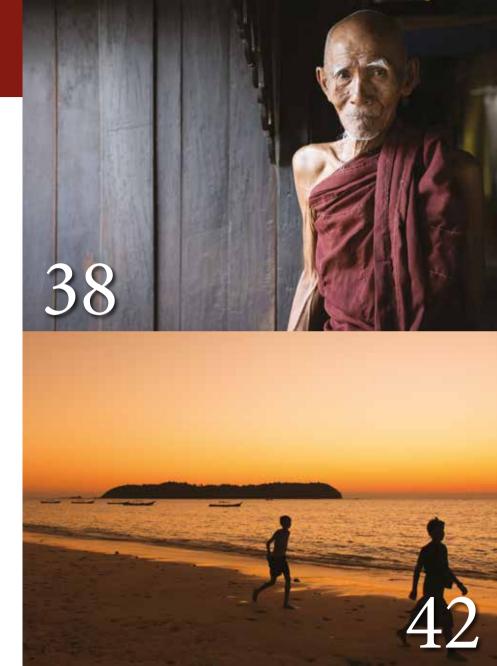
## - Tour Mandalay -



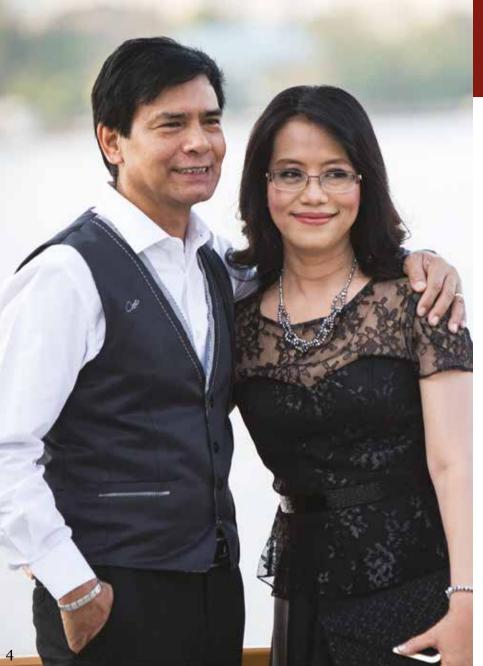


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# About us

Dear Reader,

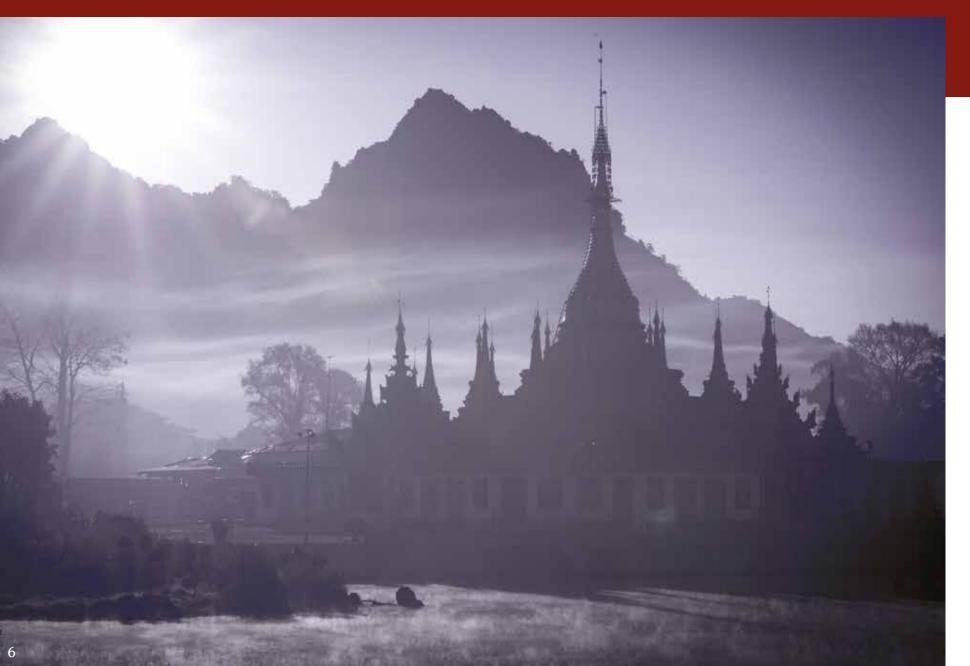
Founded as a family business in 1994, Tour Mandalay is one of the longest established and most experienced destination management companies in Myanmar. With annual tourist numbers set to increase to 7.5 million by the end of 2020, we are delighted that interest in our Golden Land is finally picking up. However, the country still faces many challenges in ensuring that these visitors travel responsibly. Through mutual cooperation with yourself, our partners and the local community, we are confident we can make this happen, whilst continuing to provide exceptional service and unique experiences for our guests.

Tour Mandalay proactively source and contract our own local guides, thus ensuring you are taken care of by a representative whom is experienced, knowledgeable and extremely passionate about the area in question. On top of this, we have access to our own fleet of sedans, minivans, mini-buses and deluxe coaches, enabling us to cater for the majority of client's transportation needs. With over 150 employees across four regional offices, and a small number of local representatives present in more remote locations, we can also ensure you will always have someone nearby.

We hope that this brochure will help to provide you with a better idea of what Tour Mandalay has to offer, whilst helping to further ignite your interest in travelling to this incredible part of the world. On behalf of the people of Myanmar, we look forward to greeting you with a smile.

Khin Zaw and Mee Mee Nichols





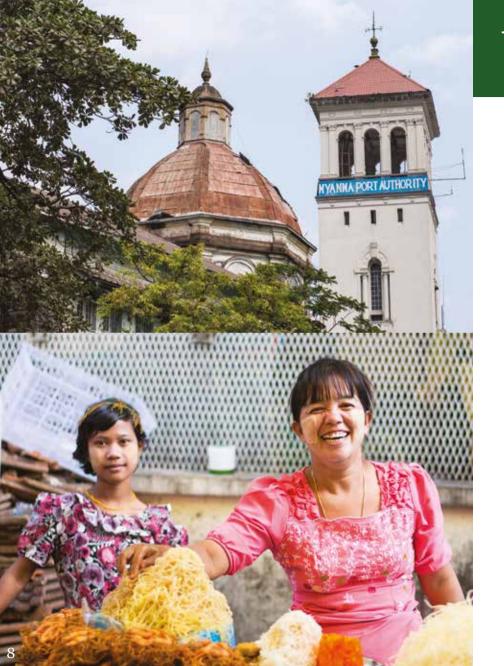
# Myanmar (Burma)

Described by many as Asia's final frontier. Myanmar (Burma) is a truly unforgettable country, blessed with deep-rooted cultural traditions, jaw-dropping natural beauty, and a history that goes back as far as 13,000 years. Whilst it may have missed out on the economic boom years enjoyed by many of its South East Asian counterparts, Myanmar has remained relatively untouched and could easily be mistaken for a land lost in time. Within hours it's possible to travel from crumbling colonial cityscape, to temple strewn plains, to ethnic villages, which have experienced little change since the 15th century.

As a result of much welcomed political reform, the country is slowly opening up to the world, and it's great to see that in recent years, well-known publications such as the National Geographic, Lonely Planet and Wanderlust Magazine have all rated Myanmar as one of their top destinations to visit. It is incredible to think that these accolades were awarded when only a fraction of the country was accessible to tourists. As transportation routes and accommodation facilities gradually improve, more and more iconic, yet lesser known destinations such as Mrauk U. Putao and Myeik (Mergui) Archipelago will all get the opportunity to show-off their UNESCO worthy sites to the world.

It is interesting to note however that the majority of second and third time visitors often comment that it is not just the history, scenery and untouched nature of Myanmar that keeps them coming back, but it is also the people. With over 130 ethnic groups, our country's cultural makeup is incredibly diverse, vet surprisingly accessible. This coupled with the population's friendly, genuine and humble nature will be sure to impress and leave a lasting impression on anyone that comes to visit.





# Yangon (Rangoon)

Yangon (Rangoon) is the former capital of Myanmar with a population of just over five million. Although it is currently undergoing rapid development, the city has managed to retain much of its long-established colonial charm and cosmopolitan feel; it is perfectly normal for example to find temples, churches, mosques and synagogues all within walking distance of one another. Towering above all of this however at 99 metres, is the 2600-year-old Shwedagon Pagoda, which if anything, pays remarkable testament to the population's fervent Buddhist belief.

People visiting Yangon for the first time are often surprised by the amount of green scenery present. The predominantly warm and wet tropical climate, provides the perfect growing conditions for tree lined avenues, shaded parks and, for those that can afford it, perfectly manicured private gardens. Inya and Kandawgyi, the city's two major lakes, provide locals with a perfect oasis to escape the hustle and bustle, whilst chatting to friends and family over a leisurely board game and picnic.

