

*Exploring the "Golden Land"*

# MYANMAR



# MYANMAR ECO TRAVELS & TOURS

An environmentally-conscious tour operator, Myanmar Eco Travels & Tours organizes holidays suitable for clients with diverse interests: cultural tours, treks, river cruises, cycling, beach holidays, diving and more in Myanmar. We ensure that all facilities are available to make your stay in this beautiful, culturally rich country an unforgettable experience as you enjoy the activities in pristine locations around fabulous Myanmar. Striving to provide a memorable holiday with quality services, our well-trained staff will look after your every need, ensuring your safety and complete satisfaction. With years of experience, our staff can handle all situations responsibly, providing customized services, maintain-

ing a high level of professionalism and can communicate in good English. Our guides are licensed by the country's tourism authority and are capable of communicating in several languages. Keeping in mind the requirements of both adults and children, we prepare appropriate, personalized itineraries and family trips for you. Our tours are tailor-made taking into consideration our clients' personal interests, time available and budget. We prefer to operate with small groups preparing their personalized itineraries in order to provide quality service. We believe in the preservation of nature, wildlife, social and cultural values of local communities by respecting the rules and codes of ethics set by the travel industry.

Myanmar Travels & Tours gives total support to the local economy and sustainable development.

---

#### Our Services:

- Cultural tour
- Buddhist tour
- Trekking & hikes
- Festival tours
- Beach Holidays
- Golf tour
- Bird watching tour
- River cruise & boating
- Special interest tour
- Honeymoon tours
- MICE, Incentive
- Cycling

*The good thing about Myanmar is that it can be visited all year round. The hilly regions of the north and northeast enjoy cool temperate weather while the central region receives scant rainfall even during the rainy season.*

# MYANMAR

Perhaps one of the most exciting destinations, yet largely unexplored, Myanmar today attracts a large number of tourists, growing in leaps and bounds each year. The Republic of the Union of Myanmar lies in Southeast Asia and shares a border with the Tibetan Autonomous Region of China in the north, with China, Laos and Thailand in the east and Bangladesh and India in the west. South of Burma is the Andaman Sea and the Bay of Bengal lies to the west. The country covers a land area of 676,552 sq. km. (261,218 sq. mi.). Myanmar, 'The Golden Land' has been slow to modernize making it all the more attractive to tourists.

The current population of Myanmar is around 60 million and the inhabitants are also known as Myanmar. A large majority of the population is comprised of followers of Theravada Buddhism while the minorities include Christians, Muslims, Hindus and animists. The diverse languages spoken are Chin, Kachin, Kayin, Shan and 135 hill-tribe dialects besides Cantonese, Mandarin, Hindi and Urdu. Having once been a British colony, English is widely spoken in Myanmar.



Caught between two of Asia's biggest civilizations, India and China, Myanmar reflects the influences of the two nations, yet retains native cultural characteristics that are unique to the country. Buddhism is a great driving force that permeates the life of the Myanmar. Traditionally, the people maintain close family ties, have immense respect for their elders, wear the plain native dress and above all, are devout Buddhists. The simple people of Myanmar will charm you with their friendliness and heart-warming hospitality.

Myanmar tourism is growing rapidly, owing to the cheerfulness of the peace-loving people, the rich history and fascinating civilization, interesting archeological sites that reveal their cultural past, their delicious cuisine, quality hotels and the unrivalled hospitality extended by the hosts.



## Corporate Social Responsibility

Besides providing professional services to our visitors, we focus our activities on development of the rural communities through tourism.

Our objective is to provide the benefits of hygiene, education and financial independence to the inhabitants of these remote regions in return for the opportunities their islands and natural hospitality offer to the visitor.

The very basic requirements of visitors on the islands in the crucial matters of hygiene and communications will expose them to better living and serve as training, subsequently improving the lifestyle of these indigenous peoples. This will eventually lead to the independent running of their own community housing and hygienic food preparations based on the offerings of the seas around them and the agricultural produce of the islands.

With the aim of helping the natives become competent enough to manage tourism facilities without depending on outside help, we are setting up an Adult Education Program alongside one meant for the islands' children. Our mission is to ensure that native Guides rather than outsiders will in the near future, lead visitors through their homeland.





