**Bandarban**

Bandarban, located in the southeastern part of Bangladesh within the Chittagong Division, is renowned for its picturesque landscapes, diverse tribal cultures, and numerous attractions. It's approximately 77 kilometers from Chittagong City, making it an accessible destination for travelers seeking both adventure and tranquility.

Bandarban location details:

<https://www.google.com/maps/place/Bandarban>

**Ancient and Indigenous History:**

Indigenous Tribes: Bandarban is home to several indigenous ethnic groups, including the Chakma, Marma, Tripura, and others. These tribes have lived in the region for centuries, each with its own distinct culture, traditions, and languages. The indigenous communities have long had a strong connection to the land and its natural resources.

Traditional Governance: The tribes were traditionally governed by local chiefs, known as "Rajas," who had significant influence over the local communities. The influence of these indigenous leaders persisted for centuries.

**Top Attractions in Bandarban:**

Nilgiri Mountains: Standing at about 3,500 feet, Nilgiri offers panoramic views of the surrounding hills and valleys. It's a prime spot for witnessing mesmerizing sunrises and sunsets.

Boga Lake: A serene natural lake situated approximately 18 kilometers from Ruma Sadar Upazila, Boga Lake is nestled at an elevation of about 3,000 feet. Its crystal-clear blue waters make it a favorite among nature enthusiasts.

Chimbuk Hill: As one of Bangladesh's highest peaks, Chimbuk Hill, located about 26 kilometers from Bandarban town, offers breathtaking views and a glimpse into the lives of local tribal communities.

Buddha Dhatu Jadi (Golden Temple): This Theravada Buddhist temple, located approximately 10 kilometers from Bandarban town, is the largest in Bangladesh and houses the country's second-largest Buddha statue. Its intricate architecture and serene ambiance make it a must-visit.

Nilachal: Also known as Tiger Hill, Nilachal is situated about 5 kilometers from Bandarban town. At an elevation of around 2,000 feet, it provides sweeping views of the landscape, especially captivating during sunrise and sunset.

Nafa Khum Waterfall: The largest waterfall in Bangladesh, located in the remote areas of Bandarban. It's a breathtaking sight and perfect for nature lovers and adventurers.

Kaptai Lake: Although it's a bit outside Bandarban, Kaptai Lake offers a peaceful retreat with boat rides and scenic views of the surrounding hills.

**Activities we can do in Bandarban:**

Bandarban offers a range of activities for nature lovers, adventure enthusiasts, and those looking to explore the local culture. Here are some popular activities you can enjoy in Bandarban:

Trekking and Hiking: Bandarban is a haven for trekkers. Popular trekking routes include:

Trek to Boga Lake: A challenging but rewarding trek that takes you through dense forests, remote villages, and scenic views.

Chimbuk Hill Trek: Explore the highest point in Bangladesh with beautiful landscapes on the way.

Nafa Khum Waterfall Trek: A trek through the hills to reach the spectacular Nafa Khum waterfall, which is a highlight for nature lovers.

Exploring Waterfalls: Bandarban is known for its stunning waterfalls, and visiting them is one of the top activities. Some notable ones are:

Rishikhul Waterfall: A beautiful waterfall surrounded by lush greenery.

Sengram Khum: Another scenic waterfall worth exploring.

Boating on Kaptai Lake: Take a boat ride on Kaptai Lake, which offers calm waters and picturesque surroundings. It’s an ideal spot for relaxing and enjoying the natural beauty of the area.

Cultural Exploration: Bandarban is home to several indigenous communities, such as the Chakma, Marma, and Tripura. You can visit local villages to learn about their traditions, lifestyle, and crafts.

Camping: Many trekking routes, like those leading to Boga Lake and Chimbuk Hill, offer camping opportunities. You can set up camp under the stars and immerse yourself in nature.

Visiting Buddhist Temples: Bandarban has several Buddhist temples, including the Buddha Dhatu Jadi (Golden Temple), where you can enjoy peaceful surroundings and learn about the region's Buddhist heritage.

