



A NEW TRAVEL DIMENSION

SDPO in Myanmar – 7th to 14th May 2018
8 days / 7 nights



Travel Information



Number of participants

➤ **20-40 persons**



Arrival and Departure details

Arrival :	07 May 2018	TBA	In Yangon
Departure:	14 May 2018	TBA	From Yangon



Domestic Flights arranged by Phoenix Voyages*:\

<i>Day 2</i>	<i>YANGON/HEHO-LAC INLE</i>	<i>KBZ 266 – 08:00 => 09:10</i>
<i>Day 5</i>	<i>HEHO/NYAUNG-U (BAGAN)</i>	<i>APEX 401 – 17:00=> 17:40</i>
<i>Day 8</i>	<i>BAGAN-NYAUNG U/YANGON</i>	<i>KBZ 207 – 17:05 => 18:25</i>



Selected Accommodation

City	Hôtel	Category	Room	Statut
Yangon	Grand United	***	ROH	
Kalaw	Kalaw Hill Lodge	***	ROH	
Lac Inle	Mount Inle Resort	***+	ROH	
Mont Popa	Mount Popa Resort	****	ROH	
Bagan	Amata	****	ROH	

Our price includes:

- **Accommodation in shared double/twin room** at hotels selected.
- Transfer and sightseeing by private air-conditioned vehicle as per program.
- Participation to all the races as describe in the program.
- **Throughout French & English speaking guide** during the whole trip.
- Entrance fees for all sightseeing as mentioned on the program.
- Meals as mentioned on the program: (Bkf) for breakfast, (Lun) for lunch, (Din) for dinner - **Except Drinks.**
- Domestic flights and airport taxes.
- Government taxes currently in force (VAT...).

Our price does not include:

- Visa for Myanmar.
- International flights.
- Insurances.
- Meals, drinks, tips, personal expenses and all services not clearly mentioned.

- SYNOPSIS -

	7th May 2018	8th May 2018	9th May 2018	10th May 2018	11th May 2018	12th May 2018	13th May 2018	14th May 2018
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
AM		<i>Flight to Heho</i> Transfer to Kalaw (1h)	<i>Elephant Race</i>	<i>Blue Lake Race</i>	Inle Lake Visit 5 Days Market Archeological site of Indein	<i>Mount Popa Race</i>	<i>Temple Race</i>	Main Bagan Temples sightseeing
Lunch		At Kalaw Hill Lodge	At Green Elephant Camp	In a local restaurant	In a local restaurant on the lake	At Mount Popa Resort	Sunset Garden restaurant	In a local restaurant
PM	Arrival in Yangon Transfer to hotel	<i>Blue Mountain Race</i>	Transfer to Nyaung Shwe (2h) Free Time	Free time, rest or personal visit	Visit and departure to airport at 15h. <i>Flight to Nyaung-U</i> (1h) Transfer to Mount Popa (1h)	Transfer to Bagan (1h) Free time	Free time or personal visit	Visit or free time Transfer to airport and <i>flight to Yangon</i>
Dinner	Dinner at the hotel or at Golden Duck Restaurant	Dinner at Kalaw Hill Lodge	In a local restaurant	Dinner at Mount Inle Resort	Dinner at Mount Popa Resort	Dinner in a local restaurant	Gala dinner at hotel Poolside	International flight or overnight in Yangon
Hotel	Grand United Alhone Hotel	Kalaw Hill Lodge	Mount Inle Resort	Mount Inle Resort	Mount Popa Resort	Amata Resort	Amata Resort	

Detailed Program

7th to 14th May 2018

Day 0 / **International flight from 6th May (Sunday)**

Day 1 YANGON - 7th May, Monday

(-,-,Din)

Welcome at Yangon international airport, immigration process, and transfer to the hotel.

End the day by the visit of the majestic Shwedagon Pagoda, with its golden dome dominating the skyline of the city. The site is considered as one of the most important pilgrimage sites in South-East Asia.

Note: rooms will be available from 2pm only.

Welcome diner at hotel or in a local restaurant.

