

THE CHALLENGE OF A LIFETIME,
FOR THE CHARITY OF YOUR CHOICE...

THE ROAD TO MANDALAY

CYCLE BURMA

JOIN US AS WE LEAVE THE
TOURIST TRAIL AND CYCLE
THE ROAD TO MANDALAY

 **GLOBAL
ADVENTURE
CHALLENGES®**

01244 676 454

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KEY INFO

Duration: 9 days

Distance: 360km approx.

Challenge Grade: Tough 

Location: Burma

CHALLENGE HIGHLIGHTS

- Blaze a new trail as we journey to Mandalay
- Witness breathtaking temples, stupas and pagodas along our route
- Leave the tourist trail and witness local culture
- Visit the Royal Palace in Mandalay
- Discover Bagan's magnificent temples

THE CHALLENGE

Cycle from the glistening temples of Yangon to Burma's cultural capital of Mandalay! The country is only just re-opening its doors to tourists and we'll discover many of its incredible sights along our journey. We'll experience the Burmese lifestyle of embracing simple pleasures and a traditional way of life, and we'll explore ancient sites including the Bayaga Monastery and the Nanmyint watchtower. Majestic temples and unspoilt beaches are just the tip of Burma's charm. Join us for a fantastic cycling adventure and discover South East Asia's best kept secret!

Day 1

Depart UK

We depart the UK for our overnight flight to Yangon.

Day 2

Yangon

Upon arrival in Yangon we meet our local guide and transfer downtown. Yangon, formerly known as Rangoon, is a relatively quiet and charming city. Its impressive colonial and spiritual heritage makes it one of the most fascinating and authentic cities in South East Asia. We have time to explore and at the end of the day, we reach Myanmar's holiest monument, the magnificent Shwedagon Pagoda with its golden stupa that is covered with 60 tons of pure gold leaf. Tonight we overnight in Yangon.

Day 3

Yangon to Bagan

After breakfast we transfer to the airport and fly to Bagan - the country's ancient capital situated in the central plains. We will then transfer to our hotel before jumping onto our bicycles to start our challenge!

We set off riding around the plains of Bagan visiting a mix of villages, markets and of course the Ananda Temple. We end our day watching the sun set behind some amazing temples.

Cycling distance - approx. 50km

Day 4

Bagan to Popa

We leave Bagan and head further into the countryside, weaving through some of the lesser visited temples of the region. Along the way we pass through villages and fields dotted with toddy palms. This afternoon the road climbs as we ascend towards the national park that encompasses Mount Popa, the now extinct volcano. The final stretch of our ride ascends steeply before we reach Popa Mountain Resort. If you are feeling energetic, why not climb to the sacred summit of the Gods (Mount Popa's peak). On the flat plateau lies Tuang Kalat Buddhist monastery - a focal point for annual pilgrimages to Mount Popa.

