

Green Leaf Hotel

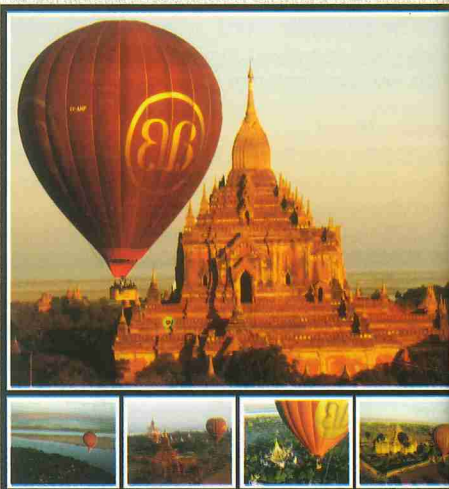
S-27, U Chit Maung Housing
U Chit Maung Road, Tamwe
Yangon
Tel: +951 8603851-53
8603855, 094202502528
Fax: +951-8603856

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 year old pagodas and the mighty Ayeyarwaddy 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 eye 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 detachable limbs (arms, legs, head etc...) and played the moves by controlling strings connected to these movable parts of the body. The puppets were well dressed as the people were used to wear.

Htwe Oo Myanmar 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 gender so 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 the only Home-Theatre Style in Yangon 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: htweoomyanmar.yangon@gmail.com
Web: www.htweoomyanmar.com





RESTAURANT & BAR



We specialise in serving delicious Myanmar, Thai & European cuisine.

Opening hours: 10:00 to 23:00

We are located at:

20, Kaba Aye Pagoda Road, Yankin Township, Yangon.

Tel: +951 664204, +951 667504

Email: reservation@laison20.com

Web : www.laison20.com

BUDGET

Alamanda Inn

60/B Shwe Taung Gyar Road, Bahan Township
Mobile: 09-502-6565

City Star Hotel

169/171 Maha Bandoola Garden Street, Kyauktada Township
Tel: (+95-1) 370922, 370920, 370921
Fax: (+95-1) 381128
Email: citystarhotelygn@gmail.com, shinetradng@myanmar.com.mm
Web: www.citystarhotel.com

Grand Palace Hotel

22/M Room 85, Thamaing Butar Yon Rd, Ward 1, Mayangon Township
Tel: 667577, 652174, 665667, 664955
Fax: 95-1-652174
Email: grandpalace@myanmar.com.mm
Web: www.grandpalacehotelyangon.com

Guest Care Hotel

107/A Dhama Zedi Rd., Ward 10, Kamayut
Tel: 527770, 526902, 511118
Fax (95-1) 525272, (95-1) 251439
Email: guestcarehotel@mptmail.net.mm
Web: www.guestcarehotel.com

Hotel Halpin

Pyay Road & Pyidaungsu Yeiktha Road, Dagon Township
Phone: (+95-1) 226695, 226694
Fax: (+95-1) 227223
Email: info@hotelhalpin.com Web: www.hotelhalpin.com

Liberty Hotel

343 Pyay Rd., Near Hanthar Waddy Circle, Sanchaung Township
Tel: 534050, 500300, 536243, 525974, 526944, 501793

May Shan Hotel

115-117 Sule Paya Road, Kyauktada Township
Tel: (+95-1) 252 986, 252 987
Fax: (+95-1) 252 968
Email: info@mayshan.com
Web: www.mayshan.com

Motherland Inn II

433 Lower Pazundaung Road
Tel: 0095-1 291343
Email: motherlandinn2@gmail.com
Web: www.myanmar-motherlandinn.com

Hotel Pho Sein

67/B, Pho Sein Street, Bo Cho 2 Quarter, Bahan Township,
Tel: 95 1 545489, 95 1 548075
Fax: 95 1 541716
E-mail: hotelp hosein@myanmar.com.mm
Web: www.hotelp hosein.net

Queen Shin Saw Pu

39 Shin Saw Pu Rd., Aung Chan Thar, Sanchaung Township
Tel: 510167, 510214, 510217.
Fax: (+95-1) 510203
E-mail: qshinsawpu@mptmail.net.mm
Web: www.hotelyingangon.com

Queen's Park Hotel

132 Anawrahta Rd. (Corner Bo Myat Tun St.), Botahtaung Township
Tel: 200 656, 200 657, 296 447, 296 925
Fax: 293 596
E-mail: info@qpyangon.com
Web: www.qpyangon.com

Thamada Hotel

5 Alan Pya Pagoda Rd, corner Yaw Min Gyee St.
Tel: (951) 243639-43
Fax: (951) 245001
E-mail: info@thamadahotel.com
Website: www.thamadahotel.com

Three Seasons Hotel

83/85 52nd St., Between Anawar St. & Maha Bandoola Rd. Pazundaung Township
Ph: 293304, 297946, 095035073

Hotel Windsor

31 Shin Saw Pu Road, Sanchaung Township
Tel: 95-01-510037, 228612,
Fax: 95-01-228614
Web: www.hotelwindsoryangon.com

Winner Inn

Affordable boutique hotel located in the diplomatic and residential area of Yangon, but still close to downtown. Facilities: Limousine Service, Restaurants (European, Asian), more. Complimentary Breakfast - No charge for children below 10 years.
Location: 42 Than Lwin Road, Bahan Township Tel: +951-535205, 524387, 503734, 524196, 525931, 525275
Mobile: 09-5003191
Fax: +951-524196
E-mail: winnerinnmyanmar@gmail.com
Web: www.winnerinnmyanmar.com

Yangon Myanmar Hotel Budget

(Ocean Pearl Inn)
215 Botataung Pagoda Road, Pazundaung Township
Tel/Fax: 297007, 297329, 296637
Web: www.myanmarhotel-budget.com

Yuzana Hotel

130 Shwegonedine Road, Bahan Township
Tel: 95-1-549600 Fax: 543835, 544998
E-mail: yuzanahotel@mptmail.net.mm
Web: www.yuzanahotels.com

RESTAURANTS

In recent years, Yangon has seen a marked increase in restaurants of many types of international cuisine. Along with Burmese, Chinese, and Indian restaurants, you can now find restaurants serving western, Italian, Japanese, Thai, and Korean food. There are also fast food restaurants serving burgers and pizza, and cafes and coffee bars. There are hundreds of restaurants in Yangon, so we have listed a representative sample of restaurants divided by type of cuisine. Some restaurants offer more than one type of cuisine, and they are listed under their main cuisine.

Street Food

For the budget minded and the adventurous, there are many street food options in Yangon. Downtown has a wide variety of different types of street food to choose from. But whatever you choose, it is quite cheap and most of it is quite good. You can take it back to your hotel, or you sit at the chairs and tables on the sidewalk. As said, there is a wide diversity of street food, but perhaps the best, and most familiar, are the beef, pork, chicken, and fish curries. With a little experimentation, you can get to know what is good, and what you like. Outside of downtown however, it is pretty much limited to small stands selling drinks, snacks, or Burmese food. At any rate, you can get a meal for about 800 to 1,500 kyat.



