

# VIKING DAILY



Wednesday, November 26, 2014

Today's Weather: sunny  
26 – 33 °C / 79 – 91 °F

## Welcome Aboard!

Welcome aboard *Viking Orient*. We look forward to serving you and helping you explore all the exciting places you will visit. Viking's Golden Land is one of our newest cruises—every day you can look forward to wonderful new discoveries, both on shore and on board.

This daily newsletter introduces you to the day's destinations and provides additional background on a variety of topics, along with helpful tips and information and news of our onboard activities. It also gives you important contact information for the ship, as well as sailing times.

If you have any questions at all, please do not hesitate to ask; we are always happy to assist.

We hope you have a wonderful time!

Dominik Hofstetter  
Hotel Manager

Willy  
Program Director

If you have special dietary requirements, please let the Dining Room Supervisor know.

4:30 PM

Welcome aboard the *Viking Orient*!

6:00 PM

**Welcome Cocktail:** Our Captain Naing Aung and Hotel Manager Dominik invite you for a welcome toast on the Sundeck.

6:15 PM

**Safety Briefing:** Your safety is of paramount importance to us. Please join us for a safety briefing on the Sundeck, followed by a short ships orientation by Hotel Manager Dominik.

6:45 PM

**Daily Briefing:** Join your program Director Willy for daily briefing about tomorrow's excursion and events.

7:00 PM

**Welcome Dinner:** Head Chef Tommy welcome you aboard and invite you to dinner in the restaurant.





## Kachin State

This northernmost administrative division of Myanmar is home to Southeast Asia's highest mountain, Hkakabo Razi, a 19,321-foot peak that forms the southern tip of the Himalayas—the place where the borders of three nations, Myanmar, China and India, intersect. The mountain's rocky summit towers above a region of fertile valleys—all of them carved out over centuries by the fast southbound flow of several rivers. Two of these, the Mali Yka and Mai Hka converge, not far south of their headwaters, to create the fabled 1,350-mile Irrawaddy River (also known as the Ayeyarwady), Myanmar's longest and most important commercial waterway.

The population of Kachin State is sparse, composed mostly of an ethnic group, the Jinghpaw, many of whose ancestors emigrated from the Tibetan Plateau more than 500 years ago. A system for expressing the Jinghpaw tongue in writing using the Roman alphabet was developed by Christian missionaries in the 19th century. Since then, Jinghpaw has been the official Kachin language. The 120-year period of British rule in Myanmar left its influence on Kachin State: Christianity continues as the main religion, but Kachin tribes often cling to some ancient, non-European practices. As one example in civil law, when a parent of a family dies, the youngest surviving member, rather than the oldest, is considered to be the legal heir.

## The Burma Road

Much of this storied World War II supply route has been reclaimed by surrounding jungle, and access to many other sections is restricted by government fiat. In its day, it was a centerpiece in the war's China-Burma-India theater, and, given its cost in human lives, the Burma Road is surely one of history's most expensive highway construction projects. The first significant casualties were not foot soldiers or road workers, but air crews. In 1942, when Japanese forces in southern Burma rendered the road's original 700-mile span useless as a conduit for resupplying the beleaguered armies of Chiang Kai-shek, Allied planes were called upon to stage a massive airlift. This required pilots to cross a treacherous section of the eastern Himalayas they nicknamed "the Hump." Icy, turbulent weather and lack of navigation aids claimed more than 1,000 lives among these airmen.

As an alternative, American General Joseph "Vinegar Joe" Stillwell sponsored the creation of Ledo Road, a two-lane all-weather connection linking India and China across the barely passable jungle and wetlands of what is now northern Myanmar. The task carried with it an even more terrible price tag than "flying the Hump." When Ledo Road was completed, the human cost for this 1,100-mile extension of the Burma Road totaled 1,100 fatalities from combat, disease and accidents. Not surprisingly, the coincidence spawned a gloomy nickname: "Man-a-Mile Road."

### Ship Contacts

Reception: +95 9976051857  
Program Director:  
Willy: +95 95191580

### Ship Location

Sagaing, Jetty  
South Mandalay



# VIKING DAILY



Thursday, November 27, 2014

Today's Weather: mostly sunny

27 – 33 °C / 81 – 91 °F

6:00 AM

**Early riser Breakfast:** Coffee, juice and pastries are available on the Sundeck.

7:00 AM

**Breakfast:** Enjoy a buffet breakfast in the Restaurant.

9:00 AM

**Shore Excursion: Mandalay.** Explore last royal kingdom of the country by visiting Golden Palace Monastery, World Biggest Book, Kuthodaw Pagoda and Mandalay Palace in the morning. .

12:30 noon

**Lunch:** Lunch is served in town at a local Restaurant "Royal Mandalay".

**After Lunch** we proceed to a Buddhist boys Orphanage, followed by Gold leaf beating workshop, Wood Carving and handicraft workshop.

5:00 PM

**Sunset sailing:** Please join us for a beautiful Sunset sailing around Sagaing Area.

6:00 PM

**Cocktail Hour:** Join your fellow travelers, for a nice Cocktail, prepared by your Bartender James Tun, on the Sundeck.

6:45 PM

**Daily Briefing:** Program Director Willy invites you to the sundeck for a short briefing about tomorrows activities.

7:00 PM

**Dinner:** We invite you to join us for dinner in the Restaurant.

8:30 PM

**Evening Entertainment: Classical Burmese Dance,** we invite all of you to the Sundeck for Burmese Classical Dance, performed by students and teachers of the Mandalay University of Arts.

Evening Entertainment

## Classical Burmese Dance





# Myanmar

**Where:** Southeast Asia. A continuous stretch of southern coastline, one-third of this country's entire perimeter lies along the Bay of Bengal and the Andaman Sea. Myanmar shares borders with five other nations: principally India and China, along with Bangladesh, Thailand and Laos.

**Size:** With a land area of 253,954 square miles, Myanmar is over two and one half times the size of its former colonial ruler, Great Britain, and slightly smaller than the state of Texas.

