarah Stewart, Fionnuala Twomey, Simon Williamson

Assisting Cartographers Michael Garrett, Rachel Imeson

Assisting Book Designer Virginia Moreno

Cover Researcher Naomi Parker

Thanks to Carolyn Boicos, Barbara Delissen, Bruce Evans, Shona Gray, Liz Heynes, Andi Jones, Elizabeth Jones, Sandie Kestell, Anne Mason, Mao Monkolansey, Niamh O'Brien, Lauren O'Connell, Martine Power, Moe Pwint Phyu, Kirsten Rawlings, Kathryn Rowan, Vicky Smith, Gabrielle Stefanos, Branislava Vladislavjevic, Tracy Whitney

Index

A

abseiling 130, 354
 accommodation 41, 944,
*see also individual
 locations*
 activities 42-53, *see also*
 abseiling, birdwatching,
 boat trips, caving,
 cycling, diving &
 snorkelling, kayaking,
 kitesurfing, massage,
 meditation, motor-
 cycle travel, rafting, rock
 climbing, spas, surf-
 ing, trekking,
 tubing, wellness,
 wildlife-watching,
 yoga, ziplining
 Aileu 812
 air travel 950, 951-5
 Akha people 788
 Alor Setar 417
 Amarapura 522-3
 amoebic dysentery 963
 Ampana 292
 An Thoi Islands 907
 Andaman Coast 763-83
 Angkor, temples of 11, 90,
 102-10, **104-5, 4, 7, 10-11**
 Angkor Thom 103-5, **4,**
10-11
 Angkor Wat 102-3
 Anisakan Falls 523
 Annah Rais 462
 Apo Island 588-9
 architecture 26, 936
 arts 933-4
 ASEAN 929
 Atafu 17, 39, 806-7
 Aung San Suu Kyi 543
 Ava 523
 Ayeyarwady Delta 499-501
 Ayeyarwady River 38, 522
 Ayuthaya 684-8, **686**

Map Pages **000**
 Photo Pages **000**

B

Bac Ha 846-7
 Bagan 13, 528-37, **530,**
13, 37
 accommodation 532-3
 activities 532
 drinking & nightlife 535
 food 533-5
 highlights 533
 shopping 535-6
 sights 528-32
 travel to/from 536-7
 travel within 537
 Bago 500-1
 Bagoiu 573-4
 Bai Tu Long Bay 843
 Bai Xep 885
 Bajawa 251
 Bako National Park 460-1
 Bali 12, 201-30, **203, 12**
 dance 223, 934
 food 309
 history 201-2
 safety 202
 travel to/from 202
 travel within 202-4
 Balibó 811
 Baliem Valley 301-2
 Balikpapan 283-4
 bamboo train 114
 bà-mèe 668, **668**
 Ban Bang Bao 740
 Ban Lung 140-3, **141**
 Ban Si Raya 781
 Banaue 576
 Banda Aceh 264-5
 Banda Islands 297-8
 Bandaneira 298
 Bandar Labuan 452
 Bandar Seri Begawan
 61-6, **62**
 Bandung 174-5
 Bangar 67

Bangkok 12, 660-83, **664-5,**
670-1, 674-5, 12

accommodation 667-74
 drinking & nightlife
 679-80
 entertainment 680
 etiquette 661
 festivals & events 667
 food 675-8
 LGBT travellers 678
 scams 673
 shopping 680, 681
 sights 660-7
 tourist information 681
 travel to/from 681-2
 travel within 682-3
 Banyuwangi 201
 bargaining 23, 946
 Bario 472-3
 Batad 576-7
 Batang Rejang 465-6
 bathrooms 944, 948-9
 Battambang 110-15, **112**
 Batu Karas 177-8
 Bau 463
 Baucau 807-8
 Bawomataluo 272
 beaches 24-5, 49
 Alas Purwo National Park
 (Indonesia) 200
 An Bang (Vietnam) 879
 Bai Dai (Vietnam) 883
 Bai Dat Doc
 (Vietnam) 906
 Bai Sau (Vietnam) 885
 Bai Truoc (Vietnam) 885
 Balangan Beach
 (Indonesia) 211
 Balian Beach
 (Indonesia) 229
 Batu Bolong Beach
 (Indonesia) 210
 Bau Dram Trau
 (Vietnam) 906
 Bingin (Indonesia) 211
 Boracay (Philippines) 584

Camiguin (Philippines)
 600
 Cat Ba Island (Vietnam)
 842
 Chaung Tha Beach
 (Myanmar) 499
 Cherating (Malaysia) 426
 Danang Beach (Vietnam)
 874
 El Nido (Philippines) 605
 Gili Air (Indonesia) 239
 Gili Trawangan
 (Indonesia) 241
 Hat Khlong Kloï
 (Thailand) 740
 Hat Sai Khao (Thailand)
 740
 Hat Thung Wua Laen
 (Thailand) 745
 Jimbaran (Indonesia) 211
 Kep Beach (Cambodia)
 134
 Ko Pha-Ngan
 (Thailand) 751
 Ko Samui (Thailand) 747
 Koh Rong (Cambodia)
 128-9
 Kuta (Lombok,
 Indonesia) 235
 Lonely Beach (Thailand)
 740
 Long Beach (Vietnam)
 907
 Lovina (Indonesia) 227
 Maluku (Indonesia) 244
 Mui Ne (Vietnam) 883
 Ngwe Saung Beach
 (Myanmar) 499
 Nha Trang (Vietnam) 880
 Nusa Lembongan
 (Indonesia) 215
 Padang Padang
 (Indonesia) 212
 Padangbai (Indonesia)
 225
 Panagsama Beach
 (Philippines) 594
 Pantai Cenang
 (Malaysia) 418
 Phu Thuan Beach
 (Vietnam) 869

- Phuket (Thailand) 768
 Pulau Besar (Malaysia) 429
 Pulau Kecil (Malaysia) 429
 Pulau Tioman (Malaysia) 423, **423**
 Sabang (Philippines) 604
 Sao Beach (Vietnam) 907, **855**
 Seminyak (Indonesia) 207
 Sihanoukville (Cambodia) 121
 Sugar Beach (Philippines) 589
 Thuan An Beach (Vietnam) 869
- bears 357
 bedbugs 959
 beer 822, 916
 Belaga 466
 Berastagi 268-9, **269**
 Berau 284-5
 Bicol 578-9
 bicycle travel, see cycling, mountain biking
 Bilu Kyun 502-3
 Birma 246
 Bingin 211-12
 Bintulu 466-7
 birdwatching 52, 907
 boat travel 950, 955
 boat trips 46-8
 Cambodia 76, 119, 122, 128, 130, 131
 Indonesia 248
 Laos 337, 359
 Malaysia 434, 448
 Myanmar 510, 521, 522
 Philippines 561, 584, 604, 609
 Singapore 637
 Thailand 720
- Bogor 172-4, **173**
 Bohe Silian 284
 Bohol 596-8
 Bokor Hill Station 135-6
 Bomba 293
 Bondowoso 198
 Bontoc 575-6
 books 926
 Cambodia 153
 history 931
 Laos 379
 Myanmar 545
 Singapore 641
 Vietnam 914
- Boracay 584-7, **586**
 border crossings 951, 952-4
 Brunei Darussalam-Malaysia 65
 Cambodia-Laos 139
 Cambodia-Thailand 101, 110, 117
 Cambodia-Vietnam 87, 135, 145
 Indonesia-Malaysia 264
 Indonesia-Singapore 260
 Indonesia-Timor-Leste 254
 Laos-Cambodia 375
 Laos-Thailand 330, 358, 362, 365
 Laos-Vietnam 350, 360, 363
 Malaysia-Brunei Darussalam 452
 Malaysia-Indonesia 403, 421, 450, 458
 Malaysia-Philippines 446
 Malaysia-Singapore 422
 Malaysia-Thailand 418, 420, 432
 Myanmar-China 528
 Myanmar-Thailand 505, 506, 515
 Singapore-Indonesia 647
 Singapore-Malaysia 648
 Thailand-Cambodia 734, 739, 742
 Thailand-Laos 708, 733, 734, 735, 737
 Thailand-Malaysia 760, 782
 Thailand-Myanmar 715, 727, 728, 765
 Timor-Leste-Indonesia 820
 Vietnam-Cambodia 891, 902, 908, 922
 Vietnam-China 838, 847, 852, 922
 Vietnam-Laos 850, 860, 922
- Borneo
 Indonesia 280-5
 Malaysia 16, 435-73, **436-7**
- Borobudur 190-1
 Brunei Darussalam 54, 58-70, **60**
 accommodation 58, 69
 border crossings with Indonesia 65
 budget 41, 59, 69
 consulates 69
 culture 68
- drinks 59
 electricity 69
 embassies 69
 etiquette 59
 food 58, 59, 69
 highlights 60, **60**
 history 68
 internet access 69
 internet resources 59
 language 58, 965-6
 legal matters 69
 LGBT travellers 69
 medical services 957
 money 59, 69
 opening hours 69
 population 68
 telephone services 70
 tourist information 70
 travel seasons 58
 travel to/from 70
 visas 70
 women travellers 70
- Buddhism 701, 935-6, **25, 29**
 Bukit Lawang 267-8
 Bukit Peninsula 210-13
 Bukit Randolph 247
 Bukittinggi 273-5, **274**
 Burma, see Myanmar
 Burmese language 964-5
 bus travel 955, 956
 Busuanga 608-11
 Butterworth 417
- C**
 Gagayan de Oro 600
 Calamian Islands 608-11
 Cambodia 54, 71-158, **74-5**
 accommodation 153
 activities 153
 arts 150-1
 books 153
 border crossings with Laos 139
 border crossings with Thailand 101, 110, 117
 border crossings with Vietnam 87, 135, 145
 budget 41, 72, 153, 154
 climate 71
 customs regulations 153
 disabilities, travellers with 155-6
 drinks 72, 150, 151
 electricity 153
 embassies 153
 environment 151-2
 etiquette 72
- films 149
 food 72, 151
 highlights 74, **74-5**
 history 147-9
 insurance 153
 internet access 153-4
 internet resources 72
 language 71, 966-7
 legal matters 154
 LGBT travellers 154
 medical services 957-8
 money 72, 154
 opening hours 154
 politics 146-7
 population 149
 religion 150
 safety 140, 155
 telephone services 155
 time 155
 travel seasons 71
 travel to/from 72, 156-7
 travel within 157-8
 visas 156
 volunteering 156
 wildlife 151-2
 work 156
- Cameron Highlands 405-7, **406**
 Camiguin 600-1
 Can Tho 904-5
 Canapnapan 597
 Canguu 210
 Cao Dai 903
 car travel 950, 955-6
 road rules 955
 Cat Ba Island 842-5
 caves
 Batu Caves 387
 Cat Co Cove 842
 Fairy Cave 463
 Goa Gajah 223
 Gomantong Caves 448
 Great Cave (Niah National Park) 467
 Gunung Mulu National Park 471
 Hang En 857
 Hang Son Doong 857
 Hang Toi 856
 Hinagdanan 597
 Hospital Cave 842
 Kabayan 573
 Paradise Cave 857
 Peik Chin Myaung 525
 Phnom Chhnork 133
 Phnom Sorsia 133-4
 Phong Nha Cave 857, **37**
 rock art caves 809

