

# EXPLORE!



## Cycle Burma

BURMA (MYANMAR) - TRIP CODE CBUR

CYCLING

### Why book this trip?

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A cycling holiday that uncovers the scenic beauty and cultural highlights of Burma. Get off the beaten track and closer to the wonderfully friendly local people with bike rides between Mandalay, stilt villages of Inle Lake and the temple-studded plains of ancient Bagan. We also cruise the mighty Irrawaddy River.

- **Inle Lake** - Discover floating gardens, stilted villages and leg-rowing fishermen
- **Rangoon (Yangon)** - Colonial grandeur, gilded temples and street markets
- **Shan Highlands** - Hilltribe villages and former British hill station of Kalaw



**INCLUDED MEALS**  
Breakfast: 13  
Lunch: 9



**TRIP STAFF**  
Explore Tour  
Leader / Cycle  
guide  
Boat Crew  
Driver(s)  
Local Guide(s)



**TRANSPORT**  
Bus  
Bicycle  
Boat



**ACCOMMODATION**  
13 nights  
comfortable hotel



**CYCLING GRADE:**  
Moderate



**GROUP SIZE:**  
10 - 16

## Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

### DAY 1 - Join trip Rangoon (Yangon)

Arriving in Rangoon today we have a chance to relax and freshen up before enjoying a late afternoon visit to the magnificent Shwedagon Pagoda, the most revered Buddhist temple in Burma. Towering some 99 metres over the city, the pagoda's impressive golden stupa dominates the city skyline to the west of Kandawgyi Lake, making it the ideal spot from which to watch the sunset. Originally believed to be over 2,500 years old, this is the oldest pagoda in Burma and certainly one of the most beautiful in the whole of Asia. This visit could be postponed to day 13 if needed.



**ACCOMMODATION:**  
Panda Hotel (or similar)

**Grade: Comfortable Hotel**



**SINGLE ROOM AVAILABLE**



**MEALS PROVIDED: NONE**

### DAY 2 - Fly to Heho and explore Inle Lake by boat

A morning flight to Heho, followed by a drive to Nyaung Shwe, brings us to the beautiful setting of Inle Lake, one of the highest lakes in the country. Devout Buddhists, the local population live in simple stilted

houses, fishing in the lake and growing their food on floating gardens of grass and seaweed. Heading out in a boat later today, we have a chance to witness some of the lake's famous 'one-legged' fishermen at work, as well as paying a visit to Phaungdaw U Pagoda.

No cycling today.



**ACCOMMODATION:**

Hupin Nyaung Schwe Hotel (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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**DAY 3 - Ride around Inle Lake to Nampan village; optional wine tasting**

After allowing time for bike fitting and once you are comfortable with your bike for the holiday we start our first ride - around the eastern side of Inle Lake to the village of Nanpan. The ride is pretty flat with some small undulations and along the way there will be views of the lake, villages and surrounding hills. After some free time in Nanpan we make our way back to Nyaung Shwe and the hotel by long tail boats. The rest of the afternoon is left free to either relax, explore Nyaung Shwe or there is even to option to do some local wine tasting.

Our total cycling distance today is approximately 40 kilometres (200 metres total accumulated ascent and 200 metres descent).



**ACCOMMODATION:**

Hupin Nyaung Schwe Hotel (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

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## DAY 4 - Cycle Inle Lake to Aung Ban via Indein Pagodas; drive to Kalaw

Today's cycle ride takes us on an undulating route around the lake to the Shwe Indein Pagoda followed by an uphill push to Aung Ban village. We plan to make a stop to visit the pagoda complex built above Indein village, comprising of around one thousand stupas of varying sizes, built in the 17th and 18th centuries. We then cycle mostly uphill to Aung Ban where the ride ends and we stop for a well deserved lunch. Afterwards we will drive to Kalaw, set high on the western edge of the Shan Plateau. Popular with the British during their time in Burma, Kalaw still retains a little something of its colonial charm. This afternoon, time permitting, we then have a chance to continue exploring the town by bike. Attractions include the gold lacquered bamboo Buddha of Nee Paya and the Catholic church of Christ the King.

Our total cycling distance today is approximately 60 kilometres (870 metres total accumulated ascent and 470 metres descent).



ACCOMMODATION:  
Dream Villa (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

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## DAY 5 - Ride north to Pindaya; Visit Pindaya Caves

Following breakfast this morning we head north, leaving the main road to take a vehicle-less track, cycling off road through a lovely rural landscape of farmland and pretty villages. This first section is challenging with most of today's climbing but the views are stunning. After rejoining the road we cycle through a rolling countryside of rice fields and vegetable gardens, accompanied by ox carts full of cabbages and open top vehicles being taken to market by Pao and Danu villagers. After lunch we have one more ascent as we approach Pindaya, a small pretty lakeside town, which sits beneath a limestone landscape dotted with cave shrines and stupas. Before checking in to our hotel we plan to visit the famed Pindaya Caves, a revered pilgrimage site that is home to some 8,000 images of the Lord Buddha. Extending into the limestone hills above the town, the chambers are filled with a rich assortment of iconography that dates back to the middle years of the 18th century.

Our total cycling distance today is approximately 39 kilometres (510 metres total accumulated ascent and 550 metres descent).



ACCOMMODATION:  
Pindaya Inle Inn (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

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### DAY 6 - Cycle backroads to Myaing then drive to Mandalay

We start the day with a drive through a patchwork of green countryside and mountain scenery to Kyone where we commence our ride. We plan to cycle along quiet back roads for the first three hours today, on a road rarely used by travellers, starting with a 5km ascent. We make our way towards the village of Myaing on undulating terrain with some sharp ascents and descents where we end today's beautiful ride through the Shan highlands with another 5 km climb. There is a 1 hour drive to Saim Yaung where we stop for lunch. Continuing on this afternoon we complete the remaining 130km by bus arriving into Mandalay in the early evening. Our route passes through spectacular mountain scenery alongside the Zawgwi River, and amongst the variety of produce along the way we will see cotton, turmeric, mangos and teak.

Our total cycling distance today is approximately 57 kilometres (700 metres total accumulated ascent and 790 metres descent).



ACCOMMODATION:  
Victoria Palace Hotel (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

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## DAY 7 - Morning ride then Irrawaddy Boat back to Mandalay

Mandalay was Burma's last royal capital and, for many, the centre of its most historic and culturally rich region. Today we explore the countryside around the city, starting first with a ride out to Sagaing, some 20 kilometres away. Overlooking the waters of the Ayeywaddy River, Sagaing is considered one of Burma's most important religious centres and its hillside is covered in pagodas and temples. From the Soon U Ponya Shin Paya atop of Sagaing Hill we will enjoy spectacular views of the river and more than 500 pagodas dotted around the countryside. From here we continue along the river to the ruins of the Mingun Pahtodawgyi which, had it been completed, would have been the world's largest pagoda. We will have time to take a look around the site, before taking a scenic Irrawaddy river boat ride back to Mandalay. Today's ride is generally on the flat.

Our total cycling distance today is approximately 37 kilometres (80 metres total accumulated ascent and 50 metres descent).



ACCOMMODATION:  
Victoria Palace Hotel (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

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## DAY 8 - Visit Ubein Bridge followed by a tour of Mandalay city

The former royal capital of Amarapura is a short drive south from Mandalay and is perhaps best known for Ubein Bridge - the 1.2 kilometres footbridge that spans Lake Taungthaman. We will have the opportunity to see the bridge from the lake on an optional short boat ride. Returning to Mandalay via the jade market, we then spend this afternoon exploring some of the city's major highlights, including the world's largest book at the Kuthodaw Pagoda, the intricate wooden majesty of the Shwenanda (Golden Palace) Monastery and Mandalay Hill.

No cycling today.



ACCOMMODATION:  
Victoria Palace Hotel (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 9 - Mandalay to Chaung U village, cycle to Monywa via Thanbudday complex

Our morning starts with a visit to the 17th Century Kuang Madaw Pagoda, which houses the biggest dome in Burma - modelled on the Mahaceti in Sri Lanka. We continue by bus to Chaung U village where we begin the day's cycling. Taking the quiet backroads towards the bustling river hub of Monywa allows us to visit some of the most unique Buddhist structures in Burma. A giant 128-metre tall standing Buddha and a 95-metre long reclining Buddha look out over Bodhi Tataung, a garden of over 1000 sitting Buddhas - all facing the same direction. A little further through the villages we arrive at the bizarre Thanboddhay Paya complex, the result of a monk's dreams and visions which resulted in him designing a stupendous pagoda containing 582,363 Buddha images. We continue our journey by bicycle arriving at our hotel mid-afternoon, in time to relax beside the lake. The ride today is mostly on the flat with one long gentle and gradual ascent and descent.

Our total cycling distance today is approximately 33 kilometres (70 metres total accumulated ascent and 70 metres descent).



ACCOMMODATION:  
Win Unity Resort Hotel - Monywa (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

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### **DAY 10 - Morning on the bikes; afternoon cruise to Bagan**

Heading out of Monywa on the bikes, we leave the main road to cycle the back roads towards Pakkoku. Our route takes us along a dusty path through traditional wooden villages, bisecting fields of rice, sesame and peanuts and giving a unique close-up of rural life. Ox carts amble through the villages, some of which conceal impressive frescos inside small temple complexes. Later we rejoin the main road, cross the impressive Chindwin River and cycle to Aung Moe junction, where we end our cycling for today. Later this afternoon we drive to Pakkoku, where we take a local ferry down the Irrawaddy River to the once imperial capital of Bagan, one of the most impressive religious archaeological sites anywhere in Asia.

Our total cycling distance today is approximately 55 kilometres (650 metres total accumulated ascent and 625 metres descent).



#### **ACCOMMODATION:**

Thazin Garden Hotel (or similar)



**Grade: Comfortable Hotel**



**SINGLE ROOM AVAILABLE**



**SWIMMING POOL AVAILABLE**



MEALS PROVIDED: BREAKFAST & LUNCH

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### **DAY 11 - Bagan sightseeing by bike**

Bagan rose to prominence during the 11th to 13th centuries. At its height it presented a sea of colour and spectacle, with over 13,000 temples and pagodas spread across its expansive plains. Today just over 2,000 remain and we visit some of the most important ones today. We begin our day with the option of enjoying sunrise from the terraces of the stunning 12th century Dhammayazika Temple, which puts the enormity and majesty of this ancient capital into perfect perspective. We will then cycle along flat and sandy tracks between the temples visiting the distinctive Shwezigon and Ananda Pagodas, as well as the 13th century Wetkyi-in-Gubyaukgyi cave temple. After enjoying the wonders of Bagan, the rest of the afternoon is left free for you to relax or explore further, maybe enjoying the sunset from one of the temples or taking an optional late afternoon boat ride on the Irrawaddy River.



Our total cycling distance today is approximately 24 kilometres (on the flat).



ACCOMMODATION:  
Thazin Garden Hotel (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

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## **DAY 12 - Return cycle ride to Mount Popa**

This morning we cycle our final ride across the Bagan plateau out to Mount Popa, Burma's sacred abode of the Nats (spirit gods). A volcanic plug that rises to a height of 1,500 metres above the surrounding landscape. The road steadily inclines the whole way on our ride and we use our vehicles to climb the very steep sections to the base of the mountain. Depending on time available and your energy levels there may be the opportunity to climb on foot the 777 steps that lead to the summit and temple. The summit is covered by rare flora and fauna and is designated a national park as well as boasting some fine panoramic views of the surroundings. The small temple on the summit is also home to troops of wild monkeys. After taking lunch we return to Bagan on bike by way of a local farm producing traditional 'toddy' palm juice. There are various options to return by bike either part of the way or the entire route back to Bagan. The remainder of the day is free in Bagan with the option to see the sun set from a temple.

Our total cycling distance today is approximately 49 kilometres (470 metres total accumulated ascent and 30 metres descent).



ACCOMMODATION:  
Thazin Garden Hotel (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

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### **DAY 13 - Fly to Rangoon (Yangon); afternoon city tour**

After flying back to Rangoon this morning we enjoy a tour of the city, taking in the ancient relics housed in the unusual (and hollow) Botataung Pagoda before exploring a little of the city's downtown area. A stroll along Pansodan Street takes in the rich colonial architecture and bustling street markets, whilst the immense Bogyoke Market, formerly known as Scott's Market, is filled with handicrafts from all over the country (closed on Mondays, full moons and public holidays).

No cycling today.



ACCOMMODATION:  
Panda Hotel (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 14 - Trip ends Rangoon**

The trip ends in Rangoon this morning after breakfast.



MEALS PROVIDED: BREAKFAST

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## **Trip information**

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## Country information

### Burma (Myanmar)

#### Climate

Burma is a tropical country and has three seasons. Temperature and rainfall varies across the country; Rangoon, Bagan and coastal areas tend to have higher temperatures and rainfall. Cool season = October to February with average temperatures from 18-24C; at higher altitudes (Inle Lake, Kalaw) the temperature is slightly cooler and temperatures can drop down to about zero at night. Hot season = March to mid-May 25-38C; particularly hot in Bagan and Rangoon. Rainy (Southwest Monsoon) = mid-May to September 23-33C; practically all of the country's rain falls in this period.

