

Myanmar The Big Tour 13 days 12 nights

Code: MYAN_001

Program:

Myanmar, where culture, history and traditions have a very ancient flavor but also an expression of kindness and freedom.

Myanmar will make you discover fascinating unspoiled and unchanged realities for many centuries, such as the Bagan area, one of the most interesting archaeological sites, or the wonderful Deserted City (contemplated among the wonders of Asia). You will go back in time when you will see the fishermen of Inle Lake, who still use centuries-old techniques for the art of fishing. You will be enchanted by the breathtaking landscapes that this country is able to offer, you will be enchanted and amazed by this trip. Contrary to what you might think the people of Myanmar are kind and nice people, they love to ask visitors to tell stories, they are an open-minded people with a very big heart
Myanmar, an unforgettable trip

* Attention, the program may vary with respect to the arrival time of the international flight

1° Day : Yangon

Arrivo all'aeroporto internazionale di **Yangon**. Disbrigo delle formalità di frontiera, incontro con la guida di Asia Travel Best e trasferimento in città. Sistemazione nell'hotel 4 stelle.
Serata Libera

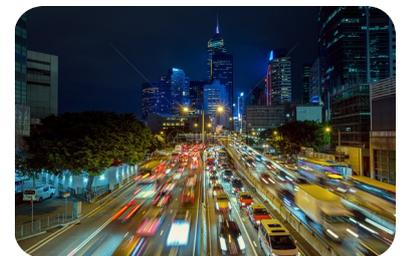
2° Day : Yangon

Yangon, formerly known as *Rangoon*, is the capital of the **Yangon** region and the commercial capital of **Myanmar** (also known as **Burma**). **Yangon** was the administrative capital of Myanmar until 2006, when the military government transferred administrative functions to the city of Naypyidaw, which was built specifically for central Burma. With over 7 million people, Yangon is the largest city in Myanmar and its most important commercial center.

Yangon boasts the largest number of colonial-era buildings in Southeast Asia, and has a unique colonial-era urban core that is remarkably intact. The commercial core of the colonial era is centered around the **Sule Pagoda**, which is reputed to be over 2,000 years old. The city is also home to the **Golden Shwedagon Pagoda**, the holiest Buddhist pagoda in **Myanmar**. The mausoleum of the **last Mughal emperor** it is located in **Yangon**, where he had been exiled following the Indian mutiny of 1857. **Yangon** was founded as **Dagon** at the beginning of the 11th century (c. 1028-1043) by the Mon, who at that time dominated **Lower Burma**. **Dagon** was a small fishing village centered around the **Shwedagon Pagoda**. In 1755, **King Alaungpaya** conquered **Dagon**, renaming it "**Yangon**" and adding settlements around Dagon. The British captured Yangon during the First Anglo-Burmese War (1824-26), but returned it to the Burmese administration after the war. The city was destroyed by fire in 1841.

In the afternoon you will be accompanied by your guide to visit the city, where you will admire:

Chaukhtatgyi Pagoda: Il complesso è caratterizzato da una imponente immagine del Buddha raffigurato sdraiato (65 metri in lunghezza e 16 metri in altezza). Realizzato originariamente nel 1907, Chauk Htat Gyi Buddha fu restaurato nel 1966. Il corpo è bianco, con una veste dorata, ed il volto è caratterizzato da occhi azzurri e labbra rosse. Chauk Htat Gyi Buddha ha una corona rivestita in oro, ornata con diamanti e pietre preziose.



Sule Pagoda: The **Sule Pagoda** is a Burmese stupa located in the heart of downtown Yangon, occupying the city center and an important space in Burmese contemporary politics, ideology and geography. According to legend, it was built before the Shwedagon Pagoda during the time of the Buddha, making it 2,600 years older. Burmese legend states that the site for the **Shwedagon Pagoda** was asked to be revealed by an old nat who resided on the site where the **Sule Pagoda** now stands. The **Sule Pagoda** was the focal point of Yangon and Burma politics. It served as a rallying point in both the 1988 riots and the 2007 Saffron Revolution.



