

Yadanarpon

Mann Yadanarpon Airlines Inflight Magazine

Issue 8 • July 2019

INLAY LAKE:

Cool, Peaceful Haven

HSIPAW TREKKING

YANGON:

Heritage,
History and Myth

MYANMAR COFFEE:

Brewing up a storm





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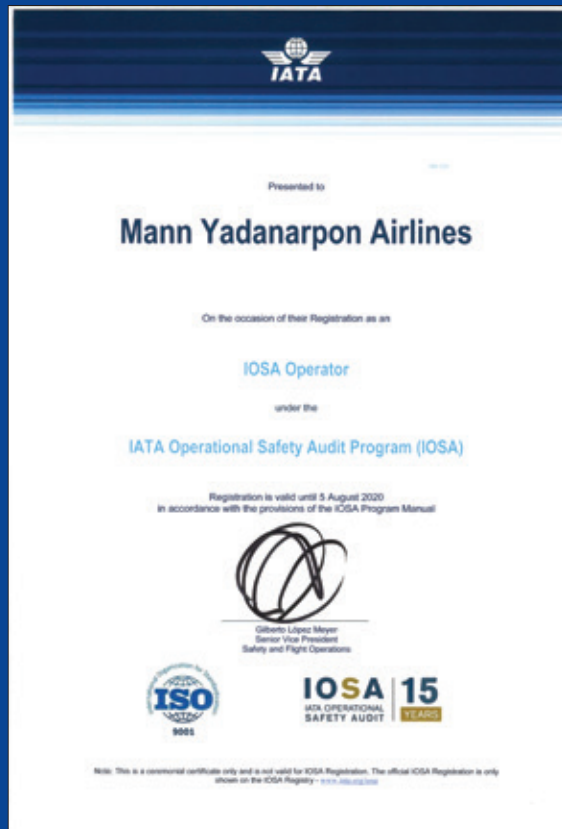
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Mann Yadanarpon Airlines achieves IOSA Registration

Mann Yadanarpon Airlines, has continued to mark another milestone by successfully retaining its registration with IATA Operational Safety Audit (IOSA), a voluntary safety audit programme aligned with global best practices. The Registration will be valid from August 5, 2018 until August 5, 2020.



Mann Yadanarpon Airlines’s Chairman said, “Safety is irrefutably paramount to an airline, therefore we are rigorous especially towards areas that impact on safety directly. We are thrilled to have renewed our IOSA Registration, which is also a testament to our continuous emphasis on improving safety management according to global best practices, to ensure safe travel to our passengers.”

“We have a great team behind this to support the airline and keep us on par with the international aviation industry’s requirement. I appreciate the contributions from my fellow employees in upholding the safety standards of our airline, through Mann Yadanarpon Airlines Safety Management System (SMS) and Quality Management System (QMS), and uphold safety as the utmost priority at all times,” he added.

“I congratulate Mann Yadanarpon Airlines on the renewal of its IOSA certification. Safety is the number one priority of our industry.”

The IATA Operational Safety Audit (IOSA) programme was introduced in 2003 and is an internationally recognized and accepted evaluation system designed to assess the operational management and control systems of an airline, which occurs every two years once the airline successfully completes the first audit. The all-accident rate for airlines on the IOSA registry was nearly four times better than that of non-IOSA airlines (0.56 vs. 2.17).

Mann Yadanarpon Airlines obtained its first IOSA registration in August 2016 as the first domestic airline in Myanmar.

Yadanarpon



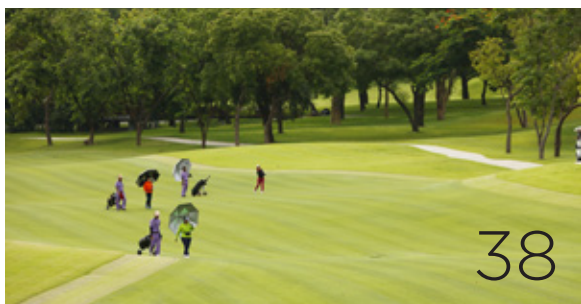
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**MANN
YADANARPON AIRLINES**
Enjoy Royal Service!

Corporate Profile

Our Vision

- To be the airline of choice for customers by maintaining the highest levels of safety, service and efficiency.

Our Mission

- We are dedicated to providing quality service that exceeds expectations.
- We respect our employees' aspirations while demanding the highest standards of performance.
- We share our achievements with the community.

About Us

Mann Yadanarpon Airlines (MYP) was incorporated as a Myanmar private limited liability company on 23 July 2013, and granted a permit on 27 January 2014 by the Myanmar Investment Commission to operate air transportation services on both domestic and international routes.



Our Network

Our Destinations for the current winter season are Yangon, Mandalay, Nyaung-U (Bagan), Heho (Inle Lake), Tachileik, Myitkyina, Lashio, Thandwe (Ngapali), Sittwe. All of our destinations are of tourism and/or commercial significance.

We will expand our network to more domestic destinations after acquiring additional aircraft. We plan to commence regional operations after we have consolidated our domestic operations.

Our Fleet

Our current fleet consists of three ATR 72-600 aircrafts in total. The two ATR 72-600 aircrafts were delivered in 2014 and one new ATR 72-600 is added in 2019. The new aircraft will enable our airline to increase the frequency of our services on mainline routes and boost the capacity around Myanmar.

Our Flight Crew

Our pilots are all qualified on ATR 72-600 aircraft type. All our pilots' training are carried out at the ATR Training Centers in Toulouse, France and Singapore, with recurrent and type rating simulator training at ATR-approved facilities in Bangkok, Thailand.

Our Cabin Crew

Our cabin crew training and administration managers and supervisors hold cabin crew instructor certificates from the ATR Training Center in Toulouse, France. All of our cabin crew have attended the Airline Cabin Crew Training Course approved by the Department of Civil Aviation.

Our Engineering Crew

Our licensed aircraft maintenance engineers have type ratings on ATR 72-600 from the ATR Training Centers in Toulouse, France and Singapore.

Maintenance of our aircraft is carried out by our own Approved Maintenance Organization approved by the Department of Civil Aviation, Myanmar. Base maintenance is outsourced to approved maintenance, repair and overhaul organizations (MROS).






Message from Vice-Chairman Daw Nang Pia Yee

It is our great pleasure to announce to our passengers that Mann Yadanarpon Airlines has added one ATR 72-600 aircraft to its existing fleet of ATR 72-600 aircraft. The new aircraft will enable our airline to increase the frequency of our services on mainline routes and boost capacity around Myanmar. It will enable Mann Yadanarpon Airlines to help passengers get where they need to be in comfort and on time.

But growth is not just about numbers. Safety standards are incredibly important to the management and employees of Mann Yadanarpon Airlines and we always strive to maintain the highest standards. As the result of our efforts, Mann Yadanarpon Airlines to achieve the highest seven star safety rating from Airline Ratings based on a comprehensive analysis of safety assessment criteria.

This recognition is indicative of our continuous efforts to be the airline of choice for passengers in Myanmar by maintaining the highest levels of safety, service and efficiency.



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Inlay Lake

Cool, Peaceful Haven

အေးချမ်းသာယာလှပတဲ့ အင်းလေး

Dr. Thaw Kaung

From the hot dusty central plains of Myanmar, it is a pleasant, quiet relief to go up to the Shan Plateau. Flanked by two mountain ranges running parallel north to south the 11.2 miles and 3.4 miles wide (east to west) cool clear waters of tranquil Inlay Lake is a favourite holiday retreat for both tourists and locals alike. The lake is shallow; it is only about (7) foot deep on the average. It is never too hot or cold as the lake is 2,918 feet above sea-level.

The lake is a virtual Shangri-La. It is unique in the world as the only place where people row their long, wooden boats, standing up with the oar encircled by a leg propelling it forward in a leisurely, noiseless manner. The lake-dwellers, leg-rowers who live on stilt-raised bamboo and wooden huts, are the *Inn-thars* (in Myanmar meaning “lake people or men of the lake”). They are also unique as one of the few places on earth where a sizeable number of people permanently live on the fresh waters with their distinctive culture, language, dress, customs and festivals. The people are friendly, warm and generous; they are all devout Theravada Buddhists like all the Shan and Pa-Oo people who live around them on the lake shores.

ပူအိုက် ဖုန်ထူသော မြေပြန့်ဒေသပြည်မမှ ရှမ်းတောင်တန်းများပေါ်သို့ ရောက်ရှိပါက နှစ်လိုဖွယ် ဆိတ်ငြိမ်အေးချမ်းမှုကို ခံစားရမည်ဖြစ်ပါသည်။ တဘက်တချက်စီ မြောက်ဘက်မှ တောင်ဘက်သို့ ယှဉ်ပြိုင်တည်ရှိနေသော တောင်တန်းနှစ်သွယ်ကြားတွင် ၁၁.၂ မိုင်ရှည်၍ ၃.၄ မိုင် အရှေ့မှ အနောက်သို့ ကျယ်ဝန်းပြီး စီးဆင်းနေသည့် ကြည်လင်အေးမြသော ရေများဖြင့် တင့်တယ်လှသည့် အင်းလေးကန် တည်ရှိနေပါသည်။

ကမ္ဘာလှည့်ခရီးသည်များသာမက မြန်မာတို့လည်း အင်းလေးတွင် အားလပ်ရက်များ၌ အပန်းဖြေ အနားယူရခြင်းကို လွန်စွာနှစ်သက်ကြပါသည်။ တိမ်သည့် အင်းလေးရေပြင်သည် ပျမ်းမျှအားဖြင့် ၇ ပေခန့်သာ နက်ပါသည်။ ပင်လယ်ရေ မျက်နှာပြင်အမြင့် ၂၉၁၈ ပေတွင် ရှိခြင်းကြောင့် အင်းလေးရေသည် အမြဲတမ်း မပူလွန်းမအေးလွန်းသော အနေအထားဖြင့် တည်ရှိနေပါသည်။

လူတို့စိတ်ကူးဖြင့်ဖန်တီးသည့် သာယာလှပသော နတ်ဘုံနတ်နန်းသဖွယ် မြေပြင်တွင် လက်တွေ့ မြင်တွေ့ရသည့်နေရာကား အင်းလေးပင်ဖြစ်ပါသည်။ ရေပြင်ပေါ်တွင် ရှည်လျားသည့် သစ်သားလှေပေါ်၌ မတ်တတ်ရပ်လျက် လှော်တက်ကိုခြေဖြင့် ဝှေ့ဝိုက် လှော်ခတ်ပြီး လိုရာခရီးကို ရောက်စေသည်ကို မြင်တွေ့နိုင်သည့်နေရာဟူ၍ ကမ္ဘာပေါ်တွင် အင်းလေးတစ်နေရာတည်းသာ ရှိပါသည်။ မြင့်သောသစ်နှင့် ဝါးတိုင်များပေါ်တွင် ဆောက်ထားပြီး သစ်သားဖြင့် ဖွဲ့စည်းလျက် လက်ရာခပ်ကြမ်းကြမ်း ဆောက်ထားသော ရေပြင်ပေါ် အိမ်ငယ်လေးများတွင် ခြေထောက်ဖြင့် လှေလှော်ခတ်သူများနှင့် မိသားစုများ နေထိုင်ကြပါသည်။ သူတို့ကို အင်းသားဟုခေါ်ကြပါသည်။ မြန်မာဘာသာစကားအရ အင်းနားအင်းရေပေါ်တွင် နေထိုင်သူများ၊ အင်းရှိရာ ဒေသမှလူများဟု အဓိပ္ပာယ်ရပါသည်။





“In” means in Bama (Burmese/Myanmar) a lake, usually in a secluded place, and “lay” (sometimes spelt “le”) means small or the number four. The biggest lake in Myanmar is Indawgyi much further north, so “lay” can mean a smaller lake. Researchers prefer the number (4) as the meaning, because there were originally only four villages on the lake. Old manuscript documents even use numerical (4) instead of “lay”, writing “In-4” to refer to the lake area. The whole region was under the jurisdiction of the powerful Shan Sawbwa (Chieftan) of Nyaung Shwe. The last Sawbwa, Sao Shwe Thaik, was selected as the first President of the Union of

Burma on attaining Independence in January 1948.

