

# WORLD TRAVEL ATLAS

SAMPLE – SOUTHEAST ASIA – DRAFT

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PHILIPPINES

PALAU

NEI

AK

USANTARA

mpasar

EAST TIMOR

Lesser Sunda Islands

Luzon

Mindanao

PAPUA BARAT

MALUKU (MOLUCCAS)

PAPUA

Celebes Sea

Molucca Sea

Flores Sea

Banda Sea

Arafura Sea

Philippine Sea

South China Sea

prately Islands

usanta

asir

mpasar

Pratas

Batanes

Okinotori

Luzon Strait

Babuyan Is.

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Baguio City  
Dagupan

Tarlac  
Cabanatuan

Olongapo  
Subic Bay

Manila  
Batangas  
Naga

Mindoro  
Legazpi

Calamian Group  
El Nido  
Coron Island

Panay  
Iloilo

Bacolod  
Cebu

Negros  
Apo Island  
Siquijor

Bohol Sea  
Bohol  
Camiguin

Pagadian  
Iligan

Sulu Archipelago  
Zamboanga  
Cotabato

Sandakan  
Lahad Datu  
Tawau

Kalimantan Timur  
Bontang

Nusantara  
Balikpapan

Palangkaraya  
Samarinda

Majene  
Pinrang

Parepare  
Fort Rotterdam

Makassar  
Kendari

Watampone  
Caves in the Maros-Pangkep karst

Lesser Sunda Islands  
Bali  
Lombok  
Sumbawa  
Raba  
Labuhanbajo  
Flores  
Komodo

Sumba  
Ende  
Kelimutu  
Atauro Island  
Wetar  
Alor  
Tatamailau  
Jacu Island

Hanging Coffins, Sagada  
Banaue Rice Terraces

Pinatubo  
Taal Volcano

Mayon Volcano

Samar  
Malapascua

Taloban  
Ormao

Leyte  
Chocolate Hills

Siargao

Hinatuan  
Enchanted River

Davao

Mount Apo  
Lake Sebu

General Santos

Manado

Ternate  
Tidore

Gorontalo

Togean Islands

Taliabu

Ambon

Manusela  
Cerem

Buru  
Tulehu

Fort Belgica  
Banda Islands

Manokwari Biak

Sorong

Talud Is.

Sangihe Islands

Bunaken

Ternate

Tidore

Halmahera

Raja Ampat Islands

Sorong

Manokwari Biak

Ceram

Buru

Tulehu

Fort Belgica

Banda Islands

Manokwari Biak

Sorong

Manokwari Biak

Sorong

Rock Islands  
Peleliu  
Jellyfish Lake

Sonsorol Is.

Tobu  
Helen Atoll

Manokwari Biak

Manokwari Biak

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## VIETNAM

SOCIALIST REPUBLIC OF VIETNAM  
CỘNG HÒA XÃ HỘI CHỦ NGHĨA VIỆT NAM

Area: 331699 km<sup>2</sup> Population: 96.21 million(2019) GDP/PPP: \$1.047 trillion (2020)  
 Capital City: Hanoi Official Language: Vietnamese Religion: 45.3% Folk, 28.4% No Religion  
 Currency: đồng (₫) (VND) Timezone: UTC+7:00 Driving Side: Right Calling code:+84



## North Vietnam...

## « HÀ NỘI



Hanoi is the capital city of Vietnam. Located in the north of Vietnam, Noi Bai International Airport is the most common way for tourists to get to Hanoi. Gia Lâm Station serves train routes to China, and Hanoi Station is the terminal for the Reunification Express, all the way to the Ho Chi Minh City. You can also get to Hanoi by bus. Hanoi has a long-lasting history, shaped by both Chinese influence and French influence. The imperial citadel, pagodas, and temples can be traced back to centuries. Although most of them are reconstructed again and again, you can still take a walk in the old quarter, and find the uniqueness of the Vietnamese culture.

- 🌊 **Hoàn Kiếm**: lake of returning sword, in the city centre
  - 🏰 **Hoàng Thành Thăng Long**: the old Imperial Citadel
  - 🏛️ **Lăng Chủ tịch Hồ Chí Minh**: Mausoleum with a square
  - 🏠 **Nhà sàn Bác Hồ**: the stilt house Ho Chi Minh lived
  - 🏯 **Văn Miếu**: the confucian temple with courtyards
- You can also take a long trip to the northern mountains...
- 🌿 **Ba Bể**: trekking in forests and caves, also kayaking
  - 🏞️ **Đông Văn**: magical karst landscapes with villages
  - 🏡 **Sa Pa**: beautiful terraces and experience local cultures

## » HẠ LONG BAY



Taking bus from Hanoi, you can get to Ha Long Bay, a designated World Natural Heritage. Because of the Karst formation, there are thousands of spectacular islands and rocks in the Ha Long Bay area, such as 🌿 **Cát Bà**. It is common to take a boat and visit islands and Karst Caves. If you are board of tourist crowds, there are more around...

- 🌿 **Bãi Tu Long Bay**: similar scenery but less tourists
- 🟡 **Hải Phòng**: a port and the third largest city in Vietnam
- 🏡 **Yên Tử**: a buddhism pilgrimage site in the mountains

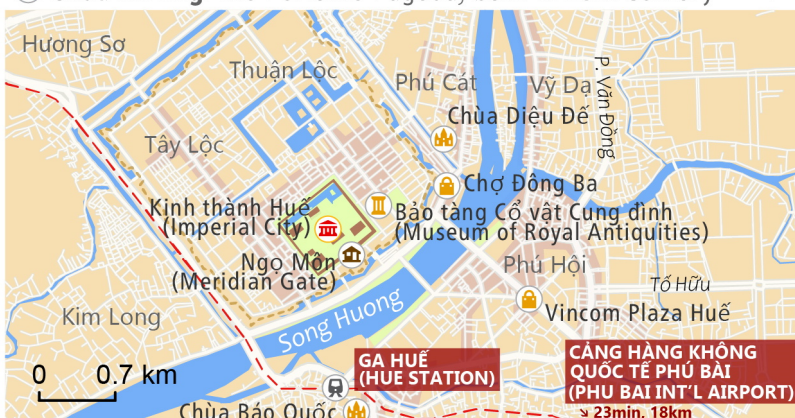


## NINH BÌNH



Ninh Binh is on the south of Hanoi, can be accessed by both bus and train. It is known for both natural beauties and the rich historic relics...

- 🌿 **Tràng An Scenic Landscape Complex**: World Heritage, You can take a boat and explore the mountains and unique caves, such as the famous 🏞️ **Tam Cốc – Bích Động**.
- 🌿 **Cúc Phương**: largest national park features biodiversity
- 🏛️ **Hoa Lư**: former capital with old temples and city walls
- 🏯 **Chùa Hương**: the Perfume Pagoda, built in 15th century



## PHONG NHA-KÊ BÀNG



From Dong Hoi, you can get to Phong Nha-Kẻ Bàng National Park in the north. There are over 300 caves in the park, which makes this park one of world's largest karst areas. 🏞️ **Hang Sơn Đòng** is world's largest cave system.

## « HUẾ



Hue is located in Central Vietnam, and travellers can get there by plane, bus, and the train. Hue was the capital of Nguyễn Dynasty from 1802 to 1945. The **Imperial City** was a massive building complex where the kings lived. The restorations are still going after being bombed by Americans during the Vietnam War. Besides, there are **Royal Tombs** in the suburb, and beaches in the coast.

North of Hue, you might get to the **Demilitarized Zone**, the former border between North and South. There are many forts and tunnels, like 🏞️ **Vịnh Mốc Tunnels**

## South Vietnam...

## » ĐÀ NẴNG



Located midway between Hanoi and Ho Chi Minh City, Da Nang has convenient transportations, including planes, trains, buses, and boats. The city itself is big and buzzing, with characteristic streets and beaches, but most travellers going here are for the attractions in suburb...

- **Hội An:** formerly as a trading port, with historical architectures, restaurants, and unique culture.
- 💧 **Suối Voi:** the elephant springs, a good bathing spot
- 🏛️ **Mỹ Sơn:** biggest ruin complex of Cham Empire.
- 🌿 **Chàm Islands:** offshore and known for its biodiversity
- 🏔️ **Bạch Mã:** trekking in the mountains and forests
- 🌳 **Bà Nà Hills:** recently famous for its Golden Bridge
- 🏖️ **Mỹ Khê Beach:** also known as the China Beach

## NHA TRANG



Nha Trang is located in Central Southern Vietnam. You can get there by plane, train, and bus. It is the scuba diving centre of Vietnam, especially popular among Chinese and Russian visitors. 🌊 **Nha Trang Beach** is the main beach to relax. 🏰 **Po Nagar Cham Towers** are also worth visiting.

## ĐÀ LẠT



Da Lat is located in the South Central Highland, where you can easily get to by plane or bus. The city was developed during the French colonial period, and there are some old French-style villas preserved in the city. You can visit the 🏰 **Colonial Palaces** and the 🏠 **Crazy House** in Da Lat.

## MŨI NÉ



On the southeast coast of Vietnam, Mui Ne is easy to get to by bus and train. Mui Ne was a small fishing village until recently developed as a coastal resort for tourists, especially for Russian and Chinese visitors. 🌊 **Phan Thiet** is the neighboring coastal city that worth visiting, and also worth shopping and exploration while staying in Mui Ne.

## CẦN THƠ



Can Tho is located south of Ho Chi Minh City, with an int'l airport and bus stations. The city is known for the floating markets, such as 🏠 **Cái Răng floating market**. You can also visit pagodas and try some delicious food here. From Can Tho, you can also visit other towns like 🌊 **Soc Trang**.

## PHÚ QUỐC



Phu Quoc is an island near Vietnam-Cambodia border. Phu Quoc Int'l Airport serves flight connections between Phu Quoc and Ho Chi Minh City, and Phu Quoc to Siem Reap. You can also get to Phu Quoc by boat from nearby towns. Phu Quoc is great for diving, snorkeling, and sight seeing, such as visiting the famous 💧 **Suối Tranh waterfall**.

Many other beautiful attractions in Vietnam:

- 💧 **Thác Bản Giốc:** spectacular waterfalls shared with China
- **Bắc Hà:** with unique minority Hmong people
- 🏰 **Điện Biên Phủ:** known for the battle in Indochina War
- 🏰 **Sơn Mỹ:** where US soldiers conducted Mỹ Lai massacre
- 🌿 **Yok Đôn:** one of the best places to see large mammals
- 💧 **Thác Đamb'ri:** most beautiful waterfall in the south
- 🌳 **Tà Cú Mountain:** largest reclining buddha in SEA
- 🏖️ **Bến Tre:** cruising on Mekong and try coconut candies
- 🏖️ **Mỹ Tho:** famous 🏛️ **Vinh Trạng pagoda** is here
- 🌿 **Côn Đảo:** archipelago in the south with hills and forests



## ≡ T.P. HỒ CHÍ MINH



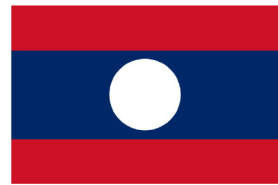
Ho Chi Minh City is the largest city in Vietnam. Tan Son Nhat International Airport serves the Ho Chi Minh City. You can also get to Ho Chi Minh City by bus, or by train if works. The history of Ho Chi Minh City can be traced back to 900 years ago, when the town was founded by Champa. In the 17th century, the ethnic Vietnamese started settling in this area, and it later became Saigon and ceded to French. French culture penetrated this area, and you can see how French shaped architectures and foods here, yet preserves the unique local characteristics. The city is in developing quickly, with many villages and areas urbanized.

