



Myanmar / Burma Holidays

Family Culture & Adventure Holiday



Itinerary Myanmar / Burma Family Culture & Adventure

13 Days • 12 Nights Yangon – Mandalay – Amarapura – Pyin Oo Lwin – Naung Pain – Hsibaw – Mt Poppa – Bagan – Heho – Inle – Zagar – Ngapali

HIGHLIGHTS

- 🌍 Stunning Swedegon Pagoda, Yangon
- 🌍 Culture and adventure
- 🌍 Ngapali Beach
- 🌍 Mount Poppa Mountain Resort – trek and horse riding options.

TOUR ESSENTIALS

Tour Style	Culture & Adventure expedition
Tour Start	Yangon
Tour End	Yangon
Accommodation	Hotel, Guest House, Resort
Included Meals	10 Breakfasts, 4 Lunches, 3 Dinners
Difficulty Level	Medium

Burma/Myanmar is an incredible country with an astounding culture. This is a perfect family adventure holiday which includes some of the very best experiences that Burma/Myanmar has to offer. This Burma holiday includes a range of cultural and adventurous activities, such as a visit to Yangon, Pyin U Lwin – Mt Poppa – the temples of Bagan as well as a relaxing days on the beaches of Ngapali. Included in this itinerary are off the beaten track treks and bike rides to experience the real un-spoilt Myanmar.



Itinerary

DAY 1: YANGON ARRIVAL - TRANSFER FROM AIRPORT TO HOTEL

Then after a welcome drink we walk along Pansodan street which has many large colonial buildings which are still in use. It is also interesting to see the sidewalk markets including those selling old books and magazines dated from the 1960's to the present. Enjoy the amazing sunset over the world famous Shwedagon Pagoda.

Overnight Hotel (Snack)

DAY 2: MANDALAY - AMARAPURA - PYIN Oo LWIN (B,L,D)

Fly to Mandalay on morning flight and we will drive to Amarapura and see the amazing 1.2km long U Bein's teak bridge. After that, we continue to Pyin Oo Lwin which is 42 miles away from Mandalay (about one and a half hours drive) and was a former British Hill Station. The town was originally renamed Maymyo after British Colonel May who established the towns beautiful botanical gardens built by Turkish prisoners of war during WWI. Visit Pyin Oo Lwin.

Overnight Hotel

DAY 3: NAUNG PAIN - HSIBAW (B,L,D)

Morning departure by local train to Naung Pain village (~ 4 hrs) passing over the famous Gok Hteik viaduct which was the second highest railway bridge in the world (before the building of the railway in the mountains of Lhasa in Tibet) and was built over the deep gorge (300m) by Pennsylvania Steel Company on behalf of the British over 100 years ago. The scenic view along the viaduct is breathtaking and you can also experience the way of life along the railroad. Arrive at Naung Pain station, and continue by car to Hsibaw, the former royal capital of Northern Shan State. The afternoon we visit to Bawgyo Pagoda before check-in at hotel. Then walk around some typical Shan villages surrounded by paddy fields.

Overnight - Mr. Charles Guest House



DAY 4: MANDALAY - INWA (B,L,D)

Drive back to Mandalay (129 miles, about 6 hrs driving). If time permits, we will go by horsecart on tree lined paths of the former royal capital of Inwa with its ancient wooden monastery and ruins of old palaces and walls.

Overnight in hotel in Mandalay

DAY 5: DISCOVERING THE MT. POPA (B)

After breakfast we drive to Mt. Popa and enjoy the scenic beauty.

Overnight in Popa Mountain Resort

DAY 6: TREKKING TO THE MT. POPA (L)

Mt. Popa options 1 and 2.



Option 1: Trekking to the Summit of Mt.Popa

The summit of Mt. Popa is four and half hours round trip by trekking and only four miles far from Resort to the summit. It is 4981 ft (1518 m) above sea level. We can see pine forests, evergreen forests, birds and butterflies on the way to the summit and once there we have a packed lunch.

Option 2: Trekking and Horse Riding to the Ye Nge Natural Spring Water Resource

An alternative option to climbing the summit of Mt. Popa is to trek to the Ye Nge Natural Spring Water camp, two miles from Resort. It is 2650 ft (810 m) above sea level. This is the best place for trekking, horse riding and seeing birds and butterflies on the way. Packed lunch will be taken. There is a small additional cost of US\$ 15 per hour for the horse riding.

