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Welcome to INSIGHT YANGON

Welcome to the fourth edition of INSIGHT YANGON, the first and only independent tourist guidebook in Myanmar. In this guide you will find useful information, as well as articles and reviews. We provide detailed lists and information on Health Care, Visas, Money, Foreign Embassies, Airlines, Transportation



(Trains, Bus, Boat, Taxi), Hotels, Shopping, Restaurants, Attractions, Sports & Activities, Nightlife, Spa & Massage, Holidays & Festivals, and Trips & Tours in and around Yangon. There are also detailed maps of the city to help you get around, and useful telephone numbers, and websites you can visit for more information.

We endeavor to make this guidebook as complete and accurate as much as possible, while still maintaining the pocket size so it is easy to carry and use. We hope you will find this guide useful during you stay in Yangon. We strive to improve this guide and make it as accurate as possible. If you find any incorrect information, or if there is some information that should be included in this guide, please contact us by E-mail and let us know. We welcome your feedback regarding any aspect the guidebook...

For more information, please contact us at: info@myanmarpocketguide.com or call us at Tel: 09-420058992

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INSIGHT YANGON City Guide

The Insight Yangon City Guide is published four times a year, by Myanmar Pocket Guides. This guide is distributed at select locations in Yangon, as well as in other cities in Myanmar, and in Cambodia.

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THE CITY OF YANGON

History

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The name "Yangon" is a combination of the words yan [enemies] and koun [run out of]. It has also been translated as "the end of strife". The name "Rangoon" came from the British pronunciation of "Yangon".



In the early 11th century (1028-

1043CE) the city was a small fishing village centered around the Shwedagon Paya, and was called Dagon. It was founded by the Mon, who dominated Lower Burma at that time. King Alaungpaya, the king of Burma (Myanmar) from 1752 to 1760, and also the founder of the Konbaung Dynasty, conquered Dagon in 1755, renamed it "Yangon", and settlements around Dagon were established.



The British captured Yangon during the First Anglo-Burmese War of 1824-26, but was returned to Burmese administration after the war. The city was destroyed by a fire in 1841.

The British again seized Yangon, and all of Lower Burma in the Second Anglo-Burmese War of 1852, and then established Yangon as the political and commercial center of British Burma. The British laid out the new city on a grid plan with the Pazundaung Creek on the east, and the Yangon River on the west. Yangon became the capital of all British Burma after the British captured Upper Burma in the Third Anglo-Burmese War of 1885.

Colonial Rangoon

In the 1890s, the increasing population and flourishing commerce gave rise to



the affluent residential suburbs to the north of Royal Lake Kandawggi and Inya Lake. During this time the British also established hospitals and universities, including Rangoon General Hospital and Rangoon University.

In the heyday of the colonial period, Yangon was a mix of colonial buildings and traditional Burmese wooden architecture, and had spacious parks with lakes. By the early 20th century, it is said that the infrastructure and public services of Yangon were like those of London. It was known as "the garden city of the East."

Modern Era

Yangon became the center of the Burmese independence movement after World War I, with Rangoon University students at the forefront. In 1920, 1936 and 1938 there were nationwide strikes started in Yangon protesting against British colonial rule. During World War II, Yangon was under Japanese occupation from 1942 to 1945, and was heavily damaged during the war. The city was retaken by the Allies in May 1945 at the end of the war.

Recent History

Yangon became the capital of the Union of Burma on January 4, 1948 when the country became independent from the British. In the 1990s as the government began to allow private investment, there



Downtown Yangor

was a construction boom with new high-rise buildings being constructed in the city. In 2005 the political capital of Myanmar was moved to Naypyidaw, about 230 miles north of Yangon.

Culture of Yangon

The city is a mix of diverse peoples, cultures, and religions, and is a blend of British, Burmese, Chinese and South Asian influences. The atmosphere of Yangon is that of a typical Southeast Asian city, but unlike other Asian capitals, it has not yet been overtaken by rampant development. Due to its slow growth, it still retains much of its colonial architecture, and tree-lined avenues. It is a unique example of a 19th-century British colonial capital where men and women still wear the traditional longyi, and street vendors and the sights and sounds evoke an Asian city of the past.

While it is a city with a population of over 5 million people, it is developing at its own pace. Even though it is the center of business activities in the country, and is a busy and bustling city, it still retains some of the charm of a bygone era.

Business Hours

Most regular businesses and government offices in Yangon are open from 09:00 to 17:00, and unlike some other southeast Asian countries, they are NOT closed for lunch.

Safety

On the whole, Yangon is a very safe city, and is actually one of the safest big cities in the world. Most visitors, including female travelers, will not have any problems. Even walking along streets alone at night, and carrying large sums of money, is rarely a problem. Crimes against tourists are taken very seriously, but there have been isolated incidents involving tourists. To be on the safe side, it is best to take the normal big-city precautions like always being aware of your valuables, and your surroundings. As with anywhere in the world, let common sense be your guide.

Be aware that drug trafficking is illegal, and is punishable by death.

Climate

The climate of Yangon is tropical. There are three seasons: June to Octoberrainy season, November to February - cooler and drier "winter", and March to May - hot and dry season. The best time to visit Yangon is from November to January when it is somewhat cooler, and not as humid as other months. This is considered the high season with the greatest number of visitors to the city.

DO'S & DONT'S

Myanmar is a Buddhist country, and 98% of the population are practicing. Buddhist. Respect should be paid to religious custom when visiting Buddhists religious sites. The customs and traditions of Myanmar are very similar to those of other Southeast Asian countries. Here are a few Dos and Don'ts to make your trip more enjoyable.

Religion

- At religious sites, always remove your footwear
- Dress modestly when visiting a paya
- Treat Buddhist images with respect
- Avoid shouting or laughing
- Be somewhat discrete when taking photos or video
- Don't point your feet toward a paya or a monk.
- Don't play loud music in these areas. Note that Buddhist monks are not allowed to listen to music.
- Do not put Buddha statues or images on the floor, or in an inappropriate place
- Show respect to monks, nuns, and novices
- Don't offer to shake hands with monks
- Sit lower than a monk and elders
- Don't offer food to a monk, nun, or a novice after noon

time

- Women should not touch monks
- If there is no admission fee to a paya, you may leave a donation

Customs

- It is not always necessary to shake hands
- Public displays of affection are frowned upon
- Avoid touching an adult on the head
- It is considered rude to step over any part of a person
- Accept or give things with your right hand or both hands.

Travel Tips

- Most bathrooms do not have toilet paper. Carry tissue with you.
- Don't leave expensive items in your room. Use the safe deposit box.

Travel Insurance

It is advisable to have comprehensive travel and medical insurance. It should include emergency air evacuation in case of serious medical condition. Make sure the policy covers all activities you will participate in.

Gay Travel

Technically homosexuality is illegal in Burma. However, there have not been any reports of gay travelers being harassed, or having any unusual problems. As mentioned above, public displays of affection is not acceptable, and discretion is advised.

Traveling with children

Single parents, or other adults traveling alone with children, should be aware that some countries require documentary evidence of parental responsibility before allowing single parents to enter the country or, in some cases, before permitting the children to leave the country. They may want to see birth certificates, a letter of consent from the other parent, or other evidence of responsibility for the child. Burmese immigration authorities do not usually ask for such evidence, but it is advisable to have these documents with you.

Drugs

Be aware that the penalty for drug trafficking can be a minimum sentence of 15 years imprisonment, to a maximum of the death penalty.

USEFUL TELEPHONE NUMBERS

Emergency Numbers

Police (Emergency) 199
Police (Headquarter) 549309
Police (Yangon Division) 545455
Police (Tourist Safety Unit) 376166, 642742, 549209
Fire (Emergency) 191
Fire (Headquarter) 252011
Yangon General Hospital 256112
Central Women's Hospital 222804
Children's Hospital 222807
Ambulance (YGH) 192
Ambulance (Red Cross) 295133
Tourist Information 371910, 374281

Useful Numbers

Airport (Yangon) 662811 Customs 253046 General Post Office 380342, 240330 Highway Bus Station 642122 Railway (Enquiry) 201555 Road Transport 640469 Inland Water Transport 250253 Shipping (Coastal Vessels) 283122 Immigration 249216 Ministry of Hotels & Tourism 297590, 202240, 202241 Directorvate of Hotels & Tourism 371581, 371582, 254153 Muanmar Hotels & Tourism Services 251855, 371928, 371909 Myanmar Travels & Tours 252859, 321927, 371910 Myanmar Travels & Tours (Airport) 662652

HEALTH CARE

Unfortunately, the general state of health care in Yangon is not up to the standards of even other Asian countries. Although health care is technically free, in fact, patients have to pay for medicine and treatment, even in public clinics and hospitals. Public hospitals including the Yangon Ceneral Hospital lack many of the basic facilities and equipment one would expect to find in a hospital.



Yangon General Hospital

Well-off citizens have access to the country's best medical facilities, and internationally trained doctors. These private clinics and hospitals are quite expensive. For minor illnesses and injuries, your hotel should be able to provide information regarding private doctors with experience treating foreigners. Also, your embassy may be able to recommend a doctor or clinic. However, for any serious illness or injury, you will need to go to Bangkok or Singapore for treatment.