- 🏰 **Đình Độc Lập: Reunification Palace,** was presidential palace
- 🏛️ **Bảo tàng Chứng tích Chiến tranh: War Remnants Museum**
- 🏢 **Tháp Bitexco Financial Tower:** with observation skydeck

In the suburb of Ho Chi Minh City, there are also many attractions to see, such as the wartime structure, **Cu Chi Tunnel**, or just take a boat tour on the Mekong River, exploring the delta region.



## LAOS

LAO PEOPLE'S DEMOCRATIC REPUBLICS  
ສາທາລະນະລັດ ປະຊາທິປະໄຕ ປະຊາຊົນລາວ

Area: 237955 km<sup>2</sup> Population: 7.28 million(2022) GDP/PPP: \$68.71 billion  
 Capital City: Vientiane Official Language: Lao Religion: 66.0% Buddhism  
 Currency: Kip (₭) (LAK) Timezone: UTC+7 Driving Side: Right Calling code:+856

## » VIENTIANE ວຽງຈັນ



The capital and the largest city of Laos. Neighboring Thailand, Vientiane is easily accessed via buses. Wattay International Airport is also the biggest airport in Vientiane. You can also access Vientiane from China, via the newly built Boten-Vientiane railway. There are regular buses connecting Vientiane Bus Station and other towns in Laos.

Vientiane was built more than 1000 years ago, and became the capital of Lao people in 1500s. It is famous for its buddhist temples, pagodas, and ancient ruins.

Vientiane has some of the best temples....

- 🏛️ **Wat Si Muang:** built in 1563, rebuilt in 19th century
  - 🏛️ **Wat Si Saket:** with a decorated cloister inside
  - 🏛️ **Haw Phra Kaew:** house the Emerald Buddha in Laos
- Out of the city of Vientiane, you can find real gems...
- 🏛️ **Lao National Museum:** On the north of the city
  - 🏛️ **Buddha Park:** Close to the Thai border checkpoint
  - 🌳 **Phu Khao Khuay Protected Area**

## » VANG VIENG ວັງວຽງ



The beautiful town of Van Vieng can be easily accessed from Vientiane and Luang Prabang via buses or trains. The limestone karst hills and valleys dominate this area, which makes it a major outdoor destination in Laos.

## » LUANG PRABANG ເມືອງຫຼວງພະບາງ



Located on the north of Laos, Luang Prabang is famous for its golden wats and long lasting history. The city itself is a UNESCO World Heritage Site, and you can also find many waterfalls and villages outside of the city. On the southwest of the city, 🌊 **Kuang Si Waterfalls** are a famous side trip for tourists in Luang Prabang.

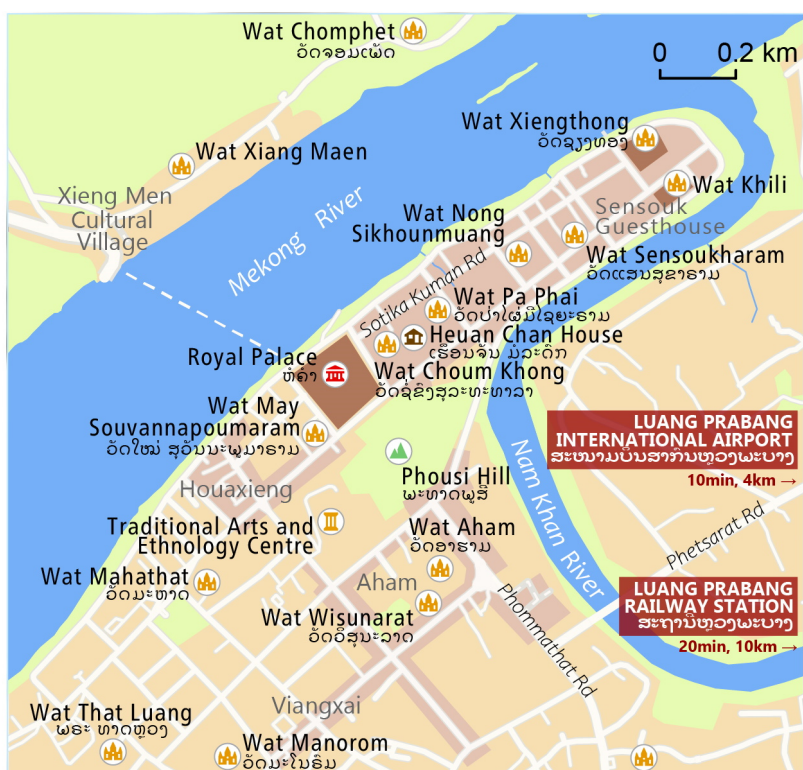
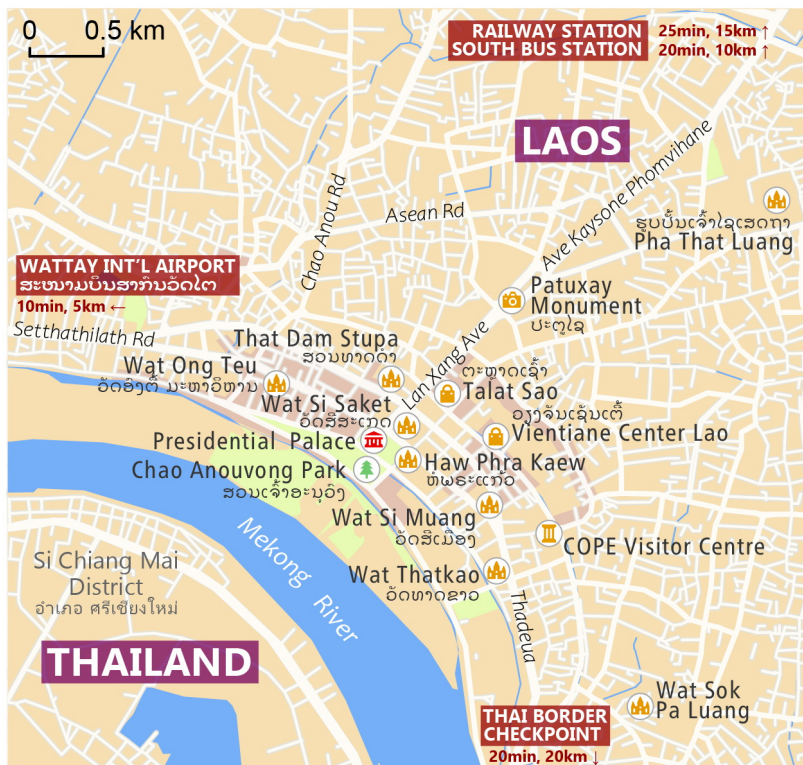
## » PLAIN OF JARS ທົ່ງໄຫຫີນ



Travellers can access the Phonsavan by planes and buses. The Plain of Jars is not far away from Phonsavan. Around 2500 years ago, local residents built these jars as burial purposes. It is still unsafe to travel around this region because of the unexploded landmines.

Central and Southern Laos are not as popular as the northern part among the tourists, but still a lot to see...

- 🌳 **Si Phan Don:** A group of islands by the Mekong River
- 🏛️ **Wat Phu Champasak:** the sacred mountain temple
- 🌳 **Savannakhet:** beautiful border town of Laos



## UNESCO WORLD HERITAGES IN SOUTHEAST ASIA

**Cambodia** (Angkor, Preah Vihear, Sambor Prei Kuk), **Indonesia** (Borobudur, Bali, Komodo National Park, Lorentz National Park, Ombilin Coal Mining Heritage, Prambanan, Sangiran Early Man Site, Tropical Rainforest Heritage of Sumatra, Ujung Kulon National Park), **Laos** (Plain of Jars, Luang Prabang, Vat Phou), **Malaysia** (Lenggong Valley, Gunung Mulu National Park, Kinabalu National Park, Melaka and George Town), **Myanmar** (Bagan, Pyu Ancient Cities), **Philippines** (Baroque Churches of the Philippines, Vigan, Mount Hamiguitan, Puerto-Princesa Subterranean River National Park, Rice Terraces in the Philippine Cordilleras, Tubbataha Reefs National Park), **Singapore** (Singapore Botanic Gardens), **Thailand** (Ban Chiang, Dong Phrayayen-Khao Yai, Ayutthaya, Sukothai, Kaeng Krachan Forests, Thungyai-Huai Kha Kaeng), **Vietnam** (Imperial Citadel in Hanoi, Ho Dynasty Citadel, Hue Monuments, Ha Long Bay, Hoi An, My Son, Phong Nha-Ke Bang, Trang An)

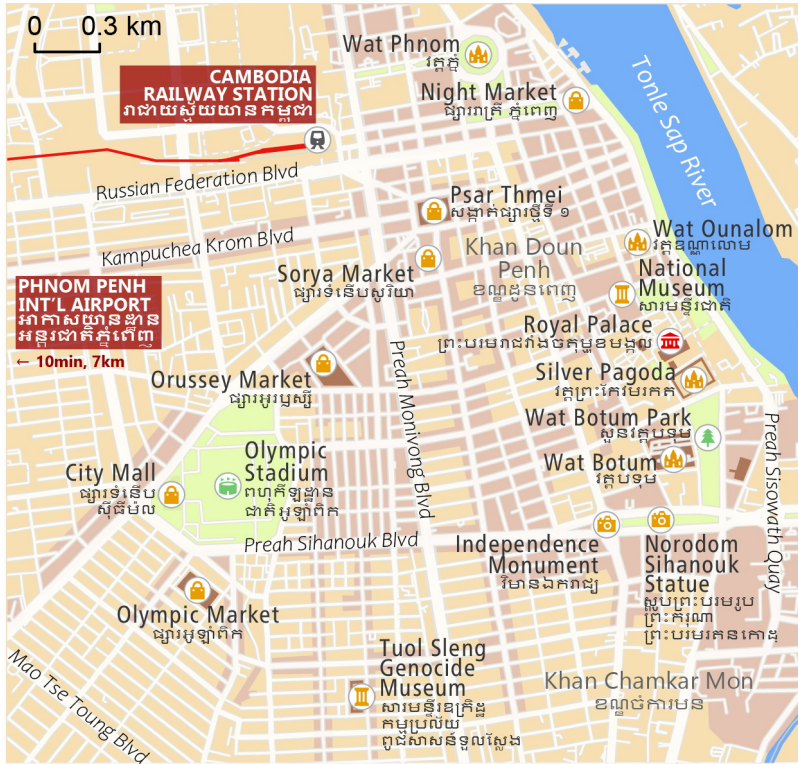


# CAMBODIA KINGDOM OF CAMBODIA

ព្រះរាជាណាចក្រកម្ពុជា



Area: 181035 km2    Population: 17.3 million(2022)    GDP/PPP: \$76.64 billion  
 Capital City: Phnom Penh    Official Language: Khmer    Religion: 97.1% Buddhism  
 Currency: Riel (៛) (KHR), USD (\$)    Timezone: UTC+7    Driving Side: Right    Calling code:+855



## PHNOM PENH

ភ្នំពេញ



The capital and the largest city of Cambodia. Situating on the center of Cambodia, Phnom Penh can be easily accessed via planes and buses internationally. There are also several train routes connecting Phnom Penh. The most famous **Wat Phnom** (Mountain Pagoda) was built in 1372, following the city's construction, and later it became the capital of Khmer kingdom. The **Royal Palace & Silver Pagoda** was built in the 19th century, and **Tuol Sleng Genocide Museum** was an significant prison during the Khmer Rouge period.

## PRASAT PREAH VIHEAR

ប្រាសាទព្រះវិហារ



The Preah Vihear Temple situated on a 525m cliff in the Northern border of Cambodia. You are able to arrive here from both Cambodia and Thailand by buses. However, access to the temple from the Thai side had been closed for some years, and was not expected to re-opened soon. This temple was dedicated to the god shiva, and built along a North-South axis. It is a UNESCO World Heritage.