National Museum of Yagon: The **National Museum**, is one of the national museums of Burmese art, history and culture in Myanmar. Founded in 1952, the five-story museum has an extensive collection of ancient artifacts, ornaments, works of art, inscriptions and historical relics, related to the history, culture and civilization of the Burmese population. The museum's main attraction is the Throne of the Lion of the Burmese monarch.



Bogyoke Aung San Market: **Bogyoke Aung San Market**, is an important bazaar located in the town of **Pabedan** in the center of **Yangon, Myanmar**. Known for its colonial architecture and inner cobblestone streets, the market is a major tourist destination, dominated by antiques, Burmese handicrafts and jewelers, art galleries and clothing shops. **Bogyoke Market** is a famous black market for the currency exchange. The market also has a number of shops for local buyers, selling medicines, food, clothing and foreign goods.



The Shwedagon Pagoda: Visit to do at sunset for its magnificence. The **Shwedagon Pagoda**, is a 98m tall golden stupa located in **Rangoon, Burma**. The pagoda is located west of the royal lake on Singuttara Hill, consequently dominating the city skyline. It is the holiest Buddhist pagoda for Burmese with the relics of the four Buddhas kept there, namely the support of **Kakusandha**, the **Konagamana** water filter, a piece of Kassapa's robe and eight hairs of **Gautama**, the historical Buddha. In Theravada Buddhism these Buddhas are considered to be among the five who lived in the present aeon, of a list of twenty-eight of which twenty-three of eons passed. One legend states that the **Shwedagon Pagoda** is about 2500 years old. Archaeologists believe that the stupa was built in more recent period, ie between the sixth and tenth centuries by the mon.



Return to hotel, dinner and overnight

3° Day : Kyaiktyio

After a hearty breakfast, you will leave by van for Kyaiktyio about 180 km from Yagon where you can admire the top of the mountain

Kyaiktyio Pagoda (Golden Rock): The **Kyaiktyio Pagoda**, is the third most important Buddhist pilgrimage site in Burma, after the **Shwedagon Pagoda** and the **Mahamuni Temple**. It is located in the **Mon State** and is a small, slightly tall stupa. more than 7 meters built on the top of a granite boulder covered with numerous layers of gold leaves attacked by devotees. According to legend, the rock is found in a precarious balance above a lock of Buddha's hair. The rock, the pagoda and all the structures built around it are located on the top of **Mount Kyaiktyio**, and it is said in many places that a visit to this place is enough to convert to Buddhism.



You will then be accompanied to the hotel where a luxurious dinner with a local menu awaits you.

4° Day : Kyaiktyio - Bago - Yangon

After a suggestive breakfast with a view of the **Golden Rock**, the mountain tour will begin and departure for the ancient capital **Bago**. Along the way, stop at a typical country market and at the pot factories and you will have the following stops:

Shwemawdaw Pagoda: The **Shwemawdaw Pagoda** is a stupa located in **Bago, Myanmar**. Often referred to as the **Temple of the Golden God**. At 114 meters (374 feet) high, the **Shwemadaw** holds the record for the tallest pagoda in the country. **Shwemadaw**, with the **Shwedagon** and **Kyaiktyio**, are the famous **Mon pagodas**. The annual pagoda festival is a 10-day affair that takes place during the Burmese month of Tagu.



Stop to admire the panorama from the **Hinta Gone Pagoda** on the hill and lunch in a local restaurant

Shwethalyaung Buddha: The **Shwethalyaung Buddha** is a reclining Buddha. The Buddha, which has a length of 55 meters (180 feet) and a height of 16 meters (52 feet), is believed to have been built in 994, during the reign of **Mon King Migadepa**. It was lost in 1757 when Pegu was sacked. . During British colonial rule, in 1880, the **Shwethalyaung Buddha** was rediscovered under a jungle growth cover. Restoration began in 1881 and the Buddha mosaic cushions (on the left side) were added in 1930.



Kyaik Pun Pagoda: **Kyaikpun Pagoda**, is a pagoda in the **Bago Division of Burma**, in the city of **Bago**. Specifically, **Kyaik Pun Pagoda** is the home of the shrine of the **Four Saints Buddha**, a 27-meter statue depicting the four **Buddhas, Kakusandha, Konagamana, Kassapa** and **Gautama** seated in four positions, sitting back to back in four directions. Four seated Buddha was built by **King Migadippa** of **Bago** in the 7th century AD. (tradition) and renovated by **King Dhammazed** in the 15th century AD.



