Myanmar by Road, Rail & River

WITH

PANORAMIC JOURNEYS
MYANMAR, one of the most beautiful and untouched countries in Asia. Its amazingly varied countryside ranges from high snowy peaks in the north to rolling hills and colourful fields of Shan state, the fertile plains of the Irrawaddy and stunning white sandy beaches on its coastline. Burma is a multi-ethnic country with over 200 different tribes and dialects, but one thing is universal - wherever you travel in this magic country you will be greeted with a smile.

After 50 years of isolation, government reforms have made strides towards democracy. Aung San Suu Kyi has said that as long as done responsibly, tourism can be a positive stance for change. Panoramic Journeys is working to make a small but significant difference to rural communities that we visit on our Burma tours.

PANORAMIC JOURNEYS IN MYANMAR

As our name suggests, we like big panoramic vistas and encounters that give one a new perspective on life - We have made a name designing journeys that allow our clients to get "under the surface" of a country - to meet the people and get off the tourist route. In designing this itinerary, we have allowed time to meet local people, to visit rural villages, and really get to know this beautiful country, as well as taking in the most important historical and religious sights that define Burma. Every aspect of your tour will be taken care of with a great attention to detail.
Fly from Yangon to Lashio in Shan State and then by road to the laid back town of Hsipaw. The area boasts some of the best trekking routes in the country. Trek through lush scenic landscapes and enjoy the hospitality of the Palaung and Shan on the way.

From Hsipaw travel by rail to Mandalay crossing the Goteik viaduct (the highest in the world when it was built in 1899). Take the public day ferry down the Irrawaddy to Bagan.

Enjoy a couple of days at the historic site and perhaps take the optional hot air balloon flight before flying to Heho and transfer to Inle Lake by road and boat. From here return to Yangon for your departure flight, or extend your stay by a few days to relax at Ngapali, Burma’s best beach on the Bay of Bengal.
### Itinerary

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Activity</th>
</tr>
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<tbody>
<tr>
<td>Sun</td>
<td>27-Nov</td>
<td>Arrive Yangon</td>
</tr>
<tr>
<td>Mon</td>
<td>28-Nov</td>
<td>Yangon sightseeing</td>
</tr>
<tr>
<td>Tue</td>
<td>29-Nov</td>
<td>Fly to Lashio in Shan State and drive to Hsipaw.</td>
</tr>
<tr>
<td>Wed</td>
<td>30-Nov</td>
<td>Trek to Pam Kham village. Overnight with host family.</td>
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<tr>
<td>Thu</td>
<td>01-Dec</td>
<td>Return to Hsipaw and river boat trip to a Shan village</td>
</tr>
<tr>
<td>Fri</td>
<td>02-Dec</td>
<td>Take train across the Gokteik viaduct and drive to Mandalay</td>
</tr>
<tr>
<td>Sat</td>
<td>03-Dec</td>
<td>Visit the sights of Mandalay including Amarpura and Mingun</td>
</tr>
<tr>
<td>Sun</td>
<td>04-Dec</td>
<td>Voyage down the Irrawaddy to ancient Bagan</td>
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<tr>
<td>Mon</td>
<td>05-Dec</td>
<td>Exploring Bagan</td>
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<tr>
<td>Tue</td>
<td>06-Dec</td>
<td>Optional hot air balloon flight. Afternoon at leisure</td>
</tr>
<tr>
<td>Wed</td>
<td>07-Dec</td>
<td>Fly to Heho and drive to Inle Lake</td>
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<tr>
<td>Thu</td>
<td>08-Dec</td>
<td>Discover the lake by longtailed boat</td>
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<tr>
<td>Fri</td>
<td>09-Dec</td>
<td>Morning at leisure and flight to Yangon</td>
</tr>
<tr>
<td>Sat</td>
<td>10-Dec</td>
<td>Depart Yangon</td>
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**Start:**
27 Nov 2016  
**Duration:** 14 Days  
**Group Size:** 10 max  
**$ USD:** 3,595  
**GBP:** 2,645
ARRIVE YANGON

Arrive in Yangon, where you will be met by your guide and driver and transferred to your hotel (check in 2pm). After a brief rest, gather in reception for a relaxed walk around old colonial Rangoon and visit to Scott Market. Depending on time of arrival you might wish to visit the National Museum.

