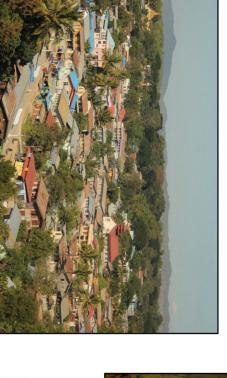


costume. You will find the people are gentle, fun-loving and friendly folk. Hta Nee La Leh, a 45-minutes Communities such as Hta Nee La Lah and Pan Pet offer vibrant contrasts of customs Exploring local villagers is for most visitors, the highlight, of their trip to Kayah



# TRADITIONAL

Hpruso = 32 km

Demawsoe = 18 km

=372 km

- Myanmar National Airlines -Air KBZ - www.airkbz.com

Aung Tha Pyay Cave = 11 km Daw Ta Ma Gyi = 60 km

=18 km

Itee Se Kha Waterfall = 26 km

For travellers seeking a charm is experience in the warmth, friendly curiosity and passion of the people. While visitors will find Kayah's lush andscapes and mix of cultures experiencing the endearing warmth of the people, their

music is what truly sets Kayah apart from other destinations.

visitors. Kayah is easily accessible by air and road from most parts of Myanmar and it is

Kayah has been closed for over half a century and has recently been opened

one of South-east Asia's last frontiers for inspiring and authentic travel. Its tranquil and



umbrella. Legend says that those who see the umbrella coming up, are very lucky people 30.5 m, in circumference is famous for its mud bed which bubbles up in the shape of an

Situated in Demawso Township in the heart of the paddy fields, this small pond

The capital of Kayah is Loikaw, which was named by the Shan, to describe the dividing point between two mountains. The Kayah call Loikaw "Siridaw, meaning an auspicious settlement. The town's most iconic site is Taung Kwe Pagoda, also known as Broken Mountain, which offers stunning panoramic views of the urban area and surrounding mountains. The reclining Buddha, the colourful, bustling market, the museum, churches, traditional craft and product workshop are also worth



# **AUNGTHAPYAY CAVE**

Located near Htee Se Kha Waterfall, this interesting cave is approximately 305 m in length. Besides many stalactites and stalagmites, there are 10 sitting Buddha Statues inside, with many bee hives on the



Located 2,990 m above sea level this impressive natural cave is made of limestone and dolomite. Ancient, wooden coffins can be seen inside the cave, measuring from 0.61 m to 4.57 m long, indicating a former burial site.



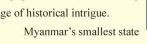
LOI NAN HPA MOUNTAIN 1-2-hr hike, will take you to 1527 m above sea level. This is one of the most famous and highest mountains in the Kayah State. At the top of the mountain, you can enjoy breathtaking views;you will see a pagoda and a crucifix, standing 13.7 m high. This represents unity and



LWEL TA MU CAVE Discovered in 1948, legend has it that a local person saw the cave in a dream and went to find it. Pilgrims have built 15 pagodas and 254 statues in the cave and this cave is considered a sacred place. Visitors should dress modestly.

# KAYAH PEOPLE

Kayah was known as Karenni State until late 1955 before it was renamed Kayah State. Its various tribes and clans also spread into neighboring states, this coupled with its remoteness and incredible ethnic culture has endowed Kayah and its populace with a fascinating heritage of historical intrigue.



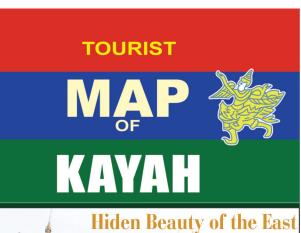
simply enjoy local hospitality or delve deeper into its unique



# **FESTIVALS**

There are a number of traditional Kayah festivals; some are social feasts, while others are related to spirituality. The most important festival is "Kaehtoebo Tagundaing" annually held in April. Where traditional offerings are made to the spirit guardian, this is to request "Peace for the region, fair weather, a successful and bountiful harvest. In October "Kawhyin Htoke" festival (glutinous rice wrapping) takes place. Other important festivals are held for successfully hunting activities, house-warming and funerals.





