A cycling holiday amongst the cultural highlights of Burma

- See the real Burma during 10 days of rural, backroads cycling
- Ride the sweeping downhill on quiet roads to Inle lake
- Spend time in Mandalay, see the Mingun Bell and the U Bein Bridge
- Watch the sun set over the temples and pagodas of Bagan

HOLIDAY CODE BUMB

Burma, Cycling, 14 Days

2 nights guesthouse, 11 nights hotel, 13 breakfasts, 12 lunches, 13 dinners, max group size: 16, 10 days biking, 535 kilometres, 90% road - 90% vehicle supported

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

www.keadventure.com | UK: +44(0) 17687 73966 | US (toll-free): 1-888-630-4415
Introduction

We begin this cycling holiday in Burma with a short internal flight to Heho and an exploration by bike in the cool highlands around the former hill-station of Kalaw. At an elevation of around 1300 metres, we take our first ride amongst the Palaung, Intha and Shan villages that are a feature of this partly forested upland area. We then head down to the wondrous Inle Lake and embark on a relaxing half-day boat trip where we can marvel at the Intha fishermen, who famously manage to row with their legs.

Throughout our time in Burma, we can expect to be greeted by warm, friendly people who have, as yet, relatively little experience of meeting foreign travellers, let alone cyclists. Crossing the Shan Plateau to Mandalay, a city made famous by one of the greatest of Kipling’s poems, we can bike to the towns of Sagaing and Mingun on opposite sides of the Irrawaddy River. We will visit the famous U Bein teak bridge and the Mingun Bell and take a boat ride on the river. Then, we ride south through the ancient Ava Kingdom and pay a visit to the unique, hill-top temple of Mount Popa, where we have a welcome day off the bikes, before continuing our journey on a snaking mountain road to Bagan. We spend a day here, exploring amongst the hundreds of temple - by bike. Watching the sunset from a prime viewpoint at Bagan will leave you with memories to last a lifetime. Travelling by bike allows us to see the very best of Burma and to strike up a rapport with the people we meet along the way! On our return to Yangon, a visit to the amazing Schwedagon Pagoda at dusk is a great way to round off the holiday.

Explore International. This holiday is part of our Explore International range. Participants on these trips can book through KE or through one of our international partners. This helps us to gather together sufficient numbers of like-minded adventurers to get your holiday up and running quickly. Led by an English-speaking guide, the cosmopolitan nature of these groups can be an important part of the experience!

Is this holiday for you?

ADVENTURE CYCLING. Averaging around 50 kilometres on each of 10 days cycling, this cycling holiday in Burma takes us between the most amazing of the country's highlights: Yangon, Kalaw, Inle Lake, Mandalay, Mount Popa and Bagan. Two short internal flights and a number of easy transfers in our full-time support vehicle allow us to fit all of this within a 2-week trip. The riding is on quiet backroads and dirt tracks and includes something for everyone - from steady climbs and fast descents, to more leisurely riding through picturesque farmland and fascinating tribal villages, well off the beaten track. Anyone who rides a bike regularly and has a reasonable level of fitness will cope well with the demands of this cycling holiday. More than just a cycling holiday, this one is as much about meeting the Burmese people, spending a day on Inle Lake and watching the sun go down over the temples of Bagan. Vehicle support is available for almost all of the route. BIKE HIRE AVAILABLE LOCALLY.

Holiday Itinerary

Day 1: Meet at the group hotel in Yangon. Dinner and overnight at the group hotel.

Meet at the group hotel in Yangon in the early evening. Airport transfers are not provided and we recommend that you use the safe and reliable taxi service from Yangon Airport. This provides the most cost-effective way of getting from the airport to the group hotel - for details see Holiday Information and the section on Joining Arrangements &
Transfers. KE Land Only package services begin with dinner at the hotel, during which the local guide will brief the group about the week ahead.