STAYING HEALTHY

Water - As with other Asian countries, tap water is not for drinking. Drink bottled water only. And of course you will need to keep hydrated is Yangon's hot and humid climate.

Disease - Even though Yangon has a hot, tropical climate, infectious diseases are rarely a problem for visitors here. Most common illnesses can be prevented just by using common sense behavior and can be easily treated with medicine.

First-Aid Kit - The wise traveler knows to bring a small but well stocked medical first-aid kit to treat minor illnesses and injuries.

Vaccinations - Consult your physician or health clinic prior to your trip, for recommended vaccinations based on your medical condition, and past health history.

Medication - For your trip you need to bring a supply of any medications you are taking. Specialized medications may not be available here, and buying medication over the counter here can be problematic at best. buying medication over the counter here can be problematic at best.

HOSPITALS

Yangon General Hospital

Bogyoke Aung San Road, between Bo Ywe Street & Lanmadaw Street, Latha Township

Tel: +951-256112, 256123-31

Central Women's Hospital

Baho Road, Lanmadaw Township Tel: +951-222804~6,222811

Yangon Children Hospital

No.2 Pyi Daung Su Yeik Thar Street, Corner of Baho Road, Dagon

Township Tel: +951-222807-9

Pun Hlaing International Hospital

Pun Hlaing Golf Estate Avenue, Hlaing A Thayar Township R Tel: +951-684323-7

H

Witoriya General Hospital

68 Tawwin St, 9 Mile, Mayangone Township

Tel: +951-665943

CLINICS

30th Street Clinic

191/193 G Floor 30th St., Upper Block, Pabedan Township Tel: +951-246177, 371611

AEA International Clinic

Inya Lake Hotel, No.37 Kabar Aye Pagoda Rd. Tel: 667866, 667871, 667877, 667879

Australian Embassy Health Clinic

No.24 Aye Yeik Mon Rd, 4 Ward, Hlaing Township Tel: +951-531342

Aung Yadana Medical Centre

1 Waiza Yan Tar Rd., (Corner of Yadanar St.), Thingangyun Township Tel: +951-571065, 573623, 707595, 703025

Aung Yadana Medical Centre

5/24 Waiza Yan Tar Rd, Thiri Gone Housing, Thingangyun Township Tel: +951-561878, 573631~2

Bahosi Medical Centre

Bahosi Housing Complex, Lanmadaw Township Tel: +951-2300631(Hot Line), 2300502-530, 224667

Good Faith Health Care Services

No.2/A Thukhawady St., Yankin Township Tel: +951-579086.663840

Green Cross Specialist Centre

101-A, Ground Floo; Lane Thit St., Upper Block (Near Mawtin Junction), Lanmadaw Township Tel: +951-2300551, 2300652~3

International SOS Assistance

37 Kaba Aye Pagoda Rd., Inya Lake Hotel, Mayangone Township Tel: +951-667877, 667871, 667879

Mahar Muaing Medical Centre 308 Pyay Rd., Sanchaung Township

Tel: +951-504927, 503825, 537918

Pacific Medical and Dental Care

No.81 Kabar Aue Pagoda Rd, Bahan Township Tel: +951-548022

DENTAL CARE Pacific Medical and Dental Care

No.81 Kabar Aye Pagoda Rd., Bahan Township

Tel: +951-548022

Dental Clinic

2nd Floor, Sakura Tower, 339 Bogyoke Aung San Rd., Kyauktada Township Tel: +951-255118.

Sakura Medical Centre

23 Shin Saw Pu St, Sanchaung Township Tel: +951-510079, 510186, 512668, 512669

Sedona Clinic

Room 1009, Sedona Hotel, 1 9.5 Yangon Medical Center (YMC) 126-A Dhama Zedi Rd., Bahan Township Tel: +951-524851, 524859

MiCasa Dental Clinic

Ground Floor, MiCasa Hotel Apartments, 17 Kaba Aye Pagoda Rd., Yankin Township Tel: +951-650930~40 Ext-171

Mr.Dentist

Room 245/246, 2nd Floor, Summit Parkview Hotel, 350 Ahlone Rd. Dagon Township

Tel: +951-211966 Ext-245, 211888 Ext-245

EYES CARE

American Vision 397 Shwe Bon Tha St., Upper Block Pabedan Township Tel: +951-241897, 241898 242476



VISA INFO

VISAS

You can get a visa to enter Myanmar by applying directly to the nearest Myanmar Embassy. The usual fee for a tourist visa is USD \$20. You can also apply through a travel agent, but they will charge a fee for their service. If you already have a visa when you arrive at the airport, you can proceed directly to Immigration.

Note: Immigration laws and regulations do change, and recently there have been many changes. Always check with the Myanmar Embassy in your country and/or a travel agent regarding current visa regulations.



VISA ON ARRIVAL

Currently pre-arranged visas on arrival are available at Yangon International Airport. Contact your travel organizer (travel agent) to arrange for this in advance. You can board your flight with a copy of the approval letter of prearranged visa on arrival which is issued by the Ministry of Tourism. The official visa fee is USD \$30, however the travel organizer will also charge a fee for their service

The procedure at the 'Visa on Arrival' window is somewhat disorganized. Passengers form a kind of scrum in front of the window, and you have to ask for an application, and after filling it out, you have to hand in the application with your passport. Then you wait by the window for them to process the application. Then they hold up your passport, and you get it back. You can then proceed through immigration. Tourist visas are single entry, and valid for 28 days stay in the country. Contact the Myanmar Embassy in your country for information on other tupes of visas.

The visa sticker is a full-page type. Make sure you have an empty full-page in the visa part of your passport. You may, or may not, be asked a passport sized photo. Always have a couple of passport sized with you just in case. CAUTION: At the "Visa on Arrival" window, only U.S. dollars are accepted. Make sure you have fairly new dollar bills. Any bills that are old, dirty, torn, written on, or heavily creased will be rejected.

VISA EXTENSION

At present, tourist visas are valid for 28 days and cannot be extended. If you plan to stay in the country longer, there is a multi-entry business visa you can apply for. However, you will need a recommendation letter from a company in Myanmar. Contact your nearest Myanmar embassy for more information.

OVERSTAY

Overstay in Myanmar is illegal and no matter what the reason for your overstay, you may have a problem at places where you will need to show your passport (i.e. hotel, ferry, train, airport, etc). For more information, please contact your travel agent, or the Yangon international Airport.

MONFY

The currency of Myanmar is the Kyat (pronounced like 'chat'). Like other currencies, the exchange rate goes up and down. The rate for the Kuat is somewhat volatile, but is usually around 800 to 900 Kyat to the US dollar. It is no longer required for visitors to bring in a certain amount of money, and it is no longer required to exchange money into FEC (Foreign Exchange Certificate). The Kyat comes in 1, 5, 10, 20, 50, 100, 200, 500, 1000, 5000 and 10,000 denomination notes. There are NO coins in Myanmar currency. The Kyat is the only official currency of Myanmar, but most hotels quote



Myanmar Currency

prices in US dollars, and some businesses that deal with visitors may accept dollars. Also, entrance fees to various attractions; paya, museums, etc. are in US dollars. In fact, some of these places may even refuse to take Kuat. It is best to always carry an amount of dollars with you. Also, bring only dollar bills that are in good condition, and preferable new bills. US dollar bills that are old, badly used torn, dirty, written on, or heavily creased will be rejected. They seem to still be especially strict about this in Myanmar.

Exchanging Money

It is technically illegal to exchange money at any place other than at the Currency Exchange Center Currency Exchange Center, and government approved exchange banks. (see No.99/103 Thein Phyu Rd, (Lower locations below) Unfortunately, government sanctioned exchange places are not in convenient locations, do not always offer the best exchange rates.

However, it may be possible to exchange money at other places. Some hotels may be able to exchange some money for you. It is said that the best place to change money is at the Bogyoke Aung San Market. You should ask at a couple of the shops to get the best rates. However, do not listen to anyone who approaches you offering to exchange money. And you should avoid any money changers around the Sule Paya. They have an especially notorious reputation for cheating. In any event, when exchanging money at private money changers, you do so at your own risk.

There is an official currency exchange counter in the arrival hall at the airport, but the exchange rate offered may not be favorable. It is suggested that it is best to exchange enough money for your immediate needs. Then exchange more money when you get to town.

Remember that the Muanmar Kuat is not convertible outside the country. If you end up with a large amount of Kyat, you will need to change it to another currency before you leave. If you have only a small amount, you can keep it as a souvenir of your trip.

ATMs

Currently there are NO ATMs that can be used for international transactions. However, as of early October's news, there will be ATMs in Myanmar soon.

Credit Cards

Myanmar is still a very cash oriented society. At present there are only a few places the will accept credit cards.

Note: In light of the above, visitors are advised to bring enough cash to cover the expenses for their trip.

