

## 7D6N Northern Myanmar ~ Yangon/Bagan/Mandalay

### 7天6晚 缅甸北部体验~仰光/蒲甘/曼德勒

#### Day 01 (10/04) Singapore → Yangon 新加坡 → 仰光 (MI518 1420/1545) (D)

Upon arrival, a warm welcome by our local guide at the arrival hall and then transfer to visit the **Kaba Aye Pagoda, Mahapassan Cave** and **Chaukhtatgyi Pagoda** which is revered as one of the biggest reclining Buddha image in Myanmar, some say even in the world! After which, check-in hotel and followed by dinner.

集合在新加坡国际机场搭乘飞机前往缅甸首都仰光。缅甸历近三十年的锁国闭关, 让人对这片“黄金之地”充满神秘感, 近年来才慢慢揭开其面纱, 苍翠的林野风光, 碧绿的山涧溪流嘤嘤钟声梵音轻敲您烦闷的心, 敦厚纯朴的民风都能让人慢慢欣赏。抵达后, 将安排参观世界各国佛教徒第六次大会开会地点**万人石窟道场**, 翁山之弟乌奴为求世界和平而建的**世界和平塔**及**曹太极卧佛寺**, 意即六层佛寺, 内有世界最大的卧佛, 身长230英尺, 高56英尺。在其脚底有108个图案, 其中59格是人的世界, 21格是动物的世界, 28格是神的世界, 代表佛祖已超脱这些层次, 不在三界中轮回的崇高意义。过后, 送往酒店办理入住手续及享用晚餐。

#### Day 02 (11/04) Yangon 仰光 (B/L/D)

After breakfast, visit **Buddha Tooth Relic temple** and followed by **lunch offering at a monastery**. After which, visit to an orphanage school run by temple, **Mettawaddy for donation**. After lunch, embark on **City Tour** which takes you to the Strand Jetty, Sule Pagoda - the heart of the city surrounded by several old but significant colonial style buildings which allow you experience how the Europeans influenced Myanmar history and culture. Continue to **Bogyoke Market** (also known as Scott Market) to browse and bargain freely among the hundreds of stalls for great souvenirs. End your day with an enchanting evening visit to Myanmar's most revered **Shwedagon Pagoda** - 2500 years' old world famous Golden Stupa where the dome shape rises 100m above its base. Be impressed at the richly layered exterior of the Pagoda which the people of Myanmar had pampered with 60 tons of pure gold. **\*\*We will arrange for candle lighting here.**

今早到**佛牙塔**参拜。接着, 前往**当地寺院做供僧活动及参访孤儿院 Mettawaddy 做布施**。午餐后, 开始仰光市区游: **车游英国维多利亚殖民时期建造的欧式建筑**。接着前往最繁华的**昂山市场**。此市场以已故缅甸开国将军昂山命名, 是仰光市内最大的商贸市场, 如同尼泊尔的泰米尔街, 这里有各种天然的宝石玉器、金银饰品和传统工艺品出售, 是外国客人购物的天堂。傍晚参观**瑞金大金塔**。塔高约100公尺, 形似扣在地上的大金钟, 塔顶及外观用约16吨黄金建成。塔端的宝伞有无数的金银铃, 随风飘响, 伞下有数千颗红宝石镶成的黄金钻球, 塔周环立有68座各式小塔。**\*\*将于此地安排供千灯活动\*\***

#### Day 03 (12/04) Yangon → Bagan 仰光 → 蒲甘 (B/L/D)

This morning, transfer to airport for flight to Bagan. On arrival, begin sightseeing which include **Nyaung Oo Market, Shwezigone Pagoda** in which an emerald image of the Buddha from China and the Frontlet Relic of Buddha were enshrined, **Gubyaukgyi Temple** - noted for its wall paintings, **Ananda Temple** which is the finest, largest and best preserved of all Bagan temples, **Dhammayangyi Pagoda** - extending approximately 255ft on each of its four sides, is Bagan's most massive shrine, **Thatbyinnyu Temple** - a famous temple built in the mid-12th century during the reign of King Alaungsithu and **Ape YaDaNa temple** where you can study 11th century mural painting. Finally, enjoy breathtaking sunset from **Shwesandaw Pagoda** - a most popular sunset-viewing spot in Bagan. Tonight enjoy dinner with puppet show.

