



MYANMAR ON THE BIKE FOR 10 DAYS

Tour code	MYA-01
Route	Yangon - Mandalay - Myitthar - Myingyan - Mt. Popa - Bagan - Yangon
Duration	10 days / 09 nights
Features	With fabulous nature landscape, incomparable vestiges dotted all over the country, and top hospitable people, biking in Myanmar will leave you an extraordinary pleasant experience.

ITINERARY IN BRIEF

- DAY 1: ARRIVAL IN YANGON - VISIT (D)
- DAY 2: YANGON - VISIT BY BIKING (B/L/-)
- DAY 3: YANGON - FLIGHT TO MANDALAY - MANDALAY VISIT BY JEEP (B/L/-)
- DAY 4: MANDALAY - MINGUN - SAGAING - U-BEIN - MANDALAY (BY CAR, COACH) (B/L/-)
- DAY 5: MANDALAY - MYITTHAR - MYINGYAN (BY BIKE / BY CAR, COACH) (B/L/-)
- DAY 6: MYINGYAN - MT. POPA (BY BIKE) (B/L)
- DAY 7: MT. POPA - BAGAN (BY BIKE) (B,L)
- DAY 8: BAGAN BY BIKE (B/L/-)
- DAY 9: BAGAN VISIT BY BIKE - FLIGHT TO YANGON (BY HORSE CART / BY CAR / BY FLIGHT) (B/L/-)
- Day 10: YANGON DEPARTURE (BY CAR / COACH) (B)

SERVICES INCLUDED

English-speaking tourguides (station guides)
 Lunch, with local Myanmar food, at local clean restaurants
 Twin-shared room with daily breakfast
 Land transfer by private air-con vehicles as per program
 Biking tour as per program
 Horse cart tour in Bagan one day as per program
 Water during transfer and biking
 Boat trip at Mingun

SERVICES EXCLUDED

Visa
 Admission (quoted separately)
 Domestic flight (quoted separately)
 International flight
 Other meals and drinks
 Tips
 Personal expenses



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ITINERARY IN DETAILS



DAY 1: ARRIVAL IN YANGON – VISIT (D)

Upon arrival in Yangon, we will be warmly welcomed by the tourguide and driver at the airport and transferred to Yangon to check-in hotel. After refreshment we will take our bicycles and start our tour in the city with the National Museum of Yangon, a 5-storey grand building which tells us in detail about the entire culture and history of Myanmar, with great collections of precious stone, gold, silver and ivory, and sufficient of traditional costumes of ethnic groups living in Myanmar. Along with our guide, we will discover the former capital of Myanmar (by 2006) by biking thru charming green roads and very quiet city as well as noisy, exciting roads full of buses, car, taxi, trishaw (a kind of pedicab, with 3 wheels, capacity 3 people maximum) and bicycles to intermingle with the rhythm of the city. Yangon is forbidden for motorbikes, so a biking tour will be the best if we do not wish to be closed inside air-con vehicle. Program can be changeable and the admission is your own account to maintain the flexibility. End the day at Karaweik – a grand colourful house built on the bank of Kadarwgyi Lake to have dinner with a spectacular show of traditional Myanmar stage art.

O/N Yangon.

Please note! National Museum is closed on Monday, Tuesday and can be replaced by Gem Museum or another good Museum or another site in Yangon.

DAY 2: YANGON - VISIT BY BIKING (B/L/-)

No motorized mean will be used today. After breakfast, from the hotel we will bike to the top attraction of the city - Shwedagon pagoda (appx. 2h30'), the pride not just of Myanmar but all Buddhist countries with thousands of stupas surrounding a 99m-high main stupa, all golden plated and survive well after wars and time. Go on to Sule pagoda, said to be more than 2,000 years old, located at the heart of the city, in the middle of a very exciting round-about with all

noise and excitement of active Yangon (about 1 to 2 hours), where we can visit, meditate, or just sit outside and enjoy local smoothies or soup. Go on to the Botataung Jetty nearby and bike surrounding and go into small streets and alleys of the graceful colonial quarter adjacent to the river. We can stop for some coffee or for shopping here or go on to Bogoyoke market, so called the Scott market, the most exciting one in Yangon which supplies sufficient kinds of consumer goods and souvenir. Return to our hotel late afternoon, the bikes will be left at the hotel so that you can bike by your own in the evening time. O/N Yangon.

DAY 3: YANGON – FLIGHT TO MANDALAY – MANDALAY VISIT BY JEEP (B/L/-)

After Breakfast at hotel or taking our Breakfast Box prepared by the hotel, we will be transferred by vehicle to the airport for our flight to Mandalay (the Box will be there in case the flight is too early.) Welcomed in Mandalay by Jeep – specialty of Mandalay – and transfer to Amarapura for our 1st visit at Mandalay. Different from other tranquil towns of Myanmar Mandalay is much more hectic, business-minded, yet the city maintains very well great vestiges that cannot be missed like Amarapura, Sagaing hill and U-Bein Bridge that we will visit during our stay here. We will go to Magahandayon monastery in Amarapura before 10am, where the brunch, the only meal of the day, of thousands of monks is held every day at 10am, a very respectful and traditional ritual yet open to visitors to contemplate and discuss with the Buddhist people and monks to understand more about religious life and traditions of Buddhism in Myanmar. Lunch at a local restaurant. Back to Mandalay by Jeep to check in with stop to visit the famous Mahamuni temple with great golden-plated Buddha image, where we can see Buddhists from all over Myanmar come to pay tribute and meditate, visit the Teak House with delicate carvings after the visit at

Mahamuni. Enjoy the sunset at Mandalay Hill at the end of the trip.