**Day 2: Fly north the Heho and drive to the hill-station of Kalaw (1320m). Afternoon back roads ride.**

We have a morning transfer to the airport to catch the 1-hour flight north to Heho. We then make the short drive to our accommodation in the former hill-station of Kalaw which is situated at 1320 metres above sea-level and has managed to retain some of its colonial feel. After lunch at our hotel, we have a brilliant introductory ride on dirt and paved roads through the surrounding countryside. A great opportunity to stretch our legs and to make sure our bikes are in good working order.

**Day 3: Sweeping day of downhill riding directly to the shores of Inle Lake.**

Early in the trip, this is one of the best day-rides and one of the longest, as we follow a mix of paved and dirt roads through idyllic countryside. Our ride includes a fabulous section, as we drop down from the Kalaw highlands, with 2 long and sweeping downhills. Reaching the shore of Inle Lake, we cycle beside this beautiful inland waterway to our hotel in Nyaungshwe.

**Day 4: Lakeside ride and exploration of some of the Inle temples. Afternoon cruise on Lake Inle.**

We have a morning ride on the shores of the lake, passing through villages and visiting a number of temples. Then, after a lakeside lunch, we board a boat and set out to explore the lake, with its temples, floating gardens and monasteries. We will no doubt see and be approached by the leg-rowing Intha fishermen who have been quick to take advantage of their status as one of the icons of Burma - asking for a tip in return for posing for photographs. Returning to shore, we will go to a nearby vineyard for dinner. We spend a second night at our Nyaungshwe hotel.

**Day 5: Cycle across the Shan Plateau to overnight stop of Pindaya. Afternoon visit to the Shew Oo Caves.**

Today we leave lovely Inle Lake and head back up onto the Shan Plateau. Shan State covers almost a quarter of Burma and is home to several different ethnic groups. Will again be both on a mix of dirt and paved roads, with quite a lot of climbing as well as some downhills. There is one major 10 kilometre climb today, but the gradient is gentle. Passing through picturesque farmed countryside, we will see bullock carts driven by smiling Danu and Pa-O people in their black tunics and bright headscarves. Arriving at Pindaya, we will also see local artisans at work,
including manufacturers of paper umbrellas. Here, too, we will make a visit to Shew Oo Min Cave with its thousands of gilded Buddhas and fantastic views of the countryside below.

Day 6: Cycle through undulating patchworks of farmland to Burma’s second city, Mandalay.

Today's ride is one of the longest of the holiday and we will have a short transfer before setting off. Our route leads through some of Burmas’s finest rural countryside; a patchwork of bamboo and eucalyptus forest, fields, farms and villages, scattered amongst low hills. This is a long and undulating ride that ends with a long downhill, through the valley of one of the tributaries of the Irrawaddy. When we reach Ywa Ngan, we will stop for lunch and then load up the support vehicle for the transfer to our hotel in Mandalay.

Day 7: Ride to the U Bein Bridge teak bridge and Migngun Bell. Return to Mandalay by boat.

Heading out from our hotel on our bikes, we set out to explore the towns of Sagaing and Mingun on the opposite side of the Irrawaddy River. We cycle first to the famous U Bein Bridge, the longest teak bridge in the world. This is a great place to get your camera out, to try to capture an iconic image of the pedestrian and 2-wheel traffic on the bridge. We then ride along the river to the important religious and monastic centre of Sagaing, with its numerous monasteries and stupas. After a stop for lunch, we continue our photogenic cycle ride to Mingun, where we visit the ruins of Pahtodawgyi. This massive and unfinished stupa would have been the largest in the world if completed. It remains one of the largest piles of bricks in the world and is, nonetheless, impressive. We will, of course, also see the Mingun Bell which weighs 90 tons and, in spite of its cracks, is the largest ringing bell in the world. Later in the afternoon, there's a chance to relax as we hop on a boat to take us downstream and back to Mandalay.

Day 8: Ride out in the morning to explore the markets and monasteries of Mandalay. Afternoon free.

