

Yadanarpon

Mann Yadanarpon Airlines Inflight Magazine

Issue 3, October 2015

Caves, karsts and macaques:
The natural wonders of **KAYIN STATE**

Shining a light on **KYAIKHTIYO**

Finding the way through
the **ANCIENT CAPITALS** of Myanmar

Rolling down the **RIVER**





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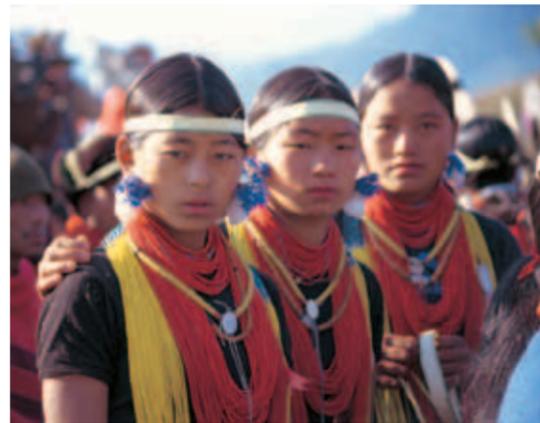




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Myanmar
TOP1



Ignite ∞ Creativity

HUAWEI P8

- **See more in the dark**
Superb low light performance with 13MP rear camera with OIS, RGBW sensor and ISP
- **Paint with light**
Light painting made easy with instant preview
- **Designed to inspire**
Sleek and bold metallic body with 5.2" FHD screen



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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.

Mann Yadanarpon Airlines is the first airline in Myanmar to base its operations at Mandalay International Airport. Mandalay is the second largest city and the cultural centre of Myanmar.

By basing our operations at Mandalay International Airport, we aim to provide convenient domestic flight connections to international travellers arriving at and departing from Mandalay on direct international flights.

Our Network

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

We will expand our network to more domestic destinations after acquiring additional aircraft. When we commence regional operations, we plan to operate initially to Chiang Mai in Thailand.

Our Fleet

Our current fleet consists of two new ATR 72-600 aircraft which were delivered on 31 January and 1 April 2014 respectively. We plan to acquire additional ATR 72-600 aircraft in the near future in order to expand our network. An Airbus A-320 aircraft will be leased for our future planned regional operations.

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 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 conducted by the Myanmar Aviation Training and Services (MATS) at the Department of Civil Aviation Training Institute in Yangon.

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. Currently, maintenance of our aircraft is contracted to Myanma Airways, a state-owned corporation, which has an Approved Maintenance Organization Certificate issued by the Department of Civil Aviation, Myanmar. We will commence to carry out airline fleet maintenance with our own approved maintenance organization towards the end of 2014.





Than Oo
Chairman



Nang Pia Yee
Vice Chairman (1)



Kyaw Tun
Vice Chairman (2)



Dr. Lin Myat Tun
Managing Director



Dr. Win Ko Ko
General Manager



Kyaw Myo
Chief Executive Officer



Ohn Myint
Chief Operating Officer



Message from our Chairman

Mingalabar!

Since our airline commenced scheduled domestic operations on 27 February 2014, we have seen a steady increase in our share of the domestic air passenger traffic and wish to thank all our customers, travel agents and tour operators for their support to our airline.

We are continuously endeavouring to fully live up to our motto "Enjoy Royal Service!" and fulfill our mission that we are dedicated to providing quality service that exceeds expectations. We firmly believe that providing quality service while being committed to the highest levels of safety will ensure the retention and expansion of our customer base.

We highly value our customers and have instilled in all our employees the same values. As we believe that our employees are the best assets we have to achieve our goals, we always respect their wishes and desires while expecting their top performance. We run our company in a family spirit and top management is always ready to listen to each and every employee whenever they have something to say, whether it concerns work or their personal lives.

We take our corporate social responsibility seriously and plan to share the fruits of our endeavours with the community by supporting public health care and donating to the needy. Mann Yadanarpon Airlines will always look to the interests and convenience of the travelling public while working in cooperation with our partners in the travel industry and seeking to fulfill the national requirements of smooth and secure air transportation.

Please enjoy your flight on Mann Yadanarpon Airlines!

Than Oo
Chairman



Message from our Managing Director

Welcome aboard Mann Yadanarpon Airlines!

We have started operating domestic routes towards the end of February 2014 with a brand new ATR 72-600 aircraft and added another new ATR 72-600 to our fleet in April 2014. Both aircraft are owned by Mann Yadanarpon and we plan to acquire another aircraft of the same type in 2015.

We acquired the latest generation ATR aircraft in order to provide our passengers with more safety and comfort while keeping operation costs down to a level which enables us to structure our airfares more competitively. The ATR turbo-prop aircraft's reliability is long proven in the Myanmar domestic market and has earned the confidence of air travellers.

However new and reliable aircraft are, their safe operation depends upon their flight crew and maintenance crew. All our pilots and engineers have years of experience in their respective fields and qualified on the ATR 72-600 aircraft type by both ATR, the aircraft manufacturer, and Myanmar's Department of Civil Aviation. They are all dedicated personnel and safety is their paramount consideration in their work.

Our cabin crew also plays a no-less important role for they are responsible for the safety and well-being of our passengers. All our cabin crews are well trained by certified instructors in safety emergency procedures, first aid and passenger service. They are the front line contact with our passengers and our airline's image depends a lot on them.

We are continually striving to improve all our staff's capability and expertise in order to offer our customers with the best experience both on ground and in the air and therefore we would highly appreciate your comments on all aspects of our service on the forms provided by our cabin crew.

We look forward to welcoming you on board Mann Yadanarpon Airlines again!

*Dr. Lin Myat Tun
Managing Director*



Message from our CEO

Mingalabar!

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Please enjoy your flight on Mann Yadanarpon Airlines!

*Than Oo
Chairman*

Mann Yadanarpon Airlines Emergency Evacuation Drills Training

Mann Yadanarpon Airlines evacuation and wet drills are conducted at TG training center, Bangkok.

Evacuation is emergency situations which crew members must effectively manage using their knowledge of procedures and the resources available to the skills are developed through practice.

Our Emergency Evacuation Training provides Pilots and Cabin Crew with the necessary practical training to prepare for and manage emergency situations to deal promptly involving fire and smoke.



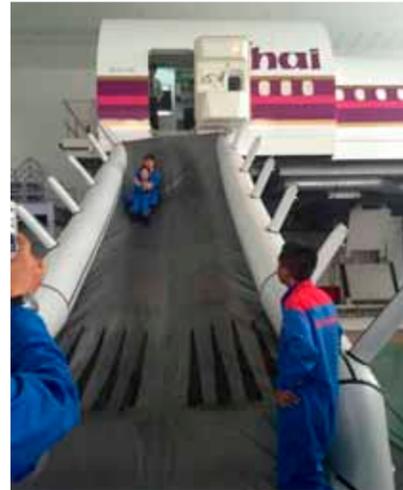
Cockpit Crew and Cabin Crew Member' Practical drills Training at TG Training Center (Bangkok)



TG Instructor with Mann Yadanarpon Trainee (Cockpit Crew and Cabin Crew Member) doing classroom lecture for hand-on section of Emergency



Fire Fighting Practical drill Training



Slide Evacuation drill training with disable passenger



Water survival Training



Slide raft's Practical drill Training for water survival



Pilot Incapacitation Practical drill training



The Best of Inle Hospitality

Sky Lake Inle Resort

A paradise of golden sunsets and perfect moments, Sky Lake Inle Resort welcomes you to experience the Best of Inle Hospitality. A royal experience awaits, where the welcome is always warm and the guest's well-being is of our utmost importance.

Location

Located right in the heart of Inle lake, surrounded by a magnificent backdrop of mountain ranges and the lake. (45) minutes drive from Heho Airport to the jetty, followed by a boat ride of 5-10 minutes while enjoying the pleasant scenery to get to the resort.



Rooms

45 bungalows built on stilts in water. Features a traditional Inle décor with handcrafted comfortable furnishings and a private balcony.



Restaurant

As the sun begins to set in glorious colours, enjoy the sunset on the horizon as you dine at our restaurant. With the best of local and international cuisine as prepared by our master chefs, we have something for everyone.

Activities & Services

- 24-hour Room Service
- Laundry Service
- Culture Show
- Souvenir Shop
- Traditional Fishing Demonstration
- Traditional Boat Racing Performances
- Offering of Breakfast to Monks
- Post & Mailing Service
- Email & Internet Service
- Bike Rental Service
- Car & Boat Rental Service
- Trekking Service
- Canoe Service
- Ticketing Service
- Telephone Service (Local Only)

Yangon Office

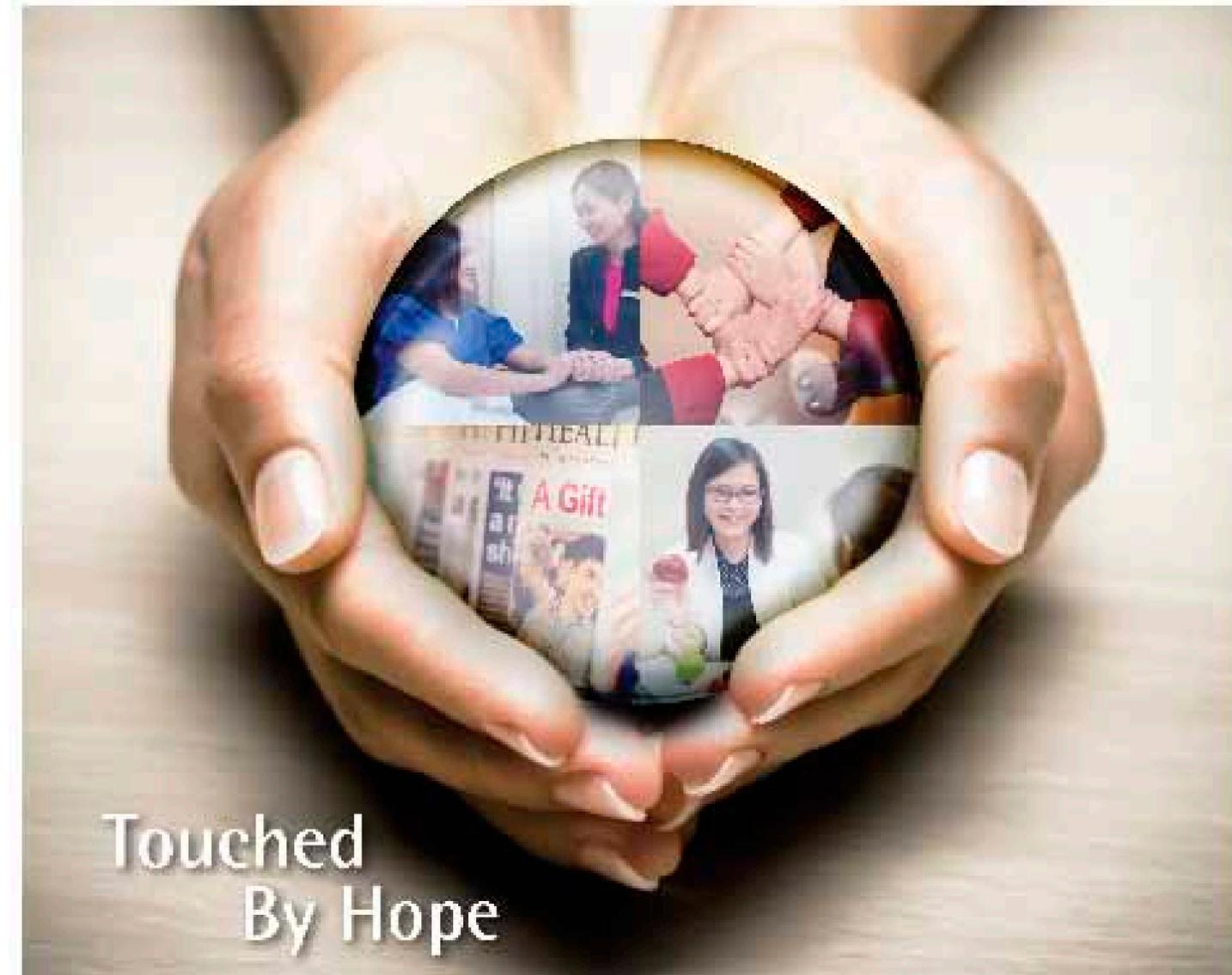
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Tel: (95+ 9) 5214071, (95+ 81) 209128

email: reservation@skylakeinleresort.com | www.skylakeinleresort.com

Mann Yadanarpon Airlines Emergency Evacuation Drills Training



Touched By Hope

We believe that our patients need much more than medical care of their hearing device. Their emotional well-being and how they feel about their device just as much as their hearing. Cancer affects the body and a person's life in different ways for different people. This is where Can HOPE, a not-for-profit cancer counselling and support service by Aisling Cancer Centre, makes a difference.

We are here to help our patients and their loved ones with counselling, nutrition, rehabilitation, education, case management and support groups. We team up to comfort and encourage so that their hearing devices are touched by hope.

- Our Services**
- Counselling
 - Education
 - Rehabilitation
 - Patient and Caregiver Education
 - Case Coordination
 - Support Group Activities

canHOPE
Aisling Cancer Centre
1000 North Bridge Road, #02-01
Singapore 07000

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English: 6543 4343

1000 NORTH BRIDGE ROAD

Royal Club Membership Program



မန်းရတနာပုံလေကြောင်းလိုင်းနှင့် အစဉ်အမြဲ ပျံသန်းလိုက်ပါသော လူကြီးမင်းများအားလုံးကို ကိုယ်စိတ်နှစ်ဖြာ ကျန်းမာချမ်းသာပါစေကြောင်း မန်းရတနာပုံလေကြောင်းလိုင်းမှ ဆုတောင်း နှုတ်ခွန်းဆက်သအပ်ပါသည်။

ဤ Royal Club အစီအစဉ်သည် မန်းရတနာပုံလေကြောင်းလိုင်းနှင့် အစဉ်အမြဲ ပျံသန်း လိုက်ပါသော လူကြီးမင်းများ အားလုံးကို ကျေးဇူးတုံ့ပြန်သောအားဖြင့် ခရီးစဉ်(၁၀)ကြိမ်စီးနင်းလျှင် အခမဲ့(၁)ကြိမ်စီးနင်းခွင့်ရရှိမည့် အစီအစဉ်ဖြစ်ပါသည်။

Who can Apply?

မှတ်ပုံတင်ကိုင်ဆောင်ထားသော မြန်မာနိုင်ငံသားတိုင်းလျှောက်ထားနိုင်ပါသည်။

To be a Royal Club Member

Royal Club အဖွဲ့ဝင်ဖြစ်ရန်အတွက် အလွန်လွယ်ကူပါသည်။

လူကြီးမင်းတို့သည် မန်းရတနာပုံလေကြောင်းလိုင်း ရုံးချုပ်နှင့် ရုံးခွဲများ၊ Check in Counter နေရာများတွင် အဖွဲ့ဝင် ပုံစံ (Royal Club Membership Form) အား အလွယ်တကူ ရယူ၍ ပုံစံပါ အချက်အလက်များအား ပြည့်စုံစွာ ဖြည့်စွက်ပေးပြီး Record Card ကို ရယူရမည် ဖြစ်ပါသည်။ လူကြီးမင်းသည် မန်းရတနာပုံ လေကြောင်းလိုင်းနှင့် စီးနင်းသည့် အချိန်တိုင်း Check in Counter တွင် Record Card ပြု၍ ကဒ်ပါ အကွက်များတွင် တံဆိပ်တုံး ထုသွားရမည် ဖြစ်ပါသည်။

ခရီးစဉ်တစ်ကြောင်းအတွက် အကွက်တစ်ကွက်တွင် တံဆိပ်တုံးတစ်ခု ထု ပေးမည် ဖြစ်ပါသည်။ Record Card တွင် သက်တမ်းမရှိပါ။ Record Card ပြည့်သွားလျှင် အသစ်တစ်ခုရရှိမည် ဖြစ်ပါသည်။ (၁၀) ကွက် ပြည့်အောင် ပျံသန်းတိုင်း မိမိကြိုက်နှစ်သက်ရာခရီးစဉ်တစ်ကြောင်းအတွက် မေတ္တာလက်ဆောင် အနေဖြင့် လေယာဉ်လက်မှတ်တစ်စောင်ရရှိမည်ဖြစ်ပြီး လေဆိပ်အခွန်အတွက် သာ ပေးဆောင်ရမည် ဖြစ်ပါသည်။

Royal Club Member များအတွက်

Member Card ၏ သက်တမ်းသည် ထုတ်ပေးသည့် နေ့မှစ၍ (၁) နှစ် ဖြစ်ပြီး နှစ်စဉ် သက်တမ်း တိုးမြှင့်ပေးသွားမည် ဖြစ်ပါသည်။ Member ဝင်များသည် လက်မှတ် အရောင်းဌာနများ သို့မဟုတ် လက်မှတ် အရောင်းအေးဂျင့်များသို့ Booking တင်သည့်အခါ Member Card နံပါတ်ကို အသိပေးရပါမည်။ Royal Club Member ဝင်များသည် Member ဝင်များ၏ အကျိုးခံစားခွင့်ရရှိနိုင်ရန် Record Card နှင့်အတူ Member Card အား Check in Counter တွင် ပြသရပါမည်။

Silver Card

Silver Card ကို Royal Club Member Form လျှောက်ထားပြီး (၄) ပတ်ခန့်အကြာတွင် ရရှိမည် ဖြစ်ပါသည်။

☛ Silver Card ကိုင်ဆောင်ထားသူသည် Baggage Allowance ကို ပုံမှန် 20kg အပြင် အပို 10kg စုစုပေါင်း 30kg သယ်ဆောင်ခွင့် ရရှိပါမည်။

Gold Card

Silver Card ကိုင်ဆောင် ထားသူသည် (၁)နှစ်အတွင်း မန်းရတနာပုံလေကြောင်းခရီးစဉ် အကြိမ်(၂၀) စီးနင်းပါက Gold Card သို့ တိုးမြှင့်ပေးမည် ဖြစ်ပါသည်။

