

MYANMAR: THE GOLDEN LAND
October 15 – November 1, 2010

We visit Yangon and Mt.Popa, the spectacular temples of Bagan, the city of Mandalay and the wonderful crafts, and then Inle Lake in the Shan States and the beautiful land around it. Perhaps most memorable are the villages and people of Myanmar. I have traveled to many countries and have never seen one as fascinating in terms of how the people live.

Earlier tours have gone well. We visited interesting places, ate good food, met wonderful people, and had a great time. This trip should be at least as good! We will attend the Phaung Daw Oo Festival and boat races on October 26; this is one of the major festivals of Myanmar (Google it).

<u>October</u>	<u>Activity</u>	<u>Night</u>
15 F	Gather at Amari Boulevard, orientation, walking tour near hotel, group dinner (option).	Bangkok
16 S	AM: Fly to Yangon, Park Royal Hotel is better than the Amari. Early afternoon free, later to Shwedagon Pagoda, probably the most spectacular pagoda in the world.	Yangon
17 S	Full day tour of Yangon Reclining Buddha, Scott's Market (Bogyok Aung San Market) waterfront, etc. Scott's Market has jade, fabrics, carvings, crafts, everything.	Yangon
18 M	Fly to Bagan, then by road to Mt. Popa. Stop to see palm sugar and whisky made, peanut oil pressed as 200 years ago. See Nat shrines on Mt. Popa. Stay at beautiful lodge on slope of Popa Mountain.	Mt. Popa
19 T	AM: Short drive to Bagan. PM: Visit major temples, then sunset cruise on the Irrawaddy River.	Bagan
20 W	Full day tour Nyaung U Market, Crafts, antiques, utilitarian items, beautiful flowers. Then temples, lunch by the Irrawaddy. laquerware workshops. Shwesandaw Pagoda at Sunset. Evening : Puppet Show.	Bagan
21 Th	AM: Myinkaba village, PM: Temples, craft shops. Later: Early evening pony cart ride.	Bagan
22 F	AM: Fly to Mandalay. Beautiful Sedona Hotel. Afternoon: Short city tour, then Amarapura. Marble carving, bronze casting using the lost wax process.	Mandalay
23 S	Excursion by boat to Mingun Pagoda and bell. To Ava and Sagaing. Myalheinden Pagoda. Full moon, day of Thindingyut (end of Buddhist lent). Pagodas are brilliantly illuminated, a time of thanksgiving and joy. Mandalay is famed for its barbequed foods; some of the better shops are a short pedicab ride from our hotel.	Mandalay

24 S	Full day tour of Mandalay. Mahamuni Pagoda and the huge gold Buddha. Zegya market. Sunset on Mandalay Hill.	Mandalay
25 M	Morning flight to Heho. To Nyaung Shwe, tour Inle Lake, leg rowers of Inle Lake, fishing. Evening: Shan Cultural Program.	Golden Island
26 T	The Phaung Daw Oo Festival is the biggest thing in this part of Myanmar. Four large Buddha images are carried around Inle Lake on golden barges and on the 26 th arrive back at their home pagoda. Thousands of tribal folk attend. Music, pageantry, dances, boat races, including races by leg-rowers.	Golden Island
27 W	We go by boats to edge of lake, visit a 5 day periodic market, then to the Indein Complex: hundreds of old burial stupas. Then to floating gardens, blacksmithing, Jumping Cats Monastery, weaving, silver smiths visit craft and Jewellery shops in Nyaung Shwe.	Nyaung Shwe
28 Th	Through the hills to Pindaya. Beautiful trip: villages and small towns, roadside markets, interesting agriculture. Local crafts. Evening: Shan cultural program in hotel.	Pindaya
29 F	Am: Pindaya market, actual antiques, crafts, foods. Later drive to Heho and fly to Yangon. Stay at Park Royal.	Yangon
30 S	Day tour of Yangon. Ride commuter train part way around town, temple, Sule Paya, glass blowing, (if time permits)	Yangon
31 S	Free For most of the day. I and the guide can take you to specific places. Return to Scott's Market, shopping, packing. Late afternoon: To the airport, fly to Bangkok. Dinner, nite club (option). Tour ends. Return to the US or travel elsewhere in Asia.	Bangkok

The cost of \$2,575 (begin in Bangkok) includes all hotels, air travel, land travel, airport transfers, and breakfasts. Single supplement is \$470. It does not include most food, individual taxi, laundry, airport taxes or visa. The tour is organized and led by Professor Robert Phillips who has lived for half of the last 20 years in Thailand and Laos, and has taken many groups to these areas, including remote parts of Laos and perhaps the only group along the Ho Chi Minh Trail. He has visited Myanmar at least 20 times and led 9 tours there. He will be with us all of the time, as will an English speaking Burmese guide. Weather should be clear and sunny, with day temperatures of 65-75 degrees. Our hotels are extremely good, beginning with the Amari in Bangkok. A deposit of \$500 will hold a place. Final payment by September 1.

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