

DISCOVA

Myanmar



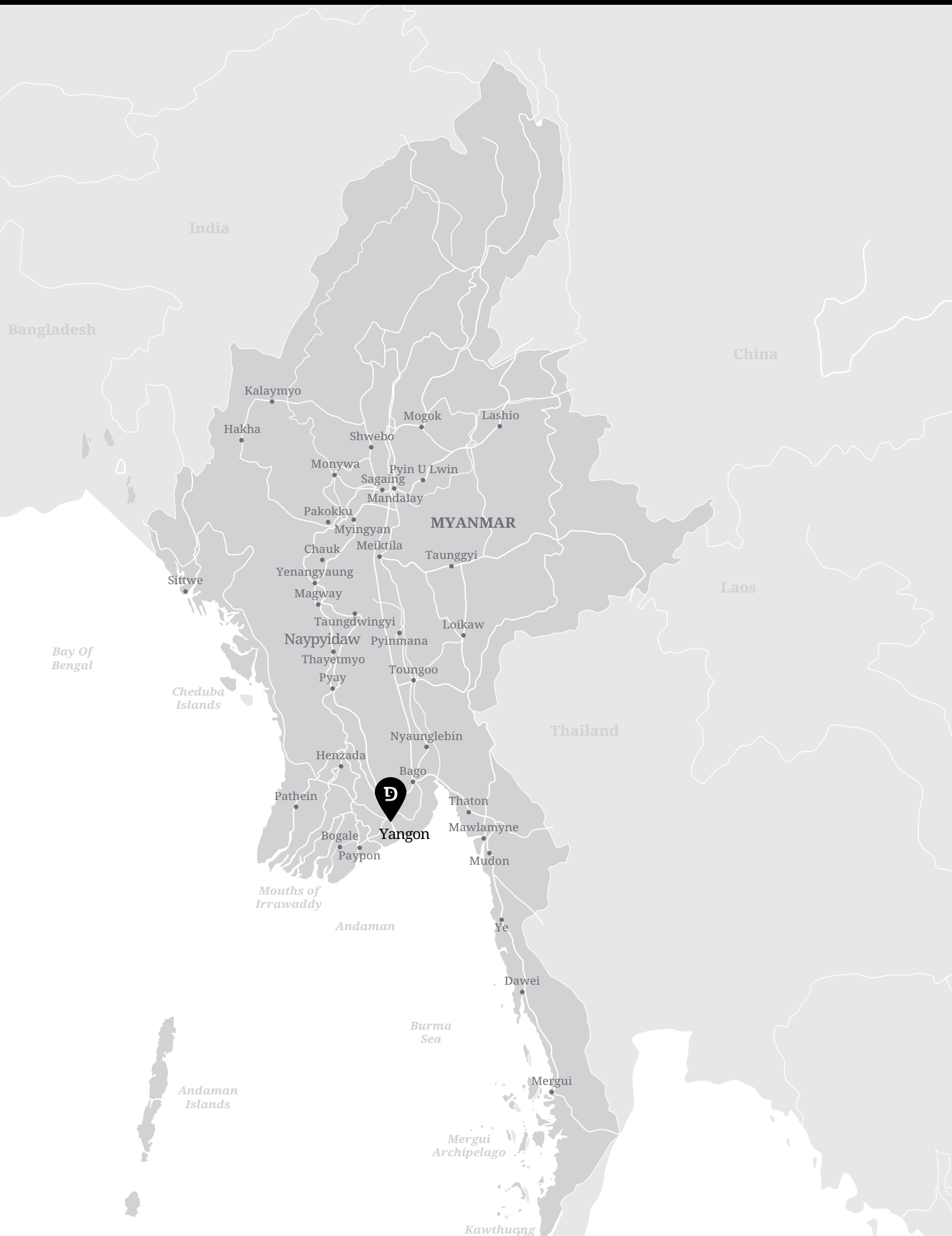


Mingalaba, I'm Myo and I'd like to welcome you to magical Myanmar!
































































My name is Myo and I work as a tour guide in Yangon. I love introducing travellers to the many charms of my home country and taking them on a trip from ancient Burma to modern Myanmar.

Whether it's the glistening Shwedagon Pagoda, the vast plains of Bagan dotted with thousands of temples, or the sacred Golden Rock perching precariously on Kyaiktiyo Hill, Myanmar is blessed with a rich and enchanting cultural landscape. Home to a multitude of different ethnic groups, I encourage travellers to get to know the Burmese people, who will welcome you with a friendly face wherever you go.

Myanmar



D Climate & Weather Averages in Myanmar

	Destination	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
 Cold Temperatures can rise up to 30 °C during the day but at night can plummet to 20 °C or lower.	Yangon												
	Mandalay												
 Hot Temperatures rise above 32 °C	Bagan												
	Inle Lake												
 Rain Regular rainfall with high humidity and temperatures usually between 25 °C and 33 °C	Ngapali Beach												

* The actual climate in Myanmar's Regions can vary a bit.

