

EXPERIENCE

A world away on your doorstep *By Nang Thet Htet San*



Myanmar is known as the Golden Land. This doesn't just refer to the breathtaking pagodas and scenery, but also to the warm and welcoming locals, the rich wealth of cultural history and the centuries old traditions.

By Nang Thet Htet San



The experiences | Day 1: Royalty on the Lake

Relax on the Royal Lake

Arrive to your hotel located on the waterfront of the Royal Kandawgyi Lake, a luxurious oasis amidst an evergreen tropical garden. Originally built by the British as an exclusive rowing club in 1934, the Kandawgyi Palace Hotel has an old architecture charm. The lavish use of teak wood is a feature of the hotel with designs based on traditional Myanmar architecture.

Relax by the pool or in the gardens overlooking the Lake with stunning views of Shwedagon Pagoda.

Cultural Demonstration

For the evening a special Myanmar demonstration will be made, an introduction to the unique culture you will witness throughout the next few days. Learn about the traditional Thanaka paste and Myanmar dress, the Longyi to try these for yourselves as you enjoy a specially arranged dinner set amongst the gardens of the hotel.



EXPERIENCE

A world away on your doorstep By Nang Thet Htet San

The experiences | Day 2: Join the Local life



Local fishermen island life

Just a short ferry ride across the Yangon river we'll take a visit to a local fisherman village. Join the locals on the ferry across to the village called Dala, see how the ferry ride alone doubles as a market with all sorts of snacks and trinkets available to buy.

Explore the island by trishaw ride, the most common mode of transport here, imagine a bicycle with sidecar. Venture through the village lanes and luscious green paddy fields.

Visit to the Shwe Sayan Pagoda and take in the sights of fish markets, bamboo houses, teashops, and many farm animals that wander about freely.

Circular Train

An experience you will have never had on any other train journey. Take a journey on this local commuter train, going from the main city, through the outskirts towns and around. Not only do you have the chance to see the beautiful scenery and markets on the rail side, you will also be entertained throughout the journey. The train becomes its very own style of market as farmers transport their goods from one place to another and selling as they go.



Take an evening stroll along the Strand road, witness the British influence still evident in the colonial buildings. Stop at The Strand Hotel to enjoy a cocktail in the Sarkies Bar. Since 1901 this has been a famous hotel in Yangon hosting visitors such as Rudyard Kipling and Orson Welles.

EXPERIENCE

A world away on your doorstep By Nang Thet Htet San

The experiences | Day 3: Traditions & Culture

A morning of mindfulness and meditation

Visit a well reknowned Meditation centre to hear the teachings of the local monks and learn about mindfulness meditation.

This centre teaches both local monks and foreigners with a focus on the Buddhist training in dana (generosity), sila (ethical intelligence), bhavana (mind-heart training) to teach mindfulness meditation in the tradition of Mahasi Sayadaw.



Shwedagon Pagoda

You can't say you have been to Yangon without a visit to the most treasured and worshipped landmark of the whole country, Shwedagon pagoda.

Over 2,600 years old it is believed to contain relics from the past 4 Buddhas. Plated in gold leaf this stunning pagoda glistens throughout the city.



Taste of Myanmar Traditions

A spectacular setting to experience a variety of Myanmar cultural performances. A restaurant set within a Royal Golden Barge set on the Kandawgyi Lake, as you enter you will be welcomed like royalty and enter a world of Myanmar culture. See traditional Myanmar costumes, dance performances, hear the music and taste the food from a variety of regions throughout the country.

The real flavour s of Myanmar.



EXPERIENCE

A world away on your doorstep By Nang Thet Htet San

The Program | Day by Day

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 |
|-----------|-------------------|-----------------------------|------------------------|------------|
| MORNING | | Dala Village | Meditation Centre | At Leisure |
| LUNCH | | Lunch at Monsoon Restaurant | At Leisure | Departure |
| AFTERNOON | Arrival in Yangon | Circle Line train | Shwedagon Pagoda | |
| EVENING | Culture exchange | At Leisure | Cultural show & Dinner | |