This Kayah Manual was researched and written by Mr Peter Richards and Ms Christine, under the NTF IV Myanmar Inclusive Tourism Project, implemented by The International Trade Centre (ITC) and funded by The Netherlands. Introductory sections of the manual were significantly informed by past reports written by Mr Pascal Khoo and Dr Frederic Thomas, ITC Consultants.

NB: The designations employed and the presentation of material in this document do not imply the expression of any opinion whatsoever on the part of the International Trade Centre concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. This document has not been formally edited by the ITC and this updated version was first printed in March 2019.
About the NTF IV Myanmar Inclusive Tourism Project in Kayah State

This Kayah Manual was produced under ITC’s “NTF IV Myanmar Inclusive Tourism Project”. The previous phase of the project (NTF III) had successfully developed Kayah State as an important, new tourism destination in Myanmar.

NTF IV supports the consolidation of this work, by continuing to implement inclusive and responsible tourism product development; and to facilitate partnerships, across the whole tourism value chain, from communities and SMEs in Kayah, to Myanmar inbound tour operators, and international tour operators.

More about the project and ITC:
www.intracen.org/NTF4/Myanmar-tourism/
https://www.facebook.com/groups/Kayahinclusivetourism/
www.intracen.org

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ITC Kayah familiarisation trip for tour operators in February 2016
What is this manual?

During the past decade, the diverse political and ethnic groups of Kayah State have moved away from conflict towards greater trust, cooperation and peace.

As a result, Kayah has recently opened its doors to visitors, including international tourists. Tourism is initially being developed in northwestern Kayah, around Loikaw, Demoso and Pruso townships. These areas offer wonderful experiences for tourists, who are interested in culture, people, nature and outdoor activities.

Welcoming and friendly people, diverse arts and cultures, distinctive, rustic cuisine, and an easy going pace of life make Kayah a simply charming destination.

This manual provides information about tourism services and activities in and around Loikaw, Kayah State, Myanmar. This includes hotels, restaurants, local tour operators and tour guides, and creative and cultural tour programmes. The manual will help your company to put Kayah in your programs, and on the map.

Who is this manual for?

This manual has been prepared principally as a B2B resource for national (Myanmar) and international tour operators, which are considering developing new itineraries and sending clients to Kayah, and need more information.

The manual presents the facts about services and activities in Kayah, along with contact details for service providers. Kayah is a new destination. Services are gradually improving and professionalising. Kayah will impress visitors who are looking for ‘fascinating local experiences with some comforts’, rather than luxury.

Nevertheless, Loikaw does offer enough good quality services to ensure a great holiday for visitors, who are excited to visit a new, local destination. Kayah has fascinating cultures, welcoming people and impressive natural scenery. A range of exciting, new cultural tourism experiences have been developed. If your clients are interested to get off the beaten track, then Kayah will not disappoint.
About Kayah

Why is Kayah special?

Closed for over half a century, recently opened to visitors, and finally accessible by air and road; Kayah enjoys a fresh climate due to altitude (880 m) and is packed with diversity and potential for inspiring, “off the beaten track” experiences.

Kayah’s nine ethnic groups weave a colourful tapestry of beliefs, cuisines, dress and decoration, languages and livelihoods. Kayah’s tranquil capital, Loikaw, is usually the base for tourists. A short drive from the state capital, local villages offer many opportunities to experience local life, including a range of newly developed, community-based, cultural tours. Visitors will find Kayah’s undulating landscapes and weave of cultures visually enchanting.

However, what truly sets Kayah apart is the endearing warmth of the people, their sense of humour, and passion to share their rituals, arts, crafts and music. Visitors who are interested in culture can visit animist temples, meet local musicians playing unique bamboo instruments, and try on a local costume! Active visitors can enjoy forest trekking accompanied by local forest guides. Food fans will enjoy tasting “Kayah barbecue” or sipping millet wine from an earthen pot!
Where is Kayah?

Situated in the hilly, eastern part of Myanmar, Kayah is Myanmar’s smallest state.

Kayah is bounded to the north by Phekho, Siseng and Mawkme townships of Shan State; to the east by Thailand; to the south by the Papun township of Kayin/Karen State; and to the west by Thandaung township of Kayin State.

The state capital, Loikaw, is located approximately 500 km from Yangon and 250 km from the capital of Nay Pyi Taw. Kayah State has an area of 11,670 sq km/4,506 sq miles. Kayah has a sparse population, of just over 350,000 people.
How to get to Kayah?

Newly opened to tourists, most visitors arrive in Loikaw, the state capital by air from Yangon, by boat or road from Inle Lake, or by road from Heho airport.

**By air:** Flights from Yangon to Loikaw take approximately 1 hour. Loikaw is now served almost every day by Myanmar National Airlines (www.flymna.com). KBZ is also flying 3 days a week (Monday, Wednesday & Friday) in peak season (www.airkbz.com). Always check the websites for up to date schedules.

**By boat:** Visitors can travel from Nyaungshwe/Inle Lake to Pekong boat pier, and then take a transfer by taxi or minivan to Loikaw (approximately 45 minutes).

**By car:** The journey from Nyaungshwe to Loikaw by private vehicle takes about 5 hours (up to 7 hours by public transport). Visitors can also travel to Loikaw by road from Yangon. The journey takes over 15 hours. It is not recommended.

A popular way to arrive in Kayah is a scenic boat trip from Inle Lake to Pekong
Transportation routes to & from Kayah

Transportation is improving, with an expansion of roads and bridge building. However, not all transport routes are currently open for foreign travellers.

Currently, the following routes are permitted for foreign tourists:

**Major routes:** Loikaw (1), Demoso (4), Pruso (5), Baw La Ke (6) and Hpa Saung (7). In Baw La Ke/Hpa Saung permission is required to visit villages.

**B routes:** Aung Ban, Kalaw, Heho and Ho-Pong

Other routes and areas of Kayah are also peaceful. However, these areas are nevertheless considered too sensitive to develop as tourism destinations.

Map showing major roads and transport routes into Kayah State, Myanmar

1 - Loikaw  
2 - Shadaw  
3 - Law Pi Ta Hydropower Plant & Waterfall  
4 - Demoso  
5 - Pruso  
6 - Baw La Ke  
7 - Hpa Saung  
8 - Mawchi  
R1 - Htoo Creek  
R2 - Balu Creek (from Inlay Lake in Shan State)  
R3 - Nampon River  
R4 - Thanlwin River (Salween)  
R5 - Pai River from Thailand  
A - To Ho-Pong, Taunggyi  
B - To Aung Ban, Kalaw & Heho  
C - To Taungoo  
D - To Than Daung, Taungoo  
E - To Hpa Pun

Source: www.asterism.info/states/10/map.html
Kayah in brief: politics & history

Kayah was known as Karenni State until the late 1950s, when it was renamed Kayah State. Despite being Myanmar’s smallest state, Kayah is rich with history and political intrigue. Due to intense conflict between political and ethnic groups, Kayah was closed to the outside world for many decades. Now, Kayah is moving out of isolation, gradually opening up to Myanmar and the rest of the world.

The Karenni as a whole were recognised with an independent state by the British, in a treaty signed after the Second Anglo-Burmese War in 1852. After Myanmar’s independence in 1948, the state became the focal point for both pro and anti-independence movements. Modern day nationalist and ideologist politics started with the formation of the Karenni National Progressive Party (KNPP) in late 1950.

Subsequently, six different, armed groups took control of territories in Kayah State. At the heart of these conflicts were issues of governance, natural resource development, and recognition of the unique characteristics and rights of the state’s ethnic minorities. As a result of these conflicts, nearly 15,000 people sought refuge in Thailand. Many have resided in Thai camps since the mid-1990s.

Following the 2010 elections, relations between the Union Government and ethnic armed groups throughout Myanmar began improving. In March 2012, the government commenced ceasefire talks with the KNPP. This lead to many joint statements and agreements. The ceasefire also provided the opportunity for NGOs, INGOs, donors, and business interests to become more active in Kayah.

Various organisations, including the government, have worked in good faith, trying to find solutions to many challenges. The KNPP was able to open liaison offices in Loikaw, Hpa Saung and Shadaw townships. Community-based organisations were able to actively educate and rally people across diverse issues.

On 8 November 2015, the National League for Democracy won a landslide victory, ending 50 years of military rule. Currently the new government is reaching out to Kayah’s armed groups for further cooperation. Tourism is considered to be an important socio-economic development activity in Kayah. However, stakeholders are also concerned to limit any negative impacts of tourism on Kayah’s local cultures, communities and precious natural resources.
Peoples, cultures & faiths

Kayah State is mainly populated by the Kayah ethnic group (also known as the Red Karen), the Kayan (Padaung), Kayin (white Karen), Kayaw, Geba, Manu-Manaw, Yintale and Pa-O. Other ethnic groups residing in Kayah State include Burman (Bama), Intha and Shan, with small populations of Indian and Chinese people.

Many tribes people still dress in traditional costumes and practice indigenous customs, which have been passed between generations for centuries.

The people of Kayah were traditionally Animists. They paid respect to spirits, through sophisticated ceremonies, often known as "Kayhtoboe." Villagers offered animals and food in return for protection, and to appease spirits in the event of misfortune. Nowadays, it is more common for families to follow faiths like Catholicism, Baptism and Buddhism. Kayah’s religious diversity means that tourists can observe many local, spiritual and religious festivals. These include Animist harvest festivals, Christmas, Easter, and also Buddhist New Year and Lent.

Religion is core to identity and way of life for many people, both within individual religions and among them. Whatever religion people profess in, most of the believers and religious leaders tend to be conservative or traditionalist in attitude.

