



# Two-week Myanmar on the bike

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| <b>Tour code</b> | MYA-02   |
| <b>Route</b>     | Yangon - Bagan - Mt. Popa - Pakokku - Pakhangyi - Monywa - Myitmu - Mandalay - Ywarngan - Pindaya - Aungban - Kalaw - Inle Lake - Yangon |
| <b>Duration</b>  | 14 days / 13 nights  |
| <b>Features</b>  | With fabulous nature landscape and top hospitable people, biking in Myanmar will leave you an extraordinary experience.                  |

## ITINERARY IN BRIEF

DAY 1: ARRIVAL IN YANGON - VISIT (L) (BY VEHICLE / BIKE)  
 DAY 2: YANGON - FLIGHT TO BAGAN - VISIT MT. POPA (B/L/-) (BY FLIGHT / BIKE / VEHICLE)  
 DAY 3: MT. POPA - BAGAN VISIT (B/L/-) (BY BIKE)  
 DAY 4: BAGAN VISIT WHOLE DAY (B/L/-) (BY BIKE)  
 DAY 5: BAGAN - PAKOKKU - PAKHANGYI - MONYWA (B/L/-) (BY VEHICLE / BOAT / BIKE)  
 DAY 6: MANDALAY - MINGUN - SAGAING - AMARAPURA (B/L/D) (BY BOAT / BY BIKE / BY VEHICLE)  
 DAY 7: MT. POPA - BAGAN (BY BIKE) (B,L)  
 DAY 8: MANDALAY - YWARNGAN - PINDAYA (B/L/-) (BY BIKE / BY VEHICLE)  
 DAY 9: PINDAYA SIGHTSEEING (B/L/-) (BY BIKE)  
 DAY 10: PINDAYA - AUNG BAN - KALAW (B/L/-) (BY VEHICLE / BIKE)  
 DAY 11. KALAW - INLE LAKE (B/L/-) (BY BIKE / BOAT)  
 DAY 12. INLE LAKE (B/L/-) (BY BOAT)  
 DAY 13. INLE LAKE - HEHO - YANGON (B/L/-) (BY BOAT / FLIGHT / VEHICLE / BIKE)  
 DAY 14. YANGON DEPARTURE (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  
 Water during transfer  
 Boat trip at Mingun

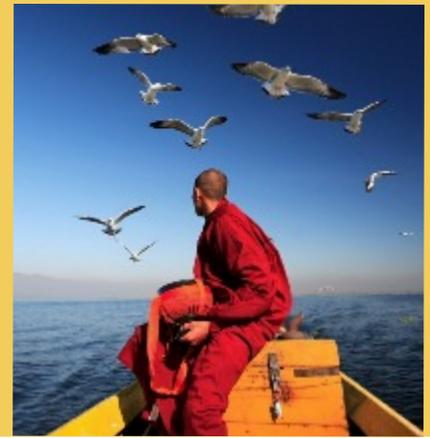
## SERVICES EXCLUDED

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 (L) (BY VEHICLE / BIKE)

Upon arrival in Yangon, you will be welcomed by the tourguide and driver at the airport to transfer to Yangon. Check-in hotel or leave your luggage hereby. After refreshment, we will pick-up the bikes from the hotel and start our biking tour to the Swe Taw MyatZedi (World Peace Pagoda). Lunch at restaurant in Yangon. Afternoon we will visit Shwedagon Paya, the greatest pagoda not just of Yangon or Myanmar but a pride of Buddhist countries, with thousands of golden-plated shrines and stupas surrounding the main one of 99m high. This is a center of Buddhist pilgrims and meditating people from Myanmar and many foreign countries and a great chance to learn about the religious and normal life of the Burmese. Go on thru green streets of Yangon (which is forbidden for motorbikes) to contemplate exotic view of streets, graceful houses at the colonial quarter, ancient religious sites as well as modern buildings. Our recommendable stopovers are inclusive of Kaba Aye Pagoda Road, Mayangon Township and the MahapasanaGuha "Great Cave". Back to the hotel late afternoon. O/N Yangon.

### DAY 2: YANGON – FLIGHT TO BAGAN – VISIT MT. POPA (B/L/-) (BY FLIGHT / BIKE / VEHICLE)

Have After breakfast at hotel or take our Breakfast Box prepared by the hotel, transferred to the airport for our early morning flight to Bagan. Our local tourguide will welcome us at Nyang-U airport at Bagan and transfer us by vehicle to Mountain Popa, 1520m elevation. Let's have our 1st exercise in Myanmar by climbing up about 45-50 minutes to the top of the mountain, visit Mahagiri Shrine which dedicated to the "Nats" (spirits) at the top where there is a wonderful panoramic view. After our visit, cycle into surrounding villages - with our guide escorted - to explore more on our own, talk to the locals about their life and traditions.

