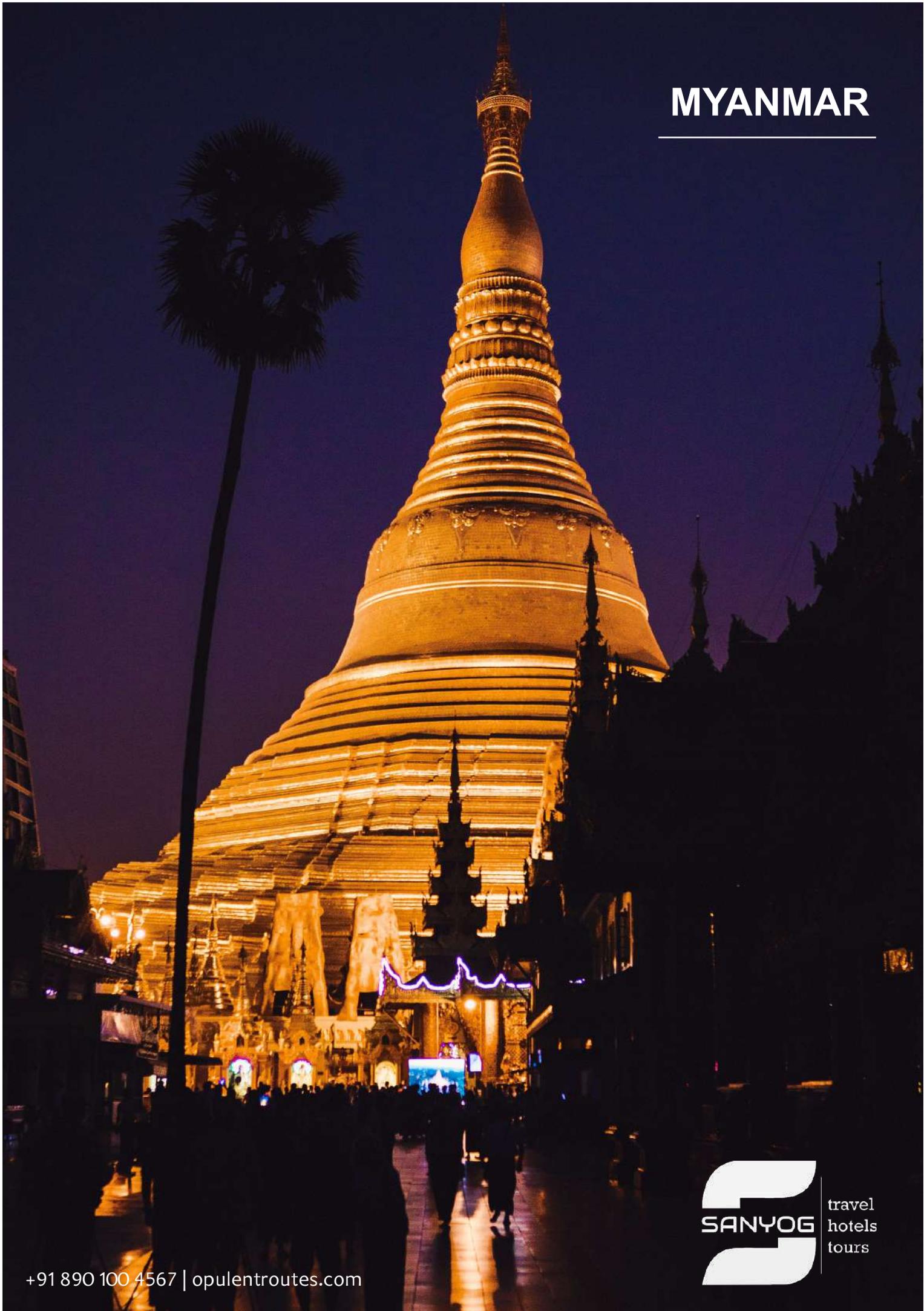


MYANMAR



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THIS IS THE TIME
THIS IS THE PLACE
THIS IS MYANMAR

MYANMAR

Burma (also known as Myanmar) is a cultural gold mine: the Bagan plains are strewn with thousands of temple ruins stretching as far as the Irrawaddy River; Mandalay and Yangon are heaving with colonial buildings and glittering stupas; Inle Lake is a place of heart-stopping beauty where no electricity flows; and the gorgeous golden sands of Ngapali provide a complete beach adventure.

IT ALL STARTS WITH MINGALABA

Dramatic Myanmar (Burma) is an intrepid traveller's dream. This is a land where monks clad in traditional longyi are revered, thousands of religious stupas rise out of flat plains and floating-village life ebbs and flows upon Inle Lake.

For a glimpse of old Southeast Asia, there isn't a more eye-opening destination than this mysterious country, which only began allowing Western travellers into its borders in recent years.

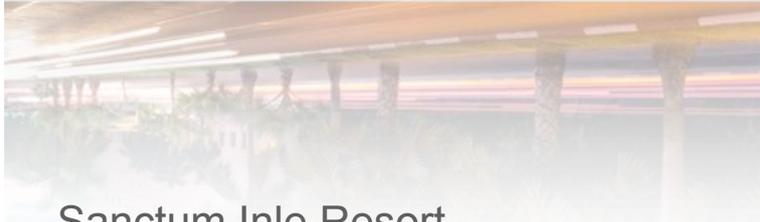
Yangon, the country's largest city, is a beguiling mix of British, Burmese, Chinese and Indian influences, from its timeworn colonial architecture to its unique cuisine. In this deeply Buddhist country, pagodas pockmark the land, and some of the most impressive ones can be found in Yangon, including the Shwedagon Pagoda and the Sule Pagoda.

Travel to Mandalay, and explore sites such as the monastery-studded Mandalay Hill, a pilgrimage site for Buddhists for nearly two centuries.



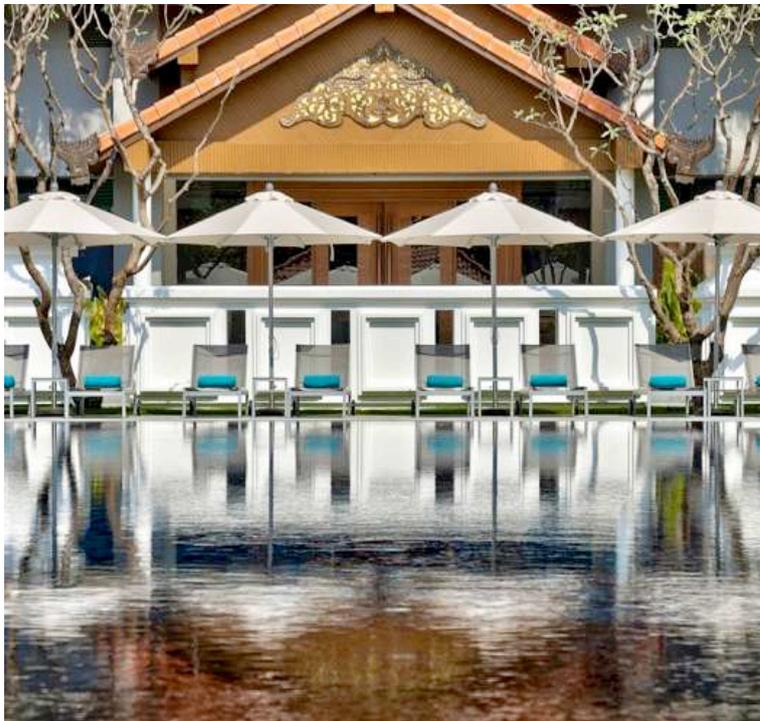
Sule Shangri-La Yangon

With 474 well appointed rooms and suites this 5 star hotel is a firm favourite for leisure and business travellers alike, the Horizon Club rooms include access to the Horizon Club lounge where you can enjoy complimentary evening cocktails and canapés and benefit from late check out and personal concierge service during your stay.



Sanctum Inle Resort

The resort is located adjacent to Inle Lake with far reaching sunset views from the beautiful swimming pool and many of the beautifully appointed rooms and suites; designed in a monastic style and claiming that “simplicity is the essence of elegance and contemplation” this is certainly the place to gather your thoughts and savour in the breathtaking surroundings.

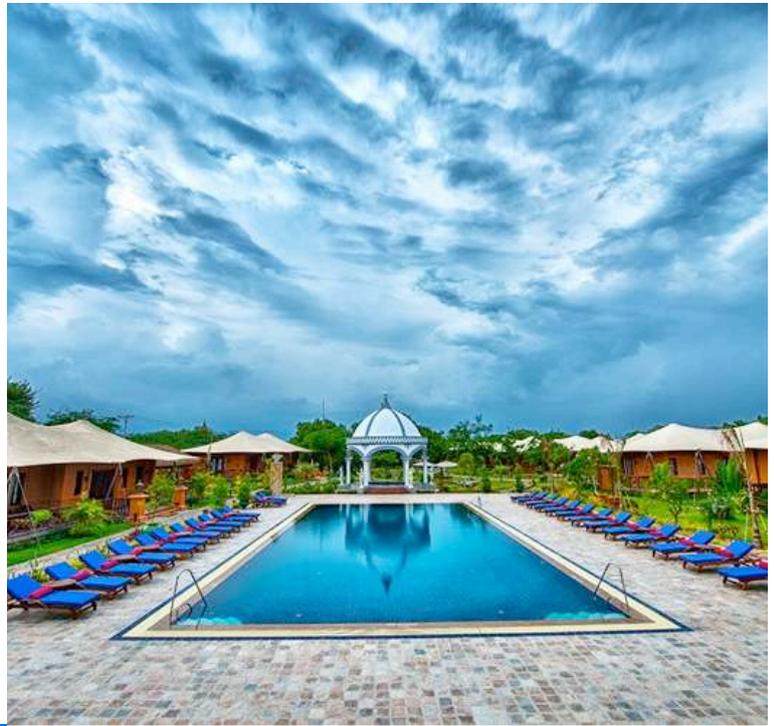


Hilton Mandalay

Guests can choose from a selection of modern and stylish rooms and suites including executive rooms with executive lounge access; leisure facilities include a huge outdoor pool, adjacent fitness centre and complimentary bicycles for exploring the city.

Bagan Lodge

This tented resort is an oasis of calm boasting 2 swimming pools and beautifully manicured gardens, the spacious rooms and suites are very well appointed with supremely comfortable beds which are more than welcome having spent all day 'temple hopping'.



Eskala Resort Ngwe Saung

Rooms and suites, many of which boast sea views and a huge, inviting swimming pool create the perfect location to chill out at the end of your Myanmar adventure; expect friendly and welcoming staff to ensure your stay is memorable and end each day with a cocktail whilst watching the sunset over the Bay of Bengal.

Governor's Residence, Yangon

You can choose from suites overlooking the lotus garden, Governor's Rooms that combine the utmost in modern luxury with a traditional Burmese feel, or the spacious standard rooms that are anything but your average hotel room. Whichever you choose, you'll be surrounded by gorgeous carved teak and silk accents.





Aureum Palace Hotel, Bagan

All rooms are spacious and comfortable, with gorgeous burnished wood furnishings and accents. There are also separate villas including one especially for families and another, the Island Villa, that's perfect for a romantic stay. This secluded getaway is on its own island with a private swimming pool, veranda and terrace; a Jacuzzi and valet service.



Mandalay Hill Resort

The resort offers 206 guestrooms and suites which are spread out over a beautiful tropical paradise. For a more private stay, two bungalows are located in the gardens surrounding the spa, each of which includes twin massage beds and a steam room. A fitness center, tennis courts and swimming pool are available for your exercise needs.



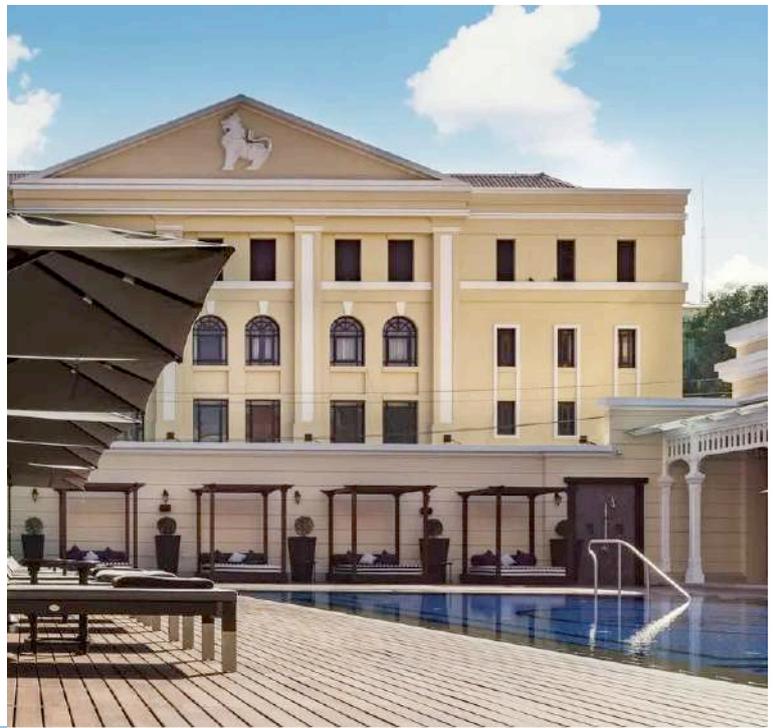
Belmond Governor's Residence

Relive a bygone era with a stay in this classy 1920s teak mansion, once home to the governor of Kaya State. The hotel is found in Embassy Quarter and set in lush leafy grounds, with lotus ponds, a fan-shaped swimming pool surrounded by Pathein parasols and upscale sunbeds. Overbed crisp white net canopies, charming colonial architecture and sweeping verandahs help evoke an atmosphere of old-world romance. After dark, guests follow a trail of lanterns to an a la carte dinner at the Mandalay Restaurant, or buffet-style meals at Mindon lounge.



The Strand Yangon

In 1911 author John Murray named it “the finest hostelry East of Suez” in his ‘Handbook for Travellers in India, Burma and Ceylon’. Carrying historical and cultural significance in the heritage of Yangon, The Strand even has its own elegant cruise boat. The hotel is found in the vibrant downtown area and was refurbished in 2016 for added luxury, but retaining a colonial vibe with wicker chairs, gleaming polished wood and ceiling fans. The 31 suites all come with 24-hour butler service and walk-in dressing areas.



Kempinski Hotel Nay Pyi Taw

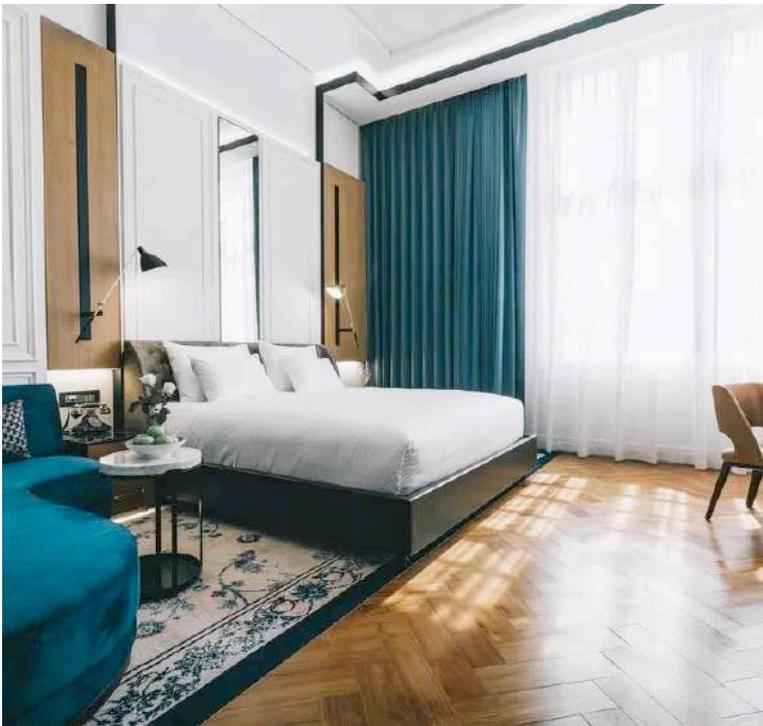
Offering exotic and impressive frontage, guests enter Kempinski Hotel Nay Pyi Taw via its Royal Pavilion – in ancient times these structures were used as the welcome areas in palaces. Once in reception, you’ll marvel at the opulent gold leaf ceiling- believed to be one of Myanmar’s most expensive items. These kinds of traditional artworks and architectural elements can be found throughout the property. 106 rooms are spread across three separate villas, with 35 additional suites, including the two-bedroomed Royal Suite, complete with office, meeting room, media space dining area, lounge, fitness centre, and rooms for your nanny and bodyguard.

