

BURMA

Arrive: 0800 Monday, 25 February
Onboard Time: 1800 Friday, 1 March

Brief Overview: Burma is a land of unsurpassed beauty and inspiration, with the Buddhist religion being the focal point of countless Pagoda's and Buddha images. Now that the political climate has stabilized, Burma is now accessible and safe for travel, making it an especially unique destination. Even the names, Burma or Myanmar, Rangoon or Yangon, are still open for debate. Whatever you call it, this country is an astonishing sight for many travelers to see just how well-preserved the traditions of the Burmese remain despite increasing modernization – it can feel like you're stepping into a whole other world and time period. The developing city of **Yangon**,



the major city and gateway to Burma, has harmoniously built itself around the cultural heritage of the Burmese. Travelers will be amazed by the lush green surroundings of Yangon, reflecting an image unlike many other Asian cities. **The Shwedagon Pagoda** in Yangon is a jewel amongst this glorious city scattered with British Colonial architecture spanning back from the British occupation ending in 1948. Of even greater beauty than the Golden Paya's in Yangon, the sheer beauty of **Bagan**, and the serene atmosphere of **Inle Lake** are the people and culture of Myanmar – known for their modesty, conservatism, kindness and tolerance. Myanmar is fondly referred to as “**Land of Immortality (Amarapura)**”, “**Land of the Gems (Yadanarbon)**” and “**Golden Land (Suvanabhomi)**”. Once you see the rich heritage and natural resources of the country, you will understand just why these names are such a true reflection of the land. Each of the many destinations throughout the country offers something special to even the most experienced traveler.

It is important to note that the ship will be docked approximately 1 hour from Rangoon. Thus, transportation costs are a significant factor in the price of day trips. ISE will run a shuttle each morning and evening that we are in port for your convenience. Tickets for the shuttle will be sold onboard.

Suggested short-cuts to simple planning:

Register for the following “bundles” of trips based on your interests.

Art and Architecture:

RAN 100-101 Yangon Orientation

Cultural Highlights:

RAN 401-102 Inle Lake

RAN 108-501 Local Life in Than Lyin

Nightlife:

RAN 101-103 Shwedagon Pagoda by Night

RAN 106-303 Dinner and Traditional Dancing

Active/Adventure:

RAN 403-202 Kalaw Trekking Adventure

Taste of Burma:

RAN 109-401 Myanmar Culinary Experience

IMPORTANT: If you registered in one of the following courses, you have a field lab on this day.
Do not make any other travel plans as this is a designated class day in port for your course.

Field Labs		Rangoon, BURMA	Monday, 25 February
YANL1	SEMS 3500-109	Professor Kattwinkel	Puppet Theatre
YANL2	SEMS 3500-107	Professor Lewis	Theory and Practice of Persuasion
YANL3	SEMS 3500-503	Professor R. Oliphant	International Marketing (Section 1)

Day 1: Monday, February 25

RAN 100-101	YANGON – OPTION 1	Full day																					
<p>Yangon is the main gateway and capital city of Myanmar. It lies in the fertile delta country of southern Myanmar, on the wide Yangon River, about 30 kilometers from the Andaman Sea. Although the population hovers around six million, the city leaves a different impression than other Asian capitals of similar size. It seems full of trees and shade, even old teak growth, with some outlying neighborhoods refreshingly overgrown, taking on a more provincial feel rather than that of an international city. In the city center, the streets are wide and carefully laid out according to a typical British grid system, originating from the time when the country was colonized.</p>		<table border="1"> <thead> <tr> <th colspan="2">STANDARD PRICE</th> <th>Early Booking</th> </tr> </thead> <tbody> <tr> <td>Adult</td> <td>\$133</td> <td>\$127</td> </tr> <tr> <td>Child</td> <td>\$67</td> <td>\$64</td> </tr> </tbody> </table> <table border="1"> <thead> <tr> <th colspan="3">TIME</th> </tr> <tr> <th></th> <th>Date</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>Depart</td> <td>February 25</td> <td>0900</td> </tr> <tr> <td>Return</td> <td>February 25</td> <td>1900</td> </tr> </tbody> </table> <p>HIGHLIGHTS</p> <ul style="list-style-type: none"> • Colonial area exploration • Bahan market • Mary Chapman school for deaf • Chauk Htat Gyi – Reclining Buddha Image • Leisure walk to Kandawgyi park • Shwedagon pagoda 	STANDARD PRICE		Early Booking	Adult	\$133	\$127	Child	\$67	\$64	TIME				Date	Time	Depart	February 25	0900	Return	February 25	1900
STANDARD PRICE		Early Booking																					
Adult	\$133	\$127																					
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TIME																							
	Date	Time																					
Depart	February 25	0900																					
Return	February 25	1900																					
<p>Begin your introduction to Yangon with photo stops at Colonial Building and Sule Pagoda, situated in the center of Yangon. Then stop at Bahan market for its local market experience to understand the ingredients and food stuffs used for daily meals. Following lunch at a local restaurant, visit Mary Chapman School for the Deaf in Yangon. Dagon Township accepts children from ages 5 to 18. At the school, children learn speech reading, finger spelling, sign language, and later the standard curriculum that is taught in government schools. Mary Chapman School for the Deaf teaches the children up to sixth standard after which they can continue their education at normal government schools. Children over 10 years are taught reading, writing, arithmetic and vocational training –tailoring, knitting, book binding, bag-making, cooking and massage.</p> <p>Visit Chauk Htat Gyi Reclining Buddha. This colossal (70 meter long) reclining Buddha statue is one of the largest images in Myanmar. Continue to the Kandawgyi Park and walk to the Karaweik Royal Barge.</p> <p>Your final stop will be in the evening at the historic Shwedagon Pagoda, towering almost 98 meters (326 feet) above the green cityscape of Yangon. One of the wonders of the religious world, the Shwedagon Pagoda is believed to be the earliest pagoda of the Gautama Buddha Era, built by King Okkalapa on Singottara Hill more than 2500 years ago. In the tradition of Buddhist faith, you will walk around the pagoda clockwise. Though there are many pagodas in Myanmar, few come close to it in scale or beauty. A testament to the faith of the Burmese, the Shwedagon is covered with hundreds of gold plates and the top of the stupa is encrusted with 4531 diamonds; the largest of which is a single 76 carat Diamond!</p>																							



