

# Treasures of Myanmar

(Yangon – Golden Rock – Bagan – Mt Popa – Mandalay – Kalaw – Pindaya – Inle Lake - Yangon)

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## Itinerary Overview

Day	Destination	Meals
Day 1	YANGON ARRIVAL	/
Day 2	YANGON – BAGO - YANGON	B
Day 3	GOLDEN ROCK – BAGO - YANGON	B
Day 4	YANGON – BAGAN	B
Day 5	BAGAN – MT POPA - MANDALAY	B
Day 6	MANDALAY CITY & MINGUN	B
Day 7	MANDALAY – AMARAPURA – AVA – SAGAING	B
Day 8	MANDALAY – HEHO - KALAW	B
Day 9	KALAW – PINDAYA – NYAUNG SHWE – INLE LAKE	B
Day 10	INLE LAKE – INDEIN	B
Day 11	INLE LAKE - YANGON	B
Day 12	YANGON - DEPARTURE	B

**Note\*:** B: Breakfast / L: Lunch / D: Dinner

## Detailed Itinerary

### Day 1 YANGON - ARRIVAL

Arrive in Yangon where you will be welcomed by your local tour guide and transferred to your hotel to drop off your luggage. In the afternoon, a walk through "downtown" Yangon, a diverse mix of faded colonial architecture from the British times, and high-rises built by more recent investors; Sule Pagoda, built in the early 3rd century is a landmark in the city centre. Late afternoon visit the magnificent Shwedagon Pagoda of Rudyard Kipling fame and one of Myanmar's most sacred places. The massive bell shaped stupa is plated with gold and the tip of the stupa is set with diamonds and rubies, sapphires and topaz – a stunning sight as the sun sets and a most fitting place to begin our trip in this "Golden Land".

Note\*: The hotel room will be available at 2:00pm, and in case that you would like to secure an early-check in, an additional charge will be applied.

**Meal:** n/a

**Accommodation:** Hotel in Yangon

### Day 2 YANGON – BAGO – GOLDEN ROCK

After breakfast, drive to Kinpun Base Camp via Bago, approx; 4 hours. Bago was once the ancient Mon Kingdom as well as the seat of second Myanmar Dynasty. On the way, you can stop and visit Htauk Kyant Allied War Cemetery, the biggest war cemetery in the country maintained by the Commonwealth War Grave Commission.

After Bago, you will reach Kyaik Hto, the junction town to go up the Golden Rock. Upon arrival at Kin Pun Base Camp, transfer by open-truck up to Hermit Hill. From there, walk about one hour to reach the Golden Rock. The trekking from Hermit Hill to the top is not very difficult cheering with Myanmar pilgrims on the way, encouraging each other.

After check-in at the hotel, walk to Golden Rock. Enjoy the marvel of the situation of the Rock and view the evening activities of many Myanmar Buddhist pilgrims. After sunset on the Golden Rock, walk back to your hotel. Overnight at Golden Rock.

**Meal:** Breakfast

**Accommodation:** Hotel in Hotel in Golden Rock

### Day 3 GOLDEN ROCK – BAGO - YANGON

After breakfast, walk down to Hermit Hill and by open truck transfer to Kin Pun Base Camp. From there, drive to Kyaik Hto. You can visit Kyaik Hto Morning market where you can see a lot of local foods, seasonal fruits and vegetables, fish and prawns. Walk around in the market and take pictures. Talk to the vendors who are very friendly and not accustomed to the visits of foreigners. Then, proceed to Bago. On the way you may stop from time to time to take the photo opportunities at some villages. Upon arrival at Bago, visit Shwe Maw Daw pagoda, the biggest and tallest Pagoda in Southern Myanmar, Bago Central Market, Shwe Thar Lyaung(Reclining Buddha) which dates back to centuries and which has the astounding history of its recovery from the bushes, and finally on the way to Yangon, visit the Kyaik Pun pagoda with four Giant Buddhas sitting in back-to-back position. Then drive on to Yangon. Upon arrival, transfer to your hotel for check-in.

**Meal:** Breakfast

**Accommodation:** Hotel in Hotel in Yangon

### Day 4 YANGON - BAGAN

In the early morning, transfer to the Yangon airport for the flight to Bagan (Picnic breakfast can be arranged from your hotel!). Hundreds of Ancient Stupas, Temples, Monestaries, Libraries and Buddhist Universities welcome you to the then Heart of Buddhism. On arrival, drive to a temple to have a glimpse of Birdâ€™s eye view tasting a bit of its marvel. Then you may visit Nyaung U morning market which is known as Market On The Floor with a variety of local vegetables and products such as typical snacks, food, Handicrafts, Thanakha the most adorned Burmese Make-up, and so on. Then, visit the most sacred stupa Shwe Zi Gon built in 11 Century by the most outstanding Buddhist King, Anawrahta, Gu Byauk Gyi Temple to see the mural from 12 Century, the massive red-colored Htilominlo Temple, and lastly before check-in at the hotel, visit most beautiful Ananda Temple built in late 11 Century housing giant Standing Buddhas which give the viewers illusion of Smiling-or-Serious facial expression of the Enlightened One.

