

Yangon

travel information







Vol. 1 Issue 3

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Red line on the map suggests a DOWNTOWN WALKING TOUR:
 Distance: 3.4 km
 Time needed: ~2 hours
 Coverage: center-point of Yangon, colonial heritage buildings, chinatown, market places, etc.

Information	Restaurants	Hotels	Entertainment	Shopping	Taxi
					
Airlines	Museum	Police	Phrases	Embassies	Hospitals
					

YANGON'S TOP 10 TOURIST ATTRACTIONS



01



02



03



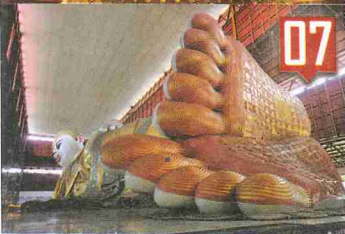
04



05



06



07



08

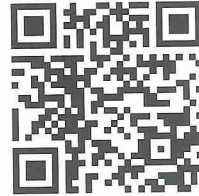


09



10

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!



TOURIST HELP LINE:
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(067) 406061

(067) 406105

(01) 371286, 252859

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ပြုမှုကို ဖြစ်နိုင်သမျှ လျှော့ချပါ။






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i TOP TOURIST ATTRACTIONS IN YANGON

01

Shwedagon Pagoda (ရွှေတိဂုံဘုရား) [8000 Ks]   
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 (မြို့တော်ခရီးမှ)
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 Front
Cover
Inside

03

Downtown walking tour (ဆူးလေမှဗိုလ်ချုပ်ဈေး)
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 (ဗိုလ်ချုပ်ဈေး)
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 FCI

05





National Museum (အမျိုးသားပြတိုက်) [5000 Ks]  
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 and 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 Front
Cover
Inside

TOURIST ATTRACTIONS IN YANGON

i

06

Yangon Circular Train (မြို့ပတ်ရထား) [200/400 Ks]  
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 Front
Cover
Inside

08

Botahtaung Pagoda (ဗိုလ်တထောင်ဘုရား) [US\$3]  
Located on the Strand Road, unique Botahtaung Pagoda has impressively gilded maze-like interior walkway, with relicts 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 an 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 (ကရဝိက်)  
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. [30,000 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 (ထောက်ကြံ့စစ်သင်္ချိုင်း)  
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 Front
Cover
Inside



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: 59 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.

TWANTE POTTERY (~1 hour)

Twante is a township in the Yangon Region, across the Hlaing River, at southwest Yangon. Time-travel to the rural way of life and visit a traditional pottery workshop, where the methods have remained the same for generations, probably centuries. It is also known for the man-made Twante Channel, connecting Yangon and the Ayeyarwaddy delta region.

