



Things to Do in Bangladesh

CRUISING THE SUNDARBANS MANGROVE FOREST

Boat safaris through the world's
largest mangrove ecosystem



The Sundarbans, a UNESCO World Heritage Site spanning the Bangladesh–India border, is the largest contiguous mangrove forest on Earth. Multi-day boat cruises departing from Khulna or Mongla offer the primary means of exploration. Travellers live aboard vessels that wind through narrow creeks and wider rivers, stopping at watchtowers such as Kotka and Karamjal for guided forest walks. Wildlife sightings may include deer, wild boar, crocodiles, and, with luck, the elusive Royal Bengal tiger. Responsible operators emphasise low-impact travel, local guides, and respect for the forest communities who depend on honey collection, fishing, and crab gathering.

- UNESCO World Heritage Site and the largest mangrove forest in the world.
- Multi-day live-aboard cruises from Khulna or Mongla form the standard itinerary.
- Peak wildlife visibility and comfortable weather occur from November to February.



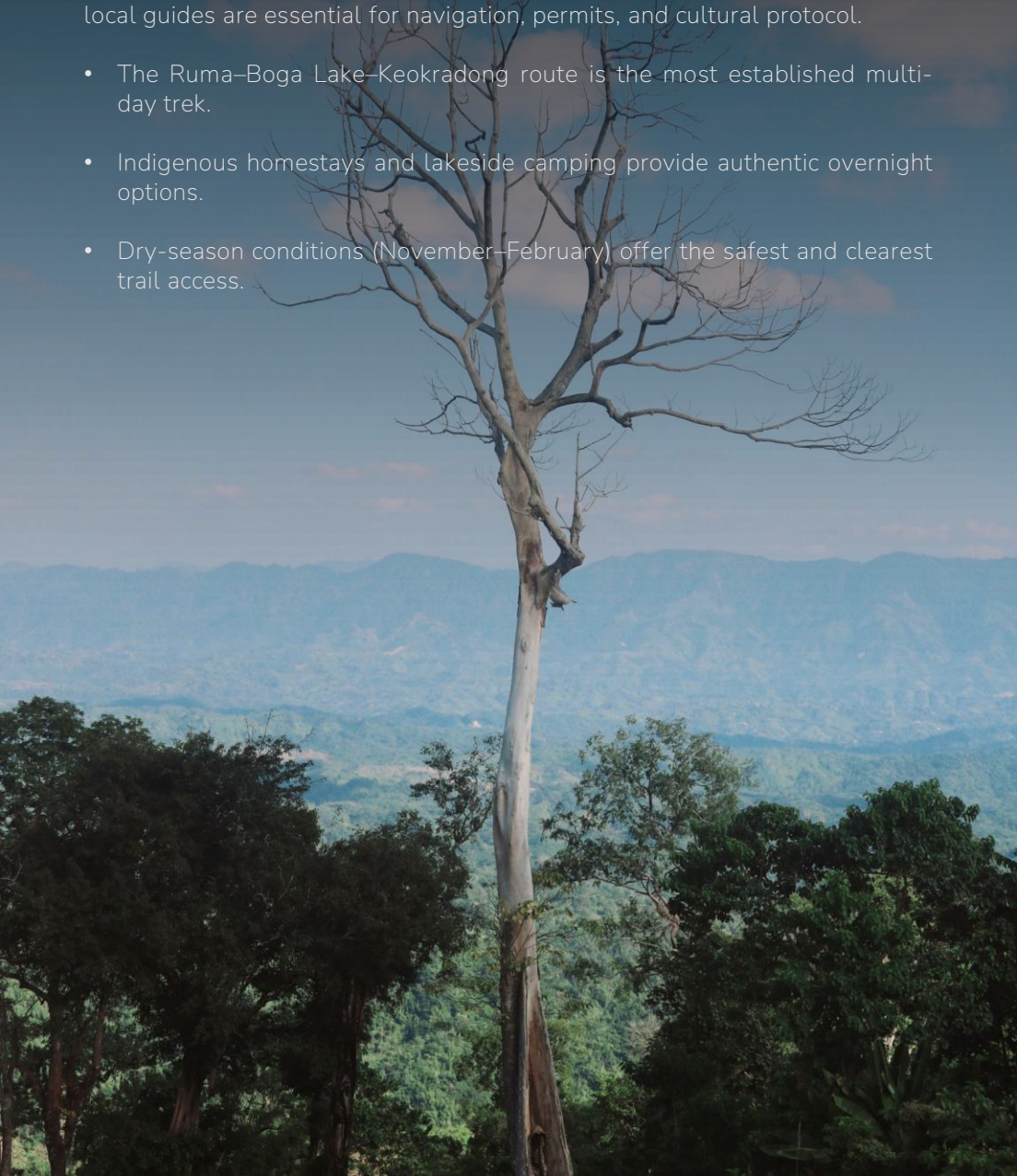


Trekking the Wilderness Trails of Bandarban

Ridge walks, tribal villages, and high-elevation
lakes in the Chittagong Hill Tracts

Bandarban offers Bangladesh's most rewarding multi-day treks through forested ridges, bamboo villages, and dramatic viewpoints. Classic routes begin at Ruma Bazar and ascend via stream-side trails to Boga Lake, a striking natural body of water set among green hills, before continuing to Keokradong Peak. Overnight stays with Bawm or other indigenous families, or simple lakeside camping, form an integral part of the experience. Clear winter skies reveal layered ranges stretching toward the Myanmar border; local guides are essential for navigation, permits, and cultural protocol.

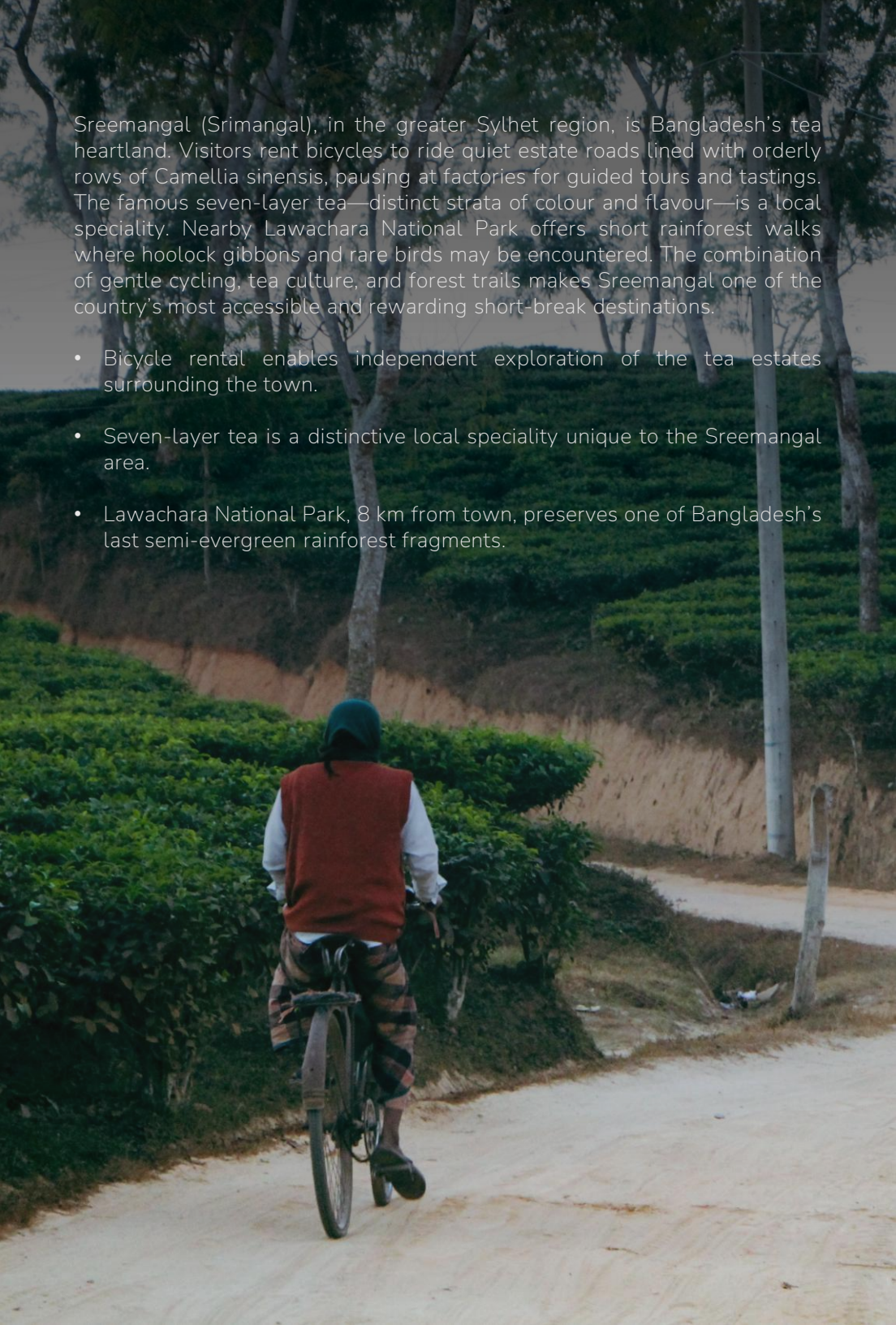
- The Ruma–Boga Lake–Keokradong route is the most established multi-day trek.
- Indigenous homestays and lakeside camping provide authentic overnight options.
- Dry-season conditions (November–February) offer the safest and clearest trail access.