In the afternoon, a visit to famous Lacquer Wares Workshop is worth enough to see its hand-made black products that come in a variety of household items from the smallest one of tea-cup to the Giant Sun Oak, the food container to be sent to the Buddhist monasteries in the yester years. Then, drive to the jetty of Mighty Ayeyawaddy river to enjoy sunset by boat.

**Meal:** Breakfast

**Accommodation:** Hotel in Hotel in Bagan

## Day 5 BAGAN – MT POPA - MANDALAY

After breakfast, mount a bicycle touring around in the monument zone taking the snap-shots here and there among the ruined temples occasionally climbing some climbable pagodas to have the different panoramic views. Meet with local Sand Paintings sellers, Lacquered Items hawkers, etc and learn the local culture.

In the afternoon, drive to Mt. Popa (approx) one and a half hour, the extinguished million-year-old volcano. Also Popa is the abode of Myanmar Nats, the Spirits worshipped by some weak Buddhists. No wonder that the poor mind may seek the shelter under which one can feel certain of high-yield harvest, safe life. The name Popa represents the abundance of flowers and you can see seasonal flowers and fruits once you enter the small town at the foot of the extinct volcano. On the way to Mt. Popa, you may stop at a palm tree collection workshop to see the ways of living of AnyarThar people. Visit central Nat Shrine at the foothill of Mt. Popa. Going up 777 steps is optional but the view from the top makes tired-feet quite relaxing. Mount Popa houses not only Nats but also Asian monkeys along its steps uphill. Feeding the poor Gibbon, Baboon costs not much money and you may gain some merits to add a step towards Nirvana. In the afternoon, drive to Mandalay. Enjoy scenic view on the way. Arrive Mandalay in late afternoon.

**Meal:** Breakfast

**Accommodation:** Hotel in Mandalay

## Day 6 MANDALAY CITY & MINGUN

After breakfast, you will be transfer for Jetty for a private boat across the river Ayeywarwaddy to visit Mingun. The dedications of King Bodawpaya such as the unfinished Pathodawgyi Pagoda a brick counterpart of pyramid in Egypt and the Mingun Bell, the second largest bell in the world are the most prominent religious heritages. Then visiting the Myatheintan Pagoda, the best representation of the Universe, will refresh your tiredness and fatigue.

Return to Mandalay and then you will take a sightseeing tour of Mandalay which includes Mahamuni Pagoda, a life like Buddha image. Mandalay is the last capital of Myanmar and that make her to be the best place to see all the traditional arts and crafts. Start visiting gold leaf making work-place and see how the gold leaf is being made by hand in a traditional way. Continue visit the Old Palace grounds; Kuthodaw Pagoda, known as the world's largest book for its 729 marble slabs inscribed with the Buddha's Doctrine; Golden Palace Monastery, noted for its exquisite wood carvings and enjoy the panoramic view of the city from Mandalay Hill.

**Meal:** Breakfast

**Accommodation:** Hotel in Mandalay

## Day 7 MANDALAY – AMARAPURA – AVA - SAGAING

The day begins with a visit to the 18th century capital, Amarapura. Attend the daily meal of over thousand monks at the country's largest monastery; Mahagandayon. Visit a silk weaving workshop, the craft specialty of Amarapura. Then continue south of the city to Ava, the capital from 14th to 18th centuries, where a short ferry ride will take us across the river to where our horse and carriage are waiting. Visit the old wooden Bagaya Monastery and the remains of the [Royal Palace](#) and Fort. There are many small villages located amid Ava's ruins and as you travel by horse and cart you'll get a glimpse of local life in the Burmese countryside. In the afternoon cross the bridge over the Irrawaddy River and continue to Sagaing. Covered with 600 white-painted pagodas and monasteries, Sagaing Hill is widely regarded as the religious centre of Myanmar. It is home to 3,000 monks and 100 meditation centers and you will visit pagodas such as Swan Oo Pon Nya Shin and U Min Thone Sae. Finish the day return toward the Mandalay city and stop at Amarapura, continue to U Bein Bridge for a walk along this 200 year-old teak bridge. The bridge was constructed of 984 teak posts that were once part of the deserted Inwa Palace and it is 1.2 kilometers in length making it the world's longest teak span. Enjoy a stroll along the bridge and the fabulous views of the surrounding farms and streams.