Yangon Street Food

BURMESE CUISINE

Aung Thu Kha

Cuisine: Burmese

Open: 09:00-21:00

17-A 1st Street, West Shwegondine,
Bahan Township
Tel: 01-525194

Danuphyu Daw Saw Yi

Cuisine: Burmese

Open: 09:00-21:00

S-1, U Chit Maung Housing, U Chit
Maung Road
Tel: +951- 553688, 553689

Green Elephant Restaurant

Cuisine: Burmese, Thai, Chinese

Open: 9:00-22:00

No. 33 Thirimingalar Lane (Attia Road)
Kamayut Township

Tel: 01-537706 / 536498 / 09-7319
2300 / 09-7319 0398

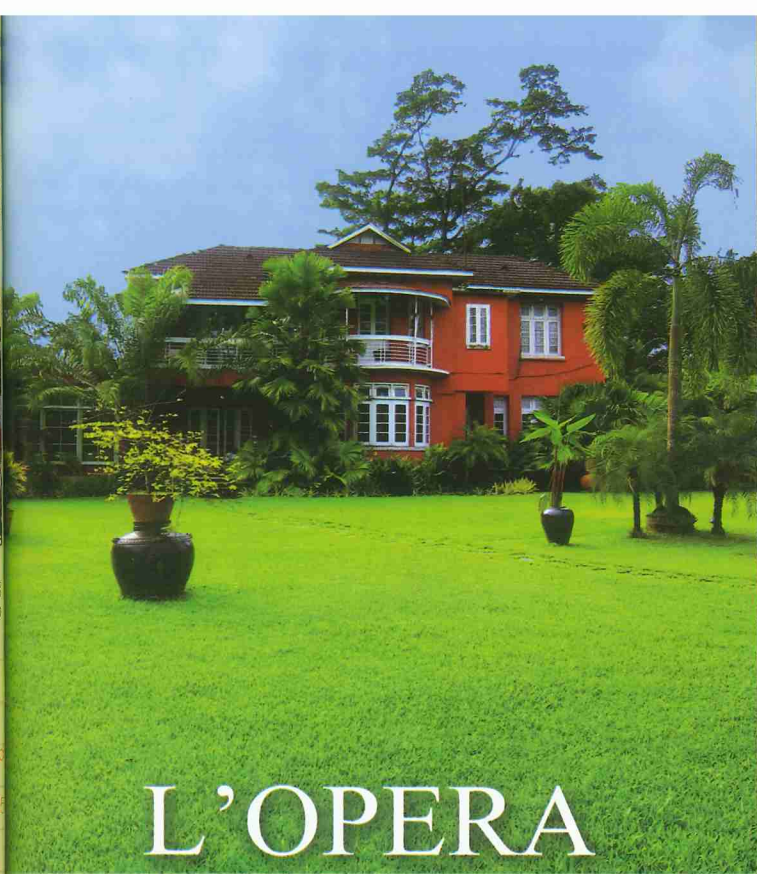
E: greenygni@Burmese.com.mm
Web: www.greenelephant-restaurants.com

HLA Myanmar

Cuisine: Burmese

Open: 8:00-20:00

No.27 5th Street, West Shwe Gone
Daing, Bahan Township
Tel: 01-526822



L'OPERA

Italian Restaurant and Bar



Since 1997

*a Bliss
on the Lake*

62 D, U Tun Nyein Street
Mayangon Township, Yangon

t / 01 66 55 16, 01 66 09 76
m / 094 2103 4875

e / operayangon@gmail.com
w / www.operayangon.com



D-4 on Map 2

R La Maison 20 Restaurant & Bar

E Cuisine: Burmese
S We specialise in serving delicious
T Myanmar, Thai & European cuisine.
A Open: 10:00-23:00
U 20, Kaba Aye Pagoda Road, Yankin,
R Yangon
A Tel: +951 664204, 667504
N E: reservation@laison20.com
T Web: www.laison20.com
S

Khaing Khaing Kyaw

Cuisine: Burmese
Open: 10:00-20:00
Corner University Avenue Rd. &
Kabar Aye Pagoda Rd, near Kokkine
Junction, Yankin Township
Tel: 09-80-21401, 09-51-59084



Monsoon Restaurant & Bar

Burmese, Thai, Vietnamese,
Cambodian, and Lao cuisine
The great taste of Asia at one
elegant restaurant. Wine & cocktails.
Open: 10:00 to 23:00.
Location: 85-87 Theinbyu Rd,
Botataung Township. Tel./Fax: +951-
295224, 705063 Mobile: +959-
5015653
E: monsoon-ygn@myanmar.com.mm
Web: www.monsoonmyanmar.com

TAING YIN THAR

Myanmar National Restaurant
5A Corner of May Kha Road & Parami
Road, Mayangone Township, Yangon

Tel: +951-660792
Email: info@taingyinthar.com
Web: www.taingyinthar.com

Padonmar Restaurant

Burmese & Thai Cuisine. An elegant
restaurant serving delectable
Burmese and Thai dishes. The cuisine
is prepared by chefs who make only
the highest quality, traditional dishes
from Myanmar and Thailand. Open
from 11:00 to 23:00. Location: No.
105/107, Kha Yae Bin Road, south of
Ahlone Road.

Tel: +95(1)538 895, 09-540 9469
E-mail: goldengalon@mpmail.net.mm
Web: www.myanmar-
restaurantpadonmar.com
See Ad Page 51
Map 4 - B-2

Shwe Yon Lay

Cuisine: Kyay-Oh
Open: 09:00-22:00
No.7 Pyay Road, East Gyoh-Gone,
Insein Township
Tel: 09-73021549, 09-99-24560

Shwe Pan Sai

Cuisine: BBQ, Beer Station
Open: 15:00-23:00
No. 49 Sayasan Street, Bahan
Township
Tel: 09-8592052
Web: www.shwepansai.com

monsoon

restaurant & bar

The taste of
Myanmar . Thailand . Vietnam . Cambodia . Laos



85-87, Theinbyu Road, Botataung Tsp, Yangon, Myanmar.
Tel / Fax : + 951-295224, Mobile : + 959-43121431
E-mail: monsoon-ygn@myanmar.com.mm
Website: www.monsoonmyanmar.com

CHINESE CUISINE

7up Hot Pot

Cuisine: Chinese

Open: 10:00-21:30

24 Sayarsan Rd, Bahan Township

Tel: 01-542710

Chan Long

Cuisine: Chinese, Shan

Open: 6:00-20:00

612 Ma Kyee Kyee Street,

Myaynigone, Sanchaung Township

Tel: 01-536982

Dolphin

Cuisine: Chinese, Sea-Food Open:

8:00-10:00

Natmauk Rd, Mingalar Taung Nyunt

Township

Tel: 01-542893, 01-546924

Fu Sun

Cuisine: Chinese

160 Kabar Aye Pagoda Rd., Bahan

Township

Tel: 01-549005

Golden Duck

Menu: Chinese, Thai

Open: 10:00-21:30

Inside Kan Taw Mingalar Park

Tel: 240216, 706488

Golden Duck Junior

Cuisine: Chinese

Open: 11:00-23:30

Pansodan Jetty, Seikkanthar Rd,

Kyauktada Township

Tel: 01-249421

Golden Happy Hot Pot

Cuisine: Chinese

Open: 10:30-22:30

18 Komin Kochin Rd., Bahan,

Township

Tel: 01-559539

Gourmet Corner

Cuisine: Chinese, Thai

Open: 09:00-22:30

11/C Parami Rd., Mayangone

Township

Tel: 01-667449

Nice Taste (10:00am-22:00pm)

Cuisine: Indian, Chinese, Thai

24/B,Rm(B-1), Boyaryunt St, Dagon

Tsp, Yangon, Myanmar.

Tel: +951-393389, 09-73039710

White Rice Restaurant

Kandawgyi (Royal Lake Park), Opposite

Eye Hospital.

Tel: (951) 556837, 556838

Fax: (951) 556875

Email: whiterice@mptmail.net.mm,

whitericeyangon@gmail.com

Web: www.whiterice-myanmar.com

House of Memories

House of Memories Bar &

Restaurant (Open Daily: 11:00am-

23:00pm)

290, U Wizara Road, Kamayut

Township, Yangon, Myanmar.

Tel: +951-534242, 525195,

+959-73191498

E-Mail: houseofmemories9@gmail

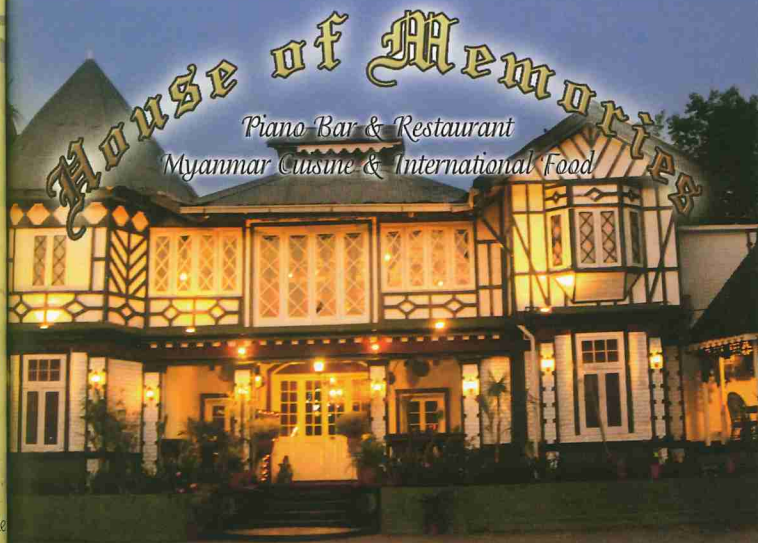
com

www.houseofmemoriesmyanmar

com/demo

Cuisine: European, Thai, Chinese,

Myanmar, Indian



Open Daily
11:00 am to 11:00 pm

Our Location:

No 290, U Wizara Road, Kamaryut Township, Yangon

Tel: 01-525195, 534242

Email: houseofmemories9@gmail.com

Website: www.houseofmemoriesmyanmar.com/demo

Jasper House Bar & Restaurant

No.54 Ahlone Road, Dagon Township, Yangon, Myanmar
Reservation:

95(0)12302011, 95(0)95172589

Email: jasperhouse54@gmail.com
jasperhouse@jasper.com.mm

Website: www.jasper.com.mm /
www.jasperhouse.asia.com

Hyper Food Fusion

Cuisine: Chinese, European, Japanese, Korean, Dim-Sum
Open: 07:00-10:00
19/A U Tun Myat St., Tamwe Township
Tel: 01-541389

Jin Bao

Menu: Chinese, seafood, vegetarian
Open: 10:30-22:30
61-B MinYe Swar Rd., Ahlone Township
Tel: 01-227195

Little Chef

Cuisine: Chinese
Open: 10:00-23:00
No.26 Parami Road, Mayangone Township
Tel: 01-656070

My Garden

Cuisine: Chinese, Thai, European, Dim-Sum
Open: 06:00-11:00
Ahlone Road, People's Park, Dagon Township
Tel: 372822

Oriental House

Cuisine: Chinese, Dim-Sum Open:
06:00-14:00 & 17:00-21:30
126/A Myoma Kyaung St., Dagon Township
Tel: 01-371471

Palai Kywe

Cuisine: Chinese
Open: 09:00-21:00
44/46 Bo Aung Kyaw St., Bohtaung Township
Tel: 01-380288

Panda

Cuisine: Chinese, Burmese
Open: 09:30-22:00
205 Wadan St., Lanmadaw Township
Tel: 212850-2

Royal Garden

Cuisine: Chinese
Open: 06:30-14:15 & 18:00-22:15
Nat Mauk Road, Near Bogyoke Aung San Bronze Statue, Bahan Township
Tel: 01-546 923, 546 202

Royal Rose

Cuisine: Chinese, European, Burmese, Indian
Open: 05:00-11:00 & 11:00-21:30
No.221/223 Shwe Gone Daing, Bahan Township
Tel: 01-542720
E: royalrose@Burmese.com.mm

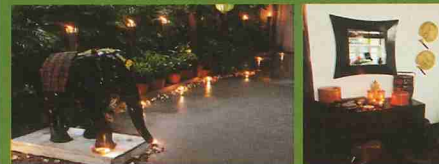
Royal Thazin

Cuisine: Chinese, Indian, European, Burmese (Open: 09:00-22:30)
46 Inya Rd., Kamayut Township
Tel: 01-537898, 535529
E-mail: ngwesae@baganmail.net.mm,
thazingardenbagan@gmail.com



Green Elephant

Green Elephant Restaurant(s), the very first Restaurant(s) serving home-cooked Traditional Myanmar Cuisine in an authentic cooking while healthy and tasty. The concept of Green Elephant Restaurant(s) is to serve home-cooked Myanmar Cuisine with flair and style, quality and standard, something one cannot find in this country easily. The quality of food is the main objective of Green Elephant Restaurant(s). Friendly service, relaxing and stylish ambience decorated with beautiful Myanmar crafts, teamed up without cutting any corners. Come and enjoy with us! "MINGALABAR!"



No.6(A) Inya Road, Kamayut, Tpo Yangon Myanmar (Near Sabai Inya),

Tel: +951-524490, 09-73231074, 09-7323103, 09-49328203

No.33, Thirimingsar Lane (Altia Road) Kamayut, Yangon, Myanmar

Tel: +951-536499, 537706, 09-75152300, 09-73190898, Fax: +951-557706

Email: greenelephant@myanmar.com.mm, Website: www.greenelephant-restaurants.com

Royal Thazin

Cuisine: Chinese, Indian, European, Burmese (Open: 09:00-22:30)
46 Inya Rd., Kamayut Township
Tel: 01-537898, 535529
E-mail: ngwesae@baganmail.net.mm/
thazingardenbagan@gmail.com

Suki Express (Open Daily: 9:00am-21:00pm)

Ground Floor, Myaynigone Center, Sanchaung Township, Yangon, Myanmar.
Tel: +951-508468-70 (Ext:115)
2nd Flr, Ocean Center,
Tel: +951-397900-5 (Ext:322)
Cuisine: Hot Pot, Dim Sum

Signature-Garden Restaurant

Corner Bahan Road & Kan Yeik Thar Street, near U Htaung Bo Roundabout,

Bahan Tel: 95(1) 546488, 543387
E: signature@mpmtail.com.mm

Singapore's Kitchen

Cuisine: Chinese Hawker
Open: 10:00-15:00?
330 Ahlone Rd, International Hotel Compound, Dagon Township
Tel: 09-73016788, 09-49271866

SO TASTY Champion of Fried

Chicken Shops in Yangon
Taw Win Centre
Super One (Kyeikkasan)
Yuzana Plaza
Gandamar Wholesale
Sein Gay Har (Parami)
Victoria Shopping Mall
Inya-Kanbaung
108 Ahlone (Sin Minn Street)

Tiger Hill

Cuisine: Chinese
 Open: 06:30-21:30
 40 Natmauk Rd., Chatrium hotel,
 A Tamwe Township
 U Tel: 01-544500 (Ext : 6253)

Venus Garden Restaurants

N Food, Beverage, Entertainment.
 T Reflexology - Beauty Spa
 S Gand amar Whole Sale Centre
 Rooftop, Corner of Gandamar &
 Wayzayandar Road, Mayangone
 Township, Yangon, Myanmar.
 Tel: +951-657728, 709838,
 Mobile: +959-49208924, 8627654

OTHER ETHNIC CUISINE

Malihku

68, Myae Ni Gone Zay Street, San
 Chaung, Yangon, Myanmar.
 R-7, Karaweik Garden
 Compound, Mingalar Taung Nyunt
 Tsp, Yangon, Myanmar.
 Tel: +951-527699, +959-
 5007647, 49295058

Min Lan

Cuisine: Rakhine, Seafood
 Open: 09:00-21:00
 Near Inya Lake (Near Tadar Phyu
 Bus- Stop) Kamayut. Township
 Tel: 09-73118696, 09-8616210,
 09-5002459

INDIAN

Ashoka Indian Restaurant

Cuisine: Indian
 Open: Lunch - 11:00 to 14:30pm, Dinner -
 18:00 to 22:00
 Location: 28B Pho Sein Road, Bahan
 Tel: 555539
 E-mail: grtt@goldenrock.com
 Web: www.ashokarestaurant.com

Bharat

Cuisine: Indian, Bakery
 Open: 10:00-20:00
 Corner Maha Bandoola Street & Seik Kan
 Thar Street, Kyauktada Township
 Tel: 01-382253

Corriander Leaf (The)

Cuisine: Indian, non-vegetarian &
 vegetarian
 Open: 11:00-15:00 & 18:00-23:00
 12 Yangon International Hotel
 Compound, Ahlone Rd.,
 Tel: 09-43185008, 01-1293006
 Email: admin@corrianderleaf.com
 Web: www.corrianderleaf.com

Malaysia

Cuisine: Indian - Biriani
 Open: 08:00-21:00
 205 Bargayar Street, Shwe Mann Cinema
 Hall, Sanchaung Township
 Tel: 01-539329, 557718

Padonmar Restaurant
 Fine Dining Myanmar & Thai Cuisine
 Member Of Myanmar Restaurant Association (M R A)
 No.105/107, Kha-Yae-Ein Road, Dagon T/S,
 between Pyi Daung Su Yeik Tha (Halpin) and
 Manawhari Road/Ahlone Road, Yangon, Myanmar.
 (near The Governor's Residence)
 Tel/Fax: 538 895 Tel: 09 7302 9973, 09 7310 8608
 Mobile: 09 540 9469, 09 4958 8419, 09 7324 2410
 Email: padonmar.restaurant@gmail.com
 Website: www.myanmar-restaurantpadonmar.com
 HAPPY HOURS EVERYDAY 6p.m.-9p.m.
 House Pouring Drinks only.
OPEN DAILY 11:00 am - 11:00 pm

THAI

Bangkok Kitchen

Cuisine: Thai
 Open: 10:30-22:30
 Opposite Chatrium Hotel, Kandawkyi
 Lake, Natmauk Road, Bahan Township
 Tel: 01-548844, 09-73013792, 09-
 49316569
 E-mail: bangkokkitchen.yangon@gmail.
 com

Bua Thai

Cuisine: Thai
 Open: 09:00-22:00
 4 Thit Sar Rd., Yankin Township
 Tel: 09-73054351