This morning we explore Mandalay by bike, starting with a ride out to the sprawling Zegyo Market, crammed with stalls and shops selling everything from food to clothing to jewelry. We have some time to explore this labyrinth before we jump back on the bikes and continue our ride. We will still have the chance to stop when we see artisans weaving bamboo into large sheets to be used as roofs and walls, or to watch a crispy tofu maker at work. A visit to Shwenandaw Monastery, aptly named ‘golden palace’, is a must. It is a wonderfully fragile, yet grand example of 19th century Burmese teak architecture, heavily gilded with gold and adorned with glass mosaic work and impressive carvings of Buddhist myths. We’ll head back to Mandalay a different way, stopping for tea and to taste some local snacks. The afternoon and evening is free to give you the chance to explore Mandalay on your own.
**Day 9: Cycle beside the Irrawaddy River to Pyinsi, then transfer to Mount Popa.**

We start early and ride from the hotel along the banks of the Irrawaddy River. Following pretty back roads we take a very small and short ferry ride so we can cycle by the capital of the ancient Ava Kingdom. Here we'll see remnants of a city wall that protected the city that ruled upper Burma for nearly two centuries, from 1364 to 1555. We continue our ride through fields of millet, sesame, cotton and many varieties of peas and beans to the town of Pyinsi. Here we pack up the bikes again and transfer to our resort accommodation below Mount Popa.

**Day 10: A day off the bikes at Mount Popa.**

Our first complete day off the bikes but that doesn't mean we won't still be active! After breakfast we climb the almost 900 stairs to the top of Popa Taung Kalat, a temple that is populated by Burma's most revered Nats (spirits). As you walk up you will pass dozens of nat shrines and see pilgrims who come to honour them. From the top you will have a panorama of the surrounding plains. The views are excellent and photographers will get some great shots. The rest of the day you are free to relax by the hotel's infinity pool overlooking the temple, or for those more adventurous there are hiking trails in the adjacent national park. We meet up for dinner.

**Day 11: Snake around Mount Popa and cycle through small villages and palm gardens to Bagan.**

Overlooking the perched temple, our hotel has great views, which we can enjoy over breakfast. Then, our day's ride starts out with an easy descent from our lofty heights, snaking around the mountain as we ride through small villages and palm gardens, coming across farmers ploughing their fields with teams of water buffaloes and wooden implements that have changed not at all in generations. Riding across the plains of Bagan, which lie beside the Irrawaddy River, we pass close to hundreds of temples of sizes, most of them with the classic pagoda shape. Our riverside hotel offers a refreshing pool to cool down in.

**Day 12: A day of bicycle Bagan touring, ending with sunset amongst the temples.**

Bicycles provide the perfect way to explore the temples and pagodas of Bagan and we have a morning ride and an evening ride, separated by a return to the hotel pool. The sunset ride amongst the temples is particularly memorable.
Day 13: Transfer to Bagan Airport and fly to Yangon. Schwedagon visit at dusk.

In the morning we transfer to the airport and fly back to Yangon, viewing from the air some of the terrain we have covered by bike. We arrive in time to take a trishaw ride in downtown Yangon and then see the infamous Shwedagon Paya, Burma's holiest religious site at dusk. In the evening we'll meet up for a farewell dinner.

Day 14: Departure day. Morning free and then independent return to Yangon Airport.

KE Land Only package services end after breakfast at the hotel. Depending on your flight time, you may have the opportunity to do some independent sightseeing and souvenir buying. You can visit the Bogoye Aung San Market, for example. Airport transfers are not provided and we recommend that you arrange your transfer to Yangon Airport with the assistance of the hotel reception desk. Taxis are safe and reliable and provide the most cost-effective way of getting from the group hotel to the airport - for details see Holiday Information and the section on Joining Arrangements & Transfers.

Extend Your Holiday

Extensions

When booking your holiday, you will be able to 'add an extension option'.

Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.