Lunch at a local restaurant between visits. O/N Mt. Popa.

### DAY 3: MT. POPA – BAGAN VISIT (B/L/-) (BY BIKE)

After breakfast at hotel, we will cycle back to Bagan, a perfect way to explore the temples, stupas and shrines here. On the way we will visit Toddy Field and see how people make jaggery or liquor here. In the afternoon we cycle around Nyang-U, visit Nyang-U market, the town and Shwezigon pagoda before heading to Old Bagan to climb up a tower here to enjoy the fabulous sunset over Bagan. Our guide will recommend a good place to enjoy the sunset as the temples and towers are closed randomly for maintenance. Back to hotel late afternoon. O/N at Bagan.

### DAY 4: BAGAN VISIT WHOLE DAY (B/L/-) (BY BIKE)

Wake up in the very early morning to head to Old Bagan for the sunrise, a great scene that no visitors to Bagan could miss. (Breakfast box will be provided by hotel). Today we will have a very flexible program on our bikes, or even leave them home and take horsecarts to visit the huge collection of ancient vestiges at Bagan, to name a few, Kyansittha Umin, a tunnel with interesting paintings; Wetkyi-in Gubyaukgyi Temple with fine mural paintings of Jataka Scenes; Hilominlo Temple, noted for its plaster carvings, Tharabar Gate and Shwegugyi Temple, which has transitional style between the Early and Late Bagan Periods. We should not miss the Bupaya Pagoda on the bank of the majestic Irrawaddy River too. (Lunch at local restaurant between visits.) O/N Bagan.

### DAY 5: BAGAN – PAKOKKU – PAKHANGYI – MONYWA (B/L/-) (BY VEHICLE / BOAT / BIKE)

After breakfast at hotel, afterward we will be transferred to Bagan Jetty for boat excursion on Irrawaddy River to Pakokku, an un-spoiled small

town renowned for tobacco trading and weaving shops. Go biking toward Yazagyou where we will visit the wooden Pakhangyi Monastery, built in 1886. Drive to Monywa. Lunch at local restaurant between visits. O/N Monywa.

### DAY 6: MONYWA - MYIT MU – MANDALAY (B/L/-) (BY VEHICLE / BIKE)

After breakfast we will drive to Mandalay (about 3 hours away), stopping en route at Myint Mu to visit MohnyinThanBuddhay Pagoda, where more than 500,000 Buddha images are seated, and Boditahtaung Pagoda which houses one of the largest reclining Buddha images in the world. Lunch at a simple local restaurant. After arriving in Mandalay, we will cycle around the city and visit Mahamuni temple. O/N Mandalay.

### DAY 7: MANDALAY – MINGUN - SAGAING – AMARAPURA (B/L/D) (BY BOAT / BY BIKE / BY VEHICLE)

After breakfast at hotel we will pick-up our bikes and ride to the Jetty of Mandalay, taking boat upstream Irrawaddy River to Mingun (11km away, about one hour). The river life on the Irrawaddy will be very exciting to witness until we reach Mingun and cycle and walk to visit Mingun Bell, weighting 87tons and at present being the world's largest intact bronze bell; continue to beautiful HsinbyumePaya and the unfinished MingunPaya, built in the intention of the king then to be the world's biggest pagoda.) Lunch at local restaurant; proceed by our supporting vehicle from Mingun to Sagaing, where the hillsides are dotted with numerous pagodas and monasteries. This is perhaps the living centre of Buddhist faith in Myanmar today. Return to Amarapura via the Ava Bridge, built by British engineers, then go on continue to the 150-year-old U-Bein teak Bridge, built in 1851 at the time when Amarapura was the royal capital. Walk over U-Bein Bridge, which is over a kilometer long and enjoy spectacular view at the sunset. Return to Mandalay by vehicle. O/N at Mandalay.



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## **DAY 8. MANDALAY - YWARNGAN – PINDAYA (B/L/-) (BY BIKE / BY VEHICLE)**

After breakfast at hotel, we will be transferred toward Pindaya, then start cycling from YwarNgan through a patchwork of fields and proceed to Pindaya. If time available we will visit the villages surrounding Pindaya. Lunch at restaurant between visits. The trip today is not to focus on a particular landmark or sightseeing point but to give you a chance to mingle with the local and study about the rural life in the Central Myanmar. O/N at Pindaya.

