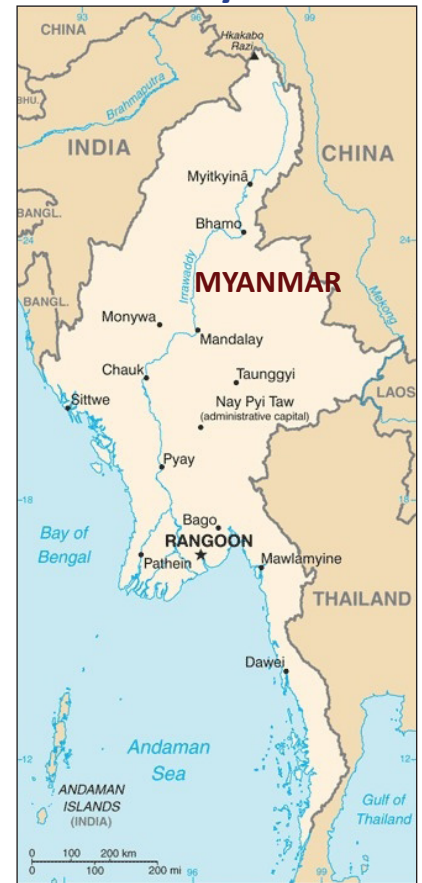




KNOW BEFORE YOU GO

- ❑ Driving is on the right.
- ❑ Drivers are required to carry an International Driving Permit (IDP) and Myanmar driver's license. National licenses from non-ASEAN countries (Association of Southeast Asian Nations) are not recognized by rental car agencies; some may also choose not to accept IDPs.
- ❑ Visitors should consider hiring a car and professional local driver through a reputable agency or hotel.
- ❑ All visitors must stay in registered hotels or guesthouses, or face imprisonment for non-compliance.
- ❑ The Kyat (MMK) is the official currency. US dollars are accepted in many places, but must be new, unmarked and undamaged bank notes. Banking and access to funds are frequently disrupted. Credit cards may not be accepted.
- ❑ Curfews are in place nationwide and vary by local districts. Be aware of curfew times; failure to comply may result in detention and long prison sentences.
- ❑ Law enforcement is inconsistent and arbitrary, including traffic regulations.
- ❑ Driving at night is not advised. Roads are generally in poor condition and inadequately lit or unlit.
- ❑ Riders of motorized two- and three-wheeled vehicles make up an estimated 65% of all road traffic deaths.
- ❑ Pedestrians account for about 14% of road traffic fatalities.
- ❑ Legal blood alcohol limit is zero for young and novice drivers, and below 0.07 g/dl for all other drivers. Despite legal limits, approximately 21% of road deaths involve the use of alcohol.
- ❑ There are 20.9 road deaths per 100,000 people in Myanmar, compared to 2.2 in Sweden and 2.3 in the UK.



Source: CIA Factbook

ROAD CULTURE

- **Aggressive road behavior** is common. Motorists generally disregard traffic rules and safe driving practices.
- **Drivers** often use vehicles that are in poor condition, and do not have seat belts or other standard safety equipment.
- **Many motorists** do not use headlights, even at night.
- **Motorists may** drive vehicles with steering wheels fitted on the right-hand side, limiting vision and making it dangerous to overtake other vehicles.
- **There are** many motorcycles and motorbikes; drivers are frequently reckless.
- **Pedestrians** often walk on roads and may be difficult to see at night.
- **Bicycles** generally do not have reflectors or lights and may be less visible.
- **Drug use** is common among drivers of large transport vehicles traveling between China and Yangon.

ROAD CONDITIONS

- **Of the** 157,000 km (97,555 miles) of roads, 34,700 km (21,561 miles) are paved and 122,300 km (75,993 miles) are unpaved.
- **Beyond** major cities, road travel is restricted by government authorities. Permission is required to access many areas.
- **Roads** are often dangerously aligned, with inadequate road markings and poor or no lighting.
- **Outside** of Yangon, most roads have one or two lanes.
- **The majority** of roads are unpaved and unlit. Deep potholes are common.
- **Loose gravel** and sand surfaces create dust clouds from preceding vehicles, cause skidding, and make overtaking dangerous.
- **Mountain roads** are in particularly poor condition.
- **The Yangon–Mandalay Expressway** is a toll road. Tolls are paid in cash at stations along the route.
- **Pedestrian** infrastructure is underdeveloped in cities and undeveloped in other areas.
- **There are** few zebra crossings, even in major cities. Existing crossings are frequently ignored by motorists.
- **Many people** travel by bicycle. Infrastructure is undeveloped. Bicyclists must share roads with chaotic traffic. Rough, broken surfaces contribute to flat tires.
- **Electric e-bikes** are growing in popularity. E-bikes are banned in some places.
- **Phone coverage** is limited in many areas outside of main cities. Carry a phone with a local SIM card.



