



# MYANMAR ACTIVATED

## 10D9N

2020 – November 16<sup>th</sup>

2021 – February 15<sup>th</sup>,

May 17<sup>th</sup>



## ITINERARY &amp; QUOTATION FOR JOIN-IN TRIP

TRAVEL AGENT

BROCHURE

GROUP NAME

02 – 12 PERSONS

NAME OF TOUR

MYANMAR ACTIVATED (10 DAYS/9 NIGHTS)

COUNTRY

MYANMAR

ACTIVITY

BIKING, KAYAKING, TREKKING

ADVENTURE GRADE/FITNESS

MODERATE

ROOM TYPE

TWIN/DOUBLE SHARED

VALIDITY OF PRICE

SEP. 2021

PREPARED BY

Trang Dang (Ms.) – Adventure Travel Consultant

EMERGENCY CONTACT

Adam de Lancey: +84 707 377 285 – Brand Manager





## \*\*ITINERARY OVERVIEW\*\*

**B: BREAKFAST, L: LUNCH, D: DINNER**

Day	Location	Accommodation	Room Category	Meals
Day 1	Yangon Arrival	Merchant Art Boutique hotel	Art Concept	D
Day 2	Yangon	Merchant Art Boutique hotel	Art Concept	B, L
Day 3	Yangon – Heho – Kalaw	Amara Mountain Resort	Deluxe	B, L
Day 4	Kalaw	Amara Mountain Resort	Deluxe	B, L
Day 5	Kalaw – Inle Lake	Mount Inle (Nyaungshwe)	ROH	B, L
Day 6	Inle Lake	Mount Inle (Nyaungshwe)	ROH	B, L
Day 7	Inle Lake – Heho – Bagan	Bagan Umbra Hotel	Deluxe	B, L
Day 8	Bagan – Poppa – “Hands At Lacuerware Work”	Bagan Umbra Hotel	Deluxe	B, L
Day 9	Bagan – Yangon	Best Western China Town	Deluxe	B, L, D
Day 10	Yangon Departure	N/A	N/A	B



Myanmar is a fascinating country of which much of it still remains relatively untouched by outsiders. On this trip you get to visit some of those areas by way of bicycle. You will gain in insight into what life is like as a local and pass through villages with cultural interactions along the way. Kayaking on Inle Lake and a trip on the Yangon circle train line will remain with you as memories for years to come.

### Day 1 – Yangon – On Arrival (Own Tickets/ Flight Details To Be Advised)

#### Optional service: Transfer from airport to hotel:

Upon arrival at **Yangon International Airport**, after collecting your luggage and completing immigration and customs procedures, please proceed to exit and look for “MEETING POINT” which is situated in front of International arrival exit (inside the terminal) where you will find your guide waiting for you, holding a signboard with your name on it. If you cannot locate your guide, please call the emergency number (+95) 9976535660.

*The regular check-in time is at 1400; early check-in is NOT included and subject to availability.*

After checking into your hotel, enjoy an afternoon walk that begins on lower **Pansodan Road**. Our stroll passes through **Bank Street**, which is the legal district of the city. This tour covers the top sites in the central part of the city, including **Sule Pagoda**, **The City Hall**, **The High Court**, and **The Musmeah Yushua Syangogue** – the only synagogue in Myanmar.

#### NOTE:

- *The Musmeah Yushua Syangogue opens from 09:00 AM to 13:00 PM and closes every Sunday and public holiday.*

In the late afternoon, visit to **Shwedagon Pagoda** before the sunset and enjoy the beautiful stupa while it changes golden colour in line with the setting sun. After sightseeing, transfer to your hotel to freshen up.

Welcome dinner at **Padonmar Restaurant**.

#### Meals: Welcome Dinner

**Accommodation: Merchant Art Boutique hotel/ Art Concept**

Address: 67/71 New Yay Tar Shay Street



## Day 2 – Full Day Cycling Yangon

Today we head out into the **Ayerwaddy Delta**, this tour is designed **for cyclists** who want to engage with local people. Passing through **Dala**, along quiet rural roads and rice fields, we stop at the python pagoda. We head on to **Twantay** stopping at **Shwenandaw Pagoda** and the area's famous **pottery village**, before breaking for lunch at a local **waterside restaurant**. We cycle back along Twantay Canal to the River Island, where we board a **local boat** back down the river to central Yangon.