The prime attraction of the Shan state is Inle Lake. This vast, picturesque lake, surrounded by hazy Blue Mountains, is 900 meters above sea level. The lake is 22 kilometers long and 10 kilometers wide with hosting islands. Inle Lake is famous for its Inthas (native lake-dwellers) who have a unique way of rowing with their legs. At the northern end of

the lake is a small town called Nyaung Shwe, the gateway to Inle Lake. Here you will peruse the famed 5 Day Market at a local village and observe the colorful tribes buying and selling produces. Then visit the famous “jumping cat” Monastery, where the monks have trained cats to jump through hoops! Proceed to Phaung Daw Oo Pagoda and visit a nearby bazaar. Visit a silk weaving village, Inn Paw Khone. Proceed to the beautiful temples of Indein.

STANDARD PRICE		Early Booking
Adult	\$768	\$ 735
Child	\$384	\$ 367.50
TIME		
	Date	Time
Depart	February 25	1200
Return	February 28	1230
HIGHLIGHTS		
<ul style="list-style-type: none"> • Local market experience • Nga Phe monastery, for typical Shan Buddha Images • Phaung Daw Oo Pagoda • Inndein, ancient pagoda complex • Visit orphanage • Serve meal to monks at monastery • Floating villages and farms 		



Climb up the covered passage to enjoy the peaceful and stunning views at the summit. The temples are unusually Khmer-like in style and date back to the 17th and 18th century Shan Pagoda. On the way back, visit floating villages and gardens. At a village orphanage school, you’ll be able to interact with children and learn about the education system in the Shan state. Later, enjoy a visit to a village monastery. In his lifetime a Myanmar male is expected to spend some of his life serving as a monk to learn the ways of Buddhism. Making a donation to the monastery will allow you to serve the monks food and thereby gain merit. Today, Destination Asia will make a donation on your behalf and allow you participation in providing the monks their final meal of the day. This tour of the Inle Lake area will help you appreciate the simple pleasures of village life on the water.

ITINERARY

Day 1: (L,D)

- Transfer to Yangon Airport for Flight to Heho
- Upon arrival, travel to Nyanung Shwe
- Lunch at local restaurant
- Hotel check-in, dinner in Nyanung Shwe

Day 2: (B,L,D)

- Visit 5 Day Market at local village
- Famous “jumping cat” Monastery
- Phaug Daw Oo Pagoda and nearby Bazaar
- Inn Paw Khone, silk weaving village
- Beautiful temples of Indein
- Floating villages and gardens

Day 3: (B,L,D)

- Mine Thauk village on the lake
- Orphanage school in village surrounding Inle Lake
- Village monastery
- Participate in providing meal to monks
- Picnic lunch at monastery
- Soft trekking adventure into mountains of Inle Lake

Day 4: (B,L)

- Transfer to Heho airport for flight to Yangon
- Upon arrival, transfer to Ship



Kalaw is on the rim of the Shan Plateau in central Burma. There are several interesting hill tribe villages in the area including the Palaung and Pa-O tribes. On this tour you'll explore the Kalaw area that surrounds Inle Lake by trekking from Bow Hnin Gone Point to Gone Hal, enjoying the pleasant scenery and local flora and fauna. Soon you'll pass through the villages of Pe Tu Pauk and Hti Thane, where you'll enjoy lunch and a special bonfire dinner, respectively.

After breakfast at a monastery, continue trekking to Inle Lake pass through three villages over a three-hour period until arriving in Than Taung Village for lunch. Continue to walk down hill through an impressive gorge descending to the Inle Lake. Walk along the village to Thann Taung Jetty and proceed to your hotel for refreshment.

Begin your day at the Nga Phe monastery whose monks have gained fame by teaching their cats to jump through hoops! Tour the Phaung Daw Oo Pagoda, noted for its gilded images of the Buddha, and a nearby bazaar. Finally, you'll travel to the silk weaving village of Inn Paw Khone, with a stop en-route to view local floating farms and fishing techniques. This special trip will give you a taste of Inle Lake natives' unique culture and lifestyle.

Note: This trip involves **strenuous physical activity** in a wilderness setting. It is not recommended for those with limited mobility/endurance. Please bring a pair of sturdy walking shoes.