Tea Tasting & Cycling in Sreemangal

Rolling green estates, seven-layer tea,
and rainforest trails



A person wearing a green headscarf, a red vest over a white long-sleeved shirt, and a patterned sarong is riding a bicycle away from the camera on a light-colored dirt road. The road is flanked by rows of green tea bushes. In the background, there are tall trees and a utility pole. The scene is set in a tea estate in Sreemangal, Bangladesh.

Sreemangal (Srimangal), in the greater Sylhet region, is Bangladesh's tea heartland. Visitors rent bicycles to ride quiet estate roads lined with orderly rows of *Camellia sinensis*, pausing at factories for guided tours and tastings. The famous seven-layer tea—distinct strata of colour and flavour—is a local speciality. Nearby Lawachara National Park offers short rainforest walks where hoolock gibbons and rare birds may be encountered. The combination of gentle cycling, tea culture, and forest trails makes Sreemangal one of the country's most accessible and rewarding short-break destinations.

- Bicycle rental enables independent exploration of the tea estates surrounding the town.
- Seven-layer tea is a distinctive local speciality unique to the Sreemangal area.
- Lawachara National Park, 8 km from town, preserves one of Bangladesh's last semi-evergreen rainforest fragments.



Surfing & Beach Camping in Cox's Bazar

Waves on the world's longest
natural sea beach

Cox's Bazar claims the title of the world's longest unbroken natural sea beach. While wave quality varies, local surfing clubs offer lessons and board rental at accessible beach breaks, particularly during the southwest monsoon months when swell is more consistent. Beach camping has expanded in recent years, with organised sites offering tents, basic facilities, and the chance to wake to the sound of the surf. Quieter stretches beyond the main tourist points reward those seeking solitude, while the long shoreline remains ideal for extended walks at sunrise or sunset.

- Home to the world's longest natural continuous sea beach, stretching approximately 120 km.
- Surfing lessons and board rental are available through local clubs, with better swell typically in the monsoon period.
- Organised beach camping sites provide tent accommodation close to the water.



