



Myanmar Panorama

16 day tour to Yangon, Kyaikhtiyo (Golden Rock), Bago, Inle Lake, Mandalay, Bagan, Nyuang U and Ngapali Beach

You will discover the fascinating culture, cuisine and natural heritage of Myanmar. A country with more than 100 ethnic groups, this second largest country of South East Asia beckons you to experience its rich culture, beautiful beaches and natural surroundings. Your tour includes the exploration of the Inle Lake, one of the most beautiful lakes in Myanmar. Explore the rich culture by visiting Indein Village and the weekly market. Next move to Bagan, explore the local culture through the visit to its lively markets, explore the rich history with the visit to 13th century cave temples. Return back to Yangon and visit to the capital city of Yangon, which unlike other capitals in the neighbourhood, is a lot less developed and more human. Visit Chaukhtatgyi Pagoda, which honours the largest and most revered of Buddha statue of Myanmar. Later transfer to the airport for onwards flight.

Day 1 Australia ✈ Yangon

Fly from Australia to Yangon, Myanmar's biggest city. Upon arrival Myanmar International Airport; you are met and transferred to your hotel. Rest of the day is at leisure or for your own activity. Stay overnight in Yangon.

Day 2 Yangon

After breakfast start your sightseeing of Yangon and visit Sule Pagoda in the heart of Yangon city. Botataung Paya, its most original feature is the dazzling zig-zag corridor, gilded from floor to ceiling, that snakes its way around the hollow interior of the 131ft golden zedi (stupa). Also look out for a bronze Buddha that once resided in the royal palace in Mandalay, and a large pond full of hundreds of terrapin turtles. Also visit the Chaukhtatgyi, the colossal reclining Buddha; the Shwedagon Pagoda most revered Buddhist temple in Myanmar. Although the origins of the pagoda are unclear, the local legend states that the original structure was built 2500 years ago then renovated several times until taking its current shape in the 15th century. The 8-sided central stupa is 99 meters tall and gilded with gold leaf and is surrounded by 64 smaller stupas and your guide will show you around the massive complex, explaining why this temple is so revered. Enjoy breath-taking views of the golden stupa from this vantage point and enjoy the sunset from there.

Later in the afternoon you visit Bogyoke Aung San Market, half a day could easily be spent wandering around this sprawling covered market, sometimes called by its old British name, Scott Market. (Note: Market is closed on Mondays and public holidays). It has over 2000 shops and the largest selection of Myanmar handicrafts and souvenirs you'll find under several roofs, from lacquerware and Shan shoulder bags to puppets and jewellery. Your highlight for this evening is the dinner in Karaweik Palace, overlooking the Royal Lake. The dinner is served with fine Burmese food and amazing cultural show. Later return to the hotel with overnight in Yangon. Stay overnight in Yangon.

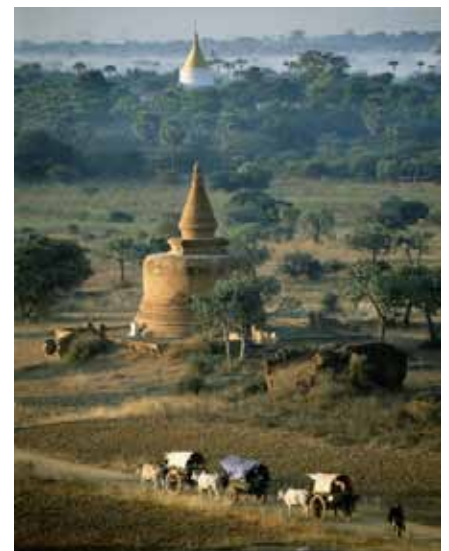
Day 3 Yangon 🚗 Kyaikhtiyo (Golden Rock) Meal: B/D