European
Chinese
Japanese
Korea
Indian
Thai
Myanmar

RESTAURANTS IN YANGON



European	Chinese	Japanese	Korea	Indian	Thai	Myanmar	Restaurant	Contact	Address	WiFi	Alcohol	Music
✓					✓✓		37 La Meison 20	01-664 204	No.20, Kabaraye Pagoda Rd, Yankin Tsp.		☑	☑
✓✓	✓			✓			38 365 Restaurant	01-243 047	Thamada Hotel, No.5 Signal Pagoda Rd,	☑	☑	☑
	✓						39 Western Park	01-225 143	Thakhin Mya Park, Ahlone Tsp.	☑	☑	☑
✓✓				✓✓			40 Feel	01-210 678	1st Floor, Danathiha Centre	☑	☑	☑
✓					✓✓		41 Zawgyi House	09-36113862	No.5, U Tun Nyein St, Mayangone Tsp.	☑	☑	☑
					✓		42 YKKO	09-861 5379	Seikkan Thar st, Kyaukdata Tsp.	☑	☑	☑
✓✓							43 Summer Palace	01-242 828	Level 2, Trader Hotel, Kyauktada Tsp.	☑	☑	☑
					✓		44 Taing Yin Thar	01-660 792	Con: of May Kha Rd, Parami Rd, Mayangone Tsp.	☑	☑	☑
✓							45 Le Planteur	01-541997	22, Kabaraye Pagoda Road, Bahan Tsp.	☑	☑	☑
✓				✓			46 Black Canyon	09-421040512	330, Ahlone Road, Dagon Tsp.	☑	☑	☑
✓							47 Coffee Corner	01-650471	Yangon International Airport, Mingalardon Tsp.	☑	☑	☑
✓							48 Lotteria (Hamburger)	01-525947	Junction Square Super Market.	☑	☑	☑
	✓			✓✓			49 Green Elephant	01-536498	33, Thirimingalar St, Kamaryut Tsp.	☑	☑	☑
✓							50 L'Opera	01-665 516	No. 62, U Htun Nyein Street, Mayangone Tsp.	☑	☑	☑
				✓			51 FURUSATO	01-556265	137, West Shwegondine Road, Bahan Tsp.	☑	☑	☑
✓							52 Union Bar and Grill	09-420101854	No. 42, Strand Road, Botahtaung Tsp.	☑	☑	☑
					✓✓		53 Padonmar Restaurant	01-538 895	150/107, Kha-Yae-Bin Street, Dagon Tsp.	☑	☑	☑
✓✓	✓						54 BBQ Korea	01-388 981	359/363, Bogyoke Aung San Rd & 31st Street.	☑	☑	☑
✓✓				✓			55 Jasper House	09-517-2589	54, Ahlone Street, Dagon Tsp.	☑	☑	☑
✓✓				✓✓			56 Coffee Circles	01-525 157	107(A), Dhamma Zedi Road, Kamaryut Tsp.	☑	☑	☑
✓				✓			57 Always Cafe & Thai Food	01-653653	Ga Mone Pwint Shopping Mall, Mayangone	☑	☑	☑
	✓			✓✓			58 Karaweik Palace	01-290 546	Karatweik Palace, Kandawgyi Compound	☑	☑	☑
✓✓				✓			59 Signature	01-558 828, 543 387	Korninkochin Road, Kandawgyi Lake.	☑	☑	☑
				✓✓			60 Tomo Sushi	01-251302	702, Maharbandoola Street, Latha Tsp.	☑	☑	☑
				✓			61 Mondo Japanese	01-252 261	26(B), Yaw Min Gyi Street, Dagon Tsp.	☑	☑	☑
✓✓✓				✓✓			62 The Emporia Restaurant	01-544 500	Chatrium Hotel Royal Lake, Ground Level, Tamwe	☑	☑	☑
✓							63 ORZO	01-666 900	Sedona Hotel, Yankin Tsp.	☑	☑	☑
✓✓				✓			64 New Doreen	01-223 697	164/168, Upper Warden Street, Lanmadaw Tsp.	☑	☑	☑