Inthar and *Inthu* (women of the lake) like to claim that their first ancestors were Bagan people who came with King Alaungsithu (1112-1167) who used to go on voyages with his royal barge. But linguistic experts say that the Inthar language is a dialect of Bama (Burmese) and similar to the Dawei (Tavoyan) dialect from down south, so the Inthar might be descended from Dawei as some of the Intha legends relate.

Inlay lake is also a wild-life sanctuary where water fowl migrate south from the northern, cold Tibetan and Chinese highlands, during the winter months.

The Inlay Lake has been included in the World Heritage Site as a Ramsar Wetland since 5th December 1974. From 2018 it became a Ramsar protected site, its official name is Inlay Lake Ramsar Site.

The Lake has been included in the World Heritage Site as a Ramsar Wetland since 5th December 1974. From 2018 it became a Ramsar protected site, its official name is Inlay Lake Ramsar Site. In June 2015, it became the first Myanmar site included by United Nations on the World Network of Biosphere Reserves.



ထိုပြင်သန့်ရှင်းကြည်လင်သည့် ရေပြင်ထက်တွင် နေအိမ်ဆောက်လုပ်နေထိုင်လျက် တမူထူးခြားသည့် ယဉ်ကျေးမှု လေ့ထုံးတမ်းစဉ်လာ၊ ဘာသာစကား၊ ရိုးရာဝတ်စုံ နှင့် ရိုးရာဥပဒေများ ကျင်းပလျက် နေထိုင်ရှင်သန်နေသူများကို အင်းသားအပါအဝင် လူအနည်းစုမျှသာ ကမ္ဘာပေါ်တွင် ကျန်ရှိနေပါ သည်။ အင်းလေးကန် အနီးရှိ နေရာများတွင် ရှမ်း၊ ပအိုဝ်း၊ စသည့် တိုင်းရင်းသားများနေထိုင်ကြပြီး အင်းလေးဒေသတွင် နေထိုင်သူများသည် ခင်မင်ရင်းနှီးနှောင့်ယှက် ဆက်ဆံတတ်သူများ ဖြစ်သည်။ အလှူအတန်း အလွန်ရက်ရော၍ ကိုင်းရှိုင်းလေးနက်သော ထေရဝါဒဗုဒ္ဓဘာသာ ဝင်များဖြစ်ကြပါသည်။

မြန်မာဘာသာစကားတွင် “အင်း” ကို သီးခြားတည် ရှိသည့် တိတ်ဆိတ်သောနေရာတွင်ရှိသော ရေကန် ဟု အဓိပ္ပာယ်ရပါသည်။ “လေး” သည် မြန်မာ ဘာသာ စကားအရ နံပါတ်လေး(၄) သော်လည်း ကောင်း၊ သေးငယ်သည်ဟူသောအနက်အဓိပ္ပာယ် ဆောင်ပါသည်။

မြန်မာနိုင်ငံ မြောက်ဘက်အရပ်၌ တည်ရှိသည့် အင်းတော်ကြီးသည် တိုင်းပြည်၏ အကြီးဆုံး ကန်ကြီး ဖြစ်ပါသည်။ သို့ဖြင့် “လေး” ဟူသော



အဓိပ္ပာယ်ကို ပိုငယ်သောအရာဟု ယူဆနိုင်ပါ သည်။ အင်းလေးကန်ပေါ်တွင်မူလက ရွာလေးရွာ သာရှိသဖြင့် လေးခုဟူသော အဓိပ္ပာယ်ကို သုတေသီအများစုက ပိုမိုနှစ်သက်ကြပါသည်။ ရှေးဟောင်းကျောက်စာ၊ လက်ရေးစာ၊ ပေပုရပိုက် အထောက်အထားများ၌ အင်းလေးကန် ရှိသော ဒေသအား ရည်ညွှန်းရာတွင် ကိန်းဂဏန်း (၄) ဟု ရေးလေ့ရှိသည်။ အင်း- ၄ ရွာကို ရည်ညွှန်း ရေးမှတ်ထားကြောင်း တွေ့ရှိရပါသည်။ ညောင်ရွှေ ရှမ်းစော်ဘွားကြီး၏ အုပ်ချုပ်ပိုင်ခွင့်အောက်တွင် ထိုဒေသတစ်ခုလုံးကို ရှေးကတည်ခဲ့ပါသည်။ ၁၉၄၈ ဇန်နဝါရီ ၄ ရက်နေ့တွင် လွတ်လပ်ရေးရခဲ့သည့် မြန်မာနိုင်ငံ၏ ပထမဆုံး သမ္မတစင်ရွှေသိုက်သည် နောက်ဆုံးညောင်ရွှေစော်ဘွားကြီးအဖြစ် ကျော် ကြားသူဖြစ်ပါသည်။



There is also a protected wild-life sanctuary stretching along the *Bilu Chaung (Nam Pilu)*, a lovely, floating water hyacinth covered, stream with numerous water birds, flowing south through *Saga Lake* which now forms part of the *Moby* Reservoir. It supplies abundant water to the Lawpita Electric Power Plant, one of the earliest and largest, supplying power to the main grid right down to Yangon.

The Lake-Dwellers and their Handicrafts

The Inthar are hard-working, and industrious. The village crafts which has thrived in the Inlay region for hundreds of years are hand-weaving, carpentry including boat building, constructing huts and simple furniture, smithy especially in silver and iron and other local crafts. They live a sustainable, self-sufficient, tranquil nonpareil life-style.

Visitors should see the silk weaving producing colourful, distinctive patterns including the *Zinme* (Chiang Mai) *htamein* (women's nether garment) and also Inlay longyi. At one time *ban-kaut* (Bangkok), silk longyis for men, were popular but unfortunately

“*The Inthar are hard-working, and industrious. The village crafts which has thrived in the Inlay region for hundreds of years are hand-weaving, carpentry including boat building, constructing huts and simple furniture, smithy especially in silver and iron and other local crafts.*”

the fashion has died out. Inn Paw Khon village is the centre of the weaving cottage industry, though each village will usually have some weavers – mainly women and girls. Special cloth made from lotus stem fibres is laboriously woven as offerings to monks. Hai' Ya Ywa Ma village next to the Phaung-Daw-Oo pagoda is the main place where useful Shan shoulder bags are woven and sent all over Myanmar. Their ingenuity has created many popular woven cloth like the reddish brown “*pin-ni*” popular with rural people and in recent years adopted by the National League for Democracy.

Carpentry and smithy are more for the men to practice. Obviously as there are no roads, boats of various types are an important necessity. Each house will have at least one wooden boat to use for fishing, their main food source, and mode of travel. Nowadays larger more comfortable boats, with rows of seats facing the front, and a simple awning, are being built for the tourist trade. They are fitted with outboard motors, imported from China, and Thailand. For festivals and boat races, long-boats which hold up to a hundred men standing up in two rows, as well as big decorated barges, are carefully constructed.





အင်းသူ အင်းသား (အမျိုးသမီးများကို အင်းသူ ဟုခေါ်ပြီး အမျိုးသားများနှင့် အင်းလေးဒေသ နေထိုင်သူများကိုခြုံ၍ အင်းသားဟုခေါ်ပါသည်) များက သူတို့သည် ပုဂံအဆက်အနွယ်များ ဖြစ်ကြောင်း၊ အေဒီ ၁၁၁၂ - ၁၁၆၇ တွင် နန်းစံသော အလောင်းစည်သူမင်းနှင့် အတူ ပါလာသည့် ပုဂံသားအချို့သည် သူတို့၏ ဘေးဘိုးဘီဘင်များ ဖြစ်သည်ဟု လိုလိုလားလား ရှင်းပြလေ့ရှိပါသည်။ အလောင်းစည်သူနှင့် လိုက်ပါလာသည့် ပုဂံသားများမှာ ဘုရင့်ဖောင်တော်ကြီးတွင် အမှုထမ်းသူများ ဖြစ်ကြပါသည်။အင်းသားတို့ ပြောဆိုနေသည့် ဘာသာစကားသည် ဗမာစကားနှင့် မြန်မာပြည် တောင်ဘက်စွန်းရှိ ထားဝယ်ဒေသသုံး ဒေသီယ စကား (dialect) တို့နှင့် ဆင်တူနေခြင်းကို ဘာသာဗေဒပညာရှင်တို့က ထောက်ပြ ကြပါသည်။ ထို့ကြောင့် အင်းသားတို့သည် ထားဝယ်သားများမှ ဆင်းသက်လာသည်ဟု ပြောဆိုရေးသားကြသည်ကို အင်းလေး ဒဏ္ဍာရီ ပုံပြင်တချို့တွင် တွေ့ရှိနိုင်ပါသည်။

အင်းလေးကန်ဒေသတွင် တောရိုင်းတိရစ္ဆာန် များကို ဘေးမဲ့ပေးထားပါသည်။ မြန်မာနိုင်ငံ မြောက်ပိုင်းရှိ တိဘက်နှင့် တရုတ်ကုန်းမြင့်ဒေသများ၌ အအေး လွန်ကဲသည့် ဆောင်းရာသီရောက်ချိန်တွင် ထိုဒေသမှ ရေလည်ကျေးငှက်များသည် တောင်ဘက်အရပ်ရှိ အင်းလေးသို့ လာရောက် ဆောင်းခိုလေ့ရှိကြပါသည်။

၁၉၇၄ ဒီဇင်ဘာလ ၅ ရက်နေ့ကစ၍ အင်းလေးကန်ကို ကမ္ဘာ့အမွေအနှစ် စာရင်းဝင်ဒေသ အဖြစ် ယူနက်စ်ကို လက်အောက်ရှိ ရမ်ဆာ(Ramsar)စိမ့်မြေ ဒေသဆိုင်ရာအဖွဲ့က အသိအမှတ်ပြု သတ်မှတ်ခဲ့ပါသည်။

