

AMELIA DALTON^{LTD}

TRAVEL

The Rural BACKWATERS of BURMA FEBRUARY 2020

Sail north & explore remote lakes & villages



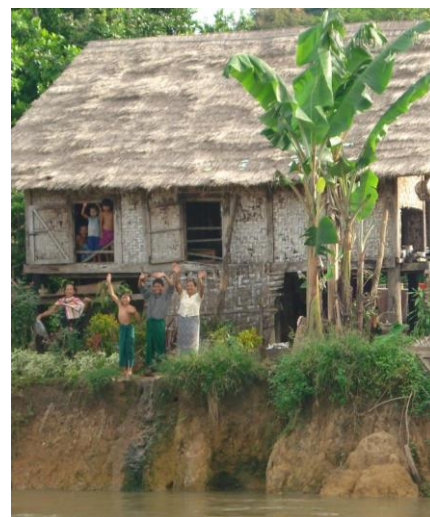
QUIET BACKWATERS where life remains **UNHURRIED** and **UNAFFECTED** in this charming and **COLOURFUL** country.

A day in **colonial Yangon** is a must before we start our magical voyage up the **Irrawaddy** towards the **Chinese Border**. A highway since the 6th century, this powerful river provides us with an insight into Myanmar's rural life. We venture forth at a pleasant leisurely pace, by cycle-rickshaw and on foot to visit **villages, markets, historic sites**, sail through tight **gorges** where cliffs hem the river and shrines hug the shoreline. Moving on we explore the lakes of **Pekon** and **Sagar**, and the charming **rural villages** of **Phayartaung** largely by boat or on foot, to visit **Ppa-O** and **Shan families**, and walk the **rice terraces** of the rolling **Karen Hills**.





ITINERARY OVERVIEW 16 nights



3 rd February.	Yangon.	Arrival & transfer to Governor's Residence. D
4 th Feb:	Yangon.	Walking tour of Yangon & Shwedegon. BLD
5 th -10 th Feb:	Yangon – Mandalay to	Bhamo River Cruise, 5 nights / 6 days. BLD
10 th Feb:	Bhamo – Mandalay.	Bhamo to Mandalay; day at leisure. B
11 th Feb:	Samkar Village.	Phayartaung Lakes. All meals during lake tour.
12 th & 13 th Feb:	Inthar & Pa-O Villages.	Village visits by boat around Lakes Phaya Taung
14 th & 15 th Feb:	Phekhone & Loikaw.	Explore lake villages by boat & visit Loikaw town
16 th Feb:	Loikawa – Ngapali.	Fly - Yangon & on to Thandwe for Ngapali Beach BD
17 th & 18 th Feb:	Ngapali beach.	Leisure time at the beach BD
19 th Feb:	Ngapali – Yangon.	Fly to Yangon for your onward flight out of Yangon. B



DETAILED ITINERARY

Monday 3rd February 2020 YANGON: on arrival you will be met and transferred to **The Belmond Governor's Residence hotel; 2 nights**



Tues. 4th Feb. With local guide **Reggie**, (who will accompany us throughout the cruise and tour) our **Heritage Walking Tour** is amongst one of the world's most complete collection of **colonial architecture**. We can now visit the enormous **Secretariat Building**, once the seat of British administration and where Aung San was assassinated, the building opened in 2018. Next we visit the fascinating house of **U THANT**, once Sec. General of the UN, and filled with photos illustrating his life and connections. After lunch at a typical Burmese café evocative of colonial times (varied menu) we return to our hotel before a late afternoon visit to the golden **Swedagon Pagoda**. A visit here is always a magical experience as families and monks stroll around in the setting sun. Dinner tonight will be at one of the many new Yangon restaurants which typify this now buzzing city.

Wed. 5th Feb. YANGON – embarkation AMARA One, Mingun

An early flight takes us to **Mandalay** to embark on our **exclusively- chartered** teak river boat - **Amara One** .



Voyaging up-river, this north-bound cruise is normally restricted to the rainy season, but our boat was built for this river with a shallow draft. We have 5 lazy days exploring the famous **IRRAWADDY RIVER** with our guide, **Reggie**. Leaving Mandalay astern, we head up river to visit **King Bodawapya's folly** at **Mingun** – a massive brick pagoda with the world's biggest bell before a delightful dinner onboard our stylish boat.

Thurs. 6th Feb : CRUISING: Nwe Nyein: 3rd Defile (Gorge)

Continuing upstream takes us to **Nwe Nyein**, to stroll around this charming village famous for its glazed pottery; pots are piled in every corner amongst the old riverside houses and kilns. In the afternoon we sail through one of the **Irrawaddy's famous gorges**, the river banks slip by we pass villages, fishermen, 'nat' shrines and collections of golden pagodas entertain us.

