



The Last Frontiers

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Guided by experience.



Wonderland Myanmar

(10 Days/ 9 Nights)



By its long isolation from the outside world Myanmar has maintained its traditions, style and religion. With 1000 years of history and more than 100 ethnic groups living in this country just as big as France, don't expect to capture more than a glimpse in ten days. But this glimpse will surely be intense: Wander the vast temple field of Bagan, enjoy bustling floating markets beside Inle Lake and hike past monkeys up Mt Popa - the spiritual centre of the 37 Nat (spirits). Snorkel in the clear waters of Ngapali Beach, see a marionette show in Mandalay and walk around pagodas in the old capital Ava. Take in life along the river on a slow boat trip down the Ayeyarwady and admire Yangon's supposedly 2500-years-old golden Shwedagon Pagoda. And finally, meet the friendly and gentle people of Myanmar who call foreigners „guests“. Described by Rudyard Kipling as „quite unlike any land you know about“, **Myanmar simply is a Wonderland.**

Day 1: Shanghai - Mandalay

Flight Shanghai - Mandalay (via Kunming)

Immigration formalities

Meet & Greet in the Airport,
Transfer to your hotel

Your guided city tour in the afternoon helps you to get a first overview of the city itself and its numerous monasteries. Finally drive to Mandalay Hill for a spectacular sunset.. Spend the evening at the open market looking for gems (apple green Jade or Rubins!).

Night at centrally located 4* Hotel, Mandalay



Day 3: Ayeyarwady River Cruise

Breakfast & Transfer to the Pier

Enjoy a slow trip on the mighty Ayeyarwady River from Mandalay to Bagan by Shwekeinney Boat (departs 07:00, reaches Bagan about 15:30 - depending on water level). Lunch is provided on the boat.

After arriving in Bagan there is some time for a first exploration of the temple fields.

Transfer to your hotel

Night centrally located 4* Hotel, Bagan



Day 2: Ava - The Old Capital

Breakfast

Today you visit the former capital Ava which is located on an island that can be reached by local ferry, crossing the Myitnge River. Pass through the ancient city walls by horsecart and see the remains of the ancient city: the brick and stucco monastery „Maha Aungmye Bonzan“, the renovated Nanmyin Watch Tower and the impressive wooden monastery of Bagaya Kyaung.

After lunch, continue to Sagaing Hill. At U Bein's Bridge in Amarapura, built of teak from Ava Palace, another unforgettable sunset is awaiting you.

In the evening visit the Marionette Theater at Daw Ma Ma Naing- a MUST during your stay in Mandalay

Night at centrally located 4* Hotel, Mandalay



Day 4: Templefields of Bagan

For early birds: Sunrise over the Templefields of Bagan

After breakfast start your excursion to the temple fields of Bagan:

The bell shaped Shwezigon Pagoda became a prototype for most other pagodas in Myanmar. Enjoy the colourful wall



If you decide to travel with The Last Frontiers* we will be happy to provide an extensive personalised package, including:

- ✓ **Personal briefing**
- ✓ **Tips and hints**
- ✓ **Map of the region**
- ✓ **Addresslist in English**

The Last Frontiers* / 上海缘蕴旅游咨询有限公司

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paintings inside Gubyaukgyi Temple and take a walk around finely decorated terrace shaped Htilominlo Temple.

Later – after a lunch break: Visit the Archaeological Museum, take your time for Ananda Temple - one of the largest and finest - and finally see the Buddhas of Manuha Pagoda. Pyattadagyi Temple or Shwesandaw Pagoda provide a panoramic sunset view of the city.

Experience local life by spending the evening at the local markets of Nyaung Oo.

Night centrally located 4* Hotel, Bagan

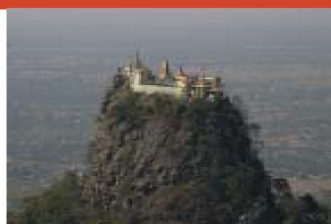
Day 5: Nats at Mt. Popa

Breakfast

Start early to enjoy a cool day on the sacred Mt. Popa (4981 feet elevation). This mountain, standing alone about 35 km South-West of Bagan, is said to be the core of an extinct volcano. Also it is said to be the Center of the Nats - spirits that can either protect you or cause a lot of harm (be warned!).

Return to Bagan.

Night centrally located 4* Hotel, Bagan



Day 6: Village Life at Inle Lake

Breakfast

Private transfer to the airport

Morning-Flight Bagan - Heho

Drive to Nyaung Shwe and hotel check-in.

In the afternoon enjoy some light trekking: From Maing Thauk walk 30 minutes to arrive at the Meditation Centre (Maing Thauk Monastery). After visiting an Orphanage school nearby, continue walking for 45 minutes to reach near Dalapin and return walk to Maing Thauk village. Return back to hotel by boat.