၁၉၇၄ ဒီဇင်ဘာ ၅ ရက်နေ့ကစ၍ အင်းလေးကန်ကို ကမ္ဘာ့အမွေအနှစ် စာရင်းဝင်ဒေသအဖြစ် ယူနက်စ်ကို လက်အောက်ရှိ ရမ်ဆာ(Ramsar) စိမ့်မြေ ဒေသဆိုင်ရာအဖွဲ့က အသိအမှတ်ပြု သတ်မှတ်ခဲ့ပါသည်။ အင်းလေးကို ရမ်ဆာနယ်မြေစာရင်းဝင်အင်းလေးကန် ဟူသော တရားဝင်အမည်ဖြင့် ၂၀၁၈ နှစ် မှစ၍ ရမ်ဆာအဖွဲ့က ဝိုင်းဝန်းကာကွယ် ထိန်းသိမ်းစောင့်ရှောက်ပေးလျက် ရှိပါသည်။ ၂၀၁၅ နှစ် မှစ၍ ကုလသမဂ္ဂလက်အောက်ရှိ ကမ္ဘာလုံးဆိုင်ရာ ဇီဝမျိုးစိတ်များ ထိန်းသိမ်း စောင့်ရှောက်ရေးဒေသစာရင်းဝင်အဖြစ် မြန်မာနိုင်ငံအတွက် ပထမဆုံးဒေသအနေဖြင့် ပါဝင်လာပါသည်။

မြန်မာနိုင်ငံတွင် တောရိုင်းတိရစ္ဆာန်ကာ ကွယ်စောင့်ရှောက်ရေးကို ဘီလူးချောင်း (နမ်ပီလူး) ဒေသတစ်လျှောက်သို့လည်း ချဲ့ထွင်နိုင်ခဲ့သည်။ ဘီလူးချောင်းထဲတွင် လှပနှစ်လိုဖွယ် ရေပေါ်တွင် မြောပါနေသည့် ဗေဒါပင်များရှိပြီး၊ အမျိုးအစားများပြားလှသည့် ရေပျော်ငှက်များလည်း ရှိနေသည်။ စကား အင်းကိုဖြတ်လျက် တောင်ဘက်သို့ စီးဆင်း လျက်ရှိပါသည်။ ယခုအခါ စကားအင်းသည် မိုးဗြဲရေကာတာ၏ အစိတ်အပိုင်းတစ်ခု ဖြစ်လာပါသည်။ မိုးဗြဲရေကာတာသည် ရေများကို အလုံးအရင်းဖြင့် လောပိတ လျှပ်စစ်ထုတ်လုပ်ရေးအတွက် ပို့လွှတ်ပေး လျက်ရှိပါသည်။ လောပိတဓာတ်အားပေး စက်ရုံသည် မြန်မာနိုင်ငံတွင် ရှေးအကျဆုံးနှင့်



Annual Festival

Inlay is famous for its Phaung-Daw-Oo Festival held annually at the end of the Buddhist Lent around September to October. The five gold covered Buddha Images are kept in the large pagoda of the central village of the Lake, called Hai' Ya Ywa Ma. The five images have become big lumps of gold because devotees have applied gold leaf on them for ages.

For the festival, a huge decorated barge in the shape of the mythical bird Karaweik, is ceremonially laden with four of the five golden images and pulled by hundreds of leg-rowers in several long boats for 18 days, stopping at 20 villages on and around the Lake. It is an unforgettable, moving spectacle as one of the most gorgeous festivals in Myanmar.





အကြီးဆုံးလျှပ်စစ်ဓာတ်အား ထုတ်လုပ်သည့် စက်ကြီးတစ်ရုံ ဖြစ်ပါသည်။ ထွက်ရှိလာသော လျှပ်စစ်ဓာတ်အားများကို အဓိကအားဖြင့် မြန်မာပြည်အနှံ့ ရန်ကုန်မြို့အထိ ပို့လွှတ်ပေးနေပါသည်။

အင်းလေးများနှင့် သူတို့၏လက်မှုပညာ

အင်းသားများသည် အလုပ်ကြိုးစား၍ အိမ်တွင်း ကုန်ထုတ်လုပ်မှုများကိုလည်း လုပ်ဆောင်ကြပါသည်။ လက်ရက်ကန်း လုပ်ငန်း၊ လှေထွင်း တည်ဆောက်သည့် အတတ်၊ အိမ်ထောင်ပရိဘောဂပစ္စည်းများ ထုတ်လုပ်ခြင်း၊ အိမ်ဆောက်ခြင်းစသည့် လက်သမားလုပ်ငန်းများ၊ ငွေပန်းတိမ်လုပ်ငန်း နှင့် သံထည်ပစ္စည်းထုတ်လုပ်ခြင်း စသည့် လက်မှုလုပ်ငန်းများကို အင်းလေးဒေသရှိ ရွာများတွင် ရာစုနှစ်ပေါင်းများစွာ လုပ်ဆောင်ခဲ့ကြပါသည်။ အင်းသားများတွင်သာ တွေ့ရှိနိုင်သည့် အေးချမ်းရောင်ရဲစွာနေထိုင်လုပ်ကိုင်စားသောက်ခဲ့ကြသည့် လူနေမှုပုံစံကို ကာလရှည်စွာ မပျောက်မပျက် တည်ရှိစေရန် ယခုအချိန်ထိ ထိန်းသိမ်းထားကြပါသည်။

ပိုးထည်များကို အရောင်စုံစွာ ရက်လုပ်နေကြပါသည်။ ဇင်းမယ်ထမီဟု နာမည်ကြီးသည့် မိန်းမ ဝတ်ပိုးထည်များနှင့် အင်းလေးလုံချည်များကို ဧည့်သည်များမြင်တွေ့နိုင်ပါသည်။ ယခင်တုန်းက အမျိုးသားဝတ်ပိုးထည်ပုဆိုးအဖြစ် အလွန် ရေပန်းစားခဲ့သည့် ဘန်ကောက်ပုဆိုးများကို ရက်လုပ်ခဲ့ကြသော်လည်း ယခုအခါ ဘန်ကောက်ပုဆိုး ဝတ်ဆင်သည့် အလေ့အထ ပျောက်ကွယ်သွားပြီဖြစ်ပါသည်။ အင်းဖောခုံရွာသည် အိမ်တွင်းရက်ကန်းလုပ်ငန်းအတွက် အချက်အခြာကျသည့် ရွာဖြစ်ပြီး၊ အနီးဝန်းကျင်ရှိ ရွာတိုင်းတွင် ရက်ကန်းရက်သူများရှိကြပါသည်။ အများစုက အမျိုးသမီးများနှင့် မိန်းမငယ်လေးများဖြစ်ကြပါသည်။ ဒေသအထူးထုတ်အဖြစ် ကြာသကန်းကို ရက်လုပ်ကြပါသည်။ ကြာရိုးမှ အချိန်ကြာမြင့်စွာ ပင်ပန်းပန်း အမျှင်ထုတ်၍ ရဟန်းသံဃာတော်များအတွက် အထူးလုံ့လစိုက် ရက်လုပ်ကြပါသည်။

ဖောင်တော်ဦးဘုရားနောက်ဘက်ရှိ ဟဲရာရွာမရွာသည် ရှမ်းလွယ်အိတ်များကို အဓိကရက်လုပ်သည့် ရွာဖြစ်ပါသည်။ အင်းလေး လွယ်အိတ်ဟု ခေါ်တွင်သည့် အဆိုပါ လွယ်အိတ်များသည် မြန်မာနိုင်ငံဒေသအနှံ့သို့ ဖြန့်ချိပေးပို့ရသည့် ထွက်ကုန်ဖြစ်ပါသည်။ နာမည်ကျော် အင်းလေးရက်ထည်များထဲတွင် အနီရောင်သန်းသည့် ပင်နီထည်လည်း ပါဝင်ပါသည်။ ကျေးလက်လူထုကြားတွင် ရှေးကပင် ပင်နီများ ရေပန်းစားခဲ့ပြီး ယခုနှစ်ပိုင်းများတွင်မူ လူထုထောက်ခံမှုကို အံ့နှင့်ကျင်းနှင့် ရရှိထားသည့် အမျိုးသားဒီမိုကရေစီပါတီမှ ပါတီဝင်များက တူညီဝတ်စုံအဖြစ် ဝတ်ကြခြင်းကြောင့် ပိုမိုကျော်ကြားလာပါသည်။

လက်သမားအလုပ်နှင့် ငွေပန်းတိမ်လုပ်ငန်းများကို ယောက်ျားများက အဓိကလုပ်ကိုင်ကြပါသည်။ ကုန်းလမ်းဆက်သွယ်ရေးမရှိသည့် အင်းလေး ကဲ့သို့သောရေပြင် ဒေသအတွက် သစ်သားလှေအမျိုးမျိုး ထုတ်လုပ်ခြင်းသည် ဒေသလိုအပ်ချက်အရ အလွန်အရေးပါသည့် လုပ်ငန်းဖြစ်ပါသည်။ အိမ်တိုင်းလိုပင် အနည်းဆုံးလှေတစ်စီးရှိကြပြီး ငါးဖမ်းခြင်းနှင့် ခရီးသွားလာရေးအတွက် အသုံးပြုကြပါသည်။ ငါးကို အင်းသူအင်းသားတို့ အဓိက စားသောက်စရာဟင်းလျာများအတွက် အားထားကြရပါသည်။ ယခုအခါ ပိုမို ကျယ်ပြန့်ပြီး သက်သောင့်သက်သာ စီးနင်းနိုင်ရန် ရှေ့ဖက်ကို မျက်နှာပြု ထိုင်ခုံများပါ၍

“A cool, serene and unparalleled world natural wonder site like Inlay Lake urgently needs concerted efforts to preserve its natural beauty and prevent the shrinking placid waters from completely drying up in a few decades time.”



How to Get There

Inlay Lake is easily accessible by plane, road and rail. The nearest airport is Heho to the north. The rail journey zig-zags up the Shan Hills going through lovely farm land, and pine groves around Kalaw, and travellers should alight at Shwe Nyaung. Comfortable coaches and cars can reach by excellent roads to Nyaung Shwe, the main town of the area, where boats can be taken to go around the lake. There are now many modern hotels and smaller inns where visitors can put up for a day or two.

A cool, serene and unparalleled world natural wonder site like Inlay Lake urgently needs concerted efforts to preserve its natural beauty and prevent the shrinking placid waters from completely drying up in a few decades time.

The Union Government and the Shan State Government are all making serious conservation efforts with strong support from United Nations agencies and some foreign government and international

organizations. The surrounding hills need to be reforested to bring more rain water to replenish the many streams which fill the lake waters.

The Inthar's fantastic floating gardens, especially near the lake's western shore, though picturesque and economically essential, should be more stringently controlled as many are no longer free floating but become permanently attached to the shallow lake bed. They were some of the earliest people to use hydroponics system of cultivation, long before modern scientists perceived its value, but now it might be harming their isolated life.