No doubt places like Phnom Penh and Angkor are some of the top-listed destinations, but there are also a lot else to see...

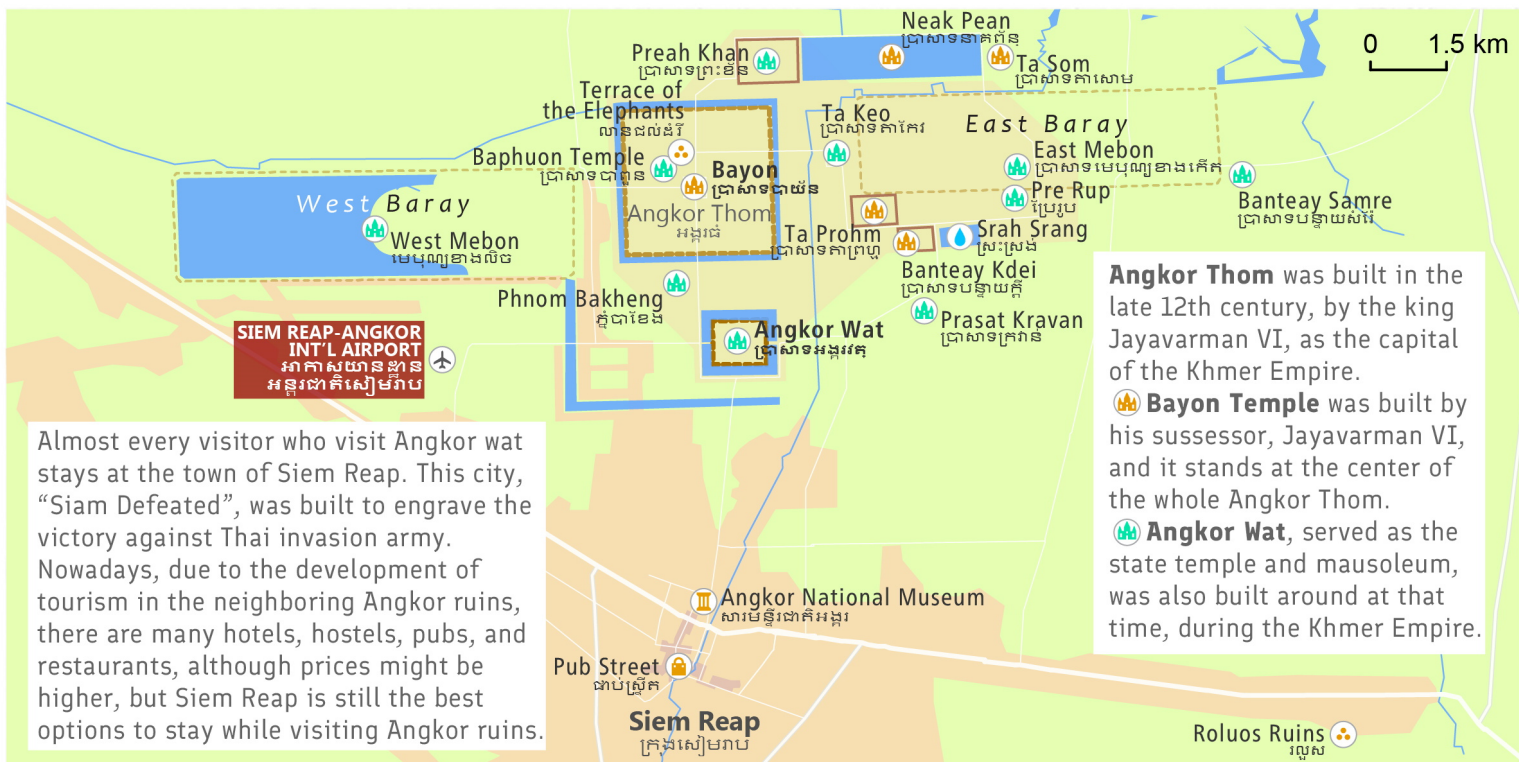
- **Battambang**: a city with a lot of French-style architectures
- 🌳 **Koh Kong Island**: largest island of Cambodia
- **Sihanouville**: most important port city in the south
- 🌳 **Southern Islands**: with tropical and undeveloped beaches
- 🏠 **Kampot**: a riverside town with a lot of bars and foods
- 🏠 **Kratie**: by the Mekong, also with some French architectures
- 🌳 **Ream National Park**: beaches, mangroves, and forests
- 🌳 **Cardamon Mountains**: true wildernesses awaiting

## ANGKOR AND SIEM REAP

អង្គរ និង សៀមរាប



Angkor Wat is one of the most famous landmarks in the world. With the neighboring Angkor Thom and the town of Siem Reap, it attracts millions of travellers every year to see these relics in the jungle. Fortunately, it is really easy to arrive by planes, buses, and boats both domestically and internationally. To visit all of the important temples of Angkor, please give at least three days to visit and explore.



Almost every visitor who visit Angkor wat stays at the town of Siem Reap. This city, "Siam Defeated", was built to engrave the victory against Thai invasion army. Nowadays, due to the development of tourism in the neighboring Angkor ruins, there are many hotels, hostels, pubs, and restaurants, although prices might be higher, but Siem Reap is still the best options to stay while visiting Angkor ruins.

**Angkor Thom** was built in the late 12th century, by the king Jayavarman VI, as the capital of the Khmer Empire.

🌳 **Bayon Temple** was built by his successor, Jayavarman VI, and it stands at the center of the whole Angkor Thom.

🌳 **Angkor Wat**, served as the state temple and mausoleum, was also built around at that time, during the Khmer Empire.



# THAILAND KINGDOM OF THAILAND

ราชอาณาจักรไทย

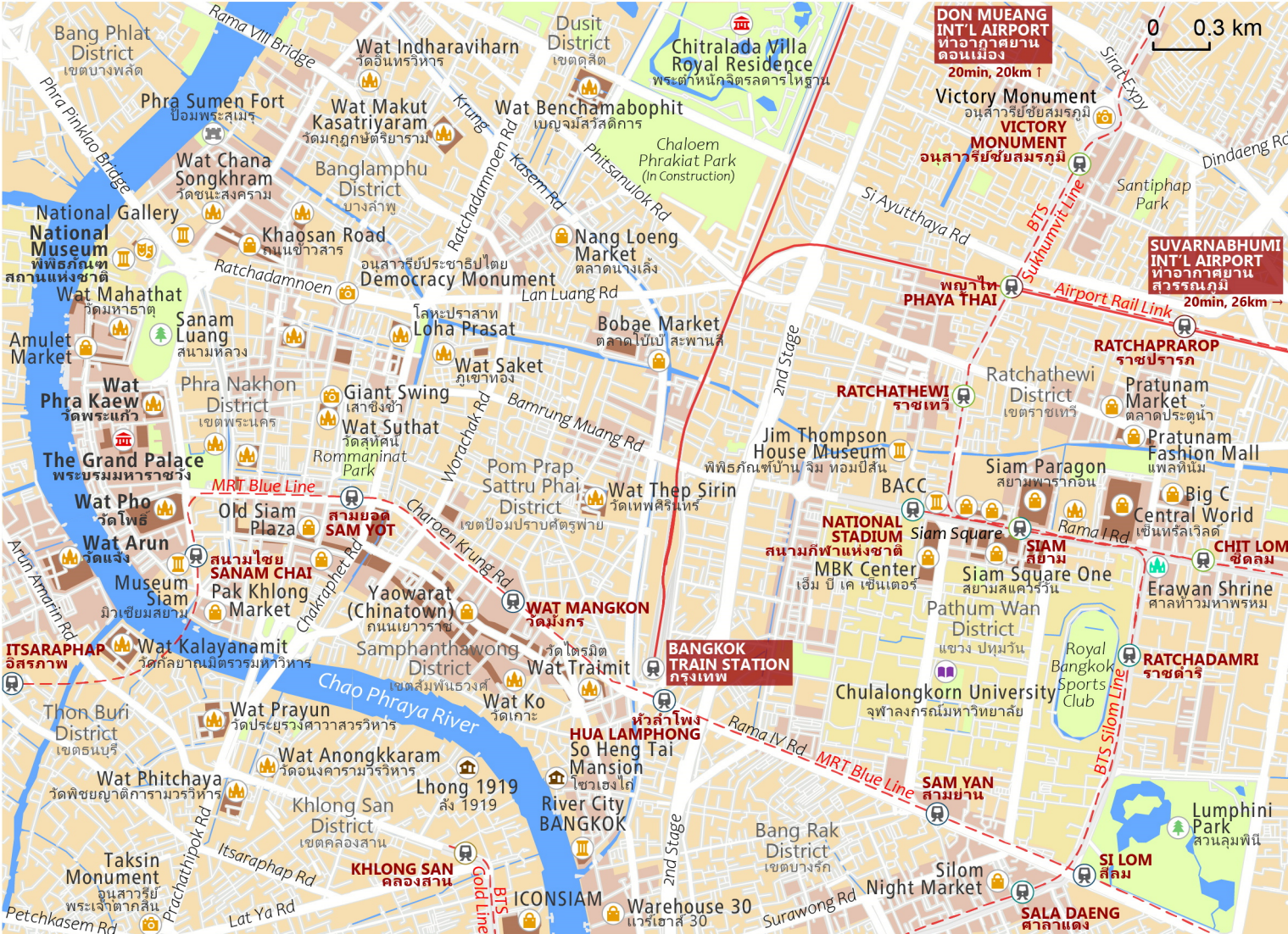


Area: 513120 km<sup>2</sup> Population: 66.17 million(2022) GDP/PPP: \$1.475 trillion  
 Capital City: Bangkok Official Language: Thai Religion: 93.5% Buddhism  
 Currency: Baht (฿) (THB) Timezone: UTC+7 Driving Side: Left Calling code:+66

## BANGKOK (KRUNG THEP) กรุงเทพมหานคร

With over 10 million residents, Bangkok is the capital and the most populous city in Thailand. Suvarnabhumi Airport on the east of the city center connects Bangkok and many other domestic and international cities. There are also trains, buses, and boats available for inter-city travelling. The history of Bangkok can be traced back to a trading post during the Ayutthaya kingdom in the 15th century. It later became the capital of the kingdom, with a lot of temples, palaces, bar streets, and delicious food.

- Around the old center of the city, you can see...
- Grand Palace:** it was the official residents of the king
  - Wat Phra Kaew:** the Temple of the Emerald Buddha
  - Wat Pho:** oldest temple, with its reclining buddha
  - Wat Arun:** the Temple of Dawn, on the other side of river
- Metro lines and skytrains can take you to other sides...
- Siam Square:** shopping malls gather around this station
  - Erawan Shrine:** houses a statue of Phra Phrom
  - Khaosan Rd:** top-listed bar and food street in Bangkok
- Surrounding Bangkok, you can see a lot of markets...
- Damnoen Saduak Floating Market:** west of Bangkok
  - Chatuchak Market:** world's largest weekend market



## Central and Northern Thailand...

## » AYUTTHAYA อโยธยา 🚆 🚌 🚢

Ayutthaya is relatively easy to get from Bangkok, by trains, buses, and also cruise boats.

Ayutthaya was the old capital of Thailand from 1350 to 1767. After the Burmese invasion, it ended up completely devastated. Nowadays, it is a UNESCO World Heritage Site.

