



MANDALAY MARKETS & FINE FOOD

Tour Code: INS-MN16

Duration: Full Day

Mandalay is known for its food and interesting market showcasing food from all around the country. Today we have no temples or pagodas for you, but instead interesting food and bustling markets. We start early morning with a local breakfast (Nan Gyi Thoke) and a visit to the vegetable market. Continue with a stroll to a lively neighborhood with home industries showing you how to make Mandalay sweets, local cakes and noodles.

We continue to the countryside and stop at a farm to see where all the food actually comes from. A typical home made Mandalay lunch is served at one of the lesser known monasteries in the country side where for a donation we will help plant a few "Sein Ta Lone" mango trees – producing in a few years the best mangoes in the country. As the Burmese saying goes "The best time to plant a mango tree is 10 years ago – the second best time is today". Return to the hotel around 3pm or continue to the fish market which starts later in the afternoon.

Inclusions:

- Private transfer during trip
- English speaking guide
- Breakfast and home cooked lunch
- Market tours
- Water, snowtowels
- Entrance fees where mentioned

Exclusions:

- International and Domestic airfares and airport departure taxes
- Visa (visa is compulsory and must be arranged in advance)
- Any gratuities for guide and driver
- Meals if not specified in the itinerary
- Travel insurance (we highly recommend that you purchase adequate insurance)
- Personal expenses such as laundry, telephone, drinks etc.
- All other services which are not specified in the itinerary