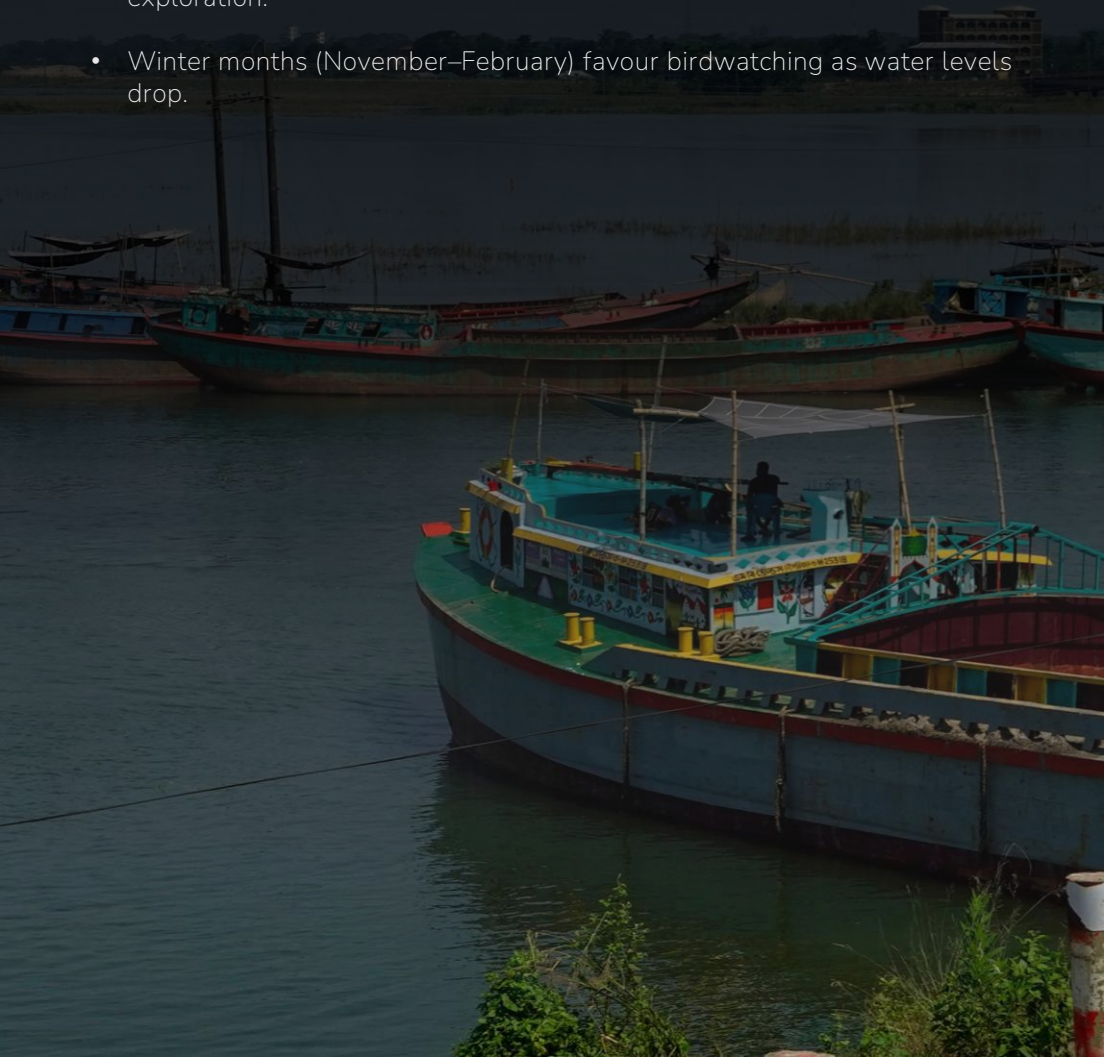


Boat Riding Through Tanguar Haor Wetlands

A vast inland sea of water, birds,
and floating villages

Tanguar Haor, a Ramsar-listed wetland in Sunamganj district, expands dramatically during the monsoon into a near-limitless sheet of water framed by the Meghalaya hills. Houseboat and country-boat journeys allow travellers to move among stilt villages, fishing communities, and migratory bird congregations. In winter the waters recede and the focus shifts to birdwatching; in peak monsoon the experience is one of immersion in a floating world. Community-based operators offer multi-day houseboat packages that emphasise low-impact travel and support for local livelihoods.

- Ramsar-listed wetland known regionally as Bangladesh's "mother fishery."
- Monsoon season transforms the haor into a vast inland sea ideal for boat exploration.
- Winter months (November–February) favour birdwatching as water levels drop.