If you are really keen to get under the skin of the city, be sure to spend an evening exploring downtown. Made up of a series of bustling walkways, congested roads and narrow side streets, this side of Yangon is packed with colourful market stalls, local eateries and traditional teahouses. The area also boasts the highest concentration of colonial buildings anywhere in South East Asia, with well-preserved buildings such as the High Court, Secretariat and Custom House, all providing a fascinating glimpse into what the city would have looked like during its time under colonial administration.



## The Governor's Residence

Set in a luxurious, colonial-style mansion from the 1920s, The Governor's Residence is the perfect choice for anyone looking to escape the busy nature of the city without compromising on location. With its fan-cooled verandas, spacious garden and exceptional service, it is no wonder this has quickly become the most sought after accommodation option in town.

#### **The Strand Hotel**

Described as "the finest hostelry East of Suez" by John Murray in his Handbook for Travellers written in the early 20th century, this 1901-built three storey 5 star hotel remains one of Southeast Asia's few grand colonial hotels and certainly one of its most awe inspiring. A night or two here is a must for anyone looking to get a sense of what Yangon would have felt like during its colonial heyday.





Whilst most people view Yangon as a convenient hub from which to fly in and out of, it is also a great destination to start a road trip. Within hours you can find yourself photographing rare species of wildlife at one of the country's best preserved national parks, or standing shoulder to shoulder with devout Buddhist monks and locals alike, as they pay respects at the iconic Golden Rock.

#### Bago

Bago, formerly Pegu, is a provincial market town located approximately 80km northeast of Yangon. From the 12th century onwards, a long line of Mon Kings created what was then the wealthiest and most powerful kingdom in the country. Numerous wars raged between the 16th and 18th centuries however, which eventually resulted in the city's demise. Nowadays it is almost impossible to get a true sense of its former glory, but it does retain an impressive hoard of Buddhist monuments whose scale and splendour evoke the glory days of the Mon Kingdom. Notable highlights include Shwemawdaw Pagoda, Shwethalyaung Buddha and the reconstructed Kanbawzathadi Palace.

#### Moeyungyi Wetland

Originally constructed by the British as a reservoir in 1878, Moeyungyi has slowly evolved over a number of years to become the 40 square mile natural treasure trove you see today. With over 125 species of birds, including 75 migratory species, it is one of the best places in Myanmar from which to carry out a spot of bird watching or wildlife photography. In order to truly experience Moeyungyi, Tour Mandalay would recommend staying overnight at Moeyungyi Wetland Resort, where it is possible to observe the flora and fauna from wooden walkways, or on pre-arranged guided boat tours. A visit to Moeyungyi is also a great way to witness typical countryside lifestyle, and due to its remoteness, it is very unlikely you will share this experience with anyone else.

#### Kyaiktiyo

160km northeast of Yangon you will find one of the holiest pilgrimage sites in the country, the Golden Rock. The stupa, believed to enshrine a single strand of the Buddha's hair, is positioned on top of a gold covered boulder, which in turn is balanced precariously on the edge of a cliff face. Whilst a glimpse of the iconic rock is what most come to see, it is usually the journey up there that people will come home talking about. In order to reach the summit, visitors are required to drive up 11km of windy mountain road in the back of a pick-up truck, followed by a short climb on foot. Weather permitting, the view from the top is simply breathtaking.

#### Mawlamyine (Moulmein)

The fourth largest city in Myanmar, Mawlamvine, or Moulmein as it was once known, is located 300km southeast of Yangon. Not only was Mawlamvine the first British colonial capital (1826-1852) but it also features in the opening lines of Rudyard Kipling's famous poem, Mandalay. This reads, "By the old Moulmein, pagoda lookin' lazy at the sea, there's a Burma girl a-settin' and I know she thinks o' me". Colonial history aside, the city boasts a wide variety of interesting spots including the abandoned St Matthew's Church. Pa Auk Tawva Monastery and Kyaik Tan Lan Pagoda. 30km away is the small town of Thanbyuzayat, the terminus for the infamous Burma-Siam railway linking Thailand and Myanmar during the Japanese occupation. Dubbed the "Death Railway" by those who were forced to build it, many allied prisoners of war lost their lives here. Whilst emotional, a trip to the 3,771 graves at Thanbyuzayat War Cemetery is well worthwhile.

Travel tip: To connect Mawlamyine with Hpa-an, or vice versa, we would always recommend taking the four hour boat journey up or down the Thanlwin River. Not only is this a great way to unwind, but you will also float past local villages and dramatic karst mountain scenery along the way.



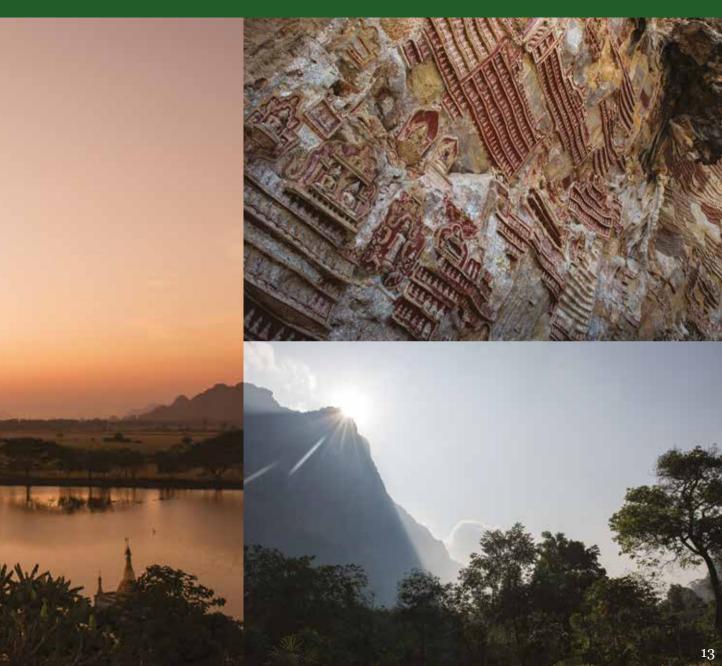
#### Hpa-an

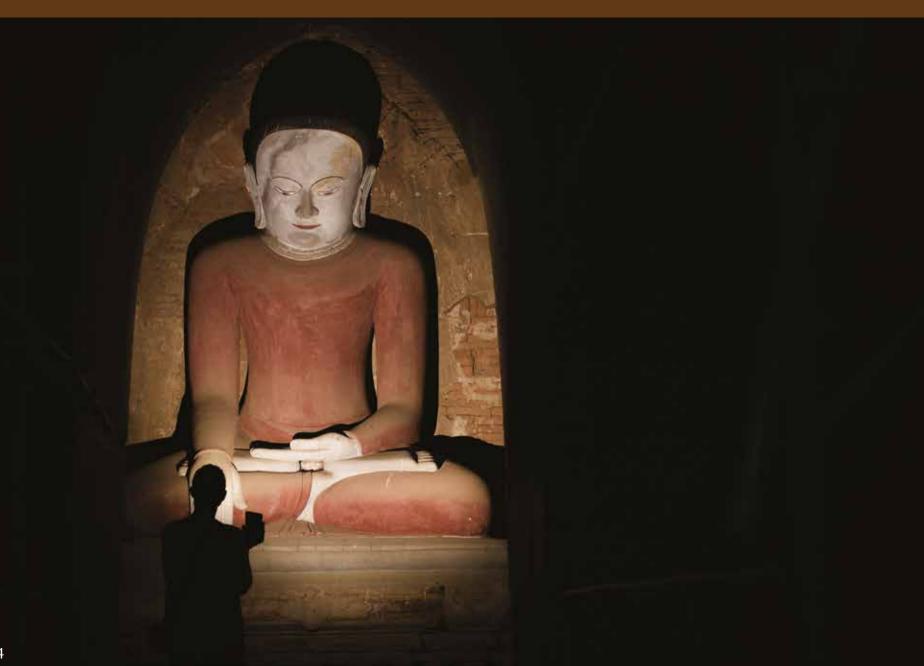
The capital of Karen (Kayin) State, Hpa-an is a small, lively town that has remained surprisingly undeveloped given its proximity to Yangon and Mawlamyine. Other than a bustling morning market, the city itself has little to write home about, but the surrounding karst landscape, sacred Buddhist caves and laid back nature make this a worthwhile destination to explore. One of the most impressive experiences is a trip to Saddan Cave, with its ginormous cavern, rows of Buddha statues and a breathtaking view of a secret lake. There is also the natural limestone cavern of Kawgun Cave, which is filled with Buddha statues and Buddhist artefacts dating back to the seventh century. For photography enthusiasts, look no further than an early morning, or late afternoon visit to Kyauk Kalat Pagoda as it sits with pride on top of a severely weathered section of limestone rock.



### Hpa-an Lodge

Located on the outskirts of Hpa-an, this boutique lodge provides its guests with a wonderful oasis from which to enjoy the town's picturesque and natural surroundings. All of the Karen-style, stilted wooden chalets look out onto the imposing Mt Zwegabin, with the rooms towards the back boasting the best views. Considering its remote location, the food served here is also exceptional, with the potential to please even the most cautious of diners.