Overnight at "Grand United Ahlone hotel" – Yangon

YANGON

Yangon may have lost its status as the capital of Myanmar in 2005, when it was transferred to Naypyidaw, however, it still remains the country's first city and a core economic and cultural centre. Its streets are lined with charming colonial buildings (many of which are being restored) and scintillating golden pagodas including Shwedagon and Botataung. There are numerous parks and two impressive lakes are connected by wide tree-lined avenues. Anyone with an interest in local life will feel compelled to stay at least a couple of days in this exotic city, taking in the various sights, exploring markets, wandering along bustling streets and through the commercial districts and communities along the Yangon River. While the city has a distinct heritage, it is also rapidly modernising with trendy bars and restaurants popping up all over the place.

Day 2 YANGON/HEHO-KALAW – 8th May, Tuesday

(Bkf, Lun, Din)

Early morning, after the breakfast, transfer to airport for domestic flight to Heho.

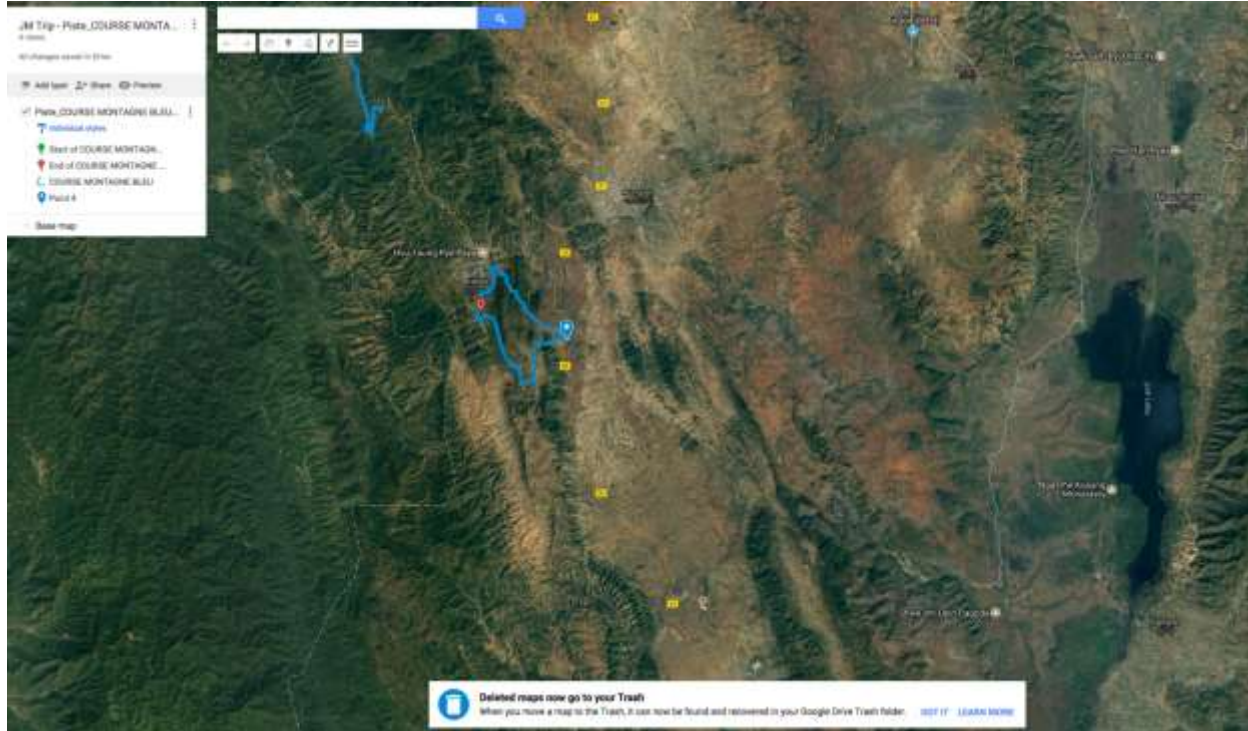
Flight to Heho KBZ 266 at 08:00 => 09:10

On arrival, transfer by bus to Kalaw along the Shan Mountains (around 2h drive).