Burma - Golden Rock Extension

Golden Rock, a giant boulder perched precariously on the side of Mt Kyaiktiyo is the second most important pilgrimage site in Burma after the Shwedagon Pagoda. Legend has it that the Golden Rock rests on a strand of Buddha's hair. Join the thousands of Buddhist pilgrims ascending to the Golden Rock every day and stay overnight close by at a mountain-top hotel. From the pathway to the summit there are fabulous views of the plains and jungle below.

Burma - Golden Rock Extension

4 days From 0 per person
Burma - Ngapali Beach

What better way to end your trip in Burma than by spending a few days relaxing at Ngapali Beach. Enjoy the white sands, palm-fringed beaches and the crystal blue waters of the Bay of Bengal. If pure relaxation is not for you, snorkelling and boat trips can be organized locally. Nearby villages can be visited by bicycle. It's said that Rudyard Kipling wrote the first draft of The Jungle Book at his beach bungalow in the area. Accommodation will be at the Amata Resort (or similar) hotel.

| Burma - Ngapali Beach | 5 days | From 0 per person |

Holiday Information

What's Included

- An experienced local English-speaking mountain bike guide
- Support vehicle and driver
- All accommodation as described
- Meals as per the Meal Plan

What's Not Included

- Travel insurance
- Visa (if applicable)
- Yangon Airport transfers on arrival and departure
- Tips for local crew and drivers
- Some meals as per the Meal Plan
- Miscellaneous expenses - drinks and souvenirs etc
- Bike Carriage on the flights - please check with your carrier for charges

Joining Arrangements & Transfers

Airport transfers on arrival and departure are not provided, because there is a reliable taxi service in Yangon which provides the most cost-effective way of getting from the airport to the group hotel and vice versa.

These are the instructions for taking a taxi from Yangon Airport. After clearing immigration and customs, look for either the Ministry of Travel & Tour (MTT) Counter or the Taxi Service Counter. The staff at either of these desks will help arrange your taxi transfer. Alternatively, proceed to the Arrivals Hall exit, where you will see many taxis lined up. The fare should be 10-12,000 Myanmar kyats (10-12 USD) and payment can be made either in either currency. Please make sure to use an authorised taxi and confirm the price with the driver in advance. It is around 17 kms to central Yangon and the journey time is 45 minutes to an hour, depending on traffic.
Clients booking a Land Only Package MUST provide the KE office with full details of their flights. Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals are included from dinner on Day 1 of the Land Only itinerary to breakfast on Day 14.

Food & Water

Part of the experience of a visit to Burma is the wonderful variety of food available. All sorts of influences from neighbouring countries (Thailand and China amongst others) contribute to this variety. Rice and noodles are the main staples, eaten with fish, meat and poultry dishes. The food is generally considered to be a bit richer than Chinese food and less spicy than Thai food.

It is not recommended to drink untreated water from the taps. You should take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water. We do not encourage the purchasing of single use plastic bottles.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot provide special diets. Due to the nature of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

There are 2 nights in Yangon, 1 night in Kalaw, 2 nights in Nyaungshwe, 1 night in Pindaya, 3 nights in Mandalay, 1 night in Myingyan, 1 night at Mount Popa and 2 nights in Bagan. The hotel accommodation is in comfortable, tourist class establishments with twin sharing rooms and en-suite facilities. If you are travelling by yourself you will be paired up with another single client of the same sex. Depending on availability, it is possible to book a single supplement for the trip. For hotel prices and single supplement costs please refer to the dates and prices page of the trip on our website.

Group Leader & Support Staff

The group will be accompanied throughout by a professional English-speaking local biking leader.

Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

Spending Money

You should take around US$250 in US dollars cash. Sterling and euros are not readily accepted for exchange. Note that new dollar bills are preferred, and notes with any marks or tears are often refused. $250 should cover your
miscellaneous expenses, drinks, souvenirs, as well as the US$50 - 60 you can be expected to pay for tips to local staff. If you are intending to buy expensive souvenirs, you should budget accordingly. The unit of currency in Burma is the kyat. It is not possible to obtain local currency prior to departure. US Dollars can readily be changed in Yangon. You must carry your travel money in the form of cash, since you will exchange the majority of this on the day of your arrival we recommend taking a money belt or similar safe way of transporting your money. You cannot rely on finding an ATM machine, exchange travellers cheques nor on being able to use credit cards in Burma.

Guidance On Tipping

Tipping is commonly practiced in Burma. We do recommend you tip your local crew and driver depending on how you feel they have done. We suggest you co-ordinate this tip as a group with each member contributing around $50 (in Burmese kyat) to a group pool which will be administered by the tour leader.

Your Bike

If you are taking your own bike, we suggest that a 'hardtail' mountain bike with front suspension is appropriate for this holiday. It should have a good range of gears and we recommend you fit fast-rolling all-rounder or semi-slick tyres which work well on the surfaced roads and non-technical trails typically found on our Adventure Cycling holidays.

Since you are depending on your bike to transport you throughout your holiday, it's important to ensure it is in good working order. If you are not mechanically minded, get your local bicycle dealer to service it for you.

Please contact us if you are unsure about the suitability of your bike.

Bike Hire

Bike hire is available locally for this holiday and with baggage charges on long-haul flights becoming increasingly prohibitive, it can make a lot of sense to hire a bike. Our local agent has access to Trek 4300 bikes in a range of sizes. They are good quality and well maintained bikes with Shimano components, suspension forks and disc brakes. These can be reserved, subject to availability, at a cost of US$230 (March 2017 – subject to change) for the duration of the trip. The bikes come with flat pedals and if you prefer to ride clipped in you will need to take your own pedals and shoes. If you want to hire a bike, please contact the KE office and we will pass on your request to the local agent. Payment must be made before travel and should be made directly with the local agent via the following payment link www.spiceroads.com/pay. You must first notify KE of your preferred bike option along with your height and we will make the reservation on your behalf. Once the reservation is confirmed, we will email to you a unique reference code which you need to use when making your payment. Your payment for bike hire does not cover you if you lose the bike or damage it beyond 'fair wear and tear'. We must stress that your hire contract will be with the local hire company and that KE cannot be held responsible for any issues arising from bike hire.

Travelling With Your Bike

Airlines require that you pack your bike properly for travel and for this holiday we recommend that you use either soft bike bag or a purpose-made bike box or case. Whether you are using a bag or a case, you will need to partially dismantle your bike to pack it. Please note that bike bags or boxes will be placed in secure storage and will not travel with us during the course of the trip.

Please contact us if you have any questions about travelling with your bike.
Vehicle Support

For approximately 90% of the route, we have the back up of one or more support vehicles. On most mornings, our main baggage will be loaded onto the support vehicle which will follow the group on the day’s ride. The local biking leader and the support vehicle driver will watch over the group and will carry mobile phones, allowing you to contact them in the case of a breakdown or other incident. We want everyone to enjoy their cycling experience on this trip and we understand the importance of group members being allowed to cycle at their own pace. However, on certain sections of this ride we will keep the group together to avoid losing anyone, as the route finding is tricky in places. Where the group does get strung out, we will have regular stops to allow everyone to get back together. The support vehicle will pick up any group members who wish to take a break from cycling at any time.

Free KE Gift

We would like to give you a free gift as a way to say thank you when you book your holiday. Choose from exclusive KE branded t-shirts, caps, neckwarmers, trek bags* and more. Alternatively you can choose to make a £10 donation to the Juniper Trust Charity. You can make your selection in your MyKE account after booking. You will need to select your free gift at least 6 weeks before you depart and all items will be posted out at 5 weeks prior to departure. For all late bookings, we will endeavour to send your FREE gift to you before you travel, however this cannot always be guaranteed. Please visit our Free KE Gifts page for more details of all our KE Branded goodies on offer.

* A trek bag is one of the free gift options available for this holiday. Delivery outside of the UK will be charged.