## **DAY 9. PINDAYA SIGHTSEEING (B/L/-) (BY BIKE)**

Today is our quite leisure day to recover and explore the small town of Pindaya.

After breakfast at hotel, we will explore the small town of Pindaya, then go cycling to visit Pindaya Caves en route to Heho with more than 8,000 Buddha Images made from alabaster, teak, marble, brick, lacquer and cement, all are arranged in such a way as to form a labyrinth throughout various cave chambers. Proceed to Shwe U Min Paya, a cluster of low stupas just below the ridge near the Pindaya Caves. Go for a light trek around Pa O Village. Lunch at restaurant between visits. O/N Pindaya.

## **DAY 10. PINDAYA - AUNG BAN – KALAW (B/L/-) (BY VEHICLE / BIKE)**

After breakfast at hotel, we will cycle thru a beautiful rural landscape toward Aunt Ban, then climb up to the former colonial hill station of Kalaw, enjoying biking thru Kalaw, visiting local market, the small train station, pagodas at Kalaw, or walking up the hill to visit an old Catholic Church. Formerly a British Hill Station, Kalaw is unexpectedly charming with flowers and green fresh vegetable at every corner, an evidence of the pleasant hill weather here. Lunch at local restaurant between visits. O/N at Kalaw.

## **DAY 11. KALAW – INLE LAKE (B/L/-) (BY BIKE / BOAT)**

After breakfast at hotel, we will cycle downhill toward the famous Inle Lake (64km away). This massive lake is Myanmar's second largest one. The Intha residents have lived here for years in stilted villages upon the lake, and make their livelihood by fishing and growing vegetables in unique floating gardens. Lunch at local restaurant between visits. During the boat trip on the Lake this afternoon we will visit Phaung Daw Oo Pagoda, the holiest religious site in southern Shan State, stop at workshops to observe traditional handicrafts-making progress here, from silk weaving, blacksmith workshop, tobacco workshops to endless floating gardens, where tomato, melon, cucumber, beans and fruit are grown. Continue by boat to NgaPheKyaung Monastery, one of the oldest Monasteries on the lake with ancient Buddha statue of more than 200 years old. O/N Inle Lake (resort located on the lake).

## **DAY 12. INLE LAKE (B/L/-) (BY BOAT)**

After breakfast at hotel, we will explore by boat one of the very early morning 5-day markets, enjoying our boat trip on Inle Lake. We will have a rare chance to get insight the lifestyle of the ethnic Pa-O, Danu and Intha inhabitants here, who come to the market for selling and purchasing their goods and also for meeting as a cultural hub. Enjoy our boat trip on Inle Lake, a photographers' dream, its calm water is dotted with floating vegetation and fishing canoes, to which scenic high hills provide the perfect backdrop. On the way we will see the lake's unique "leg rowers", when the Intha people row standing up with one leg wrapped around an oar. Lunch at restaurant, located in the middle of lake. Afternoon we will continue our excursion by motorized boat to Indein at the western end of the Lake. The boat takes us thru a long channel where we can watch the farmers cultivate their products. This ride is one of the most scenic boat tours on the Lake, passing multiple bamboo and wooden boats linking stilt houses on the water. Later we will catch the sunset over the lake, whose beauty may enchant any visitor. O/N Inle Lake.

Please note! On the days the markets are not hold, we will visit the lake by taking our boats coming into floating gardens and travel further than normal routes to explore life on the lake more deeply.

## **DAY 13. INLE LAKE - HEHO – YANGON (B/L/-) (BY BOAT / FLIGHT / VEHICLE / BIKE)**

After breakfast at hotel, we will be transferred by boat to Nyaung Shwe to proceed to Heho Airport. Take our domestic flight to Yangon, where our vehicle and guide are waiting. Transfer to Yangon and visit the city in the afternoon including Sule Pagoda, a landmark at the city centre. We will see here many watch-repairers and Photoshop and Astrologer Palmist Shop just nearby the Pagoda in their exciting daily activities. Cycle to the City Hall and visit the colonial area. If time available we can go shopping at Bogyoke (Scott's) Market (closed on Monday), a great place to pick traditional and modern handicrafts, artworks, small antiques, junk jewellery and other souvenir. Walk along Yangon River to see the busy harbor area, from where ferries leave for Patheingyi in the Delta and for upcountry towns along the Irrawaddy River. O/N in Yangon.

Please note! Scott market can be replaced by another market on Monday.

## **DAY 14. YANGON DEPARTURE (B)**

After breakfast at hotel, we will be at leisure until transfer by vehicle to Yangon Airport for our flight back home.

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