Golden Crab

Cuisine: Thai
 No7, Sayanar Road, Bahan Township
 Tel: 09-73139172

Kruwa Namtip

Cuisine: Thai
 Open: 10:00-22:00
 Pho Sein St., Pump House Compound,
 Near Chatrium Hotel, Bahan
 Township
 Tel: 09-73081151
 Email: kruwanamtip@gmail.com

FOR ADVERTISING & LISTINGS
 CONTACT: Tel: 95-9420058992
 myanmarpocketguide@gmail.com

THAI

Legacy

Cuisine: Thai
Open: 10:00-22:00
No(99),Damaedi Road,Kamayut
Township,Ygn
Tel: 09-73012890

Mai Thai

Cuisine: Thai
Open: 10:00-22:00
No. 197/1-3 West Shwe Gone Daing,
Bahan Township
Tel: 01-383662, 375158

Pattaya

Cuisine: Thai
Open: 09:00-22:00
21 Parami Rd., Mayangone Township
Tel: 01- 663109

Phai Lin

Cuisine: Thai
Open: 10:00-22:00
69 Pyay Rd, 6 ½ Mile, Hlaing
Township
Tel: 01-526518

Sabai @DMZ

Cuisine: Thai
Open: 11:00am-14:30 & 17:00pm-
21:30pm
162 Dhamazedi Rd, Bahan Township
Tel: 01-525078

Sky View Roof Top Restaurant

Cuisine: Thai, Chinese, Korean,
European, Burmese
Location: Room 1504, 15th Floor,
Olympic Tower, 225 Bo Aung Kyaw
Street, Kyauktada Township
Tel: 95-1-386539, 392886, 381945

WESTERN - EUROPEAN

**50th Street Café Restaurant
Bar**

Delicious food - Good company
Superb atmosphere in downtown
Yangon. Pizza and western cuisine.
Live music on weekends. Open:
11:00 to 24:00
Location: 9/13 50th Street,
Botataung Township
Tel: +95(1)397 060
Fax: +95-1-397 061
E-mail: fiftystreetcafe@gmail.com,
CM@50thstreetyangon.com
Web: www.50thstreetyangon.com

Garden Bistro (The)

Cuisine: European, Burmese, Asian
Open: 07:00-23:00
Kabar Aye Pagoda Rd, Bahan
Township
Tel: 01-546488, 543387

INYA 1 Restaurant & Bar

Cuisine: European, Indonesian,
Burmese, Vegetarian
Open: 6:30-19:30
No.1 Inya Road, Kamayut Township
Tel: 01-710089, 09-73187901
E-mail: inyaone@gmail.com
Web: www.inya1.com

Le Planteur

Cuisine: French
22 Kaba Aye Pagoda Rd., Bahan
Township
Tel: 01-541997

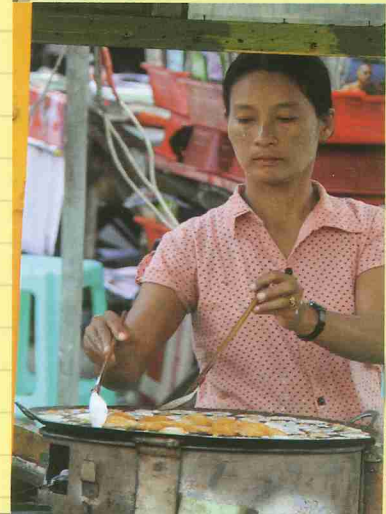


New Doreen

Cuisine: European, Japanese, Chinese,
Mexican
Open: 07:00 - 22:00
164 -168 Upper Wardan Street,
Lanmadaw Township
Tel: 01-223697, 09 5014288,
09 511 8415

Sky Bistro

Cuisine: International, Chinese,
Burmese
20th Fl, Sakura Tower, 339 Bogyoke
Aung San Rd., Kyauktada Township
Tel: 01-255255, 255277
E-mail: stower@myanmar.com.mm
Web: www.sakura-tower-yangon.
com/sky.htm



ITALIAN

L'Opera Restaurant and Bar

Italian Cuisine: This is one of the best Italian restaurants in Yangon. They serve authentic Italian dishes such as homemade pasta, wood-fired oven pizzas and fresh salads in a romantic atmosphere. Open from 11:00 to 14:30, and 18:00 to 22:30
Location: 62 D, U Tun Nyein Street, Mayangon Township
Tel: 01-665516, 01-660976, 095-127795
959-421034875
Email: operayangon@gmail.com
Web: www.operayangon.com

Ciao Pizzeria Italiana

Cuisine: Italian
Open: 10:30-21:30
 262-C Upper Pansodan, Kyauktada Township
Tel: 01-249992

Orzo

Cuisine: Italian
Open: 11:30-14:30 & 18:30-22:00
 1st Floor, Kabar Aye Pagoda Rd, Sedona Hotel, Yankin Township,
Tel: 01-666900 Ext:7706

JAPANESE

Family Sushi

(Open Daily: 11:00am-22:00pm)
 Bld-A/27Rm-104, U-Chit Maung Housing, U Chit Maung Road
Tel: +959-73119456, 5404337
Cuisine: Japanese

Furusato

Cuisine: Japanese
Open: 11:00-14:00 & 17:00-20:00
 No.137 Shwe Gone Daing, Bahan Township
Tel: 09-73081914, 01-556265

Ichiban-Kan

Cuisine: Japanese
Open: 11:30-14:00 & 17:30-22:00
 G-17/18 Gyo Phyu Street, Aung San Stadium (North Wing), Mingalar Taungnyunt Township and 40 Natmauk St., Chatrium Hotel, Tamwe Township
Tel: 01-394824, 09-8031583

Kawaii

Cuisine: Japanese
Open: 09:00-21:00
 B-017 Basement-1, Taw Win Centre, No.45, Pyay Road, Ahlone Township
Tel: 09-86 000 66

Sushi House

Cuisine: Japanese
Open: 10:00-22:00
 No. 247-269 B, Room 001, Building C, Delta Plaza, Middle Shwe Gone Daing, Bahan Township
Tel: 01-552772

Wasabi

Cuisine: Japanese
Open: 11:00-14:30 & 17:00-22:00
 No. 20-B Kabar Aye Pagoda Rd. (Near Micasa Hotel), Yankin Township
Tel: 09-503-9139
E-mail: japan2yangon@livedoor.com

Hello Maki & Sushi (Inay Branch)

No 135, Inya Road (Infront of Savoy Hotel) Bahan Township
Opening hr : 10:00 am - 10:00 pm

Hello (Junction Maw Tin Branch)

Room 114, 4th Floor, Junction Center Maw Tin Lamadaw Township
Opening hr : 09:00 am - 09:00 pm
Email : hellosushishop@gmail.com

Ajishin Japanese Restaurant

(11:30am-11:00pm) Closed on Monday)
 18/B,Thukhawadi Lane, Suniran Park, Yankin Township, Yangon, Myanmar.
Tel: +951-562701, 1293640
Email: info@ajishin.com
Web: www.ajishin.com / facebook/ajishinmyanmar

SHIAWASE Sushi

(Open Daily: 10:00am-21:00pm)
Cuisine: Japanese
 38-40,1/A, Boyarneyunt , Yawmingyi Quarter, Dagon
Tel: +959-49259184, 450046434

Little Tokyo


(Open Daily : 11:00am-23:00pm)
Cuisine: Japanese, Hot Pot
 168/C, Dhamazedi Road, Bahan Tsp, Yangon, Myanmar.
Tel: + 959-73185168, 73178946
Email: aungsoe1981@gmail.com

Japan Japan Restaurant

(Open Daily: 10:00am-22:00pm)
 253, Pansodan Upper Block, Kyauktada Tsp, Yangon, Myanmar.
Tel: +959-5130016, 09-49577448
Cuisine: Japanese Food

香み食い処

AJISHIN
Japanese Restaurant

18(B) Thukhawadi Lane, Suniran Park, Yankin Township (11081), Yangon, Myanmar.
Tel: (+95-1) 562701, 1293640
email: info@ajishin.com
http://www.ajishin.com
facebook/ajishinmyanmar  **list on Facebook**

Opening Hour
 11:30 a.m to 11:00 p.m
 Closed on Monday

KOREAN

Arirang

Cuisine: Korean
 Open: 09:00-22:00
 19 Pyay Rd, Mayangone Township
 Tel: 01-660817

Hanaro

Cuisine: Korean
 Open: 10:00 - 22:00
 4B Parami Road, Mayangone Township
 Tel: 01-656070