Pristine Lotus Resort, Inle

Beside Inle lake and with the Shan hills in the vicinity, the new Pristine Lotus Resort boasts a peaceful valley setting, high above sea level. Each of the 70 rooms is a boat-shaped floating cottage, the lobby forming the central ‘island’ of the resort.

Areas are connected by teak bridges and include two dining areas (Kumudra Restaurant and Lotus Restaurant), a spa villa, pool and natural hot spring jacuzzis. Interiors are designed with handcrafted indigenous fabrics, polished wood floors, mosquito nets and accents of terracotta-coloured textiles.





Yangon Excelsior

Contemporary meets colonial at the Yangon Excelsior, the once headquarters of the Steel Brothers Limited Company, built in the early 19th century. Interior design from Hirsch Bedner Associates Bangkok combines art-deco elegance, high ceilings, parquet floors, plush textiles, all mod-cons and plenty of vintage touches providing a nod to its heritage.

Wa Ale Island Resort

There are extremely few places like Wa Ale on the planet: the private island boasts raw isolation and serenity, alongside nesting sea turtles and macaques. The beachside safari villas – and a pair of luxury tree houses – are set amid a 9,000-acre wildlife reserve surrounded by the Andaman Sea.

This private island setting is a place of staggering natural beauty, where lush rainforest undulates towards patches of pristine private beach.



Pyin Oo Lwin Hotel, Maymyo

Deep in Myanmar's Shan Highlands east of Mandalay, in the scenic hill town of Pyin Oo Lwin, formerly Maymyo, lies Hotel Pyin Oo Lwin. Relatively small with just 36 rooms, the hotel exudes the ancient colonial style which once dominated this region and facilities such as an indoor swimming pool, fitness centre and recreational gardens are on offer to all guests. The hotel is conveniently located next to the National Botanical Gardens, so it is a great base to start discovering the wonders of Pyin Oo Lwin, often named the city of flowers.

The Hotel @ Tharabar Gate

A long-established four-star favourite with independent travellers to Bagan. The handsome villa-style rooms are spread around a large mature sub-tropical garden and there's an intimate ambience in the public areas.

There are 80 rooms hidden among the planting, which includes fragrant frangipani bushes. The pool and outdoor dining area are shaded by a canopy of spreading tamarinds and beautifully lit at night.



Hotel by the Red Canal

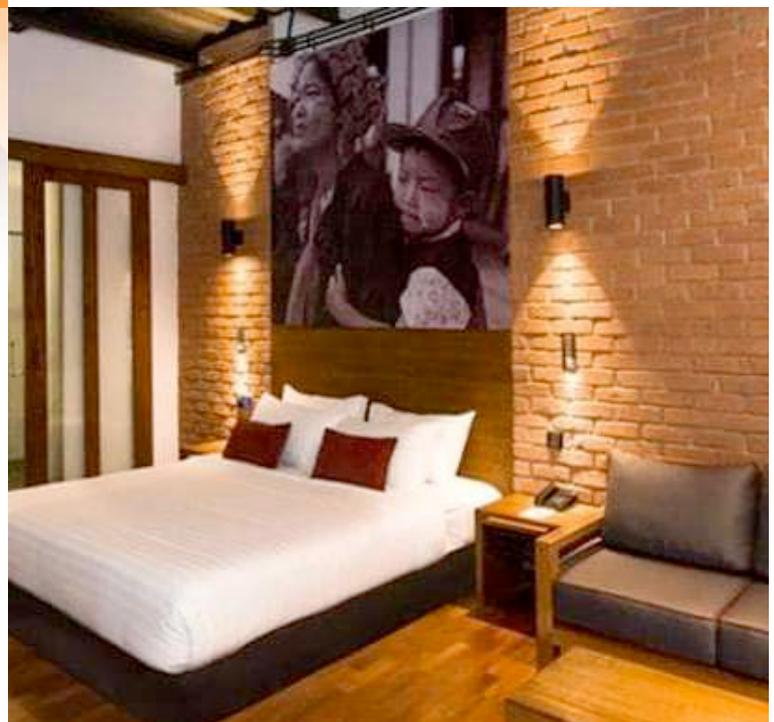
A firm favourite with couples on bespoke independent tours. This cool green sanctuary is boutique in style, at the heart of this dusty city. Its restaurant has won accolades for its authentic Indian cuisine.

A small hotel with a big welcome. Thought has been put into the outdoor lighting to create an enchanting glow after dark. It's a convivial place and easy to fall into conversation with fellow guests over the complimentary afternoon tea on the balcony.

The Loft Hotel

This purpose-built, French-managed property on a quiet side street in downtown Yangon makes an ideal base for exploring the city on foot. The stripped-back industrial look, leavened by well-chosen modern Burmese art and funky crushed velvet fabrics, will appeal to hipsters.

Warehouse chic sums up the look of this 32-room boutique hotel. A small lobby leads to an outdoor sitting room with sofas set on gravel. Only the bedrooms, arranged on three floors (there's a lift), are air-conditioned.





Inle Heritage

This is my favourite stilt hotel on Inle Lake: six stylish teak villas built over the water in the quieter southern end of the lake. The lodge has an on-site vocational training centre for students from all over Myanmar to learn the hospitality trade, supervised by professional staff.

Boardwalks connect the well-spaced villas to the reception and dining pavilions, built in the style of traditional wooden Inle houses using features salvaged from historic properties.

View Point Lodge & Fine Cuisines

This part French-owned lodge is the best place to stay in the small town of Nyaung Shwe, the jumping-off point for boat trips around Inle Lake. Many staff have worked here for some years, supervised by a French general manager who makes sure no eco corners are being cut.

The 24 cottages sit on piles around a small, clean, private lake and provide a peaceful retreat from the dusty streets. Each has a deck overlooking the water where meals can be served.



Bagan Thiripyitsaya Sanctuary Resort

As one of the first tourist hotels to be built in Bagan, the Thiripyitsaya Sanctuary has the best riverside location. The rooms are somewhat dated but this deficiency is made up for by the large pool, the extensive gardens and the glorious sunset views over the river.

Originally built as a government guest house, it was taken over and expanded by a Japanese investment company in 1996 which still runs the place. The wrap-around river views are a wow factor.



Vintage Luxury Yacht Hotel

They are trying hard at the Vintage Luxury Yacht Hotel. They don't quite make it, but it is still a fun, quirky and affordable hotel afloat on the river in downtown Yangon.

You can't miss the style that the Vintage Luxury Yacht hotel is aiming for: 1920s colonial luxe, from the restaurant to the reception desk. In some respects, it succeeds: the central stairs, the leather sofas in the bar, the fairy light-lined walkway across the river.



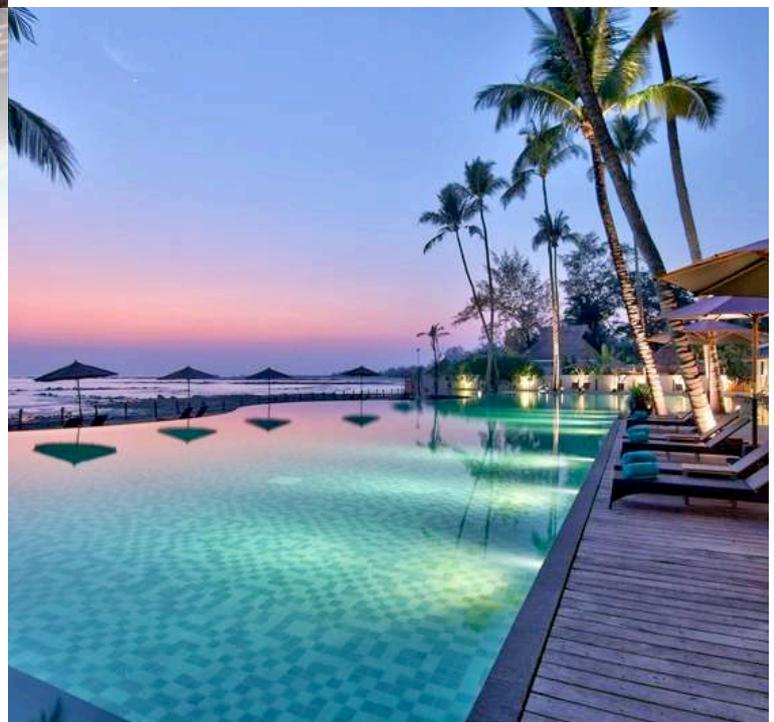
Chatrium Hotel Yangon

The Chatrium Hotel is located next to the historic and well known Kandawgyi Lake in the heart of Myanmar's capital, Yangon. International in style, The Chatrium is one of the best modern options in the city. An impressive beach-styled swimming pool, luxurious spa, fitness centre and six restaurants and bars for delicious dining mean that all needs are catered for. The opulent rooms are incredibly spacious and are decorated in a tasteful and luxurious style with en-suite bathrooms.

Hilton Ngapali Resort & Spa

Overlooking the turquoise seas of the Bay of Bengal, the Hilton Ngapali Resort & Spa is an elegant property with all the style you would expect of the Hilton brand. Following a wooden walkway through water features and foliage up in to the towering columned entrance, it leaves a lasting first impression.

Designed with sleek lines, warm yet simple furnishings, pastels and creams, polished marble and light wood, it is tasteful and timeless. Stretching through the centre of the hotel is a lovely lagoon with fountains making even those rooms not on the seafront, perfectly picturesque.





Meliá Yangon

Meliá Yangon opened in August 2016 and is situated on the banks of Inya Lake. It is also conveniently located just 20 minutes' drive from Yangon International Airport, and so is a good option for short stays and when little luxury is needed.

The 429-room hotel is contemporary, timeless décor of marble floors, rich furnishings, and a sense of grandeur in its modern amenities and sheer size, not to mention the impressive entrance lobby with its central eye-catching chandelier.

Malikha Lodge, Putao

Malikha Lodge is the perfect introduction and final farewell to Northern Kachin State. Perched high above Burma's (Myanmar's) Nam Lang River with great views of mountains and rice terraces, it has been designed by architect Jean Michel Gathy, of Aman Resorts fame, to create a feeling of luxury and seclusion in this wilderness.

The focal point of Malikha Lodge is the main lodge, where guests come to gather around two log fires for drinks and dinner. Traditional style bungalows have been carefully placed to recreate a sense of village life in their open garden.



Amara I, Bagan

The Amara I is a traditional Burmese riverboat that cruises up and down Burma's (Myanmar's) beautiful Irrawaddy River. Cruises mainly go between Bagan, Mandalay and Bhamo, the most interesting part of the 2,000 km long Irrawaddy River. Most of the other boats are not able to cruise along some parts of the river that the Amara is able to access due to the shallow water.

The Lotte Yangon

The Lotte Hotel is a brand-new property just outside the city centre, next to the beautiful Inya Lake, and only 20 minutes from Myanmar's international airport. Opened in September 2017, it is glossy and fresh, with luxurious comfort and contemporary features making it a reliable choice.

The entrance lobby makes an impact on arrival with an ostentatious chandelier and huge floor to ceiling windows looking out to a panoramic view of the lake.



Sanctuary Ananda, Bagan

First sailing in December 2014, the luxurious and stylish all-suite Sanctuary Ananda ship will take you on voyages of discovery on the mysterious rivers of Burma (Myanmar). You'll visit the majestic Ayeyarwady between Bhamo and Yangon, stopping at temples, pagodas, palaces and monasteries along the way.

Journeys on its great tributary, the Chindwin, will take you to places visitors rarely see – through the jungles of the north, forgotten villages and ancient towns almost to the Indian border.

The Savoy, Yangon

Overlooking Myanmar's glistening Shwedagon Pagoda, the centrally located Savoy is a throwback to colonial times.

Partly renovated, part new build, the Savoy is a charming boutique hotel and has a touch of Somerset Maugham about it, with antiques, handicrafts, pictures and photographs displayed throughout its hallways, restaurants and bars. The 30 deluxe rooms and suites are generously sized with dark, polished hardwood floors and views of the pool or the well-tended gardens.



DESTINATIONS



NAY PYI TAW

Nay Pyi Taw is one of the fastest growing cities in Myanmar. The city has hosted major events such as the Southeast Asian Games, the World Economic Forum and the ASEAN Summit. The parliament is housed in a large complex consisting of 31 building. While tourists can not enter the parliament, you can drive down the 20 lane highway leading to it and stop in places to take photographs.

Nay Pyi Taw is the capital and definitely the most modern city in the country. The city is yet to see a massive influx of population providing tourists with a unique opportunity of visiting the place without worrying about crowds and traffic congestion. Nestled between two mountain ranges, the quiet environment will bring a new experience to you as you explore this spacious city.

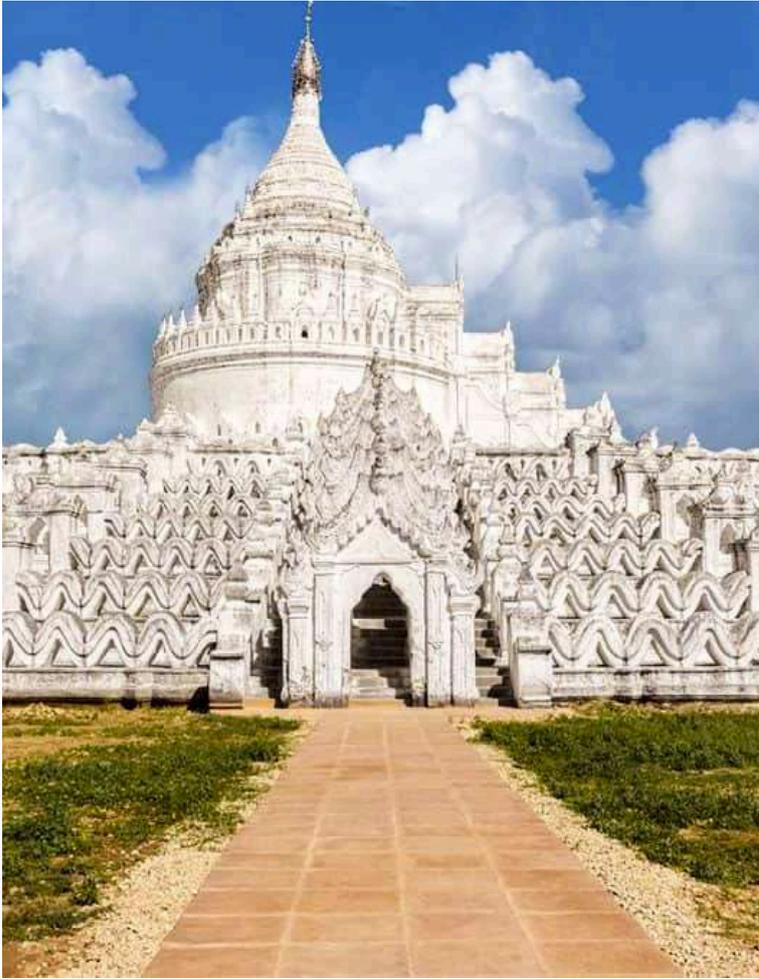
As a fairly new region constructed in 2002, there are quite a number of attractions and things to do in Nay Pyi Taw. You will find interesting landmarks such as the museums, government building as well as natural

locations such as the Nay Pyi Taw Hot Spring. If you are travelling with kids or people who love animals, do visit the zoo which is one of its kind in the country.