## » LOP BURI ลพบุรี 🚆 🚌

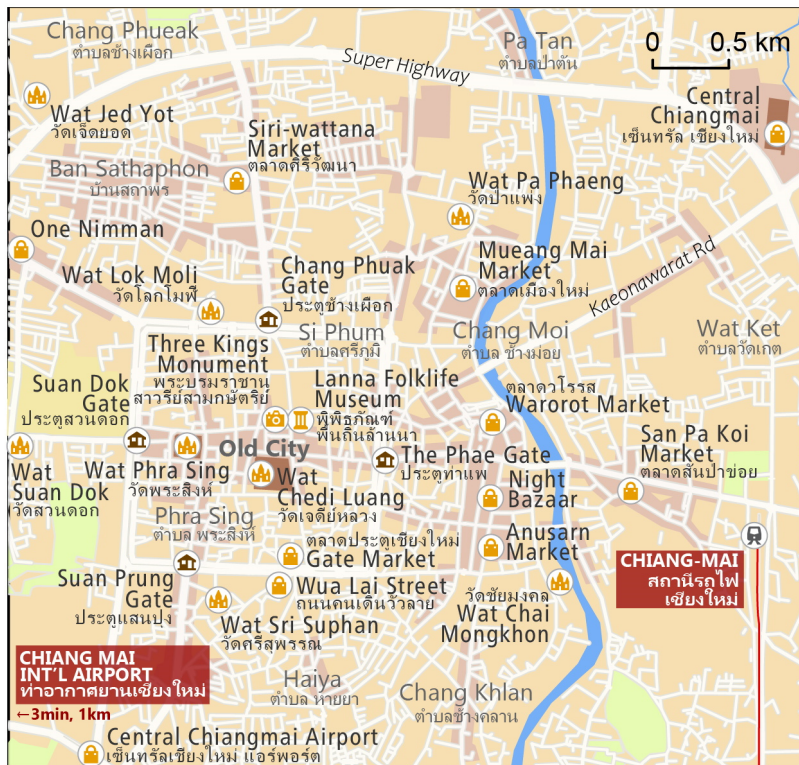
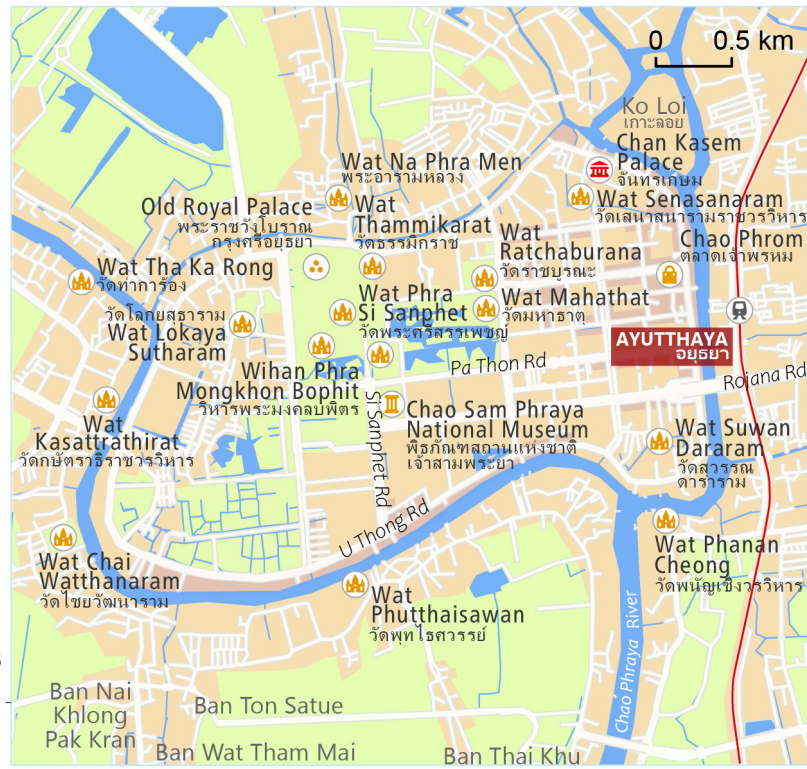
Arriving either by buses and trains, Lop Buri (or Lopburi) has a surprisingly long history, even tracing back to 1000 years ago, the era of Khmer Empire and Marco Polo.

Despite its long-lasting history and ruins, this city is also famous for bad monkeys, so be aware of these animals!

## » SUKHOTHAI สุโขทัย ✈️ 🚆 🚌

There are direct flights between Bangkok and Sukhothai, and also buses and trains. Sukhothai is also famous for its history. It was the capital of the Sukhothai kingdom, established in 1238. Many temples and monuments have been restored, and became a part of the historical park.

You can also visit 🗺️ **Si Satchanalai and Chalieng** ancient cities to see how Sukhothai kingdom shapes the history in this area.



## »»» CHIANG MAI เชียงใหม่ ✈️ 🚆 🚌

As the largest city in northern Thailand, you can get to Chiang Mai by flight, train, and bus.

Chiang Mai literally means “New City”, as the new capital of Lan Na kingdom. It is situated in the valley among lush mountains, with beautiful, decorated buddhist temples:

- 🗺️ **Doi Suthep**: great views of Chiang Mai can be seen
- 🗺️ **Wat Chedi Luang**: built in 14th century, center of city



Of course, using one page to highlight the beautiful towns and cities in Northern and Central Thailand is impossible, and here is some infos for those not mentioned above...

- 🌿 **Khao Yai National Park**: most accessible from Bangkok
- 📍 **Kanchanaburi**: on the middle of Thai-Burma railroad
- 📍 **Maesot**: a lovely border town with cultural diffusions
- 🌿 **Doi Suthep National Park**: a day-trip from Chiang Mai
- 🗺️ **Wat Phra That Lampang Luang**: famous temple in Lampang
- 📍 **Pai**: another famous town in the north, with resorts & bars
- 🗺️ **Wat Phra That Hariphunchai**: famous temple in Lamphun
- 📍 **Nan**: a little-known town for the authentic thai experience
- 📍 **Phrae**: lesser known as well, with Lao and Myanmar culture

While entering the temples, please be respectful to the Buddha statue and monks. Please do not pose for a photo or selfie with back turned to a Buddha image.

## » CHIANG RAI เชียงราย ✈️ 🚌

Situating on the Golden Triangle, you can get to Chiang Rai by both flight and bus. Tourists often based in Chiang Rai and visit the whole area, along the northern borders of Thailand. Remember, be careful when you visit the Golden Triangle, the biggest opium planting regions in the Southeast Asia.

## » MAE HONG SON แม่ฮ่องสอน ✈️ 🚌

The transport to Mae Hong Son is similar to other towns in Northern Thailand, like Chiang Rai, Lampang, and Pai. This town was isolated until the paved highway to Chiang Mai was built in 1965, and that made this Burmanese-styled town well preserved and far from industrial pollutions. On the center of the town, 🗺️ **Chong Kham Lake** was originally a bathing pool for the elephants.

Eastern and Southern Thailand...

PHANOM RUNG พนมรุ้ง



To get to the Phanom Rung Historical Park, you have to take bus from either Bangkok or other towns in Southern Isaan to Nang Rong first, and then you can get to the park. Phanom Rung is a Hindu temple complex set on the rim of an extinct volcano. The neighboring Prasat Muang Tam is also an interesting Hindu Temple worth visiting.

KO SAMET เกาะเสม็ด



Most of Ko Samet is a part of Khao Laemya-Ko Samet National Park, so you have to pay an entrance fee. You can either take car or bus to Rayong, and take boat from the port of Ban Phe to Ko Samet, the island of Samet. The Island is pretty small, with clear waters and beaches. Tourists can also enjoy delicious food and fine nightlife. On the east of Ko Samet, Ko Chang, near Cambodia, is another island with good resorts that worth visiting.

PATTAYA พัทยา



As one of the most famous red-light district among Asian tourists, Pattaya has its own international airport. You can also easily get to Pattaya by train and bus from Bangkok. During Vietnam War, a lot of American servicemen arrived here for rest and relaxation, making this town prosperous.

KO PHA NGAN เกาะพะงัน



There are boats to Ko Pha Ngan from Ko Samui, Ko Tao, and Surat Thani. Ko Pha Ngan is famous for its coconut trees and Full Moon Party, an all-night beach party that held every month in the southeast port of Haad Rin (Hat Rin).

KO SAMUI เกาะสมุย



Ko Samui, also called as Samui Island, is biggest island on the east coast of Thailand. Travellers can choose to get to Ko Samui by flights of Bangkok Airways, or choose to take boats from Surat Thani or Ko Pha Ngan. Ko Samui has a variety of landscapes, from the shorelines to the cultivated lowland, from the coconut and beaches to the central highlands full of waterfalls and forests.



PHUKETภูเก็ต



Phuket is the largest island of Thailand. Phuket Int'l Airport connects the island with a lot of domestic and int'l locations. You can also get to Phuket from Bangkok by bus, via some road bridges between Phuket and the continent. Phuket is undoubtedly the most popular island in Thailand. Diving, Sailing, Yachting, Snorkelling, you can do everything in Phuket. Some of the most famous beaches are:
Bang Thao: good resorts with hotels and shopping centers
Kamala: on the north of Patong, but quieter and peaceful
Patong: largest and most popular beach resort in Phuket
Karon: few people around, with bars and restrooms
Kata: two adjacent beaches, safe for swimming & relaxing

Thailand is famous for its tropical islands, but there are more (also as designated national parks) waiting for you...
Ko Tao: north of Ko Pha Ngan, best for diving training
Ko Phi Phi: a national park for bird watching and diving
Ko Surin: a national park, great beaches, waters, & cliffs
Ko Similan: also a national park, best place for divers
Ko Lanta: a national marine park, with beautiful sand bays
Tarutao: also a national marine park in the deep south
Do not miss some southern vibrant towns too, like Krabi!

# MYANMAR

REPUBLIC OF THE UNION OF MYANMAR (BURMA) ပြည်ထောင်စု သမ္မတ မြန်မာနိုင်ငံတော်



Area: 676578 km2 Population: 53.58 million(2022) GDP/PPP: \$243.42 billion (2022)  
Capital City: Naypyidaw Official Language: Burmese, English Religion: 87.9% Buddhism  
Currency: Kyat (K) (MMK) Timezone: UTC+6:30 Driving Side: Right Calling code:+95



## YANGON ရန်ကင်း



The largest city and the old capital of Myanmar until 2005 Yangon International Airports serves the city, with trains, buses, and boats. Yangon was founded in the 11th century, and became an important town. Later on, Yangon was colonized by British, impacting the modern city landscape of Yangon. The city is not only with pagodas, but you can also take the circular train trip to see these colonial-era buildings in Yangon. **Shwedagon Pagoda**, also known as the Great Dagon Pagoda, is the most sacred Buddhist pagoda in Myanmar.

## BAGO ပဲခူးမြို့



Arriving from Yangon by train or bus, Bago might be only a city for transit, but as the former capital of Toungoo Dynasty, there are many cultural relics worth seeing, such as **Mahazedi Pagoda**, and **Shwemawdaw Pagoda**, the tallest pagoda of the country.

## MRAUK U မြောက်ဦးမြို့



On the west part of Myanmar, you can get to Mrauk U from various cities by bus, or from Sittwe by boats. Mrauk U is a medieval town and archaeological site worth visiting.

## MANDALAY မန္တလေး



To get to the second largest city in Myanmar, Mandalay, you have to take either plane, bus, or train. **The Mandalay Royal Palace**, built in 1861 by King Mingdon, sits on the center of the city. You can also climb **Mandalay Hill**, or visit **Kuthodaw Pagoda**. Around Mandalay, there are a plenty of sites worth visiting: **U Bein Bridge**: a historic wooden bridge in the south **Inn Wa**: also called Inwa, an ancient city in the south **Monywa**: seeing Boddhi Tataung & Thanboddhay Pagoda



## BAGAN ပုဂံ



The most common way you can arrive this UNESCO World Heritage site by bus, but you can also choose to take train from Yangon, Mandalay, and Pyay. Boat and plane are also possible ways to get here. Built as early as 11th and 12th century, there are over 2000 pagodas and temples in this region. Although you are not allowed to climb these old pagodas, watching beautiful sunset and hot air balloons is a lifetime experience. If you have time, please visit **Popa Taung Kalat** on the hill.