NOTE:

- *The vehicle transfer is only between hotel & cycling meeting point. Support vehicle during the cycling is upon request with surcharge.*

**Cycling distance: 70 km**

**Meals: Breakfast, Lunch**

**Accommodation: Merchant Art Boutique hotel/ Art Concept**

Address: 67/71 New Yay Tar Shay Street

Tel: Fax

## Day 3 – Yangon – Heho by flight – Cycling to Kalaw

Early this morning, our guide will pick you up at your hotel and transfer you to the airport for your flight to **Heho**.

Arrive in Heho Airport, meet with your **cycling guide** at the airport. After a short drive out of the airport and away from town, we'll set off on our bikes and cycle along the back roads to **Kalaw**. We will pass through villages with their cheerful faces of children going to school and stunning views of the valleys along the way. **Kalaw** was a **British Hill Station** in colonial times and is noted for its colonial style buildings. The climate here is cool, which was much more agreeable to the British than that of the humid flatlands. Kalaw is populated by a diverse range of peoples, including Pa Oh, Pa luang hill tribes, and even some descendants of Nepalese Gurkhas have settled here. There will be a lunch stop and break at a local restaurant on the way to **Kalaw**.

Rest and relax at the resort in the late afternoon and evening.



**Cycling distance: 30 km**

**Meals: Breakfast, Lunch**

**Accommodation: The Amara Mountain Resort / Deluxe**

**Add: No.10, Thida Road, 10 Quarter, West Bogone, Kalaw**

**Tel: +95 81 50 331**

**[www.amaragroup.net/mountain/mountain-en](http://www.amaragroup.net/mountain/mountain-en)**

#### **Day 4 – Kalaw – Green Hill Valley Visit**

Full day visit to **Green Hill Valley (GHV), Elephant Sanctuary with Re-Plantation Center**. Green Hill Valley was founded in 2011 by a family with a history of working with elephants in the Myanmar Timber Enterprise. The focus is primarily on providing **care for elephants** that no longer fit to work. Elephants in Green Hill Valley are receiving the veterinary care that they require to enjoy their retirement in full (no riding).

Leaving from resort after the breakfast. We will meet our **GHV trekking guide** at Wet Pyu Ye junction. **Walk to the camp** from the junction. Along the walk, we will have the opportunity to visit the camps re-plantation project. When we reach the river in the jungle, we can see the elephants coming down the river. You have the opportunity to bathe and feed the elephants with their Mahouts. **No riding at GHV**, learning about the behavior, daily routine, lifestyle, relationship between the Mahouts and elephants is our main focus. From the river, we will walk to the elephant village and visitor center. Along the trek, you will have a chance to see butterflies, native birds and native orchids. Lunch will be serviced at the main centre. After the lunch, we will walk back to the main road. The car will be there to transport you back to your hotel in Kalaw.

#### **ALTERNATIVE IN RAINY SEASON: A DAY TRIP TO ELEPHANT HOME**

Morning departure for **Magwe Village** to spend the day visiting the **Green Hill Elephant Camp**, a 60ha (150ac) private preserve. Upon arrival, you will be given a short information session about the camp that is dedicated to protecting the elephants, the local ecology, and the traditions of the local people. We'll take a **short walk to meet the mahouts and their families** who live in the neighboring village before going down to the river where you will **meet the elephants** and have a chance to **interact with them** as they have their daily feed and bath time. **Lunch will be served at the main camp** where the leaders will share more information about their re-plantation project in aid of forest recovery efforts. You are welcome to participate in planting a tree to support this great cause. Explore the diverse forest



area, where there is an opportunity to see butterflies, birds and orchids. Return to the main camp and enjoy the view through the endless valley before driving back to Kalaw.

**In the afternoon, you can choose optional tour as below:**

**Option 1:**

Free and easy at your hotel.

**Option 2:**

Late this afternoon, visit the **Pinmagon monastery** and observe the bamboo strip lacquer Buddha Image. The image is believed to be over 500 years old and measures over 2.5 meters tall. We then, visit the **King's church**, which is a colonial Catholic Church and wander through town to observe the colonial style buildings still standing. Finally, browse through some local shops before heading back to your hotel.

