

# MYANMAR ITINERARY (PROPOSED) – JANUARY 2013

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## YANGON ARRIVAL

(-/-/D)

**26 Jan 13**      Meet on arrival at Yangon International Airport and transfer to hotel. **Balance of the**  
**Saturday**      **day is at leisure.**

Meet with Ma Theingi at hotel for general information about Myanmar, religion, people, economy, social, and politics **(45 minutes only)**

Accommodation at Kandawgyi Palace Hotel, Superior room.

Meals included:    Dinner at hotel

## YANGON – BAGAN

(B/L/D)

**27 Jan 13**      Transfer to Yangon Airport for domestic flight to **Bagan**. Scattered around a 26 sq  
**Sunday**      km plain surrounding the Ayeyarwady River are the magnificent red brick temples  
and pagodas left from the religious fervor of the Kings of Bagan during the period  
1057-1287 AD. In addition to the impressive architecture, inside are colourful murals  
and exquisite Buddha statues, and from the summit, awesome views showing the  
immense expanse of the Bagan era temples.

Upon arrival in Bagan, proceed on a sightseeing tour, starting with the busy local market and continuing with visits to a diverse selection of the most important pagodas and temples such as **Shwezi Gon Pagoda**, built by King Anawrahta in the early 11<sup>th</sup> century. See 13<sup>th</sup> Century frescoes adorning the corridors of **Kyansittha** 'Cave' Temple. Continue to **Gubyaukgyi** (Wetkyi In village), another 'cave' temple with fine frescoes of the 'Jataka Tales'. Next stop is **Htilominlo**, the last Bamar style temple built in Bagan, with old murals and friezes.

In the afternoon, visit continue to **Ananda** Temple, a whitewashed masterpiece of Mon architecture with four standing Buddhas, and the adjacent brick monastery from the early Bagan era with well-preserved murals. Make a photo stop at the tallest temple measuring 61 meters - **Thatbyinnyu** known as 'temple of omniscience' and dating from 1144. Continue to **Mingalazedi**, the last of the large Pagodas built in the 13<sup>th</sup> Century, representing the pinnacle of Bamar pagoda architecture. Enjoy sunset at one of the monuments along the Ayeyarwady River.

Accommodation at Tharabar Gate Hotel, Superior room.

Meals included:    Breakfast at hotel  
Lunch at Sunset Garden Restaurant  
Dinner at hotel

**BAGAN****(B/L/D)****28 Jan 13  
Monday**

This morning we have time to explore the **Myinkaba village** area either by **bicycle** or by **horse cart**. First we visit **Gubyaukgyi Temple** admiring the fine stuccowork. We continue to **Nanpaya** temple, built in the Mon style with intricate stone carvings, and said to have been Manuha's residence. See the four Buddha images in **Manuha Pagoda** and later stop at **Myazedi** stupa to see Myanmar's "Rosetta Stone", bearing inscriptions written in four languages. Lunch at The Beach Restaurant.

In the afternoon, visit to Moe Moe **Lacquer ware** factory to watch craftsmen skillfully making this most famous of Bagan handicrafts. After that a visit to **Abeyadana** Temple with frescoes representing Bodhisattvas and the gods of Indian mythology. Continue to **Dhammayangyi**, a massive-looking temple dating from 1170 that is famous for its interlocking mortarless brickwork. Next, visit **Sulamani**, one of Bagan's great two-storied Bamar style temples, which has 4-seated Buddha images. Observe a sunset in the vicinity of Bagan's ancient monuments.

Accommodation at Tharabar Gate Hotel, Superior room.

Meals included: Breakfast at hotel  
Lunch at The Beach Restaurant  
Dinner followed by puppet show at Nanda Restaurant.

**BAGAN – RV PAUKAN CRUISE TO MANDALAY****(B/L/D)****29 Jan 13  
Tuesday**

Early start by **horse-cart** (when available) to a temple to see the sunrise. Return to the hotel for breakfast. The embarkation is 11.30 hrs at Bagan Aye Yar jetty. Welcome Cocktail in the Saloon. The Cast off time is at 12 noon. Lunch will be served at 13.00. In the late afternoon, stop in a typical river village.

Accommodation on board, main or upper deck cabin.

Meals included: Breakfast, Lunch and Dinner on board cruise ship

**RV PAUKAN CRUISE****(B/L/D)****30 Jan 13  
Wednesday**

Cruise all day with stop enroute in the morning to visit Yandabo, a typical river village specialize in Pot-Making, where the peace treaty of the First Anglo-Burmese war was signed on Feb. 24, 1826. Moor overnight nearby a village (Ywar Thit Gyi or Pauk Myaing Pauk Taw) few miles away from Ava Bridge.

Accommodation on board, main or upper deck cabin.

