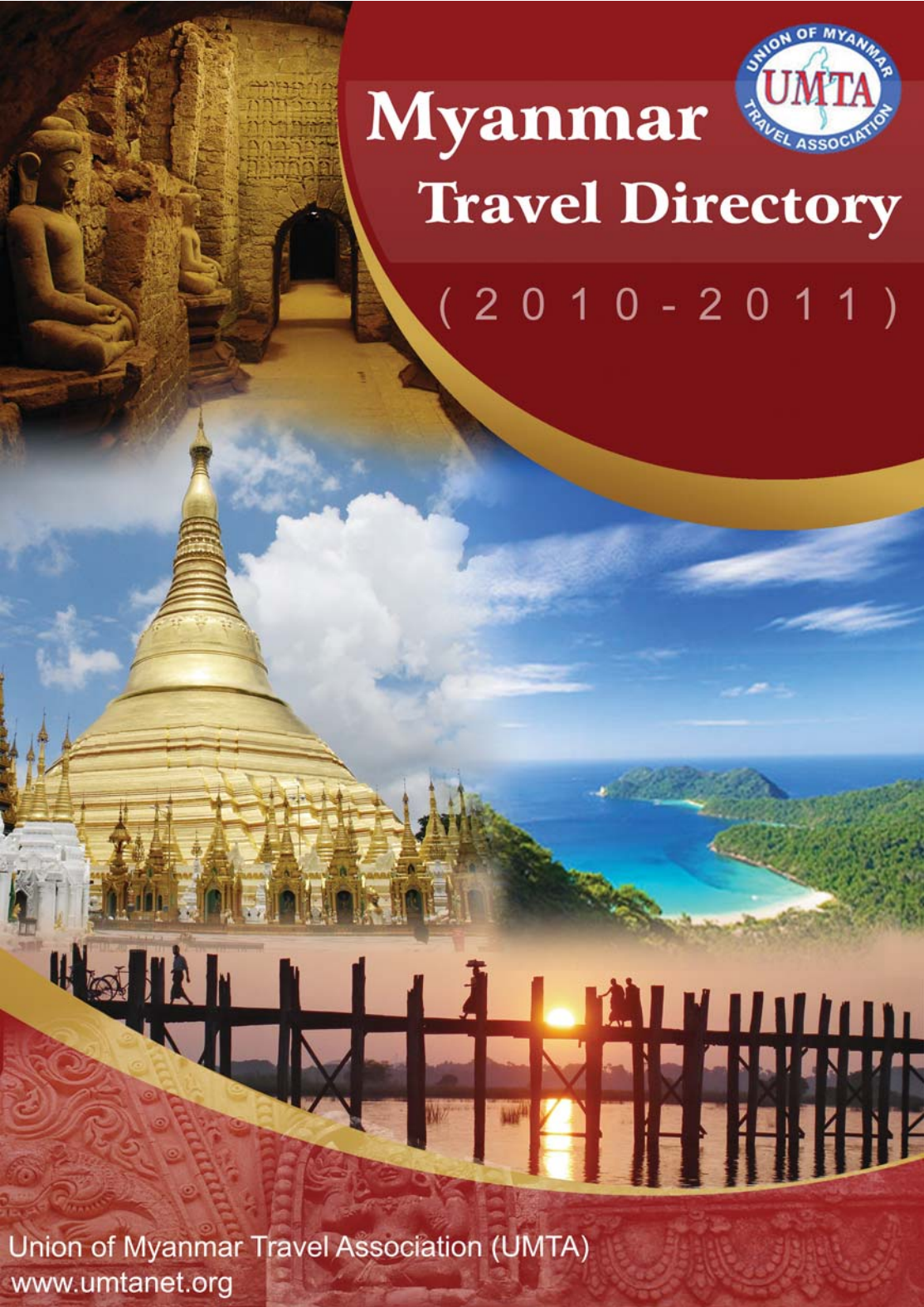




Myanmar Travel Directory

(2 0 1 0 - 2 0 1 1)



Introduction

ဗုဒ္ဓဘာသာဝင်များအတွက်

Myanmar Travel Directory is a collective effort of Union of Myanmar Travel Association in bringing out current information on touring and traveling at Myanmar. Directory has a complete list of UMTA members by their respective website addresses, from where information on detailed tour programs, highlights of tour sites and tour services could be found. People of Myanmar has fine and sound cultures in traditional ways, of which natural hospitality is one. UMTA members regard that it is their responsibility to support and raise such cultures. Green forests, treasured natural resources, coastal beaches, traditional habitats of each ethnic group are among rich inheritances to which we are obligated to treat responsibly.

Golden land, Myanmar is situated between Holy Ganges of Indian sub-continent and Great Mekong of Indo-China, 582 miles (936 km) at its widest breadth. From Himalaya to Andaman Sea, River Ayeyarwady flows for 1,500 miles of her whole entirety on the land, enabling civilizations to flourish. At midway of her passage Central Yoma Range breaks briefly for the river to shift slightly toward West and merged with River Chindwin. Chindwin itself has its source at Himalaya and flows parallel and between River Brahmaputra of India and Ayeyarwady. By the seawards, Rakhine Coast, Ayeyarwady Delta and Tanintharyi Coast, in total of 1385 miles coastal line rim on Bay of Bengal, Gulf of Martaban and Andaman Sea. Natural and cultural splendors of land thrive on monsoon rain and great rivers of the land.

Favourable climate and geography support wide variety of flora and fauna to grow in the form of dense rain forests. Civilizations then follow.

In the year 2001, a team of anthropologists found fossilized remains of primates from 49 to 33 million years' time at Pondaung, Central Myanmar. There are evidences of 20,000 year old Paleolithic and Neolithic cultures in wall paintings of Padalin Cave, near Myittha.

By the archeological evidences Mon established civilizations in Ayeyarwady Delta and Tanintharyi Coast around 250 BC, their first kingdom Suvarnabhumi was founded around the port of Thaton. By the 2nd century AD towards 9th century, city kingdoms of Beikthano, Mongmao, Sriksetra, and Hanlingyi were founded by Pyu tribes in central Myanmar. And lineage of Rakhine kingdom was established in 4th century AD which traced back to 5th century BC. Bagan was founded during 845~850 AD, but only at 1044 AD King Anawrahta unified the city states into nationhood which stretched about the size of present day Myanmar.

During the reign of King Anawrahta, Theravada Buddhism has taken root amidst different practices of Buddhism and animism. Theravada Buddhism has ever been in the psyche of populace that the faith never diminishes even by conflicts or wars. Cultures of the land as defined and shaped by ever changing situations always has this faith embedded.

Bagan Empire lasted until early 14th. century to be disintegrated into city states again. Nation-states were reestablished successively each time, Hantharwady Empire was founded by Bayintnaung (1552~1581), and Alaungpaya (1752~1760) reunited the nation as Konbaung Kingdom. In 1886 British colonial power annexed the whole country after three wars. Independent is gained on 4th January, 1948, as the result of continuous political movements against British rule, where the crucial movement being historic Pinlone Treaty which was signed on 12 February 1947.

Presently the country is still in developing stage, and tourism industry is also among the rest of sectors in gaining momentum. Private sector investments, Foreign Direct Investments and Joint Ventures are allowed in the industry. Ministry of Hotels and Tourism undertakes to give regulatory guidance in the industry, and to generate tourism growth. Professionalism and good business practices are essential values of UMTA members and we believe that Association is one unitive body to promote the industry.

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Message from the Minister (MHT)

Message of Felicitations from H.E. Major General Soe Naing, Minister,
Ministry of Hotel and Tourism, Government of the Union of Myanmar



On the timely publication of the Myanmar Travel Guide Book 2010-2011 and the CD ROM for the first time by the Union of Myanmar Travel Association, it gives me great pleasure, as the Minister for Hotels and Tourism, to extend my message of felicitations to all world travellers from far and near for the New Year 2010.

With this Travel Guide Book and the CD ROM, you will have the firsthand comprehensive information on the vast array of culture, traditions, attractions and activities of the preferred travel destinations in the Union of Myanmar among the global travellers.

Myanmar is the Golden Land which highlights the unique natural, cultural and historical tour sites; simplicity, genuine hospitality and traditions of more than 100 nationalities; green environment; safety and security of the country.

There is a range of breathtaking exploration and experience from the high snowcapped mountains, navigable rivers, natural lakes, dense green forests, long sandy beaches, unspoilt archipelago to the variety of flora and fauna, precious emstones, handicrafts and customary festivals.

Adding to the country's wealth of nature include the historical and cultural heritage of the Shwedagon Pagoda in Yangon, the ancient Pagodas and Temples in Bagan, the Royal Palace in Mandalay, the Inlay Lake among many others.

Tourism is the world's fastest growing industry with widespread environmental, social and economic consequences. I would, therefore, like to encourage the private sector stakeholders to endeavour for promotional marketing of Myanmar as a tourist destination and at the same time ensure for a sustainable and responsible tourism development.

A handwritten signature in black ink, appearing to read 'Soe Naing', written over a light blue rectangular background.

Major General Soe Naing
Minister of Hotels and Tourism
Government of the Union of Myanmar

Message from Chairman of UMTA



In bridging the global tourism business communities with Myanmar Tourism Industry, the Union of Myanmar Travel Association undertakes to develop the industry to be competent, qualified and trust worthy; to nurture the cultural and natural environments of Myanmar; and, to promote Myanmar in sincere and effective ways.

I believe this annual publication of travel directory will serve as a helpful reference for tour planning; a useful guide book for tourists; and a directory of reliable Myanmar tourism enterprise. Information on tour sites and routes toward major destinations are brief but comprehensive enough as a directory.

The Union of Myanmar Travel Association has the membership of **381** entities comprising of tour operators; travel agencies; restaurants; freelance tour guides; and a few of hoteliers, transporters, travel writers, cultural troupes and web portals. Listed service providers are bound by the commitment and obligation of Association in bringing the Myanmar tourism industry to higher level of professionalism.

I would like to take the opportunity to express my gratitude to : H.E. Minister Major General Soe Naing of Ministry of Hotel and Tourism and the Ministry for regulatory guidance as well as upkeep of industry. And, to Myanmar Marketing Committee and Myanmar Hotelier Association for excellent works on promotions done abroad and developing tour sites of Myanmar. To International and Regional tourism organizations of governmental, non governmental and private sectors for interactions and collaborations with Myanmar tourism industry. And, not the least, to my fellow members of UMTA for relentless efforts in keeping our hospitality businesses to meet the expectations of international tourists.

A handwritten signature in black ink, appearing to read 'Maung Maung Swe', with a stylized flourish at the end.

Maung Maung Swe
Chairman, UMTA
Union of Myanmar Travel Association

Aims & Objectives

The major aims & objectives of the association are:

1. to unite, supervise and co-ordinate the activities of the members
2. to publicize, encourage, promote and expand the Myanmar tourism and travel industry
3. to mediate and arbitrate to resolve any dispute amongst members with the consent of both parties concerned
4. to make representations on behalf of the members to Government and all organizations with which the association has common interests
5. to seek affiliations with other organizations connected directly or indirectly with tourism and travel industry.
6. to encourage highest ethical standards of business conduct within the tourism and travel industry by formulating a Code of Ethics which shall be approved by a General Meeting of members and to implement the same
7. to study, develop and promote the tourism and travel industry and to educate the public regarding the industry
8. to encourage social activities which will promote understanding, goodwill and fellowship amongst the members
9. to promote fair competition in the spirit of free enterprise
10. to organize and participate in conventions, seminars and other such functions pertaining to the tourism and travel industry
11. to invest in companies and projects pertaining to the tourism and travel industry which would be of benefits to the association
12. to organize the private entrepreneurs for their cooperation and support in implementing the objectives
13. to give necessary guidance, training, knowledge and supervision to the private entrepreneurs for the systematic development of tourism in the country, in collaboration with the Ministry of Hotels & Tourism of Myanmar
14. to communicate international associations, organizations and tourism entrepreneurs for tourism matters with the guidance of Ministry of Hotels & Tourism of Myanmar

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INTERNATIONAL BEST TRAVELS & TOURS

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I.M.S TRAVEL & TOURS CO., LTD

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MYANMAR GOLD TRAVELS & TOURS CO., LTD.

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TRAVEL CREATOR TRAVELS & TOURS CO., LTD.

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UNION OF MYANMAR TRAVEL ASSOCIATION (UMTA)



About Myanmar

The land was also known as Suvannabhumi, Golden Land- in ancient times, and today, with its rich natural resources and diversity of attractions, it still deserves to be called the Golden Land.

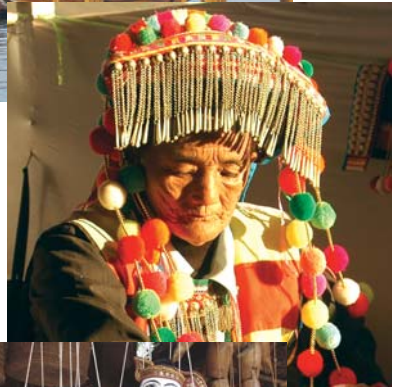


With a land area of 676, 577 sq.km., Myanmar is the largest country in the South-east Asia region, bounded by mountain complex in the north, east and west, and enclosed by the Andaman Sea and the Bay of Bengal in the south, southwest, and west. Myanmar shares borders with Bangladesh, India, China, Laos and Thailand. Situated between latitudes 9. 30' N and 28. 30' N and between longitudes 92. 10' E and 101. 10' E the country stretches 2090 km north to south, and 925 km east to west and has a varied topography which includes islands, extensive rice plains, river valleys and forested hills and mountains.

It has a 2,832 km long coastline on the Indian Ocean. Myanmar's highest mountains, situated in the far north, include Hkakabo Razi, the tallest peak both locally and in the region, which rises 5,881 km above sea level. The two other mountain systems: a group of low mountains called the Rakhine Yoma stands in the west forming a border with the Indian Subcontinent, and the hilly Shan Plateau separates Myanmar from China, Laos

and Thailand.

The central lowland region of Myanmar consists of the Ayeyarwaddy (Irrawaddy) and Sittaung river valleys. Ayeyarwaddy is the longest river in the country running for 2,010 km from the northern region to the Bay of Bengal, and serves as the principle transportation route and as the main source of water supply for the central dry zone.



Traditions

Myanmar is predominantly a Buddhist country with the Buddhists making up about 80 percent of the population, following the school of Theravada Buddhism. There are also Christians, Muslims, Hindus and some animists. But it respects the freedom of belief and the people practice religious tolerance on other religions which is evident in the existence of religious buildings of different beliefs in large cities. Because the people are deeply pious, there is at least one pagoda or Buddha Image in every town or city, and even in large villages, so is there a Buddhist monastery. Religion plays so vital in a typical Myanmar Buddhist's life that his/her routine cannot be separated from Buddhist rituals. There is also a Buddhist lent on Myanmar calendar which lasts for three months in the rainy season, approximately from July to October, during which fasting is preserved, marriages and moving home is usually put off.



Myanmar lies between two great civilizations, India and China, and is largely influenced by that of India, yet Myanmar has developed its own culture with distinctive characteristics. From India came the institutions of religion and government, but without the Indian caste system of social hierarchy. India was also the source of Pali, the sacred language, along with astrology and some kinds

of food. For the majority of Myanmar's population, Buddhism is the center of individual life whereas the monastery is the center of the community. That is why, it is little wonder Myanmar culture is synonymous with Buddhist culture. Myanmar people try to live according to the basic five precepts of Buddhism in their daily activities.

The unique thing about Myanmar culture is that it is free from racial or sex discrimination from childbirth throughout the lifetime. Every one is entitled to equal rights, opportunity and treatment whether at work or at court. For much of Myanmar's history, women played a stronger role than in traditional Western societies. From early on they could own property and were independent in economic activities. Myanmar women enjoy the same status with their male counterparts and do not necessarily have to keep their surnames.



Getting to Myanmar

Yangon International Airport (Mingalardon Airport) and Mandalay International Airport are the main International Airports in Myanmar.

Yangon has direct air-links with

- Bangkok
- Singapore
- Kuala Lumpur
- Guangzhou
- Taipei
- Kunming
- Hanoi
- Kolkata/Gaya
- Chaing Mai

Myanmar Airways International (MAI), Thai Airways International (TG), Silk Air, operate regular flights to Yangon. Air Mandalay operates Yangon - Chiang Mai - Yangon flights.

By Sea

Cruise Ships call at Yangon Port with Visa on Arrival being granted on prior arrangement.

By Overland

Overland entry with a Border Pass is permitted at the following Border Check Points: Tachileik, Three Pagoda Pass, Myawaddy and Kawthaung on the Myanmar-Thai border and Lweje, Nam Kham, Muse, Kyukoke, Kwanlong, Mong Lar on the Myanmar-Yunnan (China) border along.



Myanmar is internationally served by

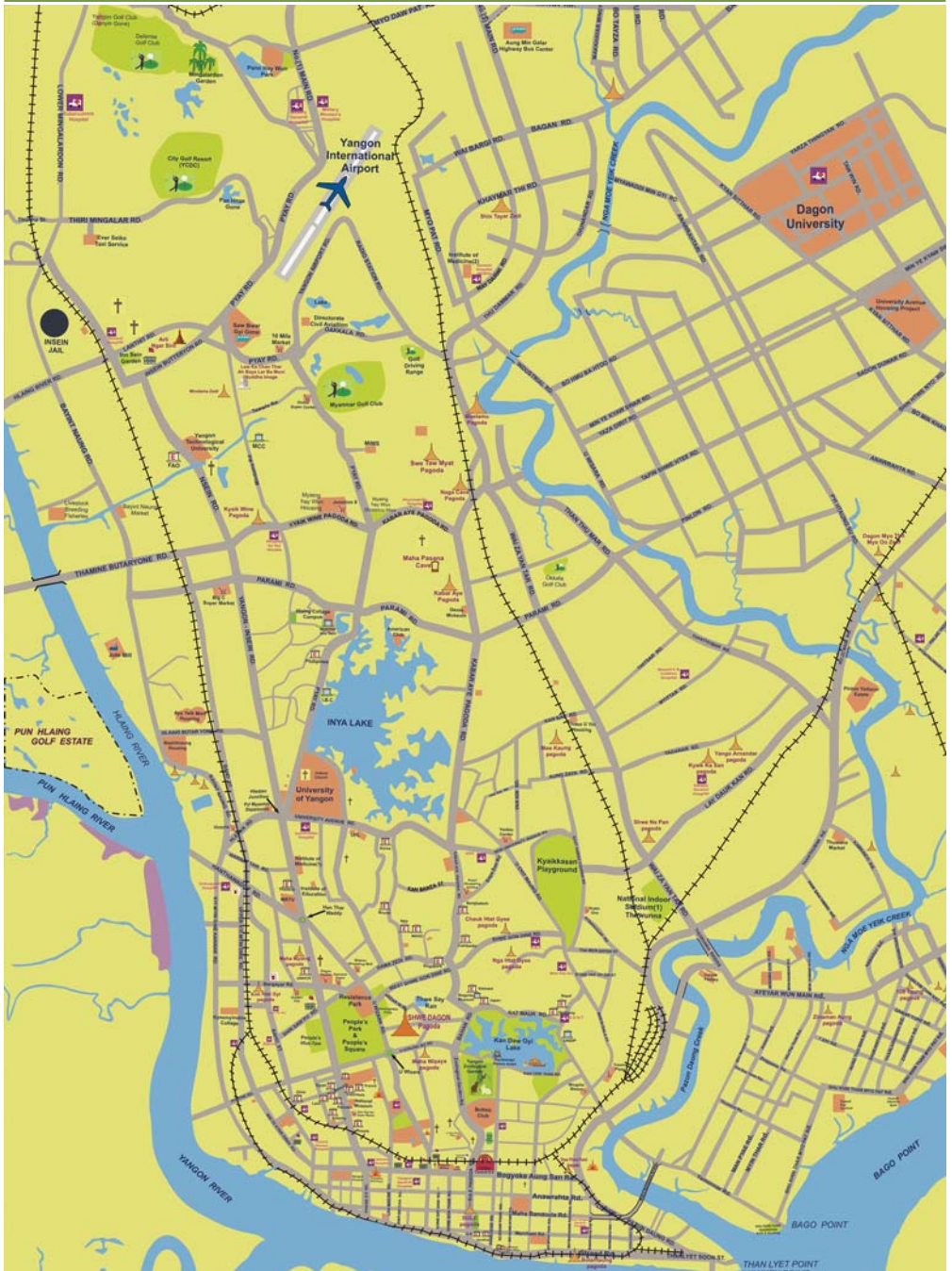
- The Myanmar Airways International (8M)
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- Air Asia (FD)
- Indian Airlines Ltd. (IC)
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- Air China (CA)
- Vietnam Airlines (VN)

The four domestic airlines are,

- Myanma Airways (UB)
- Yangon Airways (YH)
- Air Mandalay (6T)
- Air Bagan Ltd (W9)



Map of Yangon



Map of Bagan



Map of Inle



Phaungdawoo Pagoda



Fisherman of Inle Lake



Phaungdawoo Pagoda Festival



The smile of a local lady from Inle

Map of Mrauk U



Mrauk U is located near the west coast of Myanmar. It is the 15th century ancient capital of in Rakhine Kings. There are remains of the magnificent Royal Palace in Mrauk U along with 70 stupas.



