

Yadanarpon

Mann Yadanarpon Airlines Inflight Magazine

Issue 9 • January 2020

BAGAN'S

long road to UNESCO
World Heritage listing

KALAW TREKKING

Head for the hills

FESTIVAL CALENDAR

BOGYOKE MARKET

The beating heart of a city



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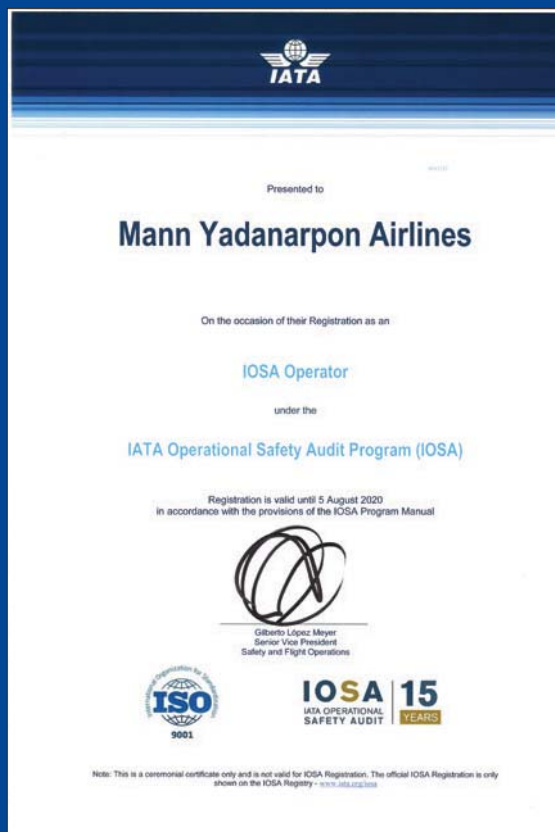
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Mann Yadanarpon Airlines achieves IOSA Registration

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' 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

CONTENTS

Issue 9: January 2020

- 12 **Bagan's**
long road to UNESCO
World Heritage listing
- 22 **Kalaw Trekking**
Head for the hills
- 28 **Bogyoke Market**
The beating heart of a city
- 34 **Myanmar Snacks:**
Simple, tasty and cheap





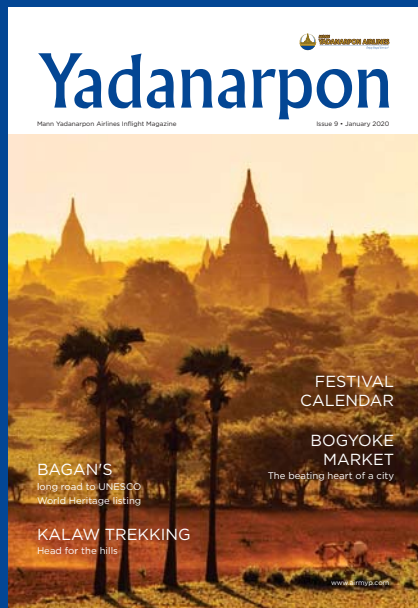
36 Festival Calendar

42 Shwe Mann Taung A piece of jade set in the city's heart



Regulars

- 8 Corporate Profile
- 54 Horoscope
- 58 Mann Yadanarpon Destinations
- 65 Route Map
- 66 Travel Tips
- 68 Flight Schedule



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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 was 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 pilot training is 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 a result of our efforts, Mann Yadanarpon Airlines has achieved 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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Bagan's long road to UNESCO World Heritage listing

မြန်မာ့နှလုံးသားမြို့တော် (သို့မဟုတ်) ပုဂံ

Ye Mon

In June 2019, Myanmar completed its decades-long quest to have Bagan added to the World Heritage List of the United Nations Educational, Scientific and Cultural Organization, better known as UNESCO.

Bagan is Myanmar's second entry on the list, after the Pyu Ancient Cities – Hanlin, Beikthano and Sri Ksetra – which were added in 2014.

Listing will bring increased international recognition, ensure better management of the site, support the growth of the tourism industry and local economy, and result in more funding for preservation of Bagan's monuments.

ပုဂံဟုကြားလိုက်သည်နှင့် မြန်မာနိုင်ငံသားများသာမက နိုင်ငံခြားသား ခရီးသွားများပါ မဖြစ်မနေ ရောက်ဖူးလိုကြသည့် ဒေသတစ်ခု ဖြစ်သည်။ မြန်မာမှန်လျှင် ပုဂံရောက်ဖူးရမည် ဟူသော ဆိုရိုးစကားတစ်ခုရှိသကဲ့သို့ နိုင်ငံခြားသားခရီးသွားများအတွက်လည်း မြန်မာနိုင်ငံရောက်ပါက ပုဂံဒေသသည် မဖြစ်မနေ သွားရောက်လေ့လာလည်ပတ်ရမည့်နေရာတစ်ခုလည်းဖြစ်သည်။

ကမ္ဘာ့ရှေးဟောင်းယဉ်ကျေးမှုအမွေအနှစ်ဒေသအဖြစ် ၂၀၁၉ ဇွန်လက သတ်မှတ်ခံလိုက်ရသည့် ပုဂံဒေသသည် မြန်မာနိုင်ငံအတွက် UNESCO စာရင်းဝင်သည့်ဒုတိယမြောက် အမွေအနှစ်ဒေသလည်း ဖြစ်သည်။

အမွေအနှစ်စာရင်းဝင်ဒေသဖြစ်လာသည့် အတွက် ပုဂံဒေသကို နိုင်ငံတကာမှ အသိအမှတ်ပြုမှု ပိုများလာသည့်အပြင် ပုဂံဒေသစီမံခန့်ခွဲမှု ပိုမို





There is plenty of scope to grow tourism in the area. Consider that while Angkor Wat in Cambodia receives around 3 million visitors a year, Bagan welcomes just 300,000.

Past initiatives to boost tourism have not always been successful. In 2017, for example, Myanmar and Cambodia agreed on a “Two countries, one destination” campaign that encouraged travellers to visit both Angkor Wat and Bagan. The campaign has been largely ineffective until now because of the lack of direct flights between the two cities, but that should soon change with the government recently announcing that it had approved charter flights between Bagan and Siem Reap.

UNESCO listing will bring a further boost for Bagan's tourism industry and the region's economy.

Another unique attribute of Bagan is that it is a living monument: people have lived in the area continuously since before the Bagan Empire to the present day, maintaining their traditional culture for more than 1,000 years.

What makes Bagan so special?

Everyone who visits Myanmar knows that Bagan is the one place you can't miss.

One of the most important archaeological sites in Asia, Bagan has 3,822 monuments, including temples, stupas, monasteries and pagodas, according to a 2017 survey by the Association of Myanmar Architects. The majority was built between the 11th and 13th centuries, during what was known as the Bagan Empire founded by King Anawrahta.

Unlike Angkor Wat, which is made from stone, the buildings at Bagan are made from brick. The buildings are architecturally detailed and feature many artistic flourishes. A particular highlight are the mural paintings on the interior walls of some of the temples.

Another unique attribute of Bagan is that it is a living monument: people have lived in the area continuously since before the Bagan Empire to the present day, maintaining their traditional culture for more than 1,000 years. As they tour Bagan's temples, visitors will see area residents travelling by bullock



ကောင်းမွန်လာစေနိုင်သည်။ ထို့ပြင် နိုင်ငံခြားသား ခရီးသွားများအရေအတွက် ပိုတိုးတက်လာခြင်း၊ ဒေသခံများ၏လူမှုစီးပွားဘဝ ကောင်းမွန်လာခြင်းနှင့် ရှေးဟောင်းအဆောက်အအုံများ ထိန်းသိမ်းစောင့်ရှောက်ခြင်းအတွက် ငွေကြေးထောက်ပံ့မှုများ ပိုမိုရရှိလာနိုင်ခြင်းတို့လည်း ရှိလာမည်ဖြစ်သည်။

ပုဂံဒေသတွင် ခရီးသွားကဏ္ဍတိုးတက်လာစေရန် အခွင့်အလမ်းများရှိနေသည်။ ကမ္ဘောဒီးယား၏ အန်ကောဝပ်ဘုရားကျောင်းသို့ တစ်နှစ်လျှင် လာရောက်လာပတ်သည့် နိုင်ငံခြားသားခရီးသွား အရေအတွက် သုံးသန်းဝင်ရောက်နေချိန်တွင် ပုဂံဒေသကို လာရောက်လာပတ်သည်မှာ သုံးသိန်းမျှသာ ရှိသည်။

ပုဂံဒေသတွင် ခရီးသွားကဏ္ဍဖွံ့ဖြိုးတိုးတက်ရန် အစိုးရကဆောင်ရွက်ခဲ့သော်လည်း မအောင်မြင်ခဲ့သည်များလည်းရှိသည်။ ဥပမာ- မြန်မာနှင့် ကမ္ဘောဒီးယားအစိုးရတို့သည် ‘Two Countries, one destination’ ကမ်ပိန်းကို ပုဂံနှင့် အန်ကောဝပ်တို့သို့ နိုင်ငံခြားသားခရီးသွားများ တိုးတက်လာစေရန်ရည်ရွယ်ချက်ဖြင့်