**KAYAH STATE** 



tourismmyanmar.org@gmail.com

Website: www.tourism.gov.mm, www.facebook.com/moht.mm



nealthy. Enjoy exploring the

Kayah's cuisine is simple,

vith Kayah pepper. The pepper's

These tasty, meat sausages

TRADITIONAL FOOD



## Hotels

- 1. Nawaday Hotel (26/A), Nawaday St; Minn Su Qtr. Ph: 083-2221464, 2223064, 2221750
- Hotel Loikaw  $9^{th}$  St; Naung Yah Qtr; Near the Hta Ngar Lyar Lake. Ph: 083-2222946 ~ 7
- Hotel Myat Nan Taw No.(54/B), Kandarawaddy St;, Mine Lone Otr Ph: 083-240034, 35
- Loikaw Lodge by The Lake No.(Na/377), U Ni St; Naung Yah (B) Qtr. Ph: 083-22240161, 09-428625548
- Kavah Resort Hotel No.(9), Khun Li St; Naung Yar (Ka) Qtr.
- Ph: 083-21374, 21531
- Famous Hotel (Loikaw) No.(116/A), Thu Danu St; Daw OuKhu Qtr. 21. Gold Hotel Kayah Ph: 09-777555601, 604, 31879776
- No. (120/B), Kan Kaw St; Mingalar Qtr. Ph: 083-2221451, 2221417
- Loikaw Princess Motel No.(Khu/801), 7th and Khine Shwe Wah St; Daw OuKhu Qtr.
- Ph: 083-2224108, 2223098 Motel Mingalar Kayah No.(A-139), Corner of Daw Na St; and
- Kandarawaddy St; Mingalar Qtr. Ph: 083-2221597, 2222020 Kayah Golden Hill Motel No.(49/59), Law Pi Ta St; Daw Ta Ma Otr.
- Ph: 083-2223066, 044, 09-5601486 11. Kayah Resort Hotel No.(9), Khun Li St; Naung Yah (A) Qtr.
- 12 Kayan Golden Sky Hotel No.(Ma/29), Kattar St; Mingalar Qtr.
- 13. Kan Tharyar Guest House U Ni St;Naung Yah (Ka) Qtr Ph: 083-2222344, 09-49260368

- 14. Loikaw Friendship Guest House No.(3/72), Nawayat St; Daw Nokue Otr
  - 15. Loikaw Thingaha Guest House 3/72, Nawarat St; Dal No Khu Qtr. Ph: 083-2221335
  - 16. Moon Joy Inn No.(4), U Thiri St; Daw OuKhu Qtr. Ph: 083-2221618, 2221021, 09- 5600449
  - 17. Motel Empire No.(Za/42), Padaythar St; Zay Pine Qtr.
  - 18. Nan Ayar Inn No.(Khu-1/112), Natshin Naung St; Daw OuKhu Qtr. Ph: 083-2221306, 2221021, 09-49400042
  - 19. Rainbow Star Guest House No.(122), Nwar Lawoe Village, Mawchi
  - Susee Qtr.
  - 20. Three Season Kayah No.(220), KwarNyo St; Mingalar Qtr.
  - No.(Na/86), Thiri Daw St;
  - 22. Royal Naung Yah Hotel No.(Khu/12), 4th St; Daw OuKhu Otr
  - 23. Loikaw Happy Hotel No.(Nata/944), Group(12), Nar Nat Taw Qtr.

Naung Yah (A) Otr.

24. Green Leaf Motel

- No.(Ma/176), Corner of Khattar St; and Kwar Nyo St; Mingalar Qtr.
- 25. Glory Motel (Kayah) No.(39), Pa Dauk St; Damar Yone Qtr.
- 26. Nan Ayar (2) Hotel No.(Da/116), Ma Haw Thada St;

### Restaurants

- Escape Cafe & Dim Sum Khun Li St; Naung Yah (B) Qtr.
- Golden Lion Restauran Pa Dauk St; Minsu Otr.

- - 4. Kaung Kyaw Hein (Bakery) Lawpita St; Shan Su Qtr.

3. IORA Traditional Food

5. Ko Moe Traditional Food

Thiri Daw St; Naung Yah (B) Qtr.

- 9th Street, Naung Yah (A) Qtr
- Loikaw City Restaruant
- Coner of Kandarawaddy and Chikae St; Naung Yah (B) Qtr.
- 7. Ma Shan Rice Noodle Shop No.(4) St: Daw Ouku Otr.
- 8. Maw Khan Non Restaurant Mingalar St; Mingalar Qtr.
- 9. Mingalar Hin Htoke
- Mingalar St; Mingalar Qtr.
- 10. MK Coffee Bar
- Law Pi Ta St; Shan Su Qtr. 11. NaungYar Lake (Restaurant) Near Naung Yah Lake,
- Naung Yah (B) Qtr. 12. Pho Khwar Restaurant Overlooking the Balu Chaung River, Shwe Wah St; Damar Yone Qtr.
- 13. Royal Village Restaurant Kyi Thayar Qtr.
- 14. Shwe Let Yar Myanmar Food
- Mingalar Qtr.
- 15. ShweYati Myanmar Food
- No.(4) St; Zay Pine Qtr
- 16. Sunday Club Bo Ba Htoo St; Naung Yah (A) Qtr
- 17. T-San Traditional Food Kandarawaddy St; Ywatan Shay Qtr.
- 18. Thazin Restaurant Thida St; Zay Pine Qtr.
- 19. Thiri Daw Traditional Food Near the Naung Yah Lake, Naung Yah (B) Qtr.