**Meal:** Breakfast

**Accommodation:** Hotel in Mandalay

## Day 8 MANDALAY – HEHO - KALAW

After breakfast, transfer to Mandalay International Airport for the flight to Heho, Shan State. Upon arrival at Heho airport, drive to Kalaw (approx 1 and a half) on the way stop at Aung Ban, stop at a local Market selling typical foods, wines, traditional handcrafts, and you may try Shan Noodles there at one of Myanmar Traditional Teashops. Besides those items, the small street market has Myanmar Orchids Selling stalls and fruits. Shan Dried Tea there is the best of Myanmar. Then, continue to Kalaw, a British Hill Station, a small town with ethnic minorities, such as Pa-O, Palaung, besides the Shan People. In the town, you can still feel the colonial atmosphere with the colonial buildings and the houses with the chimney indicate the weather of the lovely town which is over 1300 meters above sea-level.

After check-in at the hotel, in the afternoon drive to the west of the town where you start your half-day Trekking to Palaung village of Pain Hgne Pin. Before, this tribal minority used to live in Wooden long houses for a big family. And now with the growing wealth on farming they demolished their typical long houses and use cement and Adobe bricks to construct the houses and for the roofing, corrugated iron instead of thatch grass. Visit a household in the village and your local trekking guide will introduce you to the tribe. In the afternoon, walk back to another meeting point where you will see your car and then transfer back to your hotel.

**Meal:** Breakfast

**Accommodation:** Hotel in Kalaw

## Day 9 KALAW – PINDAYA – NYAUNG SKWE – INLE LAKE

After breakfast, drive to Pindaya (approx; 2 hours), a small peaceful town situated at the base of Shan Mountains and the end of very fertile plains. On the way to Pindaya from Aung Ban is really picturesque and you can make many stops for photographing and introducing to the local farmers working in their fields cultivating a variety of crops such as Sesame, Cabbage, Coliflower, Mustard Oil, Wheat and so on besides the perennial orchards like Mandarin Oranges and Tea. Upon arrival visit Paper Umbrella Cottage industry where you can see the Shan Paper production, Process of Umbrella Making only by hands. Then, drive up to Pindaya Lime-stone Natural Caves with more than 8000 Buddha Images. Get lost yourself in the cave taking pictures of most beautiful Shan Style Buddhas.

In the afternoon, drive to Nyaung Shwe (approx; 3 hours) another Shan town bordering famous Inle Lake on the northern end. On the way, you can visit Shwe Yan Pyay monastery built mainly of teak wood in 1882 and its pagoda with colorful mosaics decorated on the interior walls around the central pagoda constructed 2 years before its adjacent monastery. Then continue to Nyaung Shwe where you embark on the long boat to reach your hotel at Inle Lake.

**Meal:** Breakfast

**Accommodation:** Hotel in Inle Lake

## Day 10 INLE LAKE - INDEIN

Full-day Sight-seeings of Inle Lake, start with a morning 5-day traditional market at a village on the lake or on the shore of the lake. Here at Inle Lake, the markets come on 5-day basis. Besides the Inthars, some tribal ladies such as Pa-O, Pa Laung can also be seen at the market selling their farm produce and afterwards they go back to their villages on the mountain with the purchase of what they need for the household. The market is a photo opportunity for you. Then visit the Phaung Daw Oo pagoda which is the Holiest Religious Stupa housing 5 buddha images, Silk Weaving village (lotus fabrics weaving technique can also be seen unique only in here!), Blacksmith, Cheroot or Myanmar Cigar factory, the nature of Inthars, Lake Residents with their Floating Gardens and finally visit the Jumping Cat monastery which is the oldest one with antique Shan-style Buddhas and Buddhas' alters. Enjoy the cat show at the monastery.

In the afternoon, continue by boat to Indein Ruined Pagoda Complex along a small river that sustains Inle Lake by flowing into it. Passing the Large green Myanmar Bamboo forests on the way, you will

reach the Ruined Indein pagodas that stand on the hill slope providing a panoramic view to the lake.

**Meal:** Breakfast

**Accommodation:** Hotel in Inle Lake

## Day 11 INLE LAKE - YANGON

Free to relax till airport transfer for the flight to Yangon. Checkin the hotel upon arrival.

**Meal:** Breakfast

**Accommodation:** Hotel in Yangon

## Day 12 YANGON - DEPARTURE

After breakfast, you are free until your departure time. Our driver will take you to Yangon International Airport for your flight home. Trip ends!

