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Yangon is the largest city and the most vibrant in Myanmar and situated in the southern part of the country on the east bank of the river Yangon (Hlaing River). The city has a lot to offer and some spectacular sights can be explored such as the Buddhist temples, pagodas and stupas. When arriving by air, you will see amazing golden domes dotted around the city and an amazing greenery.



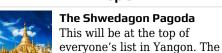
Sean Pavone/Shutterstock.com

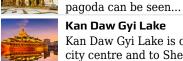


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Top 5





Kan Daw Gyi Lake

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Botataung Pagoda

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Gems Museum

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THE CITY



Sean Pavone/Shutterstock.com

Yangon is the capital city of Myanmar. It used to be called Rangoon, and the country Burma, by the British. Its history easily goes back to the 1st century, but its most turbulent times have come in the last two centuries.

Colonised by Britain in 1825, the country regained independence in 1948, so for 113 years, the country was under British rule. It is very clear, even today, how much influence the British had in the city of Yangon with the remains of some fine old colonial buildings. Sadly only a few have been maintained, and these are generally now hotels or restaurants.

However, any visitor to Yangon will probably be more interested in the long history of Myanmar that is found at the Shwedagon Pagoda. Dagon was the original name of Yangon and this mighty golden pagoda, is one of the most important Buddhist monuments in the world. It is thought to be situated in the region of 2,500 years old, and has survived earthquakes, occupations and fires. Over the years it has been remodelled, renovated and restored. It is the most magnificent pagoda anyone could ever wish to see, and to some extent, is Yangon.

DO & SEE



Etakundoy/Shutterstock.com

Yangon is a fascinating destination with things to see in pretty much every street corner. There are temples and pagodas and museums everywhere and it is a treat to simply walk around and soak up the atmosphere.

The Shwedagon Pagoda



This will be at the top of everyone's list in Yangon. The pagoda can be seen from quite a long way away, since it is set on the top of a hill. The

pagoda remains one of the most important Buddhist sites in the world, but is very much part of contemporary life in Yangon. It is open from dawn, and Buddhists will go to the pagoda from early morning to late evening. It is very high and has a crown of gold. On the crown you can find 5,448 diamonds, 2,317 rubies and the top of the crown boasts a 76 carat diamond. In total there are nearly 80,000 precious stones and 3,154 gold bells here.

This is a living, practicing site, so the visitor should know some of the basic rules of visiting a Buddhist temple in Myanmar:

You will be asked to take off your shoes and socks. Dress with respect: no shorts (although



this is less of a problem in Myanmar than Thailand).

Walk around the Pagoda in a clockwise direction, which is starting from the left side and going round to the right. This applies to all Buddhist sites.

If you want to sit down, make sure your feet are not pointing towards any images or figures of The Buddha, and especially, keep the bottom of your feet tucked inside, towards yourself. Have a look at the way the local people sit, and copy them. Most sit cross legged.

Try not to pat children on the head.

Try to make your picture taking the least intrusive as possible. The Buddhist people who come here are worshipping, and may not want to be the centre of a photo.

Photo: f9photos/Shutterstock.com Address: The Shwedagon Pagoda, Yangon

Kan Daw Gyi Lake



Kan Daw Gyi Lake is close to the city centre and to Shewadagon Pagoda, so it is an ideal place to relax and get away from the traffic and

crowds. At Set Yon Road, in the east end of the park, there are plenty of lakeside cafés and restaurants.

Also in the vicinity is Karaweik Palace, which is a very large gold coloured structure in the shape of a boat - or is it a pagoda? The 'Palace' has a restaurant, and around the corner is the Kandawyi Palace Hotel.

Photo: Sean Pavone/Shutterstock.com Address: Kan Daw Gyi Lake, Yangon

Botataung Pagoda



This pagoda was rebuilt after being destroyed in a World War II bombing. It was constructed at the same time as the Sule and Shewedagon

Pagodas. What is unusual is that you can walk inside and look at relics in showcases.

Photo: Jakrit Jiraratwaro/Shutterstock.com Address: Botataung Pagoda, Yangon

Inya Lake



This is the larger of the two lakes in Yangon, which lies further away from the centre. There are some very good hotels at the lake, or

nearby, so it can be a more relaxing place to stay than the city hotels. As with Kandawgyi Lake, there are plenty of vantage points to take in the views and enjoy the gardens. There is an amusement park near Kabaraye Pagoda Road.

Photo: manjik/Shutterstock.com Address: Inya Lake, Yangon

Gems Museum



Myanmar is famous for its gems, so anyone interested in the history behind the gem industry will find this a good place to start. The main source

of these gems was from the mines in the northeast, near Mandalay. Rubies, sapphires and jade were mined from these sites. Private



companies as well as state run enterprises exhibit on three floors.

Photo: Paulo Vilela/Shutterstock.com Address: 66 Kaba Aya Pagoda Road, Yangon Opening hours: Tuesday-Saturday: 9.30-17.00

Yangon Yoga House



Meet up with the yoga community at the Yangon Yoga House. Here you can practice meditation, sports and exchange experiences with others.

A must for any aspiring Yogi.

Photo: Andress/Shutterstock.com Address: Yankin Lan thwe, Yangon Internet: www.yangonyogahouse.com

Sule Pagoda



In the heart of Yangon and located on a busy street lies the Sule Pagoda. Supposedly built 2000 years ago, legend has it that the the golden

tower holds a strand of Buddah's hair. Visitors have to take off their shoes and pay a small admission fee to enter.

Photo: Luciano Mortula/Shutterstock.com Address: Maha Bandula Road, Yangon

Zoological Garden



In Yangon you can find the oldest and largest zoo of Burma. The great collection of local wild animals makes it a popular destination for

weekend travelers and locals alike. Next to the animal park, the area hosts the Natural History

Museum, an Aquarium and you can join animals shows throughout the day.

Photo: Denise Allison Coyle/Shutterstock.com

Address: Kan Yeik Tha Rd, Yangon

Opening hours: Monday-Sunday: 08.00-18.00

National Museum



Built in 1952 the Yangon National Museum holds 14 halls filled with ancient treasures, art and memorabilia. While wandering the four story

building you can learn about the countries history, the evolution of the language as well as cultural and religious developments.

Photo: Adam Jones (image cropped)

Address: Pyay Road, Dagon Township, Yangon Opening hours: Monday-Sunday: 10.00-16.00

More Info: Located in walking distance of the Shwedagon

Pagoda (about 20 minutes)

Mahabandoola Garden



As you stroll through
Mahabandoola Garden
you can take in all the
beautiful sights of the city
on the way. The City Hall
, the High Court, the

Independence Monument Obelisk as well as the Rowe & Co department store are located in the area. Don't forget to bring your camera, the park is a great backdrop for holiday pictures.

Photo: Wojtek Chmielewski/Shutterstock.com

Address: St Kyauktada, Yangon

Opening hours: Monday-Sunday: 06.00-18.00



DINING



JM Travel Photography/Shutterstock.com

There are strong influences from the neighbouring countries and cuisines of Thailand, Malaysia and China, so there's a good mix of dishes in the restaurants. Some of the favourite local dishes are Mohinga (Rice noodles in fish soup-Myanmar National Dish), Kyther Hin (Traditional chicken curry) and Nga Phe Ohn No Chet (Fish cake in coconut curry).

Monsoon

Housed in a refurbished colonial building, Monsoon has a very relaxed atmosphere and excellent food. The food is a blend of Myanmar, Thai, Laotian and Vietnamese cuisines.

Address: 85-87 Theinbyu Road, Botataung, Yangon Opening hours: Monday-Sundy: 10.00-23.00

Phone: +95 1 295224

Email: monsoon.ygn@gmail.com

Street Stalls

Some of the most genuine Myanmar food can be found at the street hawkers' stalls across the city. This is where you can taste dishes like grilled fish, kebabs, omelettes and crabs, only to name a few.

Address: Street Stalls, Yangon

50th Street Cafe Restaurant Bar

50th Street Cafe Restaurant Bar is an American styled bar that has pool tables, darts and sports

on widescreen TV's. They offers a broad range of Western and Asian food and is frequented by expats and tourists.

Address: 9/13, 50th Street, Botahtaung Township, Yangon

Opening hours: Monday-Sunday: 10.00-23.30

Phone: +95 1 397 060

Email: events@50thstreetyangon.com

Golden Kitchen

At the Gold Kitchen you can savour a mixed cuisine that consists of Japanese, Italian, French and local dishes. You can find the restaurant near Inya lake.

Address: Inya Rd, Yangon Phone: +95 9 314 75789

Internet: www.golden-kitchen.com

Kandawgwi Lake Cafés

Alongside the lake there are a number of cafés serving food all day. Motico Bay offers a huge menu boasting fish and seafood specialities. There are eels, squid, sturgeon, lion fish, tempura, as well as frogs, octopus, crabs and prawns. Each appears in a range of cooking styles from Chinese to the local variations.

Address: Kandawgwi Lake, Yangon

999 Shan Noodle Shop

This restaurant and shop offers you noodles in all variations. Whether you're a vegetarian, meat lover or salad fan, you can be sure to find your fit among the great offer.

Address: 34th Street, Kyauktada Township, Yangon Opening hours: Monday-Sunday: 06.00-19.00

Phone: +95 1 389 363

Email: 999shannoodle@gmail.com

Lucky Seven

This tea-house chain is much more than a place to rest your feet. Grab a chair and enjoy breakfast or lunch in the small eateries around



the city. Local delights and spicy teas will make your visit a lasting experience.

Address: 49th St, Yangon

Opening hours: Monday-Saturday: 6.00-17.30, Sunday:

06.00-12.00

Shwe Sa Bwe

Fine dining and French cuisine can be found at Shwe Sa Bwe. Delicious three-course menus with sweet desserts will make your evening a lasting memory.

Address: 20 Malikha Rd, Mayangone Township, Yangon

Opening hours: Monday-Sunday: 12.00-21.00

Phone: +95 1 661 983

Linkage Restaurant

This restaurant combines art and cuisine to a creative and delicious experience. Dine surrounded by works of local artists and discuss the paintings and sculptures over some coffee. You can easily spend hours in the cozy and beautiful place.

Address: Seikkantha Street, Yangon

Opening hours: Monday-Saturday: 11.00-14.30, 16.30-22.30,

Sunday: 16.00-22.00 Phone: +94 9 583 618

Email: forever.hu.dev@gmail.com

House of Memories

Located in a historical building, the House of Memories is the ideal place to spend and evening with traditional dinner in the city. Try the fish cake curry with coconut milk or choose from the Thai food menu. There's something for everyone!

Address: 290 U Wizara Road, Yangon

Opening hours: Monday-Sunday: 11.00-23.00

Phone: +951 525 195

Internet: www.houseofmemories my an mar.com

Email: houseofmemories9@gmail.com

CAFES



areeya_ann/Shutterstock.com

Alongside Kandawgwi Lake there are a number of cafés serving food all day. You can also find cafés throughout the whole city, so you can just pick a place to sit down and rest your legs while touring.

Easy Cafe & Restaurant

This cosy place is claimed to be a true gem. Easy Cafe & Restaurant is a great place to drop in for a coffee and dessert, or maybe something a bit more filling if you are hungry.

Address: 30A/C1 Bo Yar Nyunt Street, Dagon Township,

Yangon

Opening hours: Tuesday-Sunday: 9.00-21.30

Phone: +95 925 014 1098

Email: javierphua@xincreations.com

Yangon Bakehouse

If you are looking for a nutritious and quick lunch you can head to Yangon Bakehouse. Here you can find delicious everything from salads and sandwiches to tasty cupcakes.

Address: Pearl Condo, Block C, Ground Floor, Kabar Aye

Pagoda Rd, Yangon Phone: +95 1 557 448

Internet: www.yangonbakehouse.com

Acacia Tea Salon

Acacia Tea Salon is a great spot to wind down after a long day of city touring. Here you can



enjoy a good cup of tea and an array of tasty desserts and finger food.

Address: Saya San Rd, Yangon

Phone: +95 1 554 739

Internet: www.acaciateasalon.com

The Coffee Club Myanmar

At The Coffee Club Myanmar you can enjoy homemade cookies and a nice cup of coffee. All guests have access to free WiFi, hence this is a great place to let everyone at home know how you are doing.

Address: Corner of 11th Street and Maha Bandoola Street.,

Maha Bandula, Yangon

Opening hours: Monday-Sunday: 8.30-19.00

Phone: +95 9 432 07764

Internet: www.coffeeclub.com.mm

Shwe Pu Zun Bakery and Cafeteria

This place is claimed to be a "must go" when in Yangon. The Shwe Pu Zun Bakery and Cafeteria offers traditional desserts and ice cream.

Address: 246-248 Anawratha Rd, Yangon Opening hours: Monday-Sunday: 7.00-20.00

Phone: +951 222 305

BARS & NIGHTLIFE



Perfect Lazybones/Shutterstock.com

Nightlife is somewhat scarce in Yangon and generally centred in the bigger hotels. So if you want to have a drink or two you can just head to one of the hotels for a good night out. You can

always ask the locals and your hotel for good places.

ABC Country Bar



The ABC Country Bar offers live country-western music so if you are a fan of this genre, this is the place to head for. This venue

boasts resident bands, serves food and has TV screens in the bar.

Photo: chuckstock/Shutterstock.com Address: 404 Mahabandoola Rd, Yangon

Mr Guitar



Mr Guitar provides live music and a house band and better yet, karaoke for those who likes to sing. This is claimed to be a favourite amongst the

locals.

Photo: Danil Nevsky/Shutterstock.com

Address: 22 Sayasan Rd, Bahan Township, Yangon Opening hours: Monday-Sunday 08.00 - 23.30

Phone: +95 1 550105

The Music Club



This is certainly one of the most popular clubs in Yangon. It offers DJ's, a disco and a bar and is open to the smaller hours which makes it one of the

few places to go for a night out.

Photo: dmitrymoi/Shutterstock.com

Address: 33 Alan Phya Rd, Dagon Township, Yangon

Opening hours: 19.00 onwards

Phone: +95 1 250388



Internet: www.parkroyalhotels.com

Pioneer Music Bar



Claimed to be one of the best night-clubs and one of the main entertainment places in the city centre. With dazzling laser installation, great

atmosphere and the reasonable prices, this club attracts fair-sized crowd almost any night of the week.

Photo: karelnoppe/Shutterstock.com

Address: No.330, Ahlone Road, Dagon Township, Yangon

Phone: +951 2316 001

Internet: www.hoteljapanyangon.com

Email: ygnithotel@gmail.com

More Info: Located at Yuzana Garden Hotel

Karaweik Hall



Karaweik Hall is a very impressive golden restaurant floating in the Kandawgyi lake and is the ideal place which will take you to a cultural

journey. In the evening you can enjoy a large buffet offering international cuisine and watch the cultural dance performance and listen to a Myanmar orchestra.

Photo: Allan Grey (image cropped)

Address: Karaweik Palace, Kandawgyi Compound, Mingalar

Taung Nyunt Township, Yangon

Phone: +951 295 744

Internet: www.karaweikpalace.com Email: karaweikpalace@gmail.com

SHOPPING



PiggingFoto/Shutterstock.com

Yangon is a bustling and colourful place, offering great shopping opportunities for visitors. Some of the most interesting products to buy include textiles, clothes, silverware, artefacts, jewelry and handicrafts. Myanmar is also known for its precious gem production such as rubies, sapphires and jade so you will find plenty of gem and jewelry shops in Yangon.

The best bargains are to be found at local markets and to bargaining is expected at these markets this also includes street vendors. Be aware that starting prices are higher for tourist.

There are fewer shopping malls in the city if you compare with other Asian cities which means less of western style shopping. The malls are little behind in terms of brand names but this could also be seen as charming.

City Center Shopping



The main shopping streets in the centre of town are Mahamdoola Road and Sule Pagoda Road. Scott/Bogyoke Aung San Market is open

all day, and anything and everything can be bought here. You can usually get a better deal here than out on the streets when buying your



souvenirs.

Photo: Guillén Pérez (image cropped)

Address: Yangon

Shwedagon Pagoda



On and around the entrance steps to Shwedagon Pagoda are hundreds of souvenir shops with items of varying quality. In this

religiously orientated market, articles having to do with Buddhism can be purchased.

Photo: Jason Eppink (image cropped)

Address: Dagon, Yangon

Dagon Center



There are fewer shopping malls to investigate in comparison to the other major Asian cities, which is something of a change. It does mean there is less

of a 'global market' feel to shopping in Yangon. If your heart desires a more Western style shopping centre, there is one situated in the heart of Yangon, Dagon Center.

Photo: Africa Studio/Shutterstock.com

Address: Bagaya St, Yangon

Opening hours: Monday - Sunday: 09.00 - 21.00

Bogyoke Market



Established in the 1920s, this is the most popular markets among Yangon locals. Come here to experience authentic market live and take in all

the scents and flavours of regional delicacies. Next to food and spices you can also buy traditional clothes, jewelry and art.

Photo: Paul Arps (image cropped) Address: Bo Gyoke Rd, Yangon

Phone: + 951 240 966

Pomelo



This is the ideal place for souvenirs, gifts and decorative purchases.
The non-profit organisation works with disadvantaged people

who produce beautiful home accessories, jewelry and toys. There is something for everyone so drop in and find your match!

Photo: Africa Studio/Shutterstock.com Address: 89 Thein Pyu Road, Yangon

Opening hours: Monday-Sunday: 10.00-22.00

Phone: +95 1 295 358

Internet: www.pomelomyanmar.org Email: info@pomelomyanmar.org

ESSENTIAL INFORMATION



 ${\it Prasit\ Rodphan/Shutterstock.com}$



Yangon International Airport



Yangon International Airport is relatively small and located 17 kilometres from the city. No lengthy waits at immigration or for baggage means that

the visitor can be through in 10 to 15 minutes. In the tradition of older Asian airports, there is a throng of 'helpful' people waiting to take you to hotels, taxis and exchange money. Porters hover around hoping for some business.

Taxis are the best way to get into town. The price should be negotiated first.

Photo: Juan Garces

Address: Yangon International Airport, Yangon

Phone: +95 1 533007

Internet: www.yangonairportonline.com

Yangon Circular Train



This circular train takes you around the city clockwise or anti clockwise. It is a 45.9 kilometers long railway track with 39 stations. It

takes nearly three hours to complete the journey. You can buy your ticket at the Central Railway Station.

To take the train is a great way to explore the local Myanmar life and see picturesque sceneries.

Photo: Michael Zenaty

Transport



You can easily walk around the city, but you can also catch a so called trishaw, a rickshaw tricycle, or bus. Both are very cheap, though buses

are safer, nonetheless very chaotic and crowded. One trip is about 100 Kyats.

Photo: Pierre-Luc Auclair

Travel Tips

Arrival into Myanmar is possible by land from Thailand and then from the border by road, or from Mandalay by rail. Caution should be taken on the northern route due to military activity. Borders are often closed, so advice should be taken before going this way.

Traffic

This is hard to believe, but in Myanmar, they drive on the wrong side of the road – literally. Cars have the driver positioned on the right side of the car, but they drive on the right side, and thus go around roundabouts the wrong way. For any visitor this is confusing and care should be taken crossing the road. No matter which country you are coming from, this will seem odd, and it is. No one knows when the change happened, but the suspicion is that it came after independence, as a snub to the British who introduced the rules of the road.

Taxi



Taxi is the easiest way to get around the city. There are plenty of City Taxis, which are mostly very old Toyotas running way beyond their expected

lifespan. Cars vary in quality from bad to very



bad, and common faults include bad steering, bad suspension and parts which fall off. Some cars have all three. Prices are negotiated in advance of the ride and it is worth a small amount of haggling.

Post



Your hotel can help you if you want to send a post card. General opening hours are from 9.30-16.30 on weekdays and from 9.30 am-12.30 pm on

Saturdays.

The Yangon General Post Office:

Photo: Andy Fuchs

Address: 39 Bo Aung Yaw St, Yangon

Pharmacy



There are plenty of pharmacies around the city, denoted by a large green cross. May: 69 Pansodan Street, Cnr of Merchant Street,

Kyauktada, Yangon

Select:

45 Pyay Road, 7 ½ Mile, Mayangone, Yangon

Golden Bell:

Yuzana Tower, Shwe Gon Daing Road, Yangon

Photo: Gemma Garner

Address: 69 Pansodan Street, Cnr of Merchant Street,

Kyauktada, Yangon

Telephone



Country code: +95 Area

code: 1

Photo: Jardson Almeida

Electricity



220 Volt with the British plug. Any visitor other than from the United Kingdom will need an adaptor.

Photo: Stirling Tschan

Population

Approximately 6 Million

Currency

Kyats, 1 Kyat = 100 Pyas

Kyat is the official currency, but the US Dollar is traded everywhere, including state run sites such as the main pagodas.

Opening hours

Shops are generally open from 09:00 to 21:00, though street markets may close later.

Newspapers

Myanmar Times The Light of Myanmar

Emergency numbers

Emergency: 192 Police: 199 Fire Brigade: 191

Tourist information

Myanmar Tourism Promotion Board c/o Traders Hotel Level 3, Business Centre 223 Sule Pagoda Road, Yangon +95 1 242 828 mtpb@mptmail.net.mm

