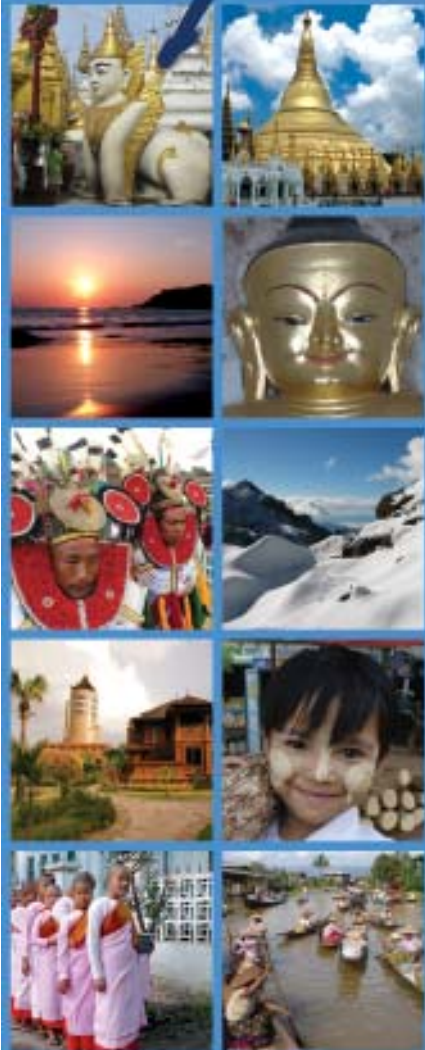


# Myanmar *Travel Information*

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**This booklet and CD contain comprehensive guide to most popular tourist destinations, hotels, maps and all the information a tourist needs to visit Myanmar.**

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Lake-dwellers who live on the "floating islands" of Inle Lake, Myanmar

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Kanbawza Thardi Palace in Bago

## Welcome to Myanmar

**Myanmar** lies at the crossroads of Asia's greatest civilizations, China and India. Before 1989, Myanmar is known under different names: Suvanabhumi, Bermah, and Burma. It was well known for its ancient archaeology and rich culture. Myanmar stretches from the islands of the Andaman Sea in the south, right up into the Eastern Himalayan mountain range, giving a variety of marvelous people and enriched nature.

**History:** The earliest primates known today as Pondaung Man, resided in Pondaung, northern Myanmar about 40 million years ago. After those era, many city states emerged, and then came the 3 empires. The First Myanmar Empire (AD 1044) founded after King Anawrahta organized the whole country into a single sovereign. Founding of the Second Myanmar Empire was in AD 1287, at Hanthawaddy (Bago) Dynasty. The last empire was in AD 1752 founded by the Konbaung Dynasty. Though many years passed away, you will find the country remains unspoiled unlike any destination you might have been. Visiting this living paradise will give you an experience of a life time.

**Location:** Myanmar is situated in southeast Asia and is bordered on the north and northeast by China; on the east and southeast by Laos and Thailand; on the south by the Andaman Sea and the Bay of

Bengal; and on the west by Bangladesh and India. It is located between latitudes 09°32'N and 28°31'N and longitudes 92°10'E and 101°11'E. The country covers an area of 677,000 square kilometers (261,228 square miles) ranging 936 kilometers (581 miles) from east to west and 2,051 kilometers (1,275 miles) from north to south

**People:** Myanmar is made up of 135 national races, of which the main national races are Kachin, Kayah, Kayin, Chin, Bamar, Mon, Rakhine and Shan. Population is estimated to be over 60 million.

**Weather:** Seasonal changes in the monsoon wind directions create summer, rainy and winter seasons. The best time to visit Myanmar is during October to May, however upper Myanmar is good to travel round the year.

**Tour Operators:** Get all the information you want about tour operators at our web portal: [www.myanmartravelinformation.com](http://www.myanmartravelinformation.com)

**Air Carriers to Myanmar:** Myanmar Airways International (8M), Bangkok Airways (PG), Silk Air (MI), Air Mandalay (6T), Thai Airways(TG), Air China (CA), Biman (BG), Air India (IC), Mandarin Airline (AE), Phuket Airline (9R), Malaysia Airlines (MH), Druk Air (KB), Lauda Air (NG), Quatar Air (QR).

**COVER:** (right) A group of fishermen, who live on the floating islands of Inle Lake, Shan State, Myanmar. See page 11.



### Most Popular Destinations

Yangon  
Mandalay  
Bagan  
Inle  
Kyauksehiyo  
Ngapeli & Ngwe Saung  
Mrauk U  
Kyauing Tong



**The Golden Land**  
Gold is used every where: pagodas, monasteries, accessories of the nobles, and so on. The famous Shwedagon is fully covered with gold. The pagoda is one of the most magnificent monuments on earth.

**Total Country Area**  
676,577 sq km

### Location

Latitude: 09°32'N & 28°31'N  
Longitude: 92°10'E & 101°11'E

### Neighbouring countries

Thailand, China, India, Bangladesh, and Laos



### Tourist Visa

US\$20 + US\$10.0 per application  
28 days validity  
(extendible for an additional 14 days)

### Business Visa

28 days, extendible up to 12 months on case basis



### What to Wear

#### Hot Season:

Light, casual cotton wear

#### Rainy Season:

Quick drying clothes

#### Cold Season:

A cardigan or light jerkin

Dress code for religious places:  
No footwear at pagodas.





**Ngwesaung**



**Tourist information**

Yangon (Tel: +95-1-2528859)  
 77-91 Sule Pagoda Road  
 Bagan: (Tel: +95-82-70217)  
 Mandalay: (Tel: +95-2-22540)  
 Inle: (Tel: +95-81-21611)

**Visa on Arrival**

Granted to tour packages only.  
 Prior arrangement required.



