

PAGE  
1

# PLAN YOUR TRIP

YOUR PLANNING TOOL KIT

Photos, itineraries, lists and suggestions to help you put together your perfect trip

Welcome to Myanmar (Burma).....	2
10 Top Experiences.....	6
Need to Know .....	12
If You Like.....	14
Month by Month.....	16
Itineraries.....	18
Responsible Travel.....	21
Planning Your Trip .....	27
Regions at a Glance .....	31



PAGE  
289

# UNDERSTAND MYANMAR (BURMA)

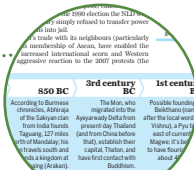
GET MORE FROM YOUR TRIP

Learn about the big picture, so you can make sense of what you see

Myanmar (Burma)	
Today.....	290
History.....	293
People of Myanmar (Burma).....	307
Politics, Economics & Sanctions .....	315
Environment & Wildlife..	322
Eating in Myanmar (Burma).....	328
Religion & Belief.....	338
Arts & Architecture.....	344
Aung San Suu Kyi.....	352

## Religion & Belief

Faith and superstition are hard to banish in Myanmar. About 80% of the people of Myanmar are Buddhist, but even also pay heed to superstition and believe in magic powers. In fact, there are powerful spirits and deities and even to demons there. Keeping something about Buddhism in your mind will help you better understand life in the country. Religion of religion is guaranteed under the country's constitution. However, Buddhism is a pure spiritual state. Myanmar's ethnic people people also embrace a variety of other faiths, among which have recently seen the most growth.



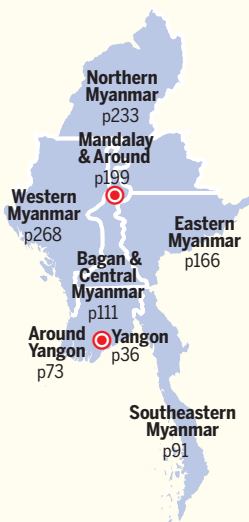
ISBN 978-1-74179-469-4



5 2 4 9 9



**Temples of Bagan** p149



Directory A–Z .....	360
Transport .....	371
Health .....	383
Language .....	387
Index .....	399
Map Legend .....	407



