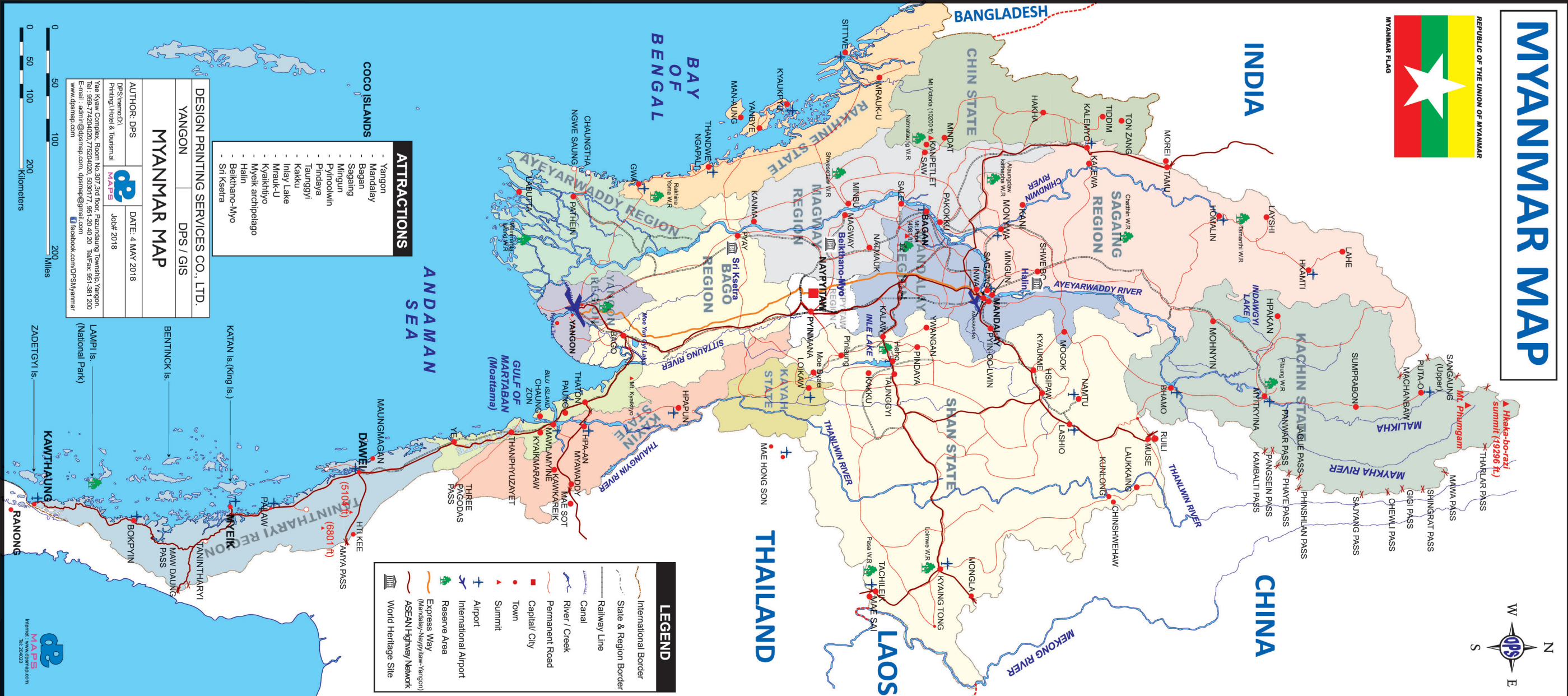


MYANMAR MAP



REPUBLIC OF THE UNION OF MYANMAR
MYANMAR FLAG



NGAPALI

Ngapali Beach is located on the Rakthine Coast near Thandwe (Sandoway), one of the beautiful beaches in Myanmar. This unsport beach is about an hour flight from Yangon. By overland, it is 14 hour drive along the narrow winding road over the Rakthine Yoma (mountain range) after crossing the Ayeayawady River at Pay (Promo).