**Temperature**

Yangon: Min 16 °C - Max 34 °C  
 Mandalay: Min 10°C - Max 43.3°C



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 Flying to Myanmar**

Air China  
 Air Mandalay  
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 Bangkok Airways  
 Birman Bangladesh Airlines  
 Druk Airlines  
 Indian Airlines  
 Malaysia Airlines



**International Airports  
 Yangon & Mandalay**

**Airport Tax** US\$ 10

**Domestic Airlines**

Air Bagan  
 Air Mandalay  
 Myanmar Airways  
 Yangon Airways



Yangon	Distance (in miles)
430	Mandalay
406	325 Bagan
428	23 182 Inle
118	49 234 847 Kawthaung

Mandarin Airlines  
 Myanmar Airways International  
 Phuket Airlines  
 Qatar Airways  
 SITAIR  
 Thai Airways International



A night scene of the great Shwedagon Pagoda

## Yangon City

*Established: around 250 years ago*

*Location: Latitude: 16° 47' N, Longitude: 96° 08' E*

*Temperature: min 16° C - max 34° C*

*Population: 4.5 million*



The commercial capital of Myanmar is Yangon. It was founded in 1755 by King Alaung Paya (1752-1760 AD), the first emperor of the Third Myanmar Empire, at the base of Shwedagon Pagoda called Dagon. Yangon has a unique charm, with its old colonial buildings, tree-lined streets, bustling local markets, and tranquil lakes.

### Where to Visit

There are famous golden pagodas that glisten amongst the trees and buildings like Shwedagon Pagoda, Sule Pagoda, Botataung Pagoda and Chauk Htat Gyi Buddha to name a few. Shwedagon Pagoda, is the also known to be the first pagoda on earth. The perimeter of the base of the Pagoda is 1,420 feet and its height 326 feet above the platform. It is plated with more than 30 tons of gold, towering 98m over the city. A number of Myanmar kings and queens donated pure gold equivalent of their body weight to this pagoda throughout the history. The tip of the golden cone is set with rubies, diamonds,

sapphires and topaz. Around the main stupa are more than 100 smaller pavilions and halls. Next to the Shwedagon is Maha Wizaya Pagoda. There is a very interesting thing if you are into architecture. There is a specially-designed hole on the ceiling that only permits the sunlight to inside only a single day every year. That day is Myanmar New Year Day according to Myanmar lunar calendar. Sule Pagoda is the landmark of the heart of Yangon, located near the City Hall and the Myanmar Travels and Tours office. It is said to be 2000-years old. The stupa is 46m high and it is in a strange octagonal shape. Kaba Aye Pagoda (World Peace Pagoda) was built for the 6th international Buddhist council in 1954. The World Buddhist Summit was held at the Maha Pasana Cave, near the pagoda. Botataung, meaning 1,000 leaders, it is said to have the genuine hair relics of Buddha. The pagoda is hollow inside and it is a sort of a mirror-maze inside. Chauk Htat Gyi Buddha houses the fourth largest colossal reclining Buddha with an enigmatic smile on his delicate lips. The image itself is 67m long and famous for the 108 distinguishing marks/symbols on the soles of His two huge feet. Ngar Htat Gyi Buddha, is just across the road from Chauk Htat Gyi. It is also a giant Buddha status in a sitting position. Koe Htat Gyi pagoda is another famous pagoda in Yangon, in Sanchaung Township. Other than the ancient pagodas, you can also visit the Kyauk Taw Gyi Buddha is the largest marble Buddha in the world sculptured out from a single piece of stone. The Allied War Memorial at Htaukkyant is also another tour destination. The


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Central Hotel  
(Yangon)



Ngwe Saung Beach Hotel  
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Marvellous wood sculpture



A colonial building downtown Yangon



A spirit or a Nat

National Museum is another interesting place to visit. It houses the famous Lion Throne of last Myanmar kings. Priceless ancient artifacts and historic memorabilia are also on display, including golden shoe of the last Myanmar king and some documents written on gold plates. The Karaweik is a classy modern restaurant, in the form of a huge Myanmar mythical bird, standing in the Kandawgyi Lake. Traditional dances, small scale Myanmar orchestra, and puppet shows are performed every night. Kandawgyi Nature Park, is a newly renovated park which is not far from Shwedagon. The Karaweik is located in this park. You can see the water fountains, the green sceneries, and the marble elephants. There are also for types of recreation zones for families and tourists. To do shopping in Yangon, Bogyoke Aung San Market is a must. It is situated in the heart of Yangon and was built in 1926. It is one of the preserved colonial buildings. It consists of 1641 shops. A lot of souvenir, jewelry, handicraft, sculptures, and tapestry shops can be found there. Vendors in this market are generally easier to communicate in English than other shopping centers.

Yangon Vicinity — Bago: The historical town of Bago, situated about 75 kilometers northeast of Yangon, was founded in 573 by two Mon princes, which later developed into the capital of Second Myanmar Empire. Shwemawdaw Pagoda, located in the heart of Bago, is even taller than the famous Shwedagon Pagoda. Shwethalyaung Buddha is a famous reclining image of a huge Buddha, 180 feet in length and 52.5 feet in height. It was 'lost' for many years as it was covered under earth in the scrub jungle, until an Indian contractor dug up the place. The image was restored in 1881. It is also known as "the golden reclining image". Kanbawza Thadi Palace was built by King Bayinnaung, the founder of the second Myanmar Empire. According to the drawing record made by a minister 'Letwe Nawrahta'

there was totally 76 apartments and halls. The replica of the palace was reconstructed not long ago.