Meals included: Breakfast, Lunch and Dinner on board cruise ship

**MANDALAY (SAGAING \*THU\* - GAWEIN \*SUN\*)****(B/L/D)****31 Jan 13  
Thursday**

After an early breakfast, the passengers will disembark at Sagaing Jetty (Thursday only) or Gawein jetty (Sunday Only) at around 09.30hrs. Although Mandalay has a few highlights such as Kuthodaw Pagoda and Mandalay Hill, it is the ancient capitals, battered stupas and sights outside of the city which are the main attraction. After disembarkation, drive to **Sagaing Hills**, a retreat for Buddhist devotees, to enjoy a magnificent view over the surrounding area. Visit nunnery school for a **short chat with the nuns**. Lunch at Sagaing Hill Restaurant.

In the afternoon, proceed to **Amarapura**, famous for silk weaving, 15 km from Mandalay. Visit **Bagaya Monastery** with its superb collection of Buddha statues. Continue to 150-year-old **U Bein** teak bridge, built in 1851 at the time when Amarapura was the royal capital.

Accommodation at Mandalay Hill Resort, Superior Room.

Meals included: Breakfast on board  
Lunch at Sagaing Hill Restaurant  
Dinner at hotel

**MANDALAY****(B/L/D)****01 Feb 13  
Friday**

A comprehensive sightseeing tour of Mandalay includes **Mahamuni Pagoda**, with its spectacular Buddha image covered with thick layers of gold leaves. Stop to see **stone carving** and, later, to see **gold leaf** being beaten into wafer thin pieces. A visit is also made to a craftsman's workshop to see **Kalaga** tapestries being created. Lunch at Ko's Kitchen Restaurant.

In the afternoon, visit **Shwenandaw Monastery**, an ancient wooden building with intricate carvings, which was once King Mindon's home. Continue to see the 'world's largest book', being the Buddhist Scriptures inscribed on marble slabs, at **Kuthodaw Pagoda**. Enjoy spectacular views at sunset from **Mandalay Hill**, where there are interesting glass-studded temples.

Accommodation at Mandalay Hill Resort, Superior room.

Meals included: Breakfast at hoptel  
Lunch at Ko's Kitchen Restaurant  
Dinner at A Little Bit of Mandalay Restaurant

## MANDALAY – HEHO – KALAW

(B/L/D)

**02 Feb 13  
Saturday**

Transfer to Mandalay Airport for Air Bagan flight W9-011 (0840 – 0910 hrs.) to **Heho**. Upon arrival in Heho, drive to **Kalaw** (50 km – 1½ hrs), which was formerly a British Hill Station. Visit the tiny train station and perhaps walk up the hill to see the Old Catholic church (if open). Lunch at a local restaurant.

Afternoon sightseeing in Kalaw with a light trek to **Myin ma hti village (about 3 ½ hours)** These ethnic groups are Danu. First walk through the pine forest and after 1 hour walking you will see potatoes, mountain rice and a huge vegetable plantation field. They all worked with ox and buffalo and no tractors or other farm machinery. It is truly unbelievable to see people working a huge field with man power and animal. Enjoy the natural beauty and on the way you'll see little boys and girls helping their parents. The Myin ma hti's villagers are farmers who earn 100% of their living on agriculture. Myin ma hti is also known for its lime cave 200meters long. Return to your hotel.

Accommodation at Pine Hill Resort, Superior Room.

Meals included: Breakfast at hotel  
Lunch at a local restaurant  
Dinner at hotel

## KALAW – INLE LAKE

(B/L/D)

**03 Feb 13  
Sunday**

Breakfast at hotel. This morning enjoy walking through Kalaw, visiting the local **market** where minority people sell their produce. Then we board the bus for a scenic drive (46 km – 2 hrs) across the Shan Plateau to Nyaungshwe where we board our own boat to go to our hotel on **Inle Lake**. Lunch at Jasmine Inle Restaurant (Former Nampan Restaurant).

In the afternoon, take a boat trip on **Inle Lake** – a photographer's dream, its calm waters are dotted with floating vegetation and fishing canoes, to which scenic high hills provide the perfect backdrop. See the lake's unique "**leg rowers**" – the Intha people row standing up with one leg wrapped around an oar. Visit **Phaung Daw Oo** Pagoda, the holiest religious site in southern Shan State and **Nga Phe Kyaung** Monastery, one of the oldest monasteries on the lake. One can see ancient Buddha statues which are more than 200 years old.

Accommodation at Myanmar Treasure Resort, 2<sup>nd</sup> row Deluxe Lake View room.

Meals included: Breakfast  
Lunch at Jasmine Inle Restaurant  
Dinner at hotel

## INLE LAKE – SAGAR – INLE LAKE

(B/L/D)

**04 Feb 13  
Monday**

Travel from your hotel by boat via Nampan to **Sagar (approximately 2h30 to 3 hrs per way)** and Thakong, a rarely visited area south of Inle Lake. Explore the 5-day market (on market day only) at Kyauktaing and a Shan village where earthenware pottery is produced. At Kyainkhan (near Kyauktaing) visit a family, producing robes (Phongyi clothes) made from fabrics of thousands of lotus stems. Observe local methods of producing a drink with a very high alcohol content fermented and extracted from bran rice. Lunch at local restaurant near Thakong Pagoda.

