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Sorry! There are no remaining departures for "Cycle Myanmar" (ABCA), [but here are some similar trips](#).



Cycle Myanmar

13 days, Yangon to Yangon

Trip code ABCA

What's included

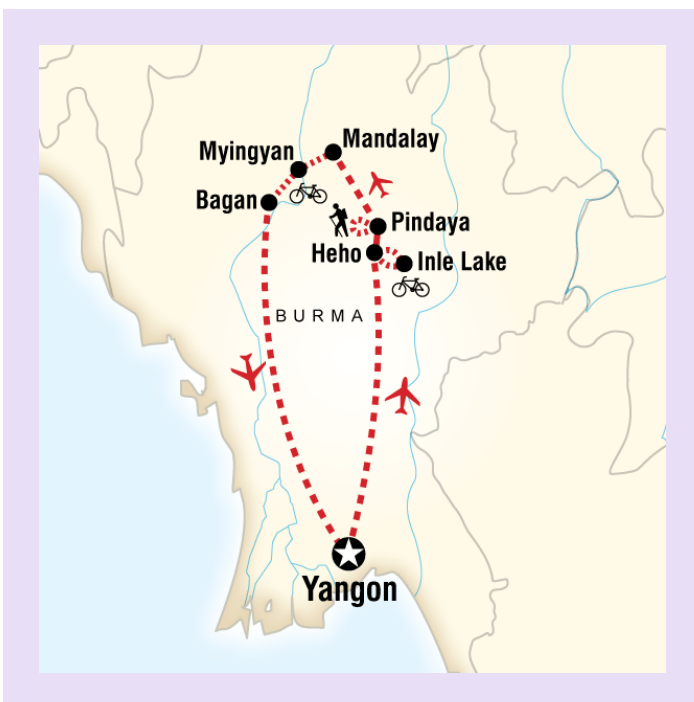
- Your Welcome Moment: Meet Your CEO and Group
- All cycling activities and entrance fees as mentioned in the itinerary

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing January 1st, 2015 - September 9th, 2015

Itinerary



NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

Yangon

Arrive at any time.

Arrive at anytime today. Today is arrival day so there are no activities planned. You are free to relax and explore the city. Please try to arrive before 6pm for an important group meeting where you can meet the Chief Experience Officer (CEO) and other group members. Following this, enjoy an optional group dinner where you can sample some of the local cuisine.

Please note that most nationalities require a visa to enter Myanmar (Burma); please double check this with your travel agent or local Myanmar Embassy prior to your arrival.



Today's Activities

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Day 2

Yangon/Nyaungshwe

Fly to Heho and transfer the short distance to Nyaung Shwe. This town is the gateway to Inle Lake and its many attractions. In the afternoon, enjoy free time to explore Nyaung Shwe.

Leave Yangon this morning and fly north to Heho. From here, travel by road a further 1 hr to Nyaung Shwe, the gateway village to Inle Lake. Take the rest of the day to explore Nyaung Shwe. Wander the numerous side streets, stupas, and restaurants around the town.



Meals included

Breakfast



Today's Activities

Plane

Yangon - Heho

1h

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Private Vehicle

Heho - Nyaungshwe

45m

Settle in and scan the scenery from the convenience of a private vehicle.

Free Time

Nyaungshwe

Explore the many shops, restaurants, and stupas in this charming town.

Day 3

Nyaungshwe/Inle Lake

Visit Inle Lake by bike and boat. Cycle around the lake and stop for lunch with a local Intha family during the ride.

Bike out to Inle Lake today, your first experience of cycling around Myanmar (Burma). First, take a boat down the canal to Inle Lake. Pass villages built on stilts over the water, 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.

In the afternoon, cycle around the lake itself. Stop for lunch with a local Intha family and admire the views across the lake as we follow the road past paddy fields and tiny villages.



Meals included

Breakfast



Today's Activities

Cycling

Nyaungshwe - Inle Lake

3h-4h

30km

Cycle around Inle Lake. Stop for lunch with a local Intha family and admire the views across the lake as we follow the road past paddy fields and tiny villages along the cycle. The cycling here is relatively flat and the area is peaceful, so enjoy yourself. See the famous leg rowing fisherman, silk weaving and entire communities that exist on the lake. Depending on the rotation, there might be a chance to see the revolving market which sets up in a different location every week.

