

YOLO

The journey of your life.

Adventures in gold

15 Tage Myanmar

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Myanmar



Myanmar **Adventures in gold**

Was die Bergmänner im ruhrdeutschen Pütt, sind die Blattgold-Schläger in Myanmar. Mit Vorschlaghämmern hauen sie die Klumpen platt, damit es zum Baumaterial von Tausenden Pagoden wird, die über die Silhouetten der Städte einen heiligen Schein werfen. Diese Reise gibt dir ein Leuchten deiner Kindheit zurück: den Glauben, dass es Wunder gibt.



Included services:

- Abenteuerreise mit maximal 12 Teilnehmern
- Jede Reise findet statt
- Englisch sprechender, einheimischer Guide in internationaler Reisegruppe
- Unterkunft: 12 x Hotel, 2 x Community Lodge
- Transport: Bus, Flugzeug, Reiseminibus, Fahrrad, Truck, Longtail Boot
- Mahlzeiten: täglich Frühstück, 3 x Mittagessen, 2 x Abendessen
- Aktivitäten laut Tagesprogramm
- Eintrittsgelder
- 100 m² Regenwald 4 you (Jedem Gast schenken wir im Regenwald von Ecuador ein Grundstück, das Jahr für Jahr den CO₂-Ausstoß seiner Reise kompensiert. Eingetragen auf seinen Namen und auf ewig seins.)
- Highlights: Yangons goldene Shwedagon-Pagode. Myanmars Hochkultur in Bagan. Mandalay, die letzte Hauptstadt des Königreichs Myanmar. Tee mit Einheimischen in einsamen Bergdörfern.

Day-to-day-Itinerary:

Day 1

Yangon

Min Gala Ba! Welcome to Myanmar. Your adventure begins with a welcome meeting at 6 pm today. Please look for a note in the hotel lobby or ask reception where it will take place. We'll be collecting/checking insurance details and next of kin information at this meeting, so please ensure you bring these details to provide to your leader. If you have free time to explore before the meeting, we recommend stepping out onto the streets of Yangon. Why not take the Yangon Circle Line train for a three-hour local journey, or head over to Bogyoke Market and haggle with the locals? There's also Sule Paya Pagoda, a 2000-year-old golden temple, and the Gems Museum, which houses some of the world's largest sapphire, ruby and jade pieces. You may need a taxi to travel between some of these attractions; a one-way trip should cost about MMK 4,000.

The Welcome Meeting will take place at 6 pm.

Please check with hotel reception or look on the reception noticeboard for where the meeting will take place. If you're going to be late, please inform reception. We'll be collecting your insurance details and next of kind information at this meeting, so please ensure you have all these details to provide to your leader.

Accommodation: Hotel / Grand Laurel Hotel / No. 153/159, Bogyoke Aung San Road (corner of 46th street) / Botahtaung / Yangon / MYANMAR

Optional Activities

- Yangon - Bogyoke Market (Scotts Market) - Free
- Yangon - Sule Pagoda - MMK3000
- Yangon - Myanmar Gems Museum & Gem Market - MMK5000
- Yangon - Let Yangon Take You For a Ride Urban Adventure - USD33



Day 2

Yangon

Start the day with a city walking tour of Yangon. Your leader will show you the city centre full of hustle and bustle of local life, street food and the shadows of the colonial time. In the afternoon, We also head down to Kandawgyi Lake, where you'll see Karaweik Hall, a reconstruction of a golden royal barge floating on the eastern side. Then visit the holiest shrine in the country, the Shwedagon Paya. This gold-gilded pagoda is studded with diamonds and gems, and said to contain eight hairs of the Buddha. It's a particularly impressive sight at sunset when the lights come on and the stupa shines beautifully.

Included Activities

- Yangon - Walking tour
- Yangon - Kandawgyi Lake
- Yangon - Shwedagon Pagoda

Included meals: breakfast

Accommodation: Hotel

Day 3

Bagan

Rise for a very early start today, for your morning flight to Nyuang-U (about one and a half hours). From there, transfer to the ancient city of Bagan (about 20 minutes). Bagan is an archaeological site where Theravada Buddhism was first introduced to the Kingdom. It was once the site of 10000 temples, pagodas and monasteries and still has over 2000 brick and gilded ruins. You'll start your visit with an orientation tour of the town and visit the archaeological site tomorrow. After the orientation tour, head to the nearby Shwezigon Paya, one of the town's main Buddhist sites, also incorporating a compound dedicated to the pre-Buddhism deities, the 37 Nats.

