

Yangon

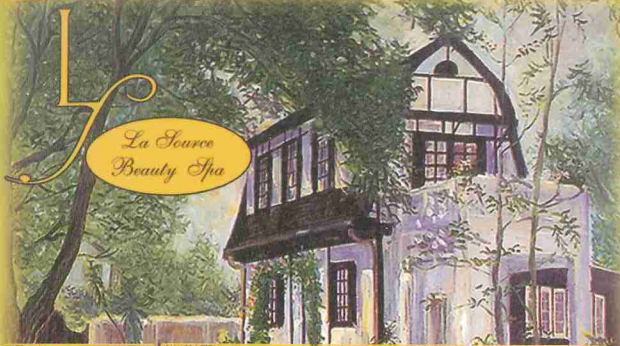
travel information



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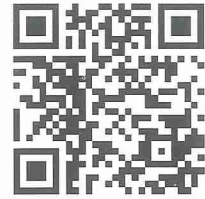
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YANGON TRAVEL INFORMATION



Welcome to Yangon! This was once the administrative capital, now the commercial capital of Myanmar, with evergreen and cool with lush tropical trees, shady parks and beautiful lakes. Yangon once earned the name, "Garden City of the East". Founded in 1755 by King Alaungpaya of Third Myanmar Empire, and was named Yangon as a sign of peace, which literally means "no more enemies or dangers". Well, if one wants to make peace and stop fights or wars, come to Yangon.

Myanmar, British, Chinese and Indians had mixed influences over its colonial architecture, which is almost unique for today's world. You may feel like you are on a time-travel journey to a 19th-century British colonial town. Even today, Yangon resembles a city of the past, as seen by its longyi-wearing, dracula-looking betel-chewers, spitting pedestrians, their friendly or even familial attitude towards strangers, street-vendors and pungent smells.

Please keep this small booklet with you, as our partners will give you discount or FREE gifts, when you show this booklet when shopping or dining out. Good luck! Have fun traveling around Myanmar!



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TOP TOURIST ATTRACTIONS IN YANGON

01

Shwedagon Pagoda (ရွှေတိဂုံဘုရား) [US\$100]



Being the largest golden monument on earth with 99 meters in height, Shwedagon Pagoda is the country's biggest tourist attraction, built approximately 2500 years ago. You may need 3 full hours to tour around Shwedagon. US President Barack Obama visited there in 2012. He endorsed visitors will be moved by the timeless idea of faith and love. Bygone kings and queens of Myanmar donated gold of their own weight to this golden stupa. The world's largest bell used to be here, before it was robbed and stolen. You will find that words cannot describe its beauty enough.

MAP ON Pg.24

02

Sule, Center Point of Yangon (မြို့တော်ခန်းမ)

Sule Roundabout and Sule Pagoda is officially recognized as the official center point of original British Rangoon. All of the nation's distance measurement starts from this zero-point. Yangon Mayor's office (the City Hall) and Emanuel Baptist Church (built in 1885) are located next to it. After Myanmar got independence from Great Britain in 1948, Independence Monument was built in the park, right in front of the City Hall. Myanmar architect Sithu U Tin designed this beautiful structure in 1925 and opened up a new era in secular Myanmar architecture.

PHOTO ON Pg.49

03

Downtown walking tour (ဆူးလေမုရိုလ်ချပ်ခွေး)

Roughly a 2-hour walking tour (Please see the zoomed-in map on front cover.) is suggested to start at Sule Pagoda, earlier in the mornings to avoid hot afternoons. This walking tour will take you around a series of colonial heritage buildings, market places, and also Chinese and Indian neighborhoods. You will also set your foot on the oldest road in Yangon, called Shwedagon Pagoda road, which stretches from sea port to the Shwedagon Hill. One will come to understand the Yangonese life-style, along with tons of photo-opportunities. This tour will end at Bogyoke Aung San Market.

MAP ON Pg.24

04

Bogyoke Aung San Market (မုရိုလ်ချပ်ခွေး)

This day-time colonial shopping mall, built in 1926, is a one-stop bargain-hunt from 1,120 shops of souvenirs, local woven cotton clothing, paintings, artifacts, handicrafts, or even jewelries.

PHOTO ON Pg.49

05

National Museum (အမျိုးသားပြတိုက်) [US\$5.00]

This museum houses the famous Lion Throne of the last Myanmar dynasty. This probably would be the grandest throne in the world of monarchs, when you simply compare it with those thrones of Egyptian Pharaoh or Chinese Emperors. It also exhibits the treasures of the third Myanmar Empire. Royal regalia are displayed including the golden shoe of Myanmar kings to ceremonial suits of ministers and generals 2 centuries ago.

PHOTO ON Pg.49

TOURIST ATTRACTIONS IN YANGON



06

Yangon Circular Train (မြို့ပတ်ရထား) [US\$1]



150 years ago, British superintendent surgeon Dr. William Montgomerie designed this city-grid with a circular train-track, even to go to airport by train from downtown. (But not possible today.) This is a slow moving train, taking about 3 hours for the whole 45km 38-stop loop, which is fun because of the people that take it. Quite often, ordinary-class workers and street vendors fills up the train, going loop around suburbs the city.

MAP ON Pg.24

07

Chauk Htat Kyi Buddha (ခြောက်ထပ်ကြီးဘုရား)



Visiting this reclining giant Buddha is an impressive sight. Chauk Htat Kyi literally means '6-storey' in Myanmar language. Length from head to toe is even greater than Statue of Liberty in New York. The statue's porcelain face is punctuated by expressive large eyes. Most visitors find it interesting about the decorated foot-prints at the far end. Just the opposite of road is Ngahtatkyi Buddha (ငါးထပ်ကြီးဘုရား), where you will find one of the most unique version of Buddha, seated and wearing a highly decorated armour. It is a less visited, but more enjoyable place.

PHOTO ON Pg.49

08

Botahtaung Pagoda (ဗိုလ်တစ်ထောင်ဘုရား) [US\$2]



Located on the Strand Road, unique Botahtaung Pagoda has impressively gilded maze-like interior walkway, with relics of Buddha. This definitely is worth a visit. In conjunction with interesting river front, there is a lively market, leading up to the river shore and ferry landings. It is a area worth to explore. A coffee or ice-cream break at the classic Strand Hotel nearby would be a good choice.

MAP ON Pg.24

09

Myanmar Orchestra at Karaweik Palace (ကရဝိတ်)



The complete Myanmar orchestra consists of 13 different musical instruments, totally different from the western orchestra. This is the only place in town, where you can go see a cultural show in the evenings. [20,000 kyats for an international buffet dinner] Great for a photo opportunity, but take a good flash for your camera. Karaweik, the hall that houses the performance and a dining hall, is another unique landmark of Yangon, in the shape of 2 huge mythical birds. Such royal barges were once dedicated only to be used for Kings, in the olden days. Get a royal experience, riding and dining on the royal barge.