THIS EDITION WRITTEN AND RESEARCHED BY

**John Allen,**  
**Allen John Smith, Jamie Smith**



**Look out for these icons:**



Our author's  
recommendation



A green or  
sustainable option



No payment  
required

## **YANGON .....36**

### **AROUND YANGON ... 73**

DELTA REGION ..... 74

Thanlyin & Kyauktan ..... 74

Twante ..... 75

Pathein.....76

Chaung Tha Beach.....80

Ngwe Saung Beach .....83

Around Ngwe Saung .....85

NORTH OF YANGON ..... 85

Taukkyan .....85

Bago (Pegu) .....86

### **SOUTHEASTERN**

#### **MYANMAR..... 91**

MON STATE..... 93

Mt Kyaiktiyo  
(Golden Rock).....93

Mawlamyine (Moulmein) ..96

Around Mawlamyine ..... 101

KAYIN STATE..... 104

Hpa-an .....105

Around Hpa-an.....108

TANINTHARYI  
(TENASSERIM) REGION .. 110

### **BAGAN & CENTRAL**

#### **MYANMAR.....111**

BAGAN .....113

Nyaung U ..... 116

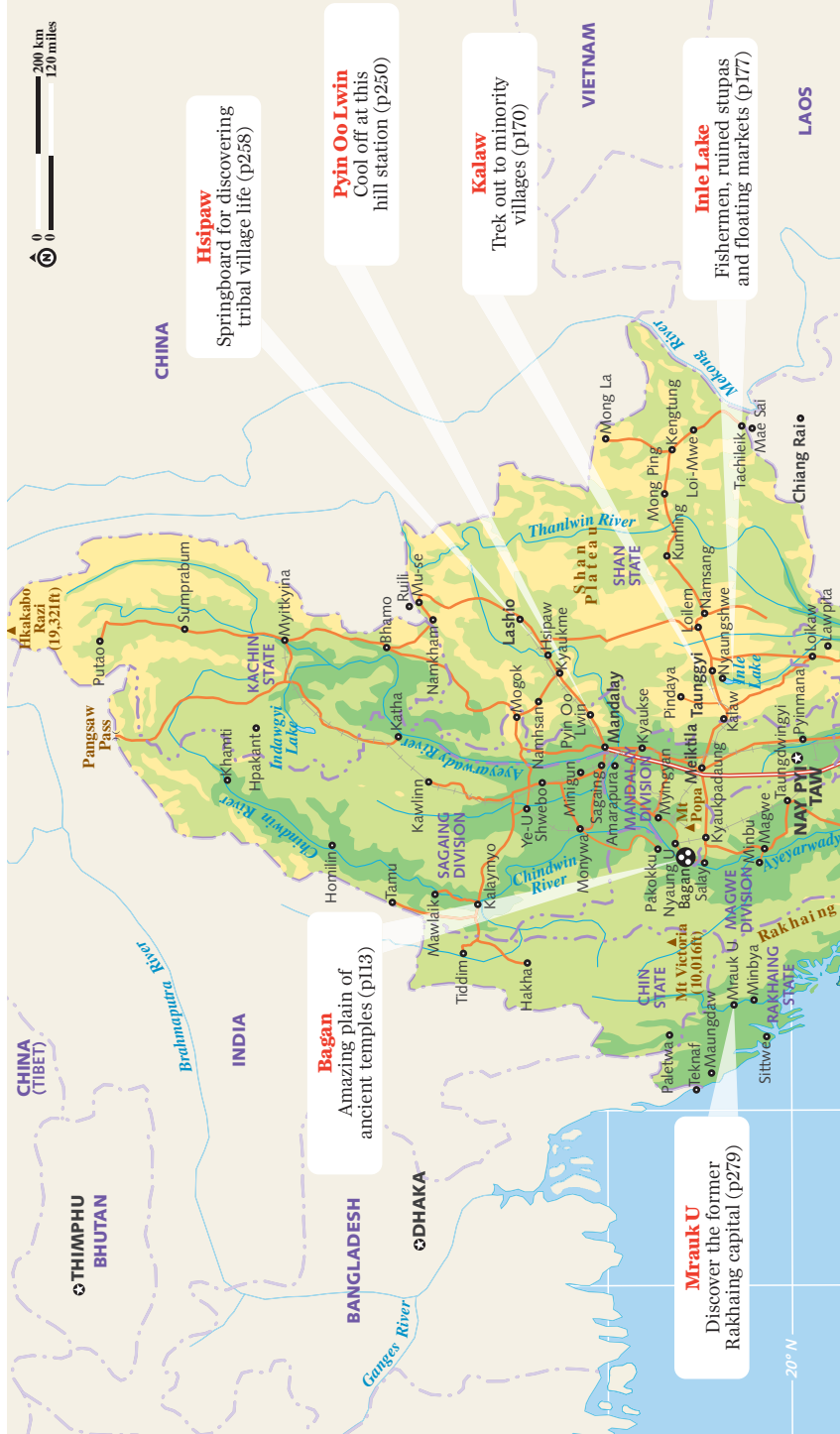
Old Bagan ..... 121

Myinkaba .....123

New Bagan  
(Bagan Myothit).....124

# On the Road

AROUND BAGAN . . . . .	126	INLE LAKE . . . . .	177	Shwebo . . . . .	247
Mt Popa . . . . .	126	Nyaungshwe . . . . .	178	Around Shwebo . . . . .	249
Salay . . . . .	128	The Lake . . . . .	184	MANDALAY TO LASHIO . . . . .	250
Pakokku . . . . .	129	Around Inle Lake . . . . .	188	Pyin Oo Lwin . . . . .	250
Monywa . . . . .	130	KENG TUNG & BORDER		Around Pyin Oo Lwin . . . . .	255
Around Monywa . . . . .	132	AREAS . . . . .	192	Kyaukme . . . . .	257
Myingyan . . . . .	135	Kengtung (Kyaingtong) . . . . .	193	Hsipaw . . . . .	258
YANGON-MANDALAY		Tachileik . . . . .	197	Around Hsipaw . . . . .	262
HIGHWAY . . . . .	135	KAYAH STATE . . . . .	198	Lashio . . . . .	263
Taungoo . . . . .	136	<b>MANDALAY &amp;</b>		THE FAR NORTH . . . . .	266
Nay Pyi Taw . . . . .	139	<b>AROUND . . . . .</b>	<b>199</b>	<b>WESTERN</b>	
Meiktila . . . . .	141	MANDALAY . . . . .	201	<b>MYANMAR . . . . .</b>	<b>268</b>
YANGON-BAGAN		AROUND MANDALAY . . . . .	223	RAKHAING STATE . . . . .	270
HIGHWAY . . . . .	143	Amarapura . . . . .	224	Ngapali Beach . . . . .	270
Pyay (Prome) . . . . .	143	Ayeyarwady Bridges . . . . .	225	Thandwe . . . . .	274
Around Pyay . . . . .	145	Inwa (Ava) . . . . .	225	Sittwe (Akyab) . . . . .	275
Magwe . . . . .	148	Sagaing . . . . .	228	Mrauk U (Myohaung) . . . . .	279
<b>TEMPLES OF</b>		Mingun . . . . .	230	Around Mrauk U . . . . .	286
<b>BAGAN . . . . .</b>	<b>149</b>	Paleik . . . . .	231	CHIN STATE . . . . .	287
THE TEMPLES . . . . .	153	Yankin Hill . . . . .	231	Mt Victoria	
Old Bagan . . . . .	154	<b>NORTHERN</b>		(Nat Ma Taung) . . . . .	287
North Plain . . . . .	156	<b>MYANMAR . . . . .</b>	<b>233</b>	Kalaymyo (Kalay) . . . . .	288
Central Plain . . . . .	159	MYITKYINA & THE UPPER			
Myinkaba Area . . . . .	161	AYEYARWADY . . . . .	235		
New Bagan Area . . . . .	163	Myitkyina . . . . .	236		
South Plain . . . . .	163	Around Myitkyina . . . . .	241		
Nyaung U Area . . . . .	164	Myitkyina to Bhamo . . . . .	242		
<b>EASTERN</b>		Bhamo (Banmaw) . . . . .	242		
<b>MYANMAR . . . . .</b>	<b>166</b>	Around Bhamo . . . . .	244		
THAZI TO INLE LAKE . . . . .	167	Bhamo to Katha . . . . .	244		
Thazi . . . . .	167	Katha . . . . .	245		
Kalaw . . . . .	170	Katha to Kyaukmyaung . . . . .	246		
Pindaya . . . . .	175	Kyaukmyaung . . . . .	246		