**Transportation :**

To reach Bandarban from Dhaka, you have a few transportation options, including bus services, private cars, and flights. Here’s a breakdown of the most common ways:

1**. By Bus:**

Direct Buses: Several bus services operate from Dhaka to Bandarban, with departures mainly from Kamalapur Railway Station, Mohakhali Bus Terminal, and Sayedabad Bus Terminal.

Travel Time: The journey usually takes around 9 to 12 hours, depending on traffic and road conditions.

Popular Bus Services:

Shyamoli Paribahan

Green Line

Desh Travels

Soudia Paribahan

The buses are usually comfortable, with air-conditioned options available, and some may offer refreshments on the way.

2**. By Private Car :**

Private Car: If you prefer comfort and flexibility, you can rent a private car or hire a taxi. This will be a more expensive option but will allow you to travel at your own pace.

Travel Time: The journey by car usually takes around 8 to 10 hours, depending on the route and traffic conditions.

Cost: The cost will vary depending on the type of vehicle and the company you hire.

3. **By Air (to Chittagong, then by Road):**

Flight to Chittagong: You can fly from Dhaka to Chittagong (the nearest major city to Bandarban) which takes about 45 minutes. Airlines such as Biman Bangladesh Airlines, US-Bangla Airlines, and NovoAir operate flights on this route.

From Chittagong to Bandarban: Once you land in Chittagong, you can hire a private car or take a local bus to Bandarban.

Travel Time: The road trip from Chittagong to Bandarban takes about 2.5 to 3 hours.

4. **By Train (to Chittagong, then by Road):**

Train to Chittagong: You can take a train from Dhaka to Chittagong, which takes around 6 to 8 hours, depending on the type of train you choose.

From Chittagong to Bandarban: Similar to the flight option, you can take a private car or a local bus for the rest of the journey.

**Best Time to Travel:**

The best time to visit Bandarban is during the dry season (from October to March), when the weather is pleasant, and the roads are more accessible.

Each of these options has its own advantages depending on your budget, comfort preferences, and time constraints.

**Hotel And Resort :**

In Bandarban, you’ll find a variety of accommodation options ranging from budget hotels to more comfortable resorts. Here are some popular hotels and resorts you can consider for your stay:

1. Chimbuk Hill Resort

Location: Near Chimbuk Hill, the highest point in Bangladesh.

Features: A peaceful retreat surrounded by nature, perfect for enjoying panoramic views of the hills and valleys.

Facilities: Restaurant, rooms with a view of the hills, and a relaxing atmosphere.

2.Hotel Hill Town

Location: Bandarban Town, central area.

Features: A mid-range option in the town, offering easy access to local markets, and popular tourist spots. It’s ideal if you want to stay near the main town and explore from there.

Facilities: Restaurant, comfortable rooms, and tour guidance.

3.Shangri-La Resort

Location: Bandarban Town.

Features: A good choice for those who prefer a more luxurious stay. It has a quiet and peaceful environment for a relaxing experience.

Facilities: Restaurant, well-maintained rooms, and outdoor seating areas.

4.Reda Resort

Location: Ruma, near the trekking routes leading to places like Boga Lake and Nafa Khum.

Features: Ideal for trekkers or adventurers, this resort provides a base camp for people heading into the hills.

Facilities: Restaurant, simple rooms, and easy access to trekking routes.

5.The Green Hill Hotel

Location: Bandarban Town.

Features: A budget-friendly option with basic amenities, suitable for travelers who prefer simple accommodation.

Facilities: Restaurant, basic rooms, and a relaxed environment.

6. Zakir Resort

Location: Bandarban Town.

Features: A good mid-range option with great service and comfortable rooms.

Facilities: Restaurant, room service, and access to local attractions.

7. Ruma Eco Resort

Location: Near Ruma Bazaar, which is the starting point for treks to places like Boga Lake.

Features: Great for trekkers, offering eco-friendly accommodations.

Facilities: Simple rooms, local food, and a great starting point for treks.

Special Food in Bandarban :

1.The indigenous communities in Bandarban, like the Chakma, Marma, and Tripura, have their own unique food traditions. Some popular tribal dishes include:

Bamboo Shoot Curry (Bamboo Shoots with Fish/Meat): Bamboo shoots are a common ingredient in tribal cuisine and are often cooked with fish or meat. This dish is flavorful and a must-try.