A traditional, Animist “Kayhtoboe” totem and hall in Hta Nee La Leh, Kayah
Religious communities, especially Christian churches, have a great influence over the majority of villagers in Kayah State. The Catholic church has particularly strong influence over villagers in Loikaw, Shadaw and Pruso and Demoso townships, where the majority of Catholics live. Baptists and other protestant churches have strong influences in Loikaw and Mawchi townships. Buddhist communities have a strong influence over people in Loikaw, Baw La Ke, Hpa Saung and Mese townships.

Despite the advances of modern technology, many people in Kayah State take many types of beliefs and superstitions literally and very seriously. Visitors should always make an effort to understand local beliefs and superstitions, and behave respectfully towards all situations, places and people linked to local beliefs.

Villagers do often inform visitors of taboos in advance. However, as tourism is still quite a new activity, local people do not always think to advise visitors. Therefore, it is highly recommended that visitors should always ask guides to inform them about taboos, forbidden areas, sacred objects which should not be touched, etc. Women are forbidden from entering certain areas of “Kayhtoboe”, Animist shrines.

Livelihoods

Agriculture remains the main source of livelihood for most households in Kayah. It is mostly small-scale, with shifting cultivation still predominant in the highlands. Major crops are rice, maize, sesame and groundnuts. Kayah’s political and geographic isolation have enabled local, ethnic communities to conserve many aspects of their traditional ways of life and decision making processes. However, this remoteness has also contributed to slow and limited infrastructure development; with limited access to health, education and even water resources. Improving these basic services is a key priority for local community members. Logging and deforestation have also made it increasingly difficult for villagers to supplement their needs with wild foods and other forest products.
Major festivals & celebrations

There are two kinds of traditional Kayah festivals: some are social feasts, while others are related to spirituality. The most important festival is “Kayhtoboe Tagundaing”, held annually in April. On this occasion, offerings are made to the spirit guardian, to request “peace for the region, fair weather and successful, bountiful harvest, free from dangers.” In October, the “Kawhyin Htoke” (glutinous rice wrapping) festival takes place. Other important festivals and events are held at various times throughout the year, for hunting, house warming, and funerals.

Kayah State Day is held on 15 January every year
State economy & resources

Kayah’s economy is based on agriculture, mining and forestry, placing a heavy burden on natural resources. Kayah used to be the primary producer of electricity for the whole of Myanmar, from the Law Pi Ta Hydropower Plant, and still produces electricity for main areas of the country (about 30% of national production). Tourism is a new industry. Recent opening of the state has brought the first arrivals of tourists and contacts between local people and foreigners.

In post-conflict situations, the emphasis usually shifts towards promoting the exploitation of natural resources as an engine for development. As Kayah State gradually opens up, many stakeholders are concerned that Kayah State should not sacrifice its pristine environment in a rush for development. Sustainably managed tourism is an alternative to the unrestrained exploitation of natural resources.

Nature & geography

Kayah is a forested and mountainous state, rich in teak and other hardwoods and bamboos, with breath-taking landscapes, especially in the south. The great Salween/Thanlwin River divides the state into two different parts. It is joined by the Pai River in the east near Ywathit, and the Pawn in the west near Hpa Saung.

Visitors can enjoy soft-adventure trekking, accompanied by local guides who have lived with the forest since childhood. Their deep knowledge of wild foods, natural dyes, herbal medicines and local legends helps to bring the relationships between nature and local people alive: adding insight to adventure. Kayah also has many scenic lakes, waterfalls and caves. Permissions are often required to visit.
Restricted areas & permissions

Kayah State is being opened to tourism gradually. The areas permitted to international tourists without prior authorisation are Loikaw, Demoso, Pruso, Hpa Saung and Baw La Ke townships (see map).

There is no need to ask permission to go to two of the Community Based Tourism (CBT) villages developed by ITC (Pan Pet and Hta Nee La Leh). Visits to villages outside these townships require government permission. This must be obtained at least 3 days in advance. Permissions can be organised on your clients’ behalf by local ground handlers, based in Loikaw (please see page 68 for details).
Food

Kayah’s cuisine is simple, fresh and healthy. Visitors can try a variety of local dishes and snacks in fresh markets and local restaurants. The food includes some regional specialities, of which Kayah sausage is the most famous. These tasty, meat sausages are seasoned with Kayah pepper, which is harvested in the surroundings of Demoso and Pan Pet villages. The pepper imbues the sausages with a distinctive flavour. “Hin htoke” is another delicious, local snack, enjoyed by people in Kayah. “Hin htoke” are steamed rice cakes, usually mixed with chicken or pork, or vegetarian. Local rice and millet wines are also popular.
Welcome to Loikaw

The capital of Kayah State, Loikaw (named by Shan people) describes the dividing point between two mountains: Shwe Taung and Thiri Mingalar Taung. “Loi” means mountain and “Kaw” means separate. The town’s most iconic site is Taung Kwe Pagoda, also known as Broken Mountain, which offers stunning panoramic views of the urban area and surrounding mountains. The reclining Buddha, churches, colourful markets, a museum, and traditional crafts workshops are also highlights.

Beyond these sights, Loikaw is a genuinely great place to rub shoulders with local people, and soak up the town’s gentle, laid back and friendly atmosphere. The beautiful Balu Chaung River runs through Loikaw. Scenic Naung Yah Lake is a great place to go for a morning walk, or enjoy tasty local food in the evening, at sunset.

Taung Kwe Pagoda, Balu Chaung River, Naung Yah Lake and local markets
Practical information

Getting around Loikaw & Kayah

- It is easy and pleasant to explore Loikaw town centre on foot. Some hotels (e.g. Hotel Loikaw/Loikaw Lodge) are a short tuk tuk drive from the town centre
- Some hotels allow tourists to hire bicycles
- Taxis can be booked easily through hotels and guest houses
- A short taxi trip inside Loikaw costs approximately 2,000-4,000 kyat (about $1.30-$2.60)
- Outside Loikaw, prices depend on distance and type of vehicle. Many different sizes of vehicle available for different group sizes. It costs approximately $40 to $60 to hire a saloon car for the day, and $90 to $100 to hire a minivan
- Local Loikaw Ground Handlers (see page 68) can organise river trips along the Balu Chaung River, for approximately 30,000 kyat (about $20) per hour, per boat, which can seat 5 people
- These prices are only indications, subject to change, and should be confirmed

Money & banks

There are several banks in Loikaw, where money can be withdrawn, by ATM and changed from foreign currencies (see “green triangles” on the map on page 20 & 21). Note that banks will not accept foreign notes which have been folded, they will only accept clean, smooth notes.

Health & medical facilities

- For emergency services, Loikaw Hospital +95 (0)8 3213 65 is in the northern area of town, just south of the airport
- The police station is next to the banks on the main Kandayawaddy Road
- Tourists are not allowed to hire cars or motorbikes in Loikaw
- In Loikaw, people are generally very friendly and welcoming. However, as a safety measure, tourists are not recommended to stay out late at night

Communications

Ooredoo, MPT, Mytel and Telenor provide mobile phone and internet coverage in the towns.
## Map of Loikaw town centre

### Places to Eat & Drink
1. Daw Palawnia Sausage & Wine Experience
2. Escape (Coffee Shop)
3. Golden Lion Restaurant
4. IORA (Traditional Food)
5. Kaung Kyaw Hein (Bakery)
6. Ko Moe (Traditional Food)
7. Loikaw City Restaurant
8. Ma Shan Rice Noodle Shop
9. Maw Khan Non Restaurant
10. Mingalar Hin Htoke (Local Snack)
11. MK (Coffee Shop)
12. Naung Yar Lake (Restaurant)
13. Pho Khwar Restaurant
14. Royal Village Restaurant
15. Shan Noodle Shop
16. Shwe Let Yar (Myanmar Food)
17. Shwe Yat (Myanmar Food)
18. Sunday Club (Traditional Food)
19. T-Sari (Traditional Food)
20. Tha Zin Restaurant
21. Thiri Daw (Traditional Food)

### Places to Stay
1. Famous Hotel
2. Glory Motel
3. Gold Hotel
4. Green Leaf Hotel
5. Hotel Empire
6. Hotel Loikaw
7. Hotel Mingalar
8. Hotel Myat Nan Taw
9. Hotel Nan Ayar
10. Kan Thar Yar Hotel
11. Kayah Golden Hill Hotel
12. Kayan Golden Sky Hotel
13. Keinnara Loikaw
14. Loikaw Friendship Guest House
15. Loikaw Happy Motel
16. Loikaw Lodge
17. Loikaw Princess Hotel
18. Min Ma Haw Motel
19. Moon Joy Inn
20. Nan Ayar Guest House
21. Nawaday Hotel
22. Rainbow Star Hotel
23. Royal Naung Yah Hotel
24. Three Seasons Hotel

### Places to Visit
1. Baho Zay Market
2. Christ the King Church
3. Cultural Museum
4. Haw Nan (Shan Chief’s Palace)
5. Loikaw Souvenir Shop
6. Loikaw Weaving Centre & Natural Dyeing Experience
7. Mya Ka Latt Mountain Pagoda
8. Myo Nan Pagoda
9. Naung Yah Lake
10. Ngwe Taung Pyi (Souvenir Shop)
11. Shwe Let War Mountain Pagoda
12. Taung Kwe Zedi Pagoda
13. Thiri Mingalar Market
14. Thiri Ta Pin Mountain Pagoda

### Local Tour Organisers
1. 9 Generation Force
2. Amazing Kayah
3. Bardo SAG
4. Colorful Kayah Land
5. Future Kayah Travel & Tours
6. Kayah Htar Ni
7. Kayan Beauty
8. Meticulous Myanmar
9. N.T.O Travel & Tours

### Other
1. Ministry of Hotels & Tourism Information
2. Kayah State Government Office
3. General Hospital
4. Myanmar National Airlines Ticketing Office
5. Police Station

### Banks/ATMs
Where to stay in Loikaw: Accommodation

Loikaw offers several comfortable (not luxurious) hotels; and simple, guesthouses. Some hotels offer different room rates, depending on single or double occupancy, and low/high season. In Loikaw, generally the low season is April to September, and high season October to March. Room rates indicated below are subject to change. Please always contact the hotels to confirm current rates. Please also note that while some hotels do offer wi-fi, signals are often weak and fluctuating.

