



A monk overlooking the pagoda strewn plain of Bagan

Dental Study Tour and River Cruise in Burma

26 September – 3 October 2015

With flights from the UK: 25 September – 4 October 2015

Extension to Inle Lake

“This has been an outstanding holiday, well planned and managed throughout. It has been enjoyable from beginning to end, so much to see, do and experience”

John and Helen Griffith, Burma February 2015

CPD Applied For



Jon Baines
tours



Delicate pagodas reflected in Lake Inle

Fly into Rangoon and check into your hotel. Yangon, old Rangoon, is the modern face of a deeply traditional country – a harmonious jumble of different cultures and beliefs. That afternoon visit a local dental clinic before visiting the ancient Shwedagon Pagoda in time for sunset. Watch the sinking rays turn the gilded surface and diamond encrusted roof into a dazzling display before enjoying a welcome dinner.

Fly to Bagan the following morning. Spend that afternoon sightseeing on the great archaeological site of Bagan. The plain contains thousands of shrines and temples - as 'thickly strewn as gravestones in a churchyard' to quote Somerset Maugham - and during the morning you will explore some of the most beautiful of these. End the day watching the sunset across the plain from the terrace of the Shwesandaw Pagoda.

The next morning there is the option to take horse drawn carriages to watch the sun rise over the temples across the Bagan plains. Explore some of the villages in the area later in the day and visit one of the nearby traditional lacquer

workshops, which produce the best lacquer in the country. That afternoon Ashok Sethi will provide a number of lectures, or you may further explore the site or spend the time at leisure relaxing in the resort.

Next morning board the Orient Pandaw cruise ship to start a leisurely cruise along the Irrawaddy River. Spend the next two days cruising past teak rafts, fishing boats and perhaps river dolphins. This lovely ship, finished



The temples of Bagan



Cruise the Irrawaddy on the Orient Pandaw (top);
U Bein Bridge at sunset (above)

in brass and teak, is extremely comfortable with promenade decks and a large observation deck. While sailing along the Irrawaddy watch panoramas unfold along the riverbanks and see the traditional pursuits on the river and local farms and villages. There will also be lectures from Ashok Sethi on the cruise. On your first afternoon of the cruise, travel by trishaw into the town of Pakokku and visit the local market. That evening enjoy open air dining on deck. The following morning visit Yandabo village and visit the Pandaw School and see potteries. Cruise in the afternoon and arrive in Mandalay the following morning.

Upon arrival walk along the 200 year old U Bein Teak Bridge before transferring to the Mandalay Hill Resort. A centre of Buddhist learning as well as high art and culture, Mandalay is today home to more than 60% of Burma's population of Buddhist monks. That afternoon visit the Golden Palace Monastery, with its intricate

teak carvings and elaborate glass mosaics, spend time at Mandalay's most revered site, Mahamuni Paya, and see "The Largest Book in the World".

Stop at a traditional tea shop and visit a selection of Mandalay's profusion of craft workshops, producing Kalaga embroidery, bronze and marble carving, marionettes and the famous gold leaf, which is beaten down with hammers, and visit a local dental clinic. End the day with wonderful city views from Mandalay Hill at sunset before taking a rickshaw back to your hotel.

Fly to Rangoon the next morning and transfer to the Kandawgyi Palace Hotel, or take the optional extension to Inle Lake. Stroll through a local market and along the Rangoon harbour area. Transfer to the airport and depart Rangoon the next day.



Girl from the Karen minority (top);
Monks procession at Mahagandayon Monastery (above)



The next day explore more of the culture of the ‘Sons of the Lake’ in the morning with the afternoon at leisure. Next day transfer to Rangoon and check into the Kandawgyi Palace Hotel. Stroll through a local market and along the Rangoon harbour area. Depart Rangoon the next day.

“This was a fascinating, colourful and varied trip – which exceeded high expectations. Excellent chances to meet the Burmese people.”

Camilla Pennant, Burma 2011

Inle Lake Extension

2 – 6 October 2015

Fly to Heho and drive to Inle Lake, famed for its cool temperatures and misty horizons. Transfer to Nyaung Shwe and take a trishaw down to the bustling canal and visit the local market and the ‘tamoto houses’. Following lunch at Green Chili Restaurant transfer to the Inle Resort hotel.