Travel Details – 1hr transfer and drives around town.
Accommodation – Sule Shangri-La, Superior room
Includes –

YANGON

Visit the Chaukhtatkyi Reclining Buddha, and Rangoon War Cemetery. In the evening visit the famous Shwedagon Pagoda, the holiest stupa in the land. With its hundreds of small temples and prayer niches, and people from all over the country coming to pay their respects here, a wander around Shwedagon is an unforgettable experience.

Travel Details – Short drives around town
Accommodation – Sule Shangri-La, Superior room
Includes – Breakfast
TUESDAY 29TH NOVEMBER
DAY 3

YANGON - LASHIO - HSIPAW

Fly to Lashio, visit the incredible market and take lunch. After lunch enjoy a drive through the beautiful countryside of Shan State to Hsipaw.

Check into your hotel and enjoy an evening at leisure.

Travel Details – Fly Lashio, Hsipaw by road (72km/2hrs)
Accommodation – River Side @ Hsipaw Resort, Duplex Bungalow
Includes – Breakfast

WEDNESDAY 30TH NOVEMBER
DAY 4

TREKKING FROM HSIPAW TO PAM KHAM

Start walking from the hotel through Shan villages, seasonal vegetable crop and rice paddy along natural spring and stream (5 Hours). Lunch stop at Pam Kham village (Palaung Village) which is night-stop point. In the afternoon, walk for sightseeing around village and through tea plantation and hill cultivation. In the evening, meet with villagers to discuss local culture.

Travel Details – Hsipaw to Pam Kham - 5 hours on foot
Accommodation – Village House
Includes – Breakfast, Dinner
THURSDAY 1ST DECEMBER
DAY 5

RIVER BOAT VOYAGE AND WALK TO SHAN MONASTERY

You will be transferred to Dokthawady River jetty and take a boat up the river. Enjoy the beautiful scenery full of mountains, valleys, orange, and orchard plantations along the river for about one hour. Leave the boat and walk up the hill for about half an hour to see a Shan monastery believed to be 150 years old. On the way you will see plantations of pineapple, papaya, and orange, which are widely grown along the way to the monastery. Return to the boat and continue your journey to the confluence of two rivers, where swimming is possible. Enjoy the view, take a dip in cool water and return to Hsipaw. On the way you can visit a Shan village with typical houses, small charming garden, railway connecting Mandalay and Lashio, and a small animist temple.

Travel Details – No long drives today, just local outing around the area
Accommodation – River Side @ Hsipaw Resort, Duplex Bungalow
Includes – Breakfast

FRIDAY 2ND DECEMBER
DAY 6

HSIPAW TO MANDALAY OVER THE GOKTEIK GORGE

Transfer to Hsipaw station for your rail journey through Shan countryside and over the Gokteik gorge to Naung Cho (4 hrs). From here take a private bus to your hotel in Mandalay.

Evening at leisure.

Travel Details – Paro to airport; 30 minutes, 5km
Accommodation – Rupar Mandalar, Deluxe
Includes – Breakfast
Mandalay & Mingun

Start the day by visiting the gold leaf beaters - back-breaking work but highly regarded. The male members of the party now have the chance to place their gold leaves onto the most holy Buddha image of the country: the spectacular Mahamuni that’s been growing in size every year by more and more thick layers of gold. Enjoy the beauty of the Shwenandaw (Golden Palace) Monastery, a superb example of a traditional wooden building and count the endless stupas of the Kuthodaw Pagoda, consisting of 729 marble slabs engraved with Buddhist scriptures. A visit may also made local workshops to see how traditional tapestries and marionettes are made before enjoying a sunset from a boat beneath U Bein Bridge.