CHAUNG THA

Chaung Tha Beach is located 40 km to the west of Patheingyi in Ayeayawady Division. It is about 5 hour drive from Yangon. It is attractive and wide with not only coconut palms but also casuarinas trees found at the bank of the beach. Two small islands can be seen offshore.

NGWE SAUNG

Ngwe Saung Beach Resort, opened in the year 2000, is one of the loveliest and most pleasant beach resorts in Myanmar. Located in the Ayeayawady Division, some 48 km from the town of Patheingyi, Ngwe Saung sits on the Bay of Bengal beautifully with its clear blue water.



INLAY

Inlay Lake, the vast picturesque lake, 900 metres above sea level, is one of the main tourist attractions in Myanmar. The lake, 22 km long and 10 km wide, has a population of some over 160,000, many of whom live on floating islands of vegetation. Inlay Lake, natural and unpolluted, is famous for its scenic beauty and the unique leg-rowing of the Inthas, the native lake dwellers. Phaungdaw Oo Pagoda, Nga Phe Chaung Monastery, Alodaw Pauk Pagoda, Shwe Indein Pagoda, Ywama Village, Mine Thauk Market are places to visit. The environs of Inlay Lake are Taunggyi, Kakku, Sakar, Kalaw and Pindaya.



YANGON REGION

YANGON

Yangon is the commercial city and the main gateway to Myanmar. The name Yangon means "End of Strife" which was anglicized to Rangoon after the British annexed Myanmar in 1885. Yangon International Airport has direct air links with Bangkok, Singapore, Kuala Lumpur, Chiang Mai, Kolkata, Gaya, Hong Kong, Kunming, Nanning, Taipei, Ho Chi Minh, Ja Noi, Siem Reap, Phnom Penh, Guangzhou and Phuket, Doha, Seoul.

The main tourist spots in Yangon are Shwedagon Pagoda, Kaba Aye Pagoda, Chauk Htat Gyi Buddha Image, National Museum, Myanmar Gems Museum, Kandawgyi Gardens, Sule Pagoda, downtown area and so on. The Environs of Yangon are Twante, Thanlyin and Bago.

TRADITIONAL FOOD

Mohinga – Mohinga is a dish of rice vermicelli with fish gravy and is usually accompanied by coriander and with chilli powder. Its taste can range from sweet to spicy, and is usually eaten during breakfast.

Onnokausswe – Onnokausswe is a dish of thicker noodles in a thick soup of coconut milk added with chicken. It is often served with a variety of condiments accompanying it ranging from fried fruit fritters to solidified duck blood.

Laphet thote - Laphet thote is a salad of fermented tea leaves and a variety of nuts. It is commonly mixed with sliced lettuce, and is eaten with rice. The dish originally comes from Shan State.

Nan Gyi Thoke – Nan Gyi Thoke is a special dish of nice noodle salad with chicken soup. It is mostly eaten in middle part of Myanmar.

Shan Noodle – Shan noodle is one of the famous food. It is very delicious. Most of the Myanmar like it and it is derived from Shan State which is eastern part of Myanmar.