Myanmar is a tropical country that experiences three primary seasons: cool, hot, and green. The coolest time of the year is between late October and February, while the hot season arrives with scorching temperatures in March, April, and early May. The heat brings the rain, which lasts from late May through early October.

Vietnam

South
China
Sea

Things to Know



Population

53.5 million



Capital City

Naypyidaw



Time Zone

UTC +6:30, MMT, Myanmar



Language

Burmese, officially. Indigenous languages like Kachin, Kayah, Karen, Chin, Mon, Rakhine, and Shan are also recognised regionally.



Currency

The official currency of Myanmar is the kyat (K). Cash is king, and few vendors accept credit cards. It's possible to change money nearly everywhere in big cities, but the U.S. dollar is widely accepted in many tourist establishments, as long as the bills are crisp and unblemished.



Visa

Immigration policies to Myanmar can be quite strict, and visitors from everywhere but 7 ASEAN countries must acquire a visa before arriving. It's possible to apply for a visa at a Burmese embassy, but it's now easy to get an eVisa online. A tourist visa allows for a 28 day visit to Myanmar from the date of entry and cannot be extended. A visa must be used within 90 days of being received or it becomes void.

There are three international airports and three Thailand-Myanmar land border crossings that foreigners are allowed to enter through. It is advised to arrive through the same entry point as the one reported on the visa application.

Festivals

Live some local traditions



Kachin Manao Festival

January

The six Kachin tribes come together at Kachin Manao Festival to celebrate victory, reunion, and the new year. The Kachin people dress in colourful traditional costumes to perform a series of spiritual dances around huge totem poles.



Thingyan

April

Thingyan is a four- or five-day country-wide celebration in April. It's a Buddhist holiday that celebrates the new year and cleanses the sins of the past by playfully splashing or pouring water on people from bowls or even water guns. Free food is distributed, and smiles are abundant.





“When visiting Myanmar, you will see a lot of people wearing patterns of light-yellow paste across their face. This paste is called ‘thanaka’ and derives from the bark of the namesake tree. Used as form of makeup, there are numerous benefits for using thanaka paste including sun protection, a cooling effect, acne prevention, and fragrant smell.”

Responsible Travel Initiatives



Fight Against Single-Use Plastic



700 Plastic-Wrapped Napkins replaced with Biodegradable Wet Towels



4,000 Plastic Bottles Saved in 2019



Social Enterprises...

...are an easy and sustainable way to give back to local communities. In Myanmar, we work with a variety of social enterprises that empower local artisans and create opportunities for disadvantaged members of the community.



Local Community

From experiencing life at a nunnery to tasting local specialities, our community-based tourism projects are designed to support the sustainable development of the communities whilst allowing travellers to experience the local life in Myanmar.



Protecting Children

ChildSafe Movement trains individuals and organisations, providing them with the tools to protect children and youth. We are working on implementing ChildSafe throughout Discova to do our part in protecting children worldwide.

What to Eat

Taste some local food



Mohinga

Myanmar's national dish is rice noodle and fish soup, usually eaten for breakfast. The broth is hearty with herbs like lemongrass, banana tree, and ginger, and topped with garnishes like toasted garlic or boiled eggs. Recipes and twists vary regionally.



Tea Leaf Salad “Laphet Thohk”

An essential Burmese classic, tea leaf salad is tangy and savoury, salty and spicy all at once, made with pickled tea leaves, beans, peanuts, cabbage, onion, tomato, garlic, salt, and lime. The eclectic combination of flavours and textures is addictive.



Shwe Yin Aye

This sweet, creamy dessert is made of sticky rice, cendol jelly noodles, agar, tapioca or sago, and sugar syrup, served in chilled coconut milk over ice. Add a slice of bread before enjoying this “golden heart cooler” in the heat.



“Shan noodle soup is my favourite Burmese food. It comes from the cooler Shan state, which probably explains why it's such a perfect comfort food. It's a simple rice noodle soup with a salty, garlicky broth made with tomato, peanuts, green onions, chicken and chilli. Top it with fried garlic or pork scratchings, pickled vegetables, and more chilli (if you like the kick!) for a heart-warming meal.”

Join us on an imaginary 13-day journey to Myanmar

Fall in love with Myanmar's enchanting culture and people on a 13-day journey. Soak up the peaceful countryside on a relaxing river cruise from royal Mandalay to ancient Bagan, and enjoy incredible vistas of the temple-dotted landscape from up high in the sky. Explore the floating villages of Inle Lake, see different sides to Yangon, and get to know the friendly locals along the way.

The five-star Amata Hotel Group promises to leave its guest in a state of bliss, visit one of its luxury resorts to see if it leaves up to its name.

Amata Hotel Group

★★★★★

📍 Inle Lake, Hpa-An, Bagan and Ngapali.

The word "Amata" means a place where someone can meet a state of pure happiness, extreme beauty or supreme delight.