Time difference to GMT	Plugs	Religion	Language
+6	3 Pin Flat	Theravada Buddhism, Hinduism	Burmese

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## Budgeting and packing

### Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Inle Lake - Traditional massage - USD 8

Bagan - Traditional massage USD 10; Optional sunrise USD 8.

### Clothing

You will need clothes that are comfortable in hot, humid conditions. Sunhat, sunglasses, long trousers and long sleeved shirts are essential for protection from the sun. A buff is useful for sun protection and in case conditions are dusty. Warm weather clothing is suitable for Rangoon, Mandalay and Bagan. The Shan highlands, Inle Lake and Kalaw are cooler and in the winter season temperatures may reach near zero at night. Please dress respectfully when visiting temples and religious sites, covering your torso, shoulders and legs to below the knee. It will be possible to buy a sarong locally if needed. You may want to consider bringing easily removable footwear for convenience as you can only enter sacred sites barefoot. In general, as Burma is a traditional, conservative and largely Buddhist culture we recommend you do not wear revealing clothing.

### Footwear

If you are not bringing cycle shoes then try to bring stiff-soled shoes as these are better for cycling - transmitting your energy into the pedals more efficiently. This becomes more relevant and recommended the more demanding the grade and distances to cover. SPD cycle shoes are not well suited to trips that combine sightseeing with cycling.

Comfortable shoes, trainers, sandals or flip flops are useful when not on the bike.

## Luggage

20kg

### Luggage: On tour

We recommend you bring a daypack and one main piece of luggage (total allowance: 44lb/20kg) which will be transported between hotels while you cycle. Check the bike details section to see if a pannier or handlebar bag is provided on the bike. Remember you are expected to carry your own luggage so don't overload yourself.

## Equipment

On all Explore cycle holidays we strongly recommend you bring along and wear your cycle helmet. In case of an accident resulting in personal injury, certain insurance policies are invalidated in cases where a helmet was not being worn. Cycle glasses to protect against dust, pollen and the sun, padded cycle gloves and a water bottle or water delivery system (e.g. camelback or platypus) are also useful. Off road sections can be dusty. Buffs are good to protect from dust. You may choose to bring your own gel seat cover for added comfort. If a handle bar bag or pannier is not provided (check bike details) then you may like to bring a small rucksack to wear while cycling, alternatively you can leave things in the support bus and will be able to access sporadically throughout each day. Other items to consider bringing are a sunhat and sun cream, torch, earplugs and insect repellent. Please carry some or all of your cycling equipment e.g. helmet as part of your hand luggage.

Mobile phones: Mobile coverage in Burma is improving but be aware that your mobile may not work. It is possible to buy a local SIM card for around USD 4 in order to make/receive international calls, as long as your phone is un-locked. SMS messaging may not be possible. Internet is available in Rangoon and Mandalay though should not be relied upon.

## Tipping

### Explore leader

Tipping isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. You may however, want to recognise a leader that's done a great job or really added to your trip by giving them a tip. We're often asked about the recommended amount. It's a tricky one, and down to personal preference, but we'd recommend between £15 to £20 per person per week as a guideline.

### Local crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour. Accordingly you should allow approximately USD 50 for this purpose.

## Burma (Myanmar)

### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track

may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

<b>Lunch price</b>	<b>Dinner price</b>	<b>Beer price</b>	<b>Water price</b>
£3	£5	£1.8	£0.7

## Foreign Exchange

### Local currency

Kyat.

### Recommended Currency For Exchange

US Dollars often get the best exchange rate (try to bring newer dollar bills, in larger denominations and in good condition) but GBP is widely accepted.

### Where To Exchange

The official rate is far different from the market rate, we recommend you consult your tour leader for advice regarding the best place to exchange.

### ATM Availability

ATMs are becoming more widely available and some hotels may have them, including the Panda Hotel in Yangon. You are more likely to find them in the larger cities, but they are now starting to appear in some of the smaller towns and villages. Please be aware that they are prone to occasional breakdowns so you would be wise to top up your cash before it runs out completely.

### Credit Card Acceptance

Credit cards are becoming more widely accepted but you should not rely on them. The places where you are most likely to be able to use them are in the cities of Yangon and Mandalay and there may be a charge.

### Travellers Cheques

Not accepted.