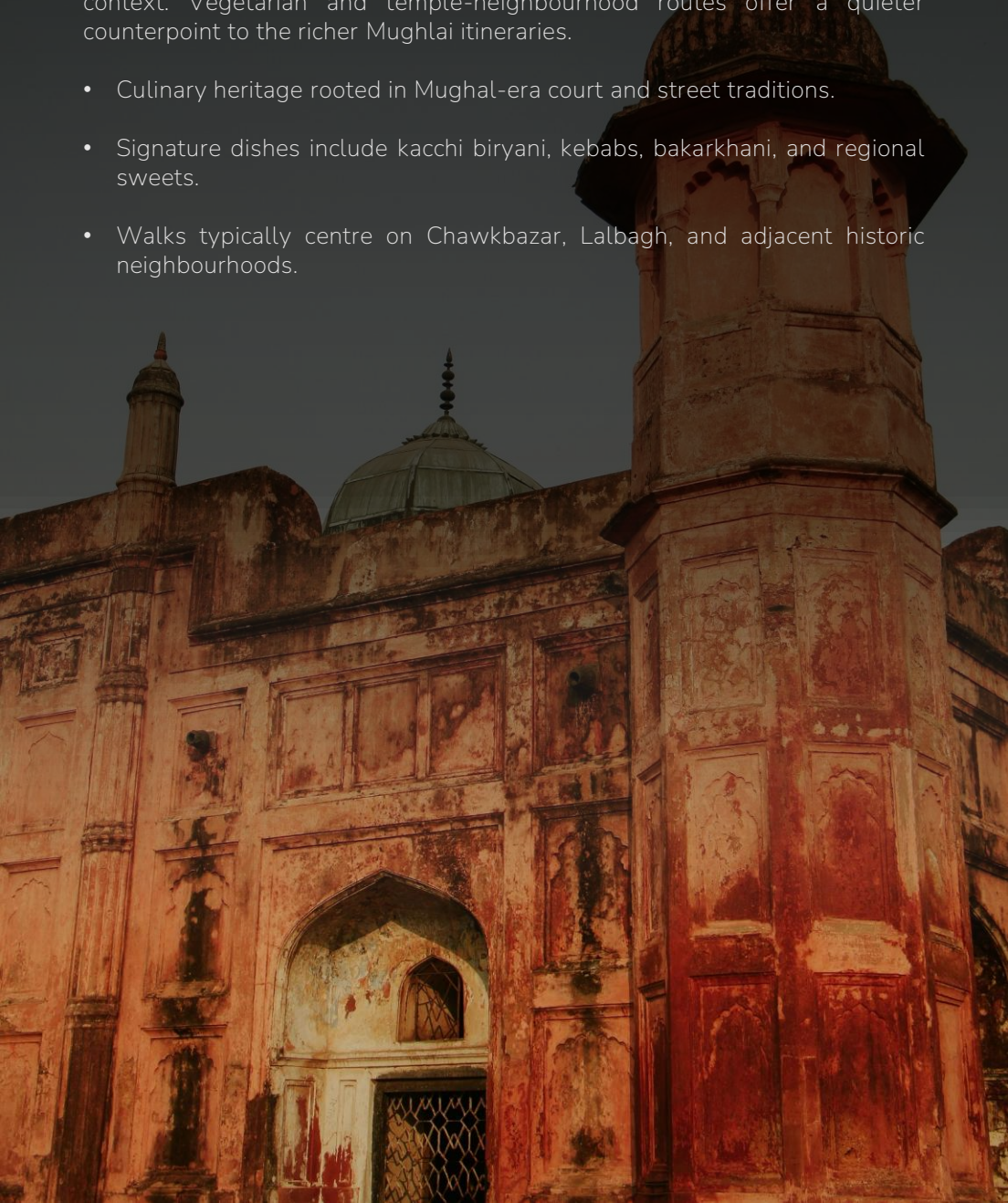


Old Dhaka Heritage Culinary Tour

Mughlai flavours, street snacks,
and centuries of river-port cuisine

Old Dhaka's narrow lanes preserve a living culinary tradition shaped by Mughal patronage, river trade, and successive waves of migration. Guided or self-directed food walks move from Chawkbazar and Lalbagh through lanes known for kacchi biryani, sheekh kebab, nehari, bakarkhani bread, and an array of sweets and street snacks. Many establishments have operated for generations; the experience combines tasting with architectural and social context. Vegetarian and temple-neighbourhood routes offer a quieter counterpoint to the richer Mughlai itineraries.

- Culinary heritage rooted in Mughal-era court and street traditions.
- Signature dishes include kacchi biryani, kebabs, bakarkhani, and regional sweets.
- Walks typically centre on Chawkbazar, Lalbagh, and adjacent historic neighbourhoods.