NOTES:

- Start: 09:00 AM
- From 09:00 AM to 02:00 PM included about 2 hours walking time.
- The GHV team goes to great lengths to create programs that will help to protect and preserve their elephants which is why the focus of the program is not on demonstrations or riding related activities on their aged and retired timber elephants.
- Temperatures during summer are rather extreme so the elephants are kept in the shade in the middle of the day. During this time, you will likely not have a chance to interact with them during their normal washing times.
- All safety precautions with the elephants have been taken into account however, we do request you to follow the instruction of our respective escorts who accompany you during your visit.
- Please let the team know if you have any special dietary requirements prior to booking or if you have physical ailments that may prevent you from walking through the camp grounds and elephant village. Anti-malaria precautions have been taken around our camp area however, we recommend to pack some insect repellent as well as sunscreen.
- **Riding is not our focus. We will let you in touch with our elephants as Mahouts during the washing time.**

**Meals: Breakfast, Lunch**

**Accommodation: The Amara Mountain Resort / Deluxe**



**Add: No.10, Thida Road, 10 Quarter, West Bogone, Kalaw**

**Tel: +95 81 50 331**

**[www.amaragroup.net/mountain/mountain-en](http://www.amaragroup.net/mountain/mountain-en)**

### Day 5 – Kalaw – Inle Lake Cycling

We will transfer halfway between **Kalaw** to **Inle Lake**. The drive will pass thru **Aung Ban**. Today's cycling will be along quiet back roads which climb and fall before beginning a long sweeping descent to bring us down to the western side of **Inle Lake**. In places this is quite a **challenging ride**, but with some lovely views. There will be a lunch stop and break at a local restaurant on the way. Our ride will finish at **Indein** where you will board the **long tail boat** and transfer to your hotel in **Inle Lake**.

If you complete the whole ride, it's really rewarding to see the beautiful Inle Lake awaiting in the valley ahead of you.

**Cycling distance: 50 km**

**Difficulty: Moderate/ Challenging**

**Meals: Breakfast, Lunch**

**Accommodation: Mount Inle (Nyaung Shwe) / ROH**

**Add: No. (5) Yone Gyi Street, Nyaung Shwe Township**

**Tel: (+95) 969756779**

**[www.mountinlehotel.com](http://www.mountinlehotel.com)**

### Day 6 – Inle Lake Full Day Cycling, Boat & Kayaking

Inle Lake is a mountainous lake located in the **Southern Shan State** surround by Shan Hills. **Nyaung Shwe town**, north of the lake, is the main starting point to go to **Inle Lake by boat**. Discover twenty villages of the **Intha tribe** who live on the water in stilt houses, along the lake shore explore the daily life of native people and **find natural beauty in the mountains by bike**. After breakfast, a local guide will meet with you at your hotel and transfer to Nyaungshwe at around 7:45 am. We begin cycling to the local villages and the countryside. After passing through a town, you will see the **local life**, spotting water buffalo, farmers and people on boats going about their daily business along the way. Cycle through bamboo forests and along the edges of fields full of crops and flowers. Take the chance to stop for some great pictures along the way. After cycling a few hours, you will reach **Khaung Daing Village** and from there you will take a ride through the village, going from house to house seeing; medieval bread kilns, tofu



production, rice wine distilling, rice cracker drying and maybe some bright red chilies being bagged up for market. Your cycling trip will end at **Khaung Daing Village** where we then start our **boat trip**, we will see floating gardens, seasonal vegetables and more at local spots. Later we arrive at one of the local village where we will start our cycling again. Bike along trails seeing rice paddies, local homes and lives. After cycling one hour, return back to the jetty where our boat is waiting for you. Lunch is at a local Shan House.

You can **enjoy local food** which is cooked by native villagers. After lunch a local boat will take you to prepare to **go kayaking**. Our kayak journey begins passing by villages, floating tomato gardens and across a stretch of open lake. At the end of the trip, return back to our boat and transfer to your hotel.

