



THE GOLDEN LAND

Travel Guide for Myanmar





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CULTURE & LANGUAGE

Breathtaking temples, mysterious ruins, virgin beaches, river deltas and exotic culture – Myanmar has it all! Yet, it is one of the least visited countries in South East Asia. This lovely country, formally known as Burma, is still in an early stage of tourism. If you're planning on visiting South East Asia, we urge you to embark authentic Myanmar.





CULTURE

A long and rich cultural life runs through Myanmar's long and rich history, with Buddhist architecture the most dazzling example of this nation's creativity. It is Myanmar's relative isolation that has helped preserve its culture; the country remains more untouched by modernity or the West than neighboring Thailand, for instance. Authentic culture at its best.

English	Burmese
Greetings	Mingalarbar
How are you?	Neí Kaun La?
Goodbye	Thwa-bí (OR) Ta Ta
Please to meet you	Tweí ya da, wan tha ba de
See you again	Noun ma tweí meh
Than you (very)	Kyeí zu (Ah Mya gi) tín ba de

LANGUAGE

Burmese is the official language of Myanmar where it is spoken by 32 million people. It is used in the media, government administration, and all levels of education.

FESTIVALS

Myanmar is renowned for the Burmese people's festive spirit, and each year, there are festivals that happen all across the country. Consider the festivals below and their dates before you start planning your trip to Myanmar.





THE THINGYAN WATER FESTIVAL

The Thingyan Water Festival is held in celebration of the Myanmar New Year. This festival is similar to the famous Songkran Festival in Thailand wherein people throw or splash water at one another during a four-day festival. The festival happens all across the Yangon region, but Mandalay is the best city to celebrate the Myanmar New Year.



THE MANAW FESTIVAL

The Manaw Festival in the Kachin State is held every year in January to welcome the New Year. During the festival, people wear their traditional costumes and dance around the long, artistically designed Manaw poles at the center of the festival area. You are welcome to participate!

