

RIDE MYANMAR

- DURATION – 12 days
- DEPARTURE – Flexible. Best time to visit October to March
- PRICE pp share twin
2pax/NZD4140 3>5pax/NZD3820; 6>7pax/NZD3450
prices current at the time of publication (09/02/2009)
- INCLUDES – **Yangon, Mandalay, Myitthar, Myingyan, Mt Popa, Bagan, Thandwe, Ngapali Beach.**

Bring your own bike and tour the back roads of serene Myanmar on this easy fully supported road tour of the Ayeyarwaddy heartland. Explore the archaeological heritage of ancient the Bagan and Mandalay kingdoms. Get right off the beaten track and experience S.E. Asia in a way that will be the envy of your suburban cycling buddies.

Day 1. Yangon

Met and transferred to hotel. Afternoon visit "downtown" Yangon. Late afternoon visit the magnificent Shwedagon Pagoda – a stunning sight as the sun sets and a most fitting place to begin our trip in this "Golden Land".

Day 2. Yangon – Mandalay by flight

Morning flight to Mandalay, the city of bicycles. Bike / vehicle to Hotel; later today bike to Mahamuni Temple and craft shops and to view the sunset from Mandalay Hill.

Day 3. Mandalay – Mingun – Sagaing – Amarapura – Mandalay (bike) 50 km

This morning bike down to the jetty for private ferry across the Ayeyarwaddy River. Visit Mingun and the ruins of the Pathodawgyi Pagoda, the Mingun bell and Myatheindan Paya. Cycle along the River path to Sagaing, where the support vehicle is waiting. Ride up Sagaing Hill - spectacular views before continue in the vehicle or cycle along the river bank avenue to Mandalay.

Day 4. Mandalay – Myittha (bike) 74 km

After breakfast, transfer by support vehicle to the outskirts of Mandalay then cycle southward along the highway for approx 40km to Kyaukse, the rice bowl during the Bagan period. Turn off the highway to Myittha, a charming small town. Overnight tonight at the monastery.

Day 5. Myittha – Myingyan (bike) 80 km

Say goodbye to the chief monk and cycle to a local tea-house for breakfast. Time to walk in the market before heading south – the road is flat, narrow with broken seal. Pass many villages en route today so plenty of opportunities to visit at a local house. Overnight at a local guest house in Myingyan.

Day 6. Myingyan – Taungta – Mt. Popa (bike) 84 km

The ride today is through the toddy forest, passing many un-bridged sandy creeks as we wind into the foothills of the Popa Mountain range. Overnight at Popa Mountain Resort with great view towards the Popa Taungkalat and the summit.

Day 7. Mt. Popa – Bagan (bike) 50 km

A rest from the bike seat – this morning walk up 777 steps to the summit of the extinct volcano; the abode of Nat (spirit) called Mt. Popa. Return to the bikes to cycle to Bagan. Road is narrow but smooth through the toddy/palm trees. We will stop to see how the local wine/liquor/spirit/candy is made from toddy seed.

Day 8. Bagan

A full day today to cycle amongst the archaeological treasure of Bagan. Some highlights are Ananda temple, Thatbyinnyu temple (the highest), Dhanyangyi temple (the biggest). Visit a lacquer ware factory, and conclude the day by viewing the sunset from high on one of the temples overlooking the plain dotted with stupas and pagodas.

Day 9. Bagan – Thandwe (Ngapali) by flight.

A relaxing day today as we fly to Ngapali Beach.

Day 10. Leisure at Ngapali beach

No itinerary today – relax and enjoy the beach

Day 11. Ngapali – Yangon by flight.

Return to Yangon this morning. This afternoon we plan to go by car to visit Karaweik, a royal barge for fantastic photo shot along the "pilgrims" causeway across the Royal Lake with stunning views of Shwedagon Pagoda and conclude our day with a visit the Bogyoke Aung San Market (Scott Market) for souvenir shopping.

Day 12. Departure Yangon

After breakfast transfer to the airport for departure flights.