Road Conditions, continued

- **Communication** services are restricted in many areas, and may be suspended by authorities without notice.
- **There are** many demonstrations, which may become violent. Avoid all demonstrations and gatherings. Roadblocks and searches by authorities are common. Do not walk or drive past roadblocks.
- **Clashes** between armed authorities and protestors increase on days with national significance, including Jan. 4, Feb. 1 and 12; March 2 and 27; July 19; July 23–25; Aug. 1 and 8; and Sept. 26.
- **Ongoing conflict** and violence occur across the country and includes air strikes, artillery bombardments, active landmines, shootings, explosions and armed clashes that affect road travel, public transportation and pedestrians.
- **Avoid all travel** to the states of Mon, Kachin, Chin, Kayah, Kayin; the regions of Sagaing and Magway; Northern Rakhine State; Northern Tanintharyi Region (excluding Myeik township); and the archipelago and townships located south of Tanintharyi Township.
- **Due to** unstable security situations, all but essential travel should be avoided to Shan State, Mandalay and the Southern Tanintharyi Regions; and to Central Rakhine State (including Sittwe District).
- **Military checkpoints** are common.
- **Visiting drivers** and pedestrians should be aware that martial law has been declared in many townships; additional locations may be added without advance warning. At this time of this report’s preparation at the beginning of 2024, affected townships include Hlaing Thayar, Shwe Pyithar, North Okkalapa, North Dagon, South Dagon and Dagon Seakkan.
- **Avoid travel** to the following areas, where active military conflicts are ongoing: all border regions with Thailand, China, Laos, Bangladesh and India. This includes parts of Kachin, Kayah, Kayin, Shan, Rakhine and Chin States; and Sagaing and Magway in the center of the country.
- **Landmines** and unexploded ordnance present high risks in areas of military conflict, especially in rural areas and in the states of Shan, Chi and Kachin. Many mined areas are not marked or easily identifiable. Do not travel off main roads.
- **The following roads** may present particular challenges to motorists:
 - » **The road connecting Hpa-An to Dawei** is a paved road to major ports in the Tanintharyi Region. The road is 368 km (229 miles) long with one lane in each direction. Road conditions become hazardous when wet, particularly during the monsoon season.
 - » **Stilwell Road/Ledo Road** leading to Pan Saung Pass (also called Pangsau Pass) is located on the border with India. The road is 17.4 km (10.8 miles) long, and has multiple twists and turns. Heavy foliage creates poor lighting conditions and shadows that make navigation difficult. Wet surfaces are common, adding to road dangers.
 - » **The Yangon–Mandalay Expressway and National Highway 1** connect the cities of Yangon and Mandalay. Attacks have increased along these routes, including the use of landmines and handmade explosive devices. Risks are amplified after dark. An unofficial curfew is in effect. Use of these roads should be restricted to daylight hours, and avoided altogether if possible. Surfaces become slick during the rainy season. Lack of barriers and slippery conditions result in frequent crashes.

REGIONAL AND SEASONAL CONDITIONS

- **Drink driving** and drug use are common during the annual four-day Buddhist water festival taking place in mid-April.
- **Myanmar is subject** to heavy rains, tropical storms, landslides, cyclones and earthquakes.
- **Rainy season** is generally from May to October, and may be accompanied by squalls and flash flooding.
- **Cyclone seasons** are from mid-April to mid-May, and during October and November.

Signs are generally pictorial and may not follow European Union conventions.

	
Stop	Expressway sign

Maximum Speed Limits

Type of road	Maximum speed
Urban areas	48 kph (30 mph)
Rural roads	80 kph (50 mph)
Highways	No maximum limit

Always adjust speed according to signage, hazards and weather conditions.



