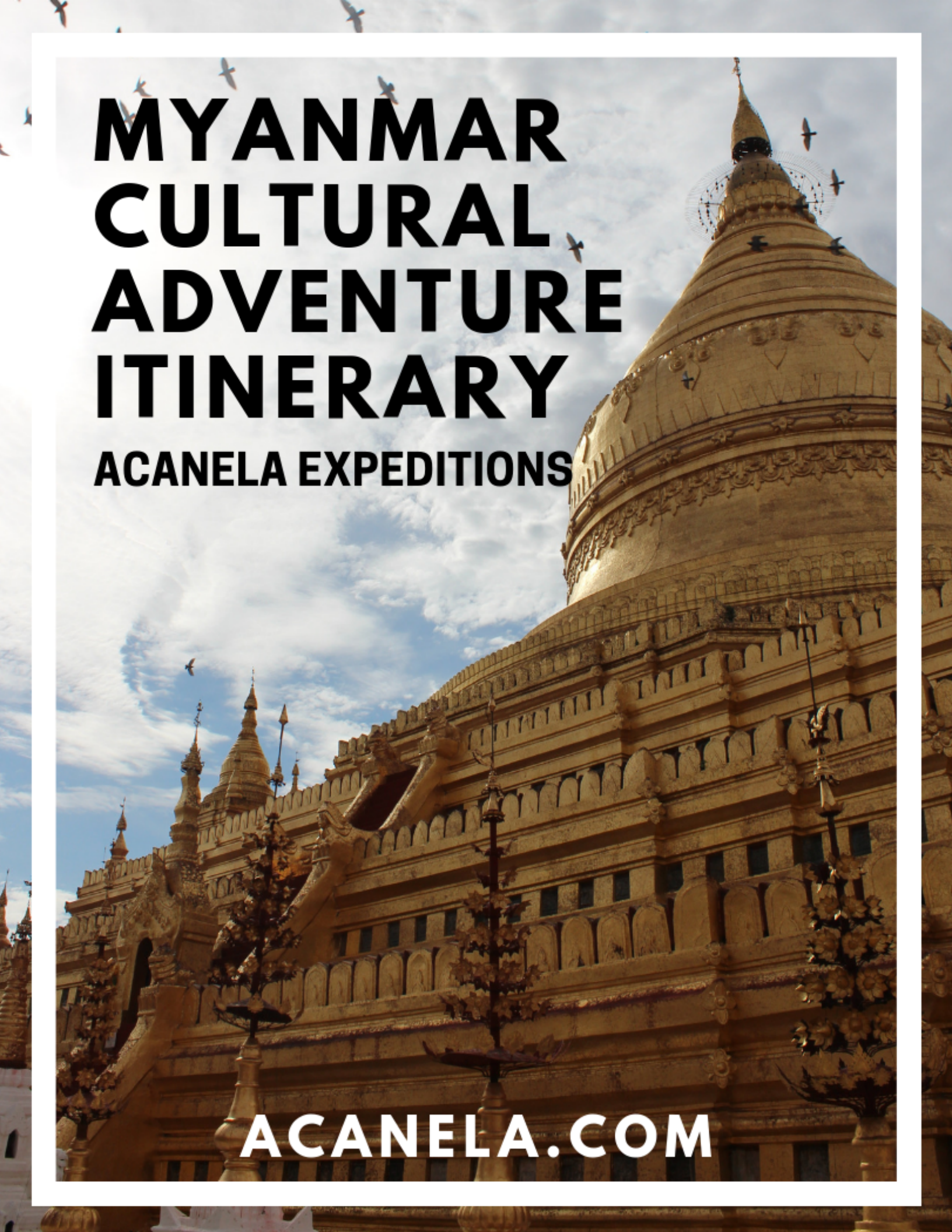




MYANMAR CULTURAL ADVENTURE ITINERARY

ACANELA EXPEDITIONS

ACANELA.COM



MYANMAR CULTURAL ADVENTURE, ACANELA EXPEDITIONS



Day 1: USA / YANGON BURMA

Meals: D

Arrival Airport: Yangon International Airport (RGN)

Traveler Name:

Flight Number:

Arrival Time:

In Country Contact: TBA

In Country Contact Number: TBA

Afternoon: Today we will arrive in Yangon, the largest city in Myanmar (a country that was formerly called Burma). On arrival at Yangon International Airport, your English-speaking guide will meet you in the arrivals area, carrying an "Acanela Expeditions" welcome board with your name on it. You will then transfer to your hotel by air-conditioned vehicle (*transfer time: approximately one hour*).