**Geography:** Myanmar is a mix of fertile central valleys and steep rugged highlands. The fringes of the Himalayan Range stand to the west and north, capped by 19,321-foot Hkakabo Razi, Southeast Asia's tallest mountain. A great river, the 1,350-mile Irrawaddy (Ayeyarwady), bisects the country from north to south, irrigating agricultural land and serving as the country's main commercial waterway. It ends in a broad, low-lying delta region that drains into the Andaman Sea.

**Currency:** Kyat (pronounced *chat*)

**Language:** Burmese (among 65% of the population), plus several ethnic dialects, and English, once taught as the primary second language and now used by educated urbanites and the national government.

**Government:** Constitutional Presidential Republic

**Population:** 60 million

**Religion:** Buddhism 89%, Islam 4%, Christianity 4%, Others 3%

## A FEW HELPFUL BURMESE WORDS & PHRASES

English	Burmese
Hello	Min. ga. lar. par
Yes	Ho de
No	Ma ho bu
Thank you	Kyeizu tin ba de
Please	Kyeizu pyu yue

### Ship Contacts

Reception: +95 9976051857

Program Director:

Willy: +95 95191580

### Ship Location

Sagaing Jetty

South Mandalay



# VIKING DAILY



Friday, November 28, 2014

Today's Weather: mostly sunny  
30 – 33 °C / 86 – 91 °F

06:00 AM

**Early Breakfast:** Coffee, juice and pastries are available on the Sundeck.

07:00 AM

**Breakfast:** Enjoy a buffet breakfast in the Restaurant.

09:00 AM

**Shore Excursion: Ava.** Tour Ava by horse cart and stop to visit unique style of 19 Century AD brick monastery, Mae Nu Ok Kyung and have a short walk around a rural countryside village.

12:00 Noon

**Lunch:** Lunch is served in the Restaurant.

03:00 PM

**Shore Excursion: Amarapura.** Visit a silk and cotton traditional weaving workshop, then continue to famous world longest teak wood bridge "U Bein", and sail with a Gondola over the Taungthaman Lake to enjoy the Sunset.

**Daily Briefing** will be hold on the Bus.

06:15 PM

**Cocktail Hour:** Enjoy a nice Cocktail on the Sundeck.

07:00 PM

**Burmese Dinner:** Head Chef Tommy and his brigade invites you to join us for a Burmese Family style Dinner in the Restaurant.

