

index

A

- A Myint 132-3
 accommodation 28-9, 360, *see also individual locations*
 language 388
 activities 15, 350, *see also individual activities*
 air travel
 to/from Myanmar 371-2
 within Myanmar 372-3
 Akauk Taung 147-8
 Alaungpaya, King 39, 247, 295-6, 297
 Amarapura 224-5, **224**
 amusement parks
 Kyet Minn Nyi Naung Amusement Park 137
 Pyin Oo Lwin 251
 Ananda Ok Kyaung 158
 Ananda Pahto 156-8, 162
 Ananda Pahto Festival 16, **7**
 Anawrahta, King 151, 294, 296
 animals 322-4, *see also individual species*
 Arakan, *see* Rakhaing people
 archaeological sites
 Bagan 113, 121, 149-65, **150, 152**
 Hanlin 249
 Mrauk U 279
 Salay 128
 architecture 344-5
 area codes 368
 around Yangon 31, 73-90, **74**
 accommodation 73
 climate 73
 highlights 74
 temples 73
 travel seasons 73
 art galleries, *see* museums & galleries
 arts 344-51, *see also* dance,
 handicrafts, literature, music
 books 345
 festivals 351

000 Map pages

000 Photo pages

- Asean 318
 astrology 342
 ATMs 364
 Aung Nge Tang 242
 Aung San, General 298-300, 353
 Aung San Suu Kyi 303, 304, 306,
 352-8
 Ava, *see* Inwa
 Ayeyarwady Delta 74-85
 Ayeyarwady River 235-6, 238-9

B

- Bagan 7, 32, 111-48, 149-65, **112, 150, 152**
 accommodation 111
 ballooning 113-14
 books 152, 157
 Central Plain 159-61
 climate 111, 149
 festivals & events 158
 food 111
 highlights 112, 150
 history 113, 150-4, 157
 itineraries 154
 Myinkaba 123-4, 161-3
 New Bagan 124-6, 163, **124**
 Nyaung U 116-20, 164-5, **116**
 Old Bagan 121-3, 154-6, **121**
 South Plain 163-4
 sunset viewing 149
 temple murals 149
 travel seasons 111, 149
 Bagan Min, King 297
 Bagan Myothit, *see* New Bagan
 Bago 86-90, **86**
 Bahadur Shah Zafar II 41
 ballooning 113-14, 187
 Bamar language, *see* language
 Bamar people 295, 308
 Banmaw, *see* Bhamo
 Baronga Island 278
 bathrooms 368
 bats 277, 323
 Bayinnaung, King 295, 296, 297
 beaches
 Chaung Tha 80-2
 Ngapali 10, 270-4, **271, 10**
 Ngwe Saung 83-5
 Setse 104
 beer 332, 334
 begging 25-6
 Bhamo 242-4
 bicycle travel, *see* cycling
 Bilu Kyun (Ogre Island) 101
 birds 324
 birdwatching
 Indawgyi Wetland Wildlife Sanctuary
 241, 325
 Inle Wetland Bird Sanctuary 186,
 325
 Moeyungyi Wetlands 85, 325
 Mt Victoria (Nat Ma Taung) 287,
 325
 Ngwe Saung Beach 83
 boat travel 375-7
 Ayeyarwady River 238-9
 Bagan 113
 Chaung Tha Beach 80
 Inle Lake 186-7
 Nyaung U 120
 Nyaungshwe 179
 Bodhi Tataung 133-4
 Bogoyoke Aung San Market 67
 books, *see also* Kipling, Rudyard;
 Orwell, George
 art 345
 Aung San Suu Kyi 352
 Bagan 152, 157
 culture 21, 308, 310
 economy 318
 fiction 291
 food 329, 330
 handicrafts 346
 health 383
 history 293, 295, 296, 298, 302,
 304, 305, 306, 317
 jade mining 319
 marionette theatre 347
 planning 21
 politics 21, 315, 316
 travel 27, 290
 border crossings
 China 266, 375
 Thailand 110, 197, 375
 Botataung Paya 39-41
 boycott, tourism 21, 25, 319, 321
 bribery 316, 365
 bridges
 Ava 225
 Gokteik Viaduct 256
 Magwe 148
 U Bein's 224-5
 British in Myanmar 41, 141, 212, 225,
 250, 275, 296-301
 buddha statues 14
 Bodhi Tataung 133-4
 Chauktatgyi Buddha 48
 Great Image of Hsu Taung Pre 287
 Hpo Win Daung 134
 Kyaik Pun Paya 87-8
 Kyauk Daw Kyi 39
 Mahamuni Paya 208-9, 287
 Mandalay Hill 201
 Ngahtatgyi Paya 48
 Sehtatgyi Paya 143
 Shwe Ba Taung 134-5
 Shwethalyaung Buddha 86-7