Fri 7th Feb.: CRUISING: Dagaung

As we continue up stream, stilt house villages slide past as our day starts with a visit to **Dagaun** once an ancient capital, we visit the little town with its fascinating museum before rejoining our ship, with time perhaps for a stroll before we stop this evening.

Sat. 8th Feb CRUISING: Katha & Min Kyanug:

Katha, where Orwell lived whilst writing *Burmese Days*, is a lively riverside town and one of the highlights of our cruise. Using local trishaws we visit the **bustling market** where stalls sell everything from 15 types of aubergine to sandalwood carvings, herbal shampoo and knife baskets. We see Orwell's Club and house and simply enjoy the local atmosphere.

Sun. 9th Feb. CRUISING; Min Kyaung & Shwego;

Leaving **Min Kyaung** in our wake, we cruise through the scenic narrow gorge where the mighty **Irrawaddy river** is 'squeezed' and '**Nat**' shrines guard the swirling waters. Today, we have a good chance to see **Irrawaddy Dolphins** once trained for fishing. At **Shwegu**, with its thousands of golden 10th century pagodas, old riverside houses line the banks or we can take a walk along the river banks passing fishermen and villagers.

Our final Dinner with Amara One will be **under the stars on deck** or on a **river sandbank**.



Mon. 10th Feb: : Bhamo & Mandalay Hill Resort Hotel

From the trading port of Bhamo, close to the Chinese border, we fly south. Mandalay is ours to explore, and as the centre of the ruby, gem, jade, stone carving, gold leaf and puppetry trades we will have plenty to choose from, or we can simply relax by the hotel's pool. A free day to fill as you wish. **Red Canal Hotel, Mandalay**

Tues. 11th Feb. Phayartaung Lake & Villages

From Heyho airport, we begin our remoter adventures as we head to the little visited lakes. Using boats as much as possible, we have lunch in **Nyaung Shwe** before a visit to **Samkara Village** once governed by a 'sabwah' or 'Lord of the Sunset', we see the stupas rising from the lake and continue to **Phayartaung Village** to arrive at the **Sanctuary Phayartaung**, (over-lake stilt house room **3 nights**). Dinner at the hotel



Wed. 12th Feb. Saw Lum & Ho Pe

After breakfast, our boat takes us to the simple markets of either **Nam Toke** or **Lon Kan** where **Pa-O, Shan** and **Inthar** people come to sell their varied produce. After watching the bustling life, we walk to the nearby villages of **Saw Lum** and **Ho Pe** home to the Kayah people before a short boat ride takes us for lunch with a **Shan family** in their house. In the afternoon we walk through avocado orchards around **Kan Saw** village before we return by boat to our hotel. Dinner: **Sanctuary Phayartaung**,



Thurs 13th Feb. Samkar & Htan Ngo Pa-O Villages

Travelling by boat and car, we meet the **Pa-O people** who produce Myanmar's delicious coffee before we transfer to lunch with a **Pa-O family**. Our next village is **Yebu** home to people from the **Inthar tribe**; where the local monastery has a development school educating local students. Dinner tonight is at the **Sanctuary Phayartaung hotel**.

Fri. 14th Feb. Phekhone & Loikaw

A morning's boat ride takes us to **Phekhone**, our last **Phayartaung village** before we continue to **Loikaw** set amongst the **Karen Hills** we can visit the *longyi* weavers, learn of the curious funeral customs at the **Kayah State Cultural Museum** on the **Pilu River**: we will have a special insight into Karen life – this is our guide's home area. The **Museum** has fascinating displays of silverware, traditional dress and musical instruments. Dinner & overnight lake bungalow, **Demoso Lodge. (2 nights)**

Sat. 15th Feb: Loikaw

A 45 minute drive takes us to **Pan Pet**, where the famous '**long-necked**' women wear brass rings round their ankles and necks. Once a worn to repel kidnappers, only the older women now continue this tradition. Our local village guides will show us the sites, significant to their culture before we take walk to a stunning view point to eat our picnic lunch. Next we visit **Salong Kana** to meet the locals before our visits end in **Rang Ku** where the long-necked ladies run a some small craft shops. Dinner **Demoso Lodge**.



