



SANCTUARY  
ANANDA

# 7 NIGHTS

BAGAN TO MANDALAY TO BAGAN





SANCTUARY  
ANANDA

## DAY ONE | SET SAIL IN BAGAN

*Welcome on board the Sanctuary Ananda.*

Check in at 12:30pm and settle into your suite.

If you arrive on an early flight we will arrange for you to take a tour in Bagan. Leaving at 9am we will visit a local village in the heart of the Bagan plain, to see the way of life of the local people. Next visit a lacquerware workshop. This ancient craft has been produced in Bagan since the time of King Anawrahta around 1050 AD. Here in the workshop the traditional methods are still used.

After lunch on board, we will visit Kayminga pagoda complex to see the different architecture of the stupas first-hand. This is the perfect starting point to understand how Bagan was built over several centuries and how the architectural style has evolved.

Next, on to the great golden Shwezigon Pagoda. This holds a special place among Burmese pagodas for

two reasons: it was the first major monument built in the Burmese style (as distinct from Mon style) following the country's conversion to Theravada Buddhism, and was the first pagoda to have nat (spirit) images allowed within the precinct. The Shwezigon is said to contain important relics of the Gautama Buddha, two bones and a copy of a tooth.

Enjoy the sunset over the Bagan plains and admire the light change on the pagodas as they exude antiquity and mystery. Finally the sun sets behind the hills on the far side of the Ayeyarwady River, filling the sky with a reddish glow, a truly magic moment.

A welcome briefing and champagne reception will be hosted in the Kansai Panorama Lounge before a candlelit sandbank dinner is served with the backdrop of the twinkling lights of Bagan.

SHWEZIGON PAGODA





SANCTUARY  
ANANDA

## DAY TWO | BAGAN

Take an optional early morning balloon tour to capture a birds-eye view of the Bagan plain (Available October – March only. Subject to weather conditions on the day of the flight. An additional charge applies, please book in advance), followed by breakfast back on board.

In the morning, visit the bustling local market of Nyaung U. The daily market is where the farmers meet to buy and sell a variety of goods, ranging from fruit and vegetables to china and lacquerware.

We will then return to the ship for lunch and start sailing upstream towards Sagaing. Relax as we sail past villages set against a backdrop of soft browns,

rich tamarind trees with white and golden pagodas gracing the distant hills. There is no better way to enjoy this riverine picture than from the Kanshi panorama lounge.

After lunch a variety of on board activities will be offered including a longyi (sarong) and thanaka (cosmetic) demonstration, and a talk on Myanmar – covering the country's incredibly rich history, more recent & controversial events and prospects for the future.

A delicious dinner in the Talifoo Restaurant will then follow.





SANCTUARY  
ANANDA

## DAY THREE | MANDALAY

The morning will be spent sailing as you enjoy the passing countryside. A back of house tour and cooking class with our Executive Chef will be available.

In the afternoon visit the pagoda sprinkled Sagaing Hill, an important religious and monastic centre, home to some 554 monasteries and 6,000 monks and nuns. Here we will visit a Monastic school and orphanage where you will have the opportunity to meet some of the residents and understand the teachings of Buddhism.

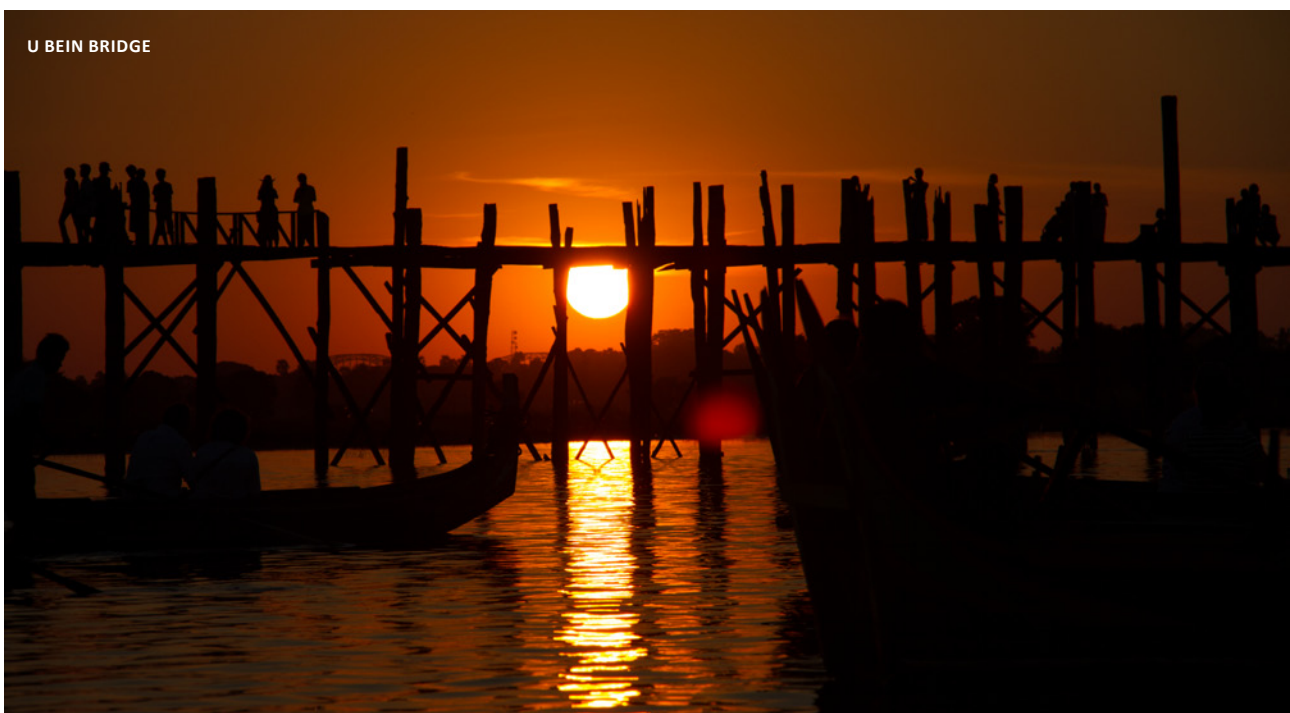
Next, take in the views from the top of the hill on the terraces of the Soon U Ponya Shin Pagoda which are truly breathtaking. Below and all around, pagodas of different shapes and sizes dot the landscape.

Amarapura was once known as 'The City of Immortals'. Today, the leisurely 'clack-clack' from the looms of the cotton and silk weavers has replaced the noisy bustle of this former capital.

Visit the U Bein Bridge, a spectacular place to enjoy the sunset. This long teak bridge snakes across the Taungthaman Lake and each evening you can watch monks crossing the bridge to collect food donations. This is a very spiritual and time travelling experience.

The view of the bridge as the sun goes down is perhaps one of the most beautiful sights in Mandalay, making it an excellent photography opportunity. After sunset, return to the Sanctuary Ananda.

A local performance will be followed by dinner on board.





SANCTUARY  
ANANDA

## DAY FOUR | MANDALAY

This morning enjoy a tour of Mandalay. This will include a visit to Shwenandaw Monastery, the only palace building to survive the bombings of World War II. This beautiful teak monastery had been the apartment of King Mindon and after his death in 1879, his son Kong Theebaw, moved it out of the palace.

Lastly a visit to Kuthodaw Pagoda (Maha Lawka Marazein) built by King Mindon in 1857, in effect a copy of the Shwezigon Pagoda in Bagan. Kuthodaw is often called the biggest book in the world, for surrounding it are 729 marble slabs inscribed with the Tripitaka texts (Buddhist cannon).

Enjoy lunch in one of the local restaurants.

In the afternoon visit a gold leaf beating workshop where you will see how the thin gold leaf that covers Buddha statues is produced. Then, you will move to Mahamuni Pagoda, one of Myanmar's most religious monuments housing the revered Mahamuni Image. Continue on to visit a bronze-casting workshop to learn how the impressively-large statues you've seen across Myanmar are made.

Your last stop of the day will be at the 774-ft (236-m) high Mandalay Hill upon which the Su Taung Pyai Pagoda rests. Once you reach the summit (via either one of the lengthy staircases or more relaxing escalators) you will be afforded a 360-degree view of Mandalay, from the Shan mountain range to the east to the Royal Palace in the south.





SANCTUARY  
ANANDA

## DAY FIVE | SIN KYUN

Early this morning Sanctuary Ananda will sail north to the quaint village of Sin Kyun, a village just north of Mandalay sponsored by Sanctuary Retreats Philanthropy. It has a population of just under 1,000 inhabitants and specialises in farming and hat making. Take an optional tour to witness first-hand the way of life in this unspoilt location seldom viewed by outsiders. Following the village Chief's request for a library and a house for an English teacher, Sanctuary Retreats Philanthropy donated the money necessary to begin this new partnership. We hope that with the support of Sanctuary Ananda guests, we will be able to provide further funds to improve the quality of life of the villagers.

Departing the village after breakfast we sail towards Pakokku. Enjoy the beautiful scenery from the ship while passing Mingun, where you can see the unfinished Mingun Pagoda.

As we continue our journey south, relax as we sail past villages, set against a backdrop of soft browns, rich tamarind trees with white and golden pagodas gracing the distant hills. There is no better way to enjoy this riverine picture than from the Kansai panorama lounge or your suite balcony.

After lunch enjoy our onboard activities, followed by a delicious dinner.

SIN KYUN VILLAGE





SANCTUARY  
ANANDA

## DAY SIX | PAKOKKU

After breakfast, join our back of house tour and take a cooking class with our Executive Chef.

One of our chefs will take you to the local market in Pakokku where mouth-watering fruit and vegetables are laid out with consummate style.

We will return to the Sanctuary Ananda for lunch as we sail on to Bagan.

After lunch on board, depart to visit Kyauk Gu U Min Temple, one of only four temples in Bagan built from stone brick. Known as the 'Rock Cave Tunnel', this cave-like temple is the perfect place to meditate. Built into a river bank, this is a temple unlike any other build in Bagan. Enjoy this wonder

as you stroll past the underground corridors lit up by light wells.

En route back to the ship, visit a local village where you will be able to witness the traditional way of life for the Burmese people of this region. Get the chance to feel like a local as you wander past their settlements.

It is interesting to see how unaffected their daily routine is in the shadow of this UNESCO World Heritage Site.

A local performance will be followed by dinner on board.





SANCTUARY  
ANANDA

## DAY SEVEN | BAGAN

Take an optional early morning balloon tour to capture a birds-eye view of the Bagan plain (Available October – March only. Subject to weather conditions on the day of the flight. An additional charge applies, please book in advance), followed by breakfast back on board.

This morning visit the temples of Bagan. First, visit the Ananda Temple. Completed in 1091 AD, it is commonly referred to as one of the four great temples in Bagan. The Ananda is regarded by folklore as one of the most beautiful temples in Myanmar. A horse-cart will be your mode of transport through the Bagan plains, with several photo shops and a visit to Sulamani pagoda.

En route to Mount Popa, visit a jaggery workshop which produces unrefined sugar. Lunch will be served at Popa Mountain Resort with spectacular views of the site. Mount Popa is best known as a pilgrimage site, with numerous Nat temples and relics. Choose to climb the 777 steps where pilgrims give offerings and pray to carved figures; it's a climb to take slowly, relishing the views.

Return to the ship in the early evening and enjoy the sunset as we sail. Tonight, a candlelit sandbank dinner is served with the backdrop of the twinkling lights of Bagan.

BALLOONS OVER BAGAN







SANCTUARY  
ANANDA

## DAY EIGHT | BAGAN

Enjoy an early breakfast on your final morning before check out at 9am.

If you are departing on a later flight we will arrange for you to take a tour in Bagan. Leaving at 9am we will visit a local village in the heart of the Bagan plain, to see the way of life of the local people.

Next visit a lacquerware workshop. This ancient craft has been produced in Bagan since the time of King Anawrahta around 1050 AD. Here in the workshop the traditional methods are still used.



*As your cruise comes to an end, we thank you for sailing with us on board the Sanctuary Ananda and immersing yourself in the magic of Myanmar.*