Boutique accommodation

Keinnara Loikaw

The Keinnara Loikaw is a 26-key Garden Chic Boutique Lodge, nestled in a manicured landscaped garden. The hotel grounds are amongst the most expansive in Kayah State. This rustic accommodation is designed to exude the feel of nature and tradition. Guest will find indigenous artefacts displayed throughout the resort’s public and private spaces. There are 24 bungalow-type deluxe queen and twin rooms, and 2 executive suites. Services and amenities include a restaurant, pool bar and bar, concierge desk, function hall, meeting, events and banquet facilities, swimming pool, 24-hour reception, car parking, and free airport transfer service. Please enquire directly to the hotel for updated prices.

Contact: +95 (0)9 4489 40215; +95 (0)83 2221 374; +95 (0)83 2221 531; +95 (0)9 6930 72903

Email: reservation-loikaw@keinnara.com; fom-loikaw@keinnara.com

Website: www.keinnara.com/loikaw
Loikaw Lodge By The Lake

This beautifully designed, family-owned boutique hotel on the banks of the Htay Ngah Lyah Lake offers 11 spacious rooms, decorated with exquisite local crafts, and striking professional photographs of Kayah’s colorful ethnic minorities as well as of Chin women with traditional facial tattoos. Loikaw Lodge offers a warm family welcome. The modern bathrooms match international upscale hotel standard. All rooms have air conditioning and free wi-fi. High season pricing (1 October-30 April): $95 (superior), $130 (deluxe), $225 (suite). Low season (1 May-30 September): $90 (superior), $110 (deluxe), $190 (suite) including breakfast, drinking water refills and airport transfers. Credit cards are accepted. Staff speaks English.

Contact: +95 (0)9 2633 19797; Ma Swe Yi Myat: +95 (0)83 240161
Email: reservation@loikawlodge.com
Website: www.loikawlodge.com
Mid-range accommodation

Famous Hotel

This convenient and attractive hotel is located near Naung Yah Lake and Balu Chaung River. The hotel offers two well-furnished room types (junior suite/deluxe). Prices range from $40-$50 during the rainy season, to $50-$60 in the high season. The hotel has a great panoramic view from the roof top terrace and features a beautiful swimming pool. The daily breakfast buffet offers traditional food. The hotel also has a spacious conference room that can be used for meetings, wedding receptions and other events. Wi-fi is available.

Contact: +95 (0)9 2588 88250; +95 (0)9 4511 88818 (Yangon); +95 (0)9 7775 55601-604; +95 (0)83 2224 200; +95 (0)83 2224 199 (Loikaw)

Email: rsvn.famoushotelsgroup@gmail.com; sm.famoushotelsgroup@gmail.com; famousloikawhotel.kayah.mm@gmail.com

Website: www.famoushotelsgroup.com
Glory Motel

Glory Motel is a pleasant, mid-range accommodation. It is located in the centre of the city, near Thrimingalar Pagoda and the Hawgyi Monastery. This hotel offers 19 comfortable and modern decorated rooms. There are three room types. Room prices are around $30. The hotel offers special promotions and the best rates are via direct booking through their website and email. This hotel features a restaurant and bar, offering specialist dining and cuisine. Services and facilities include a complimentary breakfast, satellite TV, A/C and hot water and free Wi-fi. Car rental, bicycle and boat services are available.

Contact: +95 (0)83 2224 213; +95 (0)83 2224 214
Email: reservation.glorymotel@gmail.com
Gold Hotel

Recently opened in 2018, Gold Hotel is a 3-star hotel that offers a warm and friendly atmosphere. It is located near the airport and the bus station. This hotel has 32 rooms, with three types of rooms to choose from (standard, superior and suite). The room rates range from $45 (standard), $55 (superior) to $80 (suite). All the rooms are decorated with pinewood, creating a sensational scent. Gold Hotel offers low season promotion and contract rates. Free wi-fi is available. Payment by cash or card (VISA, MasterCard). The hotel also features a swimming pool, restaurant and bar (which offers signature drinks and dishes flavoured with traditional Kayah spices), a meeting room (100-person capacity) and rental services. Staff speaks English.

Contact: +95 (0)9 4006 00610
Email: goldhotel.loonaw@gmail.com
**Green Leaf Hotel**

Green Leaf Hotel is a pleasant and comfortable hotel that is situated in the centre of Loikaw and within walking distance to all the major attractions. The hotel offers 28 rooms, with two room types to choose from (deluxe/superior). Prices range from $35-$55. Promotions are offered in the low season. The hotel features a meeting room with capacity for 50 participants and a restaurant that overlooks the famous Taung Kwe Pagoda. Wi-fi is available. Payment can be made by credit card. The staff is very friendly and speaks English.

**Contact:** +95 (0)83 2224 210; +95 (0)83 2224 211; +95 (0)83 2221 677

**Email:** hotelgreenleaf.loikaw@gmail.com
Hotel Empire

Hotel Empire is a stylish and fashionable hotel that offers comfortable and convenient 3-star accommodation. It is located in the centre of Loikaw, in front of City Dhamma Hall. The main attractions such as Thiri Mingalar, Taung Kwe Pagoda and the local market are all within walking distance. Hotel Empire offers a free shuttle service and free wi-fi. It features a 24-hour front desk service and the property provides guests with a great rooftop bar and restaurant. Hotel Empire also provides meeting and event management services. The staff at the reception is friendly and will happily provide guidance and recommendations for tourists on what to do around Loikaw. Staff can speak English. Pets are allowed on request.

Contact: +95 (0)9 4017 44872; +95 (0)83 2224 219; +95 (0)83 2224 220
Email: empire.hotelempire@gmail.com
Hotel Loikaw

Loikaw’s first hotel currently offers 25 bungalow-style rooms. There are two room types (superior/deluxe). Prices range from $50-$65 (superior - $50 per person and $60 for two guests; deluxe - $60 per person and $70 for two guests). Contract rates, credit card payments and wi-fi are available. The hotel has beautiful views of the scenic Htay Ngah Lyah Lake, a spacious restaurant and a meeting room with space for 50-70 participants. Staff speaks English.

Contact: +95 (0)83 2294 6; +95 (0)83 2294 7; +95 (0)9 4280 01940
Email: hotel.loikaw11@gmail.com
Website: www.hotelloikaw.com
Hotel Mingalar

Mingalar Hotel is a friendly and comfortable mid-range accommodation that is located in the city centre. The accommodation offers 21 rooms. There are two types of room (superior/family). Prices range from $40 (superior) to $60 (family). Low season promotions are also available. This hotel has a restaurant. It is within walking distance of all the major city attractions. The staff is very helpful and speaks English. Wi-fi is available.

Contact: +95 (0)83 2221 597; +95 (0)83 2222 020; +95 (0)9 5600 883
Email: hotelmingalar.883@gmail.com
Hotel Myat Nan Taw

This hotel located close to the centre of Loikaw currently offers 40 rooms. There are three types of room (superior/duplex cottage/family deluxe). Prices range from $48 to $100. Wi-fi is available. Contract rates are offered. It is possible to pay by credit card. The hotel has a restaurant and a ‘Sky Bar’ with nice views of Loikaw and the surrounding area.

Contact: +95 (0)83 2224 034; +95 (0)83 2224 035; +95 (0)9 7884 15502
Email: hotelmyatnantaw.loikaw1@gmail.com
Website: www.hotelmyatnantawloikaw.com
Facebook: www.facebook.com/Hotel-Myat-Nan-Taw-521350384662812
Hotel Nan Ayar

Hotel Nan Ayar is a comfortable and affordable accommodation. It currently offers 40 rooms with mountain scenery and views of the iconic Broken Mountain Pagoda. There are two types of rooms (standard/superior). Prices start from $10 per person, with low season promotions, open to negotiations. The hotel has a restaurant. Services and facilities include free breakfast, wi-fi, free laundry and motorbike and car rental. Staff is very friendly and speaks English.

Contact: +95 (0)83 2221 306; +95 (0)9 7965 57558
Email: myalinmaung@gmail.com
Kan Thar Yar Hotel

This very clean and comfortable accommodation offers 21 superior rooms. The hotel has lake views and sunrise view rooms. Prices range from $35 (single occupancy) to $45 (double/twin occupancy). Contract rates are available. Wi-fi is available. A large, rooftop room with fantastic views of Htee Ngah Lyah Lake can be used for meetings or workshops, and can accommodate up to 40 people. It is possible to pay by credit card. Staff speaks English.

Contact: +95 (0)83 2222 344; +95 (0)83 2224 157
Email: kantharyarhotel@gmail.com
Facebook: www.facebook.com/kantharyar
Kayah Golden Hill Hotel

Kayah Golden Hill Hotel is located on the bank of Balu Chaung River and offers spectacular views of Loikaw’s mountains, pagodas and the city. It is a beautiful accommodation that is perfect for watching the sunset. It is also just a few minutes’ walk from Thiri Mingalar market and the Broken Mountain Pagoda. Currently there are 23 rooms offered, with three room types (superior/deluxe/family). Prices range from $30-$60. This hotel features a restaurant with a buffet breakfast and a meeting room that can accommodate 30-50 participants. Credit card payment is available. Free wi-fi. Kayah Golden Hill Hotel also offers an air ticket service, boat rental, bus ticket service and car rental service. Staff speaks English.

Contact: +95 (0)83 2223 044; +95 (0)83 2223 066; +95 (0)9 7766 22314
Email: goldenhillhotelloikaw@gmail.com
Facebook: Kayah Golden Hill Hotel - www.facebook.com/goldenhillkayahhotel
Kayan Golden Sky Hotel

This hotel, located in the centre of Loikaw, near Taung Kwe Pagoda, currently offers 12 rooms. The rooms are superior type (double room twin/double bed or family) and the price ranges from $30-45. Low season promotions are offered. The hotel has a roof top restaurant that overlooks the city, Broken Mountain Pagoda and the distant mountains. Services include free bike hire and breakfast. Credit card payment is available. Free wi-fi. Staff is very friendly.

Contact: +95 (0)83 2221 923; +95 (0)9 7885 11005; +95 (0)9 7813 3137
Email: kayangoldensky@gmail.com
Loikaw Happy Motel

This hotel is located close to the airport and currently offers 10 rooms. There are two types of room (double/twin). Prices range from $20-$35 and promotions are offered in the low season. Wi-fi is available. Staff speaks English. Breakfast is included.

**Contact:** +95 (0)9 7701 21212; +95 (0)9 7702 12121; +95 (0)9 7888 83707

**Facebook:** Loikaw Happy
Loikaw Princess Hotel

Loikaw Princess Hotel is a pleasant, mid-range accommodation. It offers a good view of Htee Ngar Lyar Lake. This accommodation has 22 rooms. Rates range from $25 (standard) to $40 (family). Extra beds are also available for $10 per night. Services and facilities include a breakfast buffet, complimentary tea and coffee, satellite TV and in-house movies, A/C, hot water and free wi-fi. The hotel features a meeting room that can accommodate 90-100 participants and a family karaoke TV, entertainment area and restaurant. Ticket service, guide service and tour service are offered with no commission.

Contact: +95 (0)9 4505 41320; +95 (0)9 2525 64546; +95 (0)9 2525 64546; +95 (0)83 2224 0108; +95 (0)83 2223 098; +95 (0)9 2572 08123
Email: kandaryawafi@gmail.com
Website: www.hoteloikawprincess.com
Nawaday Hotel

This accommodation currently offers 20 rooms, with a pleasant rooftop restaurant for breakfast buffet, with a river view. All rooms are standard type with prices ranging $30 (standard), $40 (superior), $50 (deluxe/superior/triple). Low season promotions are offered ($25-$30). Contract rates are available. Credit card payment is available. Free wi-fi. Free bicycle hire and free airport/bus station shuttle.

Contact: +95 (0)83 2223 064; +95 (0)83 2221 464; +95 (0)9 5600 438
Email: hotelnawaday.lkw@gmail.com
Rainbow Star Hotel

Rainbow Star Hotel offers the experience of classic and unique traditional stilt houses in a natural and quiet setting. This accommodation offers ten beautifully designed and comfortable bungalow type rooms. The price is $40 per room. Services and facilities include a lovely breakfast and fresh coffee, restaurant, TV, minibar and transportation.

Staff speaks English.
Contact: +95 (0)9 4500 41727; +95 (0)9 4508 83450
Email: rainbowstar1974@gmail.com
Facebook: Rainbow Star Hotel
Royal Naung Yah Hotel

Royal Naung Yah Hotel is a newly built hotel with good quality service. This accommodation offers 24 rooms. There are two types of room, superior and deluxe. Room rates range from $35 (superior) to $45 (deluxe). The hotel offers low season promotions. It is located just 2 minutes’ walk from the Naung Yah Lake and 5 minutes’ drive to Taung Kwe Pagoda (Broken Mountain Pagoda). Staff is very friendly and speaks English. Services and facilities include complimentary breakfast, free wi-fi, 24-hour room service, satellite TV, hot and cold water, minibar, spacious car parking. There is also a bar and restaurant with pagoda views. The hotel can organise simple events for approximately 50 participants. Rates are available on request.

Contact: +95 (0)83 2224 177; +95 (0)83 2224 178; +95 (0)9 8999 19011
Three Seasons Hotel

Three Seasons Hotel is a pleasant and comfortable hotel that is situated in the centre of Loikaw, within walking distance to all the major city attractions. The hotel offers 21 rooms. There are two room types (superior $40 and deluxe $50). This hotel features and services include complimentary breakfast, complimentary air/express transport, free wi-fi, satellite channels, 24-hour electricity with backup generator, hot water and A/C.

Contact: +95 (0)83 2224 04; +95 (0)9 4302 0012
Email: hotelthreeseasons@gmail.com
Guesthouses & budget accommodation

Amazing Box Hostel

If you are seeking an authentic experience, learning about Kayah, or a laid-back place for travellers on a budget to rest, Amazing Box Hostel is a great choice. Located near Taung Kwe Pagoda, Naung Yah Lake and Haw Nan Monastery, Amazing Box Hostel offers comfortable and clean bed dorms, a rooftop bar, free wi-fi and breakfast. Bicycle and car rental, as well as tour services (including joining tours) are available. You can enjoy inspiring, authentic ethnic and cultural tours (Community Based Tourism) and real adventure tours around Kayah.

Contact: +95 (0)9 8957 98621; +95 (0)9 2549 36770
Facebook: Amazing Box Hostel, Loikaw
Loikaw Friendship Guesthouse

This accommodation offers 26 rooms. There are three types of room (standard/superior/deluxe). Standard rooms have a shared bathroom. More comfortable rooms are en suite. Prices strictly depend on the number of occupants, ranging from $15 for a single room in the low season to $45 for a double room in the high season. Contract rates and credit card payments are not available. The guesthouse has a very pleasant terrace restaurant, with a river view, and a meeting room that can accommodate 100 participants (includes a “Song Box”, microphone, projector and chairs). Rates are available on request.

Contact: +95 (0)83 2221 335; +95 (0)9 4100 7767
Email: loikawtingaha@gmail.com
Facebook: Thingaha Thingaha
Min Ma Haw Motel

This accommodation currently offers 12 rooms, including 4 more spacious, twin rooms. Prices range from $25 (small room, single occupancy) to $40 (large room, double occupancy) including breakfast. Wi-fi is available. Contract rates are not available, but discounts are sometimes offered. Credit card payments are not available. The guesthouse has a small, homely restaurant. English speaking staff.

Contact: +95 (0)83 2221 451; +95 (0)9 4280 06997
Email: minmahaw96@gmail.com
Moon Joy Inn

This basic guesthouse accommodation currently offers 10 simple rooms. Prices are $20 for a room with an attached bathroom and 8,000 kyat (approximately $5.30) for a fan-cooled room with a shared bathroom. Wi-fi is available. Contract rates and credit card payments are not available.

Contact: +95 (0)83 2161 8
Where to eat in Loikaw

What’s on the menu?

Plenty of tasty food is available in Loikaw. It is easy to find good quality Myanmar curries, Chinese and Thai dishes. Several restaurants serve ethnic, Kayah specialities. The best known local dishes are Kayah sausage and “Hin htoke”, a delicious snack made from steamed rice powder. Local people often enjoy this with a cup of millet wine, known as “Khaung yay”. Some Western food is available.

Hygiene

Hygiene standards in sit-down restaurants are generally fair to good. Tasty, freshly cooked food is also available from local street stalls and markets. However, in these cases, hygiene can be below restaurant standards. Therefore, some discretion is advised, especially for people who have a sensitive stomach.

Prices

Prices for food in Loikaw are generally good value. You can find a simple bowl of noodles for as little as 800 kyat per bowl (approximately $0.60). However, most dishes, eaten in restaurants, range from approximately 2,500-5,000 kyat per dish (approximately $1.60-$3.20).
Restaurants

Amazing Bar

- **Ambience:** Located in the downtown area with an amazing view of Taung Kwe Pagoda and Balu Creek, it is the ideal place for relaxing, enjoying cocktails, mocktails, beer (including “Burbrit Craft Beer”) and delicious food. You can also have fun playing some of their in-house games.

- **Recommended dishes:**
  - Pizza
  - Pork ribs
  - Minced beef lemongrass
  - Grilled fish steak
  - Amazing sausages
  - Fish finger fries
  - Onion ring tempura
  - Stir fried chicken

- **Contact:** +95 (0)9 2549 36770

- **Facebook:** Amazing Bar

- **Opening hours:** 4pm to 11pm

- **Location:** No.103, Daw U Khu Quarter, Golden Triangle Road, Loikaw

- **Suitable to accommodate large groups (+12):** Yes, with advance notice they accommodate up to 80 people

- **Price range:** $$
Escape Coffee Shop

- **Ambience:** Escape (Coffee Shop) is a comfortable place, near Naung Yah Lake, to relax and enjoy a coffee in a peaceful setting. It is ideal and convenient for those who want to work on their laptops and has space to chill out in. Escape offers A/C and free wi-fi to its guests.

- **Recommended dishes:**
  - Dumplings
  - Dim sum
  - French fries
  - Thai-style papaya salad

- **Contact:** +95 (0)9 5134 961

- **Facebook:** Escape Cafe & Dim Sum

- **Opening hours:** 7:30am to 6:00pm

- **Location:** Khun Li Street, Naung Yah (B) Quarter, Thiridaw Road, Loikaw

- **Suitable to accommodate large groups (+12):** Yes, with advance notice they accommodate up to 20 people

- **Price range:** $$
Golden Lion Restaurant

- **Ambience:** This unique restaurant has an unforgettable “saloon” style, and a great, central location on the Balu Chaung River, off Padauk Street. A very good selection of Myanmar and Chinese dishes. The Golden Lion Restaurant also serves a selection of dark and light draft beers.