- buddha statues *continued*
 Win Sein Taw Ya 102
 Ya Taw Mu 193
 Buddha's birthday 16
 Buddhism 338-41, *see also*
 Buddhist temples, monasteries,
 monks
 architecture 344-5
 history 338
 Buddhist libraries
 Pitaka Taik (Mrauk U) 282
 Pitaka Taik (Old Bagan) 156
 Buddhist temples 14, 340
 Abeyadana Pahto 162
 Alodaw Pauk Pagoda 186-7
 An Daw Paya 245
 Ananda Pahto 156-8, 162
 Anauk Petleik Paya 163
 Andaw Paya 282
 Ashe Petleik Paya 163
 Atumashi Kyaungdawgyi 203-4
 Aung Htu Kan Tha Paya 256
 Aung Ze Yan Aung Paya 236
 Bawbawgyi Paya 146
 Bawgyo Paya 259
 Bebe Paya 146
 Botataung Paya 39-41
 Buledi 158
 Bupaya 156
 Chaukhtatgyi Paya 47-8
 Dhammayangyi Pahto 159-60
 Dhammayazika Paya 163
 Dukkanthein Paya 282
 Gawdawpalin Pahto 154
 Gubyaukgyi 161, 162
 Gubyaukge 158
 Haridaung Paya 284
 Hinthagon 87
 Hsinbyume Paya 230
 Hsu Taung Pye Zedidaw 236
 Htilominlo Pahto 158
 Kaba Aye Paya 49
 Kaunghmudaw Paya 229
 Kawmudaw Paya 137
 Kondawgyi Pahto 165
 Kothaung Paya 283
 Kuthodaw Paya 210, **299**
 Kyaik-khauk Paya 75
 Kyaikmaraw Paya 104
 Kyaikthanlan Paya 97
 Kyanzitha Umin 165
 Kyauk Gu Ohnmin 165
 Kyauktawgyi Paya (Amarapura) 204
 Kyauktawgyi Paya (Mandalay) 225
 Laungbanpyauk Paya 282
 Lawkahteikpan Pahto 159, 162
 Lawkananda Paya 163
 Leimythna Pahto 163-4
 Leimythna Paya 146
 Lokananda Paya 276
 Maha Kalyani Sima (Maha Kalyani
 Thein) 88
 Maha Wizaya Paya 45
 Mahabodhi Paya 156
 Mahabodhi Shwegu 282
 Mahamuni (Bahaman) Paya 97
 Mahamuni Paya (Mandalay) 208-9
 Mahamuni Paya (Rakhaing State)
 287
 Mahamyatmuni Paya 258
 Mahazedi Paya 88
 Mann Paya 129
 Manuha Paya 161
 Mingalazedi Paya 161
 Mingun Paya 230
 Mt Kyaiktiyo 11, 93-6, **11**
 Mt Popa Temple 127
 Myasigon Paya 137
 Nagayon 162
 Nan Paya 161
 Nandamannya Pahto 164
 Nandaw Paya 275
 Ngahtatgyi Paya 47-8
 Nogatataphu Paya 227
 Nwa-la-bo Pagoda 102
 Pahtodawgyi 225
 Pahtoamya 155
 Paya Thonzu 128
 Payagyi Paya 143
 Payathonzu 164
 Peisi Daung Paya 283
 Phaung Daw Oo Paya 185
 Phaung Daw U Paya 141
 Pyathada Paya 160-1
 Ratanabon Paya 282
 Sakyamanaung Paya 283
 Sandamuni Paya 210
 Sandaw Paya 275
 Seinnyet Ama Pahto 163
 Seinnyet Nyima Paya 163
 Settawya Paya 230
 Settayaw Paya 78
 Shinpinsarkyo Paya 128-9
 Shittaung Paya 281
 Shwe Daza Paya 247-8
 Shwe Myitsu Pagoda 241
 Shwe Oo Min Natural Cave Pagoda
 175
 Shwe Oo Min Paya 171
 Shwedagon Paya 6, 43-7, **6**
 Shwedigon Paya 227
 Shwegugale Paya 88
 Shwegugyi 155-6
 Shwekyimiyint Paya 208
 Shwernawdaw Paya 87
 Shwemokhtaw Paya 76-8
 Shwenattaung Paya 147
 Shwesandaw Paya (Bagan) 159
 Shwesandaw Paya (Pyay) 143
 Shwesandaw Paya (Taungoo) 136-7
 Shwetaung Paya 284
 Shwezigon Paya 164-5
 Sittana Paya 163
 Soon U Ponya Shin Paya 229
 Sulamani Pahto 160
 Sule Paya 41
 Tagaung Mingala Zeditaw 78
 Tan Kyi Paya 155
 Tayok Pye Paya 164
 Temple 99 (Salay) 129
 Thabeik Hmauk 160
 Thambula Pahto 164
 Thanboddhay Paya 133
 Tharkong Pagoda 186
 Thatana (Sasana) 2500-Year
 Paya 263
 Thatbyinnyu Pahto 155
 Thetkyamuni 165
 Tilawakaguru 229
 U Khanti Paya 97
 U Zina Paya 97-8
 Uppatasanti Paya 140
 Wat Jong Kham 193
 Wetkyi-In-Gubyaukgyi 159
 Wunchataung Paya 143
 Yadana Man Aung Paya 178
 Yan Aung Nan Aung Hsu Taung Pyi
 Pagoda 179
 Yankin Paya 231
 Yele Paya 75, 103
 budget 12, 24, 30
 Burma Campaign UK 315-16, 317
 Burma-Siam Railway, 102-3
 Burmese language, *see* language
 Burmese snub-nosed monkey 323
 bus travel 13, 30, 376, 377-8
 bushwalking, *see* hiking
 business hours 360
- C**
 calendar, Burmese 368
 Candacraig Hotel 251
 capital cities 224
 car travel 378-9
 cathedrals, *see* churches &
 cathedrals
 caves
 Kaw Ka Thawng 108
 Kawgun 109
 Kha-Yon 104