Gold Card ကိုင်ဆောင်ထားသူသည် -

☛ Baggage Allowance ကို ပုံမှန် 20 kg အပြင် အပို 20 kg စုစုပေါင်း 40 kg သယ်ဆောင်ခွင့် ရရှိပါမည်။

☛ Waiting list (HL) သို့မဟုတ် go show ခရီးသည် ဖြစ်ပါက ခုံနေရာ ရရှိရန် ဦးစားပေးပါမည်။

☛ ရန်ကုန် - မန္တလေး - ဟံဟိုး - ညောင်ဦး - တာချီလိတ် လေဆိပ်များရှိ လေဆိပ်အဆောက်အအုံ ဆင်ဝင်သို့ ရောက်ရှိချိန် တွင် မန်းရတနာပုံ လေကြောင်းလိုင်း၏ Royal Club ဝန်ထမ်း များမှ ခရီးဦးကြိုဆိုသည့် ဝန်ဆောင်မှု ရယူနိုင်ပါမည်။

☛ Priority check-in ဝန်ဆောင်မှု ရရှိပါမည်။

☛ ခရီးစဉ် ပျံသန်းချိန်အပေါ်မူတည်၍ လေယာဉ်ပေါ်တွင် special meals ရရှိပါမည်။

☛ ရန်ကုန် - မန္တလေး - ညောင်ဦး - တာချီလိတ် လေဆိပ်များရှိ သတ်မှတ်ထားသည့် lounge, restaurant, cafe များ၌ အစားအသောက်များ သုံးဆောင်နိုင်ရန် gift coupon ကို check-in ပြုလုပ်ချိန်တွင် ရရှိမည် ဖြစ်ပါသည်။

Gold Card ကိုင်ဆောင်ထားသူသည် နှစ်စဉ် မန်းရတနာပုံ လေကြောင်း ခရီးစဉ် အကြိမ် (၂၀) စီးနင်းပါက Gold Card သက်တမ်း တိုးမြှင့်ပေးသွားမည် ဖြစ်ပြီး၊ အကြိမ် (၂၀) အောက် လျော့နည်း စီးနင်းသည့်နှစ်တွင် Silver Member အဖြစ် သက်တမ်းတိုးမြှင့် ပေးသွားမည် ဖြစ်ပါသည်။

Platinum Card

Gold Card ကိုင်ဆောင်ထားသူသည် (၁) နှစ်အတွင်း မန်းရတနာပုံလေကြောင်းခရီးစဉ်အကြိမ်(၄၀)စီးနင်းပါက Platinum Card သို့ တိုးမြှင့်ပေးမည် ဖြစ်ပါသည်။

Platinum Card ကိုင်ဆောင်ထားသူသည် Gold Card ပါ အကျိုးခံစားခွင့်များကို ရရှိနိုင်မည့်အပြင် -

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CAVES, KARSTS AND MACAQUES: THE NATURAL WONDERS OF

Wade Guyitt

Kayin State

Visit Hpa-an, the capital of Kayin State, and you'll add a new word to your vocabulary – and not just a token nicety in Kayin, or Karen, language. The word karst comes from der Karst, a region of Slovenia: It refers to geological formations caused by limestone deposits which, after eroding millions of years ago, left towers or fissures behind. While the ground around Hpa-an is level, it's interrupted by many of these karsts, or stone rises, which ascend dramatically and strangely out of the ground. The landscape recalls such world-famous wonders as Monument Valley in the United States or Ayers Rock in Australia.



If Kayin State isn't as well known, it's because its development has long been hindered. Conflict between government forces and armed ethnic groups began in 1949, disrupting all hope of stability and growth thereafter. In 2012, delicate peace agreements have restored some hope, and though thousands remain displaced along the Thai border, there is cause for optimism at last.

The state stretches north almost to Nay Pyi Taw and south nearly to Dawei. While some parts remain inaccessible, capital Hpa-an is open for business – explicitly, being named an industrial zone in 2012.

As neither of the state's two airports is currently served by commercial flights, most tourists

arrive by road from Yangon. But Kayin State contains an important border crossing, at Myawaddy/ Mae Sot, and buses and trucks of all sorts move people and goods to and from Thailand and the wider ASEAN region.

Until that economic potential bears fruit, Kayin State's standout feature is its scenery. You could go as far north as Myanmar's topmost Himalayan ranges without finding another area that dazzles so by leading the eye skyward. Some karsts, sadly, have been hulled out by mining, but plenty still cast their spell. Don't worry about taking fuzzy, zoomed-in photos out the car window at first sighting: You'll be plenty close later.

Hpa-an itself – a town of 421,575, as of the March 2014 census – was named for a cautionary folk tale in which a frog suffered stomach trouble after eating a large snake. While the name unfortunately translates as "frog vomit", don't be put off: There's a quaint downtown, a riverside temple, a daily market and a clock-tower, making it a cozy, tourism-friendly place to explore, as well as the perfect jumping-off point for nearby natural splendours.

Can't-miss is Kyaukkalap, a curious rock tower just south of Hpa-an that shoots to the sky and is topped with a stupa. With a monastery spanning an artificial lake nearby, there's nothing much to do here except look and gape, but it is an impossibly beautiful view, particularly with the sacred



Kyaukkalap

At cave's end, soft sunlight illuminates a natural cavern surrounding a central stone column, evoking some a magical dwarven meeting-place.



Saddar Cave

Mt Zwegabin framed behind.

If you've left Yangon in early morning you'll reach Hpa-an around midday. Rather than tackling Zwegabin in the heat, why not head someplace cooler? The karstic oddities of Kayin State don't only stretch upward: Hewn by the same powerful forces that formed the karsts are a number of caves, allowing you to, if not descend below-ground, at least feel it rise to cover you. For a shady spot, try Kawkataung, with tiled floors and relatively modern Buddha statues, plus a nearby swimming area. If that's too developed, try Kawgun, with statues allegedly dating to the seventh century.

Most famous is Saddar Cave. Locally called Sa-Dan Gu, it's named for Sa-Dan, an elephant king who reportedly once sheltered there – inspiring the elephant statues flanking the entrance to the gu (cave) itself. Visitors without flashlights reportedly must pay to have the lights turned on, unless a tour group is already mid-visit, but a small torch is useful regardless, both for safer footing and to examine the spectacular stalactites – as well as the thousands of small bats which call Saddar's ceilings home. Like most places of natural beauty in Myanmar, this natural passageway is augmented by multiple Buddha

images and stupas, so you'll need to go barefoot along its roughly 800 metres to avoid disrespect. As for the mud and bat droppings underfoot – out of sight, out of mind, right? Still, best to stow your footwear in a backpack instead of keeping them in hand, for better balance.

At cave's end, soft sunlight illuminates a natural cavern surrounding a central stone column, evoking some a magical dwarven meeting-place. While some turn back here, it's not a dead end: Steps beyond lead downward and outside to a small, stunning lake, which flows back under the mountain and, during dry season, allows boatmen to ferry visitors back in the direction of the cave's entrance.

Saddar – and particularly the boat ride afterward, skimming below a wide, flat ceiling of stone before emerging into a panoramic vista of green rice paddy and distant peaks – ranks among the highlights of my travels in Myanmar. But no let-down was towering Mt Zwegabin, a more challenging journey but one with its own rewards.

Zwegabin, at 720 metres (2363 feet) above sea level, surveys the countryside from 11km south of Hpa-an. It's particularly spectacular when painted red by the evening sun, and a pagoda at its peak is said to enshrine a hair of the Buddha. Fundraising efforts since 2013 seek to raise US\$22 million for a ski-style chairlift, but until then, set aside at least two hours for a vigorous climb. The west route – where, at



Saddar Cave

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Wait – monkeys? Just off the edge of the platform, macaques frolic among the branches, casual as kids in a playground, paying no heed to the several-thousand-foot drop awaiting them if they lose their grip. This aerial viewing platform was close enough for us, but one vendor just below the peak said the monkeys often make daring raids on his belongings, even dragging off entire pots of cooked rice into the brush. Some tourists also report belongings being set upon – I guess not all the monkeys are willing to wait for the daily 11am public feeding.

If you don't fancy a night on monkey mountain, check out Bayin Nyi Cave, where each sunset thousands of bats flood out to feed, apparently travelling as far as Mawlamyine (44km, as the bat flies). As they emerge, an elderly couple beat on jerry cans, and the emerging swarms react to the sound and create immense swirling patterns in the sky.

Alas, this was a sight we did not see: Like the bats, our own echo-locators had called us onward to Mawlamyine. Kayin State offers riches of its own, but

Breathtaking view from the top of Zwegabin



View from the top of Zwegabin



its base, over 1100 Buddha statues are lined up in Lumbini Gardens – is longer but less punishing than the east. Just be glad the ever-widening view makes pausing to catch your breath not the least bit embarrassing.

Halfway up is a monastery, still being expanded; if you want to help, grab one of the baseball-sized sacks of sand from the bottom and drop it off when you arrive. From there it's under an hour to the very top. Depending on your tiredness level, you may be glad to know visitors can sleep there overnight – alongside the pagoda; a few buildings; a few monks, caretakers and children; some dogs and monkeys; and an utterly incomparable spot to watch the sunset.

it's easily paired with the famous Golden Rock at Kyaikhtiyo, en route from Yangon, or a survey of neighbouring Mon State. Attractions include Kyaikkami, a small town about two hours south of Mawlamyine with a famous pagoda built on a rocky reef just offshore that is reached by a concrete walkway, and Thanbyuzayat, the Myanmar terminus of the Thai-Burma Railway.

Built by the Japanese using forced labour, including tens of thousands of Myanmar workers, the railway line joined Thanbyuzayat with Bangkok. Today, only the section between Bangkok and Kanchanaburi in Thailand is operational. Civil war forced the closure of the railway



on the Myanmar side, although in recent years ethnic armed groups have discussed the possibility of reopening the line in their peace talks with the government. In late 2014, meanwhile, the Mon State government approved a proposal from a local company to construct a museum and park at the railhead in Thanbyuzayat.

Even if you don't make it that far south, the stunning boat ride joining Hpa-an to Mawlamyine along the Thanlwin River is highly recommended. Mawlamyine, the

first capital of British Burma, offers colonial architecture, striking historical pagodas, the round, Panopticon-like prison which may have inspired George Orwell's "A Hanging" and "Shooting an Elephant", and a view that moved Rudyard Kipling to write his famous poem "Mandalay". And there's no better way to get there than the soothing three-hour river trip, past the dredgers, fishers, log-floaters and – standing watch like mighty sentinels – the spectacular karst formations of Kayin State.



Hpa-an

Getting there:

No flights serve Hpa-an. By train from Yangon it's 9-10 hours to Mawlamyine, plus 2 hours by road. A coach (8 hours) is more common, though renting a car and driver (6 hours) allows detours to nearby sites. Boats (5 hours) between Mawlamyine and Hpa-an depart daily, but may go one direction only on given days, so arrange in advance through a travel agent or guesthouse.

To see and do:

- Kayin State Cultural Museum displays artefacts, instruments and handicrafts.
- Head for Zeiden Road, or at sunset try Strand Road along the riverfront, for food and drink.
- Soe Brothers Guesthouse's Amazing and Wonderful Tour includes most sights of significance without the need to arrange transport.
- Hpa-an turns festive in December for Kayin New Year, with traditional costumes, dancing and kickboxing on display.

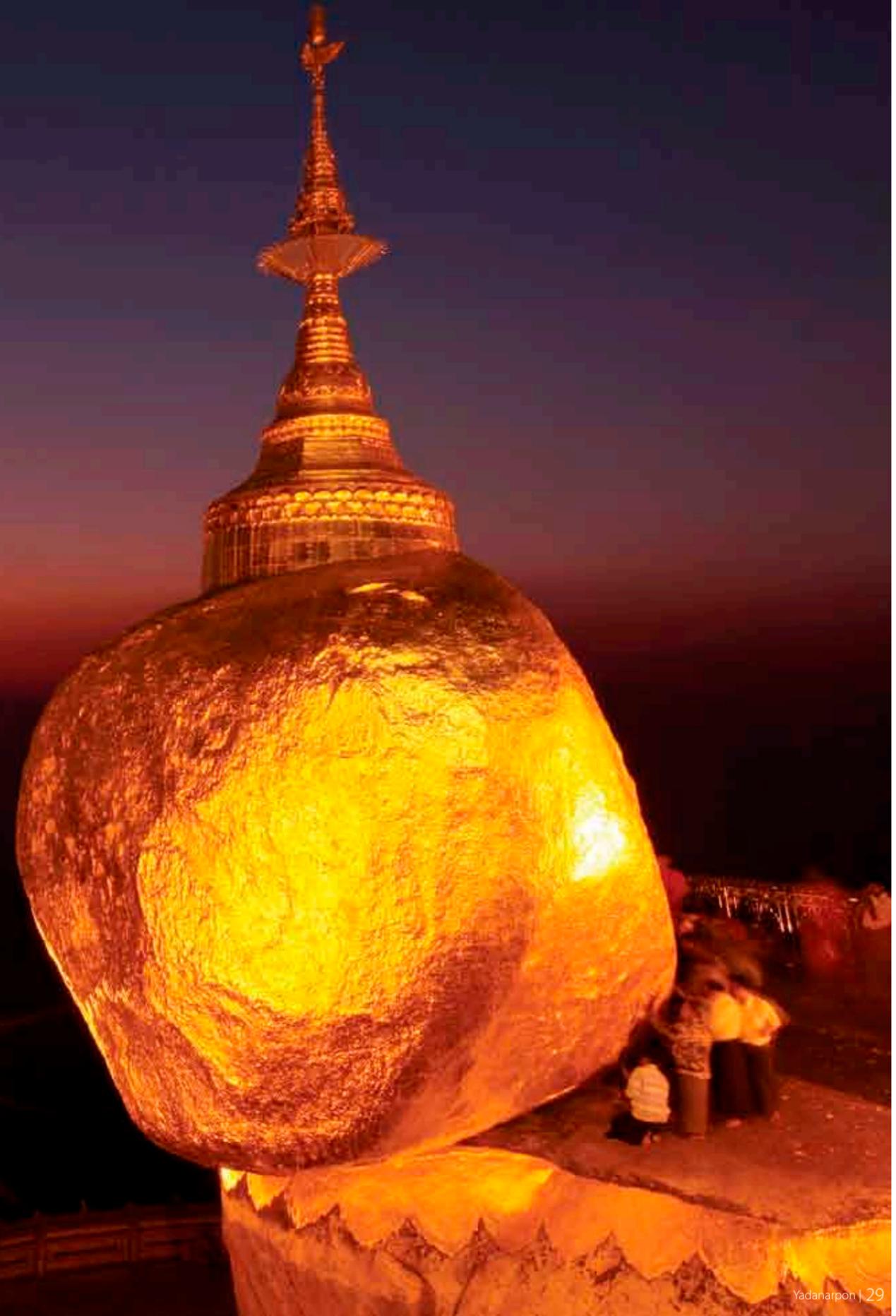
SHINING A LIGHT ON

Kyaikhtiyo

Thomas Kean

For those tired of the stock-standard pilgrimage travel – particularly getting on and off the bus at every pagoda along the way – Kyaikhtiyo Pagoda is the perfect tonic.

On a mountain ridge in the jungle of northern Mon State, the pagoda's focal point is a 25-foot-high boulder, covered in gold leaf and topped by a stupa, that appears to perch perilously on a cliff ledge above a deep valley. Legend has it that the granite rock was found at the bottom of the sea and placed on its igneous pedestal by Thagyarmin, the king of the animist nat spirits. It is, of course, held there by a strand of the Guatama Buddha's hair.





This gravity-defying geological and mythical marvel is impressive in itself, but there is so much more to see and explore at Kyaikhtiyo.

The English name for the site – Golden Rock – evokes images of only the sacred boulder, but the pagoda platform covers many acres and is full of viewing areas, monasteries, offices, shops and restaurants.

At peak times during the pilgrimage season of November through March, pilgrims spill out of the monasteries and resthouses and on to the pagoda platform, where they sleep on bamboo mats, wrapped

in blankets to escape the evening chill (Kyaikhtiyo is about 1100 metres above sea level). The busiest times are on full moon days such as Thadingyut and Tazaungdaing, when thousands of candles are lit and placed on the pagoda platform.

As there is no airport near Kyaikhtiyo, visitors come either by road or rail. Many companies run pilgrimage services that leave Yangon at night and arrive at Kyaikhtiyo in the early hours of the following morning, about five hours later.

These buses deposit visitors at the village of Kinpun, from where you



have two options: an open truck to the terminal at Yathedaung, or a gruelling 11-kilometre trek through the jungle that takes around five hours. Most opt for the truck.

While undoubtedly faster and easier, it's hardly luxury – visitors are crammed in to the hard seats like sardines, as the truck hurtles around the bends. And then there's still a short but very steep 45-minute walk to the summit. Unsurprisingly, many pay a porter to take their luggage. For those who can't even manage the exertion of hauling themselves up, it's possible to be carried up on a palanquin.



Once up at the platform, it's only natural to explore the pagoda and its platform. However, once you've done that, it's worthwhile to push on further along the tracks that emanate out along the ridgeline and into the valleys. Closer to the pagoda, these are covered with stalls selling all manner of souvenirs, including traditional medicines and, unfortunately, animal parts, including bears' paws and the like.

Still, it's an indication perhaps of how unsanitised a visit to Kyaikhtiyo still is. There's no luxury accommodation, no taxis to whisk you to the top – not even an airplane to get you into the vicinity. But, as any good pilgrim in Myanmar will tell you, the more difficult the passage, the more merit there is to be gained.



This gravity-defying geological and mythical marvel is impressive in itself, but there is so much more to see and explore at Kyaikhtiyo.





FINDING THE WAY THROUGH THE

Ancient Capitals

OF MYANMAR

Jeremy Mullins

THE Ayeyarwady River passes through the heart of the country as it traces its way from its source in northern Myanmar to the sea. Towns and cities dot its course as it winds its way from the north, past the pagodas of the ancient capital of Bagan and through the paddy fields of the southern delta before it empties into the ocean.

