



Hidden Myanmar

12 Days



The Adventure Company | EST. 1969

MT+SOBEKTM
MOUNTAIN TRAVEL SOBEK

CELEBRATING 50 YEARS
AS THE PIONEER OF ADVENTURE TRAVEL

➤ Hidden Myanmar

Discover the wonders of a rich and rare land! This comprehensive adventure reveals Myanmar's authentic and intact tribal cultures, majestic floating gardens of Inle Lake, the grandeur of Yangon's gold-plated Shwedagon Pagoda, mysterious Pindaya Buddhist Caves, and thousands of 800-year old temples beside the Irrawaddy River at Bagan. Taking the road less traveled, experience village life firsthand and see enduring traditional practices, like those of Inle Lake's renowned leg-rower fishermen. Hike Myanmar's rural countryside to the remote hill-tribe villages, enjoying encounters with gentle, gracious people that will etch lifelong memories.

Details

Arrive: Yangon, Myanmar

Depart: Yangon, Myanmar

Duration: 12 Days

Group Size: 3-16 Guests

Minimum Age: 14 Years Old

Activity Level:



Testimonials

"Excellent trip—one of the best I've taken. Our guides were superb and did lots of things that brought us closer to the world of the Burmese peoples in the areas we visited."

Larry B.

"I would absolutely recommend MT Sobek's Hidden Myanmar trip. The destination is interesting, the itinerary is excellent, and the people are very friendly."

Shirley D.

GOT QUESTIONS? SPEAK WITH AN EXPERT.

☎ 1.888.831.7526

✉ INFO@MTSOBK.COM

Why Take This Trip With Us?

REASON #01

MT Sobek has been leading groups through Myanmar since the 90's and our Hidden Myanmar itinerary has become a popular classic.

REASON #02

In the company of our expert local guides you have the opportunity to feel like an insider in Myanmar, not just a tourist.

REASON #03

This cultural adventure gets to the heart of the country by taking the road less traveled, while managing to pack in top sights along the way.

What to Expect



ACTIVITIES

Cultural touring by private van, with easy to moderate walks exploring historical wonders including the Yangon's gold-plated Shwedagon Pagoda and Bagan's ancient temples.



LODGING

Elegant modern hotels and comfortable traditional inns, all with modern amenities. Includes three nights at the boutique Pristine Lotus Resort.



CLIMATE

Daytime temperatures will range from 80F to 90F and night temperatures will range from the high 50's - 70's F. Rain is unlikely.

Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips' success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.

Kyaw Zaya grew up in Burma and has long had a passion for guiding. After earning his diploma in gemology, he went on study tour guiding. He has led groups for the past two decades and guides MT Sobek's immersive cultural exploration: Hidden Myanmar. He is well-versed in experiential travel and is a strong leader—comfortable with groups of any size. In his free time, he enjoys bicycling and reading. Kyaw looks forwards to sharing this adventure in his home country with you.

Kyaw Zaya

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Itinerary

DAY 1

ARRIVE IN YANGON

Upon arrival in Yangon International Airport, meet an MT Sobek representative and transfer to the hotel. Settle in, then receive a trip briefing in the evening, followed by a welcome dinner.

Meals: D

DAY 2

FLY TO THE HEART OF KENGTUNG

Depart this morning from Yangon and fly to Kengtung (Kyaing Tong). In the event of flight schedule changes, fly to Tachilek and then drive four hours to Kengtung. Kengtung is a beautiful area with great trekking and an intriguing variety of temples, thanks to the diverse population of ethnic tribes in the region. Upon arrival, check into your hotel, and then enjoy dinner at a local restaurant.

