

Burma Trek

Explore this untouched land on foot



Ultimate Challenges

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Burma

A 5-day trekking challenge through this untouched landscape

Decades of isolation from the outside world has left Burma's strong and colourful Buddhist culture and pristine forest ecosystems relatively untouched by the modern world.

Following Aung San Suu Kyi's request for visitors to return, Burma is slowly opening up and what better way to experience this intriguing and historically rich country than by foot!

This is a unique trekking challenge, starting in Mandalay, but the real attractions lie beyond as we trek through the rolling hills of the spectacularly beautiful and untouched Shan State, passing villages rich in colour and immersing ourselves in the local culture with the opportunity to meet the engaging, gentle and passionate local hill tribes and villagers who welcome us into their homes and monasteries.

The breath-taking scenery, green rolling hills and sweeping panoramic views take us all the way down to our finish line at Inle Lake - a wonderful watery world of floating gardens, crumbling stupas and stilted villages.

Burma is different; so come with an open mind and you'll leave with a full heart.



Detailed itinerary

Day 1: Depart London to Mandalay

Late morning flight from London via Bangkok.

Day 2: Mandalay

Arrival into Mandalay where we will be met by our guides and transferred to our hotel. Today we will have the opportunity to explore Mandalay, the second largest city in Burma. We will visit the Kuthodaw Pagoda, known to the locals as the 'biggest book in the world' for its 72 marble slabs of Buddhist scriptures. This evening we can take a ride to the top of Mandalay Hill to enjoy the spectacular sunset. Dinner will be followed by a full trek briefing. Overnight in Mandalay.



Day 3: Mandalay to Heho to Pindaya

Approx. 5-6hrs trekking

After breakfast we take a short flight to Heho. Upon arrival we transfer 1.5hrs to the peaceful town of Pindaya, where we visit the famous caves housing more than 2,000 Buddha images. We then start our trek through six villages, visiting the Danu and Taung Yoo tribes. Each village offers insight into the daily life of these mountain tribes still practicing the same traditions as their forefathers. Overnight monastery in Myin Hmu.

Day 4: Myin Hmu Village to Nawa Taung

Approx. 6-7hrs trekking

After a good breakfast we set off on another amazing day of trekking. The route today takes us further around the Pindaya area and includes many stops at hill tribe villages. We will continue from Myin Hmu, our first stop being Naung Ye village. From there we continue to Oo min to visit the limestone caves and we then continue to Nawa Taung, where we will stay overnight in the monastery.

Day 5: Trek Nawa Taung to Nan Ta La Te

Approx. 6-7hrs trekking

An early start today as we set off early for our 2hr trek to Myin Ka, a small village in the misty mountains. After lunch in Pyin we continue through stunning scenery to Nan Ta La Te, where we stay overnight.

Day 6: Trek Nan Ta La Te to Hti Taing

Approx. 5-6hrs trekking

Awaken to the sights and sounds of Nan Ta La Te coming to life. Witness the locals gathering water, preparing fires for the day and heading to the fields and local markets. After a leisurely morning we set off for a 1hr trek to Baw Hnin Kgon village. After a visit to the village, we will continue for 2hrs to Kgone Hla village where we will stop for lunch. We continue through stunning primary forest, making for an unforgettable end to the day. Overnight in Hti Taing village.



Detailed itinerary

Day 7: Trek Hti Taing to In Dein to Inle Lake Approx. 2hrs trekking

Awaken to the cool weather before setting off on the final leg of the trek. It will take 2hrs from Hti Taing village before reaching In Dein, where we explore the incredible crumbling ruins. After lunch travel by boat to Kaung Dhine village on the eastern shores of Inle Lake. The people living here are known for their delicious soy bean crackers, tofu and other treats. Walking around the village you can observe all steps of the process of creating these local items. Tonight we will enjoy a celebration dinner in Nyaung Shwe.

Day 8: Heho to Mandalay to London

Morning transfer to the airport to catch our flight from Heho to Mandalay. Afternoon flight to London.

Day 9: Arrive London

Challenge grade

Moderate - Tough

Best time of year

November to February

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This itinerary is complex and subject to change



Why choose Ultimate Challenges?

- We have over 16 years experience running pioneering charity challenges e.g. Kilimanjaro , the Inca Trail, California Bike
- We choose the most unexplored and upcoming regions for our amazing expeditions
- We are built on a team of Senior Event fundraisers
- Our team is driven to provide inspiring, life changing and effective fundraising events for our charity partners
- We use the best ground agents, the most experienced trek staff and doctors to ensure your supporters have a safe and memorable challenge
- We operate an Ethical Code of Conduct with all our ground handlers to ensure fair treatment of all our local staff. We have high health and safety expectations and all our partnerships are conducted with respect for local cultures and environmental concerns
- We offer an end-to-end service to ensure our charity partners are given full support from our experienced staff ensuring you maximize your income

Our pricing policy

We believe that we are very competitive and offer excellent value for money. However, it can be confusing when comparing prices, as small alterations in an itinerary, can make a substantial difference. We would be happy to review proposals you may have received from other tour operators, as we are confident that we can beat any genuine quote.

' Choose your Tour Operator with your head, so your supporters can follow their hearts when they travel'



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