CAFES

365 Café

Menu: Chinese, European, Japanese, Korean, Thai
 Open: 24 Hours
 No.5 Thamada Hotel, Alan Pya Pagoda Road, Dagon Township
 Tel: 01-243047

Always Café

Menu: Thai, Coffee House
 Open: 09:00- 12:00
 Ground Floor, Ga Mone Pwint Shopping Mall, Kabaraye Pagoda Road, Mayangone Township
 Tel: 01-653653

Bar (1) (Open Daily: 11:00am-10:00pm)

Utopia Tower, Nat. Mauk Road, Central Forest Zone, Kandawgyi Nature park, Bahan Yangon, Myanmar.
 Tel: +959-73029342
 Cuisine: Chinese food, Hot Pot

Park's

Cuisine: Korean B.B.Q
 Open: 09:00 - 23:00
 No.515 /2 Lower Kyimindaing Road, Kyimindaing Township
 Tel: 01-215929, 09-5141132

Seoul (The)

Cuisine: Korean
 Open: 12:00-14:30 & 18:00-21:30
 Traders Hotel, 223 Sule Pagoda Rd, Kyauktada Township
 Tel: 01-242828 (Ext: 6448)

Biscou Cafe & Drink

(Open Daily: 10:00am-21:00pm)
 38/B Yangon Insein Road, Kamayut Township, Yangon, Myanmar.
 Tel: +951-534983

Black Canyon

Menu: European, Thai
 Open: 10:00- 23:00
 330 Ahlone Road, Yangon International Hotel compound,
 Tel: 01-395052

Cafe Bellagio

Menu: Japanese, Malaysian, Thai, Snacks & Drinks
 Open: 09:30-23:00
 81 New University Avenue Rd, Bahan Township
 Tel: 01-544930

Café Delight

Menu: European, Coffee House
 Open: 11:00- 22:00
 126, Kabar. Aye Pagoda Rd., Bahan
 Tel: 01-401060
 E-mail: newestal56@gmail.com

Gold Fingers Art Café

Menu: Coffee House, Bar
 Open: 09:00- 23:00
 412 Banyar Dala Road, Tamwe Township
 Tel: 01-543319

ISOLA Garden Cafe

(Open Daily: 10:00am-22:00pm)
 80 University Avenue, Bahan, Yangon Myanmar.
 Tel: +951-532124, 514230
 Email: isola.yangon@gmail.com
 Cuisine: European

J' Donuts

Menu: Coffee & Donuts
 Open: 09:00- 20:30
 381/383 Shwebontha Street, Upper Block Pabedan Township
 Tel: 01-243178, 250054
 (Many locations in Yangon)

Lucky Seven Tea Shop (Open Daily: 6:00am-14:00pm)

138/140, 49th Street (Upper), Pazundaung Township
 Tel: +951-292382, 09-5142810
 Shop (2) Corner of U Chit Maung Road & West Horse Race Course St, Tamwe Township
 Tel: +959-5169572

Mahar Htani Café

Menu: Thai, Chinese, European
 Open: 09:00-22:00
 8 Pan Chan Tower, Dhamazedi Rd, Sanchaung Township
 Tel: 01- 502710, 501106

Mr. Brown

Menu: Bakery & Drinks
 Open: 08:00-20:00
 181/183 Mahar Bandoola Garden Rd, Kyauktada Township
 Tel: 01-371714

Mr.Guitar Café

Shop-1 : No.22,Sayar San Road, Bahan
 Tel: +951-700446
 Shop-2 : Hmyaw Sin Kyun, Karaweik Garden, Mingalar Taung Nyunt
 Tel: +951-709582

Parisian Cake & Coffee

Menu: Cake & Coffee
 Open: 09:00-21:00
 132 Sule Pagoda Rd, Kyauktada Township
 Tel: 01-387298

Sakura Café

Menu: European, Asian Open: 09:30-22:30
 Sakura Tower, 339 Bogyoke Aung San Rd, Kyauktada Township
 Tel: 01-255277

Santino Café

Menu: Chinese, Western Food
 Open: 07:00-22:30
 18 A/1 Bo Yar Nyunt St., Dagon Township
 Tel: 01-387880

Shwe Pu Zun

Menu: Bakery & Cold Drinks Open: 07:00- 20:00
 No.14-A Minnandar Street, Dawbon Township
 Tel: 01-553063

ATTRATIONS

Attractions in Yangon

There are many and varied attractions to see and experience in Yangon, and they can keep visitors busy for many days. These include places of a spiritual nature, green parks and gardens, and museums that provide an insight into the history and culture of Myanmar.

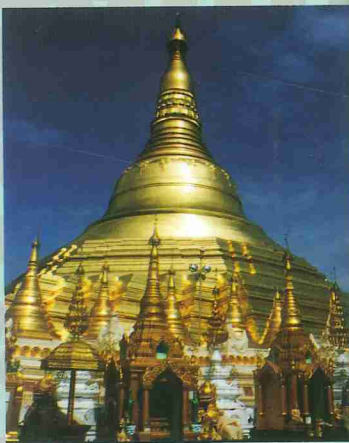
We have listed some of the more popular attractions in the city, along with some of the lesser known attractions that may also be of interest.

Paya (Pagodas)

The many ancient and spectacular paya are the most distinctive, and most popular attractions in the city. They are actually stupas, which are dome-like structures that contain a Buddhist relic. The name pagoda came from the British who seem to call any Buddhist religious structure, a pagoda. There are more than 50 paya in Yangon. We have listed some of the more important ones here. Note: As with almost all Buddhist religious places, footwear is not allowed inside. This is especially strict when entering paya in Myanmar. At each entrance/exit there is a place to leave your shoes or slippers. However, if you plan to leave by a different entrance/exit, you can bring a plastic bag, put your shoes into the bag, and take them with you.

Shwe Dagon Paya

The largest and most important paya in Myanmar is the Shwe Dagon Paya. It rises almost 100 meters above the green cityscape of Yangon on Singuttara Hill, and is visible from miles around. Eight hairs of the Gautama Buddha were enshrined here more than 2,500 years ago. The great golden Shwe Dagon Pagoda is the symbol of the nation. It is said that it took 30 tons of gold to build this imposing structure. No visit to Yangon would be complete without a visiting Shwe Dagon. While the stupa is spectacular in daylight, it is even more spectacular at night; it also offers a panoramic view of the city.



Shwe Dagon Paya

The most famous artifact at the paya, is the Maha Ganda Bell, or Singu Min Bell named after King Singu. The bell was cast between 1775 and 1779, and weighs 23 tonnes. It is believed the ringing the bell will bring good luck.

Entrances - There are four large, ornate entrances with covered walkways that lead up to the paya. Walkways are lined with vendors selling items for worshipers (candles, flowers, gold leaf, stones, etc.) and souvenirs for domestic and international tourists. The west walkway has escalators, and there is an elevator at the north entrance where there is a parking lot.

Guides - There are official and unofficial guides available for US\$5. The efficacy of guides will vary, but the paya is large and complex, and it is helpful to have someone to inform you as to what things are, and what's going on.

Entrance fee - USD \$5. There are ticket booths at the East and South entrances. If you enter from another entrance, someone will catch up with you to collect the fee. Tickets are valid for a single day, and must be retained by the visitor while they are there.

Note: If you go in the daytime, be sure to bring bottled water. The sun can be fierce, and no food or water is for sale on the platform itself. However, water is available at the lower parts of the walkways. Hours: 06:30 to 22:00.

Location: East of People's Park, at U Htaung Rd, & U Wisara Rd.

Botataung Paya

This 2,500-year old paya was originally called Kyaik-dè-att, and was later named after the 1,000 military generals who brought the Buddhist relics from India to Myanmar. 'Bo' means general, and 'tataung' means a thousand. The inside of the paya is hollow, so visitors can walk through it. There is also a museum with a collection of interesting artifacts. The Botataung Paya is a well-known land-mark on the Yangon waterfront. Open: 06:00 to 20:00 Location: Corner Strand Road and Botahtaung Pagoda Road, Botahtaung Township. Admission fee: USD \$2



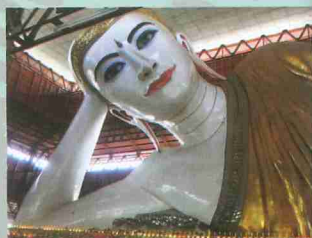
Botataung Paya

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Chauk Htat Gyi Reclining Buddha

Originally constructed in 1907, the reclining Buddha is 72 meters long, and is the biggest reclining Buddha image in Myanmar. However, it suffered damage over the years, and reconstruction was started in 1957, and completed 1966. A unique feature of the image is the glass mosaic on the soles of its feet which represent the 108 special characteristics of the Buddha. Admission is free.