caves *continued*
 Rung Damrey Saa 134
 Sabang 604
 Saddan Cave 504
 Sembat cave 284
 Tham Phu Kham 331
 Trang An 852
 Tu Lan Cave 856
 Vieng Xai Caves 353
 Wind Cave 463

caving 43, 50
 Cambodia 130
 Laos 359, 379
 Philippines 574

Cebu 588, 590-6
 Cebu City 590-4, **592**
 cell phones 20, 948
 Cemora Lawag 197-8
 Champasak 369-70
 Chanthaburi 738-40
 Chau Doc 905-6
 Chaung Tha Beach 499
chedi 789
 Cherating 426, **427**
 Chi Phat 122
 Chiang Khong 717
 Chiang Mai 14, 697-710,
698-9, 14
 accommodation 703-5
 activities 701
 courses 702
 drinking & nightlife 707
 entertainment 707
 festivals & events 702
 food 705-7
 shopping 707-8
 sights 697-701
 tourist information 708
 travel to/from 708-9
 travel within 710

Chiang Rai 710-14
 Chiang Saen 716-17
 children, travel with 944-5
 Timor-Leste 819
 Vietnam 917

China 926-7
 Chinese New Year 27
 Chocolate Hills 597
 Chong Kneas 91
chow lair 767
 Christianity 936
 Chumphon 745-7

churches & cathedrals
 Basilica Minore del
 Santo Niño 590
 Notre Dame Cathedral
 891, **855**
 St Joseph Cathedral
 826-7

Cianjur 174
 climate 20, 46
 Cloud Nine 599-600
 coffee 646, 707, 812, 822
 Con Dao Islands 906
 consulates 945
 Brunei Darussalam 69
 Indonesia 310-11
 Laos 379-80
 Malaysia 478
 Philippines 615
 Singapore 652
 Thailand 792
 Timor-Leste 817
 Vietnam 917-18

cooking courses
 Cambodia 76, 94, 111,
 122, 130
 Indonesia 217
 Laos 340
 Penang 416
 Singapore 635-7
 Thailand 666-7, 702, 747
 Vietnam 831, 875, 893

Cordillera, The 572-7

Coron Island 608, **2, 47**
 Coron Town 609-10
 Cu Chi Tunnels 903
 culture 26, 932-4
 currency 20, 21
 cutaneous larva migrans
 961
 cycling 44, 955
 Cambodia 76, 94, 111,
 153
 Laos 354, 378
 Myanmar 487
 Philippines 561-2
 Thailand 693, 747
 Timor-Leste 802
 Vietnam 922

cyclos 923

D

Dalat 886-90, **888**
 Damai 461-2
 Danang 871-3
 Danau Maninjau 275-6
 Danau Toba 269-73, **271**
 dance 476, 934
 Danu 513
 Dawei 506-7

Death Railway 741
 Deepavali 30
 deforestation 940
 Demilitarised Zone (DMZ)
 859-61
 dengue fever 961
 Denpasar 213-14, **214**
 diarrhoea 963
 Dien Bien Phu 850-1
 Dieng Plateau 178-9
 Dili 799-805, **800**
 disabilities, travellers
 with 949
 Cambodia 155-6
 Laos 382
 Malaysia 480
 Myanmar 550
 Philippines 617
 Singapore 653-4
 Thailand 793-4
 Timor-Leste 819
 Vietnam 920

discount cards 945
 diving & snorkelling 43,
 48-9
 Apo Island (Philippines)
 588-9
 Ataúro (Timor-Leste)
 806
 Banda Islands
 (Indonesia) 297
 Bandar Seri Begawan
 (Brunei Darussalam)
 63
 Cambodia 153
 Camiguin (Philippines)
 600-1
 Coron Bay (Philippines)
 609, **47**
 Dili (Timor-Leste) 802
 El Nido (Philippines)
 605-6
 Gili Islands (Indonesia)
 237-8
 Gili Trawangan
 (Indonesia) 241
 Hoi An (Vietnam) 875
 Ko Chang (Thailand) 740
 Ko Lanta (Thailand) 781
 Ko Pha-Ngan (Thailand)
 751-2
 Ko Phi-Phi (Thailand)
 779-80
 Ko Samui (Thailand) 747
 Ko Tao (Thailand) 757-8
 Ko Tarutao Marine
 National Park
 (Thailand) 783
 Koh Rong (Cambodia)
 128-9
 Kota Kinabalu
 (Malaysia) 437

Labuanbajo (Indonesia)
 249
 Malapascua Island
 (Philippines) 595
 Moalboal (Philippines)
 594
 Nha Trang (Vietnam)
 880
 Nusa Lembongan
 (Indonesia) 215
 Padangbai (Indonesia)
 225
 Panglao (Philippines)
 598
 Phu Quoc Island
 (Vietnam) 908
 Phuket (Thailand) 768
 Puerto Galera
 (Philippines) 580
 Pulau Derawan
 (Indonesia) 285
 Pulau Menjangan
 (Indonesia) 229
 Pulau Perhentian
 (Malaysia) 429
 Pulau Tioman
 (Malaysia) 423-4, **423**
 Pulau Weh (Indonesia)
 266
 Raja Ampat Islands
 (Indonesia) 303
 Semporna (Malaysia)
 449-50, 451-2
 Senggigi (Indonesia) 233
 Sihanoukville
 (Cambodia) 121
 Similan Islands Marine
 National Park
 (Thailand) 767-8
 Sugar Beach
 (Philippines) 589
 Surin Islands Marine
 National Park
 (Thailand) 767
 dolphin-watching 138,
 597, 602
dôm yam 668, **668**
 Don Det 373-5
 Don Khon 373-5, **16**
 Don Khong 371-3
 Dong Van 851
 Donsol 579
 doucs 143
 drugs 165, 238, 945-6
 dugongs 802
 Dumaguete 588
 Duong Dong 907

E

economy 927, 941-2
 El Nido 605-8

electricity 945
 elephants 96, 144, 153, 511
 embassies 945
 Brunei Darussalam 69
 Cambodia 153
 Indonesia 310-11
 Laos 379-80
 Malaysia 478
 Myanmar 546-7
 Philippines 615
 Singapore 652
 Thailand 792
 Timor-Leste 817
 Vietnam 917-18

Ende 251-2
 environmental issues 940-1
 etiquette 23, 941-3
 events 27-30
 exchange rates 21

F
 festivals 27-30
 filariasis 959
 Filipino language 965
 films 926
 Cambodia 149
 Philippines 613
 Timor-Leste 811
 Vietnam 913
 floating markets 677
 floating villages 91, **107**
 Flores 12, 247-254
 food 17, 23, 24, 668-9,
 934, 962
 full-moon parties 756

G
gaang kĕe-o wăhn 668,
 669
 gardens, *see* parks &
 gardens
 gay travellers, *see* LGBT
 travellers
 General Luna 599-600
 George Town 410-16, **412**
 giardiasis 963
 gibbons 142, 143, 357,
 887, 116
 Gili Air 239-40, **239**
 Gili Islands 18, 237-44, **18**
 activities 237-8
 travel to/from 238
 travel within 238
 Gili Air 239-40, **239**
 Gili Meno 240-1, **241**
 Gili Trawangan 241-4,
 242, 18
 Gilimanuk 229

Golden Triangle 715-17
 Gorontalo 293
 Gunung Ara 247
 Gunung Batukau 227
 Gunung Batur 226
 Gunung Bromo 197-8
 Gunung Gading National
 Park 463-4
 Gunung Kawi 224
 Gunung Mulu National Park
 470-2
 Gunung Rinjani 235, 236
 Gunung Singki 291

H
 Ha Giang Province 851-2
 Ha Tien 906
 haggling 23, 946
 Halong Bay 13, 841-2,
 843, **13**
 Hang Son Doong 857, **19**
 Hanoi 823-41, **826, 828-9,**
 830-1, 834
 accommodation 831-3
 drinking & nightlife 835
 entertainment 837
 food 832, 833-5
 internet access 838
 internet resources 837
 scams 836
 shopping 837-8
 sights 823-30
 tourist information 838
 tours 830-1
 travel to/from 839-40
 travel within 840-1

Hat Khao Lak 766-7
 Hat Rin753, **754**
 Hatubuilico 811-12
 Hat Yai 762-3
 health 957-63
 heat stroke 962
 hepatitis 961
 hiking, *see* trekking
 hill-tribe communities
 Thailand 788
 Vietnam 846-50
 Hinduism 936-7
 history 928-31, *see also*
 individual countries
 hitchhiking 956
 HIV 961
 Hmong people 788
 Hmong villages 848
 Ho Chi Minh 912
 home 827-8
 mausoleum 827
 museum 828