Regional and Seasonal Conditions, continued

- **A national** reporting system ranks tropical storms and cyclones as red (approaching landfall), orange (moving towards the country), yellow (developing), and brown (current storms).
- **Torrential rains** and storms may disrupt road travel and other transportation. Roads may become impassable and bridges washed away.
- **Earthquakes** occur frequently, and may be followed by strong aftershocks.
- **Landslides** may take place after heavy rains or earthquake activity.
- **Be familiar with emergency procedures.** The Red Cross provides a website and free, downloadable emergency app: <http://www.redcross.org/get-help/prepare-for-emergencies/types-of-emergencies>

TRANSPORTATION

- **Transportation options** include cars, car taxis, shared taxis called “ferries,” motorcycle taxis, pick-up truck taxis, tuk-tuk three-wheeled taxis, “tri-shaw” taxis (bicycles with sidecars), buses, vans/minibuses, bicycles, electric e-bikes, horse-drawn carriage taxis, trains and boats.
- **Public** transportation does not meet international safety standards. There have been many fatal crashes, particularly on overnight journeys.
- **Taxi vehicles** are often in poor condition and may have broken windshields.
- **Registered** taxis have red license plates. Vehicles are unmetered. Agree on fare with driver prior to travel.
- **Taxis are** less available at night, especially approaching curfew hours.
- **Shared taxis** are generally overcrowded. Drivers do not depart until satisfied with the number of passengers.
- **All types** of taxis are often in poor condition.
- **Attacks** by taxi drivers have occurred. Use caution when traveling by taxi at night.
- **Rideshares** are available in Yangon. Use only services that have a dispatch app providing vehicle description, license plate number and driver’s name. Verify all information before entering vehicle.
- **Tuk-tuks** are not generally available, but can be found near temples and major tourist areas.
- **Motorcycle taxis** are widely available. Helmets are usually not supplied to passengers.
- **Drivers of** motorcycle taxis are often reckless and weave among traffic. Drivers wait at major intersections for passengers. Many wear vests with the word “taxi” on them.
- **Three-wheeled** motorized tuk-tuks generally seat six or more passengers. Fares are based on distance traveled.
- **Tri-shaws** are bicycle taxis with sidecars available in small towns, and are regarded as unsafe.
- **Tri-shaw sidecars** are often inadequately attached to bicycles. Helmets are not provided to passengers.
- **Tri-shaws** share busy roads with other traffic.
- **Buses are** operated by multiple companies. Many are in poor condition and lack standard safety features. Local buses are generally in worse condition than long-distance buses.
- **Understanding** the bus system may be challenging for passengers. Destination signs and bus stops, including numbering, are written in Burmese.
- **Bus stations** are usually not located in central locations. Taxis are often necessary to reach bus stations, or to access destinations after arrival.
- **In some cities**, local and long-distance buses arrive at and depart from separate stations.
- **Modern coach buses** and “VIP” long-distance buses are available along major routes between some cities. Not all drivers may be alert or adhere to safe driving practices.
- **Open pick-up trucks** are used for public transport, and are often overcrowded. Passengers sit on mats or stand in the back of vehicles without any safety structure. Beds of truck beds often do not have gates to prevent passengers from falling out.
- **Horse-drawn** carts are often used as taxis in small towns and villages; animals may be in poor physical condition.
- **Pedestrian infrastructure** is lacking. Even where crossings are present, drivers frequently ignore them.
- **Bicycle rentals** are available in some areas. Helmets are not included.
- **Railway safety** is below western standards. Railway equipment is generally outdated. There have been multiple fatal crashes.
- **Trains are** often crowded, unhygienic, lack air conditioning and have broken seats.
- **Train routes** are frequently delayed or canceled.
- **Ferries** and boats are available for river and lake travel.
- **Avoid travel** by boat if possible. Boat transport carries high risks. Many vessels are in poor condition and overloaded. Boat-related fatalities are common.
- **Boats may not** meet international standards for safety, or be equipped with life-saving equipment. River flooding adds to hazards. Marine search and rescue options are limited.



Transportation, continued

- **If boat travel** is necessary, bring your own life preserver. Do not board vessels during heavy rains or when boats appear to be overcrowded or in poor condition.
- **Passenger ferries** in Rakhine State have been subject to violent attacks.

TRAFFIC REGULATIONS

- **Drivers must** be at least 18 years of age to drive, and 21 years old to rent a vehicle. Some rental agencies may have additional restrictions.
- **Seat belt** use is compulsory for drivers and passengers.
- **Children** are not restricted from riding in front seats.

For safety, children should be secured in child safety restraints appropriate to age and size, and be seated in rear seats.

- **Helmet use** is mandatory for motorcycle drivers and passengers. Helmets must be fastened.
- **Children are** prohibited from being passengers on motorcycles until they are able to reach footrests.
- **Drivers must** signal to motorists behind them that it is safe to pass by flashing their right indicator.
- **Military** convoys and motorcades have right-of-way.
- **Police may** carry out random breath tests.