That afternoon travel to the lake’s eastern shore to see farmers planting or harvesting their crops. Visit Red Mountain Estate, one of Myanmar’s best vineyards for wine tasting with fabulous views over the lake and the Shan Mountains

Spend the next day exploring the lake by boat. The artisan lake markets attract various ethnic groups in their distinctive traditional costumes from villages all around the lake. Visit the floating gardens and stilt homes of the Intha tribe and see the lake’s distinctive ‘leg rowers’ who row standing up with one leg wrapped around an oar. Visit Nga Phe Kyaung Monastery and Leshae village in the afternoon.



Inle Lake (top); A traditional ‘leg fisherman’ on Lake Inle; Two novice monks near Lake Inle (above)

Itinerary 26 September – 3 October 2015

B = Breakfast **L** = Lunch **D** = Dinner

1 night Rangoon – 2 nights Bagan – 2 nights cruising – 1 night Mandalay – 1 night Rangoon

25 Sept (Fri)	UK
Am	If departing UK flight to Burma
26 Sept (Sat)	Rangoon D
Pm	Arrive Rangoon and transfer to the hotel Visit a local dental clinic. Visit the Shwedagon Pagoda for sunset
Eve	Dinner at local restaurant
27 Sept (Sun)	Rangoon / Bagan B L D
Am	Fly to Bagan and transfer to the resort
Pm	Sightseeing tour of the great archaeological site of Bagan
Eve	See sunset from the terrace of the Shwesandaw Pagoda
28 Sept (Mon)	Bagan B L D
Am	Optional horse drawn carriages to view temples to see dawn over the plains of Bagan. Explore the villages of the area and visit a lacquer workshop
Pm	CPD talks: <i>“Changing needs of our patients – High aesthetics and low cost treatment”</i> and <i>“Current status in implant dentistry”</i> - Ashok Sethi
29 Sept (Tues)	Cruising to Mandalay by RV Pandaw B L D
Am	Transfer to jetty and board the RV Orient Pandaw
Pm	Afternoon tour of Pakokku by trishaw
Eve	CPD talks: <i>“Changing paradigms in implant dentistry”</i> and <i>“Implants long-term survival – how are they measuring up”</i> - Ashok Sethi
30 Sept (Wed)	Cruising day to Yandabo village B L D
Am	Explore the village at Yandabo and see the Pandaw school
Eve	CPD talk: <i>“Mishaps in implant dentistry”</i> Ashok Sethi
1 Oct (Thur)	Mandalay B L D
Am	Arrival Mandalay. At Amarapura walk along the 200 year old U Bein teak bridge
Pm	Tour the city in the afternoon, visiting Royal Palace, the ‘World’s Largest Book’, cottage industries and a dental clinic
Eve	Sunset view from Mandalay Hill
2 Oct (Fri)	Mandalay / Yangon B L D
Am	Fly to Rangoon or extend on Inle Lake Upon arrival visit the famous Scott Market and transfer to the hotel
Pm	Take part in a walking tour through old Rangoon

3 Oct (Sat)	Rangoon B
Am	Depart Rangoon

Extension to Inle Lake

2 Oct (Fri)	Mandalay / Inle Lake B L D
Am	Fly to Heho airport and drive to Nyaung Shwe by Inle Lake. Take a trishaw down to the bustling canal and the local market. Visit the ‘tamoto houses’
Pm	Lunch at Green Chili restaurant, transfer to the hotel. Visit the lake’s eastern shore to see farmers planting or harvesting their crops. Visit Red Mountain Estate, one of Myanmar’s best vineyards, for wine tasting with fabulous views over the lake and the Shan Mountains
3 Oct (Sat)	Inle Lake B L D
Am	Explore the lake including Inle Lake market, a floating village, floating gardens. See the local Inthar fishermen at work
Pm	Visit Nga Phe Kyaung Monastery and a local home in Leshae village for a cup tea
4 Oct (Sun)	Inle Lake B L D
Am	Explore the culture of the “Sons of the Lake” including Indein Pagoda complex, villages and cottage industries
Pm	At leisure
5 Oct (Mon)	Inle / Rangoon B L D
Am	Upon arrival visit the famous Scott Market and transfer to the hotel. Take part in a walking tour through old Rangoon
6 Oct (Tues)	Rangoon B
Am	Transfer to international airport for onward flight

Please note all itineraries in Burma are subject to change according to local conditions.