Overnight in Popa Mountain Resort.

DAY 7: BAGAN (B)

Drive back to Bagan and check into hotel. Half day cycling tour of the ancient ruins of the Bagan plain. Enjoy the amazing sunset over Bagan's 2,000+ temples.

Overnight in Bagan at hotel



DAY 8: FLY TO HEHO (B)

After our arrive we will do unchallenging bicycling to Red Mountain Winery through local villages and paddy fields. If we are lucky, we will be welcomed by Mr. Francois Raynal (the Wine maker). He will accompany us around the vineyard and explain the process of wine making like harvesting, crushing, pounding, fermentation and finally how they store the finished products in wine cellar. We also have a chance to taste their genuine western style Myanmar Wines. Transfer to Inle.

Overnight on Inle Lake at a floating resort hotel

DAY 9: ZAGAR (B)

Today we take a long boat ride (about 3 hours) down the lake to seldom visited ZaGar. We will see many villages and scenic lake sights along the way and at the ZaGar area the villages will welcome us to visit in their houses. The small temple ruins are interesting too.

Overnight on the lake at resort hotel

DAY 10: NGAPALI (B)

After breakfast, transfer to airport for our onward flight to Ngapali. Stay overnight.

Free time and leisure in Ngapali, a delightfully quiet and laid back resort, that can be used as a base for further adventures or to just to chill out on the white sandy beaches. There is a possibility to eat at the spectacular restaurants beneath the palm trees, where the fish and seafood dishes are to die for.

Overnight hotel



DAY 11: DAY OFF IN NGAPALI (B)

Ngapali free day.

Overnight Hotel

DAY 12: YANGON (B)

Fly back to Yangon on the morning flight.

Overnight Hotel

DAY 13: FLIGHT HOME

Continue our exploration of this amazing City. If time allows before departure transfer, take a last walk about of the downtown area, with its Hindu temples, synagogues, churches and mosques, markets and tea shops and we can also visit a fortune teller!

NB: This itinerary is subject to change – arrangements, routes and facilities are subject to variation depending on local conditions.

Our Myanmar Adventure ends here although there are a number of extensions to the trip that can be arranged or we can tailor this to suit.



Additional Considerations

This trip can be combined with the water festival or better known as the Phaung Daw Oo Pagoda Festival, if you are planning to travel in October. The Phuung Daw Oo Pagoda Festival is where four Buddha Images from Phaung-daw-oo Pagoda are carried on a royal barge and conveyed around 14 villages on the Lake. The barge is towed by the boats of leg-rowers and hundreds of boats follow the procession. The large crowds of people gather on the lake-shores to celebrate the occasion. It is really a splendid sight.

You can also combine this trip with an amazing traditional Burmese balloon festival if you are planning to travel in November. This balloon festival is one of the most popular festivals in Myanmar. The hot-air balloons are made up of hand-made paper, beautifully designed with colourful fireworks and firecrackers. The festival is also a competition between the town's various quarters as to who can send up the most elaborate firework displays and decorated hot air balloons. The competition is divided into 2 parts: the daytime competition and the Nya Mee Gyi or the Big Night Balloons. It has to be seen to be believed!



Important Information

INCLUDED

- 🌍 All meals as described (B=breakfast, L=lunch, D=dinner)
- 🌍 Accommodation with meals as per program,
- 🌍 Transfers
- 🌍 Sightseeing with entrance fees
- 🌍 Domestic flights
- 🌍 Service of an English speaking guide throughout the trip

NOT INCLUDED

- International flights
- Visa fees
- Airport tax
- Drinks
- Personal expense and insurance
- Any service not mentioned above.

Note: Prices have been calculated based on current rates for internal flights, which may increase during the first half of the year and if the price increases are in excess of 5% we reserve the right to pass on any increase over and above this level.

Additional Information

ACTIVITY DURATION

2-5 hours

SEASON

January through December

BEST TIME TO GO

November through May

GROUP SIZE

2-8 pax

EXPEDITION SCHEDULE

Tailor Made to suit your dates

DIFFICULTY LEVEL

Our grades have been designated based on our perception of the degree of physical activity you are likely to require to enjoy the adventure. These are only a guideline. This itinerary has a 'Medium' level (2-5 hours per day). This means that you will need an average level of fitness.