ITINERARY

Day 1: (D)

- Transfer to Yangon airport for flight to Heho
- Upon arrival, 1.5-hour drive to Kalaw
- Evening walk to city area to enjoy town

Day 2: (B,L,D)

- Bow Hnin Gone Point to start 2.5-hour trek to Gone Hal
- After lunch, Pe Tu Pauk village for 2.5 hours
- 45-min. trek to Hti Thane Village
- Dinner by bonfire
- Overnight at Hti Thane local monastery

Day 3: (B,L,D)

- Breakfast at monastery and explore village
- Trek to three villages
- Lunch at Than Thauung village
- Conclude trekking and transfer to hotel for dinner and overnight

Day 4: (B,L,D)

- Famous "jumping cat" Monastery
- Phaung Daw Oo Pagoda and nearby bazaar
- Inn Paw Khone, silk weaving village
- Observe local fishing & visit floating farms

STANDARD PRICE		Early Booking
Adult	\$ 779	\$ 746
Child	\$ 389.50	\$ 373
TIME		
	Date	Time
Depart	February 25	1200
Return	February 28	1900
HIGHLIGHTS		
<ul style="list-style-type: none"> • 6 Village excursions while trekking • Local life • Inle Lake and surrounding wildlife • Overnight at a monastery • Phaung Daw Oo Pagoda • Silk weaving home industry • Floating farms • Bonfire dinner 		



Known as the city of four million pagodas, Bagan is one of the richest archaeological sites in Asia. Here one can find over 2,000 pagodas, temples and monasteries built during the Bagan Dynasty founded by King Anawrahta in 1044 CE. The scene of thousands of ancient pagodas scattered amongst the plains of Bagan will no doubt leave a lasting impression in the minds of

all who travel here. Bagan is a truly mesmerizing destination, and often the favorite of seasoned travelers. Bagan can only be described as amazing and enchanting. **You will experience the essence of Myanmar in a place still largely unaffected by the 21st century.** Nobody leaves disappointed, only engrossed.

STANDARD PRICE		Early Booking
Adult	\$ 650	\$ 622
Child	\$ 325	\$ 311
TIME		
	Date	Time
Depart	February 25	1300
Return	February 28	2100
HIGHLIGHTS		
<ul style="list-style-type: none"> • Temples in Bagan Archaeological Zone • Pony cart ride • Mt. Popa • Sunset cruise • Local market experience • Laquerware workshop 		

ITINERARY

Day 1:

- Transfer to Yangon Airport for late PM flight to Bagan
- Hotel check-in; dinner on your own

Day 2: (B,L,D)

- Visit pagodas of Bagan
- Experience day in the life of local villager
- Lunch at local restaurant; leisure time at hotel
- Pony cart ride to sunset view from Pyatthada Pagoda

Day 3: (B,L,D)

- Depart in AM for Mount Popa
- Stop en-route at Palm plantation
- Lunch at Popa Mountain Resort
- Return trip to Bagan for leisure time
- Late PM sunset boat ride on Irrawady River

Day 4: (B,L)

- Visit Nyaung Oo market
- Visit local teashop
- Learn about lacquerware at Ms. Moe's workshop
- Lunch at local restaurant
- Transfer to Bagan airport for flight to Yangon



Undoubtedly the best time to visit the Shwedagon Pagoda is in the early evening as the sun begins to fall over the city of Yangon. The historic Shwedagon Pagoda towers almost 98 meters (326 feet) above the green cityscape of Yangon. With a circumference at the base of 1420 feet, this historic site never fails to enchant visitors. The shimmering main stupa soars high above the capital and is visible from miles around. One of the wonders of the religious world, the Shwedagon Pagoda is believed to be the earliest pagoda of the Gautama Buddha Era, built by King Okkalapa on Singottara Hill more than 2500 years ago. In the tradition of Buddhist faith, you will walk around the pagoda clockwise. Testament to the faith of the Burmese, the Shwedagon is covered with hundreds of gold plates, the top of the stupa is encrusted with 4531 diamonds; the largest of which is a single 76-carat diamond!

STANDARD PRICE		Early Booking
Adult	\$79	\$75
Child	\$40	\$38
TIME		
	Date	Time
Depart	February 25	1700
Return	February 25	2030
HIGHLIGHTS		
<ul style="list-style-type: none"> • Shwedagon Pagoda at Sunset 		

Day 2: Tuesday, February 26

RAN 301-201 MANDALAY – PYOO OO LWIN

3 days/2 nights

Mandalay is the largest city after Yangon and is the place where one will come to experience the ‘real’ Myanmar. The Royal City came into being in 1859 when King Mindon established it as a new center for the teaching of Buddhism. The King also named Mandalay as his capital, moving it from nearby Amarapura to the newly built Royal Palace at the foot of the Mandalay Hill. Being rich in monasteries and pagodas, Mandalay is still accepted as the arts and cultural heartland of Myanmar. For lovers of arts and crafts, Mandalay represents the largest repository of Myanmar arts and crafts. Skilled crafts-men make world famous genuine tapestry called “Shwe Chi Htoe” (Golden Weaving), beautiful articles of ivory, wood, marble and stone, silverware and bronze statues according to the time-honored traditions of their forefathers.