MAP ON Pg.24

10

Allied War Memorial Cemetery (ထောက်ကြံ့စစ်သမိုင်း)



Very well-kept, beautiful, and classically-designed park and a war memorial, with over 6000 graves and a memorial to 27000 soldiers of the Allied Forces. Commonwealth visitors should not miss this. A very moving reflection of war history of mankind. Not overrun by tourists and vendors. This will be a convenient stop, if you visit Bago, capital of the second Myanmar Empire (AD 1364-1752).

PHOTO ON Pg.49

i TOURIST ATTRACTIONS NEAR YANGON



type: cultural
distance: 104 miles



type: beach
distance: 145 miles



type: cultural
distance: ~50 miles



type: eco-tourism
distance: ~204 miles



type: cultural
distance: 10 miles

KYAIKHTIYO (driving distance: ~3 hours)

Kyaikhtiyo Pagoda (The Golden Rock) is a living miracle, precariously perched on the edge of a sloppy cliff. It was said to be floating miraculously up in the air, carrying holy Buddha relics on top. It is a myth and a popular belief that one will gain more wealth, better health and luck every time he or she visits the miracle pagoda.

NGWESAUNG BEACH (~5 hours)

Ngwe Saung Beach (meaning silver beach) is on western coast on the Bay of Bengal, nearly directly west of Yangon. Hotels were built among thousands of coconut trees. Like Ngapali Beach, the beauty of the beach is unspoiled and visitors can enjoy a peaceful and relaxing holiday.

BAGO (driving distance: ~1 hour)

Bago (Hantharwady) was capital of 2nd Myanmar Empire, founded in 573 AD. Kanbawzathadi Palace built for King Bayinnaung in 1556, originally consisted of 76 apartments and halls, is amazingly beautiful. The gigantic Shwe Tharyauung Buddha, 55 metres in length, is the second largest Buddha image on earth.

ELEPHANT CAMP (distance: ~2 hours)

Pho Kyar Elephant Camp is an ideal eco-tourism spot, only 2+ hours away from Yangon. Located near Thargaya, century-old teak trees are a wonder for tourists. Seasonal flowers, baby elephants, wild orchids, singing tropical birds and playing with elephants will surely bring you pleasure of nature.

CROCODILE FARM (~1 hour)

Tharketa crocodile breeding farm is located in Tharketa, on 40 acres of land southeast of Yangon. Admission fee is US\$2 per person. Further south, there is an ancient city called Thanlyin, once ruled by Portuguese Governor Philip De Brito, who sacked Bago, capital of second Myanmar Empire in 1599. Ruins of oldest Roman Catholic church can be found.

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RESTAURANTS IN YANGON



European	Chinese	Japanese	Korea	Indian	Thai	Myanmar					
	✓						37	Royal Garden ☎ 01-546 923	☎	☎	☎
		✓	✓	✓			38	Nat Mauk St, Bo Cho Ward (2), Bahan Tsp		☎	☎
	✓	✓	✓				39	365 Restaurant ☎ 01-243 047	☎	☎	☎
								Thamada Hotel, No.5 Signal Pagoda Rd,		☎	☎
	✓						40	Western Park ☎ 01-225 143	☎	☎	☎
								Thakhin Mya Park, Ahlone Tsp		☎	☎
	✓				✓		41	Feel ☎ 01-210 678	☎	☎	☎
								1st Floor, Danathiha Centre		☎	☎
	✓						42	Zawgyi House ☎ 01-256 355	☎	☎	☎
								372, Bogyoke Aung San Rd. Pabaedan Tsp.		☎	☎
	✓				✓		43	YKKO ☎ 09-861 5379	☎	☎	☎
								Seikkan Thar st, Kyaukdata Tsp.		☎	☎
	✓	✓					44	Summer Palace ☎ 01-242 828	☎	☎	☎
								Level 2, Trader Hotel, Kyauktada Tsp.		☎	☎
					✓		45	Taing Yin Thar ☎ 01-660792	☎	☎	☎
								5A, May Kha Road, Mayan Khone Tsp.		☎	☎
	✓						46	Le Planteur ☎ 01-541997	☎	☎	☎
								22, Kabaraye Pagoda Road, Bahan Tsp.		☎	☎
	✓						47	Black Canyon ☎ 01-395052	☎	☎	☎
								330, Ahlone Road, Dagon Tsp.		☎	☎
	✓						48	Coffee Corner ☎ 01-650471	☎	☎	☎
								Yangon International Airport, Mingalardon Tsp.		☎	☎
	✓						49	Lotteria (Hamburger) ☎ 01-525947	☎	☎	☎
								Junction Square Super Market.		☎	☎
	✓			✓	✓		50	Green Elephant ☎ 01-525947	☎	☎	☎
								33, Thirimingalar lan, Kamayut Tsp.		☎	☎
	✓				✓		51	Khum Wai ☎ 01389415	☎	☎	☎
								No. 142, Dhammazedi Road, Bahan Tsp.		☎	☎
	✓	✓	✓				52	Moon Bakery ☎ 01-536375	☎	☎	☎
								Pyay Road, 6 mile, Hlaing Tsp.		☎	☎
	✓						53	Union Bar and Grill ☎	☎	☎	☎
								No. 42, Strand Road, Kyauktada Tsp.		☎	☎
	✓						54	Shwe Kaung (Hot Pot) ☎ 01-218155	☎	☎	☎
								306, Junction Centre Mawtin, Lanmadaw Tsp.		☎	☎
	✓						55	Royal Mai Hua ☎ 01-241701	☎	☎	☎
								5th and 6th, City Central Plaza, Kyauktada Tsp.		☎	☎
	✓						56	Jasper House ☎ 09-517-2589	☎	☎	☎
								54, Ahlone Street, Dagon Tsp.		☎	☎
	✓						57	Cafe' Delight ☎ 01-401060	☎	☎	☎
								126, Kabar Aye Pagoda Road, Bahan Tsp.		☎	☎
	✓				✓		58	Always Cafe' & Thai Food ☎ 01-653653	☎	☎	☎
								Ga Mone Pwint Shopping Mall, Mayangone		☎	☎
		✓					59	Hanaro ☎ 01-656070	☎	☎	☎
								4B, Parami Road, Mayangone Tsp		☎	☎
	✓						60	Kohaku Japanese Restaurant ☎ 544 500	☎	☎	☎
								Chatrium Hotel Royal Lake, Lobby Level, Tamwe.		☎	☎
	✓	✓					61	Mickey ☎ 01-255277	☎	☎	☎
								174/188, Bo Myat Htun Rd, Shwekabar Tower II.		☎	☎
	✓	✓					62	Phoenix Court ☎ 01-250 388	☎	☎	☎
								1st Floor, Park Royal Hotel, Dagon Tsp.		☎	☎
	✓						63	The Emporia Restaurant ☎ 01-544 500	☎	☎	☎
								Chatrium Hotel Royal Lake, Ground Level, Tamwe		☎	☎
	✓						64	ORZO ☎ 01-666900	☎	☎	☎
								Sedona Hotel, Yankin Tsp.		☎	☎
	✓				✓			New Doreen ☎ 01-223697	☎	☎	☎
								164/168, Upper Warden Street, Lanmadaw Tsp.		☎	☎