Meals: B, L, D

DAY 3

FOLLOW FOREST TRAILS TO REMOTE HILL TRIBES

Shortly after breakfast, take a 45-minute drive to the starting point of today's strenuous trek, which leads you along steep, forested tracks that link villages of the Pin Tauk Lahu, Eng, and Akha hill tribes. The Eng are particularly unique and are found only here. Striking in appearance, they're known for their black clothes and the custom of blackening their teeth with tree bark and betel nut. Enjoy a hearty picnic lunch along the way, and finish the hike in the late afternoon, when you return to your hotel in Kengtung.

Activity: 6-7 hours/9 miles hiking with 700' elevation gain/loss

Meals: B, L, D

DAY 4

TOUR KENGTUNG & JOURNEY TO INLE LAKE

After breakfast at the hotel, walk to the town's historical attractions and exquisite monasteries: Wat Sonkhan, Maha Myat Muni and Wat Inn. After touring these fascinating sights, depart Kengtung for your flight to Heho. Upon arrival, enjoy lunch before the drive to your charming hotel situated on Inle Lake.

Meals: B, L, D

DAY 5

EXPLORE PICTURESQUE INLE LAKE

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Today explore scenic Inle Lake, famous for its floating villages and traditional leg-rower fishermen. These fishermen perform the acrobatic task of standing on one leg while rowing with the other, leaving a hand free to maneuver their large, conical fishing baskets. The lake's edge is dotted with villages, monasteries, and beautiful hotels, all perched gracefully atop wooden stilts. Visit Indein village and its hundreds of Shan-style stupas, and see the panoramic lake view from Shweinndein Pagoda. Take an afternoon stroll in Khaung Daing and meet friendly villagers working in their cottage food-related industries.

Meals: B, L, D

DAY 6

VISIT INLE LAKE'S VILLAGES & PAGODAS

Enjoy a full day exploring Inle Lake. Stroll the lively Indein market, then walk among hundreds of hilltop stupas — some of which are centuries old. Visit Phaung Daw Oo, a lovely Buddhist pagoda known for its gold leaf-covered Buddhas, and stilt-supported Nga Phe Chaung monastery. See the floating gardens of the local leg-rower fishermen's village, tradespeople at work in Nampan village, and silk weavers in Inn Paw Khong. Optionally, further explore the lake's peaceful villages by canoe. Sit down with locals for a cup of tea before returning to your hotel.

Meals: B, L, D

DAY 7

TAKE A SCENIC DRIVE TO THE PINDAYA BUDDHIST CAVES

Journey to Pindaya, passing through Pa-O tribal farmland of the scenic Shan Plateau. The area offers spectacular views of enchanting pagodas and pastoral scenes. In Pindaya, walk to the nearby Htutni Da-Nu tribe's village, then continue to the Pindaya Buddhist Caves. These are the largest such caves in Myanmar, and a popular meditation site for local Burmese. Discover a dazzling assortment of over 7,000 Buddha statues, as guides share local myths and legends. Then walk among hundred-year-old banyan trees to Singaung village, where you learn all about making bamboo umbrellas.

Activity: 2-3 hours hiking/5 miles with 550' elevation gain/loss

Meals: B, L, D

DAY 8

FLY TO THE TEMPLE-STUDED PLAINS OF BAGAN

Enjoy breakfast at the hotel and the remainder of the morning at your leisure. In the afternoon, transfer to the Heho airport for your flight to the temple-studded plains of Bagan. Upon arrival, transfer to the stunning Thiripyitsaya Sanctuary Resort, perched on the banks of the Irrawaddy River. You'll have plenty of time to enjoy this beautiful hotel's amenities during your two-night stay, whether it's unwinding at the nature spa, enjoying a drink at the bar, or simply strolling the resort grounds.

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Meals: B, L, D

DAY 9

DISCOVER BAGAN'S SPECTACULAR TEMPLES

Gracefully lining the shores of the muddy Irrawaddy River, thousands of peaceful, scenic Buddhist temples make up the spectacular and ancient city of Bagan. Covering an area of about 25 square miles, the temples range from grand structures to simple places of worship. Bike to Bagan's highlights, including Htilominlo Temple, the finest example of late 12th-century stucco carving; Tharabar Gate, a ninth-century city wall; Myingaba Gubyaukgyi, with its fine early-12th-century murals; Minanthu Village; Phayar Thonesu Temple; and stunning Ananda Temple, built by King Kyansit around 1105, during Bagan's heyday.

