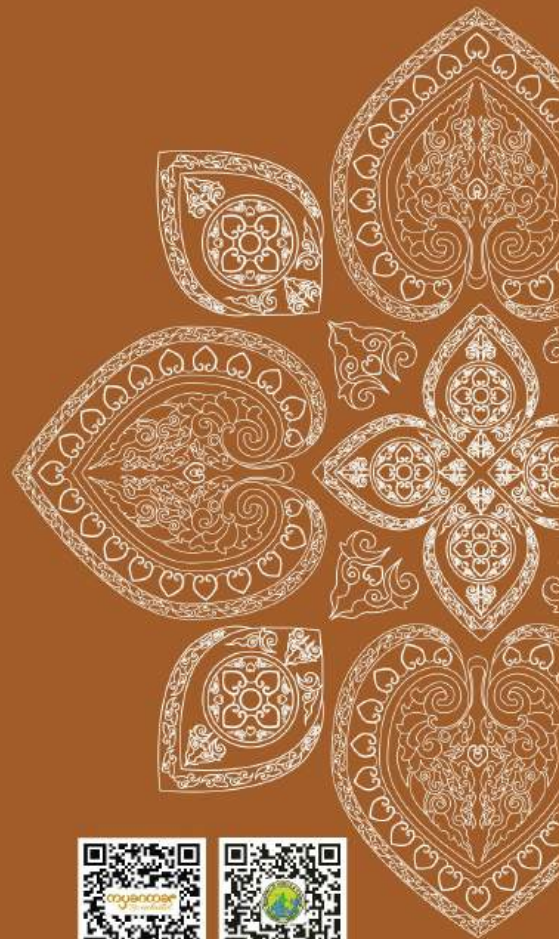


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MON & KAYIN

ကျောက်တော်
Be enchanted

Destination: Mon State & Kayin State

Destination Climate: Mon -Tropical I Kayin -Hot & humid

State Borders: Mon - Kayin State , Andaman Sea, Bago Region, Tanintharyi Region and Thailand.

Kayin -Mon State , Bago Region, Mandalay Region, Shan State, Kayah State & Thailand

State size: Mon- 12,297 sq km/ 4, 748 sq miles & Kayin- 30,383 sq km /11,731 sq miles

State Capital: Mon - Mawlamying & Kayin - Hpa-An

State Population: Mon- 2.05 million (2014) & Kayin- 1.57 million (2014)

Destination Lineages: Mon - Mon, Bamar, Chin, Kachin, Anglo-Burmese, Kayin, Rakhine, Shan, Burmese-Thai Kay in - Karen, Padaung, Bamar, Shan, Pa-O, Mon, Rakhine, & Burmese-Thai

Destination Languages: Mon & Kayin- Mon, Kayin, Bamar

Religions: Mon - Buddhism, Christianity

Kayin- Buddhism, Christianity, Islam, Hinduism & Animism

How To Get There: Access to these states is easy by car, express coach services and train from Yangon and Nay Pyi Taw. Many visit Golden Rock first and from there the toll roads forks to either Mawlamyine or Hpa An. A pleasant boat trip connecting the two capitals is also possible.