Amata Hotels and its subsidiaries, collectively known as Amata Resorts & Spas are recognized as leading hotels & resorts in Myanmar. With a focus on evoking famed Myanmar hospitality, combined with the modern amenities expected from a boutique resort, the service that Amata Hotels provide is recognised as first-class by customers worldwide.



Ngapali



Inle



Bagan



Hpa-an



Yangon

Yangon is the largest city in Myanmar and served as the country's capital until 2006. Yangon developed recently, quickly, and furiously, and the wave of new restaurants, hotels, and bars here reflect that process. Yet the city retained its culture amidst all that modernisation, and Yangon still feels like a different world altogether. People still wear traditional clothing, and the architecture and attitudes found here are different than anywhere else in Southeast Asia.





1. Yangon Heritage Walk

Get a glimpse of historical Yangon on this morning walking tour and discover some of the city's most impressive heritage buildings, including the Yangon City Hall, the High Court, and the Myanmar Port Authority building. Find out how the structures looked before being renovated and learn the stories behind the individual landmarks, creating a detailed picture of colonial-era Yangon.



2. Dala Urban Discovery

Get off the beaten track and explore the rural township of Dala. Join the bustling crowds of commuters on the ferry and cross the Yangon River. Relax with a leisurely rickshaw ride along the waterfront before visiting some of the main sights in and around the small fishing village, including a temple full of snakes, a pond with animal statues, and a replica of the 1,000 Buddhas.

Our Recommended Hotels

Yangon



Novotel Yangon Max

★★★★★

📍 459 Pyay Rd, Yangon 11041, Myanmar (Birmanian).

“Time is on your side at Novotel” Novotel Yangon Max is located mid-distance between the historical downtown and the airport. Modern, spacious and comfortable, the 354 rooms have been designed to accommodate your wishes. Facilities include; 3 restaurants, 4 bars, Pool, Tennis Court, Spa and Fitness to help you to relax.

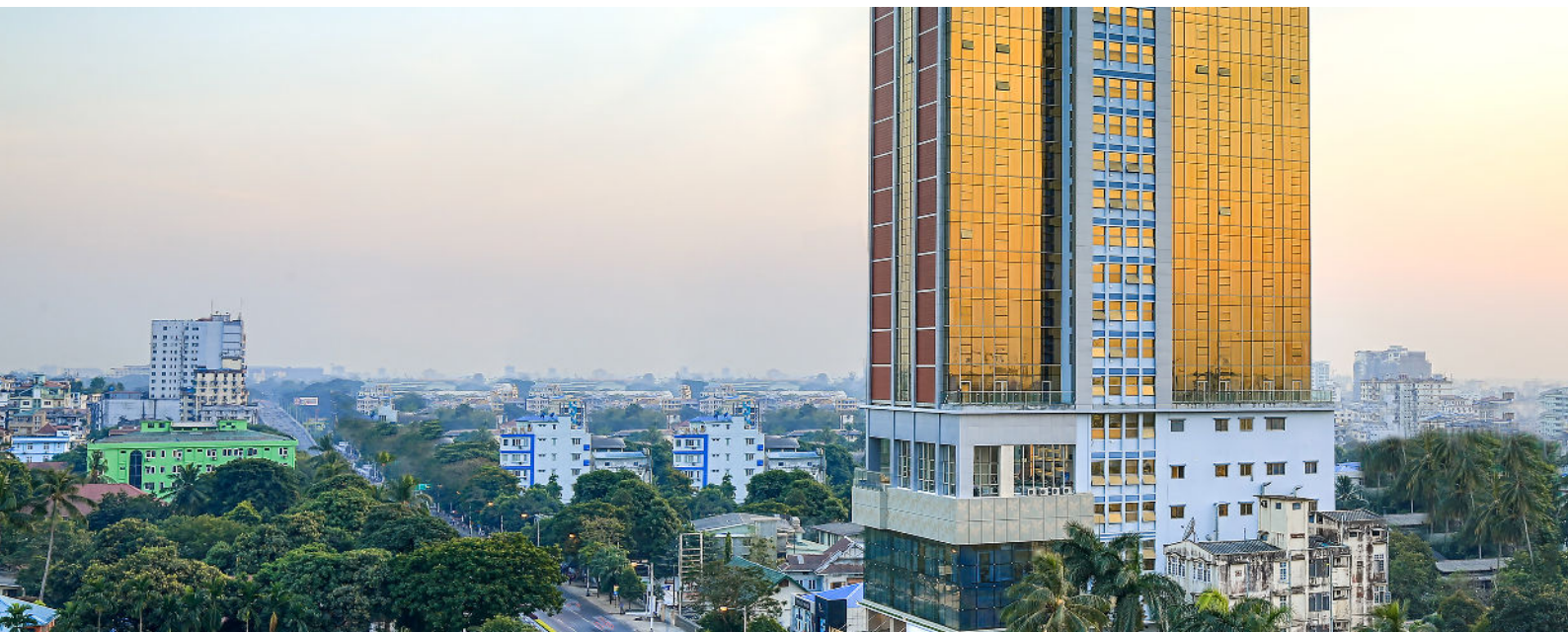


Chatrium Hotel Royal Lake Yangon

★★★★★

📍 40 Natmauk Road, Tamwe Township, Yangon, Myanmar.