ပြုလုပ်ရန် ၂၀၁၇ခုနှစ်က သဘောတူလက်မှတ် ရေးထိုးခဲ့ကြသည်။

သို့သော် အဆိုပါကမ်းပိန်းသည် တိုက်ရိုက် လေကြောင်းလိုင်းများ ပြေးဆွဲနိုင်ခြင်းမရှိခြင်းကြောင့် မျှော်လင့်ထားသကဲ့သို့ ကြီးမားသည့် ရလဒ်မျိုးမထွက်လာခဲ့ပေ။ ဒီဇင်ဘာ ၁၁ ရက်တွင်မူ သမ္မတ ဦးဝင်းမြင့်က ညောင်ဦးလေဆိပ်ကို နိုင်ငံတကာလေဆိပ်အဖြစ် ဆောင်ရွက်ရန် ခွင့်ပြုပေးလိုက်ပြီဖြစ်ပြီး ကမ္ဘောဒီးယားနိုင်ငံမှ စင်းလုံးငှားလေယာဉ်များ (Charter Flight) များကို တိုက်ရိုက်ဆင်းသက်ခွင့်ဦးစားပေးရန်လည်း အစိုးရက စီစဉ်နေသည်။

ပုဂံဒေသသည် အာရှတွင် အရေးပါဆုံးသော အမွေအနှစ်ဒေသတစ်ခုဖြစ်ပြီး စေတီပုထိုးများ၊ ဘုန်းကြီးကျောင်းများ၊ ဘုရားကျောင်းဆောင်များအပါအဝင် ရှေးဟောင်းအမွေအနှစ် အဆောက်အအုံ စုစုပေါင်း ၃၈၂၂ ခုရှိသည်ဟု မြန်မာနိုင်ငံဗိသုကာအသင်း၏ ၂၀၁၇ခုနှစ်တွင် ကောက်ယူခဲ့သောစစ်တမ်းများအရ သိရသည်။ ကမ္ဘောဒီးယားနိုင်ငံရှိ အန်ကောဝပ်ဘုရားကျောင်းနှင့်



carts and cultivating groundnuts and other dry zone crops using traditional methods right beside temple compounds. Few ancient sites around the world can boast such sights and sounds.

As Myanmar has three distinct seasons, the scenery and landscape at Bagan changes significantly throughout the year. Rainy season is particularly beautiful, bringing greenery and new growth to the area after the long hot season, and is less intense than many other areas of Myanmar. The winter is cool and misty, but offers the most spectacular sunrises and sunsets.

Those visiting Bagan from October through April have the chance to take an unforgettable morning balloon ride over the temples with one of three balloon operators – just don't forget to book in advance. Another attraction is the local food, which must be tried at least once during a visit, and shopping for souvenirs and handicrafts. The most well known product from Bagan is lacquerware, which is produced in small family-run workshops using techniques that have been passed down from generation to generation.

“*Those visiting Bagan from October through April have the chance to take an unforgettable morning balloon ride over the temples with one of three balloon operators – just don't forget to book in advance.*”

All of these attributes mean that you can visit Bagan again and again without ever getting bored. Each time you'll discover a different taste, a different temple, a different view.

UNESCO World Heritage List

Bagan has long been recognised as a national treasure and an archaeological site of global importance, but formal international recognition has not come easily.

In the 1990s Myanmar government first tried to have Bagan added to the UNESCO World Heritage List, but after submitting it for consideration the Myanmar government failed to finish delimiting the Bagan site and enact legislation for heritage conservation in time.

In 1998 Myanmar issued a Heritage Law and in 2012, UNESCO returned to Myanmar and began supporting and advising Myanmar on how to attain World Heritage status for Bagan and other prominent sites.

The civilian government began focusing on meeting the requirements





ပုဂံမတူသည့်အချက်မှာ အန်ကောဝပ်ကို ကျောက်တုံးဖြင့်တည်ဆောက်ထားပြီး ပုဂံဒေသမှအဆောက်အအုံများကိုမူ အုတ်ခဲများဖြင့် တည်ဆောက်ထားသည်။ ယင်းအဆောက်အအုံများမှာ အနုစိတ်သော ဗိသုကာလက်ရာများနှင့် ပြည့်စုံနေသည်။ အထူးသဖြင့် အဆောက်အအုံများ၏ နံရံ များတွင် ဗုဒ္ဓဘာသာနှင့် ဆက်နွှယ်သည့် ဇာတ်တော်များ၊ ပုဂံခေတ်၏ လူနေမှုပုံစံများ ကိုရည်ညွှန်းသည့် ဆေးရေးပန်းချီများမှာလည်း ရှိသည်။

ထို့ပြင် ပုဂံဒေသ၏ ထူးခြားချက်တစ်ချက်မှာ ယနေ့အချိန်ထိ ဒေသခံများသည် ပုဂံဘုရင် ခေတ်ကဲ့သို့ လူနေမှုစရိုက် ပြောင်းလဲခြင်း မရှိပဲ နေထိုင်နေကြသည့် အချက် ဖြစ်သည်။ ပုဂံဒေသသို့ သွားရောက်လည်ပတ်ပါက ဒေသခံများ နွားလှည်းစီးကာ သွားလာ နေသည့်မြင်ကွင်း၊ မြေပဲစိုက်ခင်းနှင့် အခြားအပူပိုင်းဇုံတွင် စိုက်ပျိုးသည့် ကောက်ပဲသီးနှံများကို ထွန်ယက်နေသည့် မြင်ကွင်း စသည်တို့ကို စေတီပုထိုးများ အနီးတွင် တွေ့ရှိရနိုင်သည်။ အဆိုပါ မြင်ကွင်းကိုမူ ကမ္ဘာပေါ်ရှိ အခြားသော ရှေးဟောင်းနယ်မြေအနည်းငယ်တွင်သာ တွေ့လိမ့်မည်ဖြစ်သည်။

နေ့တစ်နေ့၏အလှဆုံးသဘာဝမြင်ကွင်း ဖြစ်သည့် နေဝင်၊ နေထွက်မြင်ကွင်းများကို လည်း အစိုးရက ဆောက်လုပ်ပေးထားသည့်

ပုဂံဒေသသို့ သွားရောက် လည်ပတ်ပါက ဒေသခံ များ နွားလှည်းစီးကာ သွားလာနေသည့် မြင်ကွင်း၊ မြေပဲစိုက် ခင်းနှင့် အခြားအပူပိုင်း ဇုံတွင် စိုက်ပျိုးသည့် ကောက်ပဲသီးနှံများကို ထွန်ယက်နေသည့် မြင်ကွင်း စသည်တို့ကို စေတီပုထိုးများ အနီးတွင် တွေ့ရှိ ရနိုင်သည်။ အဆိုပါ မြင်ကွင်းကိုမူ ကမ္ဘာ ပေါ်ရှိ အခြားသော ရှေးဟောင်းနယ်မြေ အနည်းငယ်တွင်သာ တွေ့လိမ့်မည် ဖြစ် သည်။

ကုန်းမြင့်များပေါ်မှဖြစ်စေ၊ လူစီးမိုးပျံပူဖောင်း များပေါ်မှဖြစ်စေ ခံစားကြည့်ရှုနိုင်သေးသည်။ ၂၀၁၆ ငလျင်မတိုင်မီအချိန်များကမူ ဘုရား အချို့ပေါ်တွင် တရားဝင် ခံစားကြည့်ရှု ခွင့်ရခဲ့ကြသည်။

ပုဂံဒေသ ယခုကဲ့သို့ ဖွံ့ဖြိုးတိုးတက်ရန်နှင့် ကမ္ဘာ့အမွေအနှစ် စာရင်းဝင်နိုင်ရန် အတွက် မြန်မာအစိုးရအား ပြည်တွင်းပြည်ပ ပညာရှင် များက ပိုင်းဝန်းဝေဖန်အကြံပြုခဲ့ကြရသည့် အပြင် စီမံခန့်ခွဲမှုမလွဲမှားစေရန်အတွက်လည်း ၎င်းတို့က အဆက်မပြတ်ထောက်ပြသတိပေး ခဲ့ကြရသည်။

ကမ္ဘာ့အမွေအနှစ်စာရင်းဝင်ရန် ယခင်က ကြိုးပမ်းမှုမှာ အမွေအနှစ်ထိန်းသိမ်းရန် ဥပဒေမရှိခြင်း၊ တိကျခိုင်မာသည့် စီမံခန့်ခွဲမှုများကို ရေးဆွဲထားမှုမရှိခြင်း တို့ကြောင့် ကမ္ဘာ့အမွေအနှစ်ကော်မတီ၏ ပြည့်စုံစွာ ဆောင်ရွက်ရန်မှတ်ချက်ဖြင့် ၁၉၉၅ခုနှစ်က လွဲချော်ခဲ့ရသည်။

၁၉၉၈ခုနှစ်တွင် အမွေအနှစ်ထိန်းသိမ်း ကာကွယ်စောင့်ရှောက်ရေးဥပဒေတစ်ခုကို ပြဋ္ဌာန်းခဲ့ပါသည်။ ၂၀၁၁ခုနှစ်တွင် ပုဂံဒေသ ကမ္ဘာ့အမွေအနှစ် စာရင်းဝင်ရေးအတွက် စတင်လုပ်ဆောင်ခဲ့ပြီး ပြီးပြည့်စုံစွာ လုပ်ဆောင်ရမည့် လုပ်ငန်းစဉ်များကို ဆောင်ရွက်ရန် အာရုံစိုက်ခဲ့သည်။



for heritage listing, so as not to miss out again. Many local people and experts were concerned that the government would not be able to meet the criteria, and there was indeed many challenges to achieve heritage listing for Bagan.