Upon arrival in Yangon you will be escorted to your hotel

5° Day : Yangon - Bagan

After breakfast, leaving the hotel, a van will take you to the airport, where you will take a flight to **Bagan**, upon arrival you will be greeted by the guide. The city of **Bagan** formerly known as **Pagan**, formally named **Arimaddanapura** (the city of the enemy oil mill) and also known as **Tambadipa** (the land of copper) or **Tassadessa** (the dry land), was the old capital of several **ancient kingdoms in Burma**. It is located in the central plains of the country, on the east bank of the **Irrawaddy River**, 145 kilometers southwest of Mandalay. *Unesco has unsuccessfully attempted to name Bagan as a world heritage site. The military junta (SPDC), in power in Burma, has restored the ancient works of art, using modern materials that are aesthetically incompatible with the original building materials.*



Visit Bagan city:

Local market: A fascinating market, one of the most beautiful in Myanmar, full of scents and colors, where you can admire the true face of the Burmese farmers

The Shwezigon Pagoda: The **Shwezigon Pagoda** or **Shwezigon Paya**, is a Buddhist temple located in **Nyaung**, a town near **Bagan**, Myanmar. Prototype of a Burmese stupa, it consists of a circular stupa gilded in gold leaf surrounded by smaller temples and shrines. The construction of the **Shwezigon Pagoda** began during the reign of **King Anawrahta** (1044-77 AD), who was the founder of the dynasty. **Pagana**, in 1059-1060 and was completed in 1102 AD, during the reign of his son, **King Kyansittha**. Over the centuries the pagoda has been damaged by numerous earthquakes and other natural disasters and has been remodeled several times. In recent renovations. it was covered with over 30,000 copper plates. However, the lower level terraces remained as they were. This pagoda, a Buddhist religious site, is believed to house a bone and tooth of **Gautama Buddha**.



Stop at a locally produced lacquer shop

Check-in at the hotel and lunch at an excellent local restaurant, in the afternoon the visit to the city will continue in the company of the guide

Return to the hotel and dinner

6° Day : Bagan

After breakfast, you will depart for **Minnanthu**, whose temples are off the beaten track and preserve ancient frescoes, today you will be able to visit (the temples you will see today considered the most important archaeological sites) **Sulamani Pagoda** : The **Sulamani Temple** is a Buddhist temple located in the **village of Minnanthu** (southwest of Bagan) in Burma. The temple is one of the most visited in Bagan. It was built in 1183 by **King Narapatisithu**, and is similar to **Thatbyinnyu** temple in design. **Sulamani Temple** also shows the influence of **Dhammayangyi Temple** and was the model for **Htilominlo Temple** The



Sulamani Temple was restored after the 1975 earthquake and uses brick and stone, with frescoes inside the temple. It was rebuilt in 1994.

Dhammayangyi Pagoda: **Dhammayangyi Pagoda** :, is a Buddhist temple located in **Bagan**, Myanmar.



The largest of all **Bagan temples**, the **Dhammayan** as it is popularly known was built during the reign of **King Narathu**. **Narathu**, who ascended the throne by assassinating his father **Alaungsithu** and his elder brother, allegedly built this larger temple to atone for his sins. **The Dhammayangyi** is the largest temple in Bagan, and is built according to a plan similar to that of the **Ananda Temple** . The **Malagasy chronicles** state that while the

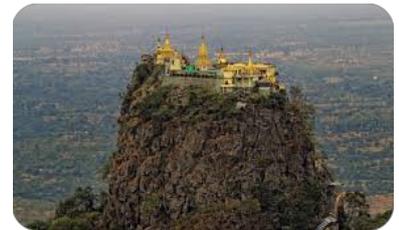
construction of the temple was in progress, the king was assassinated by some Indians and therefore the temple was not completed. **Sinhalese** sources however indicate that the king was killed by **Sinhalese** invaders.

Lunch during the excursion. In the evening, possibility to admire a fascinating sunset from the top of the **Shwesandaw pagoda**.

Dinner at a local restaurant and transfer to the hotel.