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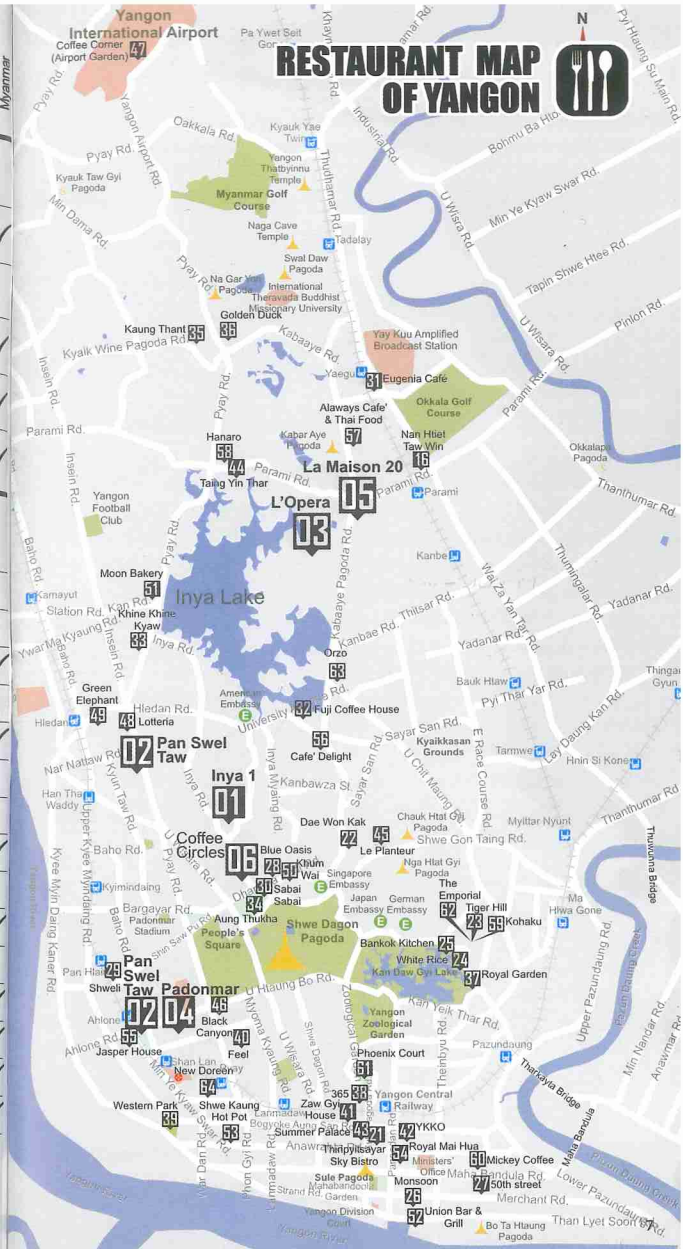
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01	Inya 1 (အင်းယာလင်း) ☎ 01-527 506 No.1, Inya Road, Kamayut Township. http://www.inya1.com	☎ ☎ ☎ ☎	☑
02	Pansweltaw (ပန်ဆွဲတော့) ☎ 01-215363 No.228, Ahlone Road, Ahlone Tsp, Yangon. Tel: 01-215363	☎ ☎ ☎ ☎	☑
03	L'Opera (လော့ပရာ) ☎ 01-665 516 No. 62,U Htun Nyein Street, Yangon. http://www.operayangon.com	☎ ☎ ☎ ☎	☑
04	Padonmar (ပဒုံမာ) ☎ 01-538 895 No. 105/107, Kha-Yae-Bin Road, Dagon Tsp. http://myanmar-restaurantpadonmar.com	☎ ☎ ☎ ☎	☑
05	La Maison 20 (လာမေဆွဲ ၂၀) ☎ 664204 No. 20, Kabaraye Pagoda Road, Yankin, Yangon. http://www.lamaison20.com	☎ ☎ ☎ ☎	☑
06	Coffee Circles ☎ 01 525157 No. 107(A) Dhamma Zedi Rd, Kamaryut.	☎ ☎ ☎ ☎ ☎ ☎	☑

- RECOMMENDED SEE MAP ON PAGE 7.

21	Thiripiytsaya Sky Bistro ☎ 01-255277 339, Bogoyoke Aung San Road, Sakura Tower	☎ ☎ ☎ ☎	☑
22	Dae Won Kak ☎ 01-401229 17, Sayarsan Road, Bahan Tsp	☎ ☎ ☎ ☎	☑
23	Tiger Hill ☎ 01-544 500 40 Natmauk Road, Chatrium Hotel.	☎ ☎ ☎ ☎	☑
24	White Rice ☎ 01-556 837 Kandawgyi Park, Mingalar Taungnyunt Tsp.	☎ ☎ ☎ ☎	☑
25	Bangkok Kitchen ☎ 09-09 730 13 792 Opposite Chatrium Hotel, Natmauk Road	☎ ☎ ☎ ☎	☑
26	Monsoon ☎ 01-295 224 85-87, Thinbyu Road, Bohtataung	☎ ☎ ☎ ☎	☑
27	50th street ☎ 01-397 060 9/13, 50th Street, Bohtataung Tsp.	☎ ☎ ☎ ☎	☑
28	Blue Oasis ☎ 01-523 840 430 A, Cor. of Dhamazedi Rd	☎ ☎ ☎ ☎	☑
29	Shwe Li ☎ 01-535 394 No. 485, Cor. of Pyay Rd & Narnattaw Rd.	☎ ☎ ☎ ☎	☑
30	Sabai Sabai ☎ 01-525078 232, Dhamma Zedi Road, Yangon	☎ ☎ ☎ ☎	☑
31	Eugenia Café ☎ 01-227 346 E 101/102, Manawhari Yeik Thar, Baho Rd, Ahlone.	☎ ☎ ☎ ☎	☑
32	Fuji Coffee House ☎ 01-535 371 No. 116, University Avenue Road, Kamaryut Tsp.	☎ ☎ ☎ ☎	☑
33	Khaing Khaing Kyaw ☎ 09-515 9084 617/A, Pyay Rd, Ward (2), Kamaryut Tsp.	☎ ☎ ☎ ☎	☑
34	Aung Thu Kha ☎ 09-500 5296 17A, West Shwe Gon Daing, (1)st, Bahan Tsp.	☎ ☎ ☎ ☎	☑
35	Kaung Thant ☎ 01-661 759 33, Kyaik Waing Pagoda Rd, Mayangone Tsp.	☎ ☎ ☎ ☎	☑
36	Golden Duck ☎ 01-661 779 Myaing Hay Wun Park, 8 Mile, Pyay Rd,	☎ ☎ ☎ ☎	☑

