

# 15 DAY BEST OF MYANMAR

## DESTINATIONS

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## YANGON

## TOUR ITINERARY

### DAY 1

Destination	Yangon
Meals included	
Accommodation	N/A

Min Gala Ba! Welcome to Myanmar. Your adventure begins with a welcome meeting at 6 pm today. Please look for a note in the hotel lobby or ask reception where it will take place. We'll be collecting/checking insurance details and next of kin information at this meeting, so please ensure you bring these details to provide to your leader.

If you have free time to explore before the meeting, we recommend stepping out onto the streets of Yangon. Why not take the Yangon Circle Line train for a three-hour local journey, or head over to Bogyoke Market and haggle with the locals? There's also Sule Paya Pagoda, a 2000-year-old golden temple, and the Gems Museum, which houses some of the world's largest sapphire, ruby and jade pieces. You may need a taxi to travel between some of these attractions; a one-way trip should cost about MMK 4,000.

Notes: You may wish to arrive early so you arrive in time to attend the group meeting today, and have free time to explore Yangon. We'll be happy to book additional accommodation for you (subject to availability).

Accommodation Hotel (1 night)

Optional Activities Yangon - Bogyoke Market (Scotts Market) - Free Yangon - Sule Pagoda - MMK3000 Yangon - Let Yangon Take You For a Ride Urban Adventure - USD33 Yangon - Myanmar Gems Museum & Gem Market - MMK5000

Meals Included There are no meals included on this day.

### DAY 2

Destination	Yangon
Meals included	Breakfast
Accommodation	N/A

Start the day with a city walking tour of Yangon. Your leader will show you the city centre full of hustle and bustle of local life, street food and the shadows of the colonial time. In the afternoon, We also head down to Kandawgyi Lake, where you'll see Karaweik Hall, a reconstruction of a golden royal barge floating on the eastern side. Then visit the holiest shrine in the country, the Shwedagon Paya. This gold-gilded pagoda is studded with diamonds and gems, and said to contain eight hairs of the Buddha. It's a particularly impressive sight at sunset when the lights come on and the stupa shines beautifully.

Accommodation Hotel (1 night)

Included Activities Yangon - Walking tour Yangon - Kandawgyi Lake Yangon - Shwedagon Pagoda

Meals Included Breakfast

### DAY 3

Destination	Yangon → Bagan
Meals included	Breakfast
Accommodation	N/A

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## TOUR ITINERARY

Rise for a very early start today, for your morning flight to Nyuang-U (about one and a half hours). From there, transfer to the ancient city of Bagan (about 20 minutes). Bagan is an archaeological site where Theravada Buddhism was first introduced to the Kingdom. It was once the site of 10000 temples, pagodas and monasteries and still has over 2000 brick and gilded ruins. You'll start your visit with an orientation tour of the town and visit the archaeological site tomorrow. After the orientation tour, head to the nearby Shwezigon Paya, one of the town's main Buddhist sites, also incorporating a compound dedicated to the pre-Buddhism deities, the 37 Nats.

Accommodation Hotel (1 night)

Included Activities Bagan - Orientation Walk Bagan - Shwezigon Paya

Optional Activities Bagan - Dandaree Culture Show - USD20 Bagan - Dinner & puppet show - MMK15000

Meals Included Breakfast

### DAY 4

Destination	Bagan
Meals included	Breakfast
Accommodation	N/A

Spend the day sightseeing in Bagan, where you'll be given a bicycle and joined by a local guide. You'll see many of the large and impressive temples such as Ananda Pahto, Htilominlo Temple, That Bin Nyu Paya (the highest pagoda in Bagan), Dhammayangyi Pahto and Shwesandaw Paya, as well as some of the smaller hidden gems. Exploring the temple site by bike is a great way to take in the atmosphere of this amazing place. There are also many opportunities to climb stairs to vantage points and capture some magical views. After touring the temples, head back to the hotel for a short rest before heading out again to see the stunning sunset over Bagan.

