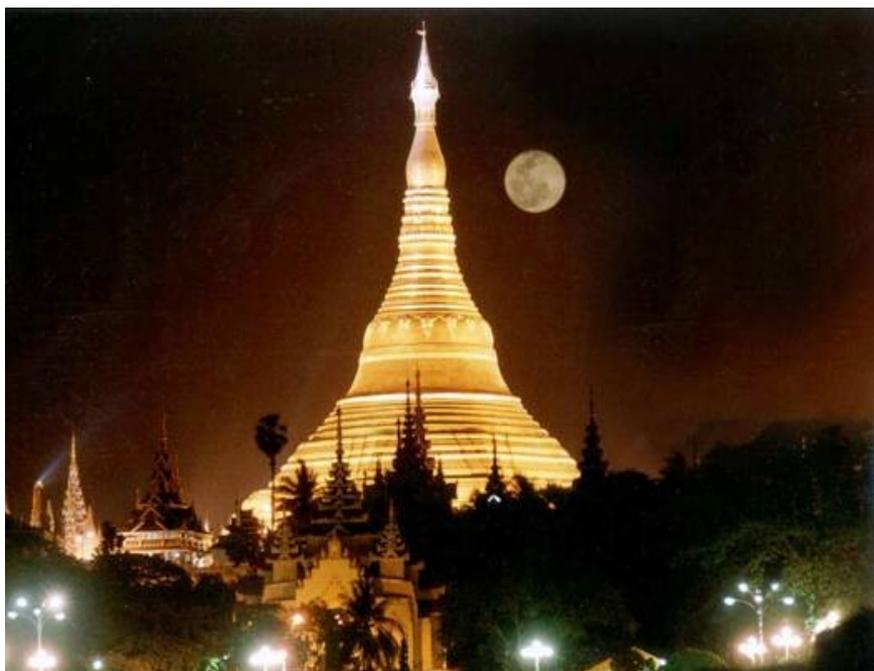


MYANMAR (Burma)

From: **Q**UINTESSENTIAL TRAVEL LTD

*SMALL GROUP TOURS AND TAILOR MADE
HOLIDAYS TO THE GOLDEN LAND*



2010 - 2011



Travel Information

WHEN TO TRAVEL

The Climate

Due to the surroundings of Myanmar the weather in the country can vary greatly. There are however three distinct seasons:

Cool Season - October through February with average temperatures 20-24

Hot Season - March through May with average temperatures 30-35 C

Wet Season - June through September with average temperatures 25-30 C

The ideal time to visit Myanmar is during the cool season. However, even during the wet season, Yangon normally receives morning and afternoon showers while rainfall in Bagan and Mandalay is very low. As you travel further north in Myanmar the ground level rises and the humidity decreases, thus the weather in Yangon may be vastly different to the weather in Inle Lake.

Occupying the largest area on the Southeast Asian peninsula, Myanmar is one of the most pleasant places created by Mother Nature. It has an area of 680,000 square kilometers — roughly equal to France and United Kingdom put together. Inhabited by a population of over 47 million people belonging to 135 national races, Myanmar can easily be found on the world map, as sharing common borders with China in the north and the north-east, Laos in the east, Thailand in the south-east, Bangladesh in the west. In the south-west is the Indian Ocean and Myanmar's coastline extends from where Myanmar and Bangladesh meet, down southwards, ending in the southern extremity where Myanmar and Thailand meet — making a very long coastline of over 2000 kilometers.



Myanmar shares borders with Thailand, Laos, China, India and Bangladesh. Southern Myanmar borders the Bay of Bengal and the Andaman Sea. Wide rivers and expansive plains characterize the central part of the country. The major river, the Ayeyarwady (formerly spelt Irrawaddy) is navigable for 1600km (900mi) of its length and its flood plains form the country's main agricultural centre. Mountains rise to the east along the Thai border and to the north to meet the eastern end of the Himalayan range. The highest peak, Hkakabo Razi (5881m/19,290ft), is on the Myanmar-Tibet border. It's the highest peak in South-East Asia.

"Myanmar has...an atmosphere – a something undefined which has appealed irresistibly to all who have fallen under its influence. The appeal lies no doubt in the happy gaiety of the people, the kindly tolerance of their customs... and their grace"

C M Enriques,
A Burmese Wonderland (1922)

For more information and Reservations:

TEL: 0800 878 6588

What you may not know

When you mention Myanmar a puzzled look comes across most faces... Myanmar, I have never thought of travelling there.... For those who are lucky enough to have done so Myanmar is truly a land of beauty and inspiration. Unfortunately the only knowledge most have of the country is of the shaky political background that has haunted the destination for many years, the country does in fact offer so much more!