RESTAURANTS IN YANGON

LIVE MUSIC
WIFI INTERNET

OPEN
CLOSE

European
Chinese
Japanese
Korea
Indian
Thai
Myanmar

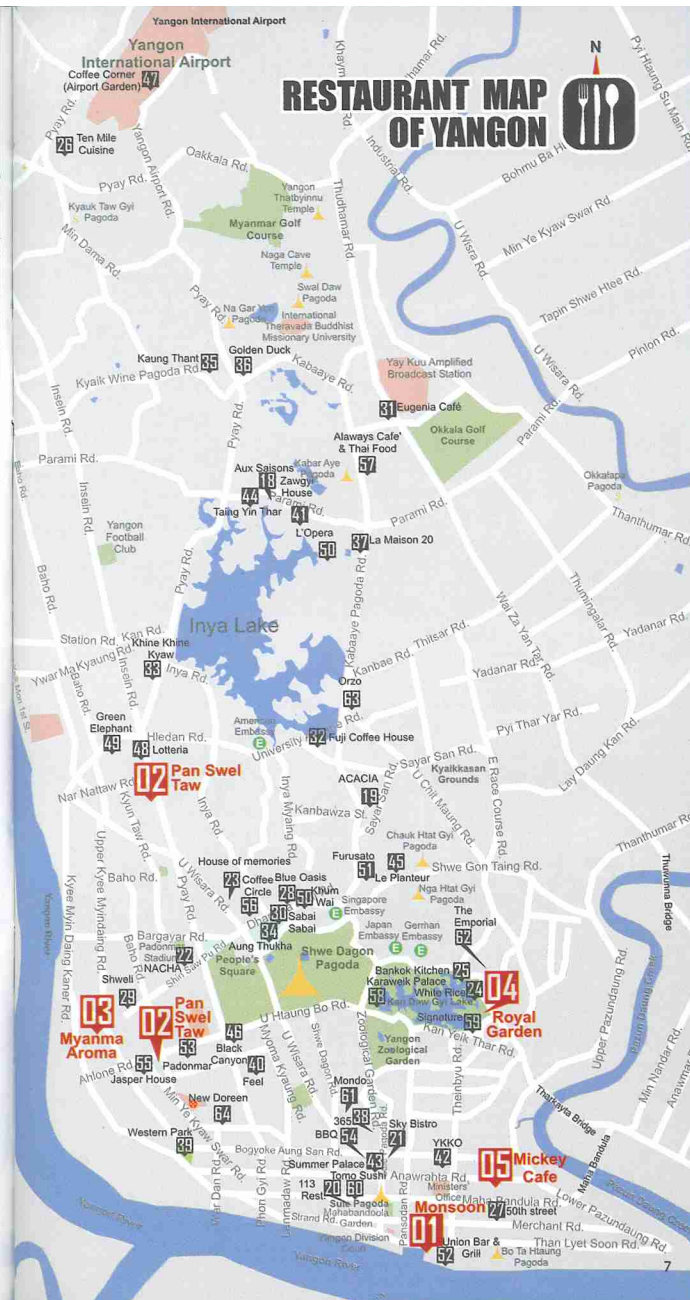
RECOMMENDED

- 01 Monsoon** (မုန်ဆွန်) ☎01-295 224
No. 85-87, Theinbyu Road, Botataung Tsp.
<http://monsoonmyanmar.com>
- 02 Pansweltaw** (ပန်ဆွယ်တော့) ☎01-215 363
No.228, Ahlone Road, Ahlone Tsp.
<http://www.pansweltaw.com>
- 03 Myanma Aroma** (မြန်မာ့အေးရိုး) ☎09-421176573
No (415/423), Lower Kyimyindine St, Ahlone Tsp.
- 04 Royal Garden** (ရိုသယ်ဂါဒင်) ☎01-546 923
Nat Maul St, Near Bogoyoke Aung San,
BRONZE STATUE, Bahan Tsp
- 05 Mickey** (မိနီ) ☎01-09-73065128
No(174/188), Bo Myat Htun Rd
Shwekabar Tower II, Pazundaung Tsp.

RECOMMENDED

SEE MAP ON PAGE 7.

- 18 Aux Saisons Restaurant** ☎01-661 125
31, A, Kan Yeik Thar Street, Mayangone Tsp.
- 19 ACACIA TEA SALON** ☎01-554 739
52, Saya San Road, Bahan Tsp.
- 20 113 Restaurant & Takeaway** ☎09 4211 49469
113 Ground Floor, Boywe Street, Latha Tsp
- 21 Thiripitsaya Sky Bistro** ☎01-255277
339, Bogoyoke Aung San Road, Sakura Tower
- 22 NACHA** ☎09-450013761
No.85, Shin Saw Pu Road, Sanchaung Tsp.
- 23 House of Memories** ☎01-525195
No. 290, U Wizara Road, Kamaryut Tsp.
- 24 White Rice** ☎01-556 837
Kandawgyi Park, Mingalar Taungnyunt Tsp.
- 25 Bangkok Kitchen** ☎09-730 13 732
Opposite Chatrium Hotel, Natmauk Road
- 26 Ten Mile** ☎01-660417
No.145, Pyay Rd, 10 mile Mayangone Tsp.
- 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, Dharma 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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Kyauktada Township, Yangon, Myanmar.

Tel : 01 255014, 01 255082

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E-mail : rsvn@asianwingsair.com,



SEASONAL EVENTS: What's on in Yangon?



Photo credit: Htoo Tayzai

Mar, Apr, May: Buddhist Novitation Ceremonies are often held in famous pagodas and monasteries, since this is the summer holiday season for most schools in Myanmar. Young novices dress up as prince and princesses, and go around town, just before joining monkhood or nunhood temporarily.

Mar 27 - Apr 2: Panguni Uthiram Hindu Festival, where Hindu devotees pierce their bodies with spears, needles, and hooks. Since Hindu are very few minorities in Myanmar, it may be hard to find.

Apr 9-18: Shwe Mawdaw Pagoda Festival, Bago -- A typical pagoda festival can be seen as evening entertainment such as plays, traditional dance-performances, and tons of street vendors.

Apr 11: Hindi new year festival

Apr 13-16: Thingyan Water Festival is the new year event for the Myanmar people to wash away sins and souls of the previous year, before passing on to Myanmar new year 1376 (AD 2014-15).

Apr 17: Myanmar New Year Day, when most locals carry out good deeds. Food is offered to monks, and prayers are read, in each neighborhood, marking the first day of the Myanmar calendar and to bring in luck, and to drive away evils.

May 1: May Day (International Workers' Day) is a public holiday.