Yangon Vicinity — Thanlyin, formerly known as Syriam, is just across the river from Yangon, spanned by one of the longest bridges in Myanmar. A half-an-hour's drive by car or train. This colonial town was built by the British for its port and petroleum refinery plant. The tombs of 2 famous Myanmar poets of 16th century, an 18th century Portuguese Church, and a century-old Sacred Heart Church are there. Kyaik Kauk Pagoda is built on a hillock on the road to Kyauk Tan. It is an imposing golden stupa similar to the Shwedagon pagoda. Another destination is the Yayle! Pagoda, meaning the pagoda in the middle of water. The pagoda complex comprises several buildings including a monastery. Pilgrims and visitors are ferried across to the pagoda. One can feed shoals of catfishes, which often jumps out of surface to snatch tit-bits of food thrown at them.

### Where to Stay

- **Sedona Hotel** 1 Kaba Aye Pagoda Rd, Yankin ☎ 666900 [www.sedonamyanmar.com](http://www.sedonamyanmar.com) • **Summit Parkview Hotel** 350, Ahlone Rd, Dagon ☎ 211888 [www.summityangon.com](http://www.summityangon.com) • **Central Hotel**, 335/357, Bogyoke Aung San Rd, Pabedan ☎ 241001 [www.centralhotelyangon.com](http://www.centralhotelyangon.com) • **MiCasa Hotel Apartments** 17, Kaba Aye Pagoda Rd, Yankin, ☎650933 • **Mother Land Inn (2)** 433, Lower Pazundaung Rd, Pazundaung ☎291343 [www.myanmarmotherlandinn.com](http://www.myanmarmotherlandinn.com) • **Royal White Elephant Hotel** 11, Kan St, Hlaing ☎ 503986 [www.rwehotel.com](http://www.rwehotel.com) • **Ocean Pearl Inn** 215, Botataung Pagoda Rd, Pazundaung, ☎297007 [www.oceanpearlinn.com](http://www.oceanpearlinn.com) • **Hotel Halpin** 89, Cor of Pyay Road & Pyidaungsu Yeiktha Rd, Dagon ☎ 221943 [www.hotelhalpin.com](http://www.hotelhalpin.com) • **City Star Hotel** 169/171, Mahabandoola Garden St, Kyauktada, ☎370920



Mandalay Moat

## Mandalay City

*Established: around 200 years ago*

*Location: Latitude: 21°58' N, Longitude: 96°04' E*

*Temperature: min 10°C - max 43.3°C*

*Population: over 1 million*



Mandalay, the old capital of Myanmar has grown a lifestyle strongly influenced by conservative tradition and culture. It is situated about 600 kilometers north of Yangon on the bank of the Ayeyarwaddy River. It is the second largest city in the country. Today, it is a major trading and communication center in the northern and central Myanmar. With Buddhism, conservative culture, and traditional arts, Mandalay abounds in historical sites and cultural memorials.

### Where to Visit

Mandalay Palace was first built by King Mindon when he shifted his capital from Amarapura in AD 1861, to fulfill an old prophecy. It was built of teak wood on raised brick plinth, gilded with gold and vermilion. This square-shaped palace wall is 2 miles long on all sides. There are 12 gates, 3 on each side. The wall of the bricks are 25 feet high. It was the official capital and royal palace of the last Myanmar King Thipaw, until British captured him in 1885 and took him to India.

Some buildings including wooden pavilions are original and some have been rebuilt as replica. Maha Myat Muni Buddha, located in the southwest part of the city, is a 4 m-high seated image, cast in bronze and weighs 6.5 tons. The crown is decorated with precious diamonds, rubies, and sapphires. This Buddha image is highly venerated, as it is said to be made in front of Buddha himself, and thus its face is most revered. The image is completely covered with 15 cm-thick gold. Mandalay Hill has 230 meters in elevation and commands a magnificent view of the city and surrounding countryside. As a legend goes, Buddha, on His visit, made a prophecy that a great city would be founded at the foot of this hill many years later. U Bein Bridge: Constructed in 1849, crossing the Taung-tha-man Lake is one of the main attractions for visitors. It is the longest teak bridge in the world. Although a bit rickety in some parts, it has withstood many storms and floods of over two centuries. The bridge is named after its donor Mayor U Bein. Atumashi Monastery in Mandalay is a monastery beautifully decorated with white and golden paints. Sanda Muni Pagodas are located near the Mandalay Hill. Sanda Muni is a large collection of slender whitewashed ancillary stupas on the grounds. Kuthodaw consist of many small pagodas. Each stupa is connected to the outside entry by means of a long corridor, and set in the middle of a thirteen acre field of 729 pitaka pagodas or shrines. Each shrine contains a marble slab, inscribed with the Pali script text



Dat Taw Gyaik Water Fall, Pyin Oo Lwin



Thanboddhay Pagoda at Sagaing



Guardian lion at the foot of Mandalay Hill

of a portion the Tipitaka, Theravada Buddhist bible.

The Golden Palace Monastery is the most significant of Mandalay's historic buildings, remaining as the sole major survivor of the former wooden Royal Palace built by King Mindon in the mid-nineteenth century. It is fragile yet grand example of 19th century Myanmar teak architecture and also a significant masterpiece of the wood-carver's art.

Mandalay Vicinity -- Sagaing: It lies 21 km southwest of Mandalay on the west bank of the Ayeyarwaddy River. It is an ancient capital of "Sagaing Dynasty". Sagaing Hills are known as a religious retreat where over 400 monasteries for monks and nuns are located. Kaung Hmudaw Pagoda: About 10 km from Sagaing, it is an enormous dome-shaped pagoda, built by King Thalun in 1636. Umin Thonse Pagoda: It has many Buddha images in a crescent shaped colonnade. Mural paintings in the Tilawaguru cave temple, built in 1672.