Mahapasana 49
 Padah-Lin 294
 Peik Chin Myaung 257
 Saddr 109-10
 Shwe Oo Min Natural Cave Pagoda 175
 Shwe Oo Min Paya 171
 Yathaypyan 109
 cell phones 13, 368
 cemeteries
 Kyinigan Kyauing 87
 Taukkyan War Cemetery 85
 Thanbyuzayat War Cemetery 103
 censorship 292, 320, 321, 349
 central Myanmar 32, 111-48, **112**
 accommodation 111
 climate 111
 food 111
 highlights 112
 travel seasons 111
 Chaung Tha Beach 80-2
 chickenpox 383
 children, travel with 360-1
 Chin people 286, 308-9, 310
 Chin State 287-8
 Chindwin River 132, 327
 Chinese temples
 Chan Tak 251
 Htyan Haw 99
 Kheng Hock Keong 42
 Quan Yin Shang 263-4
chinlon 350
 Christianity 343
 churches & cathedrals
 All Saints' 250
 Christ the King 170
 First Baptist 99
 St Mary's 43
 St Paul's 245
 climate 12, 16-17, *see also individual regions*
 consulates 362-3
 cooking courses 114-15
 costs
 accommodation 360
 food 333
 government fees & taxes 20, 24, 27, 113, 208
 courses
 cooking 114-15
 meditation 51, 102, 210
 crafts, *see* handicrafts
 credit cards 364
 culture 291, 307-14
 books 21, 308, 310
 currency 12, 364-5
 customs 94, 209, 292, 331, 334-5
 customs regulations 362

cycling 374-5
 Bhamo 243
 Mandalay 211, **211**
 Mt Victoria (Nat Ma Taung) 287
 Cyclone Giri 270
 Cyclone Nargis 305-6

D

dams 327
 dance 347
 dangers, *see* safety
 Dawei Thingyan 17
 de Brito e Nicote, Filipe 74
 deer 323
 deforestation 326
 Delta region 74-85
 dengue fever 384
 Dhammayangyi Pahto 159-60
 Dhammazedi, King 296
 diarrhoea 384
 diphtheria 383
 disabilities, travellers with 369
 diving 110, 385
 dolphins 247
 donations 25-6, 365
 drinking 14, 331-2
 drinks, *see also* teahouses
 beer 332, 334
 language 388-9
 toddy 128, 333
 water 332
 wine 191
 driving, *see* car travel

E

eastern Myanmar 32, 166-98, **168**
 accommodation 166
 climate 166
 food 166
 highlights 168-9
 travel seasons 166
 economy 318-21
 elections
 1990 293, 303
 2010 316-17
 electricity 361, 362
 elephants 39, 85, 137, 140, 212, 324
 email services 363
 embassies 362-3
 emergencies 13
 language 389
 environmental issues 326-7
 ethnic groups 15, 307-14, **308**, *see also individual ethnic groups*
 etiquette 94, 209, 292, 331, 334-5
 events, *see* festivals & events
 exchange rates 13

F

FECs 365
 ferry travel 376
 festivals & events 16-17, *see also*
paya pwe
 Ananda Pahto Festival 16, **7**
 Buddha's birthday 16
 Burmese Arts Festivals 351
 Dawei Thingyan 17
 fire-balloon festival 189
 Independence Day 16
 Kayin New Year 17
 Lisu New Year 236-7
 Manao Festival 16, 237
 Mandalay 210
 nat festivals 164-5, 341-2
 National Day 17
 Phaung Daw Oo Paya Festival 177-8
 Rakhaing State Day 277
 Shwedagon Festival 16, 51
 Taungbyone Nat Pwe 17
 Tazaungdaing 17
 Thadingyut 17
 Thingyan 9, 16-17, 343, **9**
 Water Festival 9, 16-17, 343, **9**
 films 290, 350-1
 fishing 271
 floating gardens 186
 Floating Market 183
 forced labour 320-1
 forced relocation 121, 124
 food 14, 328-37, 385, *see also individual locations*
 books 329, 330
 cost 333
 customs 331, 334-5
 language 335-7, 388
 Mon 330-1
 Rakhaing 331
 restaurants 333
 teahouses 63, 334
 Shan 329-30
 street snacks 333
 vegetarian & vegan 334
 football 350