Arrival in Kalaw and lunch at Kalaw Hill Lodge

During the afternoon, "**Blue Mountain Race**" around Kalaw:

<u>Location:</u>	Shan State – Kalaw
<u>Departure from:</u>	Kalaw farm
<u>Arrival:</u>	Kalaw Hill Lodge
<u>Distance :</u>	20km



Race Description:

It is from the farm below the hotel that you will leave after lunch for the Blue Mountain race called like this because it almost touches the blue sky! The goal is to go around Kalaw. Throughout the first part of the race will be done in the forest, you will enjoy views on beautiful landscape of the valley. Then, the second part of the race is more inhabited; the locals will certainly look at you with astonishment. Sharing and encouragement moments with the ethnic groups will not be lacking while crossing of the villages.

Technical details:

20 km, few vertical drop, hills to climb and go down - Start of the race for 500 meters uphill, then on the mountainside, for 4 km, before descending, crossing a local Pao village, - crossing on the other side from the hill, before reaching the Kyaungdu caves (Refueling point and the departure point of the walkers). 500 meters race on the road before leaving through the forest and crossing villages. Climb up a hill before going down into the village of Kalaw - last 5 km on asphalt and arrival at the hotel - End of the race around 17h30.



After the race, check-in at the hotel and free time.

Dinner and overnight at Kalaw Hill Lodge.

KALAW

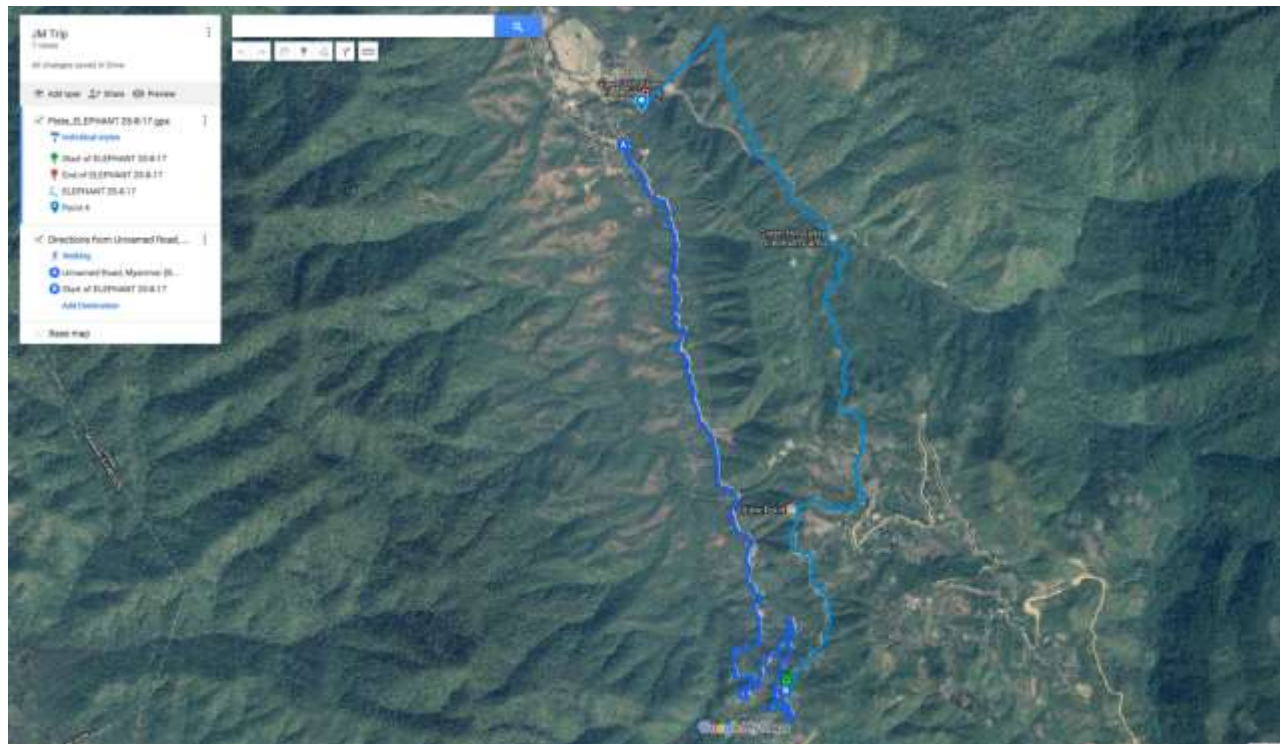
Kalaw, in the heart of the vast Shan State, is one of those hill stations created by British officials who, during the colonial period, retreated there during the sweltering heat of summer. Located 1,300 meters above sea level and about fifty kilometers from Inle Lake, Kalaw is a quiet town populated by Shans, Burmese, Nepalese, Indians and other "ethnic minorities".

