



## ANCIENT MYANMAR (14 days / 13 nights)

*Yangon – Pindaya – Kalaw – Inle Lake – Mandalay – Ancient Cities –  
Mingun – Monywa – Bagan – Salay & Mt. Popa – Yangon*

### Day 01

### YANGON

We will welcome you directly at the Yangon International Airport and accompany you to your hotel in the city.

Yangon is the former capital of Myanmar. The city, with a population of over 5 million inhabitants, is lined by the Yangon River in the West and the Bago River in the South. Compared with other Asian cities of similar size, it gives the impression of being green and full of trees, above which shimmering pagodas seem to float.

The most famous and most revered monument in Yangon is the Shwedagon Pagoda, a must for every visit to Myanmar. More gold is said to have been used in building it than is possessed by the Bank of England.

The centre of Yangon still retains many impressive old buildings from the British colonial period.

**Scott Market:** This sprawling, over 70 years old market has the largest selection of Burmese handicrafts you will find under one roof. Even a stroll along all the different stands without the intention of buying is a pleasant change in every itinerary.



**Sule Pagoda:** Situated in the very centre of downtown Yangon, the tall zedi of Sule Pagoda makes an excellent landmark; in fact it's used as a milestone from which all addresses to the north are measured. It is over 2,000 years old, but like many other ancient Burmese shrines, it has been rebuilt and repaired many times over the centuries. It is said that the central stupa enshrines a hair of Buddha; its Mon name, *Kyaik Athok*, translates as 'the stupa where a Sacred Hair Relic is enshrined'. Most likely, as with the zedi of Shwedagon Pagoda, it was originally built by the Mon in the middle of this century.

**Shwedagon Pagoda:** The highlight of any trip to Yangon, and indeed to Myanmar itself, is a visit to the Shwedagon Pagoda, located in midtown Yangon between the People's Park and the Kandawgyi Lake. The 2,500 years old Shwedagon Pagoda appears most beautiful during the early morning or evening, when you are able to enjoy this gilded sight in different colours.

**SAVOY HOTEL (5\*, Deluxe room)**

**PARK ROYAL HOTEL (4\*, Superior room)**

**THAMADA HOTEL (2\*, Superior room)**

### Day 02

### YANGON

Today you will enjoy another day of sightseeing in Yangon.

**Kaba Aye Pagoda:** The 'world peace pagoda' is fairly new, it was built in 1952 for the 1945-1956 Sixth Buddhist Synod. The 34-meter-high stupa also measures 34 meters around its base. It is located approximately 11 km north of downtown, close to the Inya Lake.

**China Town:** It is located west of the city centre, still within the downtown area. Here you can enjoy the bustling street markets, where you can buy nearly everything and visit Kheng Hock Keong, the largest Chinese Temple in Yangon, which is over 100 years old.

**Chaukhtagi Reclining Buddha:** This Reclining Buddha is almost as large as the enormous figure in Bago. It is located in a large metal-roofed pavilion on Shwegondine Road, only a short distance east beyond the Shwedagon Pagoda. If you can not visit Bago to see the Shwethalyaung, then do not miss this colossal image.

**Botataung Pagoda:** *Bo* means "leader" and *tataung* is "1.000" – the Botataung Pagoda was named after the 1.000 military soldiers who escorted relics of the Buddha brought from India over 2.000 years ago. This ancient monument was completely destroyed during World War II and is one of the few pagodas in Myanmar which allows visitors to walk inside, instead of just around.



**SAVOY HOTEL (5\*, Deluxe room)**

**PARK ROYAL HOTEL (4\*, Superior room)**

**THAMADA HOTEL (2\*, Superior room)**

## Day 03

## KALAW & PINDAYA

After breakfast in the early morning and check out from the hotel, our driver will bring you to the airport of Yangon from where you will fly to Heho. From Heho you will drive by car to Pindaya.