Naypyidaw/Naypyitaw/Nay Pyi Taw (Capital)

- » The city is commonly referred to as “NPT.”
- » Transportation options include cars, car taxis, shared taxis called “ferries,” motorcycle taxis, pick-up truck taxis, tuk-tuk three-wheeled taxis, “tri-shaw” taxis (bicycles with sidecars), buses, vans/minibuses, bicycles, electric e-bikes and trains.
- » The city is connected to Yangon by the Yangon–Mandalay Expressway.
- » There is little traffic, including along the main 20 Lane Highway. There are few visitors beyond business travelers.
- » Bus stations are not centrally located.
- » The main bus station is Myoma Bus Station. Buses often depart from and arrive to different stations.
- » There are multiple bus companies. Many local buses are in poor condition and lack standard safety features.
- » Signs for bus stops, including numbers and information displayed on some bus windshields, are in Burmese.
- » Long-distance buses are operated by multiple companies. Some may have their own terminals.
- » “VIP” long-distance buses and modern coaches are available along major routes to other cities. Not all drivers may be alert or adhere to safe driving practices.
- » Use only registered taxis with red license plates. Taxis are not metered. Negotiate fare with driver.
- » Taxis are difficult to hire at night near curfew hours.
- » Be cautious when using taxis at night. Assaults against passengers have occurred.
- » Drivers of shared taxis usually do not depart until vehicle is full or overcrowded.
- » There are some motorized tuk-tuks in central areas.
- » Motorcycle taxis are popular. Drivers usually wait at major intersections for passengers, and may wear vests with the word “taxi.”
- » Motorcycle taxi drivers are often reckless. Helmets are generally not supplied to passengers.
- » Tri-shaw bicycle taxis have sidecars, and are regarded as dangerous. Sidecars may not be securely attached to bicycles. Helmets are not provided to passengers.
- » Tri-shaws share busy roads with motorized and other traffic.
- » Open pick-up trucks are used as an alternative to buses and taxis, and are often overcrowded. Passengers must sit or stand in the back of vehicles without any safety structure. Truck beds often do not have gates to prevent passengers from falling out.
- » Pedestrian infrastructure is poor. Drivers frequently ignore crossings.
- » Bicycle rentals are available in some city locations, but helmets are not provided. Bring your own helmet.
- » Naypyitaw Central Railway Station is the main station, and is located outside of the city center.
- » Daily trains connect to Yangon. Travel time is approximately nine to 12 hours, depending on choice of train.



Naypyidaw/Naypyitaw/Nay Pyi Taw, continued

- » Railway equipment is generally outdated, and safety is below western standards.
- » Many trains are overcrowded, unhygienic and lack air conditioning. Routes are frequently delayed or canceled.
- » Naypyidaw International Airport is 16 km (10 miles) from the city.
- » There are few international flights; most arrivals are to Myanmar and Yangon.
- » There is no public transportation between the airport and the city.
- » Taxis can be found outside of the arrivals area. Use only registered taxis.

Yangon (formerly Rangoon)

- » Largest city. Capital of Myanmar until 2005.
- » Transportation options include cars, car taxis, shared taxis called “ferries,” motorcycle taxis, pick-up truck taxis, tuk-tuk three-wheeled taxis, “tri-shaw” taxis (bicycles with sidecars), buses, vans/minibuses, bicycles, electric e-bikes, horse-drawn carriage taxis, trains and boats.
- » Roads are generally in poor condition and inadequately signed.
- » Driving is not recommended. Traffic is unruly and chaotic. Congestion is common, and includes a mix of pedestrians, motorized vehicles, bicycles and animals.
- » Street vendors often step into traffic to approach motorists.
- » Stalls set up by vendors and cars parked on sidewalks create dangerous conditions for pedestrians.
- » Public transportation fails to meet international safety standards; serious and fatal crashes are common.
- » Aung Mingalar Bus Station and Hlaing Thar Yar Bus Terminal are the main stations.
- » Aung Mingalar Bus Station is not centrally located, and must be reached by transportation other than bus.
- » Local and city buses are often in poor condition and lack standard safety features.
- » Some modern coach buses, including “VIP” long-distance buses, offer routes between main cities. Not all drivers may be alert or adhere to safe driving practices.
- » Buses are operated by different companies, and may arrive and depart from different stations.
- » Bus stops and route information, including numerals, are written in Burmese.
- » Motorcycles and motorbikes are not allowed within the city.
- » Taxis include cars, shared vehicles, motorcycle taxis, tuk-tuks, tri-shaws and pick-up trucks. All types of taxis are generally in poor condition.
- » Registered car and shared taxis are fitted with red license plates.
- » Taxis are not metered. Agree on fare prior to travel.
- » Curfews limit the availability of taxis at night.
- » Most shared taxis are overcrowded. Drivers may refuse to depart until content with the number of passengers.
- » If traveling by car or shared taxi, use caution at night. Attacks on passengers have occurred.
- » Motorized tuk-tuks operate near temples and major tourist areas.
- » Tri-shaw bicycle taxis have sidecars for passengers, and are regarded as unsafe. Helmets are not provided. Sidecars may not be securely attached to bicycles.
- » Pick-up trucks are used for public transportation. These vehicles are often overcrowded. Passengers in pick-up truck taxis sit or stand in the back of vehicles. There is no safety structure, and truck beds may not have gates to prevent passengers from falling out.
- » Rideshares are available. Use only services that have a dispatch app providing vehicle description, license plate number and driver’s name. Verify all information before entering vehicle.
- » Pedestrian infrastructure is underdeveloped. Where crossings are provided, drivers may ignore those on foot.
- » Pavements and sidewalks are often broken with deep potholes.
- » Pedestrians often do not use crossings and dart across streets through busy traffic.