Myanmar with its cities and neighbouring countries





MON STATE

MON STATE

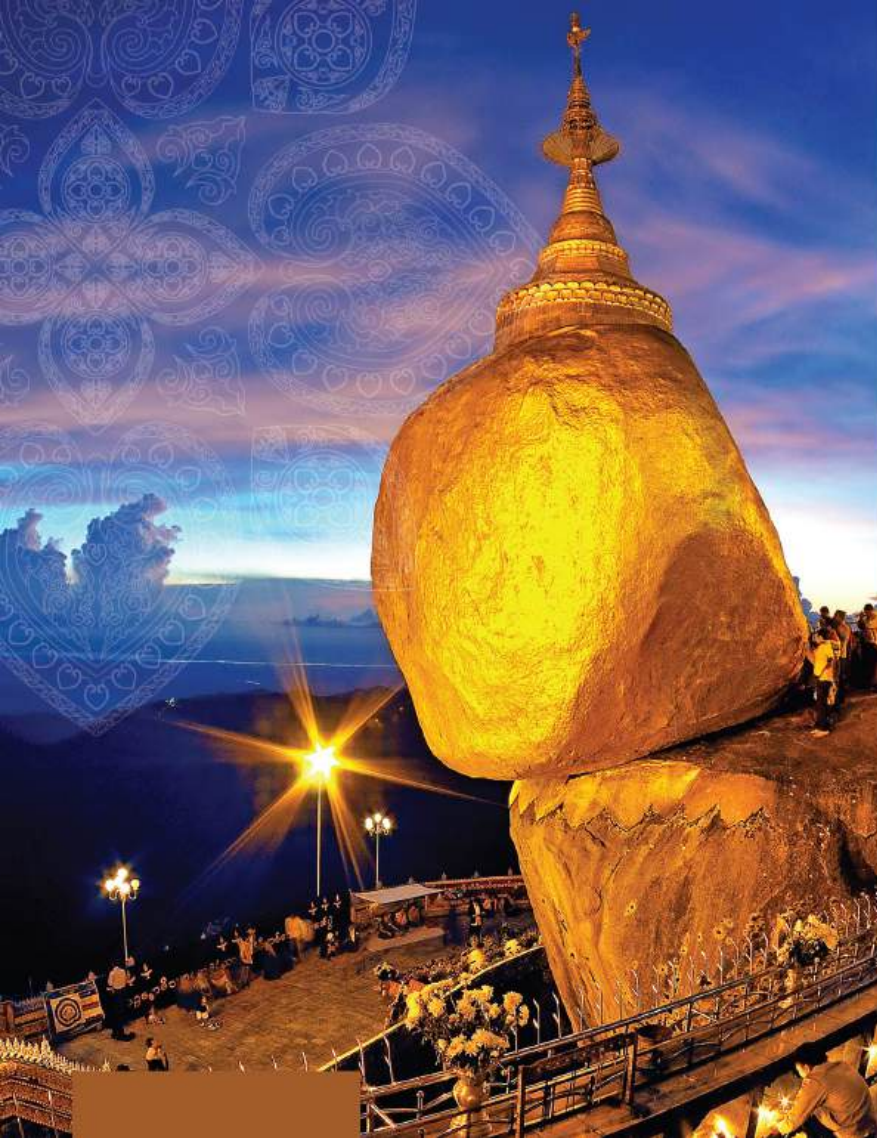
Absorb the enchanting atmosphere of these inspiring places

Mon State covers the upper part of the Tanintharyi Peninsula Boasting varied landscapes which include islands, hills, tropical forest, crop land and plantations. Mawlamyine, Myanmar's 4th largest city and the capital of the former British Empire. The state is renowned for the aptly named Golden Rock (Kyaikhtiyoe Pagoda) and Win Sein Taw Ya, which is the site of the world's largest reclining Buddha Statue Such rich religious cultural heritage is unsurprising given that Mon is where Theravada Buddhism was first established in Myanmar some 2,500 years ago.

Mon State is vibrantly spiritual Monasteries offer insight awareness meditation. Pa Auk Taw Ya, which at 500 Acres is one of the largest meditation centres in Myanmar, is about 10 km from Mawlamyine. Buddhists also reside alongside a strong Baptist community since this is where the initial First Baptist Church was founded by American Adoniram Judson, the first person to translate the Bible into Burmese, in 1827. History lovers also enjoy the Mon Cultural Museum and visiting Thaton, the capital of the ancient Mon Kingdom.

There are beautiful beaches in the area, including at Kyaikkami and Setse. Thanbyuzayat, 60 km to the south of Mawlamyine, is home to an atmospheric memorial to the 100,000 POWs and civilians who perished at the hands of the Japanese during the construction, on perilous terrain, of the so-called "death railway" in WW II. The railway was made infamous by the epic 1957 film "Bridge on the River Kwai".

