

All about Myanmar Tour

(Yangon – Mandalay – Amapura – Mingun – Sagaing – Popa – Bagan – Kalaw – Inle Lake – Ngapali)

Itinerary Overview

Day	Destination	Meals
Day 1	YANGON ARRIVAL	/
Day 2	YANGON SIGHTSEEING	B/L
Day 3	YANGON – MANDALAY – AVA – SAGAING	B
Day 4	MANDALAY CITY & MINGUN	B
Day 5	MANDALAY – POPA	B
Day 6	POPA – BAGAN	B
Day 7	BAGAN – HEHO – KALAW BY MORNING FLIGHT	B
Day 8	KAWLAW – INLE LAKE – BOAT TOUR	B
Day 9	INLE LAKE - INDEIN	B
Day 10	INLE LAKE – NGAPALI BEACH	B
Day 11 & 12	NGAPALI BEACH – FREE	B
Day 13	NGAPALI – YANGON	B
Day 14	YANGON - DEPARTURE	B

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

Detailed Itinerary

Day 1 YANGON - ARRIVAL

Upon your arrival at the airport, our tour guide will pick you up and transfer you to the hotel for check-in. The rest of the day is free for you to explore the city.

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 - SIGHTSEEING

After breakfast, pickup for full day city tour. You also have the option to visit Kandawgyi Lake and surrounding area, which offers numerous photo opportunities. You will visit Sule Pagoda (located on a roundabout in downtown Yangon, Yangon City Hall (featuring classic Myanmar architectural design), the High Court (noted for its British colonial architecture, including its clock tower and its red-bricked exterior). Next, you'll visit Chauk Htat Gyi Pagoda, built in 1966 and famous for its huge image of the Reclining Buddha, which replaced the older image built in 1907.

After lunch, you can go shopping in the Bogyoke market (formerly "Scott market") where you can get a wide range of Myanmar handicrafts, jewelry, fabrics, lacquer ware and so on. You can also visit [China town](#) markets selling fresh fruits, flowers and local delicacies. In late afternoon, you will enjoy sunset at the famous Shwedagone Pagoda. Its massive bell-shaped golden spires are plated with 60 tons of gold, while the tip of the stupa is inset with diamonds, rubies, sapphires and topaz. You'll have a restful overnight in Yangon

Meal: Breakfast/Lunch

Accommodation: Hotel in Yangon

Day 3 YANGON – MANDALAY – AVA - SAGAING

After breakfast at hotel, transfer to the airport for morning flight to Mandalay. Upon arrival, visit to the 18th century capital, Amarapura. Attend the daily meal of over thousand monks at the country's largest

monastery (if time permits); 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. Overnight in Mandalay.

Meal: Breakfast

Accommodation: Hotel in Mandalay

Day 4 **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 5 MANDALAY - POPA

After breakfast, the day begins with a visit to the Jade Market and then drive to Mt. Popa about 4 hours by car and stop on the way to visit village and walk for half an hour. On arrival excursion to the village of Mt. Popa. Tour highlights: toddy palm groves and jaggery cottage industry; Kyaukpadaung Market; Popa Village; and the famous Popa Taung Kalat, a tower-like volcanic plug lying on the south-western slope of Mt. Popa. Before sunset, you will reach to Popa Mountain Resort and stop the car in the medic herbal garden. Go to the point view and then start walking for about 25 minutes all the way to the resort. Overnight in Popa Mountain.

Meal: Breakfast

Accommodation: Hotel in Hotel in Popa

Day 6 POPA - BAGAN

After Breakfast at hotel, you will drive to Bagan stop on the way to visit village. Today sightseeing features the colourful Nyaung Oo Market, the Shwezigon Pagoda and its magnificent golden stupa, Wetkyi-Inn, a cave temple with exquisite jatakas murals paintings and the elegant Htilominlo Temple noted for its fine plaster carvings and glazed sandstone decorations.

In the afternoon, visit Ananda, an architectural masterpiece of the early-style temple with two original standing Buddha images show facial expression change depending on the distance the statue is viewed from. The Ananda Okyaung is one of the few surviving brick monasteries from the early Bagan period and the next temple to be visited, Thatbyinnyu, is the highest in Bagan, rising to 61 meters. End the day with a horse and carriage tour among the temples passing by the traditional village of Taungbi, Sulamani Temple and the massive Dhammayangyi Temple noted for its remarkable brickwork. End the day with a enjoy sunset at some nice area where available places, one of the ancient temples in Bagan or at view mount area. After sunset return to hotel. Overnight in Bagan.