## NOTES

- Suggested time: 07:00
- Approx. Duration: 8 hours
- Venue location: 15 minutes' drive from downtown
- Distance: 40 Km
- In the raining season from May to September, the trip may cancel on the spot if it is heavy raining on your travel date, the program may change depending on the weather condition.
- We recommend to bring a wind breaker or jacket and also rain coat as the weather up in the hills can be quite cool and that can be rain in the raining season.

**Meals: Breakfast, Lunch**

**Accommodation: Mount Inle (Nyaung Shwe) / ROH**

## Day 7 – Inle Lake – Heho – Bagan by Flight

Transfer back to **Heho** and fly to **Bagan**. Upon arrival, transfer to your hotel for check in. After check-in, start your **full day Bagan sightseeing** by way of a **horse & cart** in the morning and an **e-bike** in the afternoon.

The **ancient city of Bagan**, formerly known as Pagan, was the capital of several ancient Burmese Kingdoms. Approximately 2,200 of the originally 4,400 temples remain standing in Bagan. Start your day with a visit to the **Htilominlo Pagoda by horse cart**, famed for its original fine plaster carving and glazed sandstone decoration which are remarkably well preserved. The temple stands 46 meters high and houses four Buddhas on the lower and upper floors. Continue the journey at **Myinkaba Village** to visit



**Gugyaukgyi Temple** which is noted for its beautiful mural painting on its inner walls and well-preserved plaster carvings on its exterior. Have **lunch at a local restaurant**. Then, return to your hotel for some rest.

**Around 2:00 PM**, we will **e-bike throughout the temple plain of Bagan** and its countryside. Using the network of small tracks and trails, wind through the plains. This section of Bagan is difficult to reach by car and thus we seem to have it all to ourselves. A snack break in the shade of an ancient pagoda gives us a chance to refuel before continuing our exploration across the temple plain. Although the monuments we pass are not as well-renowned, the route exposes the grand scale of Bagan and sheer number of pagodas. The tour concludes with **private sunset boat ride** on the **Irrawaddy River**. Board the boat in the early evening and cruise out to the middle of the water where a panorama of temples comes into view. Relax with **cocktail and fabulous snacks** and watch the sun cast its last rays upon brilliant Bagan.

We drive back to the hotel after the cruise.

#### NOTES:

- Suggested time : 09:30 – 18:30
- Duration : 9 hours
- Morning sightseeing with horse cart
- 15 km cycling for afternoon tour

#### **Meals: Breakfast, Lunch**

**Accommodation: Bagan Umbra Hotel / Deluxe**

**Add: Lanmadaw 3 Rd, Nyaung-U 05231**

**Tel: +95 9 256 016 382**

**[www.baganumbrahotel.com](http://www.baganumbrahotel.com)**

#### **Day 8 – Bagan to Popa by cycling – “Hands At Lacquerware Work”**

To avoid the heat we begin the day early (at about 7:00 am) and ride from **Old Bagan** to **New Bagan** before venturing off road onto sandy trails that will take us deep into the Bagan countryside, through villages that rarely see tourists. After a stop to taste locally-produced wild honey, we will return to a sealed road that will take us to a **Palm Toddy Plantation**. Here you will see production methods which have unchanged for centuries. A car transfer from here will be welcomed as we make the steep climb up to the lovely **Popa Mountain Resort** for lunch. Enjoy the views from its infinity pool perched on the edge of the mountain overlooking the **Taung Kalat Temple**. In the afternoon, you will have the option



to visit this temple and hear the stories of the 37 Nat Spirits who call this place home. Afterwards you will return to your bike for an exhilarating, sweeping downhill ride to **Kyaukpadaung**. We stop and visit the produce market and take a snack stop at a local **tea house**.

The original of Myanmar **Lacquerware** come from Bagan in 12th century. Indeed, one of the oldest lacquers was found in the Mingalazedi, built in 13th century. Without visit to Lacquerware shop in Bagan, discovering of Myanmar arts and crafts won't be completed. Visit the **lacquerware workshop** and production in Bagan for **hands on learning**. The production of lacquerware involved many different steps included weaving bamboo, chiseling, applying thick layer of sawdust mixture, pressing & polishing, engraving with high level of concentration, painting, different steps of washing, dry storing under the ground without sunlight and etc. The master of the Lacquerware shop will provide you the lecture on lacquerware history, step by step making with the sample items of each steps until the final perfect item ready to sale. Participate in some of the easy steps of hands on lacquerware at the workshop. You are welcome to take the items you made at the workshop to bring home.

