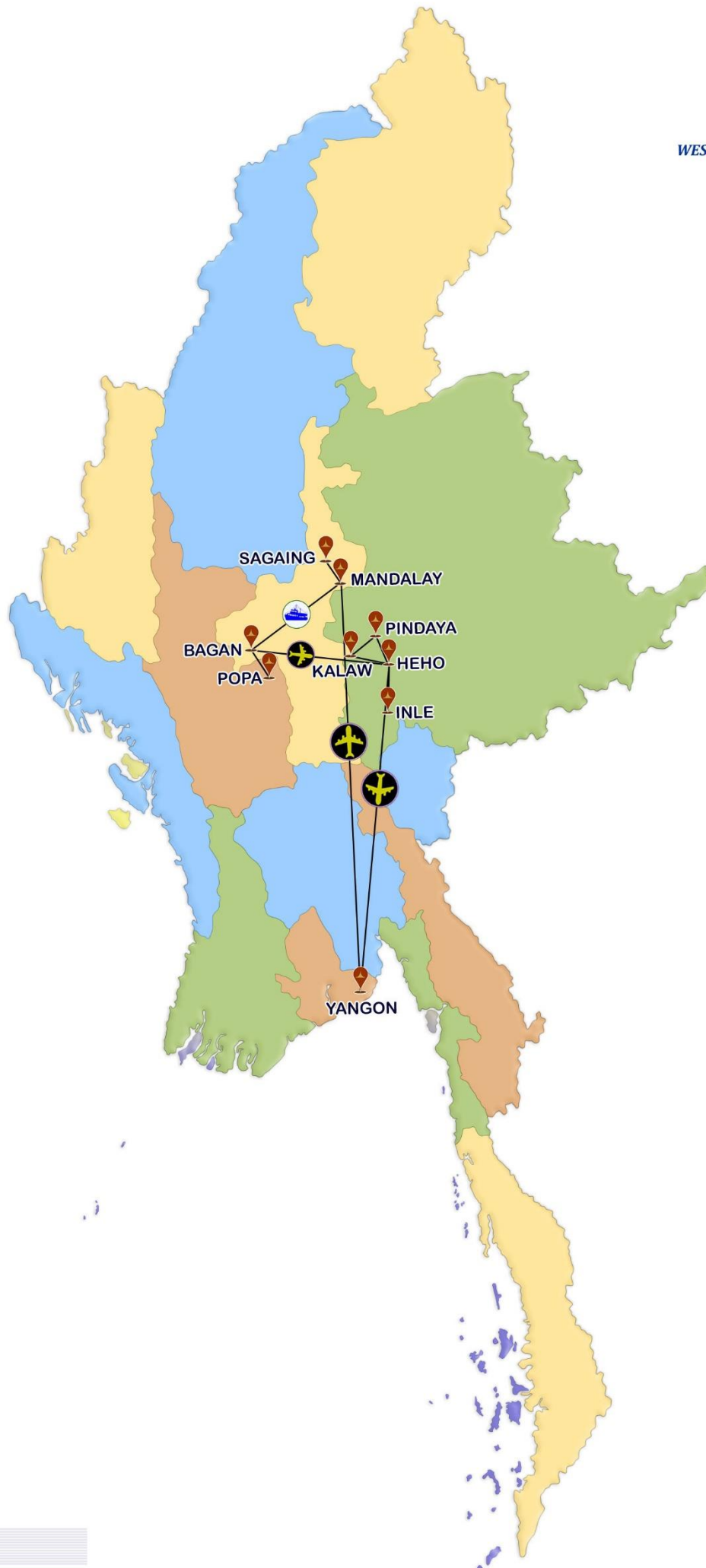
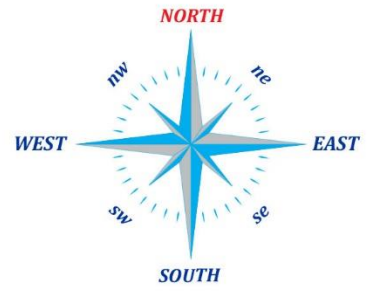




TRIP PLANNER OF MYANMAR





THE BURMESE CULINARY AUTHENTICITY- 10D/09N-2019-2020

Yangon-Mandalay-Bagan-Popa-Bagan-Heho-Inle lake-
Indein-Heho-Yangon

Burma occupies the most Western part of Asia, formed by the long North-South valley of Irrawaddy. Discover Yangon and Mandalay, the cities with the miles pagodas, the forgotten temples of Bagan, and the area of the Inle Lake will bewitch you.