Yangon, formerly known as Rangoon, is Myanmar's most important commercial center. Yangon is located at the convergence of the Yangon and Bago Rivers, about 19 miles (30 kilometers) away from the Gulf of



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Martaban in the Andaman Sea. Yangon, the city that charmed the likes of Orwell and Somerset Maugham, is home to some of Myanmar's greatest architectural and cultural treasures.

Evening: After checking in to your hotel, the rest of the day is free to spend at your leisure.

Accommodation: Lavender Hotel or similar

Address:

Phone: +

Day 2: YANGON - NYAUNG SHWE, MYANMAR

Meals: B

Breakfast: Enjoy a delicious buffet breakfast at your hotel.

Morning: After breakfast at the hotel, your guide will meet you at reception and transfer with you in a private, air-conditioned vehicle for the day's activities. Today, we will enjoy a tour around Yangon, starting with a fascinating morning excursion through the city and its suburbs. We will take a ride on the Circular Train, a famous rail network in Myanmar, and enjoy watching the train's busy morning activities: locals going to work and sellers showing their wares. We will jump off at one of the stations and take a ride on a trishaw through a local neighborhood. Along the way, we'll visit nearby colorful markets to browse fresh fruits, as well as fish, vegetables, and other items. Then it's time to take a break with the locals! We'll sit at a tea shop, sip on sweet tea or coffee, and taste a variety of traditional Myanmar snacks.

After tea, we will visit the emblem of the country: Shwedagon Pagoda. Thanks to its gold surfaces and enormous size, this beautiful stupa seems to glow against the horizon — and as bells chime and birds chirp, we will enter through the gate and walk around the foot of the main structure.

Lunch: Pause for a taste of local flavors!

Afternoon: This afternoon, we will experience the beauty of Yangon's colonial architecture by discovering some old buildings with Victorian facades, built by the British in the 19th century. (These buildings include the Post office and the Strand Hotel.) We will wander the neighborhoods and enjoy different kinds of local street foods.

Around 4 p.m., we will make our way back to our meeting point, where an air-conditioned vehicle will be waiting to transfer us to Aung Mingalar Highway Bus Station (*Transfer time: 1 hour 30 minutes, depending on the traffic*) to take a night bus to Nyaung Shwe. (*Transfer time: 11 hours, depending on the traffic*).

Dinner: Enjoy dinner on your own at a delicious local restaurant

Evening: Overnight on the bus to Nyaung Shwe. The buses are large and air-conditioned, with reclining seats similar to the premium economy cabin on an airplane. You will be provided with a blanket, a bottle of water, personal seatback TV, and headphones. The bus will make frequent bathroom stops (sometimes with Western toilet facilities).

Accommodation: Overnight Bus



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Day 3: NYAUNG SHWE - INLE LAKE - INDEIN - NYAUNG SHWE

Meals: B

Breakfast: Enjoy breakfast at your hotel (see details below).

Morning: We will arrive at Nyaung Shwe in the early morning. We will then transfer to the hotel to check in and get breakfast. After breakfast, our guide will meet us at reception to take us to Nyaung Shwe jetty. This will be a full-day excursion to discover Inle Lake via motorized pirogue.

Inle Lake is inhabited by a lacustrine population: the Inthas (meaning "Lake's son"). The Inthas live in stilt houses located in a series of villages, including their capital (Ywama) in the middle of the lake. We will visit Nga Hpe Chaung Monastery, which houses dozens of Shan Buddha images but is more famous for its unique 'jumping cats.' Next, we will stop by Phaung Daw Oo Pagoda, famous for the 800-year-old, gold-leafed Five Buddha images. Then we will peruse the local crafts at the weaving village of Inpawkhone and the hand-made Burmese cigars at the cheroot factory.

Lunch: Pause for a taste of local flavors!

