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 Belu 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.

Below: Taung Kwe Pagoda, Balu Chaung river, Naung Yah lake and local markets
Practical information

Getting around Loikaw and Kayah

- It is easy and pleasant to explore Loikaw town center on foot. Some hotels (e.g. Hotel Loikaw / Kayah Resort) are a short tuk tuk drive from the town center;
- Some hotels allow tourists to hire bicycles (e.g. Kayah Resort);
- Taxis can be booked easily through hotels and guest houses.
- A short taxi trip inside Loikaw costs approximately 2,000 to 4,000 Ks.
- 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 $60USD to hire a saloon car for the day, and $90 to $100USD to hire a minivan;
- Loikaw tour operators (see page 49) can organise river trips along the Balu Chaung river, for approximately $40 USD per boat, which can seat 5 people;
- These prices are only indications, subject to change, and should be confirmed.

Money and banks

There are several banks in Loikaw, where money can be withdrawn, by ATM and changed from foreign currencies (see ‘B’ on the map on page 19). Note that banks will not accept foreign notes which have been folded, only clean, smooth notes.

Health and medical facilities

- For emergency services, the **Loikaw hospital** T: (08) 321 511 is in the northern area of town, just south of the airport.
- The police station is next to the banks on the main Lawpita 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 and Telenor provide mobile phone and internet coverage, in the towns.
Map of Loikaw

LOIKAW
TOWN CENTRE MAP

Places to Stay
1. Kayah Resort (Hotel)
2. Kan Thar Yar (Hotel)
3. Loikaw (Hotel)
4. Myat Nan Taw (Hotel)
5. Minmahaw (Guest House)
6. Moon Joy (Inn)
7. Nan Ayar (Guest House)
8. Nawaday (Guest House)
9. Thingaha (Guest House)

Places to Eat
10. Aung Tha Pyay (Restaurant)
11. Daw Palawnia (Sausage Producer)
12. Fat Boy Food Bar
13. Golden Lion (Restaurant)
14. Kaung Kaung Restaurant
15. Kaung Kyaw Hein Café
16. Ko Moe Doe Yoe Yar (Restaurant)
17. Kainayar Nandaw (Sausage & Wine Shop)
18. Loikaw City (Restaurant)
19. Naung Yah Lake Restaurants
20. Mingalar Hin Htoke (Local Snack Shop)
21. Master 1 (Restaurant)
22. Ma Shan Noodle Shop
23. Noodle Shop
24. Pho Kwar (Restaurant)
25. Royal Village Restaurant
26. Sunday Club (Sausage & Wine Shop)
27. Shwe Lat Yar (Restaurant)
28. Shwe Ya Ti (Restaurant)
29. Thazin (Restaurant)
30. Thiri Daw (Restaurant)

Places to Visit
31. Baho Zay (Market)
32. Haw Nan Monastery
33. Kandarawaddy Trade Centre
34. Loikaw Souvenirs
35. Loikaw Weaving Centre
36. Loikaw Cultural Museum
37. Myo Nan Pagoda
38. Ngwe Daung Pyi Souvenir shops
39. Naung Yah Lake
40. Shwe Lat Wah & Myat Kalat Pagoda
41. Souvenir Shops
42. Thiri Mingalar Market
43. Taung Kwe Zodi Pagoda

Other
44. Bus Terminal
45. General Hospital
46. General Administration Office
47. Immigration Office
48. MoHT - Tourist Information
49. Police Station
50. Clock Tower

ATM
Where to stay in Loikaw: hotels

Loikaw offers several comfortable (not luxurious) hotels; and simple, guest-houses. Some hotels offer different room rates, depending on single or double occupancy, and low/high season. In Loikaw, 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.