Every moment is about feeling the remarkable. Whether relaxing in the refined comfort of our suites or dining on our passionately crafted cuisine, Chatrium Hotel Royal Lake Yangon delivers the truly extraordinary, above and beyond the breathtaking views of Shwedagon Pagoda and Kandawgyi Lake.



Jasmine Palace Hotel

★★★★★

📍 341 Pyay Rd, Yangon 11111, Myanmar.

The Jasmine Palace Hotel lights up the city from the perfect location in central Yangon, offering a magnificent view of the thriving city centre or the stunning Shwedagon pagoda.



Lotte

★★★★★

📍 No. 82, Sin Phyu Shin Avenue, Pyay Road, 6½ Mile, Ward 11, Hlaing Township, Yangon, Myanmar.

Located on Pyay Road and 20 minutes' drive from Yangon International Airport. LOTTE HOTEL YANGON provides comprehensive range of spaces to satisfy the various needs for all of our guests including from tourists to business customers. 343 rooms commanding fantastic views of Yangon's with three fine-dining restaurants and a range of other high quality food outlets including fitness a center, indoor pool, beautiful infinity outdoor pool and business center.

Inle Lake & the Shan State

The Shan State is a beautifully mountainous region in northern Myanmar. Once the domain of the Shan principedom, the Shan people remain the ethnic majority here. Inle Lake sits on the western side of the state, home to the Intha people, or “sons of the lake”, who live in floating villages. They survive through fishing and the cultivation of floating gardens and are known for their unique practice of rowing boats with one leg.





1. Local Journey through Shan State

Be captivated by the sights, sounds and scenery of Myanmar's Shan State. Peruse Kalaw's colourful market, visit the ancient bamboo Buddha Statue at Hnee Pagoda, and explore the atmospheric caves at Myin Ma Hti. Mingle with the locals aboard the historic Myanmar Railway, travelling past picturesque valleys and rice paddies on the way to Shwe Nyaung – the gateway to magnificent Inle Lake.



2. Inle Lake by Kayak

Discover the colourful culture of Myanmar's Inle Lake on a morning kayaking adventure. Paddle the serene lake and gain insight into the life of the local Intha people who call the lake their home. See the floating vegetable farms and, maybe spot some of the iconic one-legged fishermen before stopping by one of the floating villages for some traditional tea and snacks.



3. Inle Heritage Cooking Class

Join this one-of-a-kind cooking class in Inn Paw Khon, a picturesque Burmese village only accessible by boat. Harvest fresh ingredients from an organic garden, some of which can only be found around Inle Lake, and follow the step-by-step instructions of a local chef. Help cook a traditional Intha lunch and dessert, before enjoying the freshly prepared creations in a serene atmosphere.