G

galleries, *see* museums & galleries
 gardens, *see* parks & gardens
 gasoline 361
 Gaungse Kyun (Shampoo Island) 99
 gay travellers 363
 gems 49-50, 140, 319, 365
 geography 322
 gift giving 25-6
 Giri 270

Gokteik Viaduct 256
 gold leaf 209
 Golden Rock, *see* Mt Kyaiktiyo
 golf courses
 Mandalay 210
 Ngapali Beach 271
 Nyaung U 116
 Pyin Oo Lwin 251
 government 301-6, *see also*
 censorship, human rights abuses,
 politics
 government fees & taxes 24
 avoidance 20, 208
 Bagan 113
 Mandalay 208
 permits 27
 Gurney's pitta 323

H

hamsa 88
 handicrafts 14, 345-7
 books 346
 lacquerware 66, 67, 125-6, 196, 346
 marionettes 347
 parasols 79
 pottery 76, 244, 246
 puppets 347
 tapestries 346
 weaving 278
 Hanlin 249-50
 health 383-6
 books 383
 insurance 30, 385
 internet resources 383
 vaccinations 383
 heatstroke 385
 hepatitis 383-4
 hiking 367
 far north 267
 Hsipaw 259, 262
 Inle Lake 172, 187
 Kalaw 171-2
 Kyaukse 258
 Mt Kyaiktiyo 94-5
 Mt Victoria (Nat Ma Taung) 287
 Mt Zwegabin 108
 Nyaungshwe 180
 Pankam 262
 Pindaya 176
 Popa Mountain Park 127
 Hindu temples
 Nathlaung Kyaung 155
 Sri Devi 43
 Sri Kali 43

history 293-306, *see also* kings
 1988 protests 302
 1990 election 293, 303
 2010 election 316-17
 Aung San, General 298-300, 353
 Aung San Suu Kyi 303, 304, 306,
 352-8
 Bagan 113, 150-4, 157
 Bago 86
 books 293, 295, 296, 298, 302,
 304, 305, 306, 317
 British in Myanmar 41, 141, 212,
 225, 250, 275, 296-301
 military government 301-6
 Mongols 151
 Mrauk U 280
 nat worship 341
 Saffron Revolution 304-5
 socialism 302
 Than Shwe 304, 316
 Yangon 39
 hitching 379
 HIV 384
 Hkakabo Razi 266
 Hkakabo Razi National Park 266, 325
 Ho Kyim 193
 holidays 365
 horse carts 379
 hot springs
 Hanlin 250
 Kaung Daing 181
 Nga Ka Pwe Taung 148
 Ye Pu San 264-5
 Hpa-an 105-8, **106**
 Hpan Pu Mountain 108
 Hsipaw 10, 258-62, **260, 10**
 Htonbo 148
 Hukaung Valley Tiger Reserve 266, 324
 human rights abuses 21, 22, 121,
 317-18, 320-1

I

immigration 371
 In Phaw Khone 186
 Indawgyi Lake 241
 Indawgyi Wetland Wildlife Sanctuary
 241, 325
 Independence Day 16
 influenza 384
 Inle Lake 7, 177-92, **185, 7**
 Inle Wetland Bird Sanctuary 186, 325
 insurance
 diving 385
 health 30, 385
 travel 30, 363
 internet access 363
 internet resources 13, 320
 accommodation 360
 culture 291

health 383
 news 291
 planning 27, 367
 politics 291
 Inthein 184-5
 Inwa 225-8, **226**
 Inya Lake 49
 Irrawaddy dolphins 247
 Irrawaddy River, *see* Ayeeyarwady River
 Islam 342, *see also* mosques
 itineraries 18-20, **18, 19, 20**
 Bagan 154
 Yangon 40

J

jade 319
 Jade Taw 271
 Jaw Bum 242
 jewellery, *see* gems
 Jewish people 42, 343
 Judson, Adoniram 103, 298
 Jumping Cat Monastery 185, **15**

K

Kachin people 309-10
 Kakku 192
 Kalaw 11, 170-5, **170, 11**
 Kalay, *see* Kalaymyo
 Kalaymyo 288
 Kandawgyi Lake (Mon State) 102
 Kandawgyi Lake (Taungong) 137
 Kandawgyi Lake (Yangon) 48-9
 Karen National Union 105
 Karen people, *see* Kayin people
 Katha 245-6
 Kaung Daing 181
 Kawthoung 110
 Kayah people 310
 Kayah State 198
 Kayin New Year 17
 Kayin people 310-11
 Kayin State 104-10
 Kengtung 193-7, **194**
 keyholders 159
 Khin Nyunt 304
 kings
 Alaungpaya 39, 247, 295-6, 297
 Anawrahta 151, 294, 296
 Bagan Min 297
 Bayinnaung 295, 296, 297
 Dhammazedi 296
 Manuha 151, 161
 Mindon Min 203, 297, 298, 299
 Naramithla 296
 Narathihapate 294
 Narathu 160
 Thibaw Min 297, 300