Travel Details – No long drives today, just local outing around the area
Accommodation – Rupar Mandalar, Deluxe
Includes – Breakfast

PUBLIC FERRY BOAT TO BAGAN

Rise early for transfer to Gawein Jetty to embark on RV Malikha boat to cruise down to Bagan. It is a well maintained and renovated river vessel running up and down between Mandalay and Bagan daily. The boat will cast off at 07.00 am. Continental Breakfast will be served on board. You will disembark at Nyaung U jetty around 15:30 pm. Depending on the permitted water level, arrival time might be varied. Afterwards, you will be picked up and transfer to your hotel in Bagan. Explore Bagan and climb onto a pagoda platform for sunset.

Travel Details – Transfer to jetty and board river boat to Bagan 07.00-15.30
Accommodation – The Hotel at Tharabar Gate, Deluxe
Includes – Breakfast
BAGAN

Have a wander around Nyaung U market and explore some of the magnificent pagodas. At the beautiful golden dome of Shwezigon Pagoda you will hear the story of King Anwaratha and his conversion to Buddhism and at Dhammayazika Pagoda see the terracotta tiles illustrating scenes from the Jataka. After lunch return to your hotel to rest during the heat of the day. In the afternoon visit a lacquerware workshop to watch men and women produce these beautiful handicrafts. Later climb onto a temple platform to watch the sun set behind the forest of stupas.

Travel Details – No long drives today, just local outing around the area
Accommodation – The Hotel at Tharabar Gate, Deluxe
Includes – Breakfast

OPTIONAL HOT AIR BALLOON FLIGHT & TEMPLE EXPLORATION

After the early morning balloon flight return to the hotel to prepare to explore some of the magnificent pagodas, including Ananda. After lunch return to your hotel to rest during the heat of the day. In the afternoon continue exploring by horse and cart and take in another glorious sunset view. In the evening enjoy a marionette performance accompanied by a traditional Burmese orchestra.

Travel Details – Tour the pagodas by horse and cart, as well as short drives and walks around Bagan
Accommodation – The Hotel at Tharabar Gate, Deluxe
Includes – Breakfast
Fly to Heho and on to Inle Lake – the largest lake in Myanmar and famous for its strange leg-rowing fishermen and the abundant ‘floating gardens’. Board your long-tail boats and motor out onto the lake to check in at your hotel. After a relaxing afternoon take a tour by canoe through the peaceful stilt villages bathed in the golden light of dusk. Enjoy the very tasty Shan food which resembles a mix between Chinese and Burmese/Thai cuisine.

Travel Details – fly to Heho 1.5 hrs drive and hour boat ride to your hotel
Accommodation – The Hotel at Tharabar Gate, Deluxe
Includes – Breakfast

Enjoy the beautiful scenery of Inthein with its hundreds of Shan stupas and take a short walk along the river and through lush bamboo forests. Explore life on the lake by longtailed boat. Visit a local village and admire the skilfull architecture of houses, shops and monasteries all built on stilts. Watch the way the Intha people fish in groups and on their own and how farmers grow vegetables in their floating gardens.

Travel Details – Local outings by boat and on foot
Accommodation – Inle Resort, Royal Villa
Includes – Breakfast
**FRIDAY 09TH DECEMBER**  
**DAY 13**

**INLE - HEHO - YANGON**

Morning walk into the surrounding hills to local villages for wonderful views over the lake. Visit a vineyard for lunch and to taste some of Burma's best wine. Transfer to the airport for your flight to Yangon, where you will be met and transferred to your hotel.

Evening at leisure.

**Travel Details** — No long drives today, just local outing around the area.  
**Accommodation** — Sule Shangri-La, Superior room  
**Includes** — Breakfast

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**SATURDAY 10TH DECEMBER**  
**DAY 14**

**DEPART YANGON**

Transfer to the international airport for your departure flight.

**Travel Details** — Transfer to the international airport 1hr  
**Includes** — Breakfast
YANGON

Yangon, also known as Rangoon, is the former capital of Burma (Myanmar). Although the military government has officially relocated the capital to Naypyidaw since March 2006, Yangon, with a population of over four million, continues to be the country's largest city and most important commercial centre. Downtown Yangon is known for its leafy avenues and fin-de-siècle architecture. The former British capital has the highest number of colonial period buildings in Southeast Asia.