Day 4

Heho/Pindaya

Cycle through rolling hills to the village of Pindaya, before heading out into the countryside and exploring the surrounding trails.

After a short ride to Heho, enjoy a ride out to the village of Pindaya, set in a picturesque valley. Once here, enjoy the routes around the village, exploring country tracks on two wheels. Discover the myths and legends around the area.



Meals included

Breakfast



Today's Activities

Private Vehicle

Nyaungshwe - Heho

1h

30km

Settle in and scan the scenery from the convenience of a private vehicle.

Pindaya Cycling

Heho - Pindaya

3h-4h

35km

Cycle to Pindaya, a small town in a picturesque valley. Ride through rolling hills on the way to the town. On arrival, cycle the narrow trails around the town and visit the Golden Cave, home to a legend involving a Giant Spider and a handsome prince.

Day 5

Pindaya

Begin an overnight hike up through the hills around Pindaya. Visit the magnificent Pindaya Caves, set in a limestone ridge overlooking a picturesque lake, where over 8,000 images of Buddha are on display.

Hike up among the caves surrounding the village of Pindaya. Passing the Shwe U Min Paya pagoda, the 152.4m (500 ft) caves are filled with thousands of images of Buddha, many dating back centuries. These images are made in a variety of materials, from cement to marble. Keep an eye out for monks in prayer, even in the smaller caves.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Pindaya Hills Hike

Pindaya

4h-5h

10km

This morning, pull on your hiking boots and head up into the hills. Trek through friendly villages and incredible scenery around Pindaya. The hill tribes and monasteries in the area are breathtaking and make the climb worthwhile. Visit the magnificent Pindaya Caves, set in a limestone ridge overlooking a picturesque lake. Look at the over 8,000 different types of images of Buddha on display here.

Day 6

Pindaya/Mandalay

Wake up among the hills and enjoy the sights and sounds of village life. Hike through friendly villages and incredible scenery around Pindaya before transferring to Mandalay.

Hike through friendly villages and enjoy the view. The scenery around the hills is spectacular and is among the best in Myanmar (Burma). Transfer to Mandalay.



Meals included

Breakfast | Lunch



Today's Activities

Pindaya Hills Hike Day 2

Pindaya

3h-4h

Wake to the sounds of the village coming to life before enjoying a half day hike returning back to Pindaya.

Plane

Heho - Mandalay

1h

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Private Vehicle

Pindaya - Heho

1h

40km

Settle in and scan the scenery from the convenience of a private vehicle.

Day 7

Mandalay

Day 7 is free to explore Mandalay's ancient temples and other beautiful sites, such as the Golden Monastery.

Discover the history and culture of Mandalay. Start at the base of Mandalay Hill and visit Shwe Nandaw Kyuang (Golden Palace Monastery), which is noted for its intricate wood carvings, and Kayuk Taw Gyi Pagoda to view the massive marble Buddha. Finally, check out Kuthodaw Pagoda, home to 'the world's largest book', a collection of more than 700 marble slabs inscribed with Buddhist teachings. Continue to Mahamuni Pagoda, with its 3.8m (12.5 ft) tall Buddha image, which is covered with so much gold leaf that it has a lumpy appearance. Check out some of the craft shops in the area. In the late afternoon, head to Mandalay Hill to walk (or take the lift) to the top for gorgeous views over the city, countryside, and Irrawaddy River.



Meals included

Breakfast



Today's Activities

Free Time

Mandalay

Your trip is just that – yours. Want to linger at the market or grab a table at that cozy café? Consider it done. We give your trip structure and direction, but you decide what you want to do today.



Optional Activities - Day 7

Kuthodaw Pagoda Visit

Mandalay Hill - Mandalay

Visit this stunning pagoda with its gold and white buildings in a traditional Myanma style. Kuthodaw Pagoda is a Buddhist stupa that claims the honour of housing the world's largest book. A spiritually significant place for followers of Theravada Buddhism, this site will be fascinating to all visitors regardless of religion.

Mandalay Hill Climb

Mandalay Hill - Mandalay

Enjoy the climb up this 240m (790 ft) hill known for the plethora of pagodas and monasteries sitting atop it. Enjoy the view you've earned on the steep hike. Of course, if you prefer to save your energy, feel free to take the elevator to the top.