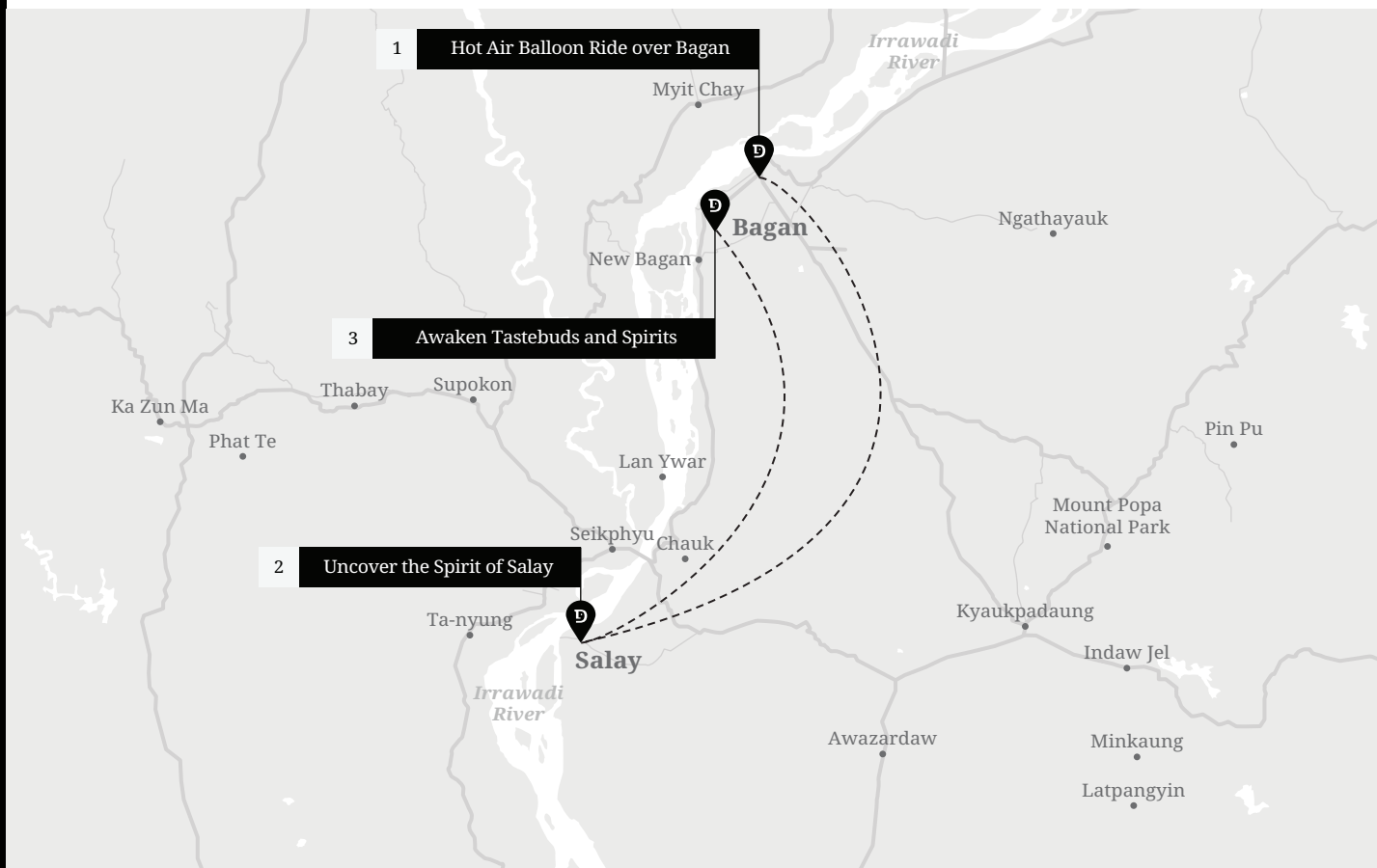


4. Cycling to Indein

Delve deep into the local life at Inle Lake on this cycling tour to the magnificent Indein stupas. Pedal through the picturesque countryside and lakeside villages before arriving at the crumbling ruins of the Indein complex. Whilst some stupas have been taken over by the growing forest, others have been restored to gleaming perfection. End the day with a local lunch and a relaxing boat trip.

Bagan

An archaeological site rivalling Angkor Wat, Bagan is full of thousands of ancient Buddhist temples and pagodas rising from the mountains and palm-covered plains like stoic ghosts. Once the capital of a royal kingdom, Bagan is one of Myanmar's most popular destinations today. Most travellers rent bicycles or e-bikes to explore the extraordinary structures. Whilst some temples can get crowded, especially at sunrise and sunset, the vast number dotting the landscape will almost always guarantee some privacy.





1. Hot Air Balloon Ride over Bagan

Experience some of the most breathtaking views of Bagan from high up in the sky! Climb into the basket of a hot air balloon for bird's-eye views of the ancient city. Watch as the rising sun slowly illuminates the temples and villages dotting the landscape, revel in the serene atmosphere of the early morning and be rewarded with a glass of champagne upon landing.



2. Uncover the Spirit of Salay

Experience Myanmar's spiritual heritage and local culture on this day trip to Salay. From Buddhist monasteries to British colonial buildings, visit a selection of the village's most important landmarks. Chat to local monks about Buddhism in Myanmar. Then, get to know a local family over a meal in their home while learning the art of applying 'thanaka' and wrapping a 'longyi'.



3. Awaken Tastebuds and Spirits

Delve into the authentic heart of Bagan whilst simultaneously helping to support the community. Chat with Buddhist monks at a secluded monastery and learn from local families about the production of local delicacies. Also, enjoy visiting a variety of social enterprises offering opportunities to vulnerable village communities, including at-risk women and children. This will be a day to remember in Myanmar.

Our Recommended Hotels

Bagan



Heritage Bagan

★★★★★

📍 Bagan - Nyaung Oo Airport Road, Myay Nal Lay Qtr, Nyaung-U 05232, Myanmar.

“Heritage Bagan Hotel” awaits you to serve a gracious hospitality with heart warm service. 12 Temple style buildings symbolize the 12 Dynasties of Bagan, ambiance yourself as the legendary Kings of Myanmar. Next to the Bagan-Nyaung Oo airport and located at the south-east corner of ancient Bagan monument zone.



