

HIGHLIGHTS OF MYANMAR

10 NIGHTS/ 11 DAYS
Yangon, Bagan, Mandalay, Kalaw, Heho & Yangon



ITINERARY:-

Day 1 : Arrive in Yangon (Own tickets)

Yangon was declared the capital of Myanmar in the late 19th Century by the British. They rebuilt the town after a fire destroyed it in 1841, hence the colonial influences in the architecture. The British renamed the city Rangoon, however it has been restored to its original Burmese name of Yangon since 1989 when the country was also renamed Myanmar (replacing the British name of Burma). Upon arrival in Yangon, meet your guide and transfer to the hotel.

The regular check-in time is at 1400; early check-in is NOT included and subject to availability

Meals: None

Accommodation: Grand United Ahlone Branch/ Superior Room with Panoramic city/River view

Day 2 : City Highlights Tour

Start the day with a visit to the Sule Pagoda. Stroll through downtown Yangon with its faded colonial atmosphere and visit the beautiful post office. Lunch is served in town before continuing to the National Museum, which is home to priceless ancient artifacts. Visit the Bogyoke Market then head to the Indian quarter. End the day with a visit to the magnificent Shwedagon pagoda.

NOTES

- Suggested time: 09:00 - 18:00
- Guest should wear long pants, sandals and bring a hat to protect from the hot sun.
- All visitors to pagodas/ temples need to take off their shoes

Meals: Breakfast, Lunch

Accommodation: Grand United Ahlone Branch/ Superior Room with Panoramic city/River view



Day 3 : Yangon – Bagan by Air

This morning we transfer to the airport for our flight to the ancient city of Bagan which is on the UNESCO World Heritage 'tentative list' and home to over 3,000 temples. It is believed as many as 13,000 temples and stupas once stood in the area; however, invasions, war and natural disasters have reduced most of these to rubble. Despite this, Bagan is home to more than 2,200 standing ancient temples today and as such is Myanmar's greatest architectural site. Upon arrival, first stop at the colorful local Nyaung U tropical market then proceed to Shwezigon pagoda, one of the four most significant buildings in Bagan which served as the center of reflection and prayer. Continue to Ananda temple with its four huge standing – Buddha images and numerous seated figures arranged around the interior gallery. Later, stop at lacquer workshop before having lunch at local restaurant. In the afternoon, make a visit to the Dhammayangyi pagoda - Bagan's largest temple. Next, spend a few minutes to walk around and enjoy local life at local village before enjoy sunset from one of the most scenic spots in town and return to the hotel in the early evening.

NOTES

- Guest should wear long pants, sandals and bring a hat to protect from the hot sun.
- All visitors to pagodas/ temples need to take off their shoes

The regular check-in time is at 1400; early check-in is NOT included and subject to availability

Meals: Breakfast, Lunch

Accommodation: Amazing Bagan Resort/ Deluxe



Day 4 : Mount Popa and Salay

Rising 1,518 meters from the plains of the surroundings of Bagan, Mount Popa is considered the sacred home of the spirits and is about a 1.5 hour drive from Bagan. Visit a palm village along the way to gain an insight into how palm sugar (jaggery) is produced. Continue to Mount Popa and pass by Taung Kalat, the temple which sits atop a small mountain in front of Popa like a plug in the volcano and holds significance in Myanmar's history and religion. The monastery is home to the 37 nats (spirits) of Myanmar, which are displayed at the base of the mountain. There is the option to climb 777 steps to the top of Taung Kalat for some exercise (no shoes)! Then continue most of the way up Mt. Popa by vehicle. The views from atop are incredible and may reach as far as Bagan on a clear day. Enjoy lunch and continue to the colorful old religious center of Salay - home to a large number of monasteries and colonial buildings. Visit Yoke-Sone-Kyaung, which was built in 1882 and is nowadays a cultural heritage site. Situated on the eastern bank of the Ayeyarwaddy River, the monastery is famous for its spectacular wood carvings. Return to Bagan in the late afternoon.