May 13: Animal Freeing Ceremonies and Kasone Bodhi-Tree-Watering Festival are held in many religious places. Buddhists flock in Shwedagon Pagoda and Kabaraye Hill (World Peace Hill).

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TRAIN SCHEDULES & RIVER CRUISES



Yangon Circular Train (45.9 km / 28.5 miles)

Tourists often get surprised to know that the country's first railway system starting from this Yangon Central Railway Station was first built in 1877. The Central Railway Station (photo: above) is still a very beautiful blend of western and Myanmar traditional architecture. These circular trains pass across most sub-urban neighborhoods of Yangon, going both ways (clockwise and anti-clockwise). Best choice to tour around Yangon in a very short time.

Schedule: almost every hour between 7am to 7pm

Duration: approximately 2 hours, passing all 39 stations

Cost: 400 kyats, for the air-conditioned train

Yangon - Bago (153Km) to visit to Yatanarpon Palace

Schedule: everyday approx. @ 7am, 11am, 1pm

Duration: approximately 2 hours

Cost: approximately 2,500 kyats per person for first class car.

Yangon - Kyaikhto (284Km) to visit to Golden Rock

Schedule: everyday approximately @ 7am, 1pm, 3pm

Duration: approximately 3 hours

Cost: approximately 2,500 kyats per person for first class car.
approximately 3,500 kyats per person for sleeper deck

Yangon - Mandalay (577.65km) to go to Mandalay Palace

Schedule: everyday approximately @ 7am, 1pm, 3pm

Duration: approximately 12 hours

Cost: approximately 9,000 kyats per person for first class car.
approximately 13,000 kyats per person for sleeper deck

Contact: For inquiries, call ☎ (+95-01) 201 555

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RIVER CRUISES AROUND YANGON

Yangon River Cruises (approximately 8 km)

Vessel: Tayza Cruiser (size 96'x22') by IWT, Ministry of Transport

Route: from southeast Yangon to southwest Yangon and back

Boarding place: Botataung Jetty-5, Seikkan Township,

Schedules: 2 cruises per day 7am and 1pm

every Tuesday, Thursday, Saturday, Sunday

Duration: approximately 1.5 hours

Price: approximately US\$15 per person (50% for children under 12)

Dinner on board: have to be pre-arranged for a group over 10 persons

Contact: Inland Water Transport, Sales & Reservation Office,

50, Pansodan Street, Yangon. ☎ (01) 384253, 381914

email: tayzarivercruise@gmail.com

internet: <https://www.facebook.com/tayzarivercruiser>

Dala Ferry (approximately 1 km, across Yangon River)

Vessels: Kyansittha & Tabin Shwehtee by Ministry of Transport

Route: from Yangon to Dala, across Yangon River

Boarding place: Pansodan Jetty, Seikkan Township,

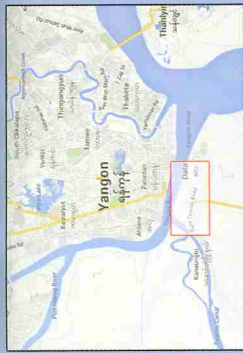
Schedules: every 20 minutes between 7am - 1pm daily

Duration: approximately 10 minutes

Price: US\$2 per person (one way)