## Tour

The tours organized for you allow ample time in Yangon to explore the rich cultural heritage of this city and to visit all the important sites of interest. Most places of significance have been included. Suggested itineraries:

### ITINERARY – 10 days (Yangon-Bagan-Mandalay-Kalaw-Inle Lake-Yangon)

- Day 01: Arrive in **Yangon**. A visit to the city and the renowned Shwedagon Pagoda followed by a Welcome dinner
- Day 02: Fly from Yangon to **Bagan** (Nyaung U airport) to see the sights around Bagan
- Day 03: Bagan – Excursion to Popa
- Day 04: Fly from Bagan to **Mandalay** – sightseeing of Amarapura & Sagaing
- Day 05: Mandalay – An excursion to Mingun
- Day 06: A flight to Heho from Mandalay followed by a drive to **Kalaw** via Pindaya
- Day 07: Drive to Nyaung Shwe (**Inle Lake**)

- Day 08: Inle – embark on a boat excursion in the vast Inle Lake
- Day 09: Drive to Heho to catch a flight back to **Yangon**
- Day 10: Departure transfer to the airport

## Yangon

The biggest city of Myanmar, Yangon became the commercial and political hub of British Burma after 1852. Colonial Yangon, known as “the Garden City of the East” boasted spacious parks and lakes and a mix of modern buildings and traditional wooden architecture. By the early 20th century, Yangon’s public services and infrastructure were comparable to that of London. Present day Yangon is a Gem of a city with lush greenery, placid lakes, majestic colonial buildings, colourful street markets and beautiful people. Among the many glittering pagodas and shrines, the great Shwedagon Paya stands out with its magnificent 98m high spire of gold shining over the city like a beacon of peace and tranquility. Aside from Shwedagon, Yangon has countless other attractions that include other ornate pagodas, museums, beautiful parks,

bustling markets and delightful eateries.

## Bago

Located only 80 km away from Yangon (2-hour drive), Bago in the 15th Century was the Royal capital of the Mon Kingdom. Today, Bago (Pegu) is known more for its archaeological sites. The major attractions are Shwemawdaw Pagoda, Shwetharyaung Pagoda (with a massive image of the reclining Buddha), Kyaik Pun Pagoda (Four-faces Pagoda), Kalyani Sima (Ordination Hall), Hinthargone, Kyakhat wine Monastery, Sete Village, Myathar Lyaung, Shwegugyi/Shwegulay and Mahazedi. Time permitting, a visit to the Palace of King Bayinnaung is also recommended. Bago is definitely worth a day’s excursion from Yangon.

## Kyaikhtiyo (Golden Rock)

A 5-hour drive from Yangon and 160 km away, the spectacular Kyaikhtiyo Pagoda sits over 1100 m above sea-level and is one of the most popular destinations in Myanmar. This mystical pagoda was

built on a gilded boulder precariously perched on the edge of a cliff. Legend has it that this boulder was placed here by the celestial king of the Devas. One can reach the pagoda from the foot of the hill (Kinpun base camp) either on foot or by truck. The former means an 11 km uphill climb from the footpath while the drive uphill on open trucks takes one to the foot of Mount Hermit from where a hike to the peak takes 45 minutes.

## Mandalay

Mandalay, the second largest city in Myanmar, is the cultural hub of the country. Abounding in cultural activities, the city has retained its importance for over a century as the historical old capital—the center of Myanmar culture, Buddhist Sasana and Myanmar's traditional arts and crafts. Lying 600 km north of Yangon on the banks of the Ayeyarwaddy River (Irrawaddy), Mandalay's historical sites, cultural memorials and Buddhist monuments make it one of the important tourist destinations. The 142-year-old city has a population of half a million people. At the northeast corner lies Mandalay Hill after which the city was named. The Buddha had prophesied the founding of a great city at the foot of the hill and King Mindon during his reign, fulfilled the prophecy.



When in Mandalay visit:

### Sagaing

Sagaing is 21 km southwest of Mandalay beside the famous Ayeyarwaddy River. Climbing up the Sagaing Hills, one can explore the pagodas; there are over 500 monasteries which house some 6000 monks and nuns. Soon U Ponnya Shin Pagoda situated on the top of the Sagaing Hill, Kaung Hmudaw Pagoda (a copy of the Mahaceti Pagoda in Sri Lanka), U Min Thone Sel, U Min Koe Sel, Sin Khan Phayaare and a Silver-smith Workshop are worth a visit.

### Amarapura

Founded in 1783, Amarapura, the ancient capital of King Bodawpaya, is only 11 km south of Mandalay and is an interesting place to visit for its silk and cotton weaving as well as bronze casting. U Bein Bridge, Kyauktawgyi Pagoda, Mahagandayone Monastery, Cotton and Silk weaving industries are of special interest. Walking on the U Bein Bridge is a fascinating way to see the Taungthanman Lake. The highlight of the trip is an unforgettable view of U Bein Bridge during sunrise or sunset.