Day 3 KALAW – 9th May, Wednesday

(Bkf, Lun, Din)

After the breakfast, departure for the **“Elephant Race”**:

Location: Shan States – Kalaw
Departure: Green Hill Valley Elephant Camp
Arrival: Green Hill Valley Elephant Camp
Distance: 15km



Race Description:

A 15-kilometer race through the Shan hills that will take you to the famous Green Hill Valley Elephant Camp. It is a technical race because there is more way down than climb, about 700 meters to level through forest paths. You will certainly meet villagers along the paths. Your arrival at the Camp will be hailed by some elephants. Then you can cool off with them in the beautiful waterfall that runs along the Elephant Camp.



Technical details:

Start from the Elephants Camp - asphalt on 8 km, climb with a drop of 400 m - arrival in a small village - refreshment point and descent through beautiful forest on 4 km and end at the Green Hill Village river - arrival at the camp - feed the elephants - swim with them in the river.

End of the race around 12h00 noon.



Lunch at the Green Hill Valley Elephant Camp

After the lunch, transfer to Nyaung Shwe village, the gateway of Inle Lake (2h drive by bus).

Check-in at the hotel and free time to enjoy Nyaung Shwe village.

Dinner and overnight at Mount Inle Resort

Day 4 INLE LAKE – 10th May, Thursday (Alt. 1300 m) (Bkf, Lun, Din)

Breakfast at hotel and departure for the **“Blue Lake Race”** around Inle:

Location: Shan States – Inle Lake
Departure: TBA
Arrival: TBA
Distance: 25km

Race Description:

25km race around Inle Lake surrounded by the Shan mountains



Technical details:

TBA

End of the race around 12h30.



Lunch in a local restaurant

Free afternoon to rest or to enjoy personal visit around the lake.

Dinner in a local restaurant

Overnight at Mount Inle Resort

INLE

Inle Lake, one of Myanmar's most popular destinations, resides at an altitude of 900 metres in the Shan State hills. The lake is renowned for its Intha fishermen, stilt villages and floating tomato gardens. However, its fragile ecology is under threat from regular droughts and erosion in the surrounding hills.

Day 5 INLE LAKE – MOUNT POPA – 11th May, Friday

(Bkf, Lun, Din)



After breakfast, cruise the indescribable charming lake and observe the life style of its inhabitants - the 'Inthas' or 'Sons of Lake' who live in the middle of the lake and the unique style of fishermen rowing the boat by standing and rolling one leg around the paddle while holding their cone shape fishing basket.

Stroll through one the **five-day-local market**. The 5-day market takes place simultaneously in several locations around Inle Lake. It rotates every day from a group of villages to another, the market returns to

the same locations every five days.

Then, excursion to **Indein Village** where you will explore hundreds of ancient temples on the hillock.

Lunch at a golden Kite restaurant on the lake.

Around 15:00, transfer to Heho airport for flight Heho- Nyaung-U (1h drive).