Foreign Currency Exchange Banks

Yoma Bank Ltd. Rm-3/4, 380 Bogyoke Aung San Rd., FMI Centre, Pabedan Township Tel: 01-240264, 01-240401, 01-240392 Ext: 1103/1104

Block), Botahtaung Township Tel: 09-73211683



Myanmar Foreign Trade Bank

United Amara Bank Ltd. (UAB Bank)

G-Flr, 126 Latha St., Ward (4), Latha Township Tel: 01-373718~33

Myanmar Oriental Bank Ltd. (M.O.B Bank) *(Head Office)

166/168 Pansoedan Rd. Middle Block (Between Anawrahta Rd. & Mahar Bandoola Rd.) Kyauktada Township Tel: 01-246594, 01-246595-6

Kanbawza Bank Ltd.

Corner of Bank St & Mahar Bandoola Garden St, Kyauktada Township Tel: 01-393952-3, 01-373962-3

Myanmar Foreign Trade Bank

80-86 Maha Bandoola Carden Street, Kuauktada Township Tel: 254585, 370994 Fax: 289585

Myanma Investment & Commercial Bank (MICB)

170-176 Bo Aung Kyaw Street, Botahtaung Township Tel: 281775, 280395

USEFUL LINKS

Here are some web links related to Myanmar and travel and tourism you may find useful. If you have any links that should be included in this list, please E-mail them to us

For travel arrangements in Myanmar, Cambodia & beyond : www.asia-expeditions.com

Travel info for expeditions: www.hiddenburma.com

Your travel guide within Myanmar: www.myanmarpocketguide.com/

Online E-visa available through site: www.myanmarevisa.gov.mm

Ministry of Tourism Website for travel updates: www.myanmartourism.org

Muanmar Tourism Promotion Board website: www.muanmar-tourism.com

Fine dining Myanmar restaurant: www.myanmar-restaurantpadonmar.com

www.monsoonmyanmar.com and www.operayangon.com

Your websolutions: www.aegroupsolutions.com

Regional Tourism information: www.mekongtourism.org

TIME & COMMUNICATIONS

Time

Myanmar is 6.5 hours ahead of Greenwich Mean Time. If you are coming from Thailand or Cambodia, turn the time back half an hour. If coming from India, turn the time forward one hour.

Mobile Phones / SIM Cards

Tourists can purchase SIM Cards at shopping centers for 50,000 kyat. These SIM cards have 1 month validity, and the cost for calling is 300 kyat per minute for outgoing calls, and 50 kuat per minute for incoming calls. As there are only a few shops in Yangon that sell these SIM cards, check with the hotel reception, and they may be able to assist you. Note that the cost may be slightly more than 50,000 kuat at some shops.

Internet Access

In recent years internet access has improved markedly. There are now quite a few internet cafes in Yangon, and while rates are reasonable, the speed may still be a bit slow at times. Most hotels offer internet access, even at mid-range and small hotels. While there is still censorship of the internet (some web portals like Yahoo! and Gmail may occasionally not work), most places offering internet can get around this. The rate is usually around 400 to 600 kuat per hour. But if the electricity is cut off, the shop will turn on the generator, and add an extra charge of about 100 kuat per hour to the fee.

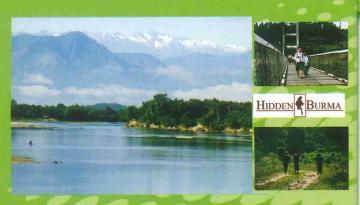
There are few Internet shops on Sule Pagoda Road, downtown. However, most of them will be very busy and noisy with customers playing games. If you have a laptop, you can use a café or restaurant that offers free WiFi. For example, the café shop at the East Hotel on Sule Pagoda Road, or the 50th Street Bar & Grill on 50th Street have free WiFi.

TV

All over-the-air TV channels are owned by the government. Most hotels have satellite TV, but the number of channels is quite limited. Surprisingly though, they do have CNN. Some small hotels may not have satellite TV, and only have the state-run channels

Newspapers

There are three major newspapers in Myanmar; The Myanmar Times, a private English-language weekly; The New Light of Myanmar; English and Burmese; and the Kyehmon (Mirror), a state-run daily in Burmese only.



Novel Hidden Burma

An Exciting New Destination At The Foot Of The Mighty Myanmar Himalaya Mountains

This is Putao In Kachin State, hidden in the picturesque accommodation is provided on the foothills of the Himalayas, lies a secret Malika river opposite the Kuang Mu Lo place of primeval natural beauty waiting Pagoda, on the doorstep of the Nation to cast a spell over every visitor lucky Park where Mount Hkakaborazi (19.29 enough to find it. Its rich biodiversity and ft), rises as the highest peak in South Ea the warm hospitality of the local tribal Asia. people will leave a vivid impression of a Explore Putao, the northern tow way of life that has all but disappeared. in the state, and visit Lisu and Rawa Snow capped peaks are constantly villages with their bright local cultur watching over your trip and, and are the and traditions, not influenced by the backdrop for beautiful views where modern world yet. Observe handicraf deep canyons cut by mountain rivers production and learn different skills fro emerge flanked by virgin forest. Seek their ancient knowledge. out rare black orchids, rare indigenous We open a new and Novel Hidde flora and fauna, like Red Panda, Black Burma as an exciting and unexplore Bears and Black Deer

Previously inaccessible for most of the Myanmar adventure. year, now there is a chance to explore

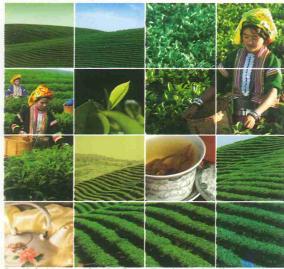
what the world has missed. Campir

destination that offers a memorab

For more information, please contact us in Myanmar No. 54(B), Ground Floor, Bo Yar Nyunt Street, Dagon Township Tel: 95-9506264 Email: info@hiddenburma.com, Web: www.hiddenburma.com



Organic Green Tea & C.T.C Red Tea



From Mother's Love own plantation, Tangyan Township, Northern Shan State, Myanmar.



Organic Green Tea

Mother's Tove Organic green tea is the type of tea that hasn't been fermented. After being picked early in the morning, fresh tea leave and spouts are stemed with high temperature, rolled with high-tech roller and roasted to become ready to drink green tea within hours. This is the reason why Mother's Love natural green tea preserves the natural green colour and upholds its original natural flavor.



Mother's Tove C.T.C red tea is blended and packed with the charily selected 100% finest natural tea leaves from the mountain side plantation in Shan State, which is renowned for the best tea plantation place in Myanmar. Mother's Love C.T.C Red tea is processed with the high-tech C.T.C machine and free from artificial flavours and chemical dves.

Shwin Cang Lone Manufacturing Co., Ltd

No. 39, United Condo (1), A Lan Pya Pagoda Road, Dagon Township, Yangon Myanmar,

FOREIGN EMBASSIES

Australia

Office Hours: Monday to Friday 08:00 - 12:30 & 13:00 - 16:00 Address: 88 Strand Road

Tel: 251810, 251797, 251798, 251809

Fax: 246159

People's Republic of Bangladesh

Office Hours: Monday to Thursday 08:00 - 13:00, Friday 14:00 - 16:00 Address: 11-B Than I win Road

Tel: 515275 526144 Fax: 515273

Email: bdootugn@mptmail.net.mm

Brunei Darussalam

Office Hours: Monday to Friday 08:00 - 12:00 & 13:00 - 16:00 Address: 317/319 U Wizara Road Sanchaung Township Tel: 526985, 524285 Fax: 512854

Email: bruneiemb@bruneienb.com.

Cambodia

Office Hours: Monday to Friday 08:00 - 12:00 & 14:00 - 17:00 Consular: Monday to Thursday 09:00 - 11:00

Address: 25 (3B/4B) New University Avenue Road, Bahan Township

Tel: 549609, 540964 Fax: 541462

Email: recyangon@mptmail.net.mm

People's Republic of China

Office Hours: Monday to Friday 08:30 - 11:30 & 14:30 - 16:30 Address: 1 Pyidaungsu Yeikha Road, Dagon Township

Tel: 221280, 221281, 224025.

224097, 221926 Fax: 227019, 228319

Arab Republic of Egypt

Office Hours: Monday to Friday 09:00 - 15:00 Address: 81, Puidaungsu Yeiktha Road, Dagon Township

Tel: 222886, 222887 Fax:222865

Email: eguembuangon@mptmail. net mm

France

Office Hours: Monday to Thur. 08:45 - 12:45 & 13:00 - 16:00 Friday 08:00-11:30 Visa Section: 09:00 - 12:00 Address: 102, Puidaungsu Yeiktha Road, Dagon Township, Ygn.

Tel: 212178, 212520, 212523 Fax: 212527

Email: ambafrance.rangoun@ diplomatie.fr

Republic of Germany

Office Hours: Monday to Thursday 07:30 - 16:30, Tuesday, Wednesday 07:30 - 14:00, Friday 09:00 - 11:00 Visa Hours: Monday to Friday 09:00-11:00

Address: 9 Bogyoke Aung San Museum Road, Bahan Township Tel: 548951, 548952, 548953

Fax:548899

Email: info@ragun.diplo.de

Republic of India

Office Hours: Monday to Friday 09:00 - 13:00 & 13:30 - 17:30 Office Hours: 545/547 Merchant Street, Kyauktada Township Tel: 391219, 388412, 243972 Fax: 254086, 250164, 388414 Email: indiaembassu@mptmail.net.