Baggage Allowance

Apart from your bike in its bag or box (if you are taking your own bike), you should travel with one main item of luggage, such as a KE Trek Bag or similar holdall, as well as a small day pack or mountain bike-specific hydration pack. The day pack can be used to carry valuable items such as cameras and GPS devices whilst travelling and will also carry your day-ride essentials during the rides.

Your baggage allowance on the flights will depend on your airline. When choosing your flights, whether booking them directly or through KE, you will need to consider the cost of carrying your bike. These costs are your responsibility.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from ‘Available’ to ‘Guaranteed to run’. You can check the trip status for each departure in ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

Recommended Outdoor Retailers

Many of the Equipment items listed above are available from Cotswold Outdoor - our ‘Official Recommended Outdoor Retailer’. When you book a holiday with KE you will receive 15% discount voucher from Cotswold Outdoor and other retailers.

>> Find out more

Travel Insurance
It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

### General Information

#### Passport & Visas

A passport with 6 months remaining validity at the end of your stay is generally required for visits to countries outside the EU. The information that we provide is for UK passport holders. Please check the relevant embassy or consulate for other nationalities. It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Visa requirements and charges are subject to change without notice. If you are travelling outside the EU you should have at least 2 blank pages in your passport for each country that you visit.

**Visa Burma/Myanmar**

UK & USA passport holders do require a visa. The visa fee is $50 and you should apply for this prior to departure online at [http://evisa.moip.gov.mm](http://evisa.moip.gov.mm). Please download the detailed information document: [Visa PDF Burma/Myanmar](http://evisa.moip.gov.mm).  

#### Health & Vaccinations

**Severe Allergies**

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

**VACCINATIONS**

You should contact your doctor or travel clinic to check whether you specific require any vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella), along with hepatitis A and typhoid. Malarial prophylaxis are required. A certificate of yellow fever vaccination is required if travelling from countries with risk of yellow fever transmission and for travellers having transited for more than 12 hrs through an airport of a country with risk of yellow fever transmission. On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](http://travelhealthpro.org).

**Dengue Fever**

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you take precautions to avoid mosquito bites.
Currency

The unit of currency in Burma is the Burmese Kyat.

Electricity Supply & Plug

We recommend you check if you require an adaptor for your electrical items at:
http://www.worldstandards.eu/electricity/plugs-and-sockets/

Preparing For Your Holiday

The better conditioned you are the more you will enjoy your trip. We suggest that you adopt a sensible weekly exercise regime and fit in a number of long cycle rides in hilly country to ensure you are physically capable of taking part in this trip - this will also provide you with an opportunity to make sure all your riding kit is tried and tested before you travel. Cycling is obviously the best activity to prepare for this trip, however, running, squash and swimming are also good for developing aerobic fitness and stamina.

Climate

Myanmar has three seasons, the 'cold' season, from October to February, when the average temperature in Yangon is between 20 - 30°C, the 'hot' season, from March to May, with average temperatures of around 30-35°C and the wet (monsoon) season, from May to October. Yangon is more prone to showers than Mandalay and Bagan, further north, whilst the climate around Inle Lake is pleasant all year round. Night-time temperatures can fall as low as 0°C at Inle and Pindaya in January.

Travel Aware

As a reputable tour operator, KE supports the British Foreign & Commonwealth Offices’ ‘Travel Aware’ campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use. We have pledged to AITO’s Project Protect that 70% of our agents stop using single use plastic bottles.

Books

• Myanmar (Burma). Lonely Planet. Robert Reid
Insight Guide Burma Myanmar. Wilhelm Klein

Burmese Days. George Orwell

Letters from Burma. Aung San Suu Kyi

From the Land of Green Ghosts. Pascal Khoo Thwe

The Glass Palace. Amitav Ghosh

The River of Lost Footsteps. Thant Myint-U

Maps

Myanmar Nelles Map. 1:1,500,000 Scale

Map of Burma/Myanmar, with city plans of Rangoon, Mandalay and Bagan. 1:1,500,000

Flight Information

Flight Inclusive Or Land Only?