Ho Chi Minh City (HCMC)
 891-903, **892, 894,**
 896, 898
 accommodation 895-7
 courses 893
 drinking & nightlife
 899-900
 entertainment 900-1
 food 897-9
 internet access 901
 medical services 901
 safety 901
 shopping 901
 sights 891-3
 tourist information 901-2
 tours 895
 travel to/from 902-3
 travel within 903
 Ho Chi Minh Trail 890
 Hoi An 11, 874-9, **876,**
 11, 23
 holidays, *see* public
 holidays
 horse riding 93
 hot-air ballooning 532
 hot springs
 Malaysia 444
 Myanmar 512
 Thailand 718
 Timor-Leste 812
 Hpa-an 504-6
 Hsipaw 526-8
 Hua Hin 743-4
 Huay Xai 357-9
 Hue 861-71, **864**
 accommodation 868
 drinking & nightlife 870
 food 869-70
 shopping 870
 sights 861-6, 867
 tourist information 870
 tours 866-7
 travel to/from 870-1
 travel within 871

I
 Ibaloi people 573
 Ifugao rice terraces 18,
 572-7, **18**
 Ijen Plateau 198-200
 Indonesia 55, 159-316, **161**
 accommodation 310, 311
 activities 159
 arts 307
 border crossings with
 Malaysia 264
 border crossings with
 Singapore 260

border crossings with
 Timor-Leste 254
 budget 41, 160, 311, 312
 climate 159
 consulates 310-11
 customs regulations 310
 drinks 310
 embassies 310-11
 environment 307-8
 etiquette 160
 festivals & events 311-12
 food & drink 308-10, 312
 geology 308
 highlights 161, **161**
 history 305-7
 internet access 312
 internet resources 160
 language 159, 965-6
 legal matters 312
 LGBT travellers 312
 medical services 958
 money 160, 312
 opening hours 312-3
 population 307
 religion 307
 safety 202, 238, 313
 telephone services 313
 time 313
 travel seasons 159
 travel to/from 314-15
 travel within 315-16
 volunteering 314
 Indonesian language 965-6
 influenza 961
 Inle Lake 507-8
 insect bites 959
 insurance 945, 955-6, 957
 internet access 945,
 see also individual
 countries
 internet resources 21, 943,
 see also individual
 countries
 accommodation 944
 disabilities, travellers
 with 949
 government travel advice
 948
 health 963
 LGBT travellers 946
 responsible travel 942
 Inwa 523
 Irian Jaya, *see* Papua
 Islam 937-8
 itineraries 31-9, **31, 32, 33,**
 34, 35, 36, 38-9

J
 Jakarta 162-72, **164**, **166**, **168**
 accommodation 167-9
 drinking & nightlife 170
 entertainment 170-1
 festivals & events 167
 food 169-70
 shopping 171
 sights 162-7
 tourist information 171
 tours 167
 travel to/from 171-2
 travel within 172
 Japanese B encephalitis 959
 Java 161-201, **162-3**
 food 309
 travel to/from 161-2
 travel within 162
 Jayapura 299-301
 jellyfish 960
 Jerantut 433
 Jimbaran 211, **12**
 Johor Bahru 420-2

K
 Kabayan 573
 Kalaw 510-13, **511**
 Kalaymyo 541-2
 Kalimantan 280-5, **281**
 food 309
 travel to/from 280-1
 travel within 281-2
 Kaliurang 186
 Kamphaeng Phet 696-7
 Kampot 130-3, **132**
 Kampung Komodo 246
 Kanchanaburi 722-5, **723**
 Kanpetlet 540
 Kapit 465-6
 Karen people 788
 kayaking 46-8
 Cambodia 111, 137-8
 Indonesia 303
 Laos 331, 347, 378-9
 Philippines 609
 Singapore 632
 Thailand 740, 768, 783, **47**
 Vietnam 843
 Kedah 417
 Kelabit Highlands 472-3

Kep 134-5
 Kerobokan 207-10, **208**
 Khaung Daing 512
 Khe Sanh Combat Base 860
 Khmer language 966-7
 Khmer Rouge 148, 149
 Killing Fields of Choeung Ek 73
 Kinabalu National Park 443-4
 King Rama IX 786
 kitesurfing 49-50
 Philippines 584
 Thailand 768, 783
 Vietnam 883
 Klungkung 224
 Ko Chang (Ranang Province) 764
 Ko Chang (Trat Province) 740-2
 Ko Lanta 781-3
 Ko Pha-Ngan 751-7, **752**, **754**
 Ko Phayang 764-5
 Ko Phi-Phi 778-81, **779**, **780**
 Ko Samet 737-8
 Ko Samui 747-51, **748**
 Ko Tao 757-61, **758**
 Koh Dach 89
 Koh Kong City 118-20, **120**
 Koh Kong Conservation Corridor 120
 Koh Kong Island 121
 Koh Paen 136
 Koh Rong 128-9
 Koh Rong Sanloem 128-30
 Koh Russei 130
 Koh Ta Kiev 130
 Koh Tonsay 134
 Koh Trong 137
 Komodo 12, 246-7
 Komodo dragons 246, **12**
 Kompong Cham 136-7
 Kompong Luong 116
 Kompong Pluk 91
 Kompong Thom 116-17
 Kota Ambon 296-7
 Kota Bharu 430-3, **431**
 Kota Kinabalu 435-42, **438**, **2**, **16**
kôw mòk 668, **669**
kôw soy 668, 705, **669**
 Krabi Town 776-7
 Kratie 137-9, **137**
 Krui 279
 Kuah 418-20
 Kuala Besut 428

Kuala Lumpur 387-98, **389**, **390-1**, **394**
 accommodation 392-3
 drinking & nightlife 395-6
 entertainment 395-6
 food 393-5
 internet access 396
 safety 381
 shopping 396
 sights 387-92
 tourist information 396
 travel to/from 396-7
 travel within 397-8
 Kuala Terengganu 426-8
 Kuantan 425-6, **425**
 Kubah National Park 462-3
 Kuching 453-60, **454**
 Kumai 282
 Kudasang War Memorial 444
 Kupang 254-6
 Kuta (Bali) 204-7, **206**
 Kuta (Lombok) 235-7
 Kyaingtong 527

L
 Labuanbajo 249-51
lâhp 668, **669**
 lakes
 Boeng Yeak Lom 140
 Danau Maninjau 275-6
 Hoan Kiem Lake 823
 Inle Lake 507-14
 Kawah Ijen 199
 Kayangan Lake 608, **15**
 Nyaung Toung 527
 Rih Lake 541
 Telaga Warna 179
 Tonlé Sap 151
 West Lake 830
 Lambir Hills National Park 468
 landmines 948
 languages 20
 Burmese 964-5
 Filipino 965
 Indonesian 965-6
 Khmer 966-7
 Lao 967
 Malay 965-6
 Tetun 967-8
 Thai 968-9
 Vietnamese 969
 Lao language 967
 Lao Cai 846

Laos 55, 317-83, **320-1**
 accommodation 378, 379
 activities 318, 378-9
 arts 377
 border crossings with Cambodia 375
 border crossings with Thailand 330, 358, 362, 365
 border crossings with Vietnam 350, 360, 363
 books 379
 budget 41, 318, 379, 380
 climate 317
 consulates 379-80
 customs regulations 379
 disabilities, travellers with 382
 drinks 378
 embassies 379-80
 environment 378
 etiquette 319, 377
 food 317, 377-8
 highlights 320, **320-1**
 history 376-7
 internet resources 318
 itineraries 326
 language 317, 967
 legal matters 380
 LGBT travellers 380
 medical services 958
 money 41, 318, 379, 381
 opening hours 381
 population 377
 religion 377
 tourist information 381
 travel seasons 317
 travel to/from 318, 382
 travel within 382-3
 visas 382
 volunteering 382
 wildlife 378
 women travellers 382
 work 382
 Larantuka 253-4
 leeches 959
 legal matters 945-6,
 see also *individual countries*
 Legazpi 578-9
 Legian 204-7, **206**
 Lembar 232
 leopards 355, 357
 leptospirosis 961-2
 lesbian travellers, see LGBT travellers
 Leyte 588

LGBT travellers 946
 Brunei Darussalam 69
 Cambodia 154
 Indonesia 312
 Laos 380
 Malaysia 479
 Myanmar 548
 Philippines 615
 Singapore 652
 Thailand 678
 Timor-Leste 818
 Vietnam 919

lice 959
 Lingga 268
 Liquiçá 810
 Loboc 597
 Loh Sebita 247
 Loi Hunu 808-9
 Lombok 231-7, **232, 25**
 travel to/from 231, 248
 travel within 231-2
 Lopburi 688-90
 Lovina 227-8
 Luang Namtha 355-6
 Luang Prabang 15, 336-45,
 338, 15
 accommodation 341
 activities 337-40
 courses 340
 drinking & nightlife
 342-3
 entertainment 343
 food 341-2
 shopping 343
 sights 336-7
 tourist information 344
 tours 340
 travel to/from 344-5
 travel within 345
 Luzon 555-79

M

Mabul 451
 macaques 216
 Mae Hong Son 719-21
 Mae Sa Valley 710
 Mae Sai 715
 Mae Salong 716
 Mae Sariang 721-2
 Mae Sot 726-8
 Mai Chau 845-6
 Makassar 287-9, **288**
 Malang 195-7
 Malapascua Island 595-6
 malaria 962
 Malay language 965-6

Malaysia 55, 384-482,
 386, 399
 accommodation 478
 arts 476
 border crossings with
 Brunei Darussalam
 452
 border crossings with
 Indonesia 403, 421,
 450, 458
 border crossings with
 Philippines 446
 border crossings with
 Singapore 422
 border crossings with
 Thailand 418, 420, 432
 budget 41, 385, 478, 479
 climate 384
 consulates 478
 customs regulations
 477-8
 disabilities, travellers
 with 480
 drinks 385, 476-7
 electricity 478
 embassies 478
 environment 477
 etiquette 385
 festivals & events 478
 food 384, 385, 402,
 476, 479
 geology 477
 highlights 386, **386**
 history 474-5
 internet access 479
 language 384, 965-6
 legal matters 479
 LGBT travellers 479
 medical services 958
 money 41, 385, 478, 479
 opening hours 479
 politics 474
 population 475
 public holidays 479
 religion 475
 safety 451, 479-80
 telephone services 480
 tourist information 480
 travel seasons 384
 travel to/from 385, 481
 travel within 481-2
 visas 480
 volunteering 423
 wildlife 477
 women travellers 480