Maha Aung Mye Bonzan monastery

Yet for all the famous landmarks and ancient places that the Ayeyarwady flows by, there is only one bend of the river that is home to three former capitals, and more than 500 years of Myanmar's history, in a few short miles. These capitals include Sagaing, now best known for its mountain ridge sprinkled with temples and monasteries, and also Amarapura, which is rapidly being subsumed into expanding urban Mandalay.

The last of these capitals, the former city of Innwa, though, is perhaps the most interesting of the three to visit. Located about 20 kilometres south of Mandalay, not far from the city's airport, it is a pleasant day trip from Myanmar's second-largest city.

Public transport is non-existent, though, so we hired a car to make the trip at a cost of K35,000 (about \$35). The route to Innwa mostly

follows the main Mandalay-Yangon highway, and the bustle that entails, until taking a small turn-off that is easy to miss.

The surroundings changed immediately after exiting the highway. The roads instantly become dirt, or pavement doing a good impression of dirt, and little villages and shops replace the stalls at the side of the highway. Were it not the site of a former capital

and the magnificent buildings that entails, Innwa would be like many other rural corners of Myanmar. Yet glimpses of former grandeur are still visible from the road.

The site of Innwa was purposefully chosen, built direct at the confluence of the Ayeyarwady and smaller Myitnge River, which tumbles in from the Shan highlands to the east. Along the Myitnge's course is some of upper Myanmar's best rice-growing land, with a history of cultivation stretching back to ancient times. It is no accident Myanmar's kings once chose to build their cities there.

Founded in 1364 at the confluence of Ayeyarwady and Myitnge rivers, Innwa did not become the heart of the Burmese kingdom until three centuries later, in 1636. The city was the capital on and off until 1838, when earthquakes inspired King Tharawaddy to shift the capital away from Innwa forever.

Although home to dozens of kings and queens, it is the structures of King Bagyidaw that have survived history and now dominate Innwa. Bagyidaw reigned from 1819 until 1837, and is best known for his defeat at the hands of the British during the First Anglo-Burmese War in 1826. While Myanmar lost its southern Tanintharyi region and some of its western territories to the British as part of the peace settlement, it held on to its heartland around Innwa for the time being. The chronicles say King Bagyidaw never personally recovered from the defeat, and turned inwards to his lovely temples and palaces.



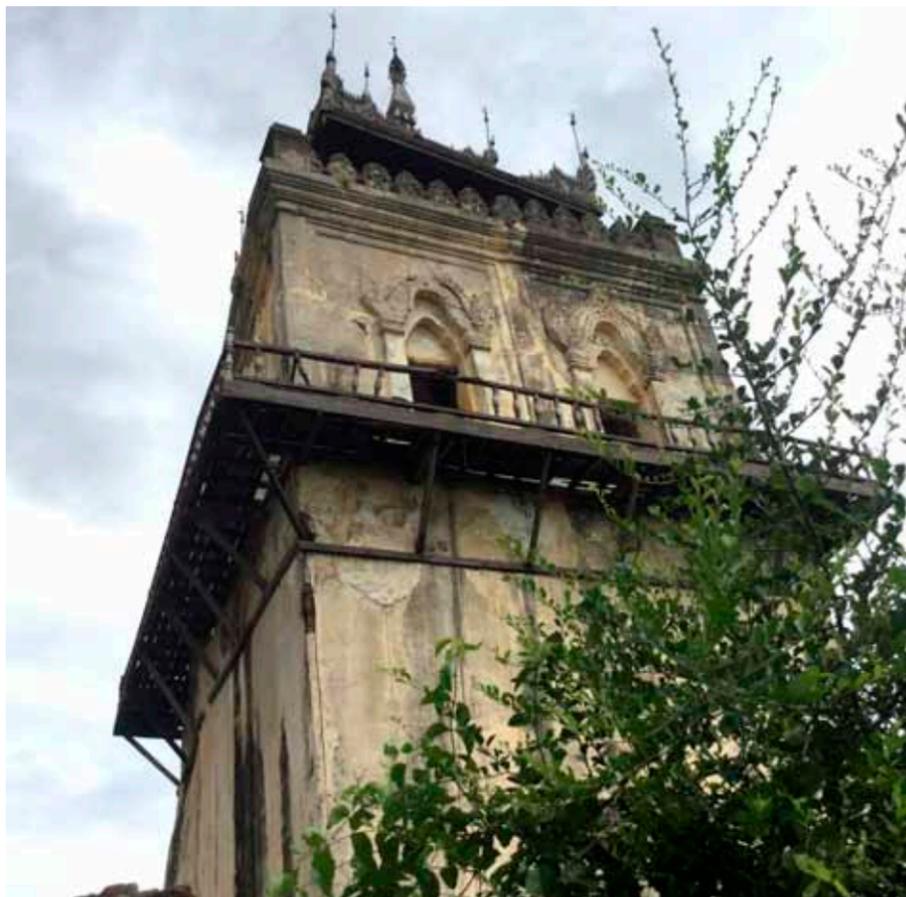
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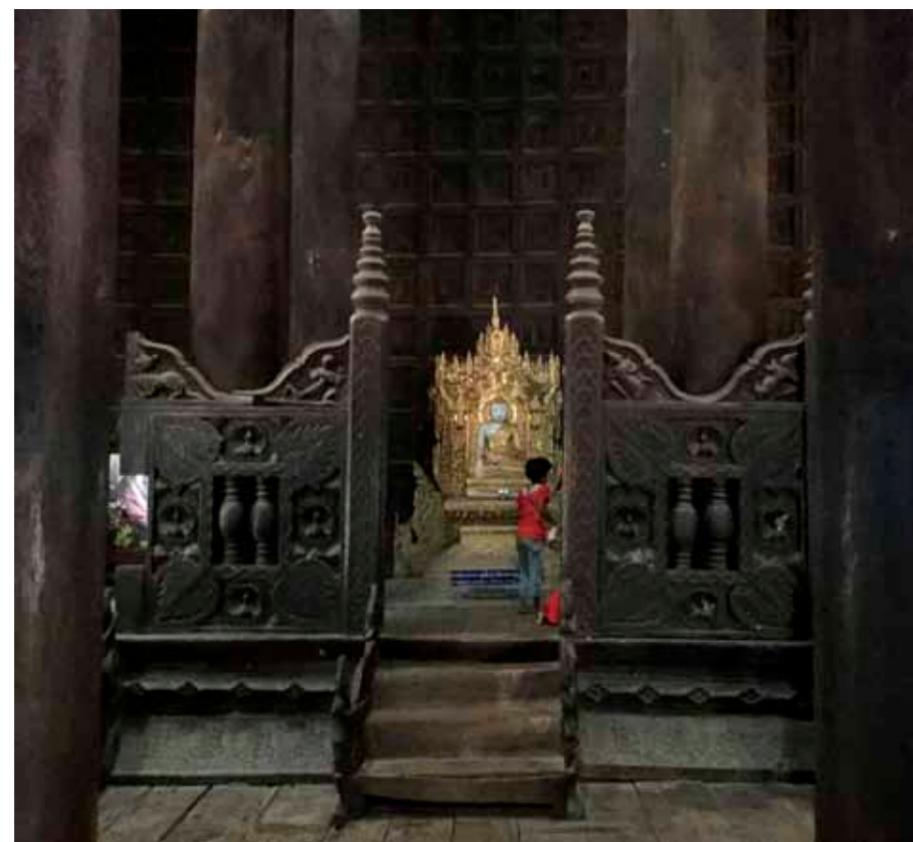
It was the remnants of those buildings that we – me, my Mandalarian travel companion and our driver – were off to visit. There were a few false starts with navigation, as the area is sparsely sign-posted, particularly in English, but the locals were kind to point us in the right direction, and we arrived in much better shape than the foreigners who took rented motorbikes down the dusty paths.

We knew we had arrived when we were greeted by hawkers and their traditional pitch of "hello cola water beer". After availing ourselves of three of those four options, we entered the Maha Aung Mye Bonzan monastery, the most stunning of the Innwa buildings.

The cost to enter is K10,000 for one ticket, which is good for a number of sites in the greater Mandalay area. It also only applies to



Watch Tower



foreigners, which almost caught up with Mandalarian companion, who routinely pretends to be Japanese while travelling to avoid the touts.

Having convinced the ticket seller that she was on second thought not from the land of the rising sun and indeed a Myanmar, we were on our way to the 1822 monastery. Built by Nanmadaw Me Nu, the Chief Queen of Bagyidaw, it was damaged in the 1838 earthquake and not repaired until 1873, long after the capital had shifted north.

Nearly all but the stone and the brick has been stripped away. The building's dark hallways and echoing chambers lend a timeless quality, and we had the tour nearly to ourselves. All of the rooms are empty, except for one that has a Buddha statue and is a place for prayer.



Bagaya monastery

Emerging back into the sunlight, we debated the hiring of a horse cart to carry us around to the rest of Innwa. While it is assuredly a fine method to visit an ancient city, we ultimately opted for the air conditioning and returned to our car to visit the next site.

King Bagyidaw's palace was once a beautiful structure, but the only part left is a solitary leaning watch tower. It wasn't meant to lean – that

was the result of the earthquake. It is now closed to climbers, and indeed the most memorable part of the tower is driving away from it and catching a glimpse of it standing proudly among the rice fields.

Those are far from the only sites worth seeing. The teak Bagaya monastery has marvellous wooden posts hewed from trees that must once have been even more

towering. It is also delightfully alive, still peopled by monks going about their business. The Hsin Gyone fort is also worth visiting for the view across the river to Sagaing. Built in 1874, long after the capital had moved, it was an attempt to defend the Ayeyarwady River's strategic bend against any armada approaching from the south. It was ultimately unsuccessful, though, and the British fleet passed it by in 1885 on its way to inflict final

defeat on the Myanmar monarchy.

With Innwa now seen, our party decided to travel a little more off the beaten river and visit an older place further inland. Vaguely further inland.

Pinya predates Innwa, and served as the capital of central Myanmar from 1313 to 1364. It is also much less visited than Innwa, despite being relatively close by. While I was keen to visit such an important but often overlooked city, my companion and the driver were both more apprehensive. The cause for the concern turned out to be well founded, and had to do with our individual contribution to the success of the journey. While my role in the day trip was mostly to take photos from the window and keep an eye out for lunching locations with a well-stocked bar, they actually had to get us there.

Unable to find English-language travel material that would point the way, we bought a Burmese-language guidebook with insightful descriptions of Pinya. However, our hopes that some combination of the book and helpful locals would guide us to this ancient city were soon dashed. We followed the instructions



Ta Mote Shinpin Shwegugyi pagoda

of a dozen or so people and crisscrossed the countryside in search of this nearly mythical city, and never did find Pinya.

We did, however, have the opportunity to visit three other historic sites that could have been Pinya, but weren't. The highlight was Ta Mote Shinpin Shwegugyi pagoda, the original of which had been forgotten for hundreds of years and eventually covered with dirt and assumed to be a hill.

Another pagoda had even been built on top, before excavators discovered the truth a few years ago.

Still, the road that was meant to go to Pinya ultimately took us to Kyaukse. While a failure with a view to visiting ancient cities, Kyaukse was much more of a success in terms of lunch options and also contained some delightful hidden temples. With sunset approaching, my party decided to turn the car back.

After all, the remains of Pinya have stood for over 800 years. Doubtlessly they will still be there the next time I am looking to make a pleasant day trip from Mandalay.



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ROLLING DOWN THE RIVER

By Mg Thwe Thit
Translated by Moh Moh Thaw

UNTIL recently, Myanmar's waterways were its main source of transportation. Running from north to south along wide valleys, its major rivers – the Ayeyarwady, Chindwin and Thanlwin – bisect the country, breaking it up into half a dozen segments.

The most famous of these rivers is the Ayeyarwady, which begins in Myanmar's Kachin State at the confluence of the Maikha and Malikha rivers – a location known as the Myitsone – and filters into the Ayeyarwady delta, 1348 miles downstream.



The Ayeyarwady has served as a vital transport artery for millennia. The first to use it perhaps lashed together sticks of bamboo, or created canoes by carving the trunks of large trees. Even logs lashed together could be an effective vessel for ferrying passengers and cargo.

Later, they developed their woodcrafting skills to the point

that multiple flat pieces of timber could be combined together to make a hull.

These were the beginnings of Myanmar's inland water transportation network and the history of its thriving river trade. While people who lived near rivers or creeks created boats for trade or transport, Myanmar's kings – and their rivals – built vessels to fight

naval battles or move troops to the battlefield.

War vessels were used in multiple pre-colonial conflicts, including the Mon-Bamar 40 Years War, the Naung Yoe War and the Hainggyi Island War. Those living in villages along the river were expected to contribute to the king's armada as it headed off to war.

Historical records say that King Bodawpaya (1782-1819) owned many war vessels that were 100 feet long, 80 feet wide and 8 feet high. Each required 50 soldiers to row.

In lower Myanmar, the area around Yangon became an important shipbuilding site, particularly after 1755, when King Alaungpaya incorporated Dagon into his

empire and renamed it Yangon. Nearby Thanlyin harbor, which had been settled by Portuguese merchants and was then known as Syriam, was home to many foreign shipbuilders.

Steam engines began appearing in the 19th century, and were vital to the ascendancy of the British Empire in the region.

Historical records say that King Bodawpaya (1782-1819) owned many war vessels that were 100 feet long, 80 feet wide and 8 feet high. Each required 50 soldiers to row.



Irrawaddy Flotilla Ships

The colonial period

The British established control over lower Myanmar by the middle of the 19th century. After the first Anglo-Burmese War from 1824-26, they took control of Rakhine State and much of southeastern Myanmar, including Mon State and Tanintharyi Region. Following the second war in 1852, they annexed the rest of lower Myanmar, including Yangon, with the frontier set at Aungmye in Magway Region.

Ships were vital to the British success, particularly in the second war, where they employed 10 vessels, including three warships.

After the war, they were essential for trade and transportation. The colonial capital of Yangon developed further as a major shipbuilding site. The Dalla dockyard, which had been built prior to the war, was supplemented by several others, notably the Ahlone dockyard, which opened in 1904.

Further afield, Steel Brothers opened a dockyard on Strand Road in Mawlamyine in 1882, and the Arakan Flotilla Company inaugurated the Sittwe dockyard eight years later.

Many of the companies that were involved in the water transport sector are still familiar names today. In 1862, Todd and Finley Company opened an office in Yangon to provide weapons and food to the colonial administration, and also deliver its mail.

In 1865, two marine companies, Irrawaddy Flotilla Company and the Burmese Steam Navigation Company, signed contracts with the British for inland passenger transportation.

The Irrawaddy Flotilla Company's

first voyage was from Yangon to Thayet, for which it was paid 150 pounds by the colonial authorities.

But there was also progress north of the frontier. King Mindon, a reformist monarch who had assumed the throne in 1853, bought four steam-engine equipped ships from Scotland and operated them through both upper and lower Myanmar.

In 1868, the British ordered two ships and started operating a Mandalay-Bhamo trip. When the contract between the colonial authorities and the Irrawaddy Flotilla Company was renewed in 1869, a Yangon-Mandalay service was launched. The same year, Todd & Finley Company started running trips to the delta area. In 1873, Myanmar's first iron-body ship was constructed and launched.

However, inland water transport was still limited to a few routes. To rectify this, the authorities agreed a long-term contract with the Irrawaddy Flotilla Company in 1875 covering all destinations. The contract encouraged the company to expand and it ordered five single-storey ships from the Indian Steam Navigation Company. Another important development was the opening of the Twante

canal in 1916, which dramatically cut travel times to the delta from Yangon.

Of course, such a generous contract came with strings attached. The Irrawaddy Flotilla Company used its ships to transport British troops during the third Anglo-Burmese War in 1885. It then arranged to transport King Thibaw, his queen Supayalatt, and their entourage to Yangon on their way to exile in India.

Not all were pleased with the Irrawaddy Flotilla Company's dominance. Mon businessman U Nar Oke, bought seven double-storey ships and two single-storey vessels from Scotland to compete with the company. He offered free trips to monks, nuns, the elderly and children, and gave a free towel to each passenger.

The Irrawaddy Flotilla Company used its ships to transport British troops during the third Anglo-Burmese War in 1885. It then arranged to transport King Thibaw, his queen Supayalatt, and their entourage to Yangon on their way to exile in India.



Dalla Dockyard

The Irrawaddy Flotilla Company fought back, trying to limit the destinations that U Nar Oke's company could service. It also undercut his fares, which eventually sent him out of business. When he passed away, his heirs sold his nine ships to the Irrawaddy Flotilla Company for K900,000.

This was not unusual. The company regularly bought vessels from its failed rivals, including the Burmese River Trading Company, Delta Navigation Company, Burma Launch Company, Fair

Weather Richard Company and Ghulam Hosian Atcha Company. Meanwhile, in 1908 it bought the Dala dockyard and later the Mawlamyine dockyard from Steel Brothers.

When War World II started, the Irrawaddy Flotilla Company already owned 650 ships in total, and transported 8 million passengers and 15 million tonnes of goods a year.

After Japanese troops entered the country in 1941, the retreating British destroyed ships valued

at 4 million pounds. However, during the war the administration in Simla, India, set up the Inland Water Transport Board. They also issued the Inland Water Transport Order in 1945, which resulted in the remaining British-owned ships being transferred to Irrawaddy Flotilla Company.

After the war, buildings, dockyards and ships owned by Inland Water Transportation were leased to the Irrawaddy Flotilla Company.



Post-independence

Myanmar gained independence on January 4, 1948. The new country faced many challenges. It had been decimated by the war, and was in a recovery phase.

Transportation, especially inland water transportation, was on the top of the to-do list. The Myanmar government took administrative control of inland water transport on June 1, 1948. The Irrawaddy Flotilla Company was nationalized, along

with all other water transportation businesses. They were amalgamated under the name Inland Water Transportation (IWT).