If you think of Nay Pyi Taw as a mere capital city devoid of any tourist attractions, you will be mistaken. It has several interesting sites to visit that will make your holiday to this one of its kind capital city worth it.

The Gems Museum displays a variety of rare and precious gems in all shapes and sizes. There are also rare and exquisite stones displayed in the museum.





MANDALAY

Mandalay, the second largest city in Myanmar, was established in 1857. Mandalay is located in central Myanmar, on the eastern bank of Ayeyarwady River. This city, named after Mandalay Hill has been a matter of fantasy for people over the ages and has been named in renowned literary works such as the poem 'Mandalay' written by Rudyard Kipling, the song 'On the road to Mandalay' written by Oley Speaks and George Orwell's novel 'Burmese Days'.

The Mandalay as seen today is Myanmar's blooming cultural centre and one of the country's best religious sites that display astonishing masonry and architecture. The city is Myanmar's major commercial, education and health centre and has been ranked as the fifth on the ASEAN Smart Cities Network list. Witness the unique blend between modern development and ancient history when you visit Mandalay.

King Mindon established a new royal capital surrounded by 4 rivers at the foot of Mandalay Hill in February 1857.

YANGON

Formerly known as Rangoon, Yangon is a historical city and one of the most well-known cities in the country. Yangon was Myanmar's administrative capital before Nay Pyi Taw was named as the capital city. Yangon is the country's most prominent commercial centre as well as the largest city of the country with a population of more than 7 million people.

The name 'Yangon' is a combination of the Burmese words 'Yan' meaning 'enemies' and 'Koun' meaning 'run out of'. The combination of words commonly translates as 'End of Strife'. During the colonial era, Yangon was called 'Rangoon'. Till the mid-1990s, Yangon mostly had a traditional setting. As people started moving in, a necessity to expand the area of the city was felt. The city grew rapidly towards the north where the Yangon International Airport is located now.

Bustling and exciting, a visit to the city will take you to colonial structures prominently dotting the landscape in downtown Yangon.



BAGAN

Located in Central Myanmar, only 4 hours away from Mandalay, Bagan is one of the world's greatest archaeological sites. Visit this amazing historical town hosting more than 2,200 temples big and small. Set amongst thick greenery on the Ayeyarwady river basin with misty mountains at a distance, Bagan will surely enchant you with its mystical appearance. The temples rise above the canopy of trees, presenting a picture-perfect scenery to visitors.

Bagan was the first capital of the Pagan Kingdom between the 9th to 13th centuries. More than 10,000 Buddhist temples, pagodas and monasteries were constructed during the most flourishing days of the Kingdom between the 11th to 13th centuries. Today, around 2,200 temples and pagodas still survive and are carefully looked after by the government.

The temples are a part of Bagan Archaeological Zone. They contain carvings, frescos and statues of Buddha, which are certainly mesmerising and fun to explore.



INLE LAKE

Inle Lake is the second largest lake in Myanmar and is located at the heart of the country. The lake is surrounded by mountains on all sides offering a breathtaking natural view. The area is rich in animals and plant species and you can see some of the rarest species here. The lake is home to several ethnic tribes of Myanmar who follow well-preserved traditions and cultures.

Inle Lake is one of the must-visit places in Myanmar. A visit will provide you with an opportunity to interact with locals and learn some of their traditional ways of planting, fishing, cooking and making handicrafts. The villagers are warm and friendly who are keen to open up to tourists. You will feel their warmth when you interact with them. Explore Inle and discover nature as you have never seen before.

Inle Lake provides the perfect balance of rural Myanmar lifestyle as well as mesmerising natural beauty. There are 17 villages at this lake where the villagers belong to different ethnic groups such as the Intha who are called the people of Inle Lake, Shan, Taungyo, Pa-Oo, Danu, Kayah, Danaw and Bamar.



KALAW

A small hilly town located in the Shan State, Kalaw takes a traveller away from the tropical heat of the country. This quaint town is away from the general tourist crowd and offers pristine beauty, unspoilt by human intervention.

This old British hill town is the centre for many trekking activities of the country. The town itself is small and can be covered within half an hour's walk. Kalaw has several trekking routes which takes one through the scenic Shan Hills.

Kalaw is surrounded by stunning green hills on all sides which presents a spectacular view. The town itself is pretty small with a bustling city centre and market with the best food joints in the town. Ethnic groups from the surrounding hills participate in this market once every five days. On these days, the market transcends into a bustling place where fresh local produce is sold and purchased. Aung Chan Tha Zedi Pagoda is located in the city centre, which gleams in the daylight as it is covered in gold and silver-coloured glass.

KAWTHAUNG

Located in Tanintharyi Region, Kawthaung is one of the most important towns in southern Myanmar. It was known as Victoria Point from 1824 to 1948. The town shares its border with the Thai town of Ranong in the east, making it a chosen point of entry to Myanmar by many travellers. To the southwest of the town lies the Andaman Sea. The town has a more or less mountainous terrain. Kawthaung enjoys a tropical monsoon climate, being surrounded by the sea. December to March is the best time to visit Kawthaung since it is pretty dry during this time. The town receives extensive rain from May to September.

Kawthaung can be considered as a gateway to Myeik islands. There's a lot to see and enjoy, including waterfalls and hot springs located close by that you can visit. Kawthaung is home to a number of pagodas such as the Pyitawaye Pagoda, Arnandar Pagoda and Aungtawmu Pagoda. Many of these pagodas are as old as several centuries. Kawthaung is a small town that can be easily explored on foot.



AYEYARWADY

Also known as the Delta region, the Ayeyarwady consists of 26 townships and a number of lakes. The other rivers that branch out from the main Ayeyarwady River are Ngawun, Patheingyi and Toe.

The region covers an area of 35,140 square kilometres, with the Bamar and Karen ethnic groups forming the majority of the population that reside there.

Known as the rice bowl of Myanmar, the region's significance can be seen through its historic towns of Patheingyi and Bago, which has many monasteries and pagodas that date back to centuries ago. Further west, the popular beach destinations of Chaungtha and Ngwe Saung are long-time favorites of the locals and provides an attractive seaside view for travellers looking for a beach holiday.

The best time to visit would be from November to February as the weather is neither too hot to walk around nor too cold to journey on foot. From July to September, heavy rains occur and many roads will be closed due to the floods.



INDAWGYI LAKE

Indawgyi Lake is a secluded place, yet a popular destination in Myanmar that is often frequented by nature lovers. The pristine waters of the lake have been designated as the UNESCO Biosphere Reserve due to an intense concentration of birds and animals around the area.

The lake is a great place to relax and enjoy the rural lifestyle of the locals. There's much to see around the lake, the primary of which include visiting the villages and getting a feel of local Myanmar.

When it comes to Indawgyi Lake, the best thing to do is to relax, walk around and get involved in nature. The banks of Indawgyi are dotted with local villages, the most notable ones including Namde, Nammilaung and Lwemun Village. These villages offer a great option to interact with the locals and get a rustic feel of Myanmar's villages. The Shwe Myitzu Pagoda is located right on the water and casts a beautiful mirrored image on the lake, especially visible during sunset.



PATHEIN

Patheingyi is the capital and largest city of the Ayeyarwady Region, located about 190 kilometres away from Yangon. It sits on the banks of Patheingyi River, a distributary of Ayeyarwady River. Earlier known as Bassein, this city is the most important delta port of the country. Patheingyi is a quiet, laid-back riverside city, ideal for spending a few idle days. It is also the best place to be if you want to pay a visit to the stunning deltas of the Ayeyarwady River.

Patheingyi enjoys a tropical monsoon climate of continuous rainfall from June to August. December to April is the driest and coolest season, making it the best time to visit this place.

Literature reveals that Patheingyi existed even before Bagan. In the pre-colonial times, Patheingyi was a part of the Mon Kingdom. It was taken over by the British at the end of the First Anglo-Burmese War. The British built a fort and established a garrison in 1826. They also changed the name from Patheingyi to Bassein, mostly for ease of pronunciation.

PYIN OO LWIN

Pyin Oo Lwin or Pyin U Lwin is a quaint hill station located about 67 kilometres east of Mandalay. It is a small town nestled in the Shan Hills, showing a strong influence of the colonial culture. It was the summer capital during British rule and has preserved its history over the years. The wooden structures and horse-driven carriages in Pyin Oo Lwin will surely take you back to old England. It is an ideal place to escape from the strong heat of Mandalay.

The history of Pyin Oo Lwin dates back to the pre-colonial period with the establishment of a military outpost near a small village between Lashio and Mandalay, in the Shan Hills. After Myanmar was taken over by the British, the town was converted into a permanent military post in 1897. It was also made the summer capital thanks to its cool weather. At that time, the town was called Maymyo after Colonel May, who was stationed here. Colonel May had served the crown remarkably during the Indian Rebellion of 1857. During this time, the town was brimming with an Anglo-Indian community.

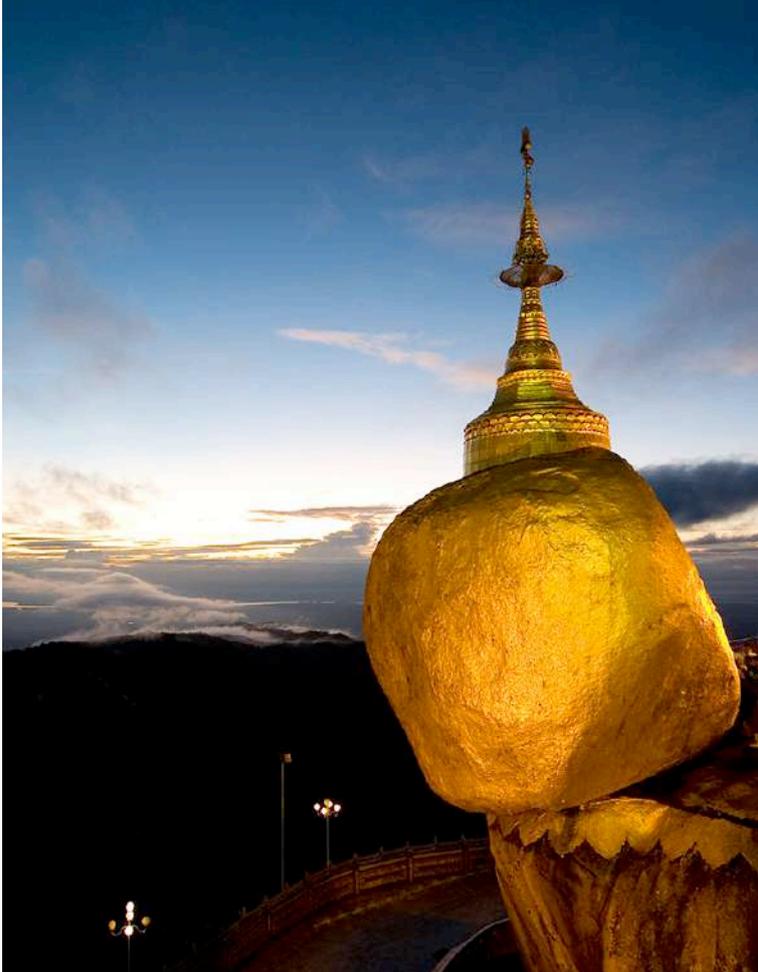
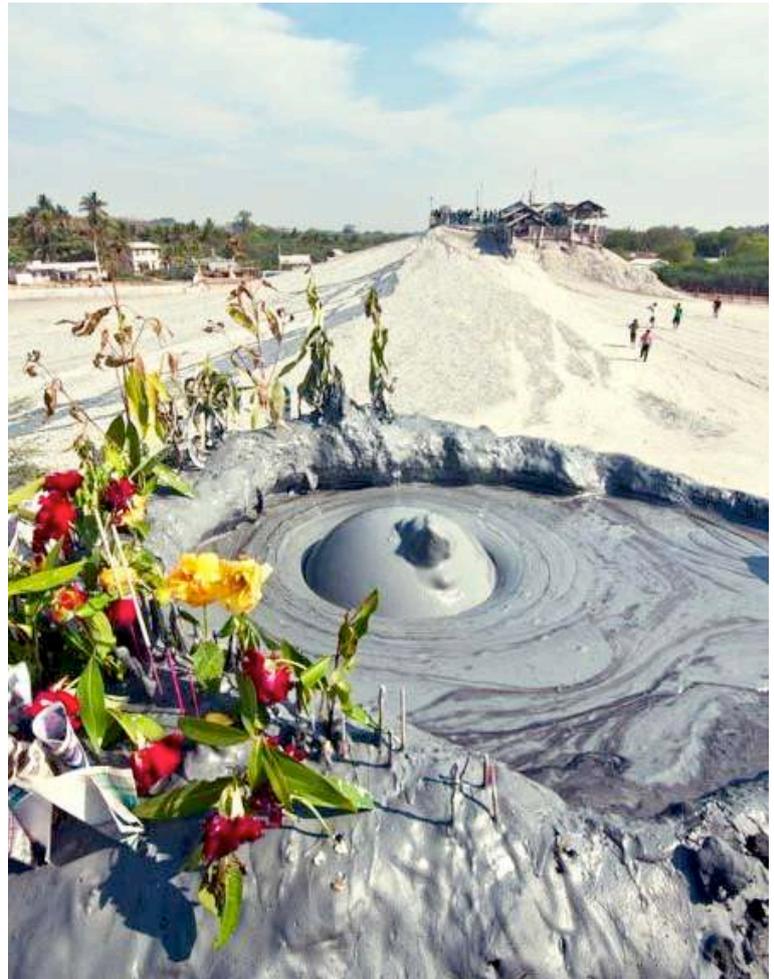


MINBU

Minbu is a small town in central Myanmar, located on the plains of Ayeyarwady River. The entire area undulates towards the Arakan hills. The beauty of the area lies in the enchanting mud volcanoes where mud evaporates from the undulating plains. The volcanoes spread across an extensive region. This place is one of a kind in the world and definitely worth a visit.

The mud volcanoes of Minbu are enchanting to visit. The methane gas trapped under the ground creates pressure, which pushes the water table up. The water, in turn, gets mixed with the clay and mud and makes its way out as mud volcanoes. However, unlike regular volcanoes, these are not hot. Instead, they are cool to the touch. The entire landscape feels like the surface of the moon, except with mud bubbling out multiple vents and several craters on the ground.

The locals consider this area to be a religious site, as legend has it that the dragons inside the earth are powering the volcanoes and pushing the earth out.



MON STATE

Mon is a southern state of Myanmar bordered by the Kayin State in the east and the Andaman Sea in the west. The Bago Region lies to the north of Mon and the southernmost state of Tanintharyi to the extreme south. The state is inhabited by the Mon people, a predominant ethnic group of Myanmar. Mon State enjoys a tropical climate with moderate to hot temperatures throughout the year. The region receives heavy rainfall in July and August. Mawlamyine, the third largest city of Myanmar, is the decapital of Mon State. Mon also has an extensive coastline and several untouched beaches.