The Shwedagon Pagoda, also known as the Golden Pagoda, is a 98-metre gilded stupa which lies to the west of Kandawgyi Lake, on Singuttara Hill, thus dominating the skyline of the city. It is the most sacred Buddhist pagoda for the Burmese, with relics of the past four Buddhas enshrined within, most importantly, eight hairs of the historical Buddha, Prince Siddhartha Gautama.

Bogyoke Aung San Market (formerly Scott Market) was built in 1926 by the British Municipal Commissioner Gavin Scott. It is a shopping paradise for foreigners and locals alike with a wide array of souvenirs and handicrafts including traditionally woven silk and cotton.
LASHIO

Lashio is the largest town in northern Shan State, about 200 kilometres northeast of Mandalay. It is situated on a low mountain spur overlooking the valley of the Nam Yao river. The population is currently estimated at around 130,000. Lashio is worth visiting for the vibrant markets and the fact that very few other tourists have visited.

HSIPAW

Hsipaw, on the banks of Duthawadi River, is one of the most unspoiled towns in Burma. The surrounding hills are excellent for trekking and further highlights include river cruises, remote Shan monastery and village visits and cycling through the almost unworldly picturesque countryside. The Central Market at it is one of the best markets to visit in all of Myanmar. Shans, Kachins, and other groups come here to trade regularly. Because so few tourists visit Hsipaw, the merchandise is primarily for villagers who go there to shop. Radios, spare parts, diverse foodstuffs, and of course, Shan clothing (trousers, hats, sandals). The market begins and ends early, starting at 3:30am and pretty much wrapping up by 6am.
GOKTEIK VIADUCT

The Mandalay - Hsipaw - Lashio Railway traverses 117 miles through the Shan Hills almost all the way to the border with China. The railroad includes the Gokteik viaduct, a 2260 feet long, 320 feet high viaduct across the Gokteik gorge near Hsipaw. When built, it was the longest such viaduct in the world. The track rises a continuous 1:40 gradient throughout its length and the viaduct, designed by Alexander Rendel & Sons and constructed by the Pennsylvania Steel Company, was considered an engineering marvel at that time.
MANDALAY

Maha Muni Image is said to have been cast in the life-time of the Gautama Buddha and that the Buddha embraced it 7 times thereby bringing it to life. Consequently, devout Buddhists hold it to be alive and refer to it as the Maha Muni Sacred Living Image. Revered as the holiest pagoda in Mandalay, it was built by King Bodawpaya in 1784. The image in a sitting posture is 12 feet and 7 inches (3.8 m) high. As the image was brought from Rakhine State it was also called the Great Rakhine Buddha. The early morning ritual of washing the Face of Buddha Image draws a large crowd of devotees everyday. The Great Image is also considered as the greatest, next to the Shwedagon Pagoda, in Burma.

Shwenandaw Monastery is famous for its intricate wood-carvings, this monastery is a fragile reminder of the old Mandalay Palace. Actually, it was a part of the old palace later moved to its current site by King Thibaw in 1880.

Mandalay Hill has for long been a holy mount. Legend has it that the Buddha, on his visit, had prophesied that a great city would be founded at its foot. Mandalay Hill, 230 metres in elevation, commands a magnificent view of the city and surrounding countryside.
MINGUN & SAGAING

Located 11 km up the Ayeyarwady River on the west bank from Mandalay, Mingun is a monumental uncompleted stupa began by King Bodawpaya in 1790. It was not completed, due to an astrologer claiming that, once the temple was finished, the king would die. The completed stupa would have been the largest in the world at 150 meters. Huge cracks are visible on the structure from the earthquake of 23 March 1839. Like many large pagodas in Myanmar, a Pondaw paya or working model of the stupa can be seen nearby. King Bodawpaya also had a gigantic bell cast to go with his huge stupa, the Mingun Bell weighing 90 tons, and is today the largest ringing bell in the world.