### Pyin Oo Lwin

A 69 km drive from Mandalay, Pyin Oo Lwin (1000 m) can also be reached after a scenic train ride. The summer seat of government during British colonial times, it has a cool, pleasant climate all year round. Visitors are greeted by Pyin Oo Lwin's large colonial-style houses and streets lined with pine, eucalyptus and silver-oak trees. Pyin Oo Lwin is today a major tourist attraction as a summer hill resort. A major part of the day's tour includes a visit to the Peik Chin Myaung Cave nearby, Pwe Kauk Waterfall, Ani-Sakan Waterfall, Morning Market, image of the Pyichit Buddha and the National Kandawgyi Garden. The historic Purcell Tower occupies pride of place in the middle of town and is adorned with



one of the ten clocks made in 1934 to commemorate the silver jubilee of King George V's reign of Great Britain. A thoroughly enjoyable ride through town in a one-horse carriage is a popular feature of life in Pyin Oo Lwin. While in Pyin Oo Lwin, an excursion to Goteik Viaduct built during colonial times and considered the second highest viaduct in the world is worthwhile.

## Mogok

Mogok, known as the Gem City is an exciting place to visit, some 115 km northeast of Mandalay. Here you will find Myanmar rubies, sapphires and emeralds and other precious stones all mined in the Mogok area. However, access is limited to only package tours that have been granted special permission.

## Lashio

Lashio, a sprawling trading town in northern Shan State has a significant Chinese population. Reached after a drive from Mandalay, a popular excursion here is a walk along the famous Burma Road. It was built by the British before World War II and intersects the Ledo Road that leads into the Yunnan Province of China.



### ITINERARY – 08 days (Yangon-Inle Lake-Bagan-Yangon)

- Day 01: Arrive in Yangon. Embark on a City Tour and visit the famous Shwedagon pagoda followed by Welcome dinner & cultural programme.
- Day 02: Fly to Heho from Yangon and drive to Inle Lake
- Day 03: A full day excursion at Inle Lake
- Day 04: Transfer to Heho and fly back to Bagan
- Day 05: Take an excursion around Bagan
- Day 06: Embark on a day's excursion to Mt Popa
- Day 07: Fly from Bagan (Nyaung U airport) to Yangon
- Day 08: Departure transfer

## Bagan

Bagan sits high on the list of tourist attractions in Myanmar. Situated by the Ayeyarwaddy River, the city is known for its stunning architecture and the vast plains are home to some of Asia's richest archeological sites. Endowed with more than 2000 pagodas and temples well preserved from the 11th-13th centuries, there is much to see in Bagan. The area's transport hub is Nyaung U. Visit temples, archeological sites, tranquil villages and take an exciting ride on a hot air balloon flying over the magical plains

of Bagan. The delightful Ayerarwady river cruise is not to be missed.

An excursion to Mt. Popa situated in central Myanmar, 59 km (1½ hour drive) from Bagan is thoroughly enjoyable. It is an extinct volcano nearly 1500 m. in height and covered with verdant forest. The legendary thirty-seven Nats or Spirits that reside here in Mt. Popa has given it the distinction of being the centre of Nats or spirit worship in Myanmar. The Popa National Park has a rich growth of recently planted sandalwood trees. A climb to the top of the mountain reveals a spectacular panoramic view of the surrounding landscape.

### ITINERARY – 12 days (Yangon-Mandalay-Bagan-Kalaw-Inle-Yangon)

- Day 01: Arrive in Yangon followed by Sightseeing & Welcome dinner
- Day 02: Fly to Mandalay from Yangon. Go Sightseeing around Mandalay
- Day 03: Mandalay – embark on the Amarapura Excursion - Mandalay
- Day 04: Mandalay – Enjoy a day/night boat trip to Bagan
- Day 05: Arrive in Bagan. Take a Sightseeing tour of Bagan
- Day 06: Enjoy a full-day Bagan tour



Day 07: Fly to Heho from Bagan and drive to Pindaya and on to Kalaw  
 Day 08: Kalaw – Htee Thein (Trekking)  
 Day 09: Htee Thein – Kyauk Su – In Dein – Inle Lake (Trekking)  
 Day 10: A boat excursion on Inle Lake  
 Day 11: Drive from Inle to Heho and fly to Yangon. Sightseeing and Farewell dinner  
 Day 12: Depart from Yangon

## Inle Lake

The Inle Lake is one of the most popular tourist destinations in the Shan State. Perched 1,328m above sea level, this lake is 22 km long and 11 km wide. Inle has a stunning expanse of water with floating villages and markets where locals sell their handicrafts. About 18 villages are scattered around the lake. The Inthar (inhabitants on Inle Lake) being Buddhists, it is no surprise that there are about a hundred Buddhist monasteries here, besides the large number of small pagodas that are found around Inle. The floating water hyacinth is considered a gift of nature as from it the locals produce handicrafts such as bags, baskets etc. A natural occupation of the Inthar is fishing. Silk dresses and clothes of Inle are popular among locals as well as tourists while an outstanding product of Inle is the fabulous silverware.