Yangon, continued

- » Bicycles are prohibited within the city.
- » Yangon Central Railway Station is the only train station.
- » There is a main rail line connecting the city to Mandalay. Trains to other destinations involve multiple connections and may require overnight travel. Schedules are unreliable.
- » The Yangon Circular Railway is a loop route connecting the downtown area and suburbs.
- » Train services and railway safety conditions are below western standards. Rail crashes are common.
- » Long-distance ferry boats are available to Mandalay. Depending upon type of boat, travel time ranges from 20 hours to five days. Many vessels are in poor condition and overloaded. Boat-related fatalities are common.
- » Avoid travel by boat if possible. Boats may not meet international safety standards, or be equipped with life-saving equipment. River flooding adds to hazards. Search and rescue options are limited.
- » If boat travel is necessary, bring your own life preserver and do not board vessels during heavy rains or when boats appear overcrowded.
- » Yangon International Airport is 24 km (15 miles) from city center.
- » Many guesthouses provide transportation to and from the airport.
- » Rideshares and taxis are available at the airport and can be hailed via the Grab Taxis app.

ACCOMMODATIONS AND INCLUSIONS FOR MOBILITY CHALLENGED

- **Individuals** with mobility, sensory or other challenges are likely to face difficulties in transportation and accommodations throughout the country.
- **Roads** and sidewalks are generally difficult to navigate. There are few ramps, elevators or other accessible facilities.

EMERGENCY INFORMATION

- **Pre-program** emergency numbers into your phone before departure.
- **Responders** to emergency numbers may not speak English.
- **Emergency numbers:**
 - » Police: 199; local police numbers may vary beyond main cities
 - » Medical emergencies: 192 (Yangon General Hospital)
 - » Fire and rescue services: 191
- **Responses** to emergency situations are inconsistent. Ambulances are unreliable or unavailable in most areas. Existing ambulances do not carry state-of-the art medical equipment and are not staffed with trained medical personnel.
- **Medical** and emergency assistance may be limited or unavailable during curfew hours. Because of curfews, it may be challenging or impossible to reach emergency healthcare centers at night.
- **It may be** necessary for injured or ill persons to take a taxi or private vehicle to the nearest major hospital.
- **Reliable medical care** is generally available only in or near Yangon and Mandalay. In most areas, even routine care is inadequate. Health facilities and training of doctors and medical staff are generally well below western standards.
- **Hygiene standards** are unreliable. There is a high risk of infection, particularly of Hepatitis B and C, and HIV/AIDS.
- **Some medicines** prescribed in other countries are illegal in Myanmar. Check on legal status prior to travel. Carry medications in their original packaging, accompanied by a written doctor's prescription.
- **Many medicines** are counterfeit or have been altered. Local pharmaceuticals should be regarded as unsafe.
- **Cash payment** is required prior to the delivery of medical services, including emergency care. Credit cards are not accepted; insurance will not be billed.
- **A family member** or friend must stay with patients admitted to hospitals to assist with care, and to provide food and medical supplies.
- **In the** event of serious illness or injury, medical evacuation to another country is necessary.
- **Roadside** assistance is generally unavailable.



Emergency Information, continued

- **If involved in a crash:**

- » Call police.
- » Agree with other driver(s) on damages and compensation.
- » Fault is always assigned to drivers in crashes involving pedestrians, regardless of circumstances; drivers are subject to arrest and fines.



ABOUT THE ASSOCIATION FOR SAFE INTERNATIONAL ROAD TRAVEL (ASIRT)

ASIRT is a non-profit humanitarian organization established in memory of Aron Sobel, age 25, who was killed along with 22 other passengers in a Pamukkale Bus Company crash on the roads of Turkey.

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