“From a swaying train ride to a sunrise to sunset cruise on the Irrawaddy, this has been my holiday of a lifetime.”

Rosalind Kemp, Burma 2012



The Orient Pandaw

Hotels

Kandawgyi Palace Hotel (Rangoon)

A beautiful traditional style hotel with pool, lovely gardens and an excellent location on Kandawgyi Lake facing the Shwedagon Pagoda.

Aureum Palace Resort (Bagan)

The resort is set in 27 acres of tropical gardens and has wonderful views of the site, whether you are dining by the large infinity pool or the viewing tower. Bedrooms are spacious and elegant with all modern facilities: bathrooms are large and equipped with luxurious amenities. Artefacts, antiquities and local artwork adorn the resort which has many facilities including the heavenly spa, an art gallery and indoor and al fresco dining options.

RV Orient Pandaw (Cruise)

Sailing on a Pandaw is essentially an outdoor experience. Whilst the staterooms are very comfortable and roomy, passengers prefer to spend their time sitting outside, on the promenade decks or on the vast observation deck above. The Pandaw dining rooms are designed to open up along the sides and are closed at night. Dinners are candlelit and indoor dining rooms are air-conditioned. Lectures take place in a private room.

Mandalay Hill Resort (Mandalay)

Set within lush gardens with a pool, this

imposing resort offers superb views of the nearby pagodas and the Royal Palace.

Inle Resort (Inle Lake Extension)

Located on the shores of Inle Lake, this boutique eco-resort features traditional architecture that blends with the natural surroundings.



The Aureum Hotel Pool, Bagan (top);
Mandalay Hotel Restaurant (above)



Vegetable Seller, Inle lake

Tour Leader

Dr Ashok Sethi has pioneered the art and science of surgical and restorative implant in the UK and internationally for 25 years. His practice is totally dedicated to implants, achieving outstanding success rates in terms of predictability as well as aesthetic and functional outcome. He is the Programme Director for the Diploma in Implant Dentistry of the Royal College of Surgeons of England. He has recently co-authored a book, Practical Implant Dentistry, with Thomas Kaus, which is published by Quintessence International. Ashok has led successful study tours to Vietnam, Cambodia, India and Chile.

CPD

It is possible to gain CPD/PDP points on this tour through the professional visits and talks. If you wish to apply please contact us.

“Visits were all excellent – very thorough. Everything was excellent.”

Dr Catherine Alison, Burma 2013

**The cost of the tour is £1,995 /
AUD \$4,389**

The cost includes:

- Comprehensive briefing notes
- The services of a tour leader (Ashok Sethi)
- 5 nights' accommodation on a sharing basis in twin or double-bedded rooms with private facilities in first class to medium grade hotels

**The single room supplement is £530 /
AUD \$1,166 pp**

- 2 nights cruise on the RV Pandaw - Upper deck or main deck (first come first served)
- Full board throughout the tour (breakfast and lunch and dinner)
- A full programme of cultural visits as per the itinerary
- A full programme of lectures and professional visits as per the itinerary
- Admission fees where applicable
- Experienced national guide throughout Burma
- All transport and airport taxes in Burma

The cost excludes:

- International flights and transfers
- All personal tips and extras such as portage, laundry, inoculation fees and drinks
- All optional excursions, tours and visits
- Travel insurance
- Visas

**The extension to Lake Inle is £580 /
AUD \$1,276 per person and includes:**

- 3 additional nights' accommodation in twin or double-bedded rooms with private facilities in medium grade hotels

**The single room supplement is £180 /
AUD \$396 pp**

- Full board throughout the tour (breakfast and lunch and dinner)
- Admission fees where applicable
- Local guide throughout
- All transport and airport taxes

**Due to the nature of the tour places
are strictly limited.**

Flights

Please contact Jon Baines Tours in London on **020 7223 9485** or in Melbourne on **03 9343 6367** if you require assistance with booking your international flights.

About Jon Baines Tours

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.

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Shwedagon Pagoda in Rangoon (top); Ox cart to Mandalay; Inside a temple in Mandalay; Temple strewn plains of Bagan (above)



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