The Hotel @ Tharabar Gate

★★★★★

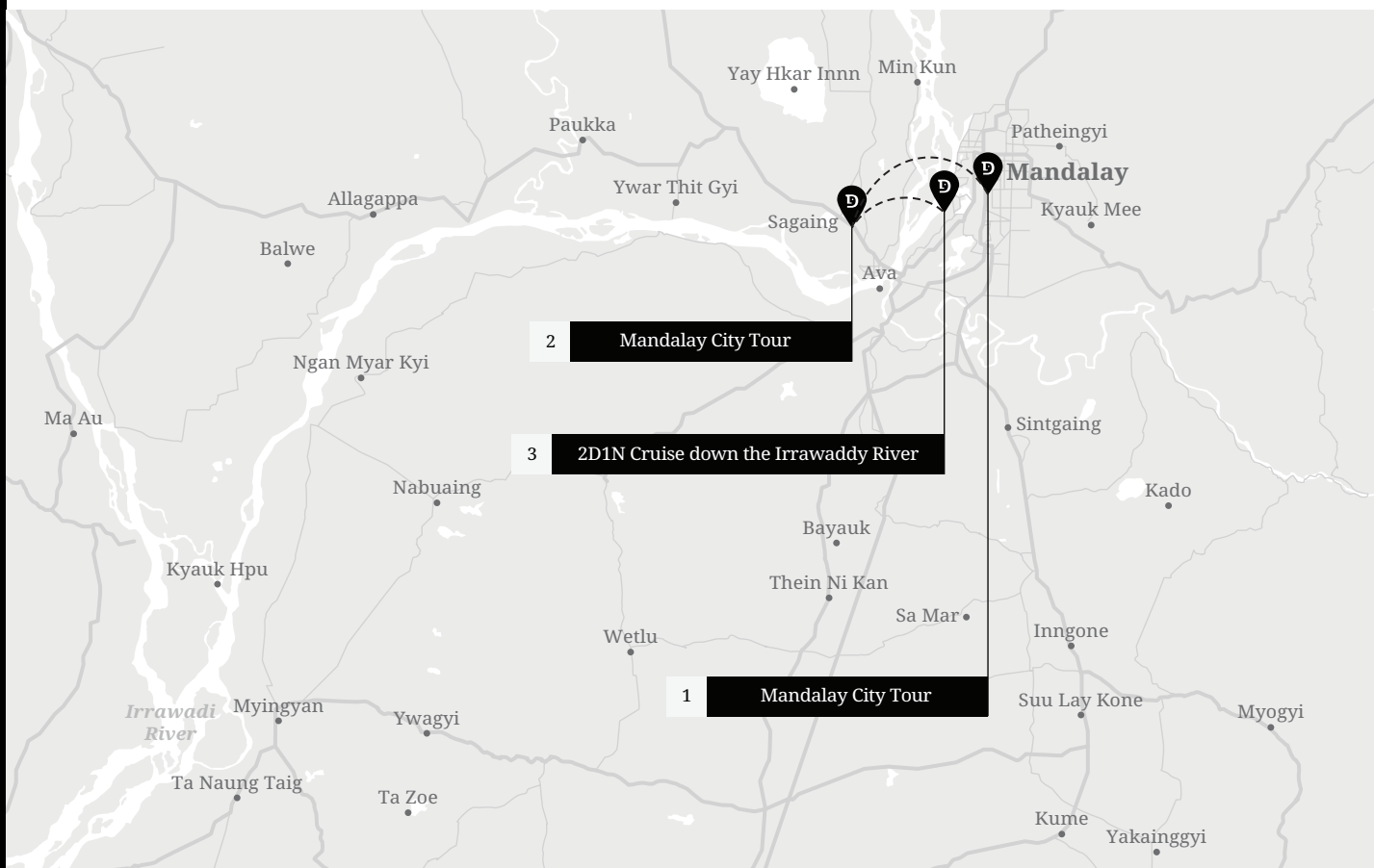
📍 Near Tharabar Gate, Old Bagan, Myanmar.

The Hotel @ Tharabar Gate is surrounded by more than 4000 ancient temples and pagodas. The Hotel offers 84 luxury rooms. Room Categories are 80 Deluxe Rooms and 04 Suite Rooms. Every room is decorated with teak floors and typical Burmese furniture. Each room with its high ceiling and different hand-painted wall paintings are all copies of original Temple Painting of the Bagan period.



Mandalay & the Irrawaddy

The second largest city in Myanmar sits on the banks of the Irrawaddy River. Pagodas glitter in the hills beyond workshops and working fishing ports, much as they did under the Konbaung Dynasty. The kingdom has fallen, but Mandalay remains the cultural and religious centre of northern Myanmar. The Irrawaddy River goes on timelessly as the centre of life itself: a bathhouse, a transport artery, and a gathering place.





1. Mandalay City Tour

Tour the highlights of Myanmar's last royal city on this full-day discovery of Mandalay. See where Burma's former royals once lived at the reconstructed Royal Palace and admire the impressive gilded Buddha statue at Mahamuni Pagoda. Witness the world's largest book at Kuthodaw Pagoda before climbing Mandalay Hill to watch the sky turn pink and orange with the setting sun.



2. Buddhist Nuns of Mandalay

Experience a completely different way of life on this day-long excursion to the Sagaing Buddhist Nunnery. Home to more than 6,000 nuns, explore the well-maintained complex and follow the daily schedules of the nuns – all dressed in wonderfully pink robes. Learn about their life in the nunnery, gain a deeper understanding of Buddhism, and enjoy a 30-minute guided meditation before savouring a homemade vegetarian lunch.