Meal: Breakfast

Accommodation: Hotel in Bagan

Day 7 BAGAN – HEHO – KALAW BY MORNING FLIGHT

After breakfast at the hotel, you will transfer airport for a flight to Heho. Since arrive Heho airport your guide and car will welcome. Then enjoy a scenic drive to Kalaw, from there you will visit to the some village and the main attractions of Kalaw are the town itself, with its mock-Tudor colonial bungalows, its ethnic mix of people, and its setting within trekking distance of many ethnic minority villages. Kalaw

is made up of a mixture of Shan, Palaung, Burman, Indian and Nepalese people. Many speak English well, having been taught in mission schools or by fluent parents. About 60,000 Palaung people inhabit the Plateau area. Return to hotel and overnight in Kalaw.

Meal: Breakfast

Accommodation: Hotel in Kawlaw

Day 8 KAWLAW – INLE LAKE – BOAT TOUR

After breakfast at the hotel, From Kalaw , drive leads to Nyaung Shwe, the gateway village to Inle Lake. Along the way, stop at the wooden Shwe Yan Pyay Monastery which features beautiful carvings and a collection of Buddha images.

Upon reaching the edges of Inle Lake, board a private motorboat to head out to Inle Lake, one of Myanmar's most spectacular sights. Pass villages built on stilts over the lake, inhabited by the local Intha people. Observe the leg-rowing fishermen and see their floating gardens built up from strips of water hyacinth and mud and anchored to the bottom with bamboo poles. Visit Nga Hpe Chaung Monastery, which houses dozens of Shan Buddha Images, but is more famous for its unique 'jumping cats' who jump through hoops in the air! Continue to Phaung Daw Oo Pagoda, the lake's main sanctuary, which contains five sacred Buddha images covered in gold leaf. Explore the local crafts of Inle Lake with a stop at the weaving village of Inpawkhone and a cheroot factory, where the typical Burmese cigars are made by hand. If time permits, there may be time to enjoy a short walk through one of the lakeside villages. Overnight on Inle Lake.

Meal: Breakfast

Accommodation: Hotel in Inle Lake

Day 9 INLE LAKE - INDEIN

After breakfast, visit the lake's morning market. The market rotates its location around the lake's villages in a 5 day rhythm and is visited by lake inhabitants and surrounding hill tribes who come to sell and trade their wares. (Note: market is daily except on dark moon day and full moon day). From the middle of the lake, continue down a small canal leading to the Pa-oh village of Indein. Explore the area on foot, strolling around the village, visiting a local school, and wander through the beautiful Alaung Sitthou area. Alaung Sitthou is filled with picturesque ancient stupas and has magnificent views of the lake below.

Meal: Breakfast

Accommodation: Hotel in Inle Lake

Day 10 INLE LAKE – NGAPALI BEACH

After breakfast at the hotel, you will leisure at hotel before transferring airport to Heho airport for your flight to Thandwe (Ngapali beach). On arrival, transfer from Thandwe airport to Ngapali Beach 20 minutes away. Here, in the Bay of Bengal you will find the beautiful beach of Ngapali with its charming fishing village and coconut trees. Relax on the most famous beach form Myanmar, or for the more active, enjoy various sports such as snorkeling, surfing, golf or cycling.

Meal: Breakfast

Accommodation: Hotel in Ngapali

Day 11&12 NGAPALI BEACH - FREE

Enjoy free days to relax at nice hotel/resort in Ngapali

Meal: Breakfast

Accommodation: Hotel in Ngapali

Day 13 NGAPALI - YANGON

Enjoy free days to relax till airport transfer for the flight to Yangon. Transfer to the hotel upon arrival. Free to explore Yangon.

Meal: Breakfast

Accommodation: Hotel in Yangon

Day 14 YANGON - DEPARTURE

Free and easy for personal activities till airport transfer for your departure flight. 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
- 4 Internal flights (Yangon – Mandalay, Bagan – Heho – Thandwe – 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, 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.