

MANUAL FOR TOUR OPERATORS

“Calling for Pioneers”

KAYAH



myanmar
LET THE JOURNEY BEGIN



This Kayah Manual was researched and written by Mr Peter Richards and Ms Winnie Mai, under the NFT III Myanmar Inclusive Tourism Project, implemented by International Trade Centre (ITC) and funded by CBI, The Netherlands. Introductory sections of the manual were significantly informed by past reports written by Mr Pascal Khoo and Dr Frederic Thomas, ITC Consultants.

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NTF III Myanmar: Inclusive Tourism focussing on Kayah State

About the Project:

This Kayah Manual was produced under ITC's "NTF III Myanmar: Inclusive Tourism focussing on Kayah State" project, funded by The Netherlands. The project addresses the whole tourism value chain by integrating Kayah State's local producers and service providers into the tourism value chains, developing new tourism products and services, making Myanmar inbound tour operators export competitive, enhancing national and state tourism-related associations and improving Myanmar's marketing and branding in international markets.

More about the project: www.facebook.com/groups/Kayahinclusivetourism

More about ITC: www.intracen.org

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Below: ITC Kayah familiarisation trip for tour operators, February 2016





What is this manual?

During the past decade, the diverse political and ethnic groups of Kayah State have moved away from conflict towards greater trust, cooperation and peace.

As a result, Kayah has recently opened its doors to visitors, including international tourists. Tourism is initially being developed in North-western Kayah, around Loikaw, De Maw Soe and Pruso townships. These areas offer wonderful experiences for tourists, who are interested in culture, people, nature and outdoor activities.

Welcoming and friendly people, diverse arts and cultures, distinctive, rustic cuisine, and an easy going pace of life make Kayah a simply charming destination.

This manual provides information about tourism services and activities in and around Loikaw, Kayah State, Myanmar. This includes hotels, restaurants, local tour operators and tour guides, and creative and cultural tour programs.

Who is this manual for?

This manual has been prepared principally as a B2B resource for national (Myanmar) and international tour operators, which are considering developing new itineraries and sending clients to Kayah, and need more information.

The manual presents the facts about services and activities in Kayah, along with contact details for service providers. Kayah is a new destination. Services are gradually improving and professionalising. Kayah will impress visitors who are looking for 'fascinating local experiences with some comforts', rather than luxury.

Nevertheless, Loikaw does offer enough good quality services to ensure a great holiday for visitors, who are excited to visit a new, local destination. Kayah has fascinating cultures, welcoming people and impressive natural scenery. A range of exciting, new cultural tourism experiences have been developed. If your clients are interested to get off the beaten track, then Kayah will not disappoint.

About Kayah

Why is Kayah special?

Closed for over half a century, recently opened to visitors, and finally accessible by air and road; Kayah enjoys a fresh climate due to altitude (880 m) and is packed with diversity and potential for inspiring, “off the beaten track” experiences. Kayah’s nine ethnic groups weave a colourful tapestry of beliefs, cuisines, dress and decoration, languages and livelihoods. Kayah’s tranquil capital, Loikaw, is usually the base for tourists. A short drive from the state capital, local villages offer many opportunities to experience local life, including a range of newly developed, community-based, cultural tours.

Visitors will find Kayah’s undulating landscapes and intricate fabric of cultures visually enchanting. However, what truly sets Kayah apart is the endearing warmth of the people, their sense of humour, and passion to share their rituals, arts, crafts and music. Visitors who are interested in culture can visit animist temples, meet local musicians playing unique bamboo instruments, and try on a local costume! Active visitors can enjoy forest trekking accompanied by local forest guides. Food fans will enjoy tasting a Kayah barbecue or sipping millet wine from an earthen pot!



Where is Kayah?

Situated in the hilly, eastern part of Myanmar, Kayah is Myanmar's smallest state.

Kayah is bounded to the north by Phekhon, Siseng and Mawkme townships of Shan State; to the east by Thailand; to the south by the Papun township of Kayin/Karen State; and to the west by Thandaung township of Kayin State. The state capital, Loikaw is located approximately 500km from Yangon and 250km from the capital of Nay Pyi Taw. Kayah State has an area of 11,670 sq km / 4,506 sq miles. Kayah has a sparse population of just over 350,000 people.

Map showing the location of Kayah State, Myanmar



How to get to Kayah?

Newly opened to tourists, most visitors arrive in Loikaw, the state capital by air from Yangon, by boat or road from Inle Lake, or by road from Heho airport.

By air: Flights from Yangon to Loikaw take approximately 1 hour. Loikaw is now served almost every day by Air KBZ (www.airkbz.com) and Myanmar National Airlines (www.flymna.com). Please check the websites for up to date schedules.

By boat: Visitors can travel from Nyaungshwe/ Inle Lake to Pekong boat pier, and then take a transfer by taxi or minivan to Loikaw (approximately 45 minutes).

By car: The journey from Nyaungshwe to Loikaw by private vehicle takes about 5 hours (up to 7 hours by public transport). Visitors can also travel to Loikaw by road from Yangon. The journey takes approximately 18 hours. It is not recommended.

A popular way to arrive in Kayah is a scenic boat trip from Inle Lake to Pekong



Transportation routes to & from Kayah

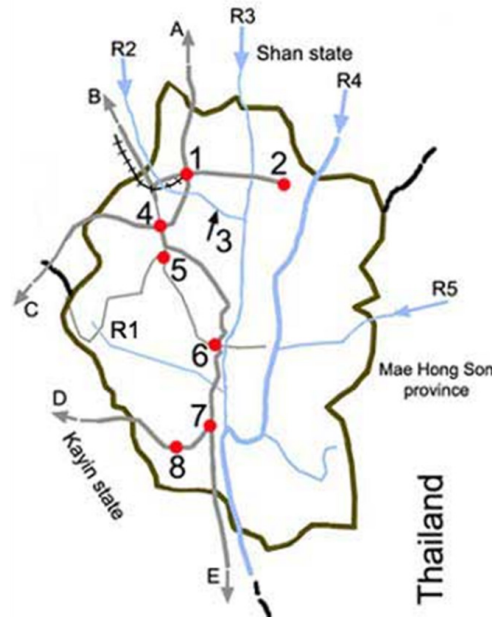
Transportation is improving, with the expansion of roads and bridge building. However, not all transport routes are open for foreign travellers.

Currently, the following routes are permitted for foreign tourists:

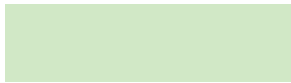
Major routes: Loikaw (1), De Maw Soe (4) & Hpruso (5)
B routes: Aung Ban, Kalaw & Heho

Other routes and areas of Kayah are also peaceful. However, these areas are nevertheless considered too sensitive to develop as tourism destinations.

Map showing major roads and transport routes into Kayah State, Myanmar



- 1 Loikaw
- 2 Shadaw
- 3 Lawpita waterfall, hydroelectric plant
- 4 De Maw Soe
- 5 Hpruso
- 6 Bawlakhe
- 7 Hpa-saung
- 8 Mawchi
- R1 Htoo creek
- R2 Balu creek (from Inle lake in Shan State)
- R3 Nampon river
- R4 Thanlyin river (Salween)
- R5 Pai river from Thailand
- A To Ho-Pong, Taunggyi
- B To Aung Ban, Kalaw & Heho
- C To Taungoo
- D To Than Daung, Taungoo
- E To Hpa Pun



Kayah in brief: politics & history

Kayah was known as Karenni State until the late 1950s, when it was renamed Kayah State. Despite being Myanmar's smallest state, Kayah is rich with history and political intrigue. Due to intense conflict between political and ethnic groups, Kayah was closed to the outside world for many decades. Now, Kayah is moving out of isolation, gradually opening up to Myanmar and the rest of the world.

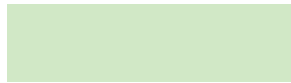
The Karenni as a whole were recognized with an independent state by the British, in a treaty signed after the Second Anglo-Burmese War in 1852. After Myanmar's independence in 1948, the state became the focal point for both pro and anti-independence movements. Modern day nationalist and ideologist politics started with the formation of the Karenni National Progressive Party (KNPP) in late 1950s.