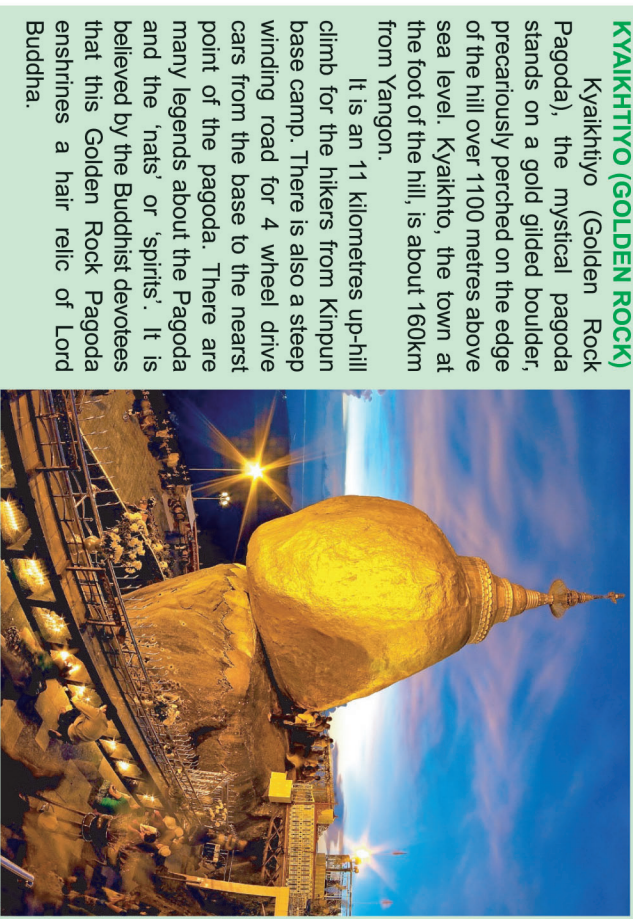
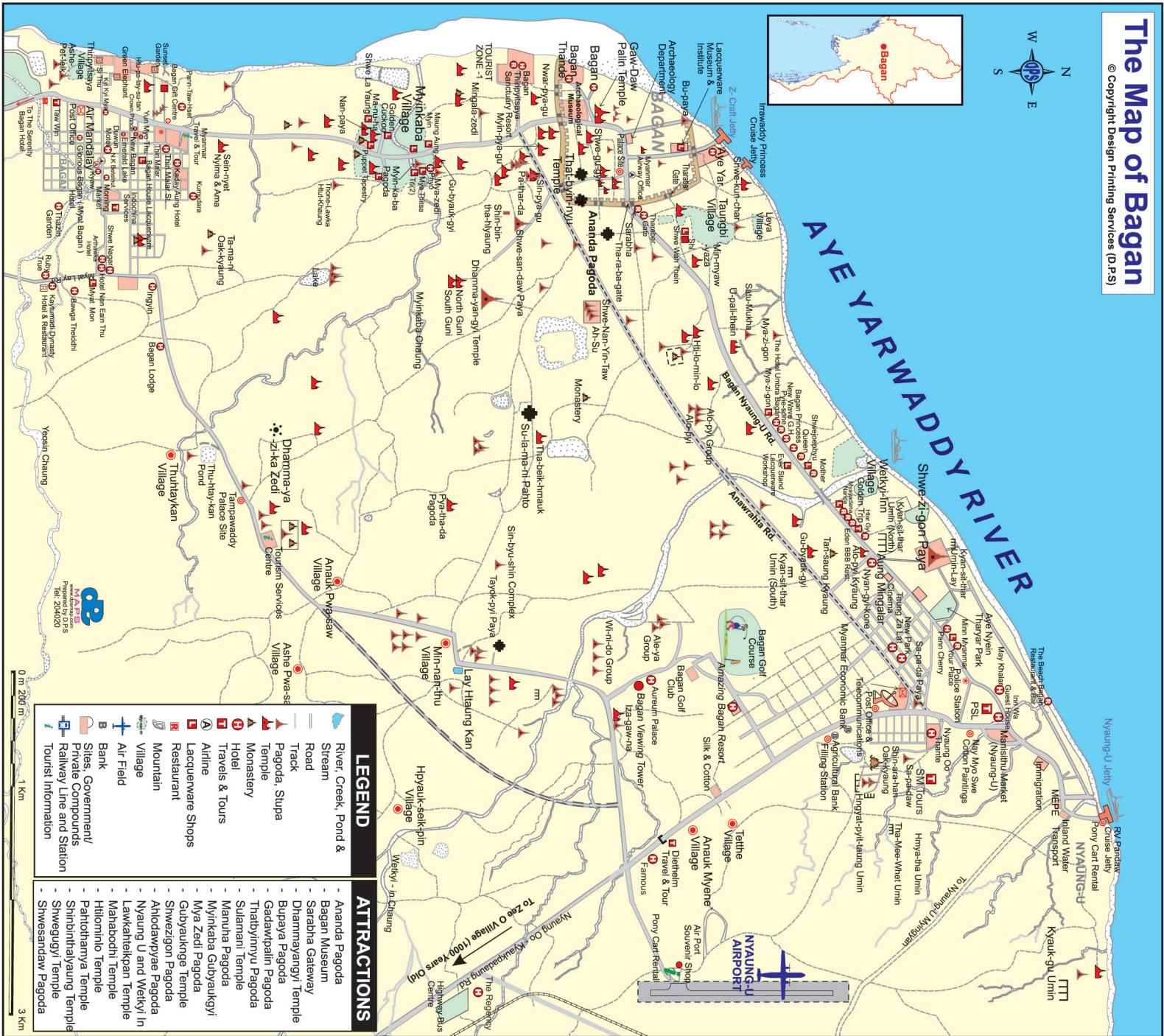
TOURIST MAPS OF MYANMAR