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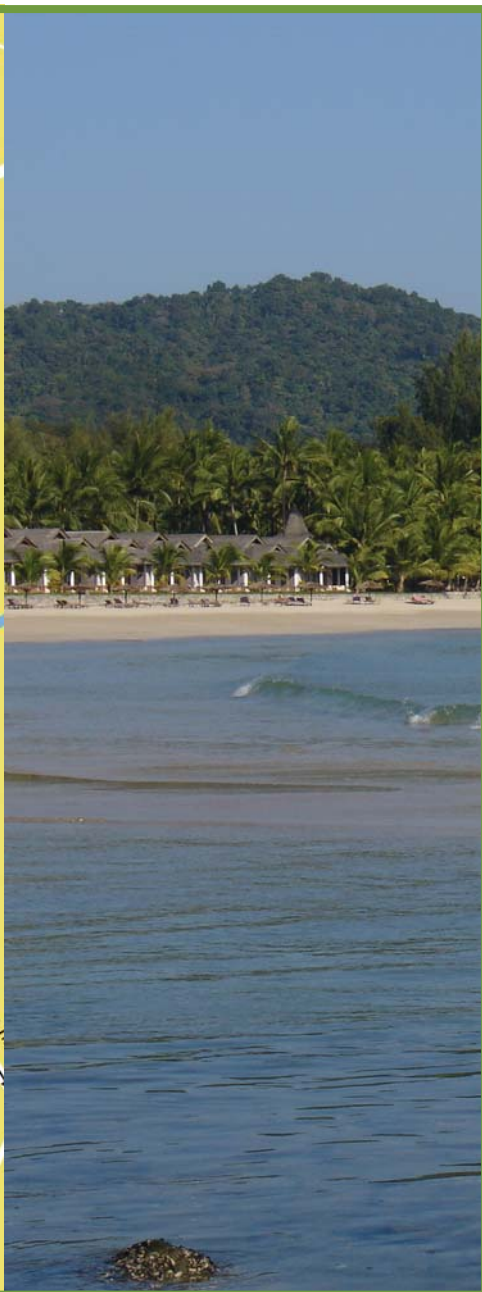
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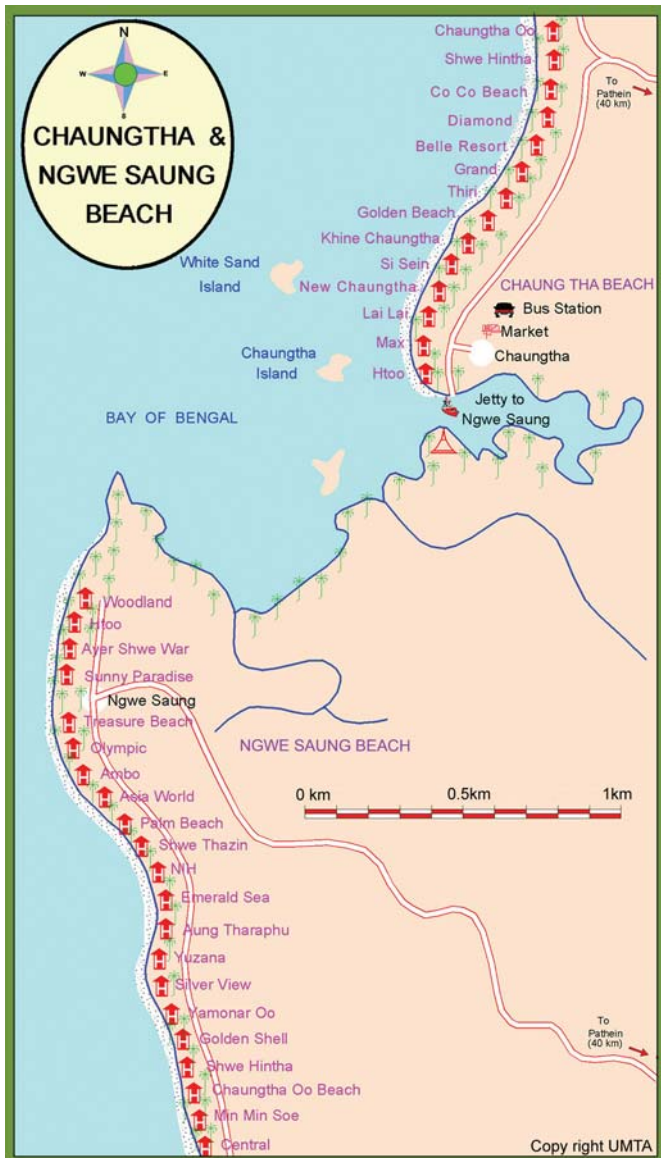
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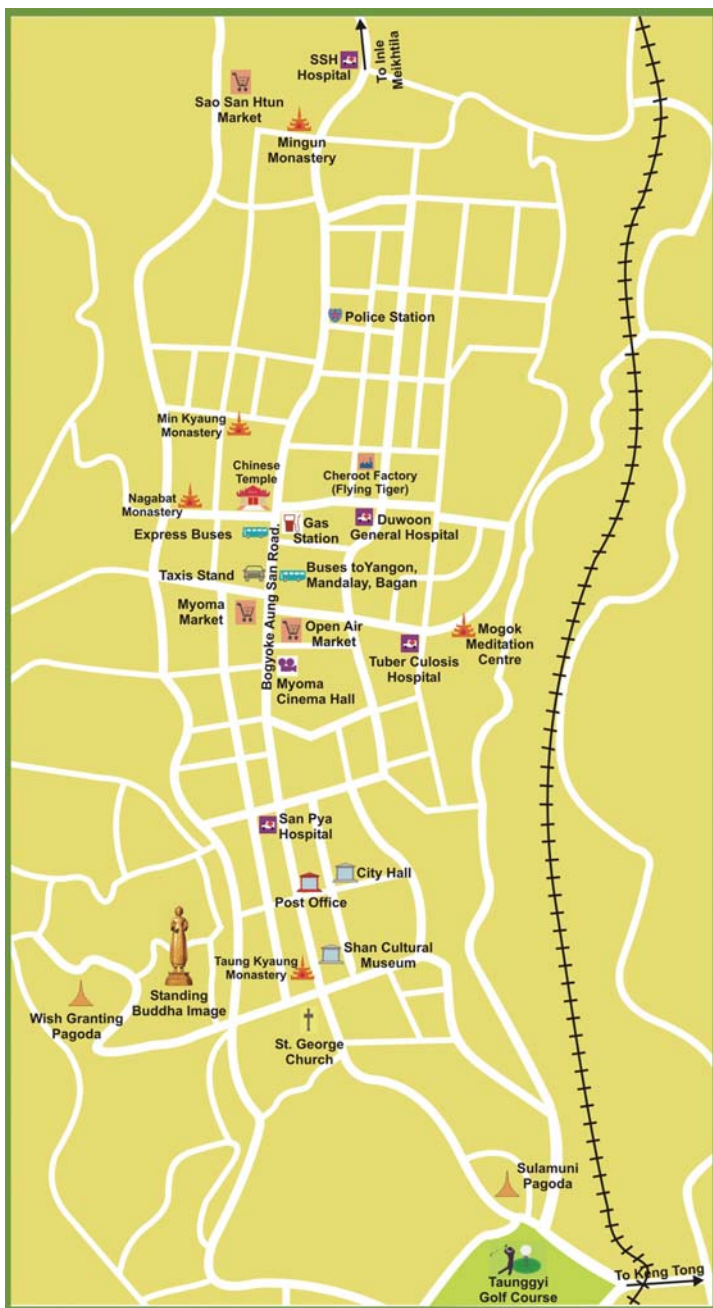
Map of Ngapali



Map of Chaung Thar & Ngwe Saung Beach



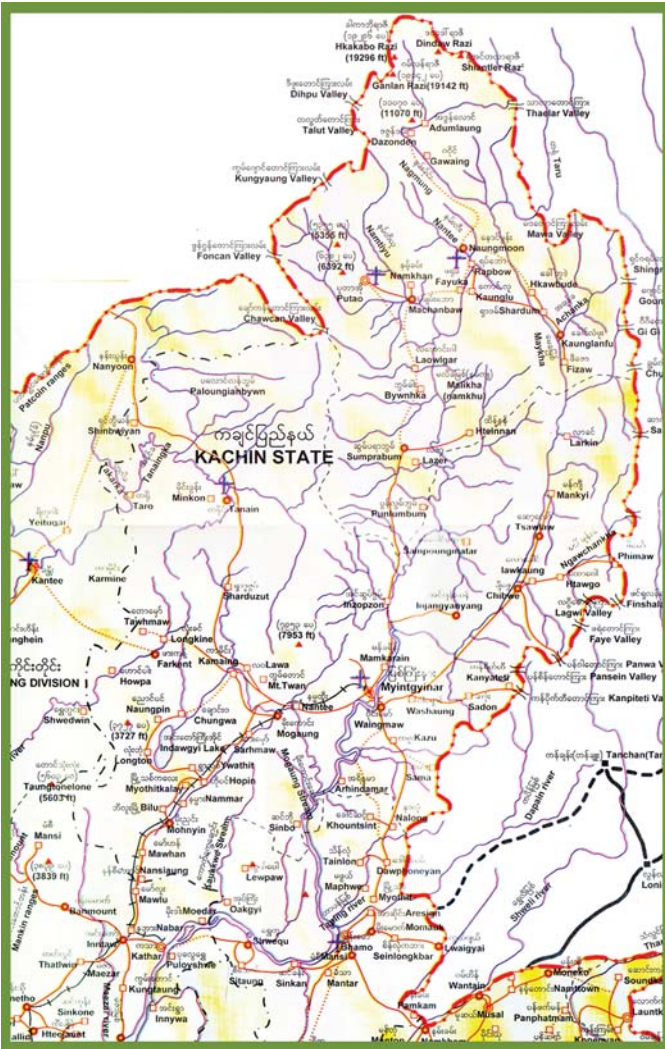
Map of Taunggyi



Map of Myeik Archipelago



Map : Myitkyina of Kachin State



Myitkyina

Myitkyina is the capital and centrally located in the Kachin State. It is the northernmost railway terminal, 919 miles from Yangon and 487 miles from Mandalay. Visitors can tour the Myit Sone, the confluence of Maikha and Malikha Streams. Ayeyarwady, the most useful river in Myanmar, has its source from this confluence and flows 1325 miles to the mouth of the

river. The water over here is crystal clear.

The panoramic view of the scenario at Myit Sone with the unspoiled beauty of nature is beyond the expression of words and will definitely be a fine attraction to tourists. Myitkyina can be reached by road, rail, river, and air. Different tribes of national races live in harmony with their own cultures, customs, dialects, dances, and lifestyles. The glittering costumes with silver trinkets of the charming Kachin belles would be an enchanting sight. For souvenir, the Kachin woollen bag with silver trinkets would be a memorable gift. The overland trade route to India and China and World War II supply line to China along the Ledo Road pass through Myitkyina. For mountaineering enthusiasts, expeditions to Mount Khaka Bo Razi and Mount Gam Lan Razi would be an adventure.

At the edge of the town, by the banks of the Ayeyarwaddy, gold-painting and mining goes on relentlessly day and night. About 25 miles to the north of the town, is some of Myanmar's most beautiful and important natural beauty spots, in the cradle of the Ayeyarwaddy, where Maykha and Malikha rivers meet, usually called the Myitson.



Myanmar

Travel Directory (2010-2011)

Festivals in Myanmar

ဗုဒ္ဓစာပေတော်များစွာရှိသောမြန်မာနိုင်ငံ၏အထွေထွေအကျဉ်းချုပ်ကိုဖော်ပြရန်အတွက်

Festival Calendar

ဗုဒ္ဓစာပေတော်များစွာရှိသောမြန်မာနိုင်ငံ၏အထွေထွေအကျဉ်းချုပ်ကိုဖော်ပြရန်အတွက်

- | | |
|--|---|
| 1. Ananda Pagoda(Bagan) | Fullmoon of Pyatho (January) |
| 2. Kyaik khauk Pagoda | 1st waxing to fullmoon of Tabodwe (February) |
| 3. Shwesettaw Pagoda | 5th waxing to fullmoon of Tabodwe (February) |
| 4. Sticky Rice Competitions | Fullmoon of Tabodwe (February) |
| 5. Pho Oo Taung Pagoda | Fullmoon of Tabodwe (February) |
| 6. Mahamuni Pagoda(Mandalay) | 10th waxing to fullmoon of Tabodwe(February) |
| 7. U Min Kyaw Nat (Pakhan) | 3rd to 10th waxing of Tabaung (March) |
| 8. Inndawgyi Shwe Mitzu Pagoda | 8th waxing to fullmoon of Tabaung (March) |
| 9. Bawgyo Pagoda(Thibaw) | 10th waxing to fullmoon of Tabaung(March) |
| 10. Pindaya Pagoda | 11th waxing to fullmoon of Tabaung(March) |
| 11. Shwemyethman(Shwedaung) Pagoda | 13th waxing to fullmoon of Tabaung(March) |
| 12. Kekku Pagoda | 14th waxing to fullmoon of Tabaung(March) |
| 13. Shwedagon Pagoda | Fullmoon of Tabaung(March) |
| 14. Shwesandaw(Pyay)Pagoda | Fullmoon of Tabaung(March) |
| 15. Yele (Kyauktan)Pagoda | Fullmoon of Tabaung(March) |
| 16. Alon Bo Bo Gyi(Monywa) Nat festival | 9th waning to 14 waning of Tabaung(March) |
| 17. Mawtin soon Pagoda | 8th waxing to fullmoon of Tabaung(March) |
| 18. Thingyan New Year Festival | TBA (normally mid-April) |
| 19. Shwemawdaw Pagoda | 8th waxing to 5th waning of Tagu(April) |
| 20. Nyaung Ye Thun Festival | Fullmoon of Kason(May) |
| 21. Ponnyashin(Sagaing)Pagoda | Fullmoon of Waso(June) |
| 22. Taungbyone Nat | 8th waxing to fullmoon of Wagaung(July) |
| 23. Yatanagu Nat Festival | 8th waning of Wagaung(July) |
| 24. Paungde Buddha Tooth Relic | 13th waxing to fullmoon day of Tawthalin Festival (September) |
| 25. Manuha Pagoda Festival | 14th waxing to fullmoon day of Tawthalin (September) |
| 26. Phaungdaw Oo Pagoda | 1st waxing to 3rd waning of Thadingyut (October) |
| 27. Thadingyut Lights Festival | Fullmoon of Thadingyut(October) |
| 28. Kyaukse Elephant dance | Fullmoon of Thadingyut(October) |
| 29. Myathalun(Magway)Pagoda | Fullmoon of Thadingyut(October) |
| 30. Tazaungdine Festival | Fullmoon of Tazaungmone(November) |
| 31. Hot Air Balloon (Taunggyi) Competition | Fullmoon of Tazaungmone(November) |
| 32. Kekku Pagoda(Shan) | Fullmoon of Tazaungmone(November) |
| 33. Meilamu(North Okkala)Pagoda | Fullmoon of Tazaungmone(November) |
| 34. Weaving competition | Fullmoon of Tazaungmone(November) |
| 35. Shwezigon Pagoda | Fullmoon of Tazaungmone(November) |

Please note there are festivals every fullmoon at Sagaing Hills also but too numerous to note. All Pagoda/nat festivals are on lunar calendar. Please to check ahead for actual dates.

Compiled by Hpone Thant(Swiftwinds)

Festivals in Myanmar

■ Naga New Year Festival (January)

Naga New Year Festival is one of the rarest of ceremonies in Myanmar. There are more than 49 different clans with their own distinctive dresses and dialects. They usually gather annually to celebrate the New Year on January 15.

Many package tours are available to visit the rare Naga New Year Festival of Myanmar. For tour information, contact the local tour operators or visit at www.umtinet.org.



■ Ananda Pagoda Festival (January)

Ananda Pagoda is one of the most famous pagodas in Bagan. The Great Ananda Pagoda Festival is said to have been going on continuously since the Bagan period.



Long ago, people from many villages around Bagan came to the festival in bullock-carts and made camp for the whole duration of the festival. Even now some villagers still come to the festival the traditional way.

You will definitely enjoy the traditional lifestyle of the locals of Bagan during this festival.

■ U Min Kyaw Nat Festival (February)

U Min Kyaw was a son of the Lord of Pyay and Kuni Devi. He was a drunkard and cock fighter and also a very good horse rider.



According to legend, U Min Kyaw was the governor of Pa Hkan, a prosperous town under the suzerainty of Bagan. But U Min Kyaw was not a good governor. He is always engaged in debauchery, drunkenness or cock fighting. To cut the story short, he fell afoul of the King at Bagan and was put to death. This festival is held during February or March depending on the lunar calendar at Pakokku.

This festival is mainly visited by those wishing to make their businesses prosper by praying to him and requesting his intervention. He was killed by the devils who had been his victims.



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■ Shwedagon Pagoda Festival (March)

Shwe Dagon Pagoda is the most famous pagoda in Myanmar and previously this pagoda festival was one of the most visited festival for pilgrims all over the country. The legend is that Shwe Dagon Pagoda enshrines in it's relic chamber 4 articles of holy relics belonging to the four Buddhas that have gained enlightenment in this era. But now the festival has transformed into a purely religious nature. There would be a competition to weave holy robes for the Buddha Images at four corners of the pagoda before dawn using traditional looms. Monks would recite the holy scriptures 24 hours continuously throughout the duration. The festival is supposed to be in it's 2546 years.