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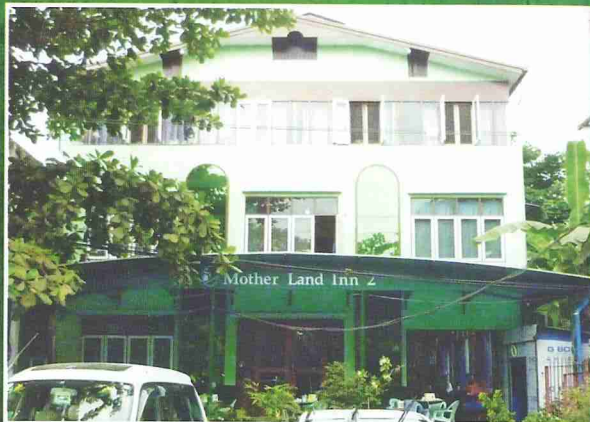
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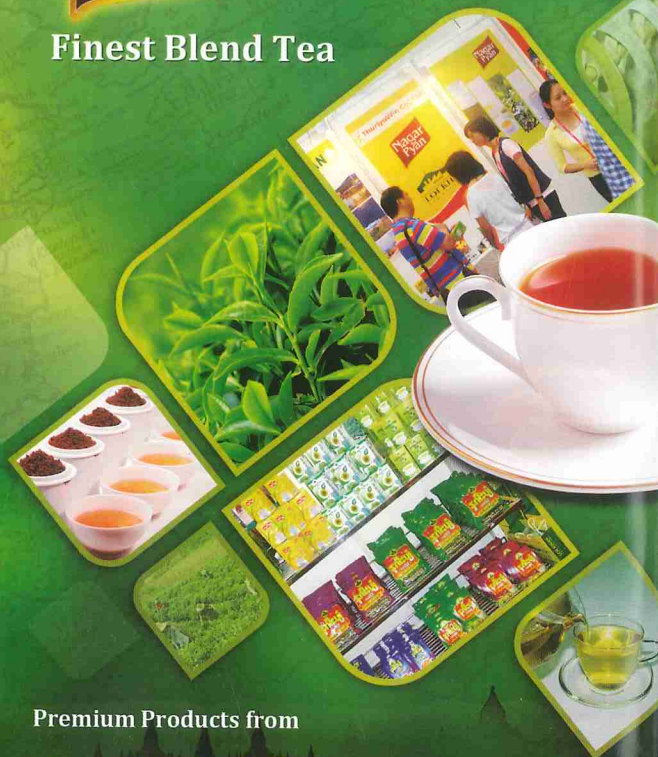
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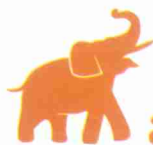
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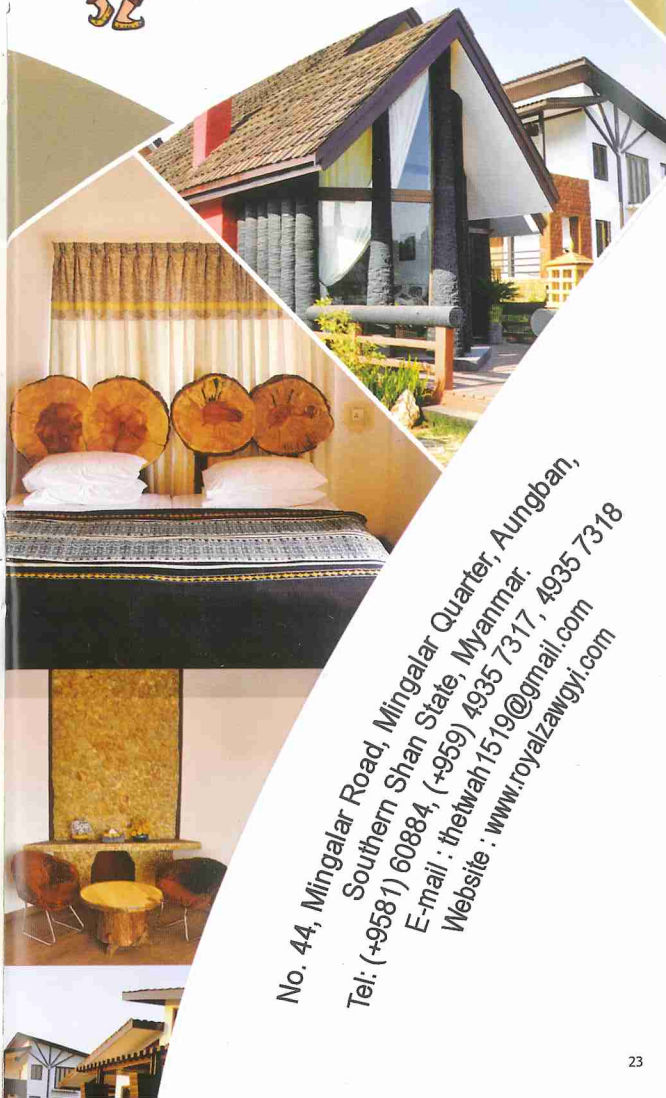


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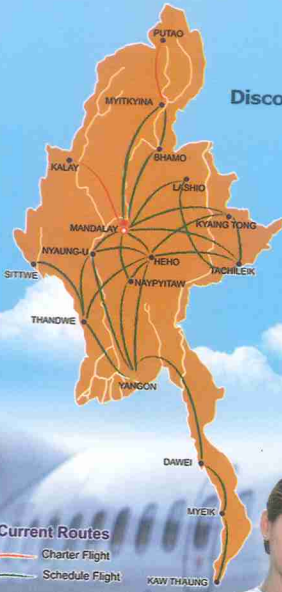
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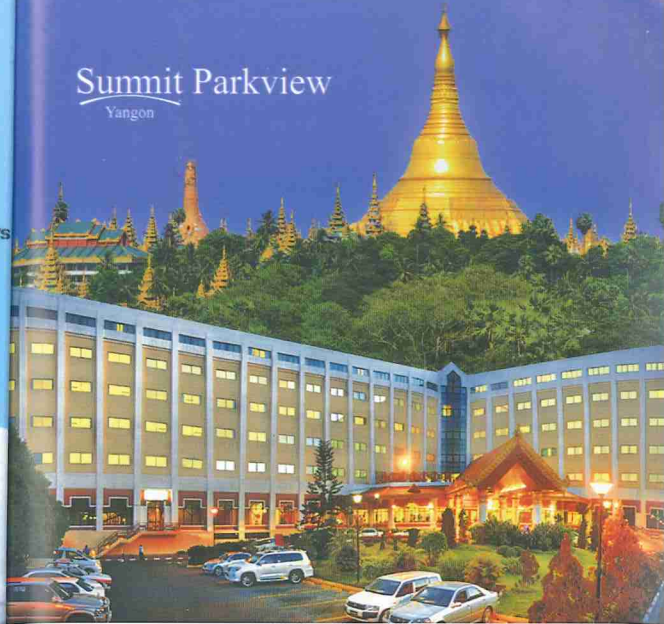
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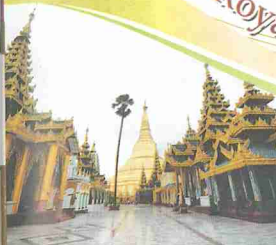