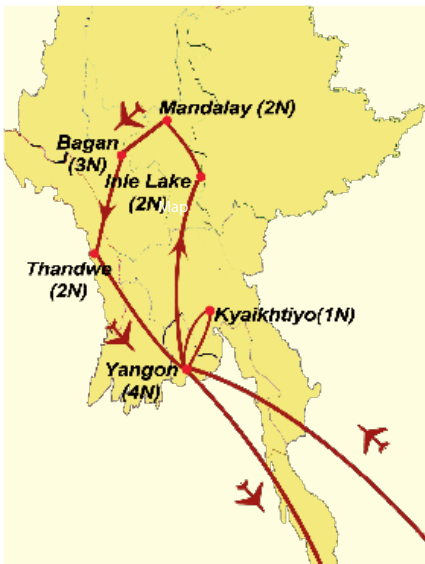
After breakfast depart Yangon early this morning for a journey by road to Kyaikhtiyo, the Golden Rock. Late morning, arrive at Kyaikhtiyo base camp (approximately 5 hrs). Travel by local, open-air truck along a winding road. A short walk up the stairs will lead you to the top of the mountain. Before reaching the city limits, stop in Htaukkyan Township to visit the Allied War Cemetery. This beautifully-landscaped, peaceful area is the final resting place for more than 27,000 Allied Soldiers who perished during the World War II campaign in Myanmar.

Golden Rock is a huge boulder covered by gold leaf and delicately balanced on the edge of a cliff. Golden Rock is one of Myanmar's main pilgrimage sites. The pagoda here is said to hold a hair of the Buddha and Buddhists from across the country come here to pay homage. Stay overnight at Kyaikhtiyo.

Day 4 Kyaikhtiyo 🚗 Bago 🚗 Yangon Meal: B/D

After breakfast, return to the base camp by





open-air truck and begin the return journey to Yangon. En route, stop in Bago. Bago, also known as Pegu, was the capital of the Mon Kingdom in the 15th century and is a town steeped in legend. The sites in Bago are spread out around the town and you'll spend time exploring with your guide, learning about the history and myths of the city. Stops include the 55-metre long reclining Shwethalyaung Buddha, the four seated Buddhas at Kyaikpun and the old palace of Kambozathadi. The Mon-style Shwemawdaw Pagoda is the most outstanding religious monument in Bago. This golden temple stands at 114 metres tall, higher than Yangon's Shwedagon Pagoda, and can be seen from around 10 kilometres outside of the city. While in Bago you'll also take time to visit the city's local sites, including the town market and a Mon neighbourhood where the locals once produced woven textiles. From Bago you'll return to Yangon this afternoon. On arrival to Yangon check into the hotel. Evening is at leisure. Stay overnight in Yangon.

Day 5 Yangon ✈ Heho / Inle
Meal: B/D
After the breakfast, leave Yangon for Heho. Inle Lake, the second largest lake in

Myanmar, located 900m above sea level and is home to unique one leg rower Intha people. Pass villages built on stilts over the lake, inhabited by the local Intha people. Observe the leg-rowing fishermen and see their floating gardens built up from strips of water hyacinth and mud and anchored to the bottom with bamboo poles. Visit Phaung Daw Oo Pagoda, the lake's main sanctuary, which contains five sacred Buddha images covered in gold leaf. Explore the local crafts of Inpawkhone and a cheroot factory, where the typical Burmese cigars are made by hand. If time permits, there may be time to enjoy a short walk through one of the lakeside villages. Later return to hotel. Stay overnight in Inle Lake.

Day 6 Inle Lake 🚗 Indein Village 🚗 Inle Lake
Meal: B/D

After breakfast, visit the lake's morning market. The market rotates its location in a 5 day rhythm and is visited by lake inhabitants and surrounding hill tribes who come to sell and trade their wares. (Note: market is daily except on dark moon day and full moon day). From the middle of the lake, continue down a small canal leading to the Pa-oh village of Indein. Explore the area on foot, strolling around the village, visiting a local school, and wander through the beautiful Alaung Sithou area. Here you can climb the covered stairway to the top of a hill which is covered with picturesque ancient stupas and has magnificent views of the lake below. After enjoying your visit to Indein, return to your boat. Continue along the lake for additional sightseeing before returning to your hotel this afternoon. Stay overnight Inle Lake.

Day 7 Inle Lake 🚗 Kalaw/Heho ✈ Mandalay
Meal: B/D

Have breakfast at hotel, then travel to Kalaw (50km - 1½ hours), an interesting drive up into the hills and across the Shan Plateau, through fields of mountain rice. Kalaw, which was formerly a British Hill Station. Enjoy walking through Kalaw, visiting the local market, the tiny train station and perhaps walking up the hill to see the old Catholic church (if open). In the afternoon, take a walk through the hills and start walking to Myin

Ma Hti village (31/2 hours). First walk through the pine forest and after 1 hour walking you will see potatoes, mountain rice and huge vegetables plantation field. The ethnic groups are Danu. They all work with ox and buffalo, no machine no tractor. Unbelievable to see people working a huge field with man power and animal. Enjoy the nature beauty, on the way you'll see little boys and girls helping their parents. The Myin Ma Hti's villagers are farmers 100% earning their living on agriculture. Myin Ma Hti known for his lime cave 200meters long. Return to your hotel. Then visit a local workshop making umbrellas and paper from the mulberry tree. This is one of the few areas in Myanmar still practicing this craft. Later transfer to Heho airport for short flight to Mandalay. On arrival check in-to the hotel. Stay overnight in Mandalay.