Maluk 244-5
 Maluku 295-8, **296**
 food 309-10
 travel to/from 295
 travel within 295-6

Manado 293-4
 Mandalay 514-22, **516**,
 518-19
 Manila 555-72, **558-9**,
 562, 564, 566, 568
 accommodation 563-5
 drinking & nightlife
 569-70
 entertainment 570
 festivals & events 562-3
 food 565-9
 history 555
 LGBT travellers 570
 medical services 570
 shopping 570
 sights 555-61
 tourist information 571
 tours 561-2
 travel agencies 571
 travel to/from 571
 travel within 572

Marble Mountains 873
 Marina Bay Sands 625
 markets 26
 Bangkok 661, 680, 677
 Cherating 427
 Chiang Mai 704, 706
 Ho Chi Minh City 893
 Hsipaw 527
 Jakarta 171
 Kapit 465
 Kupang 255
 Luang Prabang 343
 Mae Sot 727
 Mandalay 515
 Nong Khai 735
 Sapa 848
 Savannakhet 364-5
 Vihn Long 904
 Yangon 491
 Yogyakarta 181

massage 52-3
 Cambodia 93, 122
 Laos 354
 Thailand 692, 702

Mataram 232-3
 Maubisse 810-11
 Mawlamyine 502-4
 Maymyo 524-6
 measles 962
 Medan 261-4, **262**
 medical services 957-8
 meditation 52-3
 Mekong Delta (Vietnam)
 903-10, **904**
 Mekong Discovery Trail 136
 Mekong River 927, 940
 Melaka City 398-404, **400**

melioidosis 959
 Mentawai Islands 278
 Meo Vac 851
 Mersing 422-3
 Mindanao 598-601, 611
 Mindat 540-1
 Mindoro 580-3
 Mingun 524
 Miri 468-70
 Moalboal 594-5
 mobile phones 20, 948
 Mondulkiri Province 38,
 143-6
 money 20, 21, 23, 40-1,
 945, 946, *see also*
 individual countries
 Mori 252-3
 monkeys 688, 689
 monks **15**
 monsoon season 46
moo-ay tai courses
 Chiang Mai 702
 Ko Samui 747

mosques 937-8
 Masjid Sultan Ahmad
 Shah 425
 Mesjid Raya
 Baiturrahman 264
 Sultan Mosque 629

motorcycle travel 45-6,
 360, 361, 890, 950,
 955-6

mountain biking
 Laos 331
 Myanmar 511
 Thailand 701, 783
 Vietnam 843

Mrau U 537-9
 Mt Hpan Pu 504
 Mt Kinabalu 443-4, **42**
 Mt Matebian 809
 Mt Mayon 578
 Mt Popa 535
 Mt Ramelau 811-12
 Mt Victoria 539-40
 Mt Zwegabin 504
 Muang Ngoi 345-7
 Muang Ngoi Neua 347-8
 Mui Ne 882-6, **884**
 Mukdahan 734-5
 mummies 573
 Mundo Perdido 808
 Munduk 226-7
 museums & galleries 933
 Affandi Museum 179
 Agung Rai Museum of
 Art 217
 Angkor National
 Museum 90