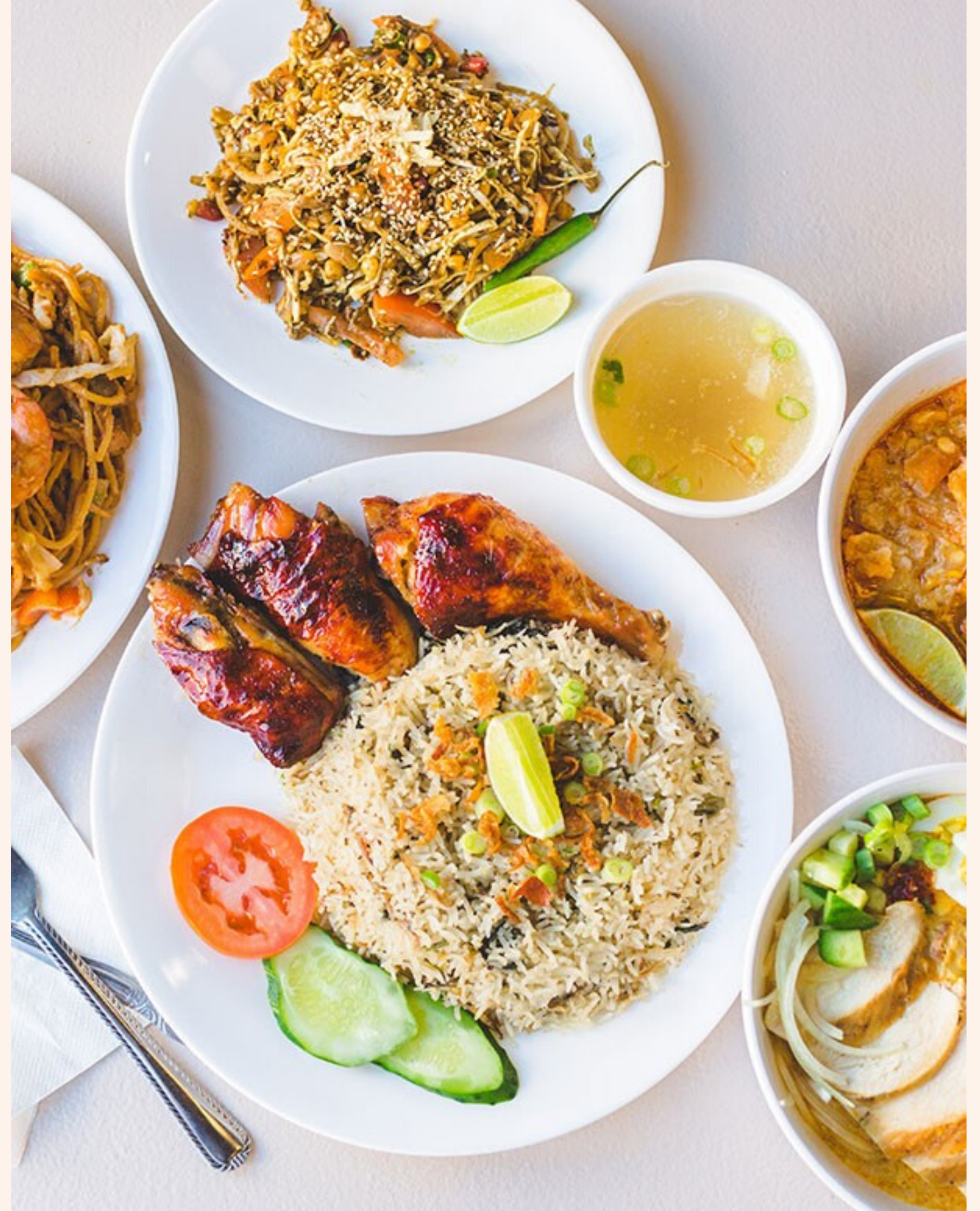


TAUNGGYI TAZAUNGDAING FESTIVAL

Also known as the Festival of Lights, this is the most popular festival held in the Shan State. Many hot air balloons of varying shapes and sizes are launched into the sky as an offering to the heavens, and to fight off evil spirits. The amazing festival is not only popular among the locals but also loved by the visitors.

CUISINE

Cuisine varies considerably depending on the ethnic groups in the part of the country where you are traveling. There are 135 different ethnic groups in Myanmar and they all have their own style of cooking. Besides, the country shares a border with three major cuisines in the region including Indian, Thai, and Chinese. Exciting mix of influences!





TEA LEAF SALAD

For this popular dish, the sour, slightly bitter leaves are mixed by hand with shredded cabbage, sliced tomatoes, nuts and peas. The dish can be a snack, an appetizer or, coupled with a plate of rice.



SHAN-STYLE RICE

Known as fish rice, this Shan dish is one of the typical dishes in Myanmar. It combines rice cooked with turmeric and topped with flakes of freshwater fish and garlic oil. This delicious snack is best served with leek roots, raw garlic and deep-fried pork rinds.



BURMESE CURRY

Curry is delicious no matter if you try it with pork, fish, shrimp, beef or mutton. The meal includes rice, a tart salad, a small dish of fried vegetables, a small bowl of soup and a large tray of fresh vegetables and herbs.