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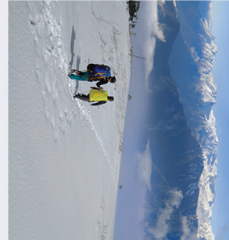
The Map of Bagan

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Snow Capped Mountains

Putao is the town in Kachin State surrounded by snowpeaked mountains. It is cold the whole year round and there are many varieties of citrus fruits grown in the orchards. It is the gateway town to the northern part of Myanmar for climbing Mt. Khakabrazzi (5889 metres), which is the highest mountain in Myanmar and in Southeast Asia and Mt. Hponkan Razi for recreation in the natural forest environment.



World Heritage Listed Pyu Ancient Cities

The Pyu ancient cities are the first site in Myanmar that is inscribed on the World Heritage List. It is comprised of three brick wall and moated cities of Halin, Beikthano and Sriksetra in vast irrigated landscape in the dry zone in Ayeiawady river basin. They represent the Pyu Kingdoms that were prosperous for over a thousand years between 200 BC and 900 A.D. These three sites have been partially excavated revealing palace citadel, burial grounds, early industrial production sites, brick Budha Stupa and water management features.



The Map of Naypyitaw

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NAYPYITAW

Nay Pyi Taw is the administrative capital of the Republic of the Union of Myanmar. All the Ministries and magnificent buildings : Parliament Complex (Pyi-thu Hlu-taw), composed of 31 buildings on 800 acres of land, the City Hall, Uppatasanti Pagoda and Water Fountain Garden, National Landmark Garden are located in Nay Pyi Taw.