The history of Mon State dates back to about 300 BC, which is believed to be when it was founded. Historians believe that Mon is a part of the Suvannabhumi mentioned in the literature during the time of Ashoka. The people living in this region came into contact with Buddhism around 2nd and 3rd century BC when monks from Ashoka's kingdom visited Mon. Hence, the culture of this region is a blend of Indian and Mon cultures.

ATTRACTIONS



INLE LAKE

Inle Lake is always on tourists' list of must-visit places. This elevated lake is 900m above sea level, 22km long and 10 km wide. Visitors are usually amazed by how majestic this lake looks like when they see it in real life.

Several tribes live by the lake, allowing you to witness how they go about their lives traditionally. There are floating gardens where locals plant their crops and villagers still sell their produce on boats.

The Phung Daw Oo Pagoda is situated at the lake and it is most crowded during the annual festival. Villagers celebrate the festival by parading Buddha figurines around the village.

You will also witness the amazing one-legged rowing method that can only be seen in this part of Myanmar. Truly speaking Inle Lake offers the best experience of the ethnicity and culture of Myanmar.



MANDALAY HILL

Mandalay Hill is a must visit place when you are in Mandalay. The first thing that will grab your attention is a pair of huge lion statues guarding the stairway that leads to the hill. The Hill is 230m above sea level, providing a scenic view of the entire city. The sunrise and sunset at this hill is a must-see. Some tourists even risk climbing the stairway of the hill barefooted only to witness the beautiful scenery.

It is highly recommended to walk and join the locals in colourful processions and prayers. From the top of the hill, you will be able to spot some of Mandalay's landmarks like Mya Nan San Kyaw Palace, Kuthodaw Pagoda, Shwe Mann Taung Golf Course, an 18-hole course and the stunning scenery of Mandalay. You will find hawkers selling food and beverages at the foot of the hill.

It is best to go in the evening right before sunset as the view cannot be missed. Visit from October to March to experience a pleasant climate.



KYAIKHTIYOE PAGODA

Fondly known as the Golden Rock, Kyaik Htee Yo Pagoda was built a long time ago, in 574 BC. The pagoda is called 'Kyaik Htee Yo' which means 'the pagoda carried on the hermit's head'. It is one of the most respected religious sites of the country.

This amazing structure is built on a humongous egg-shaped boulder precariously located on the edge of a rock. As the pagoda is placed on the rock's summit, it is separated from the mountain due to a ravine that splits the two places. A bridge connects these two locations.

We suggest visiting this pagoda in October to witness the Kyaik-Hti-Yoe Pagoda Festival that is celebrated by the Myanmar people on the full moon day of Thadingyut. Otherwise, the view of sunset and sunrise from here is amazing. So plan your visit accordingly.

SHWEDAGON PAGODA

This 2,500 years old pagoda is something that can't be missed. Complete your tour of Myanmar by visiting this magnificent pagoda that is known to enshrine the hair of the Lord Buddha along with other precious holy relics. There is a 326-foot pagoda situated on the Singuttara Hill that is completely covered in gold plates. The stupa is decorated with more than 4,000 diamonds that sparkle brightly when there is sunlight.

The pagoda functions as one of the main religious sites of the locals. Every year, Buddhist devotees offer donations and flowers as a tribute to the pagoda, and they will also meditate and pray at the holy site. You can witness the traditional lives of the villagers as well as the importance of Buddhism in the community during your visit to this pagoda.

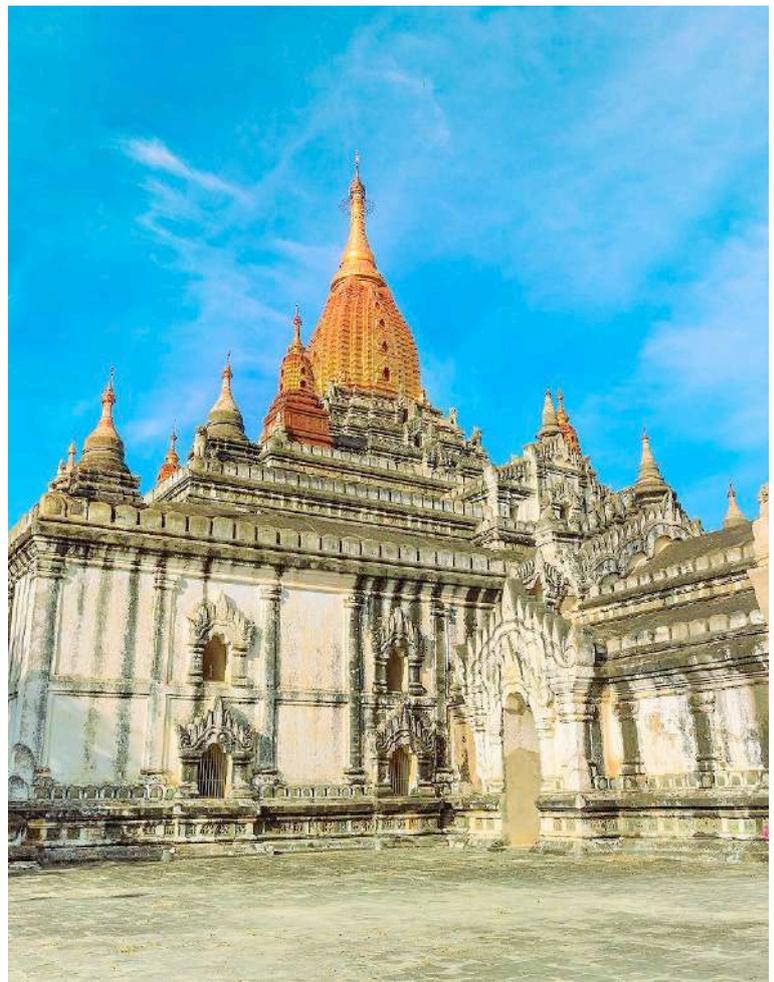
It is highly recommended that visitors dress decently as a form of respect to the locals' religious centre.



ANANDA TEMPLE

Ananda Temple is one of the most famous temples of Bagan constructed in 1105 AD during the reign of King Kyanzittha of the Pagan Dynasty. One of the surviving temples of Bagan, this temple has a marvellous layout. It is designed in the form of a cruciform where the terraces lead to a small pagoda at the top. The top is covered with an umbrella called 'hti' which is a typical feature of almost all pagodas in Myanmar. Ananda Temple houses 4 standing Buddhas, each facing one cardinal direction. The temple is impressive and should not be missed. Apart from the 4 Buddha statues, Ananda Temple contains innumerable plaques made from glazed terra-cotta tiles.

Each plaque represents one story of the Jataka. The temple also houses innumerable stone sculptures both outside and inside the temple. In fact, the inner side of the temple has around 1500 statues. You can also see innumerable wall paintings inside the temple prayer halls, all holding immense historic value. There is a field museum in the temple where you can get a glimpse of ancient artefacts and learn about the history of Bagan.



DEFENCE MUSEUM

Built on a 244.3 hectare land, the Defence Services Museum contains six booths dedicated to the Army, three booths dedicated to the Navy, three booths for the Air Force and a Guest Lounge for each of the three armed forces.

Visit this museum to find out about the soldiers' sacrifices and struggles as fighters of Myanmar's independence. The historic battles of the soldiers have been recorded and explained in this museum.

This museum will also reveal the protective spirits of the army. Be inspired by their courage and determination as you walk along the halls of this building that tell the tale of the army back in the days.

Naypyitaw is at its busiest with tourism activities during March, May and April. However, you can visit it anytime you want.



NYAUNG SHWE SAWBWAR MUSEUM

This museum was the mansion where Nyaung Shwe Sawbwa once resided. It was converted into a museum later on and opened to tourists. This building was built by Sawbwagyi Sir Sao-Maung in 1913. Multiple chambers can be found in this building, and they are all decorated with intricate sculptures and amazing ancient architecture.

The museum contains items owned by the royal leaders of Shan State. You will find divans, royal attires, personal items and even rare photographs of all the Saw-Bwas displayed in this museum.

November to February is the best time to visit Inle Lake. The weather is warm and dry. The Phaung Daw Oo festival is held from September to October, so you can go during that time too.

HSIPAW HAW HANN

Hsi Paw Haw Nan was the residential site of the Shan ethnic prince – Saw Kya Seng. The history of this place is extremely interesting. You will learn about the love story between the prince and his Australian wife that happened in the early 1960s.

Their love story was published with the title “Twilight over Burma: My life as a Shan Princess”. The publication of the book in 2015 caused the tourist attraction to gain immediate attention from more tourists worldwide.

The wife of the prince’s nephew now tells the tale of the couple along with the history of past events. Enjoy a visit here while cherishing a heart-warming love story.

The climate is usually mild, making the place an ideal destination to visit anytime during the year. If you wish to visit the nearby waterfall, then it is best for you to visit during monsoon season to fully enjoy the scenic view.

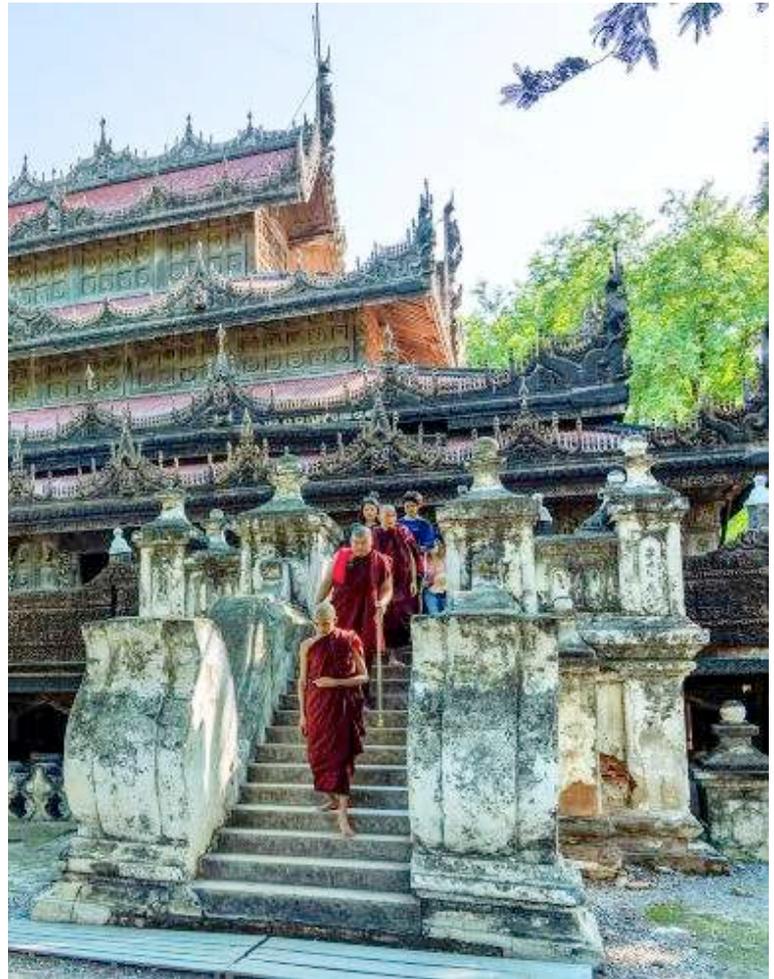


GOLDEN PALACE MONASTERY

Fondly known as Shwenandaw Kyaung Monastery by the locals, this monastery boasts intricate carvings of motifs and mythical creatures on the wooden surface of the building. This place was once the living quarters of King Mindon who constructed the Mandalay Palace in 1857 which is also known as the last royal palace of the Burmese monarchy.

After King Mindon's death in 1878, his successor King Theebaw took over and ordered the monastery to be moved away from the palace to the location where it resides today. This monastery is what was left of the palace after World War II, making this place even more precious to the government and locals due to its historical value.

The monastery once looked majestic with the thick gold layer covering the building.



BURMESE CATS

Located in Innpawkhon Village, this place is an effort to preserve the traditional culture and lush nature surrounding Inle Lake. If you are a feline lover, then the Inle Heritage Stilt Houses should be on the top of your list. This attraction is a Burmese cat sanctuary for the furry animals and cat paradise for tourists who love pets. You will find adorable kittens at the bottom part of one of the stilt houses.

Spend a healing time at the attraction petting kittens and take photos with gentle cats occupying the area. There is also an aquarium that displays interesting aquatic creatures from the beautiful lake. The Inle Heritage Stilt Houses function as a hotel in the middle of Inle Lake. There is also an organic vegetable garden where you can stroll along the paths.

Inle Lake is best visited between November to February as it is warm and dry at that time. You can also celebrate the Phaung Daw Oo festival with the locals which is held from September to October.

EXPERIENCES



WALK THROUGH BIGGEST BOOK

Kuthodaw Pagoda, Mahalawka Marazein, is located at the foot of Mandalay Hill in Mandalay and is rebuilt by King Mindon in 1857. We can meet the panoramic view of Kuthodaw Pagoda upwards of Mandalay Hill. There are 729 marble slabs in the compound in the pagoda and it is famous for the world's largest book regarding as a selected item of the UNESCO World heritage site which is recorded in 2013. Each shrine includes one marble slab having 153cm height with the wide of 107cm and inscribed with the text of Tripitaka namely the Sutta Pitaka, the Vinaya Pitaka and Abhodhamma Pitaka on both sides.

The white shrine lies in row around the compound of the pagoda with wide corridors to walk through. We can explore more experiences by walking along the walkways between slabs and also take the activity of putting Myanmar make-up called Thanaka.



PRAY AT SHWEDAGON PAGODA

The top one thing to experience in Yangon is to take part into the local culture, praying at Shwedagon Pagoda, the largest and most famous pagoda of Myanmar. According to traditions, Gautama Buddha's hairs are enshrined in the Shwedagon Pagoda. With the beliefs and spirit of Buddhists in Myanmar, the pagoda is the strongest religious pagoda of Myanmar People.

A visit to Yangon is incomplete without visiting this pagoda. Adorned with gold plates and enriched with a diamond encrusted stupa, the pagoda shines under the sun, creating a stunning view that you'll remember for the rest of your life.

Your trip to Yangon will be incomplete without a visit to this most visited pagoda of the country. The 2,500-year-old pagoda is 326-foot-tall and is known to enshrine the hair of Buddha and other significant holy relics passed down over generations. You will find the pagoda to the west of Kandawgyi Lake, on Singuttara Hill.



MEET LONGNECK LADIES

Kayah state is home to nine distinct ethnic groups, which diversified and evolved from Karen culture. The biggest groups are the Kayah, Kayan, Bre, Lahta, and Yinbaw. Many tribes still practice their indigenous customs, handed down for centuries and dress in their traditional costumes.

Kayan people are represented by brass rings worn around the neck by women of the tribe. The Kayan are one of Southeast Asia's most recognisable ethnic groups, due to the practice of wearing bright, brass neck rings. In Kayan, young girls start wearing the rings as early as five years old, and continue to add to the coil's length every year. They have elongated necks as a result and is considered as a symbol of beauty and it has little effect on everyday life as they go about doing chores, unbothered by the brass coil around their necks. Visitors are generally intrigued by this unique tradition, and it is certainly something unique and memorable.

HOT AIR BALLOONING

Bagan has an unreal landscape with mystical pagodas which makes it one of the best hot air balloon ride destinations in the world. Bagan's balloons have become an iconic symbol of the Myanmar, and have carried many travelers on soaring adventures of a lifetime.

Ballooning season in Bagan runs from the beginning of October to the middle of April. Sunrise is when most rides are offered, as the cooler morning temperatures allow balloons to float closer to the ancient stupas for a more detailed glimpse. The surroundings turn into a dreamland when the first golden rays of the rising sun hit the land.