Kinpun 94, 95, 96
 Kipling, Rudyard 96-7
 Kitti's hog-nosed bat 323
 Kyaikkami 103-4
 Kyaikmaraw 104
 Kyaikto 94
 Kyaing Kan 186
 Kyaingtong, *see* Kengtung
 Kyauk Sahan 244
 Kyauk Taung 186
 Kyaukme 257-8
 Kyaukmyaung 246-7
 Kyauktan 74-5
kyaung, *see* monasteries
 Kyaawsa, Lord 127

L

lacquerware 346
 Kengtung 196
 Myinkaba 125
 New Bagan 125-6
 Yangon 66, 67
 Lake Meiktila 141
 lakes
 Indawgyi 241
 Inle 7, 177-92, **185, 7**
 Inya 49
 Kandawgyi (Mon State) 102
 Kandawgyi (Taungoo) 137
 Kandawgyi (Yangon) 48-9
 Meiktila 141
 Twin Daung 134
 Lakkana 108
 language 335-7, 387-93
 Lashio 263-7, **264**
 leaf deer 323
 leaf muntjac 323
 legal matters 363
 legends
 Alaungsithu 262
 Kummabhaya, Prince 176
 Mae Wunna 127
 Mgadeikpa, King 86
 Mt Kyaiktiyo 94
 lesbian travellers 363
 Lisu people 235
 literature 349, *see also* books
 Loi-mwe 193
 Lon Tha 271

M

Ma Khin Kyi 353
 Ma Thanegi 59
 Magwe 148
 Mahamuni Paya (Mandalay) 208-9
 Maing Thauk 186
 malaria 384

Manao Festival 16, 237
 Mandalay 33, 199-232, **200, 202, 204, 206**
 accommodation 210-14
 activities 210
 attractions 201-10
 climate 199
 cycling tour 211, **211**
 drinking 215-17
 entertainment 217-18
 festivals & events 210
 food 215-17
 highlights 200
 history 201
 shopping 218-19
 travel seasons 199
 travel to/from 220-2
 travel within 222-3
 Mandalay Fort 204-5
 Mandalay Hill 201-3
 Mandalay Palace 205-6
 Manuha, King 151, 161
 maps 364
 marionette theatre 183, 217, 347
 markets
 Bogyoke Aung San Market 67
 Central Market (Pyay) 143
 Central Market (Sittwe) 275
 Floating Market 183
 Inle Lake 183
 Jade Market 209-10
 Mingala Market 179
 water-buffalo market 193
 martial arts 350
 Mawlamyine 96-101, **98**
 measles 383
 measures 361
 media 320, 321
 medical services 383, *see also*
 emergencies, health
 meditation 51, 102, 210
 Meiktila 141-3, **142**
 military coup 302
 Mindon Min, King 203, 297, 298, 299
 Mingun 230-1, **230**
 Mingun Bell 230
 mobile phones 13, 368
 Moeyungyi Wetlands 85, 325
 Moken people 313
 Momauk 244
 Mon people 93, 295, 311-12
 food 330-1
 Mon State 93-104
 monasteries 340, *see also* Buddhist
 temples
 Bagaya Kyaung 226
 Bandoola Kyaung 284
 Hlaing Gu Kyaung 179

Hsin Khaung Taung Kyaung 176
 Jumping Cat Monastery 185, **15**
 Kan Gyi Kyaung 179
 Kan Tau Monastery 176
 Kha Khat Wain Kyaung 89
 Kyat Kan Kyaung 164
 Kyauk Kalap 109
 Ma Soe Yein Nu Kyaung 209
 Maha Aungmye Bonzan 227
 Maha Ganayon Kyaung 225
 Mansu Paya 264
 Mimalaung Kyaung 154-5
 Mya Kyaung Kyaung 231-2
 Nga Hpe Kyaung 185, **15**
 Pa-Auk-Taw-Ya Monastery 102
 Pakhangyi 129
 Pakhanggeh Kyaung 129
 Payagyi 134
 Sasanyaunggyi Kyaung 129
 Seindon Mibaya Kyaung 97
 Shwe Baw Kyune 244
 Shwe Gu Kyaung 179
 Shwe In Bin Kyaung 209
 Shwe Yaunghwe Kyaung 179
 Shwenzandaw Kyaung 203
 Shwezedi Kyaung 277
 Snake Monastery 89
 Soon Lu Kyaung 135
 Thamanyat Kyaung 109
 Tingaza Kyaung 209
 Youqson Kyaung 128
 money 12, 13, 364-5
 accommodation 360
 budget 12, 24, 30
 food 333
 government fees & taxes 20, 24,
 27, 113, 208
 responsible travel 23
 Mongols 151
 monkeys 323
 monks 298, 304-5, 339, 340, *see*
 also Buddhism, Buddhist temples,
 monasteries
 monuments, *see* buddha statues,
 statues & monuments
 Monywa 130-2, **130**
 Moseah Yeshua Synagogue 42-3
 mosques
 Jama Mosque 276
 Kaladan Mosque 98
 Moghul Shiah Mosque 98
 Surtee Sunni Jamae Masjid 98
 mosquitoes 366
 Mother Spirit of Popa Nat Shrine
 126-7
 motorcycle travel 378-9
 Moulmein, *see* Mawlamyine
 Moustache Brothers 217, 218
 Mrauk U 8, 279-86, **280, 8**