Panta Bhat (Fermented Rice): A traditional dish made from leftover rice soaked in water, served with fish or vegetables. It is a common breakfast food in the tribal areas.

Shutki (Dried Fish): A popular delicacy, shutki is dried fish that is either fried or cooked in curries, often with spices and herbs.

Tribal Rice Cakes (Pitha): Made from rice flour and usually filled with jaggery, coconut, or other local ingredients, these sweet rice cakes are a common treat in the area.

2.Bengali cuisine is widely available in Bandarban, with many restaurants offering classic dishes. Some of the favorites include:

Bhuna Khichuri (Spicy Rice): Rice cooked with lentils, spices, and sometimes meat, creating a flavorful one-pot meal.

Fish Curry: Freshwater fish, such as Pabda or Rui, are commonly prepared in Bengali-style curries with mustard or spicy gravy.

Shorshe Ilish (Hilsa Fish in Mustard Sauce): A famous Bengali dish made with Hilsa fish cooked in a mustard-based sauce, often served with rice.

Chicken or Beef Curry: Simple, hearty curries made with chicken or beef, commonly paired with rice or paratha.

Aloo Bhorta (Mashed Potatoes): A dish made with boiled potatoes mashed with mustard oil, green chilies, and onions—perfect as a side dish.

**Estimate Budget :**

A trip to Bandarban, Bangladesh, can vary in cost depending on your travel preferences, group size, and the time of year. Here's a rough estimate for a budget-friendly 3-4 day trip:

1. Transport:

Dhaka to Bandarban (Bus): Around BDT 500-1000 per person for a regular bus.

Private Transport: Around BDT 10,000-15,000 (depending on the vehicle and comfort).

Local Transport (within Bandarban): BDT 200-500 per day for a local car hire or shared transport.

2**. Accommodation:**

Budget: BDT 1,500-3,000 per night (simple guesthouses or hotels).

Mid-range: BDT 3,500-6,000 per night (better hotels or resorts).

Luxury: BDT 8,000+ per night (high-end resorts or boutique stays).

3. Food:

Budget: BDT 200-500 per meal at local restaurants.

Mid-range: BDT 500-1,000 per meal at nicer restaurants.

4. Activities:

Guide/Entry Fees: Local guides for trekking may cost around BDT 1,000-2,000 per day. Entry fees for certain spots like Nafakhum Waterfall or Ruma Bazar are minimal, typically around BDT 50-200.

Adventure Activities (trekking, boat rides, etc.): BDT 500-2,000 depending on the activity.

Total Estimated Budget for 3-4 Days (per person):

Budget Trip: Around BDT 8,000-12,000

Mid-range Trip: Around BDT 15,000-25,000

Luxury Trip: Around BDT 30,000+

Precaution of Bandarban tour :

When traveling to Bandarban, a popular tourist destination in Bangladesh, there are a few precautions you should take to ensure a safe and enjoyable trip:

Weather: The region experiences heavy rainfall, especially during the monsoon season (June to September). It's advisable to check the weather forecast before planning your trip and carry rain gear if needed.

Transportation: The roads leading to Bandarban can be winding and hilly. Be cautious while traveling, especially by local transport, and ensure your vehicle is in good condition.

Health & Safety: Carry essential medications and first-aid supplies, as the area may not have easy access to medical facilities. Avoid drinking unfiltered water, and consider using bottled water. Insect repellent is also important to prevent mosquito bites.

Local Customs: Respect the local culture and customs, especially in tribal areas. Seek permission before taking photos of people, particularly in remote villages.

Guided Tours: Some parts of Bandarban are not easily accessible on your own. It's advisable to hire a local guide or join an organized tour to navigate the terrain safely.

Permits: Certain areas in Bandarban, such as the border areas, may require special permits from the authorities. Always check in advance whether any permits are needed for the places you plan to visit.

Mobile Connectivity: While Bandarban is a scenic place, mobile network coverage may be limited in some remote areas. Ensure you inform family or friends about your itinerary.

**Sundarban**

The Sundarbans is a vast mangrove forest located in the delta region of the Padma, Meghna, and Brahmaputra river basins. It spans across Bangladesh and India, with the majority (about 60%) in Bangladesh and the rest in West Bengal, India.