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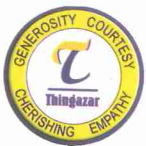
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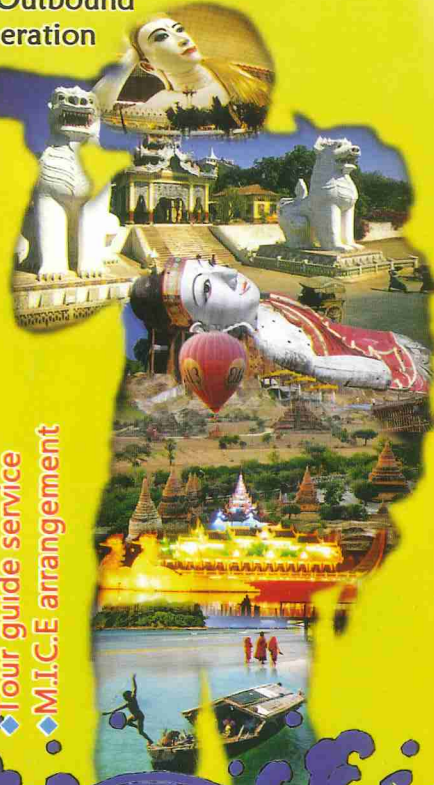
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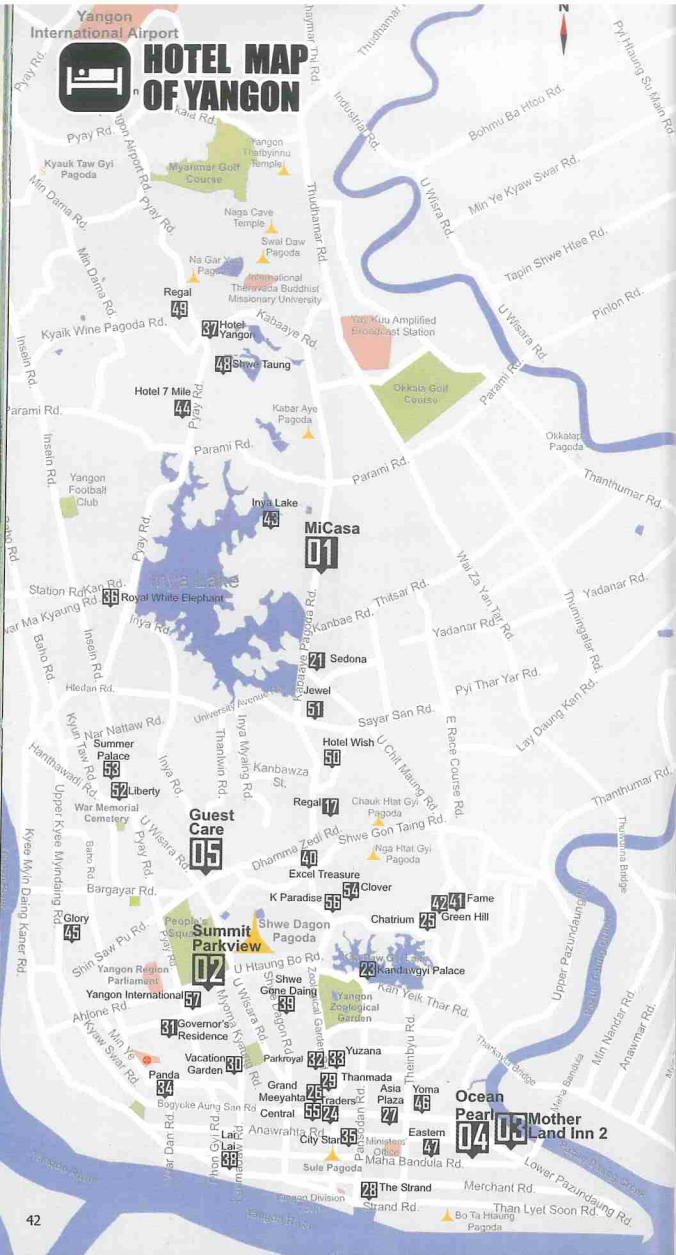
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- 22 Seasons of Yangon:** Int'l Air port Yangon ☎01-666 337
- 23 Kandawgyi Palace:** Kanyeiktha Rd, Mingalar Taung Nyunt ☎01-249 255
- 24 Traders Hotel:** 223, Sule Pagoda Rd, Pabedan ☎01-242 828
- 25 Chatrium Hotel:** 40, Natmauk Rd, Cor. of Posein Rd, Tarmwe Tsp ☎01-544 500
- 26 Grand Mee Ya Hta:** Bogyoke Aung San Rd, Pabaedan Tsp ☎01-256 355
- 27 Asia Plaza:** 265-279, Bogyoke Aung San Rd., kyauktada Tsp ☎01-254 424
- 28 The Strand Hotel:** 92, Strand Rd, Kyauktada Tsp ☎01-281 532
- 29 Thamada Hotel:** Near Thamada Cinema Hall, Dagon Tsp ☎01-243 639
- 30 Vacation Garden:** No. 15/ks, Padonmar St, Dagon Tsp ☎01-274 987
- 31 Governor's Residence:** 35, Tawwin Road, Dagon ☎01-229 862
- 32 Park Royal Hotel:** No. 33, Alanya Pagoda Rd, Dagon Tsp ☎01-250 388
- 33 Yuzana Hotel:** 130, Shwegondine Rd., Bahan Tsp ☎01-543 370
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- 35 City Star Hotel:** 169-171, Maha ban doola Garden St, Kyauktada Tsp ☎01-370 920
- 36 Royal White Elephant:** No. 11/15, Pond St, Hlaing Tsp. ☎01-503 986
- 37 Hotel Yangon:** No.91/93, Corner of Pyay Rd, Mayangone Tsp ☎01-667708
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- 39 Hotel Shwe Gone Daing:** 273/A Shwe Gon Daing Rd, Bahan Tsp ☎01-552 585
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- 42 Green Hill:** 12,Phoe Sein Rd.,Nat Mauk Ward, Tarmwe Tsp, ☎209299
- 43 Inya Lake:** 37,Kaba Aye Pagoda Rd.,Ward (10), Mayangone Tsp, ☎01-662866
- 44 Hotel 7 Mile:** 32,Kone Myint Yeikthar St.,Mayangone Tsp. ☎01-656466
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- 46 Yoma:** 146,Bogyoke Aung San Rd., Pazundaung Tsp. ☎01-297725