It is our fervent hope that this pleasant, inhabited, peerless lake amongst the Shan Hills of Myanmar will remain with us for many more ages to come, bringing joy, peace and serenity to the lake-dwellers, local visitors and foreign tourists from all over the world.



*Mann Yadanarpon Airlines flies to Heho daily.
Please check the schedule in this magazine or at
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ကင်းဗတ်စ ပေါင်းမိုးပါသည့် လှေများကို ဆောက်လုပ် အသုံးပြုလျက် ကမ္ဘာလှည့် ခရီးသည် လုပ်ငန်းကို လုပ်ဆောင်လာကြပါသည်။ ယင်းလှေများကို တရုတ်နှင့် ထိုင်းမှလာသည့် မိုတာစက်များ တပ်ဆင် မောင်းနှင်လာကြပါသည်။ ရိုးရာ လှေပြိုင်ပွဲများအတွက်မူ နှစ်တန်း တန်းလျှင် လူတစ်ရာခန့် မတ်တပ်ရပ်လှော်နိုင်သည်ထိ ကျယ်ဝန်းရှည်လျားသော လောင်းလှေကြီးများနှင့် ဂရုတစိုက် အလှအပတန်ဆာများစွာ ဆင်ထားသော ဖောင်တော်ကြီးများကို ဆောက်လုပ်အသုံးပြုလျက်ရှိကြပါသည်။

နှစ်ပတ်လည် ရိုးရာပွဲတော်များ

ဝါကျွတ်ကာလကျရောက်လေ့ရှိသည့် စက်တင်ဘာ သို့မဟုတ် အောက်တိုဘာလတွင် နှစ်စဉ် ကျင်းပသော အင်းလေး ဖောင်တော်ဦးဘုရားပွဲကို အလွန်လူသိများ ထင်ရှားပါသည်။ ဟ်ရာ ရွာမရွာ အလယ်ဗဟိုရှိ ရေပြင်ပေါ်တွင် တည်ထားသည့် ကြီးမားလှသော ဖောင်တော်ဦးဘုရားတွင် ထားရှိပူဇော်သည့် ဘုရားဆင်းတုတော် ၅ ဆူကို အလွန်များပြားသည့် ဘုရားဖူးများက ရွှေသင်္ကန်း ကပ်လှူပူဇော်ပြီး အသက်ရှည်ကျန်းမာရန် ဆုတောင်းကြပါသည်။ ရွှေသင်္ကန်း ကပ်လှူမှု များပြားလှသဖြင့် မူလဘုရားဆင်းတုပုံများ ဖုံးကွယ်ပြီး ရွှေခဲတော်ကြီးများကဲ့သို့ဖြစ်နေပါတော့သည်။

ဖောင်တော်ဦးဘုရားပွဲတွင် အထူးမွမ်းမံပြင်ဆင်ထားသည့် အလေးချိန်များစွာ တင်ဆောင်နိုင်သော ကရဝိက်ဖောင်တော်ပေါ်သို့ ဘုရားဆင်းတုတော် ၄ ဆူကို ပင့်ဆောင်လျက် အင်းသားတစ်ရာခန့် ကရဝိက် ဖောင်တော်ရှေ့မှ လှေအစီးများစွာပေါ်တွင် ခြေထောက်ဖြင့် လှော်ခတ်ဆွဲယူ လှည့်ပတ်ကြပါသည်။ ဖောင်တော်ကို အင်းလေးဒေသ တစ်ဝိုက်ရှိ ရွာပေါင်း(၂၀)တွင် ရပ်နားပေးပြီး ၁၈ ရက်တိုင်တိုင် လှည့်လည်လှော်ခတ်ကြပါသည်။ မြန်မာတွင် ကျင်းပသည့် ရိုးရာပွဲတော်များအနက် ဖောင်တော်ဦးဘုရားပွဲတော်သည် အထူးကျော်ကြားသော ပွဲတော်ဖြစ်ပါသည်။ လူစုလူဝေးဖြင့် လှော်ခတ်ရွှေ့လျားသွားလာ ကျင်းပပုံမှာ မမေ့နိုင်စရာ ရင်သပ်ရှုမောအဖြစ်ရဆုံးပွဲတော်တစ်ခု ဖြစ်ပါသည်။

ဤအေးချမ်းသာယာသော ကမ္ဘာ့အမွေအနှစ် အင်းလေးကန်ကြီးကို နှစ်ပေါင်းများစွာ တည်တံ့နိုင်စေရန် ကျွန်တော်တို့အားလုံးဝိုင်းဝန်းတာဝန်ယူကြရမည်ဖြစ်ပါသည်။





Hsipaw trekking

When it comes to cultural trekking tours, Shan State pretty much has it all: This hilly region in eastern Myanmar offers easy access, beautiful landscapes, diverse ethnic cultures, and some of the country's most well-established tourist infrastructure outside of the major cities. This includes experienced guides who not only understand how to cater to the tastes of foreigners, but also recognize the importance of minimizing the impact of visitors on local traditional lifestyles.

In northern Shan State, the town of Hsipaw – located along the Mandalay-Lashio Highway – has emerged as a favorite destination for travellers seeking a place with a laid-back vibe ripe for slowing down and exploring by foot. A wide variety of treks can be planned through guesthouses here, from half-day walks around town to overnight excursions that pass through hilltop ethnic Palaung villages.





One of the most popular destinations for day treks is the 30-metre-high Nam Tuk Waterfall, which cascades in braids of water down a sheer cliff face and into a deep pool perfect for swimming. A typical one-day walking tour will also introduce trekkers to the culture of the Shan villages that dot the gently rolling farmland just outside of town. One notable aspect of day-to-day life in villages such as Nauk Gad south of Hsipaw is the worship of nats (spirits).

In the center of the village was a watchtower-like shrine dedicated to the nat *Kyaut Won*, who protects each populated settlement in the area. Directly underneath the tower is a lingam-like wooden phallus, beneath which is buried an urn of cooking oil. The oil is changed every two or three years, and the old oil is used as a healing balm rubbed on the skin to rid the body of evil spirits.



In the open fields between villages are bigger shrines to more powerful regional nats such as *Kyaut Mein*. These shrines feature statues of red and white horses, small pavilions with bedding for Grandmother and Grandfather

Spirit, and offerings from families seeking blessings for themselves and their children.

Another site of cultural interest included in many day treks is a cluster of hilltop tombs west of Hsipaw where several Shan *saopha* (sky lords) are buried. During the time of the Burmese kings and for several decades beyond, these *saopha* were the hereditary rulers of the numerous fiefdoms into which Shan State was once divided. One of the smaller tombs is the burial site of Sao On Kya, the father of the last *saopha* of Hsipaw, Soa Kya Seng. The history of the *saopha* has particular resonance in Hsipaw because of the manner in which their rule came to an end: When the military took control of Myanmar in 1962, all of the *saopha* throughout Shan State were arrested. Most were released several years later – except for Soa Kya Seng, who was reportedly thrown into a bamboo cage after his arrest and executed shortly afterward.

“One of the most popular destinations for day treks is the 30-metre-high Nam Tuk Waterfall, which cascades in braids of water down a sheer cliff face and into a deep pool perfect for swimming.”



The residence, or “haw”, of the late Hsipaw Sawbwa

The tragic story is detailed in the book *Twilight Over Burma*, written by Soa Kya Seng’s Austrian wife Inge Sargent. The book was recently made into a film, which was banned from the 2016 Human Rights Human Dignity Film Festival in Yangon, highlighting the continuing sensitivity of the army’s brutal treatment of the *saopha*.

Multi-day treks generally head for higher elevations, where ethnic Palaung cultivate the expansive tea plantations for which this region of Shan State is famous. Women in these villages can be seen wearing distinctive Palaung traditional outfits, which include





Other interesting places around Hsipaw



Bawgyo Pagoda - The Bawgyo Pagoda is a Shan-style Pagoda from the 12th century. It is located about 5 miles from Hsipaw and it is the most revered pagoda in the Northern Shan State. The annual festival is held in March and usually crowded with pilgrims.



Gokteik Viaduct

colorfully striped skirts and silver hoops worn around the waist – the source of the nickname “Silver Palaung” by which the ethnic group is sometimes known. Overnight accommodation on these excursions is rather rustic, with trekkers hosted by village families or Buddhist monasteries.

Despite protracted efforts at forging peace in Myanmar, some areas of northern Shan State are still plagued by ongoing conflicts between the Myanmar military and ethnic armed groups. As a result, skirmishes sometimes force the temporary closure of some areas to tourists. It is therefore of vital importance to use a reputable travel agency or guesthouse to hire an experience guide, who can steer trekkers away from trouble spots and ensure a safe and enjoyable journey.



Hsipaw is located along the Mandalay-Lashio Highway and Mann Yadanarpon Airlines flies to both Mandalay and Lashio.

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MYANMAR COFFEE

Brewing up a storm



Missionaries are said to have introduced the first coffee cultivation to Myanmar, way back in 1885. The industry has since endured many ups and downs, including diseases, war and nationalisation, but is today emerging as a potential driver of rural economic growth and development.

While coffee cultivation has ranged from southern Myanmar to the hills of Karen, Chin and Shan states, the town of Pyin Oo Lwin in Mandalay Region is often considered the birthplace of Myanmar coffee.

The *Chaungwe* plantation, established by a British couple in the 1950s just after Myanmar attained independence from Britain, was one of the country's first serious attempts at coffee cultivation. It followed an earlier Chaungwe plantation in neighbouring *Naungcho* that had been set up two decades earlier.

Chaungwe was nationalised in the 1960s. Until recently it was still producing beans for state-owned brand Golden Lion, with the Chaungwe cherries going into the company's premium, 100 percent Arabica blend.



“*Specialty coffee tends to benefit smallholder farmers. It can fetch a price several times higher than commercial coffee, which tends not to be viable on small plots.*”

In the early 2000s, the military government set an ambitious target of having 100,000 acres of coffee under cultivation. Huge swathes of land were transferred to private businesses, particularly around Pyin Oo Lwin, but the focus on large-scale plantations was a failure, with exports failing to take off.

In more recent years, coffee cultivation has diversified geographically and the focus has also shifted to high-quality products. In particular, producers have targeted the “specialty” coffee market, which is worth more than US\$45 billion a year – in the United States alone!

Specialty coffee tends to benefit smallholder farmers. It can fetch a price several times higher than commercial coffee, which tends not to be viable on small plots.

The development of the specialty coffee market has been helped along with some international support. The United Nations Office on Drugs and Crime initiated a project in 2014 to encourage opium farmers in southern Shan State to switch to coffee instead. In March 2019, French coffee company launched high-quality Shan Mountain Coffee in France that is made with beans grown by 1,000 farmers enrolled in the programme.





Meanwhile, the United States Agency for International Development has supported a project to link Myanmar coffee growers with international markets and provide them with the skills and training to raise the quality of their product.

The technology and training provided under these projects has helped Myanmar's specialty coffee attract interest – and earn rave reviews – from some of the big names of the coffee world.

