



The Republic of the Union of Myanmar

Welcome To the Golden Land



Gold is used every where: pagoda, monasteries, accessories of the nobles, and so on. The famous Shwedagon is fully covered with gold. The pagoda is one of the most magnificent monuments on earth.



What to Wear

HOT SEASON
Light, casual cotton wear

RAINY SEASON
Quick drying clothes

COLD SEASON
A cardigan or light jerkin

Dress code for religious places:
No footwear at pagodas.

Total Country Area

676,577 sq km
Over 260,000 sq miles

Location

Latitude: 09° 32'N & 28° 31'N
Longitude: 92° 10'E & 101° 11'E

Neighbouring Countries

Thailand, China India, Bangladesh, and Laos



Tourist Visa
US\$ 20

Business Visa
28 days, extendible up to 12 months on case basis. US\$40

Visa on Arrival
Granted to tour packages only. Prior arrangement required.

Temperature

- YANGON
Min 16 °C - Max 34 °C
- MANDALAY
Min 10 °C - Max 43.3 °C
- BAGAN
Min 10 °C - Max 43.3 °C



Accessible Int'l Airlines to Myanmar

- Air Asia (FD)
- Air Bagan
- Bangkok Airways (PG)
- China Southern
- China Airlines (CI)
- Indian Airlines



International Airports
Yangon & Mandalay

Airport Tax
US \$ 10

Domestic Airlines

- Myanmar Airways
- Air Bagan
- Air Mandalay
- Asian Wings Airways
- Air KBZ

Distance (in miles)

Yangon					
355	Mandalay				
320	60	Bagan			
268	110	106	Inle		
100	305	350	200	Kyaukse	



- Malaysia Airlines (M)
- Myanmar Airways Int'l (BM)
- Silk Air (MI)
- Thai Airways (TG)
- Vietnam Airlines (VN)
- Much More....



The Main Tourist Destinations



Yangon, the commercial city, is the main gateway to Myanmar. Yangon International Airport has direct airlinks with Bangkok, Singapore, Kuala Lumpur, Chiang Mai, Kolkata, Gaya, Hong Kong, Kunming, Nanning, Taipei, Ho Chi Minh, Ha Noi, Siem Reap, Guangzhou and Phuket. Myanmar Airways, Air Mandalay and Air Bagan regularly connect Yangon to Mandalay, Bagan, Heho, Kyaing Tong (Keng Tung), Tachieik, Thandwe, Kawthaung and to other tourist destinations. Asian Wings and Air KBZ are recently developed domestic airlines which also operate to the main tourist destinations. There are regular rail services and coaches from Yangon to major cities in the States and Divisions. The main tourist spots in Yangon are Shwedagon Pagoda, Kaba Aye Pagoda, Chauk Htat Gyi Pagoda, National Museum, Myanmar Gems Museum, Kandawgyi Gardens, Sule Pgaoda, downtown area and so on. The Environs of Yangon are Twante, Thnanlyin (Syriam) and Bago (Pegu).

Mandalay, the last capital of the Myanmar King, is located in Central Myanmar, 688 km north of Yangon. Also known as Ratanabon-Naypyidaw (meaning Gem City), it was built in 1857 by King Mindon. Today, it is the second largest city boasting its rich cultural heritage. It is also the commercial centre with rail, road, river and air links to all parts of the country. The main tourist spots in Mandalay are Maha Myat Muni Pagoda, Kuthodaw Pagoda, Mandalay Palace, Shwekyimyin Monastery, Alu-mashi Monastery, Kyauktawgyi Pagoda, Sandamuni Pagoda, Shwenandaw Monastery, Mandalay Hill, Shweinbin Monastery and Yankin Hill.



Bagan is one of the Asia's most amazing and richest archaeological sites. The ancient temples of Bagan stand today as they have been standing for a thousand years. Also being the capital of first Myanmar Empire, Bagan covers an area of 42sq.km containing over 2000 well-preserved pagodas and temples of the 11th - 13th century. There are daily flights between Yangon and Bagan which take an hour and ten minutes. There are regular Express Coach services to Bagan from Nay Pyi Taw, Yangon and Mandalay. Ananda temple, Shwezigon pagoda, Thatbyinnyu temple, Gawdawpalin temple, Gubyaukgyi temple, Shwesandaw Pagoda, Sulamani Temple, Dhammayangyi Temple and Lawkananda Pagoda are famous tourist sites in Bagan.