HOTELS IN YANGON

- 47** Eastern Hotel: 194/196,Bo Myat Tun St., Pazundaung Tsp. ☎ 01-293815
48 Shwe Taung Hotel: 89,Pyay Rd., Mayangone Tsp. ☎ 01-660019
49 Regal: 116/D,Thiri Mingalar Lane., Mayangone Tsp ☎ 01-664592
50 Hotel Wish: 1/5/A,Saya San Rd., Bahan Tsp ☎ 01-401214
51 Jewel Hotel: 150/D,New University Avenue Rd.,Bahan Tsp. ☎ 01-549345
52 Liberty Hotel: 343,Pyay Rd., Sanchaung Tsp. ☎ 01-534050
53 Summer Palace Hotel: 437,Pyay Rd., Kamayut Tsp. ☎ 01-527211
54 Clover: No. 7A, Wingabar Rd, Bahan Tsp. ☎ 09-7317781
55 Central Hotel: 335/357, Bogyoke Aung San Rd, Pabedan Tsp ☎ 01-241007
56 K Paradise: No-12, KoMinkoChin Rd, Bahan Tsp ☎ 01-541978
57 Yangon International: No.330, Ahlone Road, Dagon Tsp. ☎ 01-216001

- White House: 69/71, Konezaydan St.,Pabedan Tsp. ☎ 01-240781
Mingalar Garden: 30, Inya Myaing Rd., Bahan Tsp. ☎ 01-513725
The Loft Hotel: 33, Yaw Min Gyi Street, Dagon Tsp. ☎ 01-386646
Golden Guest Inn: 182, Insein Rd , 9th Qr., Hlaing Tsp. ☎ 01-524642
Savoy: 129, Dhamazedi Road, Kamayut Tsp. ☎ 01-526285
The Ambo Hotel: 7, Sayasan Road, Bahan Township. ☎ 01-543162
Golden Valley Inn: 17, Inyamyang St., Bahan Tsp. ☎ 01-524173
Yuzana Garden: 44, Alanpya Pagoda Rd., Mingalar taungnyunt Tsp. ☎ 01-248944
Regal Hotel: 115-D, Thirimingalar St.,MayangoneTsp. ☎ 01-664592
Olympic Hotel: National Swimming Pool, Dagon Tsp. ☎ 01-562517
Queen Park's Hotel: 132, Anawrahta Rd., Botahtaung Tsp. ☎ 01-296925
Inya Lake Hotel: 37, Kabaaye Pagoda Rd, Kabaaye Tsp. ☎ 09-662857
Ruby Garden Hotel: 631, Pyi Rd., Kamaryut Tsp. ☎ 01-511545
City Lake View Hotel: 88-A, University Avenue, Bahan Tsp. ☎ 01-512670
Golden City Hotel: 13-Kha, Ngahtatgyi Pagoda Rd., Bahan Tsp. ☎ 01-540977
Lamadaw Plaza Hotel: Lanmadaw Plaza, Latha Tsp. ☎ 01-212955
Yadana Show Hotel (I): No. 29/31, Natmauk St,Tamwe Tsp. ☎ 01-548148
Peeoni Motel: 8th fl; Block(C), Nyungbinlay Plaza, Lanmadaw Tsp. ☎ 01-227987
Espace Avenir: No. 523, Pyay Rd., Kamaryut Tsp. ☎ 01-505213
Golden Aye Yeik Mon: No. (4), Padauk St., Ayeyekmon Estate. ☎ 01-681706
Silver Moon Hotel: 102, Natsin Road, Kyimyindine Tsp. ☎ 01-511610
Kaung Lay Inn: No. 75-B, Moe Ma Kha Lane, Bahan Tsp. ☎ 01-544275
Yadana Show Hotel (II): 9/Ka - Natmauk St., Tamwe Tsp. ☎ 01-548148
Lucky Palace: 147(A), Tawinyeiktha St., Yetarshay Qr, Bahan Tsp. ☎ 01-540530
Padauk Wah Motel: 9, Kangaw St., Myohaung, Thanhlyn Tsp. ☎ 01-512288
Aye Nandar Hotel: 1-A, (19/A), Tharkayta Tsp. ☎ 01-553182
Yawar Ma Hotel: 5 / 332, Bayinnaung Rd., Qr. (2), Hlaing Tsp. ☎ 01-501386
May Shan Hotel: 115/117, Sule Pagoda Rd., Kyauktada Tsp. ☎ 01-252986
Goal Hotel: Near Thuwana play ground, Thingungyun Tsp. ☎ 01-562516
Princess Hotel: 129A Thanlwin Rd. Kamaryut Tsp. ☎ 01-531161
Ruby Inn: 23, Bawga St., Mayangone Tsp. ☎ 01-662484

ANTIQUES
ART GALLERY
SOUVENIRS
HANDICRAFTS
JEWELRY

SHOPPING IN YANGON



OPEN - CLOSE

RECOMMENDED

- | | | | | |
|---|-----------|--|--|--|
| ✓ | 15 | Nagar Pyan ☎ 01-503805, 530628
No.42, Shwe Tharaphy Yeik Mon, Bayint Naung Rd.
http://www.nagarypyan.com | | |
| ✓ | 16 | Billion Boss ☎ 01-248105
No. 89, Middle Block, Bogyoke Market. | | |
| ✓ | 17 | Augustine ☎ 01-504290
No.25 (B) Attiyar St. (Thirimingalar St.) Kamayut Tsp.
http://augustinesouvenir.com | | |
| ✓ | 18 | Kabarkyaw ☎ 01-254213
Corner of Anawyahta Road and Shwedagon Pagoda Rd.
http://www.kabarkyaw.com | | |
| ✓ | 19 | See Sain Shin ☎ 01-240966 Ext.534
36, Two Layer Building, Bogyoke Market.
http://www.seesainyadanner.com | | |
| ✓ | 20 | Studio Square ☎ 01-557448
34/36, 1st Floor, Bldg (A), Pearl Condo,Kabaaye Pagoda
http://www.studiosquaregallery.com | | |
| ✓ | 21 | Hinthar Art & Gallery ☎ 537833
No.42/A, Inya Myaing Road, Bahan Tsp. | | |
| ✓ | 22 | Green Heaven ☎ 01- 240966 Ext.421
No.6 G/F, North Wing, Bogyoke Market. | | |
| ✓ | 23 | Colorful Jade & Jewel ☎ 240966 Ext.423
No.(1/2) North Wing Bogyoke Market. | | |
| ✓ | 24 | Mr. Kyi & K ☎ 01-534927
No. 84, Thanlwin Road, Bahan Tsp. | | |

RECOMMENDED

SEE MAP ON PAGE 24.25.

