



# Bagan Temple Marathon

## 6 Day / 5 Night Itinerary

20 November to 25 November 2019



|                  |                   |           |             |               |
|------------------|-------------------|-----------|-------------|---------------|
| STANDARD PACKAGE | 6 DAYS / 5 NIGHTS | RUNNER    | TWIN \$2114 | SINGLE \$2508 |
|                  |                   | SUPPORTER | TWIN \$1706 | SINGLE \$2099 |

|       |        |   |
|-------|--------|---|
| DAY 1 | 20 NOV | Arrive in Yangon and Welcome to Myanmar                                     |
| DAY 2 | 21 NOV | Yangon Sightseeing, panoramic helium balloon experience and flight to Bagan |
| DAY 3 | 22 NOV | Bagan sightseeing and pasta dinner  |
| DAY 4 | 23 NOV | Race Day!   |
| DAY 5 | 24 NOV | Bagan and Celebration Dinner  |
| DAY 6 | 25 NOV | Farewell Myanmar  |

The Bagan Temple Marathon five night package offers an unforgettable tour of the cultural hub of Yangon and the mystical plains of Bagan. Join us on an epic voyage of Myanmar.

Six incredible days will be spent in a country laden with sacred temples, pagodas and magnificent natural beauty. Starting in Yangon, the highlight of the journey will be the marathon event in Bagan. From there, we travel back to Yangon where you can either extend your stay in Myanmar with a four-day extension trip to Ngapali Beach Escape, Magical Inle Lake or Mount Victoria and Chin Villages.

### Day 1 - 20 November 2019: Arrive in Yangon and Welcome to Myanmar

Arrive in Yangon International Airport and make your own way to the hotel for check-in. Transportation from the airport is not provided, but taxis are plenty-full and the distance is not far. If assistance is needed a Meet and greet guide will be present after customs have been cleared.

At the hotel your tour leader and local guide will assist with the check in and give information about the coming days. The rest of the day is free to explore Yangon on your own

### Day 2 - 21 November 2019: Sightseeing in Yangon, panoramic helium balloon experience and flight to Bagan

The day will begin with a Yangon Colonial Walking Tour, a mixture of colonial buildings, churches, mosques (including Sunni and Shia) and buddhist monastery & ordination hall. The beautiful buildings reflect the mix of religions in the city. Next stop will be one of the most iconic symbols of Yangon, the Shwedagon Pagoda which is considered by many to be the 'heart of Myanmar'. The pagoda is believed to be more than 2,500 years old and the central stupa is surrounded by dozens of intricately decorated buildings and statues.

If weather permits, we will see a panoramic view of Yangon from a helium balloon flight taking you up to 50 meters above the ground. The balloon will take up to 15 persons on each ride. It's attached to the ground with steel cables.

After an exquisite Myanmar lunch, we'll head to the airport to catch our flight to Bagan. Flight time is approximately one hour and twenty minutes and via a short stopover in Mandalay we will arrive at Nyaung U Airport just outside the Bagan Archaeological Zone. After checking into the hotel, the rest of the day is free for you to become acquainted with the magnificent landscape of Bagan.

### Meals: Breakfast and Lunch

To book or for more information contact Travelling Fit... Your Marathon Travel Specialists  
Phone 1300 728 296 | [www.travellingfit.com](http://www.travellingfit.com) | Email: [sales@travellingfit.com](mailto:sales@travellingfit.com)

Please Note: All prices are quoted in Australian dollars and are based on a per person basis.  
Prices are subject to change at any time without prior notice.





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### Day 3 - 22 November 2019: Bagan sightseeing and Pasta Dinner

Today we'll explore the ancient area of Bagan. We'll start with a visit to the Shwezigon pagoda, built in the 11th century by King Anawratha. Still an active place of worship it stands today as one of the most astonishing and well-kept pagodas in all of Bagan. We continue to Ananda Temple, a whitewashed masterpiece of Mon architecture. With its four standing Buddhas and adjacent brick monastery with well-preserved 18th century murals, this temple is one of Bagan's most significant. We finish our sightseeing with a visit to the lesser visited pagodas at Tayok Pyi Paya and the village of Minnanthu, both part of the running course tomorrow.

Back at the hotel the rest of the afternoon is free to relax and prepare for tomorrow's race.

In the evening we carbo-load with a pasta dinner in the hotel or nearby restaurant.

**Meals: Breakfast and Dinner**

### Day 4 - 23 November 2019: Race Day!

Today's the big day! After an early breakfast at the hotel, we hop on a coach to Htilominlo Temple where the Marathon, Half Marathon and 10K race start and end. Running amid the pagoda-studded landscape, we'll experience Bagan in all its glory and pass by small picturesque villages and farmland. After the race, we'll enjoy some snacks on the steps of the iconic Htilominlo Temple. Shuttle buses will take all participants (runners and supporters) back to the hotel where the rest of the day and evening can be enjoyed as you prefer.

**Meals: Breakfast and afternoon snacks**

### Day 5 - 24 November 2019: Explore Bagan and Celebration Dinner

Today is free to relax, enjoy and explore at your own pace. Whether you want to relax at the hotel with a cold drink or rent a bike and explore more of Bagan is up to you. If your legs can carry you why not pay a visit to Thatbinnyu Temple dating from 1144, also known as the temple of omniscience. Or why not pay a visit to one of the local villages or follow the running course to the majestic Dhammayangyi Temple for a closer look.

In the late afternoon we'll meet and spend the rest of the evening dedicated to celebrating our achievements of yesterday. A festive dinner and awards ceremony will lead to an unforgettable night.

**Meals: Breakfast and Dinner**

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### Day 6 - 25 November 2019: Farewell Myanmar – End of Tour

After an early breakfast and checkout, we head to the airport for our morning flight back to Yangon. Flying time is approximately 1 hour and 20 minutes and arrival in Yangon is estimated before noon. However, flight times are not yet confirmed and delays do occur, so it is **NOT** recommended to book your onward flight out of Yangon earlier than 3:00pm this day! Please contact Travelling Fit for the best flight options and connections.

You can choose to extend your stay in Myanmar and book the tour to the idyllic Inle Lake, go to the perfect beach retreat at Ngapali Beach or explore the less visited Chin State including a climb to Mount Victoria.

#### Meals: Breakfast

#### Inclusions

- Guaranteed Race Entry (runners only)
- Domestic flights between Yangon and Bagan
- 5 Nights' accommodation
- Transportation as per the itinerary
- Yangon sightseeing tour
- 4 Day entry to Bagan
- Bagan sightseeing
- Breakfast daily
- Lunch as indicated on the itinerary
- Pasta Dinner pre-race day
- Snacks on race day
- Celebration Dinner post-race day
- English-speaking Local Guide and Tour Leader
- Personalised Travelling Fit running top
- Invite to Travelling Fit's Bagan Temple Marathon Closed Facebook Group.

#### Exclusions

- Entry Visa fee into Myanmar
- International flights to/from Yangon, Myanmar
- Transfer from/to the airport at arrival and departure is not included. Participants must take a taxi from the airport
- Meals not mentioned in the itinerary
- Beverages
- Personal expenses
- Tips for local guides and drivers (US\$3-US\$5 per person per day is recommended)
- Travel Insurance (contact Travelling Fit for details)
- Anything else not specified under inclusions

#### NOTE:

Upgrading to a Deluxe Package with 4-star to 5-star accommodation is possible. Please contact Travelling Fit for pricing or refer to our website – [www.travellingfit.com](http://www.travellingfit.com).

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