Mt Kyaiktiyo 11, 93-6, **11**
 Mt Phon Kan Razi 267
 Mt Popa 126-8
 Mt Victoria 287-8
 Mt Victoria (Nat Ma Taung) National Park 325
 Mt Zwegabin 108
 mumps 383
 muntjac 323
 Mu-se 267, 375
 museums & galleries
 Archaeological Museum 121
 Bagaya Kyaung 225
 Bodhi Dat Tat Wa Taik 135
 Bogyoke Aung San Museum 50
 Buddha Museum 178
 Cultural Museum & Library 208
 Gem Museum 140
 Kachin State Cultural Museum 236
 Maka Kuthala Kyaungdawgyi 276-7
 Mon Cultural Museum 96
 Myanmar Gems Museum & Gems Market 49-50
 National Museum (Nay Pyi Taw) 140
 National Museum (Yangon) 41
 Palace Museum 283
 Rakhaing State Cultural Museum 276
 Sri Ksetra Museum 146
 music 347-9
 Myaing Gyi 257
 Myanmar Gems Museum & Gems Market 49-50
 Myingyan 135
 Myinkaba 123-4, 161-3
 Myitkyina 236-41
 Myit-Son 241-2
 Myitsone Dam 327
 Myohaung, see Mrauk U
 mythology, see legends

N

Naga people 313
 Namhsan 262
 Nampan 186-7
 Nanmyin 227
 Nanthe 179
 Naramithla, King 296
 Narathihpate, King 294
 Narathu, King 160
 Nargis 305-6
nat 164-5, 341-2
 Nat Ma Taung, see Mt Victoria
nat pwe 341-2

National Day 17
 National Democratic Force (NDF) 316-17
 National Kandawgyi Gardens 250-1, **8**
 National League for Democracy (NLD) 303, 304, 315-18, 355
 National Museum (Yangon) 41
 national parks & reserves 325, 326
 Hkakabo Razi National Park 266, 325
 Hukaung Valley Tiger Reserve 266, 324
 Indawgyi Wetland Wildlife Sanctuary 241, 325
 Inle Wetland Bird Sanctuary 186, 325
 Moeyungyi Wetlands 85, 325
 Mt Victoria (Nat Ma Taung) National Park 325
 Nay Pyi Taw 139-41
 NDF 316-17
 Ne Win, General 293, 301-2
 New Bagan 124-6, 163, **124**
 newspapers 320, 361
 Nga Hpe Kyaung 185, **15**
 Ngahtatgyi Paya 47-8
 Ngapali Beach 10, 270-4, **271, 10**
 Ngwe Saung Beach 83-5
 NLD 303, 304, 315-18, 355
 northern Myanmar 33, 233-67, **234**
 accommodation 233
 climate 233
 highlights 234
 travel seasons 233
 numerology 342
 Nwa-la-bo Pagoda 102
 Nyaung U 116-20, 164-5, **116**
 Nyaungshwe 178-84, **178**

O

Old Bagan 121-3, 154-6, **121**
 opening hours 360
 Orwell, George 96-7, 245, 290, 291, 349

P

Padah-Lin Caves 294
 Padaung people 192
 pagodas, see Buddhist temples
 painting 345
 Pakokku 129-30
 palaces
 Bagan Golden Palace 121
 Kanbawzathadi Palace 88
 Mandalay Palace 205-6
 Shwebon Yadana 248
 Paleik 231
 Pan Mraun 286
 Pankam 262
 parasols 79
 parks & gardens
 floating gardens 186
 Hsin Hpyu Daw 39
 Mahabandoola Garden 41-2
 National Kandawgyi Gardens 250-1, **8**
 National Landmarks Garden 251
 Popa Mountain Park 127
 Water Fountain Garden 140
 parliament 292
 passports 369, 371
 Pathein 76-80, **77**
paya pwe
 Bagan 158
 Hsipaw 259
 Kakku 192
 Mandalay 210
 Mrauk U 284
 Mt Popa 127
 Pakokku 129
 Pathein 78
 Shwe Oo Min 176
 Shwedagon 16, 51
 Shwenattaung 147
 Taungbyone 17
payas, see Buddhist temples
 Pegu, see Bago
 permits, see travel restrictions
 petrol 361
 photography 365
 pick-up truck travel 379
 Pin Tau 193
 Pindaya 175-7
 Pitaka Taik 156, 282
 planning 27-30, see also *individual regions*, internet resources, travel restrictions
 accommodation 28-9
 books 21
 budgeting 12, 24, 30
 calendar of events 16-17
 children, travel with 360-1
 health 383
 internet resources 27, 367
 itineraries 18-20, 40, 154, **18, 19, 20**
 Myanmar basics 12-13
 Myanmar's regions 32-3
 travel seasons 12, 16-17
 plants 325
 polio 383
 political prisoners 317
 politics 290-1, 315-21, see also Aung San Suu Kyi
 books 21, 315, 316
 pollution 327, 384-5
 Polo, Marco 295, 322-3
 Popa Mountain Park 127
 population 291, 307, 316