08:30 PM

**Local Music Band:** join us on the Sundeck for a local Music Band, playing western Songs.

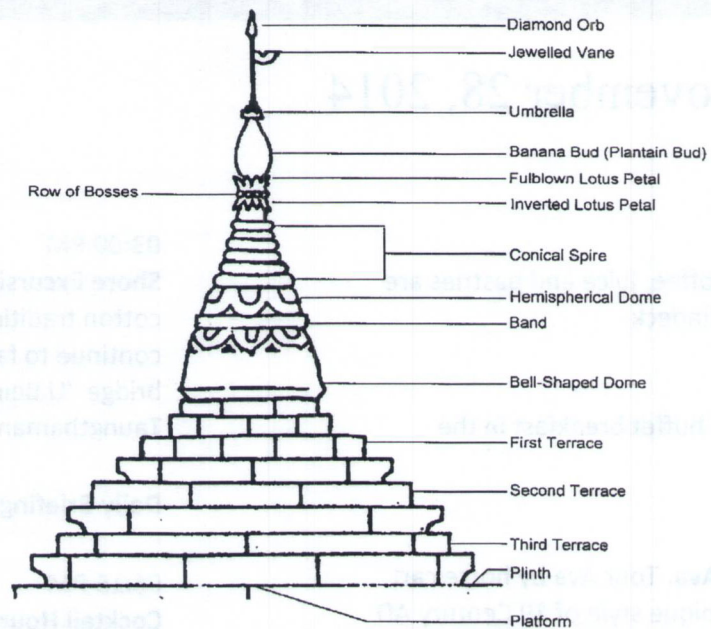
Evening Entertainment

## Local Western Music Band

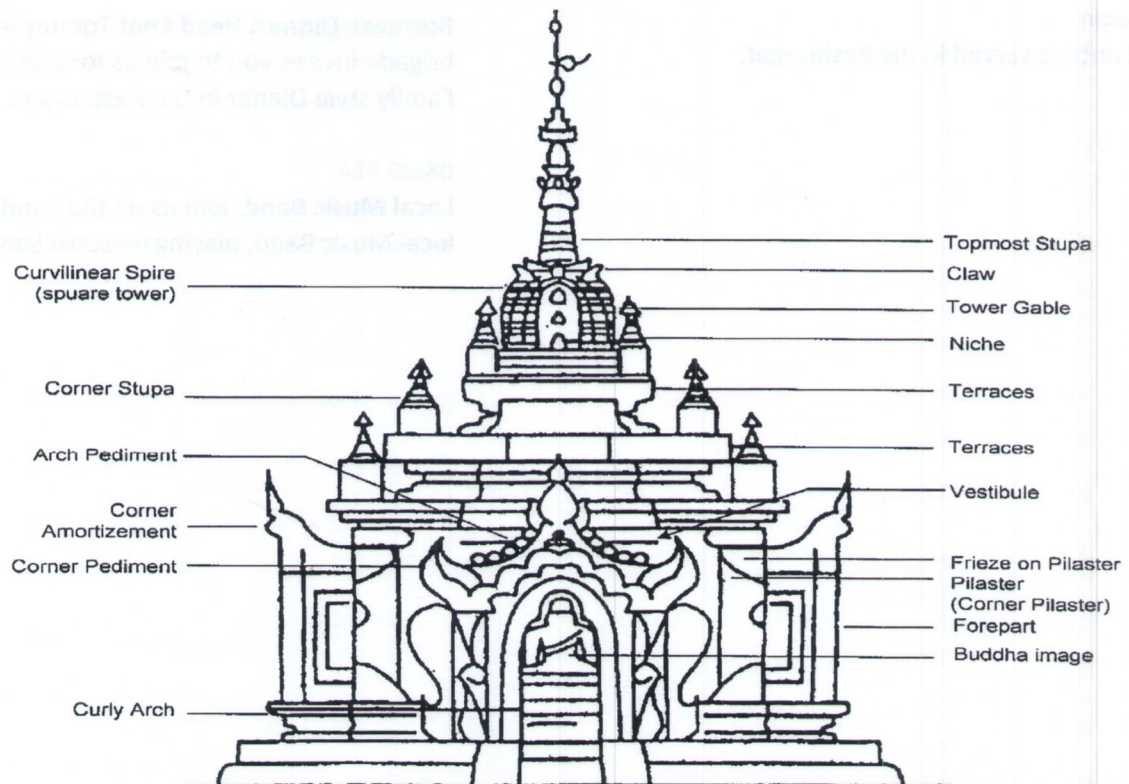




### Stupa



### Temple



#### Ship Contacts

Reception: +95 9976051857

Program Director:

Willy: +95 95191580

#### Ship Location

Sagaing Jetty

South Mandalay



# VIKING DAILY



Saturday, November 29, 2014

Today's Weather: mostly sunny

30 – 35 °C / 86 – 95 °F

05:30 AM

**Cast Off!** *Viking Orient* leaves Mandalay for Yandobo.

06:00 AM

**Early Breakfast:** Coffee, juice and pastries are available on the sundeck.

07:00 – 09:00 AM

**Breakfast:** Enjoy a buffet breakfast in the Restaurant.

11:00 AM

**Shore Excursion: Yandobo.** Observe the pottery making process in the village, famous for its terracotta pottery production. Historically, Yandobo is well known for signing Peace Treaty by both Burmese King and British after the first Aglo-Burmese war.

12:30 noon

**Cast Off!** *Viking Orient* leaves Yandobo for Bagan.

12:30 noon

**Lunch:** Lunch is served in the Restaurant.

04:00 PM

**Presentation: Burmese Culture.** Join us on the sundeck for a Burmese local make-up (Thanakha) & traditional Longyi dress demonstration.

**Please bring your Longyi and Camera along with you.**

06:00 PM

*Viking Orient* arrives in Bagan.

06:00 PM

**Cocktail Hour:** Enjoy a nice cocktail with your fellow travelers on the sundeck.

06:45 PM

**Daily Briefing:** Program Director Willy invites you to the Sundeck to find out about tomorrow's excursions and events.

07:00 PM

**Dinner:** We invite you to join us for dinner in the Restaurant.

08:30 PM

**Evening Lecture:** Join us for a Lecture about the Glorious Bagan, by native speaker Miss April, in the Movie Room (entrance opposite Restaurant)

Evening Lecture

Glorious Bagan by native Speaker





## What is Thanaka?

Thanaka is Myanmar's much-admired ancient skincare formula, a fragrant paste used for creating traditional Burmese face decorations. Legend dates its use back 2,000 years to a queen of the Pyu kingdom who revered it as a personal beauty treatment. She was a wise woman—Thanaka's inventory of healthful benefits practically qualifies it as a magic potion: It smoothes and softens skin, protects from sunburn through the absorption of UV rays, helps remove acne and blackheads, and prevents skin discoloration by inhibiting the formation of melanin. Thanaka has been shown in scientific studies to possess anti-bacterial, anti-fungal, anti-inflammatory, *and* antioxidant properties, and it's sometimes used as the base for mosquito repellants.

The source of this versatile product is Myanmar's native hardwood Thanaka or "elephant apple" tree, whose bark is rich in skin-protecting tannic acids and whose fragrance has been likened to the aroma of sandalwood. Thanaka trees grow abundantly in central Myanmar. They're perennials and an individual tree must be at least 35 years old before it's sufficiently mature to yield cuttings of acceptable quality. The cuttings are sold in marketplaces in their natural state, as small logs, along with disc-shaped stone slabs called *kyauk pyin*, which characteristically feature a narrow water channel around their circumference. Thanaka bark is ground over the rough, dampened surface of the *kyauk pyin* to produce a silky, yellowish-white cream that has become an essential part of many a Burmese woman's beauty routine.

The customary daily ritual is to apply Thanaka to the face, usually in decorative patterns, such as a simple circular patch on each cheek. These are frequently embellished by stripes made with the fingers—an effect called *thanaka bè gya*—or daubed on in the shape of a leaf, sometimes accented by a highlight along the bridge of the nose. Occasionally, the cream is applied liberally from head to toe—*thanaka chizoun gaung zoun*—or sometimes left on as a moisturizer for short periods as brief as half an hour—and at other times it is used as an overnight emollient. The Thanaka habit, of course, is not restricted to women. Many Burmese men enjoy its powerful skincare benefits, and parents often apply it to children for sunburn prevention.

Nowadays, Thanaka is available already packaged as a paste or powder. And it's no surprise that, as Westernization gradually burgeons in Myanmar, international cosmetic firms are beginning to incorporate this remarkable preparation into their lines of beauty products.

### Ship Contacts

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### Ship Location

Bagan Jetty



# VIKING DAILY



Sunday, November 30, 2014

Today's Weather: partly cloudy

30 – 33 °C / 86– 91 °F

5:45 AM

**Sunrise walk:** All early birds can join Hotel Manager Dominik and Program Director Willy, for a short exercise walk up the Hill to a Pagoda for Sunrise.

20 - 30 minutes walking each Way.

**Meeting point: 5:45 in front the Restaurant**

6:00 AM

**Early Breakfast:** Coffee, juice and pastries are available on the Sundeck.

7:00 AM

**Breakfast:** Enjoy a buffet breakfast in the Restaurant.

9:00 AM

**Shore Excursion: Bagan Tour.** The richest archeological site in South East Asia, Bagan, plain east of the curving Irrawaddy provides one of the most wondrous sights in Myanmar. Visit Pyathatgyi Temple for panoramic view from top and continue to most beautiful Ananda Temple, with Mural painting inside.