Inlay, vast picturesque lake, 900 metres above sea-level, is one of the main tourist attractions in Myanmar. The lake, 22 km long and 10 km across, has a population of some 150,000, many of whom live on floating islands of vegetation. Inlay lake, natural and unpolluted, is famous for its scenic beauty and the unique leg-rowing of the Inthas, the native lake dwellers. The most convenient way is to fly from Yangon to Heho, which is the nearest airport to the lake. There are daily flights to Heho which take about one hour. The flight from Mandalay to Heho takes only 20 minutes. Phaungdawoo Pagoda, Nga Phe Chaung Monastery, Alodaw Pauk Pagoda, Shwe Indein Pagoda, Ywama Village, Mine Thauk Market are places to visit.



Beaches, **Ngapali Beach** located on the Rakhine Coast near Thandwe (Sandoway), Ngapali is one of the beautiful beaches in Myanmar. This unspoilt beach is about an hour flight from Yangon. By overland, it is 14 hour drive along the narrow winding road over the Rakhine Yoma (mountain range) after crossing the Ayeyawaddy River at Pyay (Prome). **Chaung Tha Beach** is located 40 km to the west of Patheingyi in Ayeyarwaddy Division. It is about 5 hrs drive from Yangon. It is attractive and wide with not only coconut palms but also casuarinas trees found at the back of the beach. Two small islands can be seen offshore. **Ngwe Saung Beach** Resort, opened in the year 2000, is one of the loveliest and most pleasant beach resorts in Myanmar. Located in the Ayeyarwady Division, some 48 kilometres from the town of Patheingyi, Ngwe Saung, with a beach frontage on the Bay of Bengal with its clear blue waters.

The Main Tourist Destinations



Kyaikhtiyo, mystical pagoda stands on a gold gilded boulder, precariously perched on the edge of the hill over 1100 metres above sea-level. Kyaikhto, the town at the foot of the hill, is about 160km from Yangon. It is an 11 kilometre up-hill climb for the hikers from Kinpun base camp. There is also a steep winding road for 4-wheel drive cars from the base to the nearest point of the pagoda. There are many legends about the Pagoda and the 'nats' or 'spirits'. It is believed by the Buddhist devotees that this Golden Rock Pagoda enshrines a hair relic of Lord Buddha.

Mrauk U, 15th century ancient city of Rakhine Kingdom is known for its old temples with wall paintings of Indian cultural influence. A regular passenger boat takes hours from Sittwe to Mrauk-U. Special speed boat with 20 seats takes only 2 hours 30 minutes. It is also accessible by road from Sittwe via Ponnakyun and Kyauktaw. The Mahamuni Shrine, one of the famous Pagodas in Myanmar, is situated 30 km from Mrauk-U. Regular flights from Yangon to Sittwe takes one hour 30 minutes. Shitthaung Pagoda, Dukkanthein Pagoda and Andawthein Shrine are some of the sites to see in Mrauk-U.



The Myeik (Mergui) Archipelago, is off the western shore of the Malay Peninsula in far southern Myanmar. It consists of more than 800 islands, varying in size from very small to hundreds of square kilometres. The local people are an ethnic minority called the Moken, sometimes known as sea gypsies, although this term actually covers several groups in Southeast Asia. They are the sea-dwelling people and they follow a traditional way of life, doing things such as fishing and building boats very much the way they have been done for centuries. They can be found living on their traditional boats during the dry season, but usually keep to land in the rainy season. Liveaboard cruise is the way for visitors to reach diving areas with names such as Big Bank, Rainbow Reef or Silvertip Bank. The best diving conditions exist from December to April, with whale sharks and manta rays visiting from February to May.

Snow Capped Mountains, Putao is a town in Kachin State surrounded by snowpeaked mountains. It is cool the whole year round and there are many varieties of citrus fruits grown in the orchards. It is the gateway town to the northern part of Myanmar for climbing Mt. Khakaborazi (5889 metres), which is the highest mountain in Myanmar and in Southeast Asia and Mt. Hponkan Razi for recreation in the natural forest environment.



