

# 2012 TRAVEL ADVENTURES

## BURMA-MYANMAR

### PAST AND PRESENT

*Discover the art, archaeology, and peoples of this fascinating land of contrasts*

See back page for optional extension to Cambodia, Nov. 10–16

**October 29–November 10, 2012**

More than 100 years after Rudyard Kipling described its wonders to a Western audience, Burma—also known as Myanmar—remains a unique and intriguing destination. It is a land of contrasts—poverty and opulence, simple thatched huts and golden-domed temples, traditional villages and urban development. And it has a deep and complex history, from the Pyu kingdom of the first century A.D. to the British colonial period, followed by independence and military rule, which remains the subject of international scrutiny today.

Join Asian-art historian Dr. Donald Stadtner and scholar-interpreter Moe Aung Lwin as we discover the country's rich cultural heritage, natural beauty, and great ethnic diversity. In Yangon, Mandalay, and Bagan, we tour magnificent golden pagodas and temples; near Monywa, we explore an enormous complex of cave temples carved into the side of a mountain; and on beautiful Inlé Lake, "longtail boats" carry us through narrow marsh channels to visit monasteries and silk workshops. Throughout, we meet the hospitable people of Burma, living and working much as they have for centuries—tangible links to the past in a nation destined for change.

#### SCHOLARS



**Dr. Donald Stadtner** is an art historian specializing in Burmese and Indian art and culture. This former recipient of two Smithsonian Institution study grants has authored several books on Asian art and architecture, most recently *Ancient Pagan* (2006) and *The Sacred Sites of Burma* (2010). Don has also led numerous tours of Southeast Asia and is an occasional lecturer at the Metropolitan Museum of Art in New York.



**Moe Aung Lwin**, former English professor at the University of Rangoon (today known as University of Yangon) and outstanding Myanmar guide, will accompany us as resident scholar and interpreter. Moe's gentle, articulate manner and willingness to share personal experiences of life in his homeland make him a favorite scholar and traveling companion.



Photos courtesy Dr. Donald Stadtner



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## EDUCATIONAL FOCUS

- The deep and complex history of Burma (Myanmar), particularly as revealed by its archaeological treasures
- Monastic art and architecture, and the influence of Buddhism on Burmese culture
- The diversity of ethnic groups in Myanmar—their origins and their lives today
- Contemporary Myanmar, including the current political situation

## TOUR DETAILS

**Tuition:** Tuition is per person and based on shared accommodations. Tuition includes accommodations, meals listed, entry fees and permits, most gratuities, and transportation from arrival in Yangon on October 29, 2012, until departure from Yangon on November 10, 2012 (or from Phnom Penh on November 16, 2012, if you are taking the optional Cambodia extension). Transportation to Yangon and from Yangon (or Phnom Penh, if taking extension) is your responsibility. Airport departure taxes and visa fees not included.

Program prices are based on current tariffs and currency exchange rates and are subject to change. Crow Canyon reserves the right to levy a surcharge, if necessary, prior to the final payment date.

**International Air:** International air flights are not included. For assistance making arrangements, we recommend Travel Management, Inc., in Post Falls, Idaho. E-mail [crow@tmitravel.net](mailto:crow@tmitravel.net), or call 1-800-975-7775 and ask for the Crow Canyon representative. Or, you are welcome to make your own arrangements. Plan to arrive in Yangon no later than 5:00 p.m. on October 29. Schedule departure from Yangon any time on November 10, or, if taking the extension, from Phnom Penh any time on November 16, 2012.

**Accommodations:** All nights in Burma are spent in first-class hotels; in Cambodia, we stay in small, deluxe guesthouses. Shared accommodations are based on double occupancy. Single accommodations are available for an additional fee of \$737 (main trip) or \$269 (extension).

**What to Expect:** Accommodations are excellent, and some include lovely spas on the premises. Our mode of ground transportation is coach. Occasionally we travel in private river boats and open “longtail” boats. There are several internal flights on scheduled service carriers. We visit some villages where the people are unaccustomed to visitors, and bathroom facilities are sometimes extremely limited. Although this program does not involve strenuous activity, visiting some places requires moderate walking, climbing and descending relatively steep steps, and standing for a period of time. Plenty of time is provided and assistance is given.

**Dates:** Monday, October 29–Saturday, November 10, 2012

**Tuition:** Member\* \$6,795 • Nonmember \$6,995

**Deposit:** \$1,000 • Balance due: August 1, 2012

\*Minimum \$100 membership required. For information on membership, visit [www.crowcanyon.org/membership](http://www.crowcanyon.org/membership).