**Meal:** Breakfast

**Accommodation:** n/a

### Important Note\*

- PROGRAMS & SCHEDULES SUBJECT TO CHANGE WITHOUT PRIOR NOTICE
- The itinerary can be customized basing on your interests (you can extend your stay at each location, add/remove activities)

## Inclusions & Exclusions

### **Inclusions:**

- Overnights in selected hotels or similar
- All in-tour stationed local English speaking guide.
- Entrance fees for sightseeing mentioned in the itinerary
- Excursions as mentioned in the itinerary
- Transfers as mentioned by private air-conditioned vehicles (including airport pick up & see off)
- Meals as indicated in the itinerary
- 3 Internal flights (Yangon – Bagan; Mandalay – Heho; Heho – Yangon)

**Exclusions:**

- Meals and services other than those noted in the itinerary
- Visa fee
- International flights pre/post tour
- Laundry, telephone calls, and personal expenditures
- Gratuities for guides, drivers, porters, boat crew, and personal, non-itinerary services

## Cancellation Policy

- Cancellation received 60 days or more before arrival date: 15% of total rate
- Cancellation received from 30 days to 59 days prior arrival date: 25% of total rate
- Cancellation received from 15 days to 29 days prior arrival date: 50% of total rate
- Cancellation received from 7 days to 14 days prior arrival date: 70% of total rate
- Cancellation received less than 7 days prior arrival date or No show: 100% of total rate

## Children Policy

- For infant (<02 years old): FOC
- 02 – 10 years old without bed: 35% adult rate
- 02 – 10 years old with extra bed: 75% adult rate
- 02 – 10 years old in twin share: 90% adult rate
- from 11 years old: 100% adult rate

## Important Information

### Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call the travel consultant whom you deal with and then our hot line contacts. If for any reason you do not receive an immediate answer, please send us a detailed message and contact information by email to the agent and to [info@indochinatreks.com](mailto:info@indochinatreks.com), we may check and return your call and assist you as soon as possible.

Our all travel consultants use WhatApps. Please ensure that you have the contact number. It's best to buy a local sim-card upon arrival. Most hotels offer free wifi. So it's very easy to contact in urgent case.

Emergency contact numbers

Mr. Kelvin Do: +84 986759655

Ms. Thuy Pham: +84 984654964



## Internal Flights

For all internal flights, we would use Vietnamairlines, Vietjesair, Jestar, Cambodia Angkorair or Laos Airlines. Most domestic flights in Laos, Cambodia and Myanmar, airlines would use small 70 seat ATR72 for short distances. Most airlines in Vietnam use the Airbus A321. 20kg for checkin luggage and 7kg for hand-bag is included in the price.

International flights before/after the tour must be booked by yourself before travelling date.

## Accommodation

We would use different hotel categories and you can select any basing on your budget. So your travel companions would not stay at your hotel. A Hotel Voucher will be provided once your tour is confirmed with all hotel details.

## Packing List

Conservative Dress

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

**Note\*:** Please pack clothing for the season in which you will be travelling. From Dec-Feb weather can be cold, so please pack warm clothing. From May-Nov it is the wet season, so please bring waterproof clothing.

## Documents

- All tickets (required)
- Passport (required) (With photocopies)
- Required visas
- Hotel & Tour Vouchers
- Meeting sign (with your names and flight details that we will use for transfers)

## Airport transfers

All airport transfers are included in the tour price. You should provide us your arrival/departure flight details and we will arrange things basing on the information. A meeting sign with your name and all flight details will be sent to you. Please be ready at the lobby at pointed time for pickup.

Driver/guide should always be present at the airport before your arrival time. If you could not find the driver, please contact your travel consultant who you deal with. For any reason that airport transfer could not be arranged, please take the taxi to the hotel. We will refund the money then.

## Travel insurance

Travel insurance is not included in our tour price. When travelling with us, you are suggested to buy insurance that covers all medical coverage, cancellation, personal liability, curtailment and loss of luggage and personal effects.

### **Trip Specific Safety**

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Be aware that petty theft can be an issue in some towns and cities especially late at night. A common tactic is opportunists on motorbikes that drive by and snatch bags. Please always leave valuables and passports etc in your hotel in safety boxes if available and only carry with you enough cash to spend for the day. Bags should always be carried over the neck and not left to sit on your shoulder.

### **Warming**

Please do not buy gems unless you know what you are doing. Even if genuine you should not expect to be able to sell them at home. If you fall victim to a gem scam, we are unable to assist you.

### **Tipping**

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. Recommendations for tipping drivers and local guides would range from \$3-\$5 USD per person per day depending on the quality and length of the service.

### **Electricity**

Indochina Countries use 220V, and a mixture of flat 2-pin, round 2-pin or 3 pin plugs. It is recommended to bring a universal plug adapter.