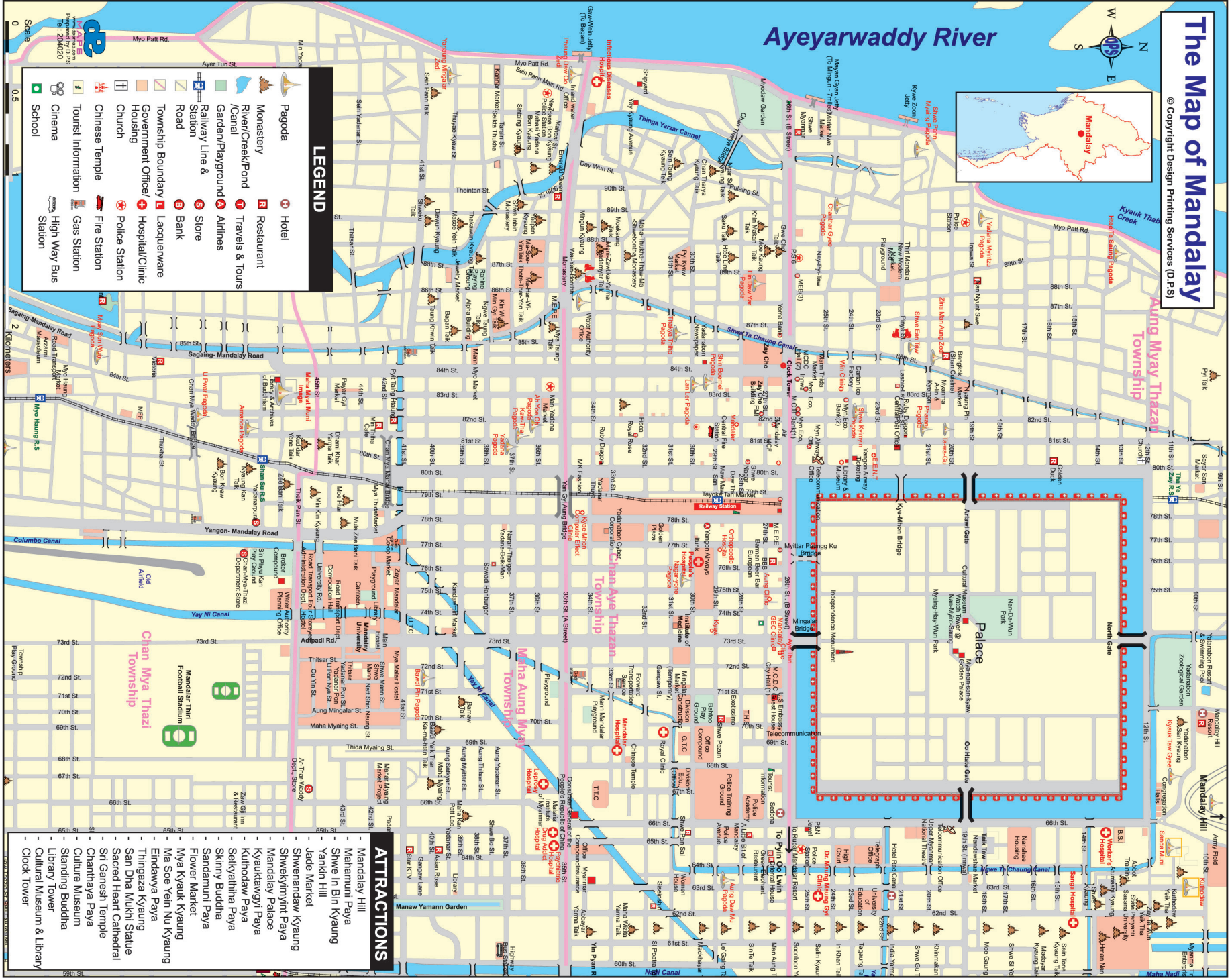
KAWTHAUNG

Kawthaung, Thai-Myanmar border town formerly called Victoria Point is located in the southern most part of Myanmar. Over 800 km from Yangon. On the Cape of Baythnaung Point stands the statue of Bayinthaung, one of the best-known King of Myanmar. The live-board cruise, yachts based in Phuket Thailand, taking licences by our Ministry of Hotels and Tourism operate Kawthaung and around islands with prior permission on 5 days / 4 night trip accompanied by Ministry's guides.



The Map of Mandalay

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MANDALAY

Mandalay, the last capital of the Myanmar Kingdom, is located in Central Myanmar, 688 km north of Yangon. It is famous for its cultural heritage, traditional arts and crafts. It is also the commercial centre with rail, road, river and air links to all parts of the country.

The main tourist spots in Mandalay are Maha Myat Muni Buddha Image, Kutubodaw Pagoda, Mandalay Palace, Shwekyimyin Pagoda, Atumashi Monastery, Kyauktawgyi Pagoda, Sandamuni Pagoda, Shwe Nandaw Monastery, Mandalay Hill, Shweinbin Monastery and Yankin Hill. The environs of Mandalay are Sagang, Inwa, Annapurra, Momywa, Shwebo, Mingun and Pyin O Lwin.

