

Burma - The Road to Mandalay

Challenge Highlights

- Cycle through this secretive land on a journey to Mandalay
- Explore Burma's most beautiful sites
- See the temples, pagoda and stupas on the way
- Witness local life, far from the tourist trail and see this 'closed' country
- Visit the HopeAsia children's home

Overview

- **Dates:** 22nd – 30th October 2016
- **Duration:** 9 days
- **Cycling days:** 5
- **Distance cycled:** 360km approx.
- **Accommodation:** Hotels and lodges
- **Challenge grading:** Challenging

Itinerary

Day 1

We depart the UK on our overnight flight to Yangon.

Day 2 Yangon

Upon arrival in Yangon, we meet our local guide and transfer downtown. Yangon, formerly known as Rangoon, is one of the most fascinating and authentic cities in South East Asia.

The highlight of the day, perhaps the trip, will be to visit the HopeAsia children's home and meet the children who will benefit from your hard work!

At the end of today, we reach Myanmar's holiest monument, the magnificent Shwedagon Pagoda with its golden stupa that is covered with 60 tons of pure gold leaf. Overnight in Yangon.



Day 3 Yangon to Bagan

After breakfast at the hotel we transfer to the airport and fly to Bagan - the country's ancient capital situated in the central plains. Upon arrival, we jump straight onto the bicycles and start our challenge! We set off riding around the plains of Bagan visiting a mix of villages, markets and of course the Ananda Temple. We end our day watching the sun set behind some amazing temples.



Cycling distance – approx. 50km

Itinerary

Day 4 Bagan to Popa

We leave Bagan and head further into the countryside, weaving through some of the lesser visited temples of the region. Along the way we pass through typical villages and fields dotted with toddy palms. This afternoon we'll feel the road rising as we ascend towards the national park that encompasses Mount Popa, the now extinct volcano. The final stretch of our ride ascends steeply before landing us at Popa Mountain Resort. If you are feeling energetic, why not climb to the sacred summit of the Gods (Mount Popa's peak). On the flat plateau lies Tuang Kalat Buddhist monastery - a focal point for annual pilgrimages to Mount Popa.

Cycling distance – approx. 70km



Day 5 Popa to Myingyan

After breakfast, we start cycling towards Myingyan. On the way, the scenery changes as we cross into one of the most arid regions of Myanmar. We pass through the small town of Taungtha and other small villages and plantations with water buffaloes working the fields. The plains of the Ayerwaddy Valley makes for flat ground riding but be prepared for a lack of shade. We reach the agricultural village of Myingyan where we overnight.

Cycling distance – approx. 80km



Day 6 Myingyan to Mandalay

After breakfast we cycle deeper into the heart of the Ayerwaddy Valley. During the ride, we'll cycle riverside and experience Ayerwaddy River life as we peddle our way deep into the outskirts of Mandalay. We'll see the local spear fisherman bringing in their catches while roadside families sell anything from watermelons to fireworks. You will see mothers washing laundry on the riverbed while their children play football. We'll have the option to cool off by jumping in the river. We then reach Mandalay where we overnight.

Cycling distance – approx. 100km



Itinerary

Day 7 Mandalay to Mingun

Our final day of cycling enables us to explore some of the beautiful surroundings of exotic Mandalay. Heading first to the nearby town of Amarapura, there is a chance to cross a long teak-pole footbridge before we continue to Oe Htoke Tan jetty and cross the river on a flatbed ferryboat to Ava. Here we will continue our cycling to explore ancient sites such as the wooden Bagaya Monastery, the Nanmyint watchtower, the Royal Palace, old fort walls and several faded white pagodas.

After lunch we will cycle over a 1km bridge spanning the Ayerarwady River to reach the Sagaing Hills, the Buddhist centre of Burma and home to over 600 monasteries and nunneries dotted amongst the hills. Finally we head to Mingun and the ruins of Pahtodawgyi. This massive unfinished stupa would have been the largest in the world, had it been completed. We will also visit the 90 ton Mingun bell which proudly holds the distinction of largest ringing bell in the world.

Celebrating from our achievement, we then board a local boat and float down the Ayerwaddy River back to Mandalay. Enjoy the Burmese countryside views before docking in the city and pedaling back to the hotel. This evening we enjoy our celebration dinner.

Cycling distance – approx. 60km

Day 8 Fly Mandalay to Yangon

After breakfast we take the transfer to Mandalay Airport and fly to Yangon. If time permits, we may have a chance to visit the Bogyoke Market before transferring to the airport for our onward flight to the UK.

Day 9

We arrive in the UK.

(Itinerary correct at time of printing and strictly subject to change)

The HopeAsia Burma Challenge will be an extremely exciting adventure and we very much hope that you will join us.

We recognise, however, that you will probably have lots of questions.

Please feel free to call the challenge organiser Chris Norris on 07717 511481, or Crispin Fairbairn on 0118 947 4781 to talk through any issues.

We look forward to seeing you in Burma!

Booking can be done on the Global Adventures website.



Cost

Each participant registers directly with Global Adventure Challenges at a cost of £299 per person (non-refundable) and then chooses one of the following options:-

Payment Option A Raising the Minimum Sponsorship

Registration Fee = £299
Minimum Sponsorship = £2,950

OR

Payment Option B Self-funding

Registration Fee = £299
Challenge balance = £1,960
Minimum Sponsorship = £1,000

Payment Options Explained

Option A - Raising the Minimum Sponsorship	Option B - Self-funding
Participant pays Registration Fee (£299) to Global Adventure Challenges and then raises the minimum sponsorship (£2,950) for HopeAsia. Participant sends 80% (£2,360) of the minimum sponsorship and pledges for the remaining 20% to Hope Asia at least 10 weeks prior to the departure date of the Challenge (13 th August 2016) HopeAsia will then pay for the event balance out of the sponsorship received. All outstanding sponsorship must be sent to HopeAsia within 4-6 weeks of completing the Challenge.	Participant pays Registration Fee (£299) to Global Adventure Challenges. 10 weeks prior to departure, an invoice will be sent to the participant for the balance of the Challenge (£1,960) This must be paid no later than 8 weeks prior to departure (27 th August 2016). Participants separately raise sponsorship of at least £1,000 which must be received by 27 th August 2016

Online Fundraising

Participants are encouraged to set up a fundraising page at www.mydonate.bt.com where sponsors can give directly and use the Gift Aid facility. This makes fundraising much simpler!

Included

- Return flights from London to Yangon including all taxes and surcharges
- Internal flights as stated
- Accommodation, twin share
- All transfers
- Meals (breakfast, lunch and dinner) starting with lunch day 2 and ending with lunch day 8
- Support vehicle/s for the cycling days
- Bicycle hire
- Local English speaking guide/s
- Global Adventure Challenges Leader from UK
- Global Adventure Challenges Medical Kit

Not Included

- Breakfast day 2
- Dinner day 8
- International departure tax at Yangon airport (paid in person) - as of Nov 2012 \$10 USD
- Visa for Burma / Myanmar
- Tips and gratuities
- Alcoholic and soft drinks beyond water
- Personal Travel Insurance