museums & galleries
continued

Art Museum (Kuching)
453

Baba & Nyonya Heritage
Museum 401

Bangkokian Museum
661, 666

BenCab Museum 573

Cambodia Landmine
Museum 90-1

Changi Museum &
Chapel 632

Chao Sam Phraya
National Museum 684

Chiang Mai City Arts
& Cultural Centre
699-700

Chiang Mai Historical
Centre 700

Chinatown Heritage
Centre 628

Dare Memorial Museum
801

Dien Bien Phu Museum
850

Dusit Palace Park 666

Ethnology Museum
(Kuching) 453

Fine Arts Museum
(Vietnam) 893

HCMC Museum 891

Hellfire Pass Memorial
724

Hilltribe Museum &
Education Center 710

History Museum (Ho Chi
Minh City, Vietnam)
893

Ho Chi Minh House
(Thailand) 735

Ho Chi Minh Museum
(Vietnam) 828

ILHAM 388

Indian Heritage Centre
629

Islamic Arts Museum
388

JEATH War Museum 723

Kamphaeng Phet
National Museum 696

Kanchanaburi War
Cemetery 723

Lanna Folklife Museum
699

Mae Fah Luang Art &
Culture Park 710

Museum Bank Indonesia
162-3

Museum Nasional
(Jakarta) 165

Museum of Cham
Sculpture 871

Museum of North
Sumatra 261

Museum of Siam 660

Museum of Trading
Ceramics 875

Museum Puri Lukisan
217

National Gallery
Singapore 624

National Museum
(Thailand) 660-1

National Museum of
Cambodia 73

National Museum of
Singapore 624

National Museum of the
Filipino People 561

National Museum of
Vietnamese History
823, 826

National Visual Arts
Gallery 392

Neka Art Museum 217

Oub Kham Museum 712

Pahang Museum 425

Peranakan Museum 624

Phimai National Museum
738

Precious Heritage 874

Resistance Museum 799

Royal Fine Arts Museum
866

Sai Yok National Park
726

Sangkhalok Museum
693

Sapa Museum 848

Sergeant Major Thawee
Folk Museum 690

St Louis University
Museum 573

Suan Pakkad Palace
Museum 666

Thailand Burma Railway
Centre 722-3

Tsunami Museum 264

Tuol Sleng Genocide
Museum 73, **19**

Vietnam Military History
Museum 827

Vietnam Museum of
Ethnology 829-30

Vietnamese Women's
Museum 826

War Remnants Museum
893

Wat Phra Si Ratana
Mahathat 690

music 933

Bali 223

festivals 27-9

Cambodia 150

Indonesia 307

Laos 377

Malaysia 476

Myanmar 545

Philippines 613

Singapore 649

Thailand 788-9

Timor-Leste 816

Vietnam 914

My Son 879-80

Myanmar 55, 483-552,
485

accommodation 483,
546, 547

arts 545

border crossings with
Thailand 505, 506, 515

border crossings with
China 528

books 545

budget 41, 484, 547, 548

climate 483, 546

disabilities, travellers
with 550

drinks 484, 546

electricity 546

embassies 546-7

environment 545

etiquette 486

festivals & events 547

food 484, 546, 548

highlights 484, 485, **485**

history 543

internet access 547

internet resources 550

language 483, 964-5

legal matters 547-8

LGBT travellers 548

magazines 548

medical services 958

money 484, 548, 549

opening hours 548

photography 548

politics 542, 926

population 544

postal services 548-9

public holidays 549

religion 544-5

safety 549

telephone services 549

time 549

toilets 549

tourist information
549-50

travel seasons 483

travel to/from 551

travel within 551-2

TV 548

visas 550, 551

volunteering 550

women travellers 550-1

Myinkaba 528, 529-30

N

Nakhon Phanom 735

Nakhorn Ratchasima
729-30, **729**

national parks & reserves

Alas Purwo National
Park 200

Ang Thong Marine
National Park 749

Apo Island marine
sanctuary 589

Ba Be National Park
39, 845

Bach Ma National Park
872

Bai Tu Long National
Park 843

Bako National Park
460-1

Bokor National Park
135-6

Bunaken Manado Tua
Marine National Park
295

Central Cardamoms
Protected Forest 96

Cuc Phuong National
Park 856

Danjugan Island Marine
Reserve & Sanctuary
589

Doi Inthanon National
Park 710

Erawan National Park
724

Gunung Gading National
Park 463-4

Gunung Mulu National
Park 470-2

Kelimutu National Park
252

Kep National Park 134

Khao Sok National Park
Ko Tao 765-6

Khao Yai National Park
730, 731

Kinabalu National Park
443-4

Ko Tarutao Marine
National Park 38, 783

Komodo National Park
246-7

Kubah National Park
462-3

- Lambir Hills National Park 468
 MacRitchie Reservoir 632
 Nam Ha NPA 355
 Niah National Park 467-8
 Pangandaran National Park 175
 Penang National Park 416
 Phanom Rung Historical Park 730-1
 Phong Nha-Ke Bang National Park 19, 856-9, **19, 37**
 Phong Nha-Ke Bang 19
 Phu Hin Bun NPA 360
 Phu Quoc National Park 908
 Puerto Princesa Subterranean River National Park 604
 Rainforest Discovery Centre 447
 Salawin National Park 721-2
 Seima Protected Forest 144
 Semenggoh Nature Reserve 462
 Similan Islands Marine National Park 767-8
 Southern Cardamoms Protected Forest 122
 Surin Islands Marine National Park 767
 Taman Nasional Bali Barat 229
 Taman Negara 433-5
 Taman Wisata Alam Kerandangan 233
 Tanjung Puting National Park 282-3
 Tram Chin National Park 907
 Tunku Abdul Rahman National Park 436
 Ulu Temburong National Park 39, 67-8
 Way Kambas National Park 279
 Yok Don National Park 890
 Negros 587-9
 New Bagan 532-3, 533-4
 Ngadisari 198
 Ngwe Saung Beach 499-500
 Nha Trang 880-2
 Niah National Park 467-8
 nightlife 25-6
 Ninh Binh 852-3
- None 256
 Nong Khai 735-7
 Nong Khaiw 345-7
 noodles 934
 Nusa Penida 216
 Nusa Tenggara 230-58, **230-1**
 food 309
 travel to/from 231
 travel within 231
 Nyaungshwe 508-10, **509**
 Nyaung Toung 527
 Nyaung U 528, 532, 533, 535, **534**
- O**
 Oecusse 812-13
 Old Bagan 528-9, 534-5
 opening hours 946, *see also individual countries*
 orangutans 283, 447, 462
 orphanages 943
 Oslob 588
- P**
 Padang 276-80, **277**
 Padang Padang 212
 Padangbai 225
 pagodas, *see* temples, pagodas & stupas
 Paga 253
 Pai 718-19
 Pakse 366-9, **367**
 palaces
 Grand Palace (Thailand) 660
 Hue Citadel (Vietnam) 861-75
 King Palace (Vietnam) 886
 Royal Palace (Phnom Penh) 73
 Taman Tirta Gangga (Indonesia) 225
 Palaung 513
 Palawan 14, 601-11, **2, 15**
 Panagsama Beach 594
 Pangandaran 175-7, **176**
 Pangkalan Bun 282
 Panglao Island 597-8
 Pantai Cenang 418-19
 Pantai Kok 418
 Pantai Lakey 245-6
 Pantai Tengah 418-19
 Pa-O 513
 Papua 299-304, 310, **300**
 Parapat 270
 parasites 960
- parks & gardens
 Fort Canning Park 624-5
 Gardens by the Bay 625
 KL Forest Eco Park 387
 Lumphini Park 661
 National Kandawgyi Gardens 524
 Perdana Botanical Garden 388
 Rizal Park 560-1
 Singapore Botanic Gardens 631
 Tropical Spice Garden 416
 passports 946
pàt pàk búng fai daang 668, **669**
pàt tai 668, **669**
 Pemuteran 229-30
 Penang 14, 409-16, **409, 14**
 pepper 131
 Peranakan people 475
 Petronas Towers 388
 Philippines 56, 553-619, **556-7**
 accommodation 553, 614-15
 activities 554
 arts 613
 budget 41, 554, 615
 climate 553, 615
 consulates 615
 disabilities, travellers with 617
 drinks 613-14
 electricity 615
 embassies 615
 environment 614
 food 553, 613-14, 615
 highlights 554, 556-7, **556-7**
 history 611-12
 internet access 615
 internet resources 554
 language 553, 965
 LGBT travellers 615
 medical services 958
 money 554, 616
 opening hours 616
 politics 611
 population 613
 public holidays 616
 safety 599
 telephone services 616
 toilets 616
 travel seasons 553, 615
 travel to/from 617-18
 travel within 618-19
- visas 617
 volunteering 617
 wildlife 614
 Phimai 738
 Phi-Phi Don 778-81, **779, 780**
 Phi-Phi Leh 778-81
 Phitsanulok 690-1
 Phnom Kulen 109
 Phnom Penh 19, 73-89, **77, 78-9, 80**
 accommodation 76-9
 activities 76
 drinking & nightlife 83-4
 emergencies 86
 entertainment 84
 food 79-82, 83
 internet access 86
 medical services 86
 money 86
 postal services 86
 safety 86
 shopping 85
 sights 73
 tourist information 86
 tours 76
 travel to/from 88-9
 travel within 86-9
 Phnom Sampeau 116
 Phong Nha-Ke Bang National Park 19, 856-9, **19, 37**
 Phonsavan 348-51
 photography 946-7
 Phu Quoc Island 907-10
 Phuket 768-76, **770, 772**
 accommodation 769-73
 activities 768-9
 drinking & nightlife 775-6
 festivals & events 769
 food 773-4
 medical services 775
 safety 775
 sights 768-9
 taxis 769
 tourist information 775
 tours 769
 travel to/from 776
 travel within 769, 775, 776
 Phuket Town 774, **772**
 Pindaya 513-14
 Plain of Jars 351-2
 planning 24-6
 activities 42-53
 budgeting 21, 40-1
 calendar of events 27-30

planning *continued*
 children, travel with 944-5
 first-time visitors 22-3
 health 957
 internet resources 21
 itineraries 31-9, **31, 32, 33, 34, 35, 36, 38-9**
 Southeast Asia basics 20-1
 Southeast Asia's countries 54-6
 travel seasons 20, 27-30, 46
 political unrest 947
 population 927, 932-3
 Poreng Valley 247
 Port Barton 604-5
 Poso 291-2
 postal services 947,
see also individual countries
 Poto Tano 244
 poverty 941-2
 Prachuap Khiri Khan 744-5
 Prambanan 189-90
prang 789
 Prang Sam Yot 689
 Prisão do Apelo 810
 Probolinggo 198-211
 proboscis monkeys 447
 prostitution 943
 public holidays 947,
see also individual countries
 public transport 956
 Puerto Galera 580-3, **581**
 Puerto Princesa 601-3
 Pulau Ai 298
 Pulau Ambon 296-7
 Pulau Banda Besar 298
 Pulau Batu Daka 293
 Pulau Besar 429-30
 Pulau Bunaken 294-5
 Pulau Derawan 285
 Pulau Hatta 298
 Pulau Kadidiri 292-3
 Pulau Katupat 293
 Pulau Kecil 429
 Pulau Labuan 452-3
 Pulau Langkawi 417-20
 Pulau Maratua 284
 Pulau Menjangan 229
 Pulau Nias 272
 Pulau Perhentian 428-30

Pulau Samosir 270-3
 Pulau Tioman 423-5, **423**
 Pulau Togeang 293
 Pulau Weh 265-7
 Pyin Oo Lwin 524-6

R
 rabies 962
Rafflesia tuan-mudae 463
 rafting 46-8
 Laos 331, 378-9
 Philippines 574, 600
 Thailand 718
 Railay 777-8, **51**
 Raja Ampat Islands 303-4
 Ramadan 28
 Ramayana 937
 Ranong 763-4
 Rantepao 290-1
 rashes 960
 Ratanakiri Province 140-3
 reflexology 640
 religion 927, 935-8
 reserves, *see* national parks & reserves
 responsible travel 940-3
 Cambodia 152
 rice 934
 Rih Lake 541
 Rinca 246
 River Kwai 741
 rock climbing 50
 Vietnam 843
 Cambodia 130
 Laos 331, 354, 379
 Thailand 777-8, **51**

S
 Sabah 16, 435-53, **436-7**
 Sabang 604
 safety 947-8
 Cambodia 140, 155
 drugs 155, 238, 945-6
 Indonesia 202, 238, 313
 Laos 381
 Malaysia 451, 479-80
 Myanmar 549
 Philippines 599
 Phnom Penh 86
 scams 947-8
 Singapore 653
 Thailand 755, 775, 793, 795
 Timor-Leste 804, 817, 820
 unexploded ordnances (UXO) 140, 155, 948
 Vietnam 822, 878, 881, 901, 919

Sagada 574-5, **51**
sāhm-lór 795
 Saigang 523-4
 sailing
 Cat Ba Island (Vietnam) 843
 Ko Phi-Phi (Thailand) 779-80
 Mui Ne (Vietnam) 883
 Sam Neua 352-3
 Sambor Prei Kuk 117-18
 Samoeng 710
 sand dunes 883
 Sandakan 445-7
 sandflies 960
 Sangkhlaburi 725-6
 Santubong Peninsula 461-2
 Sanur 214-15
 Sapa 847-50, **849**
 Sape 246
 Sarawak 16, 453-73, **454**
 Savannakhet 363-6, **364**
 saving face 787
 scams 947-8
 schistosomiasis 962
 sea turtles 906
 Seima Protected Forest 143
 Semarang 224
 Semengoh Nature Reserve 462
 Seminyak 207-10, **208**
 Semporna 449-51
 Sen Monorom 143-6
 Senaru 235
 Senggigi 233-5, **234**
 Sepilok 447-8
 shadow puppetry 933
 shopping 26
 Si Phan Don 16, 371, **372, 16**
 Siang Sawn 542
 Siargao 39, 599-600
 Sibiu 464-5
 Sideman 224
 Siem Reap 90-102, **92**
 accommodation 94-5
 activities 91-3
 courses 94
 drinking & nightlife 97, **107**
 entertainment 97-100
 food 95-7
 shopping 100, **107**
 sights 90-1
 tours 94
 travel to/from 101-2
 travel within 102
 Siguntou 291

Sihanoukville 120-7, **123, 124, 127**
 Similan Islands Marine National Park 767-8
 Singapore 56, 620-55, **622-3, 626-7, 630, 634, 636, 638, 17, 644-5**
 accommodation 637-40, 651, 653
 activities 635
 border crossings with Indonesia 647
 border crossings with Malaysia 648
 books 641
 budget 41, 621, 625, 652, 653
 climate 620
 consulates 652
 courses 635-7
 customs regulations 651
 disabilities, travellers with 653-4
 drinking & nightlife 643-9
 electricity 651
 embassies 652
 emergencies 652
 entertainment 649-50
 festivals & events 637
 food 17, 620, 621, 640-3, 652
 highlights 622-3, **622-3**
 history 650-1
 internet access 652
 internet resources 621
 language 620
 legal matters 652
 LGBT travellers 652
 medical services 958
 money 621, 653
 opening hours 653
 population 651
 postal services 653
 public holidays 653
 religion 651
 safety 653
 shopping 650
 sights 624-35, 642
 telephone services 653
 tourist information 653
 tours 637
 travel seasons 620
 travel to/from 654
 travel within 654-5
 visas 653-4
 volunteering 654
 women travellers 654
 Sipalay 589

Siquijor 589-90
 Sittwe 537
 skin problems 960
 snakes 960-1
 snorkelling, *see* diving & snorkelling
 Soe 256
 Solo 191-4, **193**
sôm-dam 668, **668**
sông-tâa-ou 795
 Sorong 302-3
 spas 52-3
 Champasak (Laos) 369
 Ubud (Indonesia) 217
 stand-up paddleboarding 843
 STIs 962-3
 stryngiloides 963
 Stung Treng 139-40
 stupas, *see* temples, pagodas & stupas
 Sugar Beach 589
 Sukhothai 691-6
 Sukhothai empire 694
 Sukhothai Historical Park 691-3, **692**
 Sulawesi 285-95, **286**
 food 309
 travel to/from 285-7
 travel within 287
 Sumatra 258-80, **259**
 food 309
 travel to/from 258-60
 travel within 260
 Sumba 256-8
 Sumbawa 244-6
 Sumbawa Besar 245
 sunbears 447
 sunburn 961
 Sundanese culture 174
 Sungai Kinabatangan 448-9
 Surabaya 199
 Surakarta 191-4, **193**
 Surat Thani 761-2
 surfing 43, 49-50
 Alas Purwo National Park (Indonesia) 200
 Balian Beach (Indonesia) 229
 Batu Karas (Indonesia) 177
 Boracay (Philippines) 584
 Cloud Nine (Philippines) 599
 Kuta (Lombok, Indonesia) 235-6
 Maluku (Indonesia) 244
 Mentawai Islands (Indonesia) 278