The government seized 614 ships from the Irrawaddy Flotilla Company, along with the Dala dockyard. The government began funding the expansion of IWT in 1949, when it bought three ships from Britain. In 1959, 64 new ships were bought using foreign loans

and a new shipping line, the Five Star Line, was launched. In 1960, Sittwe dockyard was renovated. By 1969, the government owned 727 ships in total.

In 1972, Inland Water Transportation was renamed "Water Transportation Corporation." More ships were bought in 1993 with a loan from China's Yunnan Machinery Import and Export Corporation.



Recent years

Today IWT offers passenger and cargo services across five geographical departments.

The Ayeyarwady department manages itineraries starting from Pyay, in western Bago Region, to the Kachin State capital Myitkyina, with routes covering 2028 miles.

The delta department manages routes starting from Yangon's Lan Thit jetty to delta towns, including 2292 miles of routes.

The Chindwin department manages vessels operating between Monywa and Khamti, both in Sagaing Region.

The Myanmar government took administrative control of inland water transport on June 1, 1948. The Irrawaddy Flotilla Company was nationalized, along with all other water transportation businesses. They were amalgamated under the name Inland Water Transportation (IWT).



The Thanlwin department manages vessels operating on the Thanlwin River and its tributaries, between Mawlamyine and Kyone Doe. The Rakhine department manages vessels operating in Rakhine State.

Myanmar Five Star Line was privatised to military company Myanmar Economic Holdings Limited about five years ago. It operates passenger and cargo vessels to foreign and domestic destinations.

Under President U Thein Sein's government, IWT has been under pressure to reduce its losses and adopt a corporate structure. Fares had been heavily subsidised by the state, but this is unlikely to continue. As a result, some uneconomic routes have been reduced or stopped.





In December 2014, an IWT Law was passed by Myanmar's parliament to launch reform of the state enterprise, which will see it expand services, work together with local and private firms, and use its assets to enter other business sectors.

At the same time, foreign support has arrived to modernize some parts of the fleet. New ferries from Japan are plying the Pansodan-Dala route, while the Japan International Cooperation Agency has also provided funding to overhaul the two ferry terminals.

Over the centuries, Myanmar's inland water transport has gone through many phases. Reforms at IWT appear set to open a new chapter in its history.



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TOURISTS FLOCK TO ANCIENT

Botahtaung Pagoda

Zon Pann Pwint

Botahtaung pagoda is reputedly 2500 years old, but it is only in recent years that it has become a major destination for tourists. The pagoda's international stature was enhanced by an incident 10 years ago, when a group of tourists from Thailand prayed to Bo Bo Gyi, a spirit who guards the sacred hair relics of Buddha enshrined inside the pagoda, while making a visit. Their wish apparently came true, prompting a trickle and then a flood of Thai visitors.

When these tourists spread their good news after arriving home, the fame of Botahtaung's Bo Bo Gyi spread beyond Myanmar's borders. Articles about Bo Bo Gyi and the pagoda began appearing in Thai publications.

Zon Pann Pwint



“They told their friends that when in Myanmar they should first get to Botataung Pagoda before they visit other attractions, such as Bagan,” said U Khin Maung Cho, a member of Botataung Pagoda Board of Trustees.

“Within a few years, Botataung Pagoda became renowned outside the country.”

On weekends, it is common to see anywhere from 30 to 60 Buddhists from Thailand pour in to the pagoda, offering Thai baht and other donations.

Despite this newfound interest, the pagoda has always been an important site. Sacred hair relics of the Buddha are exhibited in an ivory shrine decorated with gold, diamonds and precious jewels.

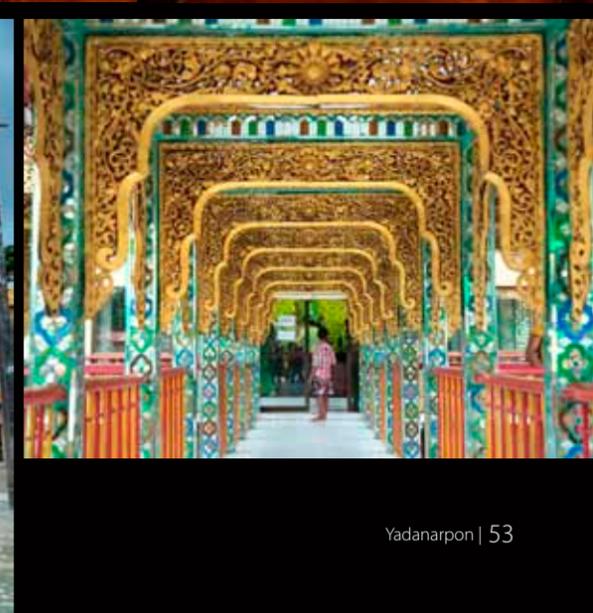
The history of Botataung pagoda is illustrated in paintings hanging down on each side of the walls at the pagoda’s entrance.

These record that its origin dates back to the time of Buddha’s enlightenment when two trader brothers, Tapussa and Bhallika, left from what is now Yangon for India, where they planned to trade rice and other commodities.

After arriving at a port in India, they continued their journey on bullock

carts. While passing a banyan tree on the way, an angel appeared and told them to pay homage to the Buddha, who had just gained enlightenment.

The two brothers ventured to the tree where the Buddha sat, deep in contemplation. They offered the Buddha honey cakes and appealed to him to give them something in return to mark their meeting. The Buddha gave them eight strands of his hair, which they kept in a gold casket decorated with precious jewels.





Not all of the strands made it back to Yangon. The port authorities at Sittwe, in Rakhine State, had been tipped off about their sacred cargo and took two hairs as a tax.

While their ship dropped anchor at Mawtin Zun, at the farthest western tip of the Ayeyarwady delta, another two strands were stolen by a dragon king.

The ship carrying the remaining four sacred strands stopped at Twante, allowing Buddhists to pay homage for seven days. It then sailed for the Yangon River bank, landing at Botahtaung.

After arriving, King Okkalapa and his officials ushered the brothers into their court.

When they told the king about the four missing strands, the king took an oath that they would be returned. When they opened the casket, they found eight strands of hair.

The king offered two brothers a strand of hair each and allowed them to build pagodas at a site of their choice. The remaining strands of hair were enshrined at the site

where Botahtaung Pagoda was to be built.

But there was more to come. At the request of Ashin Ga Wun Pati, the Buddha later paid a visit to Thaton, in Mon State, and gave a sermon for seven days. After the sermon, the Buddha gave King of Thaton two strands of hair. The king renovated the old Botahtaung Pagoda and enshrined one of the two strands of hair inside it, along with two sacred body relics of Buddha.

And so the pagoda remained by Yangon's riverbank, largely undisturbed, for centuries.

Then, during World War II, it was completely destroyed when bombs rained down on the site in 1943. The site was subsequently excavated and the sacred hair and body relics of the Buddha were rediscovered.

When Myanmar gained independence in 1948, efforts to rebuild the pagoda were launched. Five years later they were complete. Construction has continued on and off ever since, says U Khin Maung



Cho. "There was only main pagoda in the compound at the time, but later smaller pagodas were built as well," he said.

One of those integral to the reconstruction is honoured at the pagoda: Amadaw Mya Nan Nwe. Born in 1897, she died in 1957 after a life devoted to religious works, including the rebuilding of Botahtaung after the war. She developed a following due to the belief that she could grant wishes. A life-size statue of her was erected inside the pagoda in 1990, and has been attracting hundreds of devotees a day ever since.



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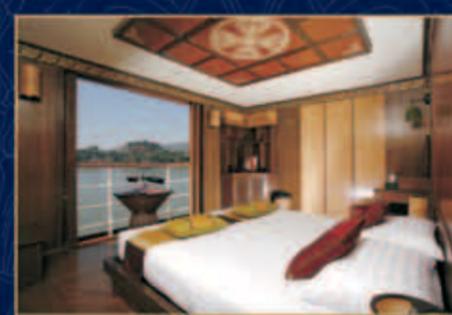
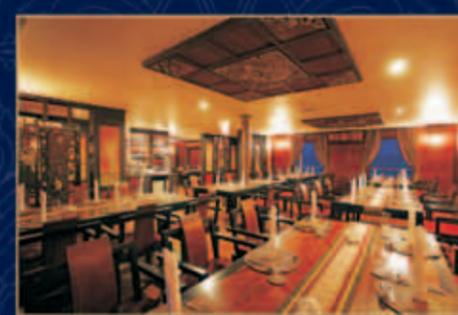
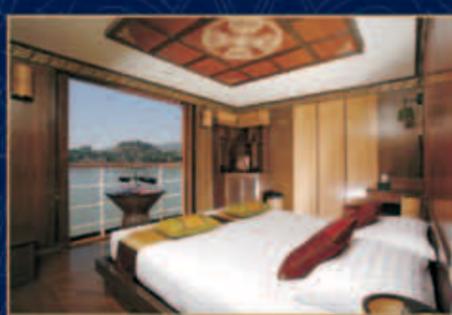
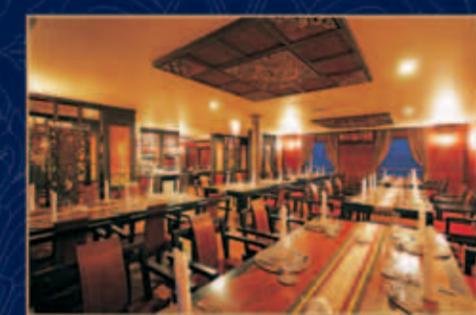
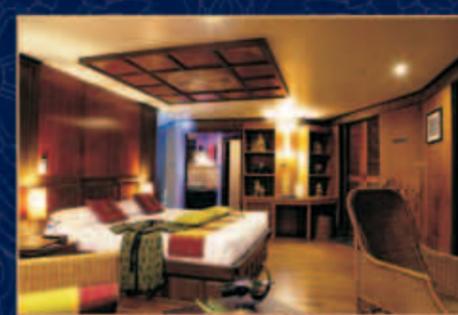
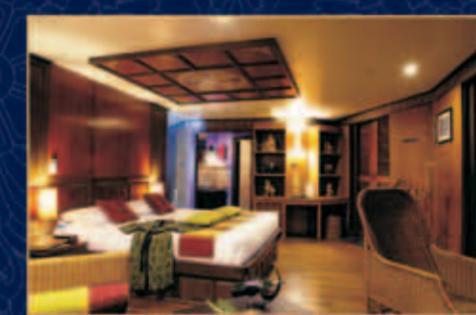
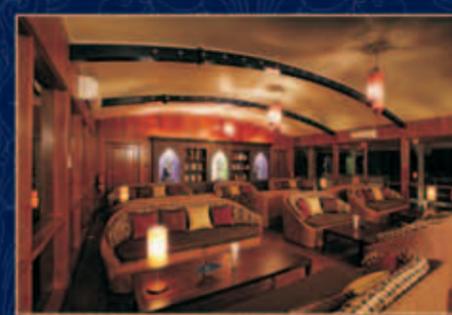
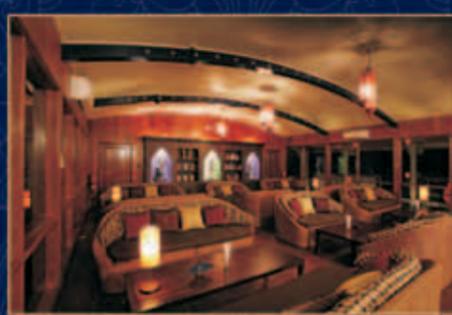
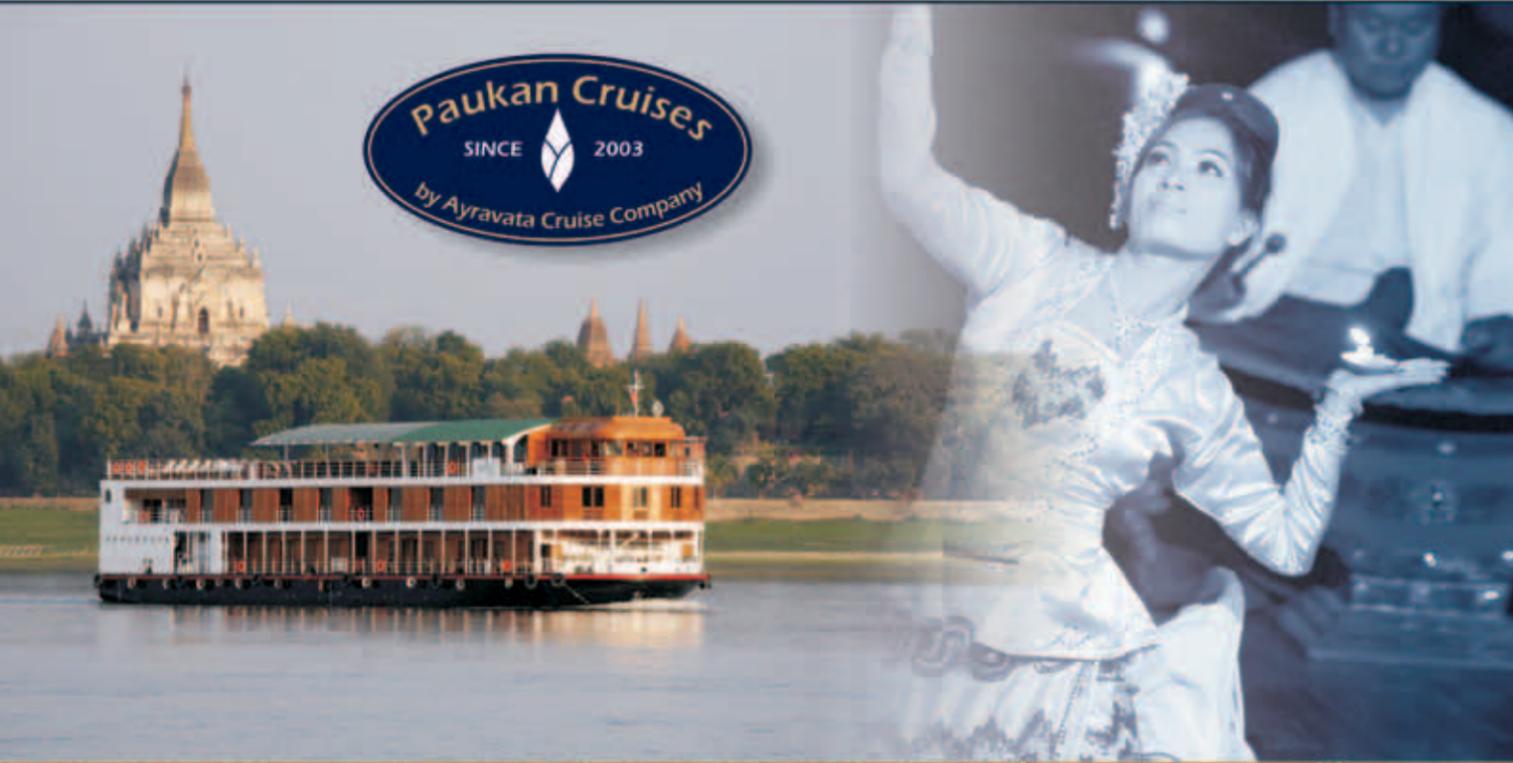
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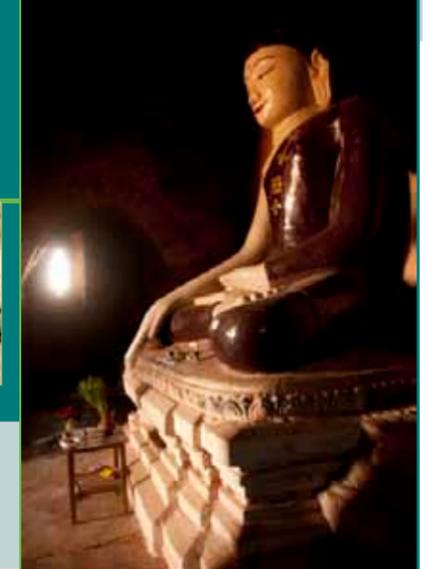
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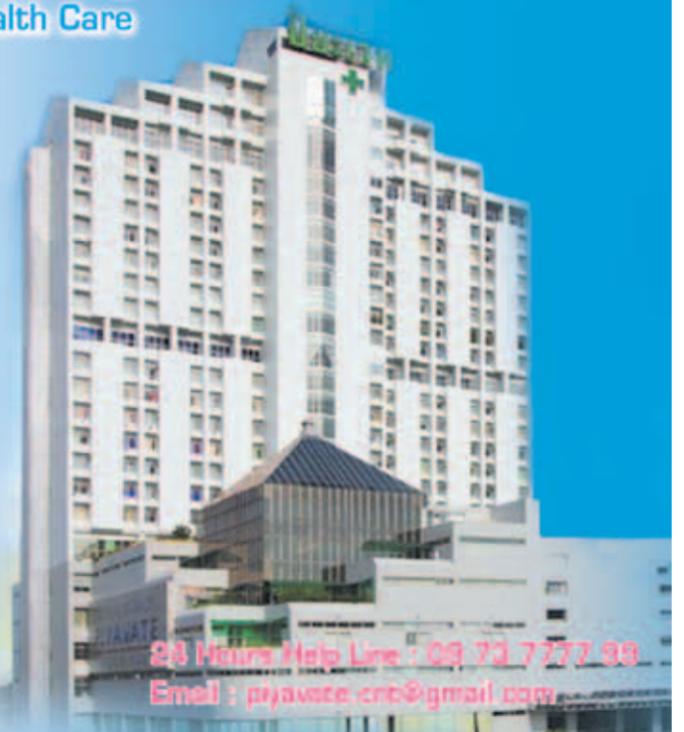
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Thanakha:

A TRADEMARK OF MYANMAR

Nyein Ei Ei Htwe

As you travel around Myanmar, you'll regularly see faces covered in a yellowish paste. For many people, thanakha, as the paste is known, is still the only cosmetic they will rely on throughout their life. Such is its ubiquity and cultural significance that shortly after Myanmar ratified the Convention for the Safeguarding of Intangible Cultural Heritage in early 2014, officials revealed that thanakha was Myanmar's "first priority" for inclusion on a UNESCO list of intangible cultural heritage.