Location: north of Shwe Gone Taing Road



Reclining Buddha

Sule Paya

This paya is located right in the center of the city. In fact the paya itself is in the middle of a traffic circle. It is said to be over 2,000 years old, and to contain a hair of the Buddha. It is octagonal in shape, approx. 46 meters (152 feet) high, and is encircled with small shops such as astrologers, palmists, photo studios and watch repair.

Non-Myanmar citizens will need to enter by the east gate or the north gate. The entrance fee is USD \$2, or 2,000 kyat. Open: 04:00 to 22:00.

Location: Intersection of Sule Pagoda Road & Mahabandoola Road, Kyauktada Township.



Sule Paya

Maha Wizaya Paya

This is a new paya built in 1980 as a memorial to the First Successful Congregation of the Sangha of All Orders, when all sects of the Buddhist monastic order came under one supervisory body. It is connected to the Shwe Dagon Paya by a pedestrian bridge. It is a well proportioned paya, and combines modern and traditional styles. but it is not as grandiose as Shwe Dagon. Entrance fee: 200 kyat. Open: 05:00 to 21:00

Location: U Htaung Bo Road, just south of Shwe Dagon Paya



Maha Wizaya Paya

Kaba Aye Paya

This is a new paya constructed in 1952, and was built for the sixth Buddhist synod, held from 1954 to 1956. The name means 'world peace' in English, and is known as the World Peace Paya. It is 112 feet high, and the interior is hollow, and contains some nice Buddhist statues.

Admission is free. Open: 06:00 to 20:00.

Location: Kaba Aye Pagoda Road, Mayangone Township, about 5 miles north of downtown, near the Renaissance Inya Lake Hotel.



Kaba Aye paya

Maha Pasana Guha

Known as the 'Great Cave', this is a human made cave also constructed for the sixth Buddhist synod, held from 1954 to 1956 to coincide with the 2,500th anniversary of the enlightenment of Buddha. The enormous cave took more than a year to construct, and hold up to 10,000 people. It is still used for large religious ceremonies.

Location: Kaba Aye Pagoda Road, Mayangone Township, just north of the Kaba Aye Paya.

Museums

National Museum

The five-storey museum houses a priceless collection of artifacts and items of historical significance.

The highlight of the collection is the Sihanasa (Lion Throne) which belonged to King Thibaw Min, the last king of Myanmar. Also on display is royal regalia from 19th century, jewel encrusted beds, silver and gold rugs, large and ornate palanquins, as well as artifacts from ancient periods, articles of cultural heritage and archaeological value, art, weaponry, musical instruments and paintings.

Admission fee: USD \$5 (FEC & Euro also accepted). Open: 10:00 to 16:00. Closed on Monday, Tuesday and government holidays. Tickets available only up to 15:30.

Location: 66/74 Pyay Road, Dagon Township (north of Taw Win Center)



National Museum

Bogyoke Aung San Museum

This was the house where General Aung San lived, with his wife, Daw Kin Kyi, and their three children. The 1920s house is still in original condition, and has many interesting items on display, including Aung San's car, his library, photos, and his suit. Evidently the museum is closed to locals, but if tourists talk to the guards and ask politely, they will usually be let in. Admission fee: USD \$3. Open: 10:00 to 15:00. Closed Monday and public holidays.

Location: Bogyoke Aung San Museum Street, Bahan Township (north of Kan Daw Gyi Lake)



Martyrs' Mausoleum

A memorial built to honor Aung San and 6 cabinet members who were assassinated in 1947. It also contains the tombs of Queen Suphayalat, wife of Burma's last king; nationalist and writer Thakin Kodaw Hmaing; former UN Secretary-General U Thant; and Aung San Suu Kyi's mother, Khin Kyi. This is the place that was bombed by North Korean agents in 1983 in an attempt to assassinate the visiting South Korean president. The president escaped, but 21 others were killed in the blast. The mausoleum is open only one day a year on July 19th.

Location: Ar Zar Street, north of Shwe Dagon Paya

Parks



Karaweik Hall in Kan Daw Gyi Lake

Kan Daw Gyi Lake

This large lake is just north of downtown, and around it is a park and recreation area. It's a busy park with busy roads around it. The Lake is best known for the Karaweik, a huge concrete replica of a royal Burmese barge. It is actually a government owned restaurant. The scenery is very nice, and there is a children's playground, an orchid garden, and souvenir shops and restaurants.

The best views are at sunset. There is also a boardwalk around the southern edge of the lake, affording a better view than that from the gardens. However the entry fee for the boardwalk alone is 2000 kyat. There is a 300k entrance fee for tourists. Open: 04:00 to 22:00

Location: Bounded by Natmauk Rd, Bahan Rd, and Kan Yeik Thar Rd.

Bogyoke Aung San Park

A small scenic park located on the north side Kan Daw Gyi Lake with hills and shady green trees. It has a good view of Kan Daw Gyi Lake, and is a popular park where city-dwellers come to relax and enjoy leisure time. The playgrounds and picnic areas are favorite spots for children and teenagers.

Location: Natmauk Road

Inya Lake

This a huge artificial lake in the north of the city, and is some 5 times larger than Kan Daw Gyi Lake. Unfortunately, the lake cannot be seen from street level. But some parts of the shoreline are accessible on foot, and are known for their gardens. Along the eastern shore shoreline is the famous Inya Lake Hotel, and the University of Yangon is southwest of the lake. Around the lakeside are many expensive villas, and upscale restaurants.



Inya Lake

Location: Bounded by University Ave., Pyay Rd, Kahar Aye Pagoda Rd, and Parami Rd.

Kan Daw Mingalar Park

This nice little park with a nice little lake, is just south of Shwe Dagon Paya. The little lake has little duck peddle boats and rowboats for rent, and there a kind of pavilion. The Golden Duck Restaurant is in the park. Popular with couples and families, it is a great place to spend a few relaxing hours. Boat rental: 1,000 kyat for 30 mins.

Location: U Htaung Bo Rd.



Kan Daw Mingalar Park

Happy World Amusement Park

is at the north end of the park. There are several amusement parks in Yangon, and going to amusement parks here is a little like going back in time. They have fun houses, haunted houses, bumper cars, and all kinds of rides and many arcade games, just like arcades used to have many years ago.

Location: U Htaung Bo Rd, Dagon Township



Amusement Park

People's Park & People's Square

This is a huge expanse of grass and trees of over 130 acres west of the Shwe Dagon Paya. The park used to be part of the palace grounds during the reign of Queen Shin Sawbu, and during the colonial period, it was a golf course. Entrance fee: USD \$3.

Open: 07:00 to 19:00, closed on national holidays.

Location: Bounded by Ahlone Rd, Pyay Road, U Wizara Road, and Shin Saw Pu Rd.

Yangon Zoological Garden

The zoo was opened by the British in 1906, and has been popular with locals and tourists alike. It houses a large collection of animals (about 200 different species) and plants. Animals include lions, hippos, elephants, tigers, giraffes, monkeys, etc. On weekends or public holidays there are snake shows and elephant performances. There is also an amusement park in the zoo.

Open: 08:00 to 18:00. Admission fee: 2,000 kyat (tickets available until 16:30)

Location: Kan Yeik Thar Rd, south of Kan Daw Cyi Lake.



Yangon Zoological Garden



Independence Monument

Independence Monument & Mahabandoola Garden

Known for its rose gardens, the Independence Monument is located inside the gardens. The obelisk was constructed to memorialize Myanmar's independence. The garden offers a good view of City Hall, and other colonial buildings. In the early

morning people come to practice tai chi. Entrance fee: 500 kyat.

Location: Downtown, southeast of Sule Paya.

Hlawga Wildlife Park

The park covers about 1,650 acres, including a lake, has some 70 kinds of animals and 90 species of birds. Bird watching, elephant rides, boating, and fishing are popular here. There is a museum with replicas of traditional Myanmar buildings, and a small zoo with a rock garden. The park is a good place for picnickers, naturalists, and botanists.

Open: 08:00 to 16:00. Entrance fee.

Location: approx. 25 miles north of central Yangon on the Hlawga Road, west of Yangon-Paya Road, Mingalardon Township



Hlawga Wildlife Park

Strand Hotel

While not actually a tourist attraction, it is the oldest and most famous hotel in Myanmar. It was built by the Sarkies brothers in 1901, and it is a national landmark. It was renovated in the 1990s after years of neglect, and is well worth a visit to see what remains of a long gone era. Location: 92 Strand Road, across from the Pandosan Jetty.