12:30 noon

**Lunch:** Lunch is served in the Restaurant.

3:00 PM

**Shore Excursion: Bagan Sightseeing.** Visit a traditional lacquer ware workshop and continue to Sunset Pagoda, Shwesandaw, the highest Stupa in Bagan with panoramic View over Bagan.

**Daily Briefing:** On the bus.

6:15 PM

**Cocktail Hour:** Enjoy a drink on the Sundeck.

7:00 PM

**Dinner:** We invite you to join us for dinner in the Restaurant.

8:30 PM

**Evening Entertainment:** Burmese traditional Puppet show on the sundeck.

TODAY'S ENTERTAINMENT

**BURMESE TRADITIONAL PUPPET SHOW**





## Why There Are So Many Pagodas at Bagan— A Burmese Folk Tale

Long ago, when the people of Bagan were very poor, there lived in the kingdom a monk who practiced alchemy. He spent his hours searching for a formula to create the Philosopher's Stone—a substance that could turn common metals, such as lead and brass, into silver and gold. His work was costly, and he relied on his patron, the king, for financial support. He worked doggedly day and night, following the complex instructions in an old parchment book. But the process was slow, and the royal treasury was soon depleted by the monk's labors. The people finally rose in anger and refused to pay taxes, claiming that the king was sponsoring an impostor. The monk pleaded with the king to let him complete his work. The book instructed him to put the final lump of metal into acid, and "it will at last be the Philosopher's Stone." When the process failed and the metal remained unchanged, the people demanded retribution. To appease the angry mob and the humiliated king, the monk voluntarily took up a knife and, with his own hand, blinded himself.

Later, alone and despondent in his laboratory, he summoned his assistant and told the boy to throw the useless lump of metal into the foul, stagnating water of an abandoned well. When the little assistant complied, he found that the well suddenly began to emanate a bright light. "Master," he called to the monk, "the well is full of fairies!" Hearing this, the blind alchemist suddenly realized he had misread the word for "foul water" in the parchment book as "acid." He was sure the glowing metal in the well was at last the Philosopher's Stone. To test the powers of this substance, he sent to the town butcher for the eye of a goat and one from a bull. After placing these in his sightless eye sockets, he touched them with the newly transformed stone, which the boy had retrieved from the well. Miraculously, in an instant, his vision returned.

The peculiar sight of this alchemist, who now saw the world through the eyes of two different animals, had its effect on the king. When the monk insisted that the palace's lead and brass pots be melted down into silver and gold using his newly minted Philosopher's Stone, the king eagerly complied. He then ordered that his people do the same, and from the time of this royal decree, the people of the kingdom were rich beyond their dreams with silver and gold. In their joy and gratitude, they used their now infinite supply of these precious metals to build the countless pagodas that stand in Bagan to this day.

### Ship Contacts

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Willy: +95 95191580

### Ship Location

At Ayer Jetty, Bagan



Monday, December 01, 2014

Today's Weather: Partly Cloudy

30 – 35 °C / 86 – 95 °F

6:00 AM

**Early Breakfast:** Coffee, juice and pastries are available on the Sundeck.

7:00 AM

**Breakfast:** Enjoy a buffet breakfast in the Restaurant.

7:00 AM

**Cast Off!** *Viking Orient* leaves Bagan for Tant-Kyi-Taung.

9:00 AM

**Shore Excursion: Tant-Kyi-Taung.** A walk in popular pilgrimage site and enjoy an **Elephant Dance** performed by local villagers.

10:30 AM

**Rattan Handicraft Demonstration:** Join us on the Sundeck for a demonstration and little market of rattan handmade items by local villagers.

12:00 noon

**Lunch:** Lunch is served in the Restaurant.

12:00 NOON

**Cast Off!** *Viking Orient* leaves Tant-Kyi-Taung for Salé

3:30 PM

**Shore Excursion: Salé Monasteries.** Visit 19 Century AD Yoke Sone Monastery, with intricate wood carving and take an orientation walk in once popular colonial town.

6:00 PM

**Viking Explorer Society Party:** We invite everybody to the Sundeck for a nice Cocktail with your fellow Travelers, hosted by Hotel Manager Dominik and Captain Naing Aung.

6:45 PM

**Daily Briefing:** Program Director Willy invites you to the Sundeck to find out about tomorrow's excursions and events.

7:00 PM

**Dinner:** We invite you to join us for dinner in the Restaurant.

8:30 PM

**Movie "The Lady"** about Daw Aung San Suu Kyi, peace Nobel Prize Winner, in the movie Room.

(Entrance opposite side of the Restaurant)

TODAY'S MOVIE

**"THE LADY" DAW AUNG SAN SUU KYI**





## Buddhism

This venerable belief system is practiced by more than 300 million people throughout the world. Buddhism's origins date back 500 years before Christ, to the life experiences of its founder, Siddhartha Gautama, known as Buddha, "the enlightened one." Born of royal lineage in part of what is now Nepal, at a young age he rejected his comfortable station in life to become a holy man. Awakened one day by a revelation of what he perceived to be the true road toward human happiness, a path he called "the middle way," he spent the rest of his life sharing his enlightenment with others until his death at the age of 80. The Buddha's principles, collectively known as the Dharma, or Truth, became the cornerstone of the religion named after him. Buddhism is more a way of life than a body of religious dogma. It's not focused on matters of creation or a ruling deity, but on individuals and their path toward achieving "nirvana," the ultimate state of enlightenment.