Contact: For inquiries, call ☎ (01) 222472

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Yangon River

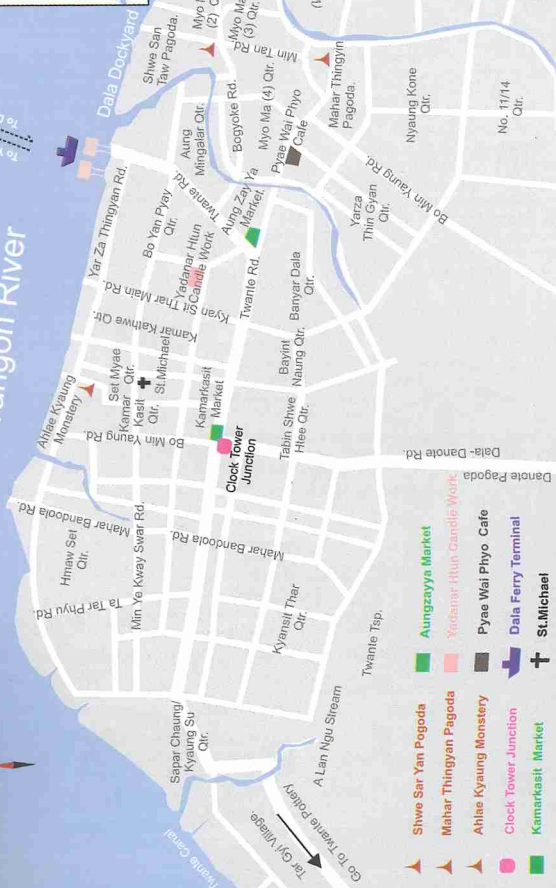
Scale: 1 = 1 km



To Thantlyn

To Dala
To Yangon

TOURIST MAP OF DALA



-  **Shwe Sar Yan Pogoda**
-  **Mahar Thingyan Pagoda**
-  **Ahlae Kyaung Monastery**
-  **Clock Tower Junction**
-  **Kamarkasit Market**
-  **Aungzayya Market**
-  **Yadanaar Hlun Candle Work**
-  **Pyae Wai Phyo Cafe**
-  **Dala Ferry Terminal**
-  **St. Michael**

Twante Tsp.

No. 11/14 Qtr.

Bo Min Yang Rd.

Yarza Thin Gyan Qtr.

Nyaung Kone Qtr.

Mahar Thingyan Pagoda.

Ant Gyi (West) Qtr.

Ant Gyi (East) Qtr.

Than Ma Da Qtr.

Anaw Yahtar St.

Myo Ma (2) Qtr.

Myo Ma (3) Qtr. (1) Qtr.

Myo Ma (4) Qtr.

Pyae Wai Phyo Cafe

Min Tan Rd.

Bogyoke Rd.

Shwe San Taw Pagoda.

Myo Ma (3) Qtr. (1) Qtr.

Myo Ma (2) Qtr.

Myo Ma (4) Qtr.

Pyae Wai Phyo Cafe

Min Tan Rd.

Bogyoke Rd.

Shwe San Taw Pagoda.

Yangon International Airport

Yangon International Airport



HOTEL MAP OF YANGON



HOTELS IN YANGON



WIFI INTERNET

RECOMMENDED

- 01 Cherry Hills Hotel** (ချယ်ရီဟิลล์) ☎ 01-559 722
No. 520/4 (A), Kabar Aye Pagoda Rd, Shwe Gone Daing, Bahan Tsp
<http://www.cherryhillshotel.com> 📶
- 02 Tadar Gust House** (တဒါ) ☎ 01-255 649
278/300, (3C), Mahabandoola Garden Streed, Kyauktada Tsp. 📶
- 03 MiCasa** (မိတဆါ) ☎ 01-650 933
No.17 Kabar Aye Pagoda Road, Yankin Tsp.
<http://www.myanmar.micasahotel.com> 📶
- 04 Golden Guest Inn** (ဂိုဒေါင်း ဂတ်စ်အင်း) ☎ 01-524 642
No. 182 Insein Road, 9th Quarter, Hlaing Tsp.
<http://www.goldenguestinn.com> 📶
- 05 Hotel Yankin** (ဟိုတယ် ရန်ကင်း) ☎ 01-855 0283
No.186, Lu Nge Thsart Street, Yankin Tsp.
www.hotelyankin.com 📶
- 06 High Five Hotel** (ဟိုတ်ဖိုက်) ☎ 01-691 900
No. 35, Thiri Kan Thar Street, North Okkalapa Tsp.
<http://www.highfivehotel.asia> 📶
- 07 Aung Tha Pyay Hotel** (အောင်ထာပျဲ) ☎ 01-378 663
No. 74/80, 38th Street (Middle Block), Kyauktada Tsp.
<http://www.aungthapyayhotel.com> 📶
- 08 Winner Inn** (ဝင်းမာအင်း) ☎ 01-535 205
No. 42, Than Lwin Road, Bahan Tsp.
<http://www.winnerinmyanmar.com> 📶
- 09 Ocean Pear Inn** (အိန္ဒိယပေါင်းအင်း) ☎ 01-296 637
No. 215, Botataung Pagoda Road, Pazundaung Township, Yangon.
<http://www.oceanpearhotel-budget.com> 📶
- 10 Chit Sayar Hotel** (ချစ်စရာ) ☎ 01-242 094
No. 646, Mahabandoola Rd, Bet 21st & 22nd street, Latha Tsp.
<http://www.chitsayarhotel.com> 📶
- 11 Royal Star Guest House** (ရိုဏ်ရယ်) ☎ 01-388 551
No. 321, Mahabandoola Garden Street, Kyauktada Tsp. 📶
- 12 Eden Palace Hotel** (အိဒင်ဟိုတယ်) ☎ 01-542 826
No. 356 / 366, Kyaikkasan Road, Tarmwe Tsp.
<http://www.edenpalaceyangon.com> 📶

RECOMMENDED

SEE MAP ON PAGE 42.