Cycling distance - approx. 70km

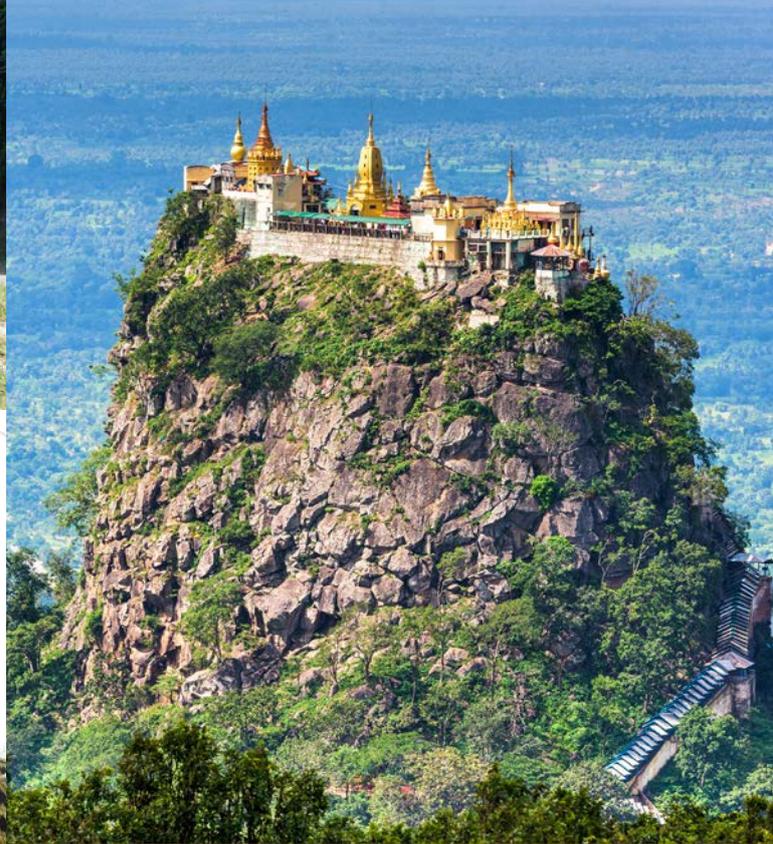
Day 5

Popa to Myingyan

After breakfast we start cycling towards Myingyan. On the way the scenery changes as we cross into one of the most arid regions of Myanmar. We pass through the small town of Taungtha and other small villages and plantations with water buffaloes working the fields. The plains of the Ayerwaddy Valley makes for flat ground riding but be prepared for a lack of shade. We reach the agricultural village of Myingyan where we overnight.

Cycling distance - approx. 80km

DID YOU KNOW? TUANG KALAT MONASTERY IS HOME TO 37 OF THE MOST CELEBRATED NATS (SPIRITS), REPRESENTED BY STATUES AT THE BASE OF MOUNT POPA.



TEMPLES AND ANCIENT WONDERS AWAIT AS WE LEAVE THE TOURIST TRAIL AND EXPLORE THE REAL BURMA

Day 6

Myingyan to Mandalay

Today we cycle deeper into the heart of the Ayerwaddy Valley. During the ride, we'll cycle riverside and experience Ayerwaddy River life as we pedal our way to the outskirts of Mandalay. We'll see the local spear fisherman bringing in their catches while roadside families sell anything from watermelons to fireworks! We'll have the option to cool off by jumping in the river. We then reach Mandalay where we overnight.

Cycling distance – approx. 100km

Day 7

Mandalay to Mingun

Our final day of cycling allows us to explore some of the beautiful surroundings of exotic Mandalay. We head to the town of Amarapura, before we continue to Oe Htoke Tan jetty and cross the river to Ava. Here we will continue to explore ancient sites such as the wooden Bagaya Monastery, the Nanmyint watchtower and the Royal Palace. After lunch we reach the Sagaing Hills, the Buddhist centre of Burma.

Finally we head to Mingun and the ruins of Pahtodawgyi. We will also visit the 90 ton Mingun bell which proudly holds the distinction of the largest ringing bell in the world. We then board a local boat and float down the Ayerwaddy River back to Mandalay. This evening we enjoy our celebration dinner.

Cycling distance – approx. 60km

Day 8

Mandalay to Yangon

After breakfast we take the transfer to Mandalay Airport and fly to Yangon. If time permits, we may have a chance to visit the Bogyoke Market before transferring to the airport for our onward flight back to the UK.

Day 9

We arrive back in the UK.

(Please note, this is a complex itinerary and is subject to change.)



YOUR QUESTIONS ANSWERED...

Is this trip for me?

ABSOLUTELY! This cycle is suitable for all ages with the correct training. The minimum age for this cycle is 18 years old (14-17 years must be accompanied by a parent or legal guardian). The one thing everyone will have in common is a great sense of adventure and a desire to help a charity. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge.

How fit do I need to be?