## Optional Post-Trip Extension to Cambodia:

Saturday, November 10–Friday, November 16, 2012

**Tuition:** \$3,395 • **Deposit:** \$500

## DETAILED ITINERARY

**B:** Breakfast  
**L:** Lunch  
**D:** Dinner

### Monday, October 29: Arrive Yangon

Arrive Yangon Airport, Myanmar, by 5:00 p.m. Transfer to Savoy Hotel for dinner and introductory program. (D)

### Tuesday, October 30: Yangon

This morning we visit Chauk Htat Gyi Pagoda with its “reclining Buddha,” one of the most impressive representations of Buddhism in all of Myanmar. After a short walking tour of downtown Yangon, we visit the National Museum, where we get an overview of Burmese culture and history. In the afternoon, Ma Thanegi, former aide to pro-democracy advocate Aung San Suu Kyi, joins us to discuss the political and economic life of Myanmar today. At sunset, we visit Shwedagon Pagoda, the holiest of all Buddhist shrines in Myanmar. Overnight, Savoy Hotel. (B, L)

### Wednesday, October 31: Yangon to Inlé Lake

This morning we fly to Heho, in Shan State, and from there drive to beautiful Inlé Lake, whose shores and islands are home to 17 stilt villages, inhabited mostly by the Intha people. Upon arrival, we board “longtail boats”—slim canoes designed to negotiate the lake’s narrow marsh channels—that take us to Inlé Lake View Resort. This afternoon we boat through floating gardens, see the local “leg rowers” (who row standing up, with one leg wrapped around an oar), and visit a variety of indigenous shops, including a silk workshop. We also visit Phaung Daw Oo Pagoda, the holiest site in southern Shan State, and Nga Phe Kyaung Monastery, famous for its trained “jumping cats.” Overnight, Inlé Lake View Resort. (B, L, D)

### Thursday, November 1: Inlé Lake

Again by boat, we journey to a lakeside village to experience a colorful open-air market, where we can barter for a wide variety of goods, including textiles and other indigenous crafts. Afterward, we journey to Thar Kaung, a major religious center built in the eighteenth and nineteenth centuries that

is now in ruins. As we explore what remains of its elaborate temples, sculptures, and wall paintings, we learn of the events in the last century that led to its abandonment. Overnight, Inlé Lake View Resort. **(B, L, D)**

#### **Friday, November 2: Inlé Lake to Mandalay**

After a morning at leisure, we take a noon flight to Mandalay. Located on the banks of the Ayeyarwaddy (Irrawaddy) River, Mandalay is the cultural heart of Myanmar and capital of the last Burmese kingdom. We visit Mahamuni Pagoda, decorated with six huge Khmer bronze figures, and Kuthodaw Pagoda, where the entire 15 books of the Tripitaka (Buddhist sacred texts) are inscribed on more than 700 marble slabs, each housed in its own domed structure, or stupa. Later, at a silversmith factory and shop, we observe craftsmen as they create exquisite repoussé bowls. Overnight, Mandalay. **(B, L)**

#### **Saturday, November 3: Mandalay**

After breakfast we enjoy a short boat trip to Mingun, one of four ancient cities outside Mandalay. We see Mingun Paya, with its huge, unfinished brick pagoda; the Mingun Bell, purportedly the largest hanging bell in the world; and Hsinbyume Paya, where seven terraces surrounding the stupa represent the seven mountain ranges around sacred Mount Meru. After lunch we visit a woodcarving shop and a silk-making shop in the craft center of Amarapura. Then it's on to Taungthaman Lake, which we cross by small boats to tour Kyauktawgyi Paya, known for its well-preserved frescoes. As the sun sets, we can return by boat or walk over the historic teak bridge that spans the lake. Overnight, Mandalay. **(B, L)**

#### **Sunday, November 4: Mandalay to Monywa**

We have some leisure time to continue exploring Mandalay before departing for the Sagaing District and town of Monywa. En route we stop at Sambodhi Kat Kyaw Pagoda, a majestic temple surrounded by more than 800 brightly painted stupas—and where more than 500,000 Buddha statues are said to be displayed in and around the temple compound. Overnight, Win Unity Resort. **(B, L, D)**

#### **Monday, November 5: Monywa Area**

We spend the day exploring some of the 492 cave temples carved into the side of Hpo Win Daung mountain, which some say resembles a reclining Buddha. The temples are decorated with Buddhas and boldly painted murals that depict the Buddha and his previous lives, or jatakas. The

Hpo Win Daung Festival, celebrated in the area's 12 monasteries, might be in progress while we are here. Return to Monywa. Overnight, Win Unity Resort. **(B, L)**

#### **Tuesday, November 6: Monywa to Bagan**

This morning we drive to the ancient city of A Neint (Thone Pan Hla), renowned for its 136 stupas and temples, many of which are decorated with painted murals. Then it's on to the market town of Pakkoku, a weaving and tobacco-trading center on the banks of the Ayeyarwaddy River. After visiting the local market, we cross the river to Bagan in enough time to relax on the terrace of the Thande Hotel before dinner. Overnight, Thande Hotel. **(B, L, D)**

#### **Wednesday, November 7: Bagan**

Bagan (also called Pagan) was the capital of an ancient kingdom that flourished from A.D. 1057 to 1287. A cultural and religious center that attracted Buddhist monks and students from afar, Bagan has more than 4,400 red-brick temples concentrated within a 16-square-mile area. We begin our tour by exploring temples in the village of Myinkaga and then proceed to the Ananda Temple, one of the nation's most sacred places of worship. This afternoon we meet with U Thein Lwin, Director of Archaeology, Pagan Office, and with U Zaw Min, an archaeologist who worked with UNESCO after the 1975 earthquake. We also visit a lacquerware workshop for a demonstration of how this famous Burmese handicraft is made. *Late afternoon: optional pony cart rides through a landscape dotted with ruins.* Overnight, Thande Hotel. **(B, L)**