# Bagan (Pagan)

With over two thousand ancient temples dotted across a vast, dusty landscape, Bagan (Pagan) is one of the most impressive archaeological sites in South East Asia. In-between the 11th and 13th centuries. Bagan flourished as the capital of the 250year old Pagan Kingdom. During this time the city's rulers are said to have built over 10,000 religious monuments, including gold-gilded temples, stupas and monasteries.

One of the best ways to capture your first glimpse of Bagan is from the top of the 100m high Shwesandaw Pagoda. Built in 1057 by King Anawrahta, the founder of the Pagan Kingdom, this offers a glorious 360-degree panoramic of the plain, making it a popular spot for anyone looking to witness Bagan's iconic sunrise or sunset. Another must-see is the 900 year old Ananda temple, one of the oldest and best preserved religious monuments in the country. Often referred to as the "Westminster Abbev of Myanmar" the scale of this well maintained structure is remarkable, as are the Buddhist artefacts that decorate the interior.

Whilst the above sites are magnificent and should not be missed, one of the downsides is that they will inevitably attract crowds. With this in mind, Tour Mandalay would strongly recommend carrying out an itinerary that includes an equal balance of the most popular and lesser-known temple attractions. Unfortunately there is not enough room on this page to write about them all, but temples such as the fort-like Myauk Guni, built by the powerful Queen Pwasaw, have an equally impressive history yet very few make their way here.



#### **Oriental Ballooning, Bagan**

For an experience that will quite literally take your breath away, why not take to the skies in one of Oriental Ballooning's luxurious 4-8 passenger wicker baskets? This is a great way to escape the crowds that flock to the major pagodas and ensure an adventure that will hopefully rival anything you have experienced before.

Oriental Ballooning is a relatively new addition to Myanmar's hot air balloon scene, but that does not take anything away from their quality or experience. The entire fleet has been purchased from one of the United Kingdom's top hot air balloon manufacturers and all of their experienced pilots hold a UK commercial ballooning license. This, coupled with the fact they only fly with small baskets, makes them Tour Mandalay's preferred choice.



#### Tharabar Gate Hotel

This well-appointed hotel is within walking distance from some of the ancient city's major sites. Each of the hotel's 83 luxury rooms are decorated in a typical Burmese style with all the mod cons you would expect from a property of this standard. For those looking to indulge in a spot of rest and relaxation after touring, the poolside bar provides the perfect setting from which to enjoy your favourite beverage.



**Bagan Thiripyistaya Sanctuary Resort** 

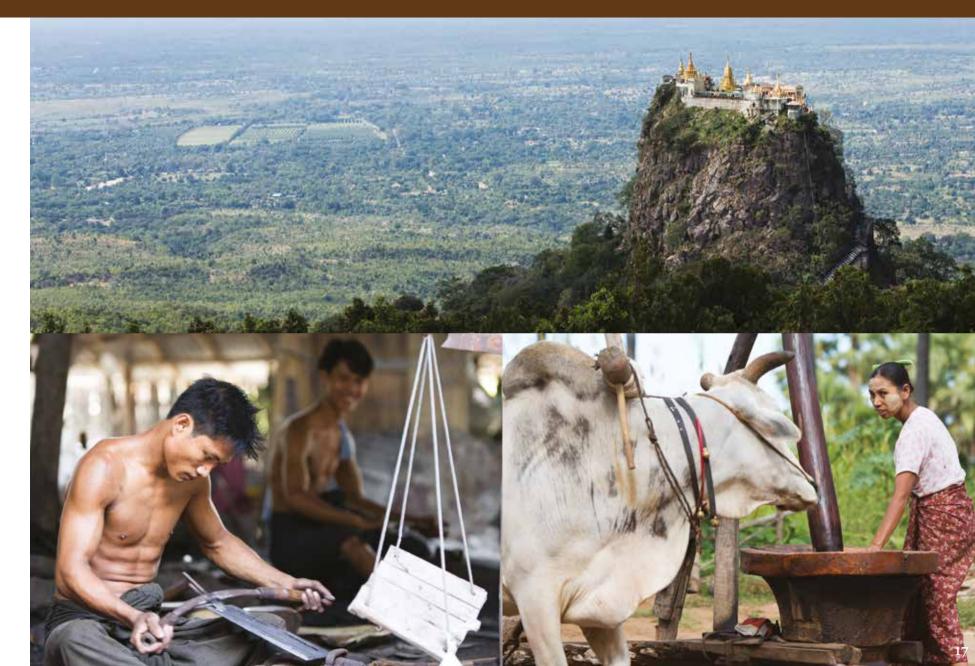
With extensive landscaped grounds and a glorious sunset view of the Irrawaddy, a stay at this long established resort will help to ensure the perfect balance of adventure and relaxation. Budget and availability permitting, Tour Mandalay would always recommend a stay in the resort's spacious Deluxe River View rooms, all of which boast incredible views and easy access to the large open-air pool. As a result of repeat Mongol invasion and a series of devastating earthquakes, the Pagan Empire eventually lost its prominence and survived into the 15th century as a human settlement. This helps to explain the large number of diverse and well-established village communities that can be found dotted around the outskirts today. Assuming your time in Bagan is not limited to a couple of nights, a day trip, or two, to these surrounding villages or small towns can make for an enjoyable and authentic experience.

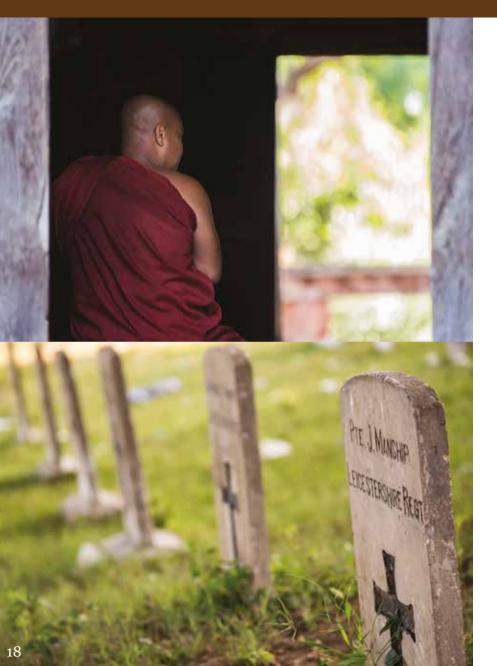
## **Mount Popa National Park**

Located 50km southeast of Bagan, Mount Popa National Park is a pleasant oasis covered with green forests, natural springs and flowering trees. As a result of its outstanding variety of flora and fauna, in 1989, the area was granted National Park status making it a worthwhile option for any nature or wildlife enthusiast. Mount Popa itself is a 1520-metre high extinct volcano, home to the highly revered Popa Taung Kalat shrine. It is necessary to climb 777 steps before it is possible to reach the summit, but once there, your eyes will be greeted with a glorious panoramic of Mount Popa National Park and the surrounding countryside. On the way to Mount Popa National Park, it is also possible to stop by a local village and palm tree plantation to witness first-hand local farmers producing toddy juice and brown palm sugar.

#### Pakkoku

The best, although slowest way to reach Pakkoku, is a two to three hour boat journey along the banks of the Irrawaddy River. Particularly famous for its tobacco and thanaka production, a trip to Pakkoku and its surrounding settlements is a great way to capture a unique glimpse of local village life in the area. Also worth a visit is the 19th century Kyaung Daw Gyi Monastery in the nearby town Pakhan-gyi with its 254 teak pillars.





#### Salay

Approximately 35km south of Bagan is Salay, a small town famous for its considerable number of ancient monasteries, most of which are adorned with a variety of intricately produced woodcarvings. One of the most impressive is the 130-year-old Yokesone Kyaung Monastery. Built using 154 teak posts, the carvings found here will be sure to impress even the toughest of art critics. Another worthwhile site is the large lacquer Buddha statue at Shinbin Maha Laba Man Pagoda. This is said to be the largest Buddha of its kind in Myanmar and dates all the way back to the 13th century.

#### Salin

For an extremely authentic, yet slightly more low-key experience, the two-hour journey to the small town of Salin comes highly recommended. To break up the 90km journey, Tour Mandalay would strongly recommend a stop at Chauk's bustling local market - very few foreign visitors make it here, so your presence will be sure to turn a few heads. You will then go on to cross the impressive Anawrahta Bridge, named after the founder of the Pagan Empire. Shortly after crossing the bridge you will then arrive at Ta Nyaung village, home to a small number of blacksmith workstations. Here you can personally witness the hardworking locals wielding a range of hardware ranging from knives to farming equipment. Another worthwhile stop is U Ottama Monastery, built in 1819, which consists of a large pillared hall and an underground cellar. It is here where the revolutionary soldiers are said to have taken refuge during the Anglo-Burmese War. Next you will visit Salin's Salay Yokson Monastery, a charming wooden structure built in 1868 - be sure to keep an eve out for the Japanese clock, which would have been used during the Japanese occupation during WW2 and the antique bookshelf with a royal crest

carved into the top. Another spot we would recommend is the long-forgotten war cemetery; the final resting place for the British soldiers who fought in the Third Burmese War (1885-87). To finish your tour, be sure to take a break by Wetthe Lake, a 1000-acre expanse dotted with thousands of lotus leaves. The area has also been designated as bird sanctuary, making it the perfect place to enjoy a spot of birdwatching or photography.

#### **Chin State**

Whilst a minimum of three to four nights will be required to do it justice, the long and bumpy journey west into Chin State will provide a glimpse of Myanmar untouched. Not for those seeking creature comforts, this sparsely populated region is one of the most remote and least developed areas in the country. Up until 2013, strict travel restrictions had meant that it was not possible to travel to the region without prior permission from the government. Now that these regulations have started to ease, destinations such as Mount Victoria (Nat Ma Taung), Kanpetlet and Mindat have slowly started to make their way onto the well-informed traveller's radar.

For most, the trek to the summit of Mount Victoria is regarded as a major highlight. The seven-hour drive by open-air jeep from Bagan to Kanpetlet will provide plenty of opportunity to brush shoulders with locals as you stop off at small markets and villages en route. It will then be necessary to stay overnight in Kanpetlet, before driving to Mount Victoria's base early the following morning. The mountain itself will take approximately three hours to ascend, with the windy tracks leading you up through ancient forests, patches of wild flowers and natural wildlife habitats. Occasionally the natural growth will make way for partial views across the surrounding area, providing a gentle reminder of the region's vast and remote nature. Once the meadow-like summit has been reached, one can enjoy a 360-degree panoramic of the Chin State's wild and wonderful landscape.





# Mandalay

Built by the popular King Mindon, Mandalay was the last royal capital of Myanmar until the British completed their colonisation of the country in 1886. No thanks to neglect and heavy bombing of the mostly wooden built capital in 1942, a dynasty that had taken a thousand years to build was destroyed within hours. The royal palace, which was moved from the former capital of Amarapura back in 1857, was also burnt to the ground. All that survived was the royal mint, the watchtower and the four 2km long palace walls. Whilst a replica now stands in place, one can only imagine what the grounds and interior of the original palace would have looked like if it still stood today.

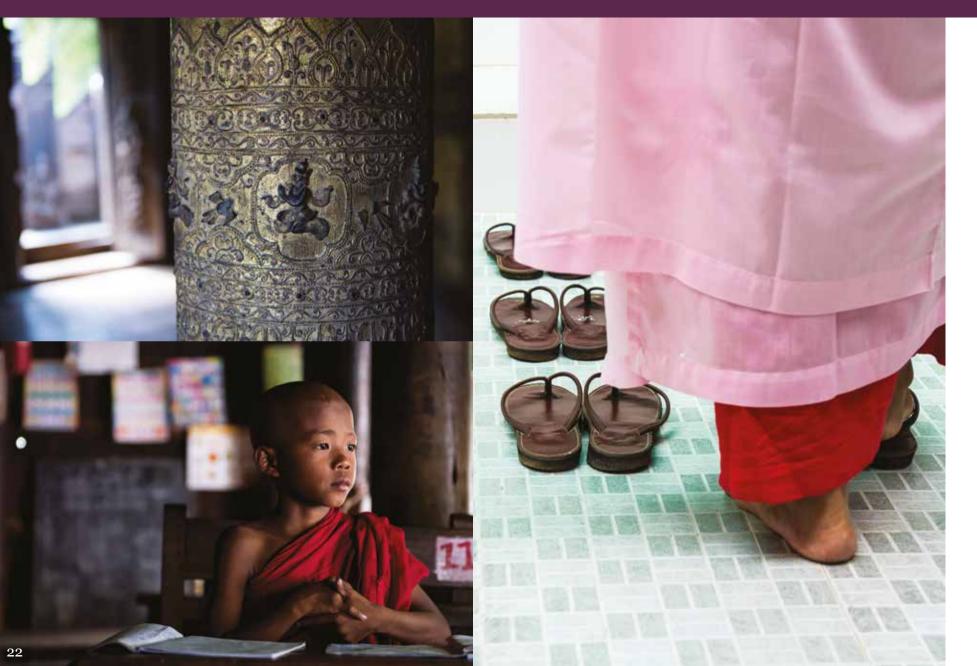
Almost as though it has risen from the ashes, Mandalay exists today as a young, lively and vibrant city, famous for its culture, education and arts. This helps to explain the large number of workshops, ranging from gold leaf making to marble and woodcarving. The city is also home to some of the country's most lively and colourful markets. Mandalay's gem market for example, is the largest of its kind in the country and a great way to witness the experienced buyers and sellers do what they do best. Then there is the Thaye Zay Station Bazaar, a local market with a difference. The open-air market spans both sides of a railway track, springing to life in the morning when vendors arrive with close to one hundred pop-up stalls. This business is purely temporary however, seeing as the vendors are frequently required to remove their stock to make way for passing trains.

Travel tip: Hire a rickshaw from Thaye Zay Station to Shwesandaw, via the city's magnificent city walls. This is a fun and affordable way to appreciate some of the city's major sites.



#### **Oriental Ballooning, Mandalay**

One of the best ways to appreciate the city is by floating a few hundred metres above. Doing so will provide a spectacular vantage point of Mandalay's most iconic sights, including the royal palace walls and the meticulously designed Kuthodaw Pagoda. The luxurious wicker basket also provides the perfect viewing platform from which to appreciate the busy and varied life of Mandalay's locals. As with any hot air balloon adventure, the route of the journey is completely determined by the course of the wind, so there is no way of telling where the balloon will land. Perhaps it will be close to the teak stilted bridge of Amarapura, or even the temple-strewn hilltops of Sagaing?



Mandalay is also an extremely important religious centre, with more Buddhist monasteries than anywhere else in the country. One of the most impressive is the miraculously preserved Shwenandaw Kyaung, or Golden Palace Monastery, originally built as the private residence for King Mindon. Shortly after King Mindon's passing, his son Thibaw often used the building for meditation purposes, but he soon became convinced that it was haunted by his father's spirit. As a result, King Thibaw ordered the building to be dismantled and relocated to an area outside of the palace grounds. If it were not for this superstition, the country would have lost this awe-inspiring piece of architecture long ago.

Nearby, located at the foot of Mandalay Hill, the largest book ever written can be found in the grounds of Kuthodaw Pagoda. King Mindon ordered 729 marble slabs to be inscribed in gold with the entire Buddhist text of the Tripitaka, a remarkable testament to the popular king's devotion to the religion. However, after the annexation of Mandalay by the British in 1885, it was decided that their troops would be stationed in the city's monasteries, temples and pagodas. During this short period of time, many of the rare treasures that adorned Kuthodaw Pagoda were looted, including the gold from the inscribed marble pages. In 1982, a long and expensive restoration process started, but it was decided the slabs would be re-inked in shellac. Even though it was not possible to restore the complex to its former glory, there is no denying its magnificence.

Another worthwhile religious site is the outstanding Mahamuni Pagoda, where a four metre tall, six tonne bronze Buddha sits proudly enshrined. As a result of many years worth of dedicated worship, the originally bronze figure has now been covered in so much gold that it has lost its original proportion. Another highlight of this impressive temple complex are the worn bronze statues from Cambodia's ancient Angkor Wat temple, believed by locals to possess magical healing powers.



#### Hotel by the Red Canal

Long positioned as Mandalay's number one boutique option, the Red Canal is a property that offers comfort, authenticity and unrivalled charm. After enjoying a poolside beverage in the evening, be sure to try out the hotel's restaurant, the Spice Garden, which specialises in North Indian cuisine – this comes highly recommended and is regarded by many to be the best of its kind in the country.



#### **Yadanarpon Dynasty**

Located one block away from the Palace Walls, the Yadanarpon Dynasty is arguably one of the best located and affordable hotel options in town. Built in 2013, each of the property's 58 rooms are fresh, clean and comfortable. Those with families, or couples seeking a bit more space, may wish to consider upgrading to one of the spacious garden villas.



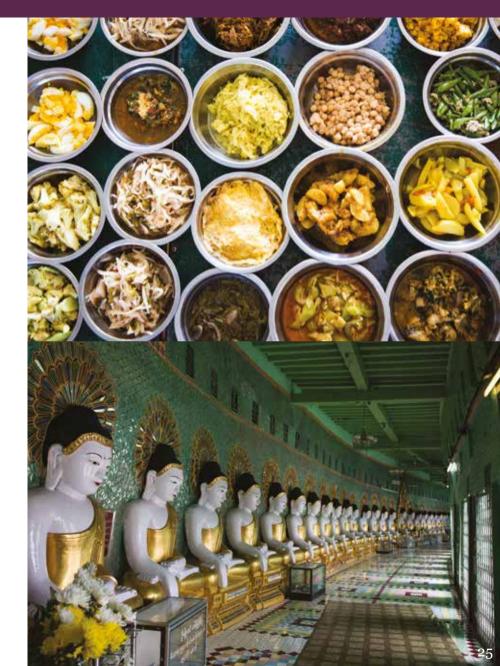
Mandalay also serves as a convenient hub from which to explore some of the nearby ancient towns and cities, most of which have a rich and interesting history dating back many centuries.

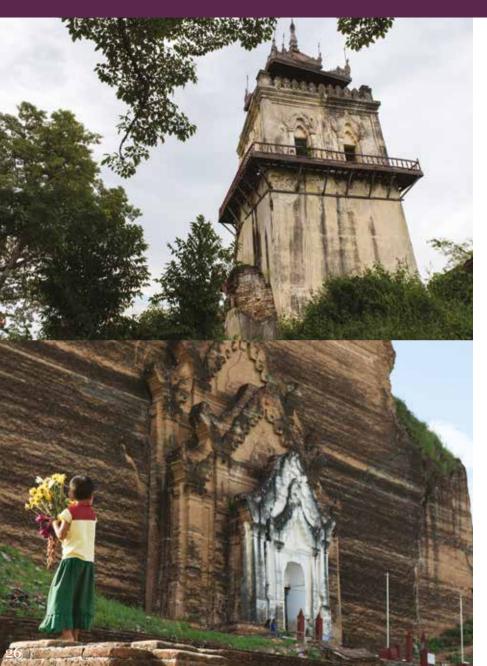
#### Amarapura

Amarapura, or the City of Immortality as it translates in Sanskrit, was the royal capital twice during Konbaung period (1783 - 1821 and 1842 - 1859). On the site where the royal palace once stood, little remains other than the stone foundations. King Mindon ordered the entire teak structure to be demolished and rebuilt in Mandalay, thus becoming the last capital of the Myanmar kings. Nowadays, the city thrives as a centre for weaving, with some of the country's finest silk and cotton longyis (a traditional sarong worn by both men and women) being produced here. The ancient city is also home to the 100-year old Mahagandayon Monastery, one of the largest in the Mandalay area and an important centre of Buddhist learning for almost 3000 monks. The most photographed site however, is the 1208-metre long U Bein Bridge, which is said to be the oldest and longest teakwood bridge in the world.

### Sagaing

The ancient city of Sagaing lies 21km southwest of Mandalay on the western bank of the mighty Irrawaddy River. Famous for its white and gold pagodas that dot the hilly landscape, the region was once capital of the Sagaing Kingdom (1315 -1364). With over 600 monasteries and nunneries, nowadays it is regarded as one of the most holy sites in the country. To capture the best view of the ancient capital's mystical landscape, the climb to the top of the 14th century Pon Nya Shin Pagoda will be sure to impress. Also worth a visit is the nearby U Min Thonze Cave, a crescent-shaped colonnade home to 45 gilded Buddha images. If time permits, it is also possible to visit a local monastery or nunnery to observe the monks and nuns gather for lunch. This typically takes place at 11am and is their largest and final meal of the day.





#### Inwa (Ava)

Located 20km southwest of Mandalay, Inwa (Ava) was the on-off imperial capital five separate times during the 14th and 19th centuries. As a result of a series of devastating earthquakes, most of the royal city has now been reduced to rubble. Some features still remain however, including the ruins of the once formidable city walls, brick-lined thoroughfares, the royal swimming pool and the haunting shell of Nan Mvint watchtower. Dotted outside the walls of the royal city it is possible to find the remains of ancient pagodas and two well-preserved monasteries that date back a couple of centuries. One of which, Bagava Kyaung, is a working teak monastery supported by 267 posts. Built as a representation of Wayzavanta Palace, the highest level of heaven in Buddhism, the entire monastery is decorated with intricate carvings, floral arabesques, curved figurines and the reliefs of birds and animals. A small section of the monastery now operates as a classroom, providing a unique insight into the lives of the novice monks whom regularly study there.

#### Mingun

Approximately one hour from Mandalay, across a vast stretch of the Irrawaddy River, can be found the small town of Mingun. The main attraction here is the Mingun Pahtodawgyi ruins, which was planned by King Bodawpaya to be the world's largest pagoda. As a result of superstition, the build was never to be completed and a powerful earthquake severely damaged the remains. An impressive 10 tonne bronze bell can also be found a short distance away from the ruins. Cast in 1808, this is one of the largest and heaviest functioning bells in the world. Even though it was knocked off its support by the same earthquake that ruined the pagoda, it remains today in a remarkable condition without any traces of damage.

#### Monywa

Located 100km northwest of Mandalav on the eastern bank of the Chindwin River, Monywa is a small, yet prosperous township, which serves as a major agricultural trade route. You can expect to find an abundance of fruit, beans and palm sugar, most of which is driven in from the surrounding villages of the Chindwin Valley. In addition to this, Monywa also boasts a prosperous local industry, with mills yielding a range of produce ranging from cotton to edible oils. As you can imagine, the town's market scene is thriving, especially if you are able to time your visit early morning. For most visitors however, the main attraction is the gaudy looking Mohnvin Thambuddhei Pagoda, a Buddhist temple with a huge stupa resembling Indonesia's Borobudur. Arguably the most impressive attraction however is Hpo Win Daung, a cave complex that can be found 25km west of Monywa. These rarely visited tunnels house rare and impressive Buddhist artwork, some of which date back to the 14th, 15th and 18th centuries.

#### Mogok

Situated in a picturesque valley 200km north of Mandalay, Mogok and its surrounding villages have long been associated with the mining of gemstones. In fact, close to 90% of the world's rubies are said to have originated from this area making it a must for any gem enthusiasts. The region also enjoys a diverse ethnic make-up with Bamar, Shan, Lisu, Palaung, Chinese, Indian and Gurkha communities present. In terms of sightseeing, a number of bustling ruby markets and mines can be found close to the centre of town, providing visitors with a unique glimpse into this lucrative industry. The half day Mogok valley trek is also worthwhile as it provides visitors with the perfect opportunity to interact with the hardworking locals, whilst at the same time offering a glorious panoramic of the valley and its surrounding mountains. This looks even more picturesque early morning when the mountains are partially misted over.





## Pyin Oo Lwin (Maymyo)

Once the summer capital of British Burma, Pyin Oo Lwin is a small town located 70km east of Mandalay at an altitude of just over 1000 metres. Often referred to as Maymyo after the British commander Colonel May who was stationed here in 1886, this former hill station enjoys cool weather for most of the year, making it a desirable destination for locals looking to escape the sweltering temperatures in the south. The pleasant climate also provides idyllic growing conditions for a range of flowers and fruit trees, which helps to explain the remarkable variety on offer at the 400-acre National Kandawgyi Gardens. The town itself boasts a romantic feel with eucalyptus, silver oak and pine trees partially obscuring the rows of ivycovered colonial mansions that dot the broad roadways.

#### **Goteik Viaduct**

Upon its completion in 1901, the Goteik Viaduct was the largest railway trestle in the world. At just under 700 metres long and 102 metres at its highest point, this truly is one of Myanmar's most stunning man-made marvels. Located approximately 100km northeast of Mandalay, the journey across the viaduct would usually be completed en route to the small town of Hsipaw. Due to the slow and bumpy nature of the train, the 200km journey takes approximately 14 hours to complete, which is why Tour Mandalay would always recommend a combination of train and car. Needless to say, this experience is a must for any train or architect enthusiast.

Travel tip: Tour Mandalay would always recommend booking a seat in ordinary class as opposed to first. Not only is there is little difference in terms of quality, but most importantly, the windows in this section have the ability to open all the way down. This will help to ensure you capture a better photograph of the 60-year old train as it winds around the visually stunning railway trestle.





#### Hsipaw

Nestled in the hills of northern Shan State, the sleepy town of Hsipaw is located 200km northeast of Mandalay by train or car. Often referred to as an unexpected wonder, the area is regarded by many to be one of the best and most accessible hiking destinations in the whole of South East Asia. Whilst hiking programmes can vary significantly in length, all will provide a unique insight into traditional Shan village life and the chance to venture into a land, which up until now, has remained relatively unexplored. It is also possible to enjoy Hsipaw's spectacular scenery on a boat cruise along the banks of the Dotawaddy River. The town boasts a bustling local market, where you can find everything from replacement machine parts to live chickens. Another highlight is a visit to the grand colonial residence of the famed Shan Prince Sao Kya Seng, whose tragic life story was famously documented in the book 'Twilight Over Burma'.



#### **Hsipaw Resort**

Situated on the eastern banks of the Dotawaddy River, this boutique resort offers 20 large en suite river view rooms, all with comfortable beds and powerful showers. The resort's riverside bar and restaurant is the perfect place to put your feet up at the end of a long day. Surrounded by well-maintained gardens, it specialises in a range of Myanmar, Shan, Western and Chinese cuisine.