Results from the Myanmar Coffee Competition, an annual event organised by the Myanmar Coffee Association together with the Coffee Quality Institute, help to chart the rise. When the competition was first held in 2015, the highest score was 84.9 out of 100. Two years later, 26 of the 72 specialty coffees scored above 85.

But some Myanmar entrepreneurs had already identified the potential of specialty coffee well before these projects launched. U Ngwe Tun, a former IT professional, established Genius Coffee in 2012 and now employs 30 full-time staff, according to the company's website. Genius buys coffee from farmers mostly in southern Shan State and processes bean at its facility in southern Shan State's Ywar Ngan Township.

The recent focus on specialty coffee has helped the industry in Myanmar turn a corner to a more sustainable future – one in which all players, big and small, can benefit.



Yangon of Heritage, History and Myth

Jared Downing



Hidden beneath Yangon's pigeons, dogs, traffic, vegetable sellers and sidewalk banyan trees are the elaborate edifices and stuccos of one of the finest cities in the British Empire. But even further down, beneath the colonial streets and Victorian buildings, are ancient cities, cursed treasures and lost tombs dating back thousands of years – if you believe the legends.

Buried treasures

The chronicles claim the foundations of the Shwedagon Pagoda, which is Myanmar's holiest site and towers over Yangon, was constructed around 2500 years ago during the lifetime of the Buddha. Archaeologists and historians say it was actually built between the 6th and 10th centuries by the Mon people who populated lower Myanmar at the time, but that would still make it more than 1,000 years old.



The Shwedagon's stupa has been rebuilt several times, but the underground chamber – said to be guarded by spirits and full of treasures and relics, including eight hairs of the Buddha himself – remains an unexplored mystery.

In 1608, the Portugese mercenary Fillipe de Brito, who had initially worked under the king of Arakan but later declared himself King of Syriam (modern Thanlyin), ransacked Shwedagon and the surrounding village (known as Dagon at the time), stealing the Great Bell of King Dhammazedì from the pagoda platform. But when de Brito attempted to transport the bell across the river, it was so large that it sank the barge and disappeared into the Bago River. Modern treasure hunters have spent millions of dollars trying to find Dhammazedì's lost bell, but to no avail.

Eventually, Dagon would be developed into a city by the Burmese king

“*The British constructed their new city according to a grid system that remains in use today. Most of Yangon's main inner-city thoroughfares were created at this time, although they no longer bear the British names.*”

Alaungpaya, who captured the territory from the Mon Hanthawaddy Kingdom in 1755, renaming it Yangon. Alaungpaya founded many settlements that today are inner-city Yangon townships, including Ahlone, Botahtaung and Kyauktada.

One of these settlements was called Kokkine, which contained farms, houses, a pagoda and, according to local legend, a small pond called Inya under which villagers buried treasures for the forthcoming Buddha along with cursed clay tablets that would bring horrible itching on anyone who disturbed them. Kokkine's treasures would be eventually be flooded by the British to make a reservoir and are now lost under Yangon's prominent Inya Lake.

Colonial Yangon

Despite these historical features, Yangon remained a relatively obscure city until the 19th century, when the second Anglo-Burmese war left the



High Court

southern half of the country in the hands of the British Empire. The British made Yangon – now called Rangoon – the capital of what they called Lower Burma, and laid the foundations for the modern city of Yangon.

The British constructed their new city according to a grid system that remains in use today. Most of Yangon’s main inner-city thoroughfares were created at this time, although they no longer bear the British names. Yaw Min Gyi Street, for example, was once York Street, and Bogyoke Aung San Road was once Montgomery Road.

In addition to the new roads, the cityscape would also acquire the distinctive central business district, full of British-Burmese style architecture, that remains a tourist attraction today. Most of its recognisable landmarks, including the Strand Hotel – once dubbed the “finest hostellery east of the Suez” – the towering St Mary’s Cathedral and the famous Bogyoke Market (then called “Scott Market”), were built during this period.



Holy Trinity Cathedral



Yangon General Hospital



The colonial period was not without its dark times for residents of this booming new urban centre. Anti-Muslim and anti-Chinese riots erupted in the 1930s, and Yangon suffered devastating air raids during World War II, first by the Japanese and then by the Allies attempting to retake the city. Two war cemeteries that host the graves of thousands of allied soldiers remain well-maintained attractions in the city.

(Yangon did gain a few additional buried mysteries in its war years: The Japanese are said to have thrown untold quantities of weapons into Inya lake before they surrendered the city, and legend has it that scores of British Spitfire planes are buried somewhere near the Yangon airport.)



Perhaps the most famous Yangon heritage building is the sprawling Secretariat. It was here in 1947 that Bogoyoke Aung San, regarded as the father of modern Myanmar, and several of his cabinet members were assassinated by political rivals. The Secretariat fell into decay after the Myanmar capital was moved from Yangon to Nay Pyi Taw in the mid-2000s, but is undergoing renovation work after being tendered to a local company in 2012.

It is open to the public each year on July 19, the anniversary of Aung San's death (Martyrs' Day), while tours can also be booked at all other times through Asia Tours Myanmar (<http://www.asiatoursmyanmar.com>).



The fall and rise of historic Yangon

The Secretariat is not the only heritage building that fell to ruin in Yangon's post-colonial years. Although Myanmar experienced a period of democracy and economic growth (leading to a few new landmarks, like the famous Kabar Aye Pagoda) the cityscape suffered mightily under the disastrous socialist dictatorship of General Ne Win. The city's distinctive colonial buildings were ill-maintained or



The Strand Hotel

abandoned entirely. What were once parks and community spaces became informal trash dumps. Even the celebrated Strand Hotel was run down and shabby.

When Ne Win’s socialist regime collapsed in 1988, the city changed radically. The new military government, attempting to reform the country with a fresh, post-colonial identity, renamed the city “Yangon” and also replaced most of the British street names. It built new satellite townships on the city’s outskirts, such as Hlaing Tharyar and Dagon Myothit, forcibly relocating informal residents out of the crowded inner-city areas. Nevertheless, the economy improved only marginally, and many of Yangon’s heritage buildings remained neglected.

Even today, one of the hallmarks of the city of Yangon are its otherwise beautiful colonial apartment buildings, teak wood houses and Victorian mansions that have been left overgrown and dilapidated. Worse, as new

office towers, condos and malls appear across the newly-democratic city, many developers are choosing to demolish the old structures.

Fortunately, a strong preservation movement is attempting to preserve Yangon’s heritage sites, led by organisations like the Yangon Heritage Trust and Doh Eain, a social enterprise that beautifies historic streets and converts alleyways into public spaces.

“To create more awareness of Yangon’s rich heritage, Yangon Heritage Trust, together with Yangon City Development Committee and other partners, has been installing commemorative blue plaques at key heritage sites throughout the city.”



The Secretariat under renovation

To create more awareness of Yangon's rich heritage, Yangon Heritage Trust, together with Yangon City Development Committee and other partners, has been installing commemorative blue plaques at key heritage sites throughout the city.

A type of historical marker that commemorates a link between the location and a famous person, event or landmark, the first blue plaques were installed more than 150 years ago in London. To date Yangon Heritage Trust has set up 30 around the city, at sites including the Pegu Club, Carnivora House in the Yangon Zoological Gardens and the Musmeah Yeshua Synagogue.

“Blue Plaques are one of the most effective and visible means to celebrate Yangon's rich history. With their direct appeal to the public, the introduction of commemorative Blue Plaques will make Yangon's history accessible to people of all ages and backgrounds,” says Yangon Heritage Trust.

Some of Yangon's colonial apartments and administrative buildings are finding new life and new purposes. 50th Street Bar, for example, one of the city's best-known Western style restaurants, was established

“*The former headquarters of the Burma Railways Company, an iconic red brick building is currently being converted into a luxury hotel, and the ground floor of the long-abandoned Chin Tsong Palace, a distinctive Chinese-style tower mansion, has been converted to an art gallery with plans to restore the rest of the building.*”

in the former colonial treasury vault, and the Pansodan, Sharky's, Port Autonomy and Rangoon Tea house are other well-known restaurants that inhabit former colonial structures. The former headquarters of the Burma Railways Company, an iconic red brick building is currently being converted into a luxury hotel, and the ground floor of the long-abandoned Chin Tsong Palace, a distinctive Chinese-style tower mansion, has been converted to an art gallery with plans to restore the rest of the building.

Not everyone is happy about the commercialisation of heritage sites. The Secretariat building, emblematic of Yangon's decay, is finally being restored and converted into a museum, although it will also host restaurant chains KFC and Krispy Kreme. Yet others see it as a necessary compromise, a way to bring Yangon into the modern world without seeing its history vanish, like King Dhammazedi's bell, into the depths of time.





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SHWE MANN TAUNG

*Setting Precedence as
A Premier Golf Retreat Amongst Golfers*



Boasting pristine conditions all year round, Shwe Mann Taung Golf Resort continues to soar. Widely considered the best course in Mandalay, it also compares favourably with leading courses elsewhere in Myanmar. These days, the name Shwe Mann Taung carries much significance and is spoken of highly by many golfers who have played this simple yet challenging masterpiece.

Set in the heart of Mandalay city, just a stone's throw from the famous Mandalay Palace, the course takes pride in living up to its reputation as a premier club amongst golfers. Designed by renowned architects P&Z Golf Design, the layout continues to impress local players as well as those visiting from overseas.

Wondering what it is about Shwe Mann Taung that has golfers so excited? Well, for starters the course is unique in that both nines play to distinct turf conditions. All golfers will have to bring their best to rise to the challenges posed by the course. Playing to an overall length of 6564 yards, it showcases a modern layout that suits all types of golfers. Shorter hitters will enjoy it most as the course might give them greater opportunities to salvage pars and pick up a birdie or two along the way. For intermediate golfers, it is a fair layout that might see some shooting low scores on a good day. For advanced players, some might shoot their personal best while those who do not strategise well could be punished – and may end up looking like pure beginners.

“Despite the course playing shorter, the unexpected curves and undulating fairways make the Shwe Mann Taung golf course very challenging. It is a must play for those visiting Mandalay.” said Ronald Charlajian a European tourist residing in Thailand.

Despite being relatively short, the par-3 holes on the course pose a range of hazards, including wind gusts and water that could lead to untoward outcomes (for the scorecard, at least!) The par-4 holes are generally a mix of easy and tough holes, while the par-5 holes give golfers options; longer hitters will be able to attack the holes in two, for example. In general, the course at Shwe Mann Taung is a perfect fit for all types of golfers.



For the convenience of golfers on a tight schedule, Shwe Mann Taung golf club offers extended play into the night with floodlights on all of its holes. From October 2019, the club will be offering full 9-hole night golf regularly, making it the first and only golf club in Mandalay to boast this great feature.

In line with its ambitions to make golf more accessible, the club has introduced term memberships for local golfers. These memberships are affordable and offer great value for money. The club has also started to develop new ties with various clubs worldwide that will enable members to play while travelling abroad.





