Welcome to Ka Lone Htar community

Programs for season 1st November 2019 to 31st October 2020

Visit a picturesque village, nestled in verdant forest and crystal clear rivers

Explore a nature trail into orchard life, livelihoods and secret swimming spots

Enjoy a forest picnic, and revitalize at the simply unique, barefoot forest spa

The orchard families of Ka Lone Htar offer full day and half-day tour programs; illuminating the lives of fruit farmers living in Dawei’s lush inland forests. The tour gives visitors a chance to hike into the orchards with local community guides, learn about forest remedies, enjoy swimming in the heart of nature, and relax in Asia’s first community based tourism, simple barefoot forest spa.

All visitors must book a tour via Ka Lone Htar Community Based Tourism Club, and use the services of a local community guide. Prices at end of document.
09.00: **Welcome by Ka Lone Htar CBT Club. Visit the ‘forest pharmacy’**.

On arrival in Ka Lone Htar, we are met by a local community tour guide, who will give us a quick briefing. Then, we head to the ‘forest pharmacy’, a local initiative to collect and plant a huge variety of traditional herbal medicines. From there, we hike past the village monastery. We stop outside to learn about the community work initiated by the revered local community Monk.

10.00 **Hike down the nature trail, through orchards, into the forest**

We head out of the village, and into the local fruit orchards where villagers grow a great variety of fruits and crops including cardamom, betel nut, pineapple, cashew nuts, sweet potatoes and banana. The forest is also a living repository of traditional herbal medicines. Our guide will stop along route, explaining about these medicines and how they are harvested and used. Hiking is not very strenuous, but guests should bring suitable shoes.
Approximately 12.30:  **Forest picnic, river swimming in jade green water**

We arrive at the Ka Lone Htar picnic spot, to enjoy either a delicious, home cooked picnic lunch with several dishes / or a simple one-dish pack lunch. There is time to relax, and it is usually possible to swim in the cool, green river. If there have been heavy rains, the local guide may recommend not to swim.

After lunch, there is a 1 hour hike back to Ka Lone Htar village, or guests can continue on for a further 30 minutes to the Barefoot Forest Spa experience.

16.30:  **Ka Lone Htar Barefoot Forest Spa experience**

This unique community based experience invites you to bath or soak your feet in mineral water at the local hot springs, or rest by the serene river side. The Ka Lone Htar spa group will serve a healthy snack and herbal drink. You can also try applying Myanmar’s most famous natural cosmetic, Thanakha.

**Note:** To avoid creating unnecessary waste, customers should bring their own drinking water in reusable bottles. Free refill stations will be available. Bottled water is also available, for an additional cost.
Contact:

All bookings must be made through Ka Lone Htar CBT Club, at least 24 hours in advance, by calling Aung Kyaw Thet (Alu): 09451901887 (Myanmar Language)

Package prices (Myanmar Ks) Per Person:

Note: prices are higher for small groups of 1 to 3 guests, for packages which include the forest picnic; because the Ka Lone Htar cooking group have established a **minimum number of 3 guests** to book these food services. This is due to the significant work needed to buy, prepare and set up picnic activities.

Package 1: Ka Lone Htar hiking and spa program with special forest picnic

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Included:

- ✓ Local Community tour guide (1 per 8 guests);
- ✓ Visit to Forest Pharmacy;
- ✓ Hiking in Ka Lone Htar Nature Trail;
- ✓ Special forest picnic (at least 4 different dishes);
- ✓ Entrance and access to hotspring at Simple, Barefoot Forest Spa;
- ✓ Healthy welcome snack and drink;
- ✓ Coordination fee of 1000Ks / guest.

Not included:

- ✓ Transportation to Ka Lone Htar;
- ✓ Licensed, regional, English speaking tour guide;
- ✓ Bottled water, soft drinks or alcohol;
- ✓ Souvenirs.
Package 2: Ka Lone Htar hiking & spa program with simple 1 dish pack lunch

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Included:
- ✓ Local Community tour guide (1 per 8 guests);
- ✓ Visit to Forest Pharmacy;
- ✓ Hiking in Ka Lone Htar Nature Trail;
- ✓ Simple, 1 dish pack lunch;
- ✓ Entrance and access to hotspring at Simple, Barefoot Forest Spa;
- ✓ Healthy welcome snack and drink;
- ✓ Coordination fee of 1000Ks / guest.

Not included:
- ✓ Transportation to Ka Lone Htar;
- ✓ Licensed, regional, English speaking tour guide;
- ✓ Bottled water, soft drinks or alcohol;
- ✓ Souvenirs.

Package 3: Ka Lone Htar Nature trail program with forest picnic (no spa)

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Included:
- ✓ Local Community tour guide (1 per 8 guests);
- ✓ Visit to Forest Pharmacy;
- ✓ Hiking in Ka Lone Htar Nature Trail;
- ✓ Special forest picnic (at least 4 different dishes);
- ✓ Coordination fee of 1000Ks / guest.

Not included:
- ✓ Transportation to Ka Lone Htar;
- ✓ Licensed, regional, English speaking tour guide;
- ✓ Bottled water, soft drinks or alcohol;
- ✓ Souvenirs.
Package 4: Ka Lone Htar Nature trail program with simple pack lunch (no spa)

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Included:
- ✓ Local Community tour guide (1 per 8 guests);
- ✓ Visit to Forest Pharmacy;
- ✓ Hiking in Ka Lone Htar Nature Trail;
- ✓ Simple, 1 dish pack lunch;
- ✓ Coordination fee of 1000Ks / guest.

Not included:
- ✓ Transportation to Ka Lone Htar;
- ✓ Licensed, regional, English speaking tour guide;
- ✓ Bottled water, soft drinks or alcohol;
- ✓ Souvenirs.

Package 5: Ka Lone Htar Barefoot Forest Spa experience (no hiking or lunch)

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Included:
- ✓ Entrance and access to hotspring at Simple, Barefoot Forest Spa;
- ✓ Healthy welcome snack and drink;
- ✓ Coordination fee of 1000Ks / guest.

Not included:
- ✓ Transportation to Ka Lone Htar;
- ✓ Licensed, regional, English speaking tour guide;
- ✓ Bottled water, soft drinks or alcohol;
- ✓ Souvenirs.

Please note: Villagers in Ka Lone Htar started to develop community based tourism in 2018, supported by the United Nations International Trade Center (ITC). Community members discussed and decided which aspects of local life, culture and nature they feel proud and comfortable to share with visitors. These were developed into fun, active tour programs. Community members received training in tour guiding, food hygiene, how to take bookings and accounting. Local guides lead visitors. Visitors pay modest fees for food, activities and guide fees. There are cheaper ways to visit local villages. However CBT aims for a better local experience and real local benefits. Please respect villagers’ work by using their CBT services.