### Hsipaw

Springboard for discovering tribal village life (p258)

### Pyin Oo Lwin

Cool off at this hill station (p250)

### Kalaw

Trek out to minority villages (p170)

### Inle Lake

Fishermen, ruined stupas and floating markets (p177)

### Bagan

Amazing plain of ancient temples (p113)

### Mrauk U

Discover the former Rakhgaing capital (p279)



**Ngapali Beach**  
Superb sand, sun  
and seafood (p270)

**Shwedagon Paya**  
Dazzling temple  
in Yangon (p43)

**Mt Kyaiktiyo**  
A gilded, gravity-defying  
rock (p93)



## OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Melbourne, London and Oakland, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

## OUR WRITERS

### John Allen

**Coordinating Author; Bagan & Central Myanmar, Temples of Bagan, Western Myanmar** Before his first visit to Myanmar in 2001, 'John' took advice from experts and fellow travellers on whether he should go to what he knew was a brutal military dictatorship. He found a country brimming with beautiful sights and gentle people who were delighted to have the chance to interact with those from beyond their borders. A freelance author and photographer who has produced many guides for Lonely Planet since 1999, including several in Southeast Asia, John was delighted to return to the country a decade later as the coordinating author of this guidebook.

### Allen John Smith

**Around Yangon, Eastern Myanmar, Southeastern Myanmar, Yangon** 'Allen' first visited Myanmar in the late '90s while working as an English teacher in Bangkok. Despite several subsequent visits, never did he suspect that later he'd be authoring the very book that first guided him there. A native of Oregon transplanted to Southeast Asia, Smith is a freelance writer and photographer who likes writing about and taking photos of food most of all, because it's delicious.

### Jamie Smith

**Mandalay & Around, Northern Myanmar** 'Jamie' is the author of several travel guidebooks covering Southeast Asia. And like many frequent visitors to the region, it's Myanmar that has long been his favourite destination thanks in great part to the stoic humanity and spontaneous delight of its long-suffering people. When not researching travel publications, Jamie is most likely to be found in suburban Belgium, coastal England or in Azerbaijani jazz clubs playing the same old blues riffs he learnt 20 years ago in Japan.

### Published by Lonely Planet Publications Pty Ltd

ABN 36 005 607 983

11th edition – Dec 2011

ISBN 978 1 74179 469 4

© Lonely Planet 2011 Photographs © as indicated 2011

10 9 8 7 6 5 4 3

Printed in China

All rights reserved. No part of this publication may be copied, stored in a retrieval system, or transmitted in any form by any means, electronic, mechanical, recording or otherwise, except brief extracts for the purpose of review, and no part of this publication may be sold or hired, without the written permission of the publisher. Lonely Planet and the Lonely Planet logo are trademarks of Lonely Planet and are registered in the US Patent and Trademark Office and in other countries. Lonely Planet does not allow its name or logo to be appropriated by commercial establishments, such as retailers, restaurants or hotels. Please let us know of any misuses: [lonelyplanet.com/ip](http://lonelyplanet.com/ip).

Although the authors and Lonely Planet have taken all reasonable care in preparing this book, we make no warranty about the accuracy or completeness of its content and, to the maximum extent permitted, disclaim all liability arising from its use.

© Lonely Planet Publications Pty Ltd. To make it easier for you to use, access to this chapter is not digitally restricted. In return, we think it's fair to ask you to use it for personal, non-commercial purposes only. In other words, please don't upload this chapter to a peer-to-peer site, mass email it to everyone you know, or resell it. See the terms and conditions on our site for a longer way of saying the above - 'Do the right thing with our content.'