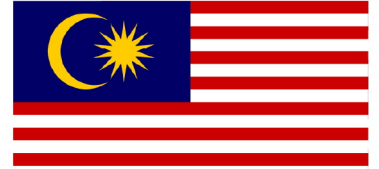
## INLE LAKE အင်းလေးကန်



You can get to Inle Lake by bus, but also you can fly to Heho, a town about 45-minutes away from the lake, and then take the bus or taxi. Inle Lake is a shallow lake, with different tribes and towns around the lake. You can take a boat trip, but be careful to possible tourist traps. The adjacent **Kakku pagodas** is also an important site on the northeast of the lake.

There are other attractions in Myanmar worth visiting... **Kyaiktiyo Pagoda**: a famous golden pagoda on the rock **Kalaw**: west of Inle Lake, popular outdoor base town

# MALAYSIA



Area: 330803 km<sup>2</sup> Population: 32.73 million(2021) GDP/PPP: \$1.055 trillion (2022)  
 Capital City: Kuala Lumpur, Putrajaya Languages: Malay, English Religion: 63.5% Islam  
 Currency: Ringgit (RM) (MYR) Timezone: UTC+8 Driving Side: Left Calling code:+60

## West Malaysia / Malay Peninsula...

### » PENANG 檳城 PULAU PINANG



Penang includes the island (Pulau Pinang) and the continental part (Seberang Perai). You can get to both parts by plane and bus, and both parts are connected by boats too.

As a World Heritage site, Penang is a mix of different cultures: Malay, Chinese, and Western...Here you based on the town of Air Itam, trying the 🚂 **Penang Hill Railway** to reach the top of the hill, or visiting the 🏯 **Kek Lok Si** to see the Chinese-style temple and buddhas.

### LANGKAWI لانكاوي



Located on the northwest of Malaya, Langkawi is easy to get to from Penang, Singapore, Kuala Lumpur by plane, or from the continent by boat. It is a remote archipelago in the Andaman Sea. Despite clear waters and beautiful beaches, 🚡 **Cable Car Ride and Sky Bridge** is the most famous tourist attractions on the islands.

### CAMERON HIGHLANDS



In Pahang, Cameron Highlands is one of Malaysia's most extensive hill stations from Kuala Lumpur by bus. In Cameron Highlands, the eco-tourism concept is really important. Please take care of the environment when you hike, and you can find the unique beauty of this hilly area.

### » KUALA LUMPUR



Largest city and one of the capitals of Malaysia. Located in the middle of Malay Peninsula, Kuala Lumpur Int'l National Airport serves Kuala Lumpur as a primary airport. Subang Airport on the west is less crowded. Trains connect Kuala Lumpur and other cities in western Malaysia. The main train station is KL Sentral.

Kuala Lumpur is a relatively short history, beginning with Chinese and Sumatran settlements in the 19th century. The town benefited from the mining industry, and became the capital of the colony in 1896. You can find not only traditional architectures and mosques, but also some of the best shopping districts, skyscrapers in the Southeast Asia. The major attractions are:

- 🕌 **Masjid Negara:** the national mosque of Malaysia
- 🕌 **Masjid Jamek:** built in 1909, one of the oldest mosques
- 🏛️ **Dataran Merdeka:** Independence Square in city centre
- 🏙️ **Petronas Twin Towers:** tallest twin towers in the world
- 🏙️ **Merdeka 118:** world's second tallest building
- 🏛️ **Islamic Arts Museum:** with more than 7000 artifacts
- 🏞️ **Batu Caves:** most popular Hindu shrine outside of India



Many other beautiful cities and islands in west Malaysia:

- 🟡 **Melacca:** important hub city with colonial-era buildings
- 🟡 **Ipoh:** former mining town, with historical buildings
- 🟡 **Johor Bahru:** populous city bordered with Singapore
- 🟢 **Tioman:** remote island off the east coast with clear sea
- 🟡 **Kuantan:** transport hub on the east coast of peninsula
- 🟡 **Kuala Terengganu:** gateway to many coastal resorts
- 🟢 **Perhentian Islands:** protected as a national marine park
- 🟡 **Kota Bharu:** an unique religious town with local cultures
- 🟢 **Taman Negara:** surrounded by jungles in the interior



## East Malaysia / Sabah and Sarawak...

» KOTA KINABALU    

As the capital of Sabah, Kota Kinabalu is the main transportation hub, and there are direct flights from various locations so the transportation is not a problem. You can take a walk in its beautiful waterfront old district, take a boat to visit the beautiful  **Tunku Abdul Rahman National Park** off the coast, or spend few days climbing the sacred mountain on the east,  **Mount Kinabalu**.

SEMPORNA 




Semporna is one of the easternmost cities in Malaysia. You can take a bus from Kota Kinabalu, Sandakan, Sepilok, or Tawau. The city of Semporna is the gateway to the offshore islands for diving and snorkeling trips, including Kapalai, Mabul, Maiga, Matakang, and Sipadan.

KUCHING   

Kuching is the capital of Sarawak, the northwest tip of the Borneo. Kuching International Airport connects Kuching with cities like Kuala Lumpur, Singapore, Johor, Labuan, and Kota Kinabalu. You can also get to Kuching by bus from the surrounding cities. Kuching is a good base to explore Sarawak. Here you can see a fusion of different cultures, like Chinese culture and Islamic culture.







GUNUNG MULU  

Here, in the **Gunung Mulu National Park**, you can even arrive by plane to see some of the most magic landscapes in the Southeast Asia. Some of the best sights are:

-  **Clearwater Caves:** cave with subterranean river
-  **The Pinnacles:** most famous limestone formation
-  **Canopy Skywalk:** world's longest tree canopy walk



Sabah and Sarawak are two states located in the Borneo, the Kalimantan Island. Unlike in the peninsula, travelling in the East Malaysia, you can see more and better of nature beauties. Besides of these destinations mentioned above, here are some others:

-  **Sandakan:** a big city in Sabah, with colonial-era buildings
-  **Sepilok:** one of the only site to see the Orangutan in the world
-  **Pulau Labuan:** duty-free shopping and beautiful beaches
-  **Bako National Park:** northeast of Kuching, full of jungles
-  **Sibu:** third largest city in Sarawak, good Chinese buildings
-  **Niah National Park:** famous for its caves in the rainforests

## BRUNEI

BRUNEI DARUSSALAM  
NEGARA BRUNEI DARUSSALAM نڬارا بروني دارالسلام



Area: 5765 km<sup>2</sup> Population: 460345 (2020) GDP/PPP: \$33.39 billion (2022)  
Capital City: Bandar Seri Begawan Official Language: Malay Religion: 80.9% Islam (Official)  
Currency: Brunei Dollar (BND) Timezone: UTC+8 Driving Side: Left Calling code:+673



## BANDAR SERI BEGAWAN

بندر سري بڬاوان




With over a hundred thousand residents, the city of Bandar Seri Begawan composed of more than half of the whole country's population. You can easily get to Bandar Seri Begawan by plane, bus, or even boat from Kota Kinabalu. In Bandar Seri Begawan, or known as BSB, you can find many modern malls and restaurants. You can also visit the most famous mosque in the whole country:

 **Omar Ali Salfuddien Mosque.**

However, the most unique place in the city is actually the  **Kampong Ayer Water Village**, a village floating on the water. Don't forget to check the local  **Cultural & Tourism Gallery** for more information.

## ULU TEMBURONG



**Ulu Temburong National Park** is the oldest and the only national park in Brunei. This park covers 550 square kilometers of natural rainforest, but you can only visit a small piece. Located on the gateway of the park,  **Sumbiling Eco-village** provides opportunities for tourists to do outdoor activities and spot the wildlife.



# SINGAPORE

REPUBLIC OF SINGAPORE

新加坡共和国 REPUBLIK SINGAPURA சிங்கப்பூர் குடியரசு



Area: 733.1 km<sup>2</sup> Population: 5.45 million(2021) GDP/PPP: \$701.8 billion (2022)

Official Languages: English, Malay, Mandarin, Tamil Religion: Buddhism, Christianity, Islam

Currency: Singapore Dollar (S\$) (SGD) Timezone: UTC+8 Driving Side: Left Calling code:+65



## SINGAPORE



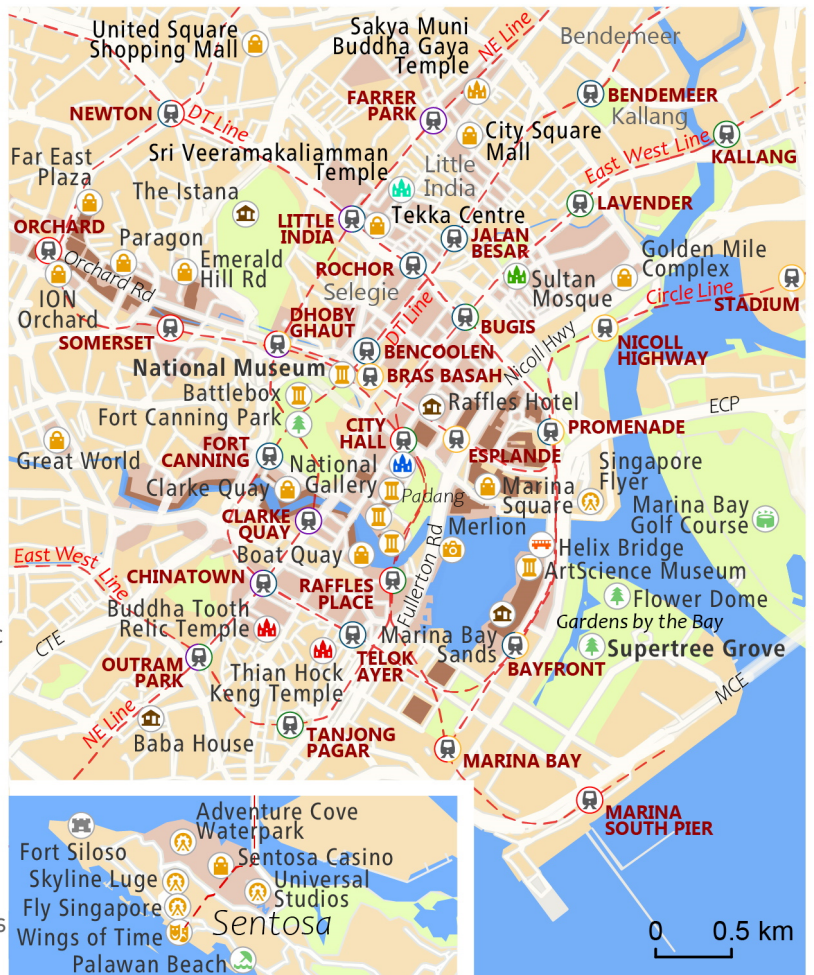
Singapore is a city-state in Southeast Asia.

