



Myanmar by Road,
Rail & River

WITH

PANORAMIC JOURNEYS

Myanmar by Road, Rail & River



This journey is an excellent introduction to the country's people and culture. Visit key historical sites and stray off the beaten track to meet people from various communities in traditional villages.

Explore the colonial streets of Yangon and join pilgrims at Shwedagon Pagoda as the sun sets on its golden spire, before flying to Heho in the heart of the fertile Shan Plateau. Drive through glorious countryside to the old colonial hill station of Kalaw and take a train journey to remote village of Sintaung. Stay overnight in a village house before trekking back to Kalaw the next day. Travel by road to Nyaung Shwe at the north of Inle Lake and continue by long-tailed boat to your hotel on the eastern shore. Visit a nearby village in evening light, to discover how local farmers live in houses built on stilts and grow produce on floating gardens. See the intricately carved stupas at Indein and enjoy fabulous views across the lake. Walk to the five day market, where the Shan, Inda, Pa'O & Taung Yoo bring their crops to sell. It is also possible to walk or cycle to a winery, take a cooking class in a traditional house, or just take time to enjoy the tranquil surroundings of this UNESCO biosphere. Then fly to ancient Bagan to discover some of the 3,000 magnificent temples scattered around the fertile plains beside the Irrawaddy. Enjoy an optional hot air balloon flight over the site. Voyage down river to the 12th century village of Salay and stay overnight in a village house. Return to Bagan before flying to Yangon and departure.



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 in the heart of the old town. Today is a flexible day with people arriving at different times. Check in at the hotel is from 2pm, so early arrivals can enjoy the pool or go out for an exploratory walk. In the evening your guide will take you to a good restaurant for dinner.</p>	Sule Shangri-La, Superior room	1hr transfer and drives around town
2	<p>Yangon Packed with pagodas and crammed with colonial relics, Yangon is one of the most enchanting cities in Asia. Meet View the River Gallery at The Strand Hotel, where afterwards you can enjoy a tea or coffee in the historic café. Return to your hotel to relax during the heat of the day. 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	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 After breakfast, visit a local Buddhist monastery and take a 15 minute walk to a Danu village. Visit the library and interact with locals over a cup of green tea. Continue another 20 minutes to a Nepalese village, where you can taste rice and plum wine. From here transfer by vehicle to Kalaw station for the short rail journey to Sintaung, which takes around an hour. At 4425 feet above sea level, the village is predominately inhabited by a Nepalese community, descendants of Gurkha soldiers brought to Myanmar by the British. Visit a 100 year old Nepalese temple and climb the hilltop Pagoda for stunning views of the valley below. Settle into a village house, your home for the night, and get to know your hosts. Dinner and overnight in the village house.</p>	Village House	1 hr train & short treks

Return trek to Kalaw

5	<p>Today trek 1.5 hours along a ridge to Hinkha Gone village, located at 4767 feet. From here continue another hour north to the view point, perched at 4715 feet. Have lunch here and take some time to enjoy the view from the ridge before returning to the lodge by vehicle. While at the lodge you can explore the organic gardens and experience working with buffalo, milking cows and feeding animals at local farm house within the grounds.</p>	Kalaw Hill Lodge	3 hrs trekking
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Kalaw to Inle Lake

6	<p>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.</p>	Inle Resort, Lake Front Royal Villa	2hr rail journey By Train (ETD 13:15 - ETA 17:00)& 1hr by boat
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Cooking class & Indein

7	<p>After breakfast, you will visit a local house where you will take a cooking class- learn how to make traditional Shan dishes and enjoy the dishes you have prepared for lunch. 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.</p>	Inle Resort, Lake Front Royal Villa	Short boat trips around the lake
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Walking to local villages & 5 day market

8	<p>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.</p>	Inle Resort, Lake Front Royal Villa	Short boat trips around the lake
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9	<p>Inle to Bagan Transfer to the airport for your flight to the cultural heart of the Burma, Bagan. On arrival visit the golden dome of Shwezigon pagoda. Your hotel is in the centre of Old Bagan surrounded by temple spires. This evening climb onto a temple platform to watch the sun set behind the forest of stupas.</p>	The Hotel at Tharabar Gate, Deluxe	1h 30m drive to Heho. Fly to Bagan
10	<p>Hot air balloon flight & temple exploration Rise early for your transfer to the launch site for hot drinks and briefing. Then take to the air for dramatic views over the unique and enchanting 11th century ruins as the sun rises from behind distant mountains. After breakfast, start your tour of some of Bagan's beautiful temples on the ground. 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.</p>	The Hotel at Tharabar Gate, Deluxe	Tour the pagodas by horse & cart, & on foot
11	<p>Irrawaddy Voyage to Salay After breakfast board a small private boat and cruise down the Irrawaddy river to Salay. Enjoy the scenery from the open-topped deck and relax with a cup of tea or coffee. After a couple of hours and a delicious lunch on the boat, you will arrive in the historic town of Salay. This 12th century village is an active religious centre with many wooden monasteries and British colonial buildings. Walk through the sleepy town dotted with rustic temples often missed by tourists. At 130 years old Yokesone Kyaung is the oldest surviving teak monastery, built on 154 teak posts with beautiful carvings decorating the exterior walls. This evening, head back to Bagan by road.</p>	The Hotel at Tharabar Gate, Deluxe	2h voyage to Salay, 2 hour drive to Bagan
12	<p>Bagan to Yangon Enjoy a relaxing morning in Bagan. In the afternoon, transfer to the airport for your flight to Yangon. Transfer to your hotel and enjoy an evening at leisure.</p>	Sule-Shangri La, Superior Room	Fly to Yangon & 1 hour drive to hotel
13	<p>Depart Yangon Transfer to the international airport for your departure flight.</p>		Transfer to the international airport 1hr

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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.