Accommodation Hotel (1 night)

Included Activities Bagan - Temple bike tour

Meals Included Breakfast

**Special Information** The bike ride through Bagan is on flat terrain and at a leisurely pace. At times we ride off the main roads on gravel and sand paths and roadways. You don't have to be a serious cyclist to do the tour, however if for some reason you're unable to participate in the ride, your leader can arrange a pony cart to take you around the sights (at an additional cost).

A highlight of a visit to Bagan for many travellers is the optional sunrise hot air balloon flight over the site, possible on the mornings of day 4 or 5 (depending on availability). Experience breathtaking views above the stupa-studded landscape, followed by a light breakfast and champagne. Weather dependent, flights operate between late October to early March. Please ask your booking agent for further details of the Premium and Classic service options.

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### DAY 5

Destination	Bagan 🚗 Myaing
Meals included	Breakfast, Dinner
Accommodation	N/A

Enjoy a free morning in Bagan. You may like to spend more time exploring the stalls at the archaeological site, the cafes in town, or the nearby Nyaung U Market – one of the more interesting markets in the country. Other places of interest include the Archaeological Museum and the Royal Palace and taxis to these local sites cost around MMK5000. In the afternoon, you'll leave Bagan and get transferred to Myaing where we have developed a community-based tourism project to support local livelihoods with sustainable employment opportunities in tourism. Have dinner in our purpose built community lodge.

Accommodation at the community lodge is basic but has a lovely traditional setting on the bank of a beautiful lake. You'll be staying in simple twin share rooms with linen and mosquito nets provided. There's no air conditioning but there's a fan in each room. Bathroom and shower facilities are shared. You can refill your water bottle from the large water containers provided. A torch is recommended in case of power shortage although otherwise the power supply is stable at the community lodge.

Accommodation Community Lodge (1 night)

Optional Activities Bagan - Archaeological Museum - MMK5000 Bagan - Royal Palace - MMK5000

Meals Included Breakfast Dinner

Special Information You can read more about the development of this project here:  
<https://www.intrepidtravel.com/adventures/community-based-tourism-cbt-myanmar/>

### DAY 6

Destination	Myaing
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

Prepare for a full day out visiting the near by villages today. Firstly, take a scenic walk to the first village and learn about their seasonal harvests. Then continue to the second village where you'll have some breakfasts, inc. fresh papaya, chickpea fritters, boiled eggs, potato curry etc. Next, hop on a bike and cycle to the third village. Be prepared to roll up your sleeves and help the villagers to cook the lunch for yourselves. You'll be able to see how they prepare the lunch ingredients, what spices and sauces that they use for cooking and of course have a freshly cooked and tasteful lunch together. A community member will also come and talk to you about the development they are making at the project and in the villages with your leader's translation. You'll also have the chance to see how Thanaka is prepared and applied to face as a protection from the sun. There's also a weaving demonstration too. In the last village that you'll visit, you'll be able to plant a tree with the help of the locals there. In the evening, after dinner, villagers from the fourth village will also come and perform traditional dances and music for you.

Accommodation Community Lodge (1 night)

Included Activities Community Lodge - Village Bike Tour

Meals Included Breakfast Lunch Dinner

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Special Information If you'd prefer not to cycle, alternative transport (tuk-tuk) can be arranged when requested before the cycling activity at an additional cost of around MMK 20,000 per vehicle. Please note that it'll be difficult to arrange alternative transport during the cycling if you decide to drop out in the middle of it. During the warmer summer months the cycling activities may be amended to avoid cycling during the intense heat of the day.