**Pindaya Caves:** This sacred cave complex features over 8.000 Buddha images made from alabaster, teak, marble, brick, lacquer and cement. The caves burrow into a limestone ridge overlooking Pindaya. Unusual features are a set of stalagmites that can be struck with large wooden beams to produce tones like a gong. There are also "perspiring Buddhas", which stay wet because of condensation, but which are dry now, having been painted recently.

**Umbrella Factory:** A chance for a detailed look at the making of the famous Shan paper and beautiful Burmese umbrellas.

After visiting Pindaya you will proceed with the tour and drive to Kalaw.

Kalaw is a former British hill station on the western edge of the Shan plateau. It is a quiet town, 1.320 meter above sea level with an atmosphere reminiscent of the colonial era. The market is a good place for watching hill tribe people and the other varied inhabitants of Kalaw – Nepali, Indians, Gurkhas, Bamar and Shan. It also features a wide variety of fresh fruits and vegetables.



Nee Paya holds a gold lacquered bamboo Buddha and is reached in only 20 minutes by car.

**AMARA RESORT (4\*, Deluxe room)**

**HILL TOP VILLA (3\*, Superior room)**

**HILL TOP VILLA (3\*, Superior room)**

## Day 04

## INLE LAKE

In the morning you will drive from Kalaw through the magnificent Shan Plateau to Nyaung Shwe at the Inle Lake where you will board a boat and be ferried to your hotel on the Inle Lake.

The Inle Lake is 22 km (14 mi) long, about 11 km (7 mi) wide and lies a comfortable 875 m (2.871 ft) above sea level. It is very shallow, only two to three meters deep. The lake is surrounded by high plateaus and overlooked by the misty Shan mountains. It is also the home of the Intha people, who have adapted to their environment by building entire villages rising on stilts from the shallow waters.



Lake dwellers grow an array of flowers and vegetables in picturesque floating gardens and fields, tended by workers in canoes. They have become famous for their unique one-leg rowing technique.

**INLE PRINCESS RESORT (5\*, Lake Front View Chalet)**

**INLE RESORT (4\*, Duplex Cottage)**

**PARADISE INLE RESORT (2\*, Superior room)**

## Day 05

## INLE LAKE

In the morning we will start our sightseeing tour on the Inle Lake by boat:

**Five-Day-Market:** These bustling markets around Inle Lake are mostly of interest for the variety of different products offered, mainly grown on the floating gardens. Additional local color is added by the presence of the different tribal groups such as the Pa-O, who come from far and wide to sell their items. The market rotates between different villages over five days.

**Nga Phe Monastery:** It is also called the "Monastery of the jumping cats", since the monks have trained their cats to jump through hoops. The different ancient Buddha images inside make this monastery a worthwhile stop.

**Indaing Village:** Indaing is located half way along the western side of the lake and is very interesting due to its 1.094 stupas surrounding the main pagoda, the Indaing Pagoda. This pagoda is the original home of the five famous Buddha images of Inle Lake. Some of the stupas were built during the 11<sup>th</sup> century and feature beautiful stone carvings.

**Phaung Daw U Pagoda:** This complex is the holiest religious site in the southern area of the Shan State. It hosts five gold-leaf-covered statues, of which three are Buddha images and two are reportedly Arahats (historical disciples of the Buddha). The gold leaf on the figures has become so thick that the images have become almost unrecognizable. During the 18 days of the famous Phaung Daw U Festival, the ceremonial barge sets off from here to carry four of the five Buddha images around the lake, from village to village, to bless the village monasteries. This festival takes place every year around September and October.

**Kaung Daing Village:** The village is situated on the northwest shore of the lake and is famous for the production of rice crackers, tofu snacks and fried beans. There are hot springs about 40 minutes walking distance from the village, a popular bathing place for locals and tourists alike.

### Traditional crafts on the Inle Lake:

Silk weaving:	at Inbawkhone
Gold & Silver Smithing:	at Ywama
Paper Making	at Ywama
Boat Making:	at Nam Pan
Cheroot Making:	at Nam Pan

**INLE PRINCESS RESORT (5\*, Lake Front View Chalet)**

**INLE RESORT (4\*, Duplex Cottage)**

**PARADISE INLE RESORT (2\*, Superior room)**



## Day 06

## MANDALAY

After breakfast and Check-out, our tour guide will bring you to the airport. You will fly from Heho to Mandalay.