Ganges Dolphin & Wildlife Spotting

Freshwater dolphins in the rivers and
mangrove channels of Bangladesh



The Ganges river dolphin (*Platanista gangetica*), an endangered freshwater species, inhabits the Padma, Jamuna, Meghna, and other major river systems as well as parts of the Sundarbans. Dedicated boat trips, often combined with broader wildlife or river cruises, offer the best chance of sightings. In the Sundarbans, Ganges dolphins occupy lower-salinity zones while Irrawaddy dolphins appear in more saline waters. Sightings are never guaranteed, yet the experience of moving slowly through quiet channels with knowledgeable local guides remains one of Bangladesh's most distinctive wildlife activities.

- The Ganges river dolphin is an endangered freshwater species found in Bangladesh's major river systems and the Sundarbans.
- Boat-based observation is the primary method; sightings are more frequent in quieter, deeper channels.
- Sundarbans tours may also yield Irrawaddy dolphin sightings in higher-salinity areas.



Camping Above the Clouds in Sajek Valley

Sunrise over a sea of mist in the Queen of Hills

Sajek Valley, perched at approximately 1,800 feet in the Kasalong range, is renowned for mornings when dense cloud settles in the valleys, leaving the ridge and its villages above a white sea. Cottages and simple camping arrangements in Ruilui Para and Konglak Para allow travellers to wake early for sunrise viewpoints, including the popular helipad area and Konglak Hill. The surrounding landscape of forested peaks, indigenous settlements, and cool highland air makes overnight stays particularly rewarding. Access is typically via jeep from Khagrachari along the Dighinala–Sajek road.

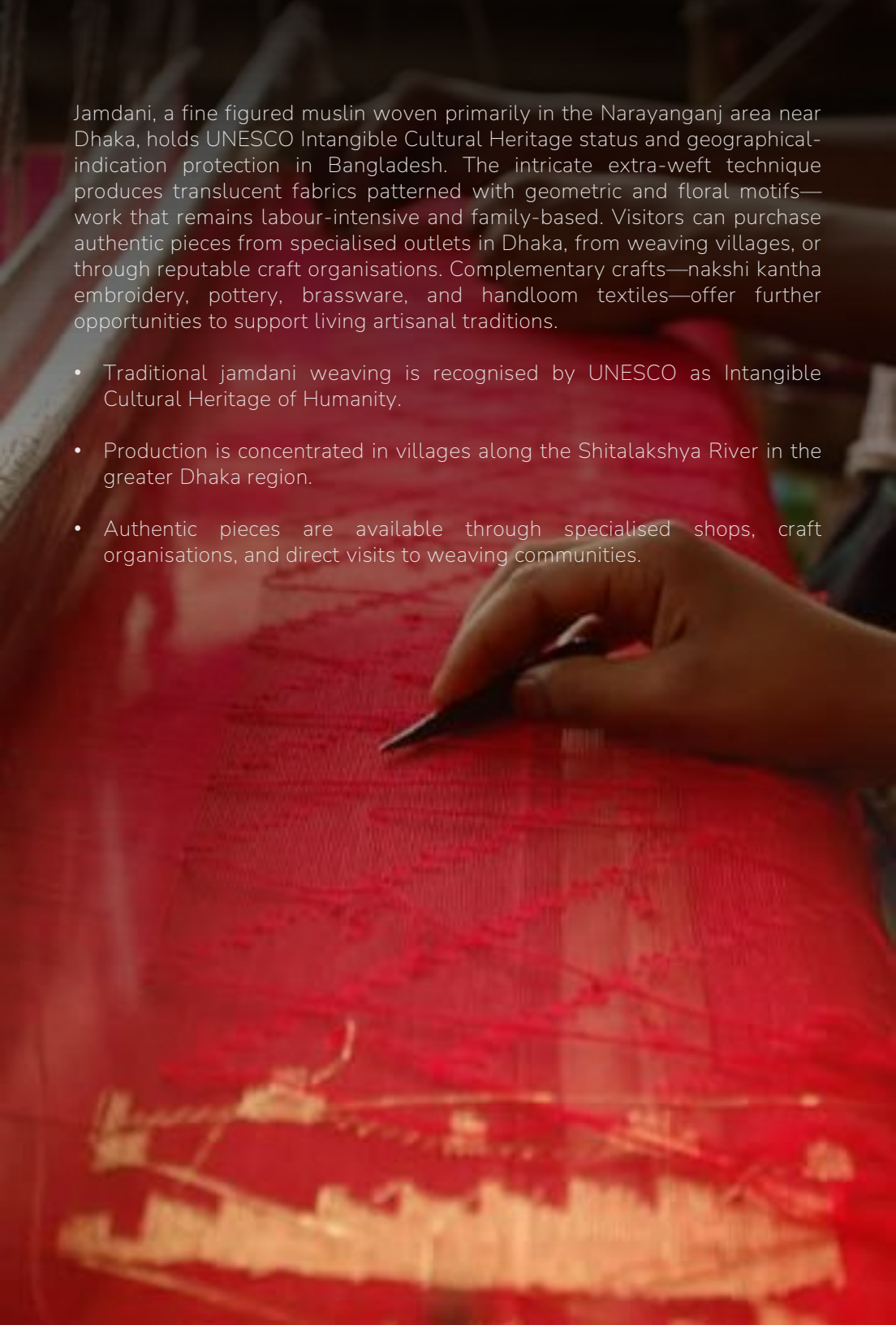
- Located at roughly 1,800 feet; mornings frequently bring cloud banks that fill the valleys below the ridge.
- Ruilui Para and Konglak Para offer the main cottage and camping options.
- Sunrise viewpoints (helipad and Konglak Hill) are the signature experience.