Meals: Breakfast, Lunch

Accommodation: Amazing Bagan Resort/ Deluxe



Day 5 : Bagan - Mandalay by Air

Transfer to the airport for our flight to Mandalay, the last capital of the Burmese Kingdom. Upon arrival, drive to Amarapura, the 18th century capital where the country's largest monastery is located; Maha Ghandayon. Continue to the magnificent teak bridge of U Bein, which is over 200 years old. Cross the Ayeyarwaddy River and head for the picturesque Sagaing Hill. End the day with a visit to another ancient capital, Ava, which was the capital of Myanmar before Amarapura. In the evening, enjoy the puppetry show in Mandalay.

The regular check-in time is at 1400; early check-in is NOT included and subject to availability

Meals: Breakfast

Accommodation: Bagan King Hotel/ Superior

Day 6 : Mandalay City Highlights Tour

In the morning, visit **Mahamuni Temple** – one of the most famous temples in Myanmar. Built in 1784 by King Bodawpaya, the temple also exhibits some influence from Hindu and Khmer (Cambodia) styles. Then continue to **Atumashi Monastery** which was built in 1857 by King Mindon. Next, we'll head to the **Mya Nan San Kyaw Palace** and have lunch at local restaurant along the way. In the afternoon, make a visit **Shwenandaw monastery** - originally part of the royal palace complex of King Mindon and made entirely of teak wood. Later, stop at **Kuthodaw Temple**, right at the foot of Mandalay Hill. Kuthodaw is world renowned for having the world's largest book – a collection of 729 stone slabs inscribed with the teaching of the Buddha. End the day with a drive up **Mandalay hill** to visit the serene standing Buddha at **Shweyattaw temple** which is said to have pointed the way to the former capital. Enjoy the view from the top of the hill and later continue back to town.

NOTES

- Suggested time: 09:00 - 18:00
- Guest should wear long pants, sandals and bring a hat to protect from the hot sun.
- All visitors to pagodas/ temples need to take off their shoes.

Meals: Breakfast, Lunch

Accommodation: Bagan King Hotel/ Superior



Day 7 : Mandalay - Heho by Air / Heho – Pindaya - Kalaw

Transfer from your accommodation to the airport for flight to Hehe. Upon arrival at **Heho airport**, after you have cleared all customs procedures, please look for our **Trails of Indochina** airport assistance who will be holding a signboard with your name on it. He will assist you through the check-in for your connecting flight to the next

destination, or lead you to the exit/entrance compound and hand to your guide. In case you cannot find any of them, please go to the information counter to call the emergency number **(+95) 9 97653 5660** for immediate support from **Trails of Indochina Operations team**. Transfer from airport to Nyaung Shwe.

Upon arrival in **Heho**, enjoy a two hour scenic drive to **Pindaya**, a small quiet town perched on the bank of the placid Botoloke Lake, surrounded by historic and magnificent banyan trees and well known for its extensive limestone caves filled with Buddha images. On the way pass through several small Shan minority farming villages. At Pindaya, follow the path to the back of the 150m deep cave. There are about 8,000 Buddha statues on display around the cave which have been left by previous pilgrims. The earliest statues date back to the mid 18th century. Wander around the cave, then take some time to explore the town, which is beautifully situated at a small lake and surrounded by mountains. Drop at local handicraft shops and watch the artisans making umbrella shades from mulberry tree bark. Then proceed to **Shwe U Min Paya**. This is a cluster of low stupas just below the ridge near the Pindaya Caves by passing many tea and seasonal fruit plantation. Later, drive to **Kalaw** (one and half hours - 50 kilometers). Upon arrival, make a visit to **Nee Paya** (Bamboo Strip lacquer Buddha Image), and **King church** which is a colonial-era Catholic church. Check in at hotel in Kalaw & rest of the time for relaxing and the rest of the evening is free at leisure. Overnight in Kalaw.