Although Buddhism is often seen as less doctrinaire than other faiths, there are still certain formalized concepts to guide believers: for example, The Four Noble Truths that address the realities of human suffering; the Noble Eightfold Path toward achieving wisdom and compassion for others; and the Five Precepts, a gentle no-nonsense code of moral behaviors: don't take the life of anything living, don't take anything not freely given, abstain from overindulgence, don't lie, and don't become intoxicated. The branch of Buddhism that predominates in Myanmar—the Theravada tradition—reflects two important daily routines that have relevance for non-Buddhists. One, "merit making," involves the observance of the Five Precepts through acts of charity and good deeds. The second is "insight meditation," an analytical version of this practice, often accompanied by a yoga routine.

Both meditation and yoga are among the important themes Buddhism has introduced into western cultures. Meditation, whose core techniques can be found in ancient Buddhist writings, is a powerful tool for achieving mental tranquility and honing the state of awareness of one's body and feelings the Buddhists know as "mindfulness." Buddhist thought has also distilled our understanding of "karma," the role of cause and effect in human behavior, and the importance of individuals being responsible for their past and present actions. And no poet ever gave the world a more lyrical yet straightforward vision of our world's cycle of life and death than the Buddha himself, who wrote:

Life is a journey.  
Death is a return to earth...  
Regard this phantom world  
As a star at dawn, a bubble in a stream,  
A flash of lightning in a summer cloud,  
A flickering lamp—a phantom—and a dream

### Ship Contacts

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### Ship Location

Sale Jetty



# VIKING DAILY



Tuesday, December 02, 2014

Today's Weather: Sunny

30 – 35 °C / 86– 95 °F

6:00 AM

**Early Breakfast:** Coffee, juice and pastries are available on the Sundeck.

6:30 AM

**Cast Off!** *Viking Orient* leaves Salé for Pha Khan Nge Village.

7:00 AM

**Breakfast:** Enjoy a buffet breakfast and a choice of dishes cooked to order in the restaurant.

9:00 AM

**Shore Excursion: Pha Khan Nge Village Visit.**  
Take a leisure walk at a typical, beautiful and untouched riverside community.

10:45 AM

**Cast Off!** *Viking Orient* leaves Pha Khan Nge Village for Magway.

10:45 AM

**Presentation: Today Myanmar,** Join your Program Director Willy on the Sundeck for a lecture on Myanmar, once ruled by Military and now Democratized nation.

12:30 noon

**Lunch:** Lunch is served in the Restaurant.

4:00 PM

**Shore Excursion: Magway.** City orientation by Trishaw to explore city lifestyle and town center, once major town for Anglo- Burmese population.  
Optional visit to the Mya Tha Lon Pagoda for the sunset.

6:00 PM

**Cocktail Hour:** Enjoy a drink on the Sundeck.

6:45 PM

**Daily Briefing:** Program Director, Willy invites you on the Sundeck to find out about tomorrow's excursions and events.

7:00 PM

**Dinner:** We invite you to join us for dinner in the restaurant.

8:30 PM

**Evening Entertainment: Team Trivia,**  
Please join your Hotel Manager Dominik for some useless knowledge trivia Game, on the Sun deck.  
**(In Teams of 4 players)**

TODAY'S ENTERTAINMENT

## Team Trivia of Viking Orient





## The Three Anglo-Burmese Wars

Why Britain and Burma—so vastly separated by culture and geography—would ever have clashed in battle is a worthwhile question to ponder. There were, in fact, three such wars during the 19th century, and the reason can best be boiled down to a single word: empire.

To the British, that word signified the hold their island nation had established over much of the known world through the combined resources of their shipbuilding and maritime skills and their grand, well-disciplined soldiery. Their purpose, as with most imperial undertakings, was economic power. Eventually, a government-backed commercial trading firm, the British East India Company, equipped with its own private army, added the vast riches of India—Burma's neighbor—to the empire's treasure chest. Colonial India was soon the brightest jewel in Britain's crown. But the power it brought would not go unchallenged. Lurking nearby, another empire, the second largest in Burmese history, ruled by the militaristic Konbaung Dynasty, had plans of its own. In 1823, mistrustful of Siam (today's Thailand) and China to their east, the Burmese sought to expand their power west across the British-controlled Indian frontier. The following year, the British responded in force, instigating a long and costly war, and eventually defeating the Burmese, who were forced to pay crippling reparations. The British had paid dearly themselves during two years of fighting, having incurred 15,000 fatalities among their *sepoys*—the loyal Indian troops under their command.

Predictably, the East India Company liked what it saw in the newly captured riches of Burma. In 1852, another conflict broke out, this one tied to a dubious naval confrontation involving a British officer, Commodore Lambert. This second Anglo-Burmese War was short-lived and ended in the British annexation of the Pegu Province—in effect, all of Lower Burma.

Thirty years later, with British influence firmly entrenched in Burmese affairs, the atmosphere was again ripe for confrontation between these erstwhile combatants. The final clash arose from British mistrust of the diplomatic relations developing between Burma and the French government. France was itself already deeply involved in Southeast Asia, and the British clearly wanted Burma for themselves. Ultimatums were thrown down and went unheeded, sowing the seeds of a third Anglo-Burmese War. Since land-based military action was practically impossible in the dense jungles of northern Burma, where this war began, the British resorted to their maritime skills, mounting a surprise naval assault along the Irrawaddy River. Some fierce fighting ensued, but within two weeks after the declaration of war, the port of Mandalay had fallen, the Burmese King Thibaw had been deposed, and Burma was officially a colony of the British Empire.

### Ship Contacts

Reception: + 95 9976051857

Program Director:

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### Ship Location

Magway Jetty



Wednesday, December 03, 2014

Today's Weather: mostly sunny  
30 – 33 °C / 86– 91 °F

6:00 AM

**Early Breakfast:** Coffee, juice and pastries are available on the Sundeck.

7:00 AM

**Breakfast:** Enjoy a buffet breakfast in the Restaurant.

9:00 AM

**Monk Blessing Ceremony:** Please join us on the Sun deck, to see and experience Buddhist ritual activity through Buddhist Monks.