Mandalay vicinity -- Monywa: It lies 136 km northwest of Mandalay and situated on the eastern bank of the Chindwin River. Thanboddhay Pagoda: First built in 1303 by Monywa Sayadaw. The solid section of the monument is said to enclose 7,350 relics and other holy materials. Po Win Daung Caves: The caves and surrounding hills are named after U Po Win. Caves themselves contain Buddhist statues and murals dating to the 17th and 18th century.

Mandalay Vicinity -- Mingun: Located about 11 km from Mandalay, on the opposite bank of the Ayeyarwaddy River. Great Mingun Temple: Over 20,000 workers toiled for 20 years on the construction of this great temple, which was unfortunately abandoned due to the death of King Bodawpaya in 1819. A 15-foot miniature model of the pagoda is in close proximity. It was completed to a height of 162 feet

up to the first terrace is less than one third of the final height. This unfinished structure was badly damaged with cracks by the earthquake of 1838, but it is still the largest brick base in the world. Mingun Bell is the world's biggest ringing bell, as well as the largest bell on earth. Located near the Mingun Zedi on the west bank of the Ayeyarwaddy River, it was made of bronze and weighs 55555 vises (100 tons). Mya Theindan Pagoda was built by King Bagyidaw in 1816, three years before he succeeded Bodawpaya as a king. It was built as a representation of the Sulamani Pagoda which, according to the Buddhist plan of the cosmos, stands atop Mount Meru. This pagoda was badly damaged by 1838 earth quake.

Mandalay Vicinity -- Pyin Oo Lwin: A pretty little hill resort, 67km east of Mandalay. Pyin Oo Lwin (formerly Maymyo) was established by the British as a cool retreat from the heat of the central Myanmar plains. National Kandawgyi Garden, is a 30-acre park containing, 4840 trees mostly pine varieties, 575 different floral species and many exotic fruits and flowers. Pwe Kauk Fall is about 8km from town. It is also called Hampshire Falls during British times. It's a very pleasant picnic spot. Peik Chin Myaung cave is near Wetwun village. It is at the entrance to the Peik Chin Myaung ravine, with many beautiful springs. As lime piled up, the hillock took formation. Geologists estimate that it could be between 230 million and 310 million years old.

### Where to Stay

- **Sedona Hotel Mandalay**, 1, Corner of 26th & 66th St, Chan Aye Tharzan, Mandalay ☎ 02-36488 [www.sedonasmyanmar.com](http://www.sedonasmyanmar.com)
- **Mandalay City Hotel**, 26th Street, 82nd & 83rd Street, Chan Aye Tharzan, Mandalay ☎02-61700 to 61704 [www.mandalaycityhotel.com](http://www.mandalaycityhotel.com)



Most Popular Beach of Myanmar, Ngapali Beach

## Ngapali Beach

**Location:** Latitude: 18°30 N, Longitude: 94°15'E  
**Temperature:** min 13°C - max 38°C



Beaches of Myanmar belong to the most beautiful southeast Asia beaches list and they are however still nearly undiscovered. Among them, Ngapali is the most beautiful. It is said to have been named after the famous Napoli (Naple) beach of Italy.

It is famous for its natural and unspotted beauty up to this day. The beach stretches miles after miles with soft white sand fringed by coconut palms. It lies on one of the finest seaside in the country. It serves as the best ground for sunbathing and recreation such as beach strolling, cycling and so on. Unlike today's beaches of Asia, it is free of noisy beachside bars, crowded people and hawkers persuading you to buy their things. There are only natural scenic beauty of the blue *sea*, white *sand* and the lovely *sun*. The sea is clean cobalt blue, without any dangerous marine creatures.

The water here is transparent and the sea is tranquil. Bicycle tours can be arranged to visit the nearby villages. You can also explore the area with bullock carts. Ponies are available for riding along the beaches. Fishing boats with motors can be hired for trips to some

islands off the coast or just to fish near the reef. Villagers usually sun-dry their fish, shrimp and coconut. All the fishes are very fresh keeping up their original colours offering first class seafood. These products are transported to Yangon and all over the country. The best time to visit Ngapali is between October and May.

Luxurious resorts are built among coconut palms, designed in traditional southeast Asian elegance and is constructed in local materials of teakwood, ironwood and marble. Ngapali is accessible by flight which takes about 45 minutes from Yangon, or about 14 hours drive by car across the Rakhine Yoma mountain ranges. Yangon Airways, Air Mandalay and Air Bagan fly from Yangon to Ngapali daily and there are also direct flights from Heho and Nyaung Oo to Ngapali.

Ngapali has an international 18-hole golf resort, where golfers can relax. Ngapali is undoubtedly one of the best places for a vacation and it is highly recommended to those who seek a quieter private getaways.

Ngapali Beach is safe and was never disturbed by Tsunami.

### Where to Stay

• **Ngapali Beach Hotel** Rm 224/ 225, 2nd Floor, Summit Parkview Hotel, No. 350 , Ahlone Rd, Dagon ☎ 211888 (extension : 224, 225)  
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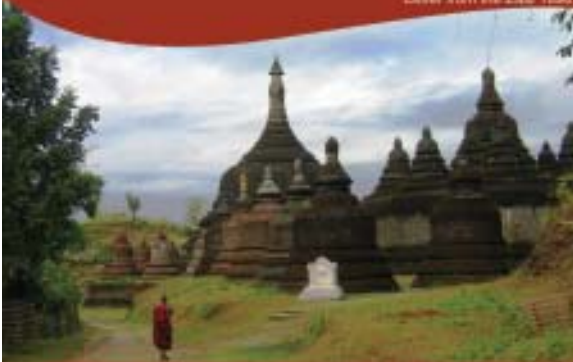


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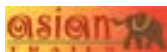


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The panoramic view of Bagan, taken from the Nann Myint Viewing Tower

## Bagan

*Established: 1200 years ago*

*Location: Latitude: 21°10' N, Longitude: 94°51' E*

*Temperature: min 10°C - max 43°C*



Although earliest Myanmar civilizations emerged as Pyu city states since BC 4000 or so, Bagan actually was the first capital of the first wholly-united Myanmar Empire (846-1368 AD). Situated on the right bank of the Ayeyarwaddy River and approximately 90 miles (145 km) southwest of Mandalay, lies the magnificent Bagan. Over 2000 Buddhist shrines, temples, pagodas, and remains of the royal palace cover the whole Bagan plain of 42 sq-km.