- 28 The Strand Hotel:** 92, Strand Rd, Kyauktada Tsp ☎ 01-281 532
- 29 Thamada Hotel:** Near Thamada Cinema Hall, Dagon Tsp ☎ 01-243 639
- 31 Governor's Residence:** 35, Tawwin Road, Dagon ☎ 01-229 862
- 32 Park Royal Hotel:** No. 33, Alanpya Pagoda Rd, Dagon Tsp ☎ 01-250 388
- 33 Yuzana Hotel:** 130, Shwegondine Rd., Bahan Tsp ☎ 01-543 370
- 34 Panda Hotel:** 205, Wahdan Rd., Lanmadaw ☎ 01-212 850
- 35 Orchid 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
- 39 Hotel Shwe Gone Daing:** 273/A Shwe Gon Daing Rd, Bahan Tsp ☎ 01-552 585
- 40 Excel Treasure Hotel:** 520,Kaba Aye Pagoda Rd.,Bahan Tsp, ☎ 01-559150
- 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



HOTELS IN YANGON

- 46** Kandawgyi Palace: Kanyektha Rd, Mingalar Taung Nyunt. ☎ 01-249 255
- 47** The Moon: No.13, Ywama Kyauing St, Ward(1), Hlaing Tsp. ☎ 01-531 389
- 48** Shwe Taung Hotel: 89,Pyay Rd., Mayangone Tsp. ☎ 01-660 019
- 49** Sedona Hotel: 1, Kaba Aye Pagoda Rd, Yankin Tsp. ☎ 01-666 900
- 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** Golden Butter Fly: No-12, KoMinKoChin Rd, Bahan Tsp. ☎ 01-541978
- 57** Yangon International: No.330, Ahlone Road, Dagon Tsp. ☎ 01-216001
- Asia Plaza: 265--279, Bogyoke Aung San Rd., kyauktada Tsp. ☎ 01-254 424
- Great Feel: 384, Wireless 1st, Kabaraye Pagoda Rd, Mayangone Tsp. ☎ 01-657 933
- The Strand Hotel: 92, Strand Road, Kyauktada Tsp. ☎ 01-513 725
- The Loft Hotel: 33, Yaw Min Gyi Street, Dagon Tsp. ☎ 01-386 646
- Hotel Kant Kaw : 93 (A), Hnin Si Kone Street, Ahline Tsp. ☎ 01-228 556
- Savoy: 129, Dhamazedi Road, Kamayut Tsp. ☎ 01-526 285
- Summit Park View: 350, Ahlone Road, Dagon Tsp. ☎ 01-211 888
- Golden Valley Inn: 17, Inyamyaing St., Bahan Tsp. ☎ 01-524 173
- Yuzana Garden: 44, Alanpya Pagoda Rd., Mingalar taungnyunt Tsp. ☎ 01-248 944
- Regal Hotel: 115-D, Thirimingalar St.,MayangoneTsp. ☎ 01-664592
- Olympic Hotel: National Swimming Pool, Dagon Tsp. ☎ 01-562 517
- Queen Park's Hotel: 132, Anawrahta Rd., Botahtaung Tsp. ☎ 01-296 925
- Inya Lake Hotel: 37, Kabaaye Pagoda Rd, Kabaaye Tsp. ☎ 09-662857
- Mother land Inn(2): 433, Lower Pazundaung Rd, PazundaungTsp. ☎ 01-291 343
- City Lake View Hotel: 88-A, University Avenue, Bahan Tsp. ☎ 01-512 670
- Golden City Hotel: 13-Kha, Ngahtatgyi Pagoda Rd., Bahan Tsp. ☎ 01-540 977
- Chatrium hotel: 40, Natmauk Rd, Cor: of Posein Rd, Tarmwe Tsp ☎ 01-544 500
- Hotel Grand United: No. 35, Min Ye Kyaw Swar Road, Ahlone Tsp. ☎ 01-218 061
- Millennium Hotel: No.7, 54st Street, Botahtaung Tsp. ☎ 01- 299 024
- Espace Avenir: No. 523, Pyay Rd., Kamaryut Tsp. ☎ 01-505 213
- Hotel 63: Merchant Rd, Bet: 62nd & 63rd Street, Botahtaung Tsp ☎ 01-397 865
- Season of Yangon: Int1 Air Port Yangon. ☎ 01- 666 337
- MK Hoel: 1, Wut Kaung Street, Yay Kyaw, Pazundaung Tsp ☎ 01-297 274
- Trader Hotel: 223, Sule Pagoda Road, Pabedan Tsp ☎ 01-282 828
- Eastern Hotel: 194/196, Bo Myat Tun Road, Pazundaung Tsp ☎ 01-293 815
- Business Alliance Hotel: 126/A, Dhama Zedi Road, Bahan Tsp. ☎ 01-524 844
- Sky Star Hotel: 51/B/1, East Race Course Rd, Tamwe Tsp ☎ 01-860 4225
- May Shan Hotel: 115/117, Sule Pagoda Rd., Kyauktada Tsp. ☎ 01-252 986
- Goal Hotel: Near Thuwana play ground, Thingungyun Tsp. ☎ 01-562 516
- Guest Care Hotel: 107(A), Dhamma Zedi Road, Kamayut Tsp. ☎ 01-525 157
- Avenue 64: 64(G), Kytewine Pagoda Rd, Mayangone Tsp. ☎ 01-507 401

CLOTHING
ART GALLERY
SOUVENIRS
HANDICRAFTS
JEWELRY

SHOPPING IN YANGON



OPEN - CLOSE

- | | | | |
|---|---|--|--|
| ✓ | 20 Studio Square ☎ 01-557448
34/36, 1st Floor, Bldg (A), Pearl Condo, Kabaaye Pagoda
http://www.studiosquaregallery.com | | |
| ✓ | 21 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. | | |
| ✓ | Billion Boss ☎ 01-248 105
89, Middle Block, Bogyoke Market. | | |
| ✓ | Shwe Minthem ☎ 544500
30 A, Pyay Road, (7 Mile), Mayangone. | | |
| ✓ | The Lady Gems ☎ 01-230 5800
Shop (1), No.7, Inya Road, Kamayut Tsp | | |
| ✓ | 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. | | |
| ✓ | Green Heaven ☎ 01-240 966(Ext:421)
6G, G/F, North Wing, Bogyoke Market. | | |
| ✓ | Precious Jewellery ☎ 666900
Sedona Hotel, No.1, Kabar Aye Pagoda road. | | |
| ✓ | See Sain Shin ☎ 01-240 966 (Ext:534)
36, Two Layer Building, Bogyoke Market. | | |
| ✓ | Billion Boss ☎ 01-248105
No. 89, Middle Block, Bogyoke Market. | | |
| ✓ | Augustine ☎ 01-504290
No.25 (B) Attyar St. (Thirimingalar St.) Kamayut Tsp. | | |
| ✓ | Hinnthar Art & Gallery ☎ 537833
No. 42/A, Inya Myaing Road, Bahan Tsp. | | |
| ✓ | Green Heaven ☎ 01- 240966 Ext.421
No.6 G/F, North Wing, Bogyoke Market. | | |
| ✓ | Colorful Jade & Jewel ☎ 240966 Ext.423
No.(1/2) North Wing Bogyoke Market. | | |
| ✓ | Three Red Stars ☎ 01-228 456
No. 85/86, Warden St, Bahosi Housing Complex, Lanmadaw Tsp. | | |
| ✓ | Fashion Euphoria ☎ 01-552633
Junction Square No.F-129, First Floor, Kyon Taw St, Kamaryut Tsp. | | |
| ✓ | Lotus Shop ☎ 01-211888 (Ext:172)
Shop(2), Summit Parkview, Ahlone Rd, Dagon Tsp. | | |
| ✓ | Jasmine Phyu ☎ 01-661 762
No 56 (A), Kabaraye Pagoda Rd, Yankin Tsp. | | |
| ✓ | Shwe Zin (Chin Traditional) ☎ 09-5139511
No.Pa /135, 1st Floor, Mingalar Zay, Mingalar Taung Nyunt Tsp. | | |
| ✓ | Thai Silk ☎ 09-8624344
No.45, Pyay Rd, Dagon Tsp. | | |
| ✓ | Shwe Kan Kaw ☎ 01-243562
No 161 ,West Wing ,Bogyoke Aung San Market, Pabedan Tsp. | | |



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 ☎ 704 282 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 Naing (West) St., Bahan Sports Ground.		
The Ritz Exclusive Lounge ☎ 544 500 CHATRIUM HOTEL ROYAL LAKE, Ground Level, Tamwe Tsp.		