Strand Hotel

Cemeteries

Rangoon War Cemetary

This is a very well kept allied World War II cemetery. It contains the remains of over 1,400 British, Australian, Gurka, and Burmese prisoners of war. After the retaking of Burma, the remains were taken from a Japanese prisoner of war camp, and re-interred here.

Location: 353 Pyay Road, Sanchaung Township (entrance on a side street)



Rangoon War Cemetary

ACTIVITIES & SPORTS

ACTIVITIES

There are many activities for visitors to Yangon to participate in. Most major hotels have health clubs, exercise facilities, and swimming pools. Health clubs have tennis courts, sauna, Jacuzzi, and a gym. Some health clubs also offer spa and massage services. (see Spa & Beauty page 76) For kids of all ages, there are several amusement parks with lots of games to play and fun rides. (see page 70) There are 5 major 18th hole international golf courses, and playing golf here is very affordable. The vast majority of the Burmese population are practicing Buddhists, which is why Yangon features several meditation centers.

Transportation Related Activities

In Myanmar, taking a form of transportation can be considered an activity.

Circular Train

Vendors, vegetable sellers, monks, as well as commuters, all use the circular train which passes through the many villages that surround Yangon. It provides a fascinating glimpse into the daily life of the people. The scenery along the route changes from urban to rural as villages with ponds, kids, and cows pass by. The journey takes about 3 hours. You can board the train at the old Yangon Station downtown, and the train departs from either Platform No.4 or No.7. One goes clockwise, and the other one goes anti-clockwise. Just get on the one that comes first. The train stops at the station for only a short time, so you should step lively! A ticket costs US\$1 (you will need to show your passport). See page 29 for the train schedule.



The Dallah Ferry

On the other side of the Yangon river from Yangon City is the small village of Dallah, and the ferry ride is a trip in itself, especially if this will be your only ferry ride in Myanmar. The ride is only about 15 min, but it seems more like a local market than a means of transportation.



It is very noisy, with many hawkers selling everything from fruit, to maps, to candy, to hats, to snacks, to CDs, to calendars, and everything you could possibly need for your journey. The ferry leaves from the Pansodan Jetty across from The Strand Hotel. You buy your ticket from a window for tourists. The fare for a one-way ticket is USD \$1, and you will have to show your passport. Dallah is the place where you get a taxi to Twante. See the Outside Yangon Section page 91.

Meditation

There are several meditation centers in Yangon that teach the art of Buddhist meditation. Everyone is welcome, however men and women are usually taught separately.

Chanmyay Yeiktha Meditation Centre

This is one of the main meditation centers in Yangon, and it is not only a place for meditation, but it is also a monastery and the monks are the meditation teachers. Open: 03:00 to 23:00

Location: 55A Kabar Aye Pagoda Road, Mayangone Township

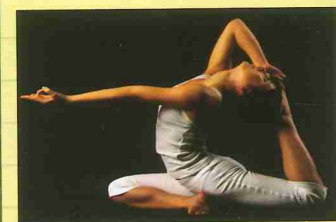
Mahasi Meditation Centre

Buddha Sasana Nuggaha Organization

Location: No 16 Sasana Yeiktha Road, Bahan Township

Dhamma Joti Meditation Centre

Location: Nga Htat Gyi Pagoda Road, Bahan Township



Golf

Yangon has many golf clubs, and is also host to the annual Myanmar Open Golf Tournament. Special golf tour packages are available.



Pan Hlaing Golf Club

Designed by Gary Player, this 650-acre course is situated between the Hlaing & Pun Haling Rivers. Green fees: USD \$75 (weekends) USD \$60 (weekdays), Trolley: USD \$2, Golf Cart Rental: USD \$20 per person, Golf set rental: USD \$30. Open: 06:00 to 08:00; 10:30 to 15:30 Location: Pan Hlaing

Golf Estate, Hlaing Tharyar Township

Yangon Golf Club

This is an 18-hole golf course. Green fees: USD \$20 (Weekdays & Weekends), Caddy Fee: USD \$2 for 18 holes, Club rental: USD \$2, Golf Cart Rental: USD \$10 (Old) USD \$15 (New).

Location: Kha Yae Pin Street, Dayin Gone, Insein Township

Recreation Clubs

Yangon has three major recreation clubs, the American Club, the British Club, and the Australian Club. They have events happening all year round. Seasonal activities include the Rangoon International Softball League, Volleyball, and Football League and the Interclub Darts competition.

The Hash House Harriers run every Saturday, and anyone can join in, and have a good jog with lots to drink after the run.

There is a Sailing Club that holds boat races on Inya Lake on weekends. People of all ages are welcome to come and sail boats. There are instructors to sail with beginners. The Yangon Equestrian Club is about 20 minutes drive from Yangon, for those who like to ride horses. The horses are well kept, and there are trainers available to assist you.

NIGHTLIFE

Finding nightlife in Yangon can be a challenge. Compared to other Asian countries, the nightlife of Yangon is rather subdued. Nonetheless, Yangon has some pubs, clubs, discos and other night-time venues. While there are stand-alone nightlife establishments, most of the clubs and pubs in Yangon are in 5-star hotels. There are also entertainment plazas that include karaoke, fashion shows, bars and discos. Some venues have traditional dance performances, fashion shows. However, night-life in Yangon ends comparatively early, around 01:00 or 03:00. Entrance fees can range from USD \$3 to \$6, but for clubs in hotels, entrance is free for hotel guests.

Local bars are called "beer stations". They offer cheaper drinks, but these places are not frequented by tourists. So you may get some attention when going to a local beer station, but people are curious and friendly. Drinking is not culturally accepted for women in Burma, and beer stations are places for local men to drink, talk, and chew betel nut. They close early, around 21:00 or 23:00.

Music Club

DJs keep the music going until the early hours in this disco and bar. You can drink and dance while enjoying great music. Open: 19:00 to late. Entrance fee: 8,000 kyat.

Location: Park Royal Yangon Hotel, 33 Alan Pya Phaya Road, Dagon Township
Tel: 250388



Sport Bar

Zero Zone Roof Top Beer

Garden

An attendant takes you up an old elevator to the roof. They have live dance shows, models, and a live band. The music is mostly Burmese pop and disco. Food includes a barbecue, seafood, Chinese food, and more. Good view of the city. Open: 20:00 to 23:00.

Location: Top Floor, 2 Thain Cyi Zay, C Block, Shwe Dagon Pagoda Road, Pabedan Township
Tel: 240600 ext. 4252, 371800 ext. 351

Sport Bar

This is a new and modern nightlife gathering place in town. Open: 14:00 to 04:00.

Location: 300 Ahlone Road, Dagon Township, next to Yangon International Hotel
Tel: 09-732-11999
Web: www.parkroyalhotels.com

SPA & BEAUTY

As in other Asian countries, spas and massage are popular here as well. They are becoming big business in the tourism industry. There are many luxury spas in Yangon. After a day of sightseeing in the city, a professional spa and massage treatment is very relaxing and refreshing.

A Little Day Spa & Beauty Corner

Reflexology, Swedish Massage, Aromatherapy, 'Anaité' Massage, Sea Salt Scrub, Herbal Scrub, etc. (need open & close time)
Price Range: \$20 to \$95
No. 475/C 8th Quarter, Pyay Road, Kamayut Township
Tel: 09-43128831
E-mail: alittledayspaygn@gmail.com

Aureun Spa

Oil Massage, Traditional Massage, Foot Massage, Body Scrub, Facial Treatment, etc.
Price Range: \$10 to \$60
Open: 11:00 - 24:00
No. 523 Espace Avenir, Pyay Road, Kamayut Township
Tel: 01-505213-4, 505217, 505219, 505222

Fancy House Hair & Beauty Spa

Open Hour : 09:00am-20:00pm
No.56/B,Kaba Aye Pagoda Road,Yankin Township,Yangon,Myanmar.
Tel:+951-657757, 650759, 652995
Email: angeslim225@gmail.com
www.facebook.com/fancyhousespa

Inya Day Spa

Body Massage, Foot Massage, Body Treatment,
Body Scrub, Body Mask
Price Range: \$12 to \$50
Open: 09:00 - 21:00
No.16/2 Inya Rd, Kamayut Township
Tel: 537907, Fax: 503375
Email: inyaspa@gmail.com
Web: www.inyaspa.com

La Source Beauty Spa

Open: 09:00 to 19:00.
80/A Inya Rd, Kamayut
Tel: 01-512380, 01-511252
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Ph: 01-241007 Ext: 533

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Price Range: \$12 to \$75
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Ph: 01-514848 / 0973208476
Email: lemondayspa.2011@gmail.com

Tulipano Spa (9:00am-21:00pm)

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HOLIDAYS & FESTIVALS

Public Holidays in Myanmar

Holidays for 2013 The full-moon and festival days will vary from year to year on the lunar calendar and are related to the full moon of each lunar month, and fall on different days each year.

