SPICE ROADS
CYCLING

TOURING

BURMA ADVENTURE

Tour Code
MMR-BUR

14 DAYS
13 NIGHTS

Destinations	Burma
Tour Meets	Yangon
Tour Ends	Yangon
Fly in to	Yangon International Airport (RGN)
Fly out of	Yangon International Airport (RGN)
Group Size	2-16 riders
Minimum Age	18 (on scheduled departures)

ACTIVITY PROFILE

10 Cycling days	**519** km Total cycling distance
52 km Avg distance / day	**322** m Avg climbing / day

PRICING

Price	On request
Bike Hire	N/A
Single Supplement	N/A

DEPARTURES

There are no scheduled departures for this trip at the moment. Please contact us to arrange a private departure.

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Domestic flights
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Accommodation
- ✓ Snacks and drinks

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Airport pick up
- ✗ Airport drop off
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

TRIP PROFILE

This is a touring trip using mountain bikes, and we cycle 519 km on country lanes and quiet roads. Though 80% of our riding will be on tarmac, the road can be in poor condition in spots. We take some dirt roads, but these are not technical; they are just to take you off the beaten track. The first few days of riding are up and down the Shan plateau, but the gradient is very gentle. We will pass through many villages, and you will find the people curious, friendly, and polite. We share the road with ox carts, cyclists, and waving children. The second phase of the tour are flat rides or on gentle rolling hills and cut through rice fields, ancient cities, and scenic countryside. The averagely fit cyclist will have no problems. The trip is fully supported; an air-conditioned bus follows us for the entire journey, so exhausted riders can skip the tougher sections if they wish. On major roads, riders can find their own pace and meet up at prearranged points along the way. There is an unbelievable amount to see throughout the tour, and we stop frequently to view temples, rural scenes (especially if riding during rice harvest), and villages.

Suitability: This trip is a touring bike journey suitable for anyone with a reasonable level of fitness. There are some long rides, and one or two tough climbs; participants who cycle the whole distance should expect a fairly challenging two weeks. But with the excellent support, inexperienced riders, and even non-riding partners, can be catered for and are more than welcome to join this tour.

Biking Conditions: Although this tour covers around 498 km in 7 full cycling days and 3 half days, it is still quite demanding. This trip has a variety of roads, some in quite good condition to broken tarmac roads, to vehicle-wide dirt trails. There is no technical riding on this trip, but there are some long days.

Day 1 Meet at Yangon

We will meet at the hotel at 7 pm for a welcome dinner at a local restaurant to give us the first tastes of Burma.

Hotel Grand United Ahlone Dinner

Day 2 Yangon - Heho - Kalaw

We have an early morning flight to Heho and then a short transfer to our hotel in the former hill station of Kalaw. This cool, peaceful town amidst pine trees still retains its colonial feel. After lunch, we prepare for an afternoon ride through the countryside of Kalaw. This off-road ride will be a perfect introduction to your bike and give you a chance to warm up your cycling legs. There

will be some up-hills, but we will be cycling through some stunning countryside, making the effort worthwhile.

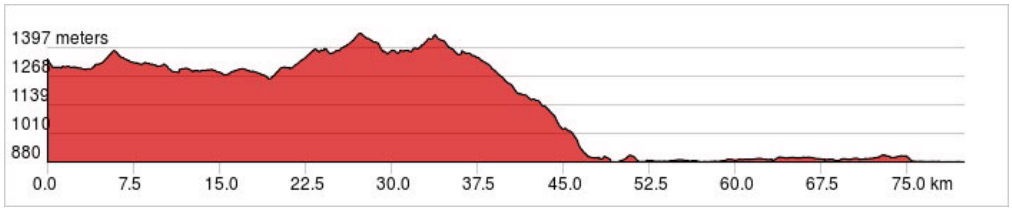
Hill Top Villa Breakfast, Lunch, Dinner

Ride 28km +463m -469m

Day 3 Kalaw - Indein - Inle Lake

We have a fabulous ride down off the plateau to the famous Inle Lake. Though we cover many kilometres, the last section has two sweeping downhills, which take us directly to the shores of Inle. We will be on both paved and dirt roads, taking us through the Burmese countryside. After lunch we will stop at Indein village to visit some of the hundreds of pagodas that date back to the 14th century, though most are from 17th and 18th century. We continue our cycle alongside one of Asia's most beautiful inland waters to Nyaung Shwe, located north of the lake.