Sundarbans Location Details:

<https://goo.gl/maps/M8FfWYNs6N72>

Nearest Cities: Khulna (Bangladesh) and Kolkata (India)

The Sundarbans, the world's largest mangrove forest, is a UNESCO World Heritage Site and a major tourist attraction in Bangladesh and India. It is famous for its rich biodiversity, including the Royal Bengal Tiger, spotted deer, crocodiles, and a variety of bird species.

Popular Tourist Spots in the Sundarbans (Bangladesh Side)

Kotka Beach & Wildlife Sanctuary – A prime location for spotting wildlife, including deer and tigers.

Hiron Point (Nilkamal) – A great spot for bird watching and tiger sightings.

Dublar Char (Fishermen’s Island) – Famous for the annual "Rash Mela" festival and scenic beauty.

Karamjol – A wildlife breeding center and an ideal place for short forest walks.

Mandarbaria Beach – A remote and less crowded beach in the Sundarbans.

Tourist Activities in the Sundarbans

Boat safari through the rivers and creeks

Bird watching

Visiting watchtowers for wildlife spotting

Exploring the mangrove ecosystem

Experiencing local fishing

Photography and Sunset Cruises

**Transport System for Sundarban Tour :**

The journey from Dhaka to Sundarbans involves multiple transportation options. The most common routes are via Khulna, Mongla, or Satkhira, as these are the main gateways to the Sundarbans. Here’s how you can reach there:

Route 1: Dhaka → Khulna → Sundarbans (Most Popular Route)

This is the most preferred route as Khulna is the main entry point for Sundarbans tours.

Step 1: Dhaka to Khulna (Choose One Option)

By Bus

Duration: 7-9 hours

Fare: ৳700-৳1,800 (depending on bus type)

Buses: Green Line, Shohag, Hanif, Desh Travels, etc.

Departure: Gabtoli or Saidabad Bus Terminal

By Train

Train: Sundarban Express (Runs daily except Wednesday)

Departure: 6:20 AM from Kamalapur Railway Station

Arrival: 3:40 PM in Khulna

Fare: ৳450-৳1,800 (class varies)

By Air

Flight: Dhaka to Jessore Airport (45 mins flight)

Airlines: Biman Bangladesh, US-Bangla, NovoAir

Fare: ৳3,500-৳6,500 (one way)

From Jessore, take a bus/taxi to Khulna (1.5 hours, fare ৳200-৳6khulna to Sundarbans

Tour operators provide private boats and package tours from Khulna Launch Ghat.

Boat journey: 6-8 hours depending on the destination inside the Sundarbans.

Best places to visit: Katka, Kachikhali, Hiron Point, and Kotka Watchtower.

Route 2: Dhaka → Mongla → Sundarbans (Faster Alternative)

Mongla is another major entry point to the Sundarbans, especially for quicker access.

Step 1: Dhaka to Mongla

By Bus

Duration: 8-10 hours

Fare: ৳800-৳1,500

Buses: Shohag, Green Line, Hanif, etc.

Destination: Bagerhat or directly Mongla

By Train + Bus

Take Sundarban Express to Khulna, then a bus to Mongla (1.5 hours, fare ৳150-৳300).

By Air + Bus

Fly to Jessore, then take a bus/taxi to Mongla (2-3 hours).

Step 2: Mongla to Sundarbans

Speedboats and tourist boats available at Mongla Port.

Duration: 3-5 hours depending on destination.

Ideal for visiting Karamjal Eco Park, Harbaria, or Hiron Point.

Route 3: Dhaka → Satkhira → Sundarbans (For West Side of Sundarbans)

***Hotel,Resort And Accommodation :***

The Sundarbans region offers a variety of lodging choices, ranging from eco-friendly resorts to comfortable lodges. Here are some notable options:

Sunderban Tiger Camp: Located near the Sundarbans National Park, this camp provides comfortable accommodations and organizes guided tours into the mangrove forests.

Sundarban Tiger Roar Resort: This resort offers well-appointed rooms and various activities, including boat safaris and cultural performances.

Sundarban Riverside Holiday Resort: Situated along the river, this resort provides scenic views and modern amenities, making it a popular choice among visitors.

