



TRAILS OF INDOCHINA

*Artisans of bespoke journeys to
Southeast Asia & beyond*

Hotline: +95 9976535660
hello@trailsofindochina.com
www.trailsofindochina.com



Mandalay

MYANMAR POCKET GUIDE



Myanmar's last royal capital and the country's second largest city

Mandalay is famous for its cultural heritage and traditional arts and crafts. It is also the commercial centre of rail, road, river and air, linking to all parts of the country. Set in the central dry zone of Myanmar, Mandalay today is the religious heart of the country, possessing some of Myanmar's most beautiful pagodas.

As the gateway to central Myanmar, just a short trip from Mandalay are Amarapura, Ava and Sagaing. These are former Burmese capitals that are now religious centres filled with pagodas and meditation centres, with thousands of monks calling the area home.

Places To Eat

Mandalay was an important trade route between India and China in the late 19th century. These cultural influences can be seen throughout the city's cuisine and in the numerous Indian and Chinese tea shops.



Must-Try Local Foods



NAAN

Flat bread typically eaten with sweet bean paste



SAMBOKSA

Fried snacks with a savoury filling such as spiced potatoes, onions, peas, lentils, cheese or beef



CURRY

Variety of curries made with pork, fish, shrimp, beef or vegetables



BURMESE BIRYANI (DANBAUK)

Burmese biryani made with either vegetables or a variety of meats



FALOODA

A cold dessert mixed with rose syrup, vermicelli, sweet basil seeds and pieces of jelly with milk

MYANMAR DINING



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

A Little Bit of Mandalay

\$\$

An excellent restaurant serving Myanmar cuisine, with superb appetizers and great mains. Enjoy amazing service, as well as a clean and pleasant atmosphere.

1a-3, 28th Street, Between 52nd And 53rd Streets Kankok Quarter, Mandalay 05011 Myanmar - Tel. +95991048506

Unique Myanmar Restaurant

\$\$

With a relaxed atmosphere and good food, this restaurant is a Mandalay gem, perfect for a get together with friends.

Corner 27 X 65 street, Mandalay Myanmar - Tel. + 95 9 203 8134

Golden Moon Restaurant

\$\$

This high-end restaurant serves up Asian-inspired European dishes using the best local and imported ingredients. An extensive wine list is also available. Open daily 9am to 6pm. Traditional Shan and Burmese Dishes Only

Sawe Taw St, Between 33rd and 34th St. - Tel. + 959 797181836

INTERNATIONAL DINING



Yadanabon Cafe

\$\$

Located at the Mandalay Hill Resort, Yadanabon Cafe offers stunning views over the distinctive architecture of the royal palace. This elegantly decorated restaurant is a great place to enjoy traditional Burmese and Western cuisine.

No (9) Kwin (416.B), 10th Street - Tel. (02) 35638, 35672, 35674

BBB Bar and Restaurant

\$\$

BBB Bar and Restaurant was one of the first restaurants in Mandalay to serve European food. These days it retains its reputation for delicious, well-priced Western food and also has an extensive bar menu. Open daily 10am to 10:30pm

292 76th St. - Tel. + 952 25623

Ginki Mandalay

\$\$

The Mandalay branch of this popular Yangon institution features a lovely garden area and the same great mix of Thai, Indian and Western food. Ginki Mandalay is a good option for a nice evening out. Open daily 10:30am to 11pm

Corner of 71st and 28th St. - Tel. +95 9-797-802-600



VEGETARIAN

Indian Tadka Mandalay

\$\$

Indian Tadka Mandalay serves Tandoori, Mughlai, Peshawari and authentic Indian food, with a wide range of cocktails, mocktails and other drinks. Open daily 11am to 11pm

27th St. between 63rd and 64th St. - Tel. +95 2-66-790

MinGaLaBar Restaurant

\$\$

MinGaLaBar Restaurant serves delicious, healthy Burmese cuisine from morning until night. Each meal is reasonably priced and is made with fresh, authentic flavours. MinGaLaBar Restaurant is a great option to find a mix of both tourists and locals. Open daily 6am to 9pm

71st St. between 28th and 29th St. - Tel. +95 2-60-480



BAR & LOUNGE

62 Bar & Grill

\$\$

62 Bar & Grill is a comfortable restaurant with delicious food, friendly service, and is the ideal quiet place to wind down at the end of the day. Open daily 11am to 11pm

62 St. between 36th and 37th St. - Tel. +95 9-771-277-909

The Myst Shisha Bar and Lounge

\$\$\$

The Myst Shisha Bar and Lounge is one of Myanmar's first hookah bars and stores. In addition to shisha, the Myst sells imported coffee, fresh baked bread and cakes, and local barbeque. Not available coffee, fresh baked bread and cakes. Open daily 3pm to 12am