Afternoon: We will set out on a pirogue excursion to the Pa-Oh village of Indein, where we will spend about half an hour walking through the village and surrounding forest. We will visit the magnificent complex of Alaung Sithu and the old stupas buried in vegetation. We will marvel at a panoramic view of the lake from In Dein Monastery. We will return to Nyaung Shwe by pirogue and then transfer to our hotel.

Dinner: Enjoy dinner on your own.

Evening: Overnight at your hotel.

Accommodation: Hotel 81 or similar

Address:

Phone: +

Day 4: NYAUNG SHWE - BAGAN, MYANMAR

Meals: B, L

Breakfast: Enjoy breakfast at your hotel.

Morning: After breakfast, we will head back to Nyaung Shwe jetty. Today, we will spend a day away from tourists in a beautiful floating village inhabited by food-loving families. We will board our private, motorized pirogue and head to the local market, where we will shop for ingredients with our chef. He/she will introduce the local ingredients to us and explain the benefits of using them in the kitchen. Then, we will transfer by boat to the village itself, passing through narrow boat ways. On arrival at the local house, we will have some time to relax before our cooking lesson begins. The chef will show you how to cook and then help you prepare anywhere between eight and 10 special Shan dishes. After cooking everything, it will be time to feast on the delicious meal you have made.

Lunch: Lunch provided during cooking class.



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Afternoon: In the afternoon, we will return to the pier, where we will be picked up and driven to the Red Mountain Estate Vineyards and Winery for a local wine tasting (*Transfer time approximately 30 minutes*).

Evening: After our wine tasting, we will travel to the bus station for our overnight bus ride to Bagan (*Transfer time 8 hours*). The buses are large and air-conditioned, with reclining seats similar to the premium economy cabin on an airplane. You will be provided with a blanket, a bottle of water, personal seatback TV, and headphones. The bus will make frequent bathroom stops (sometimes with Western toilet facilities).

Accommodation: Overnight Bus

Day 5: BAGAN, MYANMAR

Meals: B

Breakfast: Enjoy breakfast at your hotel (see details below).

Morning: You will arrive at Bagan in the early morning. You will then transfer to your hotel by air-conditioned vehicle. After breakfast at the hotel, your guide will meet you in the reception area and transfer with you in a private, air-conditioned vehicle for the day's activities.

You will embark on a full-day excursion to discover Myanmar's greatest wonder: Bagan. We will begin our visit with a stop at the colorful Nyaung Oo Market, where locals come to buy and sell fresh produce and other goods. Discovering the site by E-BIKE, a small electric scooter, is one of the most enjoyable ways to visit Bagan. You will experience the local smells and flavors that the residents will be happy to let you taste. Your guide will introduce you to the herbs and vegetables used in local daily dishes.

Next, we will visit Ananda Temple, jewel of Burmese architecture and one of the major pilgrimate sites for the Burmese. We will explore the Myinkaba village and stop at the Myinkaba-Gubaukkyi Temple, with its impressive murals and frescoes. Dating from 1113 A.D., this is one of the oldest temples in Bagan.

Lunch: Pause for a taste of local flavors!

Afternoon: We will continue by Manuha and Nanpaya temples, followed by a visit to a traditional lacquerware workshop. Finally, our tour will end at East Ohtain Taung, from which you can admire the sunset. After sunset, your guide and driver will escort you back to the hotel for the evening.

Dinner: Enjoy dinner on your own.

Evening: Overnight at your hotel

Accommodation: The Regency Hotel or similar

Address:

Phone: +

Day 6: BAGAN - MANDALAY, MYANMAR

Meals: B



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Breakfast: Enjoy a delicious buffet breakfast at your hotel.

Morning: After breakfast, we will transfer to Bagan bus station to take a morning bus to Mandalay (transfer time: 5 hours).

Once we arrive at Mandalay (around noon), our guide will meet us at the bus station and transfer with us in a private, air-conditioned vehicle to the jetty to take a boat to Mingun (*transfer time: approximately 1 hour*).

Located on the banks of the Irrawaddy River, Mandalay is Myanmar's second largest city, with about six million inhabitants. From 1860 to 1885 (during the Konbaung dynasty), it was the country's last royal capital, then called the "city of jewels" for its renowned jade. It is now the administrative capital of the Mandalay region.

Lunch: Pause for a taste of local flavors!