Sun 16th Feb: NGAPALI

After breakfast we fly to **Ngapali** via **Yangon**. 3 days to relax at the **Amara Beach Hotel**. The hotel is situated away from main hotels and enjoys a wonderful, long stretch of empty beach. (3 nights, with breakfast and dinner)

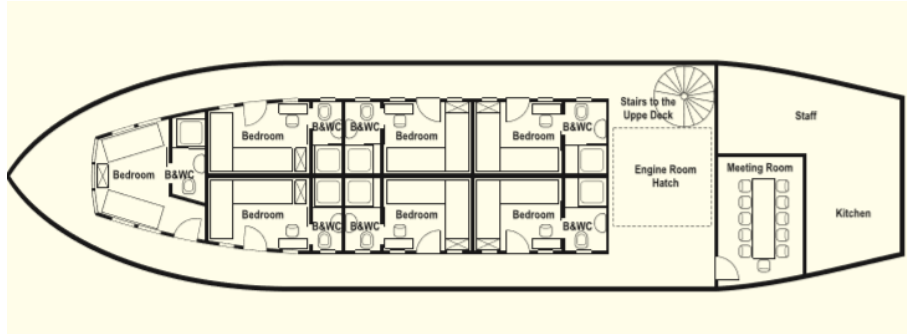
Mon 17th & Tues 18th Feb: Ngapali. Days at leisure. (breakfast and dinner)

Wed. 19th February: YANGON: After breakfast flight to Yangon, ETA approx. 14.00 for your flight out of Myanmar.

ACCOMMODATION

YANGON: Belmond, Governor's Residence is simply the hotel in Yangon. This elegant 1920's colonial building dates was the home of the ruler of Burma's southern states. Built largely of local teak, fan-cooled verandas overlook the tropical garden, lotus ponds and large swimming pool. Bedrooms are air conditioned, spacious, and have silk furnishings. (2 nights / 5*) Welcome arrival dinner & breakfasts.

AMARA ONE PRIVATE CHARTER: built of teak, our traditional-style private yacht has 7 twin en suite cabins, with mosquito netting, windows and air con; they are not large, but the yacht has lovely deck areas and is able to voyage on the Irrawaddy when water levels are low with a draft of 2.5 meters. Top deck seating, bar & dining areas shaded by a sunroof: Asian and European dishes prepared by the on-board chef and the friendly crew of 10 plus we have our guide Reggie with us. (5 nights)



Red Canal, Mandalay. With its lush gardens, water features and pool, the hotel is conveniently situated: the 24 rooms have textiles from Myanmar's ethnic groups. Pool, spa and free wifi. (1 night / Shan Room / 3*)

Sanctuary Phayartaung. Built on the banks of Sagar Lake, our simple en suite bamboo bungalows are on stilts over the water and well designed with modern amenities and offer glorious lake views. (3 nights / Stilt House / 3*)

Demoso Hotel, Kayah State. Opened in 2018, with 16 en suite rooms and pool, a simple hotel with views of the mountains and lake. (Lake Bungalow / 2 nights/ 2*)



AMARA BEACH HOTEL: Ngapali

A beautiful quiet hotel, 15 minutes north of the airport and set away from the other beach hotels, in peaceful calm surroundings on a long stretch of clean empty beach.

The 24 teak sea-view rooms are on stilts, with spacious terraces and views of the garden and sea.

Pool, spa and massage, free wifi.

Air con. (3 nights / 4* sea-view villa 2nd row). (Beach-front villas available @ additional cost)





Amelia Dalton: *having visited and worked in Myanmar (Burma) regularly over the past 10 years leading and lecturing on various river boats, I have twice sailed this special Irrawaddy voyage north towards the Chinese border from Mandalay to Bhamo.*

I have also travelled extensively throughout the more remote areas of the country with my favourite Burmese Guide – Reggie. However, I have long

*wanted to visit this part of Myanmar, including the **Phayartaung Lake & Villages**. Reggie and my Burmese agents know the villages and area well. We will be in experienced hands for this more active tour.*



This is a carefully planned itinerary, appropriate for this time of year, which could be subject to alteration if unexpected conditions dictate.

3rd – 19th February 2020

Cost per person USD 7,250

Based on 2 sharing a room /deluxe cabin

Singles & hotel room upgrades available

COST includes:

- itinerary as described
- breakfast daily, 12 lunches and dinners daily, except in Mandalay.
- 5 night private charter full board river cruise onboard Amara One.
- accommodation described (or of a similar standard if conditions dictate)
- Transfers to Belmond Governor's Residence hotel on arrival.
- Transport (car, air conditioned minibus, and boat) as described
- entrance fees and visits as described
- local English-speaking guide, except at Ngapali beach.
- Bottled water during excursions
- tour leader
- domestic flights (economy class) with the group: Yangon-Mandalay/Bhamo-Mandalay/Mandalay-Heyho/Loikaw-Yangon-Thandwe/Thandwe-Yangon.

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COST does **NOT** include:

- arrival at & departure from Yangon, Myanmar
- transfers other than those specified
- items of a personal nature, e.g. drinks, spa treatments, laundry, etc.
- gratuities to *Amara One's* crew, drivers and guides
- Myanmar visa & travel insurance
- Government levies or taxes introduced after costing and publication of this programme.



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