Enjoy the awe-inspiring view of all the ancient temples of Bagan by flying over them in a hot air balloon. The spectacular Buddhist temples and amazing geography combined with excellent flying conditions allow the balloons to gently drift over sacred peaks, giant trees, agriculture fields and river at dawn.



LEG ROWERS

The breathtaking beauty of Inle Lake, one of the most splendid destinations of Myanmar makes the perfect backdrop for the iconic representative fishermen from the Intha tribe who are well-known for the single leg paddling unique traditional techniques and conical nets. While fishing in this way, they only use one leg for rowing and free their hands to handle the fishing net when catching large fish. Since childhood, they own their dazzling fishing skills and it is one of the daily routines of Intha tribe and also one of the main livelihoods. So, if you visit to Inle lake at twilight, it certainly brings stunning experiences in for you and you can also find the authentic local life of Intha.

Besides, the main one to keep this leg rowing tradition is Phaung Daw Oo pagoda festival. It is held annually for 18 days in Thadingyut (from September to October) and the prominent activity of this festival is leg rowing races of villages around the Inle lake. When you visit to Myanmar, we would like to invite you to participate this festival and create incredible experiences in Shan State.



FOOD & DRINK

Enjoy the exotic cuisine of Myanmar

Myanmar's food has a special identity. Although its neighbouring countries influence the cuisine, the food has its distinct identity. A typical Myanmar meal is arranged around rice with accompanying dishes of fish or meat cooked in onion and garlic-based gravy. Soup can be clear, creamy or tart and is sipped during the meal to cleanse the palate.

Salads are a popular side dish and some, such as the pickled tea leaf salad called lahpet, are eaten as snacks. Mohinga, a thick fish broth with thin rice noodles, is arguably Myanmar's most famous national dish and is typically eaten for breakfast. Another delicious choice is the popular ohno kaukswe, a coconut-based chicken soup with noodles.

Tea is a staple drink in Myanmar, and tea shops are great for not only starting your day with a strong drink, but for people-watching as well. Tea is typically served hot with sweet, condensed milk added to cut its strong natural earthiness.



COMMUNITY VISIT

Love to travel the offbeaten path? We invite you to explore our Community Visit Tourism options where you will be able to experience the local culture and our natural and culture heritage in the best possible manner.

By participating in community visits you will not only be able to get a glimpse of the local life, but also contribute actively to the betterment of the life of the common people of the country.

Our community visit programme works on four main principles:

- Cultural preservation
- Environmental conservation
- Educational opportunities
- Sustainable business development.

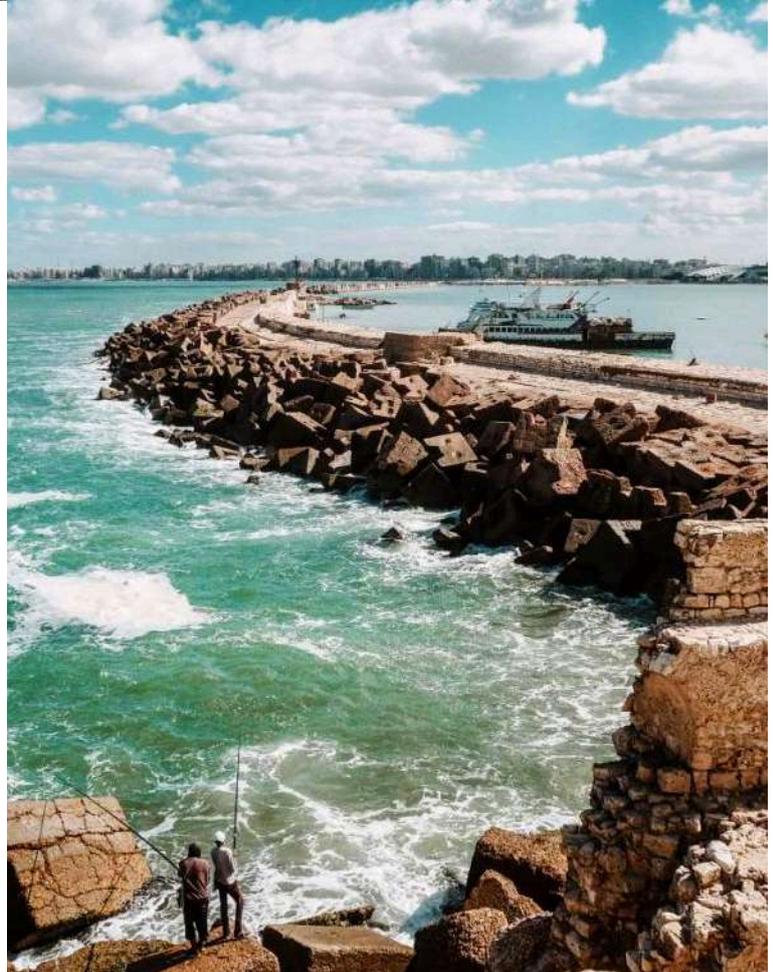
Visit villages, stay at the local houses, gorge on some local delicacies and explore nature. Life cannot get better than this!

TRADITIONAL MYANMAR

Myanmar is a wealth of different cultures. If you are looking to experience the cultural side of it, we promise to make you happy. There are 135 distinct ethnic groups in Myanmar with their own culture and traditions. It is reflected in everything they do: cuisine, dressing, faith, occupation and much more. We welcome you to enjoy the diversity of Myanmar's traditions.

LOTUS WEAVING AT INLE LAKE

One of the highlights from Inle Lake is the lotus weaving industry. Lotus weaving is the main profession for many people who live near Inle Lake. Many years ago, women from Inle began weaving textiles using fabrics obtained from lotus flowers. There are many villages where this art is practiced out of which Phaw Kone and Kyaing Khan Villages are most famous. You can visit these villages to understand how this art is done.





ADVENTURE



DIVING SITES

Myanmar is a diver's paradise. The untouched turquoise waters of the Andaman Sea are rich in corals, aquatic animals and fishes. Dive enthusiasts can engage in several days of expeditions, keeping the islands of Myeik Archipelago as their base.

The isolated area is free from the human intervention, providing everything a diver can crave for.



KAYAKING

Enjoy the unexplored natural beauty of Myeik Archipelago by kayaking in Lampi Island. Lampi has two perennial rivers – the 'crocodile' and the 'tourist' rivers located on the western side of the islands.

The rivers flow through thick mangrove forests which are rich in marine life, birds and reptiles. Canoe through these creeks of the rivers and observe the rich diversity of the mangrove forest. It will be a memorable adventure.



LEG ROWERS

You must have taken a thousand trips on the boat, but we bet you have never experienced anything like a leg rower on Inle lake. Enjoy a trip on a special boat on this beautiful lake, which is rowed while standing on one leg with the other leg being attached to the oar while paddling the waters.

It will be fun riding on this boat and exploring the lake and its surrounding. You will also be able to take amazing videos for your Facebook.

RAFTING

Do you love adventure? Visit Kachin State and enjoy an exhilarating river rafting trip at the Nant Lat Stream. Enjoy a fun ride down a fast flowing stream while taking in the scenic greenery of the surrounding.

You will spot unknown species of birds too. It will be an adrenaline rush while you manoeuvre your way through the river. We guarantee 100% excitement.



RIVER CRUISE

Take a boat trip to travel between Mandalay to Bagan and enjoy the natural beauty of Bagan.

You can explore fascinating sceneries on the way such as Mt. Sagaing, Pakokku, Myingyan and other well-known places. Daily boat services are available between these two cities. It takes around 8 hours to commute.



SNORKELING

SNORKELING AT NGWE SAUNG BEACH

Want to snorkel but don't want to travel to Southern Myanmar? Drive 5 hours from Yangon to Ngwe Saung Beach where you can have fun snorkelling and kayaking. The waters are rich in marine life and you will be able to spot a huge number of corals as well as fishes. The beach itself is very beautiful. You can also simply sit on the beach, relax and enjoy some fresh seafood.

SNORKELING AT NGAPALI BEACH

If you are visiting Rakhine State, you still have the option to go snorkelling. Head to Ngapali Beach and dive into the waters to see beautiful marine life. You can also visit landmarks around Ngapali Beach such as the Thandwe Market which was a prison during the colonial period. Don't miss trying the traditional tea of Myanmar while you're here.



SUNSET SIGHTSEEING

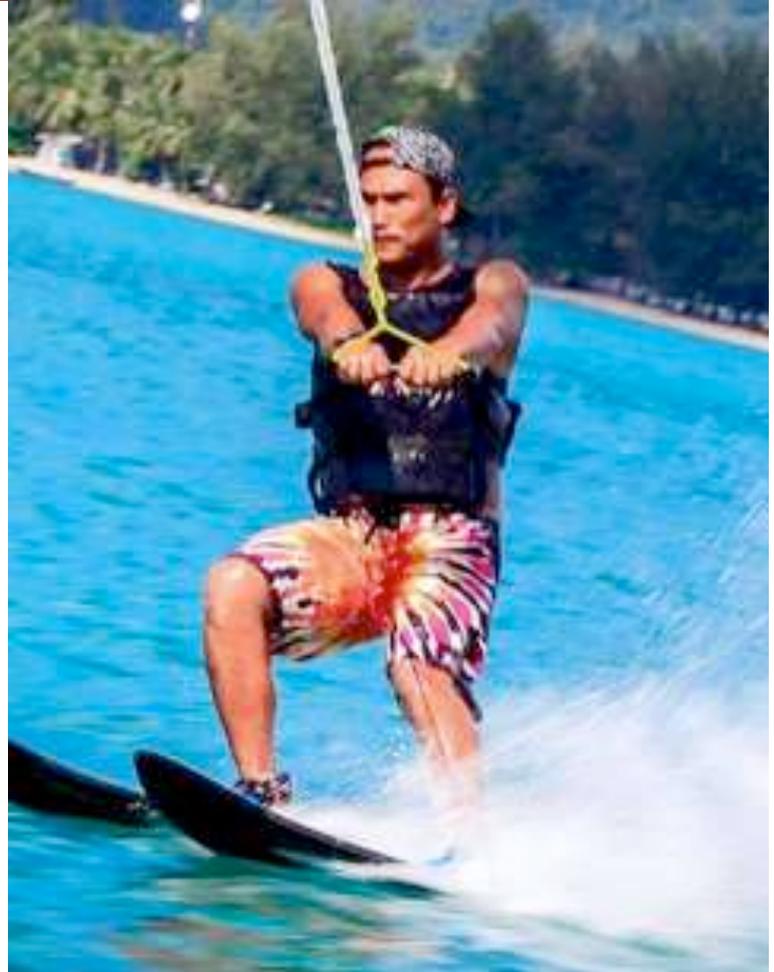
Enjoy the scenic sunset from a boat on Ayeyarwady river, the heartbeat of Myanmar.

Cruise along the broad and beautiful river and observe the lifestyle of local people who live on the banks. Be mesmerised at breathtaking views and create memories to be cherished forever.

BOAT SKIING

Visiting the islands of Myeik Archipelago? Take a boat for travelling between Kawthaung and Dawei instead of the road.

Several travel companies run speed boat services between these two islands. It's a fun experience travelling around in the boat while exploring the sea environment.



CANOEING

The islands of Myeik Archipelago are rich in flora and fauna. The water around is a treasure for marine life. Enjoy water sports on the clear blue waters of the Andaman Sea and spot precious marine life.

Enjoy days of fun on the beach interspersed with rounds of scrumptious fresh seafood. We are sure, this will be a holiday you will never forget.



DOLPHIN WATCHING

Come, take a ride on a boat and watch dolphins swim around with you as you listen to them splash in the water. This will be an experience of a lifetime. Several tourism companies run dolphin watching trips on the rivers of Ayeyarwady.

Apart from watching dolphins, such trips will also take you around fishing villages. You will be able to explore the local village life of Myanmar as well as interact with the warm and friendly locals.

GENERAL INFORMATION

Welcome to Myanmar

Myanmar is an unexplored natural and cultural wonder that offers one of the best authentic experiences for the traveler to Asia. From the snow-covered rugged Himalayas in the north to the pristine deep blue waters in the south, Myanmar is a land blessed and abundant.

The natural attractions include caves, corals, lakes, rivers, beaches, islands, and mountains, whilst the connoisseur of culture and history will find pagodas, an array of vibrant festivals, 135 tribes and a spread of delicious cuisine to tantalize their taste buds.

Breathtaking Beaches

Imagine having white sandy beaches, crystal clear waters, colourful coral reefs and water activities, all in the same place. At Ngapali Beach, the combination of white sand, palm trees and clear blue water will cast you into a peaceful state in a matter of minutes. The sunsets are nature's glory that should not be missed. It is definitely recommended that you to visit a fishing village and enjoy a scrumptious meal with the sunset as your backdrop.

Rich with History

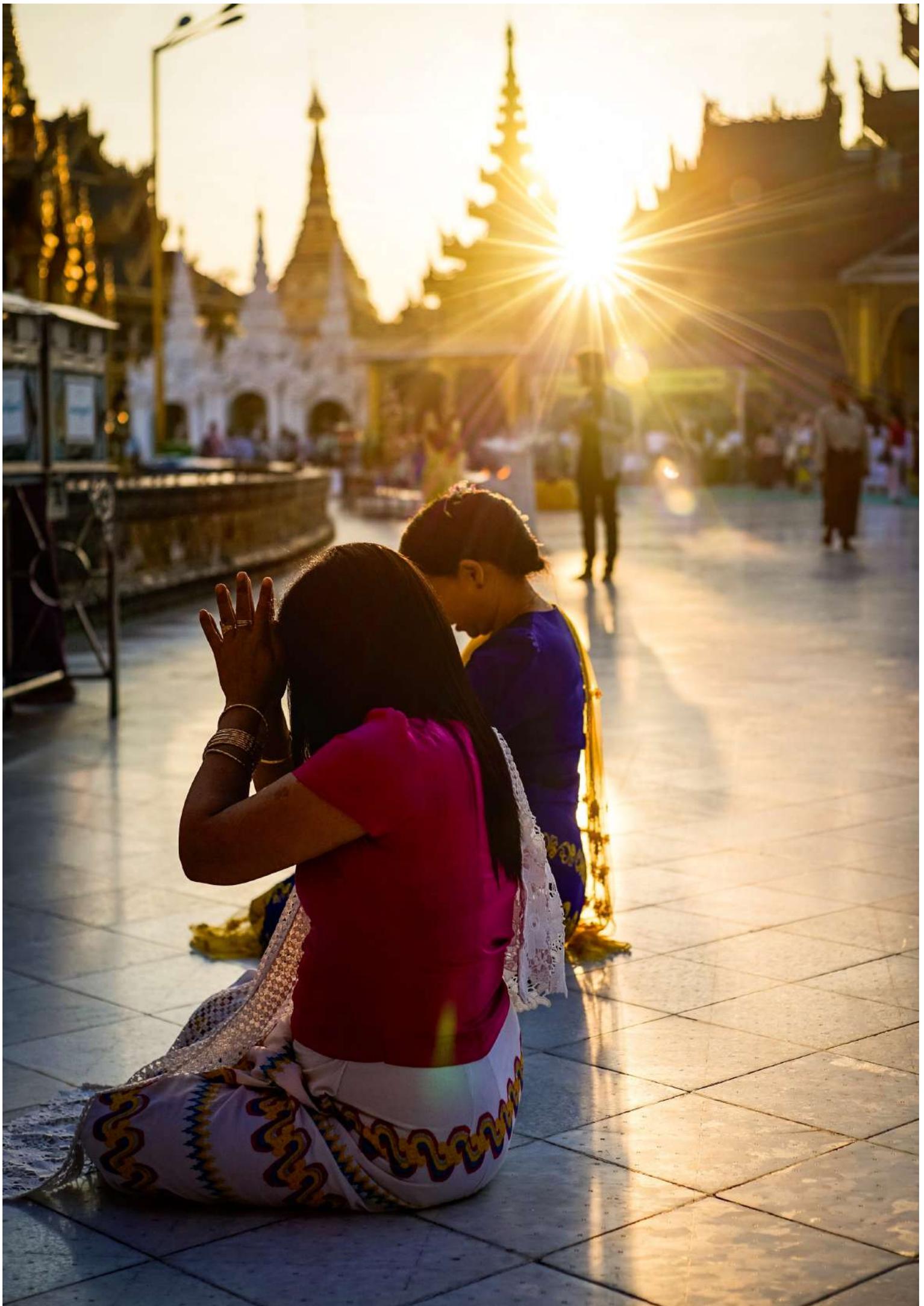
The Pyu ancient cities are a must-visit if you wish to know more about civilisation. There are three locations in Myanmar with Pyu cities appointed as UNESCO World Heritage Sites: Halin City, Beikthano City and Sri Ksetra City. This is your chance to step into history as you explore these ancient cities that mark the early days of a civilisation. The impressive ancient cities consist of palace citadels, religious sites and storage facilities hint at the discovery of proper organisation and formation of a religion. Some structures are still intact despite facing harsh weather and earthquakes.