The government formed the Bagan National Coordinating Committee (BAGANCOM) led by the minister for religion and culture to spearhead the listing process and ensure the site is managed and preserved properly.

The influx of tourists after Myanmar began its transition to democracy and generated huge demand for viewing sites in Bagan, as visitors were only permitted to ascend five temples.

To make more viewing spaces for sunrise and sunset, the government built at least four mounds or embankments. However,



the views from these areas are not really beautiful, and archaeologists and local people were critical of the project. Some expressed concern that the viewing spaces would affect prospects for World Heritage listing, by diminishing the historical authenticity of the area.



ဘုရားငါးဆူအပေါ်မှ ယခင်က နေဝင်၊ နေထွက် ရှုခင်းများကို ကြည့်ရှုရန် ခွင့်ပြုပေးခဲ့သော်လည်း ၂၀၁၆ ငလျင်ကြောင့် နောက်ပိုင်း ဘုရားများမှ အနုစိတ်သော ဗိသုကာလက်ရာများ ထိခိုက်မည် စိုးရိမ်၍ ပိတ်ပင်ခဲ့သည်။ ထိုသို့ပိတ်ပင်မှုကြောင့် ပုဂံဒေသတွင်မရှိခဲ့သည့် သဘာဝမဟုတ်သော လူလုပ်ကုန်းမြင့်များ ပေါ်ထွက်လာပြီး ထိုကုန်းမြင့်များပေါ်တွင် နေဝင်၊ နေထွက် ရှုခင်းများကို ကြည့်ရှုစေသည်။

မည်သို့မျှပင် လှပသည့်ရှုခင်းမျိုးကို မမြင်ရသည့်အတွက် အဆိုပါ ကုန်းမြင့်များ ဆောက်လုပ်ခြင်းအပေါ် ဗိသုကာပညာရှင်များနှင့် ဒေသခံများက ဝေဖန်ခဲ့ကြပြီး ရှေးဟောင်းအမွေအနှစ်တန်ဖိုးကို ကျစေသည်ဟုလည်း ဆိုကြသည်။

ပညာရှင်များနှင့်ဒေသခံများက အမွေအနှစ်ဖွံ့ဖြိုးရေး ကျရောက်နေသည့် ဟိုတယ်များကလည်း အမွေအနှစ်စာရင်းဝင်ရန် အနှောင့်အယှက်ဖြစ်မည်ကို စိုးရိမ်ခဲ့ကြသည်။ ၂၀၁၆ခုနှစ်ငလျင်ကြောင့် စေတီပုထိုးများ ထိခိုက်ပျက်စီးခဲ့ရမှုကြောင့် စိန်ခေါ်မှုများ ဖြစ်လာခဲ့ရပြီး မသင့်လျော်သည့် ပြင်ဆင်မှုများကြောင့် အမွေအနှစ်စာရင်းဝင်ရေးအိပ်မက် ပျက်စီးသွားမည်ကိုလည်း ပြည်သူများက စိုးရိမ်ခဲ့ကြရသည်။

နောက်ဆုံးတွင် အမျိုးသားအမွေအနှစ်ဒေသများကာကွယ်ထိန်းသိမ်းစောင့်ရှောက်ရေးဥပဒေကို ၂၀၁၉ခုနှစ်တွင် အသစ်ရေးဆွဲပြဋ္ဌာန်းခဲ့ပြီး အမွေအနှစ်စာရင်းဝင်ရန်အဆိုပြုစာတွဲကို ကမ္ဘာ့အမွေအနှစ်ကော်မတီသို့ ၂၀၁၉ခုနှစ်ထဲမှာပင် တင်သွင်းခဲ့သည်။

မြန်မာ၏ ၂၅နှစ်ကြာအိပ်မက်မှာ ၂၀၁၉ခုနှစ်ဇွန်လတွင် ပြည့်ဝသွားခဲ့ရပြီး ပုဂံဒေသသည် ပျူမြို့ဟောင်းသုံးမြို့ဖြစ်သည့် ဟန်လင်း၊ သရေခေတ္တရာနှင့် ဗိဿနိုး တို့နောက် ဒုတိယမြောက် ကမ္ဘာ့အမွေအနှစ်စာရင်းဝင်ဒေသဖြစ်လာခဲ့သည်။

သို့သော် စာရင်းဝင်ဒေသဖြစ်ရုံမျှဖြင့် ရပ်ထား၍မရ။ ကောင်းမွန်ပြည့်စုံသည့်စီမံခန့်ခွဲမှုများဖြင့် ရှေးဆက်မှသာလျှင် စာရင်းဝင်ဒေသအဖြစ်ရေရှည် ရပ်တည်နိုင်မည်ဖြစ်သည်ကို အမြဲတမ်း သတိဖြင့်သိရှိထားရန်လိုအပ်ပေသည်။ သို့မဟုတ်လျှင် အမွေအနှစ်စာရင်းမှ ပယ်ဖျက်ခံလိုက်ရနိုင်မည်ဖြစ်သည်။



To make more viewing spaces for sunrise and sunset, the government built at least four mounds or embankments. However, the views from these areas are not really beautiful, and archaeologists and local people were critical of the project. Some expressed concern that the viewing spaces would affect prospects for World Heritage listing, by diminishing the historical authenticity of the area.





Hotels have been another constant problem. After Myanmar gave up on World Heritage listing in the 1990s, it granted permission to some businesses to open hotels in Old Bagan, beside some of the most important temples. Some Bagan residents and experts were concerned about missing out on World Heritage status.

A 2016 earthquake that damaged stupas and temples posed a further challenge. Neglect or inappropriate repairs could have doomed Myanmar's application.

Finally, though, the government issued an amended Protection and Preservation of Cultural Heritage Regions Law and completed its nomination dossier in early 2019. In July 2019, the 21-member World Heritage Committee announced at a meeting in Baku, Azerbaijan, that based on the recommendation of the International Council on Monuments and Sites (ICOMOS) it had inscribed Bagan as a World Heritage site.

Myanmar's 25-year dream to achieve UNESCO World Heritage listing for Bagan had been achieved.

However, several key issues are yet to be resolved, including the viewing mounds and hotels. The government will need to remain vigilant to the risks of inappropriate development if it wants Bagan to remain on the heritage list.



Mann Yadanarpon Airlines flies to Bagan daily. Please check the schedule in this magazine or at our website: www.airmyp.com

Bagan Archaeological Zone ticket is required for foreigners to visit the main areas of the Bagan Archaeological Zone (Bagan Temples). It is 25,000 Kyats which is valid for 5 days.

Visitors will receive a ticket as proof of payment and should retain the ticket for the duration of their visit to Bagan. Visitors may be required to present their entry ticket to officials at any of the more heavily-visited temples in Bagan.

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TERMS & CONDITIONS APPLY.

Kalaw trekking

Head for the hills

As Myanmar's most popular trekking destination, you might expect Kalaw to be overrun with tourists and commercialised to the nth degree. Fear not. While thousands come each year to walk from Kalaw to Inle Lake – usually a two-night journey – the town is still fairly sleepy. Most visitors are local, and it really only gets busy during popular Myanmar holidays. This increased custom has brought new restaurants and hotels to the former British hillstation, and makes the town an attractive destination in its own right.





The sleepy vibe continues when you're out walking. Even at the busiest times of year, you'll encounter relatively few other people on the trails that head east to Inle, let alone the others around town that get even fewer visitors. It's mostly at night that you'll find yourself with other trekkers, due to the relative lack of places where foreigners can stay. If you're staying in a monastery, for example, expect to share it with other groups.

That said, trekking around Kalaw is not what it once was – and that's no bad thing. Well into the 2000s, foreign visitors were still a novelty, and many villages had little contact with the outside world. This gave the trekking experience a unique rawness, but it was due



to the region's poverty and isolation – certainly not something that should be celebrated.

The past decade or so has brought roads, motorbikes, electricity and mobile phones, dramatically altering – and improving – the lives of the area's people. Because of its rich soil and recent lack of conflict, this part of southern Shan State is relatively wealthy, and there's a sense of peace and prosperity. Some communities are still somewhat isolated, and you can visit them if you want to make the extra effort, but they are increasingly the exception rather than the rule.

Inle Lake provides a spectacular backdrop for the end of your walk, but within a few kilometres of leaving the outskirts of Kalaw you'll see what makes trekking in southern Shan State so special.

Kalaw is no longer off the beaten (tourism) track. Myanmar still has plenty of that – in Chin State, for example, or the Naga area of Sagaing Region – but the Kalaw area still has so much to offer.

Inle Lake provides a spectacular backdrop for the end of your walk, but within a few kilometres of leaving the outskirts of Kalaw you'll see what makes trekking in southern Shan State so special.

