



Myanmar (Burma)



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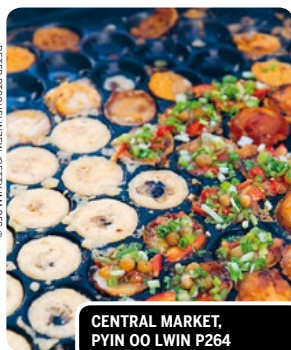
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Myanmar (Burma)

0 200 km
0 120 miles



★ THIMPHU
BHUTAN

BANGLADESH

★
DHAKA

Bagan

Amazing plain
of ancient temples (p129)

Mrauk U

Explore the former
Rakhine capital (p302)

Hsipaw

Springboard for treks
to tribal villages (p268)

Pyin Oo Lwin

Cool off at this
hill station (p260)

Kalaw

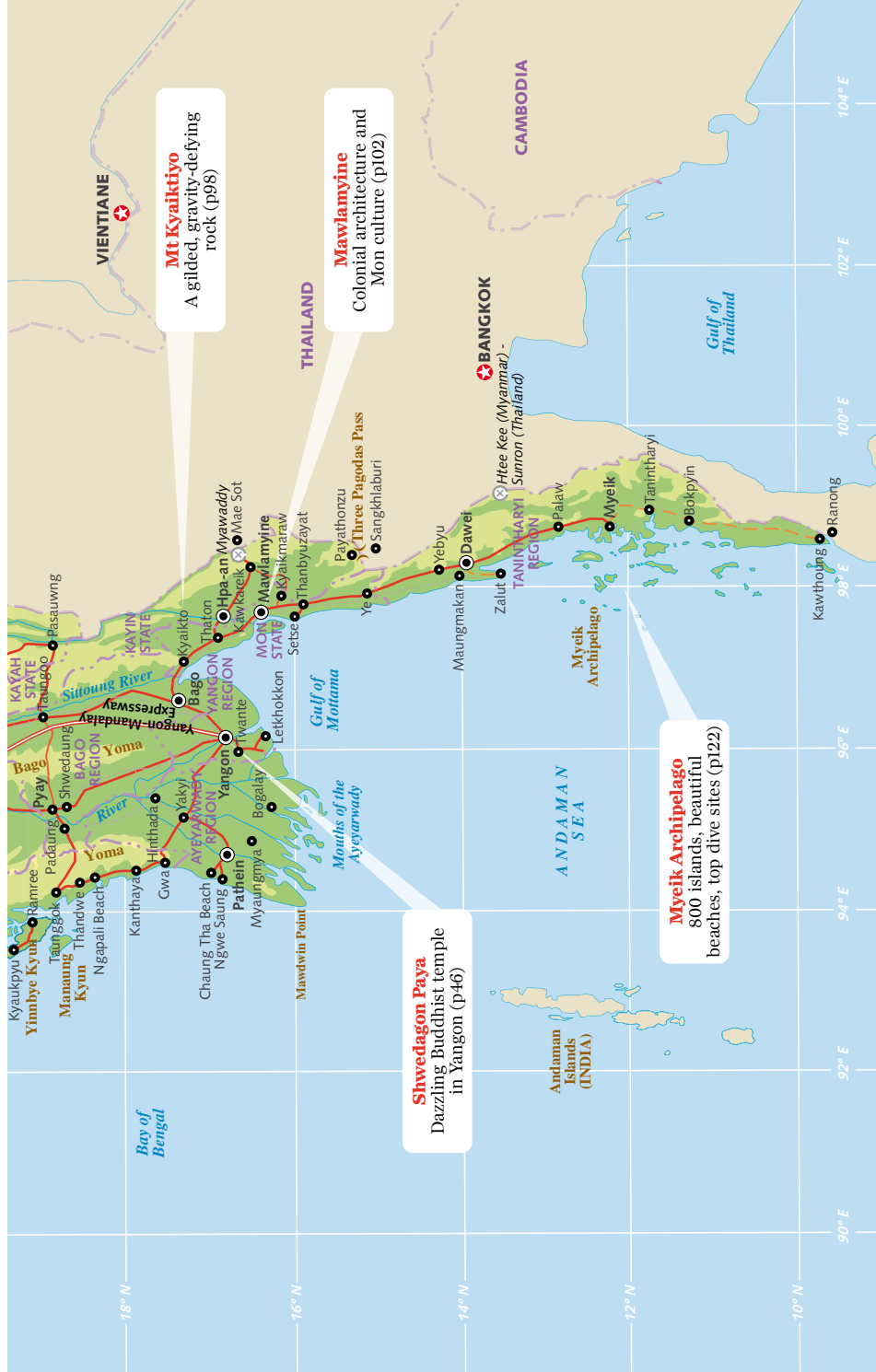
Hike from here
to Inle Lake (p204)

Inle Lake

Fishermen, ruined stupas
and floating markets (p193)

LAOS

VIETNAM



Mt Kyaiktiyo
A gilded, gravity-defying rock (p98)

Mawlamyine
Colonial architecture and Mon culture (p102)

Shwedaung Paya
Dazzling Buddhist temple in Yangon (p46)

Myeik Archipelago
800 islands, beautiful beaches, top dive sites (p122)

Itineraries



2 WEEKS Myanmar's Highlights

Fly into **Mandalay**. Apart from its sights such as Mandalay Hill, Mahamuni Paya and its craft shops and markets, the old capital can be used as a base for day trips to places such as Mingun, home to a giant earthquake-cracked stupa; U Bein's Bridge at Amarapura; Monywa, where you can climb halfway up inside the world's tallest standing buddha; and quiet riverside villages such as A Myint.