ITINERARY AT A GLANCE

DAY	DEPART	TRANSFER	VISIT	ARRIVE	RANK
DAY-01	BANGKOK			YANGON	***
DAY-02	YANGON		SGN/AVA/AMA	MANDALAY	***
DAY-03	MANDALAY		MINGUN	MANDALAY	***
DAY-04	MANDALAY			BAGAN	***
DAY-05	BAGAN			BAGAN	***
DAY-06	BAGAN		POPA	BAGAN	***
DAY-07	BAGAN		HEHO	INLE	***
DAY-08	INLE			INDEIN	***
DAY-09	INLE		HEHO	YANGON	***
DAY-10	YANGON			BANGKOK	***

SEA LEVEL

INLE: 885 M



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Indein-Heho-Yangon

DAY 01 - BANGKOK OR OTHER- -YANGON

Welcomed by our guide and transfer to hotel and leisure. Green city marked out lakes with the carefully landscaped banks, **Yangon** dissimulates under its peaceful airs a vibrating animation. Visit **pagoda** and of its great Buddha laying whose colossal stature is fortunately softened by the good-naturalness of its expression! [Lunch at a local restaurant](#). After lunch, an extended visit to the **Shwedagon pagoda**, one of the world's most spectacular religious monuments, will conclude the tour of this pictures garden city. The golden dome of the Shwedagon Pagoda rises 98 meters.

[Dinner and overnight](#) at **hotel**.

DAY 02 - YANGON- -MANDALAY-SAGAING-AVA-AMARAPURA-MANDLAY

Breakfast.

Transfer to **Yangon** airport for domestic flight to **Mandalay**.

Upon arrival, proceed to **Sagaing**, a retreat for Buddhist devotees, to enjoy a magnificent view over the surrounding area. Then stop with the **Pagoda Soon U Ponnya Shin** to benefit from the panorama.

[Lunch at a local restaurant](#).

After lunch, continue a visit to the former royal capital of **Ava**, reached by a short boat trip. Visits by horse-drawn carriage to **Nan Myint Watch Tower**, the remains of the palace building nicknamed "leaning tower of Ava", **Maha Aung Mye beautiful monastery** built of brick and stucco and **Bagayar Monastery**, famous for its impression ornate woodcarvings and teak posts. Return to **Mandalay**. Departure for **Amarapura** and continue to the 200- years -old **U Bein Bridge**, built-in 1782 at the time of **Amarapura** was the royal capital, entirely constructed of teak wood.

[Dinner and overnight](#) at **hotel**.

DAY 03 - MANDALAY - - MINGUN - - MANDALAY

Breakfast at the hotel.

An excursion by boat on the **Ayeyarwaddy River** will take you to **Mingun** (45min approximately). Visit one of the world largest bells, weighing 90 tons **MingunBell**, **HsinbyumePaya**, and the unfinished **MingunPaya**, built as one of the largest seed is by King Bodawpaya.

[Lunch on the boat](#). Return by boat to **Mandalay**.

Baked Eggplant Salad

Ingredients: 2 eggplants, sliced lengthwise into 1/4-inch thick slices, sea salt to taste, sea salt to taste, 1 clove garlic, minced, 1/2 teaspoon ground black pepper, sea salt to taste, 2 tablespoons extra-virgin olive oil, or more as needed, 1/2 lemon, juiced, 1 red bell pepper, cut into matchsticks, 2 carrots, cut into matchsticks, 2 tablespoons chopped fresh cilantro, or to taste,





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Indein-Heho-Yangon

Directions:

Preheat oven to 450 degrees F (230 degrees C).

- Arrange eggplant slices in a baking dish; sprinkle with sea salt. Drizzle 1 tablespoon olive oil over eggplant.
- Bake in the preheated oven for 5 minutes; flip and continue baking until tender, about 10 more minutes. Remove eggplant from oven and cool; slice cross-wise into 1/8-inch thick slices.
- Whisk 2 tablespoons extra-virgin olive oil, lemon juice, garlic, black pepper, and sea salt together in a bowl until dressing is smooth.
- Toss baked eggplant, red bell pepper, and carrots together with lemon dressing until evenly coated. Sprinkle cilantro over salad.

In the afternoon, visits with the **Shwenandaw monastery** (or Golden Palace monastery) a superb example of traditional work, and **Kuthodaw Pagoda**, the world's largest book, consisting of 729 marble slabs engraved with Buddhist scriptures. Proceed to **Mandalay Hill** for sunset viewing. [Dinner at a local restaurant.](#) [Overnight](#) at the **hotel**.

DAY 04 - MANDALAY - BAGAN

Breakfast at Hotel.

Early morning transfer to Jetty. Cruise to **Bagan** by public boat.

(8 hrs cruising). Enjoy cruising experience in River Irrawaddy by boat.

[Picnic Lunch on board](#), it invites to idleness and contemplation. Since the long chairs on

the high bridge, we could discover new activities along the river. Some fishermen collect their nets, of the boat-towers, go up in neutral of long teak boats. We may see the ways of life in each village; women and children come to propose to us to drink or eat. Or, all kinds of things that testify magnificently to the originality of the local arts and crafts. Arrival in **Bagan** at the end of the afternoon.

[Dinner and overnight](#) at **hotel**.

DAY 05 - BAGAN

Breakfast.

Devote to discovering of **Bagan** "the mystic" extraordinary archaeological site which does not have anything to envy that of Angkor with its 3000 temples and pilot pink brick stupas of the apogee of the Buddhist architecture of Myanmar. Starting a sightseeing tour with a diverse selection of the most important pagodas and temples such as **Shwezigon Pagoda**, built by King Anawrahta in the early 11th century, and discovered **temples Shwegugyi, Gawdawpalin** and coloured market located in Old Bagan.

[Lunch will take at the local restaurant with a cooking class.](#)



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Yangon-Mandalay-Bagan-Popa-Bagan-Heho-Inle lake-
Indein-Heho-Yangon

Barmes Beef Curry:

Ingredients : 2 large onions, roughly chopped, 5garlic cloves, 2inches gingerroot, peeled, 1teaspoon chilli powder, 1teaspoon turmeric, 1teaspoon paprika, 3tablespoons oil, 750g beef steaks, cut into largish pieces, i used rump, 1 1/2teaspoons salt, 1/2teaspoon cumin, 1/2teaspoon coriander powder, 375g potatoes, peeled quartered or 3 large potatoes, 2cups water.



Directions:

- Place the onions, ginger and garlic in a food processor and process until smooth.
- Add the chilli powder, and turmeric and paprika until combined.
- Heat the oil until the smoking point is reached, and then adds the contents of the processor or blender.
- Be very careful as this mix will splutter as it hits the scalding oil.
- Stir into the boil, reduce the heat of your burner to low, cover, and cook for about 30 minutes.
- You will need to stir fairly regularly and be patient.
- The mix will begin to evaporate, start to smell sweeter and eventually turn a reddish-brown, with the oil separating to the edges.
- It may take more than 30 minutes, as I said, be patient!
- Mix the cumin, coriander and salt and massage through the steak pieces.
- Add the steak and potatoes to the onion mix, fry for a couple of minutes, then add the water.
- Bring to the boil, stirring, then reduce the heat and cover.
- Cook for about 30 minutes or until the potatoes are tender.
- Remove the lid, increase the heat and cook for a further 15 minutes or until the sauce is thickened and reduced.
- Serve over plain rice.

Beer Battered Fish

Ingredients: 2 quarts vegetable oil (for frying), 8 (4 ounces) codfish fillets, salt and pepper, 1 cup all-purpose flour, 2 tablespoons garlic powder, 2 tablespoons paprika, 2 teaspoons salt, 2 teaspoons ground black pepper, 1 egg, beaten, 1 (12 ounces) bottles beer



Directions:

- Heat oil in a deep fryer to 365 degrees F (185 degrees C).
- Rinse fish, pat dry, and season with salt and pepper.
- Combine flour, garlic powder, paprika, 2 teaspoons salt, and 2 teaspoons pepper. Stir egg into dry ingredients.
- Gradually mix in one beer until a thin batter form.
- You should be able to see the fish through the batter after it dips.
- Dip fish fillets into the batter, then drop one at a time into the hot oil.
- Fry fish, turning once until both sides are golden brown.
- Drain on paper towels, and serve warm.

After lunch, visit **Ananda Temple**, with its four substantial standing-Buddha images and numerous seated figures that arrange around the interior gallery and **GuByaukGyi Temple** (under the protection of



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UNESCO), noted for its ancient mural paintings. Observe a sunset in the vicinity of Bagan's ancient monuments.

[At the hotel, have dinner and then overnight.](#)

DAY 06 - BAGAN - - MONT POPA - - BAGAN

Breakfast at the hotel.

