

# Cycling & Hiking in Myanmar

10 Days / 09 Nights



★ Anglo Indiago Travels (P) Limited ★

**ROUTE:** Yangon – Bagan – Inle Lake - Departure

## Day 01: Arrive Yangon

On arrival collect at airport and transfer to hotel for night stay.

## Day 02: Yangon | Explore River Island by Cycling

Leave the frenetic pace of life in Yangon's city of five million behind, crossing over the Yangon River to Dala Township. Though located only on the other side of the river, Dala is a small, undeveloped town offering a stark contrast to life in modern Yangon. Cycling off the main roads and through the backstreets, you will have an up-close and personal encounter with the people and be able to observe their rustic way of life. After reaching the Twante Canal built by the British in 1881, we cross over to Kanaungto on River Island. Cycle through this car-free town and explore the hidden villages and farms offering a glimpse of life in the agrarian Delta.

## Day 03: Yangon | Sailing and Stand Up Paddling

Take part in a local recreational sport at Inya Lake, Yangon's largest lake and home to the Yangon Sailing Club. Inya Lake is surrounded by one of the city's most exclusive neighborhoods, best known as the location of Aung San Suu Kyi's house where she spent years in house arrest. A personal instructor is on hand to provide guidance for either sailing or stand up paddle boarding (SUP). Enjoy the beautiful natural surroundings while having fun on the lake with other locals and expats.

## Day 04: Yangon – Bagan

Transfer to Bagan, formerly known as Pagan, this ancient town was the capital of several ancient Burmese kingdoms. From the 11th to 13th centuries, more than 4,000 temples and pagodas were built, of which approximately 2,200 remain standing today. Explore some of these temples by bicycle, at times cycling off the main paths to reach the lesser-known temples accessible only by narrow dirt tracks. Night stay.

## Day 05: Bagan | Exploring Ancient Temples

Travel outside Bagan to Htee Pu Village to begin our horseback-riding trip through the countryside. The gentle ride takes you through peaceful rural villages with stops to observe the making of some local specialties such as jiggery (palm sugar). You will also come across some traditional customs that are unique to the villages such as children wearing the traditional topknot with front fringe which is locally called 'Yaung Pae Soo', believed to have originated from the Pagan period.

## Day 06: Bagan - Mount Popa | Hiking through the National Park

Drive from Bagan to Mount Popa, an extinct volcano considered the sacred home of the nats (spirits). Mount Popa attracts visitors mainly for Taung Kalat, a monastery which sits on top of the volcanic plug, reached by climbing 777 steps from the base. The area surrounding Mount Popa and the national park offers ideal hiking opportunities with spectacular views and bird watching along the trail. Upon reaching the summit, you are rewarded with an uninterrupted view that extends as far as Bagan, on a clear day.

### **Day 07: Bagan - Inle Lake**

Transfer to Inle Lake, located in Shan State, is the second largest freshwater lake in the country, set against the backdrop of the picturesque cascading Blue Mountains. The peaceful villages and sparse traffic in the outlying area of Nyaung Shwe offer the perfect cycling opportunity

### **Day 08: Inle Lake | Cycling to a Cave and Vineyard**

From Nyaung Shwe, embark on a short, leisurely cycling trip to the Shwe Yan Pyay Monastery. Built in the 19th century, the monastery provides religious and secular education for boys from poor families. Cycle onwards to Htet Ein Cave where you'll discover a hidden temple located inside the cave. Continue on the scenic route to Red Mountain Estate Vineyards & Winery, only one of two wine producers in the country. Participate in a tour of the facility and sample their award-winning red and white wine selections.

### **Day 09: Inle Lake | Full day trekking to local villages**

In the morning, depart from your hotel and take 40-minute boat trip to Mine Thauk jetty. Where you can walk across the Maing Thauk wooden bridge. The walkway is shorter than the famous U-Bein Bridge in Mandalay, but it is a great place to see the expansive size of Inle Lake. Walk up a dirt track through the village and continue up the hill to the Mine Thauk Monastery and Meditation Centre. Enjoy the panoramic view over the lake on the way to Dalapin Village, where lunch will be served. After lunch, begin the 45-minute trek to Kingtal Village, followed by another 1-hour hike to Magyisin Village. The journey takes trekkers past green plantations along the way and will leave you feeling relaxed in the natural beauty and rich cultural traditions of the region. Return to your hotel in the afternoon.

### **Day 10: Departure**

Transfer to the airport in Heho for your onward flight to Yangon International Airport for onward journey...

End of the services...

**NOTE.** This tour can be modified as per your requirements.