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## Transport, Accommodation & Meals

### Transport Information

Bus, Bicycle, Boat

### Accommodation notes

Comfortable - Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

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## Essential Information

## **FCO Advice**

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

### **Under 18 immigration guidance**

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

## **Price Guarantee**

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

## **Visa and Passport Information**

Burma: An e-visa is required to enter Burma and must be arranged prior to travel through the following website: <http://evisa.moip.gov.mm/>. Visas are valid for 90 days from issue and allow a 28-day, single-entry visit.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

## **Booking conditions**

Before booking your Explore trip, please ensure that you read both our Essential Information and [Booking Conditions](#).

## **Transfers**

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

### **Booking a land only package with Explore**

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

## **Joining Tour Abroad**

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

## **Insurance**

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

## **Flight information**

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them [here](#).

### **Flight Information**

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### **Booking a flight inclusive package with Explore**

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

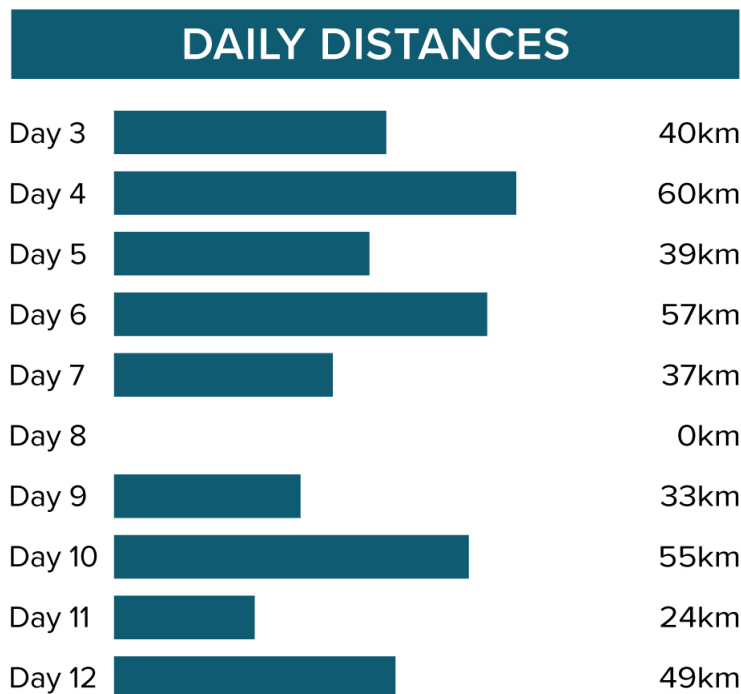
On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## **Burma (Myanmar)**

## Vaccinations

Nothing compulsory, but we recommend protection against malaria, tetanus, typhoid, hepatitis A plus Polio and diphtheria. Consult your travel clinic for latest advice on different prophylaxis available against malaria. Following the advice given by the Government's Foreign and Commonwealth Office, we strongly recommend the wearing long sleeved shirts and the liberal application of insect repellent as a precautionary measure to avoid being bitten by mosquitoes. These precautions should be taken at all times as the mosquitoes are also active during daylight hours. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

## Cycling information



CBUR\_Distance chart



Cycle Burma Jersey



## **General cycling information**

On this tour we cycle 394 km over nine days (an average of 44 km per day). We mostly follow provincial roads with less car traffic (80% on tarmac roads and 20% on earth/ gravel roads). The terrain is generally flat except for the sections around Kalaw, Maymyo, Pindaya and Inle Lake which are in the hills. A support vehicle accompanies the rides throughout the tour. We have graded the route as moderate.

## **Bike included**

21 gear Cannondale Trail 8 mountain bike with front suspension.