MUSEUMS IN YANGON

NATIONAL MUSEUM [Entrance fee: 5000 Ks] 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	
BOGYOKE AUNG SAN MUSEUM [Tue to Sun] [Entrance fee: 3USD] No.15, Bogyoke Museum Lane, Bahan Tsp.	
U THANT MUSEUM [Tue, Thu, Sat and Sun] 31, Panwa Road, Kamayut Tsp.	
MEMORIAL TO FALLEN HEROES [Entrance fee: 3000 Ks] [Tue-Thu] Northeast of Martyr's Mausoleum, Singottara Hill (North slope) Shwe Dagon Pagoda.	



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

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
Golden Swallow Transport - 09 73243361

INTERNATIONAL AIRLINES

DRAGON AIR (KA) ☎ 01-255 321
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AIR INDIA (AI) ☎ 01-253 601
CONDOR (DE) ☎ 01-370 836
AIR CHINA (CA) ☎ 01-666 112
SILK AIR (MI) ☎ 01-255 279
MAI (8M) ☎ 01-255 260
MALAYSIA AIRLINES (MH) ☎ 01-387 648
BANGKOK AIRWAYS (PG) ☎ 01-255 112
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THAI AIRWAYS (TG) ☎ 01-255 499

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MANN YADANARPON ☎ 01-515 261~4
ASIAN WINGS (AW) ☎ 01-516 654
YANGON AIRWAYS (YH) ☎ 01-383 100
AIR KBZ (K7) ☎ 01-373 774
AIR BAGAN (W9) ☎ 01-504 888
GOLDEN MYANMAR ☎ 01-860 4035

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



Asia Royal Hospital - www.asiaroyalmedical.com
No.#14, Baho Road, Sanchaung Tsp. Tel: 01 538 055



EMBASSIES IN YANGON



Australia ☎ 01-251 809, 251 810
Bangladesh ☎ 01-515 275
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

Netherlands Contact German embassy
New Zealand Contact UK embassy
Philippines ☎ 01-6558 149~151
Sri Lanka ☎ 01-222 812
Sweden ☎ 01 539 901, 511 256
Switzerland Contact German emb.
Thailand ☎ 01-533 082, 512 017
UK ☎ 01-380 322
USA ☎ 01-536 509
Switzerland ☎ 01-534 754

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 **Meal**

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

4 **Food**

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

3 **Dishes**

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

2 **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 (ဇွန်း) *zoon*
 fork (ဇက်ယင်း) *khet-yin*
 knife (ခင်း) *dah*
 cup (ခွက်) *kwet*
 plate (ပန်းကန်ပြား) *pagan-pyar*
 bowl (ပန်းကန်လုံး) *pagan-lone*

Numbers

English = Myanmar
 0 (ဝ) *thon-nya*
 1 (၁) *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-htauung*
 2000 (၂၀၀၀) *hnit-htauung*
 3000 (၃၀၀၀) *thone-htauung*
 5000 (၅၀၀၀) *ngar-htauung*
 10,000 *ta-thauung*
 100,000 *ta-thein*

မြန်မာ့အင်တာနက်
mm
 myanmars.net
 48

ကြော်ငြာထည့်လိုပါက အောက်ပါလိပ်စာသို့ဆက်သွယ်နိုင်ပါသည်။
 ၃/၁ မြန်မာ့အိုင်စီတီဝါး၊ လှိုင်၊ ရန်ကုန်မြို့။
 For ad opportunities, call ☎ (+95-1) 652323, 652250
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 Sanchaung Township,
 Yangon, Myanmar.
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 Fax (off): (95+1) 537296
 Email: asiaroyal@asiaroyal.com.mm
 Website: www.asiaroyalhospital.com



MINISTRY OF HOTELS AND TOURISM
 Building No. (33), Nay Pyi Taw, Union of Myanmar.
 Tel: (+95-67) 406129, 406061
www.myanmar-tourism.org



MYANMAR TRAVELS AND TOURS
 118, Mahabandoola Garden Street, Kyauktada Township,
 Yangon, Myanmar.
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 Fax: (+95-1) 254417
www.myanmartravelsandtours.com



MYANMAR TOURISM FEDERATION
 No.(3A), Corner of Waizayantar Road and Thanthumar Road,
 Thingangyun Township, Yangon, Myanmar.
 Tel: (+95-1) 855 1012
www.myanmar.travel



UNION OF MYANMAR TRAVEL ASSOCIATION
 No.29, Min Ye Kyawswa Road, Lanmadaw Township,
 Yangon, Myanmar
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www.umtanet.org