### Where to Visit

Ananda Temple is the finest and best preserved among all Bagan temples. The Ananda, built by King Kyansittha (1084-1113AD), is significantly different in form. The temple is said to represent the endless wisdom of Buddha. Thatbyinnyu Temple was one of King Sithu's (1113-1167 AD) finest legacies to the Bagan region. Located just inside the southeastern corner of the old city wall, Thatbyinnyu is Bagan's tallest temple at almost 200 ft. Shwegugyi, meaning 'Great Golden Cave' was built by King Alaungsithu (1113-1167AD)

This temple is an early example of a transition in architectural styles which resulted in airy lighter buildings, built in 1131. The Gadawt Palin (Temple of the worshiping throne) was built during the reign of King Narapatisithu (1174-1211AD) and completed during the reign of his successor, Nadaung-mya (aka. Htilominlo, 1211-1234). Bupaya Pagoda is situated right on the river bank of the Ayeyarwaddy. This pagoda has been claimed to be the oldest in Bagan, dating back to 3rd century AD. The Maha Bohdi Temple, erected during the reign of King Nadaungmya, is modeled after the temple of the same name in Bodhgaya, India. It is a 140-feet-high brick and whitewashed stucco structure characterized by a large square pyramidal tower and topped by a conical spire and umbrella. Dhammayangyi Temple, one of the most artistic and massive shrines, was built by King Narathu, who ensured sole copyright of artwork of this temple, by killing hundreds of workers who built it, so that these masons can no more produce high quality artwork as same as this. King Narathihapati (1256-1287) was the king who built Mingalarzedi Pagoda, later defeated by Mongol troops, who destroyed Bagan along with the First Myanmar Empire. It could be the last pagoda built during the Bagan era. It is noted for its fine proportions and for the many beautiful jataka tiles around its three square terraces. A very similar structure, Shwezigon Pagoda is located in Nyaung Oo, 4 miles to the northeast of the ancient city of Bagan. It is 160 feet high and 160 feet wide at the base. Built in the early Bagan period on an open plain, this pagoda



Nann Myint Viewing Tower, Bagan



Dhammayangyi Pagoda, Bagan



An ancient votive tablet

inspires faith even today, bringing joy to the hearts of visitors as they behold its scene. The Htilominlo descended from the Mon words, meaning “the most prestigious place among the three phases”. The Gubyaukgyi is noted for its wall paintings, depicting scenes from the previous lives of Buddha. Its ceiling is full of wall paintings and the halls have enough lights to view these clearly. There is a Buddha Image in the first hallway and with the marvelous paintings at the back of the image. There is also Myinkaba Gubyaukgyi situated near Wetkyi-Inn Village. 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. A portico in the north, paved with green glazed stones and having niches holding stone reliefs of Buddha, provides access to the Nagayon. The walls of the corridor have niches holding stone sculptures depicting the 3 Buddhas previous to Gotama Buddha, as well as paintings showing scenes from the Jatakas and the Final Life of Gotama Buddha. The Lawkananda Stupa is believed to have been built in 1059 by King Anawrahta. It is located on a promontory above a small bay in the east bank of the Ayeyarwaddy that probably served as a port for Bagan and marked the southern extent of the city.

Other than the ancient pagodas and temples, the museum and the lacquer shops are also the main tourist attractions. Archaeological Museum is 3-storey building, beautifully decorated with contemporary Myanmar traditional arts. Its ceiling tiles are one of the most beautiful part of the museum. The ground floor exhibits arts and crafts of Bagan era, languages and literatures, archaeological designs, portraits of the Bagan’s lifestyle and battle fields. On the first floor, portraits of famous Bagan shrines, artifacts, and Buddha images. From the top floor, you can see the most scenic view of Bagan and its prehistoric

pagodas. The Bagan Archaeological Museum is one of the most important places you should visit while you are in Bagan. Nann Myint Viewing Tower is the ideal one stop viewpoint for visitors to Bagan to see the wonders of over 2,000 ancient Buddhist Temples and Pagodas of 11-13 century A.D.

**Bagan Lacquerware:** Lacquerware means a handicraft which produces materials made of bamboo, wood and thick varnish, usually black. Myanmar lacquerware is one such product, whose art goes back to the 11th century. Myanmar traditional lacquerware emerged in the early part of Bagan period.

This is how Myanmar lacquerware are made. On a framework of woven strips of bamboo, mixtures of sap resin with clay and ash are carefully built-up and finally polished with the ash of wood. The designs are then etched or painted by hand. The most traditional lacquerware is of a unique terracotta color, with scenes from the 550 previous lives of Buddha or activities of royal families. Etched and then filled in with green pigment, many types of lacquerware are produced: boxes, vases, trays, bowls, and even coffee tables.

**Bagan Vicinity - Mt. Popa** is an extinct volcano, estimated to have erupted over 320,000 years ago. Popa is popularly recognized as an abode of many spiritual beings. To Myanmar people, Mt. Popa is same as Mt. Olympia is to Greeks, where all sorts of mythological gods live in. It’s just a few hours drive from Bagan.