#### **Thursday, November 8: Bagan to Mount Popa**

*Optional sunrise balloon ride over ancient Bagan.* Today we tour Lawkananda Garden, where a Pyu Period ruin lies beneath a Bagan structure. We also visit nearby sites, including the Hpeitlek Temples, which feature Bagan's earliest depiction of jatakas. After lunch we drive to Mount Popa, a major pilgrimage site and home to Burma's most powerful *nats* (spirits linked to animism). We explore some of the shrines, stupas, and monasteries clinging to the mountainside before retiring to our hotel, the Popa Mountain Resort. **(B, L, D)**

#### **Friday, November 9: Mount Popa to Bagan to Yangon**

After breakfast, we return to Bagan for a last look at the glorious temple domes before boarding an afternoon flight to Yangon. We check into the historic Strand Hotel, dating from the early twentieth century, for a final dinner and farewells. **(B, L, D)**

#### **Saturday, November 10: Depart Yangon**

Departures may be scheduled for any time. **(B)**



Photo courtesy Dr. Donald Stadner

## OPTIONAL EXTENSION TO CAMBODIA

Modern Cambodia is the successor-state of the powerful Khmer Empire, whose highly advanced civilization had an enormous influence on the cultural and artistic development of mainland Southeast Asia.

*The extension will be accompanied by a Crow Canyon representative and an excellent guide who has worked extensively with archaeological expeditions in Cambodia. We will also meet with a number of archaeologists and conservators and take special tours of sites and collections.*

### **Saturday, November 10: Yangon to Siem Reap**

Morning flight from Yangon to Siem Reap; tour Angkor temple of Ta Som and Banteay Kdei Temple. Overnight, Siem Reap. (L)

### **Sunday, November 11: Angkor Forest Temples**

Visit manmade lake of Srah Srang; tour Ta Prohm and Ta Keo temples; explore Angkor Thom (world's largest city in the twelfth century); visit temple of Bayon. Overnight, Siem Reap. (B, L)

### **Monday, November 12: Angkor Remote Jungle Complex**

Drive into the jungle to explore Angkor-era temples—Prasat Thom, Prasat Balang, Prasat Neang Khmau, Prasat Pram, Koh Ker, and Beng Mealea. Overnight, Siem Reap. (B, L)

### **Tuesday, November 13: Angkor Wat**

Sunrise tour of Angkor Wat temple; meet fishing family in Kompong Khleang; visit Preah Ko and Bakong temples; attend water-blessing ceremony performed by monks. Overnight, Siem Reap. (L)

### **Wednesday, November 14: Siem Reap to Phnom Penh**

Drive to Sambor Prei Kuk to tour ruins of pre-Angkor Ishanapura (Chenla civilization, sixth century); arrive Phnom Penh before nightfall. (B, L)

### **Thursday, November 15: Phnom Penh and Vicinity**

Morning focus on modern Cambodia: visit the Killing Fields and Tuol Sieng, reminders of the 1970s genocide. Afternoon: tour National Museum, Royal Palace, and Silver Pagoda. Final evening: sunset boat cruise and dinner on the Tonle Sap and Mekong rivers. Overnight Phnom Penh. (B, L, D)

### **Friday, November 16: Departures**

Transfer to Phnom Penh Airport for departing flights. (B)

***Itinerary subject to change.***

## TOUR RESERVATIONS

**Phone:** Call 800.422.8975, ext. 160 or 146, Mon–Fri, 8 a.m. to 5 p.m. (Mountain Time).

**Online:** Use the secure reservation form at [www.crowcanyon.org/travel](http://www.crowcanyon.org/travel).

**Please Note:** Online requests are subject to availability. Your credit card will not be charged until your registration is fully processed and confirmed by Crow Canyon.

**Late Reservations:** To secure reservations on a trip for which the final payment deadline has passed, full payment by credit card is required at the time of your reservation. Last-minute reservations are subject to space availability and may require the payment of late fees.

**Cancellation:** All cancellation requests must be made in writing to Crow Canyon Registrar, 23390 Road K, Cortez, CO 81321-9408, or e-mailed to [travel@crowcanyon.org](mailto:travel@crowcanyon.org). Cancellations become effective on the date received. The following penalty schedule applies: On or before August 1, 2012: \$500 handling fee for main trip and \$250 for extension; after August 1, 2012: forfeiture of all payments.

**Group Size:** Our programs are designed for small groups. A minimum number of participants is required for each trip. If this minimum is not reached by the final payment date, you may be offered several options: pay a slightly higher program price, select another program, or receive a full refund. If Crow Canyon cancels a trip extension for which you are booked, and you elect to cancel your main trip, you are still subject to the cancellation penalties as described in this policy. Please contact us to check program status prior to making your travel arrangements.



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