The jagged mountains, hillside villages, crisp air and clear blue sky (if you visit outside monsoon season, of course) will etch themselves deep into your memory. Which is lucky because, try as you might,



you'll struggle to capture the vividness with a camera.

And while there have been material changes in the lives of the people who live around Kalaw, the patterns of life are little different. It remains an agricultural economy and the majority are staunchly Buddhist.

As you walk through villages and along narrow paths, you'll see row after row of chilli drying in the sun on sheets, and fields full of mustard seed and corn. You'll make way for herds of buffalo and slow-moving bullock carts. And you'll enjoy meals of rich avocado, hot green tea and freshly picked vegetables.



The Kalaw to Inle trek is hardly a hidden secret: it's been a fixture of the tourist circuit for years. That it remains popular speaks to the beauty of the landscape, and the diversity and hospitality of the people who live along the route.



*Kalaw is only 45 minutes drive from Heho.
Mann Yadanarpon Airlines flies to Heho everyday.
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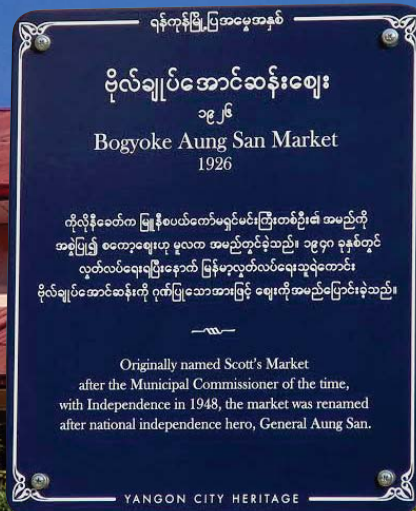
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Bogyoke Market:

The beating heart of a city

For almost a century, Bogyoke Aung San Market has been the centre of Yangon commercial life – the go-to place for fashion, gems and jewellery, textiles, and arts and crafts. It was also reputed to have the most attractive sales girls in the city and was a popular place for water festival celebrations.

A protected heritage site, it has changed relatively little since it opened in 1926 as Scott's Market, named after a municipal commissioner (not James George Scott, who was a colonial-era administrator and journalist).





မိုလ်ခူပ်ဘောင်ဆန်းဝေ၊
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BOGYOKE AUNG SAN MARKET

1958 **DIAMOND JUBILEE** 2008

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The centrepiece of the market is the main hall that faces Bogyoke Aung San Road. Featuring a high white arched ceiling, with striking black metal trusses, it also boasts a dome, first-floor loggias and recurring ornate arches running along the façade, according to *Architectural Guide Yangon*.

Newer sections, such as the textile hall on the eastern side known as *than phyu yone* (white iron office) are notably less grand, both in design and construction materials. As the name *than phyu yone* suggests, they are mostly made from simple corrugated iron and gets unbearably hot in summer – unlike the main hall, with its high ceiling.

Surrounding the central area are galleries that enclose the north, east and west sides of the market. The western galleries are particularly attractive and feature “examples of what the original structures inside the market probably used to look like, before the days of corrugated iron”, the *Architectural Guide Yangon* says. The cobbled laneways between the galleries and central structures are also an unusual feature for Yangon.

While the market has always been popular with Yangon residents, there were rumours through the 2000s that the military regime planned to demolish and replace it. This might sound fanciful, but it’s exactly what happened in Mandalay, where in the 1990s the elegant old Zaycho, which dated to 1903, was knocked down and an unattractive new structure put up in its place.

Thankfully, the transition to semi-civilian rule in 2011 has ensured Bogyoke Aung San Market will be preserved in perpetuity. In recent years more effort has been put into maintenance. The central hall has undergone some light renovation and in 2013 a newspaper article prompted Yangon City Development Committee (the municipal authority that manages the market) to finally repair the clock that faces Bogyoke Aung San Road, more than a decade after it stopped working.

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In recognition of its historical value, in January 2017 the Yangon Heritage Trust unveiled a commemorative Blue Plaque at the market, noting that it is not just an important place for residents but also an attraction for international tourists.

This is reflected in the shops inside the market, some of which cater to locals (such as the fast fashion and textiles) and others that focus more on tourists (jewellery, souvenirs and antiques).

If you don't feel like making a purchase, it's still worth trying some of the food options in the market. Many of the stalls have been around for decades and are famous with Yangon residents.

In the alleyways between the buildings you can find a range of stalls selling everything from fresh juices (look out for seasonal options like avocado, strawberry and mango) to traditional snack stalls. Some of these snacks

If you don't feel like making a purchase, it's still worth trying some of the food options in the market. Many of the stalls have been around for decades and are famous with Yangon residents.

are not that widely available, such as *dahnyin thi ohno san* – boiled and pounded djenkol bean with coconut cream. Near the *than phyu yone* are stalls serving *athoke sone*, a savoury and spicy salad featuring many different ingredients including tofu, green papaya, potato, vermicelli and cabbage, among other things.

Noodle lovers should head indoors to *U Kywi*, which is famous for its *si kyet kaukswe* (oil noodles) that can be tried with duck, pork and other meats. At the back of the market near the footbridge to the Yaw Min Gyi area is *Tayoke Gyi*, where you can try *kyarzan gyaw* (fried vermicelli) with *wethar dote toe* (boiled pork organs). Finally, if you have not yet tried *mohinga* (fish broth with vermicelli), *Thar Kadoe* is the perfect place to sample a bowl of one of the country's most popular dishes.





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Sanwin makin



Kyauk kyaw



Mont lat kauk

Myanmar snacks: simple, tasty and cheap

Zon Pann Pwint

Many of us these days enjoy tucking into a croissant, doughnut, ham and cheese sandwich or veggie puff, but let's face it – these foreign snacks fail to stack up against Myanmar traditional delicacies, and are usually many times more expensive to boot.

Traditional snacks can be eaten at any time of day, and each town has its own authentic delicacy. These small snacks and stalls are still a hallmark of Myanmar.

The deliciously sweet *sanwin makin* (semolina cake) and *ngat pyaw paung* (steamed banana) can be found on every street corner, alongside *mont lone gyi* (fried dumpling of glutinous rice), *thargu* (boiled sago) and *kauk nyin paung* (steamed sticky rice). Some traditional delicacies, like *mont lat kauk* (fried glutinous rice doughnut) and *mont si kyaw* (fried sweet pancake), have similarities to foreign snacks (but are obviously better!).

Where once these snacks were confined to street stalls and teashops, you can now find shops selling many of them in shopping malls and they can also be purchased at the deli counter in supermarkets.

Coconut and rice are the basic ingredients for many traditional snacks. They are easy to make and do not need special equipment or expensive ingredients.



Ngat pyaw paung



Kauk nyin paung

Mont oak kalay

One of my favourite snacks is *mont oak kalay*. It's also known as *mont lin mayar*, or "couple's snack", because it is cooked in two halves and then pieced together. If you've ever had the Japanese snack *takoyaki*, you'll know there's an uncanny resemblance both in terms of taste and appearance.

Mont oak kalay can be found easily on every corner. Vendors sell it from mobile carts; the *mont oak kalay* is freshly made in a moulded pan atop a stove built in to the cart. You can usually buy 10 pieces of normal *mont oak kalay* for K500, or six pieces of *mont oak kalay* with quail eggs for the same price.

Here is a yummy and authentic *mont oak kalay* recipe that is easy and cheap to cook.

Ingredients

- Sticky rice flour
- Egg
- Soda
- Salt
- Scallion
- Boiled sprouted yellow peas
- Peanut oil or sesame oil

Instructions

1. Mix the flour with soda, salt and egg.
2. Slice the scallion.
3. Pound the sesame and mix with salt.
4. Heat the pan and drizzle over a little peanut oil till it sizzles, then pour flour into each mould.
5. Before it is cooked, fill the moulds with chopped scallion and boiled sprouted yellow peas.
6. When it is cooked, remove each half of *mont oak kalay* carefully and place them on other cooked halves in the moulds.
7. Serve hot *mont oak kalay* with pounded sesame. Some customers order *mont oak kalay* with quail eggs - if you want this version, just put the quail eggs in before adding the scallion.



Oano thargu

Ohno thargu

Another favourite local snack is *ohno thargu* (coconut sago with sweet potato). If you want to eat a hot bowl of coconut sago, you have to make it at home. The snack is sweet and good for health, and it's quite easy to cook.

Ingredients

- Sago
- Sugar
- Coconut milk
- Boiled sweet potato
- Salt

Instructions

1. Wash and boil sago.
2. Put boiled sago in a bowl.
3. Boil coconut milk and then add sugar and salt.
4. Slice the boiled sweet potato.
5. Add sago into coconut milk and then add the slices of sweet potato.
6. Serve.