*During the Blessing Ceremony, we kindly ask you to wear the proper Dress code and take off your shoes.*

10:00 AM

**Local Market visit.** Visit the local Market, 5 min. walking distance from the ship.

12:00 noon

**Lunch:** Lunch is served in the Restaurant.

12:30 noon

**Cast Off!** *Viking Orient* leaves Magway for Minhla.

3:00 PM

**Shore Excursion: Minhla.** Visit an Italian-built fort constructed to protect Royal Burma from the British and a walk in sleepy town.

4:30 PM

**Cast Off!** *Viking Orient* leaves Minhla.

6:00 PM

**Cocktail hour:** Please join your fellow travelers on the Sun deck for a nice Cocktail.

6:45 PM

**Daily Briefing:** Program Director, Willy invites you to the Sundeck to find out about tomorrow's excursions and events.

7:00 PM

**Dinner:** We invite you to join us for dinner in the Restaurant.

8:30 PM

**Burmese Dance Class:** Please join your Program Director Willy on the Sun deck for a Burmese dance lesson.

Tonight's Entertainment

## Burmese Dance Class





## Irrawaddy (Ayeyarwady) River

Myanmar's largest watercourse begins its 1350-mile journey not far from the southern Himalayas—the mountain home to the headwaters of this great river's parent tributaries, the Mali and N'Mai. They join together in Kachin State to form the celebrated Irrawaddy, sometimes spelled Ayeyarwady. Both names derive from the Burmese word *eyawady*, meaning "to grant drink." The river does that, and much more, as it flows south, irrigating a drainage area of 158,000 square miles—much of it a fertile agricultural zone—before it drains into the Andaman Sea through the nine channels of Burma's sprawling delta.

The Irrawaddy bisects this country for practically its entire length. As far back as the 6th century, the river was used for trade and transport, and by the 12th century it was linked to a network of canals that supported Myanmar's flourishing rice paddies. During the British colonial era, before railways and highways, the river was popularly nicknamed, "the road to Mandalay," and was steadily plied by British steamboat traffic between trading ports. Today, it remains Myanmar's most important waterway, both for passengers and commercial shipping. Rice and other foodstuffs, petroleum and native products of the heartland such as teakwood, all ship to the port of Yangon (formerly Rangoon) along the Irrawaddy. (Teak, an important Burmese export, requires a special treatment called "girdling" before it can be rafted and towed like other lumber, since this wood, in its natural state, does not float).

Like all tropical waters, the Irrawaddy is richly biodiverse, with more than forty known fish species and a rare mammal, the Irrawaddy Dolphin. Found only in Myanmar and such locales as the Mahakam River of Borneo and in a very small population in the Mekong River between Cambodia and Laos, these endangered creatures are known to fish cooperatively with humans, deliberately herding prey into their nets and sharing in the catch.

## Irrawaddy Steamers

During Burma's tenure as a British protectorate, a fleet of distinctive, shallow-draft, paddle-wheel steamers became familiar sights from the banks of the Irrawaddy. These were mostly vessels of the Scottish-owned Irrawaddy Flotilla Company, a passenger and cargo transport firm originally founded in 1865 to ferry English and Indian troops along the Irrawaddy and its delta. They quickly expanded into carrying paying passengers, mail, rice and other cargo stores. IFC's service during the third Anglo-Burmese War of 1885, when they carried soldiers and equipment from Rangoon to Mandalay, earned the "old Flotilla" and their noisy side-wheelers a kind of lasting immortality in a famous Rudyard Kipling poem. The company operated until World War II, when they voluntarily scuttled their considerable fleet of 600 boats to prevent their use by the invading Japanese.

### Ship Contacts

Reception: +95 9976051857  
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### Ship Location

Sin Baung Way Area



Thursday, December 04, 2014

Today's Weather: mostly sunny

30 – 33 °C / 86– 91 °F

6:00 AM

**Early Breakfast:** Coffee, juice and pastries are available on sundeck.

7:00 – 9:00 AM

**Breakfast:** Enjoy a buffet breakfast in the Restaurant.

10:00 AM

**Shore Excursion: Kan Ne Village.** Visit a local school and monastery in a beautiful, untouched Village, and enjoy performance by the local students.

Followed by an optional walk thru the Village or explore the village on your own.

12:30 noon

**Lunch:** Lunch is served in the Restaurant.

1:00 PM

**Cast Off!** *Viking Orient* leaves Kan Ne Village for Pyay.

4:00 PM

**Vegetable Presentation:** Please join your Program Director Willy on the Sundeck for a Vegetable Presentation and Ginger Salad cooking demonstration by your salad Chef.

6:00 PM

**Crew cocktail Party:** Join Captain Naing Aung, Hotel Manager Dominik and the whole Crew for a cocktail Party on the Sun deck, to celebrate your Viking journey, new friends and memories made.

7:00 PM

**Burmese Dinner:** We invite you to join us for dinner in the Restaurant.

8:30 PM

**Evening Entertainment:** Join your Program Director, Willy for a Burmese Dress Contest and Burmese Dance on the Sundeck. Best looking in Burmese dress will be our Viking Orient King and Queen.

**Let's get dressed and have fun!**

TODAY'S ENTERTAINMENT

## BURMESE DRESS CONTEST





## On the Road to Mandalay

In one of his most popular poems, *Mandalay*, Rudyard Kipling voices the musings of a British soldier who's returned to his chilly homeland from military duty in the warm exotic climes of far off Burma:

*By the old Moulmein Pagoda, lookin' eastward to the sea,  
There's a Burma girl a-settin', and I know she thinks o' me;  
For the wind is in the palm-trees, and the temple-bells they say:  
"Come you back, you British soldier; come you back to Mandalay!"  
Come you back to Mandalay,  
Where the old Flotilla lay:  
Can't you 'ear their paddles chunkin' from Rangoon to Mandalay?  
On the road to Mandalay,  
Where the flyin'-fishes play,  
An' the dawn comes up like thunder outer China 'crost the Bay!*

The "road to Mandalay" was a nickname for the well-trafficked Irrawaddy River, used for military transport, and clearly, the young man's fond recollection of his service along this river is inspired by his beautiful "Burma girl." But the poem leaves out any mention of another, more important woman in this soldier's life—the one who sent him up "the road to Mandalay" in the first place.