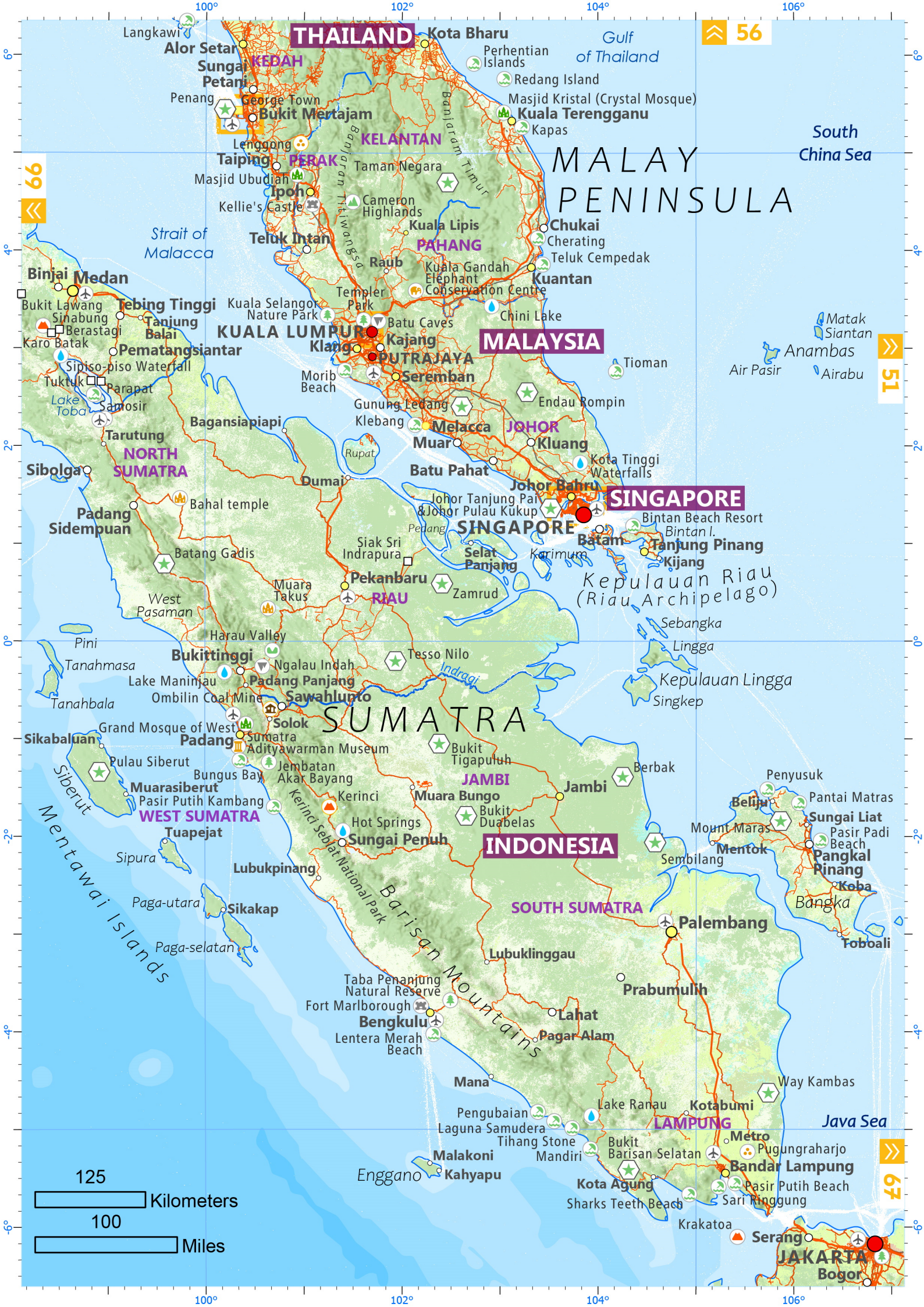
Changi Int'l Airport connects Singapore with many international locations. Plus, it is one of the best reviewed airports in the world, intergrating a big shopping mall and several tropical gardens inside of the airport.

You can also arrive Singapore from Johor Bahru by bus, train, or even on foot. If you are from Indonesia, you are also welcomed to Singapore by boats too.

Singapore is renowned for its prosperous, and it is also called "Garden City" because of its sustainable urban planning. You can easily get to various locations by MRT, feel the different cultures, and try some yummy food! Around the city centre, these places are worth visiting...

- Orchard Road:** main shopping street of Singapore
- Little India:** the biggest indian community in Singapore
- Chinatown:** heart of Chinese community with good food
- Gardens by the Bay:** giant artificial trees and gardens
- Marina Bay Sands:** iconic building with hotel, casino, etc
- National Museum:** oldest museum showing history, etc
- Merlion:** iconic, 8.5m-tall statue in the waterfront
- Padang:** with many museums, galleries, & a cathedral
- Taking Northeast Line to the Harbour Front, you can arrive
- Vivo City.** Acrossing the water, the island of **Sentosa** is waiting for you. In Sentosa, you can spend a whole day visiting different theme parks, like **Universal Studio.**
- Away from the city centre, there are some other sights:
- Singapore Botanic Gardens:** sculptures, lakes, and trees
- Night Safari:** world's first night-watch wildlife park





**THAILAND**

# MALAY PENINSULA

**MALAYSIA**

**SINGAPORE**

**INDONESIA**

# SUMATRA

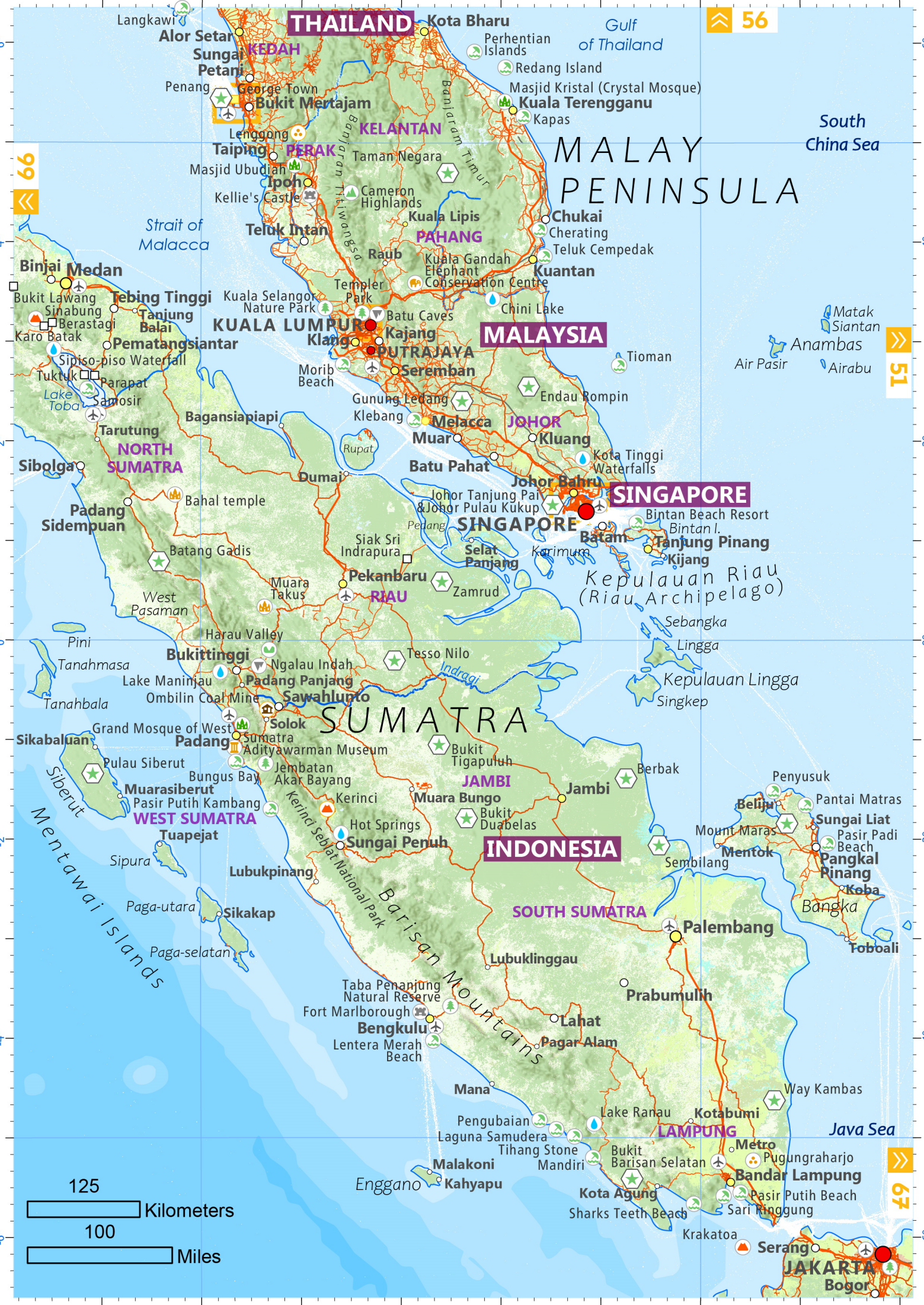
**JAKARTA**  
Bogor

56

51

67

125 Kilometers  
100 Miles





# INDONESIA

REPUBLIC OF INDONESIA  
REPUBLIK INDONESIA



Area: 1904569 km<sup>2</sup> Population: 275.77 million(2022) GDP/PPP: \$4 trillion (2022)

Capital City: Jakarta Official Languages: Indonesian Religion: 86.7% Islam

Currency: Indonesian Rupiah (Rp) (IDR) Timezone: UTC+7~9 Driving Side: Left Calling code:+62

## Sumatra (UTC + 7)

### PADANG



Padang is the biggest city on the west coast of Sumatra. Minangkabau International Airport serves Padang area, and direct flights are from important domestic cities. You can also get to Padang from Jakarta by bus.

Padang is the gateway to most inland destinations in the west coast, but itself has beautiful beaches, unique architectures, and delicious food. The 🌿 **Bungus Bay** nearby is good for relaxing and island-hoppings.

### BUKITTINGGI



From Padang or Lake Toba, you can get to Buittinggi by bus. Bukittinggi is a popular shopping destinations, but it is also the main hub for travellers and adventurers to explore the beauties of western Sumatra.

🌊 **Lake Maninjau** is a crater lake on the west of city, and it is great for relax and experience the rural lifestyle.

🌿 **Kerinci Seblat National Park** is the largest national park in Sumatra, including the Mount Kerinci, rainforests, and important Tiger Habitats in Indonesia.

### LAKE TOBA DANAU TOBA



Silangit International Airport serves flights connecting to Jakarta and Medan. Lake Toba is the largest volcanic lake in the world, and formed by a volcanic eruption 70000 years ago. There are many tourist sites around the lake, such as waterfalls, museums, tombs. You can do fishing, rafting, kayaking, or maybe only relaxing in the hot springs.



Other destinations in Sumatra...

- 🟡 **Medan**: the largest city in Sumatra, transfer stop to other sites
- **Berastagi**: hilly town, with volcano Sinabung located nearby
- **Bukit Lawang**: surrounded by dense jungle, aside of Mt. Leuser
- 🟡 **Banda Aceh**: northernmost city with good beaches and waters
- 🟡 **Bandar Lampung**: southernmost city adjacent to Krakatoa

## Riau Islands (UTC +7)

### RIAU ISLANDS

KEPULAUAN RIAU



Tourists can easily get to Riau Islands by planes or ferries from Malaysia and Singapore. Spend some time in 🟡 **Tanjung Pinang**, or the 🌿 **Bintan Beach Resort** relaxing on the beach.

## Kalimantan (UTC +7~8)

### BALIKPAPAN



Balikpapan is the financial center of Kalimantan. Sultan Aji Muhammad Sulaiman International Airport serves the city with major domestic cities in Indonesia. Balikpapan is an industrial city focused on oil mining. It is a very quiet city with clear sky and waters.

### TANJUNG PUTING



Tanjung Puting National Park located in the South part of Kalimantan Island. You have to take flight to Pangkalanbun first, and arrange a tour with local tour company.