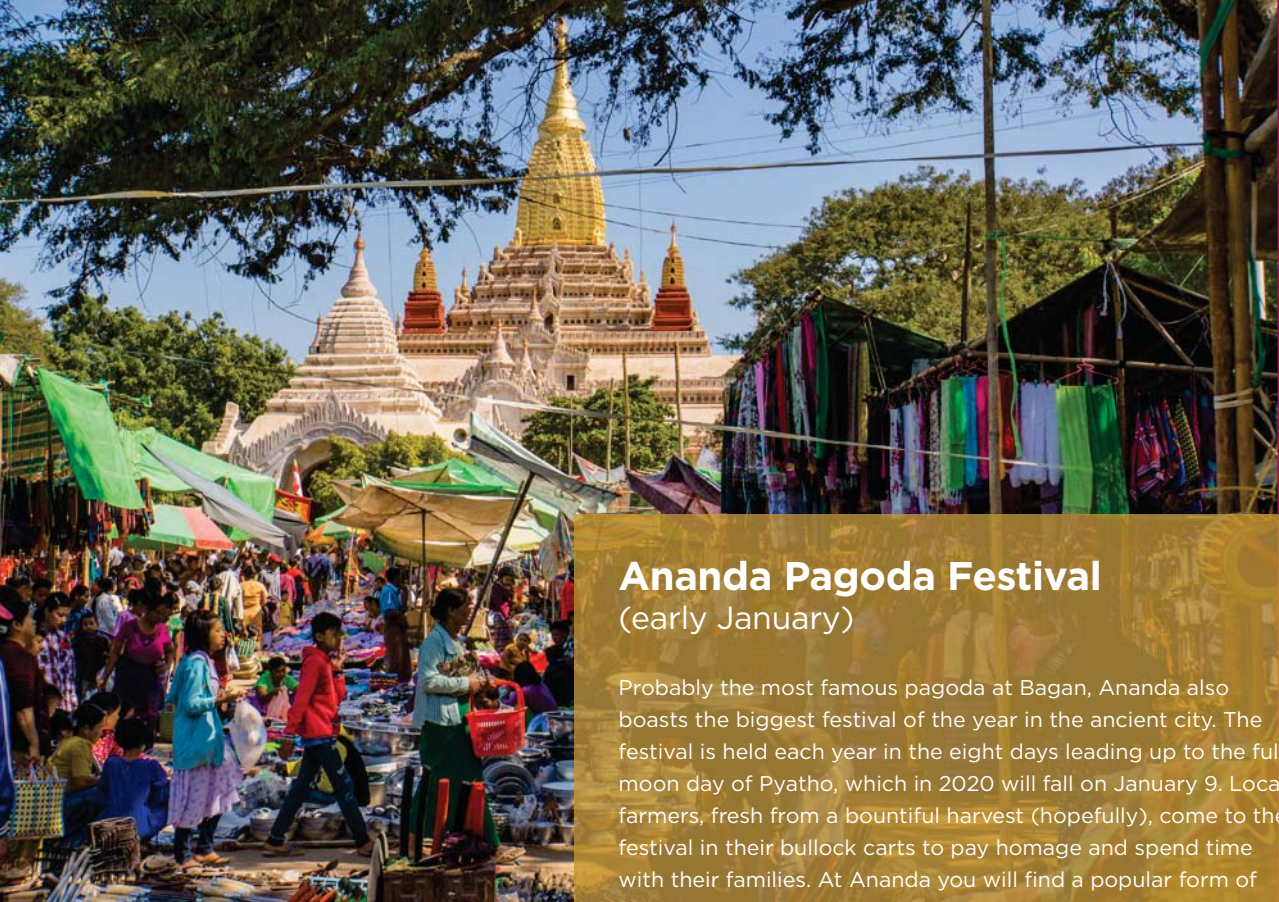
Festival Calendar

The final months of the Myanmar year – corresponding to January to April in the Western calendar – are action-packed with festivals the length and breadth of the country that highlight Myanmar's ethnic and cultural diversity, and commemorate important events in its modern history. The celebrations reach a crescendo in mid-April with the Thingyan water festival, which marks Myanmar's traditional New Year. These events – combined with the mostly cool and dry weather – make it the perfect time to get out and explore the country, or take part in festivities in your hometown.



Independence Day (January 4)

Marking the moment that Myanmar (then known as Burma) regained its sovereignty after decades of British colonial rule, Independence Day is celebrated with both reverence and sadness. The sadness derives from the fact that independence leaders' dreams for a peaceful, prosperous nation have not yet been realised due to a combination of ethnic conflict, dictatorship and economic stagnation. Reflecting Myanmar's political transition since 2011, the day has more recently been marked with a greater degree of hope and optimism. Once the pre-dawn ceremonies conclude, you can expect to see streets closed and marked out for a long day of games – everything from football and running races to climbing the greasy pole.



Ananda Pagoda Festival (early January)

Probably the most famous pagoda at Bagan, Ananda also boasts the biggest festival of the year in the ancient city. The festival is held each year in the eight days leading up to the full moon day of Pyatho, which in 2020 will fall on January 9. Local farmers, fresh from a bountiful harvest (hopefully), come to the festival in their bullock carts to pay homage and spend time with their families. At Ananda you will find a popular form of traditional entertainment known as *zat pwe* – a kind of all night live theatre performance that developed centuries ago but is rarely seen outside festivals. One unmissable event occurs on the morning of the full moon day, when hundreds of monks line up to receive alms from devotees.

Kachin Manaw Festival (early January)

The Kachin Manaw festival, or *manau pwe*, is a spectacular display of ethnic culture and solidarity. The annual festival, which takes place at several sites in Kachin State (as well as northeast India and southwest China) in the days leading up to Kachin State Day on January 10, draws hundreds of thousands from the seven tribes that make up the Kachin ethnic group (the largest of these, the Jinghpaw, are often referred to as the “Kachin”). Often erroneously described as a New Year festival, the Manaw is a more general celebration of success, victory and good



fortune. It sees members of the different Kachin groups perform distinctive dances wearing their traditional dress on what's known as the Manaw field – an open space with large, colourfully decorated poles in the middle. A Manaw usually lasts a few days and is not considered open until everyone has danced at least twice.



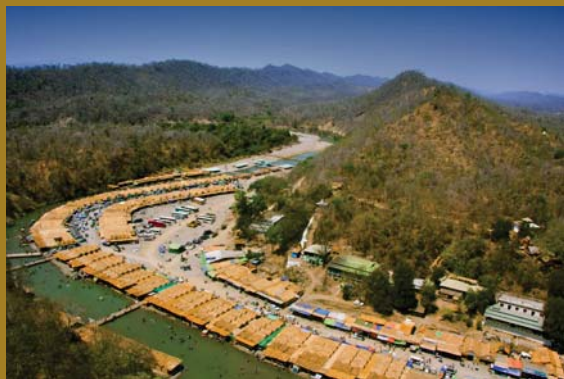
Naga New Year (January 12-18)

The Naga are one of Myanmar's most distinctive ethnic groups, inhabiting a remote area of Sagaing Region along the border with India. Naga is actually an umbrella term for about 300,000 people in Myanmar who come from many different tribes. The Naga New Year festival is often the only chance outsiders have to visit the more remote areas of Myanmar inhabited by the Naga and see their rich traditional culture. The festival normally rotates between the towns of Lahe, Leshi and Nanyun but in 2020 will take place across several sites, including Lahe and Khamti.



Union Day (February 12)

One of the most important political dates in the history of modern Myanmar, Union Day marks the signing of the Panglong Agreement in 1947 that paved the way for the country's independence the following year. The agreement between the leading Burmese politician of the era, Bogyoke Aung San, and some ethnic representatives guaranteed the ethnic states (or "Frontier Areas") full autonomy in internal administration, as well as financial support, and was essential for securing their support for an independent state. With enough ethnic support secured, the 1947 constitution was drafted and independence was achieved early the following year. Sadly, many of the promises that Panglong embodied were never realised for ethnic minority groups, prompting some to take up arms against the Myanmar military in an effort to achieve their political goals by force rather than negotiation. The "Panglong" name has taken on new significance in recent years. Perhaps hoping to recapture some of the optimism of 1947, Daw Aung San Suu Kyi has rebranded the Union Peace Conferences – twice-yearly meetings held as part of the peace process – as "21st Century Panglong".



Shwesettaw Pagoda Festival



Kekku Pagoda Festival

Tabaung full moon (March 8)

The full moon of Tabaung – which normally occurs in March, and in 2020 will fall on March 8 – is marked at pagodas across the country. You can start from the north at Indawgyi Lake in Kachin State, where tens of thousands gather in a sprawling tent city to pay homage at Shwe Myitzu Pagoda. The pagoda platform is out on the lake and reached by a walkway that is under water for most of the year. Further south, the spectacular Mt Zwegabin, about 10 kilometres from Hpa-an in Kayin State, is also the setting for a festival, during which many of the pilgrims complete the two-hour walk to the summit. Bawgyo Pagoda Festival, meanwhile, is the perfect way to experience the myriad cultures of northern Shan State, and is a great place to buy locally made souvenirs. In southern Shan State, the indigenous Pa-O, dressed in their traditional black outfits with coloured headdresses, gather for the Kekku Pagoda Festival near Taunggyi.



Shwedagon Pagoda



Shwe Myitzu Pagoda

Tabaung is also the peak time to visit Shwesettaw Pagoda Festival in remote Magway Region, where hundreds of thousands camp beside Mann Creek, and is the biggest festival of the year at Yangon's Shwedagon Pagoda, where a ceremony is held to celebrate the enshrining of a hair relic of the Buddha.



