



Myanmar; Off the Beaten Track

WITH

PANORAMIC JOURNEYS

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Visit villages and meet communities that few other travellers will have come across. No other itinerary will give you so much insight into local lifestyle and diverse culture.

You will also experience the delights of colonial Yangon with the breath-taking Shwedagon Pagoda; the unique biosphere of Inle Lake with its villages on stilts; and the magnificent temples of Bagan. Travel by local transport and stay in a mixture of properties: homestays where available; small boutique hotels; and bungalows on stilts - each chosen to give you the best experience in each region and to make the most of your time.



MAP OF MYANMAR



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DAY	ITINERARY	ACCOMMODATION	TRAVEL DETAILS
1	<p>Arrive Yangon Arrive in Yangon, where you will be met by your guide and driver and transferred to your hotel. You may wish simply to unwind by the pool after your journey or head out for a little adventure with your guide to get your first taste of Myanmar. In the late afternoon 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.</p>	Sule Shangri-La, Superior room	1hr transfer and drives around town
2	<p>Explore Yangon This morning take a ride on the circular train – a lively local train, stop at the local market.</p>	Sule Shangri-La, Superior room	Short drives around town
3	<p>Yangon – Heho – Kalaw Transfer to the airport for your flight to Heho, from here journey across the beautiful landscape of the Shan Plateau to Kalaw. In town, explore the central market and visit some of the old colonial houses including the Anglican Church, built by the British in 1900s. Visit Pinmagon monastery which houses the famous Nee Paya (Bamboo Buddha Image) estimated to have been built during the Ava Period over 500 years ago, before transferring to the Kalaw Hill Lodge. Kalaw offers some of the best trekking in the country. The surrounding mountains are home to numerous hill tribes and villages including Danu, Pa-O, Palaung and Taung Yoo ethnic groups. Your knowledgeable guide will introduce you to the local people and be able to explain many of the plants encountered on your trek, including several herbs used in local cooking and traditional medicine.</p>	Kalaw Hill Lodge	Fly to Heho & 2 hr drive to Kalaw
4	<p>Trekking in Kalaw & train to Sintaung Start from the Kalaw Hill Lodge, visiting the lodge farm. Walk through protected pine forests along mule trek to Kalaw. Arrive at the railway station, hop on the train bound for Thazi to Sintaung (elephant shaped mountain), named after a mountain similar to elephant. Sintaung located at 4425 feet above sea, predominately inhabited by Nepalese community whom were brought by the British as Gurkha soldiers. Visit 100 year old Nepalese temple and old railway station and perhaps climb the hilltop Pagoda for the stunning view of the valley below.</p>	Village House	1 hr train & short treks

Return trek to Kalaw

After breakfast trek to Hinkha Gone, located at 4767 feet above sea. Follow the trail uphill and along a ridge until you reach the village.

Head North, along the ridge on your right side is protected forests and left side open views to the valley view point, parched at 4715 feet above sea Enjoy lunch with wonderful views from the ridge.

After lunch, spend time enjoying the surroundings and nature before heading back to the lodge.

Kalaw Hill Lodge

3 hrs trekking

Kalaw to Inle Lake

After breakfast visit Shwe U Min Pagoda, a cave filled with golden Buddhas before boarding the train to Shwe Nyaung. At the station your driver will be waiting to transfer you to Nyaung Shwe at the north end of Inle Lake. Here board a long-tailed boat for the trip to your hotel. The lake sits in a valley between two mountain ranges and feels like a different world.

Wooden houses are built high on stilts and fishermen steer their one-man boats with a unique rowing style, wrapping one leg around their oar. Along with fishing and farming, traditional handicrafts are an important part of the local economy, especially silk weaving. As with all of Myanmar, religion plays a massive part in local life, and numerous pagodas and monasteries can be found on the lake and its shores. After a relaxing afternoon take a tour by canoe through the peaceful stilt villages bathed in the golden light of dusk.

Inle Heritage Inn

2hr rail journey By Train (ETD 13:15 - ETA 17:00)& 1hr by boat

Long-tailed boat to ancient Indein temple

Travel by long-tailed boat to the western bank of the lake to the ancient temple site of Indein. Explore the crumbling and atmospheric groups of pagodas and carvings of mythical creatures, and climb the covered stairway leading up the hill to Shwe Inn Thein Paya for wonderful views across the lake.