The festival of the Shwedagon Pagoda is celebrated on the fullmoon day of Tabaung (March) every year. Many people in the country contributes funds for the repairing and a great number of people pay homage every day.

The greatest festival is that of Tabaung festival. Visitors from all over the country enjoy the festival at such a time. They come to donate offerings.

■ Kekku Pagoda Festival (March)

A cluster of more than 3000 pagodas said to be from Bagan period, but in the Yun Shan style, are grouped on a small hillock overlooking the Hopon Valley. Pa O people flock to the festival in their best costumes to pay homage to the pagoda on the full-moon day of Tabaung (March). The best time to see this is at dawn on the full-moon day when villagers come with offerings and food to be offered to the Buddha Images. The festival ends with the pilgrims offering rice and other items to more than 1000 monks. Most of the pagodas are in ruins but the main Pagoda has been renovated with donations from the Chief Monk of the Buddhist Monastery in Singapore and local donors.

Festivals in Myanmar

■ Pindaya Pagoda Festival (March)

Shan, PaO, Palaung, Taung Yoe, Intha, Danu groups from around Pindaya come in bullock carts and camp under the huge banyan trees to celebrate the festival. Harvest has been done and crops are sold for festival. The Pindaya Cave houses hundreds of Buddha Images, some old and some new. Pindaya Shwe Oo Min cave Pagoda festival is held on and around Full moon day of Tabaung. It starts seven days before the full moon day. During the festival time, thousands of devotees come from villages around the area to the cave. It is a joyous scene, people coming in a group with car, or some are coming in huge line of Native bullock-cart. The tribal circle the ox-cards, and in the middle people cook, and sleep during festival. A kind of pagoda mall is set up at the foot of the hill under big shady Banyan trees to sell local products.

■ Thingyan Festival (April)

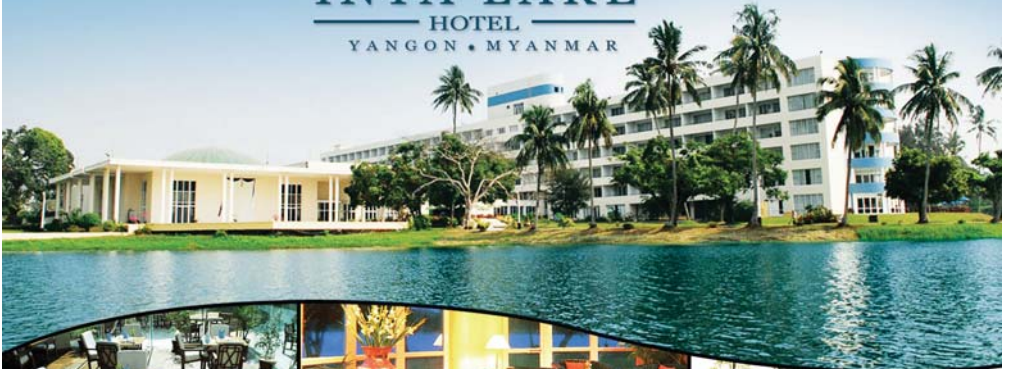
Thingyan is the Myanmar New Year celebrations. Actually it is the celebration to commemorate the end of the old year and it could last from 3 to 4 days and the next day immediately following the last day of Thingyan is the New Year Day. All over the country the people





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celebrate the festival by throwing water on each other to symbolize the cleansing of misfortunes of the old year but sometimes this cleansing could be with a firehose! Astrologers calculate when the old year will end and when the New Year Day will fall. It may seem strange to westerners to learn that the transition to the 1st day of the new year could be in the middle of the day or any other time that the astrologers had calculated. According to one legend there was a dispute between some Celestial Beings and Brahma lost and his severed head was supposed to be held up by the females Celestial Beings because if this head is put on land the land will be scorched and if it is put in the oceans they will dry up. Hence the female Celestial Beings take turns to hold up this head and annually this head is transferred to another at this time. Another legend believed by all Myanmar people that Thagya Min or King of the Celestial Beings descend to the realm of Humans at this time, stays for the duration and returns back to his abode at the end of the Thingyan celebrations. That is believed to be



the time when the old year passes into new. That is why during Thingyan every Buddhist household put out a bowl of water with flowers and Eugenia sprigs to welcome the Thagya Min.

On the first day of the New Year meritorious deeds are performed at all Buddhist households. The younger generation washes the hairs and trim the fingernails of the elderly. Food is offered to the monks etc.

Festivals in Myanmar

■ Waso Chinlone Festival

Each year most of the villages and urban communities in Myanmar celebrate festivals of their neighborhood pagodas. Obeisance, annual gathering, farm competitions, entertainments and sporting games are mostly common at these pagoda festivals. Thus Festival of Mahamunu Shrine, being one of most venerated and cherished religious monuments, is celebrated ornately in various ways. Chanting of Buddhist Scriptures for weeks, paying homage by hundreds of thousands of devotees, nights of staged Zat-Pwe (theatrical mélange of traditional dances, comedians' comics and musical performances complementing the two thematic dramas, one of conventional and another of legendary), half-a-nights' shows of marionette, etc., and Waso Chinlone Festival.

Waso is fourth month of Myanmar calendar, its 30-day-span lays somewhere from mid-June towards mid-July. Waso Chinlone Festival of Mahamuni Shrine in the year 2009 stretched for 47 days, continuously. It was 81st. game held annually since 1928, largest sport event in its kind, participated by 1220 Chinlone teams. They had travelled across from all corners of the country to pay homage the most revered Shrine, and to convene in tribute to the game of Chinlone. It is believed that game has taken root in Myanmar for more than 1500 years since. Among archeological findings excavated from Bawbawgyi Stupa of Srikhetra Era (AD 5th. Century) is one ornamental chinlone made of silver.

Playing the game is to keep the chinlone airborne among six players team, standing within marked circle of 6.7 meters, for minutes toward hours by allowing only to touch with foots and knees. Knee, toes, sole, heel, inner and outer sides of foot are used to receive, to play out sets of performances by tossing, and to pass on the flying chinlone to another teammate. Style of performance, pattern of conveying, posture of each and every players are

accounted to be a good game. For each player all senses are gathered in taking his or her part of team, coupled with agility and stamina in controlling muscles and skeleton. In Festival of Mahamunu Shrine, as the grandeur of game call for, chinlone contest is performed with live music of Myanmar saing-waing (traditional orchestra) and running commentary, both in complementing the game rhythmically and inspirationally. At times by swift movements of players in rigorous tempo which leads to uproarious moments, and some times by tense anticipation and quiet following especially when most clever soloist is performing intricate masterpieces. Chinlone is team sport requiring long physical practices, with elements of artistic dances and martial arts. It is a pride of Myanmar.



Chinlone is made of rattan, some 3 meter long rattan strips are weaved to form this cane ball. Each strip is about 3.2 mm wide and 2.5 mm thick, smaller size of 350 mm circumference chinlone requires 8 strips to be plied throughout and larger size of 400 mm circumference takes 10 wiry strips. Weaving has a degree of intricacy to produce a handicraft; it comes 12 pentagonal holes in hard but pliant cane ball of 80 to 130 grams.





■ Kason Full Moon Day Festival (May)

The month Kason usually falls on May of the English calendar. The month of excessive great. It is the season water in all ponds, lakes and creeks reduces to its lowest level. During the month of Kason the length of the day is longer and the night is shorter. People of Myanmar regard the month of Kason as Taurus) season and the sign of the podiac is a ball. The seasonal flower is Sagar and this festival is water pouring ceremony at the maha-Bodhi tree, the holy Banyan tree at the foot of which the Buddha attained Buddhahood or enlightenment. As the month of kason is at the middle of the hot reason, the earth is dry and people pour water at the Maha-Bodhi tree to make sure it does not die of drought during the hot summer. This has become an integral

part of Myanmar culture and on every full-moon day of kason, the Buddhist people would march in a grand procession to the Bodhi tree or to the pagodas to pour scented water.

The full-moon day of kason is significant for other seasons too. It is the day on which (1)Gotama Buddha was born, (2) attained enlightenment, (3) passed away, and (4) as a recluse in is this previous existence, blessed by the prophecy of Depankara Buddha that he (sumedha) would also become a Buddha one day in the very remote future. It also is the day on which the original Bodhi tree arose from out of the earth as an assurance of the coming of the Gotoma Buddha. The Bodhi tree has relations with Lord Buddha so it becomes respectable for the Buddhists. Lord Buddha attained enlightenment underneath the

Bodhi tree so the Buddhists revere the tree. On the Fullmoon day of Kason Buddhist devotees celebrate not only water pouring ceremony at the Bodhi tree but also perform meritorious deeds by keeping Sabbath, meditation, offering flowers, light, water and incense to the images of lord Buddha. There are so many banyan trees in various regions of Myanmar. The majestic trees give cool shade and grandeur as well as dignity, grace and charm. Water pouring ceremony to the Bodhi tree in the month of Kason had been performed successively since the time of Myanmar monarchs to the present day. The performance of the ceremony is supportive not only to the religion and tradition but also to keeping trees green and lush. The photos were taken from the Kason Bodhi tree watering festival which takes place at the Shwedagon Pagoda, every year.



the start of the Buddhist Lent. Monks are prohibited to travel overnight from their monasteries. According to the monks' code of conduct they are still obligated to make the rounds for their daily food whether it is raining or not. As it is they would need spare robes. Therefore there is a ceremony to offer robes to the monks for use during the wet season.

■ **Waso Full Moon Festival (June)**

The Myanmar month of Waso (June) is the beginning of the monsoon rains. It is also



Festivals in Myanmar

■ Taung Byone Nat Festival (August)

This festival is actually a festival of the pagoda supposed to be built by King Anawrahta at Taung Byone village near Mandalay but it has degenerated into a kind of festival devoted to the two brothers, Shwe Pyin Gyi and Shwe Pyin Galay (also known as Min Gyi and Min Lay). These two young boys were favorites of King Anawrahta and were the target of scorn by other members of the court. These two brothers were also notorious for their bad habits, cockfighting, womanizing and drunkenness.

On his return from a military expedition to China, Anawrahta stopped at this village and proposed to build a pagoda and decreed that every one should contribute a brick towards the construction. But the two brothers couldn't care less and went on their own way. When Anawrahta inspected the pagoda he saw two vacant places and questioned about the culprits. The other members of the court accused the two brothers for their negligence and the King commanded them to be punished. The other members of the court took the King's command broadly and killed these two brothers and they became nats.

When Anawrahta's barge started for Bagan it was held back by the supernatural powers of these two brothers and when the King enquired on this phenomenon the two



brothers showed themselves to the King and told him the whole story and asked for some place for their own. Anawrahta gave them Taung Byone village to them and from that time onwards Taung Byone Festival became the festival to pay homage to these two brothers instead of the original idea of a pagoda festival.



For more festival information and tour programs, you can visit the tour websites of the Union of Myanmar Travel Association's members at www.umtanet.org.



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Taung Byone : The village is about nine miles north of the Mandalay Hill. The Taung Byone Nat festival is held every year in the Myanmar month of Wa Gaung (around August - September).

The Taung Byone Nat festival is held for four days and reaches the climax on the fourth day when the faithful observe the bathing ritual of the two Nat princes, carried on palanquin followed by the train of procession to the Shwe Ta Chaung stream (the Golden stream) which runs close to the west of the village.



■ **Manuha Pagoda Festival (September)**

Manuha Pagoda Festival is held annually one day before the Full Moon Day of Tawtalin. Depending on the Lunar Calendar, the festival is held in end of September or start of October. Manuha Pagoda Festival is celebrated for three consecutive days.

During the festival, rice cakes and pickled winter melon are served to all comers from near and far. The Myinkaba region dwellers donate these to all visitors. This is apart of the traditional practice of this festival. This tradition is also believed to have been descended from the time of the King Manuha.

The Manuha temple is on the right side of the main road going south from Bagan, and right in Myinkaba village. King Manuha's inscription says that it was built in AD 1067 about

a decade after the Mon king was brought to Bagan.

The name of the temple was given after the name of the captive King Manuha. Traditionally, Manuha was considered one of the earliest temples at Bagan. Legend says that it was built by a Mon king named, Manuha, who had been defeated and brought to Bagan as a captive by Anawrahta. In Bagan the kings and queens, the princes and princesses all built pagodas large and small.

Manuha the Mon king, detained in Bagan, also wanted to build a temple of his own. He did not have ready money in cash, so he sold his priceless Manaw Maya jewel to a rich merchant of Myinkaba and obtained six cartloads of pure silver. He used this to build the impressive Manuha Temple. It is still a place of worship for the Buddhists.



Monks from many monasteries around the region are invited to the Manuha Pagoda and are offered rice on the morning of the Full Moon Day of Tawtalin.

The parade of colourful paper mache figures roam around the city during the festival. The locals create colourful and beautiful decorations of images such as the Manuha King himself, tigers, cows, elephants, horses, and even some stars of today. The number of representation varies up to hundred. The parade goes on until the end of the day. Locals and foreign visitors enjoy the sight of the colourful paper mache figures and also the lifestyle of the Bagan locals.

There are other entertainments such as Zat Pwe and Anyeint at the night time. Villagers near and far never misses this opportunity of participating the Manuha Festival.

For more information and tour programs, visit www.umtinet.org for local and international tour operators.



King Manuha was the last king of the Mon Kingdom of Thatone. He succeeded the throne from King Udinna. Manuha was the 59th in the line of kings who supposedly founded Thaton. Manuha and his family along with 30,000 monks and artisans were brought to Bagan.





■ Thadingyut Full Moon Day Festival (October)

This is normally known as Festival of Lights and celebrated for three days: one day before the fullmoon day, fullmoon day and the day after.

Legend is that Buddha spent the Lent in the realm of the Celestial Beings (Tavatimsa) and at the end of the Lent came back to the realm of Humans. He came back, accompanied by his 500 disciples and flanked by all the Celestial Beings, by three stairways; gold, silver and ruby.

The humans on earth welcomed Him with lights. At this time all Buddhists go around to their elders' houses and pay homage to them. The elders also give back some money to the children which make them very happy.



■ **Phaung Daw Oo Pagoda Festival
(October)**

One of the famous principal shrines in Myanmar, this pagoda houses five small Buddha images.

In Inlay Lake annually from approximately in the middle of October or the month of Thadingyut. Four Gilt Buddha Images are borne on a gilt barge around the villages in Inlay Lake. The legend is that these Images were left there by King Alaung Si Thu of Bagan dynasty. It is held on a grand scale for 18 days, usually falls in October (sometimes in September depending on the Myanmar Lunar Calendar).

There are also Shan traditional boat races participated by leg-rowers. People from all the villages nearby come to pay homage to the Images.

Four Buddha Images out of five from Phaung-daw-oo Pagoda are carried on royal barge and conveyed around 14 villages on the Lake. The barge is towed by the boats of leg -



rowers and hundreds of boats follow the procession. The large crowds of people gather on the lake-shores to celebrate the occasion. It is really a splendid sight. Among the dance shows and fun-fairs, the most interesting event of the festival, especially for foreigners, is their boat race - due to their unique leg rowing. It is the one and only place in the world that one can see such marvelous act.

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Festivals in Myanmar

■ **Tazaungmone Full Moon Festival (November)**

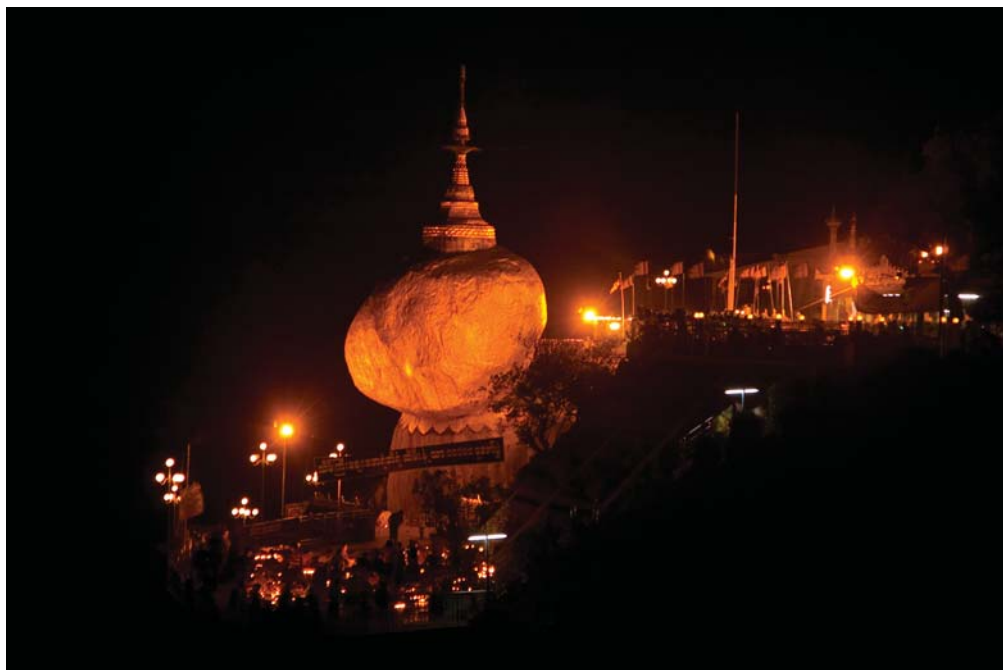
This is supposed to be the time when the sky is totally clear and the Tazaungmone Festival is usually held on the fullmoon day. This is usually in November. After the rains the monks would need new robes and on the fullmoon day the offering of new robes for the monks are held. It is called the Kha htein ceremony. The fullmoon day of Tazaungmone is the last day that this ceremony can be held. People light up their houses for this ceremony. One interesting event is that people light candles on all items they use as a sign of paying homage to the guardian nats of that particular item. Also young people try to steal every movable item from any household and set them up at such improbable places as merry pranks on the first night after the fullmoon day. They be-

lieve that the "thieves planet" dominates this night and they play this prank on others. Also many older people believe that the herbs and other natural plants possess special potency on the fullmoon night of Tazaungmone and they prepare a special salad of "mezali buds (Cassia siamea)" to be eaten that night.

■ **Taunggyi Tazaungmone Hot Air Balloon Festival (November)**

People from around Taunggyi make elaborate hot air balloons in various shapes and send them up. Huge balloons of more than 24-30 feet in height and hung with lighted lanterns underneath and spewing fireworks are sent up at night. Many villages and people from around Taunggyi compete with each other on who can do the most spectacular balloon. The festival starts about a week ahead of the fullmoon day





and ends on the fullmoon night. Also at Taunggyi to pay homage to the Atula Laba Muni Pagoda. All the people of Taunggyi and its environs walk to the pagoda with lighted lanterns.

■ **Kyaikhtiyo Pagoda Festival (November)**

Perched on the tip of a boulder it is a geological phenomena. Legend is that the custodian of some hairs of Lord Buddha enshrined them in this rock shaped like his head. One popular folk tale is of a native Kayin girl who was selected by a Myanmar King and then had to return disgraced back to her people as a victim of court jealousies but was killed on the road by a tiger. The Kayins of her native village put the blame on the pagoda for the girl's death justifying that had the pagoda not been there the king would not come and consequently the girl would not be chosen to go to the palace and she would still be living. They then decided to pull down the pagoda but were all transformed into monkeys. There is a shrine built to this girl (Shwe Nan Kyin) near the pagoda's entrance. Our grandparents had told us that long time ago there was a space be-

tween the two rocks and a thread could be passed between them. Even now the upper rock rocks slightly if pushed and it can be easily seen if a thin strip of bamboo is put between these two rocks. The bamboo strip will bend visibly.