Besides local golfers, the course also attracts many visiting tourists as well as expatriates residing in Myanmar. The rates extended to them are reasonably priced and this has encouraged a surge in foreign play at the resort.

But there are more changes ahead. In the next few years, the resort's facilities are set to expand dramatically, with construction to begin soon a grand hotel with a lounge, swimming pools, rooftop bar, spa and more. Plans are also in place to open two large restaurants. The proposed restaurant on the ground level will cater for golfers, while the outlet on the first floor, which is scheduled to open in October 2019, will provide a more relaxing ambiance with both indoor and outdoor seating. The outdoor area by the pool boasts spectacular views of majestic Mandalay Hill, and guests will also be treated to regular live music performances.

The current clubhouse boasts a prominent automobile showroom and a golf pro shop. This shop is unique in that the merchandise it carries is handpicked to meet the tastes and demands of all players. It has some of

the highest quality and latest equipment that will appeal to both experienced players and beginners. Regulars can also put in requests for particular items that the pro shop team will then try to source.

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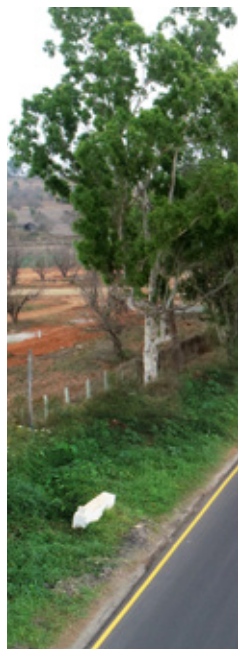


Hitting the Highland's road to SOUTHERN SHAN STATE

Thinking of where to head for your next road trip? In a country like Myanmar, it can be a tough choice. There are so many different types of landscape and terrain, and many places to choose based on how much time you have and what type of experience you would like to have.

For those who love the beach there's always Chaung Tha and Ngwe Saung to the west of Yangon, while to the east are stunning Kyaikhtiyo and delightful Hpa-an. Bagan and Mandalay, on the central plains, need little introduction, and Southern Shan State is packed with attractions like Kalaw, Inle, Pindaya and Taunggyi.

If you enjoy a long drive and want to experience the cool climate away from hectic Yangon, heading to Southern Shan State is a great option. The area is home to the cool hill station of Kalaw; the world famous Inle Lake, where you can see the unique leg-rowers and their lifestyles; Pindaya, where thousands of Buddha images are housed in a limestone cave; the economic heartbeat of the region, Aung Ban; and the capital of Shan State, Taunggyi.





The road to Southern Shan State begins at the Yangon-Mandalay Highway at Meikhtila. From Meikhtila, you will pass through Thazi and Paya Ngar Zu in the central plains before driving up into the majestic Shan mountains and arriving at Kalaw. Next you'll reach Aung Ban, Shwe Nyaung and Taunggyi after enjoying more breathtaking sceneries. The roads to Pindaya, Inle Lake and Kekku Pagoda branch off from this main road. The roads to Ywar Ngan where coffee plantations are grown and Loikaw, the capital of Kayar State also branch off from this main road.





Before the turn of the century, the road to Southern Shan State was very narrow, with many twists and turns as it headed into the mountains. For many years it was only two-lane road, which meant that despite the large number of slow-moving vehicles, it was almost impossible to overtake. As a result, the trip from Meikhtila to Taunggyi would take about 8 to 10 hours – despite them being only 115 miles apart.

All that has been changed since the Union Government decided that road infrastructure needed to be upgraded and the Ministry of Construction assigned Highland Road Construction for Build, Operate and Transfer (BOT) contracts to upgrade the Meikhtila-Taunggyi Highway. The upgrade makes it a breeze to go from Meikhtila to Taunggyi on the newly upgraded road, with a travel time of just four hours.

This road plays an important role in the flow of the goods to and from Shan State and will play an integral role in the economic and social development of this part of the country.

So, what are you waiting for? Just pack your stuff, put it into your car, head to Southern Shan State and enjoy the road trip!





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Support the people of Rakhine Ngapali Beach, & Mrauk Oo, Easy & Quick

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families and join fresh Rakhine home cooked cuisine. Ask Ma Shwe Ngwe at: mraukuprince@gmail.com; Do not leave Mrauk Oo without a visit to the original Maha Myat Muni Buddha Image (the original which is since 1785 Burma - Rakhine War, still at a Mandalay Monastery as a war treasure by the than Burmese King). The replica which is much smaller is to many one of the most pleasant smiling Buddha image in Myanmar and compared to the one in Mandalay - the Rakhine Buddhists do not have an extra charge compared to Mandalay where foreigner only must pay 5000 Kyat. Rakhine Hospitality offers the great image free of charge.



The most direct way to travel to Ngapali Beach is by Yoma Yazar Highway Bus, just 18.000 Kyat if you like more luxury,- take two seats, start at afternoon and you will be at Ngapali, Laguna Beach Front by early morning. Laguna Lodge offers direct a free Breakfast and when the room is free also an Early Check in. By Shwe Pyi Tan at 7:00 am is another way to travel for 25.000 K and you will be always able to catch the flights from Sittwe to Ngapali Beach. If you like the sea than take from Sittwe again Shwe Pyi Tan speed boat and start at 6:00 am next day to Kyauk Phyu island for a visit or direct to Taunguk passing many small islands and much of the travel through wonderful Mangrove Forests - sit in front of the Captains outside - you will never forget this special travel through the Bay of Bengale. From Taunguk take a private car or the 3000 K bus to Thandwe / Ngapali Beach Front & Laguna Lodge. Reservation 043 42312 / 01 501123.

As Tourist YOU can active help Protect Ngapali Beach, Rakhine Nature

.... with your open and international well trained Tourism eyes & cameras you can be a great assistant to the Myanmar Government for the protection of the nature, save protected marine or forest animals, corals or just the white soft sand from Ngapali Beach from being used for Hotels, Bridges, Roads or other constructions. All illegal and against the orders of past 3 Presidents and Union Government s of Myanmar - reality looks different as Law Enforcement by Myanmar Police Force in Thandwe / Ngapali district are rane existing. In a process of a restructure every one can write to the Government for advise, suggestions or report issues for constructive criticism to the "GAD" General Administration Department which is in charge for all Districts, Townships and Villages at: support the Government to build a good nation: head-office@mougo.gov.mm, mo.moht@mptmail.net.mm, or call 067 590578 - Fax: 067 590577 at the Nay Pyi Taw Union Office. This apply for beach sand mining, Corals, Sea Stars or Turtles, protected Sharks, Balloon Fish, Hornbill Birds, Baby Lobster.... the laws are all there, you can help to enforce them, make a picture send with time, date & location.

"BOKASHI" Waste Free Ngapali for Healthy Soil - Feed the Planet Laguna Lodge saves all CO2 from Kitchen Waste

....at Laguna Lodge Ngapali Beach, you will also find " Bokashi " a Japan founded, so now globally popular in closed drums fermentation based system to change any kitchen waste & paper into healthy - organic soil within some weeks,- as well brown leaves, branches are mixed in 50/50 so much usual Landfill items are quick changed to nutrition rich " Healthy Soil ". The usual CO2 from kitchen waste at landfills, dangerous fires sources are changed to nutrition - carbon into Soil. Bokashi Myanmar - www.bokashimyanmar.com, Mr Inda arranged for all Chefs of Ngapali Hotels & Restaurant a Bokashi training. At Laguna Lodge - ECO Hotel, Ngapali such a Bokashi Kitchen food waste to healthy soil project is running daily at Laguna Lodge - BIO Garden. Interested guests are welcome, ask Laguna Lodge for this global leading kitchen waste management which also stops rats, mouse, stray dogs, no more food left over



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.... Laguna Lodge - ECO Hotel, Ngapali asks from each guest, per stay for a 2,5 Euro contribution which ensure every year some 600 free of charge specialist plastic surgery operations at rural areas in partnership with Dr Heinz Schoeneich & German Interplast Drs. Each mission see 100 to 150 near all poor people operated on cleft lips, pallets, burns, Tumors, Hydrocephalus and Meningoncele at State Hospitals all over Myanmar. Under special permits granted by the Union Ministry of Health. We like to thank all Guests for this free will contribution which also supports over 1500 dental treatment by German dentists at Laguna s free Medical Community Clinic in Linthar lead by Dr Dent Juliane Fruenbuss & Dr Axel from Germany as well at Delta.

Tourists can help to Stop Beach Sand Mining

... since many year prohibited at Rakhines & Ngapali Beaches, illegal beach sand mining is still an issue, with law enforcement at a slow pace in Thandwe District. (2004 MOHT Law, 2006 River Law, 2015 & 2018 GAD Law for Thandwe & Pathein Distrits). You as Tourist have a say and it is heard, - you can be the eyes & ears for the good Government, - for positive changes.

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Destinations



YANGON



Once a multicultural, cosmopolitan city under British, Yangon slowly declined during Myanmar's long self-imposed absence from the international sphere. The city's downtown area contains wondrous reminders of the colonial era but is modernising fast. New bars, restaurants and fascinating galleries are thriving in the post-military rule era. What slight charm Yangon has lost in the country's recent and sharp progress is more than made up for in the explosion of places to eat and drink.

BAGAN (Nyaung U) ➡

Bagan is arguably the country's peak tourist destination, and for good reason – it's one of the richest archeological sites in the region and contains more than 2000 pagodas, temples and religious sites. The zone also has some of the best hotels in Myanmar, while some companies offer balloon flights that provide stunning bird's eye views of the plain. Other attractions include a golf course and horse riding tours. One of the best aspects of Bagan is the ease of getting there: visitors can fly into the Nyaung U airport, catch a bus from Mandalay or Yangon, hire a car to drive or hop on one of a number of boats and cruise there from Mandalay.



INLE LAKE (Heho) —

While almost as popular with visitors as Bagan, Inle Lake is a very different kind of attraction – one where tourists are obliged to kick up their heels, relax and enjoy the scenery. The lake, which is nestled into the Shan plateau, is the second largest natural water body in Myanmar and more than 1000 metres above sea level.

Best known for its floating gardens and iconic ethnic Inthar boatmen, Inle Lake offers visitors boating tours of the villages out on the water, as well as the silver and goldsmiths, and weavers who live and work there. Visitors can choose to stay in hotels on the water, in the township of Nyaung Shwe or around the edges of the lake.





MANDALAY

Often and fairly described as the cultural capital of Myanmar, Mandalay is a vastly different city to either bustling Yangon or the national capital Nay Pyi Taw. For many tourists Mandalay is the stepping off point for a tour of the country's peak tourist attractions – the stupa-dotted plains of Bagan and the idyllic Inle Lake. But the city offers so many of its own attractions that it's easy enough to spend a couple of days there, although it's best to plan ahead and do sightseeing outside of the hottest hours in the afternoon because the weather can be intense.