Kyauktalon Taung is a flat rock formation 91 m high with a Buddhist



FAMOUS PAGODAS

The birthplace of Theravada
Buddhism

KYAIK HTEE YOE

Kyaik Htee Yoe Pagoda, known as Golden Rock, was built in 574 B.C. It lies 229 km far from Yangon and built on a huge boulder which stands on the extreme edge of the cliff, 1095m above sea level. The rock and the pagoda are at the top of Mt. Kyaik Htee Yoe. It is the third most important Buddhist pilgrimage site in Myanmar after the Shwedagon Pagoda and Mahamuni Pagoda.

KYAIK PAW LAW PAGODA

Kyaik Paw Law Pagoda is located in Kyaikhto township. This pagoda is well-known because of the living mole on the face of the Buddha image is offered with gold foil, it never fades away and wonders for its blinking eyes. The image was immovability, despite two thousand elephants, horses, and men were used to salvage it. The image is said to be floating on water. The image is always facing to the region where Sri Lanka exists.

SHWE SAR YAN

The Shwe Sar Yan Pagoda was built by King Thuriya Sanda, and believed to have enshrined eight hair relics of Kakusana Buddha, the staff of Gonaguna Buddha, the emerald alms bowl of Kassapa Buddha and four tooth relics of Gautama Buddha, in addition to gold images. It has been built over and has now assumed a modern shape with a circular base and a bell-shaped super structure. It consists of three high square terraces and a bell. The third storey and the conical superstructure have been rebuilt and the whole building was renovated from time to time.

KYAIK THAN LAN

Kyaik Than Lan Pagoda was erected in 875 A.D during the reign of King Mutpi Raja It is the most famous Pagoda in Mawlamyaing, lying at the top of Mount Thallan of Naga Wuntha in Hlaing area of the city. A hair relic of the Buddha, Tripitaka manuscripts and gold images of the Buddha were enshrined in the pagoda. In the years that followed, successive kings raised the pagoda higher and higher until it reached a height of 46m from its original height of 17m, The platform has two big bells dating back to 1885.



SURROUNDINGS

Mawlamyine is the capital of Mon state. It has an illustrious past as the capital of British Emperor. It featured in a number of famous writings such as George Orwell's 1936 memoir, "Shooting an Elephant" and Rudyard Kipling's poem, "The Road to Mandalay". Its charm remains to this day: rich history and deep roots in Buddhism mix with colonial architecture, and traditions such as the weaving of colourful local fabric. The town's landmark Kyaik Than Lan pagoda was built in 875 A.D.

Kyaik Ka Mi was a small coastal resort and well-known for Kyaik Ka Mi Yele Pagoda, a metal-roofed Buddha shrine complex perched over the sea. Kyaik Ma Yaw Pagoda, a temple of serene, white-faced Buddha was built by Queen Shin Saw Pu in 1455.