There are a lot of different things to see that are very interesting in this bustling city and the surrounding ancient cities. We are highlighting most of these underneath.

**Royal Palace:** This imposing palace was built by King Mindon in 1857, when he decided for Mandalay to be the Royal City. It was essentially a walled city within Mandalay which was destroyed by a fire on 20<sup>th</sup> March 1945 during a fierce fighting between advancing British

troops and the occupying Japanese forces. It was recently reconstructed, but with concrete instead of flammable wood.

You can visit the miniature palace and then stroll through the reconstruction, housing a lot of original artefacts. Afterwards, climb the 33 meter high watchtower with views over the whole palace compound and the city. The fort also contains the tomb of King Mindon and the Sabbath Hall.



**Mahamuni Pagoda:** The Mahamuni Pagoda was built by King Bodawpaya in 1784. However, the original shrine was destroyed in 1884 by a fire, so that the current one is of comparatively recent origin. It features the Mahamuni Buddha image that was transported to Mandalay from Mrauk Oo in 1784, possibly cast as long ago as the 1<sup>st</sup> century. The four meter high image is cast in bronze, but over the years it has

been covered with a thick layer of gold leaf.

In the courtyard there are six bronze Khmer figures that were brought back from Mrauk Oo and have their actual origins in Angkor Wat, Cambodia.

**Shwe Inbin Monastery:** This monastery, dating 1895, features exquisite wooden carvings along the balustrades and roof cornices.

**Shwe Nandaw Monastery:** This "Golden Palace Monastery" is a fragile reminder of the old Mandalay Fort. Once part of the palace complex and used as an apartment by King Mindon, who died in this building, King Thibaw had dismantled and reassembled it at its present site in 1880.

**Kuthodaw Pagoda:** The 729 marble slabs surrounding this pagoda are inscribed with the entire Tripitaka, earning this pagoda the moniker of "the world's biggest book".

**Kyauktaw-Gyi Pagoda:** The pagoda is famous for its huge seated Buddha image, carved from one single block of marble. Until a couple of years ago it was the biggest single carved image in the world.

**Mandalay Hill:** After a pleasant climb, this hill, topped with a temple style pagoda of mirrored hallways, offers a fantastic view all over the city and the central plain. The Mandalay Hill is a must and can be visited all day long, but enjoying the sunset from the pagoda on top of the hill is always a nice ending of a hot day. (driving up halfway, missing no important sights, cuts the walk to only 20 minutes)

#### Crafts in Mandalay:

- Marble carving and wood carving, as well as some embracement tapery on Sagaing Mandalay Road.
- Bronze foundries
- Gold-leaf making in the south east of the city
- Silk Weaving



**MANDALAY HILL RESORT (5\*, Deluxe room)**

**MANDALAY CITY HOTEL (3\*, Superior room)**

**WOODLAND HOTEL (2\*, Standard room)**

## Day 07

## ANCIENT CITIES

After breakfast you will visit the three Ancient Cities of Ava, Sagaing and Amarapura:

#### AVA (Inwa):

**Le Thagi Pagoda:** (14th century) a square shaped pagoda, featuring many *ogais* (little ghosts), all carved with different faces, surrounding the terraces. Legend tells of the "Queen's dream": The queen dreamt of a garden full of different animals, and since the Burmese believe a dream including animals to be bad luck, the queen went to a fortuneteller, who advised her to build a pagoda surrounded with these *ogais* to protect her.

**Lawka Htut Phaung & Su Taung Pyi Zedi:** a pair of 700-year-old pagodas next to Le Thagi Pagoda.

**Yatana Se Me Ko Su Pagoda:** a 17th century pagoda whose roof and some walls have been destroyed, leaving Buddha images on their original sites, overlooking the beautiful landscape.

**Win Gabar Paya:** built in the 14th century, this pagoda provides pleasant views from the top over surrounding fields and towards the Baga Yar Monastery.