On our website we display a UK Flight inclusive package price and Land only package price for the majority of our holidays.

Flight Inclusive Notes

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Yangon. Outbound flights will usually depart from the UK in the morning, arriving in the morning of the following day (day 1 of the Land Only itinerary). Return flights will usually depart in the early afternoon of the last day of the itinerary, arriving in the UK early the following morning. Regional departures and/or alternative carriers are available on request.

Please be aware that there are often only a limited number of seats available at the advertised price. To avoid paying flight supplements, we recommend that you book as early as possible, especially during peak times. If we are unable to secure seats at the price shown, or you have requested regional departures, we will contact you with an alternative quote. Please note that you may be asked to pay for your flights in advance of your final holiday balance. Note that if you book a package including flights with KE you will benefit from full financial protection.

Land Only Notes

The LAND ONLY dates and prices are for the itinerary joining in Rangoon/Yangon. For clients making their own flight arrangements, Yangon International Airport is the most convenient for transfers to the group hotel. Please refer to 'Joining Arrangements and Transfers' for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

www.keadventure.com UK: +44(0) 17687 73966 US (toll-free): 1-888-630-4415
Why Choose KE Adventure Travel?

Operating since 1984, KE Adventure Travel has some of the most experienced staff in the business, with the proven ability to set up and operate a worldwide programme of adventures. Everyone has adventure travel at heart and joins at least one trip a year. It is this depth of experience that makes KE stand out from other adventure travel operators. When you contact KE, by phone or e-mail, or visit our office, you will find the help and advice you need, from someone who has actually done the trip and can give you the benefit of their first-hand experience.

KE can guarantee the very best in trip support, excellent food, a good standard of hotel and other accommodation, plus the back up of one of the most respected companies in the business. Client satisfaction is at the top of our agenda and almost 50% of our bookings each year come from repeat business. If you are looking for adventure then look no further than KE.

Group Tour Leaders

All of our holidays are accompanied by an experienced leader, some of whom have worked with KE groups for many years. Many are professional guides and instructors with an unrivalled knowledge of the areas in which they work. In many parts of the world, we recruit local guides with appropriate training and experience. In addition to having the technical skills to ensure your safety, KE expects its leaders to be active members of the group. A leader should be fun to travel with and ready to share with you their enthusiasm for adventure travel and their knowledge of the area. Alongside the group leader, there will be a local support crew, which could be just a driver, or a complete team of guides, drivers, porters, mule-herders and cooks. The hard work of our support crews, along with the fascinating insight they can offer into their local culture, is integral to providing you with the very best adventure travel experience.

Sustainable Tourism

Since we ran our first trip in 1984, we have been committed keeping the world’s most beautiful places pristine by minimising our environmental impact. Recognising the fragility of the world’s wilderness environments, we keep our groups small and operate according to a ‘Mountain Code’, which is provided to all groups, trek leaders, agents and staff. We make sure that our local staff are well treated and well paid, we respect indigenous cultures, take care to protect the environment of the places we visit and take every opportunity to make a positive contribution wherever we travel. Our philosophy of ‘leaving nothing but footprints’ has been integral to KE’s approach right from the start over 30 years ago. In recognition of our efforts we are proud to have achieved the highest award of 5 Stars for Sustainable Tourism by AITO.

We continue to travel responsibly, and more information on our policy, practice, and specific projects can be found at www.keadventure.com, and on the website of our partner charity the Juniper Trust: www.junipertrust.co.uk. KE’s Mountain Code is issued to our staff, trek leaders and overseas agents, and we recommend it to our clients, too!

Booking Your Holiday

The easiest way to make your booking is online. You will need to pay a deposit at the time of booking. This is normally £200 but for some holidays with special permit fees or internal flights, this may be more. The amount of deposit required for an individual holiday is given on the dates and prices page of the holiday. Late bookings will require full payment. We cannot confirm any booking until we receive your fully completed booking form.
Adventure Travel Insurance

It is a condition of joining any of our trips that you are insured against medical and personal accident risks (to include repatriation costs, air ambulance and helicopter rescue services). We also strongly recommend that you take out holiday cancellation insurance, as all deposits paid are non-refundable. Please ensure that your insurer is aware of your KE Adventure itinerary and can agree to cover the activities being undertaken. You will then need to advise us of your policy details and complete an Insurance Declaration Form.

