



TRAILS OF INDOCHINA

*Artisans of bespoke journeys to
Southeast Asia & beyond*

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Inle Lake

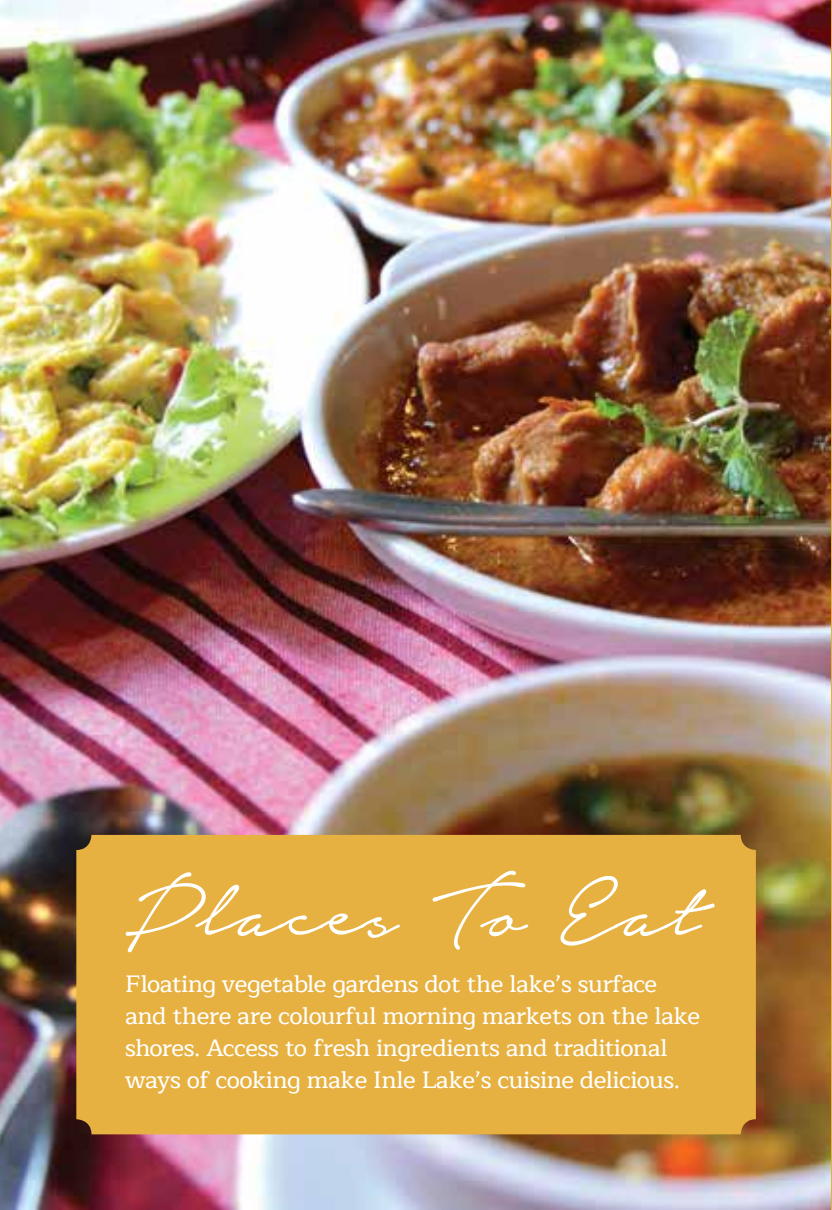
MYANMAR POCKET GUIDE



A tranquil setting to admire traditional Burmese life

Inle Lake attracts visitors year-round who are intrigued by the water's one-of-a-kind surroundings. The only place in Myanmar where you can see the country's mountainous landscape while floating on the tranquil lake's surface, a peaceful serenity emanates from the calm water.

Inle Lake's culture is what makes it so special. The Shan traditional foods, silk and lotus weaving workshops and many other handicraft workshops offer visitors a look into the local traditions.



Places To Eat

Floating vegetable gardens dot the lake's surface and there are colourful morning markets on the lake shores. Access to fresh ingredients and traditional ways of cooking make Inle Lake's cuisine delicious.

Must-Try Local Foods



MOHINGA

Rice noodles served in a fish- and shallot-based broth



SHAN STYLE RICE

Known as fish rice, combining rice cooked with tumeric topped with flakes of fish and garlic oil



TEA LEAF SALAD

Tea leaves mixed with cabbage, tomatoes, deep-fried nuts, garlic oil and chili



STUFFED TOFU

Deep-fried tofu stuffed with fried beans and served with sweet sauce



SHAN STYLE NOODLES

Thin rice noodles in a peppery broth served with marinated chicken or pork

MYANMAR DINING



Pricing Reference: \$ - Inexpensive \$\$ - Moderate \$\$\$ - Expensive

Golden Moon Restaurant

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This riverside restaurant serves Burmese cuisine to hungry passer-bys who are looking to enjoy an authentic meal on the water. Wave hello to the famous leg rowers as you watch the moving boat traffic. Open daily 9am to 5pm

Nyaungshwe - Tel. +95 95-084-710

Inthar Heritage Restaurant

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Located near the famous Phaung Daw Oo Pagoda, this two storey wooden house is a popular and friendly place that offers delicious traditional Shan food as well as Chinese dishes. Open daily 7am to 6pm

Innpawkhon Village - Tel. + 95 9 770452804



INTERNATIONAL DINING



Golden Kites Restaurant

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Enjoy the savoury tastes of Italian cuisine at Golden Kites Restaurant. Serving fresh pasta and homemade pizza using ingredients sourced from Italy, this is the place to come for comfort food. Open daily 10am to 10pm

Corner of Myawady Rd. and Yone Gyi Rd. - Tel. +95 95-280-493

Inle Princess Restaurant

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This ultra-lush and elegant restaurant is set on the grounds of the most exclusive hotel in the area, Inle Princess Resort. The setting, the presentation and the food, which comes in set menus of Western and Asian styles, are all flawless. Open daily 10am to 10pm

