

Cycling Highlights of Myanmar 10 Days/9 Nights

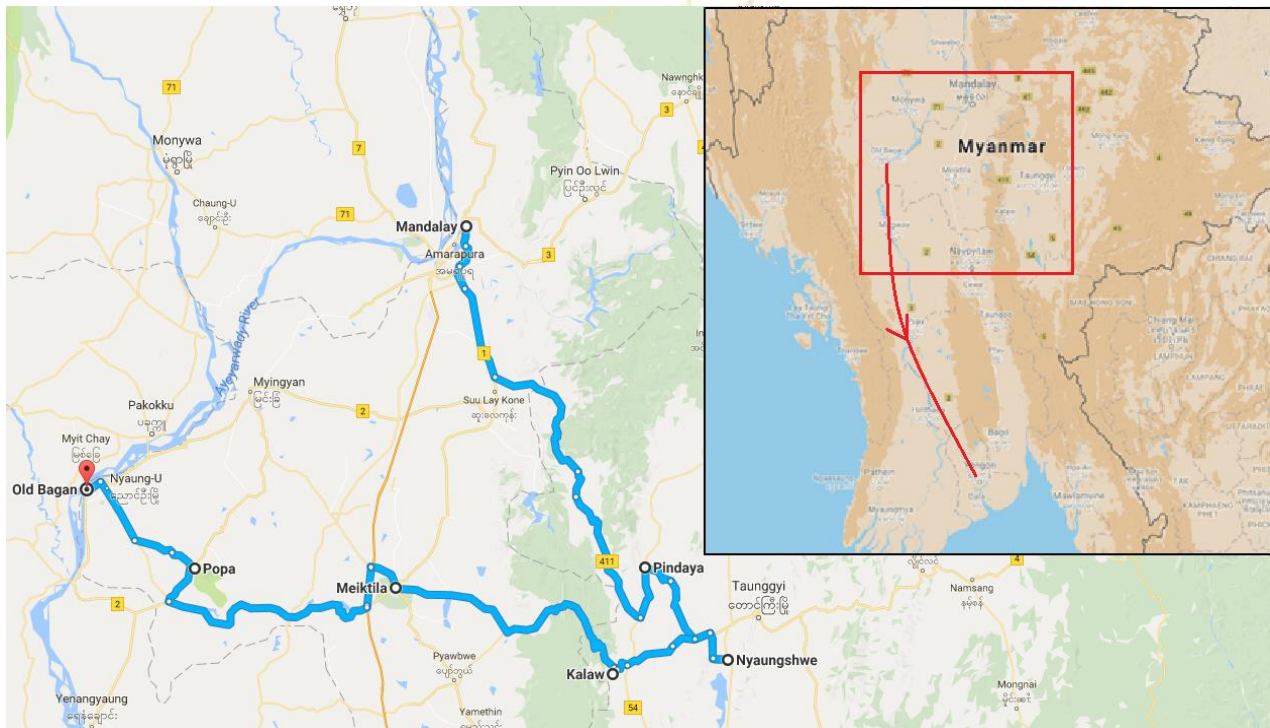
Introduction

Enjoy the awe-inspiring sights of this country by pedaling to cover an array of destinations in 10 days. Observe a vast number of religious edifices of Myanmar, diverse tribes and magnificent architecture of buildings. Be embraced by the country's rich culture and charming local people'.

Main highlights

- Shwe Nandaw Monastery
- Limestone Pindaya Cave
- Shwe Indein Pagoda Complex
- Ride past Bagan Temples
- Holiest Shwedagon Pagoda

Number of Cycling Days: 7 days
 Total Cycling Distance: 292 km
 Average Distance Per Day: 42 km
 Average Climbing Per Day: 357 m



Day	Destination	Activity	Difficulty	Transfer	Meals	Hotels
1	Mandalay	Arrival	-	1 hour	-/-/D	Yadanarpon Dynasty Hotel
2	Mandalay – Ywar Ngan – Pindaya	Cycling up to 25 km	Easy	4-5 hours	B/L/-	Pindaya Inle Inn
3	Pindaya – Nyaung Shwe	Cycling up to 36 km	Easy	1 hour	B/L/-	Amazing Nyaung Shwe
4	Inle Lake	Cycling up to 30 km	Very Easy	-	B/L/-	Amazing Nyaung Shwe
5	Nyaung Shwe - Kalaw	Cycling up to 63 km	Medium	-	B/L/-	Pine Hill Resort
6	Kalaw – Yin Mar Bin – Popa	Cycling up to 60 km	Easy	3-4 hours	B/L/-	Popa Mountain Resort
7	Popa – Bagan	Cycling up to 51 km	Easy	-	B/L/-	Shwe Yee Pwint Hotel
8	Bagan	Cycling up to 27 km	Very Easy	-	B/L/-	Bawga Theidhti Hotel
9	Bagan – Yangon	Sightseeing	-	1 hour & 15 minutes	B/L/-	Grand United Ahlone
10	Yangon	Departure	-	1 hour	B/-/-	-

Day 1: Mandalay

(-/-/D)

Upon arrival in Mandalay, meet with the adventure guide and drive to town.