STANDARD PRICE		Early Booking
Adult	\$ 698	\$ 668
Child	\$ 349	\$ 334
TIME		
	Date	Time
Depart	February 26	0730
Return	February 28	2100
HIGHLIGHTS		
<ul style="list-style-type: none"> • Kandawgyi National park • Pwe Kauk waterfall & nearby village • School excursion & local markets • U Pein wooden bridge • Mahamuni Buddha Image • Shwe Kyaung typical Buddhist monastery • Kuthodaw, world’s largest book • Temperate climate 		

ITINERARY

Day 1: (L,D)

- Transfer to Yangon airport for flight to Mandalay
- 2-hour drive to Pyin Oo Lwin – British Hill Station
- Kandawgyi National Park
- Stage-coach ride

Day 2: (B,L,D)

- Local market
- Pwe Kauk Waterfall and nearby villages
- Private/monastic school

Day 3: (B,L)

- U Pein Bridge, longest wooden bridge in Myanmar
- Tour Mandalay
- Mahamuni Pagoda
- Shwe Kyaung (Golden Palace Monastery)
- Kuthodaw Pagoda, houses world’s largest book
- Transfer to Mandalay Airport for return flight to Yangon

RAN 102-201 BAGO

Full day

Bago was an ancient capital of the Mon Kingdom in the 13th Century. It is situated 80 km from Yangon and was reputedly founded by Two Mon princes in 573 CE. Your first visit will be to one of the largest monasteries in Myanmar, Kha Khat Wain Monastery. In his lifetime a Myanmar male is expected to spend some of his life serving as a monk to learn the ways of Buddhism. We will observe the morning meal procession with the long line of monks and novices of the monastery receiving their final meal of the day before noon!



Next, you will visit the highest pagoda in Myanmar (114 meters) the Shwemawdaw Pagoda, said to be over 1000 years old and was built by two merchants “Taphussa” and “Bhillika”, but has been repeatedly damaged and rebuilt in its history due to earthquakes and natural disasters. The glittering golden top of the stupa reaches 14

STANDARD PRICE		Early Booking
Adult	\$125	\$119
Child	\$63	\$60
TIME		
	Date	Time
Depart	February 26	0800
Return	February 26	1845
HIGHLIGHTS		
<ul style="list-style-type: none"> • Kha Khat Wain Monastery • Shwemawdaw pagoda • Shwethalyaung Reclining Buddha Image • Local Bago market • Htauk Kyant War Memorial Cemetery 		

meters higher than the Shwedagon Pagoda in Yangon and, with its shady trees around the base, provides a pleasant place to stroll or to simply sit and ponder. After lunch, visit the Shwethalyaung Pagoda, a huge reclining Buddha, reckoned to be one of the largest Reclining Buddha's in the world, and one of the most life-like. The Buddha image measures 55 meters long and 16 meters high.

Bago has a very interesting market just across the river bridge from the train station. Take time to wander around the various market buildings. The market serves as a distribution point for cloth, household items, and other imports. On the return journey to Yangon visit the Htauk Kyant War Memorial Cemetery, where 2,700 stone-graves of Commonwealth and Allied Forces Fallen Soldiers in the Myanmar campaign of World War II are honorably kept.

Discover Patheingyi, the capital city of the delta region and the gateway to Chaungtha and Ngwe Saung beach. Situated in the Ayeyawaddy Delta about 190 kilometers west of Yangon is the capital of the Ayeyarwaddy Division. Patheingyi is well known for its production of unique parasol locally called "Patheingyi Hti" and for its Patheingyi umbrellas and pottery.



Ngwe Saung is also on the western coast of Myanmar on the Bay of Bengal, nearly directly west of Yangon. The beauty of the beach is unspoiled and visitors can enjoy a peaceful and relaxing stay. Ngwe Saung extends its warmest welcome to visitors who wish to relax amidst the waving palms and balmy

breezes of a truly memorable ocean resort.

After enjoying your beach experience, visit the Treasure Elephant Camp and experience an elephant ride through Myanmar's tropical jungle. Elephants in Myanmar are still put to work in the lush forests to pull logs as the areas are inaccessible to modern machinery, but they are taken care of as if they were a family member or friend. After an unforgettable visit to the Elephant Camp, drive back to Patheingyi. The incredible scenery and wildlife of this tour will be sure to inspire happy memories for years to come.

STANDARD PRICE		Early Booking
Adult	\$ 352	\$ 346
Child	\$ 176	\$ 173
TIME		
	Date	Time
Depart	February 26	0800
Return	March 1	1700
HIGHLIGHTS		
<ul style="list-style-type: none"> • Patheingyi city • Parasol industry • Local market experience • Beach experience • School excursion • Elephant camp & jungle ride 		



ITINERARY

Day 1: (L)

- 5-hour drive to Patheingyi (stops en-route for lunch/rest)
- Parasol workshop
- Local market and harbor life
- Late PM drive to Ngwe Saung Beach
- Evening and dinner at your leisure

Day 2: (B)

- Local village life
- Observe education system in local school
- Share stationery gifts with kids

Day 3: (B,D)

- Local home visit
- Lunch and afternoon at your leisure
- Farewell dinner at hotel

Day 4: (B,L)

- Depart Ngwe Saung Beach
- Treasure Elephant Camp; ride elephant through jungle
- Return drive to Patheingyi (rest stops made as necessary)
- Lunch at local restaurant
- Transfer back to Yangon and ship

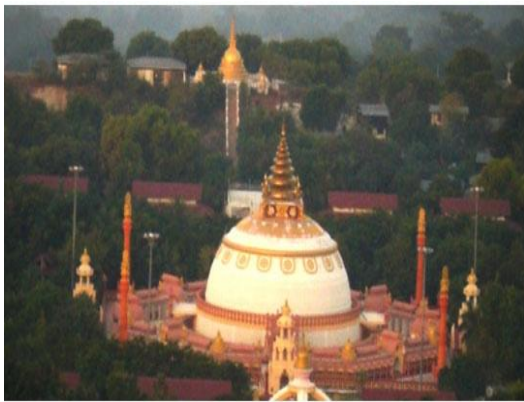
Twantay, a small town on the Ayeyawaddy delta, is 24 kilometers across from Yangon. This small town has retained its original character and is well known for manufacturing pottery. You will have a glimpse of life on and along the famous Twantay canal, which was dug during the time of British rule in Myanmar to provide a short boat ride from Yangon.