Kipling called her the "Widow at Windsor." She was Britain's Queen Victoria, and during the 19th century she forged, from her small island nation, the grandest empire in world history. At its zenith, it would control one quarter of the globe and reign over 450 million people. The soft-spoken Bombay-born Kipling would author the mythology of that empire in his poems and stories. His earliest successful poetry collection was *Barrack-Room Ballads*. They were written with a singsong lilt in the rough vernacular of common British soldiers, whose lives were spent—often with finality—in the pursuit of holding and adding to the Empire's possessions. Many of these were "east of Suez," in the torrid reaches of Africa, the Middle East and the Indian subcontinent. The yarns of *Barrack-Room Ballads* meander among these storied locales, with liberal references to the Sudan, the Zulu Kingdom, India, Afghanistan and, with *Mandalay*, to the land of golden pagodas, Burma (now Myanmar).

Kipling once admitted that while on his one brief visit to the location of his poem, Moulmein, (actually the city of Mawlamyine), he paid little attention to the golden pagoda or anything else but the beauty of a Burmese woman. Whatever the inspiration for *Mandalay*, his keen eye for detail and, as usual, his ear for musical language and dialects bring this historic nugget of British colonial history wonderfully alive. Despite the troopers and the flotilla of sidewheelers, the Empire's hold on Burma was a rocky one, though it wouldn't end until 1947, the year neighboring India declared its independence. By then, both the queen and Rudyard Kipling were long gone. For Victoria's part, she had lived to become the longest-reigning monarch in British history, and Kipling, who achieved the exalted status of being the world's highest-paid writer, producing such works as *Kim*, *The Jungle Books* and *Captains Courageous*, went on to win the 1907 Nobel Prize in Literature.

### Ship Contacts

Reception: +95 9976051857  
Program Director:

Willy: +95 95191580

### Ship Location

Pyay Jetty



# VIKING DAILY



Friday, December 05, 2014

Today's Weather: Sunny

32 – 33 °C / 86 – 91 °F

6:00 AM

**Early riser Breakfast:** Coffee, juice and pastries are served on the Sundeck.

7:00 AM

**Buffet Breakfast:** Enjoy a buffet breakfast in the Restaurant.

9:00 AM

**Shore Excursion: Pyay.** Visit an archaeological museum, study Pyu Civilization and continue to the magnificent ShweSanDaw Pagoda and a Photo stop at Phayagyi.

12:30 Noon

**Lunch:** Join us for lunch in the restaurant.

2:00 PM

please settle your cabin bill at the reception desk on the Sundeck. You may pay in cash or credit card (Master or VISA Card).

**Please see below Time table by Cabin:**

2:00 – 2:30 PM

We invite Cabin 201 – 210 for settlement

2:30 – 3:00 PM

We invite Cabin 301 – 310 for settlement

3:00 PM

We invite Cabin 311 – 318 for settlement

6:00 PM

**Cocktail Hour:** Please join your fellow Travelers for a last Cocktail from your Viking Orient Bartender, James Tun.

6:45 AM

**Daily Briefing and Disembarkation Details:**

Please meet Program Director Willy on the Sundeck for details about tomorrow's disembarkation and transfer to Yangon.

7:00 PM

**Farewell Dinner:** Head Chef Thein Lwin invites you to the Restaurant for our Viking Orient farewell Dinner

9:00 PM

**Floating lights on the Sundeck:** A special event to wish you a safe trip and all the best in the Future.

We send your wishes for the Future down the Irrawaddy River.





## Road to Mandalay by Rudyard Kipling

By the old Moulmein Pagoda, lookin' eastward to the sea,  
There's a Burma girl a-settin', and I know she thinks o' me;  
For the wind is in the palm-trees, and the temple-bells they say:  
"Come you back, you British soldier; come you back to Mandalay!"  
Come you back to Mandalay,  
Where the old Flotilla lay:  
Can't you 'ear their paddles chunkin' from Rangoon to Mandalay?  
On the road to Mandalay,  
Where the flyin'-fishes play,  
An' the dawn comes up like thunder outer China 'crost the Bay!

'Er petticoat was yaller an' 'er little cap was green,  
An' 'er name was Supi-yaw-lat -- jes' the same as Theebaw's Queen,  
An' I seed her first a-smokin' of a whackin' white cheroot,  
An' a-wastin' Christian kisses on an 'eathen idol's foot:  
Bloomin' idol made o'mud --  
Wot they called the Great Gawd Budd --  
Plucky lot she cared for idols when I kissed 'er where she stud!  
On the road to Mandalay . . .

When the mist was on the rice-fields an' the sun was droppin' slow,  
She'd git 'er little banjo an' she'd sing "*Kulla-lo-lo!*"  
With 'er arm upon my shoulder an' 'er cheek agin' my cheek  
We useter watch the steamers an' the *hathis* pilin' teak.  
Elephints a-pilin' teak  
In the sludgy, squalid creek,  
Where the silence 'ung that 'eavy you was 'arf afraid to speak!  
On the road to Mandalay . . .

But that's all shove be'ind me -- long ago an' fur away,  
An' there ain't no 'busses runnin' from the Bank to Mandalay;  
An' I'm learnin' 'ere in London what the ten-year soldier tells:  
"If you've 'eard the East a-callin', you won't never 'eed naught else."  
No! you won't 'eed nothin' else  
But them spicy garlic smells,  
An' the sunshine an' the palm-trees an' the tinkly temple-bells;  
On the road to Mandalay . . .

I am sick o' wastin' leather on these gritty pavin'-stones,  
An' the blasted Henglish drizzle wakes the fever in my bones;  
Tho' I walks with fifty 'ousemaids outer Chelsea to the Strand,  
An' they talks a lot o' lovin', but wot do they understand?  
Beefy face an' grubby 'and --  
Law! wot do they understand?  
I've a neater, sweeter maiden in a cleaner, greener land!  
On the road to Mandalay . . .