Myanmar Gems and Jewellery, Myanmar is a unique destination in Southeast Asia, where most of the precious gemstone are found. Pigeon blood red rubies, Jadeite stones and pearls are especially famous among international gems and jewellery market. No other country has rubies of the size, quality or quantity of those mined at Mogok, a town 7700ft (2347m) above sea level about 70 miles (112km) northwest of Mandalay in Myanmar. Myanmar is the only country in the world producing high-quality Imperial Jade in large quantities, from the mines at Hpakan in western Kachin State of Myanmar. According to international jewellers, Myanmar pearls are among the rarest and the most expensive in the world, as they are cultured exclusively from 'wild' oysters gathered from the ocean floor rather than those bred artificially, as is done in other countries.

The Major Tourist Attractions



Myanmar Dynasty early civilization in Myanmar dates back to the 1st century with archaeological evidences of the Pyu Kingdoms of Thayekhittaya (Sri Ksetra), Beithano (Vishnu) and Hanlin. The first Myanmar Empire was founded in early 11th century by king Anawrahta who unified the country through his strong leadership and intellect. The Empire with its capital at Bagan lasted until the end of 13th century with the invasion of the Mongol. This was more than 20 years before the Norman Conquest of England in 1066. The Second Myanmar Empire with its capital in Bago (Pegu) was founded in mid 16th century by King Bayinnaung. The Third and the last Myanmar Empire was founded by King v in 1752.

The People Myanmar is a union of over 100 nationalities with their own dialects and traditions. The major races are Kachin, Kayah, Kayin, Chin, Bamar, Mon, Rakhine and Shan. The name Myanmar embraces all the nationalities. The population of Myanmar is over 57 million with the Bamar, the majority race, making up about 70 percent. **The National Land Marks Garden** located on Thaik Chaung Road near Yezin Dam in Zayathiri Township, Nay Pyi Taw. It has over (400) acres. The Land Mark structures of the national races and their customs. The booths at the Garden reflect the cultural heritage of the national people and foster the Union Spirit. Moreover, the garden proves the long time existence of the Union. **National Races Village** was constructed by Ministry of Progress of Border Areas and National Races and Development Affairs is situated in Tharketa Township, on the left of Yangon-Thanyin Bridge in Yangon.



Padaung, one of the most striking of these groups is the long necked Padaung nationals living in Shan State of Myanmar. Their unique attractiveness is their well acclaimed brass rings on the women's necks. There are two kinds of Padaung- one who puts rings on women's necks called "long-necked Padaungs" and the other, without rings on women's necks called "short-necked Padaungs". Interesting to note is how Padaung women put the rings on their necks, a tradition passed down from their great grand parents to this day. At the early age of five or six years, the spiral brass rings are put around the Padaung girl's neck. More neck rings are added every four years, up to nine times until the age of (45). By the last round, the rings will weigh about (5) kg. This custom of neck rings has attracted a great deal of interest. The Padaungs live in a single house or hut, and most of them are farmers and hunters.

Myanmar Straw Paintings, Rice is the staple food of Myanmar, and rice is planted all over the country. After consuming rice, which can be said to be our blood-line, we even use the discarded stuff, like straw, to create beautiful artistic paintings. Thus, we give them the name "KauYoeBagi" which means "Straw Painting". The creators of straw paintings categorize their paintings into two categories. The first is, the straws are used in their natural colours, and the second, the straws are painted according to the colour, the artist prefers. By mentioning, the natural colour of the straw means...that the straws changes colour according to age. The paint uses to colour the straws are usually silk-dye. To produce a straw paintings, there are two methods. The first one is to draw a rough sketch on the velvet cloth, and the second method is to draw a rough sketch on a paper, and then, cut it out and stick it onto the velvet cloth.



Please Visit Following Websites For More Information



www.myanmar-tourism.org, www.tourism-myanmar.org



www.myanmartravelsandtours.com

www.tourismmyanmar.org



www.myanmarhotelier.org

www.myanmars.net



www.umtanet.org

www.myanmartravelinformation.com