Later sightseeing begins at Shwe Nandaw Kyuang, the Golden Palace Monastery which is noted for its intricate wood carvings. Travel onwards to Kayuk Taw Gyi Pagoda to view the huge marble Buddha. The marble is from Sagyin quarry and took 10,000 men almost two weeks to transfer the rock from the riverside to its current location. Then, visit Kuthodaw Pagoda, home to 'the world's largest book', a collection of more than 700 marble slabs inscribed with Buddhist teachings.



Finally, enjoy a spectacular sunset with panoramic views from atop Mandalay Hill, situated 240 metres above the city. The views of the surrounding countryside, Irrawaddy River, and city centre are stunning.

Enjoy a welcome dinner at a local restaurant. Overnight in Mandalay.

Distance and journey time:

Transfer from Mandalay Airport to the hotel: 1 hour

Day 2: Mandalay – Ywar Ngan – Pindaya (Cycling)

(B/L/-)

Early this morning, take a 3 – 4 hour drive outside Mandalay towards the dry plains covering approximately 100 kilometres.

The cycle begins just south of the Ayerwaddy Valley before arriving at as the trading town of Pindaya on the crossroads of Middle Burma and the Shan State.

After a lunch break in the small village of Ywar Ngan, take a few minute drive to the start point and cycle to Shan Plateau. Shan State covers almost a quarter of Myanmar and the diversity of its people is evident. Encounter different styles of Myanmar traditional dress. From the all black dresses of the Pa-Oh Hill Tribe women to the colourful headdresses of the Palaung, the vastness of the Shan State is evident in the diversity of its people and the languages they speak, including dialects such as Pa Oh, Taung Yoe, Danu, and Shan.



The final destination is the lakeside mountain town of Pindaya. In the afternoon, visit the limestone Pindaya caves high up in the cliffs. Inside the caves are thousands of hidden Buddha images donated over decades. The caves are perched on top of a plateau with gorgeous views of the town below.

Overnight in Pindaya.

Distance and journey time:

Transfer from Mandalay to start point beyond Ywar Ngan: 4-5 hours

Cycling distance up to: 25km

Elevation: +300 m / -440 m

Difficulty: Easy

Day 3: Pindaya – Heho – Nyaung Shwe (Cycling)

(B/L/-)

Get ready to experience rural Myanmar at its best! Start the day with an undulating ride on the beautiful Shan Plateau and through the rolling hills and colorful plantations and vegetable farms. See the Danu and Pa-Oh people working in their farms.

After riding over the Heho plains, load the bikes on the truck and be transferred to the gateway town of Inle Lake, Nyaung Shwe. Feel free to head to the town on the bike.

Have lunch and then check-in to the hotel.

Go for an evening ride to catch the sunset at Red Mountain Winery. Enjoy wine tasting with expansive views of the lake below. Then, transfer back to the hotel.

Overnight in Nyaung Shwe.

Distance and journey time:

Cycling Distance: up to 36 km

Elevation: +306 m / -327 m

Difficulty: Easy

Transfer from Heho to Nyaung Shwe: 1 hour

Day 4: Inle Lake (Cycling)

(B/L/-)

Spend the day exploring Inle Lake from the shore and on the lake today. Start with a 30 km ride on the shores of the lake, passing villages and temples. Stop for lunch midday where we will taste delicious, traditional Inthar dishes. Then explore Indein on foot, strolling around the village and wander through the beautiful Alaung Sitthou area. Alaung Sitthou is filled with picturesque stupas and has magnificent views of the lake.

Board a boat, floating gardens, monasteries and the Intha fishermen, who famously manage to row their boats with one leg. We make our way to Phaung Daw Oo Pagoda, the lake's main sanctuary, which contains 5 sacred Buddha images and houses royal barges used during the pagoda's annual festival.

Proceed to the village of Inpawkhone to observe the traditional silk weaving techniques of Inthar people. Inpawkhone is also known for its weaving from the stems of lotus flowers, a time consuming process that results in high quality materials famous throughout the country. Visit a cheroot factory where local Burmese cigars are rolled by hand.

Overnight in Nyaung Shwe

Distance and journey time:

Cycling distance up to: 30 km

Elevation: +182 m / -181 m

Difficulty: Very Easy

Day 5: Nyaung Shwe – Kalaw (Cycling)

(B/L/-)

Today's ride covers a greater distance as we make our way up to Kalaw. Along the way, stop at the wooden Shwe Yan Pyay Monastery which features beautiful carvings and a collection of Buddha images. Start with climbing up and down from Nyaung Shwe Valley. On the way we will pass small towns and villages.