Consider catching the fast boat from Mandalay to **Bagan**; set aside two or three days to explore the thousands of ancient temples scattered across the countryside. For amazing views take off at dawn for a balloon ride or climb up sacred Mt Popa.

Fly to beautiful **Inle Lake**, where motor-powered dugout canoes take you to floating markets under the flight path of egrets. Make a day trip to the Shwe Oo Min Cave near **Pindaya** to see 8000 buddha images. If you're not flying directly back to **Yangon**, consider breaking your road journey at the pilgrimage town of **Taungoo** or at **Bago**, another past royal capital stacked with impressive temples.

Before leaving Yangon, visit the Shwedagon Paya and go souvenir shopping at Bogyoke Aung San Market.



Myanmar in One Month

Week one sees you heading south, by bus or train, from **Yangon**. First stop: the fabulous, golden boulder stupa balanced atop **Mt Kyaiktiyo**. Next up, **Mawlamyine**, a beguiling, melancholic town that was once a stomping ground of both Kipling and Orwell. Linger long enough to 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, the last resting place of the prisoners who died building the infamous Burma-Siam Railway.

Time your departure from Mawlamyine to coincide with the Monday or Friday boat service to Kayin State's underrated capital, **Hpa-an**. Give yourself enough time here to climb nearby Mt Zweigabin, before taking the overnight bus back to Yangon.

Week two starts with a journey north along the Yangon-Bagan Highway, pausing at historic **Pyaw**, famed for its pilgrimage site, Shwesandaw Paya, and the ancient city ruins of Thayekhittaya. Continuing north, switch buses in Magwe, to reach the remarkable temple-strewn plains of **Bagan**. A boat ride away is **Mandalay**, bigger and less exciting than many visitors imagine, but a great base for visiting several ancient-city 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**. Chill out even more around the shores of magical **Inle Lake**, perhaps getting there via an overnight trek from Kalaw. Fly from Heho direct to Thandwe for some R&R on beautiful **Ngapali Beach**. Tan topped up, head north by plane or boat to Rakhaing State's capital of **Sittwe**. Linger a day to catch its atmospheric market and breezy seaside promenade, then take a river trip 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.

Fly back 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 cooking Burmese food in Thanlyin. Alternatively, squeeze in an overnight break in **Patheingyi** to pick up some traditional paper parasols.

Map Legend

Sights

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

Activities, Courses & Tours

- Bodysurfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- 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
- 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 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 Melbourne, London and Oakland, 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

Coordinating Author, *Yanong & Around* Simon first visited Myanmar in 2001 and immediately knew it was special. An award-winning author and photographer who has produced many guides for Lonely Planet since 1999, including several in South-east Asia, Simon returned to Myanmar in 2011 to coordinate the 11th edition of this guide, and again in 2013 to coordinate this edition and take the pulse of Yanong, one of the region's most underrated cities. Read more at www.simonrichmond.com.

Read more about Simon at:
lonelyplanet.com/members/simonrichmond



Austin Bush

Southern Myanmar, Eastern Myanmar, Western Myanmar Austin first visited Myanmar in the late '90s while working as an English teacher in Bangkok. During subsequent visits he never suspected that he'd be authoring the very book that first guided him there. A native of Oregon transplanted to Southeast Asia, Austin is a writer and photographer who likes writing about and taking photos of food, because it's delicious. He also wrote the Eating in Myanmar chapter. His work can

be seen at www.austimbushphotography.com.



David Eimer

Northern Myanmar David first travelled to Myanmar back in the days of the military junta. Since then he's made repeated visits for both work and pleasure, with a particular interest in the country's east, north and many minorities. When not travelling, David lives in Bangkok and works as a journalist for several newspapers and magazines. Previously he was based in both Beijing and LA. Originally from London, he has contributed to 11 Lonely Planet books.



Mark Elliott

Mandalay & Around Mark is the author of several guides covering Southeast Asia. Like many frequent visitors to the region, Myanmar has long been his favourite destination, thanks in part to the stoic humanity and spontaneous delight of its people. When not researching travel publications, Mark is most likely to be in coastal England, suburban Belgium or Azerbaijani jazz clubs playing the blues riffs he learnt two decades ago when living in Japan.



Nick Ray

Bagan & Central Myanmar, Temples of Bagan Nick comes from Watford, the sort of town that makes you want to travel. He currently lives in Phnom Penh and has written many guidebooks on the Mekong region, including Lonely Planet's *Cambodia*, *Laos* and *Vietnam* books, and was only too happy to explore some of the off-the-beaten track parts of Central Myanmar. When not writing, Nick is exploring the remote parts of the region as a location scout or line producer for the world of television and film.

Published by Lonely Planet Publications Pty Ltd

ABN 36 005 607 983

12th edition – July 2014

ISBN 978 1 74220 575 5

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10 9 8 7 6 5 4 3 2 1

Printed in China

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