7° Day : Bagan - Mounth Popa Mandalay

After breakfast you will be taken to **Mount Popa**. The E "a very famous place, called the **Olympus of Burma**. It is an extinct volcano, 1518 meters high, consecrated above all to the cult of the Nats, who have chosen it as their home. according to tradition, the Burmese kings went on pilgrimage and received oracular predictions. Nat are the spirits with the powers to help, but also to harm humans. During the Nat holidays, mediums (mostly homosexuals, dressed as women and not married) are possessed by spirits. Alcohol, very noisy music, songs and dances help the transition .. Its area is protected by the homonymous national park.



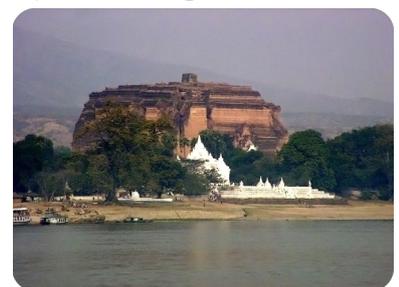
Today we will visit the **Mahagiri Temple** which houses a series of mannequin-like figures representing the 37 nats and which is still an important pilgrimage destination today. Along the way you will meet many pilgrims including hermit monks who have not yet received their orders and who will recognize themselves by their high pointed hats.

Now we will continue the journey to Mandalay where you will be welcomed in your hotel and enjoy a good dinner

8° Day : Mandalay

After breakfast, the aattinata dedicated to the visit of **Mingun**, located on the western side of the **Irrawady River**, where we will arrive on board a motor boat. On the way stop to watch the buffalo scene at work
Visita al:

Mingun Pahtodawgyi: **Mingun Pahtodawgyi** is an incomplete monument stupa in **Mingun**, about 10 kilometers northwest of **Mandalay**, in the Sagaing region of central Myanmar. The ruins of the 1790 building of **King Bodawpaya**, intentionally left unfinished. Pahtodawgyi is seen as the physical manifestation of the well-known eccentricities of **Bodawpaya**. He set up an observation post on an island off Mingun to personally supervise the construction of the temple. **Bodawpaya** used thousands of prisoners of war from his expansionist campaigns and slaves who worked on the construction of the stupa..



The construction was also seen as a heavy toll on the people and the state, so a prophecy would be created to stop the project. The approach in conveying dissatisfaction was presumably to use the king's deep superstition. The prophecy went "as soon as the construction of the pagoda was finished, the country would also disappear. A variant states that the king would die once the project was completed. Then, the construction was slowed down to prevent the fulfillment of the prophecy and when the king died, the project was completely halted and the heaviest bell in the world appears here, weighing more than 90 tons



Return to Mandalay for lunch in a local restaurant and then visit the city of **Sagaing**.

Sagaing is the main city and the capital of the Sagaing division in Burma. It is located on the Irrawaddy River, 20 km southwest of Mandalay, on the opposite bank of the river. It has about 300,000 inhabitants.

Sagaing is a religious and monastic center, with a large number of Buddhist abbeys and pagodas. It was the capital of Burma for a short period of time, from 1760 to 1764, and the reason it lost its title was a series of (later failed) attacks by China's Qing dynasty.



Back in **Mandalay** you will have the opportunity to watch the sun set from the **wooden bridge of U-Bein**.

Rientro in albergo con cena

9° Day : Mandalay - Heho - Pindaya

After breakfast, after leaving the hotel, a van will take you to the airport, where you will take a flight to Heho and then continue to **Pindaya**

Pindaya, is a city in the Shan State of Burma. It is located in the western part of the state in the town of



Pindaya in the **Taunggyi** district. Most famous for its limestone caves called Pindaya Caves, where thousands of Buddha images have been consecrated for worship over the centuries, it is also one of the cities that hosts a traveling market every five days. Pindaya term is a corruption of the word Pinguya, which translates to Caught the Spider in Burmese. The name arose from the legend that once there was a large spider that resided in the

caves and that had captured a local princess. The princess was saved when the giant spider was killed by a prince using a bow and arrow. When the spider was killed, it was said that the prince had exclaimed that he had caught the spider, that is, to kill it. Thus, the exclamation became the name of the region, and from it Pindaya received its name.