CAMPBELL IRVINE DIRECT travel insurance is available to EU residents and will cover the majority of KE Adventure holidays. It has been designed to provide cover for activities normally excluded by other insurers such as trekking, mountain biking and climbing. Please note that certain activities may attract a higher premium. In addition ‘Campbell Irvine Direct’ cannot provide cover for KE climbing trips above 6000m. Cover for these can be obtained through either the British Mountaineering Council (BMC) or Snowcard.

TRAVELEX is a USA based insurer offering travel insurance, which can be used by US citizens and US residents only. KE recommends the "Travelex Select" package for our holidays. If your holiday involves using mountaineering equipment (ropes, harness or crampons), for climbing or glacial travel, you should consider the "Adventure Plus Pak" optional upgrade on the Travelex Select Plan. Please refer to the ‘Description of Coverage’ for a summary of the terms, conditions, exclusions and limitations of the applicable Protection Plan. This policy will also cover KE climbing trips above 6000m.

---

We hope that this trip notes has answered most of your questions. Please feel free to contact us and speak to one of our experts.
Equipment List

For this holiday you will need your usual cycling clothing, including shoes, cycling gloves and helmet (which must be worn at all times when cycling).

Whether you are hiring a bike or taking your own, we recommend that you take the usual day-ride essentials of: mobile phone, multi-tool, mini-pump, tyre levers, spare tubes and puncture repair kit.

Bike Wear

• Cycling helmet
• Trainers or stiff-soled cycling shoes
• Daypack or mountain bike-specific hydration pack (e.g. Camelbak)
• Water bladder - min. 2 litres water capacity (we encourage re-filling water bottles rather than single use plastic)
• Padded (baggy) cycling shorts
• Long leg cycling trousers or leg warmers
• Base-layer – short sleeve cycling tops
• Mid-layer - long sleeved cycling tops
• Fleece jacket or jumper
• Lightweight windproof gilet
• Lightweight waterproof jacket
• Regular biking gloves
• Long-fingered biking gloved
• Buff
• Sunglasses
• Sun cream (inc. total bloc for lips/nose)
• Camera

Other Stuff

• Travel and off-the-bike clothing and footwear
• Lightweight, loose-fitting trousers to cover up on village visits
• Wash bag, towel, toiletries, including anti-bacterial handwash
• Headtorch and spare batteries
• Swimwear
• Basic First Aid kit and personal medication
• Chamois cream (e.g. Assos/Ozone)
• Water purification tablets
• Reusable cloth bag for shopping (to avoid plastic bags)

Spares

If you are hiring a bike you do not need to bring any spares. The hire bikes are provided in good condition and a supply of spares is carried. You may be asked to pay directly for any spares used, especially in the case of crash damage or damage by mis-use. If you are taking your own bike, you should consider taking a minimum of spares, including a couple of spare spokes (for each wheel if they are different), spare brake blocks (or brake disc pads), chain links/chain connector, rear derailleur hanger and any non-standard parts specific to your bike.
Repairs

Whilst not essential, it is a good idea that you familiarise yourself with how to carry out at least some basic repairs to your bike e.g. changing an inner tube and fixing a puncture. Your bike guide will be happy to help with repairs and general maintenance, but being able to carry out a simple repair yourself could save the inconvenience of having to wait for assistance.

Hydration And Energy Snacks

You should take suitable water bottle(s) (we encourage re-filling water bottles rather than single use plastic) or a hydration pack and you should also consider taking a small supply of the gels, power bars or sports drink mix that you would normally use on a ride at home.

Please contact us if you have any questions about your equipment.