You will get insight into the unspoiled culture and traditional life-style of the ethnic Pa-O and Intha inhabitants around Sagar and Hmawbi. Enjoy the beautiful landscape, flowering trees and numerous settlements dotted on both sides of the canal. Late afternoon return to the hotel at Inle Lake.

Accommodation at Myanmar Treasure Resort, 2<sup>nd</sup> row Deluxe Lake View room.

Meals included: Breakfast at hotel  
Lunch at local restaurant  
Dinner at hotel

***Note:** During today's tour, you will be exposed to a lot of sun, do carry a hat and bring along sun cream. Ear plugs are recommended if you are sensitive to the noise of a longtailed boat or prefer a quieter journey!*

## INLE LAKE WALKING

(B/L/D)

**05 Feb 13  
Tuesday**

**Inle - Thalee Oo 2.30 hour walk (Flat walk with optional uphill for 30 mins)**

A short 25 minute boat trip brings us to the village of Thalee Oo, which similar to several lakeside villages, has both water and land - based sections each with its own monastery. Navigating through the houses on stilts, we disembark at a jetty to begin our walk on a flat and shady bullock cart road through the heart of the village. Thalee Oo is an Intha village whose population lives mainly off the land growing peanuts, tomatoes, garlic, sugarcane, rice and vegetables. The walk is not only extremely pretty with traditional bamboo houses on either side and adjacent to a clean stream used for daily washing but also has good views across cultivated fields to Inle Lake and the Shan Hills behind. Stop and chat to some of the friendly Intha families while observing their day to day life. After a 45 minute walk through Thalee Oo, we stop at a local rice mill, made entirely from wood and see the process of separating grain, husk and bran. Climbing uphill for 30 minutes through a Monastery, we reach the small PaO village of Ywa Thit renowned for its weaving of bamboo baskets. The PaO ladies still wear traditional black tops and brightly colored chequered towels as turbans. After admiring the stunning view of Inle Lake and the Shan Hills from our vantage point, we descend for 30 minutes before continuing along a flat path through the village of Alae Myaung back to the lakeshore and our boat. Lunch at Mr. Toe's Restaurant.

**Afternoon is at leisure.**

Accommodation at Myanmar Treasure Resort, 2<sup>nd</sup> row Deluxe Lake View room.

Meals included: Breakfast at hotel  
Lunch at local restaurant  
Dinner at hotel

## INLE LAKE – INDAING – HEHO – YANGON

(B/L/D)

### 06 Feb 13 Wednesday

This morning, we enjoy a boat tour to **Indaing**, at the western end of the Lake. The boat takes you through a long channel where you watch the farmers cultivate their produce. This ride is one of the most scenic boat tours on Lake Inle. To visit the temple Complex, follow a stair path lined up with magnificent columns to the top. Return to the boat jetty with a leisurely 'nature walk'. Lunch at Green Chili Restaurant in Nyaung Shwe.

In the afternoon transfer to Heho Airport for a domestic flight to **Yangon**. Arrival Yangon and transfer to hotel.

Accommodation at Kandawgyi Palace Hotel, Superior room.

Meals included: Breakfast  
Lunch at Green Chilli Restaurant.  
Dinner at hotel

## YANGON

(B/L/D)

### 07 Feb 13 Thursday

Morning sightseeing tour includes the old colonial-style city center and the gilded **Sule Pagoda**, dating back over 2,000 years. We then drive through the colonial style buildings downtown, the Chinatown area and the Indian quarter. Lunch at Monsoon Restaurant.

In the afternoon, a visit to **Bogyoke Market** (closed on Mondays and Public Holidays) gives you the opportunity to see Myanmar's wide range of handicrafts. The tour continues to **Chauk Htat Kyi**, a huge reclining Buddha image, followed by a photo stop at the **Karaweik Hall** royal floating barge. Then visit to **Gem Museum** (closed on Monday and public holiday) to see precious stone and jewels. Then we drive to **Shwedagon Pagoda**, one of the world's most spectacular religious monuments, which will conclude the tour of this picturesque Garden City. The golden dome of the Shwedagon Pagoda rises 98 meters above its base and is covered with 60 tons of pure gold.

Accommodation at Kandawgyi Palace Hotel, Deluxe room.

Meals included: Breakfast at hotel  
Lunch at Monsoon Restaurant  
Dinner at Padoma Restaurant

## YANGON DEPARTURE

(B/-/-)

### 08 Feb 13 Friday

This morning, transfer to Yangon International Airport for your departure flight.

Meals included: Breakfast at hotel