



## Myanmar – Capital – Naypyitaw Business/former Capital - Yangon

### Location

Myanmar is situated in Southeast Asia and is bordered on the north and northeast by China, on the east and southeast by Laos and Thailand, on the south by the Andaman Sea and the Bay of Bengal and on the west by Bangladesh and India. It is located between latitudes 09 32 N and 28 31 N and longitudes 92 10 E and 101 11 E.

### Religion

The main religions of the country are Buddhism (89.2%), Christianity (5.0%), Islam (3.8%), Hinduism (0.5%), Spiritualism (1.2%) and others (0.2%).

### Top Exports

Teak, precious gems, pulse & beans, rice, ...

### Things to do in Myanmar

- Trekking (Inle area, Kalaw, Pindaya, Putao)
- Biking (Inle area, Kalaw, Pindaya, Putao)
- Hiking to snow capped mountain (Putao)
- White water rafting (Putao)
- Horse riding (Mandalay, Bagan area)
- Island Hopping Tour & Diving (Mergui Archipalago)
- Snorkeling (Ngapali Beach, Mergui archipelago)
- Canoeing (Inle, Ngapali & Mergui archipelago)
- Sailing (Yangon & Mergui archipelago)
- Cruise along Ayeyarwaddy River
- City & Temple Tour
- Bird watching (Inle, Kanpelet, Moyingyi Wet Land) & Explore nature of Asian Elephant (PhoKyar elephant camp, Myaing Haywunn Elephant Camp, Kalaw)
- Flora & Fauna (Putao)
- Meditation

The country is found unspoiled cause it never has mass tourism but it grew up gradually without destroying its nature and culture. Because of globalization, many countries have changed their way of living but visitors can fine Myanmar people still practicing their own Tradition and Culture until today.

Myanmar is the country where more than 100 different kinds of national races live. This is the only country where you can find colors of nations with varied religion.

The country is bordered by Bay of Bengal in the West and Andaman Sea in the South. Mountains shield the country at West, North & East that bear different climate and forests. More over, it has unspoiled water and Thousands of Islands that are yet to explore.

As it is a Buddhist country, there are Stupas (Pagodas), Temples and other religious monuments, schools of Buddhism, meditation centers that practiced Theravada Buddhism. In related to religion the religious ceremonies & festivals are held 12months a year.

Myanmar is well known for handicrafts. Products are exquisitely made out of wood, marble, gemstone etc. As the country is covered by mountains and sea, tours related to Eco-tourism can take place, such as hiking to Ice-clad Mountain, trekking, bird watching, relaxing at white sandy beaches, fishing, snorkeling and diving.

### “Nay Pyi Taw”,the new capital

The new administrative capital of Myanmar “Nay pyi taw” ( The Capital ) was established in 2006 and is about 260 miles north of Yangon.

### Bagan

It is an ancient Myanmar capital of 10th to 13th century A.D. Thousands of temples and pagodas dotted an area of approximately 16 sq miles witnessed to the well being and Buddhism religiosity of the people of Bagan. Each temple is famous for its different architectural style. Among them are the Shwezigone Pagoda; this golden stupa is famous as prototype of Myanmar stupas, Ananda Temple; known as the most beautiful temple with plaster carving and glazed plaques, Damayangyi Temple; known as the massive one and Kubyaukgyi Temple; the small cave temple with fresco paintings of 12th century . Art of making lacquer ware is famous in Bagan.

Places of interest closed to Bagan are Mt.Popa, Sale and Pakokku .

### Mandalay

Mandalay was the royal capital of the last Myanmar Konbaung Kingdom founded in 1857. To fulfill the prophecy of Lord Buddha that a great city will raise at the foot of the Mandalay Hill, King Mindon built the capital at the foot of Mandalay Hill. He built his Royal Palace within four square walls and moat at outer side of the walls. Although Mandalay ceased to be the capital city of the country it is still acknowledged as the centre of Myanmar culture, handi-crafts and music. Mandalay is the best place to see handicrafts such as wood, ivory and stone carving and gold leaf manufacture. Entertainment such as “Pwe” (dances at road side theatre), Nat Pwe (special event of spirit mediums) are held almost the whole year round. The Royal Palace, Mandalay Hill, handi-craft workshops, the Golden Palace monastery, Mahamuni Image and medi-cation centers are interesting places to visit.