## TOUR ITINERARY – 13 days (Yangon-Bagan-Mandalay-Kalaw-Inle Lake-Yangon)

Day 01: Arrive in Yangon. Enjoy traditional dances while eating Dinner  
 Day 02: Embark on a tour of Yangon city  
 Day 03: Fly from Yangon to Bagan  
 Day 04: Bagan  
 Day 05: Bagan  
 Day 06: Fly to Mandalay from Bagan  
 Day 07: Mandalay  
 Day 08: Mandalay  
 Day 09: Fly to Heho from Mandalay then on to Kalaw  
 Day 10: Kalaw – Inle Lake  
 Day 11: Inle Lake  
 Day 12: Inle Lake – Heho and Fly back to Yangon  
 Day 13: A free day at Yangon  
 Day 14: Yangon - Departure

## TREKKING

Trekking around the mountains of Myanmar {Burma} is an exhilarating experience for die hard trekkers. Along the way are many opportunities to get to know the various tribes of Myanmar. About 135 ethnic tribes make up the colourful fabric of Myanmar and their diverse costumes, languages, lifestyle and religions always fascinate visitors.

One of the most rewarding treks is the Natma Taung at Mt. Victoria in the

Chin State. Popular also are the Putao trek in north and western Myanmar, treks around Inle lake and Pindaya or Kalaw in and around Kyaing Tong (Keng Tung). These treks take you through some of Myanmar's pristine national parks.

- Kalaw/Inle lake Trek - 3 days
- Kachin Trek - 6 days
- Rawan Trail - 6 days
- Putao Trek - 16 days
- High altitude Trek - 16 days

## Sample Itinerary for Kalaw-Inle Lake trek

(2 nights & 3 days trek)

### Day 01: Kalaw - Look Pyin - Char Phin - Baw Nin Gone (trek)

Straight after breakfast the 8 km. trek to Look Pyin "Palaung village" begins, taking about 2 hours. Then it's on to Char Pin "Pa O village" 2 km. away and covered in about half an hour. This is your lunch stop before moving on to Nantalete "Pa O village", 5 km. away; an hour and a half of walking. Baw Nin Gone, the final destination of the day is located on the Aung Ban-Loikaw road (1360 m) at a distance of 3km. which is reached in an hour. Dinner and accommodation is at one of the local homes; a cultural experience.



### Day 02: Baw Nin Gone - Hti Thein (trek)

The second day's trek begins shortly after breakfast, heading for Htut Khaung "Pa O village (1370 m) a mere 2.5 km distance that's easily covered in about half an hour. The next stop is at Kone Hla village (1412 m) 10 km. away and reached after a 3-hour trek. Lunch is served, followed by a 2-hour trek to Pauk Tu "Pa O village" (1326 m) some 7 km. away. Then it's on to the day's final destination, Hti Thein village (1379 m), a trek of 2.5 km. that takes just half an hour to walk; a very interesting halt, as Dinner and overnight stay is at a local monastery.

### Day 03: Hti Thein - Kyauk Su - Ngue - Than Daung - Inle Lake (trek / boat)

As usual breakfast is followed by a trek downhill to Kyauk Su, (1424 m), easily covering the distance of 3 km. in half an hour, enjoying a superb view of Nyaung Shwe plains and Inle Lake. Move on to Ngue "Taung Thu tribe" (1228 m), 5 km. away, walking for about an hour and a half. A welcome break for lunch is enjoyed here before continuing the trek to Than Daung "Inn Tha village" (915 m) 7 km away; a 2 hour trek mainly downhill with great views. The final leg of the trek calls for a half hour walk along the village and farmland until the jetty is reached. From here take a cruise down to the hotel in Inle Lake, ending the unique experience in style.

### Taunggyi

The hill station Taunggyi (1,430m) is the capital of Shan State and is known for its pleasant weather all year round. Every fifth day of the week, the market is bustling with ethnic minorities in their colourful traditional dresses. It's only a half hour journey from Inle Lake to Taunggyi.