### DAY 7

Destination	Myaing 🚗 Mandalay
Meals included	Breakfast
Accommodation	N/A

After breakfast, bid farewell to the community. Travel on a private bus towards Mandalay with a lunch stop en route. Along the way, you'll visit the beautiful Sagaing Temples, a collection of gilded stupas on the nearby hills. Total driving time from the community lodge to Mandalay is about six hours. Head to the U Bein bridge, the world's longest teakwood bridge for a stunning sunset

Accommodation Hotel (1 night)

Included Activities Mandalay - Sagaing Hills Temples Community Lodge - Village Bike Tour and Monastery Visit  
Mandalay - U Bein Bridge

Meals Included Breakfast

### DAY 8

Destination	Mandalay
Meals included	Breakfast
Accommodation	N/A

This morning your leader will take you on a walking tour of Mandalay. After seeing the town close up, you'll take a boat down the famous Ayeyarwady River to Mingun. Here you'll see the Mingun Pahtodawgyi, an enormous stupa which would have been the largest in the world if it had been completed. You'll also see the world's largest ringing bell and the beautiful white Hsinphymae Pagoda which sits nearby.

After the excursion to Mingun, return to Mandalay where you'll have some free time to do some optional activities in the afternoon. Perhaps find some quiet moments at the ancient Sweinbin Teak Monastery, or try your hand at gold leaf making in the Gold Pounders District. There's also the Mahamuni Buddha Temple, an important pilgrimage site complete with giant golden Buddha. Mandalay Hill, where Lord Buddha is said to have left a footprint is great to visit for its stunning sunset and to enjoy views over the glittering stupas and vibrant mosaics of the city at this magical time of day.

For some extra entertainment in the evening, why not catch a traditional show by the Mandalay Marionettes, or a non-conformist comedy show by the Moustache Brothers?

Accommodation Hotel (1 night)

Included Activities Mandalay - Walking tour Mandalay - Boat trip to Mingun

Optional Activities Mandalay - Mandalay Hill - MMK1000 Mandalay - Mandalay Marionettes - MMK10000 Mandalay - Shwenandaw Teak Monastery - Free Mandalay - Moustache Brothers - MMK10000 Mandalay - Gold Leaf Pounding

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## TOUR ITINERARY

Workshop - Free Mandalay - Mahamuni Buddha Temple - MMK5000

Meals Included Breakfast

### DAY 9

Destination	Mandalay 🚗 Kalaw
Meals included	Breakfast
Accommodation	N/A

Today will be a long day of driving towards Kalaw. Head onto the Great Road of China, a new superhighway built by the Chinese. Then, make your way into the mountains of Shan state and experience the stunning scenery of the area.

Accommodation Hotel (1 night)

Optional Activities Kalaw - Village market - Free Kalaw - Thein Thaug Paya - Free Kalaw - Hnee Pagoda - Free

Meals Included Breakfast

### DAY 10

Destination	Kalaw
Meals included	Breakfast, Lunch
Accommodation	N/A

Today is a full day of hiking around the hills around Kalaw (approximately 6 hours). A local guide will take you to a tea plantation and some small villages. Stop and chat with locals along the way and have lunch at one of the small settlements. This experience will take you off the beaten track and away from the tourist throng. If there's time in the evening, you might like to visit some of the lovely pagodas around town as well as a local market.

Accommodation Hotel (1 night)

Included Activities Kalaw - Full day trek

Meals Included Breakfast Lunch

Special Information While today's walk is not difficult, you'll cover about 20 kilometres in total and will be on your feet for most of the day. You'll need a reasonable level of fitness for this part of the trip, and remember to bring appropriate hiking shoes. A support vehicle can be arranged to access the trails upon request from the halfway mark, so this means that you'll need to be able to walk at least 10 kilometres unsupported.

### DAY 11

Destination	Kalw 🚗 Inle Lake
Meals included	Breakfast
Accommodation	N/A

Leave Kalaw for Nyuang Shwe today, where you'll be spending time around Inle Lake. You'll set off across the mountains and farms and stop off at the Pindaya Caves, one of the Golden Caves in Shan state. Pilgrims flock here to worship the 8,000 golden Buddha images within the caverns, tunnels and chambers of the huge limestone cave. The

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drive will take you to the resort town of Nyuang Shwe which will be our base for the next few days as we explore Inle Lake.