- **Recommended dishes:**
  - Herbal fish (Nga paung) / pork (Wat tar htoke)
  - Steamed in leaves
  - Thai style, stir fried pork

- **Contact:** +95 (0)9 4100 7662; +95 (0)83 2143 1

- **Opening hours:** 9am to 9pm

- **Location:** Near the bridge, which crosses the Balu Chaung River, on Padauk Street

- **Suitable to accommodate large groups (+12):** Yes, with advance notice

- **Price range:** $$
IORA Traditional Food

- **Ambience:** IORA has a great atmosphere, and a good reputation for traditional Kayah food. It is traditionally decorated with local bamboo art and textiles. Guests can eat inside or outside. IORA provides a satisfying and enjoyable local experience, as guests can eat from a traditional local bamboo shared plate and drink Kayah millet and rice wines out of traditional pots. It’s a must visit!

- **Recommended dishes:**
  - Traditional Kayan shared meal
  - IORA style fried rice balls
  - Kayah traditional rice porridge with chicken soup
  - Traditional style pennywort & tomato salad

- **Contact:** +95 (0)9 2544 69670

- **Opening hours:** 11am to 9pm

- **Location:** No.7, Naung Yah (B) Quarter, Thiridaw Road, Loikaw

- **Suitable to accommodate large groups (+12):** Yes, with advance notice

- **Price range:** $$
Kaung Kyaw Hein Cafe

- **Ambience:** This is Loikaw’s best known bakery, and a great place for tea, coffee, cakes, and watching the world go by. The cakes are baked fresh, and are very tasty.

- **Recommended dishes:**
  - Myanmar milk tea
  - Black coffee with fresh lemon
  - A selection of pastries and cake

- **Contact:** +95 (0)9 2560 04831

- **Opening hours:** 6:30am to 9pm

- **Location:** Lawpita Road

- **Suitable to accommodate large groups (+12):** Busy all day, and not suitable for groups above 6 people

- **Price range:** $$
Keinnayar Nandaw Sausage & Wine

- **Ambience:** This is a popular, local restaurant, well known for serving some of the best Kayah sausage in Loikaw.

- **Recommended dishes:**
  - Kayah sausage
  - Dried beef (jerky)
  - Steamed pork wrapped in leaves

- **Contact:** +95 (0)9 4280 05199; +95 (0)9 7990 81080

- **Opening hours:** 8am to 8pm (closed on Sundays)

- **Location:** On Kandarawaddy Road, slightly outside central Loikaw

- **Suitable to accommodate large groups (+12):** Yes. Can accommodate up to 10 guests

- **Price range:** $$
Ko Moe (Traditional Food)

- **Ambience:** Ko Moe (Traditional Food) is a friendly, local owned restaurant that serves an array of unique and delicious cuisines such as Thai, Chinese and traditional Kayah food. Ko Moe enjoys a nice location, with a very spacious, outside dining area.

- **Recommended dishes:**
  - “Fish Trouble” (local fish stuffed with herbs, grilled or fried)
  - Traditional chicken curry
  - Boiled whelks soup
  - Kayah traditional rice wine
  - Spicy dried eel, deep-fried eel & eel with spring onion
  - Chicken in bamboo & pork in bamboo

- **Contact:** +95 (0)9 7960 26747

- **Opening hours:** 8am to 10pm

- **Location:** U Ni Street (located on the opposite side of the street and in between Hotel Loikaw and Loikaw Lodge)

- **Suitable to accommodate large groups (+12):** Yes, with advance notice

- **Price range:** $$
Loikaw City Restaurant

- **Ambience**: Loikaw City has been renovated into a very attractive, spacious restaurant with beautiful décor and atmosphere. Ideal for a special meal.

- **Recommended dishes**:
  - Minced fish salad
  - Mixed Kayah hors d’oeuvres
  - Fried apples

- **Contact**: +95 (0)83 2305 1; +95 (0)9 4100 7651

- **Email**: kohlamoe.loikawcity@gmail.com; kayah lc2@gmail.com

- **Opening hours**: 9am to 10pm

- **Location**: Corner of Kandyawaddy Road and Chit Ke Street, Loikaw

- **Suitable to accommodate large groups (+12)**: Yes, with advance notice

- **Price range**: $$ > $$$
Master Restaurant

- **Ambience:** Master Restaurant offers a full menu of very tasty Myanmar and Chinese food. However, considering the difficulty of finding good Western food in Loikaw, Master probably deserves an extra special mention for...

- **Recommended dishes:**
  - Awesome ice cream & fruit shakes
  - Loikaw’s most magnificent French fries
  - Modestly sized, but tasty burgers

- **Contact:** +95 (0)9 4940 0799; +95 (0)9 5601 369

- **Opening hours:** 8am to 9pm

- **Location:** Located on Law Pita Street, in the centre of Loikaw

- **Suitable to accommodate large groups (+12):** No

- **Price range:** $$ > $$$
Mingalar Hin Htoke

Two recommended places to try the local favourite, “Hin htoke” are:

- **Mingalar Hin Htoke/Sausage Producer**
  - **Contact person:** U Aung Thein Lin/Daw Nyein
  - **Contact:** +95 (0)9 2502 57577; +95 (0)9 3609 4080

- **Mingalar Hin Htoke**
  - **Contact person:** U Htun Ya
  - **Contact:** +95 (0)9 4100 9678

These restaurants are not able to accommodate large groups (more than 6 people).

**Recommended noodle shops**

Loikaw has several good places to get noodle soup, including Mingalar Oo Noodles, in Baho Zay Market, Ma Shan Noodles off 4th street, and the “Clock Tower Noodles”, on Kandayawaddy Road.

**Restaurants at Naung Yah Lake**

There are also several other, nice restaurants on the banks of Naung Yah Lake. This is particularly popular spot for local people in the evening and at weekends.
MK Coffee Shop

- **Ambience:** MK (Coffee Shop) is just like your local, favorite coffee shop from home. It is located downtown with a beautiful white painted rustic, yet modern look. It is very spacious, with more tables outside in a covered area. It’s an ideal place to enjoy a coffee and “hang out”. They specialise in many favourite drinks and Western/Asian food.

- **Recommended dishes:**
  - Coffee, fresh smoothies & juices, cocktails & beer
  - Fried fish
  - Fried chicken
  - Pizza, pasta, hamburgers & sandwiches
  - Fried rice

- **Contact:** +95 (0)83 2221 460; +95 (0)9 2530 89484

- **Opening hours:** 9am to 9pm

- **Location:** Shan/29 Law Pita Street, Shan Su Quarter, Loikaw (500 metres down from clock tower on the road to Thiri Mingalar Market)

- **Suitable to accommodate large groups (+12):** Yes. Can accommodate a group of up to 20

- **Price range:** $$
Pho Kwar Restaurant

- **Ambience:** Pho Kwar offers a range of Myanmar and Chinese dishes. Traditional Kayah food is also available upon pre order. The dining area has a pleasant, shady, green atmosphere, overlooking the Balu Chaung River. A nice lunch spot.

- **Recommended Dishes:**
  - Spicy minced chicken with egg (traditional)
  - Spicy eel
  - Squid salad

- **Contact:** +95 (0)9 4280 0579; +95 (0)83 2123 3

  **Opening hours:** 10am to 10pm

- **Location:** This restaurant has a very pleasant location on Shwe War Street, overlooking the Balu Chaung River, a short walk from Loikaw town centre

- **Suitable to accommodate large groups (+12):** Yes, with advance notice

- **Price Range:** $$
Royal Village Restaurant

- **Ambience:** Royal Village has a peaceful atmosphere and a good selection of food, including dishes from Myanmar, China, Malaysia and Thailand. Some western classics (fried chicken, sausages) are available. Guests can sit outside, or inside private rooms.

- **Recommended dishes:**
  - Classic, “single serve dishes” like fried rice & noodles
  - A good range of vegetable dishes & salads (e.g. stir fried mushrooms & fried morning glory)
  - Fried fish, with herbs, chili & garlic

- **Contact:** +95 (0)9 5600 101

- **Opening hours:** 10am to 10pm

- **Location:** Located 10 minutes’ drive from Loikaw, in Kyi Tha Yar Quarter

- **Suitable to accommodate large groups (+12):** Yes, with advance notice

- **Price range:** $$ > $$$
Shwe Let Yar

- **Ambience:** Shwe Let Yar is another popular choice for good quality, traditional Myanmar curry

- **Recommended dishes:**
  - Pork leg soup
  - Mutton curry
  - And... for the more adventurous, pork intestine curry is recommended

- **Contact:** +95 (0)83 2251 4; +95 (0)9 4025 22350

- **Opening hours:** 9am to 9pm

- **Location:** Ma/196, opposite Moe Kaung Pha Yar Gyi, and the corner of No.3 Basic State School, Mingalar Quarter

- **Suitable to accommodate large groups (+12):** Yes, with advance notice

- **Price range:** $$
Shwe Yati

- **Ambience:** Shwe Yati’s popularity among locals ensures a bustling atmosphere at lunch and dinner. It is a great place to eat traditional Myanmar curry, served with an interesting selection of complementary side dishes.

- **Recommended Dishes:**
  - Chicken, pork & prawn curry
  - Lettuce & tomato salads
  - Fish steamed in lemon & chilli

- **Contact:** +95 (0)83 2161 0; +95 (0)9 4280 00617

- **Opening hours:** 9am to 10pm

- **Location:** On 4th street, close to the Daw Na Street bridge, overlooking the Balu Chaung River

- **Suitable to accommodate large groups (+12):** Yes, with advance notice

- **Price Range:** $$
Sunday Club (Traditional Food)

- **Ambience:** Sunday Club is an excellent place to observe local life, meet local people, and try traditional Kayah specialities, including millet wine and Kayah sausage. (Note: this is a simple, small, cosy, local eatery).