Subsequently, six different armed groups took control of territories in Kayah State. At the heart of these conflicts were issues of governance, natural resource development, and recognition of the unique characteristics and rights of the state's ethnic minorities. As a result of these conflicts, nearly 15,000 people sought refuge in Thailand. Many have resided in Thai camps since the mid 1990s.

Following the 2010 elections, relations between the Union Government and ethnic armed groups throughout Myanmar began improving. In March 2012, the government commenced ceasefire talks with the KNPP. This led to many joint statements and agreements. The ceasefire also provided the opportunity for NGOs, INGOs, donors, and business interests to become more active in Kayah.

Various organisations, including the government, have worked in good faith, trying to find solutions to many challenges. The KNPP was able to open liaison offices in Loikaw, Hpasaung and Shadaw townships. Community-based organisations were able to actively educate and rally people across diverse issues.

On the 8 November, 2015, the National League for Democracy won a landslide victory, ending 50 years of military rule. Currently the new government is reaching out to Kayah's armed groups for further cooperation. Tourism is considered to be an important one word socioeconomic development activity in Kayah. However, stakeholders are also concerned to limit any negative impacts of tourism on Kayah's local cultures, communities and precious natural resources.



Peoples, cultures & faiths

Kayah State is mainly populated by the Kayah ethnic group (also known as the Red Karen), the Kayan (Padaung), Kayin (White Karen), Kayaw, Geba, Manu-Manaw, Yintale and Pa-O. Other ethnic groups residing in Kayah State include Burman (Bama), Intha and Shan, with small populations of Indian and Chinese people.

Many tribes people still dress in traditional costumes and practice indigenous customs, which have been passed between generations for centuries.

The people of Kayah were traditionally animists. They paid respect to spirits, through sophisticated ceremonies, often known as “Kaeh-toebo”. Villagers offered animals and food in return for protection, and to appease spirits in the event of misfortune. Nowadays, it is more common for families to follow faiths like Catholicism, Baptism and Buddhism. Kayah’s religious diversity means that tourists can observe many local, spiritual and religious festivals. These include Animist harvest festivals, Christmas, Easter, and also Buddhist New Year and Lent.

Religion is core to the identity and way of life for many people, both within individual religions and among them. Whatever religion people profess in, most of the believers and religious leaders tend to be conservative or traditionalist in attitude.

Religious communities, especially Christian churches, have a great influence over the majority of villagers in Kayah State. The Catholic church has particularly strong influence over villagers in Loikaw, Shadaw and Hpruso and De Maw Soe townships, where the majority of Catholics live. Baptists and other protestant churches have strong influences in Loikaw and Mawchi townships. Buddhist communities have a strong influence over people in Loikaw, Bawlake, Hpasauing and Mese townships.

Despite the advances of modern technology, many people in Kayah State take many types of beliefs and superstitions literally and very seriously. Visitors should always make an effort to understand local beliefs and superstitions, and behave respectfully towards all situations, places and people linked to local beliefs.

Villagers do often inform visitors of taboos in advance. However, as tourism is still quite a new activity, local people do not always think to advise visitors. Therefore, it is highly recommended that visitors should always ask guides to inform them about taboos, forbidden areas, sacred objects which should not be touched, etc. Women are forbidden from entering certain areas of “Kaehtoebo”, animist shrines.

Livelihoods

Agriculture remains the main source of livelihood for most households in Kayah. It is mostly small-scale, with shifting cultivation still predominant in the highlands. Major crops are rice, maize, sesame and groundnuts. Kayah's political and geographic isolation have enabled local, ethnic communities to conserve many aspects of their traditional ways of life and decision making processes.

However, this remoteness has also contributed to slow and limited infrastructure development; with limited access to health, education and even water resources. Improving these basic services is a key priority for local community members. Logging and deforestation also have made it increasingly difficult for villagers to supplement their needs with wild foods and other forest products. Hopefully, this will improve following the 2015 election, with new governance by the NLD.

Below: a traditional, animist Kaethoebo totem and hall, Hta Nee La Leh, Kayah



Major festivals & celebrations

There are two kinds of traditional Kayah festivals: some are social feasts, while others are related to spirituality. The most important festival is “Kaehtoebo Tagundaing”, held annually in April. On this occasion, offerings are made to the spirit guardian, to request “peace for the region, fair weather and a successful, bountiful harvest, free from dangers”. In October, the “kawhyin htoke” festival (glutinous rice wrapping) festival takes place. Other important festivals and events are held at various times throughout the year, for hunting, house-warming, and funerals.

Kayah State Day is held on 15 January every year



State economy & resources

Kayah's economy is based on agriculture, mining and forestry, placing a heavy burden on natural resources. Kayah used to be the primary producer of electricity for the whole of Myanmar, from the Lawpita hydroelectricity plant, and still produces electricity for main areas of the country (about 30% of national production). Tourism is a new industry. Recent opening of the state has brought the first arrivals of tourists and contacts between local people and foreigners.

In post-conflict situations, the emphasis usually shifts towards promoting the exploitation of natural resources as an engine for development. As it gradually opens up, many stakeholders are concerned that Kayah State should not sacrifice its pristine environment in a rush for development. Sustainably managed tourism is an alternative to the unrestrained exploitation of natural resources.

Nature & geography

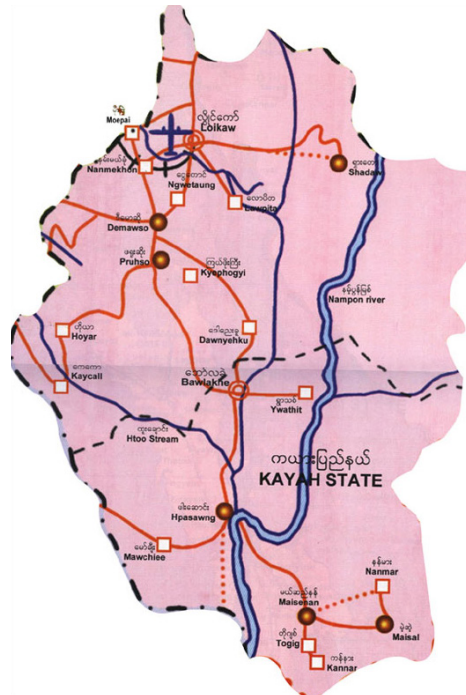
Kayah is a forested and mountainous state, rich in teak and other hardwoods and bamboos, with breathtaking landscapes, especially in the south. The great Salween/Than Lwin River divides the state into two different parts. It is joined by the Pai River in the east near Ywathit, and the Pawn in the west near Hpasauung.

Visitors can enjoy soft-adventure trekking, accompanied by local guides who have lived with the forest since childhood. Their deep knowledge of wild foods, natural dyes, herbal medicines and local legends helps to bring the relationships between nature and local people alive: adding insight to adventure. Kayah also has many scenic lakes, waterfalls and caves. Permissions are usually required to visit.



Restricted areas & permissions

Kayah State is being opened to tourism gradually. The areas permitted to international tourists without prior authorization are Loikaw, De Maw Soe and Pruhsa townships (see map below). Visits to villages outside these townships requires government permission. This must be obtained at least 3 days in advance. Permissions can be organised on your clients' behalf by local ground handlers based in Loikaw (please see page 51 to 53 for details).



Food

Kayah's cuisine is simple, fresh and healthy. Visitors can try a variety of local dishes and snacks in fresh markets and local restaurants. The Kayah kitchen includes some regional specialities, of which Kayah sausage is the most famous. These tasty, meat sausages are seasoned with Kayah pepper, which is harvested in the surroundings of De Maw Soe and Pan Pet villages. The pepper imbues the sausages with a distinctive flavour. "Hin htoke" is another delicious, local snack, enjoyed by people in Kayah. "Hin htoke" are steamed rice cakes, usually mixed with chicken or pork, or vegetables. Local rice and millet wines are also popular.

Local Kayah sausage and rice cakes called "hin htoke" are popular local dishes



Welcome to Loikaw

The capital of Kayah State, Loikaw (named by Shan people) describes the dividing point between two mountains: Shwe Taung and Thiri Mingalar Taung. Loi means mountain and Kaw means separate. The town's most iconic site is Taung Kwe Pagoda, also known as Broken Mountain, which offers stunning panoramic views of the urban area and surrounding mountains. The reclining Buddha, churches, colourful markets, a museum, and traditional crafts workshops are also highlights.

Beyond these sights, Loikaw is a genuinely great place to rub shoulders with local people, and soak up the town's gentle, laid back and friendly atmosphere. The beautiful Balu Chaung river runs through Loikaw. Scenic Naung Yah lake is a great place to go for a morning walk, or enjoy tasty local food in the evening, at sunset.

Below: Taung Kwe Pagoda, Balu Chaung river, Naung Yah lake and local markets





Practical information

Getting around Loikaw and Kayah

- It is easy and pleasant to explore Loikaw town centre on foot. Some hotels (e.g. Hotel Loikaw/Kayah Resort) are a short tuk tuk drive from the town centre
- Some hotels allow tourists to hire bicycles (e.g. Kayah Resort)
- Taxis can be booked easily through hotels and guest houses
- A short taxi trip inside Loikaw costs approximately 2,000-4,000 kyat (about \$1.50-\$3)
- Outside Loikaw, prices depend on distance and type of vehicle. Many different sizes of vehicle available for different group sizes. It costs approximately \$40-\$60 to hire a saloon car for the day, and \$90-\$100 to hire a minivan
- Loikaw ground handlers (please see pages 51 to 53 for details) can organise river trips along the Balu Chaun river, for approximately \$40 per boat, which can seat 5 people
- These prices are only indications, subject to change, and should be confirmed

Money and banks

There are several banks in Loikaw, where money can be withdrawn by ATM and changed from foreign currencies (see “B” in red on the map on page 19). Important: many banks will not accept foreign notes which have been folded. They will only accept smooth, clean notes.

Health & medical facilities

- For emergency services, Loikaw Hospital (+95 (0)8321 511) is in the northern area of town, just south of the airport
- The police station is next to the banks on the main Lawpita Road
- Tourists are not allowed to drive cars or motorbikes in Loikaw
- In Loikaw, people are generally very friendly and welcoming. However, as a safety measure, tourists are not recommended to stay out late at night

Communications

Ooredoo and Telenor provide mobile phone and internet coverage in the towns.

Map of Loikaw town centre

Places to Stay

1. Hotel Loikaw
2. Kan Thar Yar Hotel
3. Kayah Resort
4. Loikaw Friendship Guest House
5. Loikaw Lodge
6. Loikaw Princess Motel
7. Min Ma Haw Motel
8. Moon Joy Inn
9. Myat Nan Taw Hotel
10. Nan Ayar Guest House
11. Nawaday Hotel

Places to Eat

12. Aung Tha Pyay Restaurant
13. Daw Palawnia Sausage & Wine
14. Fat Boy Restaurant
15. Golden Lion Restaurant
16. Kaung Kaung Restaurant
17. Kaung Kyaw Hein Cafe
18. Keinnayar Nandaw Sausage & Wine
19. Ko Moe Doe Yoe Yar Restaurant
20. Loikaw City Restaurant 1
21. Ma Shan Noodle Shop
22. Master Restaurant 1
23. Mingalar Hin Htoke (local snack shop)
24. Naung Yah Lake Restaurants
25. Noodle Shop
26. Pho Kwar Restaurant
27. Royal Village Restaurant
28. Shwe Let Yar Restaurant
29. Shwe Ya Ti Restaurant
30. Thazin Restaurant
31. Sunday Club
32. Thiri Daw Restaurant

Places to Visit

33. Baho Zay Market
34. Haw Nan Monastery
35. Kandarawaddy Trade Centre
36. Loikaw Cultural Museum
37. Souvenir Shops
38. Loikaw Weaving Centre
39. Myo Nan Pagoda
40. Naung Yah Lake
41. Shwe Lat Wah & Myat Kalat Pagoda
42. Taung Kwe Zedi Pagoda
43. Thiri Mingalar Market

Other

44. Bus Terminal
45. Clock Tower
46. General Administration Office
47. General Hospital
48. Immigration Office
49. MoHT - Tourist Information
50. Police Station

Local Tour Operators/ Ground Handlers

51. Amazing Kayah
52. Bardo
53. Colorful Kayah
54. Kayah Htar Ni
55. Kayan Beauty
56. Lir Mu Koh
57. Meticulous Myanmar
58. 9 Generation Force



Where to stay in Loikaw: hotels

Loikaw offers several comfortable (not luxurious) hotels; and simple guest-houses. Some hotels offer different room rates, depending on single or double occupancy, and low/high season. In Loikaw, the low season is April to September, and high season is October to March. Room rates indicated below are subject to change. Please always contact the hotels to confirm current rates. Please also note that while some hotels do offer wi-fi, signals are often weak and fluctuating.

Hotel Loikaw

Loikaw's first hotel currently offers 25 bungalow-style rooms. There are two room types (superior/deluxe). Prices range from \$50-\$65 for a single room, and \$60-\$80 for a double room. Contract rates, credit card payments and wi-fi are available. The hotel also has very nice views of Hteengarhlyar Lake, a spacious restaurant and a meeting room with space for 50 participants. A small souvenir shop offers a range of local products. Staff speaks English.

Contact: +95 (0)83 229 467

Email: hotel.loikaw11@hotmail.com

Website: www.hotelloikaw.com



Kan Tha Yar Hotel

This very clean, newly built accommodation currently offers 21 superior rooms. The hotel has lake view rooms and sunrise view rooms. Prices range from \$35 (single occupancy) to \$45 (double occupancy). Contract rates and wi-fi are available. A large, rooftop room with fantastic views of Hteengarhlyar Lake can be used for meetings or workshops and can accommodate up to approximately 40 people. It is not possible to pay by credit card. Staff speaks English.

Contact: +95 (0)83 22344

Email: kantharyarhotel@gmail.com

Facebook: www.facebook.com/kantharyar



Kayah Resort

This comfortable, attractive, newly built, 3-star hotel offers 26 rooms and two room types (deluxe/executive suite). Prices range from \$99 (deluxe twin) to \$249 (executive suite), with low season promotions. Contract rates and wi-fi are available. It is possible to pay by credit card. The resort has an infinity swimming pool, a restaurant and a meeting room with sufficient space to organise events for approximately 100 participants. Staff speaks English.

Contact: +95 (0)9258 887070; +95 (0)8321 374

Email: reservations@kayahresort.com

Website: www.kayahresort.com



Loikaw Lodge

This beautifully designed, family-owned, boutique hotel on the banks of the Hteenhgarylar Lake offers 12 spacious rooms, decorated with exquisite local crafts and materials. Modern bathrooms match international upscale hotel standard. All rooms have air conditioning and free wi-fi. \$90 (superior), \$110 (deluxe), \$222 (suite) including breakfast and airport transfers. Credit cards accepted. Staff speaks English.

Contact: +95 (0)9263 319797 (Ma Swe Yi Myat); +95 (0)8324 0161

Email: reservation@loikawlodge.com

Website: www.loikawlodge.com



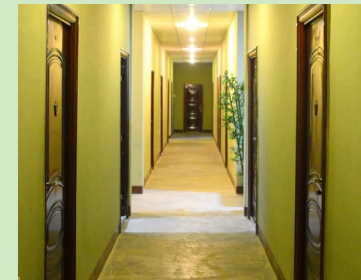
Loikaw Princess Hotel

Loikaw Princess Motel is a pleasant, mid range accommodation. Rates range from \$25 (superior, single) to \$65 (a villa which sleeps 4 guests). Extra beds are also available for \$10 night. Services and facilities include a breakfast buffet, complimentary tea and coffee, satellite TV and in-house movies, A/C, and hot water.

Contact: +95 (0)9252 564546; +95 (0)9450 541320; +95 (0)9257 208123; +95 (0)83 240108; + 95 (0)83 23098

Email: loikawprincess@gmail.com; kandaryawati@gmail.com

Website: www.hotelmyatnantawloikaw.com



Myat Nan Taw Hotel

This hotel, located close to the centre of Loikaw, currently offers 40 rooms. There are three types of room (superior/tuplex/family deluxe). Prices range from \$65-\$135. Wi-fi is available. Contract rates are offered. It is not possible to pay by credit card. The hotel has a restaurant and a "Sky Bar" with nice views of Loikaw and the surrounding area.

Contact: +95 (0)83 240034; +95 (0)9254 709265

Email: hotelmkyatnantaw.loikaw@gmail.com

Website: www.hotelmkyatnantawloikaw.com

Facebook: www.facebook.com/Hotel-Myat-Nan-Taw-521350384662812



Where to stay in Loikaw: guest houses

Loikaw Friendship Guest House

This accommodation offers 26 rooms. There are three types of room (standard/superior/deluxe). Standard rooms have a shared bathroom. More comfortable rooms are en-suite. Prices strictly depend on the number of occupants, ranging from \$25 for a single room in the low season to \$75 for a double room in the high season. Contract rates and credit card payment are not available. The guest house has a very pleasant terrace restaurant, with a river view, and can organise simple events for approximately 50 participants. Rates are available on request.

Contact: +95 (0)83 22689

Email: loikawthingaha.2016@gmail.com

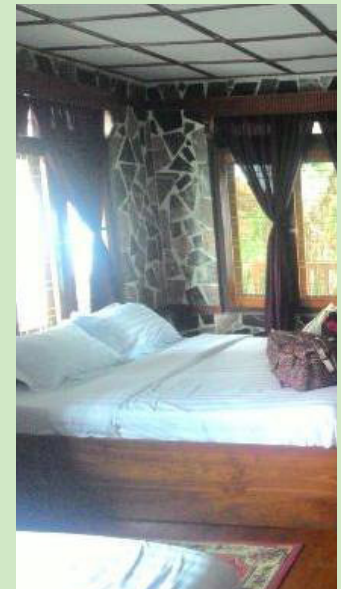


Min Ma Haw Motel

This accommodation currently offers 12 rooms, including 4 more spacious, twin rooms. Prices range from \$25 (small room, single occupancy) to \$40 (large room, double occupancy) including breakfast. Wi-fi is available. Contract rates are not available, but discounts are sometimes offered. Credit card payment is not available. The guest house has a small, homely restaurant. Staff speaks English.

Contact: +95 (0)83 21415

Email: minmahaw96@gmail.com



Moon Joy Inn

This basic guest house accommodation currently offers 10 simple rooms. Prices are \$20 USD for a room with an attached bathroom and \$7 for a fan-cooled room with a shared bathroom. Wi-fi is available. Contract rates and credit card payment are not available.

Contact: +95 (0)83 21618



Nan Ayar Guest House

This friendly, family-run guest house, close to the town centre and the Balu Chaung river offers 11 simple, clean rooms. Prices range from \$15 (room with a shared toilet) to \$25 (room with a private toilet). Wi-fi is available. Contract rates and credit card payment are not available. Contact: +95 (0)83 21306



Nawaday Hotel

This accommodation currently offers 10 rooms, with a pleasant rooftop restaurant for breakfast. Prices range from \$35 (low season, single occupancy) to \$70 (high season, double occupancy). Wi-fi is available. Contract rates are available. Credit card payment is not available.

Contact: +95 (0)83 21464; (0)83 23064

Email: motelnawaday.lkw@gmail.com; hotelnawaday.lkw@gmail.com



Where to eat in Loikaw

What's on the menu?

Plenty of tasty food is available in Loikaw. It is easy to find good quality Myanmar curries, Chinese and Thai dishes. Several restaurants serve ethnic, Kayah specialities. The best known local dishes are Kayah sausage and “hin htoke”, a delicious snack made from steamed rice powder. Local people often enjoy this with a cup of millet wine, known as “khaung yay”. Some Western food is available.



Local Kayah sausage and rice cakes called “hin htoke” are popular local dishes

Hygiene

Hygiene standards in sit-down restaurants are generally fair to good. Tasty, freshly cooked food is also available from local street stalls and markets. However, in these cases, hygiene can be below restaurant standards. Therefore, some discretion is advised, especially for people who have a sensitive stomach.

Prices

Prices for food in Loikaw are generally good value. You can find a simple bowl of noodles for as little as 800 kyat per bowl (about \$0.60). However, most dishes, eaten in restaurants, range from 2,500-5,000 kyat (about \$1.85-\$3.70) per dish.

Restaurants

Aung Tha Pyay

- Ambience: Friendly, local restaurant, specialising in Chinese food. Simple, homely decoration, with some tables overlooking the Balu Chaung river
- Recommended dishes:
 - Sweet and sour prawns
 - Sweet and sour chicken balls
 - Stir fried barbecued pork
 - Stir fried Chinese Kale
- Contact: +95 (0)9560 0436; +95 (0)83 21808
- Opening hours: 10am to 8pm
- Location: Near Oottarayon Bridge, Zay Paing Quarter
- Suitable to accommodate large groups (12+): No
- Price range: \$\$



Fat Boy

- Ambience: This newly opened restaurant has a rooftop balcony, with lovely views across the Balu Chaung river, to the Taung Kwe (Broken Mountain) pagoda. Parasols are provided to escape the sun at lunchtime. At night, one can see the beautifully illuminated pagoda
- Recommended dishes:
 - Beef tenderloin, mashed potato and vegetables in red wine sauce
 - Penne carbonara
 - Fried rice
- Contact: +95 (0)951 7457
- Opening hours: 8am to 10pm
- Location: Kyi Tha Yar Quarter
- Suitable to accommodate large groups (12+): Yes, with advance notice
- Price range: \$\$\$



Golden Lion Restaurant

- Ambience: This unique restaurant has an unforgettable “saloon” style, and a great, central location on the Balu Chaung river, off Pa Dauk Street. A very good selection of Myanmar and Chinese dishes. The Golden Lion restaurant also serves a selection of dark and light draft beers
- Recommended dishes:
 - Herbal fish (nga paung) and pork (wat tar htoke) steamed in leaves
 - Thai style, stir fried pork
- Contact: +95 (0)9410 07662; +95 (0)8321 431
- Opening hours: 9am to 9pm
- Location: Near the bridge which crosses the Balu Chaung river, on Pa Dauk Street
- Suitable to accommodate large groups (12+): Yes, with advance notice
- Price range: \$\$



Kaung Kaung

- Ambience: Kaung Kaung is a very friendly, local restaurant with a good selection of Myanmar, Chinese and Thai dishes. It is a nice place to enjoy a quiet lunch
- Recommended dishes:
 - Lemon pork
 - Stir fried pork and vegetables
 - Excellent fried noodles
- Contact: +95 (0)9252 477060
- Opening hours: 9am to 10pm
- Location: Kaung Kaung is located slightly outside the city centre at khu/131, No 4 Main St, Daw Oo Khu Quarter
- Suitable to accommodate large groups (12+): Yes, with advance notice
- Price range: \$\$



Kaung Kyaw Hein Cafe

- Ambience: This is Loikaw's best known bakery, and a great place for tea, coffee, cakes, and watching the world go by. The cakes are baked fresh and are very tasty
- Recommended dishes:
 - Myanmar milk tea
 - Black coffee (with fresh lemon!)
 - A selection of pastries and cakes
- Contact: +95 (0)9256 004831
- Opening hours: 6:30am to 9pm
- Location: Lawpita Road
- Suitable to accommodate large groups (12+): No. Busy all day, and not suitable for groups above 6 people
- Price range: \$\$



Keinnayar Nandaw Sausage and Wine

- Ambience: This is a popular, local restaurant, well known for serving some of the best Kayah sausages in Loikaw
- Recommended dishes:
 - Kayah sausage
 - Dried beef (jerky)
 - Steamed pork wrapped in leaves
- Contact: +95 (0)9428 005199; +95 (0)9799 081080
- Opening hours: 8am to 8pm (closed on Sundays)
- Location: On Kandarawaddy Road, slightly outside central Loikaw
- Suitable to accommodate large groups (12+): No. Max. 10 people
- Price range: \$\$



Ko Moe Doe Yoe Yar

- Ambience: Ko Moe Doe Yoe Yar is simple, local restaurant, which has a good reputation for local, Kayah food. It is a nice experience to enjoy lunch in a traditional bamboo cubicle
- Recommended dishes:
 - Traditional chicken curry
 - Fish (nga dukka)
 - Pork ribs
- Contact: +95 (0)9760 26747; +95 (0)9332 70827
- Opening hours: 9am to 10pm
- Location: #28, 6th street, Naung Yan (B) Ward
- Suitable to accommodate large groups (12+): No. Max 8 people
- Price range: \$\$



Loikaw City Restaurants 1 and 2

- Ambience: There are two Loikaw City restaurants. Both serve very good quality food, in a pleasant ambience. Loikaw City 1 has a nice, open balcony; as well as several cosy alcoves, ideal for business or private discussions. Loikaw City 2, located close to Loikaw airport, is a newer, attractive, spacious restaurant. Ideal for a special meal
- Recommended dishes:
 - Minced fish salad
 - Mixed Kayah hor d'oeuvres
 - Fried apples
- Contact: +95 (0)83 23051; +95 (0)9410 07651
- Email: kohlamoe.loikawcity@gmail.com; kayahlc2@gmail.com
- Opening hours: 9am to 10pm
- Location: Loikaw City 1 is centrally located at Khu/A. 135, Daw Oo Khu No. 3 Street, Daw Oo Khu Quarter Loikaw City 2 about 10 minutes drive from the centre of Loikaw
- Suitable to accommodate large groups (12+): Yes, with advance notice
- Price range: \$\$ > \$\$\$



Master Restaurants 1 and 2

- Ambience: There are two Master restaurants in Loikaw. There is a full menu of very tasty Myanmar and Chinese food. However, considering the difficulty of finding good western food in Loikaw, Master probably deserves extra special attention for...
- Recommended dishes:
 - Awesome ice cream, fruit shakes
 - Loikaw's most magnificent French fries
 - Modestly sized, but tasty burgers
- Contact: +95 (0)9494 00799; +95 (0)9560 1369
- Opening hours: 8am to 9pm
- Location: Master 1 is located on Lawpita Road, in the centre of Loikaw. Master 2 is scenically located on the banks of the Naung Yah lake
- Suitable to accommodate large groups (12+): Yes, at Master 2
- Price range: \$\$ > \$\$\$



Mingalar Hin Htoke

Two recommended places to try the local favourite, hin htoke, are:

Mingalar Hin Htoke/Sausage Producer

Contact person: U Aung Thein Lin/Daw Nyein

Contact: +95 (0)9250 257577; +95 (0)9360 94080

Mingalar Hin Htoke

Contact person: U Htun Ya

Contact: +95 (0)941009678

These restaurants are not able to accommodate large groups (more than 6 people)

Recommended noodle shops

Loikaw has several good places to get noodle soup, including Mingalar Oo Noodles, in Baho Zay market, Ma Shan Noodles off 4th street, and the “Clock Tower Noodles” on Kandarawaddy Road.

Restaurants at Naung Yah lake

There are also several other nice restaurants on the banks of Naung Yah lake. This is a particularly popular spot for local people in the evening and at weekends.



Pho Kwar Restaurant

- Ambience: Pho Kwar offers a range of Myanmar and Chinese dishes. Traditional Kayah food is also available upon pre order. The dining area has a pleasant, shady, green ambience, overlooking the Balu Chaung river. A nice lunch spot
- Recommended dishes:
 - Spicy minced chicken with egg (traditional)
 - Spicy eel
 - Squid salad
- Contact: +95 (0)9428 00579; +95 (0)83 21233
- Opening hours: 10am to 10pm
- Location: A very pleasant location on Shwe War Street, overlooking the Balu Chaung river, a short walk from Loikaw town centre
- Suitable to accommodate large groups (12+): Yes, with advance notice
- Price range: \$\$



Royal Shwe Ya Ti

- Ambience: Royal Shwe Ya Ti's popularity among locals ensures a bustling atmosphere at lunch and dinner. It is a great place to eat traditional Myanmar curry, which is served with an interesting selection of complementary side dishes
- Recommended dishes
 - Chicken, pork or prawn curry
 - Lettuce and tomato salads
 - Fish steamed in lemon and chilli
- Contact: +95 (0)83 21610; +95 (0)9428 000617
- Opening hours: 9am to 10pm
- Location: On 4th street, close to the Daw Na Street bridge, overlooking Balu Chaung river
- Suitable to accommodate large groups (12+): Yes, with advance notice
- Price range: \$\$



Royal Village

- Ambience: Royal Village has a peaceful atmosphere and a good selection of food, including dishes from Myanmar, China, Malaysia and Thailand. Some Western classics (fried chicken/sausages) are available. Guests can sit outside or inside private rooms
- Recommended dishes:
 - Classic, 'single serve dishes' like fried rice and noodles
 - A good range of vegetable dishes and salads (eg. stir fried mushrooms and fried morning glory)
- Fried fish with herbs, chili and garlic
- Contact: +95 (0)9410 07665
- Opening hours: 10am to 10pm
- Location: 10 minutes drive from Loikaw, in Kyi Tha Yar Quarter
- Suitable to accommodate large groups (12+): Yes, with advance notice
- Price range: \$\$ > \$\$\$



Shwe Lat Yar

- Ambience: Shwe Lat Yar is another popular choice for good quality, traditional Myanmar curry
- Recommended dishes:
 - Pork leg soup
 - Mutton curry
 - And for the more adventurous pork intestine curry is recommended!
- Contact: +95 (0)83 22514; +95 (0)9402 522350
- Opening hours: 9am to 9pm
- Location: A little way out of Loikaw, on the way to De Maw Soe township, making it a good place to stop on route to De Maw Soe market, or to Pan Pet (Kayah) and Hta Nee La Leh (Kayah) cultural villages
- Suitable to accommodate large groups (12+): Yes, with advance notice
- Price range: \$\$



Sunday Club

- Ambience: Sunday Club is an excellent place to observe local life, meet local people, and try traditional Kayah specialities, including millet wine and Kayah sausage. This is a simple, small, cosy, local eatery
- Recommended dishes:
 - Kayah sausage
 - Kayah rice porridge
 - Khaung yay (millet wine)
- Contact: +95 (0)9494 02576
- Opening hours: 8am to 9pm
- Location: On 10th street, Close to Loikaw Airport
- Suitable to accommodate large groups (12+): No
- Price range: \$\$



Thazin

- Ambience: Thazin enjoys a nice location, with a very spacious, outside dining area on the banks of the Belu Chaung river. Thazin serves Myanmar and Chinese food
- Recommended dishes:
 - Poached carp fish
 - Stewed pork
 - Traditional chicken curry
- Contact: +95 (0)9494 00210; +95 (0)83 21210
- Opening hours: 7am to 9pm
- Location: Thida Street, Zay Paing Quarter
- Suitable to accommodate large groups (12+): Yes, with advance notice
- Price range: \$\$



Thiri Daw

- Ambience: Thiri Daw has two restaurants, with nice surroundings. One is by Naung Yah lake, and the other is set among rice fields. The restaurant team grow their own vegetables behind the restaurant. The owner is committed to offering authentic, traditional Kayah dishes
- Recommended dishes:
 - Nga htaung (minced fish salad)
 - Wa bu chet – traditional curry cooked in bamboo (Note: must order one day in advance)
- Contact: +95 (0)9560 0847; +95 (0)9428 004202 (Lake restaurant)
- Email: youngsoojue@gmail.com
- Opening hours: 10am to 9pm (closed Sundays)
- Location: Thiri Daw 1 is by Naung Yah lake, and the second restaurant is located about 5 minutes outside Loikaw, in green surroundings
- Suitable to accommodate large groups (12+): Yes, with advance notice
- Price range: \$\$



Shopping & souvenirs

Loikaw has some interesting souvenirs. Several souvenir shops (please see the map on page 19 for details) sell a colourful range of bags and clothes, handmade from Kayah and Karen woven textiles. Many of these textiles are woven on traditional, backstrap looms. Look for textiles with an embroidered Frog Drum, a symbol of Kayah, which you will see woven into shoulder bags and shirts. Another popular souvenir are lacquered Kayah wine cups, woven from bamboo.



Photo 1: Loikaw Souvenir
Contact: +95 (0)8321957;
+95 (0)9560 0125

Photo 2: Ngwe Daung Pyi Souvenirs
Contact: +95 (0)83 22825

Photo 3: Shwe Nan Thisar
Souvenirs
Contact: +95 (0)83 21193;
+95 (0)9560 0115





Local craftsman U Thein Min (+95 (0)9410 07933) learned to make wood carvings 20 years ago in Mandalay. He has a workshop at the back of Myo Nan Pagoda, near to Moe Bye bus terminal in Loikaw. He is well known for carving Buddha statues, and depictions of local Kayah legends. Important: Buddha statues should be kept in raised areas, and should not be used as common decorative objects.



Another good place to look for handicrafts is Loikaw's bustling Thiri Mingalar market, and surrounding streets. Here, you can find some very well made bamboo baskets, which are often unique items, with intricate designs. There are also some interesting ceramics, long drums and other fun finds. Finally, if you leave your shopping until the last minute, there is a small souvenir shop at Loikaw Airport, which also has some nice souvenirs (e.g. weavings, clothes and photos).



Local ground handlers/tour operators and transport providers

Tourism has only recently begun to develop in Loikaw. In the past, companies only offered transport services, but not full tour programmes. Gradually, these companies are beginning to offer a broader range of services, including tour packages. Three local ground handlers/ tour operators (showcased below) frequently attended ITC trainings, and actively offer the creative and community based, cultural tours developed by ITC.

Why work with local ground handlers?

Local ground agents can significantly improve the quality of your tours. Community members in Loikaw and the surrounding area have little experience welcoming tourists. The local tour operators in Loikaw have participated in over 12 months of trainings, to develop cultural, community based tours. Their close proximity to local villages helps communication and trust with the local villagers. Local operators can help community members to prepare for your guests, and source quality, regional guides for your tours.

Local ground handlers/tour operators trained by ITC and actively offering CBT programmes

Amazing Kayah

- Friendly, family-owned business
- Own their own super-custom minivans
- Services: package tours, transport, guide services, hotel reservations, boat, bike and trekking trips
- Have joined training to work effectively and responsibly with local communities
- Can arrange visits to local communities for cultural exchange, trekking, etc
- Facebook: Amazing Kayah Travel and Tours
- Contact Person: Mr Sai Pan Pha/Ms Zune Zune Pyae Phyo
- Email: amazingkayah.loikaw@gmail.com
- Contact: +95 (0)9560 0315; +95 (0)9308 00500; +95 (0)9254 936770
- Address: No(17).Nandar Street, Minsu Quarter, Loikaw



Meticulous Myanmar

- Friendly, family-owned business;
- Main services are transportation (bus, car, minivan, off-road, train, boat), accommodation reservations (hotel/guesthouse) and airline ticketing
- Joined training to work effectively and responsibly with local communities
- Cultural tours to local communities
- Facebook: Meticulous Myanmar Travels and Tours
- Contact Person: Mr Htet Lin Shein
- Email: meticulousmyanmartravel.lkw@gmail.com
- Tel: +95 (0)9780 166815; +95 (0)9410 08080; +95 (0)83 22471
- Address: Ma/169, Kandayawaddy Road, Mingalar Quarter, Loikaw

9 Generation Force

- Friendly, family-owned business
- Own their own super-custom minivans
- Can arrange hotels, tour guides and other types of transport (e.g. off-road, saloon)
- Have joined training to work effectively and responsibly with local communities
- Can arrange visits to local communities for cultural exchange, trekking, etc
- Facebook: 9 Generation Force
- Contact Person: Mr Nay Moe Aung
- Email: 9generationforce.office@gmail.com
- Tel: +95 (0)9256 502908
- Address: #185, Thiha Street, Daw Ta Ma Quarter, Loikaw

Ground handlers generally charge a 10% service fee in addition to ground costs



Other local ground handlers/tour operators in Loikaw

Bardo

Contact: +95 (0)83 22745; +95 (0)9794 320373;
+95 (0)9360 43291
Facebook: Bardo Travel and Transport Company
Address: No. Law 240, Lawpita Street, Law Ta Ma Quarter

Colorful Kayah

Facebook: Colourful Kayah Land
Contact: +95 (0)9 2524 64311; +95 (0)9776 622279
Email: colorfulkayahland@gmail.com
Address: No. Ta/670, Bo Aung Kyaw Street, Nar Nat Taw Quarter

Kayah Htar Ni

Contact: +95 (0)9494 03030; +95 (0)9314 31133;
+95 (0)9494 03241
Address: No. 196, U Bue Reh Street, Htay Ta Ma Quarter

Kayah Beauty

Contact: +95 (0)83 21247; +95 (0)9560 1447
Email: kayanbeauty2016@gmail.com
Address: No. Ma 3(B), Kandarawaddy Road, Mingalar Quarter

Lir Mu Koh

Contact: +95 (0)83 21318; +95 (0)9502 1392; +95 (0)9339 86567
Address: No. 121, Shwe War Street, Mingalar Quarter

Ground handlers generally charge a 10% service fee in addition to ground costs

Tour guides

On the right are the contact details for some licenced regional tour guides based in Loikaw. These guides have participated in trainings organised by the Ministry of Hotels and Tourism (MOHT) and International Trade Centre (ITC).

1.	Mr U Htay Aung	+95 (0)9428 001621
2.	Mr U Win Naing	+95 (0)9795 572847
3.	Mr U Ko Latt	+95 (0)9780 009742; +95 (0)9428 002006
4.	Mr U Martino Htay Aung	+95 (0)9977 907659
5.	Mr U Lwin Htet Aung	+95 (0)9428 000312

Activities & excursions outside Loikaw

Taung Kwe Pagoda (Broken Mountain)

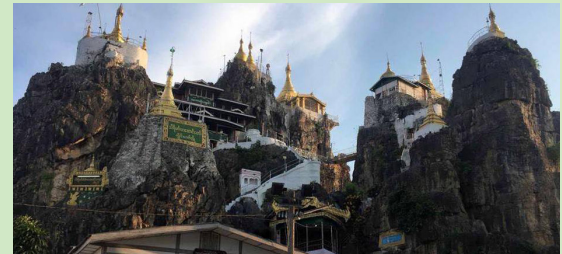
The most famous religious landmark of Loikaw is the Thiri Mingalar Taung Kwe Pagoda. Taung Kwe means broken mountain. It is also called Thirimingalar Taung Zedi as it was built on the hillock called Thirimingalar. The pagoda is 116m high and it was built on 9 natural hillocks. It is called "Phaw Pye" in Kayah language. You can enjoy great views of the marvellous landscape of Loikaw from the top.

Fees

- Camera fees: 300 kyat (about \$0.25)
- Parking fees:
 - Bicycle: 300 kyat (about \$0.25)
 - Motorcycle: 200 kyat (about \$0.15)
 - Bus: 500 kyat (about \$0.40)
 - Minivan: 300 kyat (about \$0.25)
- You can give a donation for taking the elevator

Haw Nan Monastery

Haw Nan Monastery, known as Kandarawwady Haw Nan is one of the most ancient buildings in Kayah. It was built during the First World War (1912-1916) by Zaw Bwa Saw Pyar Du Sat Khun Li, the Chief of Kayah. Three stairways lead up to the monastery. Old photos and furniture from Zaw Bwa's family transport visitors back 100 years into the past. In 1994, relatives of the last chief donated the building as a monastery.



Naung Yah lake

Naung Yah lake is a very popular spot for local people to enjoy a stroll in the morning and evening, or a picnic with family and friends. Some paddle boats are available, and some people also enjoy fishing. In the evening, local people enjoy eating tasty food at local restaurants on the lakeside.



Loikaw cultural museum

Loikaw museum is well worth a visit. It has an interesting collection of historical artefacts, including sacred frog drums, which are a symbol of Kayah identity. Other exhibits include a colourful collection of traditional costumes, worn by Kayah's different ethnic groups. English language media is under development. Opening hours are 9am to 4:30pm. A visit takes approximately 45 minutes. Contact: +95 (0)83 21307





Local, fresh markets in Loikaw

Thiri Mingalar market is open every day from 6am to 5pm on except full moon days. The market has a good variety of items local foods, vegetables, fruits and spices with wonderful contrasting colours and fragrances. Visitors can also find household goods and clothing which make special mementos of a visit to Kayah.



Baho Zay market on Daw Na Street has plenty of tasty, local food and typical Myanmar tea shops. It is possible to buy hot, fresh food. However, use your discretion. If this is your first time in Myanmar, you should choose with care.



Naung Yah market is a small market, just outside Loikaw, which is opens from 5:30am to 11am. Most vendors sell local foods. The market is not open every day, so it is best to check with a local hotel or tour operator before visiting.

Loikaw Weaving Centre & Natural Dyeing Path Tour

This tour takes you around the organic garden of the weaving centre to discover and experience the process of natural dyeing and learn about traditional weaving.



Introduction to the “Natural Dyeing Path” Tour in Loikaw Weaving and Vocational Training Centre:

This pilot initiative is managed by the Loikaw weaving and vocational training centre, with close support of International Trade Centre (ITC), which aims - through the benefits from the tour - at improving the learning environment of young trainees and at enriching the visitors' experience in Kayah State.

Departures: The tour can depart any day of the week, with a minimum of 2 and a maximum of 6 people. The tour can be adapted to suit tourists' requirements.

Price: \$ 3/person (1 hour). The price includes a cup of local tea, the visit to the centre and its organic garden, and a chance to practice natural dyeing, with hands-on guidance and explanations by a master in natural dyeing techniques.



Itinerary:

A master trainer from the weaving centre will take you around the weaving centre's garden for about one hour to discover and experience natural dyeing. The visit includes:

- A walk in a local organic garden with the opportunity to discover the origin of the natural colours of the traditional Kayah longyi
- Participants will personally experience and practice the steps of natural dyeing
- A tour of the workshop where young trainees are learning the different techniques of weaving the traditional Kayah longyi
- A visit to the local shop where tourists can browse/buy handmade products



How this activity makes a difference:

The benefits of both the tour and your potential purchase of end products are equally shared to improve the learning environment and buy materials for the trainees from vulnerable families, as well as to create a Trainee Start-Up Fund to support trainees in the first steps of their professional career (e.g. purchase of materials and machines). By visiting the weaving centre, where tourists are usually not likely to go, this tour helps with:

- Building professional skills of young local guides (partners of the project)
- Raising incomes and stimulating investments in the weaving centre
- Raising the level of quality of life for the trainees of the weaving centre
- Raising the importance of natural dyeing techniques for young trainees
- Creating a Trainee Start-Up Fund
- Raising self-esteem and appreciation of the trainees

Contact:

Mrs Daw Aye Han:+95 (0)9252 357792/Mr U Aung Pe Thein Aye:+95 (0)9360 94222

Local Loikaw tour operators can book this tour for a 10% service charge

The Kayah Sausage Experience

This tour takes you into the home of one of two Loikaw Kayah sausage producers, willing to offer international and national visitors a safe and unique cooking experience in Kayah State. You will discover and experience the process of making the original Kayah sausage and taste the subtle balance between spices.

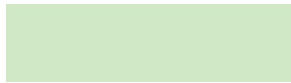


Introduction to the “Kayah Sausage Experience” in Loikaw:

This pilot initiative is managed by two local Kayah sausage producers, with close support of International Trade Centre (ITC), which aims to enrich your experience of Kayah culture and social life.

Departures: The tour can depart on Tuesdays, Thursdays and Fridays from 8:00am to 12:00pm, with a minimum of 2 and a maximum of 6 people, so that you receive personal attention. Variations of this tour are available to suit your requirements.

Price: Each group pays a fixed charge of \$15 for the price of the sausage ingredients (2 to 6 people), plus \$5 per person for the cooking class (2 hours). This tour can run with a minimum of two or more participants (the minimum cost is \$25). The price includes local tea, all sausage ingredients and the guidance and explanations for the cooking class by a local master of Kayah sausage-making.



Itinerary:

A local sausage producer will welcome you and introduce you to cooking Kayah sausage with plenty of flavour. The experience includes:

- A presentation of the Kayah Sausage recipe and its ingredients including discovery of the unique Kayah pepper
- A creative experience, as you will personally prepare, cook and taste your own Kayah sausage
- A visit to the adjacent garden where you can discover local plants

How this activity makes a difference:

The “Kayah Sausage Experience” takes you into a unique and delightful environment, and allows you to share part of the life of local households. The sausage-making families are passing down traditional recipes. Providing cookery experiences for tourists helps to provide additional income for the sausage producers, and keep these delicious recipes alive.



Contacts:

Daw Palawnia: +95 (0)9428 000535 (by the lake)

Daw Teresa: +95 (0)9428 005199 (authentic kitchen)

Local Loikaw tour operators can book this tour for a 10% service charge

Activities & excursions outside Loikaw

Kayah Community Tourism Programmes and Prices (2016)

Hta Nee La Leh, Kayah community

These community-based, cultural tour programmes offer fascinating, fun insights into the local life and culture in Hta Nee La Leh, Kayah community. Activities were developed based on special elements of local life, culture and nature, which community members feel proud and comfortable to share with guests.

All programmes begin with a quick welcome at the Hta Nee La Leh community centre. Guests are met by members of Hta Nee La Leh's community tourism club. They are given a friendly introduction to the community, and important cultural do's and don'ts.

All programmes include a visit to Hta Nee La Leh "Kaehtoebo" hall and shrines, where animist traditions are practiced. Community members consider these sites to be the heart of life in Hta Nee La Leh and a "must see". Visitors learn why the sites are important for local people, and about festivals and events, which are held here during the year. Guests also learn about the tradition of ritual hunting. They visit the local hunting shrine, and can try their hand at using a catapult.





The “Kaehtoebo” hall plays a key role in local identity

Test your skills with a traditional, Kayah catapult!

Fixed costs include a “local community guide fee” of 5,000 kyat (about \$3.70) per guide per half day; or 8,000 kyat (about \$5.90) per guide per full day. In addition to these activities, other optional activities can be selected, which make the tour into a half day programme.

Visitors can eat lunch or dinner at a local restaurant (paid according to menu prices). Or you can book a special Kayah barbecue. To eat the Kayah barbecue by the scenic and peaceful 7 Lakes costs a minimum of 30,000 kyat (about \$22 in total for 4-6 guests) and an additional 5,000 kyat (about \$3.70) per guest thereafter. It is also possible to eat the Kayah barbecue in a local home, for a cost of 5,000 kyat (about \$3.70) per person (minimum of 3 guests).

Choices of programmes and prices are described in the following pages.





Half-day tours (approx. 3.5 hours)

Option A

Welcome guests at the community centre. Visit the “Kaehtoebo” site and hunting shrine, to learn about local beliefs and spiritual life. In addition, guests visit the Lotus Pond. This is a sacred and scenic site. Here, visitors listen to the local legend of Tsudanu, a prince and princess who finally ascend to heaven as mythical Kinaree birds.

Price: Local guide 5,000 kyat (about \$3.70) for 1-10 guests

Option B

Welcome guests at the community centre. Visit the “Kaehtoebo” site and hunting shrine, to learn about local beliefs and spiritual life. In addition, enjoy a fun ox cart ride, via the Lotus Pond to the scenic 7 Lakes. Relax by the lake and enjoy the forested, mountain scenery.

Price: Local guide 5,000 kyat (about \$3.70) for 1-10 guests & ox cart rental 5,000 kyat (about \$3.70) for 1 cart per 3 guests

Option C

Welcome guests at the community centre. Visit the “Kaehtoebo” site and hunting shrine, to learn about local beliefs and spiritual life. In addition, enjoy an ox cart ride, via the Lotus Pond to the scenic 7 Lakes. Here, guests enjoy a delicious Kayah barbecue with cultural exchange. Note: the minimum number of guests required to organise a Kayah barbecue is 3 guests to eat at a local home, and 6 guests to eat by the lake.