#### NOTES:

- Suggested time : 07:00 AM – 07:00 PM
- Duration : 12 hours
- 50 kms cycling

**Meals: Breakfast, Lunch**

**Accommodation: Bagan Umbra Hotel / Deluxe**

#### **Day 9 – Bagan – Flight to Yangon**

Breakfast at your hotel. Transfer to Bagan airport and fly back to **Yangon**. Arrival Yangon, transfer to your hotel for check in. After check in, transfer to **Yangon railway station** for a truly fascinating trip on the **Yangon circle train**.

Board a local train in Yangon that runs on a **loop from the main railway station** through various neighborhoods. Observe the colorful life outside of the city center and strike up a conversation with the locals on board. There is no air conditioning and practically anything from market wares to household items are being transported on board, making the ride even more authentic and interesting. The total ride takes around two hours and your guide is on hand if you would like to ask any



questions or have a chat with your fellow passengers. Return to Yangon city centre by car. Lunch at local restaurant.

Afterward, visit the **Bogyoke Market** then head to the **Indian quarter** for a different view of the city. Then, visit to **National Museum** before a farewell dinner at **Padonmar Restaurant**.

NOTE:

- *The National Museum & Bogyoke Scott Market are closed on Mondays & public holidays.*

**Meals: Breakfast, Lunch, Farewell Dinner**

**Accommodation: Best Western China Town Hotel / Deluxe**

**Add: 127/137, Anawrahta Road, Corner of Lanmadaw Street and, Anawrahta Road, Downtown Area, Latha Township, Yangon 11131**

**Tel: +95 1 251 080**

**[www.chinatownhotelyangon.com](http://www.chinatownhotelyangon.com)**

## Day 10 – Departure

After breakfast, free time at leisure. Kindly note that check-out time standard is at 12:00.

**Optional service:** Transfer out from hotel to airport for your onward flights.

**Meals: Breakfast**

**\*\*\* END OF SERVICES \*\*\***

**HAVE AN AMAZING ADVENTURE WITH INDOTREK**



## PRICE IS QUOTED IN USD PER PERSON BASED ON A TWIN SHARED BASIS

Please note this proposal is a quote only.

The tour price is included hotel tax and hotel service charges.

(Please note this price may vary due to changes in activities, hotels, and other unexpected contingencies)

<b>PRICE PER PERSON</b>	<b>USD 3,075</b>
<b>Single room supplement</b>	<b>USD 484</b>



## INCLUSIONS

- ☑ Experienced English speaking local guides throughout.
- ☑ Private transportation by air-conditioned vehicle for transfer.
- ☑ Bicycle rental and helmet for cycling days.
- ☑ Boat at Inle Lake, e-bike, and horse cart in Bagan.
- ☑ Meals as mentioned in the itinerary.
- ☑ Bottled drinking water for sightseeing and cycling days
- ☑ All sightseeing entrance fees where required in the itinerary.
- ☑ Mechanic support from 07 pax up.
- ☑ Accommodation in twin/ double shared room in hotel with daily breakfast.
- ☑ Domestic airfares Yangon – Heho, Heho – Nyaung U, Bagan – Yangon, Economy class with airport tax.
- ☑ Basic first aid kit.

## EXCLUSIONS

- ☑ International flight **to /from Myanmar.**
- ☑ Compulsory Xmas and New Year Eve dinner.
- ☑ Airport assistance service.
- ☑ Separate luggage truck.
- ☑ Myanmar visa.
- ☑ Travel Insurance. We highly recommend purchasing travel insurance from home.
- ☑ Personal expenditure (telephone, laundry, shopping and so on...)
- ☑ Tips for guide, driver, porters. We recommend 5 USD/person/day for guide, 3 USD/person/day for driver and 3 USD/person/hotel when you check in/out. This is for guidance only.
- ☑ Beverage and alcoholic drinks.
- ☑ Any other services not clearly mentioned on itinerary and trip inclusive portion.