Located on the Ayeyarwady River, 20 km to the southwest of Mandalay on the opposite bank of the river, Sagaing with numerous Buddhist monasteries is an important religious and monastic center. The pagodas and monasteries crowd the numerous hills along the ridge running parallel to the river. The central pagoda, Soon U Ponya Shin Pagoda, is connected by a set of covered staircases that run up the 240 m hill. Sagaing was the capital of Sagaing Kingdom (1315–1364), one of the minor kingdoms that rose up after the fall of Pagan dynasty. During the Ava period (1364–1555), the city was the common fief of the crown prince or senior princes.
With over 2000 temples and pagodas, Bagan is one of the richest archaeological sites in Asia. The monuments are of different sizes and shapes, all splendid with distinct architectural designs. The inner walls of most of these are decorated with incredible wall paintings. The site is located in the dry central plains of the country, on the eastern bank of the Irrawaddy River, 90 miles southwest of Mandalay. The ruins cover an area of 16 square miles (41 km²). The majority of its buildings were built in the 11th century to 13th century, during the time Bagan was the capital of the First Burmese Empire.

Ananda Temple was built during the reign of King Kyanzittha (1084–1113). Around this time Marco Polo is said to have visited Bagan. The Buddhist temple houses four standing Buddhas, each one facing the cardinal directions of East, North, West and South. The temple is said to be an architectural wonder in a fusion of Mon and adopted Indian style of architecture. The impressive temple has also been dubbed the "Westminster Abbey of Burma".
BAGAN

Add a breathtaking hot air balloon to your trip. Take off in a hot air balloon as dawn breaks over the nearby mountains. Glide silently across the sky as the sun rises over Burma's majestic landscape of ancient temple ruins.

Dhammayangyi Temple is the largest structure in Bagan. It was built by King Narathu (1167-70), who was also known as Kalagya Min, the 'king killed by Indians'. Narathu ascended the throne of Bagan after murdering his own father. It is said that Narathu oversaw the construction of the temple himself and that masons were executed if a needle could be pushed between bricks they had laid. Narathu was assassinated before the temple's completion. Displeased by Hindu rituals, he executed one practitioner, an Indian princess. In revenge the princess's father sent 8 officers in the disguise of Brahmans and assassinated Narathu inside the temple.

Located on the banks of Ayerwaddy River, 35 kilometers south of Bagan, lies the small picturesque village of Salay. Former colonial buildings can be found nestled alongside traditional wooden monasteries and bagan-era shrines. Delicious bowls of noodles are on offer at the market, and it is a chance to soak up some of the local culture.
Inle Lake is a freshwater lake located in the Shan Hills. The local population of c.70,000 live in four cities bordering the lake, in numerous small villages along the lake's shores, and on the lake itself. The population consists predominantly of the Intha ethnic group. Most are devout Buddhists, and live in simple houses of wood and woven bamboo on stilts; they are largely self-sufficient farmers. Local fishermen are known for practicing a distinctive rowing style which involves standing at the stern on one leg and wrapping the other leg around the oar.

Inthein (Indein) lies on the western bank of the lake and can be reached by pleasant boat ride along the winding canals. It is a cluster of over five hundred ruined shrines dating back to the 17th century. The pagodas are in the typical Shan style and include beautifully carved mythical and celestial beings. The area also offers fantastic views across the lake in the east and countryside to the west.
MYANMAR - ACCOMMODATION
SULE SHANGRI-LA, YANGON

The Sule Shangri-La provides Idyllic peaceful luxury in the heart of the metropolis. The hotel provides an outdoor pool and fitness facilities, traditional and international cuisine served in its stylish restaurants and bars, views of the lush tropical trees and shining pagodas, and complimentary Wifi access in each room.
RIVERSIDE RESORT @ HSIPAW

The resort is located in the Old Hsipaw Shan Village on the eastern bank of the Dokhtawady River. It offers large, comfortable river view en-suite rooms located in 10 duplex bungalows. The resort features a garden, bar, and a river view restaurant offering Myanmar, Shan, Western, and Chinese cuisines. Free Wi-Fi is available in public areas.
RUPAR MANDALAR, MANDALAY

