



*MYANMAR  
(BURMA) & Northern  
Thailand*

CULTURAL ADVENTURE

**Oct 28 to Nov 12, 2016**

Led by: Expert local guide

Accompanied by:

Representative from STS



# Myanmar & Northern Thailand

Come to Myanmar (Burma) as it begins its transformation to a more open society. From the busy streets of Yangon to the villages along the Ayerwady River, the people here are warm and welcoming. Our route takes you to the ancient city of Bagan, a UNESCO site with over 2,000 Buddhist temples and pagodas, to Mandalay with its lovely palace overlooking the town and vibrant markets, and to Inle Lake where you can float past markets and villages. Hike near Kalaw to visit with some of the many ethnic groups who live in this diverse country. Sip tea in small cafes while watching people walk to their local temple for evening prayers. Burma has an incredible craft culture and you can observe artisans as they weave handbags and blankets, make lacquer, pound gold leaf, and roll cigars. You can absorb and learn about the Buddhist philosophy as you visit temples, talk with nuns and monks and experience the daily rituals. Welcome to the rolling green foothills, sacred temples and lush landscapes of Northern Thailand. Wander through bustling night bazaars and jam to live music in Chiang Mai's reggae bars then head to for the hills. Spend your nights in traditional bamboo huts, meeting local hill tribes, trekking through the jungle and cooling off in tumbling waterfalls

## Oct 28 Depart USA for Yangon

Take your late evening flight across the Pacific to South Asia, connecting to Yangon.

## Oct 29 Yangon

On arrival at Yangon International Airport, you will be met and transferred to the Grand United Hotel or similar. This afternoon, time permitting, visit Karaweik Hall, a royal barge on the lake for a photo stop and Chauk Htut Gyi Pagoda with its colossal reclining Buddha. Afterwards head to the fruit market in Chinatown then continue to Yangon's city center to see the world famous Shwedagon Pagoda, Burma's most famous Buddhist temple. Take note of the golden dome as it lights up brilliantly at sunset. Return to your hotel for your overnight.

## Oct 30 Yangon - Bagan ✈️

Early morning transfer to the airport for your flight to Bagan. Begin your day at the nearby Nyaung Oo Market. Next you will visit Shwezigon Pagoda, an extraordinary example of the early style of the Myanmar stupa. Tour some of the ancient temples including Htilominlo Temple noted for its fine plaster carvings and glazed sand stone decoration, and Gubyaukgyi Temple with superb mural paintings of Jataka scenes. Explore Myinkaba Village where you will observe the process used in producing lacquerware one of Myanmar's best-known handicrafts. Continue to Ananda Temple an early-style architectural masterpiece with four impressive standing Buddha images. Next is the highest temple in Bagan, Thabinnyu Temple and Dhammayangyi Temple noted for its remarkable brickwork. Enjoy sunset over the site from the upper terrace of Shwesandaw Pagoda. Overnight at the Bagan Thaande Hotel or similar. (B)

## Oct 31 Bagan

Begin your day at Lawkananda Pagoda continuing to East and West Phet Leik to see the clay Jataka scenes, Shwegugyi Temple and the Tharaba Gate. At Apeyadana Temple you will see paintings in the Mahayana style before heading to the Archaeological Museum. End your day at Bupaya to watch the sunset over the Ayeyarwaddy River. Afterwards return to your hotel for your overnight. (B)

## Nov 01 Bagan - Mandalay ✈️

After breakfast transfer to the airport for your short flight to Mandalay. Upon arrival visit Mahamuni Pagoda and Kyauktawgyi Pagoda which translates to Pagoda of the Great Marble Image. It houses a large Buddha image carved out of a single block of marble. Continue to Shwenandaw Monastery (Golden Palace) noted for its exquisite wood carving, Kuthodaw Pagoda known as the world's Biggest Book for its stone slabs of Buddhist scriptures, Sulamani Pagoda and Mandalay Palace. In the evening enjoy the sunset from Mandalay Hill. Overnight at Yadanarbon Hotel. (B)

## Nov 02 Mandalay-Mingun-Mandalay 🚤

Start the morning with a boat ride on the Ayerwady River to Mingun village. Mingun is famous for the Mya Thein Dan Zedi Temple, built by the King of Sagaing as a memorial for his beloved wife and late queen. You will also visit Settawya Pagoda, Mingun Pahtotawgyi, the world-renowned ringing Mingun Bell and Myatheintan Pagoda. In the afternoon drive to Sagaing Hill, which is perhaps the living center of Buddhist faith in Myanmar today. Hillsides are dotted with numerous pagodas and monasteries. Continue to visit Khaungmudaw Pagoda. In the evening enjoy the sunset from Sagaing Hill. Return to your hotel in Mandalay for your overnight. (B)

### **Nov 03 Mandalay – Heho – Inle ✈️**

After breakfast transfer to the airport for your flight to Heho. Upon arrival drive to Pindaya caves, Pindaya Lake the home base for the production of paper and umbrellas. Next proceed to the famous Inle Lake, the home of the Intha People who inhabit what can best be described as a water world. Overnight at the Sky Lake Hotel for or similar. **(B)**

### **Nov 04 Inle Lake 🚤**

After breakfast head to Nyaung Shwe, a town at the north end of Inle Lake. From there take an Inthar style outboard for an excursion on the lake. Motor through typical floating gardens where you can observe the unique one-leg rowers, local methods of fishing and village life along the shores. You will also see the Phaung Daw Oo Pagoda housing five sacred and almost shapeless Buddha images, contorted because of the quantity of applied gold leaf, gifts from the believers. The Buddha images are purported to have come here in the 12th century. In the afternoon, proceed to the silk weaving village of In Phaw Khon and visit Nga Phe Chaung (the biggest and oldest monastery around Inle Lake). Afterwards return to your hotel for overnight. **(B)**

