



ANCIENT CAPITALS

Mandalay - Bagan

There is an extraordinary timeless quality to Myanmar's Irrawaddy River, also known as the Ayeyarwady. Rising among Himalayan glaciers and flowing freely for almost 2,200 km across the whole country into the Indian Ocean, this river is a witness of contemporary history. The kings of medieval Bagan would almost certainly recognise its riverbank life today with its bullock cart or the tiered pagodas atop rambling teak monasteries.

Please find below the program of the Ancient Capital cruise downstream from Mandalay to Bagan for 4, 3- or 2-night stays.

Day One

Mandalay - Sagaing & Ava

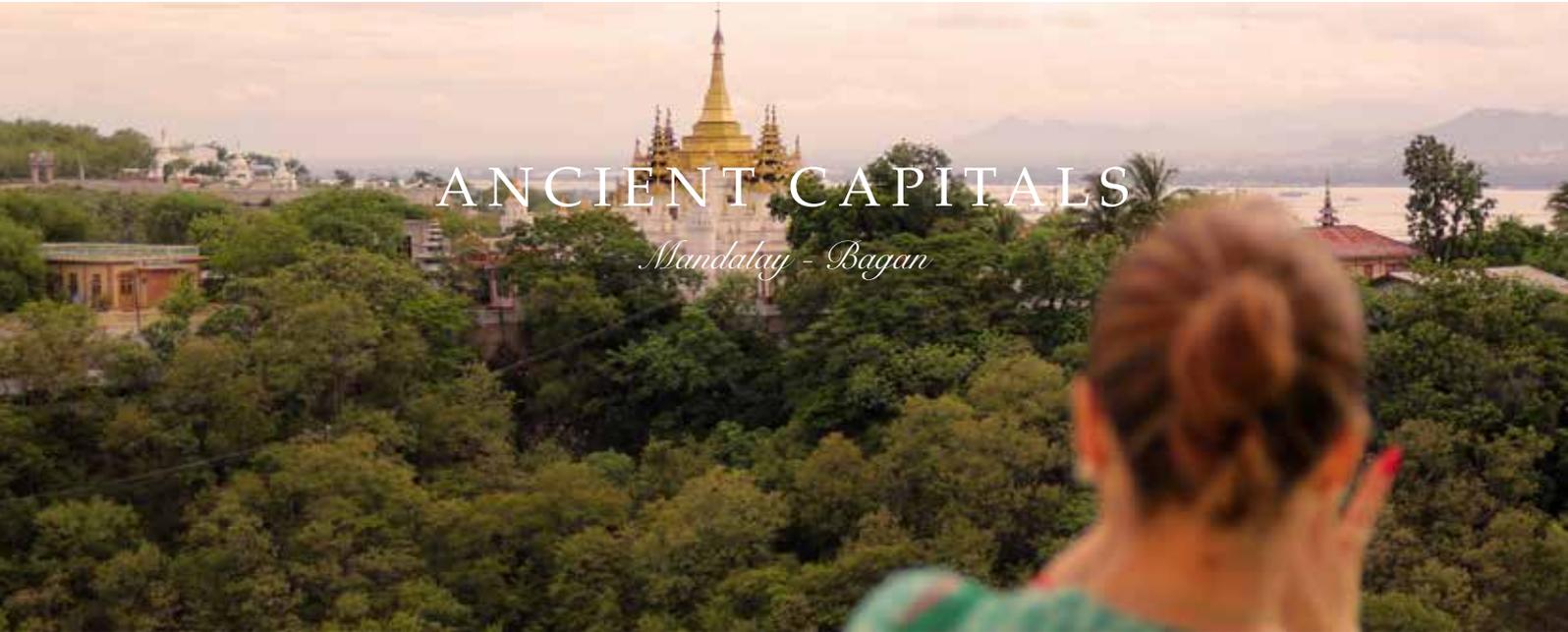
Before noon you board the luxurious Anawrahta, berthed at the quay of Mandalay's riverside.

After a friendly welcome by our staff and some refreshments you move into your "home" for the next days. The ship sets sail towards Sagaing, one of the ancient capitals of Myanmar. Please find your way to the restaurant "Hinta Hall" for lunch time. Afterwards you can enjoy your time at the outdoor Kipling's Bar or on the sun deck while Anawrahta is approaching Sagaing.

We disembark for a wonderful discovery of the highlights of Sagaing and the former royal capital of Ava. We cross the famous 16-span cantilever "Ava bridge", built in 1934 by the British, which connects the two old capitals. Ava (also called Innwa) was the metropolis of the Burmese kingdoms between the 14th to 19th century. By horse-drawn carriage we explore this area, sprinkled with distinguished ancient monasteries and fanes: Bagaya Kyaung, a jaw-dropping teak monastery built in 1834, nowadays continues to be a monastic school; Maha Aung Mye Bonzan Monastery or the Nanmyint watch tower both come with different design and arts. It is the peace of Ava that you can absorb during a laid-back picnic teatime at a secret spot in the middle of this sacred place.