Today, while you cross the Yangon River by ferry, you will see plenty of river life and the local life outside of the city. Arrive in Dala and continue to Twantay via coach for 45-minutes for your first stop at a very colorful old local market near the canal. There you observe the country's vast variety of fresh fruit and vegetables as well as the hustle and bustle of the locals as they come to buy and sell their produce. Next, you will visit pottery workshops. There are over 50 pottery workshops in this town, where the craftsmanship has been handed down from generation to generation and is still carried on in the time-honored tradition. Twantay pottery is recognized for its quality and is distributed throughout the country. Thousands of water pots, flower pots and well-designed utilitarian containers of varying shapes and sizes are produced daily.

Continue to the Phayagyi Mingalar Monastery, an orphanage school. You will see affectionate and innocent children who welcome and embrace every guest as if they had found their lost relatives. The school also acts as a residence for many of the children as they come from various parts of the country. In fact, the school is home to several students from different ethnic tribes throughout Myanmar. Afterward, visit villages near the monastery to observe local village life.

STANDARD PRICE		Early Booking
Adult	\$102	\$97
Child	\$51	\$49
TIME		
	Date	Time
Depart	February 26	0800
Return	February 26	1700
HIGHLIGHTS		
<ul style="list-style-type: none"> Ferry ride across Yangon River Colorful old local market Pottery workshop Phayagyi Mingalar monastery with orphanage 		



This program begins onboard with Professor William Waldron where he will introduce participants to the Buddhist culture, answer questions and establish expectations for this unique experience. Participants will have the opportunity to explore the mental and material culture of northern Burma firsthand. Mandalay is Burma's second largest city and its last

royal capital before being annexed to the British Empire in 1885. It is widely considered the center of traditional Burmese Buddhist culture, boasting palaces, monasteries and more than 700 pagodas.

The nearby town of Sagaing is also a cultural and monastic center, dating from the fourteenth century. This program will combine traditional training in Buddhist meditation at a small monastery in Sagaing with sightseeing in Sagaing and Mandalay. You will settle into the monastery routine, spending mornings in silent meditation and afternoons visiting the major historical and religious sites in Sagaing and Mandalay, by foot and by bus, respectively. While you won't be pressured to 'become Buddhist,' you will be expected to respect simple monastic guidelines, observing local cultural norms. Meditation is challenging but rewarding, offering a unique entry to modern Burmese Buddhist culture.

Note: Monastic guidelines must be followed on the premises: no alcohol or drugs, no sexual activity, no loud noise or music especially late at night, modest clothing, and a readiness to observe local cultural norms.

STANDARD PRICE		Early Booking
Adult	\$498	\$480
Child	\$498	\$480
TIME		
	Date	Time
Depart	February 26	AM
Return	March 1	PM
HIGHLIGHTS		
<ul style="list-style-type: none"> Monastery life in Sagaing Personal tour of Buddhist and historical sites in Mandalay 		

ITINERARY

Day 1: (B,D)

- FLY to Sagaing
- Lunch at monastery
- Intro to meditation & learn monastic routine
- Dinner and early sleep

Day 2: (B,L,D)

- Optional early meditation
- Breakfast followed by morning meditation
- Lunch and short meditation afterwards
- PM free to tour Buddhist sites in Sagaing
- Dinner and early sleep

Day 3: (B,L)

- Optional early meditation
- Breakfast followed by morning meditation and lunch
- Bus tour to Buddhist and historical sites in Mandalay
- Dinner in Mandalay

Day 4:

- Return FLIGHT to Rangoon

Day 3: Wednesday, February 27



Kyaikhtiyo is home to the famous Golden Rock. Located 160 kilometers from Yangon and rising 1,100 meters above sea level, the golden rock is truly an amazing site. The rock sits at the top of the mountain, precariously perched on the edge of the hill. It looks as if, at any second, the huge rock might tumble down. Revered by the Buddhists in Myanmar as a sacred site, many people come here to pray. Like the Shwedagon Pagoda in Yangon and the Mahamuni Pagoda in Mandalay, Kyaikhtiyo is one of the most sacred sites in Myanmar. Although many have tried, none have

dislodged the rock from its perch. After spending the night in Kyaikhtiyo, you will return to Yangon by way of Bago, an ancient capital of the Mon Kingdom in the 13th century. Bago is situated just 80 kilometers from Yangon and is said to have been founded in 573 CE by two Mon princes from Thaton.