Republic of Indonesia

Office Hours: Monday to Thur. 08:00-12:00 & 13:00-16:00 Friday 08:00 - 11:30 & 13:00 - 16:00 Address: 100 Pyidaungsu Yeiktha Road, Dagon Township

Tel: 254465, 254469, 229750

Fax: 254468

Telex: 21355 TINDOM BM Email: yangon.kbri@deplu.go.id

Israel

Office Hours: Monday to Thursday 08:30-17:00, Friday 08:30-14:30 Address: 15 Khabaung Street, Hlaing Township Tel:515115

Fax:515116

Email: info@yangon.mfa.gov.il

Republic of Italu Office Hours: Monday & Thursday

08:00 - 13:00

Tuesday, Wednesday, Friday 08:00 - 14:00 Address: 3 Inya Myaing Road,

M

A

Golden Valley, Bahan Township Tel: 527100.527101

Fax: 514565

Email: ambuang.mail@esteri.it

lapan

Office Hours: Monday to Friday 08:30 - 12:30 & 13:30 - 17:30 Consular: Monday to Friday 09:00 -11:30 & 14:00 -15:30

Address: 100 Natmauk Road, Bahan Township

Tel: 549644~8,540399,540400 Fax: 540643

Republic of Korea

Office Hours: Monday to Friday 08:30 - 12:00 & 13:00 - 17:00 Address: 97 University Avenue. Bahan Township

Tel: 527142~4, 515190

Fax: 513286

Email: hankuk@koreaby.net.mm

Lao People's Democratic Republic

Office Hours: Monday to Friday 08:30 - 12:00 & 13:00 - 16:00 Address: A-1 Diplomatic Quarters, Tawwin Road, Dagon Township Tel: 222482

Fax: 227446

Email: Laoembcab@mptmail.net.mm

Malausia

Office Hours: Monday to Thursday 08:00 - 12:00

Friday 08:00 - 12:00 & 14:00 - 16:00 Address: 82 Pyidaungsu Yeiktha

Road Dagon Township

Tel: 220248, 220249, 220251,

220230

Fax: 221840

Email: mwkuangon@mptmail.net.mm

Nepal

Office Hours: Monday to Friday 08:00 - 16:00

Address: 16 Natmauk Yeiktha Road, Tamwe Township

Tel: 545880, 557168

Fax: 549803

Email: nepemb@mptmail.net.mm

Islamic Republic of Pakistan Office Hours: Monday to Friday

08:00 - 16:00

Consular: Mondau to Fridau

13:00PM - 16:00PM

Address: A-4 Diplomatic Quarters,

Pyay Road

Tel: 222881 (Chanceru Exchange)

Fax: 221147

Email: pakistan@myanmar.com.mm

Republic of the Philippines

Office Hours: Monday to Friday 08:00 - 12:00

Consular: Monday to Friday 13:00

- 17:00

Address: 50, Sayasan Road, Bahan Township, Ygn

Tel: 558149~151 Fax: 558154

Email: yangonpe@mptmail.net.mm

Russian Federation

Office Hours: Monday to Friday 09:00 - 15:00

Consular: Monday, Wednesday & Friday 10:00 - 12:00

Address: 38 Sagawar Road, Dagon

Township

Tel: 241955, 254161

Fax: 241953

Email:rusinmyan@mptmail.net.mm

The Royal Embassy of Saudia Arabia

Office Hours: Monday to Friday 09:00 - 16:00

Consular: Monday to Friday 09:00 - 16:00

Address: 287/289 U Wisara Road, Sanchaung Township

Tel: 536153, 516952

Fax: 516951

Republic of Serbia

Office Hours: Monday to Friday 08:00 - 15:00

Address: 144/A Inua Road, Kamayu Township, P.O Box No.943-Yangon

Tel:515282~3 Fax: 504274

Email: serbemb@yangon.net.mm

Republic of Singapore

Office Hours: Monday to Friday 08:30 - 13:00 & 14:00 - 17:00 Visa Section: Monday to Friday Application: 09:30 - 11:30 Collection: 14:30 - 16:00 Address: 238 Dhamazedi Road, Bahan Township

Tel: 559001

Fax: 559002, 559922 Email: singem_ugn@mfa.gov.sg Democratic Socialist Republic of Sri Lanka

Office Hours: Monday to Friday 08:00 - 15:45 Consular: Monday to Friday 09:00

- 15:30 Address: 34 Taw Win Road

Tel: 222812 Fax: 221509 Email: embsrilanka@yangon.net.mm,

srilankaemb@myanmar.com.mm

Kingdom of Thailand

Office Hours: Monday to Friday 09:00 - 17:00 Visa Section: Application for Visa

/ Legalization 09:00 - 11:30

Collection of Visa and Legalization 14:00 - 17:00

Address: 94 Pyay Road, Dagon Township

Tel: (951) 222-784, 226-721

Fax: 951-221713 Email: thaiugn@mfa.go.th Web: http://www.mfa.go.th/ web/1324.php?depid=225

United Kingdom

Office Hours: Monday to Thursday 08:00 - 12:30 & 13:00 - 16:30

Friday 08:00 - 13:00 Visa Hours: Monday to Thursday M 08:15 - 00:45 Address: 80 Strand Road. Kyauktada Township Tel: 370867, 380322, 371852~3, 256438, 370863-5 Fax: 370866 Email: visa.rangoon@fco.gov.uk

United States of America

Office Hours: Monday to Thursday 08:00 - 12:00 & 13:00 - 16:30 Address: 110 University Avenue. Kamayut Township Tel: 536509, 535756, 538038

Fax: 650306

Email: consularrangoon@state.gov

Socialist Republic of Vietnam

Office Hours: Monday to Friday 08:00 - 11:00 & 13:00 - 16:30 Address: Bldg-72Than Lwin Road, Bahan Township

Tel: 511305 Fax: 514897

Email: vnembmur@cubertech.net.



Asia Expeditions

Destination Management (Cambodia & Myanmar)

Asia Expeditions (Myanmar), House 54(B), Boyar Nyunt Road Dagon Township, Yangon (Burma) Tel / Fax: + 95-1-377 861 +95 -9-5062644 Email: myanmar@asia-expeditions.com, www.asia-expeditions.com

AIRPORT

Yangon International Airport

For most visitors, the Yangon Airport is their first experience in Myanmar

The new international terminal was opened in May 2007. The airport can handle 2.7 million passengers per year. The old terminal is now used for domestic flights. The airport is served by all Myanmar carriers, and approx. 28 international airlines.

The airport is located in



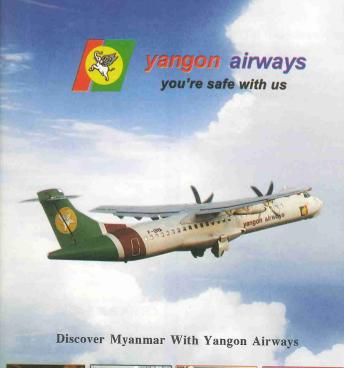
Yangon International Ariport

Mingaladon Township, about 15 kilometers (9.3 mi) north of downtown Yangon It is the second largest airport in the country. Actually Mandalay Airport is the largest, which is now welcoming the international carriers, suchas Air Asia.

The airport was originally built on a former World War II airfield in 1947, and was at one time, regarded as the best in South East Asia. However, over the years, it was not upgraded, and fell into disrepair and became rundown. The modernization program was started in 2003, and there are now separate floors for arriving and departing passengers, an automated baggage handling system special lounges for government officials and business people, and a two-store car park for 340 vehicles. It is owned by the Government of Union of Myanmar and operated by the Ministry of Transportation. Website: www.mot.gov.mm

For transport to the city, there are many taxis (and touts for taxis) ready to whisk you away town. Be prepared to bargain the fare. You should be able to get a taxi for between 6,000 and 8,000 Kyat. However, be aware of locals that offer to take you to your destination, and who want to show you the way. Do not ride in a taxi with someone you don't know.

For more about taxis and transportation, see TRANSPORTATION on page 28 For Immigration and Visa procedures, please see VISAS on page 13.











www.yangonair.com

No.166.Level-5, MMB TOWER, Upper Pansodan Road, Mingalar Taung Nyunt Township, Yangon, Myanmar.

Reservation Hunt Line: 01-383 100, Flight Enquiry: 01-383 107 Airport: 01-533 258, 533 259, 700 264, 700 272, Fax: (+95-1) 533 259 Airport Manager Tel: (+95-9) 5000 918, (+95-9) 5011 99 E-mail: businessdevelopment@yangonair.com, reservation@yangonair.com

AIRLINE OFFICES

AIR MANDALAY (6T)

International Flights: Chiang Mai Domestic Flights: Bagan, Dawei, Heho, Kawthaung, Kyaing Tong, Mandalay, Mueik, Naupuidaw, Sittwe, Tachileik, Thandwe 146 Dhamazedi Rd, Bahan Tel: 01-525488, 01-501520 Fax: 01-525937 Email: info@airmandalau.com Website: www.airmandalau.com

ALL NIPPON AIRWAYS (NH)

0201 2nd Floor, Sakura Tower 339, Bogyoke Aung San Rd, kyauktada Township Ph: 01-255412~3 , Cargo: 01-255414 Fax: 01-255417 Web: www.ana.co.ip

ASIANA AIRLINES (OZ)

Rm-804, 8th Floor, La Pyayt Wun Plaza, Alanpua Pagoda Rd, Dagon Township, Tel: 01-371382, 01-371941, Fax: 01-371939 E-mail: asiana@myanmar.com.mm Web: www.flyasiana.com

AIR BAGAN LIMITED

56, Shwe Taung Gyar Street, Bahan Township Tel: +95-1-513411 / 513422 / 502650

Rsvn: +95-1-504888 Fax: +95-1-515102

Email: rsvn@airbagan.com.mm Web: www.airbagan.com.mm

AIR KBZ Limited (KZ)

No. 33-49 Corner of Bank Street 8 Maha Bandoola Garden Street, Kyauktada Township, Yangon. Phone: +95 (01) 373787 Fax: +95 (01) 372983 Fmail: Info@airkbz.com.mm Web: www.airkbz.com

ASIAN WINGS AIRWAYS (AWM)

34 (A-1) Shwe Taung Guar Street, Bahan Tel: 09-73135991 532253 515263~4 (Reservations) 515260 (Ticketing) Fax: 532333 (Reservations), 515260 Email: rsvn@asaianwingsair.com, info asianwingsair.com Web: www.asianwingsair.com

CHINA AIRLINES (CI)

International Flights: Taipei, Taoyuan 353/355, Bo Aung Kyaw Street, Kuauktada Township Tel: 245484, 240399 Fax: 246330 E: mdttlau@seinchit.net.mm Web: www.china-airlines.com

CHINA EASTERN AIRLINES (MU

#269 82nd Street, Mandalau Tel:02-31647, 02-28909 Fax: 02-31647/01-394935 E: new7star@gmail.com Web: www.fluchinaeastern.com

CHINA SOUTHERN AIRLINES (CZ)

International Flights: Guangzhou 372 The Grand Mee Ya Hta Executive Residences, Shop 2, Grounf Floor, Bogyoke Aung San Rd, Pabedan Township

MYANMAR AIRWAYS INT'L (8M)

Bangkok Guangzhou, Kuala Lumpur, Phnom Penh, Siem Reap, Singapore, Gaya, 08-02 Sakura Tower, 339 Bogyoke Aung San Rd, Kuauktada Tel: 255260 / Airport: 655987 Email: management@maiair.com Web: www.mailair.com

ROYAL BRUNEI AIRLINES (BI)

353/355, Bo Aung Kyaw Street. Kuauktada Township Tel: 245484, 240399, 392663 Fax: 246330 Email: MDTTLAY@seinchit.net.mm Web: www.Bruneiair.com

SILK AIR (MI)

International Flights: Singapore 2nd Floor Sakura Tower, 339 Boguoke Aung San Rd, Kyauktada Tel: 255287-9 Airport: 666261 Fax: 664896, 255290 Web: www.silkair.com

SILANKAN AIRLINES (UL)

International Flights: Kunming, Nannin 116/118 1st Floor, Bogalay Zay Street, Botahtaung Tel: 294006, 392579~80 Fax: 392581 Email: apt@mptmail.net.mm Web: www.sirlankan.lk

THAI AIR ASIA (FD)

33 Ahlanpua Pagoda Rd., Parkroual Hotel Dagon Tel: 251885~6 Fax: 01-251882 Email: rgn@airasia.com Web: www.airasai.com

THAI AIRWAYS INT'L (TG)

International Flights: Bangkok 11-01 Sakura Tower, 339 Bogyoke Aung San Rd, Kuuaktada Township Tel: 255499, 251882 Airport: 662661 Cargo: 663884 Fax: 650675, 255490 E-mail: sales@thaiairways.com.mm Web: www.thaiairways.com

VIETNAM AIRLINES (VN)

Hanoi, Ho Chi Minh City Room 1702, Sakura Tower, 339 Bogyoke Aung San Rd. Kyauktada Township Tel: 255066, 255068, 255088 Fax: 255086 E: caoxuanphu.mm@vietnamair.com.vn

info.mm@vietnamaircomvn Web: www.vietnamairlines.com

YANGON AIRWAYS (YH)

Domestic Flights: 166 level 5 MMB Tower Upper Pansodan Rd., Mingalar Taung Nyunt Township Hot Line: 01-383100

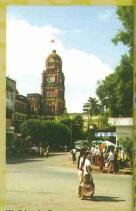
Airport: 01-662899, 01-652533, 01-700264

Fax: 01-652533 Email: ugnair@gmail.com. yamarketing@gmail.com Web: www.uangonair.com

TRANSPORTATION

Walking

It is possible to walk to some attractions from your hotel in some areas of the city. Especially in the downtown area, you can see a lot more by walking, and because of traffic congestion, it may even be faster to walk. There are also Walking Tours of the city available. Distances in some areas are not great, and with a good map, and if you take it easy, you can walk to many places. Unfortunately, the sidewalks in Yangon are generally in very bad shape. In some places the sidewalks have large holes, loose pavement, and missing drain covers. You need to be careful, and pay attention to where you are stepping. Walking after dark can be especially treacherous. However, there now seems to be a program of concreting in sidewalks and side streets in the



Walking in Downtown

pedestrians, so be very careful when crossing the street.

Taxis do have meters, but this seems to be just a formality. You need to T negotiate the fare to your destination before you depart. Drivers know the R major landmarks, and can understand basic commands in English. Fares for A destinations in and around the downtown area should be about 1000 to 2000 N Kyat. However, fares will be higher late at night. Taxis can also be hired by the \$ hour (3000 kyat), or by the day (US\$20 to 30).

Buses

There are 2 kinds of buses: City Buses, and Highway (Long-Distance) Buses. CITY BUSES

There are about 6,300 buses operating on many bus routes in the city, carrying over 4.4 million passengers a day. As with any large Asian city, they are extremely crowded in the morning and in the late afternoon and evening. But as with other infrastructure in Myanmar, they have not kept up



Also be aware that as in other Asian countries, traffic does not stop for with the times, and most are old, non air-conditioned buses. The fare is only about 100k, but unfortunately all the numbers and destinations on the buses lote. Visitors are not allowed to drive in Myanmar. Motorcycles and bicycle are in Burmese writing. But if for the adventurous, they are a very cheap way to get around the city.

Taxis

For any distance longer than walking distance, the easiest way to get around is There are two major bus terminals in

Yangon Taxi

by taxi. There are a great many Yangon: the Aung Mingala Highway Bus taxis on the streets day and Terminal (aka Highway Bus Station), and night. A few taxis are well kept the Hlaing Thar Yar Bus Terminal.

and in very good condition, but ong-distance buses most taxis are dilapidated and conditioned with redining seats. in very bad condition. Be aware Unfortunately, most signs at bus that 'standing' taxis are alwaysterminals are in Burmese. But there are more expensive than 'moving many English speaking touts eager 'help' taxis. For example, taxis waitingyou. You can buy tickets at the bus

HIGHWAY BUSES

Bus Ticket Offices

outside hotels may be more terminal, but to avoid hassles, it is best to buy your ticket beforehand. Tickets

convenient, but will be 2 or 3 times more expensive, than one you flag downcan be purchased at many hotels, and at bus company ticketing offices opposite on the street the Yangon Train Station, and near Aung San Stadium.

Location: On the other side of the Yangon River on Highway 5.

Trains Yangon Central Railway Station

Aung San Road.

Located in downtown Yangon, it is the largest railway station in Myanmar. Trains to destinations all over Myanmar leave from here. It is located on the southern side of the railway compound on Upper Pansodan Street, north of Bogyoke

Aung Mingala Highway Bus Terminal

Hlaing Thar Yar Bus Terminal

Nawe Saung Beach, etc.)

Kyaiktiyo, Mawlamyine, and other points south. Location: Northeast of the Yangon International Airport.

The station was first built by the British in 1877. The original



Yangon Central Stat

station was built in the British Victorian style, and because of the beauty of the architecture, it was known as the Fairy Station. However, during World War II the station was a favorite target of Japanese bombs, and in 1943 it was completely destroyed by the retreating British forces.

This is the official bus terminal for bus lines to all points north of Yangon, and

This is the terminal for buses to the Irrawaddy delta region (Chaung Tha Beac

There is also a third, smaller station: Tha Khin Mua Pan-guan Gate near the Th

Khin Mya Park, Buses from this station go to Bago, Mawbi, and Taikgui. It is with

walking distance from downtown, but buses from here are older, and non-ai

The current station was rebuilt based on Burmese traditional architectur stules, and was completed in 1954. It was designated as an historical landmark 1996. Unfortunately it appears that there has been no upkeep since 1954, ar is in rather sad condition.

The Yangon Circular Train also runs through the station, and is quite popular as commuter line connecting Yangon's suburbs. It is also a tourist attraction of sor

YANGON to MANDALAY

((Trains	Yangon	Bago	Taungoo	Naypyitaw	Thazi	Mandalay
ŧ.		DEP	ARR	ARR	ARR	ARR	ARRIVE
Ī	1 UP	4:30	5:56	14:53	19:54	0:47	6:40
	3 UP	5:30	7:18	12:16	15:01	18:07	21:30
1	5 UP	5:00	6:48	11:18	14:13	17:00	20:10
1	11 UP	6:00	7:48	12:47	15:50	18:45	22:00
L	29 UP	12:15		18:23	21:12	0:20	4:00

Circular Train Schedule

Yangon Central Railway Station To Mingalardon Time (Destination)

06:10 (Circular), 06:20 (Mingalardon), 06:55 (Mingalardon), 07:00 (Mingalardon) 08:40 (Circular), 09:10 (Pa-Ya-Sa-Ka), 09:35 (Mingalardon), 10:45 (Circular), 11:00 (Mingalardon), 12:15 (Mingalardon), 11:50 (Circular), 13:40 (Circular), 14:10 (Mingalardon), 14:40 (Mingalardon), 16:40 (Circular), 16:55 (Ma-Ya-Sa-Ka), 17:05 (Mingalardon), 17:30 (Mingalardon), 18:15 (Insein), 19:35 (Insein), 20:00

Yangon Central Railway Station To Insein Time (Destination)

04:55 (Hlawkar), 05:20 (Hlawkar), 06:20 (Circular), 06:40 (Hlawkar), 07:00 (Hlawkar), 08:20 (Circular), 08:50 (Insein), 09:05 (Hlawkar), 09:04 (Insein), 10:20 (Circular), 10:35 (Insein), 10:50 (Mingalardon), 11:05 (Circular), 11:30 (Circular), 12:00 (Insein), 13:05 (Circular), 13:20 (Hlawkar), 13:30 (Hlawkar), 14:05 (Hlawkar), 14:30 (Circular), 14:50 (Insein), 16:00 (Insein), 16:40 (Hlawkar), 17:10 (Circular), 17:25 (Hlawkar), 18:05 (Hlawkar), 18:20 (Insein), 18:35 (Insein), 18:50 (Hlawkar), 19:20 (Insein), 19:40 (Insein), 19:55 (Insein), 20:40 (Insein), 21:20 (Insein)

River Travel

Many years ago, travel by river ferry was about the only way to get to many

places from Yangon through rivers and canals. Now passenger ferries still plu the major waterways, and Yangon's four main passenger jetties, are located near the waterfront downtown. They are now mostly for local ferries to cross the river, and regional ferries to the Irrawaddy delta. Passenger ferries to Upper Burma by the Irrawaddy river are now mostly used for tourist river cruises.



Ferry

SHOPPING



shops all around Yangon.

In Yangon there are countless shopping options for visitors to choose from. The most interesting products on sale for visitors include textiles, clothes, silverware, lacquer ware, jewelry, and handicrafts. Muanmar is famous for the production of precious gems such as ruby, sapphire and jade, and thus there are many gem & jewelry

In the local markets, and when buying from street vendors, bargaining is expected. But be aware that tourists will be charged higher prices to begin with. Of course local markets offer the best bargains, while shopping centers are usually more expensive for most items. We have listed a few of the more popular shopping venues for you.

Local Markets

Bogyoke Aung San Market

Formerly known as Scott Market, this is the most famous local market in Yangon. The large colonial building was built in 1926. There are 1,641 shops in the market, and almost anything you can imagine is for sale here, including handicrafts, lacquer ware, wood and ivory carvings, tapestries, silverware, brassware, silk and cotton fabrics, clothing, and on and on.

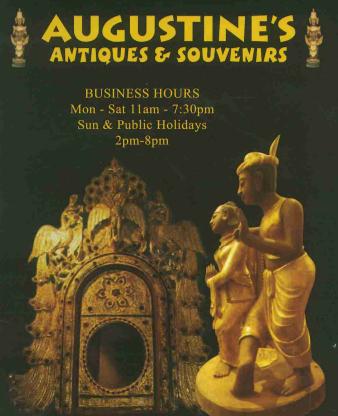


Nominal opening and closing times: 09:00 to 17:00. Location: Bogyoke Aung San Market Road, between Shwe Dagon Pagoda Rd. & Shwe Bontha St.

Yuzana Plaza

This is a popular shopping destination for local residents. On the ground floor are many wholesale outlets selling packaged food, beer, pets, etc. Shops on the upper floors sell locally made products, fashions and household appliances. Open: 08:30 to 17:00

Location: Banyar Dala Street, Mingalar Taung Nyunt Township



25(B), Attiyar Street(Thirimingalar Street), Kamaryut Tsp., Yangon, Myanmar, Tel: 504 290, 525 359, 505 409, 705 969 Mobile: 09 80 34 132, 09 54 19 495, 19 51 57 301, 09 515 2846 E-mail: nbawga@myanmar.com.mm, augustine@myanmar.com.mm www.augustineantiques.com, www.augustinesouvenir.com

Shopping Centers



Taw Win Center

JUNCTION Centre Maw Tin, formerly Maw Tin Towers opened in late 2010. The massive complex features two 18-storey towers, 500,000 square feet of commercial real estate and about 130 residential apartments. It is now one of the biggest shopping

center in town. It sits at the corner of Lan Thit Lane and Anawrahta roads in Lanmadaw township, Yangon

Souvenirs - Antiques

Augustine Souvenir Shop

No.25, Thirimingalar St., Kamayut

Tel: 504290, 524052, 501886

Email: nbawga@myanmar.com.mm, www.augustinesouvenir.com

J's Irrawaddy Dream

A very nice place for locally made silk fabrics, clothes, lacquer ware,

Taw Win Center

shopping center in Yangon. There Ahlone Township are 5 floors of brand name shops clothes, electronics. furniture. restaurants, market, game center, 3D Cineplex promotion & event center, and more. Said to have the biggest book store in Yangon.

Open: 09:00 to 21:00.Location: 45 Pyay Rd., Dagon Township

Sein Gay Har Super Center

Somewhat the same as Taw Win Center Residence. Open everyday but a bit older, and prices are cheaper. Good liquor selection. Open: 09:00 to 21:30.

Location: 44 Pyay Rd., Dagon Township (opposite Taw Win Center)



J's Irrawaddy Dream

handicrafts, Buddhist statues, jewelry, betel boxes, books, and more. Mostly new products, but some old items as well. Open: 08:00 to 18:00 Location: 92 Strand Road, 2nd floo Strand Hotel

+951-392471, 243377

Nandawun Muanmar Gems & Handicrafts Centre

Open: 9:00 to 18:00. This is the newest and largest 55 Baho Rd, Coner of Ahlone Rd, Tel: 221271, 212409 jewelry Mobile: 09-73015993, 09-5092682 E: mbcbook@muanmar.com.mm w.myanmarhandicrafts.com

Patrick Robert collections

Souvenirs antiques A large selection of Patrick Robert collections is displayed in the Strand and in the Governor's

Treasure Land Souvenirs

All kinds of handicrafts, souvenirs gems (jade, sapphires, rubies), jewelry, tapestry, etc. Open: 09:00 to 18:00.

Location: 11 Ma Kuee Kuee St.

Sanchaung Township Tel: 95-1-526286, 539241 E-mail: treasurelan@gmail.com

Gem & Jewelry

Pwint Phyu Pearl & Jewelry

Location: 51 East Wing Block, Bogyoke Aung San Market Tel: 09-73154311, 09-5177078

Tin Fu Jewelru

Location: 63 Central Hall. Boguoke Aung San Market. Pabedan Township Tel: +95-1-241 988

Chinatown

In Yangon you can get a tailored shirt, and there are many street vendors selling colonial coins. paintings, souvenirs, fruit, more, They usually set up from 15:00 to 21:00.

Art Galleries

Myanmar has a long history of creating art from ancient times. The history of contemporary art dates back to the British colonial days. We have included here some of the more important art galleries in Yangon.

Visit Patrick Robert studio and gallery where are displayed furniture, accessories and art work Mangosteen Mansion - 24 Inyamyaing Road - Golden Valley. Tel: +951-514047 or 513709 Email: patrickrobert09@gmail.com

River Gallery

Since 2005, works by some contemporary Myanmar artists exhibited in this gallery. They also promote talented local artists in exhibitions around the world. Open: 10:00 to 18:00. 92 E irrawaddytrade@mptmail.net.mi Strand Road, Strand Hotel Annex Tel: 243377, ext. 1821



E-mail: rivergalleryart@gmail.com, Web: www.rivergallerymyanmar.com

A Artist Life Art Galleru

Open: 09:00 to 16:00. Closed

T Sunday.