Tanjung Puting National Park is famous for orangutan conservation. The landscape here is mostly swampy, without huge trees and jungle regions around. Much of its area is now degraded habitat, and some NGOs are making efforts to recover the landscape now.

### DERAWAN



Derawan Islands located off the coast of East Kalimantan. You can arrive there from Samarinda International Airport by plane (arrive at Berau Airport). You can get to different islands in Derawan adn Tarakan, trying diving and snorkeling.

### GUNUNG PALUNG

Gunung Palung National Park in West Kalimantan is some of the only places you can see wild orangutans. If you are going there independently, you have to have a park permit and arrange transportations by yourself. However, you can also book organised trip with some local travel companies.

### LOKSADO

Loksado is a small town in South Kalimantan, can be arrived from Banjarmasin and/or Kandangan via paved roads, but there are rarely public transportations here, so booking with trip companies are still the best choice. You can experience different local cultures here, including Meratus Dayak people. You can also do Bamboo rafting and hiking in this region.

Borneo, or Kalimantan, is the thrid largest island in the world, and the largest in Asia. Shared by three countries, there are road connections between Pontianak and Kuching, so you can travel across borders by car or by bus. Although it is a big island, but the inland part is still a mystery for most travellers. Please practice eco-travel principles and respect the people and the nature in this magical island.

# Jakarta, Bandung, and their surroundings (UTC+7)...



## « JAKARTA



Jakarta is the capital of Indonesia, and it is also the largest city in Southeast Asia, serves as the diplomatic capital of ASEAN.

Soekarno-Hatta International Airport is the main airport in Jakarta, connecting to both domestic and many international locations. Halim Perdanakusuma Airport is another airport in Jakarta, serves private jets and low-cost flights. Tanjung Priok is the main seaport of Jakarta. The history of Jakarta is closely connected to European colonisers. Portuguese and Dutch started to trade with local sultanates in 16th century, and this port became the main transportation hub in 19th century. At that time, it was still called Batavia. It was renamed Jakarta at the time of independence. Nowadays, there are over 10 mil. people in the city, and you can encounter some of the most prosperous night markets, museums, and cultures. The Central Jakarta locates around the **Monas** (National Monument). The **Masjid Istiglal**, **Gereja Katedral**, and **Museum Nasional** are around nearby.

If you goes northward, there are some good seashore resorts in **Ancol**, including **Dunia Fantasi**. Around Jakarta Kota station, there are also many museums. Despite city centre, there are much more sights to see...

- 🦁 **Ragunan Zoo**: a zoo in the rainforest in the south
- 🏡 **Taman Mini Indonesia Indah**: knowing Indonesia
- 🌴 **Kepulauan Seribu**: thousand islands in the north
- 🌿 **Kebun Raya Bogor**: botanical gardens built in 1811

## BANDUNG



Bandung is the third largest city in Indonesia. Travellers can get to Bandung by planes, buses, and trains. It is the flowery city of Indonesia, and it is a popular holiday destinations for people live in Jakarta. There are many outdoor destinations around Bandung...

- ⊙ **Lembang**: located north of Bandung in the mountains
- **Ciater**: north in Lembang, known for hot springs
- **Ciwidey**: village famous for tea plantations



the rest of Java... (UTC+7)...

## PUNCAK PASS



A mountain pass in Bogor region, which can be easily get to by cars and buses. The tourism here can be traced back to colonial era, with little swiss-style chalets around, now also with many Arabic-style shops and restaurants too. Please be patient on your way get here, since it could be really congested during weekends and holidays.

## » YOGYAKARTA



Yogyakarta is the main metropolis in the central Java. You can get to Yogyakarta easily by plane, train or bus. As one of the oldest cities in Indonesia, Yogyakarta has some old buildings, including the renowned **Keraton**, the sultan's palace. However, the real gems are not in the city... Among all the candi around, there are two significant: **Borobudur**: located northwest, a World Heritage Site. It is the single largest buddhist structure on earth that built around in 825 AD. It was rediscovered in 1814, and there are millions of visitors here every year. **Prambanan**: located on the east, a World Heritage Site. It was a collection of Hindu temples, which completed around the same century with Borobudur. Despite candi, volcanoes of **Merapi** and **Merbabu** are outdoor heavens in the north which just waiting for you.



## DIENG PLATEAU



Dieng Plateau is a floor of a volcanic caldera. To get there, tourists should get to **Wonosobo** first by train or bus. The Plateau is known for its geothermal landscape, terraces, Hindu temples, and even the steep terrain makes it unique.

## SURABAYA



Surabaya is the second largest city in the country. Juanda International Airport serves Surabaya with other cities. You can also get to Surabaya by train, boat, or bus. Surabaya has one of the most attractive neighborhoods in the world, with historic Arab quarter and Chinese quarter, with the famous **Masjid Agung Sunan Ampel**.

## BROMO TENGGER SEMERU



Bromo-Tengger-Semeru National Park includes **Mt. Semeru**, the highest peak in Java, and **Mt. Bromo**, one of the most popular volcanoes in the island. People can get to this park via different routes by car and bus. Mt. Bromo is safe to go so far, with sulphur smokes bleching from inside, but be careful with Mt. Semeru, since it is now highly active.

As one of the most densely populated islands, Java has far more natural and man-made wonders worth visiting...

- 🔥 **Krakatoa**: arrived from Anyer or Carita, it is still really active
- 🌊 **Pangandaran**: popular yet less crowded seashore destination
- 📍 **Surakarta (Solo)**: another cultural centres of Mataram region
- 🏡 **Semarang**: with Dutch and Chinese style architectures
- 🌿 **Karimunjawa**: islands and a national marine park in the north
- 🔥 **Ijen Plateau**: easy to get from Bali, spectacular volcanic area



## Bali and Nusa Tenggara (UTC+8)...



## BALI



As the westernmost of the Lesser Sunda Islands, Bali is one of the most popular travel destinations in the World. Ngurah Rai International Airport is the 3rd busiest airport in the country, connecting Bali to other cities in Asia, Australia, and Middle East. You can also get to Bali by boat from Java or Nusa Tenggara.

The tourism industry in Bali can be traced back to 1970s, and nowadays, hundreds of flights bring travellers from all parts of the world to Bali, enjoying their holidays. This "Island of Gods" has too many to present: the rice terraces, beaches, food, cultures, volcano, lagoon, and the well-constructed facilities for tourists. The Southern part of Bali is most visited...

- 🌴 **Kuta**: best known resort area north of the airport
  - 🏛️ **Tanah Lot**: a beautiful Hindu pilgrimage temple
  - 🌊 **Uluwatu**: southwestern tip, good for surfing
  - 🏖️ **Sanur**: less popular beach in southeast Bali
  - 🏖️ **Nusa Dua**: resort area with many good hotels in Bali
- The Central part of Bali is centered around ☐ **Ubud**, the cultural centre of the whole island, with different rice terraces around. The highest peak of Bali, 🌋 **Agung** is worth visiting too. 🌳 **Lempuyang** and 🌳 **Tirta Gangga** are some other places really popular on social media.

## KOMODO



To get to 🌳 **Komodo National Park**, you have to arrive Lubuan Bajo, and arrange tours in most cases to see those giant Komodo Dragons. Despite wildlifes, you can also do kayaking and scuba divers in the clear and unpolluted waters around Komodo and Rinca islands.

Island-hopping tour in Lesser Sunda Islands is what travellers usually do in this area, there are much more to see in Nusa Tenggara...

- 🌋 **Tambora**: national park but also a less visited volcano
- 🌊 **Moyo**: one of the best diving sites in the archipelago
- 🏙️ **Kupang**: capital and hub city of Nusa Tenggara

## LOMBOK



If you hope to find less crowded resorts, Lombok is the right place. It is easy to get to both by air or by ferry from Bali.

In Lombok, you can also find really good beaches, diving, and surfing sites, but without many tourists. People here are more conservative compared to the neighbor island of Bali.

- 🌴 **Kuta**: the most famous beach resort in the south of Lombok
- 🌳 **Rinjani**: highest peak in Lombok for trekking and climbing

## GILI ISLANDS



Offshore northwestern Lombok, Gili Islands are known for good diving sites. There are boats from Bali or Lombok to the islands, and there are ferries connecting three islands too.



## Sulawesi, Maluku, and Papua (UTC+8~9)...

## MAKASSAR



As the largest city in Sulawesi, Makassar is easy to get to. Sultan Hasanuddin International Airport serves Makassar. Finding some of the best preserved Dutch architectures, trying some good seafood, and experiencing the unique beauty of the gateway of Sulawesi.

## BUNAKEN



Taking boats from Manado, you can get to one of the most famous diving and snorkeling areas in the world. Bunaken and the neighboring islands form the **Bunaken National Marine Park**. The conservation of local eco-systems makes Bunaken famous for its clear water and diverse species. The adjacent **Bangka** and **Lembeh** are good for diving too!

## TANA TORAJA



From Makassar, you can get to the region of Tana Toraja by both plane or bus. In the land of Toraja People developed their special burial cultures. For other people, death means the end, but for Toraja people, death is reborn. You may have the chance to experience the burial activities there.

In Sulawesi, the 11th largest island, there are more to see...  
**Lore Lindu**: best for bird-watching and megaliths seeing  
**Togian Islands**: diving around the famous Bomba Atoll

## AMBON



As the capital of Central Maluku Regency, Ambon is large enough to get to by plane or ship. You can experience different cultures and visit beaches and forts around the city.

## BANDA ISLANDS



In the heart of formerly known "Spice Islands", you can get there from Ambon by plane or boat. Just like other islands, Banda Islands are also good for snorkeling, diving, but you can also try to visit the famous **Benteng Belgica** or climb **Gunung Api**.

## RAJA AMPAT



Arrived from Sorong by boat, Raja Ampat is one of the furthest place in the country, but it is also the best place to see dive around the purely natural coral reefs and ship wrecks.

## BALIEM VALLEY



Arounded by mountains, there is no road access outside, so you can only get there by plane. This region preserves villages and cultures that can traced back to the stone-age.

There are more natural wonders decorated in Maluku and Papua...

- Tidore and Ternate**: towns for visiting colonial relics
- Manusela National Park**: explore tropical rainforests
- Lorentz National Park**: largest national park in Asia

# EAST TIMOR

DEMOCRATIC REPUBLIC OF TIMOR-LESTE  
 REPÚBLIKA DEMOKRÁTIKA DE TIMÓR-LESTE



Area: 15007 km<sup>2</sup> Population: 1.34 million(2021) GDP/PPP: \$5.32 billion (2022)  
 Capital City: Dili Official Languages: Portuguese, Tetum Religion: 99.5% Christianity  
 Currency: US Dollar (\$) (USD) Timezone: UTC+9 Driving Side: Left Calling code:+670

## DILI



Dili might be the smallest capital in Southeast Asia, but it got its own charm. You can get to Dili by plane from Bali, Singapore, Kupang, or Darwin. You can also take car to Dili from Indonesian part of Timor. You can visit different statues and churches in the city, or spend a whole day dive in the nearby **Atauro**.

East Timor, or Timor-Leste, gained its independence from Indonesia in 2002. People from East Timor recognised themselves as a part of Oceania instead of the Southeast Asia. Far from Dili, there are some other sights worth visiting...