ITINERARY

Day 1: (L,D)

- 6-hour travel by coach to Kyaikhtiyo
- Upon arrival, transfer for more adventurous drive to transit junction (light snack provided)
- Easy hike to Golden Rock
- Lunch at hotel
- Golden Rock platform and local life/shops at summit
- Sunset view

Day 2: (B,L)

- Transfer to Yangon, stopping in Bago en-route
- Shwethalyaung Pagoda
- Pottery village
- Htauk kyan war cemetery (WWII casualties)
- Drive to ship

STANDARD PRICE		Early Booking
Adult	\$ 262	\$ 257
Child	\$ 131	\$ 128.50
TIME		
	Date	Time
Depart	February 27	0630
Return	February 28	1800
HIGHLIGHTS		
<ul style="list-style-type: none"> • Kyaikhtiyo golden rock • Bago, ancient capital of Mon Kingdom • Shwethalyaung Reclining Buddha Image • Local market experience • Pottery village • Htauk kyan war cemetery 		

RAN 303-301 PINDAYA – INLE LAKE TOUR

3 days/2 nights

The prime attraction of the Shan state is Inle Lake. This vast, picturesque lake, surrounded by hazy Blue Mountains, is 900 meters above sea level. The lake is 22 kilometers long and 10 kilometers wide with hosting islands. Inle Lake is famous for its Inthas (native lake-dwellers) who have a unique way of rowing with their legs. Pindaya is a small quiet town perched on the bank of the placid Potaloke Lake. To the east of Pindaya lies a plateau which is about 1000 meters above sea level and to the west lies a mountain range which is about 1500 meters high. Huge monastery compounds with numerous pagodas and temples in different stages of dilapidation are much respected by such ethnic groups as the Shans, Danus and Paos living in the environs of Pindaya.



STANDARD PRICE		Early Booking
Adult	\$ 818	\$ 784
Child	\$ 409	\$ 392
TIME		
	Date	Time
Depart	February 27	0800
Return	March 1	1200
HIGHLIGHTS		
<ul style="list-style-type: none"> • Pindaya town • Vegetable plantation • Local market experience • School excursion • Lunch at a local village • Nge phae monastery with typical Shan Buddha Images • Phaung Daw Oo Pagoda • Floating farm 		

ITINERARY

Day 1: (L,D)

- Transfer to Yangon airport for flight to Heho
- 3-hour scenic drive from Heho to Pindaya
- Tribal village and local school visit to meet students
- Lunch at a village; dinner in Pindaya

Day 2: (B,L,D)

- Local market
- Drive to Inle Lake
- Famous “jumping cat” Monastery
- Floating farm that grows 80% of country’s tomatoes
- Phaung Daw Oo Pagoda and nearby bazaar
- Inn Paw Khone, silk weaving village

Day 3: (B)

- AM transfer to airport for return flight to Yangon
- Upon arrival, return to ship

RAN 302-301 YANGON/RANGOON

3 days/2 nights



Yangon is the main gateway and capital city of Myanmar. It lies in the fertile delta country of southern Myanmar, on the wide Yangon River, about 30 kilometers from the Andaman Sea. Although the population hover around six million, the city gives a different impression from other Asian capitals of similar size. It seems full of trees and shade, even old

teak growth, with some outlying neighborhoods refreshingly overgrown, taking on a more provincial feel rather than that of an international city. In the city center, the streets are wide and carefully laid out according to a typical British grid system, originating from the time when the country was colonized. Start your city orientation with a visit to the Sule Pagoda, said to be over 2,000 years old and to enshrine one of Buddha’s hairs. A visit to one of the Meditation Centers will allow you to learn a critical component of Buddhism – the achievement of inner peace through meditation. Culminate the day with the lighting of the Shwedagon Pagoda. Finally, you’ll visit the Kalaywa Monastery, where if people make donations to the monastery they are able to serve the monks food in order to gain merit. Destination Asia will make a donation on your behalf, allowing you to participate in the morning ceremony and feed the monks their final of the day. Through service and interaction with the local

STANDARD PRICE		Early Booking
Adult	\$ 752	\$ 720
Child	\$ 376	\$ 360
TIME		
	Date	Time
Depart	February 27	0900
Return	March 1	1300
HIGHLIGHTS		
<ul style="list-style-type: none"> • Colonial area exploration • Chauk Htat Gyi – Reclining Buddha Image • Leisure walk to Kandawgyi park • Shwedagon pagoda with lighting event • Meditation center • Kalaywa monastery • Serve meal to monks • China town • Local life 		

people, you'll experience a love for the people and culture of this unique and beautiful area of Burma.

ITINERARY

Day 1: (L,D)

- 1-hour coach ride to downtown Yangon
- Sule Pagoda
- Photo stops at City Hall, Colonial Buildings
- Reclining Buddha Statue
- Photo stop in Kandawgyi Park, Karaweik Royal Barge
- Meditation Centre
- Shwedagon Pagoda, one of the wonders of the world
- Lighting of golden Paya

Day 2: (B,L,D)

- Kalaywa Monastery
- Participate in serving meal to monks
- Lunch at monastery
- Downtown area including Chinatown and fruit market

Day 3: (B,L)

- Local life
- Lunch at local restaurant
- Return to ship

RAN 107-301 MUSEUM TOUR

Half day

General Aung San house is a museum dedicated to General Aung San, the hero of Myanmar Independence. It was established in 1962, the two-story museum was Aung San's last residence before his assassination in July 1947. It is a colonial-era villa, built in 1921, where his daughter Aung San Suu Kyi grew up as a child. The museum, with its focus on Gen. Aung San's short adult life, housing exhibits on his life story and general memorabilia which includes clothing, books, furniture, family photos and the late general's car. Continue to the National Museum to learn about the rich culture and heritage of Myanmar. Here you will find several interesting exhibits, especially the 8-meter height Lion Throne, used by King Thibaw, the last Burmese King. Myanmar is renowned as country rich in gems and major production was ruby, jade and some other precious stones. Abundance of gem is displayed to amaze the viewers for its value and quality in Gem Museum. You will visit Gem museum for understanding more its qualified sort of precious stones.