Continue the visits of **Bagan** with the discovery of **the ruins of Royal Palace; Tharaba's Gate, TayokPye temple**. Visit **a lacquer craftsmen's workshop** in the nearby Myinkaba village. [Lunch will take at the Popa Mountain Resort Hotel](#). Then, a 45 km drive (1 ½ hour) will take you to Mount**Popa**. An extinct volcano with spectacular views. Its shrine dedicates to animist spirits knows as "Nats", and you will have time to climb nearly 800 steps to the shrine at the top of the peak. Return to **Bagan**.

[Dinner at the local restaurant.](#)

[Overnight](#) at the **hotel**.

DAY 07 - BAGAN - - HEHO - - NYAUNG SHWE-INLE

Breakfast.

Transfer to **Nyaung U** airport for domestic flight to **Heho**.

Departure by road (1h), for **Nyaung Shwe**, at the edge of the **lake Inlé**.

Stir-Fried Ladies Fingers

Ingredients: 200 grammes of ladies fingers (sliced to not more than 5mm thick)
1 1/2 tablespoons volume of dried prawns (pre-soaked in about 100 ml of water for 15 minutes) 4 shallots (sliced thinly) 2 tablespoons of cooking oil (palm oil)

Directions:

- Heat oil in a wok and fry the shallots will golden brown. Remove fried shallots from oil and set aside.
- Remove oil from wok leaving not more than 1 tablespoon of oil in the wok. Fry the dried prawns for 30 seconds and add the ladies fingers. Stir well.
- Add seasoning and sprinkle some water (used to soak dried prawns) if the dish is beginning to burn or too dry for your liking.
- Stir fry the ladies fingers to your desired crunchiness/softness. Dish up, garnish with fried shallots and serve with steaming white rice.



Visit **Pagoda PhaungDawOo**, one of the most sacred shrines in Myanmar, dating back to the 18th century, and visits some of its many artisan factories of weaving of silk, cigars,*etc.*.

[Dinner and overnight](#) at **hotel**.

DAY 08 - INLE- -INDEIN

Breakfast.



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Indein-Heho-Yangon

The idyllic framework blotted around the mountains, and the Inle Lake is a punctuated blue oasis of villages on pile, temples and monasteries. You discover the life of the lake, and its surprising **floating vegetable gardens** fix on the bottom of the lake by extensive collections of bamboo.

Its **fishermen into**, principal ethnic of the lake, which ancestral mode of fishing, with a bow net and while rowing with a leg, is unique in the world.

You can walk in the village and visit the old pagodas which built in the 12th century.

In Dein is located on the southwestern bank of the principal lake. Then, close it village one can say that it is the most picturesque part of the Inle lake. This brook leads to the village animate with various activities on its banks. In-Dein village is used as the main door to approach the western part of the lake and to discover the close villages situated on the hills.

[Lunch take at the local restaurant with a cooking class.](#)

Burmese Chicken Curry

Ingredients: 2 1/4 pounds skinless, boneless chicken thighs, cut into chunks, 2 teaspoons curry powder, 1/2 teaspoon garam masala, 1 teaspoon salt, 2 onions, chopped, 1 tablespoon minced garlic, 1 teaspoon minced fresh ginger root, 1/2 teaspoon cayenne pepper, 2 teaspoons paprika, 2 tablespoons water, 5 teaspoons corn oil, 2 tomatoes, chopped, 1 teaspoon minced lemongrass, 1 tablespoon fish sauce, 1 cup water.



Directions:

- Rub chicken thighs with curry powder, garam masala, salt. Cover and set aside. Place onion, garlic, ginger, cayenne pepper, and paprika in a blender with 2 tablespoons of water and blend into a smooth paste.
- Heat the oil in a large, lidded skillet over medium heat. Cook and stir onion mixture until darkened about 7 minutes. Stir in chicken thighs and cook for 3 to 4 minutes, then add tomatoes, lemongrass, and fish sauce. Cook for 2 minutes stir in 1 cup of water and bring the curry to a boil. Cover and reduce heat to low and cook until the chicken begins to fall apart, occasionally stirring, 25 to 35 minutes. Remove lid and increase heat. Cook until the sauce is reduced, about 5 minutes. Skim off excess oil from the top and discard.

Coconut Rice

Ingredients: 1 tablespoon peanut oil or 1 tablespoon vegetable oil, 1 cup long-grain white rice, salt, fresh ground black pepper, 2 cups coconut milk, warmed.