But what is it, and where does it come from? Thanakha is a scented tree grown in tropical zones, especially Myanmar's dry central areas: Mandalay, Magwe and Sagaing regions. To get paste from the tree, there's no need to put it in the blender: just grind the bark on a flat stone, known as kyauk pyin, with a little water. The bark, root and even the centre of the thanakha tree can produce paste.

Thanakha is differentiated by where it is grown from rather than the brand or company that produced it. The most popular thanakha is produced in Shwebo thanakha from Shwebo in Sagaing Region, and Shin Ma Taung thanakha from Pakkoku township in Magwe Region.

Once upon a time, thanakha would be harvested after 35 years to ensure the paste had a strong scent. However, in more modern times

most thanakha plantation owners harvest their trees after 10 to 15 years.

The colours of the pastes and the scents produced differ widely. You'll see yellow, white and golden brown thanakha daubed on faces, with the wood that produces white paste the most expensive and sought after.

Thanakha began appearing in the historical record in the 14th and 15th centuries, and is mentioned in a famous poem from the era. At that time, the best thanakha was reserved for the royal family.

At the great royal ceremonies when new names and possessions were bestowed, thanakha was sprinkled the faces and bodies of the participants.

These traditions disappeared with the monarchy, and today thanakha

is worn by all stratum of society to enhance beauty and grace. It is undeniably a trademark of Myanmar. Wearers believe it whitens the skin, while also making it smoother and younger-looking, and represents a natural alternative to chemical-laden cosmetics. People typically apply thanakha after having a bath or washing their face.

But wearing thanakha is about more than beauty. Most people believe its paste reduces heat and itching, so they apply thanakha all over their bodies in summer – particularly for older people and children.

For those out in the sun all day, like farmers and labourers, thanakha paste is also a protection from the sun. They will lather it on thickly across not only their face but also their arms, which are also exposed to the sun's hot rays.



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Another tree similar to thanakha is thee. It is easier to grow and thus cheaper, so is more economical for those who need to lather up regularly to protect their skin from the sun.

While the wood remains the most popular source of thanakha, about 20 years ago readymade paste packets began appearing in the market.

Because it takes several minutes to grind the thanakha paste and requires a grinding stone, the traditional method of applying thanakha is not always practical, particularly when travelling. Having a supply of paste in a box, ready to go at any moment, makes sense for many. The first readymade thanakha paste was produced in Taunggyi township, Shan State, and was called Taung-

gyi Mauk Mal. More recently, Shwe Pyi Nan and other companies have begun offering thanakha scented with flowers such as jasmine, rose, star flower and more.

Readymade paste has helped thanakha compete with modern cosmetic products, and despite rapid cultural change it retains an important place in Myanmar life.



WELCOME THE NEW YEAR, Naga style

Celebrated each January, the weeklong Naga New Year festival marks the end of the harvest season. This is a time for celebration in many cultures but few can boast a festival as unique and eye-catching as the Naga, who occupy a remote stretch of northern Sagaing Region and also have a large population over the border in India.



Naga communities had little or no contact with the outside world until the 19th century, when the British sent expeditionary forces into the territory of the tribal chiefs. This slowly led to the development of a singular Naga identity, where previously they were separate tribes based around a village unit. They once earned a fearsome reputation for their headhunting, but thankfully for visitors it is one tradition that is no longer observed.

The festival was formerly celebrated at the village level, but in more recent times has become a larger, coordinated event. The location rotates each year between major towns in the area, including Leshi and Lahe, based on the decision of a tribal committee. It brings together

dozens of Naga tribes from the area, many of whom walk for days to get to the festival ground: the Naga region of Sagaing Region is one of the most remote and underdeveloped in Myanmar, with many villages inaccessible by road.

Aside from the headhunting, the Naga retain many of their cultural traditions and much of their lifestyle,

continuing to rely largely on shifting cultivation and hunting. A number of anthropologists have noted the cultural similarities between the Naga and the Wa in northeastern Shan State and China. But where the Wa have been widely exposed to outside cultures, the remoteness of their homelands means the Naga live much as they have done for centuries.

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Of course, this is slowly changing, most noticeably in their clothing, with younger men mostly preferring trousers to the loin cloth. The item of clothing the Naga are most well known for is their distinctive headdress, which incorporates long hornbill feathers as well as teeth, tusks and beads. The rest of their handwoven clothing tends to incorporate red and black fabrics, giving them a striking appearance.

The New Year festival takes place around a ceremonial pole, with displays of traditional sports, feasts of local food and rice wine and group dances featuring battle chants. Many of these performances take place to the beat of a 10-metre-long drum. At night, dances are held around a large bonfire to welcome in the New Year.

The New Year festival takes place around a ceremonial pole, with displays of traditional sports, feasts of local food and rice wine and group dances featuring battle chants. Many of these performances take place to the beat of a 10-metre-long drum.

Visitors to the festival first fly to either Myitkyina, Khamti or Homalin depending on the location of the event. From there it's a long road trip up into the mountains close to the border with India. Accommodation is basic, with guests sleeping on bamboo mats on the floor of huts. The mountain air drops close to freezing in January, so warm clothes

and sleeping bags are strongly recommended. Similarly, you can say goodbye to Western food, toilets and showers.

But those who do enter into this remote part of the world will experience an unforgettable display of colour and culture rarely seen by outsiders.



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Riverside charm in timeless destination
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In old Bagan, the sun sets over thousands of pagodas and temples, many of them more than 1000 years old. Tourists from around the world flock to see the majestic ancient city, but only guests of the Aye Yar River View Resort can enjoy the view – from their room.

Located on the scenic eastern bank of the Ayeyarwady River, in the heart of the Bagan Monument Zone, the Aye Yar River View Resort opened in 1958 as a guesthouse. Recent renovations have transformed the former building into a complex of international appeal, and the Association of South East Asian Nations (ASEAN) awarded it the Green Hotel Standard in 2014 in recognition of the resort's exemplary environmental friendliness.



Travellers can see what sets Aye Yar River View Resort apart from the moment they arrive. After a short 15-minute ride from the Nyaung Oo Airport, guests will be greeted by attentive staff customary of a four-star hotel. The laid-back atmosphere of Old Bagan permeates the lobby, with palm trees peeking in between brick pillars and chaise lounge seating scattered artfully across the floor.

Once checked in, a weary wanderer will be guided to one of four different kinds of rooms, each fit for a king. In the Deluxe rooms, free Wi-Fi, satellite TV, individual air conditioning and an IDD telephone are available, but who needs technology in a mystical landscape like Bagan? Instead, relax in the luxurious bath tub, indulge in the mini bar and step out onto the private balcony to enjoy the fresh air.

Grand Deluxe rooms offer all that and more, with an elegant location on the edge of the hotel's sprawling gardens, and Premiere rooms boast a location in the ground's secluded monsoon forest in view of the mighty Ayeyarwady River. The most decadent accommodations can be found in the Ayeyar Suites, which come with complimentary fruit baskets, uniquely decorated doors and walls in the style of Old Bagan, and remarkable views of the city's iconic pagodas.

Though the rooms promise to suit the needs of solo travelers, families or honeymooning couples, the rest of the hotel may keep you out and about for most of your stay. A picturesque swimming pool is easily accessible from all rooms, in the center of the resort, and the daily afternoon happy hour will have you sipping away in the midday heat. Don't miss out on the Spa





Located on the scenic eastern bank of the Ayeyarwady River, in the heart of the Bagan Monument Zone, the Aye Yar River View Resort opened in 1958 as a guesthouse.

Ayeyarwady, which boasts four exclusive treatment rooms and separate male/female locker rooms.

After relaxing at the resort, you may want to get out to explore the temples and pagodas right outside your window. The staff make it easy, offering bike rentals, car rentals and guides for hire. You can also arrange a horse carriage ride under the stars on your way back from a day of sightseeing. The largest attraction, the Ananda Temple, is within easy walking distance, but it is recommended that walkers carry a flashlight – it gets dark in Old Bagan!

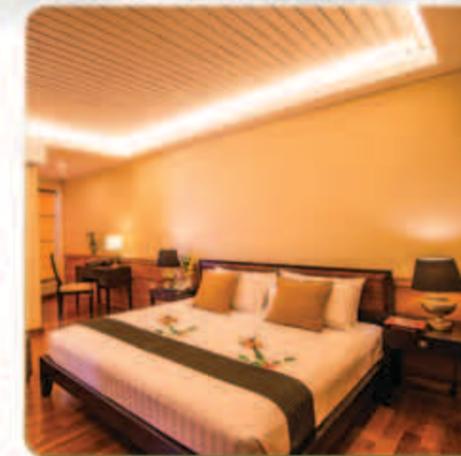
If you work up an appetite during your stay, be sure to visit the Mekong Restaurant for breakfast, lunch or dinner. Puppeteers and musicians will entertain you as you feast on traditional Myanmar or Western cuisine. The venue holds 120 guests, but those who fancy service on the green lawns or river terrace can sit outside if they choose.

The resort also offers a spacious function hall for multi-purpose events. The ballroom is completely outfitted with up-to-date audio visual equipment, and catering is available. For those interested in hosting an event in Old Bagan, there's truly no better option.



Aye Yar River View Resort
Old Bagan, Myanmar

Timeless Destination - Riverside Charm
မြန်မာ့ ရှေးဟောင်း ဝေပင် ဗိုလ် ဗြူထောင်စု နားရိုးစွဲရာ



Reservation & Resort

Near Bu Pagoda, Between Royal Palace and Irrawaddy River,
Old Bagan, Myanmar.
Tel : 95 61 60352, 61 60313, 61 61021, 95 9 2042134, 95 9 2042135
Fax : 95 61 60353

E-mail : ayeyarhotel@myanmar.com.mm,
rsvn@ayeyarriverviewresort.com.mm
Website : www.ayeyarriverviewresort.com
Facebook : www.facebook.com/AyeYarRiverViewResortOldBagan
Twitter : www.twitter.com/AyeYarRiverView



Home away from home in Myeik

Eain Taw Phyu Hotel



In Myanmar's Myeik Archipelago, travellers can be certain to find unexplored beaches, clear waters and a landscape teeming with native wildlife. But after a day full of exploring, there's no better home away from home than the Eain Taw Phyu Hotel in Myeik.

Located just 15 minutes from the Myeik Airport, this villa-styled hotel is the highest-rated accommodation in town on TripAdvisor. Recent renovations have upgraded the former guesthouse – operated since 1983 – into one of the most affordable luxury hotels in Myanmar.

The staff of Eain Taw Phyu will take care of you from the moment you step off the plane, offering a driver service. Guests may also rent motorbikes to easily explore the beachside town; the waterfront is only 2 kilometers from the hotel. Everyone speaks English, and don't worry – the bartender knows his cocktails.

Rooms come complete with free Wi-Fi, and weary travellers will appreciate hot and cold showers (not always a guarantee in Myanmar). Hardwood floors and wood panelling create a homely, rustic appeal, with private balconies just beyond the window. Each room reservation also includes complementary water bottles, tea/coffee and breakfast. Choose between superior, deluxe twin or deluxe king rooms – king rooms boast bathtubs for those inclined to soak in soapy waters, and all three include individual air conditioners and satellite TVs.

The hotel, however, is much more than a relaxing place to sleep. Guests can enjoy the large swimming pool and picturesque garden, or sign up for an oil or traditional massage at the spa. Swimmers can order mojitos from their deck chairs. A money changer is available onsite, as are laundry and valet services; if you are feeling like travelling in style, limousines are available as well.





What to eat? In Myeik, there's no shortage of fresh fish, so consider the buttered prawn for lunch or dinner at the hotel's Mali Cafe. Fried rice, vermicelli and noodle are also available, as well as the succulent fruits native to the region. Myeik traditional desserts, such as rice balls covered in coconut dressing and stuffed with palm sugar and peanuts, will have you indulging your sweet tooth on a nightly basis. The 24-hour room service ensures you'll never go hungry.

Safety is hardly a problem in this peaceful town, but guests can be assured that all precautions have been taken. The security staff maintain 24-hour CCTV surveillance, and back-up generators will keep the lights on and the Wifi streaming long after the occasional power outage strikes. For the more injury-prone tourists, a 24-hour on call doctor is available to treat minor injuries and illnesses.

Myeik has been an important international port for more than 500 years, but there's never been a place like this to rest your head in town. And as the most affordable luxury option in the area, you and your wallet will be happy. Whether traveling on holiday or coming through on business, there's no better option for visitors than the Eain Taw Phyu Hotel.



The hotel, however, is much more than a relaxing place to sleep. Guests can enjoy the large swimming pool and picturesque garden, or sign up for an oil or traditional massage at the spa.



Home away from home in Myeik, Eain Taw Phyu Hotel is located just 15 minutes from the Myeik Airport. Recently renovated, it is one of the most affordable luxury hotels in Myanmar and the highest-rated accommodation in Myeik on TripAdvisor.



Room

- 4 Deluxe Twins Rooms
- 4 Deluxe King Rooms
- 18 Superior Rooms

Facilities and Services

- Money Changer
- Domestic Air-Ticket
- 24 hours room services
- 24 hours Doctor on call
- Laundry & valet service
- Catering Service
- Limousine Service
- Swimming Pool
- Back up generators
- 24 hours CCTV surveillance
- Poolside Party
- Traditional Massage
- Car Rental Service

Restaurant

Eain Taw Phyu offers customers fine dining experience during their stays. Cooked by experienced Chef for all kind of meals, it is undoubtedly the best in town. Be it breakfast, Be it Lunch or Dinner, it has uniqueness in taste, culture and serving.



No. (42), Kan Pyar Main Road, Kan Pya Qtr, Myeik, Tanintharyi Division
 Tel: 059-42055, 059-42056 Fax: 059-42627
 Email info@eaintawphyu.com / eaintawphyu.hotel@gmail.com

YANGON

Once a multicultural, cosmopolitan city under British, Yangon slowly declined during Myanmar's self-imposed long 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-censorship 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.



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 heat 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, Mingun. Of these Mingun should be viewed as unmissable, with its incredible brick pagoda and giant bronze bell sure to catch the eye of anybody visiting the zone.

NAY PYI TAW

Myanmar's latest capital and sharing similarities with other capitals around the world, such as Canberra in Australia, in that it takes some generations to develop the culture and charm that make big cities fun. Any visitor returning from a first visit to Nay Pyi Taw is sure to remark on the incredible multi-lane roads that connect the ministries, as well as the rarity of cars driving them.

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 one company offers 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 in Myanmar and more than 1300 metres above sea level. Best known for its floating gardens and iconic ethnic Intha 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.





KYAING TONG (Kengtung)

Kengtung is the heart of the Golden Triangle – a hilly region where Laos, Thailand and Myanmar meet. It is a trekking oasis for travellers, both from Myanmar and abroad. The hard-to-reach hills are home to an extremely diverse mix of ethnic groups including the Akha, Lahu, Eng and Shan. Similarly diverse are the religions practiced by the different groups – it's easy to see small villages of one ethnic group in close proximity but separated by religion, be it Buddhism, Christianity or Animism.

And within the town are the usual religious sites – Buddha images in different positions, churches and pagodas – that you can find in nearly every town in Myanmar. Further afield is the former casino town of Mong-La, which is notable today for its museum dedicated to the government's efforts to halt opium production.

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 small hill overlooking the town. The town's market is a thriving centre where tourists can buy all manner of cheap clothing, fashion accessories, electronics and DVDs.



LASHIO

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



MYEIK

The Tanintharyi Region town of Myeik was a busy seaport during the colonial era and remains an important commerce town today. As well as hosting a large fishing fleet that trawls the Myeik Archipelago, Myeik is famous for the bird's nests harvested from shore-front buildings and the caves on its islands, as well as the pearling industry. However, there is plenty more to like about Myeik, including its incredible collection of colonial-era houses and buildings, many of which remain family homes or businesses today.

DAWEI

A formerly sleepy town in southern Tanintharyi Region, Dawei has lately become famous as the hub of a massive special economic zone and deepsea port proposed by Thailand. As well as its delicious fruits – pineapples, mangoes, mangosteens and durian – Dawei is also a major hub for other agricultural produce such as rubber, palm oil and cashew. Iconic Maungmakan Beach, where fishermen fish only metres offshore is also close to the town, while the untouched wonder of the Myeik Archipelago is only a boatride away.



KAWTHAUNG

Kawthaung is Myanmar's southernmost main town and sits at the mouth of Kyan River on the Malay Peninsula with the Thai border town of Ranong to its near east. Like Tachileik, Kawthaung is popular with foreigners living in Thailand who need to exit the country to renew their visa. But Kawthaung is so much more than that – it's the most common destination to embark on one of the liveaboard boats that explore the wonders of the Myeik Archipelago, including its nearly untapped diving spots and deserted islands.



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.



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 located 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 effectively 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 is supposed to take at least 24 hours.



MAWLAMYINE

The first capital of British Burma, Mawlamyine is one of the country's most charming cities. Nestled in a bend of the Thanlwin River, it features a largely intact colonial-era heart, including splendid churches, majestic mansions and awe-inspiring pagodas. Many of these are strung along a ridgeline behind the downtown area that is perfect for watching the sun set – and was where Rudyard Kipling wrote his famous poem, Mandalay.



KHAMTI

Located high in the upper reaches of the Chindwin River, Khamti is an emerging destination that so far sees few visitors. That could change now that travel restrictions on foreign visitors have been largely lifted (some restrictions apply outside the town). While accommodation and other amenities are still basic, the beauty of the surrounding area more than compensates, with the Naga towns of Lahe and Layshi the main attractions. Many visitors choose to fly to Khamti and then take a slow boat back down the river, passing through Homalin, Mawlaik and Kalewa.