postal services 365
pottery 76

Kyaukmyaung 246
Shwegu 244

Prome, *see* Pyay
public holidays 365
puppets 347
Putao 266

Pyay 143-5, **144**
Pyin Oo Lwin 8, 250-5, **252, 8**
Pyu kingdom 295

R

rabies 384
radio 320, 361
Rakhaing people 270, 295, 312
 food 331
Rakhaing State 270-87
Rakhine, *see* Rakhaing people,
 Rakhaing State
Rangoon, *see* Yangon
religion 291, 338-43, *see also*
 Buddhism
reserves, *see* national parks &
 reserves
responsible travel 21-6
rhinoceros 324
road distance chart 378
road rules 379
Rohingya people 277
rubella 383

S

Saddar Cave 109-10
safety 366-7
 diving 385
 drinking water 332
 food 385
 heatstroke 385
 hiking 367
 hitching 379
 snakes 386
Saffron Revolution 304-5
Sagaing 228-9, **228**
Sagaing Hill 228-9
Salagiri Hill 287
Salay 128-9
sanctions 319-21
Sankar 186
sculpture 345
sea gypsies 312
Seik Phu Taung Youth Development
 Centre 95
Setse Beach 104
Shan people 196, 235, 312-13
 food 329-30
shopping 14
 language 389-90

Shwe In Bin Kyaung 209
Shwe Oo Min Natural Cave Pagoda 175
Shwebo 247-9, **248**
Shwedagon Festival 16, 51
Shwedagon Paya 6, 43-7, **6**
Shwedaung 147
Shwegu 244-5
Shwe-kyet-kay 225
Shwemokhtaw Paya 76-8
Shwesandaw Paya (Pyay) 143
Shwethalyaung Buddha 86-7
Sinbo 242
Sittwe 275-9, **276**
Slorc (State Law & Order Restoration
 Council) 302-3
snakes 323-4, 366, 386
snorkelling
 Chaung Tha Beach 80
 Ngapali Beach 271
 Ngwe Saung Beach 83
socialism 302
southeastern Myanmar 32, 91-110, **92**
 accommodation 91
 climate 91
 food 91
 highlights 92
 travel seasons 91
Spirulina 134
sports 350
statues & monuments, *see also*
 buddha statues
 Kyauktalon Taung 102
 Myazedi 161
 Shittaung Pillar 281
stone carving 209
stupas, *see* Buddhist temples
Sule Paya 41
swimming, *see also* beaches, hot
 springs
 Inle Lake 187
 Kaw Ka Thawng Cave 108
 Mandalay 210
 Taungoo 137
 Whitesand Island 80

T

Tachileik 197-8
Tamanthi Dam 327
Tang Phray 242
Tanintharyi Region 110
tapestries 346
Tatmadaw 300
Taukkyan 85
Taungbyone Nat Pwe 17
Taunggok 274
Taunggyi 188-92, **190**
Taungoo 136-7
taxis 379
Tay Za 26, 254, 292
Tazaungdaing 17
tea 331-2
teahouses 63, 334
teak 297, 325
telephone services 13, 367-8
temples, *see* Buddhist temples,
 Chinese temples, Hindu temples
Tenasserim 110
tetanus 383
textiles 347
Thadingyut 17
Than Shwe, General 304, 316
thanakha 247
Thanbyuzayat 102-3
Thandwe 274-5
Thanlyin 74-5
Tharabar Gate 156
Thaung Tho 186
Thayekhattaya 145-7
Thazi 167
theatre 347
 marionettes 183, 217, 347
 Moustache Brothers 217, 218
theft 24
Thibaw Min, King 297, 300
Thingyan 9, 16-17, 343, **9**
Ti Kyaing 246
tigers 324
time 368
 language 390
tipping 365
toddy 128, 333
toilets 368
tourism 318-19
 boycott 21, 25, 319, 321
 responsible travel 21-6
tourist information 368-9
tours 21, 22, 373, 381, *see also* boat
 travel, cycling, walking tours
 Bhamo 243
 diving 110
 far north 267
 gay 363
 Mandalay 219
 Mt Victoria (Nat Ma Taung) 287
 Myitkyina 236
 Pindaya 177
 Yangon 54-5, 69, **55**
traditional medicine 386
train travel 13, 381-2
travel restrictions 27-8
 Chindwin River 132
 Delta region 74
 eastern Myanmar 167
 Kayah State 198
 Kengtung 196
 Mu-se 266

travel restrictions *continued*
 northern Myanmar 235
 southeastern Myanmar 93
 travel to/from Myanmar 371-2
 language 390
 travel within Myanmar 372-82, **380**
 language 390-1
 travellers cheques 364
 trekking, see hiking
 trishaws 379
 turtles 323
 TV 320, 361
 Twante 75-6
 Twin Daung 134
 typhoid 383, 384

