

# **MEDITATING TOURS**

## **15Days -14Nights**

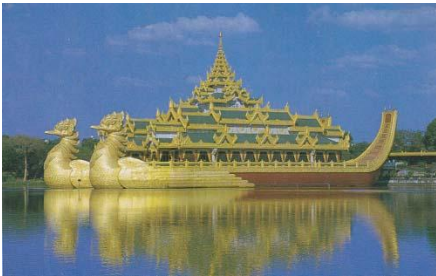
### **YOUR ITINERARY :**

**YANGON – BAGO  
MANDALAY – PYIN OO LWIN (MAY MYO)– BAGAN –  
YANGON  
YANGON – PA AUK MONASTERY – GOLDEN ROCK  
PAGODA- YANGON**



#### **Day 1: 26<sup>th</sup> Jan '12: YANGON**

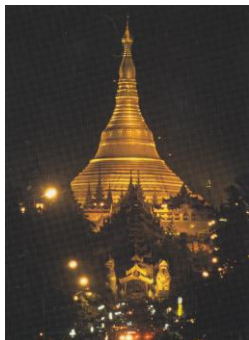
Arrival in Yangon. Transfer to Hotel.



- Check in the Hotel.
- Free time for a rest.
- Lunch at local restaurant.
- Sightseeing in Yangon.
- Overnight at the Hotel.

#### **Day 2: 27<sup>th</sup> Jan : YANGON**

➤ Breakfast at the Hotel.



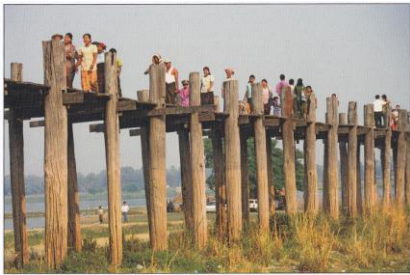
- Sightseeing in Yangon and go to the Shwedagon Pagoda.
- Lunch at local restaurant. Return to Hotel.
- Freetime for a rest.
- Sightseeing around the city.
- Return to Hotel.
- Dinner and overnight at the Hotel.

### **Day 3: 28<sup>th</sup> Jan: YANGON - BAGO**



- Breakfast at the Hotel.
- Visit to the famous pagodas at Bago.
- Lunch at local restaurant.
- Sightseeing in Bago.
- Return to the Yangon.
- Dinner in a local restaurant. Overnight at the Hotel.

### **Day 4: 29<sup>th</sup> Jan: YANGON - MANDALAY**



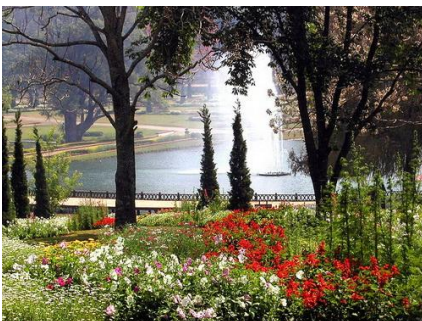
- Breakfast at the Hotel.
- Yangon to Mandalay by air.
- Check in Silver Star Hotel.
- Visit Mandalay Royal Palace and its museum.
- Freetime for a rest.
- Lunch at local restaurant.
- Visit U Bein Wooden Bridge across the Taungtaman Lake, the longest teak bridge in the world.
- Return to Hotel.
- Dinner and overnight at the Hotel.

### **Day 5: 30<sup>th</sup> Jan: MANDALAY**



- Breakfast at the Hotel
- Visit to the Maharmuni Pagoda at the morning time.
- Lunch at local restaurant.
- Sightseeing around the city and easy climb to Mandalay hill for the sunset on the city (230 meter high).
- Dinner at local restaurant. And return to the Hotel.
- Overnight at Hotel.

### **Day 6: 31<sup>st</sup> Jan: MANDALAY - PYIN-OO-LWIN (MAY MYO)**



- Breakfast at the Hotel.
- Visit in the Pyin Oo Lwin by car.
- Seeing with visit to the old colonial buildings and stylish British country houses in town.
- Check in the Myanmar Treasure Resort Hotel.
- Lunch at a local restaurant.
- Free time at the Hotel.
- Visit to famous Botanical Garden.
- Then visit to the BE fall.
- Dinner and Overnight at the Hotel.

**Day 7: 1<sup>st</sup> Feb : PYIN OO LWIN (MAY MYO) – MANDALAY - BAGAN**

- Breakfast at the Hotel.
- On the way back, visit to Law Ka Chan Tha Pagoda.
- Lunch at local restaurant.
- Transfer to airport to go to Bagan.
- Arrival in Bagan (Nyaung-Oo airport).
- Transfer to Hotel.
- Freetime for a rest.
- Sunset tour in Bagan.
- Dinner and overnight at the Hotel.



**Day 8:2<sup>nd</sup> Feb: BAGAN**



- Breakfast at the Hotel.
- Continue to visit the most important pagodas.
- Lunch at Hotel.
- Freetime for a rest.
- Continue with the visits of Bagan Temples.
- Dinner and overnight at the Hotel.

**Day 9: 3<sup>rd</sup> Feb: BAGAN - YANGON**

- Breakfast at the Hotel.
- Sightseeing and visit to a traditional lacqueware workshop in Bagan.
- Freetime for a rest.
- Return to the Yangon by air.
- Check in the Thamada Hotel.
- Dinner at local restaurant.
- Visit to the Shwedagon Pagoda.
- Overnight at the Hotel.



**Day 10: 4<sup>th</sup> Feb: YANGON – PA AUK**

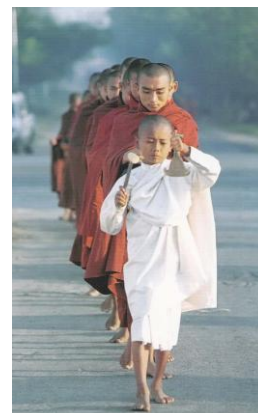


- Breakfast at the Hotel.
- Trip to Pa Auk Monastery by Coach.
- Lunch at local restaurant.
- Freetime for a rest.
- Dinner at Pa Auk Monastery.
- Overnight at Pa Auk Monastery



**Day 11: 5<sup>th</sup> Feb: PA AUK MONASTERY**

- Breakfast at the Pa Auk Monastery.
- Overnight at Pa Auk Monastery.

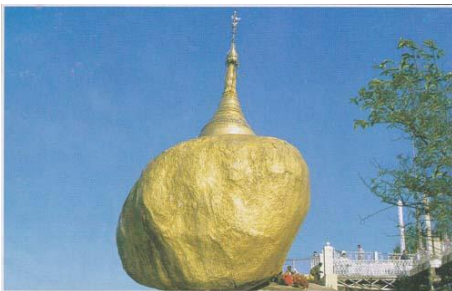


**Day 12: 6<sup>th</sup> Feb: PA AUK MONASTERY**



- Breakfast at the Pa Auk Monastery.
- Overnight at Pa Auk Monastery.

**Day 13: 7<sup>th</sup> Feb: PA AUK MONASTERY – GOLDEN ROCK**



- Breakfast at Pa Auk Monastery.
- Mahadana at Pa Auk Monastery.
- And Go to the Golden Rock Pagoda by Coach.
- Dinner and overnight at Golden Rock Pagoda (Kyaik Hto Hotel).

**Day 14: 8<sup>th</sup> Feb: GOLDEN ROCK – YANGON**

- Breakfast at the Hotel.
- Sightseeing near by Golden Rock Pagoda.
- Lunch at local restaurant.
- Return from Golden Rock Pagoda to Yangon.
- Check in the Hotel.
- Dinner at local restaurant.
- Overnight at the Hotel.



**Day 15: 9<sup>th</sup> Feb: YANGON AND DEPARTURE**



- Breakfast at the Hotel
- Visit to the Maha Thera.
- Lunch at local restaurant.
- Freetime for a rest.
- Transfer to the international airport.