

Earthbound Expeditions

Travel In Myanmar

7 days, from US$1,142 per person

Duration	Group size	Country
7 days	**No limit**	**Myanmar**

Contact us

Phone
+977 9851017772

WhatsApp
+9779851017772

Email
earthboundnpl@gmail.com

Website
enepaltrekking.com

Office
G.P.O. Box 5801, Thamel, Kathmandu, Nepal

Travel In Myanmar Overview

A 7-day tour of Myanmar: the temples of Bagan, Mandalay and Amarapura, Inwa (Ava) and Sagaing, Inle Lake from Heho, and sightseeing in Yangon.

Visit the most popular destinations in Myanmar, a varied country of gilded pagodas, in seven days.

Myanmar, also known as Burma, is one of the least visited destinations in the world. It offers a rich cultural tradition, natural beauty and impressive temple architecture.

The 'Travel in Myanmar' tour by Earthbound Expeditions combines some of the country's best natural and cultural sights in a seven-day journey.

The tour begins with a flight to Yangon International Airport. The first two days are spent exploring the ancient monuments, pagodas and temples of Bagan, including Shwezigon Pagoda, Ananda Temple, Lawkananda Pagoda, Dhammayangyi Temple and many others.

The tour continues with a domestic flight to Mandalay, Myanmar's last royal city. You visit its main sights, including Kuthodaw Pagoda, Mahamuni Pagoda, Shwe In Bin, the Golden Palace Monastery, Mandalay Hill and the view of the Shan Plateau.

South of Mandalay is Amarapura, with Taungthaman Lake and Maha Gandayon Monastery. To the west of Mandalay is Sagaing, an important centre of Buddhist study. The tour ends with sightseeing at Inle Lake and a flight back to Yangon.

Travelling in Myanmar takes you to historic stupas, monasteries and nunneries, and to places of great natural and cultural beauty. We invite you to join this 7-day tour of Myanmar.

Itinerary

Day 1

Arrive in Yangon and fly to Nyaung U (Bagan)

We meet you on arrival at Yangon International Airport and transfer you to the domestic airport for your connecting flight to Nyaung U. On arrival in Bagan, the tour begins. There are thousands of ancient monuments, so our local guide plans the time to see the most interesting pagodas and temples: Shwezigon Pagoda, built by King Anawrahta in the early 11th century, and Ananda Temple, with four large standing Buddha images and numerous seated figures in niches around the galleried interior. Dinner at a local restaurant. Overnight at a hotel in Bagan.

Altitude: 50 m On foot: Easy walking, 2–3 hrs Night: Hotel, Bagan Meals: Dinner

Day 2

Bagan sightseeing

After breakfast at the hotel, you visit the local market and Lawkananda Pagoda on the Ayeyarwady River, Bupaya Pagoda or Mingalazedi Stupa, and Upali Thein. You continue to Htilominlo Temple, known for its plaster carvings; Thatbyinnyu Temple, the tallest building on the Bagan plain; Manuha, the temple of King Manuha; Dhammayangyi Temple, the most massive temple; and other sites. You then go to Shwesandaw Pagoda to watch the sunset and take photographs from the upper platform of the old temple. Dinner and overnight at a hotel in Bagan.

Altitude: 50 m On foot: Easy walking, 3–4 hrs Night: Hotel, Bagan Meals: Breakfast, Dinner

Day 3

Fly to Mandalay, Mandalay and Amarapura sightseeing

After breakfast at the hotel, you transfer to Nyaung U airport for the domestic flight to Mandalay. On arrival in Mandalay you begin a full sightseeing tour, including Mahamuni Pagoda, with its Buddha image covered in thick layers of gold leaf; Shwe In Bin, one of the finest monasteries in the country; Shwe Nandaw Kyaung, the Golden Palace Monastery, a fine example of a traditional wooden building; and Kuthodaw Pagoda, known as the world's largest book, with 729 marble slabs engraved with Buddhist scriptures. You watch the sunset from the top of Mandalay Hill, with views over Mandalay city and the Shan Plateau. You then drive to Amarapura, 11 km south of Mandalay, an ancient capital of the Konbaung Dynasty from 1783. You visit Maha Gandayon Monastery, a well-known monastic school, and U Bein Bridge, a 2 km wooden bridge across Taungthaman Lake. Dinner and overnight at a hotel in Mandalay.

Altitude: 80 m On foot: Easy walking, 2–3 hrs Night: Hotel, Mandalay Meals: Breakfast, Dinner

Day 4

Inwa (Ava) and Sagaing

After breakfast at the hotel, you visit the former royal capital of Inwa (Ava), around 20 km from Mandalay. You see the Nanmyin Watch Tower, the remains of the ancient palace buildings, also known as the Leaning Tower of Ava; Maha Aungmye Bonzan Monastery, built of brick and stucco; and Bagaya Monastery, known for its ornate woodcarvings and teak posts. In Sagaing you visit several rural villages on the way. These typical Myanmar villages are known mainly for their cottage industry (bankon). You then visit Sagaing Hill before returning to Mandalay by car. Dinner at a local restaurant. Overnight in Mandalay.

Altitude: 80 m On foot: Easy walking, 2–3 hrs Night: Hotel, Mandalay Meals: Breakfast, Dinner

Day 5

Fly to Heho and Inle Lake sightseeing

After breakfast at the hotel, you transfer to Mandalay airport for the flight to Heho. Our guide meets you and you begin a boat trip on Inle Lake, where you see the well-known leg-rowers, the floating gardens, local fishing methods and village life. You visit Phaung Daw Oo Pagoda, the weaving village of Inpawkhon and other sights. Dinner and overnight at a hotel at Inle Lake.

Altitude: 880 m On foot: Easy walking, 1–2 hrs Night: Hotel, Inle Lake Meals: Breakfast, Dinner

Day 6

Fly from Heho to Yangon and Yangon sightseeing

After breakfast at the hotel, you transfer to Heho Airport for the flight to Yangon. The sightseeing tour includes the old colonial city centre and Sule Pagoda, the landmark of the city centre. This octagonal pagoda, 46 metres high, stands in the heart of Yangon and enshrines a hair of the Buddha; it is said to be 2,000 years old. You then make an extended visit to Shwedagon Pagoda, one of the world's most impressive religious monuments. Its golden dome rises 98 metres above its base and is covered with 60 tonnes of pure gold. The tour continues to Chaukhtatgyi, a very large reclining Buddha image, followed by Bogyoke (Scott) Market (closed on Mondays), with hundreds of shops, and a visit to a gem shop. Dinner at a local restaurant and overnight at a hotel in Yangon.

Altitude: 30 m On foot: Easy walking, 2–3 hrs Night: Hotel, Yangon Meals: Breakfast, Dinner

Day 7

Departure from Yangon

After breakfast at the hotel, you transfer in the morning to Yangon International Airport for your departure.

Altitude: 30 m On foot: None, departure day Night: No overnight Meals: Breakfast

Photos, videos and reviews of this trip: enepaltrekking.com/travel-in-myanmar