Back on board, we learn more about some of the long-lasting traditions (Longyi and Thanaka demonstration). A fascinating presentation about the history and culture of Myanmar follows afterwards.

Before dinner, you are warmly invited to a cocktail gathering at the Kipling's Bar.



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Day Two *Ava - Yandabo*

For early morning risers there is the opportunity to participate in a yoga session on the sun deck. Strengthen your muscles and ease your mind by merging with the therapeutical flow downstream the Ayeyarwady. Our next stop is Yandabo.

After breakfast, a lecture about Bagan's history is offered at the Mandalay Lounge. We have some relaxation time whilst cruising in the morning. Gaze at the river banks of this eternal stream from the sun deck or alternatively, a treatment at the spa will offer the same recreation.

After lunch on board, the ship arrives at the quiet and small riverside village of Yandabo. An unique and fascinating gem of a village where in 1826 the King of Ava signed the Treaty of Yandabo, signaling the end of the First Anglo-Burmese war. Nowadays, the villagers produce a type of water pot which is reputed to keep water cooler than pots from anywhere else in the country. Anawrahta's expert guides will provide you all info and explanation to that.

By foot, we explore the village. You will quickly notice that the villagers are extremely friendly, charming and open for chit-chats. You will definitely take some enchanting memories back home. Their techniques and skills to produce a variety of pots and utensils are perplexing. Try yourself to work on one of these pots.

We return to the ship for the afternoon High Tea. As we sail on to the next overnight spot Pakokku, we pass the confluence of the Ayeyarwady and its greatest tributary, the Chindwin River.

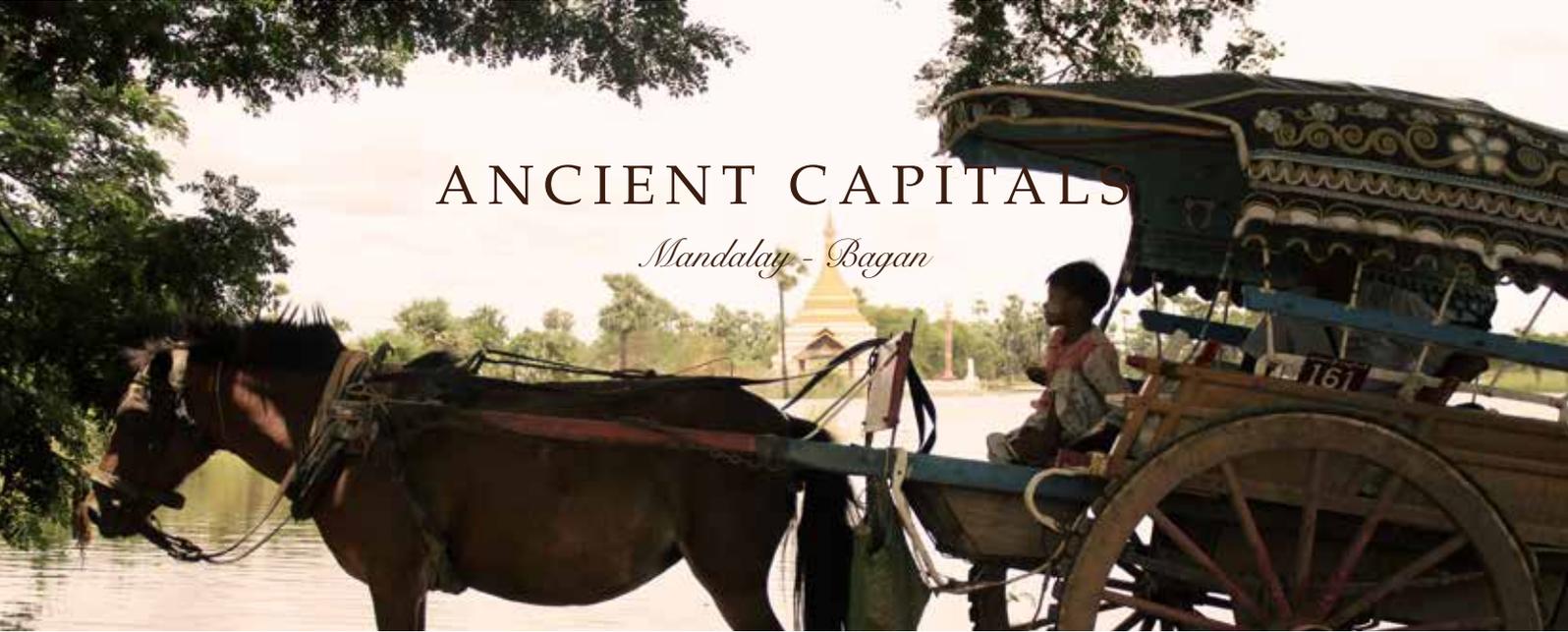
As the evening approaches and the Burmese sun immerse everything in a golden light a special event will take place at the Kipling's Bar. Dress up in style as we send "A toast to the past" during a British club where gents may whiff cigars and ladies sip on tasty gins with tonic. Share some tales of the old (British-Burmese) days. Isn't sometimes the time to lose time.

Dinner is served at the Hintha Hall. Feel free to join our open air cinema under the stars on the sun deck showing classic movies (depending on weather conditions).



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Day Three

Pakokku - Bagan

Our yoga class in the morning will bring you in shape for another day of great explorations.

Enjoy breakfast as the ship sails more miles southwards before we arrive in Pakokku. Pakokku is an old trading town on the western riverbank of the Ayeyarwady. Right before arrival, you will witness the longest bridge of Myanmar (Pakokku Bridge).

On shore, the tour takes us to some of the small industries in this area such as a cheroot-rolling factory and a producer of 'Burmese slippers' ("flip-flops"). Local handicraft vendors try to make their living with it. A visit of the thriving market gives us insights in the local goods and trading practices. Pakokku is also famous for its production of Tobacco. If you like to buy some Burmese cigars, this is the place.

We continue touring to the Shwegu Temple. This temple features incredible, intricate carvings made from rare Yamanei wood. It also houses a unique Buddha image seated on a lotus throne. Back on board lunch is served and Anawrahta continues the cruise southwards, eventually arriving at the utmost highlight of this journey - Bagan. The ship will dock at Bagan in the early afternoon (approx. 2PM).

At this time we bid farewell to our guests of the 3-day/2-night cruise.

In the afternoon a magnificent temple serendipity starts. Over 2000 temples, stupas and pagodas can be found in an area of just 30 square kilometers. We explore the most remarkable ones as the Ananda Temple or the Sulamani Pagoda. As final blowoff during dusk, we will enjoy a breathtaking view from a pagoda "summit" to marvel at the temple-strewn plains.

We wistfully return to the boat. After some refreshing time, you are invited to watch a traditional Bagan dance performance at the Mandalay Lounge before dinner starts.

After dinner our nightly open air cinema is playing another classic movie on the sun deck (depending on weather conditions).



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Day Four

Bagan

In the morning we provide the once-in-a-lifetime opportunity to sign up for a sunrise balloon flight over the Bagan area (on extra cost, pre-booking required, subject to season).

After breakfast we say good-bye to our guests of the 4-day/3-night cruise.

The morning tour starts with a visit of the bustling Nyaung-U market. A truly Burmese market where almost everything is offered. The tour around the market provides best photo-moments of local life and people. Afterwards we visit the revered Shwezigon Pagoda. This prototype of a Burmese stupa consists a circular gold leaf-gilded stupa surrounded by many smaller temples and shrines. We stop at a lacquerware workshop. This is a must-see of a long standing, traditional craftsmanship. We complete our morning tour with a visit of the fine frescoes inside the Wetkyi-In Gubyaukgyi Pagoda before returning to the ship for lunch time.

The afternoon holds two options to choose from. The first is a visit to the sacred Mount Popa monastery which sits picturesquely on an extinct volcano (some mobility and fitness is required to reach the top). Burmese people believe that this place is home to their animist spirits - the Nats. The trip ends en route at a palm sugar plantation where we can have an insight look over the shoulders of a typical local candies manufacturer.

The second option includes the exploration of Myinkaba Village. We visit the Manuha Pagoda, dating from 1059 where King Anawrahta imprisoned the Mon King, Manuha. Nearby is the beautiful architecture of the Gubyaukgyi temple. You can take some individual time to explore the village of Minnanthu on your own pace.

Back on board after some refreshing time, dinner is served. Afterwards the crew is happy to invite you to some farewell entertainment in the lounge.

Day Five

Bagan

After breakfast your stay on your floating, luxury home regrettably ends. Heritage Line and the Anawrahta crew wish you a wonderful onward journey in the land of Ancient Capitals - Myanmar.

Mentioned times are approximate. Although it is our intention to operate the proposed itinerary as outlined above, we cannot be held responsible for any last minute changes of the program that might be necessary as a result of weather conditions, alterations to cruise schedules or other operational factors. Detailed embarkation and disembarkation information is available on our website in the download section.

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