



# Myanmar (Burma) (Insight Guides)

*David Abram, Andrew Forbes*

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With its glittering pagodas, timeless countryside and gracious people, Myanmar (Burma) is an extraordinarily beautiful destination which has been isolated from the rest of the world for decades. Finally, things are changing and tourism is set to explode in the coming years. This new edition of the Insight Guide Myanmar has been comprehensively overhauled to help inspire and inform, and guide you to the best that this little-known country has to offer.

Following on from the inspirational Best Of Myanmar section, the country's rich past and cultural heritage are described in a series of lively essays. Contemporary aspects of Burmese life – the changing political situation, the economy, food, architecture, wildlife – are also covered in depth.

The Places chapters have been completely rewritten for this new edition, describing all the sights worth seeing – from the incomparable temples of Bagan, serene Inle Lake, the lost world of Mrauk U and the beaches along the Bay of Bengal to the fascinating cities of Yangon and Mandalay.

At the back of the book, the Travel Tips section contains all the practical information you'll need to make the most of your trip, including dozens of carefully selected hotels.

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