- **Recommended Dishes:**
  - Kayah sausage
  - Kayah rice porridge
  - Khaung yay (millet wine)

- **Contact:** +95 (0)9 4940 2576

- **Opening hours:** 8am to 9pm

- **Location:** Located close to Loikaw Airport, on 10th street

- **Suitable to accommodate large groups (+12):** No

- **Price Range:** $$
T-San Restaurant

- **Ambience:** T-San is a lively and popular restaurant, which is definitely worth visiting for a great experience. They specialise in traditional foods and feature beautiful bamboo decorated bungalows and a hall where a live band performs (on request). T-San has enough space to celebrate a dinner party (advance request).

- **Recommended Dishes:**
  - “Chicken Trouble”
  - Kayan style sausage
  - Kayan traditional chicken curry

- **Contact:** +95 (0)9 7731 65422; +95 (0)9 4034 44206

- **Opening hours:** 10am to 9pm

- **Location:** No.70, Kandayawaddy Road, Loikaw-Demoso Main Road, Ywar Dan Shay, Loikaw

- **Suitable to accommodate large groups (+12):** Yes

- **Price Range:** $$
Thazin Restaurant

- **Ambience:** Thazin enjoys a nice location, with a very spacious, outside dining area on the banks of the Balu Chaung River. Thazin serves Myanmar and Chinese food.

- **Recommended Dishes:**
  - Poached carp fish
  - Stewed pork
  - Traditional chicken curry

- **Contact:** +95 (0)9 4940 0210; +95 (0)83 2121 0

- **Opening hours:** 7am to 9pm

- **Location:** Zay Paing Quarter, Thida Street, Loikaw

- **Suitable to accommodate large groups (+12):** Yes, with advance notice

- **Price Range:** $$
Thiri Daw

- **Ambience:** Thiri Daw has two restaurants, with nice surroundings. One is by Naung Yah Lake, and the other is set among rice fields. The restaurant team grows their own vegetables behind the restaurant. The owner is committed to offering authentic, traditional Kayah dishes.

- **Recommended Dishes:**
  - Nga htaung (minced fish salad)
  - Wa bu chet - traditional curry cooked in bamboo
  - NB: pre-order one day in advance

- **Contact:** +95 (0)9 5600 847; +95 (0)9 4280 04202 (Lake restaurant)

- **Email:** youngsoojue@gmail.com

- **Opening hours:** 10am to 9pm (closed Sundays)

- **Location:** Thiri Daw 1 is by Naung Yah Lake, and the second restaurant is located about 5 minutes outside Loikaw (#17, Palama Street, Mile Lone Quarter), in green surroundings.

- **Suitable to accommodate large groups (+12):** Yes, with advance notice

- **Price Range:** $$$
Shopping & souvenirs

Loikaw has some interesting souvenirs. Several souvenir shops (please see the map on pages 20 & 21 for details) sell a colourful range of bags and clothes, handmade from Kayah and Karen woven textiles. Many of these textiles are woven on traditional, backstrap looms. Look for textiles with an embroidered frog drum, a symbol of Kayah, which you will see woven into shoulder bags and shirts. Another popular souvenir are lacquered Kayah wine cups, woven from bamboo.

**Loikaw Souvenir**
**Contact:** +95 (0)83 2195 7
+95 (0)9 5600 125

**Ngwe Taung Pyi Souvenirs**
**Contact:** +95 (0)83 2282 5

**Shwe Nan Thisar Souvenirs**
**Contact:** +95 (0)83 2119 3
+95 (0)9 5600 115
Local craftsman U Thein Min (Tel: +95 (0)9 4100 7933) learned to make wood carvings 20 years ago in Mandalay. He has a workshop at the back of Myo Nan Pagodo, near to Moe Bye bus terminal, Loikaw. He is well known for carving Buddha statues, and depictions of local Kayah legends. (Note: Buddha statues should be kept in raised areas, and should not be used as common decorative objects).

Another good place to look for handicrafts is Loikaw’s bustling Thiri Mingalar Market, and surrounding streets. Here, you can find some very well made bamboo baskets, which are often unique items, with intricate designs. There are also some interesting ceramics, long drums and other fun finds. Finally, if you leave your shopping until the last minute, there is a small souvenir shop at Loikaw Airport, which also has some nice souvenirs (e.g. weavings, clothes and photos).
Ground handlers & transport providers

Local ground handlers can significantly improve the quality of your tours. Community members in Loikaw and the surrounding area have little experience welcoming tourists. Local ground handlers in Loikaw have participated in over 12 months of training programmes, to develop cultural, community based tours. Their close proximity to local villages assists communication and has built trusting relationships with the villagers. Local operators can help community members to prepare for your guests, and source quality, regional guides for your tours.

9 Generation Force
No.185, Thiha Street
Daw Ta Ma Quarter
+95 (0)9 4280 02763

Amazing Kayah
No.17, Nanda Street
Minsu Quarter
+95 (0)9 3080 0500
+95 (0)9 2549 36770

Kayan Beauty
Ma/3Ka, Kandayawaddy Road
Mingalar Quarter
+95 (0)83 2221 247
+95 (0)9 5601 447

Meticulous Myanmar
No.Ma/169, Kandayawaddy Road, Mingalar Quarter
+95 (0)83 2221 740
+95 (0)9 5600 150

Transport providers
In addition, some companies offer transport services.

Bardo SAG
This company offers cars and buses
Contact: +95 (0)83 2274 5; +95 (0)9 7923 20373; +95 (0)9 3604 3291
Facebook: Bardo Travel and Transport Company

Kayah Htar Ni
This company offers off-road cars and mini-buses
Contact: +95 (0)9 4940 3030; +95 (0)9 3143 1133
+95 (0)9 4940 3241
Activities & excursions inside Loikaw

Taung Kwe Pagoda (Broken Mountain Pagoda)

The most famous religious landmark of Loikaw is the Thiri Mingalar Taung Kwe Pagoda. Taung Kwe means broken mountain. It is also called Thirimingalar Taung Zedi as it was built on the hillock called Thirimingalar. The pagoda is 380 ft high and it was built on 9 natural hillocks. It is called “Phaw Pye” in Kayah language. You can enjoy great views of the marvellous landscape of Loikaw from the top.

Fees

- Camera fees: 300 kyat (about $0.25)
- Parking fees:
  - Bicycle: 300 kyat (about $0.25)
  - Motorcycle: 200 kyat (about $0.13)
  - Bus: 500 kyat (about $0.32)
  - Mini van: 300 kyat (about $0.25)
- You can give a small donation for taking the elevator

Haw Nan Monastery

Haw Nan Monastery, known as Kandayawaddy Haw Nan is one of the most ancient buildings in Kayah. It was built during the First World War (1912-1916) by Zaw Bwa Saw Pyar Du Sat Khun Li, the Chief of Kayah. Three stairways lead up to the monastery. Old photos and furniture from Zaw Bwa’s family transport visitors 100 years into the past. In 1994, relatives of the last chief donated the building as a monastery.
Naung Yah Lake

Naung Yah Lake is a very popular spot for local people to enjoy a stroll in the morning and evening, or a picnic with family and friends. Some paddle boats are available, and some people also enjoy fishing. In the evening, local people enjoy eating on the lakeside, where there are several local restaurants serving tasty dishes.

Loikaw Cultural Museum

Loikaw Cultural Museum is well worth a visit. It has an interesting collection of historical artefacts, including sacred frog drums, which are a symbol of Kayah’s identity. Other exhibits include a colourful collection of traditional costumes, worn by Kayah’s different ethnic groups. Tourists can watch a fascinating 17-minute, English language film which links exhibits in the museum to local communities. Opening hours are 9am to 4:30pm. A visit takes approximately 45 minutes.
Local, fresh markets in Loikaw

Thiri Mingalar Market is open every day from 6am to 5pm except on full moon days. The market has a good variety of items local foods, vegetables, fruits and spices with wonderful contrasting colours and fragrances. Visitors can also find household goods and clothing which make special mementos of a visit to Kayah.

Baho Zay Market on Daw Na Street has plenty of tasty, local food and typical Myanmar tea shops. It is possible to buy hot, fresh food. However, use your discretion. If this is your first time in Myanmar, you should choose with care.

Naung Yah Market is a small market, just outside Loikaw, which is opens from 5:30am to 11am. Most vendors sell local foods. Certified organic vegetables are also available The market is not open every day, so it is best to check with a local hotel or tour operator before visiting.
Loikaw Weaving Centre & Natural Dyeing Path Tour

This tour takes you around the organic garden of the weaving centre to discover and experience the process of natural dyeing and learn about traditional weaving.

Introduction to the “Natural Dyeing Path” in Loikaw Weaving and Vocational Training Centre: This pilot initiative is managed by the Loikaw Weaving and Vocational Training Centre, with close support of the International Trade Centre (ITC), which aims - through the benefits from the tour - at improving the learning environment of young trainees and at enriching your experience in Kayah State.

Departures: The tour can depart any day of the week with a minimum of 2 and a maximum of 6 people. The tour can be adapted to suit tourists’ requirements.