Included Activities

- Bagan - Orientation Walk
- Bagan - Shwezigon Paya

Included meals: breakfast

Travel time: Flight to Nyuang-U approx. 1,5 hrs, bus ride to Bagan takes approx. 20 min.

Accommodation: Hotel

Optional Activities

- Bagan - Dandaree Culture Show - USD50
- Bagan - Dinner & puppet show - MMK15000



Day 4

Bagan

Spend the day sightseeing in Bagan, where you'll be given a bicycle and joined by a local guide. You'll see many of the large and impressive temples such as Ananda Pahto, Htilominlo Temple, That Bin Nyu Paya (the highest pagoda in Bagan), Dhammayangyi Pahto and Shwesandaw Paya, as well as some of the smaller hidden gems. Exploring the temple site by bike is a great way to take in the atmosphere of this amazing place. There are also many opportunities to climb stairs to vantage points and capture some magical views. After touring the temples, head back to the hotel for a short rest before heading out again to see the enormous Shwe Sandaw Pagoda at sunset.

Included Activities

- Bagan - Temple bike tour

Included meals: breakfast

To fully enjoy the day out, please make sure you wear comfortable clothes and adequate protection from the sun (long sleeves, sunglasses and hat). The bike ride through Bagan is on flat terrain and at a leisurely pace. At times we ride off the main roads on gravel and sand paths and roadways. You don't have to be a serious cyclist to do the tour, however if for some reason you're unable to participate in the ride, your leader can arrange a pony cart to take you around the sights (at an additional cost).

Accommodation: Hotel

Optional Activities

- A highlight of a visit to Bagan for many travellers is the optional sunrise hot air balloon flight over the site, possible on the mornings of day 4 or 5 (depending on availability). Experience breathtaking views above the stupa-studded landscape, followed by a light breakfast and champagne. The experience runs for approximately 2.5 hours, with flight times an average 45 minutes (can range from 1 hour to 20 minutes subject to local conditions). Weather dependent, flights operate between October through to March. Advance bookings are highly recommended as places are limited. Please ask us for further details of the Premium and Classic service options.



Day 5

Bagan/Myaing

Enjoy a free morning in Bagan. You may like to spend more time exploring the stalls at the archaeological site, the cafes in town, or the nearby Nyaung U Market – one of the more interesting markets in the country. Other places of interest include the Archaeological Museum and the Royal Palace and taxis to these local sites cost around MMK5000. In the afternoon, you'll leave Bagan and get transferred to Myaing where we have developed a community-based tourism project to support local livelihoods with sustainable employment opportunities in tourism. Have dinner in our purpose built community lodge.

Included meals: breakfast, dinner

Accommodation: Lodge

Accommodation at the community lodge is basic. You'll be staying in simple twin share rooms, with mattresses on the floor in the traditional style. Linen and mosquito nets are provided. Bathroom facilities are shared. There is no air conditioning and only cold running water and showers. Electricity is intermittent, so we recommend that you bring a torch and charge all your electrical items before arriving. You can refill your water bottle from the large water containers provided. You can expect your stay here to be wonderful and rewarding, but keep in mind that the project is still developing with the direction of the community, and there can be some hiccups along the way.

Optional Activities

- Bagan - Archaeological Museum - MMK5000
- Bagan - Royal Palace - MMK5000

Day 6

Myaing

Head out on a bicycle today and ride around the nearby villages. Stop at the first village and enjoy a presentation about the project from a local member of the community (your leader will translate). The activities and meals are shared among four nearby villages so that they all benefit from the project. It's also a great opportunity to practice your Burmese. Visit a thanaka farm and try out the genuine product that you'll see on the faces of many Burmese, then ride to a second village and learn about the local farming and seasonal crops. Return to the lodge, where you'll help out with a tree planting project, then enjoy dinner in the evening cooked by some of the local villagers. Perhaps take this opportunity to interact and share your own culture with the locals.

