



# Myanmar (Burma)



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STREET FOOD AT BOGYOKE AUNG SAN MARKET P54, YANGON



SHWE YAUNGHWE KYAUNG P197, NYAUNGSHWE

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# Itineraries



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WEEKS

## Myanmar's Highlights

Myanmar's top locations form the bedrock of this travel plan that includes a train and boat ride as well as downtime beside lovely Inle Lake.

Fly into **Yangon** where you'll spend your first couple of days acclimatising. Take a walking tour around the historic downtown area, chill out beside Kandawgyi Lake and visit Shwedagon Paya at sunset. Nip across the Yangon River to Dalah, a slice of rural Myanmar.

Board the overnight sleeper train to **Mandalay**. In three or four days you can see the old capital's sights as well as make day trips to places such as Mingun, home to a giant earthquake-cracked stupa; U Bein's Bridge at Amarapura; and Monywa, where you can climb halfway up inside the world's tallest standing buddha.

Catch the fast boat from Mandalay to **Bagan**; set aside three days to explore the thousands of ancient temples scattered across the countryside. For amazing views, sign up for a hot-air balloon ride or climb sacred Mt Popa.

Fly to beautiful **Inle Lake**, where motor-powered dugout canoes take you to floating markets. Make a day trip to the Shwe Oo Min Cave near **Pindaya** to see 8000 buddha images or arrange some light trekking.



4  
WEEKS

## A Month in the Country

This adventurous south to north itinerary includes activities and a range of transport, and will take you to tourist hotspots such as Bagan, as well as off-the-beaten-track destinations like Mrauk U.

After a few days acclimatising in **Yangon**, take an overnight bus to Kayin State's capital, **Hpa-an**, allowing enough time to climb nearby Mt Zwegabin, or go rock climbing. Charter a boat for the lovely two-hour river trip to **Mawlamyine**, a beguiling, melancholic town trapped in a colonial time-warp. Make a few day trips, such as to the coconut-crazy island Bilu Kyun, the giant reclining buddha at Win Sein Taw Ya temple, or Thanbyuzayat War Cemetery.

On your way north, pause at the fabulous, golden boulder stupa balanced atop **Mt Kyaiktiyo** and the old royal capital of **Bago**, stacked with impressive temples. Follow the highway north to Myanmar's contemporary capital **Nay Pyi Taw**, a visit that plunges you into the deepest depths of the bizarre. Hop on the slow train from here to **Kalaw**, from where you can organise a two-night trek to magical **Inle Lake**.

Save time by flying from Heho, Inle Lake's airport, to **Mandalay**. The former royal capital is a great base for visiting several ancient sites. If the heat is getting you down, drive two hours and breathe fresh cool air in the colonial-era getaway of **Pyin Oo Lwin**.

Take a boat or bus ride west of Mandalay to the remarkable temple-strewn plains of **Bagan**. A new bus service makes it possible to go directly from here to **Mrauk U**. Once a powerful, cosmopolitan city, it's now one of Myanmar's most atmospheric backwaters, an idyllic location dotted with hundreds of ancient stupas and monasteries. Reserve a day for another river trip to visit nearby Chin villages.

Take a ferry from Mrauk U to Rakhine State's capital of **Sittwe**, from where you can fly south for some R&R on beautiful **Ngapali Beach**. Tan topped up, fly to **Yangon** where you can do some last-minute sightseeing and shopping, perhaps making a day trip to the Delta town of Twante, or learning how to cook Burmese food.

# Map Legend

## Sights

- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- Christian
- Confucian
- Hindu
- Islamic
- Jain
- Jewish
- Monument
- Museum/Gallery/Historic Building
- Ruin
- Shinto
- Sikh
- Taoist
- Winery/Vineyard
- Zoo/Wildlife Sanctuary
- Other Sight

## Activities, Courses & Tours

- Bodysurfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- Sento Hot Baths/Onsen
- Skiing
- Snorkelling
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity

## Sleeping

- Sleeping
- Camping

## Eating

- Eating

## Drinking & Nightlife

- Drinking & Nightlife
- Cafe

## Entertainment

- Entertainment

## Shopping

- Shopping

## Information

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

## Geographic

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

## Population

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

## Transport

- Airport
- Border crossing
- Bus
- Cable car/Funicular
- Cycling
- Ferry
- Metro/MRT/MTR station
- Monorail
- Parking
- Petrol station
- Skytrain/Subway station
- Taxi
- Train station/Railway
- Tram
- Underground station
- Other Transport

## Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed road
- Road under construction
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian overpass
- Walking Tour
- Walking Tour detour
- Path/Walking Trail

## Boundaries

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

## Hydrography

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

## Areas

- Airport/Runway
- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Glacier
- Mudflat
- Park/Forest
- Sight (Building)
- Sportsground
- Swamp/Mangrove

*Note: Not all symbols displayed above appear on the maps in this book*



## 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 Franklin, London, Melbourne, Oakland, Dublin, Beijing and Delhi, 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



### Simon Richmond

Journalist and photographer Simon Richmond has specialised as a travel writer since the early 1990s and first worked for Lonely Planet in 1999 on their Central Asia guide. He's long since stopped counting the number of guidebooks he's researched and written for the company, but countries covered include Australia, China, India, Iran, Japan, Korea, Malaysia, Mongolia, Myanmar (Burma), Russia, Singapore, South Africa and Turkey.



### David Eimer

David has been a journalist and writer ever since abandoning the idea of a law career in 1990. After spells working in his native London and in Los Angeles, he moved to Beijing in 2005, where he contributed to a variety of newspapers and magazines in the UK. Since then, he has travelled and lived across China and in numerous cities in Southeast Asia, including Bangkok, Phnom Penh and Yangon. He has been covering China, Myanmar and Thailand for Lonely Planet since 2006.



### Adam Karlin

Born in Washington, DC and raised in the rural Maryland tidewater, Adam has been exploring the world and writing about it since he was 17. He considers it a blessedly interesting way to live one's life – and also good fun.



### Nick Ray

A Londoner of sorts, Nick harks from Watford, the sort of town that makes you want to travel. He studied history and politics at Warwick University before hitting the road for a life in travel and has worked on about 50 titles for Lonely Planet since his first foray in 1998. Based in Cambodia, he covers countries in Southeast Asia, including Cambodia, Laos, Myanmar and Vietnam, with the occasional diversion to Africa.



### Regis St Louis

Regis grew up in a small town in the American Midwest – the kind of place that fuels big dreams of travel – and he developed an early fascination with foreign dialects and world cultures. He spent his formative years learning Russian and a handful of Romance languages, which served him well on journeys across much of the globe. Regis has contributed to more than 50 Lonely Planet titles, covering destinations across six continents.

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