3. 2D1N Cruise down the Irrawaddy River

Travel into the heart of Myanmar on this memorable overnight cruise along the Irrawaddy River. Journey downstream from Mandalay to Bagan and take in the scenic countryside whilst soaking in the laid-back atmosphere of rural Burma. Along the way, explore two riverside villages and visit many of the ancient temples before watching the setting sun bathe the wondrous landscape in an orange glow.

Our Recommended Hotels

Mandalay & the Irrawaddy



Pullman Mandalay

★★★★★

📍 73Rd Street Between Tha Zin And Ngu Shwe Wah, Streets Chanmyatharzi Township Mandalay, 05041, Myanmar.

Opened October 2019 in Mandalay, the cosmopolitan and stylish Pullman Mandalay Mingalar – the first new built luxury hotel of the century in town, offers new levels of international hospitality and experiences to the culturally rich central Myanmar city. With large spaces, beautiful views and great location, Pullman Mandalay Mingalar is ideally situated, just moments from new Mandalay Convention Centre. It features 358 rooms and suites, restaurants offering international, regional and local cuisine, bars, 650m² ballroom, meeting spaces, swimming pool and spa.



Pandaw

★★★★★

📍 Irrawaddy River, Burma, Myanmar.

The Pandaw river experience is all about exploring remote and often hard-to-navigate rivers in specially-designed luxury small ships.

Each ship, hand-crafted in brass and teak, is a colonial object of beauty in itself. Travel back in time with us on classic routes on the Irrawaddy or remote water ways up the Chindwin or Upper Irrawaddy.

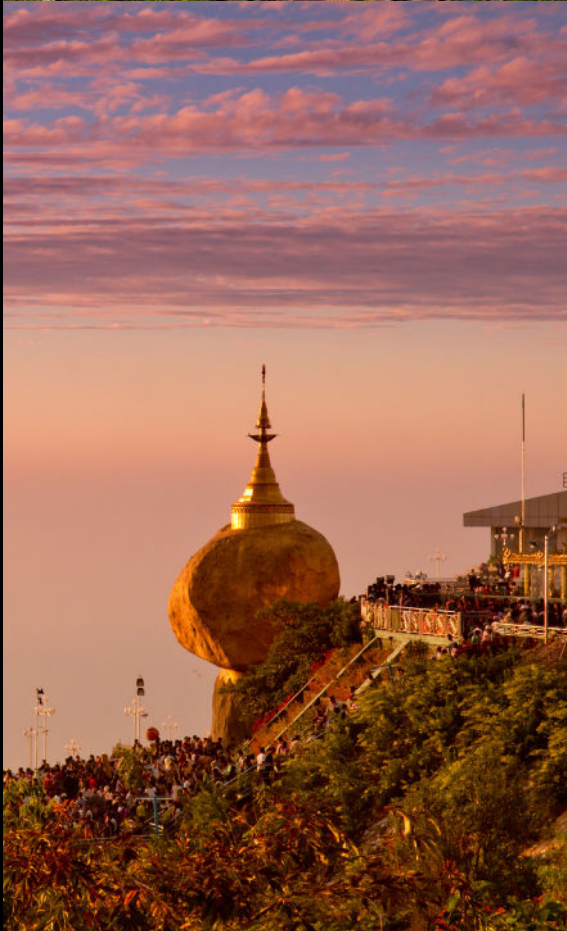


Other Regions



Ngapali Beach

Often described as one of the most beautiful beaches in all of Asia, Ngapali Beach is actually a series of beaches stretching along the 15 miles of coast between fishing villages and ports. There are plenty of hotels and resorts these days, but the region maintains its identity as a fishing village, and the friendly locals row out each night to catch the fish served up here each morning.



Golden Rock

Also known as Kyaiktiyo Pagoda, the Golden Rock balances precariously on the very edge of a cliff. The pagoda contains a strand of the Buddha's hair, believed to be the sole force binding the rock to its gravity-defying perch. It has been covered in gleaming gold leaf by Buddhist devotees who flock here for pilgrimages, paying merit at the pagoda on top of this bizarre hovering boulder.



Hsipaw

Hsipaw is a laid-back northern town in Shan State. The town is full of Shan culture, from pagodas and temples to marketplaces selling truly beautiful handicrafts from the surrounding villages. Hsipaw is surrounded by hot springs, hiking trails, and hills to climb for sunset views and panoramic pictures of the countryside.

Unique MICE Venues

We offer a range of MICE services in Myanmar



The Secretariat Yangon

Rangun

The historic Secretariat building is a treasure of Victorian architecture with high ceilings and ballroom dining. The flowering outdoor courtyard is able to host 1,000 guests.



Le Planteur Restaurant & Lounge

Rangun

Le Planteur serves up Michelin-star French cuisine with an Indochinese twist. Fashionably housed in a 1902 mansion amidst stylish décor that fuses antique Burma, modern Myanmar, and the colonial era.



Seeds Restaurant & Lounge

Rangun

This light-flooded bamboo-and-glass venue is set in a bright and blooming garden on Inya Lake, combining Michelin Star cooking with stunning natural beauty.

