

Day 11 Wednesday 01 November

BAGAN to MT POPA

Today you tour the extraordinarily beautiful region of Mt Popa, meaning the Flowery Mountain. This is the sacred site of thirty seven Mahagiri Nats, or spirits in Buddhist Myanmar. Buddhists travel great distances to worship the Nats of Mt Popa. You visit the stunningly picturesque Popa Taung Kalat Monastery, perched atop a pedestal amid a lush green oasis. You visit the Taung Shrine and a selection of spectacular temples laden with gold and silver and a blaze with lights and mirrors. Return to Bagan in the evening for dinner and to overnight.

Overnight Bagan

Breakfast • Lunch • Dinner



Day 12 Thursday 02 November

BAGAN

Bagan is an immense archaeological area famed for having the largest concentration of Buddhist temples, pagodas, stupas and ruins in the world. The earliest sites date back to 849 and Bagan was the region's capital before being overrun by the Mongols in 1287. After breakfast you visit the thriving Nyaung Oo Market before exploring some of the most beautiful pagodas dating from the 1200s and early 1300s. Many are noted for their glazed jataka tiles, their terraces, their sheer size, and not least of all, for their stunning images of Buddha. Your visits include the Shwzegen Pagoda, the Gyubaukgyi Temple with its beautiful paintings and the Htilominlo Temple known for its stucco carvings. During the lunch break you see a colourful puppet dancing performance in the Wetgyi Inn village.



You then explore the largest pagoda, Dhammayangyi, erected in the 12th C by King Kalagya Min. It resembles a pyramid and has impressive mortar-less brickwork. Sulamuni Pagoda noted for its stunning views out across the stupas, which dot the landscape is also included in your tour. As the sun sets it turns the stone work of the pagodas a beautiful golden yellow. This is truly one of the world's most breathtaking views.

Overnight Bagan

Breakfast • Lunch • Dinner

Day 13 Friday 03 November

BAGAN to SINGAPORE

Today you depart Bagan by air to Yangon where you connect with your Singapore Airlines (Silk Air) flight to Singapore. Here you have a convenient connection to Adelaide.

Overnight in Flight

Breakfast • Meals in flight

Day 14 Saturday 04 November

ARRIVE ADELAIDE

Arrive in Adelaide in the morning.



Ancient Burma

Myanmar + River Cruise



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Sightseeing is dependent on weather conditions and Irrawaddy water levels

22 October - 4 November 2017



...enriching lives through cultural exchange

YANGON • INLE LAKE • MANDALAY TO BAGAN IRRAWADDY RIVER CRUISE • MT POPA

Myanmar (formerly Burma) remains one of the most welcoming and surprising treasures in South East Asia. Lying at the crossroads of Asia's great civilisations, India and China, Myanmar stretches from the Eastern Himalayas to the Indian Ocean, offering a haunting spirituality, ancient sites and timeless rural villages. Be mesmerized by the ingenuity of the villagers of Inle Lake and the ancient sites of Mandalay before cruising down the Irrawaddy River. Relax as life plays out along its banks and be delighted by village life and culture at the many stops along the way. Disembark in bewitching Bagan where its impossible not to be enthralled by its mystical temple landscapes. A land of breathtaking beauty and charm, this well paced tour and cruise through the 'Ancient Kingdoms of Burma' is a true cultural odyssey unlike any other.

TOUR LEADER: Helen Bulis has qualifications in Sociology, Women's Studies and Art History. Passionate about art and travel, she is a wonderful communicator and group leader who has travelled extensively throughout South East Asia. She is currently a guide at the South Australian Art Gallery.



INCLUSIONS: Flights Adelaide to Adelaide plus all internal flights • Fully escorted Adelaide to Adelaide • Local Guides • Hotel accommodation 3.5 - 4.5 star • River Cruise on Irrawaddy Princess • All meals as per itinerary • All entrance fees • Welcome Dinner & Farewell Dinner • Comprehensive Tour Notes • Pre & Post Tour Meetings

14 Days \$5870

Based on twin share + airline taxes \$565 & visa \$70 (Nov 2016)
Single supplement \$835 • Balance due 11 August 2017

Day 1 Sunday 22 October

ADELAIDE to SINGAPORE

Depart Adelaide this morning with Singapore Airlines for Singapore. Here you transfer to the comfortable Crown Plaza Changi Airport for a good night's rest.

Overnight Singapore
Meals in flight

Day 2 Monday 23 October

SINGAPORE to YANGON

Board a morning flight from Singapore to Yangon where you check into your hotel and refresh before heading out into this lively city for lunch in a local restaurant. This is followed by a leisurely tour of Yangon, formerly Rangoon, the capital of Burma since 1885 when the last Burmese kingdom ended. Appreciate the many fine colonial buildings and Sule Pagoda. Tonight you have a welcome dinner and visit the beautiful Shwedagone Pagoda, a glittering work of art.