A close-up photograph of a person's hands and arms, wearing a vibrant red sari with a gold floral pattern. The person is holding a small, round, blue and red object, possibly a piece of jewelry or a small container. In the background, a wooden chair with a curved back and a striped cushion is visible. The overall scene suggests a traditional setting, likely a shop or a home where crafts are made or sold.

Shopping for Heritage Jamdani and Artisanal Crafts

UNESCO-recognized weaving and
the living craft traditions of Bengal



Jamdani, a fine figured muslin woven primarily in the Narayanganj area near Dhaka, holds UNESCO Intangible Cultural Heritage status and geographical-indication protection in Bangladesh. The intricate extra-weft technique produces translucent fabrics patterned with geometric and floral motifs—work that remains labour-intensive and family-based. Visitors can purchase authentic pieces from specialised outlets in Dhaka, from weaving villages, or through reputable craft organisations. Complementary crafts—nakshi kantha embroidery, pottery, brassware, and handloom textiles—offer further opportunities to support living artisanal traditions.

- Traditional jamdani weaving is recognised by UNESCO as Intangible Cultural Heritage of Humanity.
- Production is concentrated in villages along the Shitalakshya River in the greater Dhaka region.
- Authentic pieces are available through specialised shops, craft organisations, and direct visits to weaving communities.

A photograph of a woman in a white floral shirt painting a colorful folk art piece on a green base. She is wearing glasses and is focused on her work. In the background, another person is visible, also working on a similar piece. The scene is set outdoors, with trees and foliage in the background. The text "Experiencing Pohela Boishakh & Folk Festivals" is overlaid on the right side of the image.

Experiencing Pohela Boishakh & Folk Festivals

The colourful welcome of the
Bengali New Year and living folk traditions

Pohela Boishakh, the first day of the Bengali calendar (mid-April), is Bangladesh's most widely celebrated cultural festival. In Dhaka the day begins with the Mangal Shobhajatra—a vibrant procession of giant masks, folk motifs, and music organised by the Faculty of Fine Arts—followed by gatherings at Ramna Batamul, Shahbagh, and other public spaces. Traditional attire (red and white), special foods, fairs, and performances fill the streets. Beyond the capital, local variations and indigenous festivals such as Baisabi in the Hill Tracts extend the festive calendar, offering travellers a direct encounter with living Bengali and community cultural expression.

- Pohela Boishakh marks the Bengali New Year and is observed nationwide in mid-April.
- The Mangal Shobhajatra in Dhaka is a highlight, featuring large-scale folk art and processional performance.
- Complementary folk and indigenous festivals occur throughout the year across different regions.





Bangladesh Tourism Board

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