27th St. between 63rd and 64th St. - Tel. + 959 969769638

CAFÉ & TEAHOUSE



Goffee Coffee

\$\$

Goffee Coffee is very cosy and nicely decorated. The staff's love for coffee can be tasted in each energising and freshly brewed sip. Open daily 9am to 8pm

6 39th St. - Tel. +95 9-777-737-508

Nova Coffee

\$\$

This airy café offers fabulous coffees and fresh juices. It also has a menu of Asian-inspired dishes and decadent homemade cakes. Open daily 9:30am to 9:30pm

A/146 37th St. - Tel. +95 9-402-766-721 | + 959 777555568

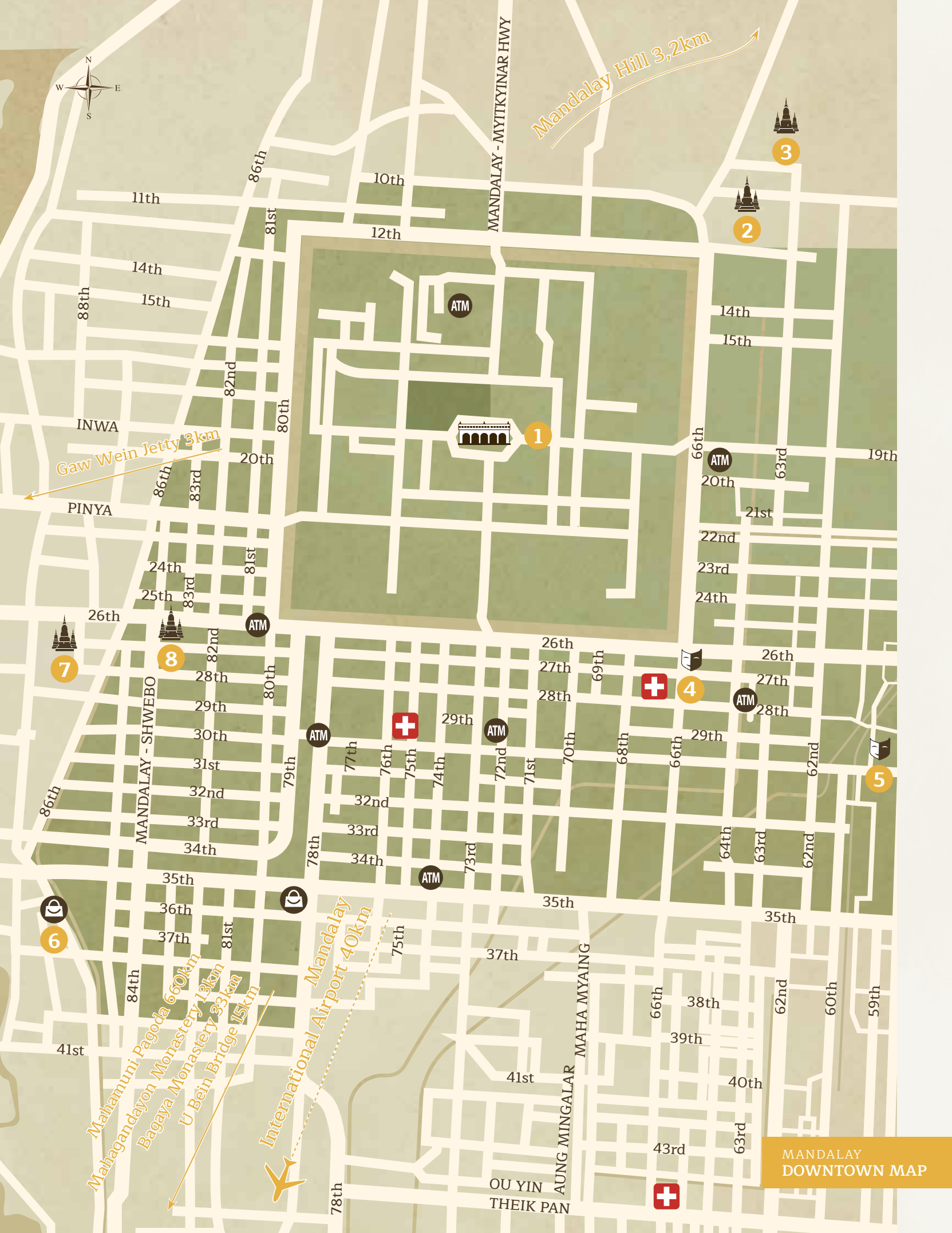
The Little Mushroom Coffee

\$\$

The environment at The Little Mushroom Coffee is welcoming. The food is delicious, the coffee is freshly brewed and the staff is friendly. Enjoy the perfect atmosphere for a place to relax and sip on a hot cup of Joe. Open daily 11am to 8:30pm

35 61st St. - Tel. +95 9-786-003-140





- | | | |
|--------------------------------|--|----------------------------|
| 1. Mandalay Palace | 5. Mintha Theater (Inwa Dance Academy and Theatre) | 7. Ein Daw Yar Pagoda |
| 2. Sandamuni Pagoda | | 8. Golden Palace Monastery |
| 3. Kuthodaw Pagoda | | |
| 4. Mandalay Marionette Theatre | 6. Jade Market | |



Things To Do

If you're looking to dive into the history of Myanmar's arts, culture, and natural landscape, Mandalay is the place to be. Visit artisan workshops and ancient monasteries all nestled in the unique surrounding.