Things to do

Scuba Diving & Snorkeling

Myanmar has a great coastal region in the west and the south connected to the Andaman Sea. Diving in the seas of Myanmar would give you a great experience and joy for your holidays.

There are Diving Trips arranged by many Myanmar Tour agents. They provide professional dive master, dive instructors, snorkeling sets and dive equipments for observing the deep water lives, varieties of sea fishes and coral reef of Myanmar.

■ **Diving at Ngwe Saung Beach**

Diving trips take at least about 4 days. Ngwe Saung Beach is about 400 km from Yangon and can be reached within 7 hours drive. Ngwe Saung Beach is located on the coast of the Bay of Bengal. The beach stretches with coconut palm trees and beautiful scenes. Rooms at International Resorts and local hotels are available. From the hotels, one has to go to the jetty by chartered boat. The diving master instructor with his team will be mastered for the exploration of the deep sea.

At Ngwe Saung Beach, one can find varieties of sea fishes, marine plants and also the coral reef. There are rare species like Sea Urchin or the Iron Trap. Also there are underwater caves which can be very attractive to the divers.

The diving sites in Ngwe Saung are Birds Island and White Rock Island.

■ **Diving at Myeik - Mergui Archipelagos**

The Myeik Archipelago or the Mergui Archipelago is located at the southern part of Myanmar in the Tanintharyi Division. It consists of over 800 remote islands in the Andaman Sea. All the islands compose a total of 3600 square kilometers. Many islands still remain unexplored till today.

The inhabitants of these regions are the Salone people or the Sea Gypsies of the



Rare species of the Andaman Sea

Moken. They live in the sea and live on boats. They are the only people who can survive in this region. Other than the Salone people, there are still many untouched reefs to explore in the seas of Myanmar.

Diving sites in Myeik Archipelago are Black Rock, Burma Bank, Western Rocky, North Twin Island, Three Islet and Shark Cave. The water is aqua blue and very clear. A variety of crabs, shrimps, spindle cowries, filament wrasse, maray eels, Sharks, Rays and nadibranchs can be found.

■ **Dive Training**

Program To assist the diving trips arranged by the tour operators, there are Diving Training Programs to get prepared before going into the seas of Myanmar. Tour operators offer an extensive range of diving courses from Introduction dives to final dives with the help of emergency response instructors and other staff instructors. Only those who are older than 12 years are allowed to take part in this training program. The courses take about a week for beginners.

■ **Snorkelling and Skin Diving Program**

The Snorkelling and Diving Program allows those who want to explore the beautiful underwater with mask, snorkel and fin only, learn how to clear water from the snorkel and swim with fins, learn how to hyperventilation tech-

nique when breath holding dive.

■ Scuba Diving

There are scuba programs which allow those who have never tried it to safely experience the thrill of scuba diving in our pool.

■ Precautions & preparations

- ▶ There are some precautions and preparations that should be taken before diving, whether you are experienced or a beginner.
- ▶ Never go diving too soon after or before flying. The change in atmospheric pressure can cause problems to the divers.
- ▶ Never dive after a heavy meal. The blood flows to the stomach to aid digestion and may cause cramp.
- ▶ Never consume alcohol before diving.
- ▶ Always follow safety procedures as advised by the instructor.
- ▶ Never go diving alone.
- ▶ If a diver has experience but has not been diving for a while, one should take a quick refresher course on procedures, safety and practices.
- ▶ Read as much as possible about the destination and place you are going to dive.



Scuba Diving in the seas of Myanmar

TIPS : Please contact your tour operators for special packages to the diving sites of Myanmar

OR

Visit www.umtinet.org to get more information about Myanmar and the tour packages.

Bicycling

Bicycling in Myanmar blends adventure and the time to taste the cultural heritage of the country. This type of trip is planned for those who are ready to experience fun, active, safe, scenic and carefree vacation. Tourists get to explore the places where they reach, the way of lives of those places, the history, the cultivation and more. Bicycling destinations are usually Taunggyi, Bagan, Mandalay, Inle Lake, river crossing and mountain crossing.



Bicycle tours around Myanmar

Bicycle tours provide visitors the best possible opportunity to intimately experience the country in a physically active journey yet a relaxing way. It is with a bicycle the cultural-diversity & natural-prism of Myanmar's reality can only be enjoyed.

Your cycling round Myanmar will cut through quiet back-roads between rice fields, temples, and scenic countryside. Passing through many small villages, you will find the people curious, friendly and polite. We will share the road with ox carts, other cyclists, and excited children. Most rides are on country lanes with almost lack of traffic.

The transportation, accommodation and bicycling necessities are arranged and plan by the tour operator that you've contacted. Detail plans can be discuss together with them. We are sure that you will enjoy the ride.

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Things to do

Golfing

A golf playing purpose can be counted as tour-package for people who wish to play golf as a recreation. This special tour is specialized for golf lovers. Golfing at one place or at all the resorts is possible. Your tour operator can arrange the golfing tour for you before or after arriving Yangon.

■ Pan Hlaing Golf Club, Yangon

It's a newly established golf club located at a beautiful junction between Hlaing & Pun Haling Rivers. It's designed by world famous professional Golf Champion Gary Player. One can enjoy the Sun Set & Serene Beauty of Yangon from the other bank of Hlaing River. It's 7019 Yards, 18 holes Golf Course.



■ Danyin Gone Golf Club, Yangon

Danyin Gone Golf Club in Yangon was founded in 1909, it's the 2nd oldest golf club in Myanmar, 7063 Yards, 18 holes golf course, designed by Colonialist British. It's affiliated club with Malaysian Country Club. As an old golf course, you can enjoy the true natural beauty that is different from others.

■ U Do Golf Resort

U Do Golf Resort is located only 58 miles from Yangon. U Do Golf Resort was opened in November of 2008. Since its opening, U Do

Golf Resort has drawn attention from many golf lovers around Myanmar both local and foreigners. Its expertly designed golf courses, peaceful environment and first class customer services are praised by customers.

■ Yetagun Taung Golf Course, Mandalay

Yetagun Taung Golf Course or the Water fall Golf Course in Mandalay is located on the left side of Mandalay-Maymyo Highway Road. It's only about 5 years old. It is a 7020 Yards, 18 holes course. The golf course is only 20 minutes drive from the City. One can also enjoy the panoramic beauty of Shan Mountain ranges while playing golf.

■ Aye Tharya Golf Club, Taunggyi

Aye Tharya Gold club is situated near Taunggyi, the capital of Shan state, over 4000 feet above sea level. The 18-hole course of 7380 yards was opened in 1995. With the beautiful Shan mountain range in the background, Golfers enjoy the cool climate as well as good scenery. It is also good for the people who want to combine golf with leisure trips because it is only 1 hour away from famous Inle Lake by driving.

■ Bagan Golf Course, Bagan

Established in 1998. It's 7133 yards, 18 holes course. Bagan is one of the richest archaeological site in Asia. A beautiful golf course surrounded by million of ancient Pagodas.



Trekking

Trekking tours in Myanmar usually take place in the hill regions in the upper part of the country.

■ **Kalaw to Pindaya (Shan State)**

First one has to travel from Yangon to Kalaw. The Myanmar tour operators usually arrange the accommodation, trekking guides for the trips. From Kalaw is the start of the trekking tour. The dwellers of the southeast Shan mountain ranges are the Pao, Palaung and Danu. Trekking trips starts from passing through some PaO, Palaung and Danu Villages. The trip takes about 1 to 1½ hours from



one village to another. One can learn and see the way of lives of the different Shan races. The most significant element for tourists to see are the long houses of the tribes where several families stayed together, earning a living from the cultivation of seasonal crops and Say Ywat Kyi leaves used by the Burmese home made cigar to be wrapped by the cheroot. The journey ends at Pindaya. The trekking trip may take about one day and one night.

■ **Kyaikhtiyo (Mon State)**

Kyaikhtiyo or the Golden Rock of Myanmar is located in Kyaikhto, Mon State. One can travel from Yangon to the base mountain range, which is the main base camp of the journey. It is about 160km from Yangon and the hiking range is 11km from the base camp. The Golden Rock is located on top of the rocky mountain above 3615 feet above sea level.

Before, it was a rare place which was very hard to reach. Nowadays, there are many more convenient transportations and Kyaikhtiyo Pagoda can be accessible easily. There are also convenient accommodations for visitors.

■ **Around Inle (Shan State)**

Trekking through the pine trees of the Shan states to Palaung Taunggyi Chey village located in the foot of Myin Mahti hill 5602 ft. It is about 2 hours walk. One can also visit to Indein villages taking about an hour trek.

■ **Keng Tung and Golden Triangle**

The Golden Triangle is well known for its scenic beauty and colorful hill tribes, still untouched by tourism. Kyaing Tong is the capital of Eastern Shan State region and easily accessible by flight from either, Yangon, Mandalay or Heho. It has so much of scenic spots that it presents many interesting trekking routes into the surrounding mountains. Around Kyaing Tong there are many ethnic villages; Palaungs, Eng, Akha, Lahu etc. These ethnic tribes had surprisingly preserved their ancient customs and traditions as well as their unique and colorful dresses up to now.

■ **Mount Victoria (Chin State)**

The Chin state is a mountainous region, and source of water for many river streams that wet the valleys of the mountain ranges, and flow down to the plain in the east and south. Mt. Victoria or Nat Ma Taung is the highest mountain in the Chin state, reaching a height of 10200 feet or 3100 meters above sea level. A land of misty skies, towering pines, and the beautiful Alpen rose or Tree rhododendrons, much of the state offers vistas of unspoiled charm.

■ **Himalaya of Myanmar (Kachin State)**

This trip starts from Putao and starting of a new adventure. Flowing streams and rivulets, straw-roofed houses and fences of pebbles and creek stones provide a pleasant, pastoral contrast to the scenes and sights of modern cities. The suspension bridges are the typical river crossing in this region. Many different tribes can be encountered on your way.

Things to do

Exploration

■ Mount Khakaborazi

Mount Khakaborazi is Southeast Asia's highest mountain, located in the northern Myanmar state of Kachin. The elevation of this mountain is 5,881 metres (19,294 feet). It has extended from the range of Himalaya. The coordinates are 28°19'59"N, 97°28'00"E. The peak is enclosed within Khakaborazi National Park. It is entirely mountainous and is characterized by broad-leaved evergreen rain forest, a sub-tropical temperate zone from 8,000 ft to 9,000 ft. (2,438 m to 2,743 m), then broad-leaved, semi-deciduous forest and finally needle-leaved evergreen, snow forest. Above 11,000 ft. (3,353 m) the highest forest zone is alpine, different not only in kind from the forest, but different in history and origin. Still higher up, around 15,000 ft. (4,572 m), cold, barren, windswept terrain and permanent snow and glaciers dominate. At around 17,500 ft. (5,334 m), there is a large ice cap with several outlet glaciers.

■ Climbing Tips

The mountain was first ascended on September 15, 1996 by Takashi Ozaki (Japan) and Nyama Gyaltzen (Myanmar).

■ Mount Hponkan Razi

Hponkan Razi is situated in Putao Township, Kachin State, in the uppermost part of Myanmar. Hiking, Walking and recreation in the natural forest environment is the main attraction of this mountain. There are opportunities for studying the tradition, culture and life style of indigenous hill tribes. Hponkan Razi is usually snow-capped half the year. Rare mammals and bird species dwell in this region, which can survive in high altitude. Observing 30 mammal species including Red Panda, Takin, Red goral which can be found in East-Himalayan. There are over 200 bird species including Monayrit and hill pine forest, evergreen forest, medicinal plants and wild rare orchids.

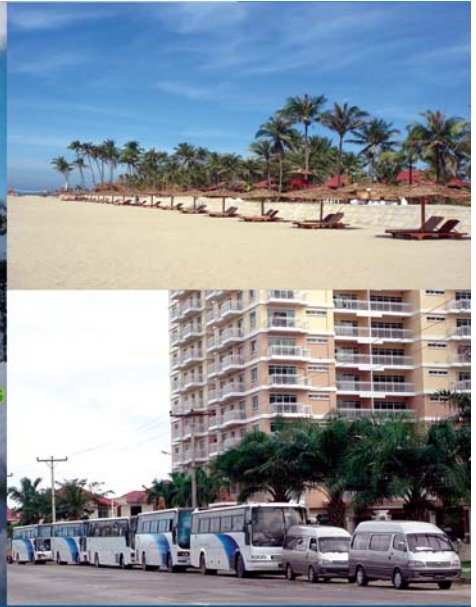


■ Nat Ma Taung

Nat Ma Taung (or) Mount Victoria, national park is located in Kanpet-let, Mindut and Matupi townships of southern Chin State. It covers an area of 279 square miles, and is established in 1994. The Mountain is about 320 miles, from Yangon to Bagan-Nyaung-Oo, by flight, Bagan-Nyaung-Oo to Chauk, 18 miles by car, Chauk via Seikpyu to Hsaw, 68 miles by car and Hsaw to Kan-pet-let, 12 miles by car or Hsaw to Mindut, 42 miles by car. Nat Ma mountain national park preserve rare species of Myanmar Orchids. Preserving to educate local people to shift from practising shifting cultivation to cultivating perennial plants and trees, to promote and upgrade the park as an ecotourism attraction, to attract tourists with water rafting and rapid-shooting during the rainy season while the river flow is rapid. Forests include hill evergreen forests, moist upper mixed deciduous forests, pine forests (above 9000 feet), and hill savannah. Mammals such as tiger, bear, wild boar, leopard, goar, serow, gibbon and 159 bird species, reptiles and butterfly are present. Education and prohibiting of shifting cultivation in the protected areas. Inventory of forest flora. Study and research on bird species and their natural habitats. Establishment of modern Forest Village with the assistance of people to initiate a permanent Taungya planning system with perennial plants. Conducting a field survey and inventory to promote and upgrade the



Ticketing
Hotel Booking
Transportation Service
Individual & Private Tours
Incentive Programs for Business Travellers
Guide Service
Promotion Group Package Tours



Treasure Travel & Tours Co.,Ltd

No. 143 - 149, Sule Pagoda Rd., Myanmar Shopping Mall Building, Kyauktada Tsp, Yangon, Myanmar
Tel : (+95-1)380 059, 380 061. Fax : (+95-1)249 817, email : inquiries@treasure.com.mm,
sales@treasure.com.mm website: www.treasuremyanmar.com

park for ecotourism industry. Participation in organized Orchid Tours where the most attractive Myanmar Orchids exist. Observing the traditional and cultural heritage of Chin people and their living systems.

Rafting

Rafting and river expeditions trips in Myanmar are available with some of the tour operators. The Nam Lang River expedition combines the thrill of Class 3 and 4 white-water through thickly forested canyons, with a closer insight into a people and way of life unchanged for centuries. The Nam Lang River is without a doubt one of the most exciting journeys you can undertake in Myanmar.

The Malikha River expeditions combines a scenic river gorge cruise with a visit to the picturesque village of Manchanbaw. From there we venture downstream by long tail boat onto the Malikha River through forested hills and past white river beaches, where villagers may often be seen panning for gold.

Drive Across

Myanmar is an exciting experience and an adventurous trip. Drive crossing into Myanmar is crossing into history. Navigate the lush and remote highlands of Myanmar through the legendary Burma Road, a well-traveled supply route during World War II, has fallen into disuse and disrepair. It is a country of date back to the century, powered by ox-driven carts and steel bicycles.



Driving across Myanmar

Balloons over Bagan



Shwe Lay Ta Gun Travels and Tours Co., Ltd.

Sedona Hotel, Business Suite 03-06, Yangon, Myanmar. Tel/Fax : (95 1) 652 809

Email : balloons@myanmar.com.mm

Website : www.balloonsoverbagan.com



Air Ballooning

Myanmar has the ancient city Bagan in the middle plains of the country. Visitors from all over the world have been always excited to view the “finest sights” of the world which include the city of Bagan. Now, international and local tourists can have the inspiration of viewing the sights of Bagan from a hot air balloon.

The Balloon flights usually take place early in the morning. At sunrise and before sunset is the best time for the viewers to go up. The flight usually takes about 45 minutes to 1 hour. From the Balloon one can see the most magnificent monuments and the unforgettable scenes in Bagan.

Balloons over Bagan is a private Myanmar company that is committed to the preservation of Bagan and its environment. A contribution from each flight will be donated to community



Balloons over Bagan ride

programs that directly benefit the local population.

Balloons over Bagan operates from October through until the end of March with a total capacity of 40 passengers per day. Published prices are USD 300 per person but you can contact your tour operator for discounts.

Elephant Camps

Myanmar is rich in nature and resources. The Ministry of Forestry has also been promoting ecotourism together with The Ministry of Hotel and Tourism. The elephant is not only of great cultural and historical significance in Myanmar, but is also of major economic importance in the country's timber industry.

There were 4,075 elephants in timber harvesting operations in the Union of Myanmar in 1999-2000. The elephants of Myanmar are providing an invaluable service to the country not merely by supporting the national economy but, more importantly, by conserving the environment. It is universally accepted that animal skidding is the most environmentally friendly method of logging.

Elephant skidding will continue to play a vital role in the timber operations of Myanma Timber Enterprise (MTE) for the foreseeable future, particularly in the many mountainous and swamp areas of Myanmar's forests.

■ **Myaing Hay Wun**

Located in Taikkyi Township of Yangon Division, Myaing Hay Wun Elephant Camp covers an area of 10 acres. It was established in 1986. It is easily accessible by car from Yangon to Taikkyi Township and only about 90 minutes drive. The distance is about 48 miles on the Yangon-Mandalay Highway Road.

The wildlife in this camp include Elephant, Guar, Banteng, Barking deer, Wild boar, Hare Wild cat, Green Peafowl, Ruddy sheld duck, Hill myna, Blossom-headed parakeet, Pheas-

ant, Red jungle fowl, Quail, Dove, Duck, lesser tree duck, Butterflies, Moths, Snakes, Monitor lizard, Ground lizard and Chameleon. The Elephant Camp is a great opportunity to study the nature of wildlife and at the same time can get the recreation from the city.

The tour includes trekking with elephant about 45 minutes. Along the trekking journey by riding elephant you will see beauty and serenity of natural virgin forest it's surrounding would be unforgettable. Tourists can also see the bathing of the elephants with their mahouts. The elephants are treated well and also have medical treatment for their health.



Elephant Camp

■ **Pho Kyar Forest Resort**

Pho Kyar Forest Resort is located in Yedashe Township of Thargara. It is 10 miles 2 furlong from Thargara, in the area of Swa forest reserve area, on the bank of Thaing creek.

The resort has 20 acres in area, which is larger than Myaing Hay Wun Elephant Camp. This forest can be accessed from Yangon to Swa Township, Thargara by car is 204 miles. From Thargara to Pho Kyar Resort the drive by car is 10 miles all seasons.