Directions:

- Pour the oil into a medium saucepan over medium heat.
- Stir in the rice and cook, stirring, for about 2 minutes or until it becomes translucent.
- Season with salt and pepper and stir in the coconut milk.
- Bring to a boil, reduce heat to low, cover, and cook for about 15 minutes or until all the liquid is absorbed.
- Remove the pan from the heat and rest, covered for about 10-15 minutes before serving.



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Visit **monastery NgaPhe**, also called "monastery of the jumping cats" since its monks drew up cats to jump inside rings. This monastery out of wood, built on piles, and contains an astonishing collection of statues of Buddha.

[Dinner and overnight](#) at **hotel**.

DAY 09 - INLE LAKE - HEHO – - YANGON

Breakfast.

Transfer by the road to **Heho airport** (1h) and for the flight back to **Yangon**. [Lunch at a local restaurant](#).

Continuation of the visits **Colonial quarter**. **Photo stops at High court**, City Hall and **Mahabandula Garden** and **Sule Pagoda**, dating back over 2,000 years ago. Then, walk through **China Town** that houses along the facades are decrepit colonial buildings, an abundance of small shops, street vendors and canteens street.

A stop at **Bogyoke (Scott) Market** allows you to see Myanmar's wide range of handicrafts.

[Dinner will take at the local restaurant together with a cooking class.](#)

Fried fish

Ingredients : safflower oil, For Frying, 1 gallon, 2 cups flour, 1 tablespoon baking powder, 1 teaspoon kosher salt, 1/4 teaspoon cayenne pepper, 1 dash Old Bay Seasoning, 1 bottle brown beer, cold, 1 1/2 lbs firm-fleshed white fish fillets, cut into 1 ounce strips (tilapia, pollock, cod), cornstarch, for dredging



Directions:

- Heat oven to 200 degrees F.
- Heat the safflower oil in a 5-quart Dutch oven over high heat until it reaches 350 degrees.
- In a bowl, whisk together the flour, baking powder, salt, cayenne pepper, and Old Bay seasoning.
- Whisk in the beer until the batter is completely smooth and free of any lumps.
- Refrigerate for 15-60 minutes.
- Lightly dredge fish strips in cornstarch.
- Working in small batches, dip the fish into batter and immerse into the hot oil.
- When the batter set, turn the pieces of fish over and cook until golden brown, about 2 minutes.
- Drain the fish on a roasting rack.
- Allow the oil to return to 350 degrees between batches.

Lentil Soup

Ingredients : 2 cups red lentils, 8 cups water, 1/2 teaspoon cumin, 1/2 teaspoon turmeric or 1/2 teaspoon , paprika, 1 large onion, diced, 1 -2 garlic clove, minced, 2 tablespoons olive oil, salt, pepper, 1 lemon, juice of, 2 bouillon cubes (optional), parsley (for garnish)





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Indein-Heho-Yangon

Directions

- Wash lentils. Add to water and bring to boil. Cover, cook for 1 1/2 hour, stirring occasionally.
- When lentils are tender, add dry spices and bullion (optional) to the pot.
- Sauté onions and garlic in a frying pan with olive oil will golden brown, and then add to soup.
- Simmer for 5 more minutes. Turn off heat and add lemon juice, stir.
- Garnish with parsley.

Green Tea Salad (La Phet)

Ingredients : 1 teaspoon vegetable oil, 4 garlic cloves, thinly sliced, 1/4 cup green tea leaves, 1/4 cup lemon juice, plus, lemon wedge, for serving, 3 tablespoons soy sauce, 3 tablespoons fish sauce, 2 tablespoons fresh ginger, grated, 1 jalapeno pepper, stemmed, seeded, and finely chopped, 6 tablespoons dry-roasted unsalted peanuts, chopped, 1/4 cup unsweetened dried shredded coconut, toasted, 2 tablespoons sesame seeds, toasted, 1 (5 ounces) bags mixed baby greens (8 cups).



Directions:

- In a small skillet, heat oil over medium heat. Add garlic and cook, stirring until golden, about 3 minutes. Set aside.
- In a small bowl, combine tea leaves, lemon juice, soy sauce, fish sauce, and ginger. Let stand at room temperature for 30 minutes.
- Strain the dressing into a bowl, pressing with a spoon, and discard the solids.
- Stir the jalapeno, peanuts, coconut, sesame seeds, and reserved garlic into the dressing. Toss with the mi.

Overnight at the hotel.

DAY 10 - YANGON-✈️-BANGKOK OR OTHER DESTINATION

Breakfast.

Leisure time until the transfer to the airport.

Transfer to the international airport, **take-off bound for Bangkok or other destination.**

END OF SERVICE