January 4th - Independence Day:
Commemorates independence from the British Empire in 1948. There is a 7 day fair held at Kan Daw Gyi Lake.

February 12th - Union Day:
Anniversary of the Panglong Agreement in 1947.

March 2nd - Peasants Day:
Anniversary of the Ne Win coup.

March 27th - Armed Forces Day:
(Formerly Resistance Day against the Japanese occupation in 1945).

April 12th to 16th - Maha Thingyan Festival (however the government offices will be closed until 22 April)

April 17th - Burmese New Year

May 1st - International Worker's Day

May 24th - Buddha's Birthday, Kason Full Moon Day

July 19th - Martyrs Day:
Commemorates the assassination of Aung San and several other cabinet members in 1947.

July 22nd - Waso Full Moon Day

October 19th - Thadingyut Full Moon Day

November 17th - Tazaungmon Full Moon Day

November 27th - National Day:
Anniversary of the first university students strike in 1920.

December 25th - Christmas Day



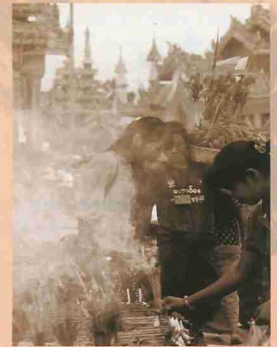
Candle Lighting Festival at Shwe Dagon Paya
Photo by Theingi Bo

Festivals

There are festivals in Yangon at several times throughout the year. Festival days are based on the lunar calendar and are related to the full moon of each lunar month, and fall on different days each year.

Mahar Thingyan (Water Festival) - Middle of April

This festival is the most important public holiday in Myanmar and is part of the summer holidays at the end of the school year. It is a Buddhist festival celebrated over a period of four or five days culminating in the New Year. The water-throwing may start on the first day of the festival, but in most parts of the country, it doesn't get into full-swing until the second day. It is done in good fun, and buckets of water are thrown on one and all. It is a boisterous festival and inhibition are loosened, and there is much dancing, singing, and drinking. The festival comparable to other New Year festivals in Laos, Cambodia, and Songkran in Thailand.



Praying at Shwedagon

Burmese New Year Day - April 17

This day marks the start of the New Year on the Burmese calendar (hnit hsan ta yet nei). It is a time for people to visit their elders, and pay homage by performing gadaw (also called shihko). Young people perform hair washing for the elderly in the traditional manner with shampoo beans (Acacia rugata) and bark. Many people make New Year's resolutions, and performing meritorious deeds for their karma. On this day people make food donation, provide free food to those participating in the New Year's celebration.



Novice Ceremony

Fish are rescued from the lake and river frying up under the hot sun, then kept in the huge earthen pots and jars before being released into larger lakes and rivers with a wish and a prayer. Releasing fish is called nga hlut pwe'. This is also an auspicious time for monks, and spend sometime in a monastery learning the teachings similar to the rites of passage, or coming of age ceremonies in other regions.



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OUTSIDE YANGON

There are several interesting places to visit within easy reach from Yangon. We have listed some of the more important destinations. Some require an overnight stay. For more information, do not hesitate to contact us.

Twante

This town is famous for its pottery and cotton-weaving industries. Shwesantaw Paya is also located there. The pottery making is somewhat interesting, and the food is excellent at the Kabakyaw Restaurant opposite the local market. The best way to get there is by a two hour, boat ride along the Twante Canal. The boat trip also provides a glimpse into life along the canal. It can also be reached by taking the ferry across the Yangon River, and taking a 40 min. bumpy taxi ride to the town. It is a good full-day tour.

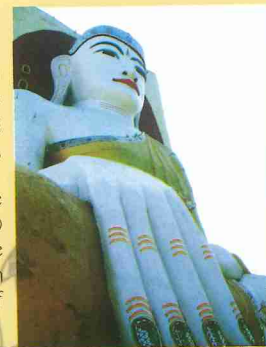


Sidecar in Twante

Bago (Pegu)

This was the ancient capital of Mon Kings from the 14th through the 16th century, and the site of the Second Myanmar Empire founded by King Bayinnaung. Bago is only about 60 km from Yangon, and is an easy day trip.

Places of interest in Bago include the Shwemawdaw Paya, constructed over 2,000 years ago; the Kalyani Thein (Ordination Hall); the Shwethalyaung Reclining Buddha, from the 9th century; Kyaikpun Paya with four large images of Buddha; and the Bago Market.



Kyaikpun Paya

Thanlyin & Kyauktan

Only about 45 minutes by ferry across the Bago River, or about 30 minutes' drive from Yangon across Myanmar's longest bridge, is the town of Thanlyin and the ruins of an 18th century Portuguese church. It was once an important port and trading center from the 14th to the 18th centuries. The Ye Le Paya is on an island in the middle of the river, and outside of town is the large, golden Kyaik-khauk Paya. You can also see local ceramic production at Bogyoke Village.

Patheingyi (Bassein)

Famous for its paper umbrellas and beautiful religious architecture, it is an overnight boat trip from Yangon, or about 4 hours by car. From Patheingyi it is a few hours by bus or pick-up truck on to the beaches of Chaungtha and Ngwe Saung.



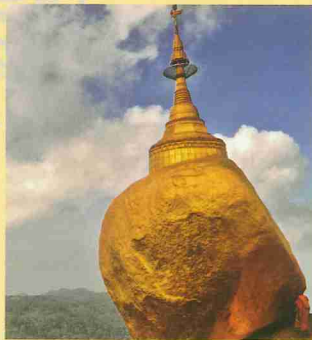
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Golden Rock

Kyaikhtiyo pagoda, atop a huge gold-plated boulder precariously balanced on the edge of a crag, is about 65 kilometers (40 miles) east of Bago. (90 Miles from Yangon). It is one of the Myanmar's most spectacular sites and is also an important Buddhists' pilgrimage shrine. It is believed by the locals that the fine balance of the boulder is maintained by a hair of the Buddha preserved inside the pagoda. From Bago, it will take about 3 hours in a car to reach to the base camp of Kyaikthiyo mountain range, where visitors will be taken up two-thirds of the mountain track by pick-up truck (a public transport which would take 30 to 45 minutes drive). At the end of the truck journey, one will need to climb the last part of the 45-minute ascend along a steep and winding path to complete the journey to the Golden Rock.



Golden Rock - Kyaikhtiyo Pagoda

Mawlamyaing

Mawlamyaing is the third largest city in Myanmar after Yangon and Mandalay situated 165 kilometers east of the nation's capital across the Gulf of Mottama at the mouth of the Thantwin river. It is the capital of Mon State with a population of almost 300,000 people. Formerly known as Moulmein, it was once a thriving teak port and the administrative capital of British Lower Burma. The town's signature

landmark is Kyaikthanlan pagoda built in 875 AD and thought to be the site from where Rudyard Kipling wrote his famous poem, 'The Road to Mandalay'. It's unlikely that Kipling was referring to Mandalay Ward located at the base of Kyaikthanlan pagoda, but rather the 'Mandalay' in central Myanmar. Mawlamyaing is generally considered to be off the main tourist trail for most travellers to Myanmar but the town does have a charm of its own with its rich history, buildings with colonial style architecture, World War II era wooden



Cycling in Mawlamyaing

buses and its close proximity to the infamous Siam-Burma "death railway", making it a fascinating place to visit!

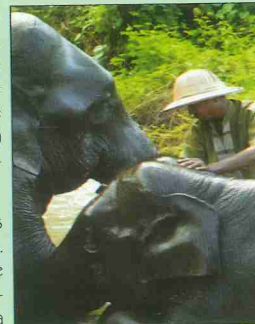


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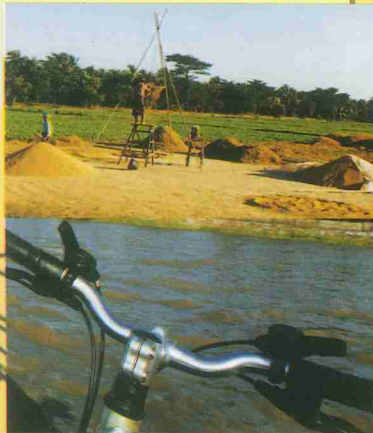
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