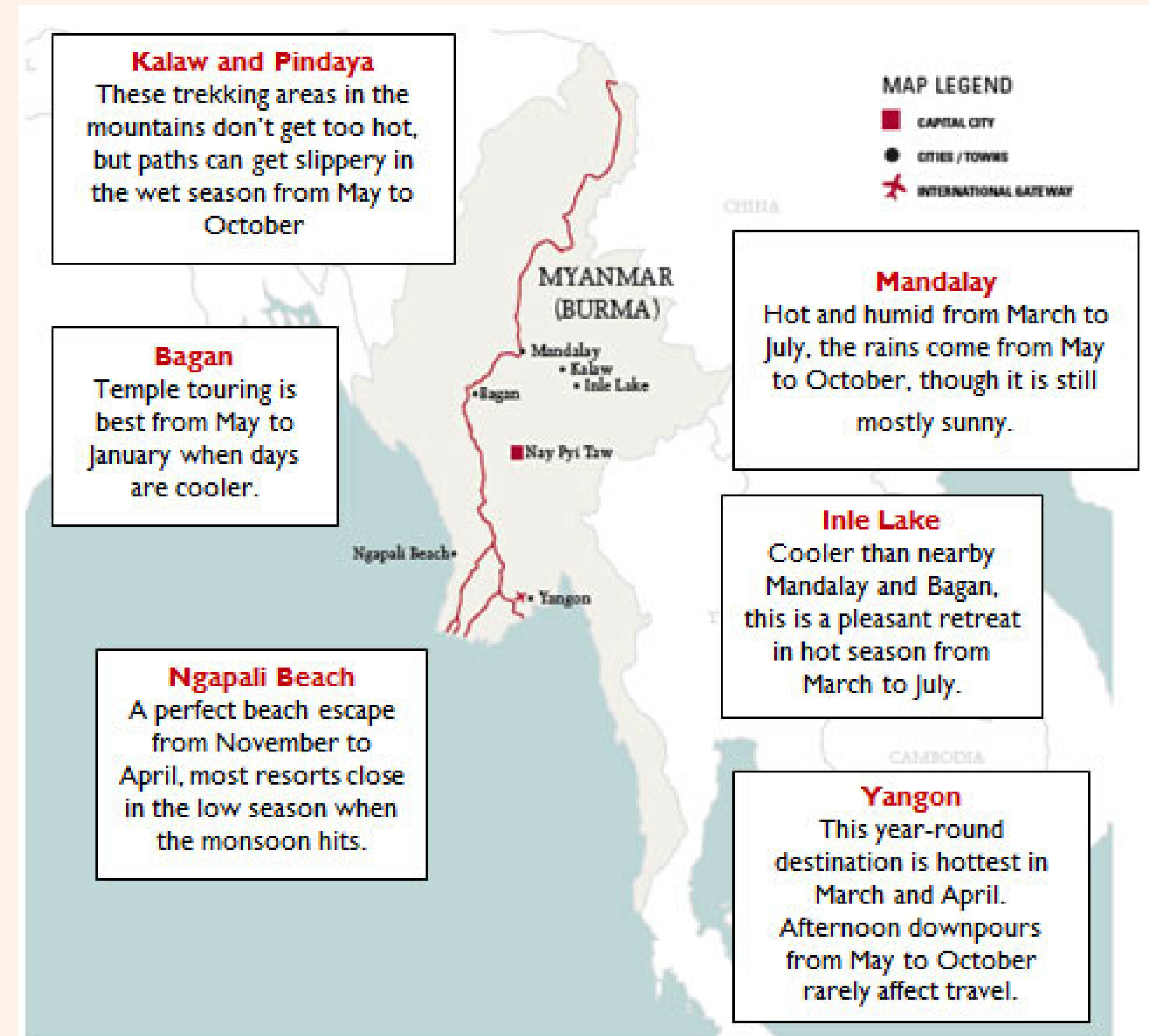


'TOFU' NOODLES

The dish doesn't include tofu, but a thick porridge made from chickpea flour. The sticky yellow stuff is served over thin rice noodles, marinated chicken or pork. It's topped with chili oil and pickled veggies and broth.

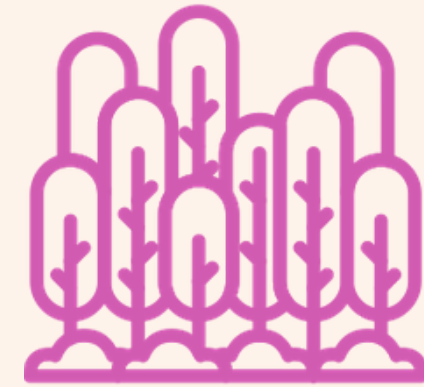
BEST TIME

From October onwards the rains subside; the best time to visit most of Myanmar is from November to February, when temperatures are relatively manageable. From March to May, the country becomes very hot, particularly the dry zone of the central plains where Bagan and Mandalay often see temperatures in excess of 40°C.



EXPERIENCE

Myanmar is regularly touted as 'what Southeast Asia used to be', and now is your chance to get an authentic experience. If you take just one thing from this Myanmar guide, it's to go now. Before everybody else does. Because they certainly will.



Nature



Temple



Hiking



YANGON

When traveling through Myanmar, a stop in Yangon is an absolute must. This city has many sights and activities besides the gigantic monument, the Shwedagon Pagoda. The gigantic pagoda is the symbol of Myanmar and is one of the most important Buddhist sanctuaries worldwide. Also worth a visit is the shopping paradise, the Bogyoke Aung San Market.



PYAY

An ancient 'Pyu' Capital lies 8 km south-east of Pyay, which is located about 285 km north-west of Yangon. Archaeological discoveries indicate that the city attained its prosperity between the 5th and 9th century. Discover the ancient ruins of the Pyu capital, called Srikeshtra.