Price: Local guide 5,000 kyat (about \$3.70), ox cart 5,000 kyat (about \$3.70) for 1 cart per 3 guests & barbecue 5,000 (about \$3.70) kyat per guest. Note: Kayah barbecue charges start at 30,000 kyat (about \$22) for 4-6 guests.





Half day “deep insight” into local arts and music

Option D

During this programme guests will visit two homes. First, a local musician’s house to listen to traditional instruments and try their hand playing them. Then on to another house to learn about traditional Kayah dress.

Price: Coordination fee 2,000 kyat (about \$1.60) to inform the artists about the visit in advance and to remind them. Plus 5,000 kyat (about \$3.70) contribution towards the musicians’ time (shared between two musicians) and 3,000 kyat (about \$2.20) contribution towards the local dress activities. Note that it is also possible to rent a Kayah costume to try on for an additional 5,000 kyat (about \$3.70 per costume) which takes approximately 45 minutes.

A local guide can accompany the group all day for 8,000 kyat (about \$5.90).

Contact: Hta Nee La Leh Community Tourism Club
Daw Htwe Myar: +95 (0)9977 8776906 (Myanmar language only)

Note: these coordinators are local villagers, who are sometimes working in the fields, without a good phone connection. ITC recommend that it is smoother and more efficient for tour operators based outside Kayah to use the services of local ground handlers to book these tours, for a small service fee. Please see pages 51 to 53 of this manual for contact details.

Local Loikaw tour operators can book this tour for a 10% service charge



Pan Pet, Kayan community

These tour programmes offer fascinating, fun insights into the local life and culture in Pan Pet, Kayan community. Activities were developed based on special elements of local life, culture and nature, which community members feel proud and comfortable to share with guests.

Option A: Half day trip

Guests arrive at Pemsong village. On arrival, guests are welcomed in a local home where you will enjoy a hot drink and a simple, local snack. After this, you will head off on a short trek of 1.5-2 hours, lead by local community tour guides.

Along the way, your local guides will stop and explain special cultural and natural sites, which are important to local people and their way of life. These include the village monument and pagoda. A highlight is a breathtaking, 360-degree view of the surrounding mountains. Enjoy a packed lunch or a special “jungle picnic.”

Difficulty grade: Easy trek, with moderate steep sections

Price: Local community trekking guide 5,000 kyat (about \$3.70) (1-8 guests), tea and local snack 1,500 kyat (about \$1.10) per guest, packed lunch 3,000 kyat (about \$2.20) per guest, or “jungle picnic” 5,000 kyat (about \$3.70) per guest which includes at least 3 dishes.

Following the short trek, guests can also visit Salong Kana hamlet, to meet a local Kayan artisan, and enjoy a hands-on demonstration about how to make traditional Kayan bracelets. Guests can also have a go at making a bracelet themselves. The additional cost of this workshop is 10,000 kyat (about \$7.40) in total.





Finally, the trip ends in Rang Ku hamlet, where guests can visit small craft shops, run by the famous Kayan people (popularly known as Long Neck Karen). Enjoy learning a few words of Kayan language and interacting with these fun-loving and artistic people. There are also opportunities to buy local handicrafts.



Option B: The Artisan's Trail in Salong Kana hamlet

Community based, cultural tour programmes offer fascinating, fun insights into elements of local life and culture, which community members feel proud and comfortable to share with visitors.

Salong Kana is one of the five hamlets of Pan Pet community, a homeland of Kayan, or 'Long Neck Karen' culture. The brass rings worn by some Kayah ladies have become an iconic symbol of Myanmar, and of Southeast Asian tribal culture.

Kayan ladies are also well known for their bright shop fronts, where they sell handmade crafts. Our programme gives guests the chance to go 'behind the scenes' by visiting the homes of local artisans, and seeing crafts being made.

The Artisans' Trail was developed based on consultation with local villagers. Guests visit traditional local homes, where artisans are making Kayan bracelets, weaving traditional textiles, carving wooden statues, and weaving bamboo.

Other highlights of the trail include visiting the village's Clan Monument, and the spiritual site of Ker Kwang (a Bird Totem) where your local village local guide will explain about the village's clans and ancestors. Guests can taste traditional Kayan rice wine on request (optional). The trail takes approximately 2.5 hours.

It is also possible to enjoy a delicious lunch at a local home. The food is prepared by a women's group who have had training in food hygiene.

Price: Local community guide: 5,000 kyat (about \$3.70) 3.5 hours, 10 guests per guide. Guests visit at least 3 artisans' homes. Contribution of 15,000 kyat (about \$11), shared between house owners. Lunch at home is also available for 5,000 kyat (about \$3.70).

Contact: Daw Mu Lon: +95 (0)9453 521327
(Myanmar language only)



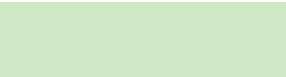
Other beautiful local attractions near to Loikaw

De Maw Soe market is located to the south of Loikaw. It takes 30 minutes to travel there by car or bike from Loikaw. The market is open 3 days a week (Monday, Wednesday and Saturday) in the morning. The best time to visit is 6am - 10am. The market is famous for traditional millet/rice wine. The vendors are from the local area, allowing visitors to taste a large variety of local dishes. For example, Kayah sausage and meat balls made using a special recipe and unique Kayah pepper.



Kyet Cave (Ya Sa Ku in Kayah language) is located 19km far to the east of Loikaw, 2,990m above sea level. It is an impressive natural cave, made of limestone and dolomite. Ancient, wooden coffins can be seen inside the cave. These coffins are from 61cm to 457cm long. According to local legends, these coffins used to contain skeletons, however these can no longer be seen in the cave.





Htee Se Kha Waterfall is a 1 hour drive, west of Loikaw. It is a natural waterfall which flows from Nant Tan Bat Creek, on the border of Shan State and Kayah State. Local people enjoy visiting the waterfall, especially around the New Year in April. Visitors should wear shorts and T-shirts to swim, rather than bathing costumes.



Lawpita Waterfall and hydropower plant is located about 12km to the east of Loikaw. It has beautiful scenery with the water cascading down the falls. Many fishes can clearly be seen in the beautiful, blue water. There is also a hydropower plant which supplies electrical power to different parts of the country. Permission is required for foreign visitors to visit Lawpita falls (through local tour operators).



Aung Tha Pyay Cave is located near Htee Se Kha Waterfall. There are about 10 sitting Buddha Statues inside the cave. The cave is approximately about 305m long. Many bee hives can be seen on the cliffs of the cave.



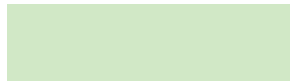
Lwel Ta Mu Cave was found in 1948. According to legend, a local person saw the cave in a dream, and went to find it. The cave is 33.5m deep, 30.5m wide, 91.5m long to the east, 152.5m long to the west and 9m high. People started to build a pagoda near the cave. After 2013, some pilgrims built more pagodas to bring good health, education and wealth. Nowadays, there are 15 pagodas and 254 statues in the cave. This cave is considered a sacred place. Visitors should dress modestly.

Ngwe Daung Dam is located in De Maw Soe township, 19km south of Loikaw. It was built in 1962. It is the main dam for irrigation in the De Maw Soe area. It is a beautiful spot to take pictures, against the background of the gold, silver and ruby mountains as well as nice paddy fields.

Phaya Pyu (White Pagoda Village) can be reached by a scenic boat journey from Loikaw, which takes about 1 hour and is most pleasant in the early morning. The journey is very beautiful, passing local farmers on the banks of the Balu Chaung river. In the village, visitors can see the white pagoda which the village is named after.

Htee-pwint-kan (Umbrella Pond) is situated in De Maw Soe township in the heart of the paddy fields. It is a small pond, around a hundred feet in circumference. The pond is famous because its' mud bed bubbles up in the shape of an umbrella. It is said that if you see the umbrella coming up, you are a lucky person!





For more information or to book services/a tour, please contact:

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