STANDARD PRICE		Early Booking
Adult	\$52	\$49
Child	\$26	\$25
TIME		
	Date	Time
Depart	February 27	0900
Return	February 27	1400
HIGHLIGHTS		
<ul style="list-style-type: none"> • General Aung San house museum • National museum • Gem museum 		

RAN 106-303 DINNER AND TRADITIONAL DANCING

Half day



This evening enjoy a taste of Myanmar cuisine inside the Karaweik Royal Barge, which is now used as a restaurant, and enjoy a Myanmar cultural performance during dinner. You will also make a photo stop at Kandawgyi Lake as this is the perfect spot to view the stunning Shwedagon pagoda at night. After the performance it will be your turn to try

performing a traditional dance! All students will be invited to the stage where the performers will teach you a few moves. The Karaweik Royal Barge is a large replication of an old Burmese floating palace which lies on the back of two hamsa-birds (mythical birds). The palace was used by King Alongsihu of Bagan dynasty in the 12th century for Royal processions and to transport Buddhist scriptures through the country. The Karaweik Royal Barge is also used in Inle Lake during the Phaung Daw U Pagoda festival where the five sacred Buddha statues from this Pagoda are transported from village to village on a large barge which is rowed

STANDARD PRICE		Early Booking
Adult	\$128	\$122
Child	\$64	\$61
TIME		
	Date	Time
Depart	February 27	1730
Return	February 27	2200
HIGHLIGHTS		
<ul style="list-style-type: none"> • Kandawgyi lake • Traditional dance • Dinner with traditional dance 		

RAN 106-303**DINNER AND TRADITIONAL DANCING****Half day**

by hundreds of villagers that line either side of the barge. Kandawgyi Lake is one of the most beautiful areas of downtown Yangon. Surrounded by a large park, Kandawgyi Lake is a popular spot for locals who often come to relax with their loved ones for a picnic or a relaxing stroll through the scenic park. Even more beautiful than the lush green surroundings of the lake is the stunning view of the Shwedagon Pagoda nestled in the background of the park.

Day 4: Thursday, February 28

RAN 108-401**LOCAL LIFE IN THANLYIN****Half day**

Once you have traveled to Myanmar one of the most unforgettable experiences that any traveler will encounter is the times they have spent amongst the people of this magnificent country. Whether it is enjoying a cup of tea with an elderly weaver or discussing the Buddhist religion with a monk, the generosity and kindness of the people is an experience one will not soon forget! Today, journey to Thanlyin village, which was the base during early 17th century for Portuguese adventurer Philip De Brito, a trade representative. In Thanlyin, you will visit the vibrant and colorful Thanlyin market where fruits and vegetables and other everyday items are bought and sold. Visiting the local market is a great way to experience the everyday life of Burmese. After a visit to a market, you will have a pony cart ride to a local village. After the market, you will see the Myanmar people's village life and lifestyles. You will take a walk in the shaded streets and meet village people who come out of their houses and greet you with big smiles on their faces. If you wish, you can try a trishaw riding experience. Before the end of the tour, experience another daily activity of the Burmese as you enjoy a refreshing coffee, tea and snacks at a local teashop.



STANDARD PRICE		Early Booking
Adult	\$64	\$60
Child	\$32	\$30
TIME		
	Date	Time
Depart	February 28	0800
Return	February 28	1345
HIGHLIGHTS		
<ul style="list-style-type: none"> • Thanlyin Village • Local market • Pony cart ride to a village • Walk to a tree-shaded street to meet village people • Refreshment tea, coffee and snacks at local tea shop 		

RAN 109-401**MYANMAR CULINARY EXPERIENCE****Half day**

Delve into the culinary traditions of Myanmar and learn how to make "Hta Min" (main rice) and "Hin" (curry). Burmese cuisine is quite in-depth as it is more than just ingredients; it is also based on beliefs and traditions. A typical Myanmar meal is a simple fare, adequate, sustaining, balanced, nourishing simple to prepare and partake.

As Myanmar is still an agricultural country, rice is the staple food and thus in a typical Myanmar meal, rice is the centerpiece. Most prefer plain cooked rice to go with a variety of meat and vegetable dishes commonly known as "curry" or "Hin". A Myanmar meal table consists of one or more meat dishes such as chicken, pork, fish, beef, mutton, etc. There are vegetable dishes prepared with seasonal vegetables abundantly available in this land smiled on by nature, and a soup to be either sweet or sour depending on one's preference. A simple dessert follows which consists of green tea, a local sweet made from the sap of a palm tree called jaggery, fruits and the famous lephet or pickled tea.

STANDARD PRICE		Early Booking
Adult	\$120	\$114
Child	\$60	\$57
TIME		
	Date	Time
Depart	February 28	0900
Return	February 28	1400
HIGHLIGHTS		
<ul style="list-style-type: none"> • Myanmar cooking experience 		

Day 5: Friday, March 1

RAN 114-501

LOCAL MARKET EXPERIENCE

Half day



The markets in Myanmar are a source of income for a large part of the population. In Yangon, everything from local produce to handicrafts, clothes and gems are sold. Begin at Bahan market to get a glimpse into the local market scene. Scott Market (Bogyoke Aung San Market), this sprawling, 70-year-old market is appropriately located in the center of Yangon. It has the largest selection of Burmese handicrafts you will find in one place. At the market you will find a variety of interesting Burmese souvenirs, from lacquerware to gems and jewelry. Contrast this with a market in the Chinatown area, where food and household items are more common. These markets are awash with activity as the locals carry out their daily shopping. After the market tour, experience another daily activity of the Burmese as you enjoy a refreshing coffee or tea and snacks at a local teashop.