Afternoon: Once in Mingun, we will set out to discover the great, unfinished Mingun Pagoda, which was split by an earthquake in 1838. It is now forbidden to climb to the top of the pagoda, as the accesses are not at all secure and this practice degrades the monument. We will stop at the monumental bronze bell (90 tons), which is — interestingly enough — the second largest bell in the world. Then we will visit the elegant, all-white Hsinbyume Pagoda, with its seven levels of serrated terraces. After we finish exploring, we will board the bus to return to Mandalay (*transfer time: 45 min*).

Dinner: Enjoy dinner on your own.

Evening: Overnight at your hotel.

Accommodation: Hotel Nova or similar

Address:

Phone: +

Day 7: MANDALAY - USA

Meals: B

Breakfast: Enjoy a delicious buffet breakfast at your hotel.

Morning: After a delicious breakfast, we will check out of our hotel and continue to the airport to catch our international flights back home — or, if you have chosen to extend your adventure, continue exploring Mandalay, Myanmar!

Traveler Name:

Departure Information:



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3-Day Extension to Mandalay, Myanmar

**Day 8: MANDALAY - AVA - AMARAPURA -
MANDALAY**

Meals: B

Breakfast: Enjoy a delicious buffet breakfast at your hotel.

Morning: After breakfast, our guide will meet us at reception and transfer with you in a private, air-conditioned vehicle for the day's activities. We will start the day by visiting the Mahamuni Pagoda, an important Buddhist pilgrimage site, which features a 13-foot-high (four-meter-high), bronze-cast image that now resides under a thick layer of gold leaf. Next, we will visit the Kuthodaw Pagoda, whose 729 marble stone slabs of Buddhist scriptures have earned it the title 'World's Biggest Book'. We will continue to the Shwenandaw Monastery, the only remaining building from the 19th century Royal Palace. This grand teak building is known for its exquisite woodcarving.

Lunch: Pause for a taste of local flavors!

Afternoon: This afternoon, we will enjoy a cycling tour to Ava and Amarapura. With Ava's big, shady trees and flat terrain, a bike tour is simply the best way to explore. We will pass through small communities living among picturesque ruins. After a short ferry ride, we will continue to another of the ancient capitals, Amarapura, and end at the iconic U Bein's Bridge. Popular with locals and tourists alike, this a gathering place to watch the sunset at the end of the day. We will finish our ride at U Bein's Bridge, then walk along the shores and the bridge itself to catch the last light of the day before driving back to Mandalay.

Note: We cycle about 12.5 miles (20 kilometers) on tracks and small roads. The surface can be uneven and a bit bumpy, but our bikes are specially prepared to handle this, and your guide will demonstrate techniques on how to best handle this terrain. There is minimal traffic at all times.

Dinner: Enjoy dinner on your own.

Evening: Overnight at your hotel

Accommodation: Hotel Nova or similar

Address:

Phone: +

Day 9: MANDALAY - SAGAING - MANDALAY

Meals: B

Breakfast: Enjoy a delicious buffet breakfast at your hotel.



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Morning: After breakfast, your English-speaking guide will meet you at reception and transfer with you to Sagaing (*transfer time: 1 hour*).

Home to over 3,000 monks and 600 pagodas, the city is known as the religious center of northwestern Myanmar. We'll meet some of the city's resident monks while you visit revered pagodas, such as U Min Thone Sae and Swan Oo Pon Nya Shin. Then we'll enjoy give offerings at the nunnery and get insight into the nuns' daily lives. After we have presented an offering to each nun, you will have time to discuss and learn more about their perspectives and daily lives.

Lunch: Pause for a taste of local flavors!

Afternoon: After lunch, our guide and driver will escort us back to our hotel in Mandalay.

Dinner: Once back in Mandalay, you can enjoy the rest of the day exploring on your own, making sure to try one of the delicious restaurants near the hotel.

Evening: Overnight at your hotel.

Accommodation: Hotel Nova or similar

Address:

Phone: +

Day 10: MANDALAY - USA

Meals: B

Breakfast: Enjoy a delicious buffet breakfast at your hotel.

Morning: After a delicious breakfast, we will check out of our hotel and continue to the airport to catch our international flights back home — or, if you have chosen to extend your adventure, continue on to Phuket, Thailand!

Traveler Name:

Departure Information: