Eastern Myanmar

Includes ➡

Best Places to Eat

➡ Thu Maung Restaurant (p207)

➡ Kyaingtong's Central Market (p210)

➡ Lin Htett Myanmar Traditional Food (p191)

Best Places to Stay

➡ La Maison Birmane (p190)

➡ Dream Villa Hotel Kalaw (p206)

➡ Pindaya Inle Inn (p203)

➡ Inle Princess Resort (p197)

➡ Amara Mountain Resort (p207)
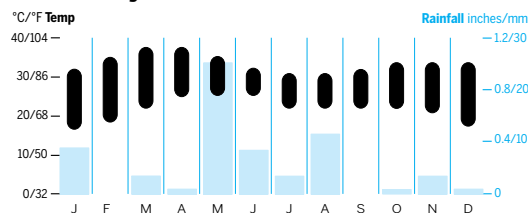
➡ Villa Inle Resort & Spa (p197)

Why Go?

Slicing the crystal-placid waters of Inle Lake in a boat; trekking among Pa-O and Danu villages outside Kalaw; feeling like you've travelled back in time at a remote hill-tribe market in the back hills of Shan State. What do some of Myanmar's most emblematic experiences have in common? They can all be tackled in the country's east.

Eastern Myanmar is the country's most generous crossroads of the cultural and the adventurous. Unlike elsewhere in Myanmar, taking part in activities such as caving, trekking, hiking and boating involves little or no red tape. And for those who would rather establish their own trail altogether, the ethnic Tai and hill-tribe areas surrounding Kyaingtong are harder to reach, but as a result have remained distinctly untouristed, while tiny Kayah State only recently became open to independent travellers.

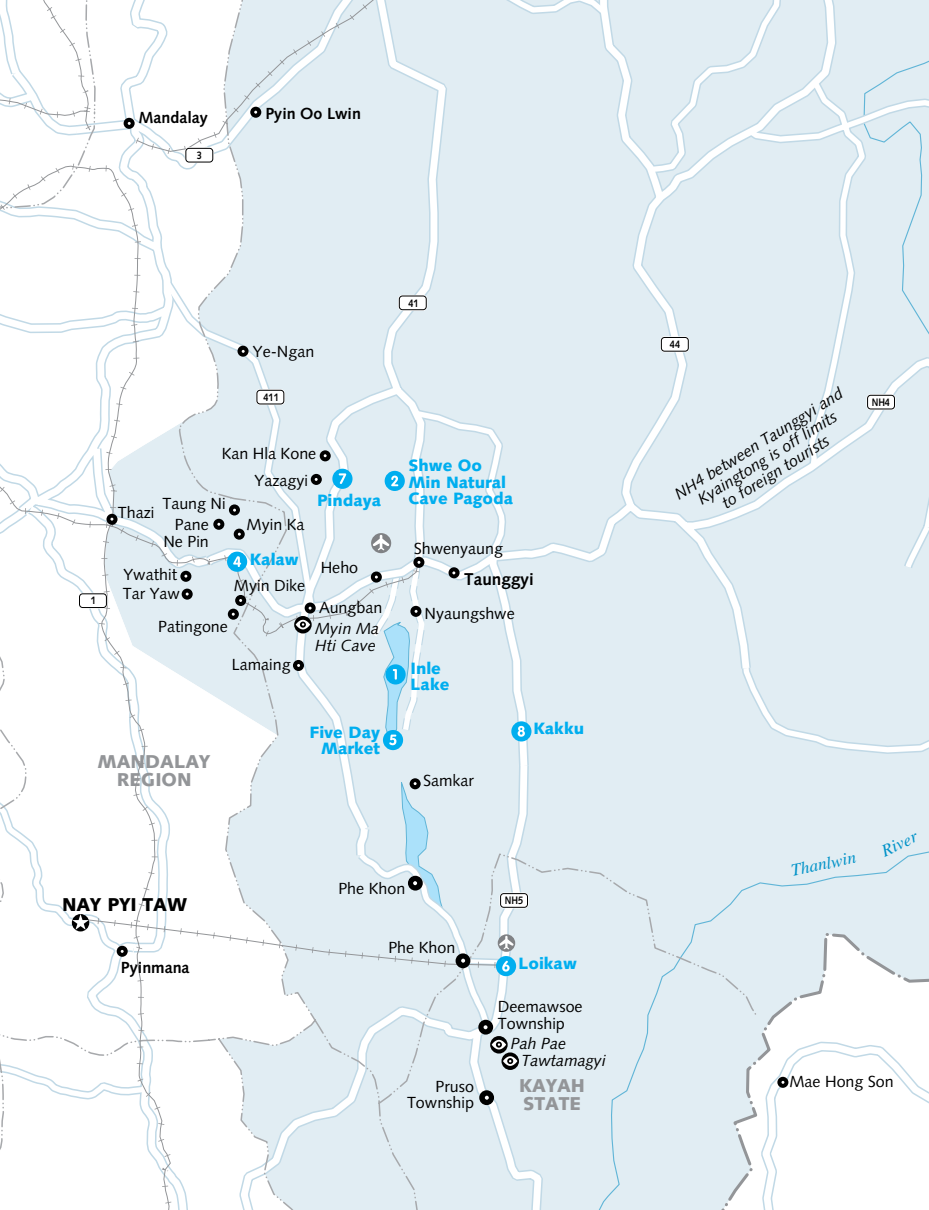## When to Go
Eastern Myanmar

Nov–Jan During winter daytime temperatures are a comfortable 68°F to 79°F (20°C to 26°C).

Mar–May Daytime temperatures can climb close to 104°F (40°C).

Jun–Oct Avoid trekking during the rainy season.

Mandalay
Pyin Oo Lwin
3

41

44

Ye-Ngan
411

NH4

NH4 between Taunggyi and Kyaingtong is off limits to foreign tourists

Kan Hla Kone
Yazagyi **7** **Pindaya** **2** **Shwe Oo Min Natural Cave Pagoda**
Taung Ni
Thazi Pane Myin Ka
Ne Pin
Shwenyaung
4 **Kalaw** Heho **Taunggyi**
Ywathit Myin Dike
Tar Yaw
Aungban Nyaungshwe
Patingone *Myin Ma Hti Cave*
1 Lamaing **1** **Inle Lake**

Five Day Market **5** **8** **Kakku**

MANDALAY REGION
Samkar

Thanlwin River

NAY PYI TAW
Phe Khon
NH5

Pyinmana
Phe Khon
6 **Loikaw**
Deemawsoe Township
Pah Pae
Tawtamagyi
Pruso Township **KAYAH STATE**
Mae Hong Son

Eastern Myanmar Highlights

1 Drift around the backwaters, ruined stupas and tribal markets of **Inle Lake** (p193)

2 Gasp at the sight of more than 8000 golden buddhas

covering nearly every surface of Pindaya's incredible **Shwe Oo Min Natural Cave Pagoda** (p202)

3 Come face-to-face with Tai and traditional hill-

tribe culture in and around **Kyaingtong** (p213)

4 Hike through mountains, fields and villages on the **trek** (p196) from Inle Lake to Kalaw