Hotel Loikaw

Loikaw’s first hotel currently offers 25 bungalow style rooms. There are two room types (superior/deluxe). Prices range from $50 to $65 USD for a single room, and $60 to $80 USD for a double room. Contract rates, credit card payments and wi-fi are available. The hotel also has very nice views of Hteengarhlyar Lake, a spacious restaurant and a meeting room with space for 50 participants. A small souvenir shop offers a range of local products. Staff speak English. Contact +95 (0)83 22946-7. E-mail hotel.loikaw11@hotmail.com. Website: www.hotelloikaw.com/
Kan Tha Yar Hotel

This very clean, newly built accommodation currently offers 21 superior rooms. The hotel has lake view rooms and sunrise view rooms. Prices range from $35 (single occupancy) to $45 USD (double occupancy). Contract rates and wi-fi are available. A large, rooftop room with fantastic views of Hteengarhlyar Lake can be used for meetings or workshops, up to approximately 40 people. It is not possible to pay by credit card. Staff speak some English. Contact +95 (0) 83 22344 or kantharyarhotel@gmail.com. Website: www.facebook.com/kantharyar/
Kayah Resort

This comfortable, attractive, newly built, 3 star hotel offers 26 rooms and two room types (Delux/Executive Suite). Prices range from $99 (deluxe twin) to $249 USD (Executive Suite), with low season promotions. Contract rates and wi-fi are available. It is possible to pay by credit card. The resort has an infinity swimming pool, a restaurant and a meeting room with sufficient space to organise events for approximately 100 participants. Staff speak English. Contact +95 (0) 25-888-7070 or e-mail reservations@kayahresort.com. Website: www.kayahresort.com
Myat Nan Taw Hotel

This hotel, located close to the center of Loikaw, currently offers 40 rooms. There are three types of room (superior/tuplex/family delux). Prices range from $65 to $135 USD. Wi-fi is available. Contract rates are offered. It is not 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)83 240 034 or e-mail hotelmyatnantanaw.loikaw@gmail.com Website: www.hotelmyatnantanawloikaw.com and https://www.facebook.com/Hotel-Myat-Nan-Taw-521350384662812/
Where to stay in Loikaw: Guest houses

Nan Ayar Guest House

This friendly, family run guest house, close to the town center and the Belu river offers 11 simple, clean rooms. Prices range from $15 (room with a shared toilet) to $25 USD (room with a private toilet). Wi-fi is available. Contract rates and credit card payment are not available. Contact +95 (0) 83 21306.
Nawaday Motel

This accommodation currently offers 10 rooms, with a pleasant rooftop restaurant for breakfast. Prices range from $35 (low season, single occupancy) to $70 USD (high season, double occupancy). Wi-fi is available. Contract rates are available. Credit card payment is not available. Contact +95 (0) 83 21464 / 083 23064 or e-mail motelnawaday.lkw@gmail.com / hotelnawaday.lkw@gmail.com
Min Ma Haw

This accommodation currently offers 12 rooms, including 4 more spacious, twin rooms. Prices range from $25 (small room, single occupancy) to $40 USD (large room, double occupancy) including breakfast. Wi-fi is available. Contract rates are not available, but discounts are sometimes offered. Credit card payment is not available. The guest house has a small, homely restaurant. English speaking staff. Contact +95 (0) 83 21415 or e-mail minmahaw96@gmail.com.
Moon Joy Inn

This basic guest house accommodation currently offers 10 simple rooms. Prices are $20 USD for a room with an attached bathroom and 8000 Kyat for a fan-cooled room with a shared bathroom. Wi-fi is available. Contract rates and credit card payment are not available. Contact +95 (0) 83 21618.
Tingaha 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 $25 USD for a single room in the low season to $75 USD for a double room in the high season. Contract rates and credit card payment are not available. The guest house has a very pleasant terrace restaurant, with a river view, and can organise simple events for approximately 50 participants. Rates are available on request. Contact +95 (0) 83 22689 or e-mail Loikawtingha@gmail.com
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.

Above: Traditional, Kayah food at the Sunday Club, Loikaw.

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 800Ks per bowl (appr. $0.80 USD). However, most dishes, eaten in restaurants, range from approximately 2500 Ks to 5000 Ks per dish.
Restaurants

Aung Tha Pyay

- **Ambience**: Friendly, local restaurant, specialising in Chinese food. Simple, homely decoration, with some tables overlooking the Balu Chaung river.

- **Recommended dishes**:
  - Sweet and sour prawns;
  - Sweet and sour chicken balls;
  - Stir-fried, barbecued pork;
  - Stir-fried, Chinese Kale.

- **Contact number**: 95600436; 08321808
- **Opening hours**: 10 AM to 8 PM
- **Location?** Near Oottarayon Bridge, Zay Paing Qtr, Loikaw
- **Suitable to accommodate large groups (12+)**: No
- **Price range**: $$
Fat Boy

- **Ambience:** This newly opened restaurant has a rooftop balcony, with lovely views across the Balu Chaung river, to the Taung Kwe (Broken Mountain) pagoda. Parasols are provided to escape the sun at lunchtime. At night, one can see the beautifully illuminated pagoda.

- **Recommended dishes:**
  - Beef tenderloin, mashed potato and vegetables in red wine sauce;
  - Penne Carbonara;
  - Fried rice.

- **Contact number:** 09517457

- **Opening hours:** 8 AM to 10 PM

- **Location?** Kyi Tha Yar Qtr

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

- **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 Pa Dauk 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 number**: 941007662/ 08321431

- **Opening hours**: 9 AM to 9 PM

- **Location?** Near the bridge, which crosses the Balu Chaung river, on Pa Dauk Street.

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

- **Price range**: $$
**Kaung Kaung**

- **Ambience**: Kaung Kaung is a very friendly, local restaurant with a good selection of Myanmar, Chinese and Thai dishes. It is a nice place to enjoy a quiet lunch.

- **Recommended dishes**:
  - Lemon pork;
  - Stir fried pork and vegetables;
  - Excellent fried noodles

- **Contact number**: 9252477060

- **Opening hours**: 9 AM to 10 PM

- **Location**: Kaung Kaung is located slightly outside the city center, at khu/131, No 4 main st, Daw Oo Khu Qtr, Loikaw.

- **Suitable to accommodate large groups (12+)**: Yes, with advanced 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 very tasty.

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

- **Contact number**: 09256004831.

- **Opening hours**: 6.30 AM to 9 PM

- **Location?** Lawpita Road

- **Suitable to accommodate large groups?** Busy all day, and not suitable for groups above 6 people.

- **Price range**: $$
Keinnayar Nandaw Sausage and 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 number**: 09428005199; 09799081080

- **Opening hours**: 8 AM to 8 PM (closed on Sundays)

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

- **Suitable to accommodate large groups (12+)**: Max. 10 guests

- **Price range**: $$
Ko Moe Doe Yoe Yar

- **Ambience**: Ko Moe Doe Yoe Yar is simple, local restaurant, which has a good reputation for local, Kayah food. It is a nice experience to enjoy lunch in a traditional bamboo cubicle.

- **Recommended dishes**:  
  - Traditional chicken curry;  
  - Fish (Nga Dukka);  
  - Pork ribs.

- **Contact number**: 0976026747; 0933270827

- **Opening hours**: 9 AM to 10 PM

- **Location**: #28, 6th st, Naung Yan (B) Ward

- **Suitable to accommodate large groups (12+)**: Max 8.

- **Price range**: $$
**Loikaw City Restaurants 1 and 2**

- **Ambience**: There are two Loikaw City restaurants. Both serve very good quality food, in a pleasant ambiance. Loikaw City 1 has a nice, open balcony; as well as several cosy alcoves, ideal for business or private discussions. Loikaw City 2, located close to Loikaw airport, is a newer, attractive, spacious restaurant. Ideal for a special meal.

- **Recommended dishes:**
  - Minced fish salad;
  - Mixed Kayah hor d'oeuvres;
  - Fried apples.

- **Contact number**: 083 23051; 941007651

- **E-mail**: kohlamoe.loikawcity@gmail.com kayah lc2@gmail.com

- **Opening hours**: 9 AM to 10 PM

- **Location?** Loikaw City I is centrally located at Khu/A. 135, Daw Oo Khu No. 3 Street | Daw Oo Khu Quarter, Loikaw, and Loikaw City ll about 10 minutes drive from the center of Loikaw.