There is a stretch of flat road around the Heho plains, then an uphill ride to Aung Pan before we make our way to Kalaw.

Lunch break on the way at the local restaurant or lunch box.

Overnight in Kalaw.

Distance and journey time:

Cycling distance up to: 63 km

Elevation: +923 m / -466 m

Difficulty: Medium

Day 6: Kalaw – Yin Mar Bin – Mt. Popa (Cycling)

(B/L/-)

Cycle down from the former British hill station of Kalaw in the Shan hills to the flattened roads of the Ayerwaddy Valley (approx. 100 km). Along the way, pass through pine forests and both local and colonial-style houses.

As the altitude decreases, the scenery and climate will change from pine trees and bamboo forest to the Toddy Palm tree-lined roads of the Ayerwaddy Valley.

Stop cycling at Yin Mar Bin where the leisurely downhill is ended. Load the bikes into the truck and continue a long journey by vehicle. For those who find the going tough, the support vehicle will be on hand to take the strain.

Check in to Popa Mountain Resort which offers fabulous views over the surrounding area. Afternoon is spent at leisure.

Overnight at Popa Mt Resort.

Distances & journey time

Cycling distance up to 60 km

Elevation: +438 m / -1383 m

Difficulty: Easy

Transfer from Yin Mar Bin to Popa: approx. 4 hours



Day 7: Popa – Bagan (Cycling)

(B/L/-)

Wake up to superb views! After breakfast, start with an easy descent. There is an option to climb the sacred summit of the Gods (Mount Popa's peak) before riding to Bagan. On the flat plateau lies Taung Kalat Buddhist monastery—a focal point for annual pilgrimages to Mount Popa.

Hundreds of macaque monkeys are known to inhabit this region, but they are not the only ones that live here. Mount Popa is also known as the abode of the Mahagiri Nats (local spirits). So important are these spirits to the people of this region, they are worshipped every year during a festival that takes place from May to June.

The morning section would be on the main road until to reach the typical place for amazing toddy farm lunch. After lunch, enjoy the interesting off-road trails towards Bagan. Snake around the mountain and through small villages and palm gardens, coming across farmers plowing their fields with wooden plows and water buffaloes. Ride into Bagan, which is littered with thousands of temples along the banks of the Irrawaddy River. Our hotel offers a refreshing pool to cool down in.

Overnight in Bagan.

Distances & journey time

Cycling distance up to 51 km

Elevation: +225 m / -764 m

Difficulty: Easy

Day 8: Bagan Temples (Cycling)

(B/L/-)

Spend half a day biking around the ancient temples this morning.

(Note: due to the easy biking route today in Bagan, there will not be a support car. But a motorbike will be accompanying the group with drinks and snacks as well as to take care of any emergency situations.)

Cycling is the perfect way to explore ancient Bagan. Ride to the famous temples and pagodas in the Archaeological Zone. After taking a morning cycle around the Archaeological Zone, return to the hotel to relax or taking a refreshing dip in the pool.

This afternoon, observe the process of making traditional lacquerware, one of Myanmar's best-known handicrafts and a speciality of Bagan. Enjoy the sunset studded with chedis and temples and fading light in the evening.

Overnight in Bagan.

Distance and journey time:

Cycling distance: up to 27 km

Elevation: +123 m / -124 m

Difficulty: Very Easy

Day 9: Bagan – Yangon

(B/L/-)

This morning say goodbye to the adventure guide and fly to Yangon, formerly known as Rangoon, a relatively quiet and charming city with an impressive colonial and spiritual heritage.

Upon arrival, be welcomed by the culture guide at the airport and transfer to downtown. First, visit Kyaukhtatgyi Pagoda, which is home to a 70-metre long reclining Buddha. Continue through the city and make stops to take photos.



Venture downtown to explore the city centre and its fabulous mix of architecture and sites. The streets are filled with historical buildings many of which have a faded colonial charm not seen elsewhere in Asia. We'll start at the post office, a lovely historic building, and walk to Sule Paya, passing by the famous Strand Hotel, Mahabandoola Garden and Independence Monument. It's onwards to Little India and Chinatown, a colourful cacophony of restaurants, temples

and markets. Reaching Bogyoke Market, formerly known as Scott's Market (which is closed on Mondays and public holidays), there is time to browse through the dozens of stalls and shops. This is Yangon's best market for handicrafts and other goods.

Finally continue to Shwedagon Pagoda the most revered Buddhist temple in Myanmar. Although the origins of the pagoda are unclear, the local legend states that the original structure was built 2500 years ago. The 8-sided central stupa is 99 metres tall and covered with gold leaf and surrounded by 64 smaller stupas. Enjoy breathtaking views of the golden stupa from this vantage point.

Overnight in Yangon.

Distance and journey time:

Transfer from hotel to Nyaung U Airport: 15 minutes

Transfer from Airport to Yangon downtown: up to 1 hour

Day 10: Yangon Departure

(B/-/-)

Spend this day at leisure before transferring to the airport for flight back home.

Distance and journey time:

Transfer to the airport: 1 hour

***** END OF SERVICES*****

"An itinerary may at times be altered by our guides due to local conditions, the skill of participants and other unexpected circumstances. Our priority is always the experience and safety of our clients."

RATES AND CONDITIONS

ACCOMMODATION

City	Hotel	Hotel Category	Room Type
Mandalay	Yadanarpon Dynasty Hotel	First Class	Deluxe
Pindaya	Pindaya Inle Inn	First Class	Bamboo Hut
Nyaung Shwe	Amazing Nyaung Shwe	First Class	Deluxe
Kalaw	Pine Hill Resort	First Class	Deluxe
Popa	Popa Mountain Resort	Superior	Superior
Bagan	Shwe Yee Pwint	First Class	Bagan Room
Yangon	Hotel Grand United Ahlone	First Class	Deluxe

PRICING: in US Dollars per person for shared twin/double

Rates are valid until: 31 December 2020

Number of persons	2	3-4	5-6	7-10	11-15	SGL Supp.
Price per Person in USD Jan - April 2020/ Oct – Dec 2020	1,790	1,480	1,325	1,300	1,260	300
Price per Person in USD May 2020 - Sept 2020	1,740	1,430	1,275	1,250	1,210	245

Note: Reservations during peak times (Christmas, New Year, Thingyan Water Festival, National Holidays) may be subject to supplementary charges and compulsory meals

ADDITIONAL AIRFARES

ROUTE	AIRLINE	US Dollars / Person
Bagan – Yangon	Air KBZ, Mann Yadanarpon, Yangon Airways or Asian Wings Airways	110

Note: All airfares are subject to change without prior notice by the airlines. Child policy: 75% of total fare (under 12 years). Prices are inclusive of Domestic Airport Tax.

Our services include:

- Vehicles: (varies based on local conditions and vehicle sizes available). Private air-conditioned vehicle for transfer and back up as itinerary.
- Main support vehicle will have spare parts for biking days except in Bagan (Day 8)

- Bike & helmet rental, 1 cycling water bottle per each
- Plenty of water provided throughout the day while cycling
- Snacks and local fruits for cycling days
- Culture Station Guide in Yangon
- Adventure Certified English Biking Guide throughout the trip except Yangon
- Assistant Biking Guide on biking days for 11 cyclists and above
- Mechanic on biking days for 7 cyclists and above
- 1 first aid kit per guide
- Each guide will have a full set of travel bike tools
- Meals as mentioned in the itinerary (B – Breakfast, L – Lunch, D – Dinner)
- Sightseeing tickets where mentioned in the itinerary.
- Accommodation as listed above.
- Flight reconfirmations
- Private boat for Inle Lake visits

Our services don't include:

- Visa arrangement
- International and domestic flights
- Meals other than mentioned above
- Soft drinks, or beverages beyond water – we can add this into costs at agents request
- Beverage and alcoholic drinks at mealtimes
- Any Tips
- Energy drinks or powders, performance bars, or performance gels
- Personal Travel Insurance
- Personal expenditure (Laundry, telephone etc.)
- Any other services not clearly mentioned in the itinerary and in the inclusive portion.
- Credit card and bank transfer fees
- Other language speaking guides

Important Notes:

- We strongly recommend the purchase of travel insurance (covering emergency medical evacuation) for trips.
- Prices are valid 30 days from date of offer. Past this date price and conditions may be readjusted.
- Reservations during peak times (Christmas, New Year, National Holidays) may be subject to supplementary charges.
- The cost of air tickets is subject to change without prior notice by the airlines.
- Rooms at hotels are available only from 1400 on arrival day till 1200 on departure date. A supplement will be added if early check-in or late check-out is desired.
- Please note that all the above services & tours have yet to be booked, they are proposed for your information only and we will not make any reservations before we receive your confirmation to do so.

- If one or some proposed service(s) is (are) not available at the moment of booking, we will try to find other possibilities/options or other similar service(s) in order to avoid changes to the program.
- Payment/ cancellation: 30% non-refundable deposit at the time of booking, balance due 60 days prior to departure. All payments to be made in NZ\$ using latest exchange rates at the time of booking/ balance due date. Cancellation conditions/ charges per our [T&Cs](#).