## NOTES

- ☑ There is surcharge for travelling on Lunar New Year, Christmas, regional New Year, Tet and other public holidays throughout the region please check with your consultant for date confirmation.
- ☑ Please note that this proposed itinerary is subject to availability. We will only proceed with all reservations upon receiving your written confirmation. We recommend your confirmation as early as possible to.



- ▣ Flight times and the daily order of sightseeing are subject to change.
- ▣ Transfer times are approximate and subject to local conditions at the time of travel.
- ▣ BUDDHA IMAGES IN MYANMAR: Myanmar government has recently become strict about the import/export of Buddha statues and images and also the use of images of the Buddha as tattoos or other decoration. We would like to inform all travelers in Myanmar to exercise caution with regards to displaying the Buddha image and not to openly display a tattoo of the Buddha or any clothing with the Buddha image. Likewise, do not attempt to take antique Buddha images out of the country without proper documentation and permission.
- ▣ All flight times are local.
- ▣ All cycling and trekking/walking distances displayed are approximate and subject to the guests' ability and availability of the route, the guide will use his discretion to ensure safety and comfort for all participants.
- ▣ VISA: Please ensure your passport is valid more than 6 months from the date of return for every country you are visiting. Please also ensure there is sufficient space in your passport to allow for all immigration procedures, taking note that some South East Asian countries take up a full page for the visa sticker and need yet more space on a separate page for entry & exist stamps.
- ▣ According to the official requirements from the Myanmar immigration authority, visitors to Myanmar who have a Myanmar embassy in their home country are required to obtain a tourist visa from that embassy. An e-visa is now also available for Myanmar. Please check here, if it is available for yourselves: <http://evisa.moip.gov.mm/NoticetoTourists.aspx> or please refer to the details from our comprehensive Myanmar Pre-departure Information document.
- ▣ All Destinations: Our guides are briefed not to promote or recommend any specific shopping outlets, curio stores, gem factories or outlets. INDOTREK operates a strict policy on this matter. Should your guide recommend any form of shopping or any other commercial activity outside of what may have been included in this itinerary, INDOTREK can accept no responsibility should you decide to accept any such recommendations.

### DISCLAIMER

Hotels and services in the itinerary are proposed for your review only. We will book services once we receive your official booking requirement and payment. Booking status will be advised afterward. In



case we cannot book hotel as we initially proposed due to their unavailability, we will choose a similar hotel in the same category and discuss with you for your final approval as the price may change.

Hotel check out is normally 12:00pm but sometimes earlier. Check in is after 14:00pm. Early check in and late checkout is subject to availability only.

Although it is our intention to operate the itinerary as detailed in the proposal, we cannot be held responsible for any last minute changes made as a result of climatic conditions, alterations to flight schedules or other operational factors.

**Singles Joining** – If you are joining a trip as a solo traveler please add the single supplement to the trip price. If you are willing to share a room please let us know and we will do our best to find someone for you to share with, we will inform you before finalizing the final payment of the trip.

### **BOOKING AND PAYING FOR YOUR HOLIDAY**

A non-refundable deposit of 30% of total trip cost per person is required to confirm your tour. Please note that the full balance, as indicated on our confirmation which will be sent to you, is due 45 days before your departure date. If you are booking within 45 days of your departure date the full amount is due when booking. Failure to pay by the due date could be considered as a cancellation on your part and we reserve the right to impose cancellation charges as detailed below (These are default conditions unless you have a predetermined, overriding agreement with us)

### **CANCELLATION CHARGES**

Notice of cancellation of your holiday by you once it has been confirmed must be in writing to us. Cancellation charges will be calculated from the date we receive written notice of cancellation. Any amendment charges that arose before the cancellation, and any deposits paid for any pre-booked items or services will still be payable.

If we cancel your holiday you will receive a full refund of all monies paid to us.

Deposits are non-refundable.

Land & internal air cancellation fees apply.

In addition cancellation fees per person/ per trip.



Days prior to Departure

45 or more	Deposit
30 – 44	50% of total tour cost
21 – 29	75% of total tour cost
0 – 20	100% of total tour cost