Sundarban Jungle Camp: An eco-friendly option that offers cottage accommodations and guided tours, providing an immersive experience in the heart of the Sundarbans.

Culinary Delights:

The Sundarbans region is renowned for its rich and diverse cuisine, heavily influenced by local ingredients and traditional Bengali flavors. Here are some must-try dishes:

Bhapa Ilish (Steamed Hilsa): A signature Bengali dish where Hilsa fish is marinated with mustard paste, yogurt, and green chilies, then steamed to perfection.

Chingri Macher Malaikari (Prawn Malai Curry): A creamy and flavorful curry made with prawns cooked in coconut milk and spices.

Daab Chingri (Prawns in Tender Coconut): Prawns cooked inside a tender coconut with a spicy mustard and coconut sauce, offering a unique and aromatic flavor.

Nokshi Bori: Sun-dried lentil dumplings crafted into intricate designs, often used in traditional dishes.

Pithas: Traditional Bengali rice cakes or dumplings, often filled with sweet or savory ingredients, commonly enjoyed during festivals.

Best Time to Visit Sundarbans:

Winter (November – February): Best for wildlife spotting.

Monsoon (June – September): Lush greenery but heavy rain.

Avoid summer (March – May): Too hot and humid.

Budget for Sundarban:

A budget for a Sundarbans trip depends on several factors, including the duration, type of accommodation, transportation, and activities. Here’s a rough estimate for different budget levels:

1. Budget Trip (₹3,500 - ₹7,000 per person)

Transport: ₹1,000 - ₹2,500 (Train/bus from Kolkata to Godkhali or Canning)

Boat Safari: ₹1,500 - ₹2,500 (Shared boat)

Accommodation: ₹500 - ₹1,500 per night (Budget hotels/homestays)

Food: ₹300 - ₹700 per day

Entry & Guide Fees: ₹200 - ₹500

2. Mid-Range Trip (₹7,000 - ₹15,000 per person)

Transport: ₹2,500 - ₹5,000 (Private car from Kolkata)

Boat Safari: ₹3,000 - ₹5,000 (Private/small group boat)

Accommodation: ₹2,000 - ₹4,000 per night (Resorts or lodges)

Food: ₹700 - ₹1,500 per day

Entry & Guide Fees: ₹500 - ₹1,000

3. Luxury Trip (₹15,000 - ₹30,000+ per person)

Transport: ₹5,000 - ₹10,000 (Private car/chartered transport)

Boat Safari: ₹7,000 - ₹15,000 (Luxury houseboats, exclusive trips)

Accommodation: ₹5,000 - ₹10,000 per night (Luxury resorts)

Food: ₹1,500 - ₹3,000 per day

Entry & Guide Fees: ₹1,000 - ₹2,000

Precautions about sundarban:

Visiting the Sundarbans requires certain precautions to ensure safety and a smooth experience. Here are some key precautions:

1. Wildlife & Safety

Beware of Royal Bengal Tigers – Do not venture into restricted areas or dense forests. Stay inside the boat or watchtower.

Avoid swimming – The rivers and creeks have strong currents and crocodiles.

Be cautious of snakes – The Sundarbans have venomous snakes like cobras and kraits. Always wear covered shoes while walking.

2. Health Precautions

Carry mosquito repellent – Sundarbans is a mosquito-prone area, and malaria/dengue risks exist.

Drink bottled or purified water – Avoid drinking river water.

Carry necessary medicines – Basic first aid, anti-allergy, anti-diarrheal, and fever medicines are recommended.

3. Weather & Clothing

Avoid monsoon season (June to September) – Heavy rains can cause flooding and strong currents.

Wear light cotton clothes in summer & warm clothes in winter – The climate can be extreme.

Use sunscreen & hats – Sun can be harsh, especially during boat safaris.

4. Travel & Safety Guidelines

Always go with a registered guide or tour operator – Never explore alone.

Stick to designated routes – Do not deviate from approved travel paths.

Keep emergency contacts handy – Local forest department, tour operator, and health facilities.

1. Sundarban Police District:

Emergency Helpline: Dial 100

Control Room Landline: 03210-255703

Control Room Mobile: +91 91478 88104