

# 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 at the 'biggest book in the world' for its 729 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 Phaung Taw 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. We will pass traditional villages and tea plantation along the way. We will stop at Shan Ywar, a Taung Yoe village for lunch. After lunch, we will continue to Phaung Taw, a Danu village. Dinner and overnight at a local house.

## Day 4: Phaung Taw 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 stop in Ywadow, a Tare Shan village where people wear Pa Oh traditional garment but speak a mixture of Taung Yoe and Shan languages for a delicious traditional lunch. This afternoon we will continue to trek to "Nawa Taung" our overnight stop. This evening we will have a chance to see a beautiful sunset before dinner time. Dinner will be served in the village. Overnight in Nawa Taung monastery.

## Day 5: Trek Nawa Taung to Sharbin Approx. 6-7hrs trekking

After breakfast we will set off to Kalaw, where we will have lunch. Kalaw is a charming little town with a mix of local and colonial-style houses. After lunch, we will follow a road for about 45 minutes before hitting a rugged path where we will continue to Sharbin, a Danu village. On the way, we will have plenty of opportunities to stop and interact with the friendly locals. Dinner will be served at local village house. Overnight at a local village house or monastery in Sharbin village.

## Day 6: Trek Sharbin to Pattupauk Approx. 5-6hrs trekking

Today our trek begins along a trail filled with seasonal agriculture until Pawke, a Pa-O village where we stop for lunch. After lunch at local family house, we will continue to our target village of Pattupauk. Dinner will be served at local village house. Overnight in Pattupauk.

# Detailed itinerary

## Day 7: Trek Pattupauk to Tonele to Inle Lake. Approx. 5hrs trekking

Awaken to the cool weather before setting off on the final leg of our trek. Today we continue our trekking towards Inle Lake. We stop for a short tea break at Nan Yoke, before continuing towards Tonele village for lunch at a small local restaurant in the Bamboo forest. After lunch we transfer onto Inle lake for an afternoon of visiting the floating villages before heading to our hotel to get ready for an evening of celebrations. Overnight in Nyaung Shwe.

## Day 8: Inle to 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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