Flight to Nyaung-U Apex 401 at 17:00 => 17:40

Arrival at Nyaung – U and transfer to Mount Popa (1h drive)

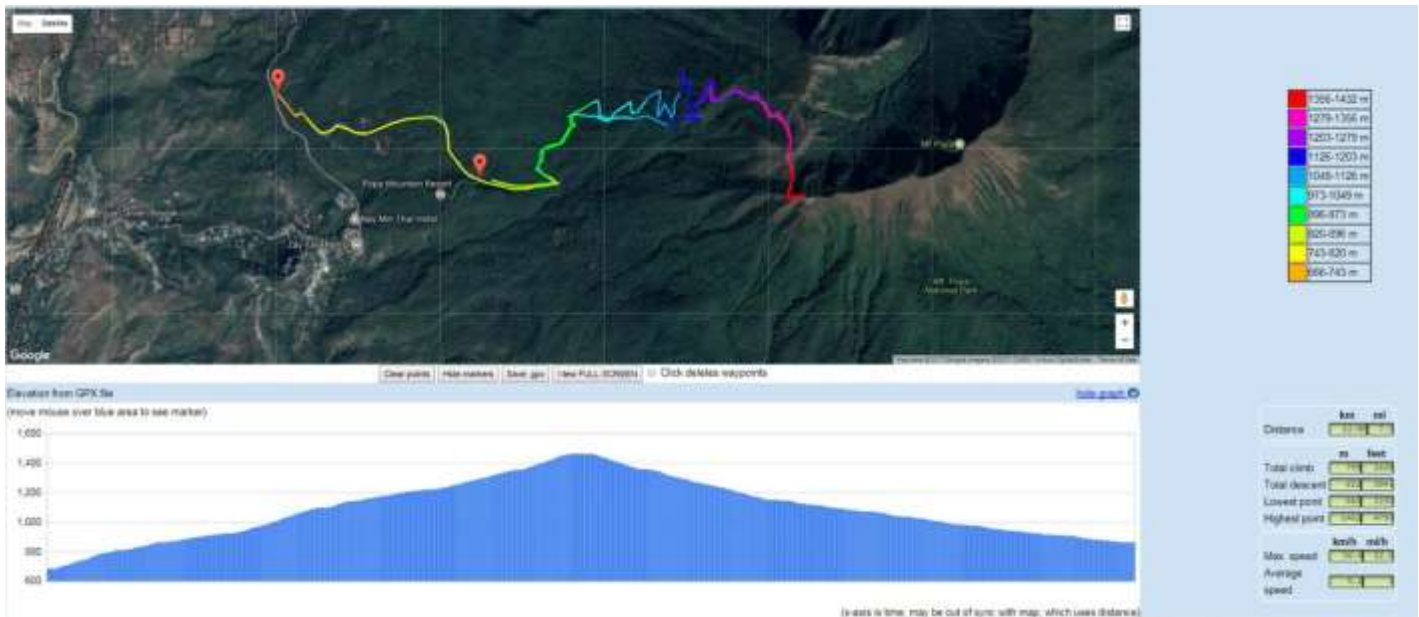
Dinner and overnight at Mount Popa Resort.

Day 7 MOUNT POPA - 12th May, Saturday

(Bkf, Lun, Din)

Early morning after breakfast, departure for the **Mount Popa Race:**

<u>Location:</u>	Bagan Division – Mount Popa
<u>Departure:</u>	TBA
<u>Arrival:</u>	TBA
<u>Distance:</u>	12km



Race Description:

A true oasis of greenery in this dry region of Burma, you will find more than 200 streams and lush vegetation that grows on volcanic ash. From the top of this volcano 1520 meters high, the view of the entire Mandalay region is breathtaking. The climb of the Mont will be without a doubt a great moment of your course with its 777 steps, it is a very technical race.



MOUNT POPA

This very ancient sanctuary is a Mecca of Burmese pilgrimage. Built on a rocky outcrop, it is considered the home of the 37 tutelary spirits of the country, the "nats". To reach the monastery at the summit, you will have to climb 777 steps, accompanied by pranking monkeys. Mount Popa is actually the nearby volcano at the origin of the creation of this volcanic plug, whose exact name is Taung Kalat.

After the race, enjoy a lunch on the terrace of Popa Mountain Resort to enjoy the beautiful view of the Bagan countryside and the summit of Taung Kalat.