Future Regional Destination **CHIANG MAI**

Chiang Mai is the land of beauty, warm hospitality and good manners; the land of fascinating, mist-shrouded mountains and fertile valleys; the land of religion with over 1,100 Buddhist temples; and the land of Thai arts and handicrafts. More than 700 years old, Chiang Mai has rooted its culture so deeply that it has its own dialect, its own architecture, its own costume, its own dances and its own cuisine. Though modernization has crept into this faraway region for decades, Chiang Mai still retains its natural charm and old culture. If you have a chance to visit this tourist paradise, you will understand why people call it "The Rose of the North".



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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 rna 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. Although investors are pouring money into the tourism industry, for the moment the supply of hotel rooms is modest. 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.

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.

A kissing sound will get a waiter's attention.

It might seem like a rude thing to do, but whether you're at a tea shop or a beer station, you'll hear locals pucker their lips and make a sound like a cat-call to order a beverage or get the bill. It's perfectly acceptable and much more effective than waving your arms.



From 23rd October 2015 to 31st January 2016

From Yangon (RGN)

To Nyaung U (NYU)

FLT. NO.	ETD	ETA	DAYS	VIA
7Y 131	0715	0835	Daily	-
7Y 121	0820	0940	Daily	-
7Y 241	1430	1710	Mon, Wed, Thu, Sat	HEH, MDL

To Mandalay (MDL)

7Y 131	0715	0920	Daily	NYU
7Y 841	1145	1310	Tue, Fri	-
7Y 941	1145	1310	Mon, Wed, Thu, Sat	-
7Y 943	1145	1310	Sun	-
7Y 241	1430	1625	Daily	HEH

To Tachileik (THL)

7Y 741	1130	1433	MON, FRI	LSH
7Y 941	1145	1508	Mon, Wed, Thu, Sat	MDL, HEH
7Y 943	1145	1508	Sun	MDL, HEH

To Heho (HEH)

7Y 131	0715	1005	Daily	NYU, MDL
7Y 121	0820	1035	Daily	NYU
7Y 941	1145	1355	Mon, Wed, Thu, Sat	MDL
7Y 943	1145	1355	Sun	MDL
7Y 241	1430	1540	Daily	-

To Thandwe (SNW)

7Y 122	1215	1305	Daily	-
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To Kyaing Tong (KET)

7Y 941	1145	1545	Mon, Wed, Thu, Sat	MDL, HEH, THL
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From Yangon (RGN)

To Myitkyina (MYT)

7Y 841	1145	1435	Tue, Fri	MDL
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To Lashio (LSH)

7Y 741	1130	1318	Mon, Fri	-
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To Dawei (TVY)

7Y 531	0700	0748	Mon, Fri	-
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To Myeik (MGZ)

7Y 531	0700	0838	Mon, Fri	TVY
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To Kawthaung (KAW)

7Y 531	0700	0933	Mon, Fri	TVY, MGZ
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From Nyaung-U (NYU)

To Mandalay (MDL)

FLT. NO.	ETD	ETA	DAYS	VIA
7Y 131	0850	0920	Daily	-

To Thandwe (SNW)

7Y 121	0955	1305	Daily	HEH, RGN
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To HEHO (HEH)

7Y 131	0850	1005	Daily	MDL
7Y 121	0955	1035	Daily	-

To Yangon (RGN)

7Y 622	0645	0805	Daily	-
7Y 131	0850	1130	Daily	MDL, HEH
7Y 121	0955	1200	Daily	HEH
7Y 242	1725	1845	Daily	-

From Mandalay (MDL)

To Yangon (RGN)

FLT. NO.	ETD	ETA	DAYS	VIA
7Y 621	0600	0805	Daily	NYU
7Y 132	0935	1130	Daily	HEH
7Y 242	1640	1845	Daily	NYU

To Heho (HEH)

7Y 132	0935	1005	Daily	-
7Y 941	1325	1355	Mon, Wed, Thu, Sat	-
7Y 943	1325	1355	Sun	-

To Tachileik (THL)

7Y 941	1325	1508	Mon, Wed, Thu, Sat	HEH
7Y 943	1325	1508	Sun	HEH
7Y 842	1615	1725	Tue, Fri	-

To Kyaing Tong (KET)

7Y 941	1325	1545	Mon, Wed, Thu, Sat	HEH, THL
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To Nyaung U (NYU)

7Y 621	0600	0630	Daily	-
7Y 242	1640	1710	Daily	-

To Myitkyina (MYT)

7Y 841	1325	1435	Tue, Fri	-
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From Heho (HEH)

To Yangon (RGN)

FLT. NO.	ETD	ETA	DAYS	VIA
7Y 121	1050	1200	Daily	-
7Y 132	1020	1130	Daily	-
7Y 241	1555	1845	Daily	MDL, NYU

From Heho (HEH)

To Mandalay (MDL)

7Y 241	1555	1625	Daily	-
7Y 944	1630	1700	Sun	-
7Y 942	1710	1740	Mon, Wed, Thu, Sat	-

To Nyaung U (NYU)

7Y 241	1555	1710	Daily	MDL
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To Thandwe (SNW)

7Y 121	1050	1305	Daily	RGN
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To Tachileik (THL)

7Y 941	1410	1508	Mon, Wed, Thu, Sat	-
7Y 943	1410	1508	Sun	-

To Kyaing Tong (KET)

7Y 941	1410	1545	Mon, Wed, Thu, Sat	THL
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From Myitkyina (MYT)

To Mandalay (MDL)

FLT. NO.	ETD	ETA	DAYS	VIA
7Y 841	1450	1600	Tue, Fri	-

To Tachileik (THL)

7Y 841	1450	1725	Tue, Fri	MDL
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From Thandwe (SNW)

To Yangon (RGN)

FLT. NO.	ETD	ETA	DAYS	VIA
7Y 122	1320	1410	Daily	-

Mann Yadanarpon Airlines
Flight Schedule

From 1st February 2016 to 31st March 2016

From Tachileik (THL)

To Kyaing Tong (KET)

FLT. NO.	ETD	ETA	DAYS	VIA
7Y 942	1520	1545	Mon, Wed, Thu, Sat	-

To Heho (HEH)

7Y 942	1520	1655	Mon, Wed, Thu, Sat	KET
7Y 944	1520	1618	Sun	-

To Mandalay (MDL)

7Y 942	1520	1740	Mon, Wed, Thu, Sat	KET, HEH
7Y 944	1520	1700	Sun	HEH
7Y 842	1740	1850	Tue, Fri	-

To Lashio (LSH)

7Y 741	1445	1548	MON, FRI	-
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To Yangon (RGN)

7Y 742	1445	1748	MON, FRI	LSH
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From Kyaing Tong (KET)

To Heho (HEH)

FLT. NO.	ETD	ETA	DAYS	VIA
7Y 942	1600	1655	Mon, Wed, Thu, Sat	-

To Mandalay (MDL)

7Y 942	1600	1740	Mon, Wed, Thu, Sat	HEH
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From Lashio (LSH)

To Yangon (RGN)

FLT. NO.	ETD	ETA	DAYS	VIA
7Y 742	1600	1748	MON, FRI	-

To Tachileik (THL)

7Y 741	1330	1433	MON, FRI	-
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From Dawei (TVY)

To Myeik (MGZ)

FLT. NO.	ETD	ETA	DAYS	VIA
7Y 531	0810	0838	MON, FRI	-

To Kawthaung (KAW)

7Y 531	0810	0933	MON, FRI	MGZ
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To Yangon (RGN)

7Y 531	1130	1218	MON, FRI	-
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From Myeik (MGZ)

To Kawthaung (KAW)

FLT. NO.	ETD	ETA	DAYS	VIA
7Y 531	0855	0933	MON, FRI	-

To Dawei (TVY)

7Y 532	1045	1113	MON, FRI	-
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To Yangon (RGN)

7Y 532	1045	1218	MON, FRI	TVY
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From Kawthaung (KAW)

To Myeik (MGZ)

FLT. NO.	ETD	ETA	DAYS	VIA
7Y 532	0950	1028	MON, FRI	-

To Dawei (TVY)

7Y 532	0950	1113	MON, FRI	MGZ
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To Yangon (RGN)

7Y 532	0950	1218	MON, FRI	MGZ, TVY
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MANN YADANARPON AIRLINES
Enjoy Royal Service!

100% New Fleet

Route Map

Current Routes (solid green line)
 Future Routes (dashed orange line)

Map Locations: PUTAO, MYITKYINA, HOMALIN, BHAMO, KALAY, MONywa, LASHIO, KYAING TONG, MANDALAY, NYAUNG-U, HEHO, LOIKAW, TACHILEIK, SITTWE, KYAUK PHYU, THANDWE, NAYP'ITAW, YANGON, MAWLAMYAING, DAWEI, MYEIK, KAWTHAUNG, PHUKET, CHANG MAI, BANGKOK.

Neighboring Countries: India, China, Bangladesh, Laos, Thailand.



Mann Yadanarpon Airlines Passenger Sales Agents



A & F

No.209, 4th Floor, Botahtaung Pagoda Road, Botahtaung Township, Yangon, Myanmar.
Tel: 01-8610421
Fax: 01-200086 Ext:2012

Authentic Myanmar

R-3A, Yegyaw Road, Pazundaung Township, 11171- Yangon, Myanmar.
Tel: 01-8610509
Fax: 01-203573

Auto Net

No.295(A), 1st Floor, 40th Street, Between Anawrahtar&BogyokeAung San Road, Kyauktada Township, Yangon, Myanmar.
Tel: 01-245396

All Asia Exclusive

No.(16/1), Baw Sin Lane (2), 24th Ward, Thuwunna, Myanmar.
Tel:01-563549, 01-569658

AKM Tours

No.(16), Room (C-2), 1st Floor, Ariyamaggin Street, 14th Ward, Yankin Township, Yangon, Myanmar.
Tel: 09-31543383, 09-250065825

Asian Trails

No.73, Pyay Road, Dagon Township, Yangon, Myanmar.
Tel: 01-211212, 01-223262
Fax: 01-211670

Amazing Time

No.139, 2nd Floor, Bargayar Road, Sanchaung Township, Yangon, Myanmar.
Tel: 01-2304785, 09-43064845
Fax: 01-2304785

Acacia Bagan

No.18, Building-8, PyiyeikmonHousing, Kamaryut Township, Yangon, Myanmar.
Tel: 01-516259, 09-421168615

Asia EZ

No586, Strand Road(Corner of 7th Street), Lanmadaw Township, Yangon, Myanmar.
Tel: 01-8610608, 09-420056227

Asia Holidays

09-5005990
No.10 A, Kabaraye Pagoda Road, Bahan Township, Yangon, Myanmar.
Tel: 01-705742, 555568, 554468

Asian Discovery

No.99, 1st Floor, 28th Street (Middle), Pabedan Township, Yangon, Myanmar.
Tel: 09-43174347, 01-383479

Aviareps

No.37, 03-03 Floor, Lapyatwin Plaza Township, Yangon, Myanmar.
Tel: 09-450050908, 01-371383

Ananda Travel

No.(106/B), Anandathuria Street, SawBwarGyiGone Quarter, Insein Township, Yangon, Myanmar.
Tel: 09-31635926, 09-425328182, 09-250373464
Fax: 01-662200

Ayuda Travel

No.(46), Ground Floor (Left), 165 Street, TarmweGyi (B), Tarmwe Township, Yangon, Myanmar.
Tel: 09-5195863, 09-73176275
Fax: 01-401503

Amazing Holidays

No.06-04, 06-05, 06-06, 6th Floor, Corner of Mahabandoola Street and Bo MyatTun Street, Bo MyatTun Tower, Botahtaung Township, Yangon, Myanmar.
Tel: 09-5133115, 09-73026655

Best Indochina International (The Wheel)

No.36, Yadanarpon Street, West Zaygyi Ward, Kyimyindaing Township, Yangon, Myanmar.
Tel: 01-539411

Bagan Star

No.15-b, 5th Floor, Mar Lar Street, Near the HledanSein Gay Har Shopping Mall, Kamaryut Township, Yangon, Myanmar.
Tel: 01-2305531

Baton Tour

No.243, 4th Floor, Bo AungKyaw Street (Middle Block), Kyauktada Township, Yangon, Myanmar.
Tel: 09-49284743, 09-420713246

Bua Travel

No.577/19, SoiPrachasanti, HuiKwaung District Bangkok, Thailand.

Best Western Premier Hotel ShwePyiThar

Address : No.(B-8), PyinOoLwin Road, Bet 31*32 Street, Chan Aye TharZan Township, Myanmar.
Tel: 02-74401-09

Bagan Princess

No.131, Ground Floor, 40th Street, Kyauktada Township, Yangon, Myanmar.
Tel: 01-243245, 372906, 398511

Bhamo Thu

No.160, Kyun Taw Street, Sanchaung Township, Yangon, Myanmar.
Tel: 01-512316, 09-250559259

Booking Min

No.15/17, Rm-11B, Insein Road, Kamaryut Township, Yangon, Myanmar.
Tel: 09-260703311, 09-797004931, 09-420228020

Cherry Yoma Service

A(230), Myanma Gone Young St, Nat ChaungQtr, Tarmwae Township, Yangon, Myanmar.
Tel: 01-430487, 01-209448

Caravan

No.14, Jate Taw-Ma Zin Airport, Ngapali Beach, Thandwe, Myanmar.
Tel: 09-8516479, 043-42404, 09-421753980

Costal Beauty

No.401, Dagon Center, Bagarya Road, Myaynigone, Sanchung Township, Myanmar.
Tel: 09-550520, 01-2302031

Columbus

No. 586, Strand Road, Corner of 7th Street, Lanmadaw Township, Yangon, Myanmar.
Tel: 01-378535, 378549
Fax: 01-378576

Diethelm

No.412, Merchant Street, (Corner of 45th Street), Botathaung Township, Yangon, Myanmar.
Tel: 01-203751 ~ 01-8610456

Daw San San Aye

Tel: 01-295923, 01-296058
No. (140), 46th St (Ground Floor), Botahtaung, Township, Yangon, Myanmar.

Discovery

No.603-604, 6th floor, DNH Tower, Pyay Road, Myaynigone, Sanchaung Township Yangon, Myanmar.
Tel: 01-388330, 01-375432

D& T Travel

Room D-140/A, First Floor, ShwePhyu Plaza, Between 77th & 78th Street, Between 32nd & 33rd Street, Mandalay, Myanmar.
Tel: 09-402775773

Dawn Knight

No.(273), 1st Floor, Pansodan Road (Upper Block), Kyauktada Township, Yangon, Myanmar.
Tel: 09-254053147

Easy Myanmar

No.507, Pyay Road, Between Hledan&Nanattaw Street, Kamaryut Township, Yangon, Myanmar.
Tel: 01-245676, 09-73072222

Eugenia

24 Street, Between 73 Street & 74 Street, Mandalay, Myanmar.
Tel: 09-402534023, 09-970074331

EPG

No.5, Nawaday Street, #601, Grand Nawaday Condominium, Dagon Township, Yangon, Myanmar.
Tel: 01-378714~19

Exotissimo

No. 147, Shwegondaing Street, West Shwegondaing Ward, Bahan Township, Yangon, Myanmar.
Tel: 01-8604933~40, 8603271, 558215
Fax: 01-8604932

Exotic Myanmar

#225, Room No.1502, 15th Floor, Olympic Tower, Bo AungKyaw Street, Kyauktada Township, Yangon, Myanmar.
Tel: 01-386539, 392886, 381945

Easia

No.16, 5th Floor, U AungMyat Street, ThaPyay Gone Quarter, MingalarTaungNyunt Township, Yangon, Myanmar.
Tel: 01-8619261

Elegant Lotus

No.14 A/14, Ma Gyigy Street, Sanchaung Township, Yangon, Myanmar.
Tel: 09-5134910, 09-421013025
Fax: 01-2305503

FlyMya Tech

Building-E, Room-3, First Floor, Shwe Yin Mar Street, ShwePadauk Housing, Kamaryut Township, Yangon, Myanmar.
Tel: 01-530977

Fairy Smile

No.122, Khay Mar Thiri Road, Myitkyina, Myanmar.
Tel: 09-2400597, 09-400040600

Family Mandalar

No.51(A), Ground Floor, kaing Dan Street, Quarter(2), Lanmadaw Township, Myanmar.
Tel: 01-256856

Focus Asia

No.126, Rm-005, New World Building, Kabaraye Pagoda Road, Bahan Township, Yangon, Myanmar.
Tel: 01-430900, 09-73214664

Fully Light

B 801, Dagon Centet(1), Bargaya Road, Myaynigone, Sanchaung Township, Yangon, Myanmar.
Tel: 01-503815, 01-516932, 01-516964, 01-516985

Fly To World

#29nd (2ndFloor), 3A MaPo Street, Myaynigone, San Chaung Township, Yangon.
Tel: 09-448019830, 09-33389877, 09-33389733

Fairy Tales

No.449(A), Room No.(201), 1st Floor, New University Avenue Road, Bahan Township, Yangon, Myanmar.
Tel: 01-400464
Fax: 01-543408

Fire Fly

No.173 (GF), 35th Street Middle, Kyauktada Township, Yangon, Myanmar.
Tel: 01-391019, 376168
Fax: 01-376168

Grand Lotus

No.87, Level 6, U Kun ZawYeik Mon, U Kun Zaw Avenue, Hlaing Township, Yangon, Myanmar.
Tel: 01-2305003~6, 01-507006

Gandawun Shwe Bagan

No.67, Baho Road, Sanchaung Township, Yangon, Myanmar.
Tel: 09-31063288, 09-421059827, 01-500191, 5192931

Golden Orbit

No.29 (A), KhineShwe War Street, 1 Ward, Kamaryut Township, Yangon.
Tel: 09-515138109, 09-73148112

Good Heart

No.866, U Wisara Road, 34 Ward, North Dagon Township, Yangon.
Tel: 09-450044059, 01-584007

GraceKyal Sin Min

No.20, 71 Street, Between 28th Street & 29th Street, Chan Aye TharZan Township, Yangon.
Tel: 02-22290, 09-977204148

Mann Yadanarpon Airlines Passenger Sales Agents



Green Land

No.86, Si Pin ThaYa Road, Myothit Quarter, Myitkyina, Yangon.
Tel: 09-36268764, 09-400043634

Gulf Travel

No.67, Sule Pagoda, Kyauktada Township, Yangon.
Tel: 01-386687, 249187, 374316

Golden Host

No.272, Room No. (603,604), 6th Floor, Dana Hlaing Tower, Pyay Road, SanchaungTsp, Yangon.
Tel: 01-2306059, 09-73075806, 09-73083736
Fax: 01-2306059

Global Grace

No.37, East Baho Street, Sayarsan North, East Quarter, Bahan Township, Yangon.
Tel: 01-549931, 09-31101999

Global Vacation

No.39, Ground Floor, 2nd Street, Lanmadaw Township, Yangon.
Tel: 01-217258, 09-5169984

Gold Yadanar Hotel

No.111, 34th Street, Between 77th and 78th Street, Chan Aye Tharsan, Mandalay, Myanmar.
Tel: 02-71048, 02-71204, 02-61742
Fax: 02-61742

GTS

#206,207 2F, Olympic Tower, Corner of Mahabandola Rd., & Bo AungKyaw St., Kyauktada Township, Yangon, Myanmar.
Tel: 01-243123, 01-392537, 706363

Golden Bell Family

No. 136/138, Anawrahta Road, Between 48th Street & Bo MyatTun Road, Botahtaung Township, Yangon, Myanmar.
Tel: 09-421135455
Fax: 01-202293

Green & Green

No.456, 81st Street, Between 32nd and 33rd Street, Chan Aye TharZan, Mandalay, Myanmar.
Tel: 02-66856, 02-66498

Great Thitagu

No. D1021, Taw Win Thiri Condo, 9 Miles, Mayangone Township, Yangon, Myanmar.
Tel: 01656929

Golden Pass

576(D), Dhamayon Street, 6 ½ Miles Hlaing Township, Yangon, Myanmar.
Tel: 01-539924

Global Myanmar Glory

No. G-8, Rm(201), Thirimingalar Garden Housing, Ahlone Township, Yangon, Myanmar.
Tel: 01-228083

Grand Dynamic

30th Street, Between 73th&74th, Chan Aye TharZan Township, Mandalay, Myanmar.
Tel: 09-254782577, 09-9741087

Golden Trip

No.507, Pyay Road, Between Hledan Traffic Light and Narnattaw Traffic Light, Kamaryut Township.
Tel: 01-701027
Fax: 01-500351

Golden Diamond Dragon

No.141, Ground Floor, SeikKanThar Street, Kyauktada Township.
Tel: 01-253870, 386469.