Like many other forest resorts, it has a great opportunity to study natural forest plants including different species of hardwood, large forests teak wood, other valuable forest plants different life span bamboos, cane and different flora. Tour offers elephant riding for short trips and long trips. Bathing and washing elephants can also be viewed.

For detail information and an enjoyable trip, you can contact your local tour operators.



Elephants in Bago region

Things to do



Myanmar's most enchanting beach, Ngapali

Beach Holidays

■ **Ngapali Beach**

Ngapali Beach is situated about 7 km away from Thandwe, one of the ancient Rakhine towns. The beach stretches about 3 km with soft white sand fringed by coconut palms. It serves as the best ground for sun-bathing and recreation such as beach strolling, cycling and so on. Ngapali is the most famous beach in Myanmar. It is said to have been named after the Naples of Italy by a homesick Italian. It is famous for its natural and unspoiled beauty up to this day. There are only natural scenic beauty of the blue sea, white sand and the lovely sun. The sea is cobalt blue, without any dangerous marine animals and clean. The water here is transparent and the sea is tranquil. Bicycle tours are arranged to visit the nearby villages. The villagers usually sun dry their fish, shrimp and coconut. These products are transported to Yangon and over the country. The best time to visit this beach is from October towards May the following year.

If you are planning for a peace and tranquil trip, Ngapali is the best for relaxing your beach holidays.

International standard accommodations are available at Ngapali Beach.

■ **Ngwe Saung Beach**

Ngwe Saung Beach Resort, opened in the year 2,000, is one of the loveliest and most pleasant beach resorts in Myanmar. Located in the Ayeyarwady Division, some 48 kilometres from the town of Patheingyi, Ngwe Saung, with a beach frontage on the Bay of Bengal with its clear blue waters, its white crested waves, sandy beaches and unspoiled and pollution-free natural surroundings, is indeed one of the best places to select for a holiday interlude of rest and relaxation. The beach stretches for 15 kilometers.

Ngwe Saung's natural attractions are its blue waters, its extensive beaches, its silvery sands, its scenic and occasionally rocky shoreline, all set against a backdrop of tropical rain forests and the towering Rakhine mountain range.

These bungalows provide quality service to foreign tourists and domestic visitors and provide a quiet haven of peace and relaxation. For those wishing to engage in fun and games on the beach, or in the ocean, life-buoys and speedboats are provided, as well as facilities for speedboat trips, bicycling along the shore and horseback riding.

Ngwe Saung extends its warmest welcome to all visitors who wish to relax amidst the waving palms and balmy breezes of a truly memorable ocean resort.

■ **Chaung Thar Beach**

Chaung Thar Beach is located 40 km to the west of Patheingyi in Ayeyarwaddy Division. It is about 5 hrs drive from Yangon to Chaung-Thar Beach. It is an attractive wide beach with a muddy delta look. Not only coconut palms but also casuarinas trees can be found at the back of the beach. Two small islands can be seen offshore. The crab dishes of Chaung Thar Beach are also delicious and well-known. Fresh coconut juice will make relax here.

There are bungalow type hotels along the beach with modern facilities. Myanmar, owing to its natural environmental diversity is rich in many sites that feature untouched coastal areas, calm and peaceful ocean waters and wide stretches of unpolluted sandy beaches.

While listening to the whispering of the wind in the trees and among the palm fronds



The beauty of Ngwe Saung Beach

local cuisine, and buy trinkets and ornaments fashioned from sea shells, cowries, mother of pearl, huge rock-shrimp and crabs, fossilized marine flora and unusual coral formations etc. to take back as souvenirs or presents upon their departure.

There are 13 top class hotels in Chaung Thar to cater to their every need. Some of the well-known ones are Max Hotel, Lai Lai Hotel, Ambo Hotel and Khine Chaung Thar. Those who find the atmosphere of cities stifling, the pressures of work stressful and the responsibilities of modern life becoming burdensome, may shed their manifold worries for a while by visiting and enjoying a restful holiday interlude at Chaung Thar.



Chaung Thar Beach



Sunset of Ngapali Beach

and to the regular sleep inducing beat of the ocean breakers as you relax in your rattan chair amidst the balmy breezes you will find yourself visibly relaxing and your cares and tensions slipping away.

Those who wish to engage in play activities on the beach may wish to take a dip in the ocean and ride the ocean waves or take a traditional bullock cart ride along the extensive stretches of the sandy beach.

Others may prefer to stroll along the seashore and visit nearby villages to sample the

TIPS : Superior and standard hotels are now available for your pleasant stay. Contact your tour operators for the room rates and seasonal promotions at the beaches of Myanmar.

Things to do

River Cruises

■ **Yangon - Patheingyi & Patheingyi - Yangon**

The cruises from Yangon to Patheingyi take about 18 hours. There is time adverse and uncertain to the river, weather and local conditions. The cruises are arranged by Myanmar River Cruises.



Ayavata cruises

■ **Mandalay - Bagan & Bagan - Mandalay**

▶ **Ayeyarwaddy Expedition**

The cruises leave at Gawwin Jetty in Mandalay and travel downstream to reach Bagan. On the way to its destination passes Mingun and Sagaing. The cruises travel on the Mighty Ayeyarwaddy.

It takes about 2 hours to reach Mingun. It takes about another 2 hours from Mingun to Sagaing. Mingun and Sagaing are also the main places of Myanmar Culture. Then the cruise takes about one night to reach Bagan. With the sunrise of Bagan the cruise reaches the destination. It stops at Shwekunchar jetty in Bagan.

During the whole journey, there are deck performances of Myanmar Traditional Dances and Breakfast, Lunch, Dinner, Tea, Coffee, Water are supplied. There are also stops and visits at popular places.

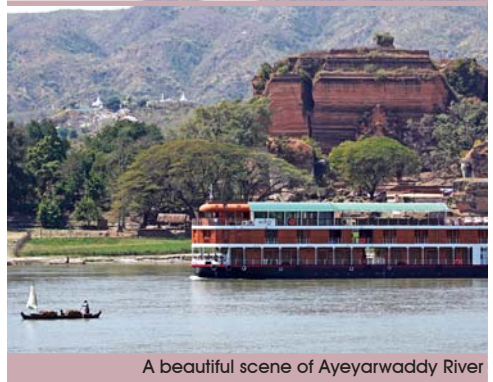
The way back to Mandalay also takes the same route as the way to Bagan.



Tourists boarding onto a river cruise

▶ **Chindwin Exploration**

Travelling through the Chindwin River is also another amazing experience in Myanmar. The journey starts from Mandalay and ends at Bagan. The journey passes Monywa, Mingun, Kalewa, Mawlaik, Pakhan-gyi, Pakkoku and finally Bagan. Popular places such as Pho Win Taung, Shweba Taung, Kanee, Kyidaw, and Mawlaik are visited on its way.



A beautiful scene of Ayeyarwaddy River

▶ **Mekong Exploration**

The Irrawaddy Flotilla has been arranging Mekong River Cruises. The Mekong River passes Vietnam, Cambodia and Myanmar and the cruises are arranged to meet every touch of the countries and their different cultural heritage.

For more information please contact Ayavata Cruises operated with the RV Pandaw 1947.

Train Expeditions

Train expeditions in Myanmar are unforgettable events. The beautiful scenes and natural views from the train window can show you the unchanged lifestyle from years. You will encounter the green paddy fields, mountain ranges, the blue sky, the nature and its people. During the Japanese occupation in Myanmar, a number of gauge engines from Japan were adjusted to run in Myanmar. More of the additional machines were brought with the allied forces. Still the pre-war designed trains can still be found in Myanmar. There are steam locomotives which are getting extinct in the world today.

There are trips which take about 14 days traveling from Yangon. The destination plans starts from Yangon and crosses Thazi, Mandalay, Lashio and Bagan.

There are also trips from Yangon to Namtu and then up from Namtu to Nashai, Namyao. Then back from Nashai to Lashio in coach.

The cute locomotives running the trips are Kerr Stuart "Huxley" class 0-4-2T No. 13, Bagnall-built 2-6-2 No. 42, which use for shunting at Namyao. Two more of the Huxley class, No 34 and 40 are preserved in Namtu yard for shorter routes.

■ **The Gokteik Bridge**

The Gokteik Bridge is a structure of steel trestle construction for railway line to Lashio. The construction began in 1901 by an American company known as the Pennsylvania and Maryland Bridge Construction.

The Gokteik Bridge was completed in 1913. The length of the bridge is 2260 feet long and 320 feet high above a deep ragged stone rock valley. The bridge was destroyed in the World War II but was repaired later by the Myanmar Railway.

It is a remarkable construction which is still in good condition and can be considered as a masterpiece. This bridge is a must to cross once you are in Myanmar.

For more information and costing about such trip programs, please contact your trip advisor and tour operators or visit www.myanmars.net.



A Meditation Group at the Shwedagon Pagoda

Meditation in Myanmar

Myanmar is a land with different people and different religions. About 90% of the people in Myanmar are Buddhists. Many Vipassana Meditation Centers based on Buddha's teaching are widely taught throughout the country. Vipassana meditation in Myanmar is taught during ten-day residential courses. This period has been found to be the minimum requirement for new students to understand the technique and its benefits through their own experience. Here is some information on the Meditation Centres so that one can plan the Meditation trips in Myanmar.

■ **Chanmyay Yeiktha**

Chanmyay Yeiktha functions mainly as a meditation centre but it is also a monastery with resident monks who are the meditation teachers. It is for foreigners and Myanmar mediators alike. Foreigners are well catered for and often have their own quarters and schedules. Men and women's accommodation is separate, clean and simple, complete with bed linen and mosquito nets. Two healthy meals are served everyday, one at dawn, another just before noon, drinks such as orange juice are offered in the evening. Vegetarian food is available on request. In the dining hall, everyone eats slowly, quietly and mindfully. Clean and safe drinking water is supplied. For long term meditation, you are invited to ordain as a monk, novice or nun. It is an excellent opportunity that will enhance your experience in meditation and Myanmar.

Things to do

Contact Address

55A Kaba Aye Pagoda Road

Yangon 11061, Myanmar

Tel : 95 (1) 661479

Fax : 95 (1) 667050

Website: www.chanmyay.net

■ Mahasi Meditation Center

Buddha Sasana Nuggaha Organization was founded in 1947 in Myanmar with the object of propagating the Buddha Sasana through scriptural learning and practice of Vipassana meditation. None-profit in character, it operates the Mahasi Meditation Center with subscriptions from its members and voluntary donations from devout Buddhists throughout the country. The Center is within easy reach, only about twenty minutes drive by taxi from the Yangon Mingaladon International Airport, or about ten minutes by car from the Tourist Center in downtown Yangon. It is shown in Tourist guide maps and there is a prominent signboard at the junction of Kaba Aye Pagoda and Sasana-yeiktha Road to guide the visitor.

Foreign Yogis seeking admission should be ready and willing to undergo full-time Vipassana meditation for about six to twelve weeks which is considered and appropriate period of retreat for one to gain a basic knowledge and experience of Vipassana meditation. Yogis from abroad intending to meditate at the Center should contact the organization in writing beforehand furnishing such particulars as their knowledge of the Buddha-dhamma and previous experience of Buddhist meditation, the name and address of the center where they have meditated and the Meditation Teacher under whom they have been trained.

Contact Address

Buddha Sasana Nuggaha Organisation

No 16, Sasana Yeiktha Road,

Bahan Yangon, P.O 11201 Myanmar

Tel : (+95) 01 541971, 552501

Fax: (+95) 01 289960, 289961

■ Dhamma Joti

Dhamma Joti was opened in October 1993 with with Goenkaji and Mataji present for the first three courses. Goenkaji expressed his happiness at being able to repay the debt of gratitude to Myanmar for maintaining Dhamma in all its purity. On the opening day, the elder monks of the State Monks' Organization called the "State Sangha Mahanayaka Organization" were present and gave Ovada Katha (blessing and advising talk) to the audience.

Contact Address

Nga Htat Gyi Pagoda Rd Bahan Township,
Yangon Myanmar

Tel : [95] 1 549-290

Email : info@joti.dhamma.org

registration@joti.dhamma.org

webmaster@joti.dhamma.org

■ Mogok Vipassana Yeiktha

The Yeiktha is founded by Sayadaw U Vimala. Mogok Vipassana Yeiktha has a way of meditating in another way using the Mogok Vipassana Circle.

Contact Address

82 Natmauk Road, Bahan,

Yangon, Myanmar

■ Saddhammaransi Meditation Centre

Abbot : Saddhammaransi Sayadaw

Ashin Kundalabhivamsa Mahasi Nayaka

(Agga Maha Kammathanacariya)

Contact Address

No.7, Zeyar Khaymar Road 8th Mile,

Mayangon Township, Yangon, Myanmar

Tel: (95-1) 661597

For more information and estimation of the trip fare, please contact your trip advisor and tour operators or visit www.myanmars.net.



Myanmar

Travel Directory (2010-2011)

Ecotourism

Myanmar is a land full of richness in nature and the diversity of species. The ecosystems in this country constitute one of the biological reservoirs in Asia. The land area of Myanmar is 261,228 square miles, with a variety of natural resources, plants and animals. The Ministry of Forestry is responsible for maintain the forests of Myanmar. There are over 7,000 plants and over 1,000 endemic species. Also, there are about 1,000 bird species, 300 mammals, 350 reptiles are recorded. The richness of the biodiversity in nature gives Myanmar a way for Ecotourism. The general concept of ecotourism is to restrict the number of visitors within the carrying capacity of the ecotourism site. The allowable tourism level at such areas will vary with the tolerant sensitivity of the type of forests and its environment. Now there are nature reserves and wildlife centuries for ecotourism development. Contact your tour operators for detail information about the ecotourism trips.

■ **National Kandawgyi Garden**

National Kandawgyi Garden is located in Pyin Oo Lwin, Mandalay. The Area is about 344.81 acres and was established in 1915. This Garden before was known as National Botanical Garden. It serves as a recreation centre for the public and as an ecotourism site for the tourists.



■ **Moeyingyi Wetland Wildlife Sanctuary**

Moeyingyi Wetland Wildlife Sanctuary is located in Waw Township, Bago Division. It is



a land of 40 square miles. This sanctuary was established in 1986. This sanctuary is to conserve resident and migratory water birds and their habitats.

■ **Inle Lake Sanctuary**

Inle Lake Sanctuary is a wetland sanctuary and located in Naung Shwe, Pinlaung and Peh Kon Townships of Southern Shan State. It covers an area of 642.32 square miles and was established in 1985. This sanctuary is to conserve and protect natural vegetation, wetland birds and fresh water fishes in Inlay sanctuary.

■ **Shwesettaw Wildlife Sanctuary**

Shwesettaw Wildlife Sanctuary is located in Minbu, Setote-taya, Saku and Ngapeh Townships of Magwe Division. The total area is 213.4 square miles. It was established in 1940. This sanctuary is to conserve the deer of Myanmar and the dry zone.

■ **Khakaborazi National Park**

Khakaborazi National Park is located in Naungmung Township of Kachin State and it covers an area of 1,472 square miles. This park is to conserve natural forests and wildlife in the northern part of Myanmar.

■ **Seint Ye Forest Camp**

Seint Ye Forest Camp is located in Oaktwin Township of Bago Division and was established during the year 1996. It occupies an area of 102 acres. This forest camp is to observe natural teak forests and teak growing environmental conditions.

Things to do

■ Myaing Hay Wun Elephant Camp

Myaing Hay Wun Elephant Camp is located in Taikkyi Township of Yangon Division. It has an area of 10 acres and established in 1986. The aim of this Camp is to develop and promote from Elephant Nursing Camp to Myaing Hay Wun Elephant Research Camp.

■ Nat Ma Taung National Park

Located in Kanpet-let, Mindut and Matupi Townships of Chin State, Nat Ma Taung National Park was established in 1994. It covers an area of 279 square miles. To conserve the watershed areas of Lemro river, Myitha river, Saw Chaung, Maw Chaung, Salin Chuaung, Che Chaung, Yow Chaung, Mon Chaung and the animals in it.

■ Indawgyi Lake Wildlife Sanctuary

Indawgyi Lake Wildlife Sanctuary is located in Mohnyin Township of Kachin State. It covers an area of 299.32 square miles and was established in 1999. The sanctuary determines to conserve the largest inland lake in South-east Asia and to protect it's the dwelling birds.

Marine

■ Marine Life

The Andaman Sea is a body of water to the southeast of the Bay of Bengal, south of Myanmar, west of Thailand and east of the Andaman Islands; it is part of the Indian Ocean. It is roughly 1200 kilometres long (north-south) and 650 kilometres wide (east-west), with an area of 797,700 km square. Its average depth is 870 meters, and the maximum depth is 3,777 meters. Hence with the area that Andaman occupies, there are many marine lives, rare species of plants and undersea lives.

■ Underwater lives found in Andaman Sea

Whale Sharks are found in the Myanmar marine life in the Andaman Sea. Manta Ray is found at Myanmar's Black Rock, North Twin and Klaus Reef. Gray reef sharks from

Myanmar's shark cave and juvenile silvertip reef sharks from the Burma Banks are popular species to observe when diving. Giant Anglerfish are astonishing giant anglerfish, perfectly disguised on the reef as a sponge. Burma's Black Rock also has some 20 black blotched stingrays. At Western Rocky Island in Burma's Mergui archipelago aggressive big red octopuses inhabits. In the depths of the Mergui Archipelago, tile fish use their mouths to build enormous mounds of dead coral. When threatened, the fish dive head first into the rubble. This species remains undescribed by scientists and has been provisionally named *Hoplolatilus hopei*, or Hope's tilefish.



Blue sea of Myanmar

■ Myeik Archipelago

The Mergui Archipelago (also Myeik Archipelago) is an archipelago off the western shore of the Malay Peninsula in far southern Myanmar. It consists of more than 800 islands, varying in size from very small to hundreds of square kilometres.

The local people are an ethnic minority called the Moken, sometimes known as sea gypsies, although this term actually covers several groups in Southeast Asia. They are a sea-dwelling people and they follow a traditional way of life, doing things such as fishing and building boats very much the way they have been done for centuries. They can be found living on their traditional boats during the

dry season, but usually keep to land in the rainy season.

Owing to the archipelago's remoteness, a liveaboard cruise is the only way for visitors to reach diving areas with names such as Big Bank, Rainbow Reef or Silvertip Bank. The best diving conditions exist from December to April, with whale sharks and manta rays visiting from February to May.



Cultural Tours

Myanmar is a land of traditions and cultures. The country and the people have ancient cultural heritage and many tourists from all over the world are interested in this.

Many travel agents and tour operators from Myanmar offer a range of cultural tours and trips throughout the country. The main destinations included in this type of tours are Yangon, Mandalay, Bagan, Mrauk U, Mon State and Inle Lake.

Yangon has been the capital of Myanmar for a long time and it is rich in colonial buildings and the modern lifestyle of the people. It is also the main hub to entering Myanmar.

Mandalay is the ancient capital of Myanmar during the Konbaung Period. The city has the Royal Mandalay Palace which has been renovated after a great fire. The Palace has been built with the Myanmar cultural tastes. The Mandalay Hill and the Moat are also some more to see.

Bagan was the first Myanmar Empire which was founded by King Anawrahta. Bagan was a rich city during the ancient time and it

was said almost everyone donated and built temples and pagodas. Some of those ancient monuments and ruins are still found in Bagan today. The most famous monuments in Bagan are Ananda Temple, Thabbyinnyu, Dhammayangyi and Shwezigon Pagoda.

