

Historic Heartland

a 13 day Myanmar Bike Tour



Day by Day Itinerary

Day 1 - Your crew will meet you upon arrival at Mandalay Airport. After dropping the bags at the hotel, we will explore a bit of Mandalay, visiting 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. Enjoy a traditional puppet show at our welcome dinner.

Day 2 - We start down the road on our bikes, pedaling out of Mandalay on quiet roads through the rural countryside. Get your first taste of everyday life in Myanmar's countryside, where ox drawn carts serve a village taxis and little tea shops abound. Your guides may suggest some local specialties to snack upon during the day. Our goal for the evening is the small town of Myingyan, where we bed down in a simple, but clean guesthouse. (56 mi / 92 kms)

Day 3 - Our route turns away from the flatlands and heads towards Mt Popa, an extinct volcano. Much of the ride is easy, with optional climbs towards the end of the ride. Mt Popa is draped by forests populated by monkeys, some of whom maybe sitting roadside to watch us ride by. The landscaping at our hotel features a number of orchids native to Myanmar, as well as other native plants, plus a dramatic view of pagodas sitting atop a small peak just below. (51 mi / 83 kms)

Day 4 - Bagan awaits! Our ride from Mt Popa to the ancient ruins of Bagan is mostly downhill. Along the way we will check out a regional cottage industry, making brown sugar from the local palm fruits. Depending on the group's pace, we may explore a few of the thousands of pagodas that dot the Plains of Bagan, including Thatbyinnyu temple (the highest) and Dhanyangyi temple (the largest). Our hotel in Old Bagan sits right by one of the old gates. (26+ mi / 42+ kms)

Day 5 - Rising bright & early, we will go aloft by hot air balloon to see the vast expanse of pagodas by the mornings early light. After landing we return to the hotel, get our bikes to set out and explore more of this fascinating place, including Ananda Pagoda, one of the finest, largest and best preserved in Old Bagan, and next to it, Ananda Ok Kyaung, one of the few surviving brick monastery buildings from the Early Bagan period. This evening, enjoy a cruise on Ayeyarwaddy river. (16 mi / 24 kms) (the morning balloon flight is not guaranteed, as it is

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dependent on weather)

Day 6 - We say goodbye to our bikes for the day and fly to Heho. Upon arrival we will transfer to Inle Lake then set out by boat to explore this famous area, you will discover the leg paddling fishermen with their unique fishing nets, floating farms and gardens and a handloom weaving cottage with its own showroom. You will visit Phaungdawoo Pagoda which houses the five most revered Buddha Images in the southern Shan State. In late afternoon we drive to Kalaw, a former hill resort town where we bed down in a historic colonial resort.

Day 7 - Today we plan to bike Pindaya on a road flanked by beautifully manicured fields where much of Myanmar's produce comes from. Upon arrival enjoy lunch in Pindaya and some free time in the afternoon. Before dinner we will visit the Pindaya cave filled with hundreds of Buddha images (after all the tour buses have left). Overnight at the hotel in Pindaya. (30 mi / 47 kms)

Day 8 - Our last two days in this region bike along rural routes way of the beaten tourist path. This morning we backtrack a bit out of the Pindaya Valley, before turning north towards our ultimate goal of Mandalay. Smiles and hellos abound as the people here see very few foreigners, especially on bikes. We bed for the evening in tiny Ywar Nagn at a newly built bungalow resort. (46 mi / 74 km)

Day 9 - Today is the tour's longest ride, along a newly paved road through the mountains and jungles. The distance you ride is entirely up to each person, as the sag wagon is always available for a lift. Once we reach Kyaukse, the entire group will load up for the drive into Mandalay as traffic is too busy along the main highway. (83 mi / 133 kms)

Day 10 - This morning we ride up to Pyin Oo Lwin, a hill station from the British colonial days (called Maymyo back then). During our cycling we will visit the Be and Pwe Kauk waterfalls, as well as the old Maymyo Market. We will enjoy two evenings in the cooler hill country. (42 mi / 67 kms)

Day 11 - An out and back tour today will take us exploring, first around the old colonial streets of Pwin Oo Lwin, then out in too the surroundings to visit Pake Chin Myaung Natural Cave and Kandawgyi National Park. (16 mi / 24 kms)

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Day 12 - We'll will drive back to Mandalay, then set out for our last ride in Myanmar, along the Ayeyarwaddy River. Our goal is Sagaing Hill, renowned for its 600 white washed pagodas, including the spectacular Soon-Oo-Pon-Nya-Shin & U-Min-Thone-Sae Pagodas. Sagaing Hill is famous as a meditation destination and home to some 3000 monks and more than 100 meditation centers. we'll return to Mandalay for our last night.

Day 13 - All good things must eventually come to an end. We will do a little last minute sightseeing before heading to the airport for your afternoon flight back to Bangkok and on to your next adventure.

Dates & Prices:

Please check our website for the currently available dates and the applicable pricing.

<https://pedalers.travel/burma-bike-tour-myanmar-historic-heartland.htm>

At Your Request:

Private departures can be arranged pretty much year round. November thru March is best with warm temperatures and little rain. April & May are hot and sunny. June until October is the rainy season, cooler temperatures but a chance of several days of rain. Get your wheels rolling and request your At Your Request date today. Plan a trip for your bike club or corporate incentive, contact us for more details.

Lodging:

Boutique Hotels, Inns & Resorts

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What's Included:

- 12 nights Accommodation in the area's better hotels (double occupancy)
- All meals from Dinner on Day 1 until Breakfast on Day 13
- Water, sodas or beer included at dinner
- Service of bilingual Team Pedalers Guide(s)
- Full Van Support
- Daily route directions and maps
- Sightseeing and cultural activities
- Airport pick up & drop off

Meeting & Flights:

The tour meets in the afternoon of Day 1 at Mandalay Airport. Guides will meet your incoming flight until 2 pm, please plan your flights to arrive accordingly. The trip ends at Mandalay Airport on Day 13.

Fly into Mandalay (MDL) before 2 pm on Day 1

Fly out of Mandalay (MDL) after 10 am on Day 13

NOTE: We suggest using the Bangkok Air flights from Bangkok for this tour.

Domestic Flights:

We suggest booking your flight between Bangkok & Mandalay separately from your international flight, as it will usually work out much more economical.

Route Conditions:

The entire ride is on paved roads, ranging from nice new pavement to rather old. Traffic is fairly light and very bike friendly. The route is suitable for performance road, sport road and touring bikes. Terrain is a mix flat, with some moderate hills midway through the route and at the finish point.

Visas & Travel Documents:

Passports are required for all guests. Your passport should have at least 6 months validity past your intended travel dates. Visas are required for all visitors and should be obtained in advance.