Overnight Yangon
Breakfast in flight • Lunch • Dinner



Day 3 Tuesday 24 October

YANGON to INLE LAKE

Today you have a short flight to Heho from where you drive to Lake Inle. This serene, shallow lake is surrounded by high plateaus and the Shan Mountains and is the landscape of the thriving culture of the Intha people who have built their homes on stilts within the lake. Check in to your resort style hotel in the lake and begin to explore this fascinating area.

Overnight Inle Lake
Breakfast • Lunch • Dinner

Day 4 Wednesday 25 October

INLE LAKE

Today is a most memorable day as you take to small wooden craft to make your way around the lake. The boats are shaded by umbrellas and are the perfect way to visit local villages, markets and religious sites such as the Padaung Daw Oo Pagoda. In the village of the Padaung people you may encounter women who still wear collections of bronze rings around their elongated necks.

Overnight Inle Lake
Breakfast • Lunch • Dinner



Day 5 Thursday 26 October

INLE LAKE

After breakfast you set out by boat for the villages of Nanpam and Yawma. Here you see intriguing gardens built up on the lake's surface. Nearly all the homes are constructed on stilts and villagers travel around by canoe. They are also noted for their handicrafts including hand loom weaving. You then have a tour of the Nga Hpe Chaung Monastery otherwise known as the Jumping Cat Monastery and visit a village where cheroot is made by hand before returning to overnight at your hotel in the lake.

Overnight Inle Lake
Breakfast • Lunch • Dinner



Day 6 Friday 27 October

INLE LAKE to MANDALAY

Fly north to fabled Mandalay this morning where you are taken to your hotel and to have lunch locally. Mandalay is a relatively 'new' city but surrounding it are four ancient and past capitals. Over the next two days you will visit many of these ancient sites. This afternoon you explore the site Mahamuni Pagoda complex built by King Bodawpaya in 1784. It houses a four metre image of Mahamuni, a gold leaf Buddha and six Khmer figures from Cambodia's Angkor Wat.

Overnight Mandalay
Breakfast • Lunch • Dinner



Day 7 Saturday 28 October

MANDALAY

Today you explore the old Royal Capital of Amarapura where you visit the Mahagandanyon Monastery where over one thousands monks live and study the teachings of Buddha. Your day also includes the Kaungmudaw Pagoda and a local Silversmiths workshop. In the late afternoon you view the sunset from the U Bein Bridge which was constructed in 1782 and is the longest teak span bridge in the world.

Overnight Mandalay
Breakfast • Lunch • Dinner



Day 8 Sunday 29 October

MANDALAY to BAGAN IRRAWADDY RIVER CRUISE

Transfer to the Shwe Kyat Yet Jetty in Mandalay this morning to embark on your boat cruise on the Irrawaddy River. Enjoy a welcome drink before heading upstream to the famed Mingun Pagoda complex to see the unfinished pagoda and the Mingun Bell which weighs 90 tonnes and is said to be the largest hanging bell in the world, and the Home for the Aged. After lunch on board you turn downstream to Sagaing. Here you have a shore excursion to visit this most important Buddhist religious site. Back on board you have dinner and watch the sun set before mooring at a midstream sandbank for the night. The Irrawaddy Princess is Burmese styled with air conditioning, en-suite bathrooms, comfortable dining rooms and decks and good authentic cuisine. It is a wonderful way to take in the landscapes and everyday life as it plays out along the river banks.

Overnight on boat
Breakfast • Lunch • Dinner



Day 9 Monday 30 October

IRRAWADDY RIVER CRUISE

Cruise downstream today enjoying meals on board, relaxation and cultural sightseeing. You disembark at the pottery village of Yandabo where the production of terracotta from the river bank clay sustains the local villagers. Yandabo is also historically recognized as the site of the Yandabo Peace Treaty signing in 1826 between the British and the Royal Burmese House of Ava to end the first Anglo-Burmese War. This evening you moor near the confluence of the Chindwin River, have dinner and enjoy the peaceful ambience.

Overnight on boat
Breakfast • Lunch • Dinner



Day 10 Tuesday 31 October

BOAT ARRIVAL in BAGAN

Sail off in the early morning for beguiling Bagan and a day of sightseeing. Visit Ananda Temple built in 1105 by King Kyanzitta with its enormous standing Buddha images and 12th C Thatbyinnyunt Temple noted for its fine stucco carvings. You also have time to peruse the lacquerware shops in Minkaba and see Myazedi Pagoda built in 1059 with its huge sitting and reclining Buddhas. After a relaxing break you visit UNESCO World Heritage protected Gyubaukyi Temple with its ancient murals. A mesmerising experience this evening is watching the sunset over the magical landscape of Bagan. Dinner tonight includes a superb cultural performance.

Overnight Bagan
Breakfast • Lunch • Dinner