



# Northern Myanmar

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## Best Places to Eat

- ➔ Taj (p279)
- ➔ Mrs Popcorn's Garden (p286)
- ➔ Lake Front Feel (p279)
- ➔ Club Terrace (p286)
- ➔ Jing Hpaw Thu (p295)

## Best Places to Sleep

- ➔ Hotel Pyin Oo Lwin (p277)
- ➔ Mr Charles Guest House (p285)
- ➔ Putao Trekking House (p305)
- ➔ Hotel Maymyo (p277)
- ➔ Hotel Katha (p300)

## Why Go?

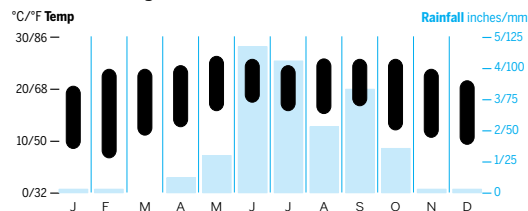
Rugged and remote, northern Myanmar offers a fascinating mix of ethnic minority peoples and the prospect of travel through some of the least-visited areas of the country. While much of this vast region remains off-limits, two main routes are accessible. One climbs rapidly from Mandalay to the British-era summer capital of Pyin Oo Lwin, and then continues across the rolling Shan Plateau to Lashio. The crisp evenings are a great relief from the heat of the plains, while hikes take visitors into timeless Palaung and Shan hill villages.

Another other option is taking a ride along the mighty Ayeyarwady (Irrawaddy) River, stopping off at Katha, the setting of George Orwell's *Burmese Days*. The lazy, meandering journey provides great opportunities for genuine interaction with the locals.

Far beyond Myitkyina lie the rarely seen, snow-capped peaks of Myanmar's Himalaya where trekking and whitewater rafting are taking off around Putao.

## When to Go

### Northern Myanmar



**Nov–Feb** The best time for trekking or river travel, with temperatures comfortable and water levels high.

**Mar–May** The Shan Plateau's cooler days offer an escape from the ferocious hot season.

**Sep & Oct** Despite the rain, the best time for serious far-north climbing expeditions.



## Northern Myanmar Highlights

**1 Hsipaw** (p282) Walking into unspoilt Shan and Palaung villages from this delightful laid-back plateau town with royal connections.

**2 Putao** (p304) Heading to the far north and the Himalaya region, where tough trekking and exhilarating whitewater rafting are taking off.

**3 Indawgyi Lake** (p296) Cycling around this serene lake and then taking a boat to the mystical Shwe Myitsu Paya.

**4 Pyin Oo Lwin** (p273) Enjoying the cool upland air and colonial-era architecture of the old British summer capital of Yangon.

**5 Gokteik Viaduct** (p280) Riding the bouncing train across this mighty viaduct, Myanmar's highest railway bridge.

**6 Katha** (p300) Spending lazy days drifting down the mighty Ayeyarwady River, including George Orwell connections in sleepy riverside Katha.