Thingyan water festival

April 13-17

If you're in Myanmar in mid-April, you'll be hard-pressed to avoid Thingyan – and nor should you want to. The New Year festival pretty much brings the country to a grinding halt for five days, ending with New Year's Day on April 17. As in other parts of Southeast Asia, it's celebrated by dousing everyone around you (within limits) with water – ostensibly to wash away the sins of the past year, but in modern times it's become a means of letting off steam and having some fun. In many areas of the country this means water guns and small buckets of water, but in Yangon, Mandalay and other cities the festivities include large stages known as *mandat* that feature water hoses, DJs and hundreds of (often drunken) revellers. In recent years the government has sought to rein in the excess somewhat and create safe, family-friendly spaces for more light-hearted fun. If you're looking to participate, head to downtown Yangon around City Hall.



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SHWE MANN TAUNG

A PIECE OF JADE SET IN THE CITY'S HEART



Reckoned as the best course in Mandalay, Shwe Mann Taung's golf course continues to be a drawcard amongst both locals and foreigners. With its striking beauty doubled with its compact design and layout, the course is definitely an eye catcher for those looking for a great time out on course. The bird's eye view from atop the infamous Mandalay Hill definitely showcases its overall beauty and justifies why it is a must play masterpiece.

To have a clearer indication of what the course has to offer, let's take a hole-by-hole look at this gem. To cap it, the golf course offers pristine conditions, risk-reward opportunities and a fun challenging experience.

Renovated twice in the past five years, the Shwe Mann Taung golf course will certainly cater to all types of golfers. Playing to an overall length of 6564 yards, the course 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 the intermediate golfer, it is a fair layout that might see some shooting low scores on a good day. For the advanced players, some might shoot their personal best while those who do not strategize well could be punished to look like beginners.

Besides the golf course, the resort will also have a spanking new hotel and two main restaurants to be opened soon. Besides the normal facilities hotels have to offer, this new property will be equipped with a poolside rooftop bar with fantastic views of the surrounding areas and the magnificent Mandalay Hill.



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SOUTH COURSE (HOLES 1-9)

This is the resort's front nine and was the first to be refurbished in 2014. Although the nine plays to only 3198 yards, the challenge the course offers will not necessarily see low scores. The Par 3 holes, possesses different challenges with one playing long to 213 yards off the gold tees while the second has its green surrounded with water. The Par 5's can be intimidating luring a player to attack the greens in two but then punishes errant shots causing disastrous scores. The Par 4's are an equal mix of both a tough & just layout. All in all, the course would expect players to think their shots through thoroughly and not necessarily pull out the 'Big Dog' on every hole.

Hole 1 - Par 4, Index 13, 366 Yards **A Short Dog Leg Left Hole**



A tee shot to the right side of the fairway will certainly avoid the fairway bunker and the lateral hazard on the left. A straight short iron approach to the green will be rewarded handsomely avoiding the right bunkers. This is a possible low scoring hole.

Hole 4 - Par 4, Index 11, 319 Yards **A Short Yet Tough Par 4**



With the out of bounds running along the boundary on the left and the lateral water hazard on the right, this hole demands a straight shot off the tee. The green is protected by bunkers on the front and back of the green. Known as a hole that kills, the green bends from left to right from the front.

Hole 7 - Par 3, Index 17, 168 Yards **The Scenic Par 3 Hole**



The second Par 3 on this nine requires a good tee shot over water. Although the green is relatively big, a pull shot could bring the left side bunker into play. Depending on where your ball is at the front of the green, the putt could either run from left to right or vice versa. A great hole to achieve the hole-in-one.

Hole 2 - Par 3, Index 15, 213 Yards **Longest Par 3**



This hole demands a straight shot of the tee. Going left will result the hazard and a greenside bunker coming into play. Going too long on the right, will result another greenside bunker coming into play. This green plays from left to right from the front of the green.

Hole 5 - Par 4, Index 9, 296 Yards **The Short Killer**



This is the shortest par 4 on the course that offers many obstacles. With water on the right and trees to the left, a straight tee shot will leave a short iron approach to the green. A great hole that can either reward or kill.

Hole 8 - Par 4, Index 5, 441 Yards **The Longest Par 4**



The distance alone could make play here difficult. The hole is a slight 'dogleg' left and a push off the tee could see the fairway bunkers on the right coming into play. The green is relatively flat but could bend either ways from the front of the green.

Hole 3 - Par 5, Index 1, 515 Yards **A Slight Dog Leg Right Par 5**



This 'dogleg' right Par 5 demands an excellent tee shot. The hole plays narrow and it is advisable to keep your ball more to the right avoiding the fairway bunkers. The best approach would be to lay up and attack the green with a short iron. This green breaks from left to right from the front of the green.

Hole 6 - Par 4, Index 7, 382 Yards **A Slight Dog Leg Right Hole**



Another relatively decent Par 4 that offers water on its left and just before the green. A big bunker also guards the front of the green. With its high banks, a perfect shot is required from the bunker to safely reach the green. The green bends from right to left from its front.

Hole 9 - Par 5, Index 3, 498 Yards **The Tricky Par 5**



This finishing Par 5 on the front nine is an epic. A pulled approach to the left could also see water coming into play with two massive ponds on the left hand side. The green is guarded by a deep bunker and has lots of undulation bending both ways. A great finishing hole indeed.

NORTH COURSE (HOLES 10-18)

This is the resort's back nine and was refurbished in 2017. The nine plays a little longer in length as compared to the front nine with some memorable golf holes. This nine offers splendid views of the serene and beautiful Mandalay Hill. The gorgeous 11th hole signs off as the Club's signature hole. Again the Par 4's are an equal mix of both a tough & just layout whilst the Par 5's can be intimidating in length. All in all, this course rewards those that play a tactical game instead of a robust approach to it. Low scoring is possible with the correct game plan.

Hole 10 - Par 4, Index 14, 332 Yards The Tricky Par 4



Although this hole plays short, obstacles such as numerous bunkers and a huge tree guards the fairway. Playing the tee shot slightly left could be the best option here. The approach is relatively easy and could reward golfers with a low scoring start to the nine. The green is quite even but might bend a little from right to left from its front.

Hole 13 - Par 5, Index 4, 521 Yards The Straight Down Par 5



This is a narrow par 5 with many obstacles in place. The safest approach would be to play it as a 3 shot Par 5 and settle for par. You might just pull off a lucky birdie on this hole. The green bends a little from right to left from the front of the green.

Hole 16 - Par 4, Index 10, 426 Yards The Straightforward Par 4



This is another narrow par 4 that requires an excellent tee shot. The best play here is to avoid the fairway bunker and play the approach slightly to the left of the green as the green flows from left to right from its front. The biggest challenge on this hole would be the tee shot.

Hole 11 - Par 3, Index 16, 144 Yards The Signature Par 3



The shortest hole on the golf course happens to be the Club's signature hole. A pushed shot to the right, could see the right greenside bunker coming into play. The green can be tricky and breaks either way from its front depending where the ball lays. A stunning hole to play.

Hole 14 - Par 4, Index 8, 406 Yards The Short Uphill Par 4



A challenging par 4 that is relatively narrow with a heavy undulated green. A mid iron shot is required to approach the green. With a small surface at its front, there isn't much space to play a low pitch and run shot. The green mostly runs from right to left from the front of the green.

Hole 17 - Par 4, Index 6, 422 Yards The Long Uphill Par 4



Being another lengthy par 4, this hole runs uphill with many obstacles from the start. The green is also very demanding and breaks mainly from right to left from the front depending on the ball's position.

Hole 12 - Par 4, Index 12, 403 Yards The Sandy Par 4



This 'dogleg' left Par 4 demands an excellent tee shot. The hole plays narrow and it is advisable to keep your ball more to the right avoiding the glut of fairway bunkers. The approach to the green also requires you to avoid the bunker on the left whilst pushing it right could see the ball stray off to the next hole.

Hole 15 - Par 3, Index 18, 158 Yards The Deceiving Par 3



Although this hole ranks as the easiest on the course being a short par 3 hole, it may not be the case with the winds of change. The green is guarded by a lengthy bunker that runs along the front on the left hand side. A par here might just be a winning score.

Hole 18 - Par 5, Index 2, 554 Yards The Longest Par 5



Ranked as the second toughest hole on the course, this hole plays as the longest Par 5. A long approach is required and playing it to the wrong place on the green could see a very lengthy putt required. A par on this hole is most certainly a superb achievement.



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
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
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Bagan Viewing Tower (Nan Myint Tower)

Nan Myint Tower also known as the Bagan Viewing Tower is located very close the airport. The magical inspiration of Bagan is all about its ancient civilization.

Opened in April 2005, Nan Myint Tower is the ideal viewpoint for visitors to Bagan, one can enjoy a unique panoramic view of the ancient kingdoms, it is a vision of rare exotic beauty, a vision of a legendary past, a vision of a great king.

Romance Cafe is at the ground floor where traditional Myanmar cuisine is served. Visitors can shop the handicrafts and souviner located at the first floor and there are cinema room, meeting rooms on the second floor. Towering at a height of 60 metres, 3rd floor accommodates outdoor eyes level viewing area with the cocktail view. Level 9 and level 10 serves as the Golden View Restaurant. The Lebel 11 is indoor viewing room and Level 12 is breathing outdoor 360 degree viewing level where visitors can enjoy the magnificent sunrise and sunset views. There is also an unplugged band playing to enjoy.