## KAYAH CULTURAL COMMUNITY TOUR

Panpet Village (Kayan ethnic), Hta Nee La Leh Village (Kayan ethnic) and Htay Kho village (Kayaw ethnic) offer community based cultural tours which give the visitor fascinating in sights into local life and the culture of the Kayah community. The cultural and nature trail allows the visitor the chance to explore the panoramic views of the surrounding mountains, a monument which honours the village clan, the Ker Kwang- a Bird Totem and a guardian spirit cave, the 'Kayah toebo' hall and shrines.

## DAW TA MA GYI (KAYAH VILLAGE)

available. HTA NEE LA LEH (KAYAH VILLAGE) This Kayah village, near the legendary Seven Lakes, has strong Animistic traditions. The village also offers

Known for its old long wooden thatched houses, this Kayah village also has many animist shrines dedicated to various

### Community Based Tourism guided visits to spirit shrines, artisan houses and traditional meals with barbequed meat, vegetables and bullock cart rides.

HTAY KHO (KAYAW VILLAGE) The inhabitants of this picturesque Kayaw village, surrounded by steep mountains, are Catholic, but still maintain their traditional ways of life. The village also offers tours with a beautiful trek to the top of holy mountain, Khawthamaw,





# PAN PET (KAYAN VILLAGE)

Known for its 'long-necked' women, Pan Pet is a Kayan village with a strong tradition of Animism mixed with Buddhism and Christianity. Tours are offered, including a visit to an artisan houses, a short trek to a nearby mountain and authentic meals for guests.

# HANDICRAFTS

Handicrafts play an important role in domestic, artistic and spiritual life. Bamboo is a basic raw material for local communities and several unusual musical instruments are crafted from bamboo and other woods. Villagers are skilled at weaving traditional fabrics on the loom. Visit the local workshops to see how indigenous products are made and purchase





Benefits from its closeness to Loikaw and is the state's second most populous township. With highland and lowland agriculture, Demawsoe benefited from irrigation schemes with plans to develop tourism near Seven Ponds Lake. Eastern parts of Demawsoe (Daw Phu) remain relatively remote.

**DEMAWSOE** 



# LAW PI TA HYDROPOWER PLANT & WATERFALL

Of historic and strategic importance as Myanmar's first and largest run-of-river plant, Law Pi Ta Hydropower Plant, was commenced in 1950 and supplies over 20% of Myanmar's total electrical power. There is also stunning scenery of cascading blue water at Law Pi Ta Waterfall.



# **ELEPHANT MOUNTAIN (SING TAUNG)**

A beautiful drive from Loikaw, Elephant Mountain gets its name from the white statue of an elephant in the pagoda. It also affords eastern and western views of the surrounding townships Demawsoe and Nam Ma

## THE SEVEN LAKES Legend has it that these picturesque lakes were used by seven fairy

The Seven Lakes

sisters as their swimming pools. Each has its own Kayah name and men may not swim in the one known as Rhremo (Lady). If they do, local legend says that the lake's guardian lady spirit likes to eat their flesh.

# HTEE SE KHA WATERFALL

This natural waterfall which flows from Nant Tan Creek, on the border of Shan and Kayah State is a popular local attraction. Visitors should wear shorts and T-shirts to swim, rather than bathing costumes.



# THREE MOUNTAIN PAGODA

Just a short drive from Loikaw, visitors will pass through villages, cornfields and farms to reach this pagoda. A serene location, it offers one of the most spectacular views of the city and has a small cave filled with many small Buddhist statues and figures all brightly lit up.

# **NGWE DAUNG DAM**

Just a short drive from Loikaw, this is a beautiful spot to take pictures against the background of the Golden, Silver and Ruby Mountains. The dam was built in 1962 and provides the main source of water for irrigation in the Demawsoe area.



edaung dam

complement subsistence agriculture.

Most of the mining in Kayah is in Hpasaung, near Mawchi.

Communities often have more diversified livelihoods, selling their labour to

HPASAUNG

Villager

**HPRUSO** 

BAWLAKHE

The Than Lwin

River flows through the

township. The township

benefits from a number of mines and considerable

timber resource. Farmers

in Bawlakhe also cultivate

sesames as a cash crop.