Mandalay has many fascinating religious sites such as the Mahamuni Pagoda and Mandalay Hill, but there is also the Royal Palace and cultural attractions such as handweaving of silk and cotton, stone carving, goldworking shops and bronze casting. Further afield are the ancient capitals of Amarapura, Sagaing, Ava and Mingun. Of these, Mingun is considered unmissable, with its incredible brick pagoda and giant bronze bell sure to catch the eye of visitors.



THANDWE (Ngapali Beach)



Ngapali beach, in Rakhine State's Thandwe township, offers white sand beaches, delicious seafood and perfect relaxation. While other beach getaways such as Ngwe Saung are catching up, Ngapali has an ace up its sleeve – it's less than 45 minutes by plane from Yangon, compared with five hours by car to Ngwe Saung. Most of Ngapali's hotels are located inside a wide and protected cove, making for smooth, calm and safe swimming. On the downside, once you're in Ngapali it is difficult to get around. However, small beachfront or roadside restaurants serving the area's fresh seafood and cheap cocktails have sprung up around all of the hotels, so travelling far won't be on the minds of too many visitors.



SITTWE (Mrauk Oo)

The Rakhine State capital Sittwe is the gateway to the ancient city of Mrauk Oo, the former centre of a flourishing Rakhine empire. Mrauk Oo reached its peak in the 15th century and today has a completely different atmosphere to Myanmar's other ancient sites. It is an interesting alternative site to Bagan. Be one of the first to discover these ancient temples, which are accessible from Sittwe by a picturesque boat ride up the surging Kaladan River. Chine villages, home to women with tattooed faces, can be visited by continuing further up the Lemro river from Mrauk Oo.

TACHILEIK



A famous border town between Myanmar and Thailand, Tachileik is popular with tourists in Thailand who need to visit another country to get their visas renewed. A small replica of Yangon's Shwedagon Pagoda sits on a hill overlooking the town. The town's market is a thriving commercial centre where tourists can buy all manner of cheap clothing, fashion accessories, electronics and DVDs.



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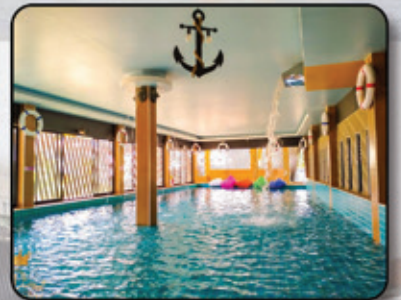
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LASHIO

Another attraction within Shan State, Lashio is the largest town in northern Shan State and a key stop on the road that links Myanmar with China. For visitors Lashio offers motorcycle treks and hiking tours into the nearby mountains.



MYITKYINA

Myitkyina is the capital of northernmost Kachin State, nearly 1500 kilometres from Yangon and even 785 to the north of Mandalay. The city is in a flat valley that is scorching hot during the summer months and sees intense rains during the monsoon. The city sits at the western bank of the mighty Ayeyarwady River, about 40 kilometres downstream from where the river begins. Myitkyina is the terminus of the railway line and a crucial trading and administrative town within Kachin State. The city is also an important location for other touristic ventures in Kachin State. It can be reached by rail, boat or air but while the railway might sound a romantic idea be warned that a one-way trip from Mandalay will take at least 24 hours.

ROUTE MAP





Myanmar

Travel Tips

With Buddhist, Hindu, Muslim and Christian communities and dozens of different ethnicities, Myanmar offers travellers a rich tapestry of peoples and cultures to explore. It's possible to plan a one-day itinerary that exposes you to food and traditions with origins in China and India and Rakhine and Shan states. While many local practices feature in other societies elsewhere in South and Southeast Asia, however, there are numerous ways in which daily life here is unique and a few business practices that may surprise even the well-travelled visitor. You'll be in good shape if you plan ahead and respect and embrace Myanmar ways. Here are a few things you should keep in mind:

Always carry cash.

A combination of crisp, new American bills in addition to a good supply of Myanmar notes is a necessity. Shopkeepers will sometimes demand payment in American bills but refuse to accept ones that are dog-eared or torn. The same goes for money changers. If you're travelling outside the major centres, there may be limited or no access to ATM machines.

Try the local transport options.

In Yangon, riding in a trishaw, also known as a side car, might rightly be perceived as a dangerous proposition. But in smaller centres they're often an effective and fun mode of transport. They're also much more comfortable than they first appear. You can also try pony carts in places like Bagan and Pyin Oo Lwin, and boat rides at Inle Lake. In Yangon, consider riding the circle train. A complete three-hour loop for a foreigner costs about US\$1 and gives you a slow, scenic view of various townships.

It's okay to bargain, but don't be a cheapskate.

In informal transactions, such as at a wet market or negotiating a taxi fare, it's acceptable to bargain for a lower price. The best strategy is to be friendly and consider whether the price you expect will cause your driver or shopkeeper to lose money. Keep in mind that guidebooks go out of date quickly, so a price listed in a guide from just two years ago may not represent today's fair prices.

Buses are a great way to travel, but go prepared.

While there are an increasing number of short-haul budget flights available inside Myanmar, some places are still most easily and comfortably accessible by buses. For a few extra dollars, a VIP bus will be equipped with airconditioning and extra-wide seating. The food available on board and at rest stops, however, leaves something to be desired. If you want to avoid oily or overpriced fare, stock up before you go on bottled water and snacks.

Take a taxi.

Standard practice in places like Yangon is to negotiate the fare in advance, since most cars are not equipped with meters and those with meters do not use them. If you don't know what the fare to your destination should be, inquire beforehand with a local or staff at your hotel. Short trips may be as little as K1500, while K4000 should cover a significant distance, depending on traffic and time of day. Expect to pay more after 10pm, but it's reasonable to bargain if you suspect the first-named price is too much.

Forage for your breakfast.

Many hotels will provide a complimentary breakfast. It might be convenient, but you're missing out. At street stalls, you can find local breakfast specialties such as *mohinga*, a fish and noodle curry, and an array of fresh fruits and juices. Tea shops, offer strong cups of milky *laphet yey* (literally, tea water) and various pastries such as *samoosas* or Chinese steamed pork buns, depending on the ethnicity of the owners.

Be in control of your sugar and monosodium glutamate (MSG) intake.

First-time visitors to Myanmar are sometimes shocked by the amount of sugar that locals consume in the form of beverages like tea with condensed milk and fruit juice. Expect that your fresh banana or watermelon smoothie will have a heaping tablespoon of sweetener in it, unless you request otherwise. The way to ask for less sugar is *tha jar shob htet par*. Similarly, some restaurants add MSG to their food. The way to ask for no MSG is *ar cho mhote ma htet ne*.

Book hotels and guest houses in advance.

This is especially wise if you're travelling in peak season. The number of expected tourists to Myanmar has gone up tremendously in the past couple of years, to 3 million in 2014. You might consider booking through a travel agent, of which there are many in Yangon and Mandalay. A travel agent can help you save time and stress. Now you can easily book through hotels & travel websites too.

Pack a few basic essentials everywhere:

Sunscreen, insect repellent, ear plugs and a headlamp or flashlight. As in other parts of Asia, you can find sunscreen and insect spray in local shops and supermarkets but not many of the brands that you would find in Western countries. Bring your own if you want quality assurance. Earplugs are a necessity if you plan to be travelling by bus - most play hours of pop music videos or soap operas, sometimes until wee hours of the morning. A headlamp will save you trouble on days of unexpected power outages, on treks and, in small towns, the hours just before and after dark when electricity may not be available.

Off the beaten path really is remote.

Be aware that some towns and villages may not have any services geared toward tourists, except for a couple small snack shops. If you're going into areas less accustomed to tourists, plan ahead and be prepared to rough it. Hsipaw, Namshan and Putao, for example, are great places to go trekking. But if you're looking for hot showers and a choice of dinner plans, these places may not be for you.

Plan for the season.

For most activities, the best time to visit Myanmar is the cool season between November and February. But if you're visiting during the rainy season, June to September, try Upper Myanmar - the plains region of Bagan and Mandalay - which stays relatively dry. If you are visiting in the cool season, also be aware that Bagan and northern regions like Shan State will be chilly enough that you'll want to pack pants, layers and a jacket.

How you dress is how you will be judged.

Dress across Myanmar tends to the conservative side. You won't see local ladies wearing sleeveless tops, even at the beach, and only in big cities will some girls sport mini skirts or leggings. Expect some extra attention, or reluctant service in small shops, if you do. When visiting a temple or monastery, opt for long pants or the traditional longyi, covered shoulders and no cleavage. Otherwise you may be denied entry or, if you're lucky, you can loan a longyi.





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FLT.NO	ETD	ETA	DAYS	VIA
7Y-131	0700	0820	DAILY	-
7Y-241	1530	1735	DAILY	-
TO MANDALAY (MDL)				
7Y-131	0700	0905	Daily	NYU
7Y-951	0900	1025	TUE, THU, SAT	-
7Y-911	0900	1025	SUN	-
TO HEHO (HEH)				
7Y-131	0700	0955	DAILY	NYU, MDL
7Y-241	1530	1640	DAILY	-
TO TACHILEIK (THL)				
7Y-671	1000	1255	MON, WED, FRI	LSH
7Y-951	0900	1150	TUE, THU, SAT	MDL
7Y-911/912	0900	1445	SUN	MDL
TO LASHIO (LSH)				
7Y-671	1000	1140	MON, WED, FRI	-
TO SITTWE (AKY)				
7Y-417	1200	1320	Daily	-
TO MYITKYINA (MYT)				
7Y-911	0900	1150	SUN	MDL

FROM NYAUNG U (NYU)				
TO MANDALAY (MDL)				
FLT.NO	ETD	ETA	DAYS	VIA
7Y-131	0835	0905	DAILY	-
TO HEHO (HEH)				
7Y-131	0835	0955	DAILY	MDL
TO YANGON (RGN)				
7Y-131	0835	1120	DAILY	MDL, HEH
7Y-241	1750	1910	DAILY	-

FROM MANDALAY (MDL)				
TO YANGON (RGN)				
FLT.NO	ETD	ETA	DAYS	VIA
7Y-131	0925	1120	DAILY	HEH
7Y-953	1630	1755	TUE, THU, SAT	-
TO HEHO (HEH)				
7Y-131	0925	0955	DAILY	-
TO TACHILEIK (THL)				
7Y-951	1040	1150	TUE,THU,SAT	-
7Y-912	1335	1445	SUN	-
TO MYITKYINA (MYT)				
7Y-952	1335	1445	TUE,THU,SAT	-
7Y-911	1040	1150	SUN	-

FROM HEHO (HEH)				
TO YANGON (RGN)				
FLT.NO	ETD	ETA	DAYS	VIA
7Y-131	1010	1120	DAILY	-
7Y-241	1655	1910	DAILY	NYU
7Y-672	1530	1640	MON, WED, FRI	-
TO NYAUNG U (NYU)				
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TO HEHO (HEH)				
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TO MANDALAY (MDL)				
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7Y-913	1500	1610	SUN	-
TO MYITKYINA (MYT)				
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TO YANGON (RGN)				
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TO TACHILEIK (THL)				
7Y-912	1205	1445	SUN	MDL
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7Y-953	1500	1755	TUE ,THU ,SAT	MDL