早餐后, 乘国内航班飞往蒲甘。蒲甘曾是缅甸第一个王朝蒲甘王朝的首都, 在佛教文化鼎盛时期, 境内的佛塔以万计, 目前依然有近两千多座的佛塔残存, 现为世界三大佛教古迹之一。将参观当地著名的市集-**NYAUNGGOO 鸟鸟市集**, 蒲甘千塔中唯一一座用石砌的古塔-**瑞西光塔**, **古表基寺**-塔内含有五百多幅壁画, 最精美的**阿难陀佛塔**, 最厚重最宏伟的**达门扬济佛塔**, **达宾纽寺**-蒲甘最高的建筑, 高67米, 与阿难达塔号称‘蒲甘双塔’及拥有11世纪壁画的**APE YADANA 寺庙**。傍晚在**瑞山陀塔**欣赏美丽的日落。晚餐于当地餐馆并观赏木偶表演。



**Day 04 (13/04) Bagan → Mt. Popa → Bagan 蒲甘 → 波帕山 → 蒲甘 (B/L/D)**

After breakfast, make an excursion to **Mt. Popa**, which rose from the ground in a massive earthquake in 442 BC. It is famous as the abode of the Nats (Spirit Gods) and for its panoramic view of the local tropical region. On the way to Mt. Popa, visit a **toddy palm juice production plant**. In the afternoon, visit a **lacquer-ware factory**. End the day with a **scenic boat ride** ending at Lawkananda Pagoda, a riverside stupa where you can catch another magnificent sunset.

今早前往波帕山，途中将参观当地的棕榈糖和棕榈酒的制作工艺。波帕山是一座死火山，是缅甸的一座神山，海拔1518米，山脚和山顶都有寺庙和佛塔。我们将爬到山顶参拜。下午参观缅甸古老传统的漆器制作手工艺。傍晚安排乘船游伊洛瓦底江看日落，于罗迦南达塔旁的码头下船。

**Day 05 (14/04) Bagan → Mandalay → Sagaing → Mandalay (B/L/D)**  
**蒲甘 → 曼德勒 → 实皆古城 → 曼德勒**

Early morning, be transferred to airport for domestic flight to Mandalay – the second largest city and last royal capital of Myanmar during 1852-1885. On arrival, drive to ancient city Amarapura and visit **Mahaganthayon Monastery**, the largest teaching monastery in Myanmar. After which, **proceed for lunch offering at a monastery**. Then proceed to **Sagaing hill** to visit **Sunooopunnya shin pagoda** which is on the hill top where you can have an overview of the panoramic scenery of the Sagaing and Irrawaddy River. Also visit **Kaungmudaw temple** which is built by King Pinnya in the 16th century and enjoy sunset view of **U-Beins Bridge** – a 1.2km long wooden bridge built over 200 years ago.

今早乘国内航班飞往缅甸第二大城 – 曼德勒，因曾是阿瓦王朝之首都，故又称为瓦城。曼德勒是缅甸第二大城，由于曼德勒是十八世纪中叶缅甸雍及牙王朝的国都，王室的皇宫、城廓保留至今，使这个城市散发著一种古代王朝的贵族气息。抵达后，前往阿玛拉普拉并到缅甸最大佛学院~曼哈加昂寺参拜。过后，前往当地寺院做供僧活动。午餐后，到实皆山山顶参拜松乌蓬亚信佛塔；从这里也可以欣赏到山下全景及伊洛瓦底江。继续参拜贡慕都塔~建于1636年，是东吁王朝的他隆王时期为了纪念迁都至不远处的阿瓦而建。傍晚安排到200多年历史的乌本桥观日落。

**Day 06 (15/04) Mandalay → Mingun → Mandalay 曼德勒 → 敏贡 → 曼德勒 (B/L/D)**

Morning after breakfast, transfer to jetty to take a boat to visit **Mingun**. Sailing up on the Irrawaddy River, you will visit the ancient **Mingun Pagoda** of 1787 AD, the world's second largest **Mingun bell** that weigh 92 tons and **Myattheinthan temple**. Back in Mandalay, we will visit **Atumashi Monastery**, a huge grandiose structure surrounded by five graduated rectangular terraces, the **Gold leaf humminging factory** and end the tour at **Mandalay Hill**, a natural watch-tower for visitors to watch sunset over the city plains.

早餐后，送往码头乘船前往敏贡，参拜敏贡塔~一座高达150米的巨型佛塔的遗迹、游览重达九十二吨的铜钟，也是世界上还在使用保存完好的最大的钟及建于1816年的辛雨梅宝塔。返回曼德勒，将到阿吐玛西寺及金箔手工制作厂参观。今天最后的活动是登上曼德勒山，整个曼德勒市的最高点。站在山顶的寺庙广场，可以俯瞰整个曼德勒市，四面城墙皆长达两公里的王宫亦尽收眼帘，视野非常宽广，令人心旷神怡。

**Day 07 (16/04) Mandalay → Singapore 曼德勒 → 新加坡 (MI533 1555/2050) (B/L)**

After breakfast, proceed to visit **Kuthodaw Pagoda complex** which has the largest book in the world (729 stone tablets into which are inscribed the entire Buddhist canon are completed in 1878) and **Mahar Myat Muni Buddha Image**, the most ancient Buddha image casted in bronze in Myanmar. After lunch, transfer to airport for your departure flight.

早餐后，前往参观库特多佛塔~又名石经院，以“天下最大的书”著称于世，因为这里有729章石碑经文。接着，到马哈木尼寺参拜。午餐后，前往机场乘搭豪华客机回返新加坡。