Top Things to Do



Marvel at Mingun Bell, the largest hanging bell in the world



Learn the art of marionettes



Witness the famous early morning alms giving at a local monastery



Explore the ancient capital of Ava by horse cart



View sunset from the top of Mandalay Hill or U Bein Bridge



ENTERTAINMENT

Mandalay Marionettes Theatre

On a tiny stage, colourful marionettes expressively recreate snippets of traditional tales. Occasionally a curtain is lifted so that you can briefly admire the hand movements of the puppeteers who have performed internationally for many years. Shows daily from 8:30pm to 9:30pm

27th St. between 65th and 66th St. - Tel. +95 9-523-4446 | + 952 34446

Moustache Brothers

Visit the private home of the infamous Moustache Brothers and enjoy their light-hearted performance about the military junta that ruled Myanmar with an iron fist until 2007. The show originated from impromptu performances inside the prison during their stay. It will provide a glimpse into the country's history in an entertaining and funny way. Shows daily 8:30pm to 9:30pm

39th St. 80/81 - Tel. +95 9-402-579-799 , 943-159-591



SHOPPING

Gifts, Accessories
and Decor

Aung Nan Myanmar Handicrafts Workshop

Established over 20 years ago, here, you can buy many crafts like tapestries and Myanmar puppets. Browse the different products that are displayed throughout the shop to find a piece that is special to you. Open daily 8am to 5pm

97, 98, 99 Mandalay, Southern part of MaHarMuNi - Tel. + 952 70145 | + 959 33113500

Jade Market

Jade Market is one of the most incredible shops to visit for jewellery. Observe as craftsmen make beautiful pieces and merchants barter with one another. Open daily, closed the Sabbath day of Buddhists.

South Mandalay along 86th St.

Mingalar Mandalay Shopping Centre

Mingalar Mandalay Shopping Centre is situated next to the old Chanmyathazi Airport and across from the New Mandalay Stadium. Heritage sites, like Mahamuni Pagoda to the west and U Bein Bridge to the south, are within easy driving distance. Open daily 8am to 6pm

No.33/A, corner of 29th St. and 73rd St.

Tel. + 959 2019985 | +959 970666395

Mingalar Par Myanmar Traditional Handicrafts

This is one of the most beautiful workshops and showrooms in Mandalay. Lacquerware, bronzeware, tapestries, sand printing, straw printing, marionette, silverware, Myanmar thanakhar, sculpture, and weaving products are available here.

84th St. - Tel. +95 9-201-9985



Shwe Sin Tai

Shwe Sin Tai has the best of fine textiles and colourful patterns. A traditional silk-weaving workshop welcomes visitors and is near Mahagahandayon Monastery.

Open daily 8am to 6am

Amarapura - Tel. +95 9-774-522-004 | +95 2 70030

The King Galon Gold Leaf Workshop

The King Galon Gold Leaf Workshop has a nice selection of items to bring home to remember the brilliance of Myanmar. Lovely and affordable products that capture the true spirit of the country are found here. Open daily 8am to 6:30pm

143 36th St. between 77th and 78th St. - Tel. +95 2-32-135

Zay Cho

Zay Cho is one of the main marketplaces in Mandalay. The shops offers a wide range of goods including acheik, cotton clothing, laphet, kadipar slippers, silverware, lacquerware, jewellery, gems and more. Open daily 8am to 5pm, closed the Sabbath day of Buddhists.

Zay Cho Market





SPA & WELLNESS

Amaravati Thai Reflexology

Amaravati Thai Reflexology offers high quality services by Thai-trained masseurs, relaxing ambience and reasonable prices. The foot massage is particularly popular. Open daily 11am to 11pm

35th Rd., between 65th and 66th St. - Tel. +95 9-952-007123

Mandalar Villa & Spa

Luxuriously-decorated to resemble a time when Mandalay was under the rule of kings and queens, this spa at Mandalay Hill Resort is nestled at the foot of the famous Mandalay Hill. There are beautiful outdoor pavilions for reflexology and quiet contemplation as well as indoor rooms, which offer a complete range of spa services. Open daily 8am to 9pm

9 Kwin, 416.B 10th St. - Tel. +95 235-638



ART GALLERY

Nay Zaw Art Studio Contemporary Paintings

A beautiful collection of contemporary Burmese art dazzles gallery-goers who wish to expand their knowledge of the country's art beyond the traditional works. Open daily 9am to 5pm

168/1 84th St. - Tel. +95 943-003-340

Notes

Notes