Unique Educational Opportunities

We ensure our innovative range of themed programs and educational tours for adults and students make a positive impact and provide opportunities for inspiration, exploration, and learning.



Elephant Camp with Green Hill Valley

Taking care of retired timber elephants, Green Hill Valley offers travellers the opportunity to learn about these gentle giants whilst interacting with them in an ethical way. Their all-round learning experiences also include planting trees to tackle deforestation as well as producing paper from elephant poo.



Myanmar Bird Nature Society

Dedicated to the research and protection of birds and their natural habitats in Myanmar, Myanmar Bird Nature Society's varied range of educational travel opportunities include training in bird identification and nature conservation, bird watching activities, and tree planting programs.



Cultural Immersion

From gaining a different perspective to finding new inspiration and adapting to other environments – experiencing a different culture can lead to all kinds of learning opportunities. In Myanmar, Discova offers numerous activities for travellers to immerse in the local culture, whether that's through a cooking class, a homestay with a local family, a traditional craft workshop, or the special experience of a monk blessing.

Adventure Seeker

Anyone in search of adventure doesn't have to look far once stepping foot in Myanmar.



Head to the hilly countryside of Shan State to enjoy **trekking from Kalaw**, a quaint hill station offering a cool respite from the tropical heat. Located 1,320 metres above sea level, this bustling town is a hub for various expeditions. Pass through distinct landscapes, Buddhist monasteries, lush jungle, hilltribe villages, and authentic farmlands.



Grab a bike and get acquainted with the peaceful surroundings on a day of **cycling around Inle Lake**. Pedal through small villages dotting the countryside nestled next to mountain ranges, visit hillside monasteries, and ride along the wooden Maing Thauk Bridge before enjoying a sundowner at a local winery.



Find adventure amidst the amazing natural attractions of Kayin State's rugged riverside capital, Hpa-an. Explore the area's **incredible limestone karsts** including Buddhist caves, sacred mountaintops, and fresh rivers running through stunning countryside. Whether in search of mountaintop views or underground crevices, there's plenty to be discovered here.

Culture Enthusiast

Where Buddhism embeds the Burmese culture and influences from neighbouring nations add some extra flavour.



The ancient city of **Bagan** not only offers a window into the mighty Pagan Empire but is also where many cultural traditions are still ever-present. Within the thousands of temple ruins dotted across the landscape, find unique architecture and faded mural paintings still withstanding the test of time. You can also find today's artists creating an array of traditional crafts.



Encounter the **Anyar people** in Central Myanmar and learn about their traditional way of life. Living alongside the Irrawaddy River in the 'dry zone', the Anyar villages that remain today are where friendly locals offer warm hospitality and insight into their traditional farming life. Learn how to make pottery, palm juice, black bean paste, thanakha and more.



The traditional **arts and crafts** of Myanmar have flourished and adapted through the nation's long and colourful history. Today there are ten special arts, referred to as "The Ten Flowers", which are essential within the nation's rich cultural heritage. Visit traditional workshops to observe these masterpieces in the making and learn the basic techniques too.

Nature and Wildlife Lover

Get in touch with the raw beauty of the nation's array of natural environments.



Follow the trail that leads to the summit of **Mount Popa**, at 1,518 metres above sea level, to find a natural oasis home to a different variety of flora and fauna. Wander through sandalwood forest, encounter beautiful butterflies and rare bird species all while exploring the remains of an extinct volcano.



Venture into the central highlands to find the charming hill station of **Pyin Oo Lwin**. This place not only maintains architectural remnants of its colonial past but is also home to a wide variety of plant and animal species bound to captivate any nature enthusiast. Visitors can enjoy wandering the National Kandawgyi Gardens and explore a multitude of stunning waterfalls.



Tea has always played a pivotal role in Burmese society; get up close and personal with this timeless drink and experience the joy of hiking across mountainous terrain carpeted in **tea plantations**. Pindaya town in Shan State is a great place to observe tea production and learn about the process of pickling tea leaves – a quintessential Burmese delicacy.

Curious Learner

With a history dating back to the first-known human settlements 13,000 years ago, there's plenty to be learned in Burma.



Visit Thanlyin, a major port city on the Bago River, to discover an important **trading centre** from the 17th Century. Seek out the ruins of Portuguese and Italian Catholic churches to learn about life during colonial times.



Uncover the mighty **Mon Kingdom** which held political power in various times over the last 1,200 years. Explore the ancient capital, Bago, and visit Kanbawzathadi Palace which was originally built in 1556 and reconstructed in 1990. Learn about local crafts like hand weaving and cheroot making when visiting a local Mon village too.



Get a taste of what times were like during the British Raj by visiting **Mawlamyine** – a city filled with colonial-era architecture, nestled between stupa-capped landscapes and the Thanlwin River. Explore the churches and mosques of the past or visit today's Mon villages on a nearby island to admire a variety of handicrafts.

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