Mrauk U is another place of ancient destination with cultural heritage in Rakhine State. The Mrauk U Kings established the kingdom and the traditions of this place. Today, many remains and ruins of temples and pagodas shows the Rakhine's cultural destination.

Historical Sites

■ **Beikthano City**

Beikthano or the Ancient Center of the Pyu People of Myanmar. Beikthano transliterated from "Vishnu" the Preserver, the second of the Hindu triad, is the oldest of the 3 ancient Centres of Pyu Civilization. Chronologically Beikthano flourished during the 1st to 5th centuries CE, the second being Thayekhittayar (Srikestra) now called Hmawzar which lasted from the 5th Century to the 7th Century.

■ **Hanlin City**

Another significant Pyu site, Halin, lies about 11 miles south-east of Shwebo in Upper Myanmar. There is a group of villages with numerous small modern pagodas to the south of the old fortified city. This locality is noted for hot saline springs.

■ **Tagaung City**

Tagaung is situated on the east bank of the river Ayeyarwady, 127 miles north of Mandalay and 56 miles north of Shwebo. It's civilization dates back to the early Christian era with Pyu culture.

■ **Nyaunggan City**

Nyaunggan is located in Budalin Township, Monywa District, Sagaing Division. A cemetery, near Nyaunggan Village, Budalin Township, was excavated during two field seasons in 1998 and 1999. The excavation involved five pits. Most of the skeletons with bones in situ were extended and supine primary burials, although there was one secondary burial, consisting of a skull in a large pot.

Useful Information

■ Visa Information

Myanmar requires a visa for all foreigners visiting the country. It is valid for 28 days starting from the day you enter the country, three months from the date of issue. You can obtain a visa from Myanmar Embassies in the various countries. The international points of entry and exit Myanmar are Yangon International Airport and Mandalay International Airport.

Show your passport (with valid entry visa) and disembarkation card on arrival to the Immigration officer at the International Airport (Yangon or Mandalay).

A valid **passport** with Entry visa is required for all tourists & businessmen, applicable at any Myanmar Embassies and Consulate General Offices abroad.

Types of Visa

- A Tourist Visa allows a stay of 28 days, extendible for an additional 14 days.
- A Business Visa allows a stay of 28 days, extendible up to 12 months on a case by case basis.
- Visa on Arrival is granted to Package Tourists who have booked prepaid package tour from one of licensed travel and tour companies. This arrangement requires minimum of two weeks lead time for the tour companies to prepare.

■ Health & Insurance

Health officials require certification of immunization against cholera, and against yellow fever if you have travelled or stay at AFFECTED areas within nine days before your arrival Myanmar date. Proof of smallpox vaccination is no longer required. There are several hospitals and clinics in Yangon, some of which are under the Ministry of Health and some are privately owned. The Pun Hlaing International Hospital is the first international hospital in Myanmar. As such it is only in developing stage for insurance of travelling and travel-

ers. Coverage amount may not realized to full expense. Tourists are strongly suggestible to make insurance policies at one's country or from international institutions. Even though your tour operator at Myanmar does not ask you for details of your travel insurance coverage, you should inform them the contact point regarding insurance matters in case of such urgency occurs; and your identification at insurance company.

■ Currency

Foreigners are recommended to bring US Dollars into Myanmar because they are easily exchangeable for Foreign Exchange Certificate (FEC) at authorised money changers, who can also exchange directly into Kyat. Euros may also be exchanged into FEC at authorised money changer. Please be warned that torn, dirty and stained notes might not be able to accepted.

Only a few restaurants and hotels accept Credit cards, and the service charges may vary from 20 to 40 percent.

Myanmar currency is known as "Kyat" which comprises 100 pyas.

■ Vaccination

Most traveler will need vaccinations for hepatitis A, typhoid fever, and polio, as well as medications for malaria prophylaxis and travelers' diarrhea. Other immunizations may be necessary depending upon the circumstances of the trip and the medical history of the traveler. Insect repellents are recommended, in conjunction with other measures to prevent mosquito bites. All travelers should visit their personal physician 4-8 weeks before your trip. The sun can be remarkably hot and a hat and high-factor block cream is advisable.

■ What to Wear

- Light, casual cotton wear because of hot weather

- A cardigan or light jerkin, when visiting northern Myanmar in the cold season
- An umbrella during the rainy season
- Sandals or slippers
- Quick drying clothes are recommended if you visit during the rainy season or Thingyan
- The dress code for pagodas and monasteries prescribe decent apparel, no footwear is allowed when visiting pagodas and monasteries.

■ Customs

Jewellery, electrical goods and cameras must be declared at the airport. Antiques and archaeologically valuable items are not allowed to be taken out. Duty free allowance are 2 bottles of liquor, 2 cartons of cigarettes, 100 cigars, 1.5 lb of tobacco, one pint bottle of perfume or eau de cologne.

■ What to Bring

- Insect repellent
- Sun Block, sunglasses, hat, umbrella
- Personal Medical Kit

■ Shopping

Shopping in Myanmar is a lot better now with the acceptance of free-market kyat as an exchange currency.

In the larger town areas, you can usually get good bargains at public market places known as *zei* or *zay*, in Myanmar. Another known as *zeigyo* (also spelt *zei-gyo* or *zay-cho*) is the main central market. It is natural that other markets will be named after the district or township where they are located.

Nowadays the number of super markets and departmental stores are rising, so its very convenient for any tourists to shop around. The stores have a variety of daily consumer products and other useful products.

■ Public Holidays (2010)

Date	Holiday Description
4 January	<i>Independence Day</i>
12 February	<i>Union Day</i>
2 March	<i>Peasants Day</i>
27 March	<i>Armed Forces Day</i>
11 April -20 April	<i>New Year Holiday</i>
12 April - 16 April	<i>Thingyan Water Festival</i>
17 April	<i>Myanmar New Year</i>
27 April	<i>Kason Watering Festival - Full Moon Day of Kason</i>
1 May	<i>Labours Day</i>
19 July	<i>Martyr's Day</i>
26 July	<i>Dhammasakyar Day - Full Moon Day of Second Waso</i>
23 October	<i>Abhidhamma Day - Full Moon Day of Thadingyut</i>
21 November	<i>Tazaungdine Festival - Full Moon Day of Tazaungdine</i>
1 December	<i>National Day</i>
25 December	<i>Christmas Day</i>

Foreign Embassies in Myanmar

Australia



88, Strand Road, Kyauktada Tsp., Yangon.

☎ 951-251810, 251797, 251798, 251809, 246462, 246463

☎ 951-246159

Bangladesh



11(B), Than Lwin Road , Bahan Tsp., Yangon.

☎ 951-515275, 526144

☎ 951-515273

✉ bdootygn@mptmail.net.mm

Brunei Darussalam



317/319, U Wisara Road, Sanchaung Tsp., Yangon

☎ 951-526985, 524285

☎ 951-512854

✉ bruneiemb@bruneiemb.com.mm

Cambodia



25 (3B/4B), New University Avenue Road, Bahan Tsp., Yangon.

☎ 951-549609, 540964

☎ 951-512854

✉ recyangon@myanmar.com.mm

China



1, Pyidaungsu Yeiktha Road , Dagon Tsp., Yangon.

☎ 951-221280, 221281, 224025, 224097, 221926

☎ 951-227019, 228319

Egypt



81, Pyidaungsu Yeiktha Road , Dagon Tsp., Yangon.

☎ 951-222886, 222887

☎ 951-222865

✉ egyembyangon@mptmail.net.mm

France



102, Pyidaungsu Yeiktha Road, Dagon Tsp., Yangon.

☎ 951-212178, 212520, 212523, 212528, 512532

☎ 951-212527

✉ ambafrance.rangoun@diplomatie.fr

Germany



9, Bogyoke Aung San Museum Street, Bahan Tsp., Yangon.

☎ 951-548951, 548952, 548953

☎ 951-548899

✉ info@rangoun.diplo.de

India



545 - 547, Merchant Street, Kyauktada Tsp., Yangon.

☎ 951-391219, 388412, 243972

☎ 951-254086, 250164, 388414

✉ indiaembassy@mptmail.net.mm

Indonesia



100, Pyidaungsu Yeiktha Road, Dagon Tsp., Yangon.

☎ 951-254465, 254469, 229750

☎ 951-254468

✉ yangon.kbri@deplu.go.id

Foreign Embassies in Myanmar

Israel



15, Khabaung Street, Hlaing Tsp., Yangon.

☎ 951-515115

☎ 951-515116

✉ info@yangon.mfa.gov.il

Italy



3, Inya Myaing Road, Golden Valley, Bahan Tsp., Yangon.

☎ 951-527100, 527101

☎ 951-514565

✉ ambyang.mail@esteri.it

Japan



100, Natmauk Road, Bahan Tsp., Yangon.

☎ 951-549644-8, 540411, 540400, 540399, 545988

☎ 951-549643

Korea (North)



77C, Shin Saw Pu Road, Sanchaung Tsp., Yangon

☎ 951-512642, 510205

☎ 951-510206

Korea (South)



97, University Avenue, Bahan Tsp., Yangon.

☎ 951-527142, 527143, 527144, 515190

☎ 951-513286

✉ hankuk@koremby.net.mm

Laos



A-1, Diplomatic Quarters, Taw Win Street, Dagon Tsp., Yangon.

☎ 951-222482

☎ 951-227446

✉ laoembcab@mptmail.net.mm

Malaysia



82, Pyidaungsu Yeiktha Road, Dagon Tsp., Yangon.

☎ 951-220248, 220249, 220251, 220230

☎ 951-221840

✉ mwkyangon@mptmail.net.mm

Nepal



16, Natmauk Yeiktha Lane, Tamwe Tsp., Yangon.

☎ 951-545880, 557168

☎ 951-549803

✉ nepemb@mptmail.net.mm

Pakistan



A-4, Diplomatic Quarters, Pyay Road, Dagon Tsp., Yangon.

☎ 951-222881

☎ 951-221147

✉ pakistan@myanmar.com.mm

Philippines



50, Saya San Road, Bahan Tsp., Yangon.

☎ 951-558149, 558150, 558151

☎ 951-558154

✉ yangonpe@mptmail.net.mm

Foreign Embassies in Myanmar

Russian



38, Sagawa Road, Dagon Tsp., Yangon.

☎ 951-241955, 254161

☎ 951-241953

✉ rusinmyan@mptmail.net.mm

Saudi Arabia



287/289, U Wisara Road, Sanchaung Tsp, Yangon

☎ 951-536153, 516952

☎ 951-516951

Serbia



114-A, Inya Road, Kamaryut Tsp., Yangon.

☎ 951-515282, 515283

☎ 951-504274

✉ serbemb@yangon.net.mm

Singapore



238, Dhamazedi Road, Bahan Tsp., Yangon.

☎ 951-559001

☎ 951-559002, 559922

✉ singemb_ygn@mfa.gov.sg

Sri Lanka



34, Taw Win Street, Dagon Tsp., Yangon.

☎ 951-222812

☎ 951-221509

✉ embsrilanka@yangon.net.mm

Thailand



94, Pyay Road, Dagon Tsp., Yangon.

☎ 951-226721, 226728, 226824

☎ 951-221713

✉ thaiygn@mfa.go.th

United Kingdom



80, Kan-na Road, Kyauktada Tsp., Yangon.

☎ 951-370867,380322,371852, 371853, 256438, 370863

☎ 951-370866

✉ Visa.Rangoon@fco.gov.uk

United States of America



110, University Avenue, Kamayut Tsp, Yangon

☎ 951-536509, 535756

☎ 951-650306

✉ consularrangoon@state.gov

Vietnam



72, Than Lwin Road, Bahan Tsp, Yangon

☎ 951-511305

☎ 951-514897

✉ vnembmyr@cybertech.net.mm




International Organizations

UNAIDS	Rm 1223-1231, 12 Fl - A, Traders Hotel, Yangon ☎ 951-252361
UNDP, UNFPA WFP, UNOPS	6, Natmauk Road, Bahan Tsp, Yangon ☎ 951-542911-19 ☎ 951-545634 ✉ registry.mm@undp.org
UNHCR	287, Pyay Road, Sanchaung Tsp, Yangon ☎ 951-524022, 524024, 524025, 504756 ☎ 951-524031 ✉ myaya@unhcr.ch
UNIAP	Rm 1202, 12 Fl, Traders Hotel, Yangon ☎ 951-242828
UNIC	6, Natmauk Road, Bahan Tsp, Yangon ☎ 951-542910-19
UNICEF	14-15 Fl, Traders Hotel, Yangon ☎ 951-375527-32 ☎ 951-375552 ✉ unicef.yangon@unicef.org www.unicef.org/myanmar
UNODC	11-A, Malikha Road, Ward 7, Mayangone Tsp, Yangon ☎ 951-666903, 660556, 660538, 660398 ☎ 951-651334 ✉ fo.myanmar@unodc.org www.unodc.org/myanmar
UNOPS	6th Storey building, 4th floor, Strand Road, Yangon ☎ 951-380482, 380485 ☎ 951-382410
WHO	13th Floor, Traders Hotel, Yangon ☎ 951-241932, 250583-4
FAO	Myanma Agriculture Service, Insein Tsp, Gyogone, Yangon ☎ 951-641672, 641673 ☎ 951-641561 ✉ fao-mmr@fao.org
ILO	Rm 1211-1220, 12th Floor, Traders Hotel, Yangon ☎ 951-292393, 242811 ☎ 951-242594

Myanmar Embassies abroad

Australia	22 Arkana Street, Yarralumla, Act 2600, Canberra ☎ (61-2) 62733811, (61-2)62733751 ☎ (61-2) 62733181 ✉ mecanberra@bigpond.com www.myanmarembassyaustralia.com
Bangladesh	No.3, Block-NE(L), Road-84, Gulshan-2, Dhaka-1212 ☎ (8802) 9888903, 9896331, 9896298, 9896373, 9889215 ☎ (8802) 8823740 ✉ mynembdk@dhaka.net
Belgium	Boulevard General Wahis 9, 1030 Brussels ☎ (32-2) 7019380, 7019381 ☎ (32-2) 7055048 ✉ mebrussels@skynet.be
Brazil	Shis QI 07, Conjunto 04, Casa 05, Lago Sul, Cep 71615340, Brasilia-Df ☎ (005561) 32483747, 32482374 ☎ (005561) 33842747 ✉ mebrasil@gmail.com www.myanmarbsb.com
Brunei Darussalam	No.14 Lot 2185/46292 Simpang 212 Jalan Kampong Rimba Gadong 3385, Post Code Be-3119 P.O.Box 1309 Post Office Gadong 3113 ☎ (673) 2451960, 2451961 ☎ (673) 2451963 ✉ myanmar@brunet.bn
Cambodia	181, Preah Norodom Boulevard, Boeung Keng Kang 1, Khan Chamcarmon, Phnom Penh. ☎ (855-23) 223761, 223762 ☎ (855-23) 223763 ✉ mephnompenh@yahoo.com
Canada	85 Range Road, Suite 902-903, The Sandringham, Ottawa, Ontario Kin 8j6, Canada ☎ (1613) 2329990 ☎ (1613) 2326999 ✉ meottawa@rogers.com
China	No 6, Dong'zhi Men Wai Street, Chao Yang District, Beijing, 100600 ☎ (8610) 65320351 (2 lines) ☎ (8610) 65320408 ✉ info@myanmarembassy.com
Egypt	No.24, Mohamed Mazhar Street, Zamalek, Cairo 11211 ☎ (00202) 27362644, 27363123

Myanmar Embassies abroad

	 (00202) 27357712  embassy-myanmar@access.com.eg
France	No.60, Rue De Courcelles, 75008 - Paris  (330) 156881590, 156881591  (330) 145621330  me-paris@wanadoo.fr
Germany	Thielallee 19, 14195 Berlin, Federal Republic of Germany  (0049-30) 2061570  (0049-30) 20615720  info@botschaft-myanmar.de
India	3/50 F, Nyaya Marg, Chanakyapuri, New Delhi 110021  (009111) 24678822, 24678823  (009111) 24678824  myandelhi@gmail.com http://menewdelhi.editboard.com
Indonesia	109, Jl. Haji Agus Salim, Menteng, Jakarta Pusat, Indonesia  (62-21) 3158908, 3159095  (62-21) 3160079  myanmar@cbn.net.id
Israel	12th Floor, Textile Center, Building 2, Kaufaman Street, Tel-Aviv 68012 Israel  (972-3) 5170760, 5163364  (972-3) 5163512  myanmar@zahav.net.il
Italy	Via Della Camilluccia, 551 Cap 00135 Roma, Italy  (0039-06) 36303753, 36304056  (0039-06) 36298566  meroma@tiscalinet.it
Japan	8-26, 4-chome, Kita Shinagawa, Shinagawa-Ku, Tokyo 140-0001 Japan  (81-3) 34419044, 34419292, 34419293, 34419294, 34419029  (81-3) 34477394  contact@myanmar-embassy-tokyo.net www.myanmar-embassy-tokyo.net
Korea	723-1, 724-1, Hannam-Dong, Yongsan-Ku, Seoul, 140-210, Republic of Korea  (82-2) 7903814, 7903815, 7903816  (82-2) 7903817  myanmar@kotis.net www.myanmar-embassy-seoul.com

Myanmar Embassies abroad

Kuwait	Villa No. 28, St 44, Block 5, Al-Zahra Area, Kuwait City, State of Kuwait ☎ (965) 25240736 ☎ (965) 25240749 ✉ myankuwait11@gmail.com
Laos	Lao-Thai Road, Watnak Village, Sisattanak District, P.O Box 11, Vientiane, Lao, P.D.R. ☎ (856-21) 314910, 314911, 353491 ☎ (856-21) 314913 ✉ mevlao@laotel.com
Malaysia	8(C), Jalanampang Hillir, 55000, Kuala Lumpur, Malaysia ☎ (603) 42514455, 42515595, 42516355 ☎ (603) 42513855 ✉ mekl@tm.net.my
Nepal	Nakkhu Height, Ward No. 4/Ga, Sainbu Bhaisepati, Lautpur, Kathmandu, P.O. Box. 2437, Nepal ☎ (009771) 5592774 ☎ (009771) 5592776 ✉ myanmaremb@witnk.com.np
Pakistan	House 273, Street 6, F-10/3, Islamabad, Pakistan ☎ (0092-51) 2114148, 5877497 ☎ (0092-51) 2114149 ✉ Mo@myanmarembislamabat.com www.myanmarembislamabad.com
Philippines	8th Floor, Gervasia Corporate Center, 152 Amorsolo Street, Legaspi Village, Makati City, Metro Manila, Philippines ☎ (0063-2) 8931944, 8123644 ☎ (0063-2) 8928866 ✉ me.manila@gmail.com
Russian Federation	41-B, Nikitskaya (Gertsena), Moscow, Russian Federation ☎ (007-495) 6915684, 6915614 ☎ (007-495) 9561878 ✉ myanmarembassy@vipmail.ru
Saudi Arabia	No.5, Al-Kati Street, King Fahd Area, Riyadh, Kingdom of Saudi Arabia ☎ (966-1) 2293525, 2293523, 2293496 ☎ (966-1) 2293306 ✉ meriyadh@gmail.com
Serbia	Kneza Milosa 72, Belgrade 11000, The Republic of Serbia. ☎ (381-11) 3619114, 3617 165 ☎ (381-11) 3614968 ✉ myanbel@sezampro.rs