U

U Bein's Bridge 224-5
 U Nu 300-2
 U Ottama 298
 U Saw 300
 U Win Tin 22
 U Winaya 109
 Umin Thounzeh 229, **2**
 Upali Thein 158

V

vacations 365
 vaccinations 383
 vegetarian & vegan travellers 334
 vineyards 191
 visas 13, 369-70
 volunteering 25, 370

W

Wa people 311
 Wabo 278

walking, see hiking
 walking tours 54-5, **54**
 Wan Nyek 193
 Wan Saen 193
 water 332
 Water Festival 9, 16-17, 343, **9**
 waterfalls
 Anisakan Falls 255
 Pwe Kauk Falls 256
 weather 12, 16-17, see also *individual regions*
 weaving 278
 websites, see internet resources
 weights 361
 western Myanmar 33, 268-88, **269**
 accommodation 268
 climate 268
 food 268
 highlights 269
 travel seasons 268
 Wethali 287
 wetlands
 Indawgyi Wetland Wildlife Sanctuary 241, 325
 Inle Wetland Bird Sanctuary 186, 325
 Moeyungyi Wetlands 85, 325
 white elephants 212
 Nay Pyi Taw 140
 Yangon 39
 Whitesand Island 80
 wi-fi 68
 wildlife 322-4, see also *individual species*
 wine 191
 women in Myanmar 313-14
 women travellers 370

women's health 386
 WWII 85, 102-3, 141, 299

Y

Yangon 31, 36-72, **38, 42, 46, 48**
 accommodation 36
 activities 50-1
 attractions 39-50
 children, travel with 51
 climate 36
 courses 51
 drinking 64-5
 entertainment 64-5
 festivals & events 51
 food 36, 58-64
 highlights 38
 history 39
 internet resources 37
 itineraries 40
 planning 37
 shopping 65-7
 teahouses 63
 travel seasons 36
 travel to/from 70-1
 travel within 71-2
 walking tour 54-5, **54**
 Yangon Circle Line 50-1
 Yangon-Mandalay Expressway 136
 Yankin Hill 231-2
 Ywama 185

Z

Zaw Zaw 26
 zoos
 Nay Pyi Taw 140
 Yangon 51

how to use this book

These symbols will help you find the listings you want:

- | | | |
|------------|--------------------|-----------------------|
| Sights | Tours | Drinking |
| Beaches | Festivals & Events | Entertainment |
| Activities | Sleeping | Shopping |
| Courses | Eating | Information/Transport |

These symbols give you the vital information for each listing:

- | | | |
|-------------------|-----------------------|-------------|
| Telephone Numbers | Wi-Fi Access | Bus |
| Opening Hours | Swimming Pool | Ferry |
| Parking | Vegetarian Selection | Metro |
| Nonsmoking | English-Language Menu | Subway |
| Air-Conditioning | Family-Friendly | London Tube |
| Internet Access | Pet-Friendly | Tram |
| | | Train |

Reviews are organised by author preference.

Look out for these icons:

Our author's recommendation

No payment required

A green or sustainable option

Our authors have nominated these places as demonstrating a strong commitment to sustainability – for example by supporting local communities and producers, operating in an environmentally friendly way, or supporting conservation projects.

Map Legend

Sights

- Beach
- Buddhist
- Castle
- Christian
- Hindu
- Islamic
- Jewish
- Monument
- Museum/Gallery
- Ruin
- Winery/Vineyard
- Zoo
- Other Sight

Activities, Courses & Tours

- Diving/Snorkelling
- Canoeing/Kayaking
- Skiing
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity/Course/Tour

Sleeping

- Sleeping
- Camping

Eating

- Eating

Drinking

- Drinking
- Cafe

Entertainment

- Entertainment

Shopping

- Shopping

Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

Transport

- Airport
- Border Crossing
- Bus
- Cable Car/Funicular
- Cycling
- Ferry
- Metro
- Monorail
- Parking
- Petrol Station
- Taxi
- Train/Railway
- Tram
- Other Transport

Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed Road
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian
- Overpass
- Walking Tour
- Walking Tour
- Detour
- Path

Geographic

- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

Hydrography

- River, Creek
- Intermittent River
- Swamp/Mangrove
- Reef
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Glacier

Areas

- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Park/Forest
- Sportsground
- Sight (Building)
- Top Sight (Building)