- | | | | |
|---|---|--|--|
| ✓ | Anawmar Gallery ☎ 700446
18A Thukhawaddy Rd., Sooniram Park, YKN. | | |
| ✓ | Inya Art Gallery ☎ 524818,524327
50B, Inya Road, Kamayut Township, Yangon. | | |
| ✓ | River Gallery ☎ 243377
92 Strand Road, Yangon. | | |
| ✓ | She Shines Gems ☎ 548832
005, Building-B, New University Avenue Road. | | |
| ✓ | Traders Hotel Mini Mart ☎ 01-242828
34, Central Hall, Bogyoke Aung San Market. | | |
| ✓ | Shwe Minthemi ☎ 544500
30 A, Pyay Road, (7 Mile), Mayangone. | | |
| ✓ | Kaung Kin Thit ☎ 544500
CHATRIUM HOTEL ROYAL LAKE, Ground Level, Tamwe. | | |
| ✓ | OK Jewel ☎ 254600. www.okjewel.com
34, Central Hall, Bogyoke Aung San Market. | | |
| ✓ | SP Gems & Jewellery ☎ 660397,654399
30 A, Pyay Road, (7 Mile), Mayangone. | | |
| ✓ | Golden Globe ☎ 666900
No. (1005) Sedona Hotel. | | |
| ✓ | Precious Jewellery ☎ 666900
Sedona Hotel. No.1, Kabar Aye Pagoda road. | | |
| ✓ | Forever Jade & Jewellery ☎ 666900
Karaweik Oo-Yin Gabar, Kandawgyi Nature Park, MGTN. | | |

ENTERTAINMENT IN YANGON

CULTURAL
GOLF CLUB
DISCOCLUB
BAR
KARAOKE

Karaweik Hall ☎ 290546 Floating in Kandawgyi Lake.		
Htwe Oo ☎ 959-512-7271 (24hr) No (12), Yama Street, Ahlone Township.		
Pun Hlaing Golf Estate ☎ (01) 684 020 Pun Hlaing Golf Estate Hlaing Tharyar Tsp.		
Yangon Golf Club ☎ (01) 635563 Kha Yae Pin St, Da Nyin Gone Ward, Insein Tsp.		
City Farm & Golf Resort ☎ (01) 247 775 City Farm & Golf Resort (U Do), Taikkyi Township.		
Club Pioneer ☎ 248944 Ahlone Road, Yangon International Hotel.		
The Music Club ☎ +95 1 250388 33 Alan Phya Rd, Dagon Township.		
Dagon bar pub billiard ☎ 211888, 211966 Ahlone Road, Summit Parkview Hotel, Dagon Township.		
Sport Bar ☎ 704 428 No. 20, Pa Le Road, Bahan Tsp.		
DJ's Bar ☎ Dusit Inya Lake Hotel Compound 37 Kabar Aye Pagoda Rd.		
Zero Zone Beer Garden ☎ 240600 Top Floor, 2 Thain Gyi Zay, C Block.		
M3 ☎ 526916, 247325, 244884 Shwe Gon Nang (West) St., Bahan Sports Ground.		
The Ritz Exclusive Lounge ☎ 544 500 CHATRIUM HOTEL ROYAL LAKE, Ground Level, Tamwe Tsp		
Recharge ☎ 666900 Secdona Hotel, Yankin Tsp, Yangon.		

MUSEUMS IN YANGON

NATIONAL MUSEUM [Entrance fee: \$5] 66/74 Pyay Road, Dagon Township, Yangon. Tel: 01 371 540.	
MYANMAR GEMS MUSEUM [Entrance fee: FREE] 66 Kaba Aye Pagoda Road, Mayangon, Yangon. Tel: (01) 665849, 665115	
U THANT MUSEUM 31, Panwa Road, Kamayut Tsp. Tel: (01) 2140544	

MEDITATION CENTERS

International Theravada Buddhist University: Tel: 095-1-665673 Dhammapala Hill, Mayangone, Yangon. http://www.itbmu.org.mm
Mahasi Sasana Yeiktha: Tel: 01 541971, 552501 16, Sasana Yeiktha Road, Yangon 11201. http://www.mahasi.com
Chanmyay Yeiktha: Tel: (01) 661479, Fax: 01- 667050 55A Kaba Aye Pagoda Road, 11061. http://www.chanmyay.org
Panditarama ShweTaungGon: Tel: 01-535 448, 01-705 525 80A, Than Lwin Road, 11201 Yangon. http://www.panditarama.net
Shwe Oo Min Dhamma Sukha Forest: Tel: +951 638170, 638294 Aung Myay Thar Yar Street, Kon Tala Paung Village, Mingalardon Township

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TAXI IN YANGON



Parami - 01 560885, 400435, 657291
Shwe Man Thu - 01 560885, 400435
Gandamar - 01 657291, 09 73008441
Sakura - 01 566109, 5057208

Yaung Ni Oo - 09 49228222, 420152480
Best Of Two - 09 420046434, 01 8619033
Fine Forest - 09 7325666, 09 73062222

INTERNATIONAL AIRLINES

DRAGON AIR (KA) ☎ 01-255 322
AIR ASIA (FD) ☎ 01-251 885/6
AIR INDIA (AI) ☎ 01-253597
CONDOR (DE) ☎ 01-370 836
AIR CHINA (CA) ☎ 01-666 112
SILK AIR (MI) ☎ 01-255 287
MAI (8M) ☎ 01-255 260
MALAYSIA AIRLINES (MH) ☎ 01-387 648
BANGKOK AIRWAYS (PG) ☎ 01-255 122
VIETNAM AIRLINES (VN) ☎ 01-255 066
AIR BAGAN (W9) ☎ 01-513 322
THAI AIRWAYS (TG) ☎ 01-255 491

DOMESTIC AIRLINES



AIR MANDALAY (6T) ☎ 01-501 520
ASIAN WINGS (AW) ☎ 01-516 654
YANGON AIRWAYS (YH) ☎ 01-383 100
AIR KBZ (K7) ☎ 01-372 977
AIR BAGAN (W9) ☎ 01-513 322
GOLDEN MYANMAR ☎ 01-8604035

POLICE & INFORMATION



Tourist Information: (01) 371910, 374281
Immigration: (01) 249216
Tourist Safety Police: (01) 376166, 642742, 549209
Police: 199

Airport (Yangon) 01-662811
Railway (Enquiry) 01-201555
Highway Bus Station 01-640469

HEALTHCARE SERVICES



International SOS Clinic - www.internationalsos.com
Inya Lake Hotel, 37 Kaba Aye Pagoda Road. Tel: 01 667 879
Pun Hlaing Hospital - www.punhlainghospital.com
Pun Hlaing Golf Estate Ave, Hlaing Thayar, 01 684 323.
Witoria General Hospital - www.witoriyahospital.com
#68, Taw Win Road, Yangon. Tel: 01 666 128.

