Welcome to Hta Nee La Leh, ethnic Kayah community

Programs for season July 2017 to June 2018

Witness the ancient, animist beliefs of the Kayah people....

Meet traditional artisans and musicians in their homes ...

Enjoy tasty Kayah barbecue at home or by the lake...

Community based, cultural tours offer visitors fascinating, fun insights into local life and culture in Hta Nee La Leh, which is an ethnic Kayah (Karen) community, located in Demoso township, Kayah state, Myanmar.

All visitors must book via Hta Nee La Leh Community Based Tourism Club, and use the services of a ‘local community guide’ (price 8000 Kyat per guide.)

The program begins with a quick welcome at the Hta Nee La Leh community center. Guests are met by members of Hta Nee La Leh’s community tourism club. They are given a friendly introduction to the community, and important cultural do’s and don’ts.

The first stop is a visit to the ‘Kayhtoebo’ hall and shrines, where animist traditions are practiced. A highlight are huge totem poles, which tower into the sky. Guests learn why these sites are so important for Kayah people, and about festivals and events, which are held here during the year. Guests also visit the village hunting shrine, to learn about the tradition of ritual hunting.
The ‘Kayhtoebo’ hall plays a key role in local identity.

Other activities which are available for visitors to Hta Nee La Leh are:

1. **Visit the Lotus Pond.** This is a sacred and scenic site. Here, visitors listen to the local legend of Tsudanu, a prince and princess who finally ascend to heaven as mythical *Kinaree* birds. Visitors can also see the Water Totem, to honour the water source. **Price:** already included in guide fee.

2. **Visit the homes of local artists and musicians:** You will visit two or three homes to meet local people preserving traditional Kayah arts, crafts and culture. These include musicians who play traditional bamboo guitars, experts in Kayah dress, and artisans who make distinctive Kayah lacquer leg rings. **Price:** 5,000 Kyat contribution towards the musicians’ time (shared between two musicians) and a 3,000 Kyat contribution each towards other house visits (local dress and tradition kitchen and lacquer leg ring experts). Visitors can also try on a Kayah costume, for an additional 5,000 Kyat / costume (this takes approximately 45 minutes).

3. **Take an oxcart ride.** Visitors can take a 30 minute oxcart ride to the Seven Lakes, or around the village. Note: Oxcart riding is a fun experience. However, please note that the village roads are bumpy and seating in the oxcarts is not soft! **Price:** Oxcart 5000 Ks (per 3 guests).
Food options in Hta Nee La Leh

1. **Eat traditional Kayah barbecue, on the banks of the Seven Lakes.** This is a popular activity. The best time to eat is lunchtime or before sunset. To eat Kayah barbecue by the lake costs a minimum of 30,000 Kyat (total) for 4-6 guests, and an additional 5,000 Kyat per guest, thereafter.

2. **Enjoy lunch or dinner at home.** It is also possible to enjoy homemade lunch or dinner in a local home. Lunch or dinner costs 5,000 Kyat per person. (For barbecue food, there is a minimum of four guests = 20,000 Kyat; for non-barbecue meal, a minimum of three guests = 15,000 Kyat)

Contact: Hta Nee La Leh Community Tourism Club

Daw Htwe Myar 099 6146 7685 / 097 7877 6906 (Myanmar language only)

**NB:** Local, Loikaw tour operators can book this tour for a 10% service charge.