FROM SITTWE (AKY)				
TO YANGON (RGN)				
FLT.NO	ETD	ETA	DAYS	VIA
7Y-418	1335	1455	DAILY	-

FROM LASHIO (LSH)				
TO TACHILEIK (THL)				
FLT.NO	ETD	ETA	DAYS	VIA
7Y-671	1155	1255	MON,WED,FRI	-
TO HEHO (HEH)				
7Y-672	1425	1515	MON,WED,FRI	-
TO YANGON (RGN)				
7Y-672	1425	1640	MON,WED,FRI	HEH





Mann Yadanarpon Airlines

Flight Schedule

WINTER FLIGHT SCHEDULE (1ST OCTOBER 2019 TO 31ST MARCH 2020)

FROM YANGON (YGN)				
TO NYAUNG U (NYU)				
FLT.NO	ETD	ETA	DAYS	VIA
7Y-161	0645	0805	DAILY	-
7Y-131	0630	0750	DAILY	-
7Y-121	0715	0835	DAILY	-
7Y-151	1500	1620	DAILY	-
7Y-241	1545	1830	DAILY	HEH, MDL
TO MANDALAY (MDL)				
7Y-131	0630	0835	DAILY	NYU
7Y-951	1130	1255	TUE,THU,SAT	-
7Y-911	1130	1255	SUN	-
7Y-241	1545	1740	DAILY	HEH
TO HEHO (HEH)				
7Y-161	0645	0900	DAILY	NYU
7Y-131	0630	0925	DAILY	NYU,MDL
7Y-121	0715	0930	DAILY	NYU
7Y-151	1500	1715	DAILY	NYU
7Y-241	1545	1655	DAILY	-
TO THANDWE (SNW)				
7Y-411	1230	1320	DAILY	-
7Y-161	0645	1015	DAILY	NYU,HEH
TO SITTWE (AKY)				
7Y-417	1200	1320	DAILY	-
TO TACHILEIK (THL)				
7Y-671	1130	1425	MON,WED,FRI	LSH
7Y-951	1130	1420	TUE,THU,SAT	MDL
TO LASHIO (LSH)				
7Y-671	1130	1310	MON,WED,FRI	-
TO MYITKYINA (MYT)				
7Y-911	1130	1420	SUN	MDL
FROM LASHIO (LSH)				
TO TACHILEIK (THL)				
FLT.NO	ETD	ETA	DAYS	VIA
7Y-671	1325	1425	MON,WED,FRI	-
TO YANGON (RGN)				
7Y-672	1555	1735	MON,WED,FRI	-



Mann Yadanarpon Airlines
Flight Schedule

WINTER FLIGHT SCHEDULE (1ST OCTOBER 2019 TO 31ST MARCH 2020)

FROM NYAUNG U (NYU)				
TO MANDALAY (MDL)				
FLT.NO	ETD	ETA	DAYS	VIA
7Y-131	0805	0835	DAILY	-
TO HEHO (HEH)				
7Y-161	0820	0900	DAILY	-
7Y-131	0805	0925	DAILY	MDL
7Y-121	0850	0930	DAILY	-
7Y-151	1635	1715	DAILY	-
TO YANGON (RGN)				
7Y-161	0820	1120	DAILY	HEH,SNW
7Y-131	0805	1050	DAILY	MDL,HEH
7Y-121	1040	1200	DAILY	-
7Y-151	1635	1840	DAILY	HEH
7Y-241	1845	2005	DAILY	-
TO THANDWE (SNW)				
7Y-161	0820	1015	DAILY	HEH
FROM MANDALAY (MDL)				
TO YANGON (RGN)				
FLT.NO	ETD	ETA	DAYS	VIA
7Y-131	0855	1050	DAILY	HEH
7Y-953	1900	2025	TUE,THU,SAT	-
7Y-913	1900	2025	SUN	-
7Y-241	1900	2005	DAILY	NYU
TO HEHO (HEH)				
7Y-131	0855	0925	DAILY	-
TO NYAUNG U (NYU)				
7Y-241	1800	1830	DAILY	-
TO TACHILEIK (THL)				
7Y-951	1310	1420	TUE,THU,SAT	-
7Y-912	1605	1715	SUN	-
TO MYITKYINA (MYT)				
7Y-911	1310	1420	SUN	-
7Y-952	1605	1715	TUE, THU , SAT	-
FROM SITTWE (AKY)				
TO YANGON (RGN)				
FLT.NO	ETD	ETA	DAYS	VIA
7Y-418	1355	1455	DAILY	-

FROM THANDWE (SNW)				
TO YANGON (RGN)				
FLT.NO	ETD	ETA	DAYS	VIA
7Y-161	1030	1120	DAILY	-
7Y-412	1335	1425	DAILY	-

FROM HEHO (HEH)				
TO YANGON (RGN)				
FLT.NO	ETD	ETA	DAYS	VIA
7Y-161	0915	1120	DAILY	SNW
7Y-131	0940	1050	DAILY	-
7Y-121	0945	1200	MON,WED,FRI	NYU
7Y-151	1730	1840	Daily	-
7Y-241	1710	2005	Daily	MDL, NYU
TO MANDALAY (MDL)				
7Y-241	1710	1740	DAILY	-
TO NYAUNG U (NYU)				
7Y-121	0945	1025	Daily	-
7Y-241	1710	1830	Daily	MDL
TO THANDWE (SNW)				
7Y-161	0915	1015	Daily	-

FROM TACHILEIK (THL)				
TO LASHIO (LSH)				
FLT.NO	ETD	ETA	DAYS	VIA
7Y-672	1440	1540	MON,WED,FRI	-
TO MANDALAY (MDL)				
7Y-952	1435	1545	TUE,THU,SAT	-
7Y-913	1730	1840	SUN	-
TO MYITKYINA (MYT)				
7Y-952	1435	1715	TUE,THU,SAT	MDL
TO YANGON (RGN)				
7Y-672	1440	1735	MON,WED,FRI	LSH
7Y-952-953	1435	2025	TUE,THU,SAT	Transit MDL
7Y-913	1730	2025	SUN	MDL

FROM MYITKYINA (MYT)				
TO MANDALAY (MDL)				
FLT.NO	ETD	ETA	DAYS	VIA
7Y-912	1435	1545	SUN	-
7Y-953	1730	1840	TUE,THU,SAT	-
TO TACHILEIK (THL)				
7Y-912	1435	1715	SUN	MDL
TO YANGON (RGN)				
7Y-953	1730	2025	TUE,THU,SAT	MDL

လေယာဉ်ဖြင့် သယ်ယူတင်ဆောင်ခွင့်မရှိသောပစ္စည်းများ

NO Dangerous Goods on aircraft

<p>Corrosives တိုက်ခန်းယိုလွှမ်းပျက်စီးစေသော အရာ</p>	<p>Explosives ပေါက်ကွဲစေတတ်သော လက်နက်၊ မိလှမ်းစီးကျောက်များ</p>	<p>Compress gases ဖိအားဖြင့် ဖြည့်ထားသော ဓာတ်ငွေ့များ</p>
<p>Flammable liquids မီးလောင်လွယ်သော အရည်များ</p>	<p>Flammable solids မီးလောင်လွယ်သော အစိုင်အခဲများ</p>	<p>Radioactive materials ရေဒီယိုဓာတ်ကြွကုန်ပစ္စည်းများ</p>
<p>Toxic substances အဆိပ်ပါသော ကုန်ပစ္စည်းများ</p>	<p>Infectious substances ကူးစက်ရောဂါရှိပစ္စည်းများပါသော ကုန်ပစ္စည်းများ</p>	<p>Magnetised materials သံလိုက်ဓာတ်ပါသော ကုန်ပစ္စည်းများ</p>
<p>Miscellaneous including asbestos, dry ice, engines လေယာဉ်နှင့်စနီးသည့်တို့အား အန္တရာယ်ဖြစ်စေနိုင်သော အခြားပစ္စည်းများ</p>		

- ❌ လေယာဉ်ကိုယ်ထည်အား ထိခိုက်ပျက်စီးစေနိုင်သော သံနှင့် သတ္တုပစ္စည်းများ
- ❌ ဆားငံရည်များပါဝင်သော ပစ္စည်းများ
- ❌ အနံ့အသက်ဆိုးသော ပစ္စည်းများအား သယ်ယူတင်ဆောင်ခွင့် မပြုပါ။

လေယာဉ်ဖြင့် သယ်ယူတင်ဆောင်ခွင့်မရှိသောပစ္စည်းများ

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မရှိသော ပစ္စည်းများ

YOUR ATTENTION
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Prohibition on use of portable electronic devices in aircraft

Almost all portable electronic devices used by aircraft crew and passengers have not been designed to the stringent standards normally applied to aircraft equipment.

By using portable electronic devices in aircraft both in flight and on the ground, the radio signals transmitted from these devices can interfere with the navigational and communication equipment that may jeopardize aircraft safety.

Therefore, as Myanmar is a Contracting State of ICAO, the Department of Civil Aviation has decided to follow the international convention and prohibit the use of portable electronic devices in public transport aircraft during the entire flight.

Portable electronic devices include, but only not limited to the following equipment.

1. Mobile telephone
2. Cellular telephone
3. Portable video equipment
4. Laptop or portable PC without printer
5. Electronic games, electronic calculators and electronic shavers
6. Cassette/CD/DVD/minidisk players (used electronic headphones only), MP3 players (used electronic headphones only).





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■ Nyaung-U

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Mobile: (+95-9) 09404460008, 09404460009
Airport: (+95-61) 2461235

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No. 114, Thirimingalar Housing, Bogyoke Aung San Street, Myo Ma Quarter, TaungGyi.
Tel: (+95-81) 2122711, 2123511, (+95-9) 254260076

■ Heho

No. 176, Nan Koung Kwat Thit Quarter, Pyi Htaung Su Main Street, Heho.
Tel : (+95-81) 63095 (Office), (+95-81) 63350 (Airport)
Mobile : (+95-9) 250343860, (+95-9) 36093332

■ Tachileik

No.1/156 (Sa) Sansai (B) Quarter, Bogyoke Street, Aung Chan Thar Building, Tachileik
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Mobile : (+95-9) 250 343 870
Fax: (+95-84) 53538

■ Myitkyina

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Tel : (+95-74) 22298
Mobile : (+95-9) 254186883

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No (122), OoOaktama Street, KyaungTet Quarter, Sittwe
Mobile : (+95-9) 252626668

■ Thandwe

Ngapali Junction, Mintae Street, Thandwe.
Tel : (+95-43) 2042126
Mobile : (+95-9) 254260072, (+95-9) 252050404

■ Lashio

No. 48(A), Quarter (7), Corner of Theini Road and Thu Kha Road, Lashio
Tel : (+95-82) 2930024
Mobile : (+95-9) 254260078, (+95-9) 31349090



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📘 MINGALAR Hospital

🌐 www.mingalarhospital.com