Included Activities

- Community Lodge - Village Bike Tour

Included meals: breakfast, lunch, dinner

If you'd prefer not to cycle, alternative transport (tuk-tuk) can be arranged at an additional cost of around MMK 8,000 per vehicle. Please note that it'll be difficult to arrange alternative transport during the cycling if



you decide to drop out in the middle of it. During the warmer summer months the cycling activities may be amended to avoid cycling during the intense heat of the day.

Accommodation: Lodge

Accommodation at the community lodge is basic. You'll be staying in simple twin share rooms, with mattresses on the floor in the traditional style. Linen and mosquito nets are provided. Bathroom facilities are shared. There is no air conditioning and only cold running water and showers. Electricity is intermittent, so we recommend that you bring a torch and charge all your electrical items before arriving. You can refill your water bottle from the large water containers provided. You can expect your stay here to be wonderful and rewarding, but keep in mind that the project is still developing with the direction of the community, and there can be some hiccups along the way.

Day 7

Mandalay

Wake up early this morning and cycle to the small, 170-year-old wooden monastery nearby. A couple more minutes on the bike and you'll stop at a village for a simple local breakfast prepared by the residents. This is another great chance to strike up a conversation and practice your language skills. After breakfast you'll cycle to another village and visit a women's cooperative to learn about their weaving, sewing and craft. Pedal back to the lodge mid morning and bid farewell to the community. Travel on a private bus towards Mandalay with a lunch stop en route. Along the way, you'll visit the beautiful Sagaing Temples, a collection of gilded stupas on the nearby hills. Total driving time from the community lodge to Mandalay is about six hours.

Included Activities

- Mandalay - Sagaing Hills Temples
- Community Lodge - Village Bike Tour and Monastery Visit

Included meals: breakfast

Travel time: Total driving time from the community lodge to Mandalay is about six hours.

Accommodation: Hotel



Day 8

Mandalay

This morning your leader will take you on a walking tour of Mandalay. After seeing the town close up, you'll take a boat down the famous Ayeyarwady River to Mingun. Here you'll see the Mingun Pahtodawgyi, an enormous stupa which would have been the largest in the world if it had been completed. You'll also see the world's largest ringing bell and the beautiful white Hsinphymae Pagoda which sits nearby. After the excursion to Mingun, return to Mandalay where you'll have some free time to do some optional activities. Perhaps find some quiet moments at the ancient Sweinbin Teak Monastery, or try your hand at gold leaf making in the Gold Pounders District. There's also the Mahamuni Buddha Temple, an important pilgrimage site complete with giant golden Buddha. Tonight visit Mandalay Hill, which is where Lord Buddha is said to have left a footprint. Stay here for sunset and to enjoy views over the glittering stupas and vibrant mosaics of the city at this magical time of day. For some extra entertainment in the evening, why not catch a traditional show by the Mandalay Marionettes, or a non conformist comedy show by the Moustache Brothers?

Included Activities

- Mandalay - Mandalay Hill
- Mandalay - Walking tour
- Mandalay - Boat trip to Mingun

Included meals: breakfast

Accommodation: Hotel

Optional Activities

- Mandalay - Mandalay Marionettes - MMK10000
- Mandalay - Shwenandaw Teak Monastery - Free
- Mandalay - Moustache Brothers - MMK8000
- Mandalay - Gold leaf pounding workshop - Free
- Mandalay - Mahamuni Buddha Temple - Free



Day 9

Kalaw

Today will be a long day of driving towards Kalaw. Along the way, you'll visit the U Bein Bridge, the longest teakwood bridge in the world. You then head onto the Great Road of China, a new superhighway built by the Chinese. Finally, make your way into the mountains of Shan state and experience the stunning scenery of the area.

Included Activities

- Mandalay - U Bein Bridge

Included meals: breakfast

Accommodation: Hotel

Optional Activities

- Kalaw - Village market - Free
- Kalaw - Thein Thaug Paya - Free
- Kalaw - Hnee Pagoda - Free

Day 10

Kalaw

Today is a full day of hiking around the hills around Kalaw (approximately 6 hours). A local guide will take you to a tea plantation and some small villages. Stop and chat with locals along the way and have lunch at one of the small settlements. This experience will take you off the beaten track and away from the tourist throng. If there's time in the evening, you might like to visit some of the lovely pagodas around town as well as a local market.

Included Activities

- Kalaw - Full day trek

Included meals: breakfast, lunch

Travel time: Today's hiking around the hills around Kalaw will take approx. 6 hrs

While today's walk is not difficult, you'll cover about 20 kilometres in total and will be on your feet for most of the day. You'll need a reasonable level of fitness for this part of the trip, and remember to bring appropriate hiking shoes. A support vehicle can be arranged to access the trails upon request from the halfway mark, so this means that you'll need to be able to walk at least 10 kilometres unsupported.

Accommodation: Hotel



Day 11

Inle Lake

Leave Kalaw for Nyuangshwe today, where you'll be spending time around Inle Lake. You'll set off across the mountains and farms and stop off at the Pindaya Caves, one of the Golden Caves in Shan state. Pilgrims flock here to worship the 8,000 golden Buddha images within the caverns, tunnels and chambers of the huge limestone cave. The drive will take you to the resort town of Nyuangshwe which will be our base for the next few days as we explore Inle Lake.

Included Activities

- Inle Lake - Pindaya Caves
- Inle Lake - Shwe Yan Pyay Monastery

Due to the extremely high volume of tourists currently visiting Inle Lake we are not always able to secure our preferred accommodation. At times like these we may need to stay in a property with a lower room standard than in other destinations on this trip.

Included meals: breakfast

Accommodation: Hotel

Day 12

Inle Lake

Start the day by heading out in a motorised boat. You'll see local life on the lake, including fisherman who use a distinctive leg-rowing technique on their boats, floating tomato plantations and cottage industries such as silversmiths, weavers and cigar makers. If you're lucky, you might even see the rotating market which circles the lake every five days. Here you can buy traditional wares produced by the locals. Stop for a home-cooked lunch at a village near the lake and sample the regional specialities. Visit Phaung Daw Oo Paya, the most religious site in the region and take a quick look inside at the various images of Buddha. You can also see a golden barge which is used during Phaung Daw Oo festival. Make a few more stops at local villages to meet the locals, then head back to your accommodation in Nyuangshwe.

Included Activities

- Inle Lake - Boat sightseeing tour & local lunch

Included meals: breakfast, lunch

Accommodation: Hotel



Day 13

Inle Lake

Enjoy a free day around Inle Lake. Perhaps visit the Mingala morning market or Nyuangshwe's oldest Buddhist monastery, Yadana Man Aung Paya. For those wishing to venture further afield, you could hire a bike and cycle to the nearby hot springs, villages or temples. Perhaps visit a nearby winery to sample a local drop, or take boat trip to the Indein temple complex and nearby villages. The price of these activities will depend on the number of people joining. Ask your leader about doing these optional activities.

Included meals: breakfast

Accommodation: Hotel

Optional activities

- Inle Lake - Bicycle hire - MMK3000
- Inle Lake - Yadana Man Aung Paya - Free
- Inle Lake - Indein Village temple ruins - MMK34000
- Inle Lake - Red Mountain Estate Winery Tasting - MMK3000
- Inle Lake - Mingala Market - Free
- Inle Lake - Aung Puppet Show - MMK5000

Day 14

Yangon

Bid farewell to the splendour of Shan state and make your way to the airport in Heho. From here, take a one-hour flight back to the hustle and bustle of Yangon. The journey ends with an optional final dinner and night out on the town in Yangon.

Included meals: breakfast

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Day 15

Yangon

There are no activities planned for the final day and you are able to **depart the accommodation at any time**. As there is plenty to see and do in Yangon we recommend extending your stay a few extra days to make the most of all it has to offer. Perhaps do some of the activities suggested at the beginning of the trip, or ask your leader to arrange something for you.

Included meals: breakfast

Optional activities

- Yangon - Hands-on Yangon Urban Adventure - USD81
- Yangon - Yangon's Streets By Night Urban Adventure - USD40

Accommodation on your trip:

During the trip you might stay in the following accommodation. Please note that, depending on availabilities, these may vary from departure to departure.

- Day 1 Grand Laurel Hotel (<http://www.grandlaurelhotel.com/>)
- Day 2 Grand Laurel Hotel
- Day 3 New Wave Hotel (<http://www.hotelnewwave.pl/>)
- Day 4 New Wave Hotel
- Day 5 Community Lodge
- Day 6 Community Lodge
- Day 7 Oway Grand Hotel (<http://www.owaygrandhotels.com/>)
- Day 8 Oway Grand Hotel
- Day 9 Winner Hotel
- Day 10 Winner Hotel
- Day 11 Paradise Hotel (<http://www.inleparadise.com/>)
- Day 12 Paradise Hotel
- Day 13 Paradise Hotel
- Day 14 Grand Laurel Hotel
- Day 15 -

Important Notes

- This trip involves a lot of walking – often barefoot. You'll be visiting many religious sites where you must remove all footwear before entering. In places like Bagan, you may need to climb steep steps (sometimes without railing) barefoot, but the views are well worth it.



- You'll stay at a Community Lodge in central Myanmar, in simple accommodation with limited power and facilities. This is a new community-based initiative, so there may be some kinks, but the experience promises to be fantastic.
- Touring by bicycle is probably the best way to see Bagan. Although it's an easy ride well within the abilities of most people, it does take you off paved roads and onto sandy terrain.
- Myanmar is a hot and humid country, even in winter. If you don't tolerate the heat well, avoid doing the trip in summer.
- This trip takes you on a full-day walking tour of the villages around Kalaw. While the walk itself is quite easy, you'll need a decent level of fitness to get through the long day.
- Myanmar is a big country and there are many long days of travelling. Expect to spend a lot of time in a vehicle when travelling between destinations. This is a great opportunity to sit back, enjoy the passing scenery and get to know your fellow travellers.
- For flights within Myanmar you have a luggage allowance of maximum 15kg, with up to 5kg carry on luggage. Any excess luggage charges can be paid directly to the airline at check-in. If your trip is beginning and ending at the same location, excess luggage can usually be stored at your arrival/departure hotel and can be collected after your trip.
- Visas are the responsibility of the individual traveller. Entry requirements can change at any time, so it's important that you check for the latest information. Please visit the relevant consular website of the country or countries you're visiting for detailed and up-to-date visa information specific to your nationality. Visas can take several weeks to process, so familiarise yourself with any requirements as soon as you have booked your trip to allow for processing time and costs.
- We recommend 300 € for meals not included during the trip.
- A Single Supplement to have your own room is bookable on this trip, subject to availability, and excludes Day 6 (Community Lodge) where you will be in shared accommodation.
- This is a shared tour. That means that tour operators from all over the world book their guests onto this tour. So you will be travelling in an international group.

Preishinweise:

- Einzelzimmerzuschlag: 299 € (kein Einzelzimmer am Tag 6 möglich)
- Langstreckenflug Frankfurt - Yangon und zurück: z.B. mit Emirates, Vietnam Airlines, Qatar oder Thai Airways ab 999 €
- Rail & Fly innerhalb Deutschlands (2. Klasse): 89 €, auf Anfrage
- Flughafentransfers im Zielland: Hintransfer Flughafen Yangon zum Starthotel 22 € pro Auto (bis zu 2 Personen), Rücktransfer: Vom Endhotel zum Flughafen Yangon 22 € pro Auto (bis zu 2 Personen)
- Vor- bzw. Anschlussübernachtung im Tourhotel Preise pro Nacht und pro Person (exkl. Frühstück): Vorübernachtung 33 € p.P. im DZ, 66 € im EZ; Anschlussübernachtung 33 € im DZ, 66 € im EZ
- Bitte beachten: Bei Vor- und Anschlussübernachtung ist ein halbes Doppelzimmer nicht buchbar



Wohin geht die Reise? Immer ins Herz.

YOLO

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Änderungen und Irrtümer vorbehalten

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