### Where to Stay

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Night scene of Phaung Taw Oo Pagoda in the Inle Lake

## Inle Lake

**Location:** Latitude: 20°46' N, Longitude: 97°01'E  
**Temperature:** min 12°C - max 28°C  
**Population:** 80,000



Inle Lake is a huge lake (22 km long and 10 km across) located in Shan State, over 900 meters above sea-level, and it is outrageously beautiful. The strangest thing about Inle is native lake-dwellers, living on 'floating islands'. Have you ever seen an island in your life which floats around? This is no magic. No miracle. No joke. It's real!

Inle Lake is one of the most significant and productive ecological system supporting an immense variety of plants and animals and yielding great wealth for Myanmar through its occurrence of floating islands and the living style of the natives.

Floating islands are collection of floating weed and water hyacinth, which later piled up and hardened, that even vegetation can be grown, and even houses can be built on top of them. These floating islands can be cut, dragged by boats, or even be sold like a piece of land!

This vast picturesque lake is one of the main tourist attractions in Myanmar. Besides, it is the home of some 80,000 Inthars (native lake-dwellers) in 17 villages. Many Inthars live in their huts and

wooden bungalows on floating islands, while some live by the villages lakeshore. Inle Lake, natural and unpolluted, is famous for their amazing lifestyle and its incomparable scenic beauty. You have to find out why this unique leg-rowing custom is practiced by Inthars.

**Living Legend:** Why do they live a harder life on water, and not on land? There goes a folk tale that today's lake-dwellers are descendants of some Myanmar troops centuries ago. They were once sent to exile by an angry Emperor.

The order of exile was 'to leave *his land*'. But these Myanmar troops were so royal and smart, that they left Myanmar land obeying the emperor, by living on water in Inle Lake, but never left the country they love so much!

### Where to Visit

**Phaung Taw Oo Buddha Images** are in a set of five, cherished by Bagan Emperor Alaung Sithu, dedicated to five Buddhas of this planet Earth. These Buddha images are famous because many prayers came true, after praying at Phaung Taw Oo. Try yourself.

**Nyaung Shwe** is the capital town for Inle Lake area. One of the most colorful markets in Myanmar is the 5-day market of Nyaung Shwe, which is opened only on every 5th days. Women from various hill tribes that live in the Inle Lake region come to sell their home products,



The floating market of Inle



Small pagodas



Leg-rowers participating in the Phaung Taw Oo boat race

fruit and vegetables in this market.

Indein, one of the 17 small villages of Inle Lake is on the west end. Visitors have to take 5-km boat ride from Ywama village, which is next to Nyaung Shwe. A Buddha image is enshrined inside a white-washed stupa, on the summit of a hill. Below the stupa around the hill are a cluster of hundreds of ancient stupas. Many of them are ruined and overgrown with bushes.

**Nga Phe Kyaung:** This wooden monastery was built on stilts of Inle, about 2 centuries ago. Century-old wooden sculptures can be seen there. It is widely known as 'Jumping Cat Monastery' because cats from this monastery can jump and leap through hoops.

**Inle Vicinity — Taunggyi** is the capital of Shan State, with a moderate climate. Hot-air Balloon Festival is famous and held every November in Taunggyi.

**Inle Vicinity — Kakku Pagodas** are a group of over 2,000 stupas, only about 33 miles away from Taunggyi. Most of them are many centuries old, and it is a newly opened destination.

**Inle Vicinity — Kalaw** stands high on the western edge of the Shan Plateau. It is 70 km west of Taunggyi, about halfway along the Thazi-Taunggyi road. This was a popular hill resort in the British colonial period, and it is still a peaceful quiet place. At an altitude of 1,320m it is pleasantly cool and a good place for hiking amid pines, bamboo groves and rugged mountain scenery. Those around Kalaw are from four ethnic groups, Palaung, Pa-O, Danu and Taung Yoe.

**Inle Vicinity — Pindaya Cave:** It is a small quiet town perched on the bank of the placid Botoloke Lake. It is a huge cave where hundreds and thousands of Buddha images in various size and shape are donated and installed since the 11th century. The most attractive place in Pindaya is the ancient Shwe U Min cave which contains about 8,000 Buddha statues, which are collected over the centuries.

### Where to stay

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### Festival in Inle

The Phaung Taw Oo Pagoda Festival is held around late October, depending on the Myanmar traditional lunar calendar. Festivals in Myanmar mostly coincide with the full moons days and often related Buddhism. The Phaung Taw Oo festival is one of the most spectacular festivities in Myanmar. Only four of the five Buddha images of the pagoda are placed on a royal barge and are rowed from village to village around the lake, stopping at each monastery. The decorated royal barge is towed by leg-rowers around the lake. Boat races are held during this festival. In some boat races, each boat carries over one hundred people each, standing upright and rowing with their legs in the traditional Inle style. Local and foreign visitors are crowded at such a time.

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## Ngwesaung Beach

**Location:** Latitude: 17°00' N, Longitude: 94°25'E  
**Temperature:** min 13°C - max 38°C



Ngwesaung is a newly opened beach resort on the west coast of Myanmar. It is an unspoilt virgin destination, with crystal clear water and clean white sand.

Beauty and distance of this beach may make it very popular in the near future. It is a very romantic beach, which stretches 15 km of white sand against the blue sea. There are newly constructed bungalows with local flavor but equipped with modern facilities. Fringed with coconut trees, almost all hotel buildings usually face toward the beach. Diving-fishing facilities and boat tours to nearby islands can be arranged. This beach is so natural that you will be able to find sea shells, jelly fishes, and crabs on the shore. Moreover crab-arts on sand are interesting to watch in evenings. The smell of fresh air, the taste of delicious seafood, and the heat of the sun, will make your holidays complete.