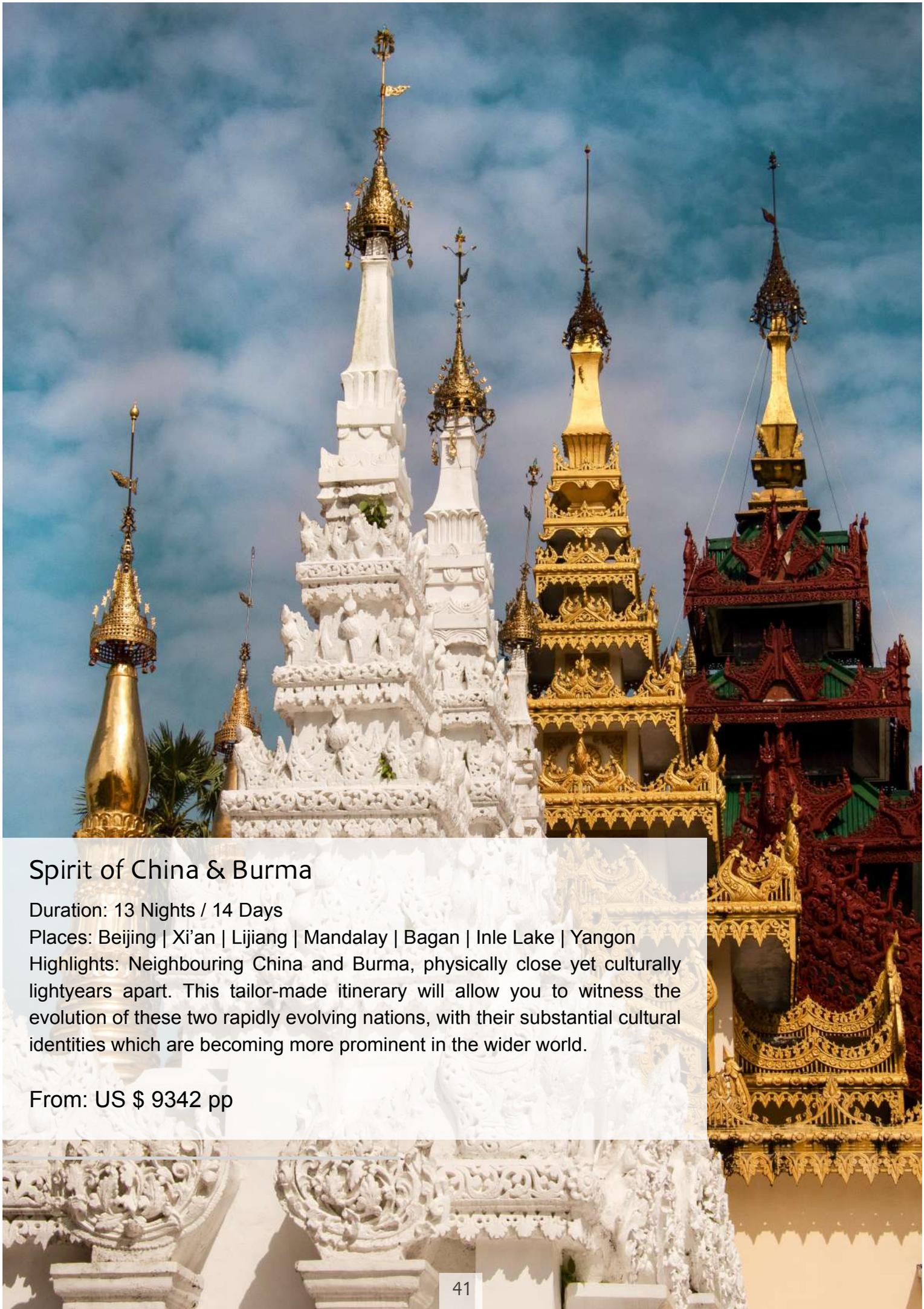
Lust Nature

If you are a nature lover, Myanmar provides you with numerous nature-related activities that will leave you with a new appreciation for the countryside. For starters, enjoy a climb up Mt. Victoria and be greeted by the cooling fresh air. The mountain's winding paths is a result of the government's efforts to preserve the natural landscape of the mountain, so you can expect the place to be unspoiled by constructions and pollution. Take in the panoramic view of Chin state and be mesmerised from above.

Land of Pagodas

You will be missing out on a lot of things if you do not include the pagodas into your itinerary. Pagodas in Myanmar have a huge religious significance to Buddhist pilgrims and devotees. As Buddhism is the main religion in Myanmar, thousands of devotees celebrate pagoda festivals nearly every month in this country, donning colourful clothing and performing various rituals. Each pagoda boasts amazing and unique architecture, which means not a single pagoda in Myanmar is alike.





Spirit of China & Burma

Duration: 13 Nights / 14 Days

Places: Beijing | Xi'an | Lijiang | Mandalay | Bagan | Inle Lake | Yangon

Highlights: Neighbouring China and Burma, physically close yet culturally lightyears apart. This tailor-made itinerary will allow you to witness the evolution of these two rapidly evolving nations, with their substantial cultural identities which are becoming more prominent in the wider world.

From: US \$ 9342 pp

Day 01 - 03: Beijing

Arrive in Beijing and spend the morning at leisure. Afternoon visit the Summer Palace and a private calligraphy class.

Visit to the remote Jinshanling section of the Great Wall with your private car and guide, including a unique private picnic on the wall.

Sightseeing to Temple of Heaven, Tiananmen Square and Forbidden City with private guide and driver.

Day 04: Xi'an

Morning flight to Xi'an. Visit the Terracotta Army with exclusive pit and vault access. Optional exploration of the Muslim Quarter or a traditional dumpling and noodle making class.

Day 05 - 06: Lijiang

Morning flight to Lijiang. Afternoon at leisure with a walk to the local monastery, taking in the area's natural beauty.

Spend the day sightseeing in Lijiang with your private car and guide, including Baisha Village, Black Dragon Pool Pond & tea at Amandayan. Evening Impression Lijiang Show.

Day 07: Mandalay

Drive to Kunming and take a flight to Mandalay, Burma. Afternoon sightseeing of the ancient towns of Amarapura and Inwa.

Day 08 - 09: Bagan

Morning flight to Bagan. Full day exploring the wondrous temples and pagodas with your private guide and driver. Afternoon horse cart ride, with sunset viewing from the pagodas.

Sunrise Hot Air Balloon. Full day exploring Bagan's mind blowing history. Sunset cruise on the Irrawaddy River.

Day 10 - 11: Inle Lake

Morning flight to Heho and transfer to Inle Lake. Afternoon sightseeing around Inle Lake with private guide and boat.

Traditional cookery class and sightseeing with private guide and boat. Sunset canoe ride on Inle Lake.

Day 12 - 13: Yangon (Rangoon)

Morning flight to Yangon. Afternoon at leisure. Sunset at the Shwedagon Pagoda.

Visit to local markets. Full day sightseeing in Yangon, with private guide and driver. Afternoon colonial walking tour, with High Tea.

Day 14: Depart Yangon

Departure transfer to onward destination.

Stays*****

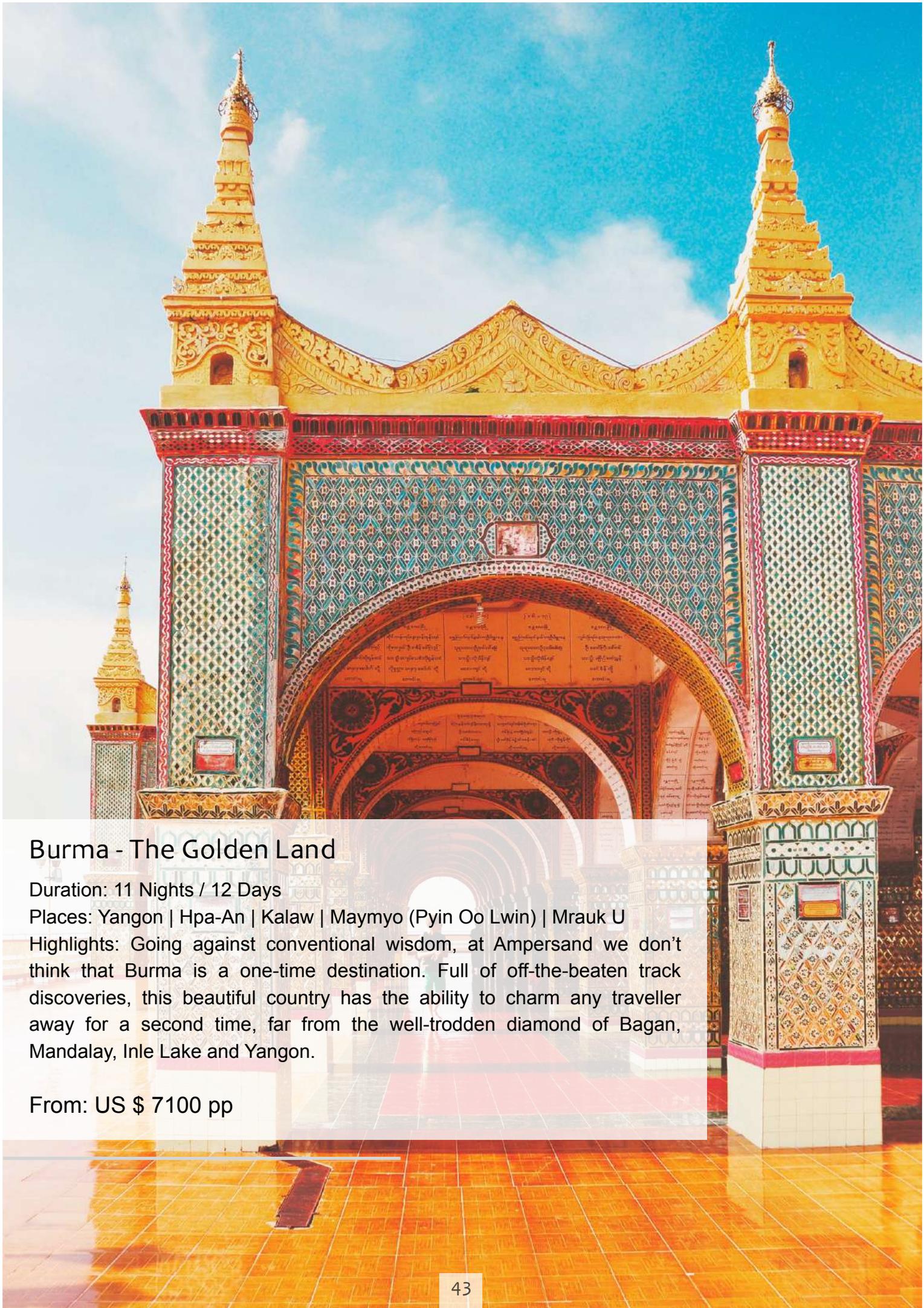
Beijing	Aman Summer Palace
Xi'an	Sofitel Legend Grand
Lijiang	Amandayan
Mandalay	Mandalay Hill Resort
Bagan	Thiripyitsaya Sanctuary Resort
Inle Lake	Inle Princess Resort
Yangon	Belmond Governor's Residence

Includes

- 13 Nights as per the program.
- Daily Breakfast, Lunch & Dinner.
- Internal Flights.
- Entrance fees.
- Local Guides.
- All transfers, sightseeing and excursions.
- Private vehicle with driver.
- All taxes.

Excludes

- Tips.
- Travel Insurance.
- Visa (If any).



Burma - The Golden Land

Duration: 11 Nights / 12 Days

Places: Yangon | Hpa-An | Kalaw | Maymyo (Pyin Oo Lwin) | Mrauk U

Highlights: Going against conventional wisdom, at Ampersand we don't think that Burma is a one-time destination. Full of off-the-beaten track discoveries, this beautiful country has the ability to charm any traveller away for a second time, far from the well-trodden diamond of Bagan, Mandalay, Inle Lake and Yangon.

From: US \$ 7100 pp

Day 01 - 02: Yangon (Rangoon)

Arrive in Yangon and spend the afternoon at leisure. Sunset visit to Shwedagon Pagoda.

Visit to Thiri Mingalar Market and Kyimyindine Fish Market. Yangon sightseeing including afternoon Street Food Tour and visit to colonial cemetery.

Day 03 - 04: Hpa-An

Drive to Hpa'an. Sunset cruise on the Than Lwin River. Full day exploring the scenery around Hpa'an - Trekking, village excursion, mountain biking, picnic lunch.

Day 05: Kalaw

Transfer to Kalaw via Yangon.

Day 06 - 07: Maymyo (Pyin Oo Lwin)

Transfer to Pyin Oo Lwin via Heho. Afternoon exploring the Botanical Gardens of Pyin Oo Lwin.

Full day activities include trekking, the Htoo Orange Plantation, visit to Goak Hteik Railway Viaduct.

Day 08 - 10: Mrauk U

Transfer to Mrauk U via Mandalay and Sittwe.

Day visit to the traditional Chin Village, along the Lemro River, to visit the local tribes. Morning visit to Mrauk U's local market.

Sightseeing of the ancient temples and pagodas of this former capital of the Arakan Kingdom.

Day 11: Yangon (Rangoon)

Transfer to Yangon and spend the afternoon exploring the city's flourishing art scene at its many unique galleries.

Yangon (formerly known as Rangoon) is the largest city in Myanmar (formerly Burma). A mix of British colonial architecture, modern high-rises and gilded Buddhist pagodas define its skyline. Its famed Shwedagon Paya, a huge, shimmering pagoda complex, draws thousands of pilgrims annually. The city's other notable religious sites include the Botataung and Sule pagodas, both housing Buddhist relics.

Day 12: Depart Yangon

Departure transfer to onward destination.

Stays*****

Yangon	Belmond Governor's Residence
Hpa-An	Hpa-An Lodge
Kalaw	Amara Mountain Resort
Maymyo	Pyin Oo Lwin Hotel
Mrauk U	Mrauk U Princess
Yangon	The Strand Hotel

Includes

- 11 Nights as per the program.
- Daily Breakfast, Lunch and Dinner.
- Entrance fees.
- Local Guides.
- All transfers, sightseeing and excursions.
- Private vehicle with driver.
- All taxes.