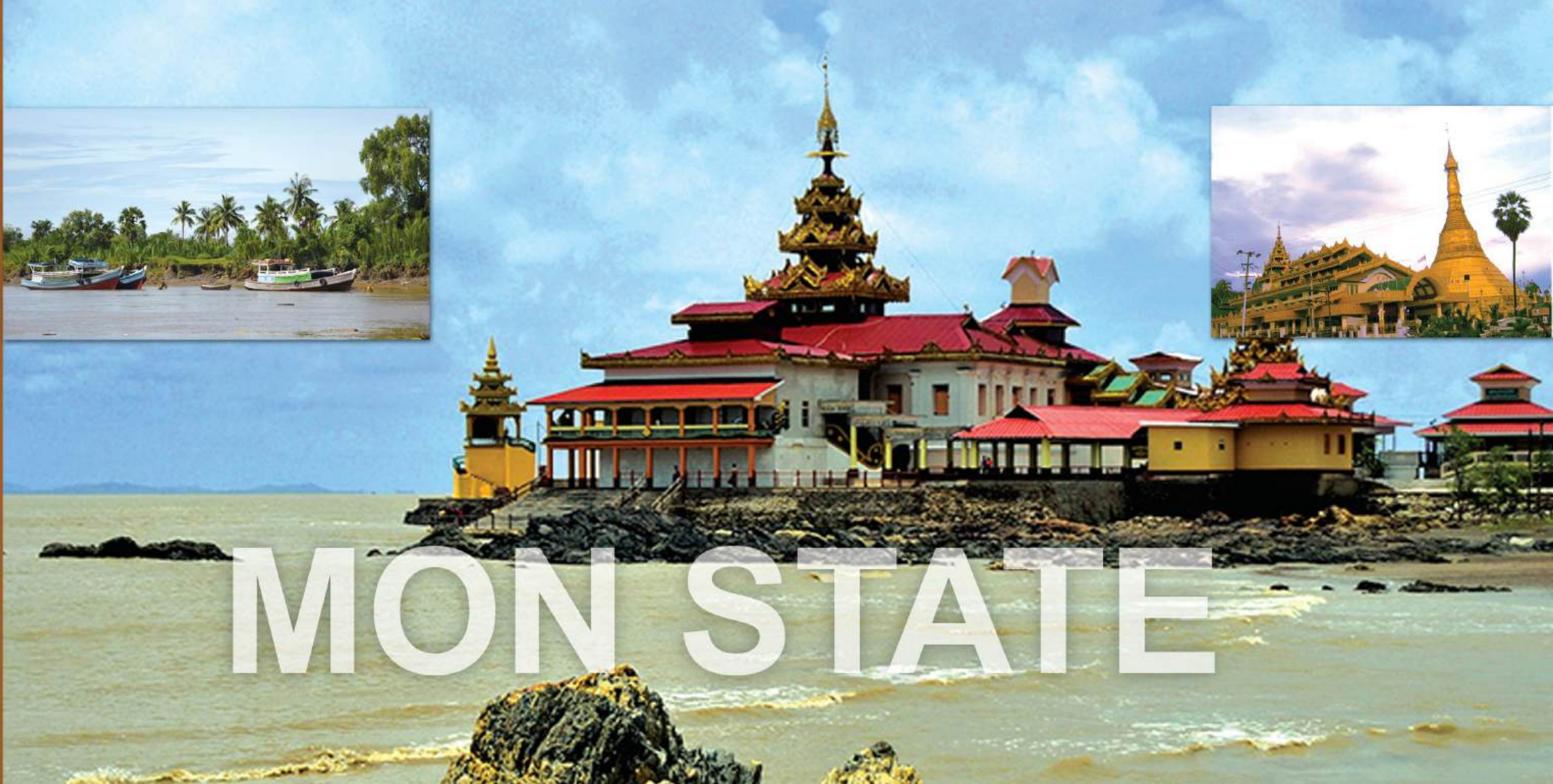
Thaton was also known as Suvanabhumi. It is one of the places where Theravada buddhism was established and took root some 2500 years ago.

Thanbyuzayat, 60 km to the south of Mawlamyine, is home to an atmospheric memorial to the 100,000 POWs and civilians who perished at the hands of the Japanese during the construction, on perilous terrain, of the so-called "death railway" in WW II. The railway was made infamous by the epic 1957 film "Bridge on the River Kwai"

Other interested places include Bilu Kyun, Setse beach, Sein Yin Hmyaw Pagoda and Win Sein Tawya.

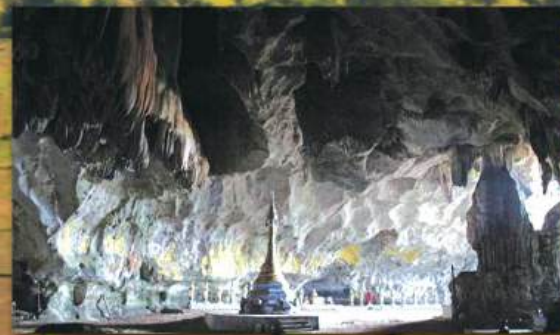


MON STATE





KAYIN STATE



KAYIN STATE

State of amazing limestone caves and hills.