Other places of interest beyond Mandalay are Mingun village and Mingun bell, Amarapura, Sagaing hills, Monywa, Kyauk se, the hill station of May Myo and famous stealth bridge of Gotheik Viaduct.

### Inle Lake

Inle Lake, ringed by high mountains is fairly narrow and long, but highly attractive because of its picturesque view. People living in the lake are known as “Intha” (children of the lake). Fishermen of the lake use one leg to maneuver the boat while fishing and are widely known as leg-rowers. The blue calm water is dotted with floating islands and floating gardens. Every year around October, just before the end of the Buddhist lent (dates change every year according to lunar calendar), the Phaungdaw-Oo Pagoda Festival takes place.

Thickly gilded golden Buddha statues of Phaungdaw-Oo Pagodas are taken out in decorated ceremonial barge to villages around the lake. The holy barge travel for about 18days and visit many villages. Villagers in colorful dresses welcome and pay homage to the Statues by offering flowers, food and fruits. During the festival, boat-races and other entertainments are held.

### Beach Resorts in Myanmar

#### Ngapali Beach

Ngapali Beach (or) Sandoway Beach is accessible by flight from Yangon, Bagan, and Heho or by car from Pyay. Many believed that the name Ngapali came from a home sick Italian who named this deserted patch of the beach as Naples, his native place. It is a quiet and sandy beach without pollution and night clubs unlike others in the west.

#### Chaung Tha Beach

Further down south of Ngapali stands Chaung tha beach. The beach can be reached by a car from Yangon for 4-5hours passing through the delta and crossing the low spurs of the Rakhine mountain ranges. It is favored by the local people because of the availability of inexpensive fresh sea food and dried sea food products.

#### Ngwesaung Beach

Further south of Chaung tha stands Ngwesaung beach. The white, sandy beach and the green waters would be incentives for you to return again to this newly developed beach. It can be reached by car from Yangon in 4-5 hours passing through rich Ayeyarwaddy delta. It is just the right spot for those who wish to run away from busy city of Yangon.

#### Kyaingtong

Kyaingtong is one of the interesting cities for people who wish to see the colorful Myanmar hill tribe people. Kyaingtong is a major commercial town of the area and also situated in a remote hilly region and close to the borders with Thailand and China. Hence the inhabitants living around the city vary from highlanders to city people. One can visit people like “Eng” who are mostly animists, Akhar, Akhu, Silver Palaung, Red Palaung, Gon Shan, Lahu and Khun people who has their own spoken language similar to northern Thai. There is hot springs around Kyaingtong as well as beautiful waterfalls.

Another interesting place is Wan Nyat monastery, a couple of hours driving to the east of Kyaingtong. The monastery is typical of the Shan and Thai architecture.

### Population

Estimated at 52.4 million (July, 2003) the population growth rate is 1.84 percent.

### Main language

The Union of Myanmar is made up of 135 national races, of which the main national races are Kachin, Kayah, Kayin, Chin, Bamar, Mon, Rakhine and Shan. They have their own language.

### Gained Independence

from British in 1948

### Things to buy

- Wooden arts and crafts
- lacquer ware
- tapestry
- Gems and jewelry
- Cotton
- Antiques
- Oil & Water painting

### Things to eat

- Seafood (Fish, lobster, crab)
- palm juice
- Moke hnin gar (Myanmar traditional fish soup with rice noodle)
- Ohon Khauk Swe (Yellow noodle in chicken & coconut soup)
- Shan noodle (Traditional Shan ethnic food)
- Rakine moteti (Traditional Rakhine ethnic food, hot and spicy fish soup with rice noodle)
- Fried rice with boiled pea
- Burmese Tea

A newly founded place “SanKar and Thakhoung villages” South of Inle lake has more new things to explore.

Places of interest near Inle lake are Indein Pagoda, Pindaya Caves, Kalaw, Taunggyi & Kakku Pagoda complex.

### The Mergui Archipelago.

Dawei, Myeik (Mergui) and Kawthaung are busy towns along the Taninthayi Coast.