### Putao

Far in the north of Myanmar is a charming little town known as Putao, surrounded by soaring snow-peaked mountains. Blessed by cool weather all year round, Putao is a delightful getaway which is gaining popularity among tourists who are drawn by the remarkable scenery and ideal climate. For mountaineers and trekkers, this is the nearest town to the base camp of Mt. Khakhaborazi (5889 m), the highest mountain in Myanmar. Other places of interest for trekkers are Mt. Phonganrazi, Mt. Phanganrazi, Mt. Phonyinrazi, Mt. Madweyarzi, and Mt. Khakhaborazi. Popular attractions in the region are Kaungmulone Pagoda, Machanbaw village, Shangaung village, Mulashidi Bridge, Namkhan village, Ziyadam village, Wasandam village, Shangaung village and Tahaungdam village.

### Myitkyina

Myitkyina, the largest town in Kachin State is the starting point for a trip to the confluence (Myitson) of Maikha

and Malikha which is the source of the famous Ayeyarwaddy River. Visitors can catch one of the regular flights from Yangon and Mandalay to Myitkyina. Interesting places to visit in Myitkyina are the Manaw compound where the famous Manaw festival takes place and the Karanenaw Morning Market. Indawgyi Lake, the biggest lake in Myanmar is a major attraction. A fascinating cruise down the mighty river Ayeyarwaddy through the beautiful second defile between Myitkyina-Bhamaw and Katha reveals some memorable scenery along the way.

### Putao village trek (06 days)

- Day 01: Flight to Putao. Drive & trek to Sangaung Village.
- Day 02: Trek to Warsandan Village
- Day 03: Trek to Ziyar Village
- Day 04: Trek to Warsandan Village
- Day 05: Trek & drive to Putao
- Day 06: Drive to the airport

**Ngapali Beach:** The most beautiful and also the most popular beach in all of Myanmar is the Ngapali Beach, and hailed as one of the most attractive beaches in Southeast Asia. Situated on the Rakhine coast, it is blessed with the ideal climate for a holiday destination. Only a 35-minute flight away from Yangon, this breathtaking stretch of white-sandy coastline on the Bay of Bengal is a world apart, rewarding the visitor with pristine surroundings, complete privacy







and unimaginable serenity. Ngapali owes its fame as the 'ultimate unspoiled paradise' to the fact that developers have yet to make an impact here. Ngapali offers a wide range of hotels, from first class to local standards.

**ITINERARY -21 days**  
**(Yangon-Mandalay-Bagan-Inle Lake-  
 Yangon- Ngapali Beach-Yangon)**

- Day 01: Arrive in Yangon. Welcome dinner with a cultural programme
- Day 02: Embark on the Yangon city tour highlighted by a visit to Shwedagon Stupa
- Day 03: Fly to Mandalay from Yangon. Go sightseeing around Mandalay
- Day 04: A full tour of Mandalay
- Day 05: Take a refreshing river cruise from Mandalay to Bagan
- Day 06: Arrive in Bagan
- Day 07: Go sightseeing around Bagan
- Day 08: Take an excursion around Bagan
- Day 09: Fly from Helo to Bagan and drive to Inle Lake
- Day 10: Embark on a boat excursion in Inle Lake
- Day 11: Go for the Inle Lake village excursion
- Day 12: Drive to Heho and catch a flight back to Yangon
- Day 13: Fly to Ngapali Beach
- Day 20: Fly back to Yangon from Ngapali Beach
- Day 21 : Departure transfer

**Ngwe Saung Beach:** 29 miles out of Patheingyi in the Ayeyarwaddy Division lies Ngwe-Saung beach with a 9 mile-long shoreline. The clean, white sandy beach with crystal clear water and free of seaweeds, appeals to those looking out for less crowded destinations. The recently completed Nga-Wun Bridge has been a boon making it possible to drive straight in from Yangon. The wide stretch of the Ngwe-Saung Beach facing the Bay of Bengal is known for spectacular sunsets and the Rakhine Mountain Range covered in evergreen tropical rain forests makes for a fitting backdrop.

**Chaung-Tha Beach:** Chaung-tha Beach also lies in the Ayeyarwaddy Division some 40km west of Patheingyi (Bassein). It is a comfortable 5-hour drive from Yangon via Patheingyi. Accommodation in the bungalow style hotels along the beach offer most modern facilities. The beach is full of activities with people picnicking and playing beach football besides riding ponies.