Myanmar Embassies abroad

Singapore	15, St. Martin's Drive, Singapore 257996. ☎ (0065) 67350209 (6) Lines ☎ (0065) 67356236 ✉ ambassador@mesingapore.org.sg www.mesingapore.org.sg
South Africa	201 Leyds Street, Arcadia, Pretoria P.O. Box 12121, Queenswood 0121 South Africa ☎ (27-12) 3412556, 3412557 ☎ (27-12) 3412553 ✉ mepretoria@lantic.net www.myanemb-sa.net
Sri Lanka	4A, Rosmead Avenue, Rosmead Palace, Colombo 7 ☎ (94-11) 2681007, 2696440 ☎ (94-11) 2682052 ✉ mmembcmb@slt.net.lk
Thailand	132, Sathorn Nua Road, Bangkok 10500 Thailand ☎ (662) 2332237, 2340320, 2340278, 2377744, 2337250 ☎ (662) 2366898 ✉ myanmarembassybkk@gmail.com
United Kingdom	19 A, Charles Street, London W1J 5DX United Kingdom ☎ (044-207) 4994340, 4937397 ☎ (044-207) 4097043 ✉ melondon@btconnect.com
USA	2300 S Street, N.W., Washington, D.C. 20008 United States Of America ☎ (202) 3323344, 3324350, 3324352 ☎ (202) 3324351 ✉ Pyi.Thayar@varizon.net www.mewashingtondc.com
Vietnam	298 A, Kim Ma Street, Hanoi ☎ (84-4) 38453369, 38232056 ☎ (84-4) 38452404 ✉ mevhan@ftv.vn www.mehanoi.org.vn
Lebanon	Charles De Gaulle Avenue, Debahy Center 7th Floor, Sin El Fil, Beirut P.O Box : 11-0346 ☎ (96-11) 485375, 485377 ☎ (96-11) 502974 ✉ jdebahy@attmail.com

Myanmar Consulate Generals

Kunming, China	Room No.B 503 & A 504, Long Yuan Haozhai, 116 Wei Yuan Jie, Kunming 650021, Yunnan, Province P.R.China ☎ (86) (871) 3641268, 3603477 ☎ (86) (871) 3602468 ✉ mcgkunming@gmail.com www.mcg-kunming.com
Hong Kong, China	Rm 2401-2405 & 2436-2440, 24/F Sun Hung Kai Center, 30 Harbour Road, Wanchai, Hong Kong. ☎ (852) 28450810, 28450811 ☎ (852) 28450820 ✉ cgbk@biznetvigator.com
Kolkata, India	No.57K, Ballygunge Circular Road, (Par Matesh Brua Sarani Road) Kolkata - 70019, Republic of India ☎ (91-33) 24851656, 24851658 ☎ (91-33) 24851655

Myanmar Permanent Missions

Switzerland	47, Avenue Blanc, 1202 Geneva, Switzerland ☎ (0041-22) 9069870, 9069871 ☎ (0041-22) 7238919 ✉ mission.myanmar@ties.itu.int www.myanmargeneva.org
New York	10 East 77th Street, New York, N.Y 10075, USA ☎ (1-212) 7441271, 7441275, 7441279 ☎ (1-212) 7441290 ✉ myanmarmission@verizon.net

Myanmar Honorary Consulates-General

Bangladesh	Suite #200, Hotel Agrabad, Agrabad Commercial Area, Chittagong, Bangladesh ☎ (88031) 7133118 ☎ (88031) 710572 ✉ hmhakimail@agrabadhotels.com
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Greece

10 Skouze Street, Piraeus, Gr 18536

☎ (301) 4526026, 4526086

☎ (301) 4524920

✉ przane@tee.gr

Japan

3-3-11 Eboshicho, Nada-ku, Kobe, Japan 652-0042

☎ (81-078) 8053901

☎ (81-078) 8053849

✉ hnin@ship.ecl.co.jp

Korea

10F, Medical Centre, B/D No.1-28, Sujuong, 2-dong, Dong-Juggu, Busal, Korea

☎ (82-51) 4680999

☎ (82-51) 4684999

The Netherlands

Overaseweg 96, 4836 BC Breda

☎ (31-78) 5317327

☎ (31-78) 5209054

✉ colsul@histevens.nl

Lebanon

93, Charles De Gaulle Avenue, Debahy Center, Sinelfil, Beirut

☎ (961-1) 4853759 (5 lines)

✉ myanmar@debahy.com

Turkey

Cetin Emec Bul Vari, 7 Cadde 55/4, Amkara, Turkey

☎ (90-312) 4725078, 4961375

☎ (90-312) 4725016, 4961376

Vietnam

50, Sam Son Road, Ward 4, District 10, Hochiminh City

☎ (84-8) 54490805

☎ (84-8) 38428879

✉ dtbac@yahoo.com



Boat Schedules

■ Ayeyarwaddy River

The Ayeyarwaddy River (Irrawaddy) River is a river that flows through Myanmar. It is Myanmar's largest river (about 1350 miles or 2170 km long) and the most important commercial waterway, with a drainage area of about 158,700 square miles (411,000 km²). The Ayeyarwaddy River starts in Kachin State, at the confluence of the Mali Kha and Mai Kha rivers. The western Mali Kha branch arises from the end of the southern Himalayas, north of Putao, and (like the main river) is called Nam Kiu in the Shan language.

■ Chindwin River

The Chindwin originates in the broad Hukawng Valley of Kachin State of Myanmar. The Tanai exits the Hukawng valley through the Taron or Turong valley and through a sharp defile in the river. It then takes on the name of Chindwin, and maintains a general southerly course. The river's course is generally south-westerly until the town of Mingin. It then takes a more southeasterly course entering into broad central plain, passing the city of Monywa

on the left bank. Its course at this point forms the boundary between the Sagaing and Pakokku districts.

■ Sittaung River

The Sittaung is a river in south central Myanmar in Bago Division. The Bago Range separates its basin from that of the Ayeyarwaddy. The river originates at the edge of the Shan Plateau southeast of Mandalay, and flows southward to the Gulf of Martaban. Its length is 420 km and its mean annual discharge is around 50 cubic kilometers per year.

■ The Thanlwin River

The Thanlwin flows through the Tibetan Plateau and cuts a succession of 1,000-metre (3,300 ft)-deep gorges through the Shan Plateau and Arakan Yoma in Myanmar before its valley widens for the final part of its course and it deposits its glacially-originated sediments on an extensive delta at the mouth. Much of the Salween basin drains the geologically young eastern mountains formed by the collision of the Indian subcontinent with Asia.

Name of Vessel	Route	Schedule
RV Mahaythi	Yangon-Twante-Yangon	Day Trip
RV Mahaythi	Yangon-Maubin-Yangon	3Days/ 2 Nights
RV Mahaythi	Yangon-Maubin-Kyaiklat-Phyarpon-Yangon	4Days/ 3 Nights
RV Mahaythi	Yangon-Maubin-Sabaeyoo-Pathein-Ngwesaung	5 Days/ 4 Nights
RV Mahaythi	Yangon-Pyay	8 Nights
RV Mahaythi	Pyay-Bagan	6 Nights
RV Mahaythi	Bagan-Kalewa	7 Nights
RV Mahaythi	Bagan-Mandalay	3 Nights
RV Mahaythi	Mandalay-Bamaw	6 Nights
RV Mahaythi	Mandalay-Pyay	8 Nights
RV Mahaythi	Pyay-Pathein, Ngwesaung	8 Nights
RV Mahaythi	Pathein-Yangon	4 Nights
RV Pandaw 1947	Mandalay-Bagan	3-4 Nights
Pandaw II	Yangon-Mandalay	14 Nights
Pandaw II	Mandalay-Bagan	8 Nights
Pandaw II	Mandalay-Pyay	8 Nights
Malikha	Mandalay-Bagan	1-2 Nights
RV Paukan	Bagan-Mandalay	1-2 Nights

Boat Schedules

Name of Vessel	Route	Schedule
Pandaw 1947	Yangon - Bagan - Mandalay - Sagaing	5 Nights
Pandaw 1947	Yangon - Prome - Magwe - Mingun - Sagaing	10 Nights
Pandaw 1947	Mandalay - Bamaw - Mandalay	8 Nights

Route : Yangon Sunset Cocktail Cruise

Vessel : RV Mahaythi

Schedule : Daily

Itinerary : 16:30 PM - Depart from Wartan Oil filling Jetty. Enjoy the river life of Yangon.

18:00 PM - Enjoy the magnificent sunset view.

18:00 PM - Arrive back to Wartan Jetty.

Route : Yangon - Twante - Yangon

Vessel : RV Mahaythi

Schedule : Daily

Itinerary : 08:00 AM - Depart Yangon

10:00 AM - Arrive Twante and sightseeing Twante by trishaw or horse cart.

13:00 PM - Depart back to Yangon. Lunch on board

15:00 PM - Arrive back to Yangon

Name of Vessel	Route	Schedule
Road to Mandalay	Mandalay-Bhamo-Bagan	11 Nights
Road to Mandalay	Mandalay-Bagan-Mandalay	7 Nights
Road to Mandalay	Bagan-Mandalay-Bagan	7 Nights
Road to Mandalay	Bagan-Mandalay	4 Nights
Road to Mandalay	Mandalay-Bagan	3 Nights

Parties & Private Hire

Clients, colleagues or friends... if you want them to enjoy an experience to remember, take them on a unforgettable river cruise. Whatever the occasion, a journey aboard the Road To Mandalay is the ideal way to celebrate. For a maximum of 82 guests you can enjoy group rates on any sector of the **Road To Mandalay**, either as part of our scheduled services or as an exclusive charter. Customised itineraries can also be created for your guests to make the experience of travelling on the Irrawaddy River extra special.

Jetty	Departure	Arrival	Class	Vessel
Gawwein	05:30	14:30(next day)	1st class	Pyigy Tagun
Gawwein	05:30	14:30(next day)	2nd class	Pyigy Tagun
Gawwein	05:30	14:30(next day)	Public	Pyigy Tagun
Bamoh	05:30	11:00(next day)	1st class	Pyigy Tagun
Bamoh	05:30	11:00(next day)	2nd class	Pyigy Tagun
Bamoh	05:30	11:00(next day)	Public	Pyigy Tagun

NOTE : boat schedules changes on the weather conditions and tourist season. Please contact your local tour operator or cruises to confirm the schedules.

Train Schedules

For new experiences in Myanmar, taking the train is also an exciting event. Here are a few of the train schedules. Please note that the train schedules may change due to weather or any other inconvenient conditions.

Yangon to Mandalay

Train	Dept time	Arv time
29 up	12:15	04:00 (next day)
05 up	05:00	20:10
03 up	05:30	21:30
11 up	06:00	22:00

Mandalay to Yangon

Train	Dept time	Arv time
30 dn	21:45	13:00 (next day)
06 dn	05:00	20:10
04 dn	05:30	21:30
12 dn	06:00	22:00

Yangon to Pyay

Train	Dept time	Arv time
71 up	13:00	21:30

Pyay to Yangon

Train	Dept time	Arv time
72 dn	23:30	07:50 (next day)

Yangon to Mawlamyaing

Train	Dept time	Arv time
35 up	06:30	15:10
89 up	02:00	11:10
175 up	07:15	17:20

Mawlamyaing to Yangon

Train	Dept time	Arv time
36 dn	06:00	15:00
90 dn	11:25	20:30
176 dn	08:15	18:30

Mandalay to Myitkyina

Train	Dept time	Arv time
37 up	12:00	08:00
55 up	13:30	10:50
57 up	16:00	13:20

Myitkyina to Mandalay

Train	Dept time	Arv time
38 dn	12:00	08:00
56 dn	07:00	05:00
58 dn	15:30	12:10

Mandalay to Bagan

Train	Dept time	Arv time
120 dn	21:00	04:50

Bagan to Mandalay

Train	Dept time	Arv time
119up	07:00	14:30

Mandalay to Pyin Oo Lwin

Train	Dept time	Arv time
131 up	04:35	08:21

Pyin Oo Lwin to Mandalay

Train	Dept time	Arv time
132 dn	17:40	22:40

Mandalay to Lashio

Train	Dept time	Arv time
131 up	04:35	19:45

Lashio to Mandalay

Train	Dept time	Arv time
132 dn	05:00	22:40

NOTE : train schedules changes on the weather conditions and tourist season. Please contact your local tour operator or cruises to confirm the schedules at www.umtanut.org.

Yangon to Naypyitaw

Train	Dept time	Arv time
7 up	11:00	20:50
31 up	08:00	17:35

Naypyitaw to Yangon

Train	Dept time	Arv time
8 dn	09:10	18:45
32 dn	06:00	15:35

Naypyitaw to Bagan

Train	Dept time	Arv time
107 up	08:10	20:00

Bagan to Naypyitaw

Train	Dept time	Arv time
108 dn	08:45	21:50

Naypyitaw to Shwe Nyaung

Train	Dept time	Arv time
141 up	23:41	13:35

Shwe Nyaung to Naypyitaw

Train	Dept time	Arv time
142 dn	11:30	02:20

Pyin Oo Lwin to Gokhteik

Train	Dept time	Arv time
131 up	08:51	11:32

Gokhteik to Pyin Oo Lwin

Train	Dept time	Arv time
132 dn	13:25	16:05

Pyin Oo Lwin to Thibaw

Train	Dept time	Arv time
131 up	08:51	15:06

Thibaw to Pyin Oo Lwin

Train	Dept time	Arv time
132 dn	09:40	16:05

Thasi to Shwe Nyaung

Train	Dept time	Arv time
143 up	05:00	15:23

Shwe Nyaung to Thasi

Train	Dept time	Arv time
144 dn	09:45	20:45

Thasi to Kalaw

Train	Dept time	Arv time
143 up	05:00	11:30

Kalaw to Thasi

Train	Dept time	Arv time
144 dn	13:19	20:45

Kalaw to Shwe Nyaung

Train	Dept time	Arv time
141 up	10:06	13:35

Shwe Nyaung to Kalaw

Train	Dept time	Arv time
142 dn	11:30	14:49





Yangon - Aung Lan - Bagan (Special Express Train Services)

61 up	Station	62 dn
16:00	Yangon	08:30 (next day)
19:07	Letpadan	05:23 (next day)
19:09	Lepadana	05:21 (next day)
21:59	Shwe Tagar	02:31 (next day)
22:01	Shwe Tagar	02:29 (next day)
00:09	Aung Lan	00:21 (next day)
00:19	Aung Lan	00:11 (next day)
03:01	Sett Thwar	21:29
03:03	Sett Thwar	21:27
03:28	Taung Twingyi	21:02
03:30	Taung Twingyi	21:00
06:35	Kyaukpadaung	17:56
06:37	Kyaukpadaung	17:54
08:00	Bagan	16:30

Type of classes and train fare

Class	Seats	Fare (USD)	Fare (Kyats)
Sleeping Car (1st Class)	16	50 USD	15,000 Kyats
Sleeping Car (2nd Class)	16	50 USD	15,000 Kyats
First Class Seats	40	40 USD	12,000 Kyats
Second Class Seats	124	30 USD	3,000 Kyats

NOTE : train schedules changes on the weather conditions and tourist season. Please contact your local tour operator or cruises to confirm the schedules at www.umtinet.org.

Restaurants

Myanmar is rich in cultural heritage and also have a mixture of some neighbouring influences. Myanmar people enjoy different type of food such as Myanmar Traditional Food, Shan Food, Dawei Food, Thai Food, Indian Food, Chinese Food and other mixed tastes.



■ Myanmar Traditional Food

Myanmar Traditional Food is the main type of lunch and dinner for the people of Myanmar. Most of the curries are cooked with oil and onion with local ingredients. Also soup, salads, and cooked rice are accompanied with the delicious curries to make your lunch and dinner better. Most popular Myanmar Traditional restaurants are Shwe Ba, Aung Thukha, Danu Phyu Daw Saw Yee, Swel, Miba Myittar and Adi Pati Restaurant.

■ Shan Food

Shan soaked noodle is one of the popular Shan dishes we eat in Myanmar. The Shan noodle base is the common wetland rice or the more glutinous Shan variety. The rice is steamed and kneaded when cooked. Popular Shan restaurants in Yangon are Khay Marat, Shan Maw Myay, Aung Mingalar,

■ Dawei Food

Dawei food mainly contains coconut products, whether for a dish or a dessert. Katkyae Kait is also a popular Dawei fried rice noodle.

This type of dish is served well at many restaurants in Yangon.

■ Thai Food

Thai food is also another popular food type in Myanmar. Many Thai restaurants such as Sabai Sabai, Mai Thai, Legacy and Bangkok Kitchen.

■ Indian Food

Spicy Indian Food are served at Maha Raja, Ashoka, Baharat and Chetty Restaurant and many other stalls in downtown Yangon, at the Indian Town. Prata and Nam are popular Indian food in Yangon.

■ Chinese Food

Chinese food is also another main dish for Myanmar people. There are restaurants like Fu San, Dong Fu, Shan Kan serving Chinese dishes, but also you can get the pure Chinese taste at the restaurants downtown Yangon in China Town.

■ Other varieties

Other varieties such as Hot Pot, Barbeque shops are also popular ones in most cities. Hot Pot restaurant such as 7Up, Shwe Kaung, Coca Suki are popular and BBQ restaurant like Shwe Khaing, Shwe Li, Kaung Kaung and Khaing Li are also full of customers.



AD Garden

9/11, Parami Road, Mayangone Township, Yangon, Myanmar.

Ah Ya Thar

51, Sayar San Road, Bahan Township, Yangon, Myanmar.

Airport Oasis Garden

Yangon Airport Street, Mingalardon Township, Yangon, Myanmar.

Ashoka (Indian)

28-B, Phoe Sein Street, Tamwe Township, Yangon, Myanmar.

Aung Thu Kha (Myanmar)

17-A, 1st Street, West Shwegondine, Bahan Township, Yangon, Myanmar.

Bangkok Kitchen

Kandawgyi Nature Park, Nat Mauk Street, Bahan Township, Yangon, Myanmar.

Bharat (Indian)

356, Mahar Bandoola Road, Kyauktada Township, Yangon, Myanmar.

Danuphyu Daw Saw Yi (Myanmar)

175/177, 29th Street, Pabedan Township, Yangon, Myanmar.

Dolphin

Myay Padaethar Park, Bahan Township, Yangon, Myanmar

Fuji Coffee House

116, University Avenue Street, Kamaryut Township, Yangon, Myanmar.

Western Park (Chinese)

Thakin Mya Park, Ahlone Township, Yangon, Myanmar.

Royal Garden

Nat Mauk Road, Bahan Township, Yangon, Myanmar.

Signature Fine Dinning

Kandawgyi Park, Bahan Township, Yangon, Myanmar.

The Garden Bistro

Kandawgyi Park, Bahan Township, Yangon, Myanmar.

Moon Bakery

166, Sule Pagoda Road, Kyauktada Township, Yangon, Myanmar.

Sabai Sabai (Thai)

232, Dhammazedi Road, Bahan Township, Yangon, Myanmar.

Monsoon

85-87, Thein Phyu Road, Botataung Township, Yangon, Myanmar.

Hanaro (Korean)

4-B, Parami Road, Mayangone Township, Yangon, Myanmar.