Day 8 Mingun 🚗 Mandalay 🚗 Amarapura
Meal: B/D

After breakfast drive to Mandalay pier, you'll visit the Mingun Bell which weighs more than 87 tons and is more than 3.7 metres tall. This is the world's largest uncracked bell. Just south of the bell you'll also visit Mingun Pagoda, a giant brick structure built in the late 1700s and although it was unfinished due to economic troubles it is still an impressive site. Mingun's other highlight is the Hisnbyume Pagoda, a white-washed temple built to resemble Mount Meru. Throughout Mingun there are small neighbourhoods crafting traditional basketry and other artistic items and there is plenty of time to stop and interact with the craftsmen and friendly locals. In the afternoon, begin with a walk up Mandalay Hill. Rising 240 metres above the city, the hill provides a great viewing platform of the surrounding countryside, Irrawaddy River and city centre. Your final stop today will be Amarapura where you visit the U Bein Bridge for a walk along this 200 year-old teak bridge. The bridge was constructed of 984 teak posts that were once part of the deserted Inwa Palace and it is 1.2 kilometers in length making it the world's longest teak span. Enjoy a stroll along the bridge and fabulous views of the surrounding farms and streams. Stay overnight in Mandalay.



**Day 9 Mandalay 🚗 Sagaing 🚗 Nyaung U
🚗 Bagan Meal: B/D**

After breakfast continue with the Mandalay sightseeing, later travel to Sagaing, a 45-minute drive, located across the Irrawaddy River, Sagaing is considered by many to be the Buddhist centre of Myanmar. We visit the Sagaing Hill to Umin Thonzeh. The name translates as '30 Caves Pagoda' but in reality the temple is one long hallway built alongside a hill with thirty recessed entrances giving it the appearance of being filled with caves. Inside the building you will find 45 Buddha images, an auspicious number 45 reflecting the number of years that Gotama Buddha was enlightened as a Buddha. Then proceed to Swan Oo Pon Nya Shin pagoda and enjoy wonderful panoramic view of Sagaing Hill with hundreds of stupas. If you look up at the ceiling at Swan Oo Pon Nya Shin you will find the old paintings describing the 16-scene dream sequence of Kawthala King. Finally continue to Kaung Mu Daw, an unusual hemispherical dome stupa that reaches 46 metres in height. At the bottom of the dome there are 120 niches, each with its own guardian nat.

Return to the bottom of the hills where you'll visit a local nunnery, a chance to understand the lifestyle of the Burmese nuns and learn more about their beliefs and daily activities. Later transfer to the airport to board flight to Bagan, on arrival check into the hotel. Stay overnight in Bagan.

**Day 10 Bagan (Sunset Cocktail)
Meal: B/D**

After breakfast visit Nyaung Oo Market where dozens of vendors come to sell their fresh produce and products. The market is at its busiest early in the morning as the locals come to do their shopping. This is a great opportunity to observe the daily lifestyle of the friendly locals. Then continue to the glittering Shwezigon Pagoda, a prototype of later Myanmar stupas.

Next, visit Wetkyi-In Gubyaukgyi, a cave temple with exquisite jatakas mural paintings. Continue to the elegant Htilominlo Temple, noted for its fine plaster carvings and glazed sandstone decorations. This afternoon visit the New Bagan area and one of its many lacquer-ware workshops. Here you can observe the traditional technique of making these handcrafted products from start to finish. The process takes incredible skill and patience and Bagan's craftsmen are well renowned for their

fantastic lacquer products. As today comes to a close, travel to the boat jetty and embark on a sunset cruise. Enjoy a cocktail and a stunning view of Bagan as you cruise along the Irrawaddy River. Stay overnight in Bagan.