### **Nov 05 Inle Lake – Indein**

This morning you will explore one of the colorful markets in the Inle Lake area. They do not have daily markets; instead they rotate on a 5-day basis. Afterwards proceed by boat to Indein to see the ancient Shan style pagodas built during the Bagan Period. The journey will take about 3 hours round trip so sit back and enjoy the beautiful scenery as you zip pass tall grasses and little water steps. Glimpses of the pagoda ruins that hide in the bushes convey a feeling of being transported back to the 13th century ago. Return to your hotel in Inle Lake for overnight. **(B)**

### **Nov 06 Inle Lake – Yangon ✈️**

After breakfast board a boat for a visit to the village of Maing on the edge of Inle Lake. Walk up a dirt track through the village and continue up the hill to a stupa that has fantastic views out over the lake and surrounding hills. Have lunch at a local restaurant then transfer to the airport for your flight to Yangon. Upon arrival you will be taken to the Grand United Hotel or similar for your overnight. **(B)**

### **Nov 07 Yangon-Bangkok-Chiang Mai ✈️**

After breakfast transfer to the airport for your flight to Bangkok. There, you will connect to a domestic flight to Chiang Mai. You will be met upon arrival and

transferred to the Chiang Mai Plaza Hotel or similar for your overnight. **(B)**

### **Nov 08 Chiang Mai**

Start your day by visiting the most sacred temple upon the hill with its enormous mythological Nagas staircase of 306 steps. Inside the cloister is an intriguing copper-plated chedi topped by a five tier golden parasol that contains relics of Lord Buddha. On a clear day, there are incomparable views over the city of Chiang Mai from the temple grounds. Continue to visit Wat Prasingh and Wat Chedi Luang with its giant chedi. End the evening with a traditional Khantoke dinner lanna style, an authentic Thai meal featuring delicacies of the northern region. Afterwards return to your hotel for your overnight. **(B,D)**

### **Nov 09 Chiang Mai – Chiang Rai 🚗**

Depart after breakfast for the Meo Hilltribe village in Chiang Dao, followed by a visit to the Long Neck Hilltribe village in the Thaton district. After lunch depart overland for Chiang Rai. Overnight at the Wiang Inn Hotel for or similar. **(B,L)**

### **Nov 10 Chiang Rai**

Begin early for your full day tour of the Chiang Rai region. Travel by boat upstream on the Mae Kok River to visit the Karen Hilltribe village. Retrace your route and then set out on land to the Yao and Akha Hilltribe villages. Continue to Mae Sai, the Thai/Myanmar trading border and the area known as the Golden Triangle where the countries of Thailand, Myanmar and Laos meet. Just across the Mekong River is Laos and you will tour nearby Chiang Saen (A.D. 1260) to see ancient temples and ruins. Enjoy a late lunch at a local restaurant before returning to Chiang Rai. Afternoon free to relax. Overnight at the hotel. **(B,L)**

### **Nov 11 Chiang Rai-Bangkok ✈️**

Head out after breakfast for a brief visit of the Chiang Rai market, Wat Phra Kaew and Wat Rong Khun (White Temple). After lunch transfer to the Chiang Rai airport for your flight to Bangkok. You will be met upon arrival and transferred to the Citrus Sukhumvit Hotel or similar for your overnight. **(B,L)**

### **Nov 12 Bangkok-USA ✈️**

After breakfast transfer to the Suvarnabhumi airport for your flight back to the USA. **(B)**

*“We (STS) reserve the right to change hotels, restaurants or the order of activities if/as needed”*



**Tour Cost (Air and Land from NY) \$ 4,995.00**

*Per Person sharing in double occupancy*

**Single Supplement: \$ 995.00**

**Trip cost based on minimum of 6 participants**

**And maximum of 14 participants**

**Credit for not using our included airfare \$ 800.00**



### Price includes

- ❖ International air from JFK or LAX.
- ❖ Arrival assistance and airport transfers
- ❖ Land and boat transportation as noted
- ❖ Private, air-conditioned vehicles with driver
- ❖ Accommodations on double-occupancy basis in 3 and 4 star hotels
- ❖ Pre-approved Myanmar Visa Approval Letter
- ❖ Tours and excursions with English-speaking guides
- ❖ Entrance fees to sites as noted
- ❖ Meals as indicated [B=Breakfast, L=Lunch, D=Dinner]
- ❖ Complimentary water during drives and sightseeing
- ❖ All domestic flights.

### Price does not include

- ❖ Airport taxes and fuel surcharges (est. \$490)
- ❖ Air between home airport and JFK or LAX (call for prices)
- ❖ Transfers if not arriving/departing on scheduled dates
- ❖ Camera and/or video fees at sites
- ❖ Drinks, alcoholic beverages, and meals not listed above
- ❖ Items of a personal nature (laundry, phone calls, emails, excess luggage charges, etc.)
- ❖ Dayroom or overnights necessitated by changes in airline schedules
- ❖ Gratuities to all porters, drivers and guides
- ❖ Travel insurance for trip cancellation, medical services, or evacuation (highly recommended)
- ❖ Visa (Obtainable on arrival – currently at \$40.00)



### ***Trip Grade: II Active -***

Some hikes, slightly more demanding walks at or to sites, few elevations, comfortable but busy schedule and some long bus rides.

### ***Lodging Level: ★★★***

***Superior*** - Lodges and hotels with additional amenities, refined service and comfort level acceptable to western standards. (4 stars)

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