409~411 Taung Ngu St., Shwe G Paukkan Ward 17, North Okkalapa

A Township

Tel: 695765, Mobile: 09-5010292, I Email: ulungywe@ulungywe.com, Web: www.ulunguwe.com

Artist's House Art Galleru

(Soe Moe - Artist) Open: 09:00 to 18:00 657-B Mya Kan Thar 1st St, Kamayut Township Tel: 507033, Mobile: 09-5020450, Email:pgsoemoe@myanmar.com.mm, Web:www.pgsoemoe-myanmar. com

Auguarwon Art Gallery

Open: 10:00 to 16:00. 899/904 Ayer Wun Main Rd, Ward 58, Dagon Seik Khan Township Tel: 591357, 095176067 Email:ayerwonart@mail4u.com.mm Web: www.usawhlaing.com

Gandamar Gallery

Open: 09:00 to 17:00. Closed Tuesdau. Room-27/28, 1st Floor, Saya San Plaza, New University Ave., (corner Saua San Rd.) Tel: 559006, 542874. Email: thetlwin.shell@gmail.com Web: www.gandamar.com

Muanmar Traditional Art & Artisan Association

Open: 09:00 to 17:00. Closed

Monday & Public Holidays. 187-192 Boguoke Aung San St., Bogyoke Aung San Market, East Wing, Pabedan Township Tel: 385259

Email: info@artsmuanmar.org Web: www.artsmyanmar.org

New Zero Art Space

Open: 09:30 to 17:00. Closed Monday. 54 Bo Yar Nuunt St. (behind Boguoke Aung San Market), Dagor Township Tel: 09-5000802 Email: newzero.org@gmail.com, Web: www.newzeroartspace.co

Summit Arts Collection

Chatrium Hotel Shopping Arcade 40 Natmauk Road Tamwe Township, Yangon, Myanmar. Tel: +951-544500 Ext: 6674 Mobile: +959-5005849 E: summitartcollection@gmail.com W: www.summitgalleries.com

Myanmar Ink Art Gallery

(10:00am-22:00pm) 32/1, Alan Pya Pagoda Road, Mingalar Taung Nyunt Tsp, Yangon, Myanmar. Tel: +951-374630.09-43163320 E: myanmarinkartgallery@gmail.com

GOLF IN CAMBODIA

With Asia Expeditions

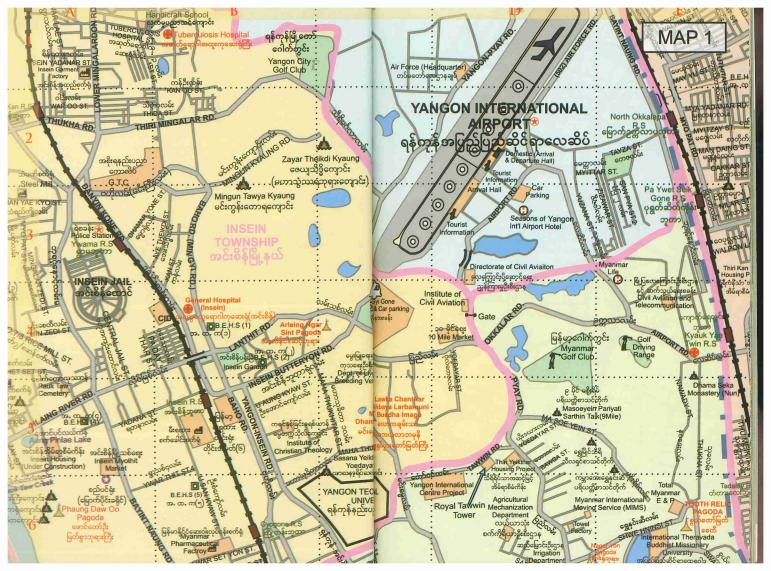
nternational Golfers can now combine a visit to the temples of Angkor along with golfing the fairways of one of Southeast Asia's newest golf courses. Conveniently located only 10 minutes from the Siem Reap city center, the Angkor Golf Resort is the newest golf course in Cambodia, and was designed by European legend, Nick Faldo. International and national tournaments are held here throughout the season.

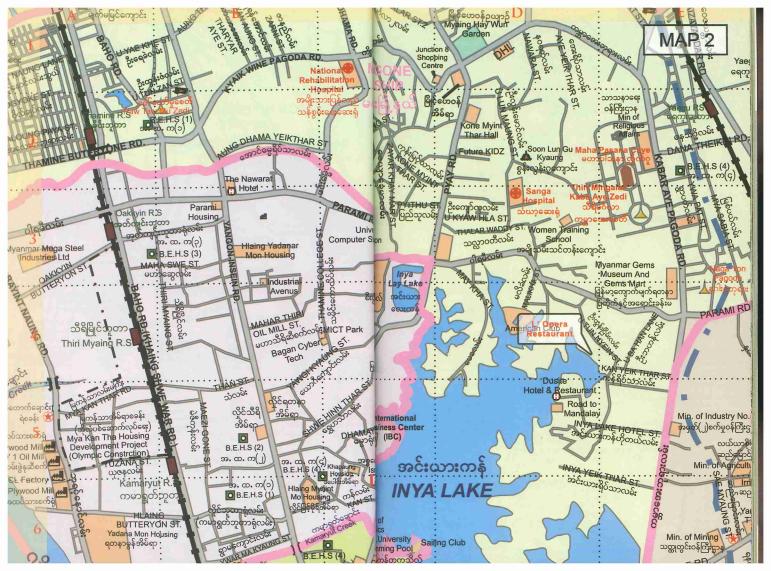
This superb 18 Hole golf course is built to challenge golfers at all evels, and is the only course in Cambodia with well maintained Paspalum grass. Our golf program has been carefully crafted to suit he requirements of our clients. We wish you a pleasant and enjoyable ourney in Cambodia.

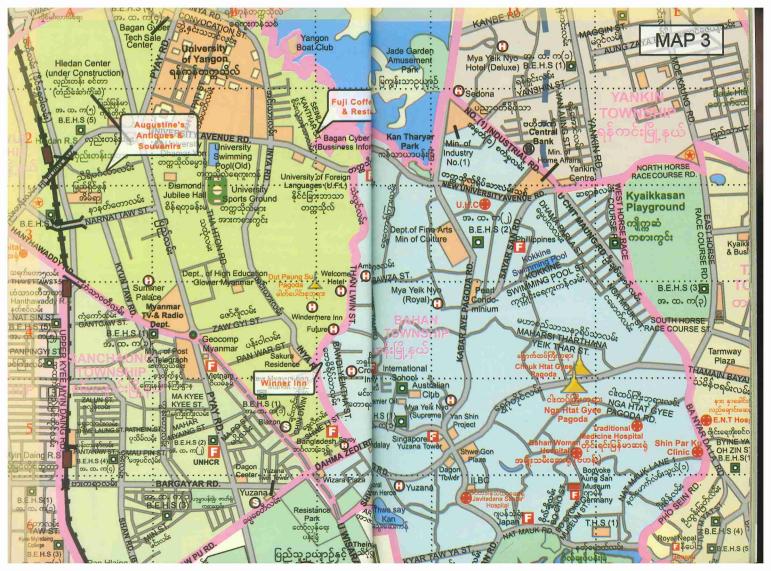
Asia Expeditions , No. 54(B), Ground Floor, Bo Yar Nyunt Street, Dagon

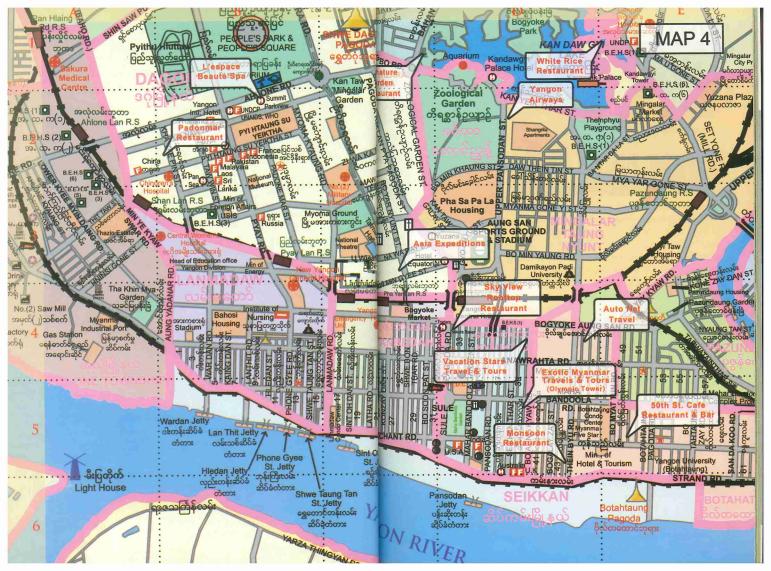














There is a wide range of accommodation available in Yangon, From backpacker hotels to luxury hotels there are in plenty of room available except in the high season (December and lanuary).

Advance reservations are always a good idea, but are not absolutely necessary Plus if you do have a reservation the will usually

pick you up at the airport. Hotel rates are quoted in US dollars.

Most budget hotels (around US\$20) are some way from the city centre, and you will need a taxi to go almost anywhere. There are only a few budget hotels in the downtown area. The highest numbers of budget hotels are in the Pazundaung and Botataung Townships. In the cheaper hotels, some rooms may be windowless. On the plus side, these hotels tend to be quieter than those in the city centre, and the rooms may be a bit roomier.