Lovers Island (Chit Thu Myar Kyun) can be reached on foot in early mornings and afternoons for romantic moments. This is an extraordinary island, because it is an island for ½ day (when the tide is high), and part of the coast on another ½ day (when the tide is low).

### Where to Stay

• **Sunny Paradise** 90 A/B, Kabaraye Pagoda Rd, Bahan ☎ 546002  
[www.sunnyparadise.net](http://www.sunnyparadise.net) • **Myanmar Treasure Resorts** 56, Shwe Taung Gyar St, Bahan ☎ 513300 [www.myanmar-treasure-resorts.com](http://www.myanmar-treasure-resorts.com)

## Chaungthar Beach

**Location:** Latitude: 16°45' N, Longitude: 94°30'  
**Temperature:** min 13°C - max 38°C



Located 40 km to the west of Patheingyi in Ayeyarwaddy Division, Chaungthar is about 5-hour drive from Yangon. It is an attractive wide beach with Ayeyarwaddy delta look. Not only coconut palms but also casuarinas trees can be found along the beach. Two small islands can be seen offshore. Chaungthar is rich in food too. Delicious Crab curry and other sea foods are popular, with great taste and low prices. Fresh coconut juice will make you relax here.

There are quite a few islands to visit near Chaungthar Beach. Some of these islands are The' Phyu Island, Pho Kalar Island, and Kyaut Maung Nham.

While listening to the whispers of the wind and beat of the ocean waves as you relax in your rattan chair, you will surely find yourself relaxing and all your stress and tensions slipping away. You can stroll along the seashore and visit nearby villages to sample the local cuisine, and buy ornaments made of sea shells, mother of pearl, fossilized marine flora, unusual coral formations and many more. These can be great souvenirs on your way home.

Western coast of Myanmar, including Ngapali, Ngwesaung, and Chaungthar, were never disturbed by Tsunami disaster.

### Where to Stay

• **Hotel Max Chaungthar Beach Hotel** 1, Ywama Curve, Ba Yint Naung Rd, Block (2), Hlaing ☎ 500123



Kyaikhtiyo Pagoda, the miracle Golden Rock



Kyaikhtiyo Bo Bo Gyi



Ancient pagodas at Mrauk-U

## Kyaikhtiyo

**Location:** Latitude: 17°30' N, Longitude: 97°07'  
Temperature: min 8°C - max 36°C



### Where to Visit

Kyaikhtiyo Pagoda is also well known as the miracle **Golden Rock**. It is located in the Mon State, eastern Myanmar. Kyaikhtiyo Pagoda stands on a gold-gilded boulder precariously perched on the edge of a slopy cliff. In Mon, Kyaikhtiyo means 'the pagoda carried on the hermit's head'. The boulder itself was said to be floating miraculously up in the air, carrying the tiny pagoda with of holy Buddha relics in it. Over many centuries, it has descended bit by bit, and it is now intact with the cliff. However, being intact only for about 1 square meter, this still is a miracle that this golden rock has survived many earthquakes and storms for over 2400 years. Regular coaches reach only Kinpun Base Camp at the foot of the hills. Special trucks driven by well-trained drivers can now drive you up to Mt. Yathae, from which visitors trek uphill for about 45 minutes. Porters and palanquins are available to carry luggages and pilgrims who are too old or too weak.

It is a myth and a popular belief that one will gain more wealth, better health and luck every time he or she visit this miracle pagoda. Best season to visit Golden Rock is from October to March. 9000 Candle Lights Festival is annually held in December.

### Where to Stay

- **Kyaik Hto Hotel**, Kyaikhtiyo Yin Pyin, ☎01-663341
- **Mountain Top Hotel & Golden Rock Hotel**, ☎035-70174

## Mrauk-U

**Location:** Latitude: 20°25' N, Longitude: 93°11'E  
Temperature: min 13°C - max 38°C



### Where to Visit

Mrauk-U is located near the west coast of Myanmar. It is the 15th century ancient city in Rakhine State. There are round about 70 stupas and the remains of the magnificent Royal Palace in Mrauk-U.

Mrauk-U is accessible by daily flight from Yangon. Mrauk-U Museum is located near the palace site. It displays some old artifacts of Vesali, Launggret and Mrauk-U periods, ranging from 8th to the 16th century. Also it is a good collection of ancient artifacts unearth around the city.

Shitthaung Pagoda, meaning 80,000 Pagodas, is located half mile away from Mrauk U. It consist of 80,000 pagodas of various sizes and forms. Originally built by King Minbagyi in 1535 as a fortress against the Portuguese invasion. Similarly Koethaung Pagoda, meaning 90,000 pagodas, was built by King Thaikkha in 1553. It is the biggest pagoda in Mrauk-U area. The whole series of pagodas were built with sandstones. Andaw Pagoda houses a tooth relic of Buddha, obtained from Sri Lanka. Laymyetnha Pagoda was built by Rakhine King Saw Mon. Dukkan Thane was used as an Ordination Hall before, but now it is an interesting place to visit.

### Where to Stay

- **Mrauk U Prince Hotel:** 117, 2nd Floor, Shwe Bon Tha St, Pabedan ☎286701



An old Naga Man



A Padaung Girl



A Naga Warrior

## Over 100 Nationalities

Myanmar's heterogeneous population is formed up of 135 different national races, grouped into 8 major nationalities.

Padaung tribe is probably the best well-known tribe from Myanmar, often called '**long-neck women**'. Traditionally Padaung women wear an uncomfortable stack of copper rings around their neck permanently. This practice pushes the collar bones down and chins up, which makes their necks as long as 14 inches. To visit Padaung people, one has to go to Loikaw, then to Demoso, and then proceed to Pan Pet village which is home to the simple and honest Padaung people.