Myanmar is a land of unsurpassed beauty with the Buddhist religion being the focal point of countless Pagoda's and Buddha images. An astonishing sight is to see how the developing city of Yangon has harmoniously built itself around the culture heritage of the Burmese. The Shwedagon Pagoda, in Yangon, is a jewel amongst this glorious city scattered with British Colonial architecture spanning back from the British occupation ending in 1948.

Although Yangon is the major city and gateway to Myanmar, travelers will be amazed by the lush green surroundings of the city reflecting an image unlike many other Asian cities. Each of the many destinations throughout the destination offers something unique to even the most experienced travelers. Of even greater beauty than the Golden Paya's in Yangon, the sheer Beauty of Bagan and the serene atmosphere of Inle Lake are the people and culture of Myanmar.

Myanmar is referred to by names such as Amarapura, the Land of Immortality, also as Yadanarbon, the Land of the Gems and today it is known as Suvanabhomi, the Golden Land, once you see the rich heritage and natural resources of the country you will see just why these names are such a true reflection of the land.

“This is Burma and it is unlike any land you know about”

Rudyard Kipling, Letters from the East (1898)



Expect a world that is different to your own, expect a culture steeped in tradition and respect, expect to find practices being used that have remained unchanged for hundred of years.

In Myanmar one can find a land of astonishing beauty and rich cultural heritage. A land that has become trapped in time, a land that has not changed for years, a land that rich in its natural resources.

Expect to find people with devout followings to the Buddhist way of life, expect a conservative and modest race of people. Expect kindness and friendliness that is unparalleled in any other part of the world. Expect to be the focal point of local conversation and the centre of attention.

Expect a place like no other; expect beauty that far exceeds your every expectation

Expect to be greeted by a smile everywhere you go!

Expect a developing world that is very much unlike your own, expect something different

After all isn't that why you came in the first place...

For more information & Reservations
TEL 0800 878 6588

The Very Best of Myanmar 15 days/13nts Itinerary (subject to change)

Day 1:- Depart London flying with Singapore Airlines, Thai Airways or Malaysian Airlines

Day 2 - Arrive Yangon (D)
Upon arrival, you will be welcomed by your Guide and transferred to your hotel. Overnight Yangon.

Day 3-(L) Following breakfast enjoy a walk among the faded pastel shutters of colonial buildings in downtown Yangon. Later, spend time exploring Bogyoke market .In the afternoon, explore the fascinating history of Yangon as you visit the National Museum and the Kyaukhtatgyi and Shwedagon pagodas.
Overnight: Yangon



Day 4 - Kyaikhtiyo - Bago - Yangon (B/L/D)
After breakfast, we head towards Bago, the 6th century capital of the Mon kingdom where you'll visit gilded Mon style pagodas and a graceful reclining Buddha. Return to Yangon after a stop at the Allied War Cemetery.
Overnight in Yangon..

Day 5 - Yangon - Heho - Inle Lake (B/L)
After a flight from Yangon to Heho, drive to Nyaung Shwe, gateway to the captivating Inle Lake. You'll pass among the leg-rowing fisherman as your motorboat takes you to lakeside monasteries and pagodas. Your visit will also include a special tour of the Inpawkhone weaving village, and a factory where the local cheroot cigars are rolled. Overnight at Inle Lake.



Day 6 - Inle Lake - Indein - Inle Lake (B/L)
This morning browse among stalls at the lake market, where residents of the region's Shan hill tribes come to shop and show their wares. Afterward, you'll visit the village of In Dein, where you'll be guided to see ancient stupas at Alaung Sithou. Overnight at Inle Lake

Day 7 - Inle Lake - Heho - Mandalay (B/D) This morning is yours to enjoy the pastoral pace of the lake. After a flight to Mandalay this afternoon, you'll be transferred to your hotel. Explore the town at leisure, and enjoy the view of the sun fading over the countryside from on top of Mandalay Hill.

Day 8 - Mandalay - Amarapura - Ava - Sagaing - Mandalay (B/L) Set out from Mandalay to discover three of Myanmar's ancient capitals: Amarapura, Ava and Sagaing. Your journey into the kingdom's regal history will take you to the country's largest monastery, a workshop where colourful silks are woven, and the ruined remains of the Royal Palace. Crossing the Irrawaddy in the afternoon, you'll be transported to Sagaing, a city with more than 600 ivory-hued pagodas, before ending at the U Bein teak bridge. Overnight: in Mandalay



Itinerary cont'd

Day 9 - Mandalay - Mingun - Mandalay (B/L)
After breakfast you'll board a local boat for a trip down the Irrawaddy to Mingun, site of the beautiful Hsinbyume Pagoda. Returning to Mandalay this afternoon, you'll be taken to Mahamuni Pagoda, where you can gaze at the venerated statue of Buddha covered in delicate gold leaf. You will also visit the Shwenandaw Monastery and Kuthodaw and Kyaiktawgyi Pagodas. Overnight in Mandalay

