

# MYANMAR (Burma)

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



**Q**UINTESSENTIAL TRAVEL LTD



## *Bagan Panorama*

### What you may not know

When you mention Myanmar a puzzled look comes across most faces... Myanmar, I have never thought of travelling there. 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 people. The country is a colourful mixture of costumes and cultures which give every visitor a lasting memory of smiling faces and a laid back way of life

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.

*"This is Burma and it is unlike any land you know about" Rudyard Kipling, Letters from the East (1898)*

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.

Meet people with devout followings of the Buddhist way of life and expect a conservative and modest race of people.

Kindness and friendliness that is unparalleled in any other part of the world.

A place like no other; expect beauty that far exceeds your every expectation.

Expect to be greeted by a smile everywhere you go and a developing world that is very much unlike your own.

Expect something different.

There are conflicting views on whether or not to travel to Myanmar because of the political controversy with it's current government . It therefore remains a decision to decide by yourself.

# Travel Information

## WHEN TO TRAVEL

The Climate: Due to the surroundings of Myanmar the weather in the country can vary greatly. There are 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)



# The Very Best of Myanmar 15 days/13nts



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 Sitthou. 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

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 Kyaiktagyi 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)

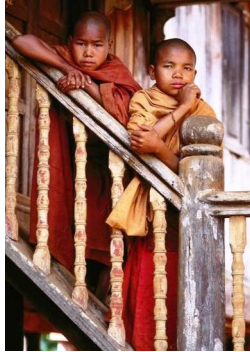
Drive under the shade of the sugar palms as you make your way into the country to get in touch with Myanmar's rural cultures. Admire the simple ways of life at Ma U Ma Le village, and take a rickshaw past the artisan shops of Pakokku. This afternoon, board a local boat for your cruise downriver to Bagan. 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 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 Ananada Temple for a ride among the ruins of the town. Overnight in Bagan



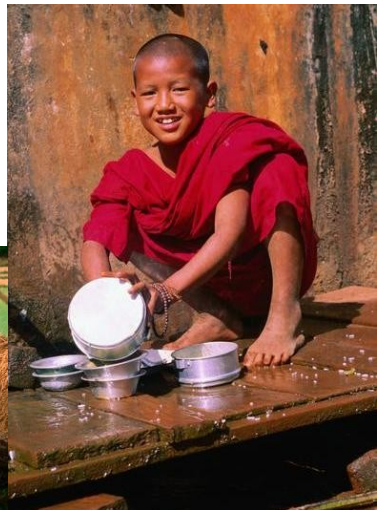
**Day 13 - Bagan - Yangon (B/D)**  
Start today by perusing the shops at Nyaung Oo Market, then set out on a walk through Myinkaba village that will take you to a local family workshop where lacquer ware is made. Afterward, visit the lesser-known temples of the region, where you will marvel at the unusual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



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

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)

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

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. 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. .

NOTE: Credit cards and Travellers Cheques currently CANNOT BE USED or exchanged in Myanmar. It is necessary to bring enough cash in US DOLLARS or EURO. Other foreign currencies are difficult to change

MOBILE PHONES: Your mobile phone will NOT work. Myanmar has currently no roaming agreement with any country. 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.

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

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. Some minor stomach problems are always possible when travelling in exotic countries. Bring a supply of your usual anti-diarrhoea medicine

Fully comprehensive travel and general information will be supplied with your travel documents

For Further information : TEL: 0800 878 6588 or 01273 251088

## HOTELS:

We offer comfortable ,specially selected ,4 & 5 star grade hotels on a twin/double room basis. All have air conditioning and private facilities and are centrally located. Some have private swimming pools. *These hotels are subject to change and should this occur , they will be of a similar standard or better.*



### CHATRIUM HOTEL YANGON

Built in colonial style with revived Eastern & Asian architecture..

Situated along the shore of the Royal Lake.  
303 rooms.

Outdoor Pool and fitness centre



### MANDALAY HILL RESORT HOTEL

Set at the foot of Mandalay Hill with a view of a myriad of pagodas.

206 rooms either overlooking Mandalay Palace or Mandalay Hill.

View of Pool Lunch Pagoda area.

Swimming Pool & Fitness centre



### BAGAN THANDE HOTEL

Situated in Old Bagan - 37 chalet-type bungalows set amidst a beautiful scenic garden.

Originally built in 1922 for the Prince of Wales when he made a visit to Bagan.

River-side terrace dining area.

Pool side bar & swimming



### INLE RESORT HOTEL

Latest boutique hotel on Inle Lake built in 2005.

Traditional native style.

12 duplex cottages and 18 lake front bungalows all blending in with the environment.

Full dining facilities



### WIN UNITY RESORT, MONYWA

Situated on Kan Thar Yar Lake.

101 Rooms & Guesthouses.

Swimming Pool

Tennis Court

Landscaped Gardens.

The tour shown in this brochure INCLUDES :  
13 nights accommodation on a twin room or double room basis.  
Meals as shown in the itinerary, Domestic & International flights  
All transfers and excursions with air conditioned vehicles (except Po Win Daung)  
Private boat charges, Porterage at airports but not at hotels.  
Drinking water during excursions.

EXCLUDES: Visa Fees, Travel Insurance, meals not shown in the itinerary, departure tax, Tips & gratuities to guides and drivers, drinks and expenses of a personal nature.

SMALL GROUP: Maximum 20 persons per departure date.

Extension options available on request.

BOOKING SUBJECT TO OUR STANDARD TERMS & CONDITIONS (*copy on request*)



*See separate sheet for departure dates and prices.*

**Tel: 0800 878 6588 or 01273 251088**

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which means that your money & holiday is fully protected and that you can book with confidence.*