Mid-range hotels are scattered throughout the city, with one concentration in the Sule Pagoda area, and another congregation north of the Shwedagon Pagoda. Luxury hotels are in the city centre, or in the Kandawgyi Lake area.

Electricity outages used to be a big problem in Yangon. But in recent years things have greatly improved, and is not much of a problem now. Of course luxury hotels and mid-range hotels have generators, but budget hotels may, or may not have

One positive note is that most all hotels include breakfast in the room rate. Grand Mee Ya Hta Hotel However the quality and quantity of the breakfast varies widely according to the price.

Provided here is a list of hotels in several price ranges: Budget=\$40 & under Affordable=\$50-\$80, Deluxe=\$100-\$180, Luxury=\$200 up.

FOR ADVERTISING & LISTING S CONTACT: Tel: 95-9420058992

myanmarpocketguide@gmail.com

Luxurq

The Governor's Residence 35 Taw Win Road, Dagon Township

Tel: (+95-1) 229860 Fax: (+95-1) 228260 E-mail: info@governorsresidence. com.mm

Web: www.governorsresidence.

Savou Hotel

129 Dhammazedi Road phone: +95 1 526289, 526298 Fax: +95 1 524891, 524892

E-mail: res-savoy@myanmar.com. mm, gm-savoy@myanmar.com.mm savou.ugn@mptmail.net.mm Web: www.Savoy-Myanmar.com

Strand Hotel

No. 92 Strand Road Tel: (951) 243 377, Fax: (951) 243 393 E-mail: info@thestrand.com.mm Web: www.ghmhotels.com

Deluxe

Chatrium Hotel

No.40 Natmauk Road, Tamwe Township Tel: (95-1)544500, (95-1)544400 E-mail:chatrium@chatriumugn.net.

mm.chatrium@chatriumuangon.com.

Web: www.chatriumhotelyangon.

372 Boguoke Aung San Road, Pabedan Township Tel: (95-1) 256355, Fax: (951)-256360 F-mail: GMFR@mptmail.net.mm Web: www.grandmeeyahta.com.

Inya Lake Hotel

37 Kaba Aye Pagoda Road Tel: +95 (1) 662 866, 662 857-59. Fax: +95(1)665537,665964 E-mail: inyalake@inyalakehotel.com, reservation@inyalakehotel.com Web: www.inualakehotel.com

Kandawgui Palace Hotel

Kan Yeik Tha Road Tel: (951) 249255-9, 394837, 394839 Fax: (951) 256184 E-mail: reservation@ kandawgyipalace-hotel.com Web: www.kandawguipalacehotel.com

MiCasa Hotel Apartments

17 Kaba Aue Pagoda Road, Yankin Township

Tel: 951-650933 Fax: 951-650960 E-mail: bc.micasa@mptmail.net.mm, resvn@myanmar.com.mm Web: www.muanmar.micasahotel. com

PARKROYAL Hotel

33 Alan Pya Phaya Road, Dagon Township Tel: (951) 250 388 Fax: (95 1) 252 478 Email: enquiry@parkroyalhotels.

com Web: www.yangon.parkroyalhotels. com

Sedona Hotel

No. 1 Kaba Aue Pagoda Road, Yankin Township Tel: (95-1) 666-900 Fax: (95-1) 666-911 F-mail: sales@sedona.com.mm Web: www.sedonahotels.com.sg

Afforable Hotels

Asia Plaza Hotel

com

277 Bogyoke Aung San Rd., between 38th St. & Seikkanthar St., Kuauktadar Townshiop Tel: 95-1-391071 Fax: 95-1-391375 Email: reservation@asiaplazahotel.

Web: www.asiaplazahotel.com

Central Hotel

Summit Parkview Hotel

Tel: (95 1) 211888 / 966

Fax: (95 1) 227990 / 992

Traders Hotel

Tel: 951-242828

Fax: 951-242800

Hotel Yangon

Mayangone Township

Fax: (95-1) 667 752

com.mm

com

details

223 Sule Pagoda Road

Email: thun@shangri-la.com

Web: http://www.shangri-la.com/

en/property/yangon/traders/

Corner Pyay Road & Kabaraye

Tel: (95-1) 667 708, 667 688

Pagoda Road, 8th Mile Junction,

F-mail: hoteluangon@hoteluangon.

Web: www.hotelyangon.net,

www.hotel-uangon.net

350 Ahlone Road, Dagon Township

E-mail: summit@summityangon.com.

Web: www.summityangon.com

335/357 Bogyoke Aung San Rd., between 31st St. & 32nd St., Pabedan Township Tel: 241001~20 Fax: -248003 F-mail: central.YGN@mptmail.net. mm Web: www.centralhotelyangon.

Clover Hotel Yangon

7A Wingabar Road, Bahan Township Tel: +95 9 731 77781, +95 9 731 77782

Fax: (951) 546313 Email: info@cloverhotel.asia Web: www.cloverhotel.asia

East Hotel 234-240 1 Quarter, Sule Pagoda

Road, Kuauktada Township Tel: +95 9 73135311, 73135299 Fax: +95 1 371358 Email: reservation@east.com.mm Web: www.east.com.mm

Fastern Hotel

194/196 Bo Myat Tun St., between Anawar St. 8, Maha Bandoola Rd. Pazondaung Township Tel: 293815, 293168, 293169 Fax: (95-1) 294 346 Email: easternhtl@gmail.com www.myanmareasternhotel.com

Golden Guest Inn "Home away from home"

Affordable family-run hotel

riendlu service 15 minutes to the airport 25 minutes to downtown Complimentary American Breakfast Location: 182, Insein Road (near Than Lann Bus Stop), Hlaing Township, Yangon, Myanmar. Tel: +951-524642

Email: gldguest@gmail.com

Web: www.goldenguestinn-travel.

Panorama Hotel

204-300 Pansodan Street Kuauktada Township Tel: +951-253 077 (10-Lines) Fax: 251 986~7

E-mail: panoramaygn@myanmar. com.mm Web www.panoramaygn.com

Hotel Yangon

91/93 Corner of Puau Road and Kabar Aue Pagoda Road, 8th Mile Junction, Mayangone Township Tel: 95 1 667708, 667688 Fax: 95 1 667752 E-mail: hotelyangon@hotelyangon. com.mm

saleshotelyangon@hotelyangon.com.

Web: www.hoteluangon.net Yangon Yoma Hotel

1B Sae Myoung Yeiktha Road, Mayangone Township Tel: 951-661177, 666362 Fax: 951-666362 E-mail: uangonuoma@muanmar.com. mm, yangonyoma@mptmail.net.mm

Yuzana Garden Hotel

44 Alan Pya Pagoda Rd., Mingalar Taung Nuunt Township Tel: 248944, 248941, 248942, 249561, 249562 Web: www.yuzanahotels.com/ garden/index.html

Web: www.yangonyomahotel.com

Green Leaf Hotel

S-27. U Chit Maung Housing U Chit Maung Road, Tamwe Yangon

Tel: +951 8603851-53 8603855, 094202502528 Fax: +951-8603856

Green Hill Hotel

12, Pho Sein Road, Tamwe Township, Yangon Tel:+951-9299,209300 209343,209345,209346 Fax: +951-209344 E: greenhill@myanmar.com.mm

www.greenhillhotelyangon.com

Balloon Over Bagan,

Balloon Over Bagan, floating over thousand uear old pagodas and the mightu Aueuarwaddu River, as the sun sinks slowly behind distant mountains. The magic of Bagan has inspired visitor to Myanmar for centuries. One of the most remarkable sight in Asia, ancient temples dot the landscape as far as the eue can see. Commercial passenger ballooning has the best safety record for all forms of air transport. "Balloon Over Bagan's" pilot and technicians are





qualified and register in the UK. Our balloons, which are built to the highest standard of the British aerospace industry, are provided by Cameron Balloon Limited, the world's largest manufacturer of high quality balloons.

For more information visit: http://www.easternsafaris.com For booking please contact: inquiry@asia-expeditions.com Or call us: 095062644

Myanmar Puppets and Htwe Oo Myanmar

In very old day, Myanmar puppeteers made Myanmar style figures with with detachable limbs (arms, legs, head etc...) and played the moves by controlling strings connected to these movable parts of hte body. The puppets were well dressed as the people were used to wear.

Htwe Oo Muanmar Traditional puppet theatre was founded in 2006 with the aim to fill a gap in Tourism industry in terms of entertainment and also rehabilitation of Myanmar Traditional Puppet Theatre. The unique thing of Htwe Oo Myanmar is that the male and female puppets are manipulated by the puppeteers of the same genderso we can clearly see the feeling of the puppet in the play are reflecting on the face of the puppeteer.

It is now performing shows as teh only Home-Theatre Style in Yanggon and if less than 10 people, it can be arranged with one day advance booking. Afternoon is always the best for show time.

For advance booking, please call us at: +95-1-211942 or cellphone: +95-9-5127271 Address: No 12, Yama Street, Ahlone Township, Yangon Email: htweoomyanmaryangon@gmail.com

Web: www.htweoomyanmar.com