Meals: B, L, D

DAY 10

SEE BAGAN'S SHWEZIGON PAGODA & KYAUKGU UMIN CAVE TEMPLE

Visit a vibrant local vegetable market before continuing to the astounding gold-gilt temple of Shwezigon Pagoda. Completed in 1102, Shwezigon is considered the prototype for all Burmese stupas — and some believe it enshrines holy relics of the Gautama Buddha. Journey to Kyaukgu Umin, an elaborate three-tiered cave temple built into sandstone cliffs that contains beautiful stone devotional sculptures. From here stroll down to the banks of the Irrawaddy and board long-tail boats for the return trip to Bagan. Enjoy lunch and visit a toddy palm farm before flying back to Yangon.

Meals: B, L, D

DAY 11

EXPLORE THE WONDERS OF YANGON

Immerse yourself in the bustling energy of Yangon, noticing the striking contrast of modern skyscrapers, Victorian-era structures, and ancient pagodas. Witness Yangon's ethnic diversity as you pass churches, mosques, synagogues, Burmese pagodas, and Hindu and Chinese temples. Visit stimulating Bogyoke Market, have tea at the elegant Strand Hotel, and then experience one of Buddhism's most sacred sites — the majestic Shwedagon Pagoda, believed to enshrine relics from four different Buddhas. Witness the temple at sunset, when evening light glints off the gold-plated, jewel-encrusted dome. Finish the evening with a festive farewell dinner.

Meals: B, D

DAY 12

DEPART FROM YANGON

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After breakfast, transfer to the airport for your homebound flight.

Meals: B

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Dates

Oct 17 - 28, 2019

Nov 7 - 18, 2019

Jan 12 - 23, 2020

Feb 9 - 20, 2020

Nov 8 - 19, 2020

For full terms and conditions please visit www.mtsobek.com/terms. Please note that our itineraries may be subject to change.

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Pricing

2019

\$ 4,595 per person

Additional Cost

\$ 650 Internal Airfare

\$ 685 Single Supplement

2020

\$ 4,595 per person

Additional Cost

\$ 650 Internal Airfare

\$ 685 Single Supplement

PRICE INCLUDES

- Expert leadership from experienced adventure guides
- Accommodations as noted in the itinerary
- Meals as noted in the daily itinerary
- Potable water and snacks throughout
- 1 glass of wine or beer at dinner
- All tips and gratuities for support staff with the exception of your lead adventure guide(s)
- All group entrance fees, activities, and ground transportation
- Arrival and departure airport transfers

PRICE DOES NOT INCLUDE

- International airfare, any airport taxes, or excess baggage charges
- Lunch on Day 11
- Optional tips to your lead adventure guides
- Personal expenses such as medical immunizations, phone calls, laundry, or souvenirs
- Optional travel protection

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➤ **The World of MT Sobek**

At Mountain Travel Sobek, we believe life is an adventure and adventure is life.

As the originators, innovators and leaders in adventure travel for more than five decades, we passionately create, craft and share indelible, transformative journeys to the world's most memorable places. Our more than 200 unique and once-in-a-lifetime trips are designed to inspire and exhilarate, enliven and excite--opening eyes and minds through profoundly personal connections with nature and culture.

Our small group and custom adventures span the globe, and the spectrum—of interests, environments and activities—every one expertly planned and knowledgeably and passionately guided. And our commitment to making every experience a remarkable one has earned us preferred travel outfitter status for National Geographic Active Expeditions, Active New York Times Journeys, and Smithsonian Active Journeys.

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Awards



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