Day 11 Bagan Meal: B/D

Optional: Balloon Ride in early morning (please check with your local guide). After breakfast, start with the exotic horse cart to one of the biggest temple in Bagan: Nan Paya. Pagoda and many other interesting sites nearby, continue with sightseeing to Minkaba Gubyaukyi Temple, experience the architectural difference in MyaZedi Pagoda before heading to Manuha Temple. The highlight of today is the panoramic sunset view from the second highest pagoda of Bagan - the ShweSandaw Pagoda. Later return to the hotel. Stay overnight in Bagan.

Day 12 Nyuang U 🚗 Thandwe/ Ngapali Beach Meal: B/D

After breakfast check out of the hotel and proceed to Nyaung U airport to fly to Thandwe. You will be greeted and transferred to Ngapali Beach, a 20 minute drive. Ngapali Beach is a quiet 3-kilometer stretch of white sands lined by coconut palms. The warm, clear waters are perfect for water sports such as snorkelling and there are several small islands around accessible by boat. On arrival check into the hotel. Stay overnight in Ngapali Beach.

Day 13 Ngapali Beach Meal: B/D

After a leisurely breakfast day free at leisure with overnight at the Ngapali Beach.

Day 14 Thandwe 🚗 Yangon Meal: B/D

After breakfast leave Ngapali Beach for Yangon arrive midday. Afterwards you'll to go the green expanse of Kandawgyi Park. The park is a popular place for people to come on an evening to relax and dine at one of its many restaurants. It houses the Karaweik barge, a replica of the royal barge; and also a large lake with views of Shwedagon Pagoda. Later return to the hotel. Stay overnight in Yangon.

Day 15 Yangon 🚗 Australia Meal: B

This morning is at leisure. Later in time transfer to the international airport to board your onward flight home.

Day 16 Australia
Arrive in Australia in the morning.



Myanmar Panorama Dates & Prices

Tour code	Start Yangon Wednesday	End Yangon Wednesday	Full package with international airfare departing from Sydney / Melbourne / Brisbane# / Adelaide# / Perth#		
			Thai Airways	Cathay Pacific	Singapore Air
MP170308	08-Mar-17	22-Mar-17	\$5,580	\$5,730	\$5,830
MP170419	19-Apr-17	03-May-17	\$5,580	\$5,730	\$5,830
MP170524	24-May-17	07-Jun-17	\$5,380	\$5,530	\$5,630
MP170712	12-Jul-17	26-Jul-17	\$5,380	\$5,530	\$5,630
MP170920	20-Sep-17	04-Oct-17	\$5,380	\$5,530	\$5,630
MP171025	25-Oct-17	08-Nov-17	\$5,680	\$5,830	\$5,930
MP171129	29-Nov-17	13-Dec-17	\$5,680	\$5,830	\$5,930
MP180124	24-Jan-18	07-Feb-18	\$5,680	\$5,830	\$5,930
MP180228	28-Feb-18	14-Mar-18	\$5,680	\$5,830	\$5,930
MP180321	21-Mar-18	04-Apr-18	\$5,680	\$5,830	\$5,930
Land only: \$4,750			Single supplement: \$1,680		

* This tour is a guaranteed departure based on a minimum of 2 people. Full package prices above include airport taxes and fuel surcharges.

* Please refer to Page 7 for **Tour Inclusions** and **Extending Your Holiday** details.

* Land only price: Tour starts from Arrival transfer in Yangon to Departure transfer in Yangon, including domestic air tickets Yangon - Heho - Mandalay - Bagan- Thandwe - Yangon & taxes but excluding any international air tickets.

* Package prices of Thai Airways are for departures from Sydney or Melbourne only.

Package prices of Singapore Airlines and Cathay Pacific are for departures from Sydney, Melbourne, Brisbane, Adelaide or Perth. Any cost including hotel or meals incurred due to the connecting flight in Hong Kong or Singapore will be at your own expenses.

* Stopover in Singapore permitted if flying with Singapore Airlines; One stopover in Hong Kong permitted if flying with Cathay Pacific. Extra airport taxes apply. Land arrangement in Singapore or Hong Kong can be arranged at additional cost.

Hotels used for this tour: 4* Yangon Rose Garden Hotel; 4* Kyaikhtiyi Mountain Top Hotel; 4* Inle Resort; 4* Mandalay Sedona Hotel, 4* Bagan Myanmar Treasure Hotel; 4* Ngapoli Jade Marina Resort or similar.

Pre / Post Stay Hotel: \$240 (Yangon) - per room per night with breakfast