BAGO

Bago is only about 80 km northeast of Yangon and has a lot of great attractions to offer. On an area of only about 5 × 2 km there are more than 20 temples, pagodas and Buddha statues, some of which are among the most beautiful and impressive in Myanmar.



NGWE SAUNG BEACH

Ngwe Saung, the southern beach, is suited for those seeking peace and quiet on a relaxing beach holiday.



MANDALAY

Mandalay is one of the most beautiful destinations in Myanmar and is definitely worth a visit. It stands out from other cities in Myanmar due to its beautiful surroundings. Explore the Palace of Mandalay or hike up Mandalay Hill for breathtaking sunset panoramas.



INWA (AVA)

Along with Mandalay, Inwa (or Ava as it was previously known) is perhaps Myanmar's most famous old capital. As the heart of government and royal power on five separate occasions from the 14th to the 19th centuries, Inwa was finally abandoned in 1839 after a series of devastating earthquakes.



SAGAING

Located on the western banks of the Irrawaddy River, Sagaing is another of Myanmar's ancient capitals, famous for its many hundreds of white, silver and gold pagodas and monasteries that dot its hilly landscape.



MINGUN

The city of Mingun is home to an incomplete monument stupa, the Mingun Pahtodawgyi. The ruins are the remains of a massive construction project begun by King Bodawpaya in 1790 which was intentionally left unfinished. On the northern side of Mingun is the Hsinbyume Pagoda with its completely stunning white architecture.



BAGAN

Anyone who makes a trip to Bagan will never forget it for life. The view of the 40 km² temple area is completely impressive and fascinating. Especially at sunrise, the old royal city develops into a picturesque site thanks to the penetrating sun rays over the temple complex. Take a hot balloon ride and be amazed.



INLE LAKE

Inle Lake is one of the major attractions of Myanmar and should not be missed on any Myanmar trip. The lake is particularly known for its idyllic surroundings and picturesque location. Around the Inle Lake live the so-called "Intha", the "people from the lake" – who make up a large part of the atmosphere there. Take a trip with a traditional long boat on the lake.



NGAPALI BEACH

Ngapali is incredibly idyllic with its desolated beaches. Take a trip to Pearl island, go snorkeling or visit the fishervillage Gyeiktaw. End your day with drinks at the beach, while marveling at the most beautiful sunset. In other words, Ngapali Beach is the perfect end to a Myanmar trip.

Special Activities



ISLAND-HOPPING ADVENTURE

Visit Bo Cho Island, Great Swinton Island, Lampi Island and Macleod Island. Snorkel in crystal clear waters and enjoy unspoiled nature of lonely islands and deserted paradise beaches.



CRUISE ON IRRAWADDY RIVER

An Irrawaddy river cruise takes you into the heart of the Burmese culture. The Irrawaddy flows from north to south through the country of Myanmar. It is the country's largest river and most important commercial waterway, which is why no trip to this majestic country is complete without a cruise on this river.



MYANMAR FISHERMAN

Meet the Intha fishermen of Inle Lake in Myanmar, who still use an age-old technique for catching fish in the shallow water. The traditional fishermen can, thanks to their skilled technique, stand and look out for reeds in the water and also keep both hands free.

SOUVENIRS

We all want our travel memories to remain fresh forever. But if only memories were left alone. It is human nature to possess material belonging as a reminder of their cherished memories. Whether you splurge on your travels, buy a cheap souvenir, pick a free memento or just take lots of photos, there is always something to look back to after your return.

Traditional Lacquerware



Sand Paintings



Silverware



Marionettes

TRAVEL TIPS

- Travel to Myanmar Now. This country and its attractions feel untouched by tourism and unaltered by western influences. But for how long?
- Like many places in the world, you'll always get a better deal if you pay with the local currency Burmese kyat
- The easiest and fastest way to get a Myanmar visa is to apply for the Myanmar eVisa online
- Buy a local Myanmar SIM-Card, you'll need it
- Wake up early. Nothing will ever beat watching the balloons over Bagan during sunrise.
- Carry USDs, it's the preferred currency and easy to exchange
- Bring a plastic bag for your shoes, since you have to take them off in temples
- Dress sensible. Do not wear hot pants, crop tops and sleeveless vests while you're here
- As with most of the Asian countries, drink bottled water to avoid getting ill
- Please respect their culture and familiarize yourself with the local etiquette. Burmese people hand over things, especially money with right hand while the left hand touches the elbow



Explore the colours of life!



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