Accommodation Hotel (1 night)

Included Activities Inle Lake - Pindaya Caves Inle Lake - Shwe Yan Pyay Monastery

Meals Included Breakfast

Special Information Due to the extremely high volume of tourists currently visiting Inle Lake we are not always able to secure our preferred accommodation. At times like these we may need to stay in a property with a lower room standard than in other destinations on this trip.

### DAY 12

Destination	Inle Lake
Meals included	Breakfast, Lunch
Accommodation	N/A

Start the day by heading out in a motorised boat. You'll see local life on the lake, including fisherman who use a distinctive leg-rowing technique on their boats, floating tomato plantations and cottage industries such as silversmiths, weavers and cigar makers. If you're lucky, you might even see the rotating market which circles the lake every five days. Here you can buy traditional wares produced by the locals. Stop for a home-cooked lunch at a village near the lake and sample the regional specialities. Visit Phaung Daw Oo Paya, the most religious site in the region and take a quick look inside at the various images of Buddha. You can also see a golden barge which is used during Phaung Daw Oo festival. Make a few more stops at local villages to meet the locals, then head back to your accommodation in Nyuang Shwe.

Accommodation Hotel (1 night)

Included Activities Inle Lake - Boat sightseeing tour & local lunch

Meals Included Breakfast Lunch

### DAY 13

Destination	Inle Lake
Meals included	Breakfast
Accommodation	N/A

Enjoy a free day around Inle Lake. Perhaps visit the Mingala morning market or Nyuang Shwe's oldest Buddhist monastery, Yadana Man Aung Paya. For those wishing to venture further afield, you could hire a bike and cycle to the nearby hot springs, villages or temples. Perhaps visit a nearby winery to sample a local drop, or take boat trip to the Indein temple complex and nearby villages. The price of these activities will depend on the number of people joining. Ask your leader about doing these optional activities.

Accommodation Hotel (1 night)

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## TOUR ITINERARY

Optional Activities Inle Lake - Bicycle hire - MMK3000 Inle Lake - Yadana Man Aung Paya - Free Inle Lake - Insein Village temple ruins - MMK34000 Inle Lake - Red Mountain Estate Winery Tasting - MMK5000 Inle Lake - Mingala Market - Free Inle Lake - Aung Puppet Show - MMK5000

Meals Included Breakfast

### DAY 14

Destination	Inle Lake ✈️ Yangon
Meals included	Breakfast
Accommodation	N/A

Bid farewell to the splendour of Shan state and make your way to the airport in Heho. From here, take a one-hour flight back to the hustle and bustle of Yangon. The journey ends with an optional final dinner and night out on the town in Yangon.

Accommodation Hotel (1 night)

Meals Included Breakfast

### DAY 15

Destination	Yangon
Meals included	Breakfast
Accommodation	N/A

There are no activities planned for the final day and you are able to depart the accommodation at any time. As there is plenty to see and do in Yangon we recommend extending your stay a few extra days to make the most of all it has to offer. Perhaps do some of the activities suggested at the beginning of the trip, or ask your leader about our range of Urban Adventures day tours. Visit [www.yangonurbanadventures.com](http://www.yangonurbanadventures.com) for more information.

Optional Activities Yangon - Hands-on Yangon Urban Adventure - USD81 Yangon - Yangon's Streets By Night Urban Adventure - USD40

Meals Included Breakfast

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## TOUR ITINERARY

### Inclusions

#### WHAT'S INCLUDED

Small, personal group experience – no more than 12 people  
Experienced Tour Leader throughout  
Accommodation: Hotel (12 nights), Community Lodge (2 nights)  
14 breakfasts, 3 lunches, 2 dinners  
Transport: Boat, Private vehicle, Plane, Bicycle, Local truck  
Visit Yangon, Bagan, Mandalay, Kalaw and Inle Lake

### Fine Print

#### HOTEL LIST

Hotel (12 nights), Community Lodge (2 nights)