**Kanthaya Beach**

After an 8-hour drive over forested mountain roads, one can reach Kanthaya Beach 'Pleasant Beach' 290 km from Yangon. It lies near Gwa on the Rakhine

Coast of the Bay of Bengal. The many attractions here include off-shore islands and reefs that can be visited by boat and the wide range of remarkable, local seafood will refresh your palette.

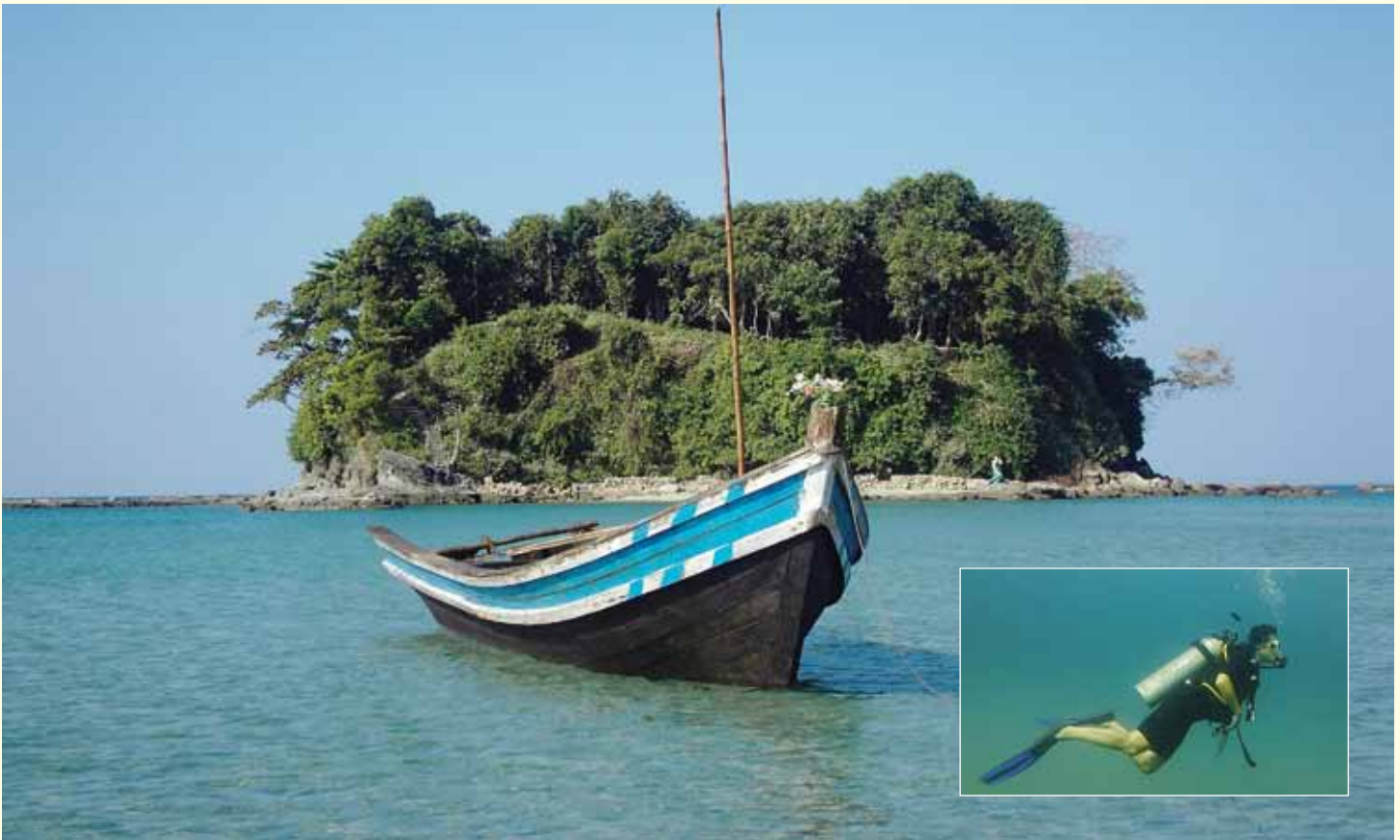
**Kawthaung**

Formerly called Victoria Point, Kawthaung is the Southernmost town of Myanmar. Kawthaung is located about 10°N and 98.30°E at the mouth of Kyan River in the Malay Peninsula. To its east is the Thai border town of Ranong. To its west, and south-west, the Andaman Sea opens up to the Indian Ocean while Bokpyin Township is located to the north. Most of the terrain in the area is mountainous.

From Ranong, a border town in Thailand, visitors can take a 20 minute boat trip to Kawthuang. There are regular flights to/from Yangon. Tourists can enter from Yangon and exit to Ranong, Thailand.

