

## Myanmar/Burma

**Untouched nature and mystic temples. Myanmar is still a secret hint by bike. Cars are still rare. Beside bikes, oxcarts are an important mean of transportation. Myanmar enchant with its incomparable charm. Highlights are the Pagodas in Bagan, the impressive knowledge of the one-leg-fishers on the lake Inle and the religious culture, which will accompany us on the entire trip. Colorful markets call for a stroll and locals show us their everyday business while we are discovering breathtaking landscape by bike.**

### Day 1

Outbound flight via Bangkok to Myanmar.

### Day 2 Yangon/Rangun

Arrival in Yangon in the morning. After a short stop at the hotel, we will start to discover our first Pagoda Shwedagon. It is one of the most important sacred buildings of the country. We will visit the biggest lying statue of Buddha in the Chauk-Htat-Gyi Pagoda. Afterwards we will turn a round through the Mahabandoola Park and Chinatown.

### Day 3 Heho - Kalaw 34 km

To avoid bigger mountain section, we will fly above them to get to Heho. The surrounding is hilly as well, but this is it what makes the charm of the area. Here we can admire the beautiful view on the way to Kalaw. Kalaw is unique with a lot of houses in the colonial style. They were built by the Brits as a summit station. Now it is time for a relaxed city tour.

### Day 4 Kalaw – Pindaya 52 km

Kalaw is known for its wonderful morning market. Therefore will visit the market before we cycle towards Pindaya. A small curvy road, in a breathtaking surrounding brings us to Pindaya. Pindaya is coined by an interesting cave system, in which we can find 800 golden Buddha statues. The impressive Pagoda Shwe U-Min is located at its entrance.

### Day 5 Aungpan – Lake Inle 55 km

Today we have a short transfer before hopping on the bikes. Here we will meet a producer of paper umbrellas, a family business. We are now in the State of Shan, home of many ethnic minorities. Colorful garbs distinguish the diverse ethnic people. Afterwards we will cycle through a wonderful landscape to Nyaung Shwe, a small village at the northern end of the lake Inle.

### Day 6 Lake Inle by bike 45 km

We start our trip in Nyaung Shwe. Here we will meet members of the Shan, Pan-O, Danu and other folks. We are welcomed everywhere with our bikes. On the west coast of the lake, our path leads us beside the hot sources. Now we are ready for the adventures lake crossing. Bike and cyclist will be transferred to the east coast.

### Day 7 Lake Inle by boat

The Lake Inle is 22 km long, 11 km broad and 900 m above the sea level. Around the lake there are approximately 100 monasteries and 200 villages located. Their inhabitants are members of the Intha-tribe. The atmosphere of the lake in the morning is just stunning. Through and beside stilt houses we arrive at the swimming markets and witness busy activities. With trained strokes the one leg rowers slide through the water. Pagodas line the lakeside and appear very mystical.

### Day 8 Mandalay

Transfer to the airport in Heho and fly to Mandalay. This day will be one of the cultural highlights of this trip for sure. We visit the fascinating monastery of Shwenandaw. It is entirely built out of teakwood and underlines the beauty of the ancient kings' palace. We are not far away from the Pagoda of Kuthodaw. There we can probably find the biggest book on earth, this time out of marble! We can have a look at the artisan of flimsy golden tailings (they are covering the five Buddha statues). This is a great occasion to let the day fade away pleasantly.

### Day 9 Mandalay – Sagaing 47 km

A stunning day of cycling, which will lead us first to Amarapura. The 1,2 km long U Bein Bridge, out of teakwood is already 200 years old. Silk and cotton were always an important trade for Myanmar, here we can have a look, how it is produced. The new capital of the ancient kingdom Ava, Inwa, is the destination of today's trip. Here we will explore the city by boat, bike and foot. Along the river Irrawady and beside monasteries and the Nanmyint watchtower we will reach Sagaing. With its 600 ivory-colored Pagodas and monasteries, it is seen as the spiritual center of Myanmar.

**Day 10 Monywa 51 km**  
Today we will cycle to Monywa. Of course we will not miss to visit the desert region of central Myanmar. Cars are very rare here. The oxcarts are much more common in this area. On the way to the provincial capital Monywa we will see several sights such as the Pagoda of the Pagoda of Thanboddhe with more than 500.000 pictures of Buddha or the Pagoda of Boddhi-Tataung with its 90m long lying Buddha. (2 nights)

**Day 11 Pho-Win-Mountains 30 km**  
After breakfast we will transfer the Chindwin River by ferry. From thereon we will cycle to the Pho-Win-mountains. There we can see several of the sandstone-cave which occurred naturally. In these caves we will explore Buddha statues and mural art, which are date to the 17th and 18th century, some of them are even from the 14th to 16th century.

**Day 12 Bagan 55 km**  
Short transfer to Ma Au where our tour begins. We cycle towards the south on a low frequented street. We continue through the rice-growing area along the Chindwin-River to the harbor town Pakokku. On the road we will stop at one of the oldest crested teakwood-monasteries of the country. We will continue by boat on the river Irrawaddy further to Bagan. Here we are admiring the sun set from the boat – just break taking! (3 nights)

**Day 13 Bagan 20 km**  
The local rulers created a field of Pagodas in Bagan between the 11th and the 13th century - with giant magnitude. From the former 6.000 Pagodas it remains around 2.000. Several of them we are visiting by bike today: the Ananda-Temple, the Dhammayangyi-Temple and the Dhammayazaka. The village Phwa Saw with its rattan-houses is worth a visit. We continue the trip by bike towards the Shwezigon-Pagoda, which was created as a religious shrine in the early 11th century by king Anawrahta. In the afternoon we can visit further temples which are partially under the protection of the UNESCO.

**Day 14 Mt. Popa 42 km**  
Today's program is our last cycling stage? It will lead us to the holy mountain of Popa. The dead volcano is regarded as one of the holiest places in Myanmar. According to Buddhist tradition 37 "Nats" (guardian spirits) are located here. We admire the panoramic view! Transfer to Bagan.

**Day 15 Flight to Yangon/Rangun**  
By airplane we get back to Yangon/Rangun. Here we have a free day and you can benefit on the markets and by some souvenirs or visit some sights. (1 night)

**Day 16 Bye-Bye Myanmar**  
Transfer to the airport of and flight towards Germany.

**Day 17: Welcome back home**

## Guided Cycling Trip 17 Days / 16 Nights

**Route Characteristic:** ●●● - ●●●●

Mostly on side roads and farm lanes through partial flat areas up to hilly terrain.

**Dates :** 02.03. – 18.03.2018  
02.11. – 18.11.2018  
15.02. - 03.03.2019\*

Price per Person	Euro
Double Room	3.282,00
Single Room	3.842,00

**Minimum: 10 Maximum: 22**

### Following services are included:

- Flight with Thai Airways from/to Frankfurt to Yangon/Rangun
- Domestic flight from Yangon/Rangun to Heho
- Domestic flight from Heho to Mandalay
- Domestic flight from Bagan to Yangon/Rangun
- 15 accommodations in 3\*/4\* hotels, mostly with AC
- everyday breakfast
- 2 x dinner
- Drinking Water on Cycling days
- FRANCE A VELO guide
- local guide (English speaking)
- 1 support van for the whole trip
- all transfers by boat
- all transfers by minibus
- all entrance prices
- 21-gear-mountainbike
- maps

**\* Season supplement 90,00 €**

*The price is not covering the visa costs of 25,00 US\$.  
The weather in the north, middle and south is very different. The best travel time is between November and May. The temperature is between 20 and 35°.*