Once you have been greeted by our staff, the concerns of the real world will be far away, sit back, relax and let the sights take you many centuries back.



Dandaree

The unmissable show in Bagan, Myanmar

Once in a lifetime experience to see Myanmar's legacy in all of its glory; uncover the traditions, arts, and culture that have been passed down from generation to generation for over 1,000 years. Unmatched production techniques with Myanmar's best dancers, musicians and actors come together to tell the story of this land's proud history. Dandaree brings Myanmar's rich history to life. Taking place at the magnificent Bagan Golden Palace, the stunning backdrop helps set the scene for the show. The show is produced by world class producer with experience running stage shows around the world.



Myanmar Bagan Golden Palace

A must visit palace in Bagan

This palace is one of the most awe-inspiring locations in all of Myanmar. It is one of the most magnificent palaces in world yet also retains a sense of mystery and intrigue. It was only reopened to public in 2008. The restoration and reconstruction of the Bagan Golden Palace was done in way to maintain the buildings heritage and architecture. Bagan Golden Palace of Myanmar's first ancient empire King Anawratha is among the four ancient palaces rebuilt after 1988, based on its original architectural style and is claimed as the most glorious one.

In a bid to preserve cultural heritage for posterity and attract tourists, the Myanmar Ministry of Culture started the reconstruction of the Thiri Zeya Bumi Bagan golden palace a few years ago. In conjunction with the palace project in the Bagan archaeological region, tourism infrastructures such as a 13-story Nanmyint viewing tower of 60 meters high and 16 meters wide and attached with a hotel, was also rebuilt and opened in April 2005.

ဧည့်ဝတ်ပျူငြာ တို့ မြန်မာ



မြန်မာ့လက်ဖက်ရည်ရသာစစ်

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Laguna Lodge Ngapali - Zero Gravity

Thomas Spaeth for Olli's

angelatmyanmar@gmail.com

... **Oliver's Laguna ECO Lodge Ngapali - ZERO Gravity**, here is the first and the real Laguna ECO Lodge Ngapali, the most natural and environmental Original Ngapali Beach front place today. A more "Sweet Rakhine Garden" next to the crystal clear water ocean,- YOUR HOME at Ngapali Beach Front.

Arrive at Oliver's Laguna Lodge Ngapali and feel light and free - ZERO Gravity like. See community produced products transferred into beautiful souvenirs as sustainable way to keep Rakhine crafts tradition alive. Tourism ensures here good skilled jobs and income specially for the elder & not so well educated people,- getting a share of income from Tourism to Ngapali Rakhine while century old skills as in bamboo weaving are kept alive.

Oliver's Laguna Lodge honey bee hays, much biological gardening for Lilli's Angel Bar & Kitchen. Reduced the plastic consumption to near ZERO. Change Food waste into healthy - nutrition rich soil through closed chamber fermentation called " BOKASHI ". Create healthy soil for more healthy food products,- ZERO CO₂ as from usual waste land pits. No mouse, rats, pest through closed waste system. all info at: www.bokashimyanmar.com

Tourism CO₂ Reality Trade @ Laguna Lodge Mangrove Plantation Ngapali

OTOT = 1 Tourist - 1 TreeAll Ngapali Guests, Tourists CO₂ REAL TRADE,-

their travel CO₂ against Mangrove Planting with Oliver's Laguna Lodge ECO Hotel in Ngapali s Rivers. Check Mrs Pan Su, Mrs Charlotte at Lillis Angel Beach Front Bar & Laguna ECO Lodge. 1 \$ US for 1 Mangrove Tree / 10 Trees get 1 CO₂ Certificate : 043 42 312 angelatmyanmar@gmail.com. You can also transfer funds for mangrove Planting.

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Oliver's - Original Laguna ECO Lodge

Email: esser@aol.com

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The Lilli's Bar

The happening place at Ngapali Beach

Lilli's Angel Beach Bar Ngapali @ Oliver's Laguna ECO Lodge

Where the Sun sets & Hearts fly,- there is Sweet Rakhine
daily open from 6:00 am to 21:00 pm

Sweet Rakhine Traditional Cuisine; Thai Currie's, Pasta, Beetroot Humus, Aioli, Olive Tapenade - German Sourdough Bread, Rakhine best Seafood, Egg,- Potato or Pumpkin Curries - fresh lemon grass, Fisherman's Soup, Granny's Apple Cake, Chocolate Mousse. Or try Oliver's Rakhine Spaghetti with Nga Chauk, Coriander, Garlic & Chili.

... " The best, most beautiful Beach Front place in Ngapali ...", all guests say. We think it is among the best & most beautiful Ngapali Beach places. Lilli's Angel Bar, named after my mother a best chef herself taught me cooking, best taste over 18 years childhood, always wanted to

have an own restaurant,- early she departed to the Angels.... At Laguna ECO Lodge therefore is her Lilli's Angel Bar today. Promoting next to fine cuisine, snacks and best drinks, with Dagon Single Malt, the only at German Brewing tradition of 1516 crafted draft beer at Ngapali ice cold, smooth, refreshing at 1 \$ US a glass only. Myanmar's only " Rum Way to Heaven ", Lillis Bar full body, rich Rum based Cocktails, High Voltage @ Low Cost. Happy Hour from 20:00 to 21:00 pm / 11 Dagon Light Beer for 10 \$ US. (tin)



**Rum Way 2 Heaven
Lilli s Bar Ngapali**

Ngapali Beach Opening & International World Chefs Day 2019 Global Goals, ZERO Plastic, Healthy Food



" ... Thanks to Ngapali Municipal - Daw Khin Khin Zaw`s great efforts ..."

Plastic-free zone Ngapali Beach today possible,- Responsible Government

Inspired by the "No Straw" initiative of Thant Myanmar , Oliver and his staff serving drinks with homemade bamboo straws for the past year at Laguna Eco Lodge. "We continuously plant bamboo in our garden at Laguna, and soon we will be ready to export bamboo straws to the world directly from Ngapali. We use the time during the green season everyone enjoy making bamboo straws which save Rakhine`s Nature." Oliver has also found a way to eliminate plastic in menu cards. "The outermost layer on big bamboo trees peels off at the end of every rainy season. The peel is shaped like a heart, so we write our menus on them. A staff also created from betel nut tree leaves menu cards & guest letters "

ဤလေဆိပ်ရှိစားသောက်ဆိုင်များတွင် တောရိုင်းတိရစ္ဆာန်
အသားဟင်းလျာများမရောင်းပါ။

We don't sell any wildlife meats at any restaurant in this
Ngapali Airport & not in any restaurant in this Ngapali Beach

ENVIRONMENT PROJECT OF MYANMAR CHEFS ASSOCIATION
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TERMS AND CONDITIONS

Artwork format : Please provide own artwork in Photoshop, Illustrator eps, High Resolution pdf

Resolution : Minimum 300dpi



Mann Yadanarpon Airlines

HOROSCOPE

By San-Zarnibo

January - June 2020



ARIES

March 21-April 19

Expect a succession of wonderful changes. Now is a good time to swap or change a house, land, car or apartment with family members. You will regain lost possessions or overdue loans will be repaid, but may lose some more belongings. Investments will be beneficial and there will be good fortune concerning far-off lands. This time will be a chance to regain lost contacts. Good news will arrive and travel arrangements will be successful. However, you will need to take care of a mother, grandmother or aunt who is in poor health. Matters will go well only after emotional disturbances. While your expenses will be high, your income will also be great.



TAURUS

April 20-May 20

This period will be a good one for realising your ideas and plans. If you want new success you should put these ideas and plans into practice. Your efficiency will be great and you will also get some help from good friends. It will be a time of good income due to your ability and good fortune. Financial matters will yield a profit, and loans and possessions you thought were lost will be regained. Foreigners will bring you advantages. All of your family members will enjoy good fortune in money matters and business affairs too, but a sibling will cause emotional disturbances.



GEMINI

May 21-June 20

Co-operative works will bring benefits during this period. Your aims can be realised and good fortune will come to your family. In spite of your better income, expenditure will be high. This will be a period of expansion in your work and new ideas can be developed. Young people will be attracted to the opposite sex. Married males will be so attracted to other females that their wives will feel the sharp stab of jealousy. Self-control will be indispensable.



CANCER

June 21-July 22

This will be a period of positive change and progress. You should be self-contained and make decisions by yourself, as right-hand men will not be reliable at this time and should not be kept. Personal belongings may be lost and elderly members of the family will suffer from ill health. Acts of goodwill will be misunderstood so you should avoid unnecessary goodwill. You will suffer occasional emotional disturbance due to other people interfering in your personal affairs. Travel can be undertaken with success and foreigners will bring good-fortune. Lottery tickets with number 0, 4, 3 and 7 are more likely to win.



LEO

July 23-August 22

This should be a period of progress in every field and is a time to realise your aims and desires. There will be improvements in financial and business matters, and good fortune will bring new opportunities. Rivals will be defeated. Students and businesspeople will see particularly fruitful results from their efforts. Improvements in life will come unexpectedly. Avoid working avariciously.