Day 10 - Mandalay - Monywa - Powintaung - Monywa (B/D)



A drive from Mandalay will carry you to Monywa, a charming Burmese town set on the Chindwin River. Climb into open jeeps for the ride out to Po Win Taung, an astounding complex of sandstone caves concealing the richest collection of murals and Buddha statues in Southeast Asia. On the way back into Monywa, you'll delve deeper into the mysteries of the area as you explore Shwe Ba Taung, where the rocky narrow cliffs have been carved into monasteries and temples. Overnight in Monywa

Day 11 - Monywa - Pakkoku - Bagan (B/D)
Drive under the shade of the sugar palms as you make your way into the country to get in touch with Myanmar's rural cultures. Admire the simple ways of life at Ma U Ma Le village, and take a rickshaw past the artisan shops of Pakokku. This afternoon, board a local boat for your cruise downriver to Bagan.

Overnight in Bagan.



DAY 12:(B/L)The thousands of pagodas and temples you'll encounter in Bagan will make it one of the most unforgettable cities in Asia. Your time in this magnificent town will take you from the glittering golden stupa of the Shwezigon Pagon, to the murals of the Wetkyi-Gubyaukgyi cave shrine, to the elegant plaster carvings of Htilominto Temple. This afternoon, catch a horse carriage from under the shadow of graceful Ananada Temple for a ride among the beautiful ruins of the town. Overnight in Bagan

Day 13 - Bagan - Yangon (B/D)
Start today by perusing the shops at Nyaung Oo Market, then set out on a walk through Myinkaba village that will take you to a local family workshop where lacquer ware is made. Afterward, visit the lesser-known temples of the region, where you will marvel at the unusual Tantric architecture of Payathonzu. Transfer to the airport in the afternoon for your return flight to Yangon. Overnight in Yangon.

Day 14 - Depart Yangon (B) Free morning until transfer to Yangon Airport for your return flight..or arrange a stopover in either Bangkok, Singapore or Kuala Lumpur.

DAY 15– arrival London .

RESERVATIONS:

TEL 0800 878 6588

TRAVEL NOTES:

For decades Myanmar's hard-line government has left the country isolated which in turn has restricted the country's development to such an extent that a tour to Myanmar is like travelling back in time. How far back into the past you travel depends on where you choose to go. A visit to Yangon, compared to Bangkok, may take you back more than 20 years.!

Operating tours in Burma (Myanmar) has been led by the opinions of the country's pro-democracy leader, Aung San Suu Kyi. She had originally expressed her reservations about tourists coming to the country and injecting much needed foreign currency straight into the hands of the governing military regime. However, in August 2009 she let it be known that her position had changed and that tourism could be encouraged, as long as it is run through private companies. We work with partners based in Thailand and without any connection to the Myanmar government and who support projects that help local communities in Burma and promote sustainable development. It is not possible to guarantee that no money will reach the government as a result of tourism, for example through taxation, but, by choosing our partners carefully we are able to minimise any financial gain for the government, whilst maximising the benefits for local communities and allowing our clients to visit the country.

We comply with EC regulation No 747/2009 regarding restrictive measures in respect of certain enterprises in Burma. We wholly support these sanctions and therefore the hotels we use are carefully selected..

VISA REQUIREMENTS:

It is a requirement of Myanmar's Government that all visitors to the country possess a valid 10 year passport and that the passport has at least six months validity left after your return from holiday.

A Visa is required for entry.

You will need to complete an application form which you can get from the Myanmar Embassy in London and/or download from: <http://www.myanmarvisa.com> The completed form needs to be returned to the Embassy along with:

- Two passport-size photos.
- Valid passport.
- Visa fee (cash is accepted if applying in person; cheque or postal order only if applying by post). Currently the visa fee is £14 but this sum is subject to change without notice.

Self-addressed, stamped envelope for postal applications with sufficient postage (registered post is recommended).

Visas should take 3 working days to issue and are valid for two months from the date of issue for stays of 28 days in Myanmar.

The EVT Package Tour visas have been abolished therefore the EVT Package Visa exception letters are no longer required.

The compulsory exchange into FECs (Foreign Exchange Certificates) that used to be required has also been abolished.

It is now possible to obtain a Visa on arrival subject to prior approval by letter. Full information on this process can be viewed at <http://www.myanmarevisa.com>.