**Baga Yar Monastery:** built by King Bagyidaw in 1834, made entirely of teakwood and supported by 267 teak posts.

**Nanmyin:** a 27-meter-high watchtower, the only remains of the palace, built by Bagyidaw. It tilts precariously, so it is known as the "Leaning Tower of Inwa".

**Maha Aung Myay Bonzan:** one of the few brick-and stucco monasteries, it was built in 1818 by Meh Nu, the chief queen of Bagyidaw, for her royal abbot U Po.

#### SAGAING:

**Umin Thounzeh:** (30 caves pagoda) An abbot built this semi-circular building, housing 45 Buddha images seated in a long row. The 30 entrances are designed to create the impression of caves.

**Soon U Ponya Shin Paya:** constructed in 1312. Has outstanding views over Sagaing, the Irrawaddy River and a landscape dotted with pagodas.

**Kaunghmudaw Pagoda:** (9km west of Sagaing) 46 meter high dome, modeled after the *Mahaceti* (Great Stupa) in Sri Lanka - although a legend says that it represents the perfectly shaped breast of a well-endowed Burmese queen.



#### AMARAPURA:

**U Bein Bridge:** the longest teakwood bridge in the world (1.2 km), curved to withstand the wind and waves. Built by U Bein, the former mayor of Amarapura, with old teak posts taken from the palace in Inwa at the end of the 18th century. A visit to the U Bein Bridge is most rewarding during the sunset.



**Kyauktawgyi Pagoda:** A short stroll across the bridge, constructed in 1847 by Pagan Min. It has a seated Buddha image and interesting frescos.

**MANDALAY HILL RESORT (5\*, Deluxe room)**

**MANDALAY CITY HOTEL (3\*, Superior room)**

**WOODLAND HOTEL (2\*, Standard room)**

## Day 08

## MINGUN

Our guide will meet you at the hotel. Today you will cross the Irrawaddy River by a ferry boat and visit Mingun, home to one of the largest intact bells in existence as well as the earthquake ravaged base of an unfinished pagoda, which would have been the tallest in the world.

**Pondaw Paya:** 5m high working model for the gigantic Mingun Paya. It gives a clear picture of what the paya would have looked like if completed.

**Mingun Paya:** work on this gigantic structure started by King Bodawpaya in 1790 and halted in 1819 when he died. If the work had been finished, Mingun might now have the world's largest Zedi. The stupa base sustained heavy damage in the earthquake of 1838, which left a deep crack scarring its façade. It is now 50 m high, a third of the projected height of 150 m. From the top there is a fantastic view of the Irrawaddy River towards Mandalay.

**Mingun Bell:** in 1808 the King had a gigantic (90 tones) bell cast for the Mingun Paya. It is supposedly the largest uncracked bell in the world.

**Hsinbyume Paya:** built in 1816 by Bagyidaw, before he became king, in memory of his senior wife, princess Hsinbyume. It is a white, round shaped zedi with one nicely decorated stairway guiding up to the top terrace.



**MANDALAY HILL RESORT (5\*, Deluxe room)**

**MANDALAY CITY HOTEL (3\*, Superior room)**

**WOODLAND HOTEL (2\*, Standard room)**

## Day 09

## MONWYA

In the early morning you will drive by car approximately three hours from Mandalay to Monywa.

Monywa is a lovely town, situated on the eastern bank of the Chindwin River and a major trade centre for agricultural products from the surrounding Chindwin Valley. It is the gateway to the magnificent Thanboddhay pagoda complex, with 7.350 statues and almost 600.000 sacred images of the Buddha, as well as the world's highest standing Buddha. This colossal figure measures approximately 130 meters in height and is hollow inside.



About two hours driving time from Monywa, you will find the impressive sandstone caves of Hpo Win Daung. Depending on your time, you can either visit these caves today or tomorrow.