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

- **Price range**: $$ > $$$
Master Restaurants 1 and 2

- **Ambience**: There are two Master restaurants in Loikaw. There is a full menu of very tasty Myanmar and Chinese food. However, considering the difficulty of finding good western food in Loikaw, Master probably deserves extra special attention for...

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

- **Contact number**: 0949400799; 95601369

- **Opening hours**: 8 AM to 9 PM

- **Location?** Master 1 is located on Lawpita Road, in the center of Loikaw. Master 2 is scenically located on the banks of the Naung Yah lake.

- **Suitable to accommodate large groups (12+)**: Yes, at Master 2.

- **Price range**: $$ > $$$$

![Image of Master Restaurants 1 and 2]
**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 ambience, overlooking the Balu Chaung. A nice lunch spot.

- **Recommended dishes**:
  - Spicy minced chicken with egg (traditional);
  - Spicy eel;
  - Squid salad.

- **Contact number**: +95 (0) 942800579; +95 (0) 83 21233

- **Opening hours**: 10 AM to 10 PM

- **Location**? This restaurant has a very pleasant location on Shwe War Street, overlooking the Belu Chaung river, a short walk from Loikaw town center.

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

- **Price range**: $$
**Royal Shwe Ya Ti**

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

- **Recommended dishes:**
  - Chicken, pork, prawn curry;
  - Lettuce and tomato salads;
  - Fish steamed in lemon and chilli.

- **Contact number:** +95 (0) 83 21610; 09428000617

- **Opening hours:** 9 AM to 10 PM

- **Location?** RSY is on 4th street, close to the Daw Na Street bridge, overlooking the Balu Chaung river.

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

- **Price range:** $$
**Royal Village**

- **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 and noodles;
  - A good range of vegetable dishes and salads (e.g.: stir fried mushrooms and fried morning glory);
  - Fried fish, with herbs, chili and garlic.

- **Contact number**: 941007665

- **Opening hours**: 10 AM to 10 PM

- **Location?** Royal village is located 10 minutes drive from Loikaw, in Kyi Tha Yar Qtr.

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

- **Price range**: $$ > $$$$


Shwe Lat 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 was recommended!

- **Contact number:** +95 (0) 83 22514; 09402522350

- **Opening hours:** 9 AM to 9 PM

- **Location?** Shwe Lat Yar is located a little way out of Loikaw, on the way to Demoso township, making it a good place to stop on route to Demoso market, or to Pan Pet (Kayan) and Hta Nee La Leh (Kayah) cultural villages.

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

- **Price range:** $$
Thazin

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

- **Recommended dishes**:
  - Poached carp fish;
  - Stewed pork;
  - Traditional chicken curry.

- **Contact number**: 0949400210; 08321210

- **Opening hours**: 7 AM to 9 PM

- **Location**: Zay Paing Qtr, Thida St, Loikaw

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

- **Price range**: $$
The Sunday Club

• **Ambience:** The 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 number:** 0949402576

• **Opening hours:** 8 AM to 9 PM

• **Location?** The Sunday Club is located close to Loikaw Airport, on 10th street.

• **Suitable to accommodate large groups (12+):** The Sunday Club can't accommodate large groups of tourists, but it is nice for smaller groups (2-4).

• **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 grow 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: must order one day in advance.

- **Contact number:** +95 9 5600847; +95 9 42800 4202 (Lake restaurant)

- **E-mail:** youngsoojue@gmail.com

- **Opening hours:** 10 AM to 9 PM (closed Sundays)

- **Location?** Thiri Daw 1 is by Naung Yah lake, and the second restaurant is located about 5 minutes outside Loikaw, in green surroundings.

- **Suitable to accommodate large groups (12+):** With advanced notice.

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

Two recommended places to try the local favourite, Hin Htoke are Mingalar Hin Htoke/ Sausage Producer (U Aung Thein Lin/ Daw Nyein, Tel. 09250257577, 0936094080) and Mingalar Hin Htoke (U Htun Ya, Tel. 941009678). 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 Kandarawaddy 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.
Shopping and souvenirs

Loikaw has some interesting souvenirs. Several souvenir shops (please see the map on page 19 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.
Local craftsman U Thein Min (Tel. 941007933) 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).