Kyaing Tong is the perfect town for cultural and eco-tourism to see a number of different ethnic cultures at a single destination. Just a few miles north of Kyaing Tong, there is a hilly Eng village called Nant Lin Taung. It is the custom of Eng people using strange kind of herbs to color their teeth black. Every Akha village is distinguished by their carved wooden gates, presided over by guardian spirits. Akha are known for their wonderfully colored handicrafts and clothing. The Danu tribes live mostly in the Pindaya cave area. Their language is a close dialect of Bamar. Palaungs produce the best type of tea in Myanmar. It takes about two to four hours through the hills to a closest Palaung village from Kalaw. The obvious custom of the Pao men and women is their culture of wearing only black at all times.

Taron people, also called Myanmar pigmies, live in the far north of Myanmar near Putao. Both Taron men and women are no taller than 4'6" (144cm). Yangon University's Anthropology Department recently went on a research tour to that area

## Useful Contacts

NOTE: All telephone numbers below are in this area code:  
country code: 95, area code: 01

**AIRLINES:** • Myanmar Airways International ☎255260 • Yangon Airways ☎383100 through 5, 383108 • AirBagan ☎514861, 513322, 513411, 513422 • Bangkok Airways ☎525500 • Silk Air ☎525500, 255287 through 9

**CAR RENTAL:** • Myanmar Travels & Tours ☎664472 • SM Tours & Transport ☎227133 • KST: ☎513805, 539568 • Khine Thazin ☎663796, 707003, 700442

**CLINICS:** • Aung Yadana, 1, Yadanar Rd, 16/2 Ward, Thingankyun ☎571065 • SSC (Shwegondaing Specialist Center) Shwegondaing Rd, Bahan ☎544128

**EMERGENCY:** • Police ☎199 • Ambulance ☎192 • Fire ☎191 • Yangon Airport ☎662811, 662830 • Inquiry ☎100 ☎130, • Tourist Information ☎252859, 282013

**EMBASSIES IN YANGON:** • Australia: ☎251810 • Bangladesh: ☎515275 • Brunei Darussalam: ☎510422 • Cambodia: ☎549609 • China (PRC): ☎221280 • Egypt: ☎222886 • France: ☎212178 • Germany: ☎548951 • India: ☎282552 • Indonesia: ☎254465 • Israel: ☎515115 • Italy: ☎527100 • Japan: ☎540400 • Korea: ☎515190 • Laos: ☎222482 • Malaysia: ☎220248 • Nepal: ☎545880 • Pakistan: ☎222881 • Philippines: ☎558149 • Russia: ☎241955 • Singapore: ☎559001 • Sri Lanka: ☎222812 • Thailand: ☎224550 • UK: ☎256918 • USA: ☎379880 • Vietnam: ☎545906

**TOURIST INFORMATION:** ☎374281, 378376, 371910, 252859



Very rare black swans, Pyin Oo Lwin



Decorated ceiling



Entrance to Kaungmudaw Pagoda

## Traveller Information

Accommodations: Over 16,000+ hotel rooms of all categories to suit each traveler's price range. Banking / Money Exchange: Exchange of US dollars to FEC has become optional. Check the internet for current exchange rates. Money exchangers are not found everywhere. Business Hours: 9am-5pm for private companies. 9:30-4:30 for government offices, Monday through Friday. Major Credit cards are not widely accepted. Cash is always more convenient. Currency: National currency is Kyat. Departure: Export permit is required for some jewelries and artifacts. Prior applications required. Antiques and archaeologically valuable items are not allowed for export. Drug Abuse: Trafficking drugs is a capital offence. Electricity: 200 volts AC, 50Hz. 110 volts is also available in some hotels. Language: Myanmar is the official language. English is widely spoken and understood. Museums: National Museum, Gems Museum. Public Shopping: Bargaining is acceptable in most places, unless it is declared fixed price. Jewelries and handicrafts are most popular souvenirs for visitors to Myanmar. Souvenirs: Generally it is a great bargain for tourists to buy precious jewelries, sculptures, lacquerware, handicrafts, tapestries. Make sure your expensive

souvenirs come along with an export permit. Transportation: Taxis are available everywhere. For exclusive transport, contact car rental services. Express Bus Terminals: No border-crossing bus lines at the moment. Domestic highway bus terminals are Aung-Yadanar and Sawbargyi-Gone, both about 10 miles from downtown Yangon. Travellers' cheques: Not widely accepted as it takes weeks to clear them. Weight & Measure: Common local unit of weight is peiktha (viss), which equals to 3.6 pounds. Most common unit of measure is feet and inches. Public Holidays: Some holidays are different every year, so please check the holidays before you come to Myanmar. Clothing: Light, casual cotton wear, sandals or slippers are best for summer. A cardigan or light jerkin for winter and quick drying clothes and an umbrella during the rainy season. Accessories: Insect repellent, sun block, sunglasses, hat, umbrella will be useful. Medicines: Medication for diarrhea and cold are suggested to bring with you.

TOURIST INFORMATION CENTER: **Myanmar Travels and Tours (MTT)** No. 77-91, Sule Pagoda Road, Kyauktada, Tel: (+95-1) 374281, 378376, 371910, 252859. Fax: (+95-1) 254417  
Email: mtt.mht@mptmail.net.mm. Information: [www.myanmartravelinformation.com](http://www.myanmartravelinformation.com) • Hotel Reservation: [www.myanmarhotelreservation.com](http://www.myanmarhotelreservation.com)

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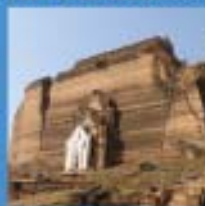


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