Please note!

- Modest clothes are required at Amarapura.

- In case of big group the Jeep will be replaced by vehicles like van, bus or coach.

DAY 4: MANDALAY – MINGUN – SAGAING – U-BEIN – MANDALAY (BY VEHICLE, FERRY) (B/L/-)

After breakfast at hotel we will be transferred by our car or Coach to the Jetty. Take a Boat trip on the Ayeyarwaddy River – where we can see the daily life of very poor people in the suburb of mandalay earning their living by fishing, rowing boats and other jobs along the river – to Mingun, a very remarkable point near Mandalay. The river trip may take us about 1h upstream from Mandalay and as soon as we arrived, Mingun Paya - built with the intention of a King to be the world's biggest pagoda – will be in front of us. Beside the incomparable view of vestiges, Mingun gives us a chance to get close to the life of countryside people either we can witness their hard-working on the river or at the villages near Mingun. Go on foot to the place of Mingun Bell, weighting 87 tons and being the world's largest intact bronze bell. Continue to the beautiful Hsinbyume Paya (pagoda). Lunch in the village. Early afternoon we will take the ferry back to Mandalay and will be transferred by our vehicle to Sagaing, the hill with great view of temples dotted on the hillside and a great panorama over Mandalay, and end our trip at the U-Bein Teak Bridge in the sunset. With the greatest length amongst the teakwood bridge in the world and incomparable view combined by the sun, corn fields, rice fields, river and boats in the dusk, U-Bein is one of the most popular symbols of Myanmar beside Bagan towers, the Golden Rock or the leg-rowing boat people. Transfer back to Mandalay by vehicle. O/N Mandalay.



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DAY 5: MANDALAY – MYITTHAR – MYINGYAN (BY BIKE / BY CAR, COACH) (B/L/-)

We will be back to our bikes today. After breakfast we will check out hotel, then go biking with our guide to the South and head for 40km on the national road to Kyaukse (about 3h), the rice bowl during the Bagan period. From here, turn right to a by-way to Myittha, a small, charming town. Proceed to Myingyan. The trip itself is different from other day by not staying at famous, grand religious construction, but giving us an insight look into the groove of rural life of Myanmar people. We will pass by many villages with traditional lifestyle of Myanmar, where meeting and chatting with the locals are parts of the most excitement of the excursion today. Lunch at a restaurant between visits. O/N Myingyan at guest house.

DAY 6: MYINGYAN - MT. POPA (BY BIKE) (B/L)

Today will be the most beautiful day to bike. After breakfast, we will go biking across the driest area of Myanmar – the centre – by roads and paths, through dry riverbeds and small streams in many parts on the way where bridges are not built yet. Low humidity can enable great pictures. Lunch at a local restaurant between visits. Upon arrival at Mt. Popa, 1,520m high, we will climb up to the summit (about 45m high), many kinds of birds can be watched at this height. Also from the top we can see the Mahagiri Shrine, dedicated to the “nats” (spirits) and a great panoramic view. O/N Mt. Popa (hotel).

DAY 7: MT. POPA - BAGAN (BY BIKE) (B, L)

After breakfast we will ride across the desert plain to Bagan, passing intoxicating areas, and visit Toddy Field where the locals make Jaggery or Liquor. Lunch at local restaurant, upon arrival in Bagan, check-in hotel. O/N Bagan.

DAY 8: BAGAN BY BIKE (B/L/-)

After breakfast at hotel we will cycle with our guide to Nyang-U and Old Bagan to visit the fabulous heritage of Myanmar – thousands of stupas and towers and temples emerged on the plain along the river. Starting from Nyang-U market, we will reach Shwezigon pagoda, the prototype of later Myanmar stupas. Go on to visit the vestiges in the vicinity of Bagan (flexible program) until catching the marvelous sunset over the area from the top of an ancient tower (the guide will recommend you several places or you can choose to climb up the top of the highest viewpoint tower to get the best place for observation at own cost). O/N Bagan.

DAY 9: BAGAN VISIT BY BIKE – FLIGHT TO YANGON (BY HORSE CART / BY CAR / BY FLIGHT) (B/L/-)

Wake up very early in the morning to catch the sunrise over Bagan, a scene not to be missed by any visitors to Myanmar, around 04.30 or 5am (breakfast box prepared by the hotel). Our horsecarts will be ready for us and our tourguide will escort us to visit other temples of Bagan, to name a few, Mingala Zedi, Laokanada Pagoda or Lawkahteikpan Temple, which posses great mural and ink inscriptions, are best to see in a morning trip. Transfer to the airport (also by horsecart) for afternoon flight to Yangon. Welcomed at Yangon by our guide and driver here and transfer to hotel (by vehicle). O/N Yangon.

DAY 10. YANGON DEPARTURE (BY VEHICLE) (B)

After breakfast at hotel, we will be free at leisure until our guide come to pick up us to the airport for our flight back home.



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