Ichiban-ken (Japanese)

G-17/18, Gyo Phyu Street, Mingalar Taung Nyunt Township, Yangon, Myanmar.

Le Planteur

16, Saw Maha Street, Bahan Township, Yangon, Myanmar.

L'opera (Italian)

20, Thukha Waddy Street, Yankin Township, Yangon, Myanmar.

Green Elephant

No. 519 (A), Pyay Road, Thirimingalar Lane (Attia/Augustine Road), Kamayut Township, Yangon, Myanmar

Pan Swel Taw Cafe & Restaurant

No. 228, Ahlone Road, Ahlone Township, Yangon, Myanmar.

Green Tea

Shwe Oo Min Cave Road, Singaung Quarter, Pindaya, Southern Shan State, Myanmar

Accommodations

Myanmar is a country with warm hospitality. Basically for the accommodations, there are three types as of where to stay while you are in Myanmar. Hotels, Motels and Inns. Depending on the limitation of your budget, here are a few places to stay to consider before taking a trip to Myanmar.

First, here are some of the luxury hotels in Myanmar. Sedona Hotel is a five star hotel located both in Yangon and Mandalay city. Sedona promises to give you the best services while you are in Yangon and Mandalay. Sedona is located on the Kabar Aye Pagoda Road in Yangon and at the Junction of 26th Street & 66th Street Mandalay. **Traders Hotel** is located in the heart of Yangon, looking over the Central Railway Station. There is the famous Bogyoke Market near the hotel, and it is a very convenient place for tourists to shop around. Strand Hotel lies on the Merchant Road or the Strand Road as known before. Strand Hotel maintains the tradition and cultural heritage of the colonial style decorations. Other hotels such as **Chatrium Hotel**, Park Royal, Summit Parkview, Inya Lake, The Grand Mee Ya Hta, Central, Hotel Yangon and Mya Yeik Nyo Hotels are Superior hotel type. Others like Asia Plaza, Panorama, Yuzana Garden, Royal White Elephant, Hotel Halpin, City Star hotels are Standard type hotels with cheaper prices.



You will also find comfortable hotels with various prices and conditions in Mandalay, such as Sedona , Hill Resort, Rupa Mandalay Resort, Mandalay Swan, Mandalay City, Red Canal, Great Wall, Nadi Myanmar, Royal City Hotel as to name a few.

If you are interested in the botanical gardens, then Pyin Oo Lwin is the main destination for you. For your accommodations, Kandawgyi Hill Resort, Aureum Palace Resort and Royal Park View Hotel are available.



Another interesting destination in Myanmar is Bagan, well-known for the cultural heritage of the country. Bagan has many convenient hotels for tourists. Here are some of the luxurious hotels - Amazing Bagan Resort, Thiripyitsayar Sanctuary Resort, The Hotel @ Tharabar Gate, Serenity, Aureum Palace, Myanmar Treasure Resort. For economy packages, Nyaung Oo Thante Hotel, Arthawka Hotel, Golden Express Hotel, Kaytumudi Dynasty Hotel are some popular places.

Near Bagan is another interesting destination, the Mount Popa, the dwelling of the Legendary Spirits or Nats. The Popa Mountain Resort will give you an ideal vacation destination comprising of tastefully designed villas fully equipped with modern facilities alongside private balconies.



For new experiences in Myanmar at the fascinating lake of Inle, well-served hotels are available. Positioned at a rare vantage point, **Pristine Lotus Spa Resort's** main facilities and villas are gracefully laid out over a landscaped hillside that gently slopes into the lake, offering great views of the lake and the Shan hills beyond. Other hotels such as Inle Princess, Serenity, Inle Resort, Myanmar Treasure, Lake View, Golden Island Cottages, Hupin Hotel, Paramount and Paradise Inle are also available.

In Shan State another place to visit is Taunggyi or the great mountain. Here you can stay at, Paradise Hotel or the Aye Thar Yar Golf Resort. Nearby places such as Kyaing Tong, Nyaung Shwe also have convenient accommodations for your stay.



There are beautiful beaches in Myanmar and the most popular one is Ngapali Beach. It is located in the Bay of Bengal and supported with luxurious hotels like Amata Spa and Resort for your relaxation, Bay View, Amazing Ngapali, Sandoway, Aureum Palace, Ngapali Beach Hotel, Thande Hotel, Pleasant View Hotel, just to name a few.

At Ngwe Saung Myanmar Treasure Resort, The Palm beach resort, Aureum Palace, Bay of Bengal, Sunny Paradise are most popular hotel resorts and at Chaung Thar Beach, Hotel Max and Belle Resort are the two main luxurious hotels.



Hotels



Pristine Lotus Spa Resort

Khaung Daing Village, Inle, Nyaung Shwe, Shan State, Myanmar.

Tel : (95-81) 29317, +95-9-51-97770

Fax : (95-81) 29317

E-mail : pristinelotus@myanmar.com.mm

www.pristinelotus.com

The Governor's Residence

No. 35 Taw Win Road, Dagon Township, Yangon, Myanmar

Tel : (95-1) 229860

Fax : (95-1) 228260

E-mail : info@governorsresidence.com.mm

www.governorsresidence.com

Asia Plaza Hotel

No. 277, Bogyoke Aung San Road, Corner of 38th Street, Kyauktada Township, Yangon, Myanmar.

Tel : (95-1) 391071, 391070 Ext 1800

Fax : (95-1) 391375

Email : asiaplaza@myanmar.com.mm

www.asiaplazahotel.com

Golden Myanmar Hotel

Hotel No.9, NayPyiTaw Hotel Zone, Yazathingaha Road, NayPyiTaw, Myanmar.

Tel : (95-67) 414178-81, 420738-41

Fax : (95-67) 414166

E-mail : goldenmmone@mptmail.net.mm

Mother Land Inn (2)

No 433, Lower Pazundaung Road, Yangon, Myanmar

Tel : (95-1) 291343, 290348

E-mail : mli2@myanmar.com.mm

www.myanmarmotherlandinn.com

Savoy Hotel - Yangon

129 Dhammazedhi Road, Yangon, Myanmar

Tel : (95-1) 526289, 526298, 526305

Fax : (95-1) 524891, 524892

E-mail : res-savoy@myanmar.com.mm

www.savoy-myanmar.com

Bayview Beach Resort

84, Pan Hlaing Road, Sanchaung Township, Yangon, Myanmar

Tel : (95-1) 504471

Fax : (95-1) 539348

E-mail : hotel@bayview.com.mm

www.bayview-myanmar.com

Belle Resort

No.20 D,B-201, 202, 2nd Floor,
Baho Road & Thirimingalar Street,
Sanchaung Township, Yangon, Myanmar.
Tel : (95-1) 510117, 519488
Fax : (95-1) 519488
E-mail : sales@belleresort.com
www.belleresort.com

E.F.R Seconda Casa

Room (6), 4th Floor, United Condo Tower(1),
39 Ahlanpya Pagoda Road, Dagon Township,
Yangon, Myanmar.
Tel : (95-1) 381010, 381066
Fax : (95-1) 381661
E-mail : info@efrsecondacasa.com
www.efrseconda.com

Ocean Pearl Inn

No. 215, Botataung Pagoda Road,
Pazundaung Tsp., Yangon, Myanmar.
Tel : (95-1) 296637, 297007, 297329
Fax : (95-1) 297007, 297329
E-mail : oceanpel@myanmar.com.mm
www.oceanpearlinn.com

Inle Resort

Inlay Lake, Southern Shan State, Myanmar.
Tel : (95-81) 209361, 209362
Fax : (95-81) 209466
E-mail : inleresort@myanmar.com.mm
www.inleresort.com

Mandalay City Hotel

26th Street, Between 82nd and 83rd Street,
Chanayetharzan Township,
Mandalay, Myanmar.
Tel : (95-2) 61700 to 61704, 61911, 61922
Fax : (95-81) 209466
E-mail : offmdycity@myanmar.com.mm
www.mandalaycityhotel.com

Hotel Zweekabin

Hpa-An-Mawlamyine Road, Near Than Lwin
Bridge (Hpa-An), Hpa-An, Myanmar.
Tel : (95-58) 22556, 22557, 22558
Fax : (95-58) 22559

Golden Aye Yeik Mon Hotel

No.4, Padauk Road, 4th Quarter, Aye Yeik Mon
Housing, Hlaing Tsp., Yangon, Myanmar
Tel : (95-1) 681706

Inya Lake Hotels

37, Kaba Aye Pagoda Road, Yangon, Myanmar.
Tel : (95-1) 662866
Fax : (95-1) 665537

E-mail : reservation@inyalakehotel.com
www.inyalakehotel.com

Shwe Myint Mo Tun Hotel

Near the Mawlamyine Railway Station & High-
way Bus Center, Mawlamyine Asia Street,
Mon State, Myanmar.
Tel : (95-57) 27347, 27348
Fax : (95-57) 27347, 27348

Airlines



Air France

#1207, 12th Floor, Sakura Tower, 339, Bogyoke
Aung San Street, Kyauktada Township,
Yangon, Myanmar
Tel : (95-1) 255430, 255431, 255449, 255303
Fax : (95-1) 255303
www.airfrance.com

Air Mandalay

146, Dhammazedì Road, Bahan Township,
Yangon, Myanmar
Tel : (95-1) 501520, 525488
Fax : (95-1) 525937
Email : info@airmandalay.com
www.airmandalay.com

Car Rentals



Hein Car Rental

No. 12, 2nd (R), 133rd Street, Ma U Gone Quar-
ter, Tamwe Township, Yangon, Myanmar.
Tel : (95-1) 293159, 201446
E-mail : heingeneralservice@gmail.com
www.myanmariselles.com/hein

River Cruises



Road to Mandalay

No. 39/C, Taw Win Road, Dagon Township,
Yangon, Myanmar
Tel : (95-1) 217361, 229864
Tel : (95-1) 217361
Email:operations@roadtomandalay.com.mm
www.roadtomandalay.net

Ayravata Cruises

No. 25, Ground Floor, 38th Street, Kyauktada
Township, Yangon, Myanmar.
Tel : (95-1) 380877
Tel : (95-1) 382734
E-mail : info@ayravatacruises.com
www.ayravatacruises.com

Shopping Malls

■ Dagon Center

Dagon Center is located in Sanchaung Township, Myaynigone Quarter, Yangon. It is located at a center point and this shopping mall consists of Star Mart Super Market, Ginza Pan Bakery, MK Fashion Shop, J-Donuts, My Milk snack corner, Kanok Silkware, President Men Fashion Shop, Color Plus fashion corner, Success Fabric shop, and more.

Dagon Center is a well-known place and any taxi driver would be able to take you there. It opens daily from 9am to 9pm.

■ Yankin Center

Yankin Center is located in Yankin Township, Yangon. This shopping mall also contains, MK Fashion Shop, City Mart Super Market, Season's bakery, Color Plus fashion corner, Aunty Mary Fabric shop, Kanok Silkware, Fish shop, Cafe Aroma, J-Donuts, Mr Brown coffee shop, President Men Fashion Shop, Pwint Phoo Fancy shop and many more. It opens daily from 9am to 9pm.

■ Orange Super Market

There are three branches of Orange Super Market, one on Waizayantar Road, South Okkalapa Township, another in North Okkalapa Township and one in downtown Yangon. It consists of many fashion shops, accessories and consumer products. It opens daily from 9am to 9pm.

■ North Point

North Point Shopping Mall is located at the corner of Pyay Road and Taw Win Road, Mayangone Township, 9th Mile of Yangon. You can do shopping at Ocean Super Market, Giordano fashion, Pwint Phoo Fancy Shop, Pizza Corner, and many more. It opens daily from 9am to 9pm.

■ Gamone Pwint

Gamone Pwint Shopping Mall has three main branches, one in downtown Yangon, one

at Myaynigone Junction and another on Kabar Aye Pagoda Road. This shopping mall consists of Chic Lady Fashion, Ladies Heart Fashion, Sensini Footwears, Samsonite luggages, Batik Land, Cosmetics, and other consumer products. It opens daily from 9am to 9pm.

■ Blazon Shopping Center

Blazon Shopping Center is located on U Wisara Road, Bahan Township, Yangon. It contains Charles & Keith footwears, J-Donuts, Giordano, Hang Ten, Crocodile, Police Eyeware, Executive Fashion and consumer products. It opens daily from 9am to 9pm.

■ Capital Hyper Mart

Capital Hyper Mart is located in Thingangyun Township, near the popular Shwe Pazun Bakery and food court. Capital Hyper Mart contains City Mart Super Market for groceries and consumer products, Ladies Heart Fashion Shop, Textile shops, Colour Plus Fashion shop, pharmaceutical products and many more. This mart holds weekly promotions on different items from different stores. It opens daily from 9am to 9pm.

■ Yuzana Plaza

Yuzana Plaza is located on Banyardala Road, Tamwe Township, Yangon. Yuzana Plaza is another popular shopping venue for many locals. There are wholesale outlets on



the ground floor. The second, third and fourth floor has fashion, imported clothings, fabrics, fancy shops, watch galleries and many more. The fourth floor also has a variety of food stalls with different taste such as Shan food, Dawei food and other delicious snacks. The fifth floor has a wholesale of housing furnitures with many collective selections. It opens daily but some of the shops closes on Full Moon Days. It opens from 9am to 5pm.

■ **Mingalar Market**

Just next to the traffic point near Yuzana Plaza is the Mingalar Zay or the Mingalar Market. It is a well-known whole-salers and dealers of consumer products, textiles, plastic products, medicines and other accessories. It opens daily but some of the shops closes on Full Moon Days. It opens from 9am to 5pm.

■ **Bogyoke Market**

Bogyoke Market is a great shopping place for tourists from all over the world. It is located on Bogyoke Aung San Road, downtown Yangon. It offers a variety of local products such as gem mosaic paintings, gems and jewellery with official certification to carry from Myanmar, silkware and Myanmar cottonwears, silverware, bronze accessories, local paintings, threaded jewellery with colorful beads and many more. Also you can enjoy local food snacks made with sticky rice, coconut and beans. The market also contains many other tourist attractions. The market opens from 9am to 5pm daily except for every Monday. Any taxi driver could take you to this market. Next to the Bogyoke Market is the **FMI Center**. The first three storeys contain many shopping outlets, selling Fabrics, gems & jewelleries, fashion products.

■ **Junction 8**

Junction 8 Shopping Mall is located near the traffic junction of Pyay Road and Kabar Aye Pagoda road, at 8th Mile. Junction 8 has City Mart shopping center, Season's bakery, Giordano wears, Next fashion and many other fashion shops. It also has the Moon Bakery food center which is beautifully decorated.

■ **La Pyayt Wun Plaza**

La Pyayt Wun Plaza is located on Alan Pya Pagoda Road, next to the Park Royal Hotel. It is another shopping mall full of boutique for younger generations. It opens daily from 9am to 8pm.

■ **Sein Gay Har**

Located on Pyay Road at Dagon Township, next to No.1 Basic Secondary School, Dagon. Sein Gay Har is a popular shopping mall and also has a branch in China Town. It has cosmetics stalls of popular brands, clothings, fashion wears, fancy wears, kitchen ware and food products. It opens daily from 9am to 8pm.

■ **Asia Plaza**

Asia Plaza is located on Bogyoke Aung San Road and corner of 38th Street, Kyauktada Township, downtown Yangon. It contains stalls of mobile and accessories, some travel agents, clothings, fashion and designer wears. It is located in the Asia Plaza Hotel building's ground floor. It opens from 10am to 8pm daily.

■ **Excel Shopping Mall**

Excel shopping mall is located in the Excel Treasure Tower. The shopping mall consists of the first three floors. It is located on Kabar Aye Pagoda Road, Shwegonedine, Bahan Township, Yangon. Mostly consist of ready-made exported fashion wears, some mobile shops, beauty salons, video & audio CD shops, and the Victoria Shopping center in the underground floor with a different variety of daily consumer products. It opens daily from 9am to 8pm.

■ **Super One**

Super One shopping center has two branches, the first one at the corner of Bogyoke Aung San Road and Shwebonchar Street, Kyauktada Township, and the other one at the corner of Kyaikkasan Road and Laydaunt Kan Road, Tamwe Township, Yangon. As other super markets and departmental stores, it contains a mass variety of products for their customers. It opens daily from 9am to 8pm.

Do's and Dont's

Typical Character

- Friendly, helpful, honest, but proud.
- Treat everyone with respect and you will be respected.

Speaking

- When addressing people, don't leave out U (which stands for Mr) or Daw (which stands for Ms/Mrs).
- Speak slowly and clearly.

Manners

- Not always necessary to shake hands.
- Don't hug or kiss in public.
- Don't touch any adult on the head.
- Don't step over any part of a person, as it is considered rude.
- Accept or give things with your right hand.
- In Myanmar, unlike the Indian continent, nodding means YES, and shaking head means NO.

Eating

- For hygiene reasons, eat only in decent restaurants. When not available, always eat heated food.
- Don't eat food purchased from street vendors.
- Don't drink tap water.
- Drink only bottled water and soft drinks that haven't been opened yet.
- Let the oldest be served first.
- Chinese food is common and suggested.
- Myanmar food are often complained as 'oily'.
- To try good Myanmar food, go to decent restaurants in Yangon area, where they cook Myanmar food according to international standards.

Shopping

- When buying gems, sculptures, or any expensive souvenir, make sure it comes with an export permit.
- Buy arts from authorized dealers only and get a certified receipt.

Safety

- Don't leave expensive items in your room. Use safe deposit box.
- Beware of cheats, swindlers, imposters.

Health

- Stay away from narcotic drugs.
- Carry some medicines for diarrhea.
- If sick, don't worry. All doctors are English literate.
- Health insurance is not available.

Do's and Dont's

Traveling

- Accept that facilities may not be the best.
- On trains, keep windows shut.
- Speed or distance descriptions are in miles, not kilometers.
- Carry toilet paper in your bag.

Visiting

- Most Myanmar do not wear shoes in their homes. Take off when visiting.

Moving About

- Don't jay walk. Watch where you walk and what you step on.
- If driving, city speed limit is 30 mph. Drive on the right side.

Religion

- At religious places, remove footwear, but to remove headwear is not necessary.
- Avoid shouting or laughing.
- Avoid being a nuisance when taking photographs.
- Treat Buddha images with respect.
- Tuck away your feet. Don't point it toward the pagoda or a monk.
- Don't play loud music in these areas. Note that Buddhist monks are not allowed to listen to music.
- Do not put Buddha statues or images on the floor or somewhere inappropriate.
- Don't touch sacred objects with disrespect. Hold them in your right-hand, or with both hands.
- Leave a donation when possible.
- Show respect to monks, nuns, and novices (even if they are children).
- Don't offer your hand to shake hands with a monk.
- Sit lower than a monk and elders.
- Don't offer food to a monk, nun, or a novice after noon time.
- A woman should not touch a monk.



Emergency Numbers



Place	Phone Number
Fire (Emergency)	191
Central Fire Station	252011, 252022
Ambulance (Y.G.H)	192
Red Cross	383684
Police (Emergency)	199
Headquarter (Duty Officer)	549309
Traffic Investigation Branch	640668
Traffic Control Branch	298651
Ambulance	500005
Yangon International Airport	533097
Yangon Central Railway Station	202176, 202175
Shipping - Coastal Vessels	382722

