

# Discover Bagan



**Duration: 5 days**

Burma's answer to Cambodia's Angkor temples, Bagan is one of the most unforgettable sights in Burma. The remains of an ancient kingdom on the banks of the Ayeyarwady River, at its height in the 11th – 13th Centuries, Bagan was home to over 10,000 Buddhist temples and pagodas. Though many of them were destroyed, over 2000 remain, presenting an inspiring vista of a plain of spires – especially impressive at sunset.

We take time to explore some of the main temples, which can be climbed to appreciate the views, and then have time to simply wander and enjoy, marvelling at the sheer scale of the ancient site. Close-up, many have impressive architecture, carvings and murals. We then have time to fly on to Yangon and finishing our experience with the magnificent golden Shwedagon Pagoda.

## DETAILED ITINERARY

### Day 1: He Ho - Bagan

*(main group departs He Ho for Yangon same day)*

We say our farewells to the rest of our group at He Ho, and board our plane for the short flight to Bagan, where we head to our hotel in the adjacent modern town of New Bagan. This afternoon we take a boat ride out to Kyun Thiri, an island on the Ayeyarwady River, home to a striking wooden monastery and small village. We visit both, allowing us to discover this agricultural society. The farming methods here are manual, and apart from the occasional glimpse of a mobile phone, you will feel you have been transported back several centuries. Taking the boat back to Bagan, we linger to enjoy the sunset views over the river. Night hotel.

*Breakfast provided; provide own Lunch & Dinner*

### Day 2: Bagan

Today we enjoy a tour around some of the main temples of Bagan. These include the golden stupa of Shwezigon Pagoda – Bagan's most important reliquary shrine, it is believed to enshrine a bone and tooth of Buddha – and the visually striking whitewashed Ananda Temple, with its four standing Buddhas. Many of the temples still have ancient frescoes, murals and friezes, some of them very well-preserved, whole others are open to visitors to

climb; the views over the dusty plains, scattered with green vegetation and red-brick temples are marvellous and give us a feel of the sheer scale of this ancient kingdom. Night hotel.

*Breakfast, Lunch and Dinner provided*

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### Day 3: Fly to Yangon

Depending on our flight times, there may be time to visit more temples, or simply relax and watch the world go by before transferring to the airport for our flight to Yangon. On arrival we transfer to our hotel, where you are free to relax, or explore independently. Night hotel.

*Breakfast and Lunch provided; provide own Dinner*

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### Day 4: Yangon; Flight departs

We enjoy a city tour of Yangon, a modern bustling city which nevertheless is known for its crumbling colonial architecture sitting alongside buildings with more of a Chinese and Indian influence, as well as gilded Buddhist temples. The main highlight is the magnificent golden Shwedagon Pagoda, which we explore before heading back to the airport for our overnight flight home.

*Breakfast provided*

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### Day 5: Arrive UK

Land back in the UK

#### Important Information

Extension requires a minimum of 2 people to operate

NB: It is advisable to book early to guarantee availability and avoid any disappointment.

What's included?

- Hotel accommodation (3\* or equivalent) in twin/double rooms
- Meals as indicated in itinerary; expect them to be fairly local in style
- Entrance fees (Bagan and Shwedagon)
- All transportation, internal flights and airport transfers
- Local English-speaking guide

What's not included?

- Meals as noted in itinerary
  - Any entrance fees to optional sites or activities
  - Any personal spending, extra drinks, snacks or souvenirs
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## CHALLENGE INFORMATION

### DETAILED INFORMATION

#### Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

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### PREPARING FOR THE CHALLENGE

#### Fitness Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. Inadequate training is likely to have an impact not just on your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

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#### Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, with plenty of

information, and we are always available if you need advice.

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Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 19 Apr 2024, and the challenge is subject to change.