

## CULINARY EXPERIENCE IN MYANMAR

7 DAYS / 6 NIGHTS



### I. HIGHLIGHTS

- Admire the majesty of the Shwedagon Pagoda, a revered landmark representing Myanmar's profound cultural traditions. The pagoda towers above Yangon as a shining beacon of Buddhist devotion.
- Indulge in Myanmar's delectable cuisine, renowned for its distinctive fusion of aromatics, seasonings, and local specialties. A culinary tour offers insight into Myanmar's diverse regional identities through authentic dishes.
- Discover the picturesque vistas, verdant woodlands, and colorful hill tribe communities in Shan State. Explore idyllic rural areas and interact with minority ethnic groups, gaining perspective into Myanmar's cultural mosaic. The natural beauty and cultural richness of Shan State reward intrepid travelers.

### II. TOUR PROGRAM

#### DAY 1

### Yangon Arrival

Arrive at Yangon International Airport and meet your tour guide. Transfer to your hotel to refresh before visiting the iconic Shwedagon Pagoda in the evening. Considered one of the most sacred sites in Buddhism, the pagoda is estimated to be over 2,500 years old. Its central stupa and surrounding buildings are ornately decorated with gold and statues. Spend time observing local devotees in prayer before returning to your hotel for dinner.

#### DAY 2

### Yangon to Inle Lake

Transfer to the domestic airport for your flight to Heho. Upon arrival, drive to Nyaung Shwe town on Inle Lake. Stop to admire the intricate woodcarvings at Shweyanpyay Monastery along the way. Enjoy a unique floating lunch on Inle Lake, with dishes prepared on board by your private chef while taking in scenic views. Spend the afternoon visiting cultural sites like Nga Phe Kyaung Monastery and Phaung Daw Oo Pagoda. See the stilt villages of Maing Thauk before checking into your hotel.

#### DAY 3

### Inle Lake and Shan Cooking Class

Start your day with a cooking class near the local market. Accompany the chef during ingredient selection and learn basic techniques to prepare your gourmet lunch. Spend the afternoon exploring southern sites like Shwe Indein Pagoda and Indein Village, known for 16th-century pagoda ruins.

#### DAY 4

### Inle Lake and Vineyard

Depart early for Taunggyi, passing rural towns and villages. Visit Kakku Pagodas and temples before continuing to Shwe Phone Pwint Pagoda for scenic views. Conclude with a wine tasting at Red Mountain Vineyard before returning to your hotel.

#### DAY 5

### Kalaw Day Trek

Embark on a full-day trek from Kalaw village through rural landscapes and Pa Laung and Danu ethnic minority villages. Stop for lunch with a local family and experience their culture. Hike back via alternate routes before your vehicle transfer.

## DAY 6

### Nyaung Shwe - Yangon

Fly to Yangon and visit top cultural sites like Chaukhtatgyi Pagoda and Kandawgyi Royal Park. Experience local flavor in Chinatown markets in the afternoon.

## Day 7

### Yangon Departure

After breakfast, transfer to the airport for your departure flight. Thank you for traveling with us - we hope you enjoyed exploring Myanmar.

- END OF SERVICES -

**Tour extensions: pre-tour or post-tour extensions are available, which would include accommodation and private transfers, please speak to Focus Asia travel consultant for further details.**

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