**ITINERARY (18 days)**  
**(Yangon-Mandalay-Bagan-Inle Lake-  
 Yangon-Kawthaung-Ranong-Bangkok)**

- Day 01: Arrive in Yangon
- Day 02: Yangon city tour
- Day 03: Fly from Yangon to Mandalay



Day 04: Mandalay  
 Day 05: Mandalay – A Cruise to Bagan  
 Day 06: Bagan  
 Day 07: Bagan  
 Day 08: Bagan  
 Day 09: Fly from Bagan to Inle Lake  
 Day 10: Inle Lake  
 Day 11: Inle Lake  
 Day 12: Fly back to Yangon from Inle Lake  
 Day 13: Fly from Yangon to Kawthaung  
 Day 14: Kawthaung – Do the Island tour  
 Day 15: Island tour  
 Day 16: Island tour  
 Day 17: Kawthaung – Rest day (or city tour for shopping)  
 Day 18: Departure for (Ranong) Thailand & fly to Bangkok or fly back to Yangon

## Sailing and Diving in South Myanmar

*Myanmar's so far best kept secret - the Mergui Archipelago..*

Off the coast of Myanmar, in the clear waters of the Andaman Sea are hundreds of blissful islands that are exquisitely beauti-

ful, yet virtually undiscovered by tourists. Here in the spectacular surroundings, seagypsies known as the Moken have thrived, living off the great 'Water World' that surrounds them. Isolated for the most part from life in mainland Myanmar, a stopover takes visitors back in time to a culture that may in time, adapt to the modern world, gradually losing its rich heritage.

The attraction here is sailing. Sailing gracefully through the blue waters to stop at an island inhabited by these gracious, hospitable folk is unforgettable; or simply biding time lying on the golden sand, basking in the sun on one of the beautiful shell-strewn beaches is a great way to relax. Few people venture this far, thus making the experience unique and rewarding.

Given its isolation and natural beauty, it is well worth the trouble you take to weave your way silently between these culturally remote isles to get your fill of the privacy of gleaming beaches, the natives' heart-warming hospitality and a glimpse of their ancient culture.

With over 800 islands spread out over some 12,000 sq.km., a big attraction in Myanmar

is diving in the pristine and untouched dive sites. Sharks, mantas and big pelagic swimming about in the stunningly clear waters here, is a feast for the eyes. Myanmar boasts a marine life that's far more diverse than that of neighbouring Thailand.

It's an experience you are unlikely to forget, taking home enduring memories of an adventure into a lost world!

*The peak diving season lasts from October to May, but those looking forward to a sighting of manta rays and whale sharks should visit between February and May.*

### Sailing Itinerary:

Day 1: Fly into Yangon  
 Day 2: Yangon/Ranong – Kawthoung  
 Day 3: Myauk Ni Island  
 Day 4: Palua Bada  
 Day 5: Bo Cho Island  
 Day 6: Ba Wei Island  
 Day 7: Kho Yinn Khwa Island  
 Day 8: Thay Yae Island  
 Day 9: Yangon or Ranong and fly back to Bangkok