#### **Oriental Ballooning, Inle Lake**

For those eager to escape the crowds and capture a unique glimpse of the lake, a reservation on this Oriental Balloon ride is a must. You will be escorted to the balloon's launch pad early in the morning, hopefully taking in a view of the lake as the remnants of morning mist slowly drift over. After a comprehensive briefing, your balloon will then take to the skies for an unforgettable experience.

As with any hot air balloon ride, it is impossible to predict the course of the flight, which helps to ensure that no one journey is the same. Perhaps you will fly over the lake, follow the course of the nearby mountain range, or even float by small villages whilst curious onlookers greet you with smiles? Whilst you are enjoying the magnificent view, Oriental Ballooning's experienced team of trackers will follow the course of the balloon. Who knows, there is always a chance that you will need to land on the lake's mobile landing pad.

## Inle Lake

Surrounded by the green mountain ranges of the Shan State plateau, this freshwater paradise has captivated the minds of travellers for centuries. Covering an estimated surface area of 116 square kilometres it is the second largest lake in the country, and at 900 metres above sea level it is also one of the highest. Due to its abundance of water, vegetation and idyllic climate conditions, the region has long served as an important wildlife habitat.

One of the most iconic sights associated with a trip here is that of the skilful, one-legged Intha rowers, a group of hardworking fisherman who prowl the lake in traditional wooden boats, usually with conical-shaped fish traps attached. In order to propel their vessels, the fishermen expertly wrap their legs around a long wooden oar, whilst at the same time rowing in a smooth and circular motion.

Whilst Inle Lake's population consists predominately of Intha, the region is considered a melting pot for a range of other ethnic groups including, Shan, Taungyo, Pa-O, Danu, Kayah, Danaw and Bamar. Many of these tribes peacefully coexist in bamboo clad, stilted accommodation which look out over the endless maze of floating gardens. For those keen to appreciate this cultural diversity first-hand, Tour Mandalay would strongly recommend stopping off at one of the many open house workshops.

Travel tip: Wine drinkers will be pleased to know that Inle Lake is home to two vineyards; Ayathaya and Red Mountain. Why not stop off at one to sample a glass of your favourite grape?





#### **Inle Princess Resort**

Situated in a picturesque spot on the eastern side of Inle Lake, this long established resort successfully incorporates luxury with a tasteful splash of Shan tradition. Each of the resort's spacious chalets have been designed in keeping with the lake's natural surroundings, making use of local materials and craftsmanship where possible. If budget and availability permits, an upgrade to one of the Lake View chalets comes highly recommended.



### Villa Inle Resort & Spa

One of the best boutique options in town, Villa Inle boasts a tranquil setting on the east side of the lake, well away from the seasonal hustle and bustle. The resort's spacious bungalows have been carefully appointed, with a select few commanding magnificent views of the lake. Those looking to turn relaxation levels up a notch will be pleased to know that this is one of the few resorts with a pool. With a range of comfortable accommodation options on offer, most choose to base themselves around the lake and explore the surroundings by boat. For those with an inclination to explore further, we would like to recommend the following.

### Inthein (Indein)

Located west of the lake, Inthein, or Indein as it is pronounced, is a small village famous for its 'five day' rotating market and crumbling ancient pagodas. Whilst it is possible to reach by car, most people opt for the pleasant 8km boat journey through the lake's narrow, grassy riverbanks. Directly behind Inthein village can be found a group of ancient stupas known as Nyaung Ohak. Long forgotten and overgrown with wild vines, they may look like nothing special at first, but on closer inspection you will notice hundreds of elaborate carvings depicting elephants, peacocks, devas (female deities) and more. From Nyaung Ohak, a short climb leads to a second group of pagodas named Shwe Inn Thein. The stupas here are in much better shape, with many having been restored to their former glory.

#### Sagar

Due to its remarkable scenery and laid-back nature, it is easy to understand why Inle Lake attracts so many crowds. For those looking to avoid this, the two and a half hour boat journey south to Sagar is well worthwhile. Opened to tourists in 2003, the area is home to a plethora of rare and wonderful wildlife, unspoilt countryside and stupas that date back as far as the 13th century. One of the most impressive attractions is the seemingly 'sunken' stupas of Sagar, a group of 16th to 17th century stupas that are partially flooded by the lake a few months each year. Nearby you can also find traditional Shan and Pa-O villages that specialise in the production of rice wine, earthenware pottery and lotus thread fabric. Due to the limited number of motorised boats, the area is noticeably quieter providing the perfect setting for a romantic picnic, or the chance to enjoy a few pages of your favourite novel.

#### Kakku

Kakku lies approximately 40km southeast of Taunggyi, deep in the heart of Pa-O countryside. Whilst the natural surroundings and historic villages are not going to disappoint, the main reason to venture this far is to lay eyes on the extraordinary garden of shrines. Numbering close to 2500, these stupas, many of which date back to the 11th and 13th centuries, have been closed off to the world for years. Some are designed in a typical Shan-style, painstakingly decorated with stucco deities and mythical beings. Those with an eye for detail will notice a small number of square shaped stupas, a design that is extremely unique to this region and more commonly associated with the monastery-style pagodas found in Bagan.

### Pindaya

The small town of Pindaya can be found approximately 70km northwest of Nyaung Shwe (Inle Lake), or 50km from Kalaw. Whilst the town itself is relatively undeveloped, it acts as a convenient base from which to explore the luscious Shan countryside. The gentle gradient and sparsely populated patchwork farmland make for great treks, many of which can be carried out within a day. For serious walkers, it is also possible to carry out overnight trekking which ensures a truly off the beaten track experience and a chance to witness first-hand what life is like in a traditional Danu and Pa-O hill tribe village.

The major attraction for many however is the impressive Shwe Oo Min Cave, a natural grotto filled with thousands of marble and gold-gilded Buddha statues. Although the images are not as ancient as some of the ones you will find elsewhere, the collection itself is extremely unique and the style differs from most other images you will find in Myanmar. The region is also famous for its various cottage industries that specialise in weaving and the production of Shan paper parasols.





#### Kalaw

Known for its laid-back atmosphere, cool climate and impressive countryside views, it does not take long to work out why the British were so keen to build a hill station here. The town itself has plenty to offer including a local market, restored colonial mansions and a pagoda that glitters with silver and gold mosaics. A worthwhile half-day trip is the Green Hill Valley Elephant Camp, an organisation dedicated to protecting the region's ecology, elephants and treasured traditions of the local people. From here it is also possible to carry out a range of two to three night trekking routes, many of which will see you pass through various hill tribe villages, whilst offering the chance to stay at a local houses or monasteries overnight. Last but not least, there is also a train that operates from Kalaw back to Heho or Shwenyaung. Rarely travelled by tourists, this 3-4 hours journey is a great way to experience local life whilst slowly taking in the abundance of rolling countryside views.

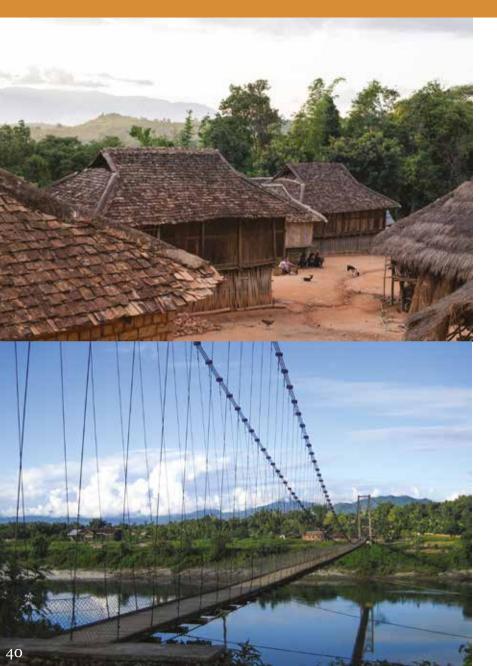
#### Loikaw

A three-hour drive south of Taunggyi, will find you in Loikaw, the remote and charming capital of Kayah State. Here you will find beautiful scenery galore and a large number of distinctive tribal cultures, the most famous being the Padaung, or 'longnecked' Kayan. The women from this tribe are well known for wearing neck rings, gold and brass coils that are placed around the neck, appearing to lengthen it. Using Loikaw as a base, it is possible to explore a number of these relatively untouched Padaung villages, most of which have been shut off to tourists for decades due to civil unrest. As a result of a recent ceasefire agreement, the area has become more accessible to tourists and it is likely that the locals will be thrilled to have you in their presence. For an unforgettable sunset, be sure to make your way to the summit of Taung Kwe Pagoda, a white and gold temple complex that sits pretty on top of a limestone monolith.