Take a short walk along a river and lush bamboo forest. Farmers can be seen ploughing and harrowing with buffaloes either side, and these beasts can sometimes be seen wallowing off the banks.

Inle Heritage Inn

Short boat trips around the lake

Explore lake life; floating gardens and silt villages

Travel by boat to the five day market. There may be a leisurely walk to the market site depending on where it is being held. The route will take you on local tracks through small farms. Your guide will explain the wide variety of crops, and what systems the farmers use. Villagers are very friendly and will often welcome you into their homes. The market attracts different ethnic groups from around the lake. You will soon be able to recognise each by their costume. It is also possible to visit the Red Mountain winery by, car, bicycle or on foot for wine tasting and fabulous views across the lake.

Inle Heritage Inn

Short boat trips around the lake

9	<p>Fly to Mandalay After a relaxing morning , transfer to Heho for your flight to Mandalay. This afternoon visit U Bein Bridge at Amarapura where you will take a rowing boat under the bridge for the best view at sunset.</p>	Rupar Mandalar	1h 30m drive to Heho. Fly to Mandalay
10	<p>Cooking class and Mandalay sightseeing 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. This evening take a cooking class at your guesthouse, learn how to make Burmese chicken curry and spicy papaya salad.</p>	Ma Ma Guesthouse	
11	<p>Public ferry down Irrawaddy 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.</p>	The Hotel at Tharabar Gate, Deluxe	Voyage to Bagan; transfer to hotel
12	<p>Explore Bagan by bike or horse and trap 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.</p>	Hotel at Tharabar Gate	

13	<p>Optional hot air balloon flight over the temples 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.</p>	Hotel at Tharabar Gate	
14	<p>4x4 Jeep drive to remote Kampatlet Cast off early in the morning and continue sailing downstream arriving at Bagan at approximately 09:30 am. Cross the Irrawaddy (Ayeyarwaddy) river to Kyun Chaung by boat (45 minutes). Board 4x4 jeeps for the four hour drive to Kampatlet.</p>	Sky Palace Hotel	4 hour drive to Kampatlet
15	<p>Trek to Mt. Victoria and Aye village to meet host Chin community family Morning transfer to base camp by jeep (30 minutes) and start the trek for 2.5 hours to the summit of Mount Victoria (3,400 metres above sea level). On the way, you will pass through the Natma Taung National Park. After enjoying the summit, return to base camp which will take around 1.5 hours. Then take the short drive to the village of Aye (3.5 hrs).</p>	Village House	3.5 hour drive to Aye
16	<p>Spend time with your host family before driving to Mindat After breakfast depart for Kyar Htoe village by jeep for 45 minutes. From here trek to Kyar Htoe village by the way of slightly steep mountain for two hours. The most intact culture and custom of chin tribes live in Kyar Htoe village.</p>	Village House	45 min drive; 2 hour trek
17	<p>To Kyun Chaung and cross river to Bagan After breakfast head back to Kyun Chaung and across the Irrawaddy by boat to Bagan. Check into your hotel in the heart of Old Bagan</p>	Hotel at Tharabar Gate	Voyage to Bagan; transfer to hotel
18	<p>Fly to Yangon; shopping at Scott Market This morning, transfer to the airport for your flight to Yangon. Transfer to your hotel and enjoy an afternoon stocking up on souvenirs and presents; or just relax at your wonderful hotel.</p>	The Savoy	Transfer to airport and 1.5 hour flight
19	<p>Depart Yangon Don't forget your souvenirs.</p>		Transfer to airport

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HOW TO BOOK

1. GET IN TOUCH

This itinerary is just a suggestion, a starting point, something to build upon. Everyone of our itineraries is unique to you – we can add or lose days, tweak the activities, change the accommodation or hire a private jet until it's perfect for you. So, let's have a chat. Call one of our experts to discuss creating your private journey to Myanmar.

2. BOOK YOUR HOLIDAY

Once we've crafted the perfect journey for you we can sign you ready to go. 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 Myanmar page of our website

<https://www.panoramicjourneys.com/Destinations/Myanmar-Burma>. We will also send you a comprehensive Myanmar Practicalities document once you have booked.