Kyauk Taw Gyi Pagoda Visit

Mandalay Hill - Mandalay

View the massive marble Buddha at this beautiful pagoda. The marble is from Sagyin quarry and took 10,000 men almost two weeks to transfer from the riverside to its current location.

Shwenandaw Kyaung (Golden Palace Monastery) Visit

Mandalay

Enjoy your visit to this stunning monastery, known as the "Golden Monastery," that was originally part of the royal palace at Amarapura. Admire its delicate wood carvings of Buddhist myths. The monastery is a fantastic example of traditional Myanma architecture.

Mahamuni Pagoda (Buddha Temple) Visit

Mandalay

Visit the 100-year-old legendary Arakan Buddha, which stands at 3.5m (11.5 ft) tall. Made of bronze and covered in gold leaf, this gorgeous Buddha is a major pilgrimage site. Gaze up at the stunning statue and learn more about the significance of this temple.

Day 8

Mandalay/Myingyan

Enjoy a full morning in the saddle as the journey continues by bike. Wheel through the ancient kingdom of Ava, the ancient capital of Amarapura, and the multiple Buddhist monasteries of Sagaing. In the afternoon, transfer to Myingyan.

Jump back on the bike today, leaving Mandalay behind and head for Myingyan. Pass through the former Ava Kingdom, which once ruled upper Myanmar (Burma), before arriving at the city of Sagaing. The city is known for its numerous Buddhist monasteries, so stop here to wander around the many sites. Looking along the river, pagodas seem to sprout from the trees, puncturing the skyline.

Continue on to Myingyan by bus, and spend the evening there.



Meals included

Breakfast | Lunch



Today's Activities

Cycling

Mandalay - Sagaing

3h-4h

30km

Cycle through some of the most iconic countryside in Myanmar (Burma) today. Follow the river north towards the U-Bein Bridge, crossing smaller paths through banana groves to reach the longest teak bridge in the world. Continue on to Sagaing.

Private Vehicle

Sagaing - Myingyan

2h

98km

Settle in and scan the scenery from the convenience of a private vehicle.



Optional Activities - Day 8

Thambuddhei Paya

Monywa

Dating from the 12th century, the Buddhist temple of Thambuddhei Paya is believed to contain over 500,000 images of the Buddha. There is a large stupa outside and Laykyun Sekkya, the second largest statue in the world, is nearby. Explore this fascinating place.

Day 9

Myingyan/Popa Hill

Make the challenging uphill cycle from Myingyan to Mount Popa, enjoying the great views along the way.

Cycle through the dry interior of Myanmar. Pass through fields of crops and varied farmland as the terrain steadily rises en route. Head uphill towards the pilgrimage site of Mt Popa.



Meals included

Breakfast | Lunch



Today's Activities

Cycling

Myingyan - Popa Hill

5h-6h

80km

The majestic Buddhist architecture around Myingyan provides the backdrop for this fantastic cycling day. Passing sunflower farms, the summit of Mt. Popa looms into view in the distance, before arriving at the foot of the mountain itself.

Day 10

Popa Hill/Bagan

Enjoy a downhill cycle, passing through villages, towards the plains of Bagan.

Cycle downhill from Mt. Popa towards the plains of Bagan. The journey passes through villages that are endemic to the region. Buffalo plough the fields and farmers collect their crops as you cycle by.



Meals included

Breakfast



Today's Activities

Cycling

Popa Hill - Bagan

60km

Enjoy a leisurely downhill cycle towards the plains of Bagan. Stop to see palm sugar production in small family run workshops and pedal through the arid countryside.

Explore the hundreds of temples and stupas that dot the landscape here.

The journey begins with a visit to an elevated temple that offers a panoramic view of the magnificent plains of Bagan. Continue to colorful Nyaung Oo market, where locals buy and sell fresh produce and other goods. Visit the golden stupa of Shwezigon Pagoda for an introduction to Bagan's rich history. After, visit nearby Wetkyi-In Gubyaukgyi, a cave temple with exquisite jataka mural paintings, and the elegant Htilominlo Temple, noted for its fine plaster carvings and glazed sandstone decorations. Later, check out a local monastery for a special monk blessing.



