

# WHERE TO STAY & EAT

## Bed and Breakfast

<b>Grace for Grace</b> Phone: 054-45026 09-36436363 09-3187-5759 Rates: 10.000 Ks - 40.000 Ks	<b>San Sou Ci</b> Phone: 054-45037 09-3176-1900 09-2558-24573 Rates: 10.000 Ks
<b>I Wish</b> Phone: 054-45024 09-3118-4016 Rates: 10.000 Ks - 30.000 Ks	<b>Kaing's Villa</b> Phone: 054-45065 09-5059-338 Rates: 20.000 Ks- 30.000 Ks
<b>Peace House</b> Phone: 054-45042 Rates: 15.000 Ks - 30.000 Ks	<b>Golden Crown</b> Phone: 054-45013 Rates: 20.000 Ks- 30.000 Ks
<b>Star of the East</b> Phone: 054-45017 Rates: 8.500 Ks - 25.000 Ks	<b>Home Sweet Home</b> Phone: 054-45051 09-31965978 Rates: 20.000 Ks

## Restaurants and Eateries

There are about twelve (12) small restaurants and eateries that dot the main road offering local Karen, Burmese, Nepali and Chinese food. Please note that most are closed on Sundays.

# ABOUT THE TTDWG

In 2013, the government, ethnic groups, NGOs and the local community formed the Thandaung Gyi Tourism Development Technical Working Group. Their purpose is to support peace, stability and livelihood development, following many years of conflict and unrest. The area is now peaceful, and domestic and international visitors can now enjoy its natural and cultural wonders.

The TTDWG continues to work diligently to ensure that the entire community benefits from tourism and that this sector's development is managed in a responsible and sustainable manner.



# REMEMBER TO:

Take your passport and your visa with you.

Take sufficient cash with you, there are no ATM's.

Pack a sweater/light jacket for the cooler temperatures, rain gear for wet season and good trekking/walking shoes.

Pre-book your B&Bs especially during the peak dry season (October to May).

Mobile and internet service is available throughout the area with MPT. For other providers access is limited only to select spots.

Relax and enjoy Thandaung Gyi.

# HOW TO GET HERE

From	Distance	Time by Car	Time by Bus (to Taungoo)	Time by Train (to Taungoo)
Yangon	200 miles	5-6 hours	4-5 hours	6 hours
Nay Pyi Daw	100 miles	3 hours	2-3 hours	3 hours
Mandalay	180 miles	4-5 hours	4 hours	6 hours
Taungoo	27 miles	1.5 hours	-	-

If arriving by train or bus into Taungoo there are several options to get to Thandaung Gyi: Rent a motorbike, take a local goods truck (Mon-Sat until 1pm) or pre-book a private transfer with your B&B.

### Thandaung Gyi Tourism Development Working Group

Contact U Saw Bo Thar at +95 0544 5017  
 or Pastor Philip Po at +95 0931 761 900  
 Email: philiptinohn@gmail.com

### Myanmar Responsible Tourism Institute, Yangon

Phone: +95 (0) 9778158168  
 or +95 (0) 9442625774  
 Website: [www.myanmarresponsibletourism.org](http://www.myanmarresponsibletourism.org)

### Local Tour Operator I.M.S Travel and Tours, Yangon

Phone: +951 211213; 21083; +95 942 116 8446  
 Email: [rachaelthahla@gmail.com](mailto:rachaelthahla@gmail.com)

# VISIT THANDAUNG GYI

Kayin State, Myanmar

A Unique Mountain Retreat



myanmar  
FOR THE AMBASSADOR



# GUIDED TREKS & TOURS



**These tours must be conducted with licensed tour guides only. Availability is subject to weather conditions.**

## Off Road Tour to Maung Nwet Cyi

This half day tour starts with a 45-minute drive in a 4-wheel vehicle into the surrounding jungles. During the shaky ride you can view the Karen Mountains, several streams and local villages. Walk deep into the jungle past many farms and discover waterfalls and hot springs, where you can take a dip. Visit the lovely Karen village of Maung Nwet Cyi, meet the friendly villagers, and sample local products and foods. On the way back to Thandaung Cyi you might even catch the sunset.

## Trekking Tour to Leik Pyar Cyi

This guided half-day trek follows a well-marked trail through beautiful forest with mountain landscape views. The journey passes small tea fields, coffee plantations, and large cardamom fields, where you can meet friendly villagers and farmers. At Leik Pyar Ka Lay rest in a small guest house, enjoy a local snack and a cup of tea or coffee prepared by villagers. View traditional Karen houses and visit the old Christian church in the centre of village.

## New Prayer Mountain Trek

This full day trip starts early in the morning and takes you south of Thandaung Cyi on the route to Leik Tho, an important religious site. The area is surrounded by untouched nature with colourful birds and other wild animals. Stop at the organic farms and gardens on the way, with traditional Karen lunch provided at one of these locations. Make sure that you wear proper shoes and clothes that protect from prickly and sharp bushes. It is a 3-4 hour walk each way and part of the trail can be done by motorbike.



# ABOUT THANDAUNG GYI



## Colonial History

Founded in 1852, Thandaung Cyi is a picturesque little town situated in the northern mountains of Kayin (Karen) State. A 5-6 hour drive from Yangon, it sits at 4,820 feet (1,470 m) above sea level. Because of its temperate climate, it was previously used by the British as a hill station and summer resort. The architecture of this unique town is characterised by old colonial buildings, as well as numerous churches, pagodas, a Hindu temple and traditional Karen houses.

## Natural Beauty

Thandaung Cyi is surrounded by untouched natural beauty, with scenic mountain landscapes, lush vegetation, rivers, waterfalls and hot springs, perfect for trekking and hiking adventures. It is most famous for the stunning Naw Bu Baw Prayer Mountain, an important pilgrimage site for Christian Karen people.

## Local Products

Thandaung Cyi produces vegetables and fruits such as dog fruit, mangosteen, beans, cucumbers, sugarcane, and bamboo shoots. The area is also famous for its tea, betel nut, coffee, black cardamom and honey. You can tour local farms to look at the cultivation, harvesting and packaging process. Local products can be bought directly from the farms, B&Bs, local shops and restaurants.



# SITES & ATTRACTIONS

## Prayer Mountain/Naw Bu Baw Mountain

This pilgrimage site is a popular destination with the Karen People. It is a 30-40 minute walk uphill from town. Trek past numerous chapels to the summit to find the giant cross.

## Karen New Year Mountain

Adjacent to Prayer Mountain (10 minute walk), this site displays Karen cultural items connected to the Karen New Year.

## Churches of Thandaung Cyi

Visit and attend services at the old St. John Chapel and the St. George Anglican Church in the centre of the town; and the Zion's Baptist Church Pa Lay Chi on the way to Prayer Mountain.

## Tea Plantations and Tea Factory

Stroll through the picturesque landscape of the tea plantations and visit the 100 year old tea old factory built by the British.

## The British Hill Station

From the main bridge, you take the steps up to the old British Fort for an almost 360 degree view of the town.

## Sri Duraka Dayvi Hindu Temple

A short walk up from the main bridge this temple was built for the Indian workers of the tea factory during the colonial era.

## Pyay Taw Aye Pagoda

This beautiful little pagoda is located right next to the main road, at the entrance to Thandaung Cyi.

## Karen New Year Festival

Celebrated on the first day of the month of Pyathoe (Thalay) in the Karen calendar activities include bamboo dances, speeches, singing, storytelling and sporting events.