Excludes

- Tips.
- Travel Insurance.
- Visa (If any).



Iconic Sanctuary Ananda Cruise

Duration: 12 Nights / 13 Days

Places: Yangon | Bagan | Mandalay | Inle Lake | Ngapali Beach

Highlights: Since Burma has fully opened her doors to travellers from far and wide, there is now extraordinary demand for a limited range of luxury hotels. Recent investment has meant that some wonderful new luxury products, the finest of which is the Sanctuary Ananda, have opened up.

From: US \$ 8685 pp

Day 01 - 02: Yangon (Rangoon)

Arrive in Yangon and transfer to your hotel.

Morning at leisure. Half day guided walking tour, afternoon High Tea at The Strand & sunset at Shwedagon.

Yangon (formerly known as Rangoon) is the largest city in Myanmar (formerly Burma). A mix of British colonial architecture, modern high-rises and gilded Buddhist pagodas define its skyline. Its famed Shwedagon Paya, a huge, shimmering pagoda complex, draws thousands of pilgrims annually. The city's other notable religious sites include the Botataung and Sule pagodas, both housing Buddhist relics.

Day 03 - 04: Bagan

Fly Yangon to Bagan. Board the Sanctuary Ananda and start cruise to Bagan.

Cruise to Bagan; guided sightseeing stops.

Day 05: Mandalay

Cruise to Mandalay with guided sightseeing stops at Amarapura and Sagaing.

Mandalay is a city and former royal capital in northern Myanmar (formerly Burma) on the Irrawaddy River. In its center is the restored Mandalay Palace from the Konbaung Dynasty, surrounded by a moat. Mandalay Hill provides views of the city from its summit, which is reached by covered stairway. At its foot, the Kuthodaw Pagoda houses hundreds of Buddhist-scripture-inscribed marble slabs.

Day 06 - 08: Inle Lake

Arrive Mandalay and fly to Heho. Visit the Red Mountain winery and transfer to Inle Lake.

Full day guided sightseeing at Inle Lake including lunch at The Heritage House.

Day 09 - 12: Ngapali Beach

Fly from Heho to Thandwe and transfer to Ngapali Beach. Days of Relax at the Beach.

Turquoise blue water, white soft sand, 7 km long beach of your dreams. Ngapali Beach (pronounced Napally) is one of our favorite beaches in Asia and it is located in Myanmar! Myanmar owns some incredible undiscovered beaches. Perfect palm trees all along the coastline and still very to tourism which gives you almost empty beaches. Discover one of the most beautiful beaches in Asia.

Day 13: Depart Yangon

Departure transfer to onward destination.

Stays*****

Yangon	The Lotte Hotel
Bagan	Sanctuary Ananda
Mandalay	Sanctuary Ananda
Inle Lake	Sanctum Inle Resort
Ngapali Beach	Sandoway Resort

Includes

- 12 Nights as per the program.
- Daily Breakfast, Lunch and Dinner.
- Internal Flights.
- Entrance fees.
- Local Guides.
- All transfers, sightseeing and excursions.
- Private vehicle with driver.
- All taxes.

Excludes

- Tips.
- Travel Insurance.
- Visa (If any).



Best of Burma

Duration: 14 Nights / 15 Days

Places: Yangon | Kalaw | Inle Lake | Mandalay | Bagan | Ngapali Beach

Highlights: It is no secret that Burma is a cultural treasure trove, but for those of you who love luxury too, we have designed the ultimate luxury tour of Burma using her finest luxury hotels and most exclusive experiences.

From: US \$ 9870 pp

Day 01 - 02: Yangon (Rangoon)

Arrive in Yangon in the afternoon and transfer to hotel. Full day tour in Yangon. Evening dinner at Le Planteur Restaurant.

Yangon (formerly known as Rangoon) is the largest city in Myanmar (formerly Burma). A mix of British colonial architecture, modern high-rises and gilded Buddhist pagodas define its skyline. Its famed Shwedagon Paya, a huge, shimmering pagoda complex, draws thousands of pilgrims annually. The city's other notable religious sites include the Botataung and Sule pagodas, both housing Buddhist relics.

Day 03: Kalaw

Fly from Yangon to Heho and drive to Green Hill Valley Elephant Camp. Drive on to Kalaw and overnight at the Amara Resort and enjoy a private dinner.

Day 04 - 06: Inle Lake

Drive from Kalaw to the Red Mountain Winery for lunch and transfer to Inle Lake. Inle Lake and Indain sightseeing. Morning cookery class at a local home. Enjoy this evening at leisure with boat and guide at your disposal.

Day 07 - 08: Mandalay

Transfer from Inle Lake to Heho and fly to Mandalay. Enjoy a Mandalay city tour. Inwa and Mingun sightseeing. This evening enjoy a private dinner at Pavilion Restaurant.

Day 09 - 11: Bagan

Fly from Mandalay to Bagan on a morning flight. This evening at leisure with optional shopping.

Market visit, temple sightseeing and evening sunset boat ride along Ayeyarwaddy River.

Early morning 'Balloons over Bagan' hot air balloon ride (seasonal operations between October and March). Afternoon visit to Mt Popa to climb up to the Mahagiri Nat Shrine.

Day 12 - 14: Ngapali Beach

Fly from Bagan to Thandwe and transfer to Ngapali Beach to check in at Sandoway Resort.

Turquoise blue water, white soft sand, 7 km long beach of your dreams. Ngapali Beach (pronounced Napally) is one of our favorite beaches in Asia and it is located in Myanmar! Myanmar owns some incredible undiscovered beaches. Perfect palm trees all along the coastline and still very to tourism which gives you almost empty beaches. Discover one of the most beautiful beaches in Asia.

Day 15: Depart Yangon

Departure transfer to onward destination.

Stays*****

Yangon	Sule Shangri-La
Kalaw	Amara Mountain Resort
Inle Lake	Sanctum Inle Resort
Mandalay	Mandalay Hill Resort
Bagan	Aureum Palace
Ngapali Beach	Hilton Ngapali Resort & Spa

Includes

- 14 Nights as per the program.
- Daily Breakfast, Lunch and Dinner.
- Entrance fees.
- Local Guides.
- Internal Flights.
- All transfers, sightseeing and excursions.
- Private vehicle with driver.
- All taxes.

Excludes

- Tips.
- Travel Insurance.
- Visa (If any).



Balloons Over Burma Journey

Duration: 09 Nights / 10 Days

Places: Yangon (Rangoon) | Bagan | Mandalay | Inle Lake

Highlights: This leisurely journey travels through the classic sights of Burma and includes time around Inle Lake to experience the Fire Balloon Festival.

From: US \$ 6200 pp

Day 01: Yangon

Morning arrival into Yangon, transfer to the hotel. Watch the sunset over the Shwedagon Pagoda.

Yangon (formerly known as Rangoon) is the largest city in Myanmar (formerly Burma). A mix of British colonial architecture, modern high-rises and gilded Buddhist pagodas define its skyline. Its famed Shwedagon Paya, a huge, shimmering pagoda complex, draws thousands of pilgrims annually. The city's other notable religious sites include the Botataung and Sule pagodas, both housing Buddhist relics.

Day 02 - 03: Bagan

Morning flight to Bagan, explore the temples, pagodas and stupas. Market visit and temples tours.

Bagan is an ancient city and a UNESCO World Heritage Site in the Mandalay Region of Myanmar. From the 9th to 13th centuries, the city was the capital of the Pagan Kingdom, the first kingdom that unified the regions that would later constitute Myanmar.

Day 04 - 05: Mandalay

Flight to Mandalay, full day sightseeing. Sightseeing to Amarapura, Mingun & Sagaing.

Mandalay is a city and former royal capital in northern Myanmar (formerly Burma) on the Irrawaddy River. In its center is the restored Mandalay Palace from the Konbaung Dynasty, surrounded by a moat. Mandalay Hill provides views of the city from its summit, which is reached by covered stairway. At its foot, the Kuthodaw Pagoda houses hundreds of Buddhist-scripture-inscribed marble slabs.

Day 06 - 08: Inle Lake

Fly to Inle Lake, transfer to the hotel. Full day tours on and around Inle Lake, this evening visit the balloon festival in nearby Taunggyi.

Day 09: Yangon

Morning transfer to the airport for a flight to Yangon. Afternoon visits to the National Museum and the Chaukhtatkyi Pagoda.

Day 10: Depart Yangon

Departure transfer to onward destination.

Stays*****

Yangon	Yangon by Excelsior
Bagan	Bagan Lodge
Mandalay	Hotel by the Red Canal
Inle Lake	Inle Princess Resort
Yangon	Yangon by Excelsior

Includes

- 09 Nights as per the program.
- Daily Breakfast, Lunch and Dinner.
- Internal Flights.
- Entrance fees.
- Local Guides.
- All transfers, sightseeing and excursions.
- Private vehicle with driver.
- All taxes.

Excludes

- Tips.
- Travel Insurance.
- Visa (If any).



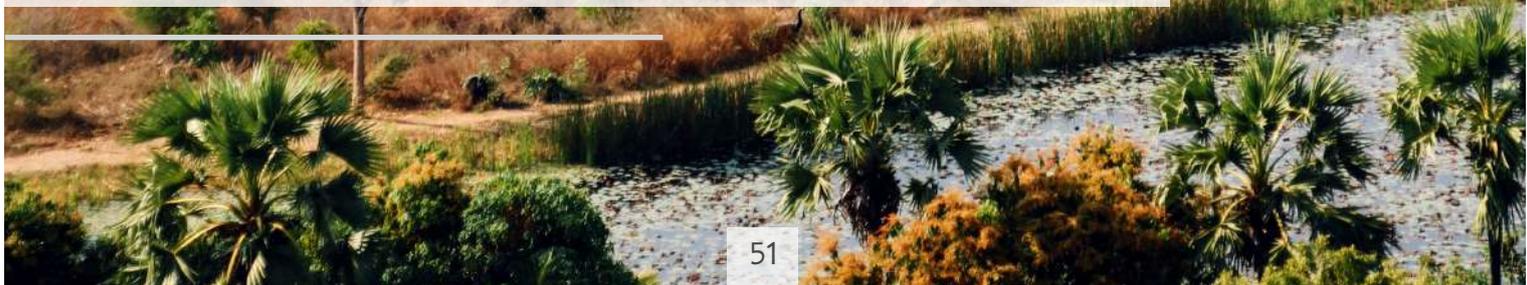
Wonders of Indonesia, Burma & Cambodia

Duration: 10 Nights / 11 Days

Places: Borobudur, Java | Bagan | Siem Reap

Highlights: Asia is home to some of the world's richest archaeological sites. However, the ancient temples of Bagan, Borobudur and Angkor Wat are without a doubt the region's highlights.

From: US \$ 10,200 pp



Day 01 - 03: Borobudur, Java

Arrive in Yogyakarta and transfer to the hotel. Enjoy sunset over the Borobudur temples from Amanjiwo.

Visit the magnificent Borobudur Temples at dawn. After a break for breakfast and rest explore the temple complex by traditional horse and cart.

Take an elephant safari around Dagi Hill. If desired, go trekking in the Menorah Hills. Watch sunset from Suroloyo, a misty sunset point in the middle of the jungle. Alternatively spend the afternoon enjoying Amanjiwo's facilities.

Day 04 - 06: Bagan

Fly to Bagan, a rich archaeological site home to over 2,000 ancient temples, via Singapore and Yangon.

Fly over the plains of Bagan at sunrise in a hot air balloon – the way to get the best views of this magnificent ancient site. End a day exploring Bagan's temples on a private sunset cruise along the Irrawaddy River.

Exploring the Bagan Archaeological site with your dedicated guide and driver. Go horse riding amongst the temples. Alternatively visit the impressive Mount Popa, a 45 minute drive away.

Day 07 - 10: Siem Reap

Fly to Siem Reap, gateway to the UNESCO World Heritage Site of Angkor, via Yangon. You will be transferred to your hotel by vintage car.

Visit Angkor Wat, the site's most impressive temple, at sunrise with a picnic breakfast. Spend the day exploring the Temples of Angkor with your private guide by remorque.

Leisure with your guide and driver at your disposal. Alternatively visit Tonle Sap Lake's floating villages.

Return to the temple complex for further sightseeing with your private guide. This afternoon take a cycling tour around the mystical temples of Ta Phrom.

Day 11: Depart Siem Reap

Departure transfer to onward destination.

Stays*****

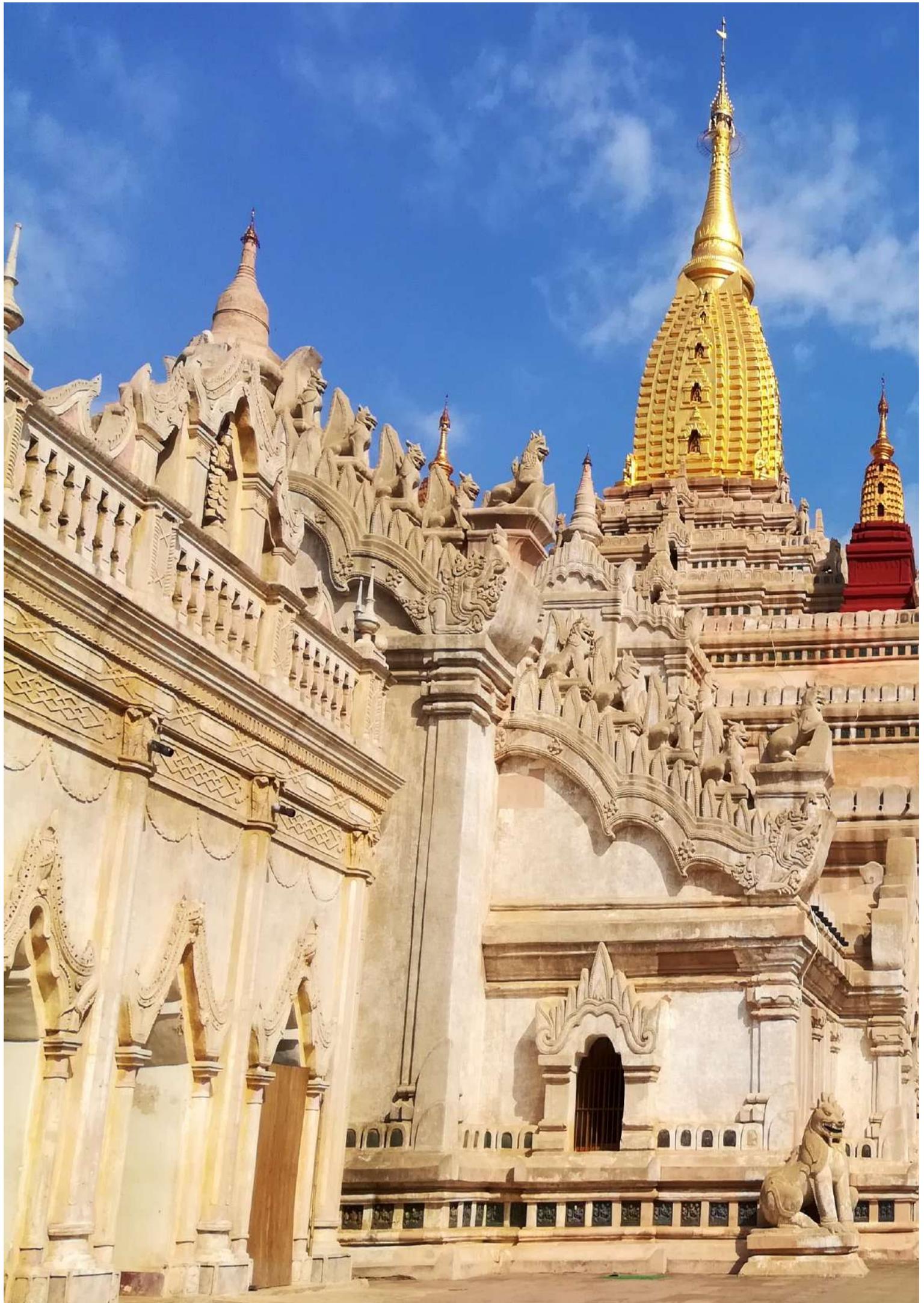
Java	Amanjiwo
Bagan	Aureum Palace
Siem Reap	Amansara

Includes

- 10 Nights as per the program.
- Daily Breakfast, Lunch and Dinner.
- Internal Flights.
- Entrance fees.
- Local Guides.
- All transfers, sightseeing and excursions.
- Private vehicle with driver.
- All taxes.