VIRGO

August 23-September 22

This is a time for caution: you could experience either extreme good or bad. Either way, there are likely to be stress-related problems. It will be necessary to give your undivided attention to every matter – don't make any false moves. Business transactions and money matters should not be done in haste; carry them out as the circumstances dictate. Work that should be done today must not be put off to tomorrow, as opportunities could be lost. Rapid thinking, systematic decision-making and rational analysis should be undertaken for every matter.



LIBRA

September 23-October 22

This will be a period of distinct improvement in all fields. There will be great changes and you will encounter new experiences. You will have to face discussions regarding accommodation. Within your family, it's likely someone will have to move out of, renovate or extend their house. This will be a good period for making contact with foreign countries. You will have to handle a matter that you've never faced in your life. Expected or unexpected good changes in both work and in life will occur.



SCORPIO

October 23-November 21

This will be a time to recommence something that had stagnated. Your opinions and ideas will differ greatly from those around you, and occasional disagreements will occur. You may find yourself disagreeing even with those with whom you have agreed with in the past. You'll be caught between people with conservative ideas and those with novel opinions, and you'll face difficulties due to your desire to mélange the two. You will enjoy great achievements in matters that others considered infeasible. In spite of emotional disturbances, you will need to show patience in every deed.



Mann Yadanarpon Airlines

HOROSCOPE

January - June 2020

By San-Zarnibo



SAGITTARIUS

November 22-December 21

Your efficiency is at its peak and it brings the potential for brilliant success in every matter. A formerly stagnant inner power is also picking up steam. Rivals looking down on you will have to repent. Relying on your intelligence and ideas, you'll be able to face challenges with courage. This period will bring luck in money matters. Important changes and improvements in life are foreseen. Young people will be attracted to the opposite sex. An unemployed family member will be employed, and an employed one will receive a promotion.



CAPRICORN

December 22-January 19

This is a time to make a name for yourself – others may come to recognise you as a person of renown. Your work efficiency will be excellent and you will enjoy success in every field. While you are enjoying these successes, you should continue to strive for new horizons and make changes. You will enjoy luck in educational matters, and this will be a good period to expand your work. However, time and emotion will be consumed for both yourself and others. Your parents or elderly relatives will face ill health. Much as dealings with the outside world will be smooth, there will be mishaps at home. Your expenses will be great.



AQUARIUS

January 20-February 18

There will be emotional disturbances from every direction during this period. Your family will face temporary misfortune and you'll endure attacks in your social dealings. Befriending undesired people will result in plans and deeds going astray. There will be mistakes in buying and selling. Be sure to take care while driving, as you may face a traffic rule violation otherwise. If you rely on another's promise or advice you will not see any benefits. Important matters related to documents or money should be handled with care.



PISCES

February 19-March 20

Good times lie ahead in nearly every respect. A long period of emotional disturbance will come to an end. Joint ventures will be beneficial. Money issues can be discussed successfully. Matters that others are unwilling to do can be carried out successfully. Rivals and difficulties will be overcome, you will enjoy profits from previous investments and you will enjoy achievements due to your industry. You will even be lucky in love. However, be sure to take care of your health, as a former disease could recur due to carelessness. You will potentially face trouble of the stomach and the teeth. An unexpected journey will ensure matters run smooth.





Mann Yadanarpon Airlines

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. Chinese 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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LASHIO

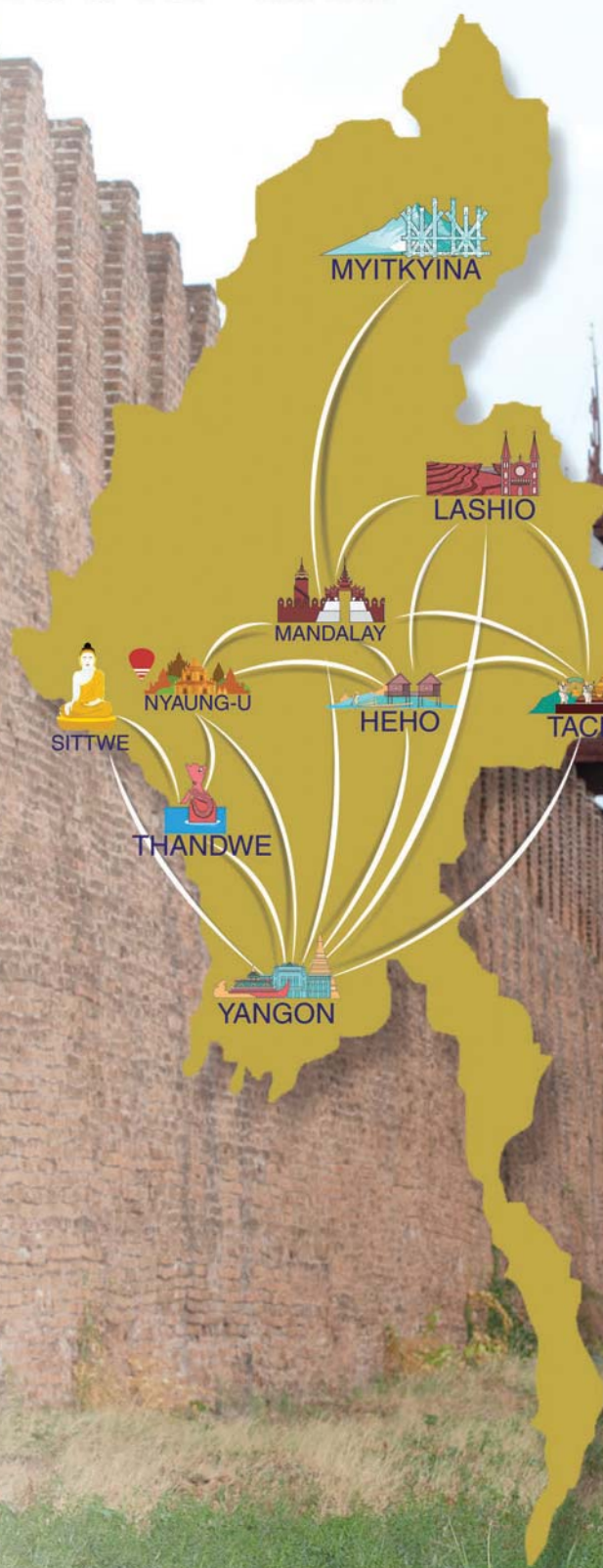
Another attraction within Shan State, Lashio is the largest town in northern Shan State and a key stop on the road that links Myanmar with China. For visitors Lashio offers motorcycle treks and hiking tours into the nearby mountains.



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 *samosas* 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.





Mann Yadanarpon Airlines

Flight Schedule

WINTER FLIGHT SCHEDULE (1ST JANUARY 2020 TO 30TH APRIL 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 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 | - |



Mann Yadanarpon Airlines

Flight Schedule

WINTER FLIGHT SCHEDULE (1ST JANUARY 2020 TO 30TH APRIL 2020)

| 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 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 | - |

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

| FROM SITTWE (AKY) | | | | |
|-------------------|------|------|-------|-----|
| TO YANGON (RGN) | | | | |
| FLT.NO | ETD | ETA | DAYS | VIA |
| 7Y-418 | 1355 | 1455 | DAILY | - |

| 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



Corrosives
တိုက်စားယိုယွင်းပျက်စီးစေသော အရာ

Explosives
ပေါက်ကွဲစေတတ်သော လက်နက်၊ ခဲ၊ ရမ်း၊ မီးကျောက်များ

Compress gases
ဖိအားဖြင့် ဖြည့်ထားသော ဓာတ်ငွေ့များ

Flammable liquids
မီးလောင်လွယ်သော အရည်များ

Flammable solids
မီးလောင်လွယ်သော အပိုင်အခဲများ

Radioactive materials
ရေဒီယိုဓာတ်ကြွကုန်ပစ္စည်းများ

Toxic substances
အဆိပ်ပါသော ကုန်ပစ္စည်းများ

Infectious substances
ကူးစက်ရောဂါပိုးမွှားများပါသော ကုန်ပစ္စည်းများ

Magnetised materials
သံလိုက်ဓာတ်ပါသော ကုန်ပစ္စည်းများ

Miscellaneous including asbestos, dry ice, engines
လေယာဉ်နှင့်စနိုးသည့်တို့အား အန္တရာယ်ဖြစ်စေနိုင်သော အခြား ပစ္စည်းများ

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

လေယာဉ်ဖြင့် သယ်ယူတင်ဆောင်ခွင့်မရှိသောပစ္စည်းများ

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မရှိသော ပစ္စည်းများ

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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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Airport: (+95-61) 2461235

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Mobile : (+95-9) 250 343 870
Fax: (+95-84) 53538

■ Sittwe

No (122), OoOakama 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

■ TaungGyi

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

■ Myitkyina

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

■ 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

■ Heho

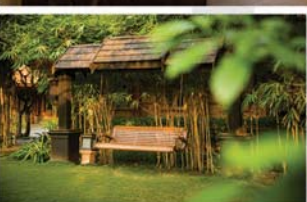
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- OPD & IPD Departments
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