**WIN UNITY RESORT (3\*, Deluxe Lake View room)**

**WIN UNITY RESORT (3\*, Deluxe room)**

**WIN UNITY RESORT (3\*, Standard room)**

## Day 10

## PAKKOKU & BAGAN

In the morning you will drive by car from Monywa to Pakkoku. This trip will take about four hours. In Pakokku you will take the boat to Bagan. The cruise downwards the famous Irrawaddy River will take approximately two hours. On the way you will observe charming rural villages, which are examples of a typical river community. You will also pass the confluence of the Irrawaddy and the Chindwin River.

Bagan is Myanmar's greatest wonder. This deserted ancient city alongside the Irrawaddy River is home to over 2.000 temples and pagodas, covering an area of around 40 square km. Myanmar's greatest wonder, and by far its largest attraction, is one of the most remarkable archaeological sites in Asia and represents the spiritual heritage of ancient Burma.

**THARABAR GATE HOTEL (4\*, Deluxe room)**

**THAZIN GARDEN HOTEL (3\*, Superior room)**

**KADAY AUNG HOTEL (2\*, Superior room)**



## Day 11

## BAGAN

Uniteam Tours & Travel is happy to offer you a truly unique adventure of a breath-taking ride in a hot-air-balloon over the ancient temples and pagodas of Bagan during sunrise! Depending on the weather condition the flight usually lasts around 45 to 60 minutes. The exclusive price with Uniteam Tours & Travel is USD 265,- per person only! We strongly



recommend an early booking as capacities are limited.

All balloons were produced by Cameron Balloons Ltd., one of the world's largest manufacturers of hot-air-balloons. The operation crew consists of qualified pilots and technicians who are all registered in Great Britain.

After breakfast, there will be a full day of fascinating explorations within the temple and pagoda plain of Bagan. Here are some of the most outstanding sights:

**Ananda Temple:** Ananda is one of the finest, largest and best preserved temples of Bagan, fully restored after suffering damage in the 1975 earthquake. Built around 1105 by King Kyanzittha, this perfectly proportioned temple heralds the stylistic end of the early Bagan

period and the beginning of the Middle period. There are four large wooden Buddha figures. Two of them appear to change their face expressions the closer you get.

**Dhammayangyi Temple:** This temple was built during the 12<sup>th</sup> century by Kalagya Min, the king who was killed by the Indians. Dhammayangyi resembles a pyramid from the side with impressive mortar-less brickwork. The king ordered that the bricks need to fit together so tightly as not to admit that even a pin could fit between them, otherwise (it is said) he cut off the workers hands.

**Htilo-Minlo Temple:** Htilo-Minlo is a massive complex built in 1218 by King Nantaungmya. It features traces of old murals, original fine plaster carvings and glazed sandstone decorations.

**Shwezigon Pagoda:** The works on this pagoda were started by Anawratha, but not completed until the reign of Kyanzittha (1084-1113). The stupa's graceful bell shape became the prototype for Myanmar's pagodas. Supposedly the Shwezigon was built to enshrine one of the four replicas of the Buddha tooth from Kandy, Sri Lanka, and to mark the northern edge of the city.



**Upali Thein:** Upali Thein is one of the few ordination halls still standing. Most buildings of this type were made of wood and have disappeared since long. It is named after Upali, a well-known monk, and features some brightly painted frescos from the late 17<sup>th</sup> and early 18<sup>th</sup> century.

**Mingalazedi:** It is know as the "blessing stupa" and was built in 1277 by Narathihapati. Mingalazedi is noted for its fine proportions and for the many beautiful glazed Jataka tiles around its terraces. It is also an excellent spot for a nice afternoon view, as it is located far on the western side of the pagoda plain.

**Thatbyinnyu:** This temple was built by Alaungsithu in the 12<sup>th</sup> century and is with 61 meters the highest building in Bagan. Its monumental size and vertical design make it a classic example of the Middle Bagan period.

**Dhammayazika Pagoda:** This pagoda was built by Narapatisithu in 1196 and almost looks like the Shwezigon Pagoda, however, it was built on a *pentagon* terrace with five little temples, each containing a Buddha image. The pagoda offers a nice view over the Bagan Plain.