## Kyiangtong (Kengtung)

Once the capital of the infamous Golden Triangle, Kvaingtong can be found in the far eastern reaches of Shan State, close to the borders of China, Laos and Thailand. Now considered one of most remote destinations accessible to tourists, the town exists today as a cultural melting pot, home to various tribes such as the Wa, Shan, Akha and Lahu. Although pleasant, the town itself has relatively little to offer tourists, with the main attractions being the morning market. One Tree Hill (a ginormous 250-year old tree) and several picturesque lakes. In order to truly appreciate the region's diversity, a short journey into one of the surrounding villages is a must. Here you will find an abundance of culture and breathtaking trekking routes, many of which lead through beautifully terraced landscape and deep into the heart of the region's tribal wilds. One of the most popular terminates in Loimwe, the former location of the headquarters of the British District Commissioner in colonial Burma.

#### Putao

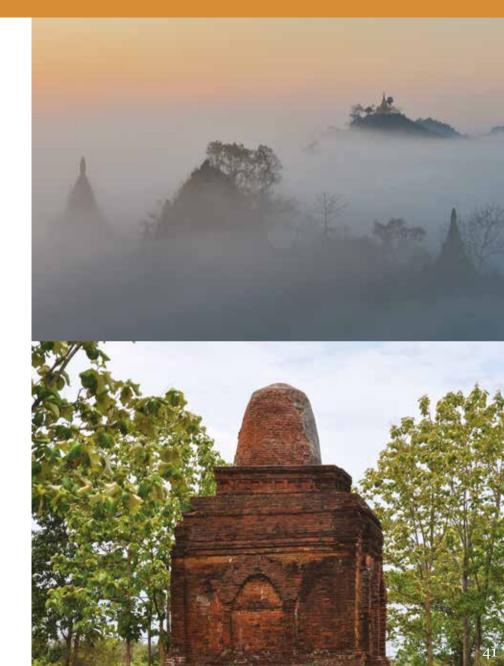
Famous for its endemic bird species and rare orchid varieties, Putao is a small town surrounded by snow-capped mountains, freshwater streams and luscious forest. Hkakabo Razi, the highest mountain in South East Asia is also visible from here. Using Putao as a base, one can carry out a range of adventurous excursions including trekking, mountaineering and white water rafting. It is also possible to venture deep into the Himalayan foothills, but these expeditions are reserved for only the most experienced of mountaineers. The limited number of Putao bound flights mean that it is necessary to coordinate your plans around the dates available – that said, access is still not guaranteed as airlines will only operate if there are sufficient passenger numbers to justify flying. Those that make it here however, will be rewarded with one of the most unforgettable travel experiences Myanmar has to offer.

#### Mrauk U

Nestled in northern Rakhine State's rugged terrain, for centuries, Mrauk U was regarded as one of the most powerful and important kingdoms in Myanmar. From the 15th to the 18th century it served as a lucrative trading hub, long frequented by the Portugese, French and Dutch, but the prosperity gained from this quickly diminished after the conquest of the kingdom by the Burmese Konbaung Dynasty in 1784. This, combined with the decision by the British to move the regional trading centre to Sittwe, help to explain Mrauk U's now isolated state. Due to its ghost-like, temple-strewn landscape, it is easy to understand why visitors are quick to make comparisons with Bagan. There are however many differences, especially when it comes to the typical temple design. Many are barricaded with thick, bunker-like stonewalls that help to protect against the sometimes fierce Rakhine winds. Before travelling to Mrauk U, Tour Mandalay would recommend that you first check that there are no travel restrictions in place - this information can be obtained from the Burmese Embassy in your home country.

#### Pyay (Prome)

Pyay, or Prome as it was called during the colonial times, is a small stupa-studded riverside town, located approximately 285km northwest of Yangon. Just east of Pyay can be found the ancient Pyu capital of Sri Ksetra, a kingdom that flourished between the 7th and 9th centuries. This site, along with two others (Halin and Beikthano), was recently inscribed into UNESCO's World Heritage List. Whilst there is an on-going debate into their exact age, some of the stupas on display here are said to date back as far as the fourth century, with one of the most impressive being the cylindrical, brick-built Baw Baw Gyi Pagoda. Remains also include excavated palace citadels, burial grounds and early industrial production sites, as well as monumental brick Buddhist stupas, partially standing walls and water management features.





Sandoway Resort and The Residences

Having opened their first property on the beach in 1999, Sandoway have enjoyed a long and successful presence on Ngapali's golden stretch. Those seeking a slightly more pampered experience may wish to consider the Sandoway Resort with its 59 luxury villas. Alternatively, those looking for comfort without the fuss, may prefer to stay in one of the 14 beach front rooms at The Residences.



Ngapali Bay Villas and Spa

One of our favourite properties in Myanmar, each of the villas at Ngapali Bay commands a magnificent panoramic view of Ngapali's bay and beach. Careful thought has gone into the exterior and interior design with touches of white marble, teak wood and sandstone providing a luxurious, yet understated feel. For ultimate luxury, be sure to request a Deluxe Sea View Villa with plunge pool.

## Beaches

Having been shut off to the world for decades, many of Myanmar's pristine white sand beaches remain untouched. As a result, it is unsurprising that Myanmar is fast becoming one of South East Asia's most sought-after beach destinations.

#### Ngapali

Unlike any other beach destination in the world, the working beach of Ngapali is renowned for its crystal clear waters and long stretch of idyllic palm lined, golden sandy coast. The area provides the perfect oasis in which to escape life's complications, with a variety of first class accommodation and local restaurants serving up a range of sea to table culinary delights. Ngapali is also home to an unforgettable sunset, with many fisherman and local vendors choosing to walk the long sandy stretch on their way back home for dinner. Budding photographers will be pleased to know that this makes for some great photo opportunities.

#### **Ngwe Saung**

Those seeking an even more remote beach experience may wish to consider Ngwe Saung, Ngapali's slightly more rustic, laid-back younger sister. A six-hour drive by car from Yangon, logistically speaking it can be a bit tricky to incorporate, but those that make it will be treated to a local beach experience like no other. More popular with local tourists and expats looking to escape the hustle and bustle, Ngwe Saung boasts a semi-deserted white sand beach, affordable accommodation and grilled seafood restaurants, most of which can be found in the sleepy village centre. On the way to Ngwe Saung, it is also worth stopping off at Pathein, Myanmar's fourth largest city and proud home of the iconic Burmese paper parasol.





**Mergui (Myeik)** Archipelago If time, budget and availability permits, an adventure into the far reaches of Myanmar's deep south comes highly recommended. Here you will find the Mergui (Myeik) Archipelago, a vast expanse of tropical ocean paradise, dotted with close to 800, mostly inhabited islands. Due to its remote nature and lack of comfortable accommodation, very few make it here, meaning those that do will be rewarded with one of the most exclusive beach experiences the world has to offer.

Just by looking at the names listed on the maritime chart, for example, Chelmsford Point and Charles Ross Hill, it is evident that little has changed here since the country's days of colonial administration. This is also made clear from the vast number of deserted islands, most of which are covered in white sand, palm trees and dense patches of wild jungle. Now picture birds of prey flying overhead, the sound of playful gibbons echoing in the distance, and an abundance of rare and wonderful sea life just inches below the ocean's surface. Then you have the shy Moken people, an Austronesian ethnic group with close to 3000 members that still choose to lead a traditional, semi-nomadic lifestyle. Due to their shy nature and limited number, it is not often visitors will cross paths with one of the region's inhabitants - in the case you are lucky enough to do so, it is likely they will be diving for sea cucumbers, fishing, or bartering away at one of the local island's local pop-up markets.

Relaxation opportunities here are ample, and due to a lack of network coverage, you are more likely to spend time reading one of your favourite novels as opposed to keeping your inbox up-to-date. It is not just about relaxation however, as the more adventurous have the option of exploring tropical forests, hiking overvalleys, kayaking through enchanted mangroves and diving beneath the surface of the beautiful, coral-rich Andaman Sea.



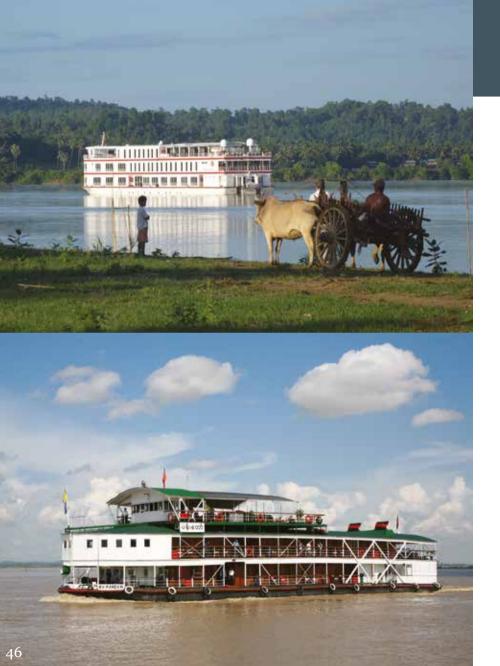
#### **Burma Boating**

For one of the most exciting Myanmar adventures, why not take to the sea for a few days in one of Burma Boating's impressive range of classic sailing yachts? With shared and chartered opportunities available, it is possible to tailor the experience to your individual needs and budget requirements. Best of all, due to the remote nature of the experience, it is unlikely you will be able to make contact with the outside world for the entire duration.