Excludes

- Tips.
- Travel Insurance.
- Visa (If any).





Frequently Asked Questions

How to get to Myanmar?

AIR TRAVEL

The country is well-connected by air with the rest of the world. There are 4 international airports at Yangon, Mandalay, Nay Pyi Taw and Bago and almost all the regions and states of the country have domestic airports. Air travel is the fastest way to travel in the country, although not the most economical. While many international airline operators operate flights to and from Myanmar, the leading domestic airline operators include Air KBZ, Asian Wings Airways, Golden Myanmar Airlines, Mann Yadanarpon Airlines, Myanmar National Airlines and Yangon Airways.

BOAT

Take a boat ride on the Ayeyarwady river and we promise, you will never forget it. There are public transport options as well as luxury cruises for travelling by boat. Although travelling by boat will be slower than other modes of transport, you will get the opportunity for leisurely travel exploring the beautiful countryside. You can also travel by boat in the Myeik Archipelago region as well as travelling between Mrauk U and Sittwe.

BUS

Buses are the cheapest modes of transport as well as the simplest way to get around the country. It is also the only way to get to certain destinations unless you want to travel in a private car. The country has several authorised private bus operators who run bus services around the country. Please note that there are restrictions for travelling by road to some places in the country such as Putao and Kyaing Tong for foreigners. They can only be reached through air travel.

TRAINS

Embark in some of the scenic train rides of your life in Myanmar. Trains in Myanmar have different classes – the ordinary class which is the cheapest way to travel in the country and comes with simple wooden benches, a first class where wooden benches have cushions and upper class which has larger cushions. There are standard sleeper compartments with 2 or 4 beds and shared bathrooms. They run from Yangon to Mandalay and Mandalay to Myitkine. A special sleeper cabin is also available for travelling between Yangon and Bagan.

They have beds and linens, a sitting area and a private bathroom and can accommodate up to 4 people. You can travel in the upper class or overnight sleeper carriages which offer a more comfortable journey than buses at times. The ordinary class is the cheapest option to travel by train. If you want to explore the amazing scenery of the country, we recommend a ride on the following routes:

- Mandalay to Hsipaw,
- Mandalay to Myitkyina,
- Thazi to Shwenyaung,
- Inle Lake,
- Yangon to Bagan,
- Yangon to Bago to Taungoo,
- Bago to Mawlawmyine,
- Yangon's Circular Train Route

Do we need visa to visit Myanmar?

Yes, any foreigners visiting Myanmar need to have a valid entry visa. Your passport must have at least 6 month's validity before expiry. Most travellers will now be able to obtain their visa online using the eVisa system. The eVisa Online System is currently only available to Tourists for Tourism purposes.

For more information and to apply for an eVisa please go to <http://evisa.moip.gov.mm>. If you are unable to use the eVisa system you will need to contact the Myanmar Embassy in your country of origin to arrange your visa. We can supply all necessary information and Embassy contact details on application.

What is the best time to visit Myanmar?

October to April is the high season, after the end of the monsoon. Most travellers visit Myanmar at this time of year.

How far in advance should we book our travel in Myanmar?

The sooner the better ~ especially for the high season (from Oct to April). Some tours are booked nearly one year ahead. With advance notice you can be sure of travelling with the best guide and securing the best available hotel rooms.

So, please book early!

Do I have to buy local currency on arrival?

Yes. When you arrive in Yangon you will be directed to the exchange counter by your guide so that you can exchange your US Dollars into local currency (Kyatt – pronounced CHUT) for use in purchasing meals, drinks and for your discretionary spending. It should be noted that the only foreign currency that may be exchanged or used in Myanmar is US Dollars and Euros. All currency should be clean, new notes, unfolded and not crinkled up.

Is the internet available in Myanmar?

Yes it is, but access may be slow and not all international sites are accessible. There are a number of Cyber Cafes in Yangon, however other major tourist destinations have fewer places for you to surf the net. You may also experience difficulty accessing some free-mail servers such as Yahoo or MSN. Some hotels have business centres where you can access the internet but generally speaking most of our guests are on vacation and welcome the opportunity to escape the internet for a brief period.

Can I bring my mobile phone and use it in Myanmar?

There is now a GSM network available for visitors to access. You will need to arrange mobile telephone access with your own provider before departing. Be careful to check the cost of such access with your provider as it can be expensive. It may pay to shop around for the best deal.

What sort of meals are provided on tour and what sort of food can we expect in Myanmar?

Meals will be a variety of cuisines provided by local restaurants and hotels. Rice is the staple food in Myanmar usually accompanied by a couple of main/side dishes. Some westerners find traditional Myanmar food (curries) to be too oily for their taste however don't be concerned because western food is widely available in all the tourist cities. Breakfast is included on all tours.

Most International hotels provide buffet breakfasts and the small hotels serve continental breakfasts that include tea or coffee, toast, butter, jam, juice, fruit and eggs.

I have special medication requirements, so is it possible to carry medicines into Myanmar for my personal use?

Generally speaking standard medications are fine, however there are clear restrictions on the use of certain defined narcotic drugs. If you are unsure or have any questions regarding this subject then please ask us for specific clarification prior to your departure.

Is it safe to visit Myanmar?

Yes, Myanmar is one of the safest countries in the Southeast Asia for travellers. No pick pockets, no kidnapping and we hardly ever hear of any disturbances to tourists in Myanmar. Politics aside, negative international media has unfairly affected the reputation of the good people of Myanmar.

Is an emergency medical service available?

Yes it is. International SOS has had operations in Myanmar since 1987. They provide full out-patient and emergency services for members and visitors in Myanmar, backed by a professional team of expatriate and national medical specialists.

Tippling or reward policy for service personal?

We leave it to our guest's to decide what's fair. We do not demand our client's give tips, but it is a nice gesture considering our guide and driver will be doing their best, we'd suggest as a guide maybe US\$ 3 per day for the driver and US\$ 6 per day for the guide but it's entirely up to you.

What are useful gifts and presents for local people?

Ideally things like writing books, pens and pencils for children and some simple t-shirts for all ages are highly appreciated by all people.

What kinds of clothes should I take to Myanmar?

It depends on the time of year and the location to be visited. Generally casual clothes are fine depending where you go the evenings might be cool. Of course please remember to wear respectful clothes to all religious sites. Slip on sandals are ideal for visiting these places as they can easily be taken off and put back on.

Tips - On the go

BAGGAGE REGULATIONS AND SOME RECOMMENDATIONS

- Make sure you check the baggage allowance on your international / internal flights.
- We recommend to travel light especially when there is internal flight involved in the program due to baggage weight limitation.
- We suggest that you carry one set of clothes along with your daily utility items and other accessories in your hand baggage. This is just a precautionary measure in case your baggage is misplaced.
- We advice that you travel as light as possible, since portorage is not included in your holiday price and carrying heavy luggage would be inconvenient. Take bags with wheels and sturdy handles, as they are more convenient and easy to pull.
- Please note that airlines do not permit items like loose batteries, razor blades, nail cutter, scissors, knives, gels any form of liquid, cigarette lighter in your hand baggage. If required carry such items in your check –in bag.
- Please ensure that you do not place any valuables in your check – in bag. Carry foreign currency / travel documents / jewellery / insurance in your hand bag.

COACH

- Since travelling distances are comparatively long, we have carefully chosen air conditioned luxurious coaches for your convenience luxurious coaches for your convenience and comfort. It is very important to maintain a pleasant environment on board the coach and keep it clean.
- Drinking, Smoking and eating is not allowed in the coach.

MEALS

- You have a choice of local and international cuisine meals. The menus, however are fixed in advance and a la carte is also possible upon request.

· Most lunches and dinner are unlimited buffets, but it is requested that you do not waste food.

· If there is any early morning departure to the airport a box breakfast may be provided.

· Some cities you may be served local meals.

CLIMATE

· The climate is as varied as its countries, but it is mostly temperate.

· Frequent changes of weather make forecasting difficult. To be on the safe side, be sure to bring a sweater and an umbrella with you.

HOTELS & ROOMS

· Most hotels offer the facility of complimentary safe deposit lockers (few hotels charge a refundable deposit. we advice that you keep all your valuable like money, passport, tickets and jewellery in the locker, in case you are staying for more than one day at the hotel.

· Please make sure that no damages are done to your hotel room during the stay, as the same would be charged to you directly by the hotel.

· Hotel rooms may have facilities like mini bar, pay television channels, telephones, etc. please note that these facilities are not complimentary and will be charged as per actual usage.

· Most of the hotels do not have a tea/ coffee kettle in the rooms.

· Please note that we will try our best to provide you with adjacent rooms asked by you at the time of booking, but the same will be subject to availability at the time of check –in. It is also difficult to provide interconnecting rooms, however the tour manager and the hotel will try their best to ensure that you are provided with adjacent rooms wherever possible.

· The standard check in time at hotels is after 14:00 HRS and standard check –out time is 10:00 HRS.

TIME MANAGEMENT

- It's very important to be on time and punctual on your holiday, since your itinerary has been designed and planned to offer you the most on your holiday.

- Every sightseeing trip where you get off has an allotted time, please make sure you remain with the group return at the allotted time. Any delay would actually deprive the entire group of their sightseeing time.

ON ARRIVAL

- ALL passengers will be met by our tour manager / local representative outside the arrival hall at the airport.

- All joining direct passengers will have to reach the respective hotel/ airport, on their own and check in.

CLOTHING

- Carry 4/5 pairs of comfortable clothes like jeans/ trousers, shirts/t- shirts, pants and necessary undergarments.

- Warm clothing like sweaters , jackets, woolen, thermals is essential. You must carry a cap, sunglasses, a folding umbrella, comfortable footwear preferably walking shoes.

ESSENTIAL ITEMS TO BE CARRIED

- Your passport, air tickets, original insurance policy, tour confirmation voucher & necessary foreign exchange for personal use.

- Carry a photocopy of your passport including valid visas & keep them separately from the original.

- Please do not forget to carry an additional pair of spectacles if you are using one, digital camera chips with higher GB, extra batteries, charges for digital camera and mobile.

- Carry your mobile phone's charger if you are taking your cell phone with global roaming. Also carry multipurpose adapter as sockets are different.

- Required medicines, with doctor's prescription.

MONEY AND CURRENCY

- EURO and USD are widely accepted and can be exchanged to any major currency exchange counter. it is better to carry USD before you start your trip.

TIPPING POLICY

- Tipping is something that is expected of anyone providing you a service, e.g. coach driver local guides, etc. it is mandatory to tip a nominal amount of EUR 3 / USD 5 / GBP 2 per person per day.

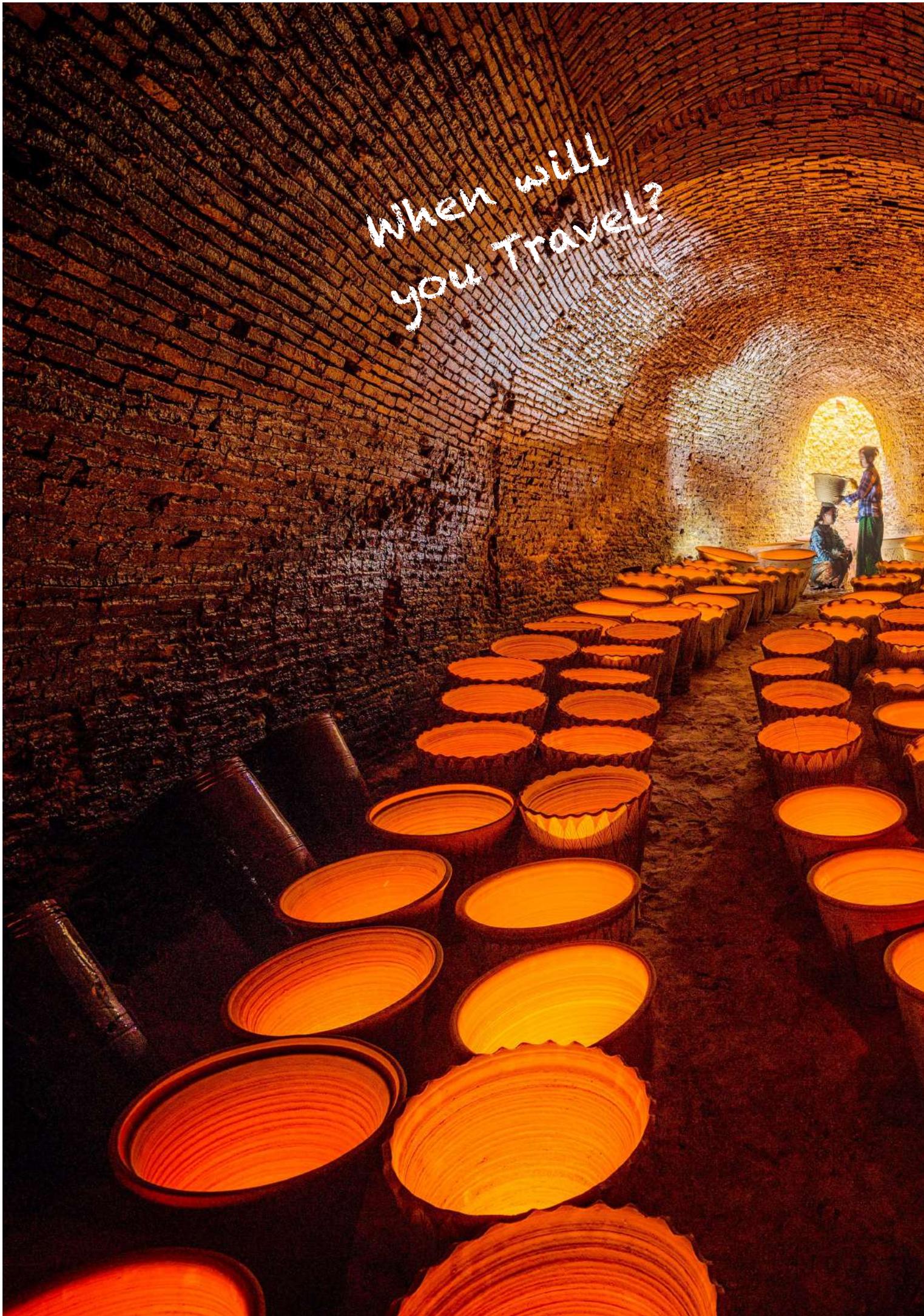
- Public toilet attendants need to be tipped nominally after use.

ARRIVAL / DEPARTURE TRANSFERS

- As other members of your group would be flying from different cities/towns/countries, you would be required to wait for some time so that they can join you at the arrival area as common airport pick- up facility is provided for the entire group.

- Also in view of the common airport drop facility provided for your group, you would be required to travel to the airport along with other group members even though your flight time is later than other members of your group.

When will
you travel?







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