**Gawdawpalin Temple:** Considered the crowning achievement of the Late Bagan period, this is one of the largest and most imposing of the Bagan temples. It was badly damaged in the 1975 earthquake and its reconstruction probably represents the biggest operation undertaken after the earthquake.



**Gu-Byauk-Gyi:** This temple from the 13<sup>th</sup> century features amazingly fine frescos showing scenes of Buddha's life.

**THARABAR GATE HOTEL (4\*, Deluxe room)**

**THAZIN GARDEN HOTEL (3\*, Superior room)**

**KADAY AUNG HOTEL (2\*, Superior room)**

## Day 12

## SALAY & Mt. POPA

After breakfast you will be taken by car to Salay, a colorful and ancient religious center of Central Myanmar, 1½ hours south of Bagan. In between, visiting the numerous ancient monasteries, adorned with beautiful woodcarving, you can enjoy the beauty of this compact city of colonial buildings, monasteries and stupas. Here, you will visit a 150-year-old wooden monastery with wood carved figures and beautiful wood carved ceilings.

At the Mogok Vipassana Yeiktha, a meditation center, you will be able to look into the hollow Lacquer Buddha (Nan Paya).



We will continue the trip through middle Burma towards Mount Popa, the "flower mountain". 777 steep stairs lead up to the 737 meters (2.417-ft) high peak of its extinct volcanic vent (Taungkalat) with pagodas and small temples perched at the summit. Mount Popa is the home of the country's most powerful *Nats* (sacred spirits) and offers an entrancing view across the plains of upper Myanmar.



**THARABAR GATE HOTEL (4\*, Deluxe room)**  
**THAZIN GARDEN HOTEL (3\*, Superior room)**  
**KADAY AUNG HOTEL (2\*, Superior room)**

## Day 13

## YANGON

Probably in the afternoon you will be brought to the Thandwe Airport and fly back to Yangon. We will bring you to your hotel in Yangon for a last night in the South East Asian Garden City. Enjoy the rest of the day with leisure or with shopping and further sightseeing.

**SAVOY HOTEL (5\*, Deluxe room)**  
**PARK ROYAL HOTEL (4\*, Superior room)**  
**THAMADA HOTEL (2\*, Superior room)**

## Day 14

## YANGON

Transfer to the Yangon International Airport for your departure from Myanmar full of unforgettable memories of a truly unique country.

***We would be very happy if you would allow us  
the pleasure of arranging your tour!***

We would be more than happy to tailor the above mentioned tour to fit your needs and timeframe whereby we can then quote you an individual price for the tour.

*Please contact us we look forward to being of service to you!*  
Our initial offer is strictly *without obligation* and free-of-charge.

### The prices include:

- Accommodation at the above mentioned hotels in double or single occupancy incl. breakfast
- Transportation for excursions and sightseeing with a private car or minibus with driver and A/C
- Domestic flights incl. airport transfers
- Private boat on the Inle Lake
- Horse carts and ferry fees in Ava
- Ferry to Mingun
- Cruise on a local boat from Pakokku to Bagan
- English speaking station guides at each destination (except at the beach and the will be a supplement for a guide who speaks another language (German, Italian, French, Russian, etc.))
- Government tax
- Admission- & zone fees



The prices do not include:

- Any personal expenses for souvenirs, lunch, dinner, tips, etc.
- International flights & airport fees for departing Myanmar (USD 10,- per person)
- Balloon Ride over Bagan (USD 265,- per person)
- Travel insurance (We strongly recommend to purchase a travel insurance covering medical evacuation before your trip.)
- Visa arrangements
- All other services not mentioned in inclusions

GENERAL REMARKS:

- There is a hotel surcharge and some extra compulsory services for reservations in special times (New Year, Christmas, etc.). Any change of the itinerary or number of participants is subject to price change.
- For any modification of date or itinerary the prices can be revised.
- Usually the room will be available only from 14:00 on the arrival date to 12:00 on the departure date. Depending on the hotels policy, the supplement will be added for early check-in or late check-out.
- The cost of the air tickets are subject to change without prior notice by the airlines.