



myanmar  
*Be enchanted*

LET'S GO!!

FOR NATURE EXPLORERS

# Ayeyarwady

The Ayeyarwady region is located at the delta of the Ayeyarwady River and is bordered by the Bago region to the north and the Bay of Bengal to the south and west. It is Myanmar's most populated region, with a population of more than 6.5 million. It is known for being the rice bowl of Myanmar.



## TRANSPORTATION TIPS

There are regular buses that run to Patheingyi from Yangon, which takes about **4 hours** and costs **7,500 Kyats**. To Chaungtha Beach, it takes two hours and costs **4,500 Kyats**. From Yangon to Ngwe Saung Beach, it takes 2 hours and costs **4,500 Kyats**.



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SCAN ME!







Ayeyarwady is the ideal destination for ocean lovers.



## SIGHTS



## OUTDOORS



## FOOD



## SHOP

### PATHEIN

- » The capital of the Ayeyarwady delta, it has a traditional parasol museum and an overnight ferry on the great river.
- » Shwemokhtaw Pagoda, also known as 'Stupa of the Half Foot Gold Bar', is a shimmering, gold centrepiece and enshrines the hairs of Buddha.



### CHAUNGTHA

- » Chaungtha Beach is peaceful on the weekends, with **pony rides** and local boatmen to take you out to sea to **White Sand Island**.

### NGWE SAUNG

- » This beach features an exclusive seaview and luxury resorts equipped with **swimming pools, WiFi**, and other **5-star facilities**.
- » There are budget guesthouses for backpackers at the south side.
- » At low tide, you can **walk to Lovers' Island** at the centre of the bay, surrounded by **translucent waters**.

### BEACH ACTIVITIES

- » You can rent jet skis, banana boat, or hire a local boatman to take you to the nearby islands.

### GOYANGI ISLAND

- » One of the newest tourism spots in Myanmar, the beach is **completely unspoilt** and **not at all crowded**.

### BIRD ISLAND

- » Near Ngwe Saung beach, you can hire a private boat to take you there. It is a good place for **snorkelling** in clear waters with bright fish of red and yellow swimming past you and crabs running amidst your toes.
- » Take a mini hike up to have a view that overlooks the Bay of Bengal with turquoise waters against the bright blue sky.

### MEINMAHLA KYUN WILD-LIFE SANCTUARY

- » This sanctuary is where you can see massive saltwater crocodiles lazing in the sun.
- » The guides will explain to you about the mangrove ecosystem and wildlife conservation efforts.

- » There are plenty of seafood restaurants in Ngwe Saung that serve **fresh and delicious food**. They even have **vegetarian and vegan options!**
- » You can also enjoy seafood bars that serve both fresh food and cocktails, and these are usually the best places to catch the sunset as it dips below the sealine.

- » Ocean Supercenter is the largest shopping mall in Patheingyi. It sells anything from clothes, cosmetics and travel accessories to appliances, frozen food and much more. The **third floor** offers a **great view of the river**.
- » You can find many **souvenir shops** in Chaungtha and Ngwe Saung.



## ACCOMMODATION

The cheaper guesthouses are located in **Patheingyi** and range between **30,000 Kyats** and **52,500 Kyats** per night. If you want better value for your money, then you can head to **Ngwe**

**Saung**, which has several resorts ranging from **105,000 Kyats** to **195,000 Kyats**. The south side of Ngwe Saung beach has more affordable accommodation for backpackers.