### Ship Contacts

Reception: +95 9976051857  
Program Director:  
Willy: +95 95191580

### Ship Location

Pyay Jetty



# VIKING DAILY



Saturday, December 06, 2014

Today's Weather: sunny  
30 – 35 °C / 86 – 95 °F

6:00 AM

**Wake up Call:** Your wakeup call is by Gong.

6:00 AM

**Buffet Breakfast:** Enjoy a buffet breakfast in the Restaurant.

You may hold your cabin and your cabin key until disembarkation.

7:00 AM

**Luggage Collection:** Please put your suitcases in front of your cabin and keep your hand luggage inside the cabin or with you. We kindly would like to remind you to remove all your valuables from the safe in your cabin. Please do not forget to leave your Key in the Door lock before leaving the ship.

8:00 AM

**Disembarkation:** Begin your transfer to Yangon.

## Thank You for Traveling with Us

It has been a pleasure to serve you, and a privilege to share your journey—we hope that that you had a wonderful time, and that you are inspired to join us again.

Viking offers a variety of cruises and cruise tours through Europe, Russia, China and Asia. For details and up-to-date information on availability, see your travel agent or visit our website at [vikingcruises.com](http://vikingcruises.com).

On behalf of Viking River Cruises and your entire crew, we wish you a safe and comfortable journey home.

## HOTEL MANAGER

Dominik Hofstetter

## PROGRAM DIRECTOR

Willy

## CAPTAIN

Naing Aung





## You'll love China

History is a part of every place we visit, and you can trust Viking's expert guides to bring each and every historic discovery to life. The myriad historical sites is as exciting as the destinations themselves.

In Shanghai, China's largest city, the Shanghai Museum features a world-class collection of ceramics, bronzes and paintings. Another great museum – the Hubei Provincial Museum in Wuhan – is home to artefacts dating to the Warring States period. Here you can listen to the music of ancient bronze bells. Three Gorges and lesser Three Gorges treat you to magnificent scenery of mist-shrouded mountains and the legendary Twelve Peaks. There are a number of historical sights, including the hanging coffins of the Ba people and the ancient plank road carved into the cliff side.

Also overlooking the Yangtze is the Shibaozhai Temple, a Qing Dynasty architectural masterpiece that was built in 1650. Translated as 'Precious Stone Fortress', the temple has been constructed without nails. Perched atop a sheer, 721-foot high cliff, the 12-storey red pavilion offers breathtaking views of the river below.

One of the greatest highlights of your Viking journey through China is the Terracotta Warriors. Xian's history stretches back more than 3,100 years and it was China's capital city for 12 imperial dynasties. The city is encircled by the most complete ancient city wall in China, and is home to what is possibly China's greatest archaeological treasure, the Qin mausoleum. Here, Emperor Qin Shi Huang was entombed 2,000 years ago, with thousands of life-sized terracotta warriors. He was just 13 years old (246BC) when work began on this extraordinary mausoleum. Now a UNESCO World Heritage site, each warrior and horse has its distinctive features. Equally impressive is the size – the home of the Tang Dynasty covers more than 19 square miles.

From Beijing, travel to nearby Badaling Hills to see one of the most impressive and best-preserved sections of the Great Wall of China – a 4,000-mile-long fortification built between the 5<sup>th</sup> century BC and 16<sup>th</sup> century AD.

At the north end of Tiananmen Square is Tiananmen Tower, the formal entrance to the Forbidden City – the world's largest surviving palace complex, comprising of nearly 1,000 buildings.

**These are just some of the treasures you'll discover on Viking's journey through China.**  
**Visit [vikingrivercruises.com](http://vikingrivercruises.com) to find out more.**

Your Viking Orient team  
wishes you a safe Trip  
back home and a great  
Future!





ONBOARD  
COOKING  
DEMONSTRATION  
RECIPE



## GINGER & TEA LEAF SALAD

### *Ginger Salad*

*A Traditional Burmese Recipe, eaten as a snack or side dish.  
It's offered to visiting guest or relatives usually served with Green tea.*

#### **Ingredients for 6 Persons**

• Ginger	2 tea spoons
• Deep Fried Chick pea	2 tea spoons
• Deep Fried Lablab Bean	1 tea spoon
• Roasted Peanut	2 tea spoons
• Roasted Chick Pea Powder	2 tea spoons
• Deep Fried Garlic	1 tea spoon
• Roasted Sesame seed	1 tea spoon
• Lemon Juice	1/2 tea spoon
• Salt	1/2 tea spoon
• Tomato Julienne	2 tea spoons
• Cabbage Julienne	3 tea spoons
• Green Chili Julienne	1 tea spoon
• Vegetable Oil (or) Peanut Oil	2 tea spoons

#### **1<sup>st</sup> Step**

Cut Ginger to a fine Julienne and soak in water with some salt and lime juice.  
Keep the marinade in the fridge for three days before use.

#### **2<sup>nd</sup> Step**

Mix the ingredients according to the recipe.  
Hoping you will enjoy preparing it for your visiting friends.

### *Tea Leaf Salad*

*A Traditional Burmese Recipe Eaten as a snack or side dish.  
It's offered to visiting guest or relatives usually served with Green tea.*

#### **Ingredients for 6 Persons**

• Tea Leaf Julienne	500g
• Ground Peanuts	150g
• Deep Fried Garlic	50g
• Deep Fried Onion	100g
• Chicken powder	2 tea spoon
• Fish Sauce	1/2 tea spoon
• Peanut Oil	3 table spoons

#### **1<sup>st</sup> Step**

Tea leaf to a fine in the fridge day before use.

#### **2<sup>nd</sup> Step**

Mix the ingredients according to the recipe.  
Hoping you will enjoy preparing it for your visiting friends.

*Thein Lwin*

*Head Chef  
RV Viking Orient*