Price: $3/person (1 hour). The price includes a cup of local tea, the visit to the centre and its organic garden, and a chance to practice natural dyeing, with hands-on guidance and explanations by a master in natural dyeing techniques.
Itinerary: A master trainer from the weaving centre will take you for about one hour around the weaving centre’s garden to discover and experience natural dyeing. The visit includes:

- A walk in a local organic garden with the opportunity to discover the origin of the natural colours of the traditional Kayah longyi
- The opportunity to personally experience and practice the steps of natural dyeing
- A tour of the workshop where young trainees are learning the different techniques of weaving the traditional Kayah longyi
- A visit to the local shop where you can browse/buy handmade products

How this activity makes a difference: The benefits of both the tour and your potential purchase of end products are equally shared to improve the learning environment and buy materials for the trainees who come from vulnerable families. Additionally, it contributes to the creation of a Trainee Start-Up Fund to support trainees in the first steps of their professional career (e.g. purchase of materials and machines). By visiting the weaving centre, this tour helps with:

- Building professional skills of young local guides (partners of the project)
- Raising incomes and stimulating investments in the weaving centre
- Raising the level of quality of life for the trainees of the weaving centre
- Raising the importance of natural dyeing techniques for young trainees
- Creating a Trainee Start-Up Fund
- Raising self-esteem and appreciation of the trainees

Contact: Mrs Daw Aye Han: +95 (0)9 2523 57792
Note: Local Loikaw Ground Handlers can book this tour for a 10% service charge
The Kayah Sausage Experience

This tour takes you into the home of one of two Loikaw Kayah sausage producers, willing to offer international and national visitors a safe and unique cooking experience in Kayah State. You will discover and experience the process of making the original Kayah sausage and taste the subtle balance between spices.

Introduction to the “Kayah Sausage Experience” in Loikaw: This pilot initiative is managed by two local Kayah sausage producers, with close support from International Trade Centre (ITC), which aims to enrich your experience of Kayah culture and social life.

Departures: The tour can depart on Tuesdays, Thursdays and Fridays from 8am to 12pm, with a minimum of 2 and a maximum of 6 people, so that you receive personal attention. Variations of this tour are available to suit your requirements.

Price: Each group pays a fixed charge of $15 for the price of the sausage ingredients (2 to 6 people), plus $5 per person for the cooking class (2 hours). This tour can run with a minimum of two or more participants (the minimum cost is $25). The price includes local tea, all sausage ingredients and the guidance and explanations for the cooking class by a local master of Kayah sausage.
**Itinerary:** A local sausage producer will welcome you and introduce you to cooking Kayah sausage with plenty of flavour. The experience includes:

- A presentation of the Kayah sausage recipe and its ingredients including discovery of the unique Kayah pepper
- A creative experience, as you will personally prepare, cook and taste your own Kayah sausage
- A visit to the adjacent garden where you can discover local plants

**How this activity makes a difference:** The Kayah Sausage Experience takes you into a unique and delightful environment, and allows you to share part of the life of local households. The sausage-making families are passing down traditional recipes. Providing cookery experiences for tourists helps to provide additional income for the sausage producers, and keep these delicious recipes alive.

**Contact:** Daw Palawnia: +95 (0)9 4280 00535 (by the lake)
Daw Teresa: +95 (0)9 4280 05199 (authentic kitchen)
**Note:** Local Loikaw Ground Handlers can book this tour for a 10% service charge
Activities & excursions outside Loikaw

Kayah Community Tourism Programmes & Prices (Season July 2019 to June 2020)

Welcome to Pan Pet, ethnic Kayan community

- Visit the homeland of the legendary “long-neck” Kayan people
- Gentle trekking, while exploring local beliefs and way of life
- Visit traditional artisans and musicians in their homes

These community based, cultural tours offer you fascinating, fun insights into local life and culture in Pan Pet, an ethnic Kayan community, located in Demoso township, Kayah, Myanmar. Pan Pet area includes 5 small villages.

All visitors must book via Pan Pet Community Based Tourism Club, and use the services of a “local community guide”. The price is 8,000 kyat per guide (about $5.30). On arrival, visitors are met and welcomed to the village by a local community guide, who is a member of Pan Pet’s Community Based Tourism (CBT) Club.
Tour programmes & services in Pan Pet include:

1. **The short trek, cultural and nature trail:** On arrival in Pem Song hamlet, visitors are met by their local community guide. After a quick welcome, the community guide leads you along a nature trail, for approximately 2 hours. Finally, you arrive at a beautiful viewpoint, with a panoramic view of the surrounding mountains, rice fields and 5 hamlets of Pan Pet.

As you climb the hill (moderate walking), the guide stops to explain important cultural sites on the way. These include a monument which honours the village clan, an animist bird totem, and a guardian spirit cave. Guests are usually accompanied by licenced, English-speaking tour guides who help the community guide to translate, and assist visitors to ask questions.

**Price:** Community tour guide (8,000 kyat ($5.30) for 1-8 guests).

**Difficulty grade:** Easy trek, with moderate steep sections.

**Note:** Water is not available in Pan Pet. It must be brought from Loikaw.

![Trained local community guides leading visitors on the short trek](image)
2. The “Artisans’ Trail” in Salong Kana hamlet: Salong Kana is one of the five hamlets of Pan Pet community, which is considered to be the homeland of Kayan, or “long neck” Karen culture. The brass rings worn by some Kayan ladies have become an iconic symbol of Myanmar, and of Southeast Asian tribal culture. Kayan ladies are also well known for their handmade crafts. This programme gives guests the chance to go “behind the scenes” by visiting the homes of local artisans, and seeing crafts being made.

The “Artisans’ Trail” was developed based on consultation with local villagers. Guests visit traditional, Kayan homes where you may see artisans making Kayan bracelets, weaving traditional textiles, carving wooden statues, weaving bamboo, or other handiwork. Additional highlights of the trail include visiting the village’s Clan Monument, and the Ker Kwang (a Bird Totem), where your local village local guide will explain about the village’s clans and ancestors. Guests can taste traditional Kayan rice wine on request (optional). The “Artisans’ Trail” takes approximately 2.5 hours.

Price: Local community guide fee is 8,000 kyat (about $5.30). Guests usually visit 3 artisans’ homes. Visitors must make a contribution of 3,000 Ks (about $2) per home visited.

Note: Visitors who have been trekking will continue to Salong Kana hamlet with their local community guide (20-30 minutes walk), who will also accompany them on the Artisans’ Trail. Visitors who have not been trekking will meet their community guide in Salong Kana hamlet for a brief welcome.
3. Lunch options: Guests can either enjoy a scenic picnic lunch on the hilltop, or eat lunch at a local home in nearby Salong Kana hamlet.

Price: Both of these options cost 5,000 kyat (about $3.30) per person, and must be booked in advance. These meals include at least 3 different dishes.

Note: Visitors who do not trek can still book a tasty local lunch in Salong Kana hamlet.

4. Option to shop for souvenirs on the way home: At the end of the tour, visitors can stop at Rang Ku and Do Keh hamlets, where many Kayan ladies have established small shops, selling arts and crafts. Enjoy learning a few words of Kayan language and interacting with these fun-loving and artistic people. There are opportunities to buy local handicrafts.

Contact person: Daw Mu Lon, Pan Pet Community Based Tourism Club
Contact: +95 (0)9 4535 21327 (Myanmar language)
Note: Local Loikaw Ground Handlers can book this tour for a service charge
Welcome to Hta Nee La Leh, ethnic Kayah community

- Witness the ancient, animist beliefs of the Kayah people
- Meet traditional artisans and “bamboo guitar” musicians in their homes
- Enjoy tasty a Kayah barbecue at home or by the scenic Seven Lakes

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.

All visitors must book via Hta Nee La Leh Community Based Tourism Club, and use the services of a “local community guide”. The price is 8,000 kyat (about $5.30) per guide. The programme begins with a quick welcome at the Hta Nee La Leh community centre. 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 “Kayhtoboe” 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.
Other activities which are available for visitors to Hta Nee La Leh are:

5. Visit the Lotus Pond: This is a sacred and scenic site. Here, visitors listen to the local legend of Tsudanu, a Kayah prince and princess who overcame many trials and obstacles before finally ascending to heaven as mythical Kinaree birds. Visitors can also visit the Water Totem, where villagers honour the water source.

Price: Already included in guide fee

6. Visit the homes of local artists and musicians: Visitors can visit two or three homes to meet local people preserving traditional Kayah arts, crafts and culture. Homes which welcome visitors include musicians who play traditional bamboo guitars, experts in Kayah dress, and artisans who make distinctive Kayah lacquer leg rings.

Price: Visitors make a contribution of 5,000 kyat per house visit (about $3.30). Visitors can try on a Kayah costume, if they wish (this takes approximately 45 minutes)

Note: Please inform the Hta Nee La Leh CBT Club in advance how many homes you would like to visit. Kindly note that artisans wait at home for guests to arrive. Visitors who book artisan house visits are making an appointment, and must pay for the number of house visits which they booked.

7. 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 the seating in the oxcarts is not soft.

Price: Oxcart 5,000 kyat (about $3.30) per 3 guests.
Food options in Hta Nee La Leh

1. Eat a 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 have the Kayah barbecue by the lake costs a minimum of 30,000 kyat (total) for 4-6 guests, and an additional 5,000 kyat (about $3.30) 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 (about $3.30) per person. For barbecue food, there is a minimum charge for four guests of 20,000 kyat. For non-barbecue food, there is a minimum charge for three guests of 15,000 kyat.

Contact person: Daw Htwe Myar, Hta Nee La Leh Community Based Tourism Club
Contact: +95 (0)9 9614 67685; +95 (0)9 7787 76906 (Myanmar language only)
Note: Local Loikaw Ground Handlers can book this tour for a service charge
Welcome to Htay Kho, ethnic Kayaw community

- Enthusiastic, warm and welcoming people
- A vibrant, living culture woven with faith, art and crafts
- Challenging, breathtaking mountain trekking

These community based, cultural tours offer you fascinating, fun insights into local life and culture in Htay Kho, an ethnic Kayaw community, located in Pruso township, Kayah.