81 Hotel Inlay Breakfast, Lunch, Dinner

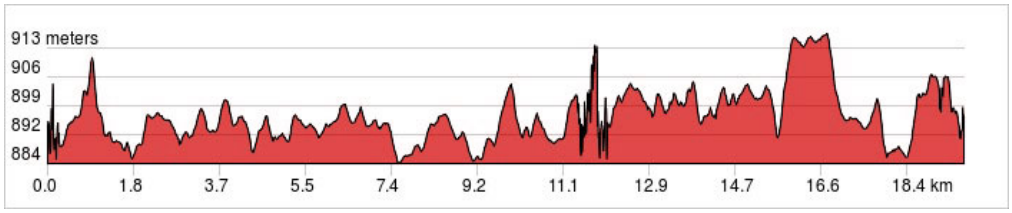


Ride 79km +725m -1169m

Day 4 Inle Lake

We spend the day exploring Inle Lake, from the shore and on the lake. In the morning, we start with a 30-km ride along the shores, riding through villages and past temples.After a lakeside lunch we'll board a boat and cruise to Phaung Daw Oo Pagoda, floating gardens, monasteries and the Intha fishermen, who famously manage to row their boats with one leg. In the evening we'll have a treat and visit a vineyard for sunset. Dinner at local restaurant in Nyaung Shwe.

81 Hotel Inlay Breakfast, Lunch, Dinner



Ride 30km +165m -167m

Day 5 Inle Lake - Pindaya

We leave lovely Inle and head back up to the Shan Plateau. Shan State covers almost a quarter of Myanmar and is home to several different ethnic groups. Again, we will be cycling on both dirt and paved roads, and though we will be mostly climbing, there will be some downhills. There is

one major 10 km-long climb today, but the gradient is gentle. Our destination is Pindaya, home to limestone caves that house thousands of Buddha images. We'll visit the caves before dinner.

Pindaya Inle Inn Breakfast, Lunch, Dinner

Ride 63km +696m -396m

Day 6 Pindaya - Mandalay

Starting on the bicycle from the hotel will bring us to Burma's second city, Mandalay. Initially, the ride will be undulating through a patchwork of fields before we start a long descent. We'll be passing many villages on the way where you'll be greeted by "hellos" from the children. When we reach Ywa Ngan, we stop for lunch and then load up the bikes into the support vehicles for a short transfer to Mandalay.

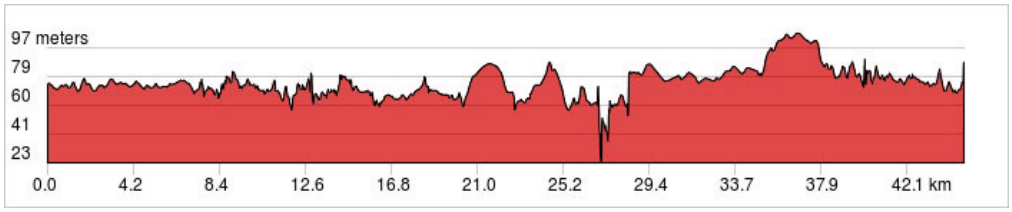
Yadanarpon Dynasty Hotel Breakfast, Lunch, Dinner

Ride 62km +941m -852m

Day 7 Mandalay - Sagaing - Mingun - Mandalay

We head out of Mandalay to explore the towns of Sagaing and Mingun on the opposite side of the Irrawaddy River. We cycle first to the famous U Bien Bridge, the longest teak bridge in Asia, where we'll have some excellent photo opportunities. We then ride along the river past Sagaing, an important religious and monastic centre and, subsequently, home to numerous monasteries and stupas. We continue on our photogenic cycle route to Mingun to visit the ruins of Pahtodawgyi. This massive, unfinished stupa would have been the largest in the world if completed and now might be the largest pile of bricks in the world, but is nonetheless impressive. We'll also see the Mingun Bell, which weighs 90 tons and is the largest ringing bell in the world. After a lunch of local specialties, we'll have an easy return via boat. Relax and watch life go by as the river takes us downstream to Mandalay.

Yadanarpon Dynasty Hotel Breakfast, Lunch, Dinner

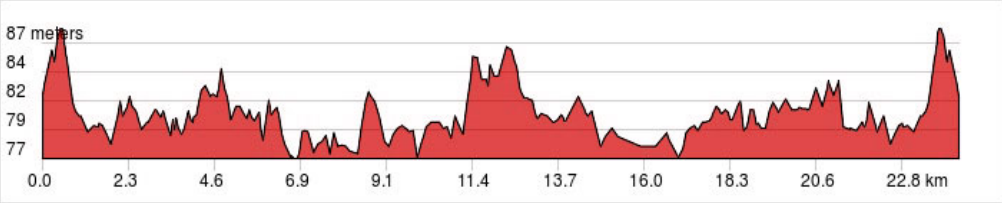


Ride 45km +172m -163m

Day 8 Mandalay Monasteries

This morning, we explore Mandalay by bike, starting with a cycle to a sprawling local marketing, with stalls and shops selling everything from food to clothing to jewelry along train tracks. We have some time to explore this labyrinth before we jump back on the bikes and continue our riding. On the way, we stop at Yaw Min Gyi Monastery, a brick monastery built in 1866 in European style, before heading to the very tranquil Shwe Kyin Monastery. A visit to Shwenandaw Monastery, aptly named "Golden Palace," is a must-see. This wonderfully fragile, yet grand example of 19th century Burmese teak architecture, is heavily gilded with gold and adorned with glass mosaic work and impressive carvings of Buddhist myths. We head back to Mandalay a different way, stopping for tea and to taste some local snacks. The afternoon and evening are free to give you the chance to explore Mandalay on your own.

Yadanarpon Dynasty Hotel Breakfast, Lunch, Dinner

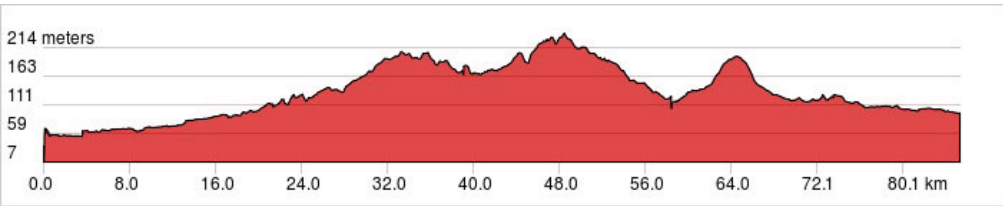


Ride 26km +64m -64m

Day 9 Mandalay - Pyinsi - Mt. Popa

We start early with a short transfer to Tada U and ride into the capital of the ancient Ava Kingdom. Here we'll see remnants of a city wall that protected the city that ruled upper Burma for nearly two centuries, from 1364 to 1555. We continue our ride through fields of millet, sesame, cotton, and many varieties of peas and beans to the town of Myingyan. Here we pack up the bikes and transfer two hours to Mt. Popa.

Popa Mountain Resort Breakfast, Lunch, Dinner



Ride 95km +483m -485m

Day 10 Mt Popa Rest Day

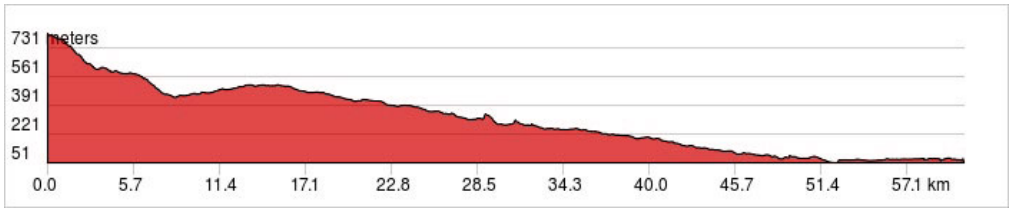
Our first complete day off the bikes, but that doesn't mean we won't still be active! After breakfast, we climb the almost 900 steps to the top of Popa Taung Kalat, a temple that is populated by Burma's most revered nats (spirits). As you walk up, you will pass dozens of nat shrines and see pilgrims who come to honour them. From the top, you will have a panorama of the surrounding plains. The views are excellent, and photographers will get some great shots. The rest of the day, you are free to relax by the hotel's infinity pool overlooking the temple, or for those more adventurous, there are hiking trails in the national park. We meet up for dinner.

Popa Mountain Resort Breakfast, Lunch, Dinner

Day 11 Mt. Popa - Bagan

Wake up to superb views! After breakfast, start with an easy descent from our lofty heights. We snake down around the mountain, as we ride through small villages and palm gardens, coming across farmers ploughing their fields with wooden ploughs and water buffaloes. We ride into Bagan, littered with thousands of temples along the banks of the Irrawaddy River. Our riverside hotel offers a refreshing pool to cool down in.

Bagan Thande Hotel Breakfast, Lunch, Dinner

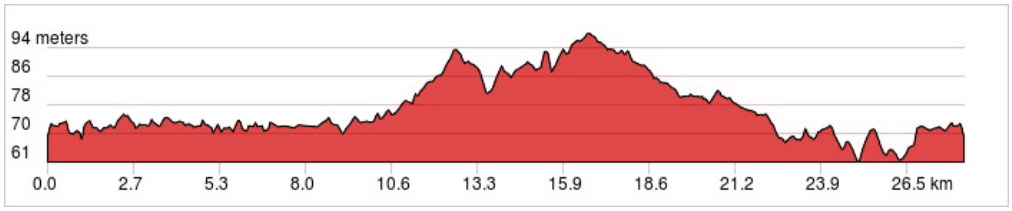


Ride 61km +88m -827m

Day 12 Bagan Temples

Bicycles are the perfect way to explore the temples of Bagan; we take a morning cycle around the Archaeological Zone, stopping to see a variety of temples. When it starts to get hot, we'll return to the hotel for a relaxing afternoon by the pool. Enjoy sunset over the river, or take your bike to catch the setting sun from the top of a temple. The views across the plains studded with chedis will be a lasting memory. **Recommended morning activity:** Start your day with a scenic hot air balloon ride and enjoy the stunning aerial view of surrounding area, including exquisite temples and its golden stupas. Contact us for more information

Bagan Thande Hotel Breakfast, Lunch, Dinner



Ride 30km +119m -120m

Day 13 Bagan - Yangon

In the morning, we transfer to the airport and fly back to Yangon, viewing from the air some of the terrain we covered by bike. We arrive in time to take a trishaw ride in downtown Yangon and see the Shwedagon Paya, Burma's holiest religious site at dusk. In the evening, we meet up for a farewell dinner.

Chatrium Hotel Royal Lake Yangon Breakfast, Lunch, Dinner

Day 14 Yangon

The morning is free for shopping. You can visit Bogyoke Aung San market before heading to the airport for your onward flight.

Breakfast

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire bikes locally for the price listed in the tour pricing section. The bikes are Trek mountain bikes with lightweight alloy frames, 24- to 27-speed gearing, disc/v-brakes, and Shimano components and front suspension. If you bring your own bike, please make sure it is a mountain bike, preferably with front suspension, in good mechanical order.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

A visa is required for all visitors to Burma. Please make sure your passport is valid for a minimum of 6 months beyond the duration of stay in Burma. Regulations are changing quickly, but at the moment the easiest method for those flying in is to obtain an e-visa for USD $50. The e-visa will be for a single-entry to international airports only (no land borders) and is valid for 28 days after entering the country. Apply online for the visa here and it takes one week to process (have a scanned copy of the first page of your passport and a digital photo ready). The approval letter must be printed as it will be needed to board international flights and needs to be submitted to immigration upon arrival. For those crossing at a land border (Bangkok to Yangon and Burma Road tours) you must go to your nearest Myanmar embassy to obtain a visa in advance. A list of embassies abroad is available here. Please click here for more information on visa requirements.

Health

Recommended vaccinations include typhoid, polio, tetanus and Hepatitis A. A certificate for Yellow Fever is required if arriving from an infected area within the prior six days. Some areas of Burma may be considered malarial areas. Please check with your doctor prior to departure for the most recent information.

Weather

Myanmar has a tropical climate with fairly high humidity. There are three seasons: from March to June it is hot and dry, with temperatures between 27 and 40˚C, and with night temperatures in the 20s. The rainy season is from July to September, but temperatures are slightly lower, because of the effect of the rain. The cooler season (particularly in the mountains) is from September to February, with average temperatures between 20 and 30˚C. ***It will be much cooler at night in the hills in Shan state, where we spend 2 nights, and adequate cold weather clothing – gloves, hats, jacket – is advised.***

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Most meals are local dishes and feature noodles, rice, curries and soups. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Drink

Keeping you completely hydrated is a job we take very seriously. Cold water, some energy-restoring local fruit and soft drinks are included in the tour price. Beer is freely available everywhere, but is NOT included in the price.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Extra Expenses

We recommend that you tuck away a few extra dollars, perhaps US$10, for incidentals. It is customary to tip local tour guides and drivers, however, the amount you give should be dependent on the level of service you receive. As a general guide we suggest US$ 3-4 per person per day is appropriate.

Money

Burma's everyday currency is the kyat. The kyat is used to cover buying small items, bottle of water or a snack, while dollars are used for everything else and the euro is also increasingly being accepted. The exchange rate in Yangon is generally better than upcountry and the larger the bill, the better the rate (ie- 100 USD notes receive 2% more kyat compared to 50 USD notes). Bring only newly issued USD currency (meaning the ones with the large off-centered portraits) without any tears or holes and avoid serial numbers beginning with CB. There have been widespread rumors that CB series notes are counterfeit. ATMs from CB Bank and KBZ Bank are available in Yangon and Mandalay. There is a 5000 kyat service fee and the maximum withdrawal is 300,000 kyats. Credit cards are only accepted in some upscale restaurants and some hotels do accept credit cards (surcharge of 3-8%) but it is not recommended to rely on this service as the Internet often shuts down during the day making payment by card impossible. Travelers Checks currently CANNOT be used or exchanged in Myanmar.

GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our Booking Conditions in full before you make your payment and should you require further clarifications of any of the conditions below, please email us or call our office.

TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please email us or call our office.

BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into Manage My Trip (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to

fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems please send us an email, or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our cancellation policy.

Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your travel insurance that you acquired when you booked your holiday.

Newsletter

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 SpiceRoads, be sure to subscribe.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Please note that the itinerary is subject to change due to unforeseen circumstances, however, we will always do our best to adhere to this original itinerary

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