Ha Ha

Room.604, Bayinnaung Tower No.2, Bayinnaung Street, Kamaryout Township, Yangon, Myanmar.
Tel: 09-73241241, 09-421048815

Happy Holidays

No.251, Ground Floor, 37th Street, Kyauktada Township, Yangon, Myanmar.
Tel: 01-385729

Horizon Network Express

No.182, Ground Floor, (Left), 45th Street, Ward No.(10), Botahtaung Township, Yangon.
Tel: 01-397860

Hotel Royal Land

No.182, Ground Floor, (Left), 45th Street, Ward No.(10), Botahtaung Township, Yangon.
Tel: 01-397860

Interconnection

No.24-26, 37th st, Ground Floor, Kyauktada Township, Yangon, Myanmar.
Tel: 01-371691, 371692, 376109

I Fly

No.62, Min Yat Quarter, Sein Mya Ayar Street, Myitkyina, Myanmar.
Tel: 074-22162, 074-23090

ICS Travel Group

No.11, Maharmyaing Street Sanchaung Township, Yangon Myanmar.
Tel: 01-511701, 01-511658, 01-523167

Journey Star

No.165, 35th Street (middle), Kyauktada Township, Yangon, Myanmar.
Tel: 01-252425.

Journeys Adventure

No.53, Nagayon Pagoda Lane, Mayangone Township, Yangon, Myanmar.
Tel: 01-656259, 660104, 663261, 656307

Joyous Journey

Rm No.(ZaMyinZwe 4), Dagon Road, AungMingalar Bus Station, Yangon, Myanmar.
Tel: 09-73123571-574.

K & H Travels

No.92, Kyun Taw Street, Sanchaung Township, Yangon, Myanmar.
Tel: 09 850098006.

KoKo&PaPa

Room.10, Blk 3, ShwePyiMandalay Apartment, Kyaw Se Kan, Pyi Gyi Tagon Township, Mandalay, Myanmar.
Tel: 09-970808555, 09-79885654, 09-796532555.

Kant Kaw Nadi

No. 51/A, Ground Floor, Kaing Dan Street, Lanmataw Township, Quarter (2), Yangon, Myanmar.
Tel: 01-221650
Fax: 01-221650

Kipling Tour

No.38-B, Pyi Htaung Su Lane Sayarsan North West Ward, Bahan Township, Yangon, Myanmar.
Tel: 01-543376, 546184, 5553759, 556899.

Legendary Myanmar

No.9, Room (A-4), 3rd Floor, Kyaung Street, Myaynigone, Sanchaung Township, Yangon, Myanmar.
Tel: 01-523653

Link World Travel

No.121, 42nd Street, Botahtaung Township, Yangon, Myanmar.
Tel: 01-245780, 245867, 380830,

Lotus Bonita

No.5, G/B, Aungmingalar Street, 4Qtr, Mayangone Township, Yangon, Myanmar.
Tel: 01-666802, 656453, 656458.

Loyal Area

No.41, Sule Pagoda Roundabout, KyauktadaTownship, Yangon, Myanmar.
Tel: 01-381737

Luxurious

No.6, Myawaddy Street, Myaynigone, Sanchaung Township, Yangon, Myanmar.
Tel: 09-5086507/09-796305193.

M.H.S Travel

No.112, Ground Floor, 39 Street (lower), Kyauktada Township, Yangon, Myanmar.
Tel: 01-384700/ 384707/ 385428/ 386371.

Mai Hsoong

Rm-33-49, Corner of Maharbandula Garden Street & Bank Street, Kyauktada Township, Yangon, Myanmar.
Tel: 01-373774-75, 09-73117963.

Mandalay Holidays

Room.2C, City Shine Tower, Bo Aung Kyaw Road, Kyauktada Township, Yangon, Myanmar.
Tel: 01-377332, 377333

Mega Mobile

No. 129, 29 Street, Between 81st X 82nd Street, Chan Aye Thar Zan Township, Mandalay, Myanmar.
Tel: 02-36492.

Minnovation (Trumpet Travel)

No.(Pa-3), Padomar Street, Sanchaung Township, Yangon, Myanmar.
Tel: 01-536975, 532250.

Moe Tein

No.(202), Ground Floor, Corner of Bogyoke Street, Thein Phyu Road, Papaedan Township, Yangon, Myanmar.
Tel: 01-8603834 ,09-49208298.

Mya Travel

No. 453, Mahabandoola Rd, (Corner of 32nd St), Pabedan Township, Yangon, Myanmar.
Tel: 01-384299, 01-254463

Mother Ayeyawaddy

No. 927/A, Innwa (7) Street, 6-Ward, South Okkalapa Township, Yangon, Myanmar.
Tel: 09-4927432

May Flower

No.240, Upper Pansodan Road, Kyauktada Township, Yangon, Myanmar.
Tel: 01-377495~99, 09-73087999, 0973097888
Fax: 01-250117

Mya Mandalay

No.10, Ground Floor, Corner of Chanthar Street & Shwe La Win Street, Sanchaung Township, Yangon, Myanmar.
Tel: 01-523575, 518290

Multi Colour

Tel: 01-211519, 225370
Fax: 01-221519
No. 528, 3rd Floor, Lower Kyeemyintdaing Road, Kyeemyintdaing Township, Yangon, Myanmar.

Mergui Sakura

No. 5, Barini Medicine Shop, Corner of East Shwe Gone Daing Road & Bosein Man Road, Bahan Township, Yangon, Myanmar.
Tel: 059-22444, 22219, 09-5122897, 09-8740963

Myanmar Modern Travel Service

No.190(D), Ground Floor, 50th Street, Pazundaung Township, Yangon, Myanmar.
Tel: 01-552762, 552642, 09-73216010
Fax: 01-552642

Mya Thitagu

No. 298, 81 Street, Between 24 & 25 Street, AungMyayThar San Township, Mandalay, Myanmar.
Tel: 02-30878, 02-67088
Fax: 02-67332

Myanmar Damsel

66/68, San Nyein 6th Street, 4th Floor, 4A, Building B, Kamaryut Township, Yangon, Myanmar.
Tel: 01-523583.
Fax: 01-523583.

Myanmar Delta

No.269, 82 Street, 27x28 Street, Mandalay, Myanmar.
Tel: 01-246059, 01-246057, 01-706623, 01-380688

Myanmar Polestar

Rm No.508/507, 5th Fl, La Pyayt Win Plaza, Dagon Township, Yangon, Myanmar.
Tel: 01-382530, 255638.

Myanmar Toe Nyar

No.48, 89th Street, MingalarTaung Nyunt Township, Yangon, Myanmar.
Tel: 01-663915, 01-656692

Myanmar Tracery

No.405, 5th Floor, Yuzana Tower & Shwe Gone Tine Street, Bahan Township, Yangon, Myanmar.
Tel: 01-650206, 667342.

Myanmar Upperland

No.B-5, 27th Street, between 71st x72nd Street, Mandalay, Myanmar.
Tel: 01-265011.

Mann Yadanarpon Airlines Passenger Sales Agents



Myanmar Voyage

No.133, B-2, Mawyawadi Road,
8 miles, Mayangone Township,
Yangon, Myanmar.
Tel: 01-667342, 666155.

Myanmar Signature

No.31, (2B), 1st Floor, U Tun Lin
Chan Street, Quarter 1, Kamaryut
Township, Yangon, Myanmar.
Tel: 01-2305101, 09-2007762
Fax: 01-2305101

Myanmar Milestone

No.62, Yadanar Street, (4) Quarter,
North Okkalapa Township,
Yangon, Myanmar.
Tel: 09 252766962, 09 428371701.

New Seven Star

No.519(A/B), Thein Phyu Road,
Mingalar Taung Nyunt Township,
Yangon, Myanmar.
Tel: 01-246059, 01-246057, 01-
706623, 01-380688

Nice Fare

No.5, Aung San Stadium, Joephyu
Road, MingalarTaungNyunt
Township, Yangon, Myanmar.
Tel: 01-255699, 255897, 255898
Fax: 01-393048

No.1 Travels & Tours

6/126, (12) Quarter, Mann Nar
Street, Lashio, Myanmar.
Tel: 082 23153

Nature Link

Olympic Hotel- Ground Floor,
National Swimming Pool
compound, U Wizara Road,
Dagon Tsp., Yangon, Myanmar.
Tel: 01-243130~35, 01-374277.

Nan Taw Win

No.C-6, 71stStreet, Bet 30th X
31st Street, Chan Aye TharZan
Township, Mandalay, Myanmar.
Tel: 02-74029.

Nature Dream

No.94,Third Floor, Bokalay Zay
Street, Kyauktada Township,
Yangon, Myanmar.
Tel: 01-392239.

Nice Style

No.355,Room(105), Theinbyu Road,
Mingalar Taung Nyunt Township,
Yangon, Myanmar.
Tel: 01-399 299, 399 322.

Oway Company Limited

Building 6, 2nd Floor, Junction
Square Compound, Pyay Road,
Kamayut, Yangon, Myanmar.
Tel: 01-2304201~2
Fax: 01-505977

Odyssey

No.221/223, Ground Floor, Bo Aung
Kyaw Rd, Kyauktada Township,
Yangon, Myanmar.
Tel: 01-373199, 246334, 246339,
240545, 09-73187799, 73197799

One Stop

No.160/C3, Kyuntaw Street,
Sanchaung Tsp., Yangon, Myanmar.
Tel: 01-537522, 523486,

Our Blessing

No.34(A), KyaikKasan Road,
TarwaeTownship, Yangon,
Myanmar.
Tel: 01-556986

Pictureque Myanmar

No.47/49, First Floor, 46 Street,
(lower), Kyauktada Township,
Yangon, Myanmar.
Tel: 01-397230, 01-8610247, 01-
03001231

Pearl Princess

No.131, ZayTaungBat Street, Zayit
Quarter, Dawei, Myanmar.
Tel: 059-21282, 059-22282, 22082
Fax: 059-23282

Peace House

No. 27(A), Mahabandoola
Garden St, Come from Bank
Street, Kyauktada Township,
Yangon, Myanmar.
Tel: 01-251935/204129/252150

Peace Smile Land

No.251, Room-2, Yazar Dayit
Housing, Lower Pazundaung
Street, Botahtaung Township,
Yangon, Myanmar.
Tel: 01-299850/ 8610549.

Peninsula Prince

No.54, First Floor, Kyauk Myaung
Zay Road, Byine Ywar Ma
Quarter, Tawae Township, Yangon,
Myanmar.
Tel: 01-559986.

Pro Asia

No.26, New Ni Street, Alone
Township, Yangon, Myanmar.
Tel: 09-796262688, 09-421179583.

Proniti Travel

No.28, 4th Floor, Botahtaung
Road, (upper), Botahtaung
Township, Yangon, Myanmar.
Tel: 09-420065267.

Rover Travel Service

Room M206, 14 /F, HalesonBuilding
, 1 Jubilee Street, Central, Hong
Kong.
Tel: (852)2845 4545.

Royal Holiday

No.106/108, Room (2B), 1st
Floor, Myanma Gone Yee Road,
MingalarTaungNyunt Township,
Yangon, Myanmar.
Tel: 01-394977, 707335.

Sun Far

No. 25,27, 19,31, Ground Floor,
38th Street, Kyauktada Township,
Yangon, Myanmar.
Tel: 01-243993, 01-380888
Fax: 01-246318, 01-254599

Asian Royal Star (Shan Pyi Thar)

No.278/300, 6-B, Zezawar Condo,
Mahabandoola Garden Road,
Kyauktada Township, Yangon,
Myanmar.
Tel: 01-385125, 255851, 255852,
255891, 255892

Shan Yoma

No.124/126, 50th Street,
Pazundaung Township, Yangon,
Myanmar.
Tel: 01-295510, 299389, 204152, 901
0378, 9010379, 9010380~2

Star Zone

No.35, Ground Floor, Lan Thit
Street, (lower), Landmadaw
Township, Yangon, Myanmar.
Tel: 01-2301511, 2301522, 226073
Fax: 01-226703

Sai Travel Service

No.339, Room No.1007, 10th Floor,
Sakura Tower, BogyokeAung
San Road, Kyauktada Township,
Yangon, Myanmar.
Tel: 01-255400
Fax: 01-255675

Silver Phoneix

No.(C-008), Nanattaw
Street, Hnin Si Lane, Kamayut
Township, (Yuzana Highway
Complex), Yangon, Myanmar.
Tel: 01-535906, 01-292873

Swan Saung Yee

Building(D/B),
Rom(002), ThitsarResidence, South
Okkalapa Township, Yangon,
Myanmar.
Tel: 01-562917
Fax: 01-562640

Sara Travel

B-1, H5B, Main Road, Khan Laung
Quarter, New Bagan- Nyaung U,
Myanmar.
Tel: 09-254250620, 09-254083902.

Seven Earth

No.154, Yuzana Block,
SeinMyaAyeya Park, Near AGD
Bank, Myitkyina, Myanmar.
Tel: 09-47003338, 09-400046088.

Shwe Ka Thit

No.34, Thein Ni Street, (2) Quarter,
Lashio, Myanmar.
Tel: 082-30989, 082-25702.

Shwe Gone

No.7, Min Yat Quarter, Myitkyinar,
Myanmar.
Tel: 09-448013322.

Sky Bird

No. 124, Ground Floor, 93rd Street,
Mingalar Taung Nyunt Township,
Yangon, Myanmar.
Tel: 01-394500.

Sky Ward

Rm No.6, 26 street, Bt 78 &79 St,
Chan Aye Thar San Township,
Mandalay, Myanmar.
Tel: 09-6503048, 09-49318874.

SM Tour

No.32, 10th street, Lanmadaw
Township, Yangon, Myanmar.
Tel: 01-380888/01-555771.

Smile Man Myot Taw

No -5 (6), 115 (A), Between 62nd
& 64th Street, GawThazin Street,
Chan Myae TharZan Township,
Mandalay, Myanmar.
Tel: 02-80911, 80903

Sweet Memory

No.48, 89th Street, MingalarTaung
Nyunt Township, Yangon, Myanmar.
Tel: 01-385292, 385642.

Sliver Sky

No.358, Yan Gyi Aung Quarter,
Myitkyina, Myanmar.
Tel: 09-400038659.

Smart King Company

37th, Bet 74th x75th, Sat KyarN'we
Sin Quarter, Maha Aung Myay
Township, Mandalay, Myanmar.
Tel: 09-265455551, 09-2201078.

Sweety Green Land

No.28, Mingalar Street, Phawkan
Quarter, Insein Township, Yangon,
Myanmar.
Tel: 01-646067.

Seven Diamond

No.99, 99 Condo, Corner of U
Wizaya Road & Damazedi Road,
Kamayut Township, Yangon,
Myanmar.
Tel: 01-392974~75, 09-73048890,
09-73048891

Sun Bird

No.120/121, First Floor, Anawyahar
Street, Pazundaung Township,
Yangon, Myanmar.
Tel: 01-293464, 8610647, 8610648.

Trade Win

No7, Laydaungkan Road,
Thingungyun Township, Yangon,
Myanmar.
Tel: 01-572375, 01-564882, 01-
564992
Fax: 01-561440

Thint Made Swe

No.42, NgaPyaw Taw Street,
San Chaung Township, Yangon,
Myanmar.
Tel: 09-5240751, 09-5241871.