Meals: Breakfast, Lunch

Accommodation: Royal Kalaw Hills Resort/ Deluxe



Day 8 : Kalaw – Inle Lake

This morning, head to Nyaung Shwe on the edge of **Inle Lake** (about 2 hours). Inle is the second largest lake in Myanmar and measures about 70km². Located at an altitude of 880 meters, the lake is also one of the highest in the country, with a cool climate and exceptional flora and fauna. Inle is famous for its unique leg-rowers. This unusual style of rowing requires remarkable balance and definitely takes some practice. On arrival here, board a local boat and transfer to the hotel. After check-in head out and discover the weaving village of **Inpawkon and Phaung Daw Oo Pagoda**. Learn more about the traditional weaving process and **visit the sacred Buddha images at the pagoda**. Continue by boat over the Inle Lake and observe the **floating gardens**, which are built-up from strips of water hyacinth and mud and are anchored to the bottom with bamboo poles. The gardens mainly consist of tomatoes and beans and have formed over the years a maze of canals at the south end of the lake. Return to your hotel & enjoy the remainder of the day at your leisure. Overnight in Inle Lake.

NOTES

- Suggested time: 08:00

The regular check-in time is at 1400; early check-in is NOT included and subject to availability

Meals: Breakfast, Lunch

Accommodation: Amata Garden Resort/ Deluxe Lake Side View/ Mountain View

Day 9 : Indein Pagoda Complex (From Inle Lake)

Depart from your Inle Lake hotel by **boat** and head towards the **Indein Pagoda Complex** located on the western bank of the lake. Built from the 17th to 18th century, there are nearly 1000 stupas and pagodas in the area including the hilltop white stupa holding an auspicious Buddha image. Below the Stupa around the hill are clusters of hundreds of ancient stupa ruins – some overgrown with bushes. Throughout the trip, the boat navigates a narrow stream or creek

which is an interesting boat ride in itself. Return to your hotel after the trip & enjoy the beautiful scenery as well as local life along the way.

NOTES

- Suggested time: 08:30 – 12:30

Meals: Breakfast

Accommodation: Amata Garden Resort/ Deluxe Lake Side View/ Mountain View

Day 10 : Heho – Yangon by Air

After breakfast, transfer to the airport for a flight to Yangon. Upon arrival, transfer by vehicle to Botahtaung Pagoda for a visit and then hop on the trishaw. Head to Nan Thi Dar jetty, stop for a while to observe local scenery. Then return to the city center and pass through the colonial area; After that, continue to Chaukhtatkyi, known for the Reclining Buddha that measures 70 meters in length and explore the Bogyoke Market

The regular check-in time is at 1400; early check-in is NOT included and subject to availability

Meals: Breakfast

Accommodation: Grand United Ahlone Branch/ Superior Room with Panoramic city/River view

Day 11 : Yangon Departure (Own tickets)

Transfer from your accommodation to the airport for departure flight come back home.

The regular check-out time is at 1200. Late check-out is NOT included and subject to availability

Meal: Breakfast

End of services!



TOUR INCLUSIONS:

Inclusive of:	Non-inclusive of:
<ul style="list-style-type: none"> • Overnight accommodation is inclusive of hotel tax, hotel service charges and includes daily breakfast • Private transfers and transportation on tour • Sightseeing with Local English speaking guides (one guide in each city) • Entrance fees and boat rides • Meals as specified (meals only, no drinks/water) • Airfares: Yangon to Bagan/ Bagan to Mandalay/ Mandalay to Heho / Heho to Yangon (Economy class with airport tax) • Cold towels and water on sightseeing days 	<ul style="list-style-type: none"> • Airport Assistance Service • Separate luggage truck • Myanmar visa • Other meals where not mentioned in the program • Drinks/water at included lunches and dinners • Other flights & airport taxes • Hotel early check in/ Late check-out • Overweight luggage • Personal expenses • Travel insurance • Tips & gratuities • Other services not listed in inclusive column