After lunch, transfer to Bagan (1h drive). Along the way, stop to visit a local Palm alcohol factory.

Check-in at Amata Resort and free time to enjoy the hotel facilities or personal visit in Bagan.

Dinner at a local restaurant

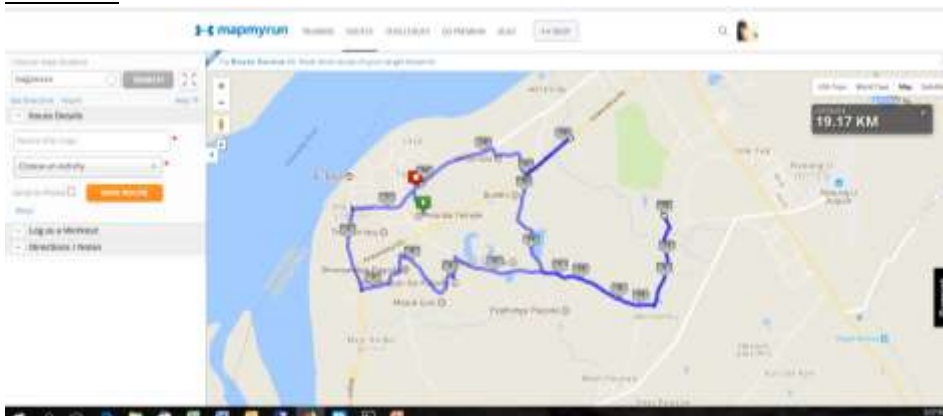
Overnight at Amata Resort Bagan.

Day 8 BAGAN - 13th May, Sunday

(Bkf, Lun, Din)

After breakfast, final race of the week, the **Bagan Race**:

Location: Bagan Division – Bagan Archeological site
Departure: Ananda Temple
Arrival: Ananda Temple
Distance: 25km



Race Description:

For this last race, you will have the chance to compete in the magnificent UNESCO heritage site of Bagan counting over 2000 pagodas. In this event, it is your endurance that will be tested, in this dry and dusty plain, the terrain is relatively flat, alternating between dirt road and sandy. The race loop will start and end at Ananda Temple.



Lunch in a local restaurant along the Irrawaddy.

Transfer back to hotel to change refresh and rest.

Gala dinner and awards night around the hotel poolside.

Overnight at Amata Resort Bagan.

BAGAN

Bagan, the former capital of the Bagan kingdom which ruled over the Irrawaddy valley and its environs from the 9th to the 13th century, is home to more than 2,000 Buddhist pagodas and temples, some of which have been fully restored. Hot air balloon flights offer a unique view of this sacred site and the people who live in the surrounding area. A visit to Bagan is an unforgettable experience and one can best enjoy the local sites by bicycle or from a horse-drawn cart.

Day 8 BAGAN–NYAUNG U/YANGON – 14th May, Monday

(Bkf, Lun, Din)

This morning will be dedicated to the visit the main monuments of **Old Bagan**: the Royal Palace ruins, Tharabar Gate, Ananda Temple, a Burmese architecture masterpiece with four huge Buddha statues and Ananda Okyaung, one of the last brick monasteries.

The day ends by the fabulous view from the top of a pagoda.

Lunch in a local restaurant



Photo by Claude Maillard

At the end of the afternoon, transfer to Nyaung-U airport, for return flight to Yangon.

Flight to Yangon - KBZ 207 at 17:05 => 18:25

Connection to international flight or overnight in Yangon.

**Sport & Culture, the force of SDPO,
Two combined disciplines: running and cultural discovery**



Photo by Claude Maillard



For Information & registration, Please contact us at:

SDPO : SPORT DEVELOPEMENT ET PERFORMANCE ORGANISATION

Siège Social SDPO – 16 rue Jean Cocteau 95350 Saint Brice sous Forêt – France

Tél/Fax : 01 39 94 01 87 ou 06 03 70 38 83

Website : www.sdpo.com E-Mail : sdpo@sdpo.com

