



Myanmar (Burma)

📍 95 / POP 51.4 MILLION

Includes ➔

Yangon	482
Patheingyi	494
Pyaw	497
Mawlamyine	499
Hpa-An	501
Dawei	502
Inle Lake & Nyaungshwe	503
Kalaw	506
Kyaingtong	508
Mandalay	509
Pyin Oo Lwin	518
Bagan	521
Sittoung	530
Mrauk U	532

Best Places to Eat

- ➔ Aungmye (p519)
- ➔ Cherry Mann (p486)
- ➔ Daw Yi (p500)
- ➔ Shan Ma Ma (p514)

Best Places for Culture

- ➔ Hsipaw (p520)
- ➔ Kyaingtong (p508)
- ➔ Mrauk U (p532)
- ➔ Mawlamyine (p499)

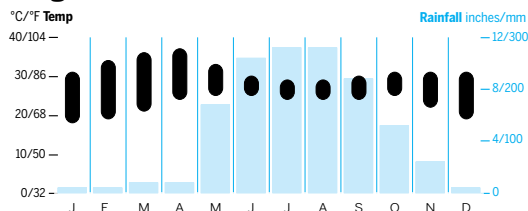
Why Go?

Now is the time to visit this extraordinary land, scattered with golden pagodas, where the traditional ways of Asia endure and previously off limits areas are seeing their first visitors in decades. As Myanmar takes tentative steps towards democracy, it is rapidly opening up to the outside world. But the pace of change is not overwhelming and the country remains a unique, magical place still unused to mass tourism.

Travelling in Myanmar offers the chance to suspend the demands of modern life and to immerse yourself in the spirituality of sacred temples and hushed monasteries. Enjoy slowly unfolding journeys through serene landscapes, including meandering rivers, lush jungles, ethnic minority villages and pristine, palm-fringed beaches. Best of all, you'll encounter locals who are gentle, humorous, engaging, considerate, inquisitive and passionate.

When to Go

Yangon



Jan Independence Day (4 January), celebrating the end of British rule, is marked by nationwide fairs.

Apr The Water Festival (Thingyan) is fun, but it's one of the hottest times of year.

Dec Peak season with many visitors heading here over the Christmas–New Year break.

AT A GLANCE

Currency Burmese kyat (K)

Language Burmese

Money Cash mainly

Visas 28 days

Mobile phones Local SIM cards are now widely available

Fast Facts

Area 676,578 sq km

Capital Nay Pyi Taw

Emergency Police (Yangon)

☎ 199

Exchange Rates

Australia	A\$1	K912
Euro	€1	K1415
Laos	10,000K	K1571
Thailand	10B	K360
UK	UK£1	K1957
USA	US\$1	K1279

Daily Costs

Guesthouse US\$10–40

Street stall meal K3000

Large beer K2000

Short taxi ride in Yangon
K2000

Entering the Country

The main land border crossings are from Mae Sai, Ranong and Mae Sot in Thailand, and Ruili in China.

Don't Miss

Myanmar is one of the most devout Buddhist countries in the world. Yangon's Shwedagon Paya, Mandalay's Mahamuni Paya and Bagan's plain of temples are all must-sees, but there are also many other Buddhist religious sites that will impress you with their beauty and spirituality. A 10-storey-tall seated buddha watches over Pyay's hill-top Shwesandaw Paya, providing sweeping views of the town. The old Rakhine capital of Mrauk U is dotted with ruined and functioning temples and monasteries, while at Mt Kyauktiyo you can join the pilgrims who flock to see its golden boulder.

ITINERARIES

One Week

In Yangon, visit the Shwedagon Paya and shop for handicrafts at Bogyoke Aung San Market. Overnight on a bus to Mandalay, climb Mandalay Hill, see the famed Mahamuni Paya and beautiful teak monastery Shwe In Bin Kyaung. Take a morning boat to Mingun, home to a giant earthquake-cracked stupa, following up with a sunset boat ride past U Bein's Bridge at Amarapura. Connect by bus or boat to Bagan, allowing a couple of days to explore the temples there.

Three Weeks

After following the one-week itinerary, venture east to beautiful Inle Lake; consider trekking there from Kalaw (minimum two days). From Bago head to Mt Kyauktiyo to view the amazing Golden Rock, then to Mawlamyine for a taste of tropical Myanmar. Head south to little-seen beaches, or use Hpa-an as a base for exploring lush countryside peppered with sacred caves and limestone mountains. Return to Yangon then fly to Sittwe, where you can take another boat to the amazing temple ruins of Mrauk U (minimum four days).

Essential Food & Drink

Āthouq Light, tart and spicy salads made with raw vegetables or fruit tossed with lime juice, onions, peanuts, roasted chickpea powder and chillies. A common one is *leq-p'eq thouq*, which includes fermented tea leaves.

Mohinga ('moun-hinga') A popular breakfast dish of rice noodles served with fish soup and as many other ingredients as there are cooks.

Shan khauk-swe Shan-style noodle soup; thin wheat noodles in a light broth with meat or tofu, available across the country but most common in Mandalay and Shan State.

Htamin chin Literally 'sour rice', this turmeric-coloured rice salad also hails from Shan State.

Black tea Brewed in the Indian style: sweet with lots of milk.