Maing Tauk Rd. - Tel. + 95 81 209055, Magyizin Village

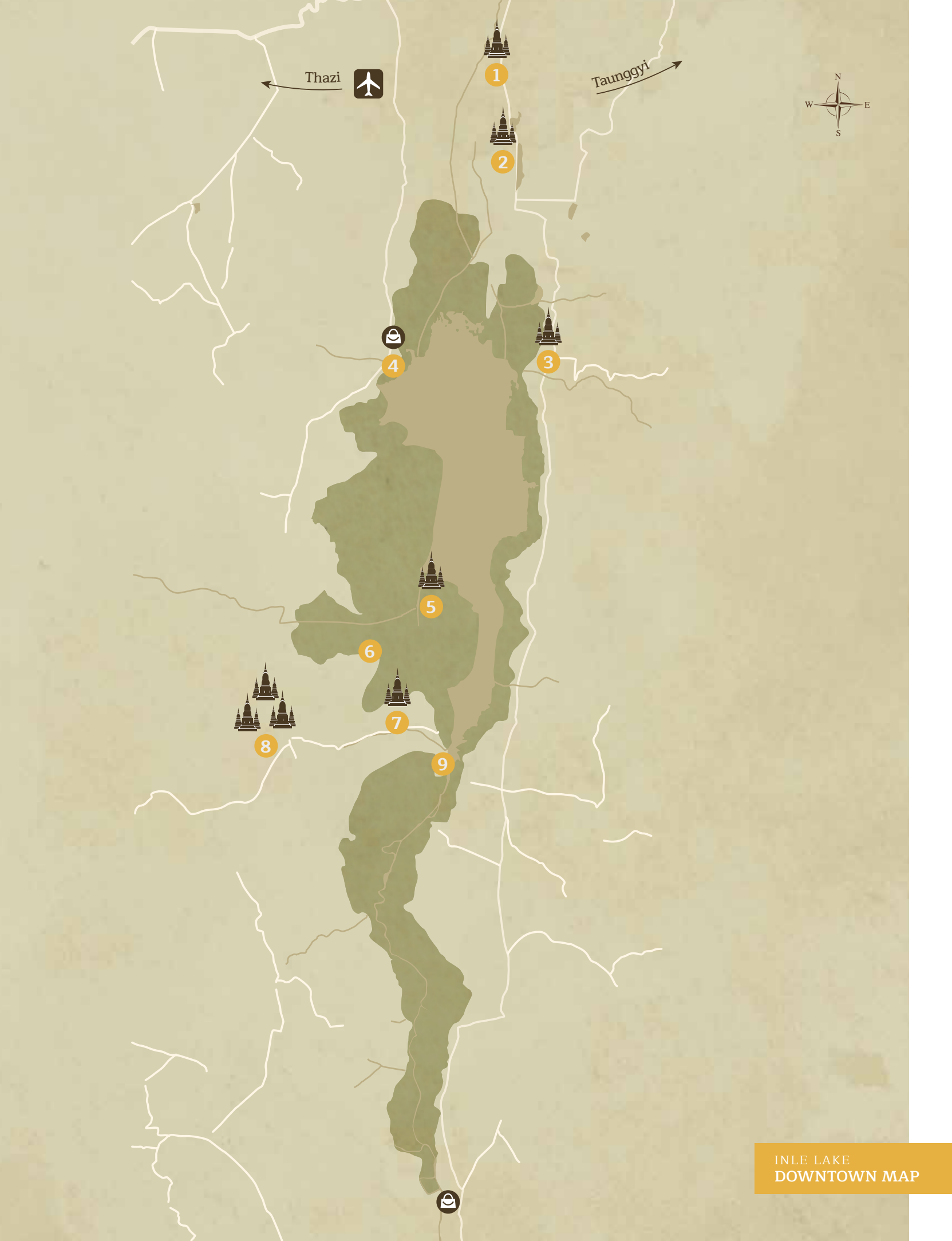
View Point Lodge

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View Point Lodge boasts two restaurants that blend excellent local and continental cuisine with wines. The beautiful setting only enhances the food and service. Open daily 10am to 10pm

Yone Gyi St. - Tel. +95 81-209-062





INLE LAKE
DOWNTOWN MAP

1. Bawrithat Pagoda

2. Shwe Yan Pyay

3. Mya Thein Tan Monastery
4. Khaung Daing Market

5. Nga Hpe Chaung
(Jumping Cat Monastery)
6. Ywama (Floating Market)

7. Phaung Daw Oo Pagoda

8. Shwe In Dein Pagoda
9. Nam Pan Market



Things To Do

Inle Lake is a hub for adventure activities, offering hiking, biking, kayaking and more. In addition, it is home to silk and lotus weaving craft shops that float on stilts above the lake.

Top Things To Do



Visit the authentic Five Day Market



Set off on a boat trip to explore the floating gardens and stilt houses



Bike and hike around Inle Lake



Learn the process of lotus weaving



Enjoy watching the sunrise or sunset at Red Mountain Vineyard



ENTERTAINMENT



Boat Race on the Lake

Every year in October, the most important festival of Myanmar takes place on Inle lake, Phaung Daw Oo Festival. This is an exciting occasion to witness the impressive boat races between the famous leg-rowers.

Maye Ni Gone Village - Tel. +95 94-936-0974



SHOPPING

Gifts, Accessories
and Decor

Inphaw Kone

Inphaw Khone's weaving workshops are a must-visit to learn how the colourful textiles are made. A stop at this village will introduce you to the craftsmen lifestyle.

West of Nampun Village

Ko Than Hlaing Silk & Lotus Weaving

Ko Than Hlaing Silk & Lotus Weaving is the place where visitors can study weaving. It is worth a stop here to see how the intricate process of lotus weaving is done.

Inpawkhon Village - Tel. +95 95-211-891

Mya Hin Tha Silversmith

The Mya Hin Tha Silversmith is a family company and that has been making silver for three generations on Inle Lake. Generations ago the grandfather created a silver-plated fish that has become the shop's signature piece.

Taung Chaung Quarter - Tel. +95 8-129-653



SPA & WELLNESS

Lavender - Spa & Beauty Centre

Both traditional oil and Thai massages are popular therapies available at Lavender - Spa & Beauty Centre. Experienced masseuses know how to ease away the stresses of travel and create an air of tranquillity. Open daily 9am to 9pm

91 Phaung Daw Pyan St. - Tel. +95 92-536-41-695



ART GALLERY

Gallery 19

Meander Gallery 19, an artist-owned photo gallery highlighting the works of regional photographers. Each piece captures the essence of Myanmar in its own way. Open Tue - Sun 9am to 6pm

Nyaung Shwe - Tel. +95 9 450006097

Notes

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