Teak

No.77 E, Shinsawpu Road,
Sanchaung Township, Yangon,
Myanmar.
Tel: 01-2304713~14, 01-523384

Than Than

No.339, Unit 1407, 14th Floor, Sakura
Tower, BogyokeAung San Road,
Kyauktada Township, Yangon,
Myanmar.
Tel: 01-255034, 01-255035, 01-
704190, 09-4412810, 09-4412811
Fax: 01-255035

Twilight

No. (A.3-G), 77th Street, Bet 31st&
32nd Streets, Mandalay, Myanmar.
Tel: 02-34665, 02-73965, 02-22169

Teak Bridge

No.193, 32nd Street, Between 79th
X 80th Streets, Chan Aye Thar Zan
Township, Mandalay, Myanmar.
Tel: 02-67033.

Teo Myanmar

No.310/B, Room-18, KaBarAye
Pagoda Road, Mayangone
Township, Yangon, Myanmar.
Tel: 09-5083179, 09-250067507.

The Lins

No.47(GF), YaeKyaw Street,
Pazundaung Township, Yangon,
Myanmar.
Tel: 01-296531, 201784, 201785

Toe De Myanmar

No.109, 1st Flr, Sint Oh Dan
Street, Lathar Township, Yangon,
Myanmar.
Tel: 01-392974, 01-392975.

Travel Asia

No.233, YuzanaQtr, PyiHtaung Su
Main Road, Myitkyina, Myanmar.
Tel: 074-21489, 09-47000212.

Travel Go

No.211, 76th Road, Between:27th
X 28th Street, Chan Aye Thar Zan
Township, Mandalay, Myanmar.
Tel: 02-67479, 02-67489.

Mann Yadanarpon Airlines Passenger Sales Agents



Travelling Art

No.143(B), Baho Road, Ward No.(3), Kamayut Township, Yangon, Myanmar.
Tel: 01-531399, 531471.

Treasure Ace

No.15, ShweTaung Tan Street, Lanmadaw Township, Yangon, Myanmar.
Tel: 01-2263252, 220335.

Terraverde

No.53, Damikawaddy Street, Sanchaung Township, Yangon, Myanmar.
Tel: 01-511950.

Treasure

Kandawgyi Palace Hotel, Lake View Ground Floor, Kanyeiktha Road, MingalarTaungNyunt Township, Yangon, Myanmar.
Tel: 01-399320, 394841.

Tour Mandalay

No.02/03, 3rd Floor, Pearl Condominium (A), Kaba Aye Pagoda Road, Bahan Township, Yangon, Myanmar.
Tel: 01-540457, 541428, 545516.

Taw Win

No.104, First Floor, 50th Street, Pazuntaung Township, Yangon, Myanmar.
Tel: 01-294043, 296737, 297328.

Unique Asia

No.152, Sule Pagoda Rd., Kyauktada Township, Yangon, Myanmar.
Tel: 01-398400, 01-398433, 01-398455, 398477, 398499

UKT Ticketing

PyiHtaung Su Main Road, Mingalar Ward, Aung Pan, Myanmar.
Tel: 081-60979.

Unileisure

Building(S-4), Waizayanda Road, Shwe Ingyin Housing, Thingangyun Tsp., Yangon, Myanmar.
Tel: 01-561892~9 Ext: 212

Uniteam

No.84, Pan Hlaing Street, Sanchaung Township, Yanogn, Myanmar.
Tel: 01-534728, 574471.

Victorious King

No.143, Second Floor, 37th Street, Middle Block, Kyauktada Township, Yangon, Myanmar.
Tel: 09-448540747, 09-73048430.

Vivo Air Ticketing

No. 458/460, Room G3, YatharCodo, Mahabandoolast, Pabedan Township, Yangon, Myanmar.
Tel: 01-377117, 01-252300.

Win

Room No1, Yonegyi Road, KantharQtr, Nyaung Shwe (Inle Lake), Myanmar.
Tel: 081-209920

Winner Hotel

PyiTaung Su Road, Kalaw, Myanmar.
Tel: 08-150025, 08-250275.

Win Star

No. 51, Ground Floor, 38th Street, Lower Block, Kyauktada Township, Yangon, Myanmar.
Tel: 01-376748.

White Falcon

No.38, First Floor, (Right), Dhama Wihara Street, Kyar Kwet Thit Ward, Tawae Township, Yangon, Myanmar.
Tel: 01-209445, 209446.

Wonderway Myanmar

Room (802), Building (B), Nyaung Pin Lay Zay Condo, Lanmadaw Street, Lanmadaw Township, Yangon, Myanmar.
Tel: 011220787, 09 421149339.

Woben Services

No.113/F, Thudhammar Road, North Okkalarpa Township, Yangon, Myanmar.
Tel: 09-9699707, 09-421092568.

World Myanmar

No.32/B, Ground Floor, Corner of Yangon-Insein Road and Kan Street, Hlaing Township, Yangon, Myanmar.
Tel: 01-504912.

WW Travel Limited

No.142, BogyokeAung San Street, Pazundaung Township, Yangon, Myanmar.
Tel: 01-292973.

Yang Sister

No.31, Ground Floor, Lower Block, 13th Street, Lanmadaw Township, Yangon, Myanmar.
Tel: 09-425327767~8, 01-215906

Yadanar Thiha Company Limited

Room-202, Building (B7), Shwe Gabar Housing (3) Streets, Mindama Road, Mayangone Township, Yangon, Myanmar.
Tel: 09-250 989996, 09 525 2804.

Yadanar Travel

Address : No.111, North Bridge Road, #01-25A, Peninsula Plaza, Singapore.

Yadanar (AKY)

Tel: 09-5099568, 09-36057277
Address : No.(128), Main Road, Ma WlakeQtr, Sittwe, Myanmar.

Zar Zar Moe

No.42, Nagar PwetKyaung Street, Zaypine Quarter, Taung Gyi, Myanmar.
Tel: 09-428313896, 09-36014281.

Zone Express

No.1, 68th Street, Between 26th& 27th Street, Chan Aye Tharzan Township, Mandalay, Myanmar.
Tel: 02-74651~2



ယခုထက် ပိုမိုကောင်းမွန်သော
ဧည့်သည် နေရာပေးပေးရန် Myanmar

လတ်ဆတ်သောခရီးစဉ်နှင့် တို့မြန်မာ.. အနာဂတ်ဟာ တို့အတွက်ပါ..
အတူတကွ လမ်းဆန်းရွာနှင့် မြူးပျော်ကြမယ်.. အချိန်ကောင်းများကို မျှဝေဖို့ အတူတူဆုံကြဖို့..
အမြင်ကောင်းများကိုမျှဝေဖို့ အတူတူပျော်ကြဖို့..



ဧည့်သည် နေရာပေးပေးရန် ဝိုင်းရန်

OBJECTS MUST NOT BE CARRIED IN AS CHECKED OR CABIN BAGGAGE

လေယာဉ်ဖြင့် သယ်ယူတင်ဆောင်ခွင့်မရှိသော ပစ္စည်းများ

<p>Corrosives တိုက်စားယိုယွင်းပျက်စီးစေသော အရာ</p>	<p>Explosives ပေါက်ကွဲတောင့်တောင့်သော လက်နက်၊ ခဲရမ်း၊ မီးကျောက်များ</p>	<p>Compress gases ဖိအားဖြင့် ဖြည့်ထားသော တတ်ခွေများ</p>	<p>NO Dangerous Goods on aircraft</p>
<p>Flammable liquids မီးလောင်လွယ်သော အရည်များ</p>	<p>Flammable solids မီးလောင်လွယ်သော အပိုင်အခဲများ</p>	<p>Radioactive materials ရေဒီယိုဓာတ်ကြွကုန်ပစ္စည်းများ</p>	
<p>Toxic substances အဆိပ်ပါသော ကုန်ပစ္စည်းများ</p>	<p>Infectious substances ကူးစက်ရောဂါပိုးများပါသော ကုန်ပစ္စည်းများ</p>	<p>Magnetised materials သံလိုက်ဓာတ်ပါသော ကုန်ပစ္စည်းများ</p>	
<p>Miscellaneous including asbestos, dry ice, engines လေယာဉ်နှင့် ခရီးသည်တို့အား အန္တရာယ်ဖြစ်စေနိုင်သော အခြား ပစ္စည်းများ</p>			

● လေယာဉ်ကိုယ်ထည်အား ထိခိုက်ပျက်စီးစေနိုင်သော သံ သတ္တုပစ္စည်းများ
 ● ဆားငရုများပါဝင်သော ပစ္စည်းများနှင့်
 ● အနံ့အသက်ဆိုးသော ပစ္စည်းများအား သယ်ယူတင်ဆောင်ခွင့်မပြုပါ။

YOUR ATTENTION

သတိပြုရန်

မိမိနှင့်အတူ လက်ဆွဲယူဆောင်ခွင့်မရှိသော ပစ္စည်းများ

PLEASE DO NOT PUT THIS ITEMS IN YOUR CABIN BAGGAGE.



ဖယားထိုင်းအင်တာနေရှင်နယ်ဆေးရုံကြီး ၁ နှင့် ၂

(ထိုင်းနိုင်ငံ၊ ဘန်ကောက်မြို့)

Hotline : ၀၉ ၅၁၉၉၄၀၈



Understanding Osteoporosis

(အရိုးပါးရောဂါအား တီးမိ ခေါက်မိခြင်း နှင့် ကာကွယ်ဟန့်တားခြင်း)

အရိုးပါးလာသည့်လက္ခဏာများ

- အရပ်အမောင်း နှစ်စဉ် (၁)စင်တီမီတာထက် ပိုနိမ့်လာခြင်း
- ခါးကိုင်းလာခြင်း
- အရိုးကျိုးလွယ်ခြင်း
- ခါးပုံပန်းမကျ ကုန်းလာခြင်း
- နာတာရှည် ခါးနာလိုက် ပျောက်လိုက်ဖြစ်ခြင်း



အရိုးပါးရောဂါဆိုသည်မှာ အရိုးကြုံ ခိုင်မှုနှင့် အရိုးသိပ်သည်းဆ နည်းပါးလာသောရောဂါဖြစ်ပါသည်။

အရိုးပါးခြင်းကြောင့် ကျောရိုး ထိခိုက်ပျက်စီးခြင်း၊ တင်ပါးဆုံရိုး ကျိုးလွယ်ခြင်း နှင့် အရိုးထိခိုက် ပျက်စီးခြင်းတို့ဖြစ်စေနိုင်ပါသည်။

ထို့ကြောင့် အရိုးကျန်းမာရေးကို လျစ်လျူရှုမထားပဲ သိပ်နောက်မကျခင် စစ်ဆေးသင့်ပါသည်။

" အောက်ပါ ဝေဒနာများနှင့် ထူးထူးခြားခြား သင်ကြံတွေ့ဖူးပါသလား "

ရင်ဘတ်အောင့်ခြင်း၊ ဗိုက်အောင့်ခြင်း၊ ကြွက်တက်ခြင်း၊ ထုံကျင်ခြင်း၊ အသက်ရှူကြပ်လာခြင်း၊ ချွေးအလွန်အမင်းထွက်ခြင်း၊ ခေါင်းမူးခြင်း တို့ဖြစ်ပါသည်။ အကယ်၍ ထိုဝေဒနာများ သင်ဖြစ်ပွားစံစားဖူးပါက နှလုံးခုန်သံ မမှန်ခြင်း (သို့) နှလုံး တိုက်ခိုက်ခံရခြင်း (Heart attack) စသော နှလုံးရောဂါဖြစ်ပွားနိုင်ခြေရှိပါသည်။ အချိန်မနှောင်းခင် နှလုံးကျန်းမာရေးအတွက် ခေတ်မီအဆင့်မြင့် နည်းပညာများနှင့် ဆေးဘက်ဆိုင်ရာပစ္စည်းကရိယာ အပြည့်အစုံရှိသော နှလုံးရောဂါဌာနတွင် လာရောက်စစ်ဆေးခြင်းဖြင့် ကြိုတင်ကာကွယ်ထားနိုင်ပါသည်။

နှလုံးကျန်းမာ ပြုံးပန်ဖြာ ဉာဏ်ရည်သွက်လက် ကြော့မော့လျက်

- အီးကေဂျီခေါ် နှလုံးစက်
- နှလုံးပဲ့တင်သံ ရိုက်၍ စစ်ဆေးပေးသည့်စက်
- ပြေးစက်ပေါ်ပြေး၍ နှလုံးစစ်ဆေးစမ်းသပ်ခြင်း (EST)
- နှလုံးပုံရိပ် (ဇီဒ်) ပုံ ရိုက်ပေးနိုင်သော (CT Scan)
- နှလုံးသွေးကြောများပိတ်ဆို့နေခြင်း ရှိ မရှိကိုစစ်ဆေးပေးပြီးပိတ်ဆို့နေခြင်းတွေ့ရှိပါက ချက်ချင်းကုသပေးနိုင်သော (CAG)
- နှလုံးသွေးကြောကျဉ်းရောဂါ ရှိ မရှိ ပုံရိပ်ဖော်စမ်းသပ်ပေးခြင်းဖြင့် ရောဂါရှာဖွေစစ်ဆေး ပေးပါသည်။

အသေးစိတ်သိရှိလိုပါကဆက်သွယ်ရန် -

ဖယားထိုင်းအင်တာနေရှင်နယ်ဆေးရုံကြီး (၁) နှင့် (၂) တို့၏ မြန်မာနိုင်ငံဆိုင်ရာ တစ်ဦးတည်းကုန်စားလှယ်



SM Tours & Transport Co., Ltd.

<p>ရန်ကုန်ရုံး အမှတ်(၇၅)၊ ပထမထပ်၊ လမ်းသစ်လမ်း၊ လမ်းမတော်မြို့နယ်၊ ရန်ကုန်မြို့၊ ဖုန်း - (၀၁) ၂၃၀၁၆၀၀ ၊ ၂၂၇၂၂၅၅ ၊ ၂၂၅၇၇၀ ဖက်(၆) - (၀၁) ၂၂၇၂၂၅၅</p>	<p>မန္တလေးမြို့ L3- ၁၀၆ ၊ (၃) လွှာ ၊ ခိုင်းမွန်းပလာစာ တာဝါ (အေ) ၊ ၃၃ လမ်း x ၃၄ လမ်းကြား ၊ ၇၇ လမ်း x ၇၈ လမ်းကြား ၊ ချမ်းအေးဘာဝမြို့နယ် ၊ မန္တလေးမြို့ ၊ ဖုန်း - ၀၉ ၇၉၆၂၃၁၂၁ ၊ ၀၉ ၉၇၅၂၀၅၇၀</p>	<p>တောင်ကြီးမြို့ ဖုန်း - ၀၈၁ ၂၁၂၃၃၃၁ ခွန်အောင်ကျော် - ၀၉ ၅၂၁၄၉၇၃ ခွန်အောင်ခမ်း - ၀၉ ၄၉၃၆၄၅၃၃ နန်းကြည်လေး - ၀၉ ၃၆၁၆၅၁၁၁</p>	<p>မြိတ်မြို့ ဖုန်း - ၀၉ ၅၁၀၉၅၆၇ E-mail : sm.phyathai1@gmail.com, sm.phyathai2@gmail.com smtoursthailand@gmail.com, mmyailkhaing@gmail.com</p>
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Yangon Office

No.3, Thalarwaddy St, 7th mile, Mayangone Township, Yangon, Myanmar.
 Hunt Line: (+95-1) 656969
 Fax: (+95-1) 656998, (+95-1) 655562
 E-mail: marketing@airmyp.com; mktm@airmyp.com



Mandalay Office

No.9, 78th St, Between 33rd & 34th St, Chan Aye Thar Zan Township, Mandalay, Myanmar.
 Hunt Line: (+95-2) 67099
 Fax: (+95-2) 67039



Domestic Branches

Nyaung-U

No. 4, Main Road, Tite Koug Quarter, Nyaung-U.
 Tel: (+95-61) 61063, 61236
 Airport: (+95-61) 61235

Taunggyi

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

Heho

No. 176, Nan Koug Kwat Thit Quarter, Pyi
 Htaung Su Main Street, Heho.
 Tel: (+95-81) 63095
 Airport: (+95-81) 63350

Tachileik

No.1/155 (LM) Sansai (B) Quarter, Bogyoke
 Street, Aung Chan Thar Building, Tachileik
 Office: (+95-84) 53544, 53545
 Fax: (+95-84) 53538
 Mobile: (+95-9) 250 343 870

Kyaing Tong

No. 33, Taryaw Quarter, Loimwe Street,
 Ward (3), Kyaing Tong.
 Office: (+95-84) 24045, 22860
 Tel: (+95-9) 254 260 071

Dawei

No. 298, PaduakShweWah Street,
 Zayit Quarter, Dawei.
 Office: (+95-59) 23948
 Tel: (+95-9) 254186885

Myeik

No.(4), Ball Lone Kwin Building,
 Kan Phyar Road, Myeik.
 Office: (+95-59) 42505
 Tel: (+95-9) 254 186 884, (+95-9) 49 805 798

Kawthaung

No.421 (A), KanNar Street, Nar Yee Sin Shae,
 Anawar quarter, Kawthaung.
 Mobile: (+95-9) 254343353
 (+95-9) 49 215 545

Lashio

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 Office: (+95-82) 30024
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Sittwe

Tel: (+95-9) 49800358, 49800053, 252626668

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 Nyaung Pin Quarter, Bhamo
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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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“စိတ်ပင်ပန်းမှုတွေ ကင်းစင်နေတဲ့
ကျွန်မအတွက် နေ့တိုင်းက **Holiday** ပါပဲ...”

နေ့ရက်တိုင်း အောင်မြင်တက်ကြွစေမည့် ... **Oramin-C**
“အော်ဂျာမင်-စီ”



Medical

ကျန်းမာမှု ဘဝဟာ အစစအရာရာ အောင်မြင်နိုင်ပါတယ်။ ကိုယ်ခံအား ကောင်းပြီး စိတ်ဖိစီးမှုကင်းဝေးစေဖို့
Oramin-C ကိုတစ်နေ့တစ်လုံးသောက်ရန် လိုအပ်ပါတယ်။
ဒီနေ့ပဲ **Oramin-C** ကို အနီးဆုံးဆိုင်မှာ ရယူလိုက်ပါ။



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