Rupar Mandalar Resort is a delightful hotel tucked away amidst landscaped gardens in the east of the city. This chic resort offers contemporary comforts and traditional Burmese culture as it was initially designed as a residence, not a hotel. The 22 guestrooms are decorated with Burmese carvings, rattan furniture, teakwood-panelling and silk textiles, creating a real sense of place. A further twenty-two rooms are located adjacent to the pool. There are also two saunas, a spa and a well equipped gym. There are a number of dining options, inside and out, ranging from Burmese and Asian to Western cuisine.
**Hotel @ Tharabar Gate**

Surrounded by temples and pagodas, this hotel has fantastic views of the ancient capital, with each room boasting its own private garden. Try out a cocktail at the pool side bar, spend an afternoon relaxing in the spa with traditional Burmese and Thai treatments or dine al fresco in the Tropical Garden. The high ceilinged rooms are each decorated by hand with wall paintings copying the original Temple Painting of the Bagan period. Wifi is available in the lobby.
The Inle Resort is the perfect place to relax and rejuvenate after a long day's exploring. Enjoy the tropical garden views on the restaurant's verandah, where they serve both western and local cuisine, have a drink in the stylish bar or spend an afternoon getting pampered in the Hom Spa. Each bungalow or cottage takes its inspiration from traditional design but with the functionality of modern day conveniences.
TESTIMONIALS

"The most spectacular country, with the most wonderful people - organised with sensitivity and attention to detail. Classic highlights mixed with something a little different - all with the Panoramic Journeys touch that makes every trip so magical and eternally memorable"

Di Nicholson   2011

"With Panoramic Journeys you can always be assured that they will try & achieve just that little bit extra over what could possibly be anticipated. Burma was no exception & as a country exceeded all our expectations."

Chris and Frangie Hutton   2011

"A personal recommendation to talk to Panoramic Journeys proved to be excellent advice. From this first telephone call it was clear I was talking to people who really knew and cared about Burma. This initial contact was carried through to an excellent trip which ran smoothly, exceeding expectations in many ways, was interesting and varied. Yes we saw the key sights but importantly, for us, we had the opportunity to observe and interact with Burmese people and their culture. A thoroughly enjoyable trip to a wonderful country."

Tony and Glynis Cottam   2014
**Myanmar by Road, Rail & River**

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**PRICE INCLUDES:**
- Accommodation (based on 2 sharing*)
- Meals as per itinerary
- Mineral water during days out
- Activities as per itinerary
- English speaking guide(s)
- Private surface transportation (vehicle and driver)
- Park & museum entrance fees
- Airport transfers

**PRICE EXCLUDES:**
- Travel Insurance
- Passport
- Vaccination charges
- Private excursions
- Bar bills
- Laundry
- Telephone calls & items of a personal nature
- International flights
- Myanmar visa

Single supplement $ 1,095
Deposit $1,000 per person (plus any extras)
Full payment is due if departure is in less than 90 days

[9954 PROTECTED]

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**Phone:** +44(0)1608 676821  
**Email:** INFO@PANORAMICJOURNEYS.COM
READY TO BOOK?

1. CHECK AVAILABILITY
If you would like to book a place on this journey, contact us to check availability and hold your spot. We can hold you a provisional place for seven days.

2. BOOK YOUR HOLIDAY
Complete our online booking form (a word version is also available) and send us your deposit payment, plus any applicable flight or additional costs. We accept bank transfers, Visa, Mastercard or American Express, and UK cheques. Full payment methods are detailed in our booking conditions. We shall then send you a booking confirmation together with an invoice for the full payment of your holiday which is due 90 days before your departure date.

ANY QUESTIONS?
Call one of our experts on +44 (0)1608 676821 or email us at info@panoramicjourneys.com.

Some quick travel facts can be found in the Essentials section on the Burma/Myanmar page of our website www.panoramicjourneys.com/Countries/Myanmar-Burma. We will also send you a comprehensive Burma/Myanmar Practicalities document once you have booked.