## Extensions Before and/or After Your Program:

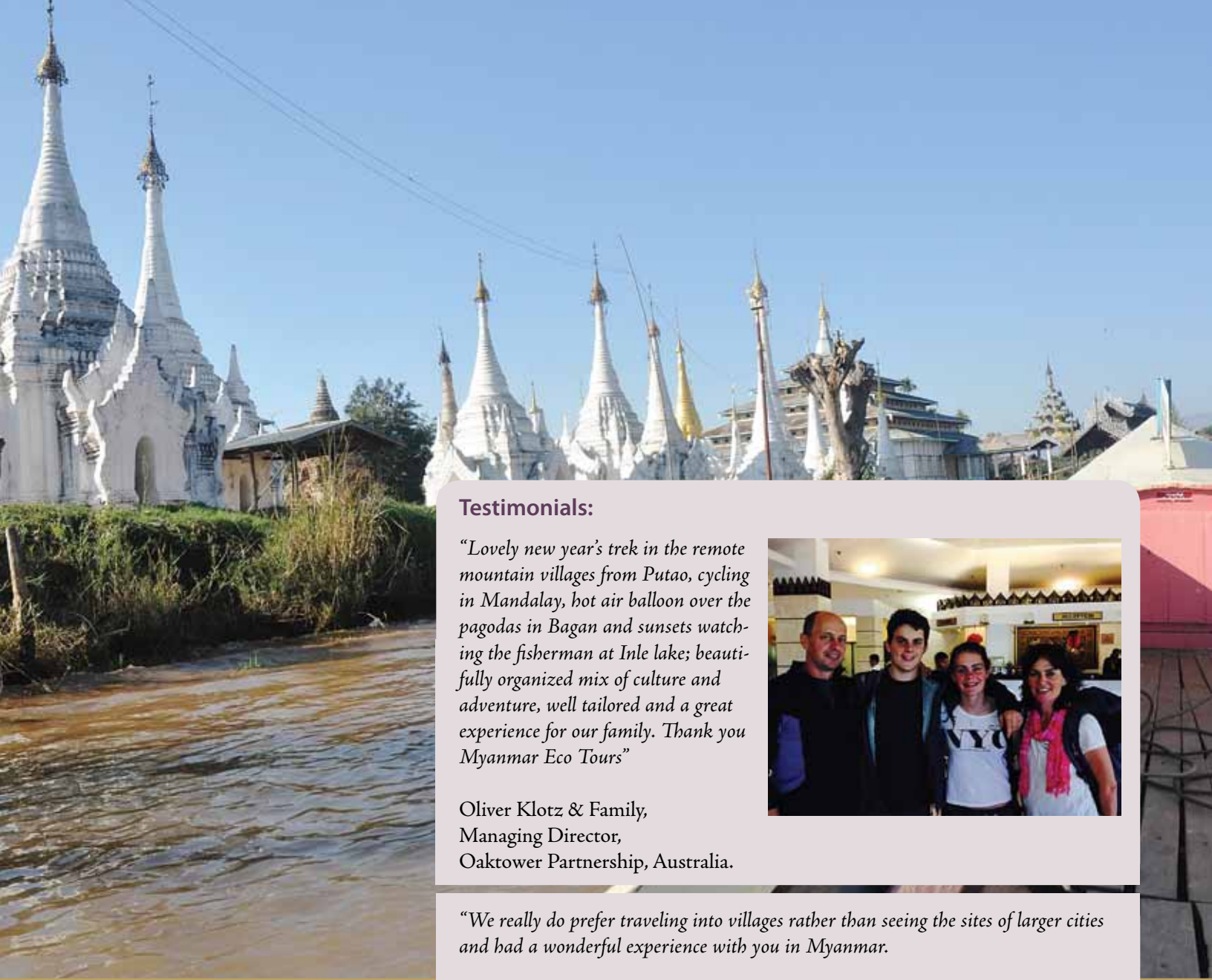
Myanmar Eco Tours offers an extensive range of Eco friendly tours in Myanmar. A wide variety of tours can be arranged; suitable for first timers, families, students seeking an adventurous, cultural, historical, or religious tour and for those visiting pilgrimage sites. These tours range from mild to tough ratings, lasting from a day to a couple of weeks. You can extend your stay in Myanmar to include cycling, golfing, hot air ballooning, meditation, bird watching, beach holidays, diving or river cruises, adding to your set itinerary.



*Keeping conservation in mind, we would like you to share this brochure with your friends and acquaintances. Please do pass it on, so others may also discover this wonderful country of Myanmar.*

*We are extremely grateful to Mr. Ade Summers for his beautiful photographs which we were able to use in this brochure. More of his photographs are to be found at <http://www.ade-summers-photography.com>*





**Testimonials:**

*“Lovely new year’s trek in the remote mountain villages from Putao, cycling in Mandalay, hot air balloon over the pagodas in Bagan and sunsets watching the fisherman at Inle lake; beautifully organized mix of culture and adventure, well tailored and a great experience for our family. Thank you Myanmar Eco Tours”*



Oliver Klotz & Family,  
Managing Director,  
Oaktower Partnership, Australia.

*“We really do prefer traveling into villages rather than seeing the sites of larger cities and had a wonderful experience with you in Myanmar.*

*We would definitely recommend your expertise to any friends who want to travel to your part of the world. I do hope we can come back some day and meet you once again.*

*Thank you for providing excellent service and a very successful trip for us.”*

Jan and Jon, Jack and Jeff Smith, USA.



**MYANMAR**  
ECO TRAVELS AND TOURS COMPANY LTD.

No. 70 Shwe Da Gon Pagoda Road,  
Pabedan Township,  
Yangon, Myanmar

Tel.: +95 973241310, + 95 9250314050  
E-mail: info@myanmarecotours.com  
Website: www.myanmarcotours.com



[www.facebook.com/myanmarecotours](http://www.facebook.com/myanmarecotours)