Hpa An, encircled by karst limestone peaks that soar out of lush green paddy fields, is the picturesque capital. Kayin State is most famous for its impressive and very sacred limestone caves. It also offers many scenic spots comprising of hills and rivers, and farmlands. Farming is a big feature of the landscape with hillside farms a common sight cultivating crops, rubber and fruit. Kayin is also an important tea and coffee producing region. Mount Zwegabin is its most famous landmark. Lumbini Garden, on the western side of the Mt. Zwegabin, is the most popular place to start the ascent, and is home to over 1100 Buddha statues,

Thandaung is a picturesque hill station in the north of the state that is developing into a popular resort town.

Sadan Cave takes about 10-15 minutes to walk through and exits onto lovely views of a lake and paddy fields. There has thousands of miniature clay inside Sadan Cave. Kawgun Cave near Kawgun village is about 4 km distance from Hpa-An.

The lively and joyous Kayin Don Dance is famous throughout Myanmar. Originating as a celebration of the harvest and the New Year. It is also now performed in competitions outside of the state.



SURROUNDINGS

SHWE YIN MYAW

Shwe Yin Myaw Pagoda, located on the bank of Thanlwin in Hpa-An is the most favorite spot for tourists to watch the setting sun. Its compound is home to statues of a dragon and a giant frog who according to legend, created the city.

MT. ZWEGABIN

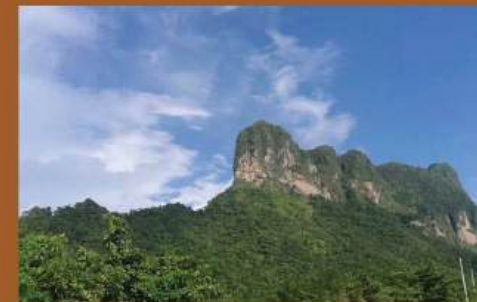
Mt. Zwegabin, at 722 m high is one of the most sacred mountains in Myanmar, the monkey will provide entertainment along the way. The effort is rewarded by fabulous views from Kavin's most famous landmark. Visitors wishing to enjoy the sunset spend the night in the monastery, atop of mountain. Getting to the top requires a challenging two hour climb up a steep staircase. There has a legend that a strand of the Buddha's hair enshrined in the pagoda. At the foot of the mountain, thousands of large statues of the Buddha can be seen.

KYAUK KALAP

One of Kayin's most amazing sights is Kyauk Kalap, a pagoda perched on the summit of a sheer rock that rises stunningly out of an artificial lake. It is topped with a golden stupa making it unique. It is a unique experience to spend time marvelling at the unspoiled nature surrounding this special pagoda near Hpa An. At certain times the usually still water of the lake reflect back a mirror image making for the perfect photo opportunity. Many people visit to enjoy the sunset from there.

KYONE HTAW WATERFALL

Kyone Hraw waterfall is next to Htiklawtho and is located near the town of Hlaing Bwe. Encircled by a pristine forest it draws fascinated tourists due to its naturally green-coloured water. The best time to visit is at the drier times of the year.





KAYIN STATE

SURROUNDINGS

SIGNIFICENT TOWNS

Myawaddy is a town on the Thai border with the newly-built road which connects Myawaddy with the rest of Myanmar, passing through the beautiful Dawna mountain ranges. Thandaung was developed as a hill station during colonial times by the British and Mottama was captured by the British in the First Anglo-Burmese War of 1824-1826. Thandaung is a very beautiful hill station and an important tea, coffee and fruit producing region.

AMAZING CAVES

The two famous caves in Kayin State are Bayinnyi cave and Kawgun Cave. Bayinnyi Cave is in a large complex with hot springs at the base of the hill near Mt. Zwegabin where as Kawgun Cave is very close to the state capital. The latter features thousands of tiny clay Buddha images and carvings, some dating back to the 7th century. Mounted on the walls and roof of the main cave is quite an impressive sight.

Other eight caves can be found in Kayin State, namely Sadan, Phakat, Htaungwi, Yathaepyay, Wepyan, Pathone Khayone cave and Kokka-thaung Caves.