This cycle ride has been graded as Tough (2) on our challenge grading scheme, and is designed to be challenging but achievable by anyone as long as you fitness train beforehand. Remember you are cycling for 7 - 8 hours a day for 5 days, and in very hot temperatures – the fitter you are the more you will enjoy this challenge. Cycling training tips can be found on the Global Adventure Challenges website to point you in the right direction and why not sign up for one of our training weekends - it's a great opportunity for you to meet our team and fellow participants!

What is the challenge grading scheme?

All of our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty, 1 being the lowest challenge grade and 3 being the most challenging. (1 = Challenging, 2 = Tough and 3 = Extreme).

Where will we stay?

The accommodation for this challenge is based on local hotels which range from 2* to 3*. All accommodation has washing facilities available and rooms are normally allocated on a twin share basis.

Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Apart from some cycling shorts, a cycling helmet and maybe some cycling gloves, you do not need any specialist kit. Participants can bring their own pedals, bar-ends and any other personal cycling equipment they see fit to modify the bikes supplied, although it is not compulsory.

Do I have to carry my own luggage?

No. All luggage will be transported from accommodation to accommodation by our support vehicles. You will need a small saddle bag/bum bag/'camel bak' while cycling, to carry items such as camera, sunscreen, etc. Some people find wearing a back pack uncomfortable due to the heat and humidity, but it's your choice.

Food Matters...

All meals will be provided on the challenge starting from lunch on Day 2 to lunch on Day 8 and will be a mixture of local and western style. On cycling days, lunch will be at a local restaurant, a packed lunch or picnic style prepared by the guides en route. The staples of Burmese cuisine are rice, rice noodles and curries. The main ingredient of the meal is usually rice and the curries tend to not be as spicy as those from India or Thailand. We cater for most dietary requirements as long as we know in advance, just fill out the relevant section on your registration form.

What's included?

- Return flights from a London airport to Yangon
- Internal flights as stated
- All accommodation and all meals, from from lunch on Day 2 to lunch on Day 8
- Bottled drinking water, snacks and fruit for all cycling days
- Support vehicles for the cycling days
- Local bicycle hire
- Local English-speaking guides
- Global Adventure Challenges leader from the UK
- Full and comprehensive first aid kits

What's not included?

- Airport taxes and fuel surcharge – these are approximately £250 and payable 8 weeks prior to departure
- International departure tax at Yangon airport (paid in person) - as of Dec 2016 \$10 USD
- Visa for Burma/Myanmar
- Tips and gratuities
- Alcoholic drinks and drinks during meals
- Personal travel insurance – it is strongly advised to take this through Global Adventure Challenges

Can I stay in Burma after the challenge?

Yes, but all extensions are strictly limited, subject to availability and are given on a first come first served basis. You will need to complete an extension request form, available from Global Adventure Challenges by emailing customer.care@globaladventurechallenges.com. There is a minimum £60 + VAT charge for having your return airline ticket extended. Please note, the final decision always rests with the airline.

What support is there on the challenge?

There will be a strong support team with a professional Global Adventure Challenges Leader from the UK, as well as local English speaking guides and cycle mechanics. Comprehensive medical kits will be taken. Mobile telephones/radios will be used to ensure your safety and security at all times and a vehicle will provide the group with support if needed.

What happens if I get tired?

There will be regular rest stops for drinks and snacks – there is no problem if you need to take more rest stops. A guide will be bringing up the rear of the group on the cycle ride ensuring no-one is left alone – remember though, this is not a race!

How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from your charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

I'm interested... what do I do now?

Places are limited and go on a first come, first served basis, so try to register as soon as you can! You can register online at www.globaladventurechallenges.com or fill in the enclosed registration form and medical questionnaire and post it back to Global Adventure Challenges along with the registration fee – all payment options and costs are explained on the enclosed information sheet. Once your registration is received, Global Adventure Challenges will write to you sending you further information on what to expect from this awesome adventure! Your charity will also be in touch with you to discuss your fundraising.

REGISTER ONLINE TODAY!

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