#### **Myanmar Andaman Resort**

Surrounded by the forested hills of Macleod Island, the Myanmar Andaman Resort is one of the only accommodation options available in the archipelago. More of an eco-lodge than a luxury resort, a stay here will better suit the adventurous as opposed to anyone looking for a pampered, all-inclusive spa experience. From the resort it is possible to carry out a range of activities such as trekking, snorkelling and kayaking. Alternatively, you may wish to spend time on the nearby secluded beach, with nothing but nature to keep you company.



# Cruises

Since ancient times, Myanmar's rivers have evoked a sense of mystery and romanticism, as well as being an essential lifeline for the people. With Myanmar's infrastructure still developing, cruising offers a unique way to see the highlights and the opportunity to travel in comfort to some of the country's remote regions. From the classic Irrawaddy River route between the royal cities of Mandalay and Bagan, to the secluded tribal areas along the Chindwin River in Nagaland, there are itineraries of varying length to suit every interest.

The ships themselves also vary in style, size and facilities. Some of our favourites include Paukan Cruises who provide their passengers with a boutique, traditional voyage, and the extremely experienced Pandaw, with company operations in Myanmar since 1865, who offer outstanding service and a relaxed atmosphere. For those after something more luxurious, the stunning Belmond Orcaella is of the highest standard featuring an open-air sundeck, fitness centre and wellbeing area, while keeping an intimate feel.

Tour Mandalay have access to every cruise line and will be happy to recommend the most suitable option for you. For more information on cruises, please visit the dedicated cruise section of our website (www.tourmandalay.travel/cruises).

Travel tip: Don't let the rainy season put you off as this is the time of year when the Chindwin and Upper Irrawaddy become accessible to cruise ships. Pandaw for example, offer a mammoth 20 night cruise, which will be sure to impress even the most seasoned of travellers.





# Giving back

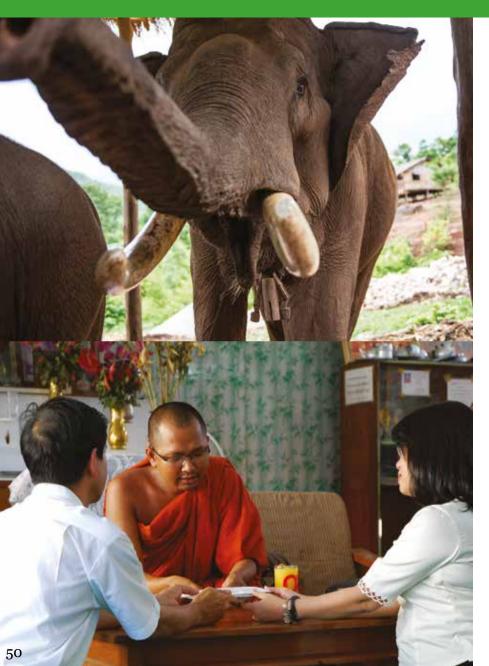
Tourism is a relatively new concept to Myanmar and as the country develops, it is crucial that we respect and preserve its delicate culture, traditions, wildlife and environment. Tour Mandalay wholly believe that visitors have the power to change a country for the better, hence we have created an innovative Corporate Social Responsibility programme (CSR).

We are a 100% Myanmar owned company so any profit we make stays within the country, benefiting the economy. We train local guides and drivers to work with us and the majority of our staff were born and raised in Myanmar so their knowledge of the country is unrivalled.

Myanmar has a vast array of traditions and trades, which make it unique from any other place in the world and we actively suggest our clients experience these during their trip. For instance, we work closely with lotus silk weavers in Inle Lake and Salin where visitors can observe the stages of the weaving process and even try their hand at it if they want to!

We use hotels that promote responsible activities and practices as our first choice. Properties such as the Inle Princess Resort have cottage industries on site and use the beautiful items they produce, such as Shan paper, as features in their rooms. Others such as Yandabo Home recruit their staff from the local to the area and invest in their training, arming them with hospitality skills that they wouldn't otherwise gain, due to their remote location.





Tour Mandalay openly promote sustainable restaurants and social businesses that are giving back to the community in one way or another. Our guides keep up to date with the latest restaurant openings and are happy to recommend restaurants such as Linkage and the Yangon Bakehouse, who offer apprenticeships for youth, particularly women, training them in food, beverage and customer service. One of our favourite social businesses that we regularly suggest our clients visit is Pomelo, who feature handmade products from marginalised groups, community organisations and small family businesses.

Animal welfare is a developing concept in Myanmar and we take time to educate our staff and the local people about its importance. We inspect and review excursions involving animals regularly to ensure they are operating responsibly, Green Hill Valley in Kalaw is a brilliant example of this, and avoid those that don't meet our standards.

In addition to our business practices, we regularly fundraise and donate to monasteries, orphanages and those in need. We also aren't afraid to get hands on - our Yangon guides are even involved in a volunteer rubbish collection around the city.

We were one of the first on the scene after the devastating Cyclone Nargis in 2008 and out of this, came the opportunity to help rebuild a school and establish a bio-garden on Yangon's outskirts. The school was partially funded by one of our partners who now include visits in their itineraries.

We are continually looking for new ways to help Myanmar develop and support our partners wishing to pioneer their own project, or looking for guidance when advising their clients how to be responsible travellers.

Two of Tour Mandalay's feature projects include:

#### Yangon Animal Shelter (YAS)

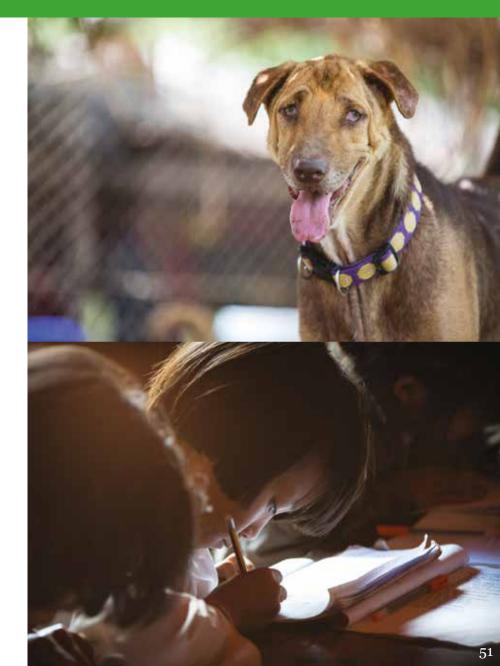
Located just outside the city, Yangon Animal Shelter is the only organisation in the country dedicated to the care of street dogs. Funded entirely by donations, its aim is to spay, neuter and vaccinate the now hundreds of dogs in their care and draw attention to this problematic issue. The dogs housed at Yangon Animal Shelter are also available for adoption within Myanmar and internationally.

Tour Mandalay are proud to support this project and we encourage visitors, or simply those interested in this worthwhile cause, to raise awareness and give generously. Visits are also possible by appointment and Tour Mandalay are very happy to arrange these for clients travelling with us.

#### **Mingalar Parahita Bio Garden**

The area of Phayagyi in Twante Township, on the outskirts of Yangon, was hit particularly hard by the cyclone of 2008 and the Mingalar Parahita Orphanage left struggling to cope. Tour Mandalay helped establish a market garden on the same site which, as well as providing food, has sustainable benefits. Surplus produce from the garden is sold in the local market creating a source of income that has enabled the orphanage to improve and maintain its facilities. Our funds have also been put towards training for the staff and residents who in learning new skills, take pride in cultivating the garden. This unique horticultural project has brought the community closer together and Tour Mandalay are delighted to be a part of this. Clients travelling with us are very welcome to visit the project and see the great work being done here.

To learn more, please visit www.tourmandalay.travel/csr.





# Stay connected

Due to the wealth of exciting opportunities on offer, with many still in the process of being discovered, it is unfortunately not going to be possible to cover everything within the 54-page limit of this brochure. With this in mind, we would urge you to regularly keep up-to-date with the content provided on Tour Mandalay's website (www.tourmandalay.travel). By doing so, one can keep abreast of important new developments including, but not limited to, hotels, cruises, restaurant openings, excursions, travel tips and visa information.

You will also find a selection of truly tailored travel itineraries, the content of which having been carefully handpicked by our experienced product team. Tour Mandalay update these regularly thus helping to ensure that you, or your clients, make the most out of every second spent exploring the country. With an infinite number of permutations possible, it is important to highlight that the featured routings are merely suggestions and every itinerary can be tweaked and tailored to your heart's content.

Photo enthusiasts will be pleased to know that Tour Mandalay regularly compile a photo blog titled, 'Myanmar in Focus' this features in the Tour Mandalay news, tips and general information section. Here you will find a range of images captured by our in-house photographer, who regularly travels the country looking for new sights of interest.

Should you require further information however, please do not hesitate to get in touch with a member of the team by writing to info@tourmandalay.travel.





www.tourmandalay.travel