Night at Paradise Inle Resort or similar



Day 7: Tour around Inle Lake

Breakfast

Excursion to Samkar at the South of Inle Lake. On the way, you can watch the unique technique of weaving



Lotus fibers and also stop by some local markets. Lunchbox is provided.

After visiting Phaung Daw Oo Pagoda, continue to the Western Shore of Inle Lake, where you find the beginning of a stair path leading to the hidden and unknown Inn Dein Pagoda complex. The Stupas are decorated with mythical birds and Devas.

Night at Paradise Inle Resort or similar

Day 8: Shwedagon Pagoda in Yangon

Breakfast

Airport Transfer

Morning flight Heho – Yangon

Airport transfer to your Hotel

Embark on an afternoon of

sightseeing in Yangon: Yangon

Jetty with the nearby world

famous STRAND Hotel and the

old City Center of Yangon.

In the late afternoon, proceed to Shwedagon Pagoda and enjoy the very special atmosphere here before and after sunset. Walk the local markets close to the Pagoda after sunset ... enjoy the smells and sounds of Myanmar! Either you try some Burmese goodies here or you go to a Burmese restaurant

Back to the Hotel

Night at centrally located 4* Hotel, Yangon



Day 9: Highlights of Yangon

Breakfast

Morning visit to the impressive Reclining Buddha of Chauk-Htat-Gyi and 2000-year-old golden Sule Pagoda. Afterwards relax in nearby Mahabandoola Park.

In the afternoon take a ride with the slow local train „Once around the City“. A very special experience indeed with insights in local neighborhoods and local life.

Back to the Hotel

Night at centrally located 4* Hotel, Yangon



Day 10: Yangon - Shanghai

Breakfast

Free morning and last opportunity for shopping

Airport Transfer

Flight Yangon – Shanghai (via Kunming)



This itinerary has been created through our personal travel experience in this region. It can easily be modified and combined with any other tour we offer.

If you have a couple more days, we recommend e.g. to relax from all the temple viewing at Ngapali's white beaches.

Our objective is to suit your interests best.

Talk to us and we will design the right trip for you.

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We have been working with our local partners for many years and know them as being reliable and professional. The hotels we chose for you are personally tested and approved by The Last Frontiers.

Should problems occur during your trip, we are here for you in our office in Shanghai. Just call us and we will try to solve any glitch on your trip as fast as possible.

Tour includes:

- + Air tickets
- + Airport transfers as specified
- + Accommodation as stated (double occupancy) incl. breakfast
- + Private guide and car as stated in the programme

Tour excludes:

- Entrance fees, visa fees, city taxes and other local taxes
- Airport taxes and fuel surcharge
- All meals not mentioned in the itinerary or marked as optional or suggested
- Personal expenses (laundry, telephone calls, drinks, tips...)
- Personal insurances (health, third party, cancellation, luggage...)
- Any services non mentioned in itinerary



Price on request

For an exact quote we need to know **travel dates, names of all travelers** as per passport and **birth date of children below the age of 12.**

Important Remarks

This proposal has been prepared based on our experience and knowledge of the current situation locally. **No** bookings have been made yet. In case of your confirmation to go ahead and to book hotels, flights and other services, we will request those from our partners as per itinerary. Should hotels and flights not be available, we will endeavor to book services of similar quality. However, slight changes to our proposal above may be unavoidable.

Passports & Visas

When traveling, you must be in possession of valid papers. To avoid any risk, passports shall be **valid for min another 6 months** on the day of your return to your home. In case, Visas are required, The Last Frontiers* would be delighted to support you organizing the visas. Please note however, that The Last Frontiers* can not be held responsible for information on visa or immigration regulations, or in case visas are not obtained or visas are not accepted by local Authorities. In case, you plan to come back to China, please check, that you are in possession of documentation to be able to reenter China (visa & entry permit).

Payment

Invoices payable prior to departure or latest one week after Invoice Date. China Trips payable to our accounts in China or Cash RMB. **Credit Cards welcome (conditions apply).** International services payable in US\$ or Euro to our accounts in Hongkong or Germany. Cheques accepted (surcharges apply).

Cancellation

Cancellation fees apply, if you change or cancel the trip (or parts of the trip) after your verbal or written confirmation. We will attempt to reduce cancellation fees to a minimum and will calculate cancellation fees according to our actually incurred costs and time spent on your case. **In any case, cancellation fees as per Confirmation Sheet apply.**

Force Majeure

Compensation payments do not apply, where performance is prevented by risk of war or threat of war, riot, civil strife, industrial dispute, terrorist activity, natural or nuclear disaster, fire, adverse weather conditions, technical problems with transport, closure or congestion of airports or ports, cancellations or changes of schedules by scheduled airlines and similar events beyond The Last Frontiers' control.

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Thank you for choosing The Last Frontiers* as your preferred Travelpartner.

Sigrid Seel & the entire The Last Frontiers Team

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