Mui Ne (Vietnam) 883
 Nusa Lembongan (Indonesia) 215
 Padang Padang (Indonesia) 212
 Pantai Lakey (Indonesia) 245
 Phuket (Thailand) 769
 Pulau Nias (Indonesia) 272
 Singapore 632, 635
 Ulu Watu (Indonesia) 212-13
 Surin 731-2
 Surin Islands Marine National Park 767

T

Tam Coc 853-6, **855**
 Taman Negara 433-5
 Tambolaka 257-8
 Tampaksiring 224
 Tana Toraja 289-91, **290**
 Tanjung Harapan 284
 tarsiers 597
 Tay Ninh 903
 Tay villages 845
 telephone services 20, 948, *see also individual countries*
 Temburong District 66-8
 temples, pagodas & stupas 24
 Ananda Pahto 528
 Angkor, temples of 11, 90, 102-10, **104-5, 4, 7, 10-11**
 architecture 789
 Arjuna Complex 178-9
 Assembly Hall of the Fujian Chinese Congregation 874
 Baandam 712
 Bagan 12, 528-32
 Bagaya Kyaung 523
 Bakong 109
 Banteay Srei 109
 Beng Mealea 109
 Borobudur Temple 190-1
 Botataung Paya 486
 Buddha Tooth Relic Temple 628
 Cambodia 71
 Candi Jago 196
 Candi Singosari 196
 Candi Sukuh 194-5
 Candi Sumberawan 196
 Cao Dai Great Temple 903
 Chaukhatgyi Paya 486

Dhammayangyi Pahto 530
 Dieu De National Pagoda 866
 Jade Emperor Pagoda 892
 Jin De Yuan 163
 Kbal Spean 109
 Kek Lok Si Temple 416
 Koh Ker 109-10
 Kothaung Paya 538
 Kyaikthanlan Paya 502
 Mahamuni Paya 515
 Mendut Temple & Monastery 191
 Ngahtatgyi Paya 486
 One Pillar Pagoda 828-9
 Pha That Luang 319
 Phnom Bakheng 105-8
 Prambanan Temple 189
 Prasat Banan 115-16
 Prasat Preah Vihear 118
 Preah Khan 108
 Preah Neak Poan 108
 Pura Luhur Ulu Watu 212
 Shittaung Paya 538
 Shwe In Bin Kyaung 515
 Shwe Oo Min Natural Cave Pagoda 514
 Shwedagon Paya 486, **19**
 Ta Prohm 109, **7, 106**
 Temple of Literature 827
 Tham Tu Pu & Buddha Cave 712
 Thien Mu Pagoda 866
 To Mieu Temple Complex 865
 Truc Lam Pagoda 891
 Wat Arun 660
 Wat Chang Lom 694
 Wat Chao Chan 694
 Wat Chedi Luang 697, 701
 Wat Chiang Man 699, **14**
 Wat Ek Phnom 116
 Wat Inthakhin Saduemuang 701
 Wat Khao Phanom Phloeng 694
 Wat Mahathat 684
 Wat Pa Sak 716
 Wat Phan Tao 699
 Wat Phanom Choeng 685
 Wat Pho 660
 Wat Phra Kaew 660, 710-11, **25**
 Wat Phra Si Ratana Mahathat 694
 Wat Phra Si Sanphet 684
 Wat Phra Singh 697

Wat Phra That Doi Kong Mu 720
 Wat Phra That Doi Suthep 699
 Wat Phra That Phanom 736
 Wat Phu Champasak 370-1
 Wat Ratchaburana 684
 Wat Rong Khun 712
 Wat Si Saket 319
 Wat Srisuphan 701
 Wat Swan Dok 701
 Wat Thung Si Meuang 732
 Wat Traimit (Golden Buddha) 661
 Wat Xieng Thong 336
 Wihan Phra Mongkhon Bophit 684
 Tetun language 967-8
 Tha Khaek 360-3
 Thai language 968-9
 Thailand 54, 656-795, **658-9**
 accommodation 791
 activities 656
 arts 788-9
 bargaining 657
 border crossings with Cambodia 734, 739, 742
 border crossings with Laos 708, 733, 734, 735, 737
 border crossings with Malaysia 760, 782
 border crossings with Myanmar 715, 727, 728, 765
 budget 41, 657, 791, 792
 climate 656
 conservation 791
 consulates 792
 customs regulations 791
 disabilities, travellers with 793-4
 drinks 657, 790
 drugs 792
 embassies 792
 emergencies 793
 environment 790-1
 etiquette 657, 785, 787, 788
 festivals & events 792
 food 657, 789-90, 792, **668, 669**
 highlights 658-9, **658-9**
 hill-tribe communities 788
 history 784-6

Thailand *continued*
 hitching 795
 internet access 792
 internet resources 657
 language 656, 968-9
 legal matters 792
 LGBT travellers 678, 793
 medical services 958
 monarchy 785, 786
 money 657, 793
 motorcycle travel 795
 music 788-9
 opening hours 793
 people 786-8
 politics 784
 population 656, 787
 postal services 793
 public holidays 793
 religion 787-8
 safety 755, 775, 793, 795
 scams 657, 673
 telephone services 793
 theatre 789
 toilets 793
 tourist information 793
 travel seasons 656
 travel to/from 657, 794
 travel within 794-5
 visas 794
 volunteering 794
 wildlife 791
 work 794

Tham Kong Lor 39, 359-60
 theft 948
 thresher sharks 595
 Thuy Son 873
 tick bites 959
 Tiddim 542
 tigers 355, 357
 time 21
 Timor-Leste 17, 56, 796-820, **798, 17**
 accommodation 817
 arts 816
 border crossings with Indonesia 820
 budget 41, 797, 817, 818
 children, travel with 819
 climate 796
 consulates 817
 customs regulations 817
 disabilities, travellers with 819
 drinks 797

economy 813-14
 embassies 817
 environment 816-17
 food 797
 highlights 798
 history 814-15
 internet access 818
 internet resources 797
 itineraries 799
 language 796, 797, 967-8
 legal matters 818
 LGBT travellers 818
 medical services 818, 958
 money 797, 818
 opening hours 818
 politics 813-14
 religion 816
 safety 804, 817, 820
 telephone services 818
 tourist information 819
 travel to/from 819
 travel within 819-20
 visas 819
 volunteering 819
 wildlife 816-17
 women travellers 797, 819

tippling 23
 Tirta Gangga 225-6
 Togeang Islands 39, 292-3
 toilets 948-9
 toms 24
 Hue (Vietnam) 869
 Tomb of Khai Dinh (Vietnam) 867
 Tomb of Minh Mang (Vietnam) 867
 Tomb of Tu Duc (Vietnam) 867
 Tonlé Bati 89
 Toraja culture 289
 tourist information 949,
see also individual cities, countries
 tours, *see individual locations*
 towers 24
 Toya Bungkah 226
 Tra Vinh 907
 train travel 950, 956
 Trat 738-40
 travel seasons 20, 27-30, 46
 travel to/from Southeast Asia 950
 travel within Southeast Asia 951-6
 trekking 25, 43-4
 Cambodia 111, 144, 153

Indonesia 179, 225, 228, 236, 247, 267
 Laos 349, 354, 355, 379
 Malaysia 423, 433-5, 443, 463, 471, 473
 Myanmar 504, 511, 512, 540
 Philippines 571, 576, 578
 Thailand 710, 712, 718, 720, 726, 747, 751, 768, 783
 Timor-Leste 809, 811
 Vietnam 843, 856, 908
 volcanoes 45
 tuberculosis 959
 tubing 331, 333
 Tundumbaho 272
 Tutuala 809
 Twante 488
 typhoid 963
 typhus 959

U

Ubon Ratchathani 732-4
 Ubud 216-23, **218, 220**
 Udomxai 354-5
 Ujung Pandang 287-9, **288**
 Ulu Temburong National Park 67-8
 Ulu Watu 212-13, **212**
 unexploded ordnance (UXO) 140, 155, 948

V

vaccinations 960
 Vang Vieng 331-6, **332**
 Venilale 807
 Vieng Xai 353-4
 Vientiane 319-31, **323, 324**
 accommodation 325-6
 activities 322
 courses 322
 drinking & nightlife 327
 entertainment 328
 festivals & events 323-5
 food 326-7
 medical services 328
 money 328
 shopping 328
 sights 319-22
 tourist information 328-9
 tours 322-3
 travel agencies 329
 travel to/from 329-30
 travel within 330-1
 Vietnam 56, 821-924, **824-5, 854-5**
 accommodation 905, 917
 American War 912-13
 arts 914-15
 books 914
 border crossings with Cambodia 891, 902, 908, 922
 border crossings with China 838, 847, 852, 922
 border crossings with Laos 850, 860, 922
 budget 41, 822, 917, 918
 children, travel with 917
 climate 821
 consulates 917-18
 disabilities, travellers with 920
 drinks 822, 916
 economy 910-11
 embassies 917-18
 environment 916-17
 etiquette 822, 914
 films 913
 food 822, 915-16
 highlights 824-5
 history 911-13
 insurance 918, 923
 internet access 918
 internet resources 822, 837
 language 821, 969
 legal matters 919
 LGBT travellers 919
 money 919
 politics 910-11
 religion 913-14
 safety 822, 878, 881, 901, 919
 scams 822, 836
 time 920
 tourist information 920
 tours 890, 924
 travel to/from 921-2
 travel within 922-4
 visas 920-1
 volunteering 921
 Vietnamese language 969
 Vigan 577-8
 Vinh Long 904
 visas 949
 Brunei Darussalam 70
 Cambodia 156
 Laos 382
 Malaysia 480
 Myanmar 550, 551
 Philippines 617
 Singapore 653-4

Thailand 794
 Timor-Leste 797, 819
 Vietnam 920-1
 Visayas, The 583-98, **583**
 volcanoes 45
 Camiguin 600
 Gunung Batur 226
 Gunung Bromo 197-8
 Gunung Inerie 251
 Gunung Merapi 186
 Gunung Rinjani 235, 236
 Gunung Sibayak 268
 Kelimutu 252
 Mt Mayon 578
 Mt Pinatubo 571
 Taal Volcano 571
 Wawo Muda 251
 volunteering 943
 Cambodia 156
 Indonesia 314
 Laos 382
 Malaysia 423
 Myanmar 550
 Philippines 617
 Singapore 654
 Thailand 794
 Timor-Leste 819
 Vietnam 921

W

Waikabubak 257
 Waingapu 256-7
 Wakai 293
 Wamena 301-2
 Wat Phu World Heritage Area 370-1
 water 961, 962
 waterfalls
 Anisakan Falls 523
 Bigaho Falls 604
 Bou Sraa Waterfall 144
 Chaa Ong 140
 Dau Dang Waterfall 845
 Fonte Sagrada 812
 Ka Tieng 140
 Kawasan Falls 594
 Kinchaan 140

Nam Tok Mae Yen 719
 Nam Tok Mo Paeng 719
 Nam Tok Pembok 719
 Tappia Waterfall 576
 Tat Kuang Si 336
 Tat Sompamit 373
 Tatai Waterfall 120
 weather 20, 46
 wellness 52-3
 West Timor 254-6
 whale sharks 579, 588, 602
wi-hähn 789
 wildlife reserves & sanctuaries, *see also* national parks & reserves, zoos
 Bear & Wild Cat Rescue Station 887
 Borneo Sun Bear Conservation Centre 447
 Cu Chi Wildlife Rescue Station 903
 Dao Tien Endangered Primate Species Centre 887
 Elephant Valley Project 144
 Endangered Primate Rescue Center 856
 Jurong Bird Park 633
 KL Bird Park 388
 Labuk Bay Proboscis Monkey Sanctuary 447
 Matang Wildlife Centre 462-3
 Peam Krasaop Wildlife Sanctuary 119
 Philippine Tarsier Sanctuary 597
 Phnom Samkos 96
 Phnom Tamao Wildlife Sanctuary 89-90
 Phuket Elephant Sanctuary 768
 Sacred Monkey Forest Sanctuary 216
 Semenggoh Wildlife Center 462
 Sepilok Orangutan Rehabilitation Centre 447

Thai Elephant Care Center 701
 Tra Su Bird Sanctuary 906
 Turtle Conservation Center 856
 Wildlife Friends Foundation Thailand Rescue Centre and Elephant Refuge 743
 wildlife-watching 43, 52, 940, 941
 women travellers 949
 Brunei Darussalam 70
 Laos 382
 Malaysia 480
 Myanmar 550-1
 Singapore 654
 Timor-Leste 797, 819
 women's health 963
 Wonosobo 178
 work 949, *see also individual countries*
 World Heritage sites 887
 Angkor, temples of 11, 90, 102-10, **104-5, 4, 7, 10-11**
 Bangaan 576
 Borobudur Temple 190-1
 George Town 410-11
 Gunung Mulu National Park 470-2
 Halong Bay 841-2
 Hoi An Old Town 874-5
 Hue Citadel 861-6
 Imperial Citadel of Thang Long 829
 Jatiluwih rice terraces 227
 Kamphaeng Phet Historical Park 696
 Khao Yai National Park 730
 Luang Prabang 336-45
 Melaka City 398
 Mt Kinabalu 443-4
 My Son 879-80
 Phong Nha-Ke Bang National Park 856-9

Plain of Jars 351-2
 Prasat Preah Vihear 118
 Sambor Prei Kuk 117-18
 Sukhothai Historical Park 691-3, **692**
 Vigan 577-8
 Wat Phu 370-1

Y

yam 668, **669**
 Yangon 19, 486-98, **489, 492-3, 494-5, 496-7, 19**
 accommodation 487-8
 drinking & nightlife 491
 emergencies 493
 food 488-91
 internet access 493
 shopping 491-2
 sights 486-7
 tourist information 495
 tours 487
 travel to/from 496-7, 498
 travel within 487
 yoga 52-3, 93, 217, 322, **53**
 Yogyakarta 179-88, **180, 183**
 accommodation 182-4
 drinking & nightlife 186-7
 entertainment 187
 festivals & events 182
 food 185-6
 shopping 187
 sights 179-82
 tourist information 187
 tours 182
 travel to/from 187, 188
 travel within 188

Z

ziplining 50
 Cambodia 91, 128, 145
 Thailand 747
 Laos 333, 354, 357, 379
 zoos 632



lonely planet

LONELY PLANET **IN THE WILD**

Send your 'Lonely Planet in the Wild' photos to social@lonelyplanet.com
We share the best on our Facebook page every week!

Map Legend

Sights

- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- Christian
- Confucian
- Hindu
- Islamic
- Jain
- Jewish
- Monument
- Museum/Gallery/Historic Building
- Ruin
- Shinto
- Sikh
- Taoist
- Winery/Vineyard
- Zoo/Wildlife Sanctuary
- Other Sight

Activities, Courses & Tours

- Body surfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- Sento Hot Baths/Onsen
- Skiing
- Snorkelling
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity

Sleeping

- Sleeping
- Camping
- Hut/Shelter

Eating

- Eating

Drinking & Nightlife

- Drinking & Nightlife
- Cafe

Entertainment

- Entertainment

Shopping

- Shopping

Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

Geographic

- Beach
- Gate
- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

Transport

- Airport
- Border crossing
- Bus
- Cable car/Funicular
- Cycling
- Ferry
- Metro/MRT/MTR station
- Monorail
- Parking
- Petrol station
- Skytrain/Subway station
- Taxi
- Train station/Railway
- Tram
- Underground station
- Other Transport

Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed road
- Road under construction
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian overpass
- Walking Tour
- Walking Tour detour
- Path/Walking Trail

Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

Hydrography

- River, Creek
- Intermittent River
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Reef

Areas

- Airport/Runway
- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Glacier
- Mudflat
- Park/Forest
- Sight (Building)
- Sportsground
- Swamp/Mangrove

Note: Not all symbols displayed above appear on the maps in this book



Hugh McNaughtan

Indonesia A former English lecturer, Hugh swapped grant applications for visa applications, and turned his love of travel into a full-time thing. Having done a bit of restaurant-reviewing in his home town (Melbourne) he's now eaten his way across four continents. He's never happier than when on the road with his two daughters. Except perhaps on the cricket field...



Rebecca Milner

Southeast Asia regional content California born, longtime Tokyo resident (15 years and counting!), Rebecca has coauthored Lonely Planet guides to Tokyo, Japan, Korea and China. She is also a freelance writer covering travel, food and culture, published in *The Guardian*, the *Independent*, the *Sunday Times Travel Magazine*, the *Japan Times* and more. After spending the better part of her twenties working to travel – doing odd jobs in Tokyo to make money to spend months

at a time backpacking around Asia – Rebecca was fortunate enough to turn the tables in 2010, joining the Lonely Planet team of freelance authors.



Simon Richmond

Malaysia Journalist and photographer Simon Richmond has specialised as a travel writer since the early 1990s and first worked for Lonely Planet in 1999 on their Central Asia guide. He's long since stopped counting the number of guidebooks he's researched and written for the company, but countries covered including Australia, China, India, Iran, Japan, Korea, Malaysia, Mongolia, Myanmar (Burma), Russia, Singapore, South Africa and Turkey. His travel features have

been published in newspapers and magazines around the world, including in the UK's *Independent*, *Guardian*, *Times*, *Daily Telegraph* and *Royal Geographical Society Magazine*; and Australia's *Sydney Morning Herald* and Australian newspapers and *Australian Financial Review Magazine*.



Iain Stewart

Vietnam Iain trained as journalist in the 1990s and then worked as a news reporter and a restaurant critic in London. He started writing travel guides in 1997 and has since penned more than 60 books for destinations as diverse as Ibiza and Cambodia. Iain's contributed to Lonely Planet titles including Mexico, Indonesia, Central America, Croatia, Vietnam, Bali & Lombok and Southeast Asia. He

also writes regularly for the *Independent*, *The Observer* and *The Daily Telegraph* and tweets at @iaintravel. He'll consider working anywhere there's a palm tree or two and a beach of a generally sandy persuasion. Iain lives in Brighton (UK) within firing range of the city's wonderful south-facing horizon.



Andy Symington

Thailand Andy has written or worked on more than a hundred books and other updates for Lonely Planet (especially in Europe and Latin America) and other publishing companies, and has published articles on numerous subjects for a variety of newspapers, magazines and websites. He part-owns and operates a rock bar, has written a novel, and is currently working on several fiction and nonfiction writing projects. Originally from Australia, Andy moved to northern Spain many

years ago. When he's not off with a backpack in some far-flung corner of the world, he can probably be found watching the tragically poor local football side or tasting local wines after a long walk in the nearby mountains.



Phillip Tang

Vietnam Phillip Tang grew up on a typically Australian diet of pho and fish'n'chips before moving to Mexico City. A degree in Chinese- and Latin-American cultures launched him into travel and then writing about it for Lonely Planet's Canada, China, Japan, Korea, Mexico, Peru and Vietnam guides. Writing at hellophillip.com, photos @mrtangtangtang, and tweets @philliptang.

Contributing Writers & Researchers

Isabel Albiston, Ryan Ver Berkmoes, Adam Skolnick



Michael Grosberg

Philippines Michael has worked on more than 45 Lonely Planet guidebooks. Whether covering Myanmar or New Jersey, each project has added to his rich and complicated psyche and taken years from his (still?) relatively young life. Prior to his freelance writing career, other international work included development on the island of Rota in the western Pacific; time in South Africa where he investigated and wrote about political violence and helped train newly elected

government representatives; and a stint teaching in Quito, Ecuador. He received a Masters in Comparative Literature and taught literature and writing as an adjunct professor at several New York City area colleges.



Damian Harper

Thailand With two degrees (one in modern and classical Chinese from SOAS), Damian has been writing for Lonely Planet for more than two decades, contributing to titles as covering destinations as diverse as China, Beijing, Shanghai, Vietnam, Thailand, Ireland, London, Mallorca, Malaysia, Singapore & Brunei, Hong Kong, China's Southwest and the UK. A seasoned guidebook writer, Damian has penned articles for numerous newspapers and magazines, including The Guardian and

The Daily Telegraph, and currently makes Surrey, England, his home. A self-taught trumpet novice, his other hobbies include collecting modern first editions, photography and Taekwondo. Follow Damian on Instagram ([damian.harper](#)).



Ashley Harrell

Cambodia, Indonesia After a brief stint selling day spa coupons door-to-door in South Florida, Ashley decided she'd rather be a writer. She went to journalism grad school, convinced a newspaper to hire her, and starting covering wildlife, crime and tourism, sometimes all in the same story. Fuelling her zest for storytelling and the unknown, she travelled widely and moved often, from a tiny NYC apartment to a vast California ranch to a jungle cabin in Costa Rica, where she

started writing for Lonely Planet. From there her travels became more exotic and farther flung, and she still laughs when paychecks arrive.



Trent Holden

Indonesia A Geelong-based writer, located just outside Melbourne, Trent has worked for Lonely Planet since 2005. He's contributed to 30-plus guidebooks covering Asia, Africa and Australia. With a penchant for megacities, Trent's in his element when assigned to cover a nation's capital – the more chaotic the better – to unearth cool bars, art, street food and underground subculture. On the flipside he also writes books to idyllic tropical islands across Asia, in between

going on safari to national parks in Africa and the subcontinent. When not travelling, Trent works as a freelance editor, reviewer and spending all his money catching live gigs. You can catch him on Twitter @hombreholden.



Anita Isalska

Malaysia, Thailand Anita Isalska is a travel journalist, editor and copywriter. After several merry years as a staff writer and editor – a few of them in Lonely Planet's London office – Anita now works freelance between Australia, the UK and any Alpine chalet with good wi-fi. Anita writes about France, Eastern Europe, Southeast Asia and off-beat travel. Read her stuff on [www.anitaisalska.com](#).



Mark Johanson

Laos Mark Johanson grew up in Virginia and has called five different countries home over the last decade. His travel-writing career began as something of a quarter-life crisis, and he's happily spent the past eight years circling the globe reporting for Australian travel magazines (such as *Get Lost*), British newspapers (such as *The Guardian*), American lifestyles (such as *Men's Journal*) and global media outlets (such as CNN and BBC). When not on the road, you'll find him gaz-

ing at the Andes from his home in Santiago, Chile. Follow the adventure at [www.markjohanson.com](#).

**Nick Ray**

Cambodia A Londoner of sorts, Nick comes from Watford, the sort of town that makes you want to travel. He lives in Phnom Penh with his wife, Kulikar, and children, Julian and Belle. He has written for countless guidebooks on the Mekong region, including Lonely Planet's *Vietnam, Cambodia, Laos & Northern Thailand* and *Myanmar* books, as well as *Southeast Asia on a Shoestring*. When not writing, he is often out exploring the remote parts

of Cambodia as a location scout and manager for the world of television and film, including everything from *Tomb Raider* to *Top Gear*. Motorbikes are a part-time passion and he has travelled through most of Indochina on two wheels.

**Tim Bewer**

Thailand After university Tim worked as a legislative assistant before quitting capitol life to backpack around West Africa. It was during this trip that the idea of becoming a travel writer and photographer was hatched, and he's been at it ever since. He has visited more than 80 countries, including most in Southeast Asia. His first journey to Laos was in 1997, before the highway from Vientiane to the south was paved, and he's returned nearly a dozen

times since. He lives in Khon Kaen, Thailand.

**Joe Bindloss**

Southeast Asia regional content Joe first got the travel bug on a grand tour of Asia in the early 1990s, and he's been roaming around its temples and paddy fields ever since on dozens of assignments for Lonely Planet and other publishers, covering everywhere from Myanmar and Thailand to India and Nepal. When not on the road, Joe works as Lonely Planet's Destination Editor for the Indian Subcontinent.

**Greg Bloom**

Philippines Greg is a freelance writer, tour operator and travel planner based out of Siem Reap, Cambodia, and Manila, Philippines. Greg began his writing career in the late '90s in Ukraine, working as a journalist and later editor-in-chief of the Kyiv Post, an English-language weekly. As a freelance travel writer, he has contributed to some 35 Lonely Planet titles, mostly in Eastern Europe and Asia. Greg also researched the Plan Your Trip section

and the Survival Guide section.

**Celeste Brash**

Thailand Like many California natives, Celeste now lives in Portland, Oregon. She arrived however after 15 years in French Polynesia, a year and a half in Southeast Asia and a stint teaching English as a second language (in an American accent) in Brighton, England – among other things. She's been writing guidebooks for Lonely Planet since 2005 and her travel articles have appeared in publications from BBC Travel to National Geographic. She's

currently writing a book about her five years on a remote pearl farm in the Tuamotu Atolls and is represented by the Donald Maass Agency, New York.

**Austin Bush**

Vietnam, Thailand Austin originally came to Thailand in 1999 as part of a language study program hosted by Chiang Mai University. The lure of city life, employment and spicy food eventually led him to Bangkok and have managed to keep him there since. Austin works as a writer and photographer, and has contributed text and photos to more than 20 Lonely Planet titles including *Bangkok*; *The Food Book*; *Food Lover's Guide to the World*;

Ko Samui Encounter; *Laos*; *Malaysia, Singapore & Brunei*; *Myanmar (Burma)*; *Pocket Bangkok*; *Phuket Encounter*; *Thailand*; *Thailand's Islands & Beaches*; *Vietnam, Cambodia, Laos & Northern Thailand*; and *The World's Best Street Food*.

**Ria de Jong**

Singapore Born in Sri Lanka to Dutch/Australian parents, Ria has always relished the hustle and excitement of this continent of contrasts. After growing up in Townsville, Australia, Ria moved to Sydney as a features writer before packing her bags for a five-year stint in the Philippines. Having moved to Singapore in 2015 with her husband and two small children, Ria is loving discovering every nook and cranny of this tiny nation. This is Ria's second *Southeast Asia on a Shoestring* update.

Asia on a Shoestring update.



OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Franklin, London, Melbourne, Oakland, Dublin, Beijing and Delhi, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

OUR WRITERS



Brett Atkinson

Central Vietnam Brett Atkinson is based in Auckland, New Zealand, but is frequently on the road for Lonely Planet. He's a full-time travel and food writer specialising in adventure travel, unusual destinations and surprising angles on more well-known destinations. He is featured regularly on the Lonely Planet website, and in newspapers, magazines and websites across New Zealand and Australia. Brett has covered areas as diverse as Vietnam, Sri Lanka, the Czech Republic, New Zealand, Morocco, California and the South Pacific.



Lindsay Brown

Brunei Darussalam, Indonesia, Malaysia Lindsay started travelling as young bushwalker exploring the Blue Mountains west of Sydney. Then, as a marine biologist, he dived the coastal and island waters of southeastern Australia. He continued travelling whenever he could while employed at Lonely Planet as an editor and publishing manager. Since becoming a freelance writer and photographer he has coauthored more than 35 Lonely Planet guides to Australia, Bhutan, India, Malaysia, Nepal, Pakistan and Papua New Guinea



Jayne D'Arcy

Timor-Leste Taking the first step on a new country's soil used to send shivers of excitement up Jayne's spine: now everything about new sights and activities does. Keen to research by bike, she also loves checking out a new town's early morning scene with a quick dawn run. Recent winner of an Australian award for best adventure travel story, she plans to keep on trekking. She's worked in Ireland and Timor-Leste, and is now based in Melbourne, Australia. Instagram: @jayne.darcy.



David Eimer

Myanmar (Burma), Thailand David has been a journalist and writer ever since abandoning the idea of a law career in 1990. After spells working in his native London and in Los Angeles, he moved to Beijing in 2005, where he contributed to a variety of newspapers and magazines in the UK. Since then, he has travelled and lived across China and in numerous cities in Southeast Asia, including Bangkok, Phnom Penh and Yangon. He has been covering China, Myanmar and Thailand for Lonely Planet since 2006. David also wrote the Plan Your Trip, Understand and Survival Guide chapters.



Paul Harding

Indonesia, Laos, Philippines As a writer and photographer, Paul has been travelling the globe for the best part of two decades, with an interest in remote and offbeat places, islands and cultures. He's an author and contributor to more than 50 Lonely Planet guides to countries and regions as diverse as India, Belize, Vanuatu, Iran, Indonesia, New Zealand, Iceland, Finland, Philippines and – his home patch – Australia.

OVER MORE
PAGE WRITERS

Published by Lonely Planet Global Limited

CRN 554153

19th edition – October 2018

ISBN 978 1 78657 175 5

© Lonely Planet 2018 Photographs © as indicated 2018

10 9 8 7 6 5 4 3 2 1

Printed in Singapore

All rights reserved. No part of this publication may be copied, stored in a retrieval system, or transmitted in any form by any means, electronic, mechanical, recording or otherwise, except brief extracts for the purpose of review, and no part of this publication may be sold or hired, without the written permission of the publisher. Lonely Planet and the Lonely Planet logo are trademarks of Lonely Planet and are registered in the US Patent and Trademark Office and in other countries. Lonely Planet does not allow its name or logo to be appropriated by commercial establishments, such as retailers, restaurants or hotels. Please let us know of any misuses: lonelyplanet.com/ip.

Although the authors and Lonely Planet have taken all reasonable care in preparing this book, we make no warranty about the accuracy or completeness of its content and, to the maximum extent permitted, disclaim all liability arising from its use.

© Lonely Planet Publications Pty Ltd. To make it easier for you to use, access to this chapter is not digitally restricted. In return, we think it's fair to ask you to use it for personal, non-commercial purposes only. In other words, please don't upload this chapter to a peer-to-peer site, mass email it to everyone you know, or resell it. See the terms and conditions on our site for a longer way of saying the above - 'Do the right thing with our content.'