Pindaya center of a **Burmese-speaking** ethnic group in Shan state

Lunch on the excursion

In the afternoon, visit to the caves, which house more than 8000 Buddha statues in various types of material, deposited over the centuries.

Accompaniment to the hotel and dinner.

10° Day : Pindaya - Lake Inle



After breakfast, you will depart for **Nyaungshwe**, a town located approximately 40 km from **Inle Lake**. After having lunch in a local trattoria, we will embark and walk along the canal that runs along the western side of the city admiring the suggestive panorama that that landscape offers.

Arrival in Inle and accommodation in the resort that will welcome you with a delicious dinner.

11° Day: Lago Inle

Inle Lake is a freshwater lake in the **Shan State Mountains**. It is the second largest lake in Burma with an estimated surface area of 72 km² and one at the highest height with 920 m a.s.l. During the dry season (winter) the average depth is 221 cm, with the deepest point 390 cm; but during the rainy season (summer) the height can grow by 160 cm. It is also one of the most spectacular and characteristic destinations in all of Myanmar. It is a must for tourists who come to this country and want to live a few days in an extraordinary environment in contact with local traditions. Inle Lake is mainly populated by Intha ethnicity, but also from others such as the **Shan, Taungyo, Pa-O, Danu, Kayah, Danau** and Bamar that create a very interesting folkloristic mix.



Today we will spend the whole day sailing on the lake to discover the fascinating habits of the local inhabitants:

Visit:

Thauggyi (Ywama): the floating market (the stalls are made up of boats).

Thaung Tho: Famous village for the processing of the loom and fabrics.



Phaungdaw Pagoda: **Hpaung Daw U Pagoda**, also spelled **Hpaung Daw Oo** or **Phaung Daw Oo**) is a famous Buddhist, located on Inle **Lake in Shan State**. Around the Pagoda, and in the basement they are selling traditional Shan and Burmese wares. It houses five small gilded images of the Buddha, which have been overlaid with gold. The application of gold leaf to this excess is relatively recent. Old photographs hang on the monastery walls showing some of the images in a more pristine form. It has been reported that some "gold" was removed at



times to reduce its bulk. Gold leaf on the images of the Buddha and his teachings, the ritual of pilgrimage to the Buddha and his teachings.

Phe Kyaung Nga: Nga Phe Chaung Monastery is a beautiful wooden monastery built on stilts about 200 years ago on **Inle Lake**. It is considered to be the oldest and largest monastery in the **Inle Lake** region. It sits amidst floating gardens and is well worth a visit, especially if you are on your way to or from **Phaung Daw Oo Pagoda**. This attractive wooden monastery houses an impressive collection of Buddha images in the **Shan, Tibetan, Bagan** and **Inwa styles** respectively. high mosaic-decorated pedestals and display cases built for images showing Shan and Northern Thai Buddhist art have a history of over 100 years Known locally as Jumping **Cat Monastery, Nga Phe Chaung Monastery** is best known for trained cats to jump through the hoops. After the death of the head monk, the trained cats are all dead or retired, and the new head monk does not think it is appropriate for monks to train cats to do tricks for tourists. However, it is still You can see some cats jumping. In addition to **Nga Phe Chaung Monastery, Indein Village, Phaung Daw Oo Pagoda** and **Floating Villages** they are also famous through tions around Inle Lake; you can take a look at this example of an itinerary which includes all the highlights mentioned above.



Return to the resort and dinner

12° Day: Lago - Heho - Yangon

Transfer to the airport in **Heho** and departure with flight to **Yangon**.

Lunch in a restaurant followed by accommodation in the hotel in the reserved rooms.

Other visits to the city in the afternoon.

Dinner and overnight at the hotel.

13° Day: Yangon

Free time until transfer to the airport

The tour includes:

- *Transportation by private vehicle*
- *English or Italian speaking guides in supplement.*
- *Entrance tickets to the attractions indicated in the program*
- *Government Taxes and Surcharges*
- *Meals as per program*
- *Baggage and water service*

The tour does not include:

- *Cost of the entry visa*
- *Travel insurance*
- *Guides speaking other languages besides English*
- *Tips, drinks and other personal expenses*
- *Anything not indicated in the program under the heading "The fees include".*