

## ***Main spots to visit in Myanmar***

---

### **Yangon**

*Built on the Yangon River, the city has always been an important harbour. Its' magnificent golden stupa, the Shwedagon visible from many parts of the city, the wide tree-lined streets to its' colonial heritage and cultural charm add up to make it one of the most attractive capitals of South-East Asia.*

*Yangon will almost certainly be the departure point of your journey of adventure but there are many sights to see before you venture further.*

*A "taste" of the sights and sounds of this mystical city are:*

*The Shwedagon and Sule Pagodas; the Maha Bandola Park; the Aung San and Chinese Markets (practice and have fun with your bargaining "power"!); The National Museum and the Kandawgyi and Inya Lakes are but a few of the treasures to seek and be tantalized with and by!*

### **Bago**

*80 km northwest of Yangon lies the ancient capital of the Mon Kingdom dating back to the 14<sup>th</sup> and 16<sup>th</sup> century. This was the centre of the second Myanmar Empire created by King Bayinnaung. Its impressive 55-metre long and 16 meter high reclining Buddha, know as the Shwethalyaung Buddha, is an interesting spot to visit.*

*Other highlights include: The Shwemawdaw Pagoda (slightly higher than Yangons' Shwedagon) with its entrance flanked by two huge lion statues, the ordination room Kalyani Sima and the Mahazedi Pagoda.*

### **Inle Lake**

*Surrounded by a high plateaux with numerous villages mainly inhabited by fishermen or small farmers, Inle Lake is about 20 km long and 8 km wide. It is very shallow - only 2 to 3 m deep - and is covered by seaweed.*

*The locals have developed a very individual way of fishing!*

*They row with one leg, standing in their specially designed boats!*

*Each year, these "one-legged" rowers race each other during the Phaung Daw Oo Pagoda Festival held in September - October.*

*The other special feature of the lake is the floating gardens growing a wide variety of flowers and vegetables.*

*Other interesting sites to visit nearby include the Ywama and Namphu villages, Phaung Daw Oo Pagoda, and the Nga Phe Chaung and Thale monasteries...*

### **Mandalay**

*Mandalay is not only the cultural centre of Myanmar but it is also the centre of Buddhist studies. Being the ancient capital during the last dynasty, it offers many fascinating sites to visit and reflect on past centuries.*

*Some of the main highlights include: Kuthodaw Pagoda with its largest book in the world, the Sandamani and Kyauktawgyi Pagodas, the Shwenandaw-Kyaung and Atumashi-Kyaung Monasteries and the Mahamuni Image in Hpayagyi Pagoda. This is the most revered and venerated Buddha in Myanmar. Close by Mandalay is the amazing 1.2 km long U-Bridge entirely made of teak and the former royal city of Sagaing, symbol of the Buddhism doctrine and famous for its numerous monasteries.*

### **Bagan**

*Listed as a world heritage site in 1998 by UNESCO, Bagan represents the spiritual heritage and heartland of old Burma. With temples, pagodas and stupas dating from the 9<sup>th</sup> century, Bagan and its 2229 monuments is considered to be one of the richest archaeological sites of Asia.*

*Some of the most interesting sites to visit include: The Pagodas of: Shwezigon, Thatbyinnyu, Buhpaya and Shwehsandaw (especially at sunset for the incredible and unforgettable view on Bagan plain), and the Temples of Htilominlo, Ananda and Anandaokyaung with its' beautiful wall paintings.*

*Bagan can be reached by air, road or by the Irrawaddy River from Mandalay.*

### **Mount Popa**

*This ancient volcano known as "The Mountain of Flowers" is a one-hour drive from Bagan. A "walk!" up a stairway of some 700 steep steps will take you up to the top of the mount at 1,520 m.*

*The reward?*

*A spectacular view of the Bagan Plain!*

*Along the way, you can stop at small stalls for refreshments and buying trinkets and handicrafts, making the 45 minutes climb more pleasant and rewarding.*

*However, we think it is a good idea to "stop-and-shop" - at least for gifts! - on the way down!*

***Ngapali***

*This is the perfect stop for a relaxing beach holiday and a “lazy-day” vacation! Ngapali is a romantic beach resort located on the Bengal Gulf northwest of Yangon.*

*Warm crystal-clear waters, white-sand beaches, and shady palm trees. Ngapali is a haven of peace not to be missed.*