Meals included

Breakfast



Today's Activities

Guided Bagan Cycling Tour

Bagan

3h-4h

25km

Enjoy a cycle tour around stunning Bagan. Visit the colourful Nyaung Oo Market and the golden stupa of Shwezigon Pagoda to get an introduction to Bagan's rich history. Explore Wetkyi-In Gubyaukgyi, a cave temple with exquisite jataka mural paintings, and the elegant Htilominlo Temple, noted for its fine plaster carvings and glazed sandstone decorations.

Day 12

Bagan/Yangon

Transfer to the airport and fly to Yangon. Enjoy a free afternoon.



Meals included

Breakfast



Today's Activities

Private Vehicle

Bagan - Bagan Nyaung U Airport

15m

4km

Settle in and scan the scenery from the convenience of a private vehicle.

Plane

Bagan Nyaung U Airport - Yangon

1h30m

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Free Time

Yangon

Explore this cosmopolitan city at leisure, enjoying the vast variety of activities available here.

Day 13

Yangon

Depart at any time.



Meals included

Breakfast



Today's Activities

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

What's included

- Your Welcome Moment: Meet Your CEO and Group
- All cycling activities and entrance fees as mentioned in the itinerary

What are the main highlights of this trip?

Bike around the villages and gardens of Inle Lake, visit the ancient cities of Ava and Amarapura, cycle around the incredible stupas in Bagan, hike through limestone caves at Pindaya, marvel at the pilgrimage site of Mt Popa.

What are the main highlights of this trip?

Bike around the villages and gardens of Inle Lake, visit the ancient cities of Ava and Amarapura, cycle around the incredible stupas in Bagan, hike through limestone caves at Pindaya, marvel at the pilgrimage site of Mt Popa.

Is there a disclaimer I should read before booking this trip?

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VERY IMPORTANT: Please ensure that you view a final copy of your Trip Details a couple of days prior to travel, in case there have been changes that affect your plans.

Is there a travel disclaimer for my itinerary I should review before booking this trip?

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

What important notes should I be aware of before the trip?

Cycling Grading – Moderate

- Some degree of experience required
- Mixture of road cycling and off road
- Occasional long days in the saddle or multiple ascents and descents
- Good fitness and skill level recommended
- Cycle usually between 35-70 km per day.

- Bike - Merida Matts
- Gears - 27 speed
- Brakes - disk brakes
- Frame sizes available - various

When making your booking, please inform our staff of your height - this will help us get the right size bike for you.

- Repair kit available: no - guide carries repair kit for the group
- Helmet hire available: helmet included in price of trip. We believe that helmets should be worn at all times, to ensure maximum protection while you are cycling. However, we are aware that some passengers may prefer to cycle without a helmet. If you choose to do so, this is entirely at your own risk.

Bringing Your Own Bike

If you choose to bring your own bike, please be aware that you are responsible for the maintenance and support of the bike. It may be possible to hire some extra equipment as necessary for your cycle. Check with your airline about travelling with your bike, as some will charge you to take a bike on board. We would suggest that you pack your bike in a bike box or bag(usually available from your local bike shop). It's also advisable to make sure your bike has been serviced before you travel.

Note that it is best to travel with US dollars in cash when visiting Myanmar. There are no ATMs and the use of credit cards and travellers checks is virtually impossible, as very few places are willing to accept them. Please arrive with enough US dollars, in good condition, to last you the length of your stay. Changing money into the local currency, kyat, is a good idea for small transactions and can be done upon arrival at any of the various money changers in town. Please note that if carrying US Dollars, they should be in excellent condition (ie- without any small tears, creases, marks or faded in any way) and printed recently (after the year 2001).

Please note, due to the nature of travel in Asia, a backpack is more more suited to this trip than a suitcase. There may be a weight restriction for the internal flight on this tour. Each passenger is allowed to carry one checked bag with a maximum weight of 15 kg (33lbs). Additional bags or excess weight charges may apply. These charges are the responsibility of the passengers.

What is the group leader like?

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

How large will the group be?

Max 12, Avg 8.

What meals are included in this trip?

12 breakfasts, 4 lunches, 1 dinner

What are the modes of transportation on my trip?

Private bus/van, bike, plane, walking.

Are local flights included in the cost of the trip?

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

Is there an extra cost for travelling solo?

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Hotels (10 nts), home stay (1 nt), guest house (1 nt).

What is the joining hotel?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

What are the joining instructions?

If you have not purchased an arrival transfer through G Adventures, upon arrival at Yangon International Airport the easiest way to get to the hotel is by taxi. There is a registered taxi stand at the exit gate of the arrivals hall where fixed rates can be paid. The airport is located approximately 30 minutes from the city centre and the rates are approximately 10-15 USD

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time.

Your CEO will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your CEO, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call the G Adventures Local Office and then our G Adventures Local Representative (if one is listed below). If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS

G Adventures Office Bangkok, Thailand

During Office hours (Weekdays, 9am-5pm Local Time)

From outside Thailand: +66 2 508 8630

From within Thailand: 02 508 8630

After hours emergency number:

From outside Thailand: +66 87 049 6074

From within Thailand: 087 049 6074

G Adventures Local Representative (Burma)

Emergency Number: +95 1 293 464

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

Are there any additional packing suggestions I should consider?

What you need to bring depends on the trip you have chosen and the countries or regions you are planning to visit. We suggest that you pack as lightly as possible as you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes with your bags which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb. Most travellers carry a backpack or rolling bag of small to medium size (no XXL ones please!) as they need to fit with you in buses or on trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones.

What should be on my 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)

Cycling:

- Bicycle pedals (optional)
- Biking gloves
- Handlebar bag (optional) (For easy access to small personal items.)
- Bicycle saddle cover (optional)
- Cycling clothing (cycling shorts and cycling jersey)
- Personal cycling gear
- Bicycle saddle (optional)
- Cycling shoes

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Passport (required) (With photocopies)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Light Hiking:

- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Walking poles

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear

When can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

What are the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

Please note that visas for Burma are the responsibility of the individual traveler - most countries must obtain a visa prior to travel. The visa requirements vary depending on nationality, you can find the full details at the Foreign Services website for your country, or at the Burmese embassy/consulate closest to you.

Please visit <http://evisa.moip.gov.mm/> for the full details of the E-Visa approval letter process.

The cost of the visa is approximately \$50 USD.

When filling in the form please enter the following:

Purpose of Entry: Tourism

Address in Myanmar: please use the start hotel for your tour (listed in the Joining Hotel section)

Agency Name: SunBird Tours

Agency Contact Number: 0095 1 293464/ 294050

The approval process may take up to 5 business days and the letter is valid for 90 days from the date of issue. Once the evisa approval letter is received by email, print out the approval letter and bring it with you to present upon arrival.

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

What should I know about currency, credit cards, and exchanging money while on this tour?

During this tour the local currencies you will use are the Burmese Kyat and the US Dollar. As currency exchange rates in South East Asia do fluctuate, we ask that you refer to the following website for the most up to date daily exchange rates: www.xe.com for each of the above mentioned currencies.

Note that it is best to travel with US dollars in cash when visiting Myanmar. There are no ATMs and the use of credit cards and travellers checks is virtually impossible, as very few places are willing to accept them. Please arrive with enough US dollars, in good condition, to last you the length of your stay. Changing money into the local currency, kyat, is a good idea for small transactions and can be done upon arrival at any of the various money changers in town. When purchasing US dollars please make sure that the notes are new and in good condition. Notes older than 2003, or with any tears or blemishes may not be accepted.

How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$250 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Do I need to pay a departure tax?

You may be required to pay a departure tax of USD20 upon leaving Myanmar.

Should I be tipping on my trip?

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. You may do this individually, or your CEO will offer to collect the money and tip as a group.

Recommendations for tipping drivers and local guides would range from \$1.5-\$3.5 USD per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-25 USD per person, per week can be used.

What activities are optional on this trip?

Mandalay Hill

- Kuthodaw Pagoda Visit
- Mandalay Hill Climb
- Kyauk Taw Gyi Pagoda Visit

Mandalay

- Shwenandaw Kyaung (Golden Palace Monastery) Visit
- Mahamuni Pagoda (Buddha Temple) Visit

Monywa

- Thambuddhei Paya

Are there any health considerations I should know before travelling?

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our CEO's are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

What do I need to know to about safety and security on my trip?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. 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. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Is travel insurance required for my trip?

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.