Australia ☎ 01-251 809, 251 810
Bangladesh ☎ 01-515275
Canada Contact Australian embassy.
China ☎ 01-221 280
France ☎ 01-212 523, 212 532
Germany ☎ 01-548 951
India ☎ 01-282 933
Indonesia ☎ 01-254 465, 254 469
Israel ☎ 01-515 155
Italy ☎ 01-527 100
Japan ☎ 01-649 644, 549 645
Malaysia ☎ 01-220 249
Nepal ☎ 01-545 880

EMBASSIES IN YANGON



Netherlands Contact German embassy
New Zealand Contact UK embassy
Philippines ☎ 01-6558 149~151
Sri Lanka ☎ 01-222 812
Sweden ☎ 01 539901, 511256
Switzerland Contact German emb.
Thailand ☎ 01-533 082, 512 017
UK ☎ 01-380 322
USA ☎ 01-536 509

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6 | **i** USEFUL PHRASES

English (Myanmar) pronunciation

good day (မင်္ဂလာပါ) *mingalar-par*
 how are you? (နေကောင်းလား) *nay-kong-lar*
 thank you (ကျေးဇူးပါ) *chay-zoo-par*
 sorry (တောင်းပန်ပါတယ်) *tong-pan-par-del*
 how much? (ဘယ်လောက်လဲ) *bel-louk-lei*
 where? (ဘယ်မှာလဲ) *bel-mar-lei*
 where is the toilet? (အိမ်သာ ဘယ်မှာလဲ) *eain-thar bel-mar-lei*

5 | **M** Meal

breakfast (မနက်စာ) *ma-net-sar*
 lunch (နေ့လည်စာ) *nay-lel-sar*
 dinner (ညစာ) *nya-sar*
 snack (မုန့်) *moant*

4 | **F** Food

beef (အဲသား) *ah-mel-thar*
 pork (ဝက်သား) *wet-thar*
 chicken (ကြက်သား) *kyet-thar*
 fish (ငါး) *ngar*
 sea food (ပင်လယ်စာ) *pinlei-sar*
 vegetarian (သက်သတ်လူတ်) *paung-moant*
 bread (ပေါင်မုန့်) *paung-moant*

3 | **D** Dishes

boiled (အပြုတ်) *pyoke*
 fried (အကြော်) *kyaw*
 steamed (ပေါင်း) *paung*
 BBQ (အသားကင်) *ah-thar-kin*

2 | **P** Places

English (Myanmar) pronunciation

airport (လေဆိပ်) *ley-seit*
 bus station (ကားရိတ်) *car-gate*
 clinic (ဆေးခန်း) *sey-kann*
 embassy (သံရုံး) *thun-yone*
 guest house (တည်းခိုခန်း) *tell-ko-khan*
 hospital (ဆေးရုံ) *sey-yon*
 hotel (ဟိုတယ်) *hotel*
 jetty (သင်္ဘောဆိပ်) *thin-baw-sake*
 market (ဈေး) *zey*
 police station (ရဲစခန်း) *yel-sakhan*
 post office (စာတိုက်) *sar-dike*
 railway station (ဘူတာရုံ) *bootar-yone*
 restaurant (စားသောက်ဆိုင်) *sar-thauk-sine*
 toilet (အိမ်သာ) *eain-thar*

Drinks

water (ရေသန့်) *yay-thant*
 juice (ဖျော်ရည်) *pyaw-yay*
 beer (ဘီယာ) *beer*

Tableware

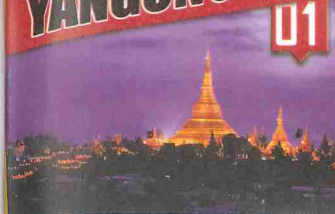
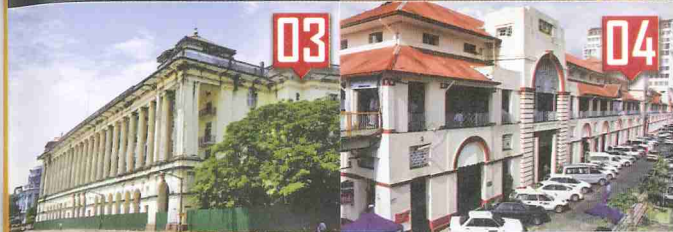
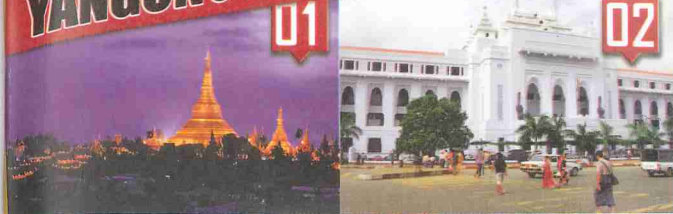
spoon (စွန်း) *zoon*
 fork (ခက်ယင်း) *khet-yin*
 knife (ဓား) *dah*
 cup (ခွက်) *kwet*
 plate (ပန်းကန်ပြား) *pagan-pyar*
 bowl (ပန်းကန်လုံး) *pagan-lone*

Numbers

English = Myanmar

0 (ဝ) *thon-nya*
 1 (တ) *tick*
 2 (၂) *hnit*
 3 (၃) *thone*
 4 (၄) *lay*
 5 (၅) *ngar*
 6 (၆) *chauk*
 7 (၇) *kon-nit*
 8 (၈) *shik*
 9 (၉) *koe*
 10 (၁၀) *ta-sel*
 100 (၁၀၀) *ta-yar*
 1000 (၁၀၀၀) *ta-htaung*
 2000 (၂၀၀၀) *hnit-htaung*
 3000 (၃၀၀၀) *thone-htaung*
 5000 (၅၀၀၀) *ngar-htaung*
 10,000 *ta-thaung*
 100,000 *ta-thein*

YANGON'S TOP 10 TOURIST ATTRACTIONS



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 myanmars.net

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