- Nino Konis Santana**: the only national park in the country
- Tatamailau**: also called Mt. Ramelau, the highest peak
  - Baucau**: visit old colonial-era architectures in the old town





111

130

Kilometers  
110  
Miles

56

72

74

**PHILIPPINES**

**MALAYSIA**

BORNEO  
Lahad Datu

19

51

# PHILIPPINES

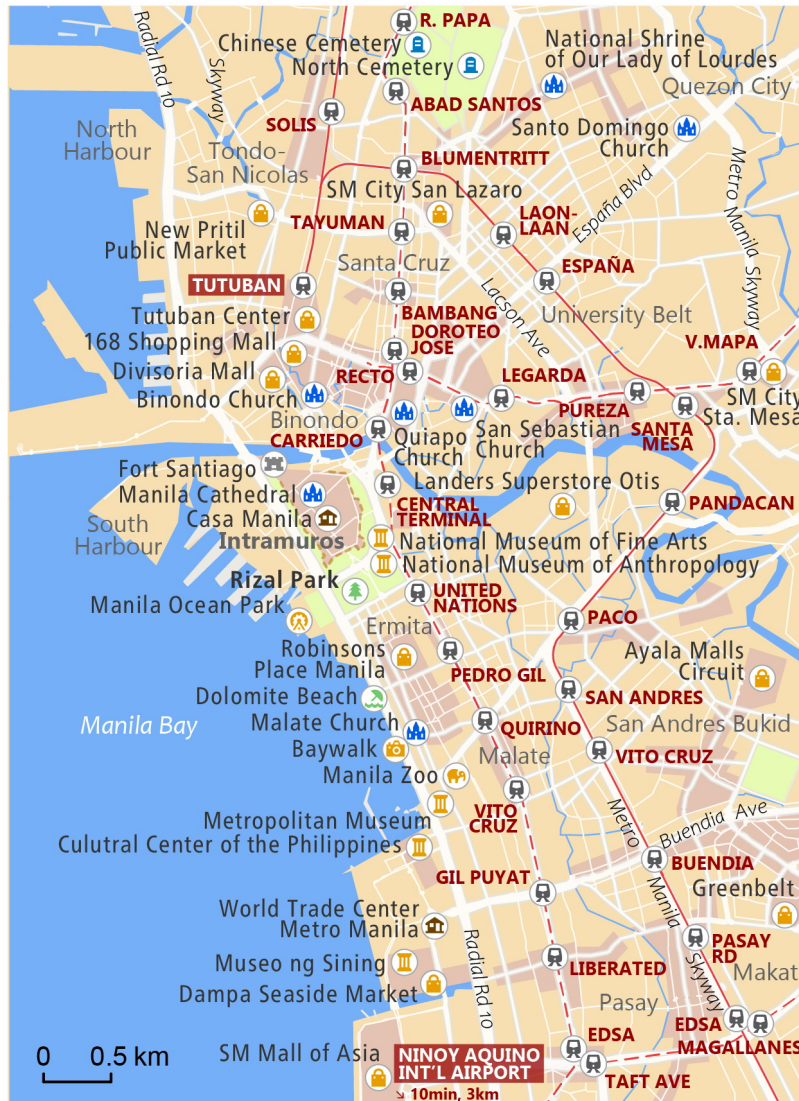
REPUBLIC OF PHILIPPINES  
REPUBLICA NG PILIPINAS



Area: 300000 km<sup>2</sup> Population: 109.99 million(2021) GDP/PPP: \$1 trillion (2021)

Capital City: Manila Languages: Filipino, English Religion: 88.7% Christianity

Currency: Philippine peso (₱) (PST) Timezone: UTC+8 Driving Side: Right Calling code:+63



## Great Manila...

### MANILA



Manila is the largest city and the capital of Philippines. It is located in the island of Luzon, and there are over 10 million people live in this big metropolis.

Ninoy Aquino International Airport is the main int'l airport in Manila. However, you can also get to Manila from other regions of the Philippines by boats.

Manila was a city-state thousand years ago, actively trading with Chinese merchants. During the Spanish and American colonial period, Manila developed gradually as the political, cultural, and economic center of the country. During World War Two, Japanese occupied the city and killed over 10000 civilians (Manila Massacre).

□ **Intramuros** is a historic center of the city surrounded by walls. It was founded by Spanish in 1571, with 7 city gates and 12 churches. It was flattened in the World War Two, but a lot of areas are restored after the war. Around the historical center, there are other attractions...

- 🌳 **Rizal Park**: known as the venue for national museums
- 🏰 **Fort Santiago**: military headquarters in colonial time
- 🏠 **Robinsons Place**: in Ermita, the red-light district

○ **Paray** is on the south of Manila, featuring cultural and art museums and centers, including the Cultural Center of Philippines.

○ **Makati** is the newly developed central business district on the southeast of the city. There are many high-end hotels and shopping malls.

○ **Quezon City**, on the northeast, hosts over three million people. It is the most populous area in the metro. There are some good eating and drinkings.

## AROUND TAAL LAKE



🌋 **Taal volcano** is on the Taal Lake, south of Manila.

Around the lake, you can get to □ **Tagaytay** and Tanauan by bus from Manila. Taking boats from lakeshore to the island where the Taal volcano located is forbidden since 2020, but luckily there are many other wonders to see...

- **Talisay**: main gateway to the island with a port
- **Tanauan**: east of the lake, with historical buildings
- **Lipa**: with Balete and Mataasnakahoy lakeshore towns
- **Tagaytay**: base for traveling around the lake
- **Taal**: southwest of the lake, seashore historical town

## SUBIC BAY



Subic Bay is a seashore area in the northwest of Manila.

You can get there by plane, car, or boat. The neighboring city Olongapo has more convenient transportations.

Subic Bay is famous for scuba diving sites, which you may have opportunities to dive around some of the best shipwrecks in the world.

## PINATUBO

Mount Pinatubo is an active volcano in the northwest of Manila. Its eruption in 1991 is the second-largest eruption in the 20th century. It is only possible to climb Pinatubo by choosing an organized tour with local tour companies.



## Luzon...

## BAGUIO



Baguio locates in the Cordillera, known as the “Summer Capital”. It is easy to get there from Manila by bus or plane. It is the base for tourists to get to other attractions in the Cordillera, including the **Hanging Coffin of Sagada**, **Rice Terraces of Banaue**, **Mount Pulag**, and its neighboring town of **Kabayan**.

## VIGAN



Vigan is a port city in the northwestern Luzon. You can get there by bus, or, or plane from Manila or Laoag. Before Spanish colonization, Vigan was already an important trading port with Chinese merchants. Togethering with Spanish influence, you can walk around the old churches and streets in the UNESCO designated World Heritage town.

## BATANES



Far north to the Luzon Island, Batanes Island lie between Philippines and Taiwan. There are two airports in Batanes, and you can also get there by boat. In Batanes, you can experience local indigenous Ivatan culture. You can also explore clear waters, mountains, and caves in Batanes.

## LEGAZPI



Legazpi sits in the Bicol Peninsula, southeast Luzon. You can get there by plane, bus, or boat. Legazpi is located downhill of the volcano **Mayon**, so climbing the volcano, embracing the blue sea, or just relaxing in the Albany District of the city, it is up to you.



## Palawan...

## PUERTO PRINCESA



Puerto Princesa is the capital of Palawan. Travellers can get to Puerto Princesa by plane, which is the most common way. There are also ferry and bus connected this city with outside. Puerto Princesa is a nature lover's paradise, from the coastal beauties to the diverse wildlifes, there are many to see. You can try swimming and snorkeling in **Honda Bay**, or even further north...

**Puerto Princesa Subterranean River National Park** is a designated World Heitage, famous for its crystalline waters and spectacular cave formations. Taking a boat in the river and trekking in the surrounding rainforests might be one of the most unforgettable experience in your life.

## CALAMIAN ISLANDS



Calamian Islands are located northeast of the Palawan. There are three large islands here: Busuanga Island, Culion Island, Coron Island and Linapacan Island. You can arrive Busuanga by plane from Manila or Puerto Princesa. There are also boats available. Coron is famous for wreck diving, and Linapacan is good for snorkeling, which means you can have a perfect holiday here.

## TUBBATAHA REEFS



Arriving from Puerto Princesa for ten hours by boat sounds not like a good idea, except heading to the World Heritage Tubbataha Reefs, one of the world's best diving destinations.

## Mindanao...

## CAMIGUIN



Camiguin is located north of Mindanao, which you can get to by plane or boat. It is not that popular for international tourists but a gem for local people. You can try jungle trekking, volcano climbing, seashore diving and snorkeling here.

## SIARGAO



Located northeast of Mindanao, you can get to Siargao Island by plane, or by ferry from Surigao City. The island itself is known for good surfing spots. It is less crowded, with clear waters and good beaches. You can also spend some times in the city of Surigao, explore forests and caves nearby.

## DAVAO



Davao is the biggest city in Mindanao. You can get to Davao by plane, bus, or ferry. It is generally considered safe in Davao, but please stay away from any dangerous people, places, or behaviors, especially when you are out of the track and not in the city. Davao is good for its durian and pomelo, and you can also relax in the mountain resort or climb the **Mt. Apo**.

Updated 07/2022: The Island of **Mindalao** is still considered **unsafe for travel**, especially in Bangsamoro, Soccsksargen, and Zamboanga Peninsula. **Sulu Islands** are also **unsafe for travel** due to terrorist activities and clashes between the military and insurgent groups.



## Visayas...

## » BORACAY



Boracay is located offshore north of Mindoro. Numerous visitors get to Boracay by plane either arriving Godofredo P. Ramos Airport or Kalibo International Airport further away. It is also easy to get here by boat from Batangas. Boracay has one of the most beautiful beaches in the world. You can enjoy the holidays on the 🌴 **White Beach**, kite surfing and diving off the 🌴 **Bulabog Beach**, watching sunset on the sailboat. If you are tired, you can also try to have local cuisines, participate local festivals like Ati-Atihan Festival, or just enjoy the sunlight.



## » SABANG BAY



Puerto Galera is a town in Mindoro Island. It is common to get here by boat from Batangas or Boracay. Puerto Galera is famous for the Sabang bay, an excellent diving destinations with a lot of the dive shops and training companies. The dive sites are good for the diverse sealifes, such as turtles.

## » ILOILO CITY



Iloilo City is the largest city in Panay Island. Travellers can get to Iloilo City by plane, boat, or bus. Iloilo is known for its cultural landmarks and museums that can traced back to the Spanish colonial period. If you have more time, maybe consider taking a boat to neighboring 🌴 **Guimaras Island** to enjoy your holiday.



## » CEBU CITY



Cebu is the second largest city in the country. Mactan-Cebu International Airport serves Cebu City and the area around. You can also get to Cebu by ferry and bus. Cebu is known as the Queen City of the South. On April, 1521, the famous explorer Ferdinand Magellan landed in Cebu. In 1565, Cebu became some of the first cities colonized by the Spaniards. Nowadays, the Colon District remains some of the oldest architectures in Cebu, but in the Osmeña Ave., you can see the modern side of the city.

## » DUMAGUETTE



Dumaguette is a city in Negros, and it is also the main transportation hub in this region. You can arrive Dumaguette by plane, bus, or boat. From Dumaguette, there are two major coastal resorts:

- 🌴 **Apo Island**: one of the good diving destinations in the country, which you can see a lot of reefs, fish, and turtles.
- 🌴 **Siquijor**: a small island east of Dumaguette, with white sands, diverse marine life, and the interior jungles.

## » BOHOL



Panglao Island Int'l Airport connects Bohol to the rest of the country, and reveals this magical island to travellers. Bohol Island is heaven for divers, with over 70 famous dive sites offshore. There are also other attractions...

- 🌴 **Chocolate Hills**: mole hills turning brown in dry season
  - 🌴 **Panglao Island**: busiest tourist area in Bohol
- You might also able to see the unique Tarsiers on Bohol.

Other fascinating destinations in the Philippines...

- 🌴 **Donsol**: Whale Shark Capital of the World, in Luzon
- 🌴 **El Nido**: exploring karst coast landscapes, in Palawan
- 🌴 **Malapascua**: diving around the thresher sharks, in Cebu