#### OPTIONAL TOURS

Yangon - Bogyoke Market (Scotts Market) (Day 1) - Free  
Yangon - Sule Pagoda (Day 1) - MMK3000  
Yangon - Let Yangon Take You For a Ride Urban Adventure (Day 1) - USD33  
Yangon - Myanmar Gems Museum & Gem Market (Day 1) - MMK5000  
Bagan - Dandaree Culture Show (Day 2) - USD20  
Bagan - Dinner & puppet show (Day 2)- MMK15000  
Bagan - Archaeological Museum (Day 5) - MMK5000  
Bagan - Royal Palace (Day 5) - MMK5000  
Mandalay - Mandalay Hill (Day 8) - MMK1000  
Mandalay - Mandalay Marionettes (Day 8) - MMK10000  
Mandalay - Shwenandaw Teak Monastery (Day 8) - Free  
Mandalay - Moustache Brothers (Day 8) - MMK10000  
Mandalay - Gold Leaf Pounding Workshop (Day 8) - Free  
Mandalay - Mahamuni Buddha Temple (Day 8) - MMK5000  
Kalaw - Village market (Day 9) - Free  
Kalaw - Thein Thaug Paya (Day 9) - Free  
Kalaw - Hnee Pagoda (Day 9) - Free  
Inle Lake - Bicycle hire (Day 13) - MMK3000  
Inle Lake - Yadana Man Aung Paya (Day 13) - Free  
Inle Lake - Indein Village temple ruins (Day 13) - MMK34000  
Inle Lake - Red Mountain Estate Winery Tasting (Day 13) - MMK5000  
Inle Lake - Mingala Market (Day 13) - Free  
Inle Lake - Aung Puppet Show (Day 13) - MMK5000  
Yangon - Hands-on Yangon Urban Adventure (Day 15) - USD81  
Yangon - Yangon's Streets By Night Urban Adventure (Day 15) - USD40

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## TOUR ITINERARY

### HOW TO BOOK & PAYMENTS

#### Deposit & Payments

Book now and secure your package with only a AUD \$200 deposit per person.

Pay a 2nd instalment of AUD \$700 per person within 28 days.

You will then be invoiced for final payment 90 days prior to departure.

#### Booking Process

Select the purple 'Reserve Your Seat' tab to begin your booking (you must 'Sign Up' first by entering your email and creating a password)

Then select the purple 'Book now' tab of the tour you have selected

Select your Departure Date, Departure City, Number of Passengers, Room Configuration, any Upgrade Options, and enter any Special Requests

Click the purple 'Proceed to Secure Checkout' tab

Enter your credit card or PayPal details to secure your deposit/payment. You may also pay via BPAY (not available within 70 days of departure)

Once your order is complete, you will be prompted to complete a Booking Form so that we can fulfil your booking

Your booking is confirmed once your Booking Form is submitted and you can begin the countdown to your Inspiring Vacation!

### EXCLUSIONS

Airfares

Personal Expenses

Travel Insurance

Optional activities

## TOUR ITINERARY

### IMPORTANT INFORMATION

#### Accommodation

The accommodation listed is subject to change. Any changes will be of an equal or higher standard. Bedding configurations (double or twin) are requests only. All efforts will be made to meet your preferences, however, any changes are beyond our control.

#### Single Travellers

This trip is designed for shared accommodation and doesn't involve a compulsory single supplement. Single travellers share with people of the same gender in accommodation ranging from twin to multishare. This only applies to accommodation during the tour - pre-trip and post-trip accommodation will be booked on a single room basis.

#### Single Supplement

A single supplement is available for this trip from AUD \$ 470. The single supplement excludes Day 5 (Kekova Pension) where you will be in shared accommodation, and is subject to availability.

#### Triple Share

On Request

#### Children

Children must be 15 years old or over and share a room with parents at all times.

#### Tour Documentation

Final documentation will be provided approximately 30 days prior to travel.