INSURANCE:

Fully comprehensive travel insurance is compulsory for this tour

Travelers to Myanmar are required to have a travel insurance covering the cost of medical evacuation flights (usually back to Bangkok)

Passengers should note that they should NOT change money at the exchange booth at the airport just after immigration, as the market rate in town is MUCH better

DEPARTURE TAX:

Airport departure tax is payable locally on departure and is currently US\$10 per person (cash)

For More Information Telephone: 0800 878 6588

GENERAL INFORMATION

WATER: It is not advisable to drink tap water but bottled mineral water is safe and available everywhere. All hotels provide a complimentary bottle of local mineral water per person in the room. Ice cubes in drinks is generally OK in good standard hotels and restaurants but it is best to avoid it on street stalls or in country areas. Some minor stomach problems are always possible when travelling in exotic countries. Bring a supply of your usual anti-diarrhoea medicine.

INTERNET: Internet access is still in its development stages. Internet is also regulated in Myanmar and the access to some websites is filtered or impossible. Note that most free mail services like Yahoo, Gmail or Hotmail CANNOT be accessed in Myanmar. Most of the hotels have now some internet terminals and in cities like Yangon, Mandalay and Nyaung Shwe (Inle Lake), you will also find some small internet cafés. Internet connections in Myanmar are generally slow and some patience will be required!

ELECTRICITY :Myanmar uses 220V, and a mixture of flat 2-pin, round 2-pin or 3 pin plugs. It is recommended to bring a universal plug adaptor. Power outages are quite common but most hotels have their own generator.

ENTERTAINMENT There is not much in the way of western style entertainment in Myanmar but Yangon has some good restaurants and there are a few bars and nightclubs, notably in the city's international hotels. In the rest of the country, entertainment is mainly confined to the hotels, mainly tourist-orientated restaurants and the ubiquitous Burmese teashops.

MOBILE PHONES :Your mobile phone will NOT work in Myanmar. Myanmar has currently no roaming agreement with any country. Starting from 12th December 08, prepaid GSM cards are being sold at Duty Free Shops in Yangon International Airport in either FEC 10 or 20 values. The card will have 14 or 28 days respectively deadline once activated. These prepaid GSM cards are aimed at tourists visiting Myanmar who wish to keep in touch with friends and family.

MONEY The currency in Myanmar is the Kyat (pronounced 'chat'). As in many countries of the area, the US Dollar is the most useful currency to carry and it can be exchanged into local currency. However there is no need to change big amounts into the local currency as most of the places catering to tourists also accept payment in US Dollar bills. There is a parallel official currency the FEC (Foreign Exchange certificate), which can be used (as you use cash US Dollars) to pay hotels, flight- train tickets, souvenirs, meals etc. It is at par (1:1) with the US Dollar but make sure to spend it before leaving Myanmar as it is valid only in Myanmar. NOTE: Credit cards and Travellers Cheques currently CANNOT BE USED or exchanged in Myanmar (with some rare exceptions in upscale restaurants and hotels)! It is necessary to bring enough cash in US DOLLARS or EURO. Other foreign currencies are difficult to change.

PHOTOGRAPHY: Normal print films are available in Myanmar but professional quality films (like slide films) are very difficult to find and it is better to bring your own. In towns like Yangon, Bagan, Mandalay and Nyaung Shwe, digital photos can easily be downloaded and loaded onto a CD-ROM in case you run out of memory. It is not allowed to photograph facilities with strategic military interest (bridges, army compounds, police stations, army personnel, etc.).

PROHIBITED ITEMS

Mobile telephones and laptop computers with modems are officially not allowed into the country but the rule is not enforced and they can be brought in. However mobile phones will not work in Myanmar, as the country does not have any roaming agreements. Items of jewellery, cameras and foreign currency (above USD 2000) are supposed to be declared at customs upon entry. Export of Buddha images and antiques or articles of archaeological importance is prohibited. Gemstones can be safely bought only from government-controlled outlets and the buyer should ask for a certificate

HOTELS:

YANGON: Chatrium Hotel
INLE LAKE: Inle Resort Hotel
MANDALAY: Mandalay Hill Resort Hotel
MONYWA: Win Unity Resort
BAGAN: Bagan Thande Hotel



Chatrium Hotel, Yangon

These hotels are subject to change and should any be changed, they will be of a similar standard or better.

The tour shown in this brochure is inclusive of 12 nights accommodation on a twin room basis.
Meals as shown in the itinerary
Domestic & International flights
All transfers and excursions with air conditioned vehicles except in Po Win Daung.
All admissions and entrance fees
Private boat charges
Porterage at airports but not at hotels
Drinking Water during excursions

See our separate sheet for departure dates and prices.

Reservation and booking **Tel: 0800 878 6588**

Or email: info@quintessentialtravel.co.uk

Booking subject to our standard terms and conditions

www.quintessentialtravel.co.uk

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THE VERY BEST OF MYANMAR

Departures:

2010

28th NOVEMBER—£2095.00

2011

06th FEBRUARY—£2195.00

PRICE: from: £2095 per person.

Single supplement: £325

Small group departure : maximum 20 persons.