Myeik (Mergui) Archipelago, situated in Taninthayi Division of Myanmar, is home for 800–1000 Andaman Islands covered with forests and talcum white sandy beaches. Some islands are good for snorkeling & scuba diving. Sharks wander around in this unspoiled water and it is not uncommon to find them cruising about 30miles away from Islands. One can explore the fantastic caves, many limestone lagoons, sheer cliffs where bird’s nests are collected.

Dawei and Myeik are the two of the busiest towns along this coast. They are mostly fishing ports as they are situated on the shore and the major industries are all connected with the sea. Myeik (Mergui) was once under the Thais and Maurice Collis had also written a book about a British Administer stationed there in the book “Siamese White”.

Kawthaung (or) Victoria point, is situated at the southernmost tip of Myanmar retains the atmosphere as fishing port. Attraction of the blue sea and un-spoiled islands make people wish to venture around the islands and the sea. Salon (or) widely known as Moken people who live in boat houses along on Andaman Sea can be found here, especially at Magyun Galet Moken village opposite the Lumpi Marine National Park. It is about 4-5 hours by boat from Kawthaung.

### Mrauk-U

Sittwe is now the capital of Rakhine state where Mrauk-U (Myohaung) was an ancient capital of 14th century. One can reach Sittwe by flight from Yangon and continue to Mrauk-U by a boat along the Kaladan River or by a car across the Rakhine mountain ranges. The golden era of Mrauk-U was an early 17th century where there was trading with Portuguese. Temples such as Shittaung Pagoda; structured like a fort, Htukkan-Thein; an ordination hall and Andaw Thein; the temple to house the Buddha’s teeth from Sri Lanka (Ceylon) were built in Mrauk-U.

Take a boat along the Lay Myo River to the Cheik Chin tribe village where one can find the vanishing tribes of Chin “Tattooed” faced women.

### Putao

When we talk about the North or Kachin State, the subject is not completed without PUTAO, the northern most air terminals in Myanmar. The place is known as the most exciting and the most beautiful part of Myanmar. Putao is situated in the Hkamti Ion Plains. Also Mt. Hkakaborazi at 5889 meters and the tallest mountain in mainland South East Asia, Mt. Phongan Razi at 3506 meters above sea level and other snow-capped peaks surrounding the town had given it the name “the Switzerland of Myanmar”. The region is rich with many exotic flora and fauna species. This area around Putao an enchanting land of snow, forest and rivers has become a favored place for hiking and mountaineering. Visitors to this area will be offered rare opportunities to sight such endangered butterfly species and other wildlife as well as experience the daily life of the ethnic people living in the area.

### Myitkyina

Myitkyina is the capital of Kachin State in Northern Myanmar. Ethnic minority tribes from Northern Myanmar such as Kachin, Jinphaw, Rawan, Lisu, etc are settling in the mountainous region around Myitkyina. Here people earn their living by traditional hand looming of shoulder bags and dresses, craft works of cane and wood. Myitkyina is also well known for beautiful landscape especial-ly at confluence of two rivers Mai Kha and Mali Kha that form the main river Ayeyarwaddy. It is also possible to sail down the Ayeyarwaddy from Myitkyina towards the 1st Defile (gorge) of the Ayeyarwaddy. Some of the best quality jade in the world is mined near Myitkyina. Kachin Manau Festival or the New Year Harvest Festival is held every year in January attended by all the ethnic tribes living in the area.

### Trekking

Geographically the Union of Myanmar ( 670,000 sq kilo mtr) is surrounded by mountains and jungles in the North West, North, North East, East and South East and by the sea in the South and South West. It can also called the best place for trekking, hiking and mountaineering as we have snow capped mountains over 6000 mtrs high. Trekking routes are abundant like Kyaingtong; famous place to walk to hilly villages of different tribes. Route from Pindaya to Inle Lake will see different culture of people from Shan State. Putao is famous for hiking to snow capped mountains like Hkakabo Razi , Phonkan Razi., look for flora & fauna, etc. Trekking in Hsibaw will take you along the beautiful river of Dokthawaddy Trekking to Mt. Victoria and observe the civilization of Chin people in the West is also an interesting trip.