Visitors can try on beautiful, traditional dress in Htay Kho village
Programme 1: The Art of Local Life in Htay Kho

This programme, led by a local village guide, provides great insights into beliefs, arts, crafts and the local way of life in Hta Kho village.

All visitors are requested to inform the Htay Kho Community Based Tourism Club in advance, to ensure that a local village guide is available.

The drive from Loikaw to Htay Kho takes 2.5 hours and is very scenic. Visitors are recommended to arrive in Htay Kho by 10am.

On arrival, visitors are met and welcomed to the village by a representative of Hta Kho’s Community Based Tourism (CBT) Club.

First, the local village guide will introduce guests to Htay Kho’s church, which is the spiritual heart of the community. Next, you will visit a small, cottage museum. This was established spontaneously by the people of Htay Kho to preserve and showcase traditional musical instruments, hunting equipment and household objects.

Nearby, you can learn about the fascinating culture of carving a wooden coffin for ones’ parents, ensuring that elderly parents feel peace of mind that their children can manage after their passing.
Next, the guide will accompany you to meet village artisans and musicians to learn about their arts, crafts and daily life. Local ladies are skilled weavers, who make stunning, colourful costumes. You can observe weaving and try on a Kayaw shirt and jewellery.

You can enjoy a traditional, home cooked Kayaw lunch, prepared by members of the Htay Kho Community Based Tourism Club.

Visitors who would like to spend more time in Htay Kho can also enjoy a hands-on, crafts workshop. Local artisans will teach you how to make a special, intricately woven Kayaw braid. These gifts are traditionally given to a sweetheart as a sign of love and affection. You can also try on the colourful, handmade, Kayaw costume.

**Prices:**

**Local village guide:** 8,000 kyat (about $5.50)/guide  
**Home visits:** a contribution of 3,000 kyat (about $2)/per home  
**Lunch:** 5,000 kyat/per guest (about $3.30)  
**Workshop:** 5,000 kyat/per guest (about $3.30)
Programme 2: Mountain of Faith (October to March)

All visitors must inform the Htay Kho Community Based Tourism Club in advance, to ensure that a local village guide team is available.

Visitors are recommended to arrive in Htay Kho by 7:30am.

This challenging, beautiful trek, lead by a team of local village guides, takes you to the soaring peak of Khawthamaw Mountain, which is considered to be sacred by local villagers. The climb to the mountain peak takes approximately 4 hours. The downhill walk, back to Htay Kho takes 2 to 2.5 hours (total approximately 6 hours).

On the route, your enthusiastic village guides make regular, short stops to explain the importance of Khawthamaw Mountain for traditional hunting rituals and spiritual life. The scenery is a mixture of mountain rice farmland and pristine, emerald forest. Trekkers are rewarded with many, excellent viewpoints and scenic ridges. You will enjoy a delicious, traditional, Kayaw picnic lunch on the way.

Note: A reasonable level of fitness is required to complete this trek. You need strong walking shoes, a hat, sunscreen and mosquito repellent.
Prices:

*Trekking team:* This includes village guides, and porters to carry food. There are sufficient guides to ensure the safety of the group.

- 1-6 guests is 30,000 kyat (about $20)
- 7-9 guests is 40,000 kyat (about $27)
- 10-12 guests is 50,000 kyat (about $33)
- 13-15 guests is 60,000 kyat (about $40)

*Lunch:* 5,000 kyat/per guest (about $3.30)

**Contact person:** Mr Maw I, Htay Kho Community Based Tourism Club  
**Contact:** +95 (0)9 9787 66590 (Myanmar language only)  
**Note:** Contact can be difficult when the villagers are farming. It is strongly recommended to book these tour activities through a Local Loikaw Ground Handler. A small service charge will apply.
Please travel gently in Htay Kho

Htay Kho village is not a tourist village. The people are farmers, who still live a very traditional life, quite removed from the rest of the world. They offer simple tourism service in order to share their unique culture with visitors, and to earn useful additional income.

At the moment, the people of Htay Kho are new to tourism. Services may be slow, and not perfect. Please be patient and encouraging to the local people. This will help them to gain experience and gradually improve their skills welcoming visitors.

Please listen to your local guide, and follow their advice about how to travel respectfully in the village. As a rule, visitors should keep shoulders covered and avoid short or revealing clothing.

Also, please try to make friends with people before taking photos. We recommend to ask questions and show interest in your hosts and their way of life. Villagers may ask you about your family, work, or home country. Your guides will help you to translate.
Welcome to Daw Ta Ma Gyi, ethnic Kayah community

- In depth insights into local Kayah beliefs and sacred sites
- Meet skilled Kayah artisans and musicians in traditional homes
- Visit the atmospheric and unusual “rice barn village”

Community based, cultural tours offer visitors fascinating, enjoyable insights into local life and culture in Daw Ta Ma Gyi, which is an ethnic Kayah (Karenni) community, located in Demoso township, Kayah state, Myanmar.

All visitors must book via Daw Ta Ma Gyi Community Based Tourism Club, and use the services of a “local community guide”. The price is 8,000 kyat (about $5.30) per guide. The programme begins with a quick welcome at the Daw Ta Ma Gyi community centre. Guests are met by members of the CBT Club. They are given a friendly introduction to the community, the tour itinerary and important taboos.

The first stop is a visit to the “Kayhtoboe” 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. Next, local guides lead us to the “ Pokee” shrine, where the community gather every year to honour the role of women.
Other highlights of Daw Ta Ma Gyi’s community, cultural tour programme are:

Visit traditional, thatched Kayah homes: Taste millet wine, learn about Kayah dress, or try playing a traditional instrument. You can meet local artisans and musicians, who are preserving traditional Kayah arts, dress, crafts and culture; including Kayah’s famous bamboo guitar… And, try your hand at playing it too!

Price: Visitors make a contribution of 5,000 kyat (about $3.30) per house visit.

Note: Please inform the Daw Ta Ma Gyi’s CBT Group in advance how many homes you would like to visit. Kindly note that artisans will wait at home for guests to arrive. Visitors who book house visits must pay for the number of house visits which they booked.

Visit the atmospheric rice barn village: On the outskirts of the village is a huge area of traditional rice barns. The villagers will explain why the rice barn village was established, and how the village spirits protect the rice.

Enjoy lunch or dinner at home: Guests can enjoy homemade lunch or dinner in a local home for 5,000 kyat (about $3.30) per person.

Contact person: (1) Ne Reh / (2) Htwar Reh, Daw Ta Ma Gyi Community Based Tourism Club
Contact: (1) +95 (0)9 4535 02724 / (2) +95 (0)9 4446 82166
Note: Local Loikaw Ground Handlers can book this tour for a service charge
Other beautiful local attractions near to Loikaw

Aung Tha Pyay Cave

Located near Htee Se Kha Waterfall, this interesting cave is approximately 305m in length with about 300 steps. Besides many stalactites and stalagmites, there are also about 10 sitting Buddha Statues inside and many bee hives can be seen on the walls.

Demoso Market

Located to the south of Loikaw. It takes 30 minutes to travel by car or bike from Loikaw. The market is open 3 days a week (Monday, Wednesday and Saturday) in the morning. The best time to visit is 6am to 10am. The market is famous for traditional millet/rice wine. The vendors are from the local area, allowing visitors to taste a large variety of local dishes. For example, Kayah sausage, meatballs made using a special recipe, and unique Kayah pepper.
Elephant Mountain (Sin Taung)

A beautiful drive from Loikaw, Elephant Mountain gets its name from a white pagoda statue of an elephant. It also affords eastern and western views of the surrounding townships Demoso and Nam Ma Khon.

Kyat Cave

Located 2,990m above sea level this impressive natural cave is made of limestone and dolomite. Ancient, wooden coffins can be seen inside the cave measuring from 61cm to 457cm long indicating a former burial site.

Htee Pwint Kan (Umbrella Pond)

Situated in Demoso Township in the heart of the paddy fields, this small pond (100 feet in circumference) is famous for its mud bed that bubbles up in the shape of an umbrella. Legend says that who see the umbrella coming up, are lucky people.

Law Pi Ta Hydropower Plant & Waterfall

Of historic and strategic importance as Myanmar’s first and largest run-of-river plant it was initiated in 1950 and supplies over 20% of Myanmar’s total electrical power. There is also stunning scenery of cascading blue water at Law Pi Ta Waterfall.
Loi Nan Hpa Mountain

A one to three hour hike 5,010 feet above sea level, this is one of the most famous and highest mountains in Demoso township. At the top of the mountain enjoy breathtaking views and a pagoda and a crucifix, both standing 45 feet high, which represent unity and mutual respect.

Lwel Ta Mu Cave

Discovered in 1948, legend has it that a local person saw the cave in a dream, and went to find it. Pilgrims have built 15 pagodas and 254 statues in the cave. This cave is considered a sacred place. Visitors should dress modestly.

Ngwe Daung Dam

Not too far from Loikaw, this is a beautiful spot to take pictures against the background of the Golden, Silver and Ruby mountains. The dam was built in 1962 and provides the main source of water for irrigation in the Demoso area.

Three Mountain Pagoda

Just a short drive from Loikaw, visitors pass through villages, cornfields and farms to reach this pagoda. A serene location, it offers one of the most spectacular views of the city and a small cave filled with many small Buddhist statues and figures all brightly lit up.
Visit Myanmar and Be enchanted
The Ministry of Hotels & Tourism
Information Counter - Loikaw
+95 (0)9 9592 66688
+95 (0)9 7705 74530
info@kayahtourism.org
www.kayahtourism.org

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www.intracen.org/NTF4/Myanmar-tourism