STANDARD PRICE		Early Booking
Adult	\$79	\$75
Child	\$40	\$38
TIME		
	Date	Time
Depart	March 1	0800
Return	March 1	1330
HIGHLIGHTS		
<ul style="list-style-type: none"> • Bahan market • Scott market • China town market area 		

RAN 115-501

YANGON – OPTION 2

Full day



Yangon is the main gateway and capital city of Myanmar. It lies in the fertile delta country of southern Myanmar, on the wide Yangon River, about 30 kilometers from the Andaman Sea. Although the population hovers around six million, the city gives a different impression from other Asian capitals of similar size. It seems full of trees and shade, even old teak growth, with some outlying neighborhoods refreshingly overgrown, taking on a more provincial feel rather than that of an international city. In

the city center, the streets are wide and carefully laid out according to a typical British grid system, originating from the time when the country was colonized.

Your first stop will be in the morning at the historic Shwedagon Pagoda, towering almost 98 meters (326 feet) above the green cityscape of Yangon. One of the wonders of the religious world, the Shwedagon Pagoda is believed to be the earliest pagoda of the Gautama Buddha Era, built by King Okkalapa on Singottara Hill more than 2500 years ago. In the tradition of Buddhist faith, you will walk around the pagoda clockwise. Though there are many pagodas in Myanmar, few come close to it in scale or beauty. Testament to the faith of the Burmese, the Shwedagon is covered with hundreds of gold plates and the top of the stupa is encrusted with 4531 diamonds; the largest of which is a single 76 carat Diamond!

STANDARD PRICE		Early Booking
Adult	\$133	\$127
Child	\$67	\$64
TIME		
	Date	Time
Depart	March 1	0800
Return	March 1	1700
HIGHLIGHTS		
<ul style="list-style-type: none"> • Shwedagon pagoda • Harbor life • Colonial building area • National museum • Scott market 		



You will drive down to observe harbor life where workers load on and off from the boats and ships carrying loads from all part of Myanmar. And photo stops at Colonial Building and Sule Pagoda, situated in the center of Yangon, and lunch at local restaurant. Your experience will continue as you learn about the rich culture and heritage of Myanmar at the National Museum. Here you will find several interesting exhibits, especially the 8-meter-high Lion Throne, used by King Thibaw, the last Burmese king. Your next stop will be to visit the famous Scott Market (Bogyoke Aung San Market); the sprawling, 70 year old Bogyoke Aung San market (sometimes called by its British name, Scott Market) is appropriately located in the center of Yangon. It has the largest selection of Burmese handicrafts you will find in only one place. If you are interested in purchasing an item, make sure you bargain to fully experience the Burmese market atmosphere.

RAN 111-501**MEDITATION & FOOD DONATION****Half day**

With Myanmar's long years of isolation, religion has been better preserved here than anywhere else in Asia. Buddhism is the cornerstone of Burmese lifestyle; the monastic population in Myanmar exceeds 250,000. At the center of Buddhism is the need to be able to achieve inner peace; meditation is a critical component of this. Visit a monastery to attend a discussion with the head Monk on the art and importance of meditation in the Buddhist religion. After the discussion, the Monk will lead a guided meditation session to put into practice what has just been learned.

Next enjoy a visit to one of the largest Monasteries in Myanmar, Kalaywa Monastery. In his lifetime a Myanmar man is expected to spend some of his life serving as a Monk to learn the ways of Buddhism. Each morning Yangon is scattered with thousands of Monks roaming the streets collecting Alms for their meals. According to Buddhist beliefs Monks only eat twice a day, early morning and mid-morning. On occasions a family will make a donation to the Monastery, as they make the donation they are able to serve the Monks their food in order to gain merit. Today, Destination Asia will make a donation to allow guests on this tour to participate in the morning ceremony and help feed the Monks their final meal of the day. After the ceremony a tour will be given around the Monastery to observe the everyday life of the Monk.



STANDARD PRICE		Early Booking
Adult	\$140	\$133
Child	\$70	\$67
TIME		
	Date	Time
Depart	March 1	0800
Return	March 1	1300
HIGHLIGHTS		
<ul style="list-style-type: none"> • Essence of Buddhism; meditation lecture • Lunch donation at Kalaywa monastery • Exploration to daily life of Buddhist monks and nuns 		

RAN 113-501**SERVICE VISIT****Half day**

Visit the Su Htoo Pan Orphanage which is a non-government organization located in Thanlyin Township, outside of Yangon. The school is home to 200 students ranging in age from 5 to 10 years. The school not only teaches basic education, but also Buddhist teaching to which is an important part of a child's education in Myanmar. The school serves as a residential facility for many students as they come from many parts of the country. You will learn about the educational system and their daily life. During the visit, you will have time to interact with the children. To help "break the ice" and aid this interaction, you will be provided with materials (such as art supplies and toys). These materials will be donated to the school upon your departure.



STANDARD PRICE		Early Booking
Adult	\$104	\$99
Child	\$52	\$50
TIME		
	Date	Time
Depart	March 1	0900
Return	March 1	1200
HIGHLIGHTS		
<ul style="list-style-type: none"> • Visit Su Htoo Pan Orphanage 		