## **Bike information**

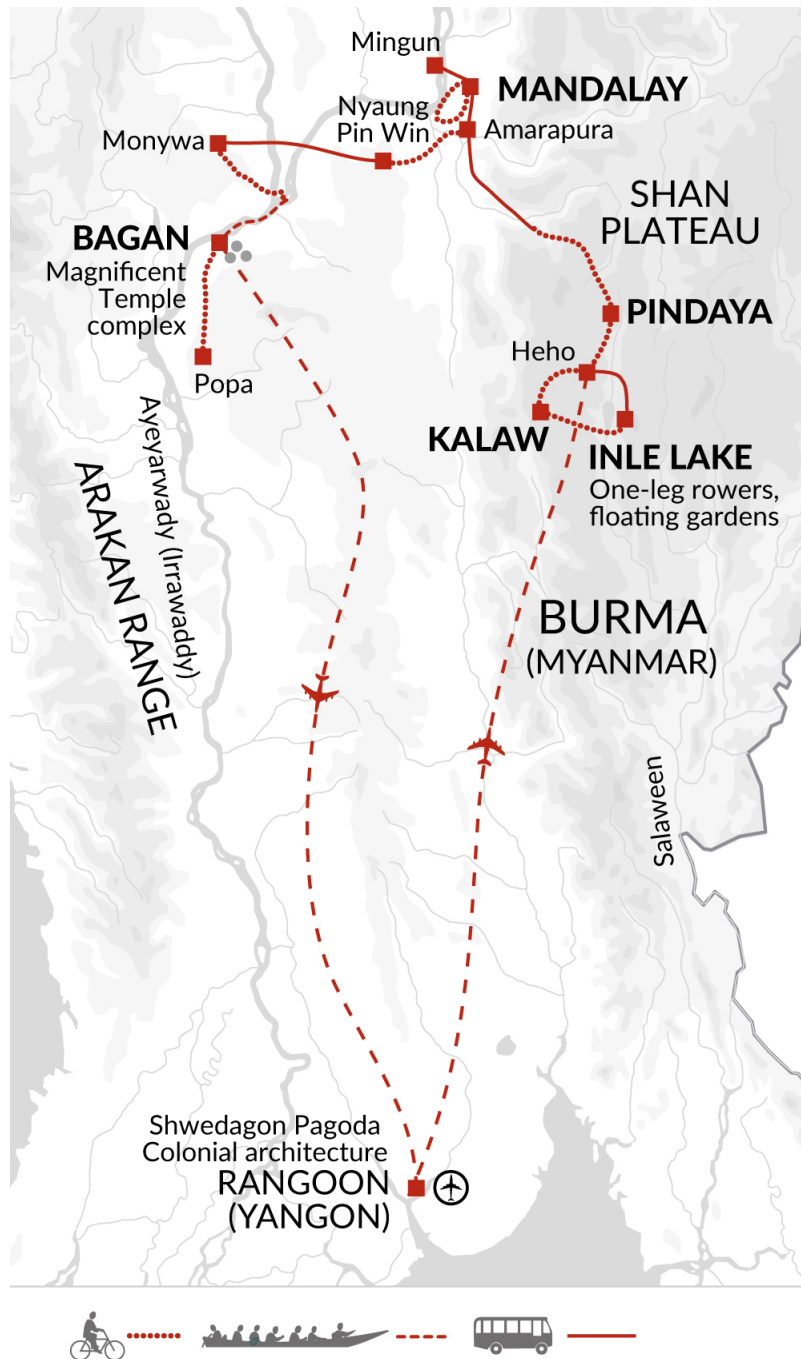
Your included bike is a 21 gear Cannondale Trail 8 mountain bike with front suspension and will be the correct frame size for your height. A water bottle holder is included as well as the facility to fit your own pedals or saddle if you wish to bring them. A support vehicle accompanies the rides throughout the trip. We provide spare parts and take care of the day to day maintenance. All you need to bring is your own helmet.

## **Cycling grade**

Moderate

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## **Additional Information**



**Cycle Burma Jersey - [Click here to order](#)**

## Tourism in Burma

Sadly, recent events surrounding the Rohingya minority have seen Burma thrust into the international spotlight again. The areas of unrest are concentrated within the north of Rakhine state, far away from any location our itineraries visit. We actively monitor the situation on the ground and closely follow the advice of the Foreign and Commonwealth Office (FCO).

We also remain acutely aware of our ethical responsibility; and in order to ensure that the local communities benefit the most from our trips, we use a privately-owned Burmese local ground agent for all of our local services. Our itineraries have been

carefully planned to limit the use of services owned by, or affiliated with, the government. This ensures that the Burmese people benefit as much as possible from our tours. We strongly believe that we contribute positively to the local economy, whilst providing our customers with the privilege of direct and genuine interaction with the local people, as well as an insight into the country's unique culture and heritage.

## Why book this trip

Unlike many other operators, we include the hire of your bike in the overall cost of the holiday: you don't need to bring your own or pay extra to hire one locally. We also provide a support vehicle, spare parts and take care of day to day bike maintenance. All you need bring